

## Sex and the single cricketer

What worked for 'Sheik of Tweak' Shane Warne, England all-rounder Ian Botham, playboy Pak captain Imran Khan and West Indian Sir Vivien Richards can't fail to work for the Indians. Or can it? Indian Cricket coach Gary Kirsten's new *tantra* of success for the Indian cricket team—that they concentrate as much on bowling maidens over as on bowling maiden overs—will prove or disprove itself depending on whether, during the ongoing Champions Trophy, the boys in blue can score as well on the field as off it...

Kirsten's four-page preparatory dossier, circulated to members of Mahendra Dhoni's one-day cricket squad, contained an unusual section—"Does sex improve performance?"—with a short and sweet answer: "Yes it does, so go ahead and indulge!" Rather more seriously, it said: "From a physiological perspective, having sex increases testosterone levels, which cause an increase in strength, energy, aggression and competitiveness." Sounds simple, but is it? What about married cricketers whose wives don't tag along on tour? What wife would accept explanations from her philandering cricketer husband that "the coach told me to do it"?

Will the venerable BCCI allow single cricketers to live-in with girlfriends? If not, what?

The dossier offers a solution: "If you want sex but do not have someone to share it with, one option is to go solo whilst imagining you have a partner, or a few partners, who are as beautiful as you wish to imagine. No pillow talk and no hugging required. Just roll over and go to sleep." But most single cricketers share a room on tour; this 'handy' solution may badly affect the roommate's morale and test his tolerance.

The dossier, written by Kirsten in collaboration with mental conditioning expert Paddy Upton, could have been laughed off, except that it strongly discourages abstinence and celibacy. "You may experience that your mind spends more time focusing on the fire in your groin than on good sport practice, preparation and sleep," it says. Thankfully, it also sounds a note of caution, quoting University of Cape Town sports scientist Tim Noakes: "Sex was not a problem, but being up till 2am, probably having a few drinks at a bar while trying to pick someone up, on the eve of a game, almost always was."

This is the era of HIV/AIDS, but the dossier seems to be significantly silent on the life-threatening dangers of 'indulging'. Besides, the science behind the assertion that sex can boost performance is not at all that sound. Recent studies have disproved earlier beliefs that sex on the eve of an athletic event can reduce performance levels, but they haven't established that it boosts them in any way. Some research suggests that sex improves performance in women athletes, but there are no corresponding studies for men.

One hopes, therefore, that our cricketers take the dossier with a pinch of salt, and continue to rely on their individual preferences and routines. Consistency is key. Regardless of what the coach says, no athlete should ever try something before an important competition that they haven't already tried earlier, or during practice.

## Crab country

For all the pious post-pronouncements that the script of Konkani film *Poltoddo Munis* (The Man Beyond the Bridge), which won an international prize a few days ago at the prestigious Toronto International Film Festival (TIFF), was not the same as the one rejected by the state government-appointed screening committee for film finance in 2006, the facts suggest otherwise.

Members of the screening committee have been at pains since the award to say the script underwent a "complete change" during a national workshop conducted by the NFDC script selection committee comprising Mani Ratnam, Danis Tanovic, Olivia Hertred, Anjumam Rajabali and others, in defence of their action.

But the fact is that Laxmikant's script, which is a straightforward rendition of Mahabaleswar Sali's Konkani short story 'Odhruxt', was among 60-odd scripts selected from all over India, out of which it made a shortlist of eight after the workshop.

To reject a script by a person whose first film had already won a national award as well as an award from the Mumbai festival suggests plain jealousy and petty politics, qualities available aplenty in little Goa.

The Counter-Terrorism Bureau of Israel's National Security Council warned last week that there is an "imminent and concrete, very serious" threat of terrorist attacks on Westerners in India, with Israel and places that they usually congregate in more serious danger. It is an unusually strong and specific warning from the Counter-Terrorism Bureau, which routinely mentions Arab countries but rarely India. After all, Israel has excellent diplomatic relations with this country, and there are tens of thousands of its citizens in India at any given time. If its elite intelligence agencies are going so far as to warn its citizens to avoid the country completely, you can be sure that the threat is real and should be taken seriously.

