



## A sprinkle of vinegar

If you are armed with a bottle of vinegar, can you actually eat less at the end of the day and cut daily calories? Well, it's not a magic bullet, by any means, but it can't hurt — and it might actually help you feel full longer.

There have been a few recent studies suggesting that adding some vinegar to meals, particularly those with a high glycemic load, decreases the post-glucose response to that meal and may decrease the calories consumed later.

**FOODtalk**  
DIANNE BOYLE

What's so special about vinegar? How might vinegar be promoting satiety and a longer lasting feeling of fullness? Vinegar stimulates the pal-



ate, making the taste buds more receptive to other flavours, which can improve the flavour satisfaction of the meal.

Vinegar may also help delay the emptying of the meal from the stomach to the small intestine (promoting a longer lasting feeling of physical fullness).

Improving glycemic control after meals might also play a role.

Vinegar is made up of a minimum of four per cent acetic acid, which is why young students though the years have illustrated a mini-volcano by pouring vinegar into baking soda or bicarbonate of soda (the base in baking soda reacts with the acid in vinegar to produce carbon dioxide bubbles).

Here are five ways to add vinegar to your diet:

- Balsamic vinaigrette added to a cold pasta dish.
- A light vinaigrette dressing added to a main dish salad.
- Balsamic vinegar drizzled over sandwiches, instead of mayonnaise, dressing or sauce.
- Making a tuna salad or chicken salad with a light vinaigrette, instead of a mayo-based dressing.



Use vinegar in your meat or fish marinade before cooking or grilling. This has also been shown to significantly reduce the AGEs (advanced glycation end products) formed when higher fat animal-derived foods are cooked — particularly with dry heat methods. AGEs are thought to contribute to increased oxidant stress and inflammation in the body.

Let me start with a little confession. I have this love for picking up new words and phrases in the same way women love to pick up anything that is on a bargain sale. Which is to say, the overriding factor in acquiring it is because it is free. But once you have it, there dawn on you the dismal realisation that it is of no earthly use, it does not gell with anything you have in the house, it has a rather cheesy feel to it and four words arrange themselves in an accusing sequence inside your head — what was I thinking? But where I score over the others of my species is that acquiring words and phrases does not entail stuffing them into already stuffed bottom closets. You are not tempted to return them to the store. The vocabulary you acquire (unless, of course, you begin to swear like a trooper) remains an invisible part of you, dwelling in the recesses of your memory, to summon when you need to make your point. As a ten-year-old girl, my proudest possession was a *Cassell's Compact Dictionary* my dad bought me at a book fair in Shillong. I blush as I say it now, but I lugged that tome in my schoolbag every single day, staggering under the weight of my school bag. Too shy to make friends, and terrified that the boisterous volleyball team would knock me down (they did, eventually), I would spend lunch hours poring over words. In a very real sense, words became my friends. They helped me express what was in my heart, and to make sense of the world. Through them I am knitted to the fabric of humanity, and in this belonging, my loneliness dissipates like mist at sunrise.

Acquiring new words does not always mean an intellectual affectation, however. The world is changing at a bewildering pace and there is a virtual torrent of techno terms like hard copy, soft copy, desktop, PDF format, DTH, pen drive, etc., that you have to keep pace with if you have to make any sense of what is happening around you. Language is also a potent tool in overcoming the generation divide. This concept is best summed up in one catchy slogan — if you can't beat them, join 'em! In order to be clued in to my kids' lives and not appear Neanderthal, I avidly picked up their teenspeak and got along with them like a peer buddy. I even went through a phase when I would impatiently wait to use the expression duh (a slang term used to remind a person that he is stating the obvious). From those distant childhood days of striving to be informed, now I seem obsessed with the need to be informal. Perhaps this

climb-down is a knee-jerk reaction to the fact that books are disappearing from the lives of modern man. Our city is getting crowded with glitzy malls, eating joints, gyms and lounge bars, but hello, can anybody show me a new book store? There's a lovely cafe in a quiet city street, and it has a great collection of books for people to browse as they wait for their cafe au lait and chocolate chip brownies, but everytime I am there, the young are huddled together with their high pitched babble and all those books just add to the decorative value of the joint. The few who are alone are either waiting for their dates or talking incessantly on the phone. So, all those words I've hoarded over the years won't do me much good in this new age when people communicate more than they connect.

