



Renovation of junior Cadets' Mess

The Sri Lanka Military Academy - the prestigious military training institution located in the small garrison town called Diyatalawa amidst beautiful hills and valleys with an ever-blessed salubrious climate is totally committed to train young gallant Officer Cadets, the true patriots of the nation who have dedicated their youthfulness in the name of country's safety and territorial integrity and sovereignty. It is they who provide the junior leadership to the war-front.

In recognizing the need to improve the leadership skills of these young trainees, the lady and gentlemen Officer Cadets, with academic wit to merge with military professionalism, a bachelor's degree in military science has been introduced in collaboration with the Sabaragamuwa, University of Sri Lanka, to the military Component. For successful implementation, the two programmes are intertwined and the Academy needs a huge infrastructure



and administrative support. In 1993 a fantastic idea to create the much needed funds was conceived and implemented: 'Fox Hill Supercross'. Ever since, the limited funds generated from the event have largely been used to uplift the standards of this prestigious institution. The Sri Lanka Association of Racing Drivers and Riders works hand in hand with the Academy to ensure the

in numerous ways, from spectators to sponsors.

Some of the proposed projects for future implementation are a fully-fledged classroom complex and briefing facilities for trainees. We are proud that the SLMA can majestically stand on a pad with other military academies in the region of South Asia today.

The Fox Hill track, built to international standards nestles amidst a vast pine plantation on a mountainous terrain. It is unique and is the fastest and the greatest in the island with a track distance of two kilometres. The track is constructed in such a way that it provides spectators a guaranteed full view of ninety per cent of the action, thrill and excitement which is not possible in any other local racing track. This April holiday season is awaiting to offer thirteen motor car events and seventeen motorcycle events for sports enthusiasts from all over the country.

Fox Hill Supercross has moved forward in leaps and bounds during the last sixteen years and the SLMA and SLARDAR owe largely to the sponsors, drivers and riders and enthusiastic sports fans. We have been able to conduct the races for the seventeenth successive year due to the strong relationship that exists between the Academy, SLARDAR and the media.

On eighteenth of April 2009, everyone of you - sponsors, organizer, drivers, riders and spectators will take that gigantic step in support part of the noble task shouldered by the guardians of the nation to dawn a peaceful country for all Sri Lankans irrespective of caste, creed and religion to live.

# Scientists identify brain region that helps us make choices



Brain: The caudate nucleus can be a headache - and now scientists know precisely which bit of the head it affects.

Choosing a holiday can be a headache - and now scientists know precisely which bit of the head it affects. They have identified a brain region that predicts choices before we are aware of what they are.

The caudate nucleus, part of a structure called the striatum, is involved in anticipating rewards. Scientists conducted an experiment in which volunteers imagined taking a holiday in 80 different destinations around

the world. At the same time their brain activity was monitored.

After rating how much they would like to travel to each location, participants were asked to decide between similarly rated options, for instance Greece or Thailand. They then imagined and rated each location again during a second brain scan.

Volunteers tended to choose the destination that most activated the caudate nucleus.

In fact, activity in the brain region predicted which destination would eventually be chosen from a selection of similarly rated alternatives.

After making a decision, ratings were changed to reflect the choice that had been made. If Greece was chosen over Thailand, it was subsequently rated higher while Thailand was rated lower.

Activation in the caudate nucleus changed in parallel with this re-evaluation. In the Greece-

Thailand example, activity increased for Greece and lowered for Thailand.

Study leader Dr Tali Sharot, from University College London, said: "Re-evaluating our options post-choice may serve an adaptive purpose by increasing an individual's commitment to the action taken. In the absence of a rapid update of value that concurs with choice, we are likely to second-guess our decisions and actions."

The research is reported in the *Journal of Neuroscience*. © The Telegraph Group London 2009

## 'Eye for an eye' approach does not pay

Living by the motto "an eye for an eye and a tooth for a tooth" makes people less happy and successful, a study has found.

