

horoscope

ARIES: (Mar. 21–Apr. 19)

This week, commit to taking care of yourself, emotionally. Relationships may be heavy on your mind two days after Valentine's Day. You may have mixed feelings about your current relationship status. If you are feeling frustrated or discouraged, pay attention to what comes up for you emotionally. You're at a crossroads concerning a close and personal relationship. Part of you wants to acquiesce and do what they want, but the Aries part of you wants to be independent and go forward. -Express your gratitude for the most supportive people in your life. It's also a good day for a social activity with a close friend or partner, before the sun goes into hibernation mode in your chart.

TAURUS: (Apr. 20–May 20)

This week, relationships are your key to success. You may be prone to letting out your suppressed frustrations on others. Today, you could make some decisions about how to handle a situation or whether you want to look around for something else. Because of the dissatisfaction you might feel with your career or another situation, you could be at a crossroads today. Work off steam with physical movement or treating yourself to something pleasurable that will boost your serotonin. This is a power career day for you, and you can be highly productive in general. Use it to your advantage by planning and getting organized.

GEMINI: (May 21–Jun. 21)

This week, find the balance between work and play. You could feel like energy and support you are putting into others, or your pursuit of your wishes, isn't being returned or coming to fruition. The people around you are unlikely to listen to reason today. You might be itching to try something new, go in a new direction, or have a new experience. This feeling will subside. Focus on how much you've accomplished thus far. Hobbies, fun, play, and time with children are more enjoyable today. Romance is also supported, as well as learning something new. Try making that international recipe you saved.

CANCER: (Jun. 22–Jul. 22)

This week, set your sights on new horizons. The pressure of balancing home and family may come to a head. Focus on your top priorities, and drop what isn't urgent, for now. A little bit of interest could turn into passion in seconds. You might feel pressure from several sides in your life, causing you to feel a change is needed. Activate your house of intimacy. Things can get hot and steamy with someone you love. From a business standpoint, home matters that require financial resources run smoothly.

LEO: (Jul. 23–Aug. 22)

This week, confront things you've kept repressed. You may feel torn between being social, or spending time alone. You might be making a big decision regarding education or going back to school. This could be connected to changing careers in the future. Do whatever you think will fill your cup. Communication runs smoothly with others today. Have important conversations that help the longevity of your relationship(s).

VIRGO: (Aug. 23–Sept. 22)

This week, intentional collaboration is the way to go. You may need to choose between letting loose, or tending to business matters on a weekend. Make the choice that you won't regret during the week. Work and financial matters are supported today. Use the energy to take care of financial responsibilities. You may also find a good deal on something that enhances your life.

LIBRA: (Sept. 23–Oct. 23)

This week, focus on clear communication and getting organized. You will feel the need to find more balance between your professional and personal relationships. If you've just met someone, it could be love at first sight. On the other hand, if this is someone you've been seeing for a while, the emotional intensity could tip toward the negative if you don't believe your feelings are a priority to them. This is a power romance and creativity day for you. Do something with someone you love, work on a fun project, enjoy time with children, or do at least one thing that brings you joy and pleasure.

SCORPIO: (Oct. 24–Nov. 21)

This week, lean into creativity and show up authentically. It's time to streamline and take things off your plate. There could be a disagreement. But this is a temporary aspect, so you'll find it's best if you remain a neutral observer. To have the future you want, you need to own the moment. You may try to do it all, but you can't do it all, well. Projects around the house, time with family, and taking time-out to do nothing will all feel good to your soul.

SAGITTARIUS: (Nov. 22–Dec. 21)

This week, focus on nurturing your home and relationships. Issues of intimacy within your relationship(s) may arise. Your brain is working overtime to understand the situation. You might have to make a decision about an individual in your life. If you feel like you aren't able to connect with someone, this may be an important insight to act on. You'll be able to express yourself freely, or have flashes of innovative ideas or insight. Take notes, there's no such thing as bad ideas today.

