

CHIKUNGUNYA FEVER : Chikungunya fever is a viral disease transmitted to humans by the bite of infected mosquitoes. Chikungunya virus (CHIKV) was first isolated from the blood of a febrile patient in Tanzania in 1953, and has since been identified repeatedly in west, central and southern Africa and many areas of Asia, and has been cited as the cause of numerous human epidemics in those areas since that time.

CHIKV infection can cause a debilitating illness, most often characterized by fever, headache, fatigue, nausea, vomiting, muscle pain, rash, and joint pain. The term 'chikungunya' is Swahili for 'that which bends up.' The incubation period (time from infection to illness) can be 2-12 days, but is usually 3-7 days. "Silent" CHIKV infections (infections without illness) do occur but how commonly this happens is not yet known. Acute chikungunya fever typically lasts a few days to a couple of weeks, but as with dengue, West Nile fever, o'nyong-nyong fever and other arboviral fevers, some patients have prolonged fatigue lasting several weeks. Additionally, some patients have reported incapacitating joint pain, or arthritis, which may last for weeks or months. CHIKV is spread by the bite of an infected mosquito called *Aedes aegypti*. Mosquitoes become infected when they feed on a person infected with CHIKV. Monkeys, and possibly other wild animals, may also serve as reservoirs of the virus. Infected mosquitoes can then spread the virus to other humans when they bite.

Treatment is symptomatic--rest, fluids, and ibuprofen, naproxen, acetaminophen, or paracetamol may relieve symptoms of fever and aching. Aspirin should be avoided. Infected persons should be protected from further mosquito exposure (staying indoors and/or under a mosquito net during the first few days of illness) so that they can't contribute to the transmission cycle.

The best way to avoid CHIKV infection is to prevent mosquito bites. Following are any things you can do to prevent mosquito bites: use insect repellent containing an DEET or another EPA-registered active ingredient on exposed skin, wear long sleeves and pants, have secure screens on windows and doors to keep mosquitoes out, get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels, change the water in pet dishes and replace the water in bird baths weekly, drill holes in tire swings so water drains out and keep children's wading pools empty and on their sides when they aren't being used.

Sent by Dr. Devi Gunasekera. SOURCE : CENTER FOR DISEASE CONTROL (CDC)

MAYA FACTS

- Mahamaya Girl's College Kandy was founded in 1932 by the Sadhachara Kulangana Samithiya in the West Cliffe Bungalow which was bought from Anagarika Dharmapala together with 2.5 acres of land adjoining the property which belonged to Mr. Arthur Fernando.
- From 1932 to 1938 the name of the school was Buddhist Girls' College. The school was officially renamed as "Mahamaya Girls' College" in 1938.
- Ms. Hilda Westbrook Kularatne was the first Principal of Mahamaya. She was the Wife of Mr. P De S Kularatne.
- The first day it was opened, 16 students were registered at Mahamaya. The first hostel, the first classroom, and the first principal's quarters were in the West Cliffe House, and the hostel was furnished by Lady Sarah Soysa. Today it is preserved as Mahamaya's Archives that houses its archival materials.
- The main building of Mahamaya was opened on 8/27/32 by Governor Sir Graeme Thompson .
- The first school song in English was introduced by Principal Mrs. Bertha Rogers Ratwatte.
- The school flag, crest and the school song in Sinhala was introduced during the tenure of Ms. Soma Pujitha Gunewardena as Principal.
- In December 1960., Mahamaya was taken over for State Administration.
- The longest serving Principal so far is Ms. Soma Pujitha Gunewardene, from 1951-1972
- In 1978, Mrs. Lalitha Fernando, during her tenure as Principal opened the National Savings Bank Branch in the school.
- In 1982, Mahamaya received the National School status.
- The Mahamaya Alumni—Colombo Branch was instituted in 1984
- The school auditorium was completed in 1990 during the tenure of Mrs. N.K. Pilapitiya as Principal.
- The building of the swimming pool was completed in 2000. It was commenced by Ms. I. Ratnayake Gallella who was the principal during this time.

REFERENCE: WITH A FISTFUL OF RICE BY INDRANI MEEGAMA

Compiled by Chathuri Nugawela Munasinghe

WEDDING BELLS!