Researchers concluded that people who apply a "tit-for-tat" attitude to life are more likely to be unemployed, have a smaller circle of friends and be less

happy. By contrast, those in the habit of repaying good turns from others were likely to earn higher salaries, have more friends and enjoy life more.

The study published in the *Economic Journal*, suggests that those who favour the New Testament maxim of turning the

other cheek to the Old Testament call to repay and eye for an eye and a tooth for a tooth are more likely to enjoy fulfillment in life.

A group of economics professors used data from 20,000 people in Germany, who are regularly polled on their socio-economic attitudes, to examine the effects of so-called "negative reciprocity" in the workplace.

Most of those polled admitted repaying other people in kind, either by returning favours or exacting revenge for past unkind acts.

They then divided the group up into those with more of a tendency towards taking revenge and those who were more pre-

occupied with responding to good deeds.

Those in the first category had fewer friends and were more likely to voice dissatisfaction with life.

"Positively reciprocal people tend on average to put in more overtime - but only when they find the remuneration fair," said

Prof Thomas Dohmen of Maastricht University in the Netherlands, one of the researchers. "As they are very sensitive to incentives, they also tend to earn more money."

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## TV GUIDE



AVATAAR

ITN	
04.30 Station Opening	04.00 Poyen Poya Pawath
04.35 Pith Dechayana	04.30 Diodura Hindawa
04.40 Jayaramgala Gatha	05.00 Poyen Poya Pawath
04.45 Davise Sthwili	05.30 Diodura Hindawa (Contd.)
05.00 ITN Pawath	05.30 Larna Pawath
05.10 Davise Paththara	05.45 Theeravan Namatara
05.15 Jeevithaya Jayagama	05.50 Jaya Pithra
05.20 Hathwa Poya	06.00 News - Tamil
06.00 Poyen Poya Pawath	06.30 Donaraha Vesavarnal
06.30 Sai Mal Poya	06.00 News and Current Affairs (Ganaka)
06.00 Poyen Poya Pawath	07.30 Multha Kithi
09.20 Poyen Poya Pawath	08.00 Palaa
10.00 Poyen Poya Pawath	08.30 Pith Eela Parise
10.05 Nimbhaa	09.00 Agi Agi Wage - Tele Drama
11.00 Discussion	09.30 News - Sinhala
12.00 Noon News	09.55 BU News
12.30 P.M.	10.00 News - English
12.30 Shinyakali Oba	10.10 Thulaha
12.00 Sinhala Film	M.M.
02.00 Poyen Poya Pawath	12.00 News - Sinhala
02.05 Sinhala Film (Contd.)	A.M.
03.00 Poyen Poya Pawath	00.30 Pith Dechayana
03.05 Sinhala Film (Contd.)	01.30 Close

CHANNEL EYE	
A.M.	01.30 Afternoon News
06.29 Station Opening	01.45 Tamil Feature Film
06.30 Tak for the Day	04.30 Cartoon Series
06.40 Cartoon Programme	05.00 Cartoon Programme
07.00 Jayawira & Sasuetha	05.30 Super Top 10 (Tamil)
07.15 Shwanda Vasanaa	06.00 Sakukhey Maran (Tamil)
07.30 Natsugalli Innu	06.20 Natsugalli
08.00 Tari Sorya (Tamil)	07.00 News & Weather Report
08.30 Kala Wanakkam	07.30 Putha Puyga
08.45 Ulsayi Durakkam	08.00 Larna Kuram Kanarajal
11.00 Kana Karam Kalugala	08.30 Appavajala
11.30 Karamam	09.00 Vasana Sampatha
11.50 News	09.15 Jayala Lotery
12.00 Lunch Time Variety	09.30 News and Weather Report
10.00 Top Score	
01.00 Enthuzhi En Kathal En Manari	10.30 A Documentary (English)
	11.00 End of Transmission

