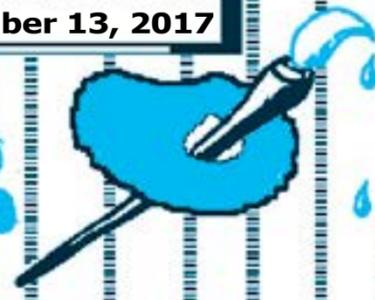


Children's Corner



Technological Wonders

Salaam young friends. Hope you are all doing well by the Grace of Almighty Allah. If you remember our last week's chat, we talked about the age of information and the problems related to technology.

Technology can be a blessing but also a curse. These days, most of us are constantly connected through high speed Internet on smart phones or mobile or tablet devices. Often, when these are taken away from us, we are left feeling a bit lost. Technology can thus also cause a lot of stress. Nomophobia is one such mental illness caused by technology, or lack of it.

As we said last week, nomophobia is a term describing a growing fear in today's world — the fear of being without a mobile device, or beyond mobile phone contact. In other words, nomophobia occurs in situations when an individual experiences anxiety due to the fear of not having access to a mobile phone. The "over-connection syndrome" occurs when mobile phone use reduces the amount of face-to-face interactions thereby interfering significantly with an individual's social and family interactions. The term "techno-stress" is another way to describe an individual who avoids face-to-face interactions by engaging in isolation including psychological mood disorders such as depression.

Anxiety is provoked by several factors, such as the loss of a mobile phone, loss of reception, and a dead mobile phone battery. Some clinical characteristics of nomophobia include using the device impulsively, as a protection from social communication, or as a transitional object. Observed behaviors include having one or more devices with access to internet, always carrying a charger, and experiencing feelings of anxiety when thinking about losing the mobile.

Among today's high school and college students, it's on the rise. An increasing number of college students now shower with their cell phone. The average adolescent would rather lose a pinky-finger than a cell phone. A growing percentage text or tweet instead of actually talking to others.

So what should we do to model a balanced approach for students? Be sure there are daily times you turn off the cell phone and experience either face-to-face conversations or solitude.

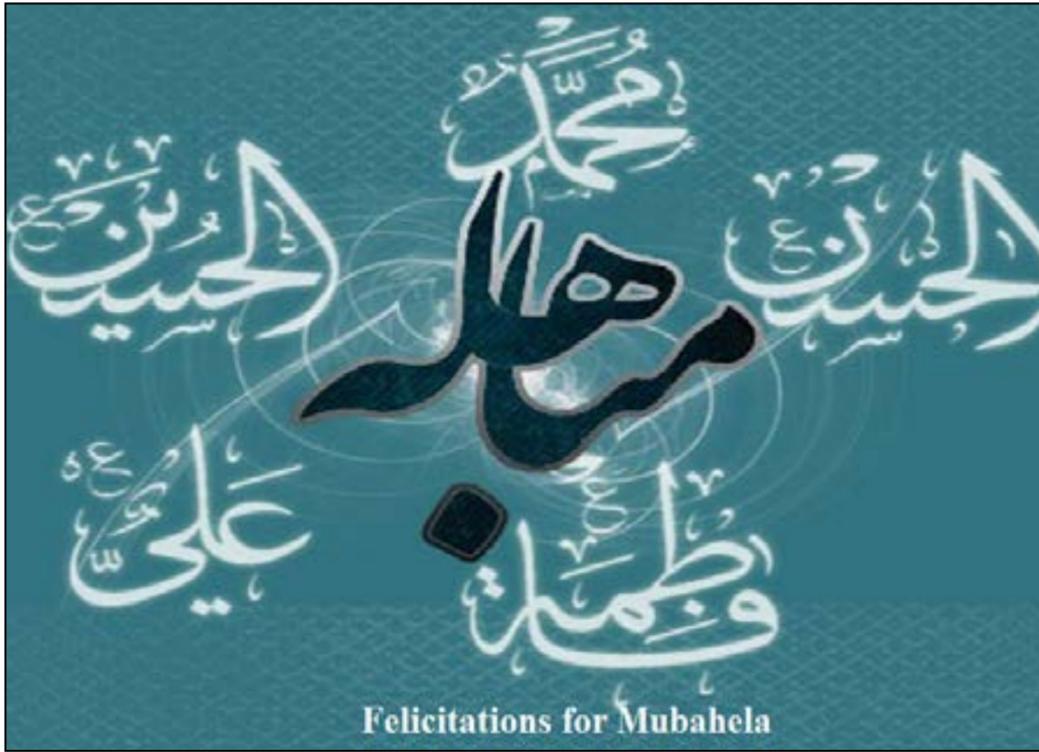
Balance screen time and in-person time each week. For every hour you invest in front of a screen, you invest in human contact.

Try a technology fast every month, where you actually go for a day or more without a computer, tablet or phone. You'll feel liberated.

Place your phone at least 15 feet away from you when you sleep at night. I realize you'll have to get up to push "snooze," but it's safer this way.

Block your day in time zones, where you spend time using technology, but also have blocks of time for organic, genuine interaction with people.

We should be thankful to Almighty God for having blessed us with the gift of the intellect and more important, its proper use, which have helped us to advance at a rapid pace.



Felicitations for Mubahela

Imam Ali (AS)

"He who is deserted by friends and relatives will often find help and sympathy from strangers."

The Fisher and the Little Fish

It happened that a Fisher, after fishing all day, caught only a little fish.

"Pray, let me go, master," said the Fish. "I am much too small for your eating just now.

If you put me back into the river I shall soon grow, then you can make a fine meal off me."

"Nay, nay, my little Fish," said the Fisher, "I have you now. I may not catch you hereafter."

MORAL: "A little thing in hand is worth more than a great thing in prospect"

RIDDLES

Dear youngsters, could you answer the following questions.

1. I am a type of animal that hang out in the mist. What am I?
2. An action done on mosquito bites. What am I?
3. The time between daylight and darkness when blood drinkers like to come out, what am I?
4. A piece of paper that takes most people 3 or 4 years to get. What am I?
5. I am used when you jump off a bridge for fun. What am I?
6. I mirror your actions. What am I?

Answers to last week questions:

1. Corner
2. Seal
3. French Fries
4. Coffee Bean
5. Anchor
6. Banana

Send your jokes. Heard any jokes lately? Well, try and make us laugh too!

Don't hesitate! Mail it to us.
Kayhan International address:
Ferdowsi St., Shahid Shahcheraghi Alley, Tehran.
Email: kayhanintl@yahoo.com

JOKES

The computer in my high school classroom was acting up. After watching me struggle with it, a student explained that my hard drive had crashed. So I called IT. "Can someone look at my computer?"

I asked. "The hard drive crashed."

"We can't just send people down on your say-so," said the specialist. "How do you know that's the problem?"

"A student told me."

"We'll send someone right over."

A Twitter exchange between an angry customer and an apologetic fast food owner:

Customer: You, I ordered a Pizza & came with no toppings on it or anything. It's just bread.

Owner: We're sorry to hear about this!

Customer (minutes later): Never mind, I opened the pizza upside down.

Trying to explain to our five-year-old daughter how much computers have changed, my husband pointed to our brand-new personal computer and told her that when he was in college, a computer with the same amount of power would have been the size of a house.

Wide-eyed, our daughter asked, "How big was the mouse?"