At the same time, the Australian government also issued a severe travel warning for India to its citizens, urging them to avoid places frequented by foreigners. The Premier of Victoria state, John Brumby, actually cancelled his scheduled trip to Mumbai this week, and has changed his itinerary to include longer stays in better-secured Delhi and Bangalore instead. Further adding to the tension, the UK's Foreign Office has also updated its travel advice—while the threat level remains at "high"—to warn British citizens in India to be "extra vigilant", especially on days of national significance including Diwali on October 17.

It took a couple of days for the Indian government to react, but Home Minister Palaniappan Chidambaram has now made some reassuring statements. "We are increasing our level of preparedness to meet any terrorist threat or terror attack," he told worried reporters who questioned him about the Israeli and Australian intelligence reports. "Don't present an alarmist picture," he added, "we are fully aware of the threats from across the border." But just a day earlier, Israel Radio had quoted the head of Mumbai's Anti-Terror Squad saying that the warning from the Israelis had come as a surprise.

Despite this confusion, there can be no doubt that Mumbai has been considerably hardened as a target, and is significantly better defended than less than a year ago, when just 10 men held South Bombay hostage and wreaked havoc for three full days from the 26th of November until the last commando-style attacker was killed at the Taj Mahal hotel on the 29th. In between, however, these 10 terrorists swaggered across an astonishing expanse of the city, killing at least 173 people and wounding at least 308, besides causing huge damage with explosives. Most of the time on those dark November days, the armed gunmen faced no resistance whatsoever—they methodically mur-

# Looming Threat Over Goa

Goa must bring the coastal thug-ruled fiefdoms under control if it is to continue to be at peace, says VIVEK MENEZES



KEEPING GOA SAFE

dered their way across the city with total impunity.

But if Mumbai is better defended than last year, let us think the unthinkable and consider Goa's preparedness in the event of such an attack. If ten terrorists ran amok for a full three days in the nation's financial capital, which is full of military personnel and armed policemen, what horrors could unfold here? After all, this is an entirely realistic scenario: the intelligence warnings from the Israeli and Australian governments specifically mention threats to Westerners and places that Westerners congregate. This means Goa, where tourists from all over Europe, North America and Australia gather in huge numbers all through the tourist season, and there are as many as 15,000 Israelis alone in the peak period that extends over the New Year, besides an outpost of the Chabad House that Kasab and company specifically targeted in Mumbai.

The truth is that Goa is a soft and extremely vulnerable target. Tens of thousands of Western visitors mass together at several individual beach tourism hubs: Arambol, Anjuna, Candolim, Palolem. Most of these are-

as have long since become semi-lawless and mostly beyond the control of state authorities. Earlier this year, the Calangute MLA told the legislative assembly that even he is scared to enter some parts of the beach belt at night, and that the drug trade has become endemic and rampant to the point where the local police is intimidated into inaction. Further north, in places like Chapora, Anjuna and Arambol, it is rare to ever see a uniformed policeman, even as every kind of illegality flourishes in broad daylight with the total connivance of local authorities.

Eight years ago this month, I stood with my baby son in my arms and watched an unspeakable disaster unfold right in front of my eyes across the Hudson River in New York as the twin towers of the World Trade Center burned and then crashed into dust in the course of just a few hours. That event, right at the cusp of a new millennium, ushered in an age of permanent anxiety, the new era of constant terrorist threat that we live in today. It is true that India had faced such attacks many times before, but since 2001 they have become

much more frequent, an unending backdrop of violent mayhem that we simply have had to learn to deal with as part of everyday life.

But even as Mumbai, Delhi and Bangalore have been attacked by cross-border terrorists; Punjab, Kashmir and the North East have burned with armed resistance movements; and huge swathes of the country have had to endure the military standoff between Naxals and the state, our precious little homeland of Goa has been spared. Our democracy may be flawed but it has held; our identity may be under threat but it still survives. Almost miraculously, Goa has actually flourished in many important ways in the recent decades—the state's economy has grown satisfactorily, and one could argue that all of us have better and more democratically accessible health care, education, and job prospects right here in the state than at any other previous time in our history. The data speaks for itself. Goa is at the top of the national charts for every aspect of human development.

