

Tele-addiction

Dear aunt, I am addicted to television since my school days. Now I am doing my A-Levels and still find myself unable to take my eyes off the TV. Is there a way out? I really want to do well in my exams. Please help.

TV addicted

My dear child, If you are a regular follower of my column, you will surely have seen my illustration. I have owl-like eyes and glasses as thick as Horlicks bottoms. How did I get it? Movies and television — what else!

You are far from the only one suffering from TV addiction. One reason people don't get enough of it is because TV is way too relaxing. You don't have to do anything, not even think — just sit there and watch.

You seem to be a victim of habit (as I was). Let me tell you how I kicked my habit. One fine day, I switched the darn thing off, went to my room and started reading a book. Just like that. Thereafter, I forced myself to doing the same one more time. Then again. And again. Before I knew, I had rid of my addiction and acquired a new habit: reading.

Think, child. What is more important — your momentary pleasure or acing your exams? TV will always be there. You can always take that remote control and flip the channels but few things don't wait, for instance your A-level exams. Spoil it, and you are done.

Don't do something which you are sure to regret later. But if what you want is -7D glasses like your aunt and constant ruing of all the opportunities missed, please go ahead.

Estranged

Dear aunt, My problem is that when I join my new school, I will dearly miss my old school pals. I am very nervous. Can you give me some idea on how to act with my new friends?

My dear child, When I was in school, there was this cute guy who loved me like I was the only thing in the world that mattered. Whenever I entered the class, he used to give me that winning smile. It always made my day. But I never returned his smile, nor ever considered his affection. How I regret it!

Two lessons. One: If someone likes you or is your real friend, you will NEED that person at some point in your life. There are very few people who like you the way you are. So keep in touch with your dear old friends. Two: Smile. It never hurts.

Life is about moving on and you should too. At your old school, you seem to have made lots of good friends. Now that you are joining a new school, you are bound to miss them. But this is how life works. Your new school

hard. Increase your horizon and learn new things. And just be yourself. If you stay true to yourself, you need not go looking for friends, they will come to you.

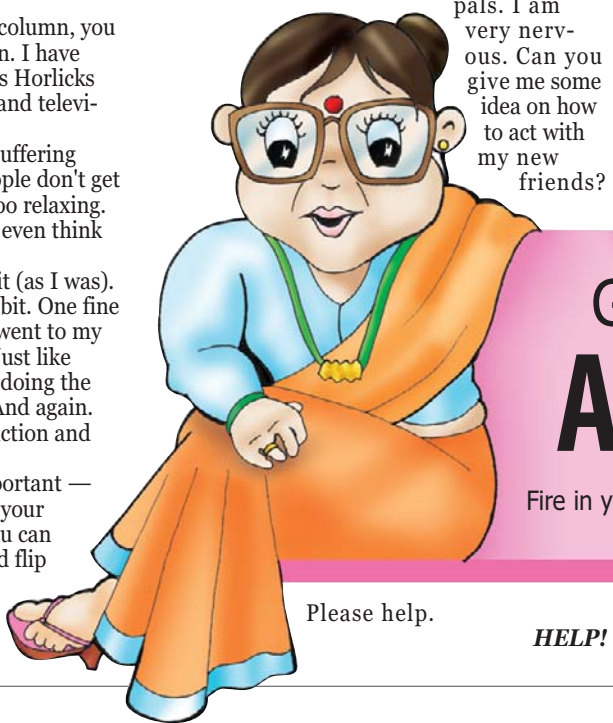
Get over it

Dear aunt, I love this guy but he doesn't know I love him. I can't tell him my feelings. Whenever I see him or get close to him I get nervous and can't utter a word. In my dreams, I always see him proposing me. But it never happens in real life. Please help.

My dear child, Nazareth said it: Love hurts. But trust your aunt, it need not. First of all, your problem is not the guy or his failure to express his feelings for you (if he has any). The problem is your low self-esteem: Whether you love this guy or not, you definitely don't seem to love yourself very much.

