



THE TIMES OF INDIA

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STUDENT EDITION
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IN TODAY'S EDITION

ON PAGE 2: Tang to growing your own veggies - know how space food has evolved

ON PAGE 3: Why watch The Breakfast Club? PLUS: Billie Eilish 101; Du Maurier's Rebecca

ON PAGE 4: Do you know F1 cars can go upside down? Or F1 drivers lose 4kg per race?

LIVE SMART

Brush up on your PANDEMICQUETTE

Seven months into the lockdown if you are still making these mistakes, it's time to course correct

W e recently did a small exercise in my daughter's school. The task was for a 7-year-old to answer how the last few months has changed her. A ponderous question. Her reply: "It made me more creative as I had to find ways to manage my time." A thought that is resonated by etiquette and corporate grooming expert Konkana Bakshi, who says, "All things considered, what has really gone up in the last few months is efficiency. Because you just can't get away with a lackadaisical attitude towards your work or your school any longer." It is a call to pull up our collective socks and look at the lessons we can carry forward from here.

travelling, chit-chatting, prolonged lunches. Now, you have the luxury to cut down on the chaff. Focus on what you can do more to manage your time," she adds.

lockdown is over, many still haven't figured out a space and angle for their calls. By rule of thumb: make sure the camera is at eye level and the light source is from your front. "While the audio is mostly on mute, your face is in full view all the time.

MISTAKE #4: YOU AREN'T GREETING EVERYONE IN THE MORNING
Bakshi says, now more than ever soft skills are a priority - it is what gives you the human connect. "A lot of young adults lack the first impressions connection," she says. It means that they don't start the class with a proper "hello" followed with a warm greeting. She attributes it to the lack of confidence or maybe just a casual attitude towards manners.

MISTAKE #1: YOU ARE STILL NOT USING YOUR TIME CONSTRUCTIVELY
Bakshi says that if you still haven't figured out how to manage your time, you have already lost time. Successful people are not sitting and Netflixing, they are identifying and working on gaps in their profile. "Earlier, we would lose time in

MISTAKE #2: YOU ARE STILL NOT DRESSING UP
You have to appear well groomed - from your hair to your clothes. Don't wear crumpled clothes. It's best to follow a dress code. It cuts down on decision-making time in the morning. If your school is letting you wear casuals, make sure they are not party dresses or home T-shirts. Wearing school uniform is best as it signals your brain that the class is in session.

MISTAKE #3: YOU HAVEN'T FIGURED YOUR CAMERA PRESENCE
Leadership and success coach Minocher Patel says that while the confusion of the initial days of

MISTAKE #5: YOU ARE NOT LISTENING
A big part of communication is listening. Sitting alert is a subset of your body language. A good way to develop alert body language is to exercise and build stronger muscles. Etiquette is not a rigid system but a flexible one that adapts to situation. Etiquette is all about logic.

What you do
Figure out what you want to learn more, with a clear answer for why you are doing this

What you do
Get noticed: speak smartly, clearly and don't slouch in your chair

What you do
Wear your shoes. It will always give you a classroom feeling

What you do
Start your class with a casual but firm "Good morning ma'am and friend. How are you today?" A greeting is a feel-good note to start the class

What you do
Stay present in the class by nodding and making eye contact regularly

What you do
Always smile and mind your body language. You never know who's watching you. We all have to be better actors now," he adds.



3 TAKEAWAYS FROM THE SOCIAL DILEMMA

What we consider mundane and unimportant may be changing our personalities; and not in a good way

1 It's a documentary that everyone is talking about. We may think there's nothing new and we all know deep down that "this is how social media works, take it or leave it"; but it's not that simple. We live in a Digital 3.0 world. The internet craze was Digital World 1.0. The social media craze was 2.0. In our 3.0 world, the key word is virtual responsibility. Here's looking at three quotes from 'The Social Dilemma' while trying to understand how to navigate the virtual world in a way that doesn't take us too far away from the person we are, or ought to be.