CAPRICORN: (Dec. 22–Jan. 19)

This week, connection is just as important as career. Tension arises with your family or with a partner because of your commitments. You're a known workaholic. Work will always be there, but family and relationship time is precious. You could have a disagreement with your partner or a family member about a money matter. Ideally, postpone any discussion about finances for another day. Good news surrounding your income or career may come. A promotion or good review may be on the horizon. If not, celebrate even the smallest career-related wins.

AQUARIUS: (Jan. 20–Feb. 18)

This week, a solid spiritual practice will keep you grounded. You may feel frustrated if you're not able to get your point across to someone. There's no need to prove yourself. Put your energy into an activity that makes you feel centered. Don't try to fit a square peg into a round hole. This is an excellent day to promote and market yourself, unapologetically. You may also feel inspired to start the study of a new subject, or engage in a spiritually-lifting activity.

PISCES: (Feb. 19–Mar. 20)

This week, commit to becoming the best version of yourself. You need to focus on loving all parts of yourself, even your shadow self. This will teach others how to accept you for who you are as well. You might be so sensitive to other people's feelings, intentions, and secrets that it sounds noisy in your ears. This is great energy for one-on-one conversations, though hanging out in a crowded shopping mall could give you a headache. This is a valuable lesson this week, no matter what your relationship status. Confront limiting beliefs head on and commit to working through any baggage today. Be patient with yourself. Astrology.com

Chasing the White Ghost: Dr Savita Kerkar's Arctic Explorations

Nilankur Das

The Arctic, with its desolate beauty and extreme conditions, has long captivated explorers and researchers alike. Dr Savita Kerkar went on two Arctic expeditions. Her first expedition, as part of India's third official Arctic research mission, left her yearning for one elusive sight: the polar bear. It was only on her second journey, during the 13th Indian expedition in 2019, that she fulfilled her dream of seeing this magnificent predator in its natural habitat.

India is among the eleven countries that have established permanent research stations at the International Arctic Research Base in Ny-Ålesund, a small settlement located above the 78th parallel north, approximately 1,200 kilometres from the North Pole. The Svalbard archipelago, to which Ny-Ålesund belongs, represents the northernmost permanent human settlement in the world.

Before commencing research activities in this region, all scientists are required to undergo a mandatory rifle training program designed to equip them with the skills necessary to defend themselves against polar bears. Within three days of arrival at Ny-Ålesund, researchers must complete this training, which covers safety protocols and the use of firearms for self-defence. The training certification remains valid for three years, ensuring that returning researchers do not have to undergo the process repeatedly. Although polar bears do not always pose an immediate threat to humans, they can be highly unpredictable, especially when accompanied by their cubs. Encounters with mother bears are particularly dangerous, as they are fiercely protective of their young. Signal flares, a crucial aspect of the training, are fired from shotguns to communicate different levels of danger. They emit distinct colours: red indicates immediate danger, green signals a non-threatening presence, and white serves as a general warning.



Despite the inherent dangers, Dr Kerkar firmly believed in respecting the polar bears and their habitat, acknowledging that humans were intruders in their domain. Fortunately, during her time in the Arctic, she never encountered a life-threatening situation involving these majestic creatures.

One of the highlights of her expedition was a culinary surprise. A ship anchored near the Indian station brought with it a sailor from South Goa, who gifted the team a portion of masala lamb. After weeks of consuming bland, standard-issue research station food, this was a feast for the senses.

With no rolling pin available, Dr Kerkar used a PVC pipe meant for collecting sediment samples to roll out parathas, to go with it. The scent of the rich Indian spices lingered in the cold Arctic air, possibly attracting a polar bear the following day. Dr Kerkar had made it known to the other research teams that she longed to see a polar bear in its natural environment. Her wish was finally granted when a fellow researcher rushed to inform her of a sighting. Overcome with excitement, she ran barefoot towards the location, despite the Arctic chill.

Life at the Himadri research

station was structured yet demanding. Scientists had to adhere to strict meal schedules, as all eleven international research stations relied on a common canteen for sustenance. Cooking at the station required special permission, but the canteen staff was occasionally accommodating of the Indian scientists' requests for spiced-up meals.