You say you get all nervous when he is close. By being so high-strung around him, you might even be freaking him out and making him believe that you don't consider yourself in his league. At the end of the day, it is not about how you look or sound, but what you believe you deserve.

Aunt's advice: When you meet the guy next time, look at him real close. See? His eyes are not that special, are they? And isn't his nose a little crooked? You will be surprised how ordinary everything is about him. It is YOU who is putting him up on a pedestal, so high you cannot ever reach him. If you two are compatible and you are clam and confident when with him, he too might find it easier to express himself. Thought that?



Getting comfy with Agony Aunt

Fire in your queries at agonyaunt@kantipur.com.np

Please help.

HELP! offers endless possibilities. Start afresh, participate in extra-curricular activities and study

Poetry fest at Russian centre

To mark the International World Poetry Day, Russian Centre of Science and Culture and Nepal Russia Literary Association jointly organised a poetry recitation programme on Thursday.

Poets from Norway, China, Russia and Nepal participated in the programme. It was in 1999 that UNESCO recognised this day for

the promotion of reading and writing all over the world.

The programme started with an address by Dr. Vladimir V Novikov, Director of Russian Centre of Science and Culture. He shed light on the historical development of art and literature. He also informed that the day was being celebrated in the presence of different national and international

poets for the first time in Nepal.

"Rome is the place where literature flourished, whereas in Russia, literature played a vital role in peaceful and stressful times," informed Novikov.

Poet and litterateur Jagdish Gimire recited a poem "Sadak" from his latest poetry collection. The poem reflects the country's present situation and life of its people.

Amid the programme Chinese poet Xe Yi recited his poem 'Thinking of You' while Russian compatriots Alla Sharma and Victoria Onuphrieva sang Pushkin's lyrical love poem. Norwegian Sten Brand recited a poem reflecting the feeling of people during the World War II.

Likewise, Nepali poets like Bishnu Bahadur Gurung, Shisir Yogi, Bishnu Biva Ghimire, Rochak Ghimire, Hem Raj Kafle, RM Dangol, and Ramesh Poudyal recited poems on different social and contemporary issues.



PHOTO: SUNITA DANGOL

Perfect Stranger 18:45 on HBO Director: James Foley Genre: Crime, drama, mystery, thriller Cast: Halle Berry, Bruce Willis, Giovanni Ribisi, Richard Portnow Rating: R for sexual content, nudity, some disturbing violent images and language

Friday flick

a childhood friend. Her friend had been dumped by ad exec Harrison Hill (Bruce Willis), so he's Rowena's prime suspect. Rowena gets a job at the ad agency as a temp, and she's soon the object of Hill's attentions. She's helped in her subterfuge by Miles Haley (Giovanni Ribisi), a friend at the paper who has a secret thing for her.

Rowena Price (Halle Berry) is a muckraking reporter for a New York paper. When her story about a closeted gay Senator who preaches family values is spiked, she quits and soon finds herself investigating the grisly murder of



(IMDB)

EVENT GRAPH



Live music at the Hyatt

Revive yourself at the Rox Bar with Inner Groove performing every Friday and Aprilush every Saturday

FEEL THE HYATT TOUCH™

For further details please call TELEPHONE: 4489362 or 4491234 sales.kathmandu@hyatt.com