"He (director Jeff Orlowski) assembles a squad of engineers and executives - people who built the addiction-machines of social media but have now repented - to talk openly about their feelings of guilt about the harms they inadvertently inflicted on society, and explain some of the details of their algorithmic perversions" - JOHN NAUGHTON in 'The Guardian'

1 "WE WANT TO PSYCHOLOGICALLY FIGURE OUT HOW TO MANIPULATE YOU AS FAST AS POSSIBLE"
None of us want to be manipulated. But it's impossible to escape. The "suggested requests" go a long way in making our world just as big (read narrow) as our own views. Every opposing view then becomes a trigger for judgement and arguments. You

2 "IF YOU ARE NOT PAYING FOR THE PRODUCT, YOU ARE THE PRODUCT"
While scrolling through FB, Insta, have

TERMS TO NOTE
Techbro: Tech executives who have introspected their roles in making the behemoth that's social media today, after feeling guilty of being part of the process that has gone beyond anyone's control. They view their former employers as toxic, and are now on a path to reinvent themselves as humane tech experts
Surveillance Capitalism: Coined by Harvard professor and social psychologist Shoshana Zuboff, this term is a "mutant form of our economic system that mines human experiences as data" to profit from it

#GOALS FIVE HABITS OF SUCCESSFUL PEOPLE
Will Durant wrote: "Excellence is not an act, but a habit"

#1: READ AND NEVER STOP LEARNING WHO? BILL GATES
Gates is famous for being a Harvard dropout but it doesn't mean he is averse to learning. In fact, Gates loves learning and often sat in on classes he wasn't signed up for. This is something he shares with Steve Jobs. He is an avid reader. Most good CEOs read a variety of genres, from autobiographies to fiction to business books. He has his booklist available for anyone to read.

#2: WAKE UP EARLY, EXERCISE DAILY WHO? TIM COOK
The Apple CEO is an early riser who starts his day at 4.30 am - and is found at the gym by 5. In fact, Sir Richard Branson had once said that successful CEOs are early risers. Waking up is a habit that needs to be worked on. It gives you quiet time, time to reflect, write, read or work out before you start your work day. In fact, exercising is one of the first habits all CEOs inculcate. Most say it's when they think and plan their day.

#3: PRACTISE MEDITATION WHO? OPRAH WINFREY
Daily meditation, even for 10 minutes, is a great way to inculcate mindfulness and focus. Winfrey follows the practice of transcendental meditation and fits in 20-minute sessions every day. In fact, she has also got TM teachers in her company to guide those who want to learn it. In an article on her website, she writes: "The results have been awesome. Better sleep. Improved relationships... greater productivity and creativity all around."

#4 KNOW HOW TO SAY "NO" WHO? WARREN BUFFETT
Buffet has said: "The difference between successful people and really successful people, is that really successful people say 'no' to almost everything." Buffett says that with all the demands on him every day, he simply mastered the art and practice of setting boundaries for himself. So, if you want to get more things done, you need to say NO more often. From energy sapping acquaintances to toxic friends.

#5 SET AND RESET YOUR GOALS WHO? STEVE JOBS
Jobs was a fervent goal-setter, setting long-term and short-term goals along the way. The long-term goals gave him direction. And the short-term goals and the milestones helped him to stay on track in the near term, making his vision into a reality. By setting short-goals, even daily goals, we can all stay on track towards those long-term goals that seem so far out. Jobs knew how to leverage the art of goal setting by making it habitual, helping him to achieve monumental dreams during his lifetime.

HEALTH MICROGREENS

How To Grow And Eat Them

Often seen as embellishments in gourmet food, microgreens aren't as exotic as you think. Extremely simple to grow and low on maintenance, you can actually grow them on your kitchen counter.