SWARNAVAHINI	
A.M.	02.00 Kirindura Kodema
06.00 Ehi Pasikilo	02.00 Sathganakaraya
06.30 Mili Pitha	04.00 Jeevithaya Lalasath
07.00 Loka Sthiyama	05.00 Samanala Weerapathaya
07.30 Gidathal Academy - Cartoon	05.30 Mela Toons
08.00 Helle S D	07.00 Sports Hitz
08.30 Channo Sri	07.30 Gaja Multha
09.00 Mahajana Sowaya Pithal	07.45 Daband
12.00 Live @ 12	08.30 Ahimha
12.30 Risa Liya	09.00 Hima Kandulu
01.00 Hada Rendu Poya	09.30 Hama Sora
	10.00 Haldimatharu
	01.00 Close of Transmission

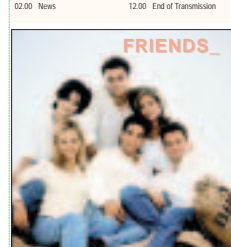
ETV	
A.M.	01.00 VNI
06.00 Prime Time Morning	02.00 Channel News Asia
06.45 Daband	04.30 Telusamaking
06.55 Lanka Business Online	05.05 As Tadi by Gidger
07.01 LBR Money Report	06.30 Channel News Asia
07.30 Channel News Asia	07.00 VNI
08.00 LBR Money Report	07.45 Daband
09.30 Channel News Asia	07.55 Lanka Business Online
10.00 Telusamaking	08.01 American Idol Season 8
10.30 Channel News Asia	08.55 Lanka Business Online
12.00 VAV	09.01 The Bold & The Beautiful
12.30 Telusamaking	09.45 Daband
	09.55 Lanka Business Online
	10.00 Channel News Asia

MTV	
A.M.	04.30 Animated Classics
05.25 Station Opening	05.30 Sherlock Holmes in the 22nd
05.30 Voice of America	06.00 Enter 10 Music
06.30 News First	06.00 TV South Asia
07.00 Good Morning Sri Lanka	08.00 Fox News
08.00 Fox News	07.00 Tom & Jerry Kids
12.30 News	08.00 Cricket Classics
12.45 VOA	09.00 News
08.00 Sabu Dasarak	09.30 Planet Pulse
01.15 Fly Tals and Unlakkale	10.30 Top Story
Bunny Filers	

DERANA	
A.M.	04.00 Dragon Tales
05.55 Station Opening	04.30 Cartoon
06.00 Cartoon	05.30 Bid To Win
07.00 Durana Arana	06.00 Mumtaz Nabalaa
07.30 Sathgana	06.00 Dream Star Academy
08.30 Eka Dewaski Ude	07.30 Lanka Soy Risa
10.30 Telukrama	Mevetha
11.00 Sirim Chera Hala	08.00 Ada Derana
12.00 Ada Derana	08.30 Saraa
09.00 Doo Kumariya	09.30 Vasta Pitha
12.30 Sathgana	11.00 Bid To Win
01.30 Misa Sorya	

SIRASA TV	
A.M.	04.00 Cartoon
04.00 Pith & Jayamangala	04.30 English Lesson
05.00 Scooby Doo	05.00 Scooby Doo
04.30 Mahamulawa	05.30 Tom & Jerry
05.00 Bana	06.00 Magic Box
06.30 Cartoon	06.30 Tharunathala
06.00 English Lesson	07.00 News 1st
06.30 Channel News Asia	07.30 Silu Gaddara
07.00 News First	08.00 Mahagayathara
07.00 Inspector Gadget	08.30 Kunduragama
07.30 Sonic	09.00 Pravana
08.00 Jeevithaya Eka Dema	10.20 Rossa Rossa
09.00 Pravana	10.00 News 1st
10.20 Rossa Rossa	12.00 Final Cut
10.00 News 1st	10.45 Kodala
12.00 Lunch Time News	P.M.
12.15 Lunch Time TV	A.M.
01.00 Nonarunaru	12.00 Digamaya
01.00 Mahanarurali	01.00 MTV News
01.30 Movie	

