

“Psychology made Simple” By: Ângela Rodrigues

GET YOUR HOPES UP

At the beginning of this year I'll like to give a word of hope.

Hope is the believe that something good is going to happen to us. To hope is healthy and is something that you can choose to have. It's a thought that you can think. You can make a decision of thinking hope thoughts and throw away the negative ones.

Somebody says that in life everything is a question of attitude. And it's truth.

You can choose it every day; are going to be in a good mood or are you going to be in a bad mood? You can choose to be in a good one!

You can choose to learn something from a bad situation instead of being a victim!

You can choose to see the positive side of life instead of accepting someone's complaining.

You can choose to be proactive and act well, when people try to affect you, instead of reacting with a bad attitude.

Don't give up of your aspirations and dreams. Hang on to hope! Your brain is going to thank you and function much better than if you decide to be angry or worried.

Remember that we reap what we sow. And this is truth for good things also!

But don't decide to live like that just on New Year's Day.

Make a decision and a commitment for life! Make it every day!

Decide to be hopeful!

Happy New Year for all my readers!!

God bless you all with a lot of HOPE!

By: Ângela Rodrigues

Counsellor

From APPCP (Portuguese Association of Person-Centered Psychotherapy and Counselling) association that is a "Full Member" of European Association for Counselling

Master in Helping Relationship and Therapeutic Intervention.

From UAL (Universidade Autónoma de Lisboa), the oldest private Portuguese University

Contact: **7807 3834 or rodriangie2@gmail.com**



From the "TRIVIA BOOK"

The average human body contains enough iron to make a six-inch nail, sulfur to kill all the fleas on an average dog, carbon to make 900 pencils, potassium to fire a toy cannon, fat to make seven bars of soap, phosphorous to make 2,200 match heads and water to fill a ten-gallon tank.

From the "TRIVIA BOOK"

The fungi called truffles can cost \$800 to \$1,500 per pound. They are sniffed out by female pigs, which detect a compound that is in the saliva of male pigs as well. The same chemical is found in the sweat of human males.

HEALTH

'Gene-edited babies': China halts work of He Jiankui China has halted the

work of the scientist who claims to have created the world's first genetically edited babies, and says it will investigate. He Jiankui caused outrage earlier this week when he told a genome summit he had altered the genes of twin baby girls so they could not contract HIV. His statement has not been confirmed, but if true breaks tight rules around the use of gene editing in humans. Prof He's university said it was unaware of his experiment. The Southern University of Science and Technology in Shenzhen



said earlier in the week he had been on unpaid leave since February, and it would be investigating the claims. On Thursday, China's science ministry said it had "demanded that the relevant organisation suspend the scientific activities of relevant personnel". The National Health Commission has already said Prof He's work "seriously violates China's laws, regulations and ethical standards" and would investigate the claims. **What the scientist claimed?** Prof He announced that he had altered the DNA of embryos - twin girls known as Lulu and Nana - to prevent them from contracting HIV. Speaking to the Human Genome Editing Summit at the University of Hong Kong, he said the girls were "born normal and healthy" and they would be monitored over the next 18 years. He said he had funded the experiment himself and confirmed his university had not been aware of it. Prof He also explained that eight couples - comprised of HIV-positive fathers and HIV-negative mothers - had signed up voluntarily for the experiment. One couple dropped out, but there was "another potential pregnancy" of a gene-edited embryo in its early stages. He said his study had been submitted to a scientific journal for review, though he did not name the journal. He was also evasive about other details, including the names of "some experts" he said had reviewed his work and offered feedback. **Why is his work controversial?** The Crispr gene editing tool he claims to have used is not new to the scientific world, and was first discovered in 2012. It works by using "molecular scissors" to alter a very specific strand of DNA - either cutting it out, replacing it or tweaking it. Gene editing could potentially help avoid heritable diseases by deleting or changing troublesome coding in embryos. But experts worry meddling with the genome of an embryo could cause harm not only to the individual but also future generations that inherit these same changes. Hundreds of scientists, both in China and around the world, swiftly condemned his claims. Professor Julian Savulescu, an ethics expert at the University of Oxford, said if true "this experiment is monstrous". "Gene editing itself is experimental and is still associated with off-target mutations, capable of causing genetic problems early and later in life, including the development of cancer," he told the BBC. "This experiment exposes healthy normal children to risks of gene editing for no real necessary benefit." Many countries, including the UK, have laws that prevent the use of genome editing in embryos for assisted reproduction in humans. Scientists can do gene editing research on discarded IVF embryos, as long as they are destroyed immediately afterwards and not used to make a baby. China allows in-vitro human embryonic stem cell research for a maximum period of 14 days, China's Deputy Minister of Science and Technology Xu Nanping clarified. *BBC*