WHAT ARE THEY?
Microgreens are the first leaves that grow from the seeds of herbs, vegetables or flowers. While their nutrient contents vary slightly, most varieties tend to be rich in potassium, iron, zinc, magnesium and copper. Loaded with up to 40 times more nutrition than their fully-grown counterparts, they come in some striking varieties, like Swiss chard, alfalfa, nasturtium, purple kohlrabi, Sango radish, kale micros, pink radish and more.

HOW TO GROW?
They do not require large space. One can use normal garden soil and place the seeds in a small pot. Natural sunlight and water are the most essential elements to grow microgreens. Place the pot in indirect sunlight for a few hours every day. Sprinkle water from hand to keep the soil moist for best results.

HOW TO COOK AND EAT?
Breakfast platters can be spruced up with microgreens which can add a variety of vitamins and minerals to omelettes, sandwiches and rolls. Microgreens vary in taste, which can range from neutral to spicy, slightly sour or even bitter, depending on the variety. Their flavour is considered strong and concentrated. All pizzas taste great when you add some microgreens on top. - Inputs from Keya Salot, who home delivers 40 varieties of microgreens in Mumbai

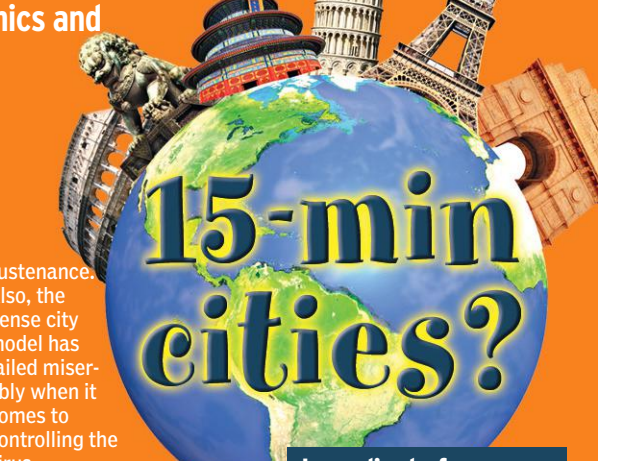
Arugula micro-greens are one of the best for boosting immunity and helping maintain cholesterol levels



WHY WE NEED 15-min cities?

To brave future pandemics and breathe cleaner air

Teleworking, the drop in air and noise pollution, and bicycle boom, are encouraging urban planners across the world to rethink their car-oriented cities. It all started when Mayor of Paris, Anne Hidalgo, talked about building a "15-minute city" as part of her new election manifesto. Her motto being to "build a city intended for people, not cars." The idea that Parisians should be able to meet their shopping, work, recreational and cultural needs within a 15-minute walk or bike ride breathed life back into an old urban planning concept of 'la ville du quart d'heure' or 15-minute city. But why now? Because we have been home-bound, going out only for essential services and relying more on our neighbourhoods for



Ingredients for a resilient city
■ Bring back the neighbourhood school
■ Make sure food and basic necessities are available locally
■ Create more "third places" (social surrounding other than home and the workplace) or community hangouts
■ Sweat the stuff for true walkability
■ Build enough cycling and pedestrian paths

Bring back neighbourhoods
A 15-minute city is an urban planning tool aimed at improving the quality of life for city-dwellers. Work, education, healthcare, shopping, leisure and so on are mostly what clog the roads with traffic. This model is all about restricting vehicular trips and increasing paths and lanes reserved for pedestrians and cyclists. You can do your job, go to school, see your doctor, and be entertained - all within a 15-minute radius of where you live!

Good for your heart
The 15-minute (or 20-minute) city is also a practical solution to many problems facing municipal areas. First and foremost, it's easier to curtail a crisis in a concise city. Secondly, climate change and greenhouse gas emissions are a hot topic for city development, and one clear way to make cities greener is to reduce resident's dependence on private transport. Studies have also shown that residents of more walkable neighbourhoods have healthier bodies. In fact, residents of areas with limited walking space had an increased risk of developing cardiovascular problems.