Even so, acquiring a new word continues to be a source of pleasure. The new one I caught on my net this week is *Mondaze*. This is a word created by blending two words. In this case,

has a strange, unlined air. Without the telly on, it's positively haunted. So, I need the buzz of a work week and the feeling of being useful to society. But just after I learned this new word, I got a nasty spell of Monday myself. Last Monday, as I was positioned in my work station as a respectable card carrying member of the fourth estate, I checked my mail and all the blood drained

Joel Stein. I had hardly done anything extraordinary, just underscored the fact that we Indians don't take insults lying down. While I am under no illusion that Mister Stein or the august magazine he wrote for will ever see my words, I just thought that the outrage I articulated was what all of us had felt at that moment. One week later, we were all ready to move on, and then, here was this gentleman stranger in my inbox, questioning why I had this anti-American feeling (displayed during my Stein-bashing) even in this twenty-first century. Besides the fact that I was not at all anti-American, and that I would have argued against Stein even if he was Polish, or a Hottentot, if you please, I want to remind my detractor that America has more enemies today than in other centuries and I think the World Trade Centre bombings established that beyond any doubt. Now I am no think tank on American foreign policy (I know an awesome number of George Bush jokes, though) and

Joel dude is bad news." According to my San Francisco based antagonist, and I quote his exact words: "An Assamese woman does not speak like this, with so much venom." Let's clear some things here. I've got nothing personal against Joel Stein. Never heard of him before. He could be a wonderful guy, holding barbecue parties at his backyard, taking his kids to Disneyland, helping little old ladies across the street. But he wrote irresponsible words that hurt. His words had the potential to goad mischief-mongers into action. Standing up for your own is a natural impulse. It's funny that the only thing I truly love doing, writing, is today disqualifying me from being a genuine, 24-carat Assamese lady. A genuine Assamese lady, at least the version approved of by my inbox stranger, is a gentle, meek soul with honey on her tongue. No matter what the provocation, she is under duress to prove her good breeding. So, she must never retaliate, not even with printed words. She must swallow all insults, stifle her patriotic sentiments, and allow the dignity of her people to be trampled upon. Well, if she is so lily-livered, she might as well go covered, her eyes to the ground, and walk ten paces behind her lord and master. She might as well go back to slaving over smoky fires, no family planning, illiteracy, and early death. This is a kind of woman even my ninety-year-old grandmother would indignantly refuse to be. To add to my inbox stranger's anguish, I have other traits that disqualify me as a proper Assamese lady. This lady here does not write in her native language, wears ensembles with legs, looks at her other half straight in the eye, and doesn't even know how to weave *gamochas*. But yes, she can make a fabulous *tenga anja*, with *ou tenga* if you please, quartered and lightly crushed in the pestle, and fresh coriander sprinkled after the last boil. And every day of her life, for the last two decades, she has sat in her desk, toiling to transmit through this newspaper — that embodies the Assamese spirit — news, features linked to the music, drama, literature, history and other facets of this corner of the world. If speaking out against injustice is unladylike, if being patriotic is unladylike, so be it. I belong to the land of Joymiti and Kanaklata. Standing up for what is right is inbuilt in our collective psyche. Given a choice, I would rather be strong, than ladylike. Thank you very much.  
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## The Mondaze effect

3rd eye  
Indrani Raimedhi

'Mon' from Monday is added to daze to create a noun that signifies a state of being. Therefore, a Mondaze is the state you find yourself in on a Monday at work, when really, you'd rather be still in bed. A Mondaze serves to explain all the stupid and sloppy things you do on this day — losing your car keys, not saving a file, not getting on the same page as the boss. Usually, your's truly is always bright eyed and bushy-tailed on Monday morning. After all, there's only so many *Friends* reruns you can stomach over the weekend. I have a healthy aversion to housework and a home without my kids

from my face. Besides my face, everything else in my life, too, paled into insignificance. For right there, on my inbox, was a grim, accusing and downright hostile letter awaiting my attention (and panic).

