

# Legal Fraternity Celebrates Victory



The Negombo Chief Magistrate, Mrs. Jayakei De Alwis about to hoist the National Flag. Also in the picture is the Additional Magistrate of Negombo Mr. Upul Rajakaruna.



Front Row: The Chief Magistrate Mrs. Jayakei De Alwis flanked by the Addl. Magistrate Mr. Upul Rajakaruna on her left, and on her right is Mr. Godfrey Cooray, President of the Negombo Law Society and the Secretary Mr. Roy Fernando together with the rest of the legal fraternity join in the singing of the National Anthem.

The Negombo Legal Fraternity Organised a ceremony at the Court Complex to thank His Excellency President Mahinda Rajapaksa, President of the Democratic Socialist Republic of Sri Lanka for his very courageous leadership and to thank the Tri-Services and the Police for bringing freedom to our

Motherland, said Mr. Godfrey Cooray, President of the Negombo Law Society. This historic occasion was graced by Judges, Magistrates and Lawyers of the Negombo District.



Mrs. Pushpa Tennekoon, High Court Judge of Negombo hoisting the National Flag.



District Judge of Negombo, Mr. Aravinda Perera hoisting the National Flag.



The legal fraternity eating kiribath and sweet meats.

# Taking yourself to the limit: The climb

Bart Schaneman  
The Korea Herald/ ANN

We learn a lot about ourselves in extreme situations.

I met Peter Jensen-Choi of I Guide Korea at Suyu Station in the early morning for a day of rock climbing. He had called me the day before and assuaged my concern about the weather forecast. We took a taxi to the foot of the mountain. He picked up our gear at a local climbing shop, four rolls of kimbap, and we headed up the trail.

It began to rain.

After a short hike we came to the rock. We geared up in shoes, helmets and harnesses. Peter demonstrated the proper technique for belaying and we went up the approach.

Watch what I do, he said, and with the precision of an expert, scrambled up the first section, out of sight.

It should be said here that I am 6'2" and in decent shape, but had never rock climbed, not on an indoor rock wall, and certainly never on a granite rock face in rain and wind.

I was also under dressed for the elements. On the first approach, I came to a wide crack that required me to extend my legs in the splits and vault myself over to the next section. As I worked out the maneuver, the reality of a fall set in and gave me the first genuine feeling of physical fear I have experienced in recent memory.

We were the only two on the mountain that day - everyone else gave the weather the respect it deserved - and once Peter was up I was on my own. The challenge of the initial ascent and the feeling of relief that came after completing it taught me the value of the sport.

Peter has been rock climbing for more than nine years and knows the mountains here well. He began climbing with the Korean Alpine Club. He has since been on three expeditions in the Himalayas. He takes foreigners on climbs regularly, trying to turn more people onto the sport. When his business takes clients out on the mountains, they observe the strictest safety rules manageable.

But for this climb, my editor asked that Peter take me on something his parents wouldn't do.

It's just something that normal people won't do because of the fear factor, the challenge, he said. It's not just the challenge of getting up something, it's the challenge of learning about a new way



of life. I've been climbing for a long time and there's more and more stuff

Getting to the top of something, that in itself is satisfying. You come down a mountain after the first time and there's a sense of relief. And you carry it with you.

For the bulk of the approach, we were protected from the wind. It was cold and wet, but I became more comfortable with the equipment and the mountain. Peter advised to not pay mind to the weather. But that was hard to heed when we came to the second to last section.

The approach was a rounded granite face with no distinct hand or footholds, only dimples as Peter called them. The centimeter-thick layer of water didn't matter to him - he was up and out of view in a few deft moves.

Then I had a moment. The wind at that point was blowing hard enough that we had to lean into it, and the water coming down the face reminded me of a stone fountain. I hugged the rock, scratching and crawling to find a way up. The problem I had was that at certain times when rock climbing momentum is necessary, and if you halt your momentum, you fall.