Cycling towards the future
Portland: A forerunner of the movement, Portland has transformed more than 90 miles of busy roads into neighbourhood greenways - where street trees shade sidewalks and green swales provide sustainable drainage. **Ottawa:** The city is thickening up its existing neighbourhoods instead of expanding outward. **Milan:** The fashion capital has installed 35 km of new bike lanes and transformed thousands of square metres dedicated to car roads into walking areas and terraces. **Amsterdam:** Amsterdam has successfully removed 10,000 car parking spaces from the city centre. **Jaipur:** Historically speaking, the walled city of Jaipur is already an outstanding example of this concept, developed around 294 years ago. Essential services and recreational facilities, along with workplaces in the walled city are within a 15-minute reach of housing.



HOOP FOR JOY

Why hoop is a fun flow exercise

You may not have thought of picking up a hoop, but this round piece of equipment can be the only thing you need to build core strength and stamina, burn calories and add fun to your daily workout. With most of us confined to our homes, hooping can be a great family exercise that needs little space and hardly any special equipment other than hoops.

flow right. A few sessions is all you need to perfect hooping around the waist. Then try the same around your arms, feet and neck. NOTE: Just pick the hoop of the right weight and size.

Good for...
One of the most important benefits of hooping is that it boosts cardiovascular fitness. This helps strengthen your heart and lung and benefits in the long run. Since, balancing the hoop requires constant motion around the waist, it is one of the best exercises to strengthen core area. It is also considered one of the best exercises for improving body balance and posture, and working out muscles in the lower body. Best bit: it's inexpensive and portable.

How to start
It is simple to get started, as there are multiple hooping tutorial videos for beginners. These videos



take you stepwise from what part of the body to start with, where to place the hoop and how to get the flow right. Your first aim has to be to get the hooping

World Space Week To Celebrate Legacy And Future Of Satellites, October 4-10, 2020

SPACE FOOD EVOLUTION

Most of the ideas for what to eat in space had come from the military. For example, food in tubes had been developed for fighter pilots by the American Can Company in the late 1940's. Fighter pilots needed a way to eat without removing their helmets and gloves. So, food in tubes was used by both the Americans and the Soviets for the early flights. It made sense because of the concern that other types of food would produce crumbs which would fly around the space craft in the zero gravity environment and wreak havoc with the sensitive instrument



HEY FOLKS! I'M **EXPLORIA**. FROM APPLESAUCE IN A TUBE TO 'SPACE NOODLES,' HERE'S HOW ASTRONAUT FOOD HAS EVOLVED FROM THE 1960S TO TODAY

1960s

TANG'S POWDERED FORMULA BECAME POPULAR ON US SPACEFLIGHTS: The artificial drink Tang wasn't very popular when it was released in 1959, but it turned out to be the ideal formula for astronauts since it could be mixed with water. Starting in the 1960s, the drink became so popular on NASA flights, it generated a myth that the product was developed for space.

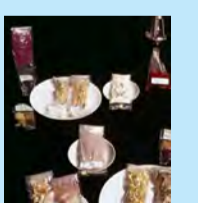


YURI ALEKSEYEVICH GAGARIN WAS THE FIRST PERSON TO EAT IN OUTER SPACE. HE ATE BEEF AND LIVER PASTE SQUEEZED FROM A TUBE, FOLLOWED BY CHOCOLATE SAUCE FOR DESSERT. The first person to eat in outer space (and the first human to venture there) was Yuri Alekseyevich Gagarin, who orbited earth on board the Vostok 1 in April 1961.

GEMINI SPACE MISSIONS ALSO INCLUDED SUGAR COOKIES: To satisfy their sweet tooth, Gemini astronauts (from Gemini program) were given cubed sugar cookies designed to be eaten in a single bite. The cookies were coated in gelatin to prevent crumbs, which could clog electrical systems or air filters. Astronaut Virgil Grissom learned this firsthand when he tried to eat a regular corned beef sandwich on rye during a Gemini mission. The gelatin coating also kept the food from spoiling and preserved the flavour, though the astronauts still found their meals bland and lacking in texture.