There's a back story to this. Two weeks ago, in my previous column, I had indignantly shot down *Time* magazine's anti-Indian diatribe by

so, cannot go into all the bad blood business. I can only speak for myself and swear on my cheeseburger that I not only love America, but lived under the delusion that I was one as a child. When my uncle came from that promised land every now and then, I would unleash a torrent of Hollywood trivia, popular songs, Al Capone's derring do, Mark Twain anecdotes, Kennedy lore, flying around him like a demented canary.

However, my detractor was not done yet. As I scrolled down the lines, another accusation was lobbed at me like a grenade. I had written: "This

## The Sorcerer's Apprentice

Cast: Nicolas Cage, Jay Baruchel, Alfred Molina.  
Director: Jon Turteltaub.

Walt Disney Studios, producer Jerry Bruckheimer and director Jon Turteltaub, the creators of the National Treasure franchise, present *The Sorcerer's Apprentice* — an innovative and epic comedy adventure about a sorcerer and his hapless apprentice, who are swept into the centre of an ancient conflict between good and evil. Balthazar Blake (Nicolas Cage) is a master sorcerer in modern-day Manhattan, trying to defend the city from his arch-nemesis, Maxim Horvath (Alfred Molina). Balthazar can't do it alone, so he recruits Dave Stutler (Jay Baruchel), a seemingly average guy who demonstrates hidden potential, as his reluctant protege. The sorcerer gives his unwilling accomplice a crash course in the art and science of magic, and together, these unlikely partners work to stop the forces of darkness. It'll take all the courage Dave can muster to survive his training, save the city and get the girl as he becomes *The Sorcerer's Apprentice*.



## Ramona and Beezus

Cast :- John Corbett, Sandra Oh, Bridget Moynahan.  
Director :- Elizabeth Allen.

The adventures of young Ramona Quimby (newcomer Joey King) and her big sister Beezus (Selena Gomez) come to life in this all new film based on the best-selling books (over 30 million...and counting) by Beverly Cleary. Ramona's vivid imagination, boundless energy, and accident-prone antics keep everyone she meets on their toes. But her irrepressible sense of fun, adventure and mischief come in handy when she puts her mind to helping save her family's home. John Corbett and Bridget Moynahan also star as Ramona and Beezus' parents, Robert and Dorothy Quimby, while Ginnifer Goodwin portrays the girls' Aunt Bea, opposite Josh Duhamel as Bea's former flame, Hobart. Sandra Oh plays Ramona's third grade teacher, Mrs. Meacham.



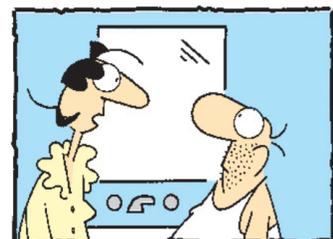
"It's sad when '60s rockers get old. They changed an old Beatles song to 'All You Need Is Prunes!'"



"I have a degree from State College. And for the last 25 years, my wife has been home schooling me in female psychology."



"Do I welcome strange little creatures from far away? You mean space aliens or your parents?"



"Don't shower before bed. The women in your dreams will find you less attractive if you smell!"

## FORECAST

AUGUST 2 - 8, 2010

- ARIES (MAR 21-APR 19)**  
Exercise figures on Monday, but it's fun exercise — the kind you barely notice. The middle of the week is less dreamy and fun, but don't stop exercising: it will keep you in good spirits even as the details and the drudgery threaten to drag you down. On Friday, you're happy and charming, and on Sunday, you have all the time in the world to sleep in.
- TAURUS (APR 20-May 20)**  
You have an itch to buy something, but rushing out at the start of the week and plunking down cash on the first thing that catches your eye will lead to regret. Tuesday and Wednesday, indulge in your social life. Thursday and Friday, you're racing to get things done before the weekend. Saturday and Sunday, you're as content as a sheep in a field of bright grass.
- GEMINI (MAY 21-JUN 21)**  
Take the initiative to open up the floor to an intense conversation on Monday. Tuesday and Wednesday, the skills you need are buried fairly deeply inside of you. Friday has the added benefit of a flirtatious encounter, but this weekend, for whatever reason, you're singing the blues. Sing out. Sing loud.
- CANCER (JUN 22-JUL 22)**  
Your reflexes couldn't be faster, but on Monday, you don't necessarily want to jump the moment someone says to. Take your time. Tuesday and Wednesday are much more cut out for spontaneity — at a dinner gathering, tell the wildest stories you know and you'll be the life of the party. Then, Thursday and Friday, if you feel like being a daredevil, be a daredevil. Your heart is racing, and on Saturday, all eyes are on you. Wave to your audience. Sunday is a day of glorious new beginnings.