The price we have to pay for all of these positive developments is vigilance, and preparedness. The tourism industry has grown from a trickle to a flood in just two decades, and it could easily go to a trickle again if there is a disastrous incident of any kind. The state has to ensure that there is ample rapid response facility built into the police infrastructure, which can react decisively even if there are multiple incidents occurring in different parts of the coastline. A lesson needs to be learned here from what unfolded in Mumbai—if terrorists can elude the authorities for anything like days on the coastline of Goa, the mayhem could be far greater than we have seen ever before in India, and the tourism sector will simply disappear overnight.

Most important of all, it is finally time that the State exerts its authority, and extends its visible presence on to the beach belt which has long operated as a series of thug-ruled fiefdoms. There can be no doubt that much of the criminal activity in Goa has its genesis there, in the territory where officials fear to tread and violent drug mafias hold sway. This state should have learned its lesson with the horrific, tawdry rape and murder of Scarlett Keeling early last year, when we learned about an extraordinary nexus of criminality that governs the coastline. We found out that the takeover of Goa territory by organised criminals isn't really so very different from the Naxal usurpation of authority in many other parts of India. This disgraceful situation is converging fast with the very real threat of terrorist action on Goa soil, and it is a recipe for unprecedented disaster.

### Little Matters

All of us make financial investments. We think long and hard before doing so, and choose the ones that will benefit us the most. Only recently did I hear about investing in people!

All of us come into the world as helpless babies. But from the time we are born, others are investing in us in many ways. They invest their time, talents, love, friendship, prayers, money, affection, knowledge and support in us. Our parents, siblings, teachers, friends and coaches are all people who invested in us. They didn't have to do most of what they did for us, but they went out of their way to do it. And they were able to do it, because other people went out of their way to invest in them! Imagine how much you would have missed out on, if others hadn't invested in you.

So it is our duty too to pass on the goodness and invest in others. It is like passing on the baton in a relay race. If we don't do our duty then the other person has to begin from the starting line all over again. Just imagine the waste of time, energy and other resources for the other person!

Whatever we invest in other people isn't wasted. It comes back to us in many different ways. God always blesses those who bless others. There is nothing more noble than to help another person rise in life. God tells us to do unto others as we would want them to do unto us.

Whatever we invest financially or in any other way for ourselves will not last after we're gone. But what we invest in other people's lives and hearts

## Investing in Others

By Vanessa Lobo

will live on long after we're gone. When we pass on something good to another, they pass it on to someone else and it continues to be passed on. It is our legacy and a small part of us will live on through those people.

We can invest in absolutely anybody: our children, colleagues, friends, family, neighbours etc. We don't need to be very rich or successful to do this. There's no right or perfect time to do it. Just start right now with whatever you have to offer, no matter how small or insignificant. Maybe, you can invest your talents. If you are a good cook, then share your favourite recipes with someone. If someone doesn't know how to cook, teach him/her. Some people pass on secret family recipes too. How wonderful for the third or fourth generation of a family, to enjoy a lovely dish discovered by a great grandmother, a long time ago!

Don't let what you know end with you. Whatever you know, pass it on. Who knows how far it will go? Maybe the person you pass it on to will build on it, before passing it on again. In the end, it may turn into something really great, something you never even imagined!

If you are a person who likes to encourage others, then go ahead and teach others to do it. If you are good at making friends, then teach those who aren't as good as you are. All of us learn through our mistakes and through experiences of life. We pick up small pearls of wisdom or little

secrets and shortcuts that make our lives easier. Many younger people would benefit so much from knowing these things. Once you pass on yours to them, then they learn their own shortcuts and, adding theirs to yours, they pass them on to their children!

If you are very busy, look for ways to do it without wasting your time. Teach your children to cook, while doing your everyday cooking. Share tips on communication skills and people skills with them, while driving. When repairing broken stuff, make sure they are around and explain what you are doing. Maybe you are a very creative person. Teach others how to make wealth from waste. Take the kids shopping and teach them tips on smart shopping, while actually getting your work done!

One man left his high-profile job with Microsoft to invest in children full time. He supplies books to children in poor countries, who haven't had a chance to read a book, let alone own one. He helps build schools for these children, because education is the best way to empower them. He wants to invest in them, so that one day they too will invest in others.