NASA DEHYDRATED FOOD AND SEALED IT IN PLASTIC BAGS: NASA's Gemini program conducted its first manned flight in 1965. In preparation for that launch, NASA began dehydrating food and sealing it in plastic bags. The bags were labelled with instructions on how to rehydrate the food in space using water. Food items prepared for Gemini astronauts included scrambled eggs, shrimp with cocktail sauce, curried chicken, and raisin rice pudding.



THE APOLLO 11 ASTRONAUTS ATE PACKAGED BEEF AND VEGGIES: Apollo astronauts were the first to have hot water and eat their packaged food with a spoon. While on board Apollo 11, Neil Armstrong and Buzz Aldrin were reportedly served beef and vegetables, pork with potato scallops, and Canadian bacon and apple sauce – all out of a package. The meals were colour-coded, individually wrapped, and labelled for each day. If something went wrong, such as the cabin losing pressure, the astronauts had a backup food source that would feed them through a port in their helmet.



APOLLO 15 ASTRONAUTS ATE APRICOT BARS ON THE MOON'S SURFACE: Apollo 15 was the fourth US Apollo mission to land on the moon. While the astronauts worked long hours collecting surface material, they reportedly snacked on apricot bars, which were also served on Apollo 17. Apollo 15 introduced new foods like beef steaks and hamburgers that were thermostabilised, or preserved by heat. Food packages came with a sulfate tablet to prevent them from spoiling, but some of them went uneaten.



NASA ASTRONAUTS WERE SERVED ICE CREAM, BUT IT WASN'T THE KIND SOLD IN GIFT SHOPS: Science museums are known to feature freeze-dried "astronaut ice cream" in their gift shops, but the concoction likely never made it to space. Whirlpool developed the product for the Apollo missions, but since there were no freezers, the substance would have been too crumbly to eat. That all changed with NASA's 1973 Skylab mission, which was equipped with a refrigerator. The astronauts on board ate normal ice cream, not the freeze-dried substance.

1983

ASTRONAUTS ON BOARD NASA'S NINTH SPACE SHUTTLE MISSION ATE RICE PILAF: NASA's Space Shuttle program launched crews into space for three decades (1981 to 2011). During the ninth Space Shuttle mission in 1983, astronauts ate



from trays containing foods like meatballs with barbecue sauce, rice pilaf and Italian beans, and thermostabilised chocolate pudding. To make it easier to season their food, they were also given liquid pepper and salt.

A PILOT RELEASED A POCKETFUL OF M&M'S ABOARD SPACESHIPONE: Chocolate has long been a favourite item among US astronauts. In 2015, the manager of the Space Food Systems Laboratory at NASA's Johnson Space Center told Smithsonian (journal) that NASA astronauts request chocolate "on pretty much every flight." In 2004,



pilot Mike Melvill advanced this trend while operating SpaceShipOne, an experimental aircraft that retired that same year. "I reached into my pocket and I took out some M&M's, all different colours, and let them go in front of my face. "And they just spun around like little sparkling things. I was so blown away, I couldn't even fly the (craft)."

THE "SPACE NOODLE" WAS INTRODUCED IN JAPAN: The Japanese food company Nissin released the first instant ramen noodles in 1958. Decades later, the company delivered a similar product for astronauts under the name "Space Ram." In 2005, Japanese astronaut Soichi Noguchi brought the noodles to space for the first time.



2006



NASA ADAPTED FIVE RECIPES FROM CELEBRITY CHEF EMERIL LAGASSE: Astronauts from the 2006 Space Shuttle Discovery launch received personalised menus based on their favourite foods. NASA even enlisted celebrity chef Emeril Lagasse to come up with a few recipes. NASA ultimately chose five of Lagasse's dishes to send into space: Mardi Gras jambalaya, mashed potatoes with bacon, green beans with garlic, rice pudding, and mixed fruit.