RUPAVAHINI	
A.M.	02.05 Tole Drama
05.43 Station Opening	02.30 A Documentary
05.45 Homage to the Triple Gem & Karanga Meeta Sutta	03.05 Documentary (Contd.)
06.00 News	03.30 Tole Drama
06.06 Shwada	04.00 News
06.30 Paththara Sirinathala	05.05 Cartoon
07.00 News	04.30 Tole Drama
07.05 Addarathaya	05.00 News
07.05 Paththara	05.05 Havana Poya
08.00 News	06.00 Defence News
08.05 Nuga Sevana	06.05 Parigana
09.05 Nuga Sevana - Contd.	06.25 Paradesaraya
10.00 News	06.30 Nena Piyasa
10.05 Nuga Sevana - Contd.	06.58 Vinnaha Charita
11.00 News	07.27 Shiba Kamari
11.05 Aluth Sri Lankausk	08.00 News (Sinhala)
09.32 Tole Drama	08.30 Pasabima
12.00 Shiba Piravuru - Tole	08.35 Tole Drama
10.10 News	09.05 Bodha
12.30 News	09.10 Vasana Sampatha
01.00 Hima Vijayana	10.25 Jayala Lotery
02.00 News	10.10 News
	10.27 Vityaparka Vithi
	10.30 Ullumathara
	12.00 End of Transmission



FRIENDS

ART TV	
A.M.	04.57 State of Business (Contd.)
06.30 World Business Today	05.00 Conran
07.00 The State of Business	05.30 World News Asia
07.15 Music	05.57 State of Business (Contd.)
07.30 CNN Today	06.00 Anderson Cooper 360
08.30 Anderson Cooper 360	06.00 News
09.30 Toli Asia	06.00 News
09.57 State of Business (Contd.)	06.30 World News Asia
10.00 News	06.57 State of Business (Contd.)
10.00 News Marketing	07.00 Top 10 Hits
10.57 State of Business (Contd.)	07.45 World News
11.30 CNN Today	08.15 The State of Business
11.57 State of Business (Contd.)	08.30 Scripps
M.N.	08.57 State of Business (Contd.)
12.00 Television Marketing	09.00 CSI Vegas
12.30 CNN Today	09.57 State of Business (Contd.)
12.50 State of Business (Contd.)	M.N.
13.00 CNN Today	10.00 Larry King Live
13.30 State of Business (Contd.)	11.00 State of Business
14.00 CNN Today	11.30 Your World Today
15.07 State of Business (Contd.)	M.N.
16.00 Quantum Teleworking	12.00 The Spirit of...
02.00 CNN Today	A.M.
02.00 World Business Today	01.57 State of Business (Contd.)
02.30 World News	01.30 Business International
03.00 My City My Life	01.30 World News Europe
03.30 Larry King Live	02.30 Back Story
04.30 Fraggle Rock	03.00 World Sport
	03.30 World News Europe
	04.30 The Situation Room
	05.30 CNN Today

SHAKTHI TV	
A.M.	01.15 This Kodam
06.00 Breakfast News	04.00 My Dear Brotham
06.15 Fikra	04.30 Cipe
06.30 Good Morning Sri Lanka	05.00 Kullies Choice
06.30 Shanthi Chat	05.30 Shanthi Chat
06.30 Caller Callata	06.30 Kibangal
06.30 Piyonama Theathri	07.00 Kalamam
07.00 Vasharham	07.30 Smanan Thira
07.30 Shwaththi	08.00 News 1st
08.00 News 1st	08.30 Sathi
08.30 Sathi	09.00 English News
11.30 Kasurali	09.30 Lakkham
12.00 Ponnakkigala	10.00 Tharunathi Seivalam
12.00 Perampalagala	10.30 Nerjani Maragapathai
12.30 Perampalagala	11.30 Nerjani Maragapathai
01.00 Perampalagala	12.00 Close of Transmission