FOOD

- Enjoy Gyakok (The Hot Pot with T-momos, Varieties of Meats and Many More...) at the Shambala Garden Cafe, Hotel Shangri-La. Rate: NRs. 700.00 + per person for Lunch or Dinner. For reservation: 4412999. Expect some extraordinary in "Plat Du Jour" at Hotel Shangri-La, Kathmandu. With an exquisite 3 course Lunch menu changed every day, the heavenly Shambala Garden offers more than just being a dining place... only @ NRs 600++ per person. For more details: 4412999. Enjoy traditional high tea with scones and sandwiches and your choice of freshly brewed tea everyday at the Lounge from 4:30 pm to 6:30 pm. Please call Hyatt Regency Kathmandu at 4489362 or 4491234. Savor flavours from the exotic orient at The Cafe showcasing famous wok fried specialties and curries of Asia every Wednesday. Please contact Hyatt Regency Kathmandu at 4491234 for details. Indulge yourself in best selections of wine and cheese every Friday & Saturday at the Lounge, Hyatt Regency Kathmandu from 5 pm to 8 pm. Please contact Hyatt Regency Kathmandu at 4491234 for details. Every Friday join us to explore the culinary delights from the Mediterranean region of Greece, Italy and the Middle-East at The Cafe. Please contact Hyatt Regency Kathmandu at 4491234 for details. Experience the new menu at Kakori, Soaltee Crowne Plaza Kathmandu. For reservations call 4273999 Extn: 6555. Open for dinner from 7.00 pm till 10.45 pm. Enjoy the various Pizzas and Juicy and Succulent Steaks, at the Only Italian Specialty Restaurant in Town - "Al Fresco", Soaltee Crowne Plaza Kathmandu. Open for Lunch: 12.30 pm to 2.45 pm and Dinner: 7.00 pm to 10.45 pm. For Reservation call 977-01-4273999 Extn: 6123.

MUSIC

- Relax with your favorite drinks at the Rox Bar every Friday evening and set your mood with live tunes by "Inner Groove" at Hyatt Regency Kathmandu. Please contact: 4489362 or 4491234 for details. Starry Night Barbecue at Hotel Shangri-La with Live performance by Ciney Gungung, inclusive of a can Beer or bottle of Soft Drink, @ Rs. 999.00 Nett, per person, every Friday at the Shambala Garden, 700 PM onwards. For Further details: 4412999. Enjoy the sensational sounds of live Jazz along with your favourite drinks in the Rox Bar every Friday from 8:30pm onwards. Please contact Hyatt Regency Kathmandu at 4491234 for details. Yankey performs live at Rox Bar with Aprilush band every Saturday from 9:00 pm onwards. For further details, please contact Hyatt Regency Kathmandu at 4491234. Enjoy a relaxing Sunday Jazz brunch in The Terrace at Hyatt Regency Kathmandu with barbeque and live Jazz music from 12:00 to 3:30 pm. For details please contact 4491234 OR 4489362. Possie & the fags playing live @ Moksh this Friday from 7.30pm onwards. For more details contact: 5526212. Jatra happy hour everyday from 5-7 pm. Buy one get one free drink. Also free hi-speed WiFi at Jatra R&B. Live Acoustic Music @ Jazzabell cafe every Tuesday. Happy hours 6-7 pm. Jazzabell Cafe, Chakupat, Patan Contact no: 2114075. Live music @ G's Terrace Restaurant N Bar, Thamel every Tuesday with Strings band. Wednesday ladies' night - Live unplugged music & one free cocktail to ladies at Jatra Cafe & Bar, Thamel. Happiest cocktail hours from 5-7pm. Tel: 4256622. Live fusion & classical music by Anil Shahi from 8pm onwards every Wednesday at Absolute Bar, Hotel Nanyang Complex, Pukhok. Tel: 523498. Wild Wednesday @ Jazzabell cafe. Enjoy a mid week break with live Band Crossfire @ Jazzabell cafe along with great food and drinks. Happy hours 6-7 pm. Jazzabell Cafe, Chakupat, Patan Contact no: 2114075. Every Wednesday ladies night with free cocktail and unplugged music. Happy hour everyday 5-7pm. Buy one get one free. Free hi-speed wifi everyday at jatra R&B.

