

"If you are not willing to risk the usual, you will have to settle for the ordinary." — Jim Rohn

November 28, 2021
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THE FACT CORNER

A dragonfly has a lifespan of 24 hours.



The US flag displays 13 stripes – for the original 13 states.



DIAMONDS are the hardest substance known.



Giraffes have no vocal cords.



BRAIN TEASERS

1 Q. Replace the ? by the correct Mathematics symbol to make the expression true
 $18 ? 12 ? 4 ? 5 = 59$

2 Q. Solve this logic number sequence puzzle by the correct digit
 $8080 = 6$
 $1357 = 0$
 $2022 = 1$
 $1999 = 3$
 $6666 = ?$

3 Q. I know a three positive numbers that will results the same when multiplied together or added together.

4 Q. By using numbers 7,3,7,3 and with any maths signs can you make number as 24

5 Q. If $1 + 9 + 11 = 1$, Then what is the value of $12 + 11 + 9 = ?$

6 Q. Let us say that a table tennis tournament was going on with knock out terms which means the one who loses the match is out of the tournament. 100 players took part in that tournament.
How many matches were played?

7 Q. If $77x = 189x = 345x$.
What is the value of x?

SOLUTION:
1. $18 \times 12 \div 4 + 5 = 59$.
2. $4. 1 \times 2 \times 3 = 6$.
3. $6. 99 \text{ matches.}$
4. $5. 10$.
5. $7. 0(\text{zero}) \text{ off course.}$
6. $3. \text{three positive numbers}$
 $7. 4. 1 + 2 + 3 = 6$.
 $8. 4. 7 * ((3 / 7) + 3) = 24$.

English Proverbs and Meanings

* **Better be the head of a dog than the tail of a lion.**

It's better to be the leader of a small group than a subordinate in a bigger one.

* **Better flatter a fool than fight him.**

It's better to avoid disputes with stupid people.

* **Better lose the saddle than the horse.**

It's better to stop and accept a small loss, rather than continue and risk losing everything.

* **Better untaught than ill-taught.**

It's better not to be taught at all than to be taught badly.

* **Blood will out.**

A person's background or education will eventually show.

* **He who plays with fire gets burnt.**

If you behave in a risky way, you are likely to have problems.

* **One today is worth two tomorrow.**

What you have today is better than what is promised for.

Strawberry Cinnamon Rolls



Ingredients:
For Filling
2 1/4 cup diced strawberry
3/4 tablespoon corn starch
1 teaspoon cinnamon

For Dough
2 tablespoon nutritional yeast
1/2 cup melted unsalted butter
1/4 tablespoon salt
3/4 cup boiled low fat milk
1/2 cup brown sugar
2 cup whole wheat flour
Method:

Preheat the oven to 350C. Then, take a large bowl, add milk, sugar, butter, salt and yeast. Stir together and then wait for 10 mins so that the mixture becomes frothy. Add flour and then mix well. Knead the dough prepared in step 1 for about 4-5 mins and let it rest for a while.

Take a bowl and toss strawberries, cornstarch, and cinnamon. Your filling is ready now.

On a well-floured surface, dust some flour and roll the dough and then add the strawberry filling on the top. Now, roll up the dough so that it forms the shape of the log and seal the ends of the roll.

Now, cut the roll in 12 pieces and put them on a baking pan. Bake these rolls for about 20 mins and then once it's done, let it rest for 5 mins. Your strawberry cinnamon rolls are now ready to serve.

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Pancake Cereal



Ingredients:
1 banana
1 tablespoon powdered sugar
1/2 cup milk
1 Pinch salt
1/2 cup all purpose flour
1/2 teaspoon baking powder
1 teaspoon refined oil
1 egg
How to Proceed:

In a bowl, mash the banana using the back of a spoon or a fork. In another bowl, break an egg and whisk well until it gets frothy. Combine the all-purpose flour with baking powder and salt in a large bowl. Then add the beaten egg mixture, sugar, oil, milk and add the mashed banana. Mix well to prepare a batter.

Now keep a non-stick tawa on medium flame. Pour drops of pancake batter into it. The pancake drops should be coin-shaped. Let them cook from one side and then flip. Make more such coin-sized pancakes. (Remember- Don't add oil to the tawa before adding the batter)

Add the pancake cereal to a bowl. Garnish with honey, blueberries, banana or any other fruit. Serve!

What are sperm telling us?

PROF. SURESH CHANDER
I am not a doctor and have absolutely no knowledge about physiology of a human body, but I was alarmed by the Sunday column in New York Times, dated February 21, 2021, by Nicholas Kristof, an Opinion Columnist. He has won two Pulitzer Prizes.