CROSSWORD

Across: 1. Nursey 5. Rime 7. Tapas 8. Arbour 10. Riot 11. Slattern 13. Leeway 14. Rescue 17. Shredded 19. Flop 21. Alkali 22. Dhooli 23. Trek 24. Finesse **Down:** 1. Naturalist 2. Reprove 3. East 4. Yearly 5. Rebutted 6. Mauve 9. Enterprise 12. Aardvark 15. Calious 16. Belief 18. Ruler 20. Aden

SUDOKU

1	7	4	3	9	5	2	8	6
9	2	3	1	8	6	4	5	7
6	5	8	7	4	2	9	3	1
7	4	6	5	3	8	1	2	9
5	1	9	6	2	4	3	7	8
3	8	2	9	7	1	6	4	5
8	3	1	4	6	7	5	9	2
4	6	7	2	5	9	8	1	3
2	9	5	8	1	3	7	6	4

KAKURO

6	3	8	8	6	1	5	7			
8	6	9	3	1	9	4	2	6	9	8
9	1	1	2	4	1	9	9	8		
7	1	5	4	8	6	9	6	7	4	8
3	8	2	1	5	9	8	5	9		
2	4	4	2	1	1	5	2	1	5	
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9	5	2	3	1	2	1	5			
1	5	2	4	9	6	2	3	1	4	
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6	3	1	2	5	1	4	1	3	5	
		3	1	9	3	1	4	2	7	
9	5	7	8	7	2	9	6			
2	1	4	1	7	5	8	7	6	7	
5	8	5	9	8	8	6	2	9		
1	4	6	3	2	7	6	1	9	8	4
		7	2		9	8	4	8	7	
3	1	5	1	7	6	9	5	9	5	1
8	3		5	2			3	1	2	

The Da Vinci Book Quizzes:
B. Grandfather

The Rock Pop Trivia Book Quiz:

- 44. Rapid Eye Movement
- 45. Johnny Cash With His Hot And Blue Guitar (this was the first LP released by Sun Records)
- 46. A lighting rig fell on him at an outdoor gig
- 47. Pet Shop Boys
- 48. 'Whatever'
- 49. Phil Collins
- 50. House Of Dolls by Ka-tzetnik (in the 1955 novel 'Joy Division' referred to the wing of Nazi Concentration camps where inmates were used by 55 Officers as prostitutes)

CODE CRACKERS

D	I	C	T	A	T	E	G	A	B	B	L	E	
E	H	R	X	E	O	A							
W	H	I	S	T	C	O	N	Q	U	E	R	E	D
D	C	Y	E	T	T	V	R						
R	A	K	E	B	E	A	R	D	G	A	L	A	
O		H	D	I	P	N							
P	R	I	Z	E	D	F	I	R	W	O	K		
V	A	D	A	Y	O	O							
T	R	Y	D	O	E	Q	U	E	N	C	H		
H		Y	J	W	D	A							
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O	A	S	C	S	H	R	I						
B	A	Y	O	N	E	T	E	D	A	V	E	R	
B	U	E	O	N	N	A							
S	E	A	B	E	D	M	I	G	R	A	N	T	
R	F	K	O	M	P	Q	I	H	W	A	Y		
Y	U	B	C	X	Z	L	T	D	E	V	J	S	

SUPER SUDOKU

6	3	8	7	5	1	2	9	4
9	2	5	3	6	4	7	1	8
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5	6	2	1	4	9	3	8	7
4	9	3	6	8	7	1	5	2
8	1	7	2	3	5	4	6	9

POCKET PUZZLER

- 1. Teased, 2. State, 3. Mate, 4. Dim, 5. Tee, 6. East, 7. Steam, 8. Sedate.
- Mystery Word:** Estate

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