FILM

- Lazimpat Gallery Cafe is featuring the film is "Frost / Nixon" on Saturday March 21 starring Frank Langella. Starts at 6 pm. Lazimpat Gallery Cafe. Tel 4428549. Documentary and Interaction "Earth" on life on earth and its beauty at 10 pm March 21 at Mind Body Library, Stadium Gate, Tripureswor. To register sms 9841-896000. Lecture and Interaction - Bodhicharyavatara Shantideva's Way of the Bodhisattva at 3 pm March 21 at Mind Body Library, Stadium Gate, Tripureswor. To register sms 9841-896000.

Escape to Godavari and feel nature hug you.



Details and Reservation: Contact Godavari Village Resort, Amrabati Toukhiel, Lalitpur. Tel: 5580675, 5580775, Fax: 5580777

MISCELLANEOUS

- Youth Initiative is organizing a one-day workshop on "HIV and AIDS: A Social Issue" on March 26, from 10 am-5 pm at PIC, Regency Plaza, Kamaladi, Kathmandu. Registration: NRs. 100(Registration Deadline: March 24). OZMA in Kathmandu, a French Jazz Band in town from March 25-29, at Alliance française de Katmandu, Tripureshwor, Ganeshman Singh Path. Contact: 4241163, 4242832.

GETAWAY

- Shangri-La Village Resort, Pokhara launches the "Festive Season Family Getaway" @ NRs 7999/- nett per couple. Avail 25% festive discount on hotel facilities. For more details and reservation, contact 4435741/42/43/44 (Ext. 104/121) OZMA in Kathmandu, a French Jazz Band in town from March 25-29, at Alliance française de Katmandu, Tripureshwor, Ganeshman Singh Path. Contact: 4241163, 4242832.

GALLERY

- The exhibition "Struggle on the Dust" by artist Tirtha Man Shapit at Nepal Art Council, Babar Mahal until April 1. "Contemplating Nature" an exhibition of paintings by Aditi Chakraborty Saha at The Art Shop, Durbagram till March 26. Contact: 4267063, 9841444848. An exhibition of paintings by group of Kathmandupad Art Studio to mark the 15th anniversary art show of kashmandupad art studio at the Siddhartha Art Gallery, Babar Mahal Revisited. The exhibition will continue till March 25.

hodgepodge

SAID WHO

Do not bite at the bait of pleasure till you know there is no hook beneath it. A. John Constable B. Thomas Jefferson C. Robert Bloch

PICK THE PERSON

He was a scientist, inventor, and founder of the Bell telephone company. In addition to his work in telecommunications technology, he also was responsible for important advances in aviation and hydrofoil technology.

Answer- Alexander Graham Bell

WORD OF THE DAY

FACE-ACHE-- n. mildly offensive name given for a miserable looking person.

THIS DAY IN HISTORY

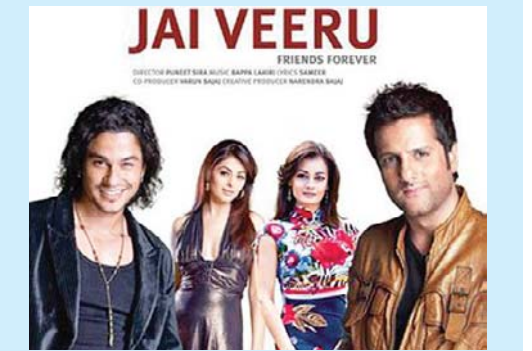
- 1997 Liggett admits cigarettes are addictive. 1991 Court awards Peggy Lee \$3 million in contract violation suit against Disney. 1981 Argentine ex-President Isabel Perón sentenced to 8 years. 1969 US President Nixon proclaims he will end Vietnam war in 1970. 1848 King Louis I of Bayern abdicates to marry dancer Lola Montez.