We may not be able to do something as big as that. But in our own way, we can definitely contribute to investing in others, especially children and young people, who are our future. We don't have to look far for people to invest in; they're all around us. So as we go about our day, let's start investing without a second thought!

## Letters to the Editor

### Letter of the Day

#### Religion not a monopoly

Joe D'Souza, Panjim

It is extremely unfortunate to read articles concerning the Church and its properties; on God and religious institutions; Darwinism and so on and so forth, which seem to reflect personal vendettas. As one of our eminent cardiologists, Dr Francisco Colaco, has stressed, all these have generated personal animosity.

Dubbing Eduardo Faleiro and Justice Thomas as disgruntled elements or personally attacking individuals is not fair. On several occasions, I have stressed that an enemy of one country is a soldier of the other. The patriot and martyr as well as the traitor and the terrorist are the same person. It is all in the way you look at it. This is the genesis of fundamentalism: through the misuse of religion.

Mr Eduardo Faleiro is a very successful politician and a fine human being. As a minister, he has given help to the most needy and the helpless. I am personally indebted to him. When he saw three orphaned children, all below 8 years of age, whose parents had died in an accident, Mr Faleiro realised that I was generating funds for them along with the late Norman Dantas, using *Herald* as a medium of support. He therefore invited me with the children and gave all the required support. All these kids today, I understand, are secure and well settled.

Preaching religion and practicing are totally different. Very often, we mortals try to assume that God is best known to us alone. Declaring that God said this or that, we limit the boundaries of the Almighty with a limited brain and restricted vision.

If motives are attributed to persons of the likes of Eduardo Faleiro, Francisco Colaco and Justice Thomas, we would surely be belittling ourselves. God is not the monopoly of anyone, to be used to ridicule other points of view or to sell religion as an opium to exploit, harass and dominate the helpless in the name of God. Let us generate light, not black holes of hatred and ridicule.

quired' by India and not 'liberated' from the Portuguese. Also, according to the UN resolution 1514 (XV), Goa is listed as 'invaded'. We have now undergone 47 years of corrupt Indian colonial rule over our Goa.

#### Tighten SIM procedure

Adelmo Fernandes, Vasco

There are probably several SIM cards for mobile phones that have been obtained by providing fake identities. Such mobiles can be misused by anti-social elements. It becomes very difficult for the police to trace the call to the actual culprit whenever a crime is committed, as the identity provided while obtaining the SIM card happens to be fake.

It is essential to have more stringent rules in place for obtaining a SIM card. This appears necessary since mobiles have become an important tool in the hands of terrorists. At present one can obtain a SIM card by just producing a copy of

the driving licence. This identification seems insufficient, as it can be manipulated.

#### Creating 'Catholiva'?

Anthony Pinto, Valpoi

The article by Avertthanas D'Souza entitled 'Church and Democracy' (*Herald*, 19 Sep), is loaded with rationalisations and is a repeat performance of the article entitled 'What is the Catholic Church?' (*Herald*, 5 Sep).

I have heard and read many religious leaders talking of religions as different pathways to God. In the absence of citation of any authority to the contrary, the phrase "the Church is a way, a path to God", is a total irrelevance. It seems like the author is giving the readers a ride through his 'Tower of Babel'.

I do not want to waste the space and time commenting on 'morality' or natural laws described by the author. I feel the author has been stung by the bug of the promoters of Hindutva,

### Paths of Wisdom

#### Order And Discord

The heavens themselves, the planets, and this centre,  
Observe degree, priority, and place,  
Insisture, course, proportion, season, form,  
Office, and custom, in all line of order;  
And therefore is the glorious planet Sol  
In noble eminence enthron'd and sphere'd  
Amidst the ether, whose med'cinal eye  
Corrects the ill aspects of planets evil,  
And posts, like the commandment of a king,  
Sans check, to good and bad. But when the planets  
In evil mixture to disorder wander,  
What plagues and what portents, what mutiny,  
What raging of the sea, shaking of earth,  
Commotion in the winds! Frights, changes, horrors,  
Divert and crack, rend and deracinate,  
The unity and married calm of states  
Quite from their fixture! O, when degree is shak'd,  
Which is the ladder of all high designs,  
The enterprise is sick! How could communities,  
Degrees in schools, and brotherhoods in cities,  
Peaceful commerce from dividable shores,  
The primogenity and due of birth,  
Prerogative of age, crowns, sceptres, laurels,  
But by degree, stand in authentic place?  
Take but degree away, untune that string,  
And hark what discord follows! Each thing melts  
In mere oppugnancy: the bounded waters  
Should lift their bosoms higher than the shores,  
And make a sop of all this solid globe;  
Strength should be lord of imbecility,  
And the rude son should strike his father dead;  
Force should be right; or, rather, right and wrong  
Between whose endless jar justice resides  
Should lose their names; and so should justice  
too.