But I lacked the experience,

and in the cold and wind the courage, to clamber up the rock. I made three attempts, each time falling back to the starting point before I felt a sense of panic. I was losing body heat, my fingertips were numb, and I was shaking. I calmed down and gathered myself. Peter hollered down through the wind for me to stay there. Then he brought a rope down and I pulled myself up, again with that strong feeling of relief.

We got up to the top where we were to abseil down. Stay low, Peter said. We could see the clouds rushing past below us. Peter checked the descent point, I did my knee bends, and the rain poured.

He came back up to tell me we couldn't go down that way, that we had to go back down the way we came.

It's going to be a long day, he said.

## TV GUIDE

**American Idol Top on ETV**  
Every Saturday @ 8.30pm only on ETV

ITN	
A.M.	
04.30	Station Opening
04.35	Pirith Deshanaya
04.42	Jayamangala Gatha
04.46	Davase Sithuvilli
05.00	Thakshilawa
06.00	ITN Puwath
06.15	Davase Pathihara
06.55	Song
07.00	Hathveni Peaya
08.00	Peayen Peaya Puwath
08.05	Pahan Dora Magazine
08.30	Sai Mal Yaya
09.00	Peayen Peaya Puwath
09.05	Batti
10.00	Peayen Peaya Puwath
10.05	Nimthera
11.00	Discussion
Noon	
12.00	Noon News Bulletin
P.M.	
12.30	Tele Drama
01.00	Sinhala Film
02.00	Peayen Peaya Puwath
02.03	Sinhala Film (Contd.)
03.00	Peayen Peaya Puwath
03.03	Sinhala Film (Contd.)

SWARNAVAHINI	
A.M.	
06.00	Ehi Passiko
06.30	Mul Pitawa
07.00	Loka Siliyama
07.30	Bobo Dick - Cartoon
08.00	Hello Sri Lanka
10.30	Channel D
11.00	Mahajana Sewaya Pinisai
Noon	
12.00	Live @ 12
P.M.	
12.30	Rasa Liya
01.00	Hada Rendil Peaya
02.00	Anduru Sewaneli
03.00	Avanka
04.00	Jeewithaya Lassanaal
05.00	Ganga Addara Kele
05.30	Mini Toons
06.00	Musix
07.30	Macro World
07.30	Ramya Suramya
08.00	Live @ 8
08.30	Abhimaan
09.00	Rosa Kalu
09.30	Comedy Star
10.15	On Air Promo
11.00	Close of Transmission
07.00	Made in Sri Lanka
07.45	Debrief
07.55	Lanka Business Online
08.01	That 70's Show
08.30	3rd Rock
08.30	Lanka Business
09.00	Online
09.01	The Bold & The Beautiful
09.45	Debrief
09.55	Lanka Business Online
10.01	Lanka Business Report
10.30	Channel News Asia
10.55	Lanka Business Online
11.01	Made in Sri Lanka
12.00	End of Transmission

ETV	
A.M.	
06.00	Prime Time Morning
06.45	Chanel News Asia
10.00	Telemarketing
10.30	Channel News Asia
12.00	YA TV
12.30	Channel News Asia
01.00	Sound Gallery
02.00	Idol Gossip
02.30	Chanel News Asia
04.30	Telemarketing
05.00	Channel News Asia
05.30	Alf
06.00	Channel News Asia
07.00	Made in Sri Lanka
07.45	Debrief
07.55	Lanka Business Online
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08.30	3rd Rock
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09.00	Online
09.01	The Bold & The Beautiful
09.45	Debrief
09.55	Lanka Business Online
10.01	Lanka Business Report
10.30	Channel News Asia
10.55	Lanka Business Online
11.01	Made in Sri Lanka
12.00	End of Transmission

DERANA	
A.M.	
05.55	Station Opening
06.00	Cartoon
07.00	Derana Aruna
08.00	Suba Dawasak
08.30	Eka Dawasak Ude
12.00	Ada Derana
12.15	Sinhala Songs
12.30	Sathutu Wila
01.30	Mix Songs
04.00	Dragon Tales
04.30	Derana Cartoon
06.00	Derana Juke Box
07.00	U Turn
07.30	Pimbudu
08.00	Ada Derana
08.30	Sarara
09.00	Adaraniya Poomima
09.30	Athivishesa
10.00	Kottu Corner
10.30	Vanija Vitthi
11.00	Back to Back