The monotony of Arctic cuisine took its toll on some of her colleagues, who longed for the familiar flavours of their home states. Some lost weight due to their reluctance to eat the available food, instead relying on the nuts, bread, and juices provided throughout the day. As a means of breaking the monotony, they began experimenting with juice combinations, creating their own unique beverages.

Apart from research, the Arctic environment offered a stark lesson in history and ecology. The region has long been a site of whaling and hunting expeditions, with remnants of past human activities still surfacing due to the slow decomposition of organic material in permafrost conditions. In some cases, remains of long-buried whalers resurface during the brief summer months, a haunting reminder of the Arctic's past.

Dr Kerkar also observed fascinating wildlife behaviours. One memorable sight was a polar bear scavenging seagull eggs along the shore. The bear swatted at the birds, which appeared as small, defenceless creatures in comparison to its massive form. The Arctic, devoid of trees, forces its bird population to nest directly on the ground, leaving their eggs vulnerable to predators. The Arctic tern, a fiercely protective species, would dive at intruders like arrows to defend its nesting sites, a behaviour Dr Kerkar witnessed firsthand.



Close Encounters of the Goan Kind

Himadri station has since become a crucial hub for Indian scientists studying Arctic microbiology, atmospheric sciences, and geology. Through her experiences, Dr Kerkar gained scientific insights and a deep admiration for the Arctic's fragile yet resilient ecosystem. But let's be honest—her true achievement wasn't just spotting a polar bear; it was successfully indulging in Parathas and Lamb Xacuti in the middle of the icy wilderness. Who knew the Arctic could double as an unexpected Goan food festival?

Students of Assolna awarded for their academic excellence



The 9th edition of the prize distribution ceremony for students of Assolna for excellent performance at the SSCCE examinations was organized by the Odlobaba Foundation at the Regina Martyrum High School, Assolna, in the presence of the chief guest, Professor Tilroy Fernandes, former principal of the Cuncolim United Higher Secondary School. Rayan Aldran Cardozo of Ambelim and a student of Regina Martyrum High School Assolna, won both; the prestigious Epifanio Joaquim Amacio Frederico Pinheiro Memorial Prize for securing highest percentage marks at the recent SSCCE Exams (2024) amongst boys, and the Eusebia Masmilona Noronha Memorial Award for notching up the highest marks in the Konkani Subject among all successful students, both boys and girls.

Mahalo Ukelele Festival

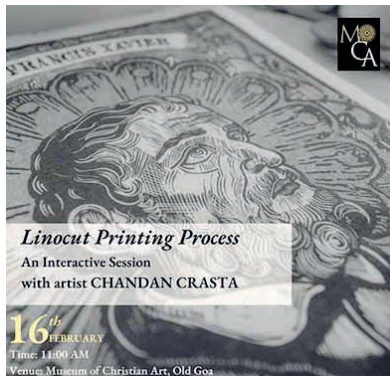
The annual and the only Ukelele festival in Goa, Mahalo Ukelele Festival will be held with day full of workshop and the later evening filled with open mic sessions and performances. The day will begin with Yogalele on the beach followed by ukelele adventures

with Rayna, DIY vintage tin ukelele making, chord gym, songwriting for ukelele, ukelele therapy and the grand finale with performing artists.

Venue: Cuebebar, Ashwem
Date: February 16
Time: 11 am -10 pm

Linocut printing process workshop

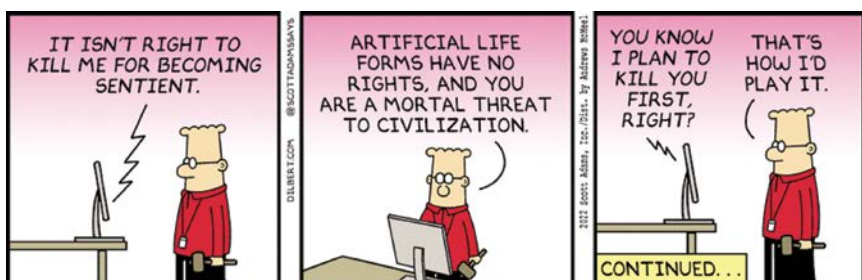
The linocut technique of relief printmaking is both fascinating and addictive. In this demonstration, artist Chandan Crasta will share his insights, stories, and quirks about the medium, showcasing the process of printing from a pre-cut lino sheet onto rice paper. The carved lino sheet features an image of St Francis Xavier, created for the recently held exposition. The demo will highlight the tactile nature of linocut printmaking, covering everything from inking



