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Eurozone banks 'resilient' but risks remain: *ECB*

AFP – Eurozone banks have sufficient capital buffers to weather shocks and are benefitting from rising interest rates, but "persistent weaknesses" in governance must be addressed, the European Central Bank said Wednesday.

Golabatoon-douzi of Hormuzgan Province has a history of over 2,000 years

Bordered by the Persian Gulf, the southern province of Hormuzgan has numerous cultural and historical heritages. Handicrafts have always been an integral part of the life of its local people, having a rich culture and special customs.
Golabatoon-douzi is a kind of traditional embroidery of Hormuzgan Province and one of its most famous handicrafts, having a history of over 2,000 years.
Like many other embroidery crafts, golabatoon is made by the young women of this southern region. Therefore, it can be considered one of the most prominent arts of Hormuzgan that showcases the life style, beliefs and traditions of its local people, visitiran.ir reported.
You can hardly find a family in the region that is not somehow related with the craft of golabatoon-douzi. A large number of young girls allocate at least a few hours each day for producing the artwork. In addition to generating an income, it helps them spend some of their spare time in a good way.
This craft is called golabatoon-douzi because it is mostly made using golden thread. The craft is referred to by other names such as gol-douzi, kam-douzi, kaman-douzi, and zar-douzi. The word kam or kaman (bow) refers to the wooden circular frame or embroidery hoop around which the fabric is tightly stretched. The main tools used for golabatoon-douzi are the hoop and a needle called qollab (hook). The thread used for the purpose, which is usually metallic yarn in gold or silver, is the most important material of golabatoon-douzi. The surface on which golabatoon is applied is commonly crepe fabric, with colors such as yellow, green, black, turquoise, crimson red and orange. Occasionally, other materials such as sequins or small glass beads are also used.
Some of the most famous patterns and designs of golabatoon are eslimi and khatayi (cursive arabesque), bazoobandi, boteh roohi, moharamati or sotooni and boteh-jeqeh (paisley), which are very detailed and time consuming.
After finishing the intended pattern, the fabric is separated from the hoop, and is sewn on different parts of clothing like edges of trousers, collars, and cuffs.
Today, the craft is used for the cover of cushions, backrests, wall hangings and the Holy Qur'an. Cities like Bandar-e Lengeh, Bandar Abbas, Minab and surrounding villages are important centers of golabatoon-douzi.

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Why do we binge-watch?

EXCLUSIVE

The new normal

It happens to the best of us: it's late at night, perhaps a couple of hours past our bedtime, and we have left loads of chores unfinished, yet we can't resist watching the next episode of a series we have spent probably half a day binge watching – even when we are sure that one more episode won't quench our thirst.
So why do we do it? In order to answer this seemingly simple question, we have to dig deep into our human condition and brain. But first, let's begin with the basics: what is binge-watching?
The Cambridge Dictionary defines the verb binge-watch as watching several episodes (i.e., separate parts) of a television series or program, one after another.
According to a survey by Netflix, the majority of people define it as "watching between 2-6 episodes of the same TV show in one sitting." Netflix itself is one of those innovations that made binge-watching possible, and according to their survey, the practice of binge-watching is very much a trend of the day.
Although their survey sticks to the people living in the U.S., it has universal implications.
"Binge watching isn't an emerging trend or behavior: it is mainstream and the new normal. 61 percent binge watch regularly. 73 percent viewed binge watching as positive."

The usual suspect: the brain

Just like any other addictive activity, our binge-watching has a main culprit sitting on the very top of our bodies, bossing us around.
Renee Carr, a clinical psychologist, believes that the addictive feeling could be explained by the chemicals released in our brain while we watch TV shows.
"When engaged in an activity that's enjoyable such as binge-watching, your brain produces dopamine; this chemical gives the body a natural, internal reward of pleasure that reinforces continued engagement in that activity."
The release of dopamine signals the brain to keep engaging in that activity, as our bodies experience this 'high' and the brain starts to develop cravings for this feeling.

Death of the living room

Now, having learned about the science behind the practice, I'm going to propose a major social change as a contributing reason to the cult of binge-watching.
Not that long ago, watching TV shows was a familial act done in our living rooms through a TV screen. When the time came, everybody gathered there to engage in the partly individual, partly social activity of watching television.
When the show was over, it was not really over. It outpoured into our conversation immediately thereafter, or during the next days of the week, until the next episode aired.
However, as the ironically termed communication technology progressed and we grew increasingly apart, we left our living rooms to dust, retreating to our own bedrooms with our smartphones – or any other device capable of streaming video content – and, devoid of those lively debates and discussions, binge-watched our favorite shows until we fainted.

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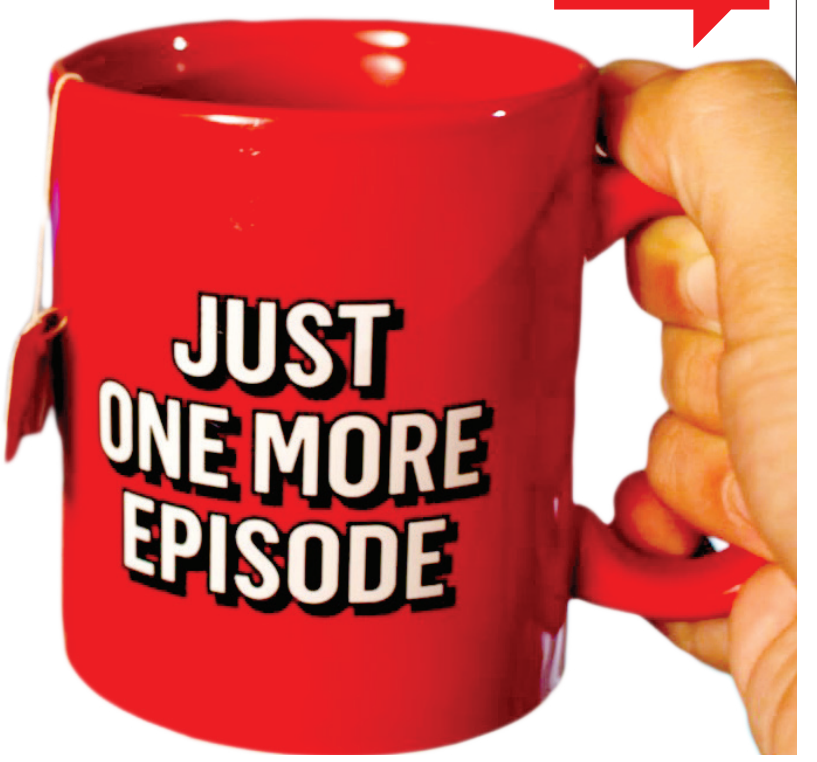

Tarbiat Public Library in Tabriz, the first state library constructed in Iran in 1921, was reopened in a ceremony attended by cultural figures and authorities.
MINA NOEI/MEHR