CHANNEL EYE	
A.M.	
06.29	Station Opening
06.30	Talk for the Day
06.45	Cartoon Programme
07.00	Suvasetha Lottery
07.15	Srama Vasanava
07.30	Nalendugall Intru
08.00	Variety New Songs
11.30	Kai Manam
Noon	
12.00	Lunch Time Music
P.M.	
01.00	Tamil Tele Drama
01.30	Afternoon News
01.45	Tamil Feature Film
04.30	Cartoon Programme
05.00	(English) Tamil Cartoon
05.30	Muslim Programme
06.00	Thirai Swarnagal (Tamil)
06.30	Vidyalai Nokki (Tamil)
07.00	News & Weather Report (Tamil)
07.30	Tele Drama (Tamil)
08.00	Kana Kanum Karangal (Tamil)
08.30	Appuravakaga
09.00	Govi Seltha Lottery
09.15	Jayoda Lottery
09.30	News & Weather Report (English)
09.55	Insight (English)
10.00	Bonsor (English)
10.30	Discourse (English)
11.00	End of Transmission

**Every Saturday @ 8.30pm only on ETV**

**Picket Fences on ETV**

RUPAVAHINI	
A.M.	
04.18	Station Opening
05.00	G.C.E. (O/L) (Sinhala)
07.55	News
08.00	Nuga Sevana
08.55	News
09.00	Nuga Sevana - Contd.
09.55	News
10.00	Nuga Sevana - Contd.
10.55	News
11.00	Aluth Sri Lankawak
Noon	
12.00	Chandra Vinsathi
P.M.	
12.30	News
01.00	Hiru Vinyana
01.55	News
02.00	Tele Drama
02.30	A Documentary
02.55	News
03.00	A Documentary
04.00	Cartoon
04.55	News
05.00	Tharu Davasa
05.55	Defence News
06.00	Vishva Nenasara
06.30	A Documentary
06.58	Vismitha Charika
07.27	Sihina Kumari
08.00	News
08.30	Pasubima
08.35	Tele Drama
09.05	Janamathaya
10.00	Govi Seltha
10.05	Jayoda
10.10	News - Sinhala
10.27	Viyaparika Vilthi
10.30	Alakamandava
12.00	End of Transmission

ART TV	
A.M.	
12.30	Fareed Zakaria GPS
01.30	World News
02.00	World Sport
02.30	World News
03.30	The Best of Situation Room
04.30	CNN Today
06.30	World Business Today
07.00	CNN Today
07.30	Talk Asia
08.00	My City
08.30	Inside the Middle East
09.00	World Sport
09.30	CNN Today
09.57	State of Business (3 min)
10.00	Telescreen Marketing
10.30	CNN Today
10.57	State of Business (3 min)
11.00	Telescreen Marketing
11.30	CNN Today
11.57	State of Business (3 min)
12.00	Telescreen Marketing
12.30	CNN Today
12.57	State of Business (3 min)
01.00	World Business Today
01.30	World News
01.57	State of Business (3 min)
02.00	World Report
02.30	Larry King Liv
03.30	World News
04.00	World Sport
04.30	3 Friends & Jerry
04.57	State of Business (3 min)
05.00	Adventure of Professor Th.
05.30	World News Asia
05.57	State of Business (3 min)
06.00	Telescreen Marketing
06.30	World Business Today
06.57	State of Business (3 min)
07.00	Top 10 Hits
07.45	World News
08.15	The State of Business
08.30	Business Class
08.57	State of Business (3 min)
09.00	Fashion House
09.57	State of Business (3 min)
10.00	Larry King Live
11.00	The State of Business
11.30	World Report

**Sabre tooth on ETV**