KNOW YOUR WORLD

Walled City of Baku - Built on a site inhabited since the Palaeolithic period, the Walled City of Baku reveals evidence of Zoroastrian, Sasanian, Arabic, Persian, Shirvani, Ottoman, and Russian presence in cultural continuity. The Inner City (Icheri Sheher) has preserved much of its 12th-century defensive walls. The 12th-century Maiden Tower (Giz Galasy) is built over earlier structures dating from the 7th to 6th centuries BC, and the 15th-century Shirvanshahs' Palace is one of the pearls of Azerbaijan's architecture

FILMS

- JAI NEPAL Dhondte Reh Jaoge Showtime: 9.00, 12.00, 3.00, 6.00 KUMARI Slumdog Millionaire Showtime: 9.00, 12.00, 3.00, 6.00 13B Showtime : 9.15, 12.15, 3.15, 6.15 GOPI KRISHNA Jai Veeru Showtime: 8.00, 11.10, 2.10, 5.10 Billu Barber Showtime: 8.00, 11.10, 2.10, 5.10 Raaz-The Mystery continues Showtime: 8.00, 11.10, 2.10, 5.10 Ghajini Showtime: 7.40, 11.10, 2.10, 5.10 GUNA CINEMA Jai Veeru Showtime: 8.30, 12.00, 3.00, 6.00 13B Dhondte Reh Jaoge Showtime: 8.30, 12.00, 3.00, 6.00 Kisse Pyaar Karoon Showtime: 8.30, 12.00, 3.00, 6.00