Many chemicals, both natural and man-made, may mimic or interfere with the body's hormones, known as endocrine system. Called endocrine disruptors, these chemicals are linked with developmental, reproductive, brain, immune, and other problems. When absorbed in the body, an endocrine disruptor can decrease or increase normal hormone levels (left), mimic body's natural hormones (middle), or alter the natural production of hormones (right). Endocrine disruptors typically reduce optimal production of steroid hormones, especially testosterone. I am reproducing his column without editing, 'Scientists are concerned by falling sperm counts and declining egg quality. Endocrine-disrupting chemicals may be the problem. Something alarming is happening between our legs. Sperm counts have been dropping; infant boys are developing more genital abnormalities; more girls are experiencing early puberty; and adult women appear to be suffering declining egg quality and more miscarriages. It's not just humans. Scientists report genital anomalies in a range of species, including unusually small penises in alligators, otters and minks. In some areas, significant numbers of fish, frogs and turtles have exhibited both male and female organs. Four years ago, a leading scholar

of reproductive health, Shanna H. Swan, calculated that from 1973 to 2011, the sperm count of average men in Western countries had fallen by 59 percent. Inevitably, there were headlines about 'Spermageddon' and the risk that humans would disappear, but then we moved on to chase other shiny objects.

Now Swan, an epidemiologist at Mount Sinai Medical Center in New York, has written a book, 'Count Down' that will be published on Tuesday and sounds a warning bell. Her subtitle is blunt, 'How our modern world is threatening sperm counts, altering male and female reproductive development, and imperiling the future of human race.' Swan and other experts say that problem is a class of chemicals called endocrine disruptors, which mimic body's hormones and thus fool our cells. This is a particular problem for fetuses as they sexually differentiate early in pregnancy. Endocrine disruptors can wreak reproductive havoc. These endocrine disruptors are everywhere, like in plastics, shampoos, cosmetics, cushions, pesticides, canned foods and even ATM receipts. They often aren't on labels and can be difficult to avoid. "In some ways, the sperm-count decline is akin to where global warming was 40 years ago," Swan writes. "The climate crisis has been accepted - at least by most of the people - as a real threat. My hope is that the same will happen with the reproductive turmoil that's upon us," she added.

Chemical companies are as reckless as tobacco companies were a generation ago, or as opioid manufacturers were, a decade ago. They lobby against even safety testing of endocrine disruptors, so that we have a little idea if products we use each day are damaging our bodies or our children. We're all guinea pigs. Aside from decline in sperm counts, growing numbers of sperm appear defective - there's a boom in two-headed sperm - while others loll aimlessly in circles, rather than furiously swimming in pursuit of an egg. And infants who have had greater exposures to a kind of endocrine disruptor called phthalates have smaller penises, Swan found.

Uncertainty remains, research sometimes conflicts and biological pathways aren't always clear. There are competing theories about whether the sperm count decline is real and what might cause it and about why girls appear to be reaching puberty earlier, and it's sometimes unclear whether an increase in male genital abnormalities reflects actual rising numbers or just better reporting. Still, the Endocrine Society, the Pediatric Endocrine Society, the President's Cancer Panel

and the World Health Organization have all warned about endocrine disruptors, and Europe and Canada have moved to regulate them. But in United States, Congress and Trump administration seemed to listen more to industry lobbyists than to independent scientists.

Patricia Ann Hunt, a reproductive geneticist at Washington State University, has conducted experiments on mice showing that the impact of endocrine disruptors is cumulative, generation after generation. When infant mice were exposed for just a few days to endocrine disrupting chemicals, their testes as adults produced fewer sperm, and this incapacity was transmitted to their offspring. While findings from animal studies can't necessarily be extended to humans, after three generations of these exposures, one-fifth of male mice were infertile. "I find this particularly troubling," Professor Hunt told, adding, "From the standpoint of human exposures, you could argue we are hitting the third generation just about now." What if anything does all this mean for the future of humanity? "I do not see humans becoming extinct, but I do see family lines ending for a subset of people who are infertile," Andrea Gore, a Professor of Neuro-endocrinology at the University of Texas at Austin, said adding, "People with impaired sperm or egg quality cannot exercise their right to choose to have a child. That may not devastate our species, but it is certainly devastating to these infertile couples."

More research is necessary, and Government regulation and corporate responsibility are crucial to manage risks, but Swan offers practical suggestions for daily life for those with resources. Store food in glass containers, not plastic. Above all, don't microwave foods in plastic or with plastic wrap on top. Avoid pesticides. Buy organic produce if possible. Avoid tobacco or Marijuana. Use a cotton or linen shower curtain, not one made of vinyl. Don't use air fresheners. Prevent dust build-up. Vet consumer products you use with an online guide like that of Environmental Working Group. Many issues in headlines today won't matter much in a decade, let alone in a century. Climate change is one exception, and another may be the risks to our capacity to reproduce. The epitome of a 'low blow' is a kick to the crotch. And that, friends may be what we as a species are doing to ourselves.

(The author is former Head of Computer Engineering Department in G B Pant University of Agriculture & Technology)