and burnishing to pulling a fresh print.
Venue: Museum of Christian Art, Old Goa
Date: February 16
Time: 11 am

Herald Gaming Console

Dilbert



Wizard of id



crossword 4770

ACROSS

1- Swarm; 5- Like the Gobi; 9- Wagon; 13- ____ Lama Ding Dong; 14- Mexican moola; 16- Baseball stats; 17- Singer Redding; 18- "All My Children" vixen; 19- Opera set in Egypt; 20- Bust maker; 21- Adult male; 22- Lengthier; 24- Strong ____ ox; 26- Needle case; 27- Ohio city; 29- Death notice; 33- Pertaining to punishment; 34- Small songbird; 35- Movie-rating org.; 36- ____ Beso (1962 hit); 37- Chicago airport; 38- Up to, informally; 39- Steals; 41- Thaw; 42- Wrong; 44- On an upper floor; 46- Color anew; 47- Ceremony; 48- Of ____ I sing; 49- Leave; 52- B'way hit sign; 53- Old Fords; 57- Diamond family name; 58- Devoured; 60- Support; 61- Dick Tracy's love; 62- Fear greatly; 63- Circle overhead; 64- Chows down; 65- "The Thin Man" dog; 66- Rapper born Tracy Marrow; Down

1- 1982 Disney film; 2- I could ____ horse; 3- Chieftain, usually in Africa; 4- Eyelash cosmetic; 5- Tarzan, e.g.; 6- Aired again; 7- Long the doctor ____; 8- Dwarf with glasses; 9- Skull; 10- You're making ____ mistake; 11- Travel on; 12- Winter Palace ruler; 15- Chowder cracker; 23- Not at home; 25- Costa del ____; 26- Movie critic Roger; 27- Greek fabulist; 28- Door handles; 29- Some exams; 30- In a fitting way; 31- Elevate; 32- Ivy League school; 33- South American country, famous for Macchu Picchu; 34- In what place; 37- Left out; 40- Austrian composer; 42- Lawyer's charge; 43- Long Island university; 45- Broadcast; 46- Girl in a Beach Boys song; 48- Unexpected pleasure; 49- Go out with; 50- Zeno's home; 51- Pillar; 52- Canonized Fr. women; 54- ____ (razor brand); 55- Pineapple vendor; 56- Dick and Jane's dog; 59- The Altar;

solution 4769

T S A R E A T N O E T A S
A P S E S P A I N M I T E
R E S T T E M P S E L E A
O C T O B E R S H O R T E N
R Y E E T O L A
S Y S T E M S I R E L A N D
E A T S S M I T E O I O R
P R Y S A R E O R O S E
I D L E L L A M A L E N A
A S E X U A L S N E E R E D
A S S O R A
E D U C A T E E T E R N A L
L I S T I R I S H N I T E
O N E L N O O S E E N O S
N O S Y G O I N E R D E N T

sudoku 4770

	6	1			7			
		4	3				5	8
				9				
						8		4
	7	3	8		5	6	9	
1		8						
				7				
3	8				1	2		
			9			4	1	

Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4769

4	8	5	6	3	7	1	2	9
7	1	6	2	9	5	8	4	3
3	2	9	1	8	4	5	7	6
5	6	2	8	1	3	4	9	7
8	3	4	7	2	9	6	5	1
9	7	1	4	5	6	2	3	8
1	5	7	3	4	8	9	6	2
6	4	8	9	7	2	3	1	5
2	9	3	5	6	1	7	8	4