2011



ASTRONAUTS AT THE INTERNATIONAL SPACE STATION EAT FROM A SET MENU: The first long-term residents of the International Space Station (ISS) arrived in November 2000. At that time, NASA thought it could personalise foods like it did for the Space Shuttle program. The plan turned out to be difficult, since NASA sends its cargo shipments separately from the astronauts, preventing crew members from receiving their food choices on time. The organisation now offers a nutritionally-balanced menu with around 200 foods and beverages so astronauts still have some variety.

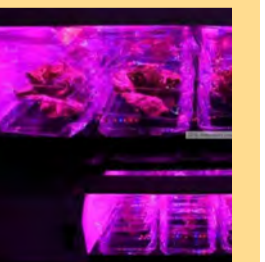
2015



NASA FUNDED RESEARCH TO MAKE FOOD FROM ASTRONAUT POOP: A trip to Mars would take longer than the typical stay on the International Space Station. To prepare for this scenario, NASA has considered whether astronauts would be able to sustain themselves by eating their own feces. In 2005, the organisation offered chemists and bio-engineers at Clemson University \$200,000 a year to research whether human waste could be recycled into space food.

2019

ASTRONAUTS COULD EVENTUALLY GROW THEIR OWN FOOD USING LED LIGHTS: NASA plans to build a moon-orbiting space station known as the Gateway with the goal of achieving a moon landing by 2024. One of the prototypes for this new station includes a "space garden" that can grow a head of lettuce in 24 days using LED lights. The garden can also produce strawberries, carrots, and potatoes without requiring much water.



Why every teen must watch



The Breakfast Club

Here's why this mid '80s John Hughes' coming-of-age drama will never go out of vogue

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How are you known in your circle of friends? How do you see other students? In school and Plus II, snap judgements are common. Either someone is the studious one or the carefree one, maybe, the smart aleck, or mean girl, the nerd... Labels are impossible to escape as a teen. It's a complicated age, and writers and directors have — in their own unique style — tried capturing all or some of it in their works. Coming-of-age drama

(see **Wordplay** section on this page) is one of the most sought-after genres by publishers and producers worldwide.

'The Breakfast Club' was made two decades before internet friends and social media came into our lives; but the thing about classics is that whenever you watch it, it makes so much sense that it almost feels like the characters in the film are either you, or talking to you in a way that people in real life still don't. Part of being a teen or an adolescent is to be misunderstood, not always because people around you aren't trying hard enough, but because you have barely started to scratch the surface of the person you are — or the person you can become in the future. Now, imagine in this turbulent age, if four or five of you in school, who don't particularly like one another or even thought about one another, are sent to a whole-day detention... Tough, isn't it? Or, could it be the best learning experience of your life?

Individuality + universal feelings

The genius of Hughes' film is how it brings forth all of the five characters' individuality while simultane-

ously connecting them to universal feelings of being lost, fighting the idea of perfection set by society, being pigeonholed, and trying to search for answers.

It answers the WHY of angst

'The Breakfast Club' is a classic coming-of-age film because Hughes has not just explored angst but provides an in-depth understanding of the emotion. The film provides answers as to

TRIVIA
American film director, writer, and producer John Hughes established the modern American teen movie as a genre in the 1980s. His success lies in portraying the reality of adolescent life while maintaining a lighthearted tone. His other famous movies include 'Ferris Bueller's Day Off', 'Sixteen Candles', 'Pretty In Pink', 'Weird Science' and 'Some Kind of Wonderful'. He's also the writer of the 'Home Alone' series.

why we are so angst-ridden at an existential level. That's a lesson that's universal and needs a relook all over again because of the complicated times we live in right now.