ON YOUR television

- SONY 07:15 Telebrands, 07:45 Teleshopping, 09:15 CID, 10:15 Specials @ 10, 14:15 Swarg, 17:45 Ek Safar Aisa, 18:15 Chinchpokli To China, 19:15 CID, 20:15 Videcon Boogie Woogie, 21:15 Jhalak Dikhla Jaa - 3, 23:15 CID, 23:45 Videcon Boogie Woogie. STAR WORLD 8:15 Friends, 9:15 According to Jim, 9:45 Scrubs, 10:15 La Femme Nikita, 11:15 Eureka, 12:15 American Idol, 14:15 The Ellen DeGeneres Show, 15:15 Desperate Housewives, 16:15 Ghost Whisper, 17:15 La Femme Nikita, 18:15 American Idol, 20:15 Kath & Kim, 20:45 How I Met Your Mother, 21:15 American Idol, 22:15 Psych, 23:15 Cops. ESPN 11:45 Uda College Dance Championships, 12:15 Barclays Premier League 2008/9 Match: Chelsea vs. Manchester City, 14:15 Sec. Women's Gymnastics Match: Florida vs. Georgia, 15:45 Uda National Dance Team Championships, 16:15 Euro Beach Soccer League Superfinal Vila-Real Match: Portugal vs. Netherlands, 17:15 Premier League World, 17:45 Goals!, 18:15 Winter X Games Ten Classic, Skiing, 19:15 Football India 2009/09, 19:45 First Edition, 20:15 Sportscenter India 2009/09, 20:45 Sportscenter Asia, 21:15 Football Forecast, 22:15 Sportscenter India 2009/09. CNN 8:15 World Sport, 8:45 CNN Today, 9:15 World Business Today, 9:45 World News, 10:15 CNN Marketplace Middle East, 10:45 The Best of BackStory, 11:15 Larry King Live, 11:45 World News, 12:15 World Sport, 12:45 World News Asia, 13:45 The Best of BackStory, 14:15 World Business Today, 14:45 Your World Today, 16:15 World Sport, 16:45 International Desk, 17:15 The Best of BackStory, 17:45 Political Mann, 18:15 Quest Means Business. STAR PLUS 10:15 Tujh Sang Preet Lagay Sajna, 10:45 Aap Ki Kachehri, 11:15 Raja Ki Aayegi Barat, 11:45 Kis Desh Mein Hai Mera Dil, 12:15 Bidaai, 12:45 Yeh Rishita Kya Kehlata hai, 13:15 Kunkum - Pyara Sa Bandhan, 13:45 Hamari Devrani, 14:15 Karam Apnaa Apnaa, 14:45 Grihasti, 15:15 Bidaai, 15:45 Yeh Rishita Kya Kehlata hai, 16:15 Aap Ki Kachehri, 16:45 Kis Desh Mein Hai Mera Dil, 17:15 Raja Ki Aayegi Barat, 17:45 Bidaai, 18:15 Yeh Rishita Kya Kehlata hai, 18:45 Hamari Devrani, 19:15 Sangam, 19:45 Santaan, 20:15 Raja Ki Aayegi Barat, 20:45 Kis Desh Mein Hai Mera Dil, 21:15 Bidaai, 21:45 Yeh Rishita Kya Kehlata hai, 22:15 Tujh Sang Preet Lagay Sajna, 22:45 Aap Ki Kachehri, 23:15 Bidaai, 23:45 Yeh Rishita Kya Kehlata hai. HBO 8:45 Jimmy Hollywood, 10:45 Rush Hour, 12:45 An Inconvenient Truth, 14:45 Beverly Hills Ninjas, 16:45 Doc Hollywood, 18:45 Perfect Stranger, 20:45 Ghost Rider, 22:45 The Tudors Ep. 03, 23:45 Three Can Play That Game. ZEE TV 8:15 KAT, 8:45 WWS, 9:15 Maa, 9:45 Chhoti Bahu, 10:45 Dance India Dance, 12:15 Dulhann, 12:45 Dance India Dance Limeright, 13:15 Chhoti Bahu, 13:45 KAT, 14:15 Maa, 14:45 Betiyaan, 15:15 Kasamh Se, 15:45 Maayika, 16:45 Shree, 19:15 Maa, 19:45 Chhoti Bahu, 20:15 Dulhann, 20:45 Maayika, 21:15 Kasamh Se, 22:15 Dance India Dance, 23:15 KAT, 23:45 Chhoti Bahu. KANTIPUR TELEVISION NETWORK 5:00 Dev Darshan, 5:15 Bhakti Sangit Shuvarambha, 5:35 Kundali, 6:15 Kirtajuli Maharjan, 6:30 Kantipur Samachar, 7:00 Rajapat, 7:30 Kantipur News, 8:00 Music Express, 8:30 Rashi Live, 9:00 The Pawanjali Show, 10:00 Quiz Whiz, 11:30 Garbhethi Ba, 12:00 Kantipur Samachar, 12:30 KTN Tiffine Box, 13:00 Kantipur Samachar, 13:30 Lagan Jula Jasto Chha, 4:00 Kantipur Samachar. 4:30 New Entry, 5:00 Call Kantipur Reloaded, 6:30 College, 7:00 Kantipur Samachar, 7:30 Ghum Ghum, 8:00 Kantipur Samachar, 9:00 Maha Time, 10:00 Kantipur Aaja (Live), 10:30 Kantipur News, 11:00 Kantipur Samachar, 11:30 College, 12:00 Call Kantipur Reloaded, 12:30 Kundali (Fresh Song), 1:30 Kantipur Samachar, 2:00 Ghum Ghum, 2:30 Kantipur Samachar, 3:00 Maha Time, 3:30 Kantipur Aaja, 4:30 Kantipur Aaja. BBC World 7:45 World News, 8:45 BBC World News, 9:15 Asia Business Report, 9:30 Asia Today (r), 9:45 BBC World News, 10:15 Click (r), 10:45 BBC World News, 11:15 World Business Report, 12:45 BBC World News, 13:15 World Business Report, 13:30 Sport Today, 13:45 BBC World News, 14:15 World Business Report, 14:30 Sport Today, 14:45 BBC World News, 15:15 One Square Mile of America (r), 15:45 BBC World News, 16:15 World Business Report, 16:30 Sport Today, 16:45 World News Today, 17:45 BBC World News, 18:15 World Business Report, 18:30 Sport Today, 18:45 World News Today, 19:45 BBC World News, 20:15 One Square Mile of America (r), 20:45 BBC World News, 21:15 World: Warm Russia (r), 21:45 World News Today, 22:45 BBC World News, 23:15 BBC World News Report, 23:30 Sport Today, 23:45 BBC World News.