Our Harshi Ehelepola and Curtis Lee Waters were married on December 2nd 2006. The wedding reception and dinner was held in the evening at the elegant Portland Art Museum Ballroom amidst family and friends and was graced by Mahamayans Sujatha Werake and Arushie Nugapitiya. In the above picture from Left to right: Arushie Nugapitiya, Harshi Waters, Curtis Lee Waters and Sujatha Werake.



Then and now



Obituaries

With sadness we learnt that Ms. Asoka Rajasinghe who was a teacher at Mahamaya passed away. Many would remember her as their social science or geography teacher.

It is also with deep sadness that we learnt of the untimely death of our alumna Ms. Subhashini Samaranayake who also taught at Mahamaya for some time.

Our thoughts and prayers are with their families and we wish them a peaceful passage through samsara until they reach the supreme bliss of nirvana!

NEW YEAR RESOLUTIONS

When it comes to planning their futures, many people drift aimlessly from day to day, year to year, with little focus or long-term direction. Other people—a small minority—meticulously set goals and ruthlessly conform to a never-ending regimen of daily planners, color-coded to-do lists, sticky notes on the bathroom mirror, and time-management seminars.

Most of us fall somewhere in-between. We certainly do look ahead and contemplate the future. We either set specific goals or we have some notion of what we'd like to do, even if we haven't written down exactly how we intend to do it. For major decisions, we think things through carefully. Small decisions, such as how to spend each hour, are largely guided by an intuitive sense of what's important at that moment, meaning our daily decisions are not completely random. Nor are they always planned and executed with the precision of a military mission.

If you fall into this category of being "goal-oriented" but not "goal-obsessed," then here are a few tips to help you accomplish more without becoming a slave to the p r o c e s s :

1. Choose the Right Goal (or Goals)

Setting difficult goals improves overall performance, even if the goals are only partially obtained. That said, it is crucial that you believe your goal is attainable, otherwise you won't even try. Most importantly, spend time clarifying *why* you want the goal, what you may have to give up in the process, and whether the tradeoff is true to your deepest values.

2. Make Your Goals Official

It's fine to have wide-ranging ideas about what you'd like to do, but it takes a personal commitment—a decision—to make a true goal. It need not be a blood oath, but the more ceremonious, the better. Also consider personally committing to one or more people whom you trust.

3. Create a Plan

Most people who set goals fail because they never make a plan. Often, people simply don't know where to begin. There are many good books on the subject. For best results, use the online goal-setting tool here at myGoals.com, which walks you through a clever, step-by-step process that makes it very easy to create a solid plan of a t t a c k .

4. Keep to the Plan...

Once you have a plan, the biggest challenge is to stick with it. It's easy to procrastinate or get distracted by the responsibili-

ties of daily life. Daily planners can help, but myGoals.com goes a step further by sending you automatic reminders via email. Sometimes the difference between success and failure is just a periodic nudge from an external source.

5. ... But Stay Flexible

Life throws surprises at us, so any good plan allows for contingencies. The need to make periodic adjustments is another good reason to manage your goals using the computer, as opposed to paper-based systems. Most of all, periodically review each goal to make sure it's still something you really want.

www.mygoals.com

Sent By Priyanka Jayakody

"Human subtlety will never devise an invention more beautiful, more simple, or more direct than does Nature." -- Leonardo da Vinci . Submitted by : Sujatha Werake

WE WISH ALL OUR READERS A HAPPY HOLIDAY SEASON AND A BRIGHT AND PROSPEROUS 2007!

Recipe for a Happy New Year

"Take twelve fine, full-grown months; see that these are thoroughly free from old memories of bitterness, rancor and hate, and cleanse them completely from every clinging spite; pick off all specks of pettiness and littleness; in short, see that these months are freed from all the past – have them fresh and clean as when they first came from the great storehouse of Time. Cut these months into thirty or thirty-one equal parts. Do not attempt to make up the whole batch at one time (so many persons spoil the entire lot this way) but prepare one day at a time. Into each day put equal parts of faith, patience, courage, work (some people omit this ingredient and so spoil the flavor of the rest), hope, fidelity, liberality, kindness, rest (leaving this out is like leaving the oil out of the salad dressing – don't do it), prayer, meditation, and one well-selected resolution. Put in about one teaspoonful of good spirits, a dash of fun, a pinch of folly, a sprinkling of play, and a heaping cupful of good humor."

Anonymous Author

Submitted by Dharshani Nanayakkara.