Then everything includes itself in power,  
Power into will, will into appetite;  
And appetite, an universal wolf,  
So doubly seconded with will and power,  
Must make perforce an universal prey,  
And last eat up himself.

(William Shakespeare, *Ulysses'* speech from *Trilussa and Cressida*)

#### Harmony in diversity

M Rafeek, Colva

With reference to the letter by Edgar Martins titled 'Kalappa for CM' (*Herald*, 23 Sep), we see that we have outsiders coming to Goa in search of jobs and settling here itself. But this is not the real issue. Outsiders are multi-skilled, whereas Goans go hunting for jobs from Middle East to West. The politicians cannot stop Indians from moving around on Indian land.

What we all need is to work harmoniously towards building Goa into a beautiful state.

#### Shed for vendors

Pravin U Sardesai, Adpai

Many vegetable vendors occupy the side of the main road near Top Cola factory at Borim. They grow vegetables in the adjoining areas and bring them for sale along the main road. They toil here during major part of the day to make ends meet.

It pains me to see that these vendors do not have any shed over their head for protection from the heat or heavy showers during the monsoons. For the last several years, they have been selling their produce here. The authorities failed to pay heed to their difficulties.

The concerned authorities need to erect a suitable shed for their benefit at once, and put an end to their difficulties.

Letters should be 150 words or less in length, and should have the writer's name, address and telephone number. The editor reserves the right to edit letters for size and readability, and to delete any personal attacks or libellous/objectionable matter.

### Irresponsible tourists

Rolland G Pereira, Margao

Irresponsible behavior on the part of the tourists has claimed two more lives on Miramar beach.

This goes once again to prove that we don't learn from mistakes. We get so much carried away by our insensitive and short break of freedom that we dare to play with nature and then blame somebody else for not reaching out to our rescue.

Is it not our moral responsibility that when we visit another state or country, we show some self-discipline and etiquette? How often do we hear of Goans drowning in the seas or picking up fights or acting rude when they are touring other states? That you can afford to spend your money and gulp a couple of pegs available cheap

does not give you any right to forget your responsibilities, especially when you are away from home.

The tourist season has just begun and we are going to have more and more tourists pouring into Goa. The Tourism Department should add more huge billboards and display the names and, if possible, photographs of the victims till date from Morjim to Pollem.

#### Compromise needed

Estrocio Sequeira, Sernabatim

The casino employees' strike with regard to the hike of entry fees from Rs200 to Rs2000 needs to be debated thoroughly.

We need to consider certain facts here, like the economic level of the employees. Also, some empathy needs to be shown by the government to at least reduce the fees for Goans. The other evils cited by some writers need not be debated. The casinos need to abide by the rules set by the government. The casino owners need to keep a strict watch on the happenings in the casinos, thereby ensuring their smooth future.

I hope better sense prevails and the government and the casinos sort out these complex problems once and for all and come out with a compromise solution, to the satisfaction of the government, parents and employees.

#### Indian colonialism

Ashburn and Leron Pereira, Porvorim

Arwin Mesquita, in his letter 'Review Goa's Liberation' (*Herald*, 22 Sep) says that "we need to have an urgent post-liberation analysis of Goa". Was Goa liberated or conquered?

During the 1500s India never existed as a separate country. The Indian subcontinent under the British Raj basically consisted of British India and the Princely states. India came into existence only after the British left in 1947.

No one is in doubt that the Portuguese conquered Goa in the 1500s. Before that, Goa was in a state of constant siege. The Portuguese gave Goa stability after they took over and put up a valiant front against the enemy forces, till the invasion and expulsion by India's troops in December 1961.

According to the landmark judgment delivered by the Supreme Court, Goa was 'con-