- LEO (JUL 23-AUG 22)**  
On Monday, your friends are clutching their sides with laughter. If only you had the same effect on the people you work with. Finish whatever you've got to get done at work on Tuesday and Wednesday, and then fly out of there. Don't expect kudos. You won't be rewarded for your efforts until the time is right. Thursday and Friday are booked solid with social activities. That's great, because you love social activities, but take some time for yourself this weekend. Mow the lawn. Make a pie. Sleep.
- VIRGO (AUG 23-SEPT 22)**  
Money issues are the most pressing things on your list at the start of the week. Your spirits are high and your friends are better than ever, but this financial stuff is a drag. Tuesday and Wednesday, take your mind off such mundane matters by having a picnic in the forest, going for a bike ride or throwing a stargazing party on your roof. The end of the week is all about fulfilling obligations, but Saturday and Sunday, you get to do whatever you like. There are a lot of people who'd like to see you.
- LIBRA (SEPT 23-OCT 22)**  
A certain relationship occupies your time on Monday. It might be romantic. It might be work-related. But it's all-consuming. Toward the middle of the week, beauty and delicious food figure strongly, and on Thursday, a random experience with someone you barely know turns out to be the most fun you've had in ages. Friday, you have your fingers in a lot of pies. The future is bright. But Saturday and Sunday, you have chores to do.
- SCORPIO (OCT 23-NOV 21)**  
Monday's one of those slippery days when things could easily get out of hand, so nip problems in the bud. Conflict is still in the air on Tuesday and Wednesday, if someone's impatient, go out of your way to let them cool down. You're a Gandhian figure with lots of nonviolent solutions, but at the end of the week, your concentration switches to a contractual matter. Saturday and Sunday, take a long drive somewhere. Crank up the radio.

- SAGITTARIUS (NOV 22-DEC 21)**  
Who's up for a game of dodgeball? That's the question on your lips at the start of the week. No more of this Scabble business. You want an outside game, something to get your blood jumping. Tuesday and Wednesday, you don't have any time for games, with all the urgent, yet mundane miscellaneous tasks on your plate. But Thursday and Friday are hardly boring. Saturday and Sunday are full of tea, pillows, feelings, deep pondering and awesome food.
- CAPRICORN (DEC 22-JAN 19)**  
Some distant worry occupies a part of your brain on Monday, but by Tuesday, it has dissolved. Children and trees figure into your day on Wednesday, and Thursday is a veritable symphony of cell phones ringing. People love to gab on Fridays, for some reason — it must have something to do with the imminent weekend — but this Friday, you won't be much into extra chatter. You might even say to someone, "Get on with it." Try not to say it rudely. Saturday and Sunday, be an angel to someone you love.
- AQUARIUS (JAN 20-FEB 18)**  
You see a pattern in the wallpaper you've never seen before — that's what Monday is like. Nothing changes about the outside world, but you order its shapes differently in your mind. On Tuesday and Wednesday, the findings you uncover have to do with your family. Thursday brings a revelation in your love life and Friday, you get to plan a creative date. Unfortunately, the weekend is a letdown, mostly because of bills, chores, health issues and high emotions. Everything will be okay soon though.
- PISCES (FEB 19-MARCH 20)**  
You appreciate the beauty of low-level clouds, but you don't appreciate being within one at the start of the week. Light candles and make dinner on Tuesday and Wednesday. Then read. Don't commit to social activities. You may end up spending Thursday and Friday around the house as well, doing whatever occurs to you. This weekend, your energy unexpectedly soars. Find an outdoor concert to attend.