Predictable yet timeless

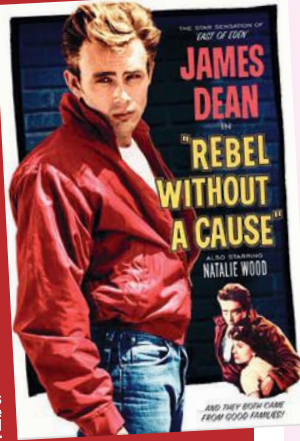
Legendary reviewer late Roger Ebert wrote in 'Chicago Sun-Times' when the movie came out... "The truths that are exchanged are more or less predictable, and the kids have fairly standard hang-ups." And yet... it worked, and continues to 35 years after its release.

That familiar trepidation

Douglas Perry wrote in 'The Oregonian' about why this film is classic among classics. He says, "Young adults who know they're not going to grow out of their problems — not really. The Breakfast Club's teens are sitting around sharing their typical adolescent gripes, but there's an undercurrent there, sizzling like an electrified fence. They recognise there is a world outside their insular, quirky suburban school. They understand they're soon going to have to join it — they're the screws falling out into the imperfect world." Familiar feeling, isn't it?

WORDPLAY

COMING-OF-AGE MOVIES... always have one or more than one protagonist, who experience life's grey zone for the first time and are conflicted about most things called 'life'. Because they have just started to understand that life involves a lot of "figuring it out" along the way, and it often will be a painful process. Coming to a profound realisation about their future is also a part of the storyline of such films. These films may be about first romances, graduating high school, getting in trouble with the law, and other significant events in a soon-to-be-adult's life.



It was actor James Dean's portrayal of teen angst that made him a youth icon and Hollywood superstar

NOT A BAD GIRL

Hailed as the future of music, here's all you need to know about teenager Billie Eilish

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She started writing music at age 11

Billie Eilish and her brother Finneas (her frequent music collaborator) were homeschooled by parents Maggie Baird and Patrick O'Connell — both actors — with special emphasis on music. Billie began writing at the young age of 11 after she joined the Los Angeles Children's Choir. She said in an interview with 'Vogue' that joining the choir taught her how to sing without ruining her voice as well as singing from the heart.

She doesn't like to smile

It can be pretty difficult to find a picture with Billie smiling. She has famously said that smiling makes her feel weak and powerless!

She's vocal about issues she cares about

In 2018, she appeared in a campaign with the mayor of Los Angeles to try to get young people to register to vote. In a Facebook ad she said: "As young people we have to own and use our power to make a difference." She sang her song 'My Future' at the 2020 Democratic National Convention in August and slammed American president Donald Trump without mincing her words: "We need leaders who will solve problems like climate change and COVID, not deny them."

Leaders who will fight against systemic racism and inequality."

She controls her life and social media

Unlike popular celebrities, Billie manages her own self and is not guided by her parents in her decisions. She even controls what messaging goes out through her social media. With a 66.9 million followers on Instagram, she creates posts completely underplaying her superstar status.

SHARE THE DEETS

- Billie Eilish Pirate Baird O'Connell American singer and songwriter
- **Born:** December 18, 2001
- **Awards:** 5 Grammys, 2 American Music Awards, 2 Guinness World Records, 3 MTV Video Music Awards, and 1 Brit Award
- **Also:** Youngest and second person ever to win four main Grammy categories in the same year. In 2019, 'Time' magazine placed her on their inaugural 'Time 100 Next' list. Only singer born in the 2000s to have a #1 single on Billboard and the youngest woman to have a #1 album in the UK
- **And:** Apple to release its documentary 'Billie Eilish: The World's a Little Blurry' in February 2021
- **Hits:** 'Ocean Eyes', 'When the Party's Over', 'Bad Guy' and 'No Time to Die'

She wears oversized clothes to avoid being bodyshamed

Billie enjoys wearing baggy clothes to express herself and side-step judgement from body shammers. She told 'Vogue Australia': "It kind of gives nobody the opportunity to judge what your body looks like." But she also doesn't call out women who wear form-fitting clothes. In 2018, she had said she chose the look to "look memorable". Billie said that she "proved to people that [she's] more important than they think." A legitimate argument considering she hit big time in 2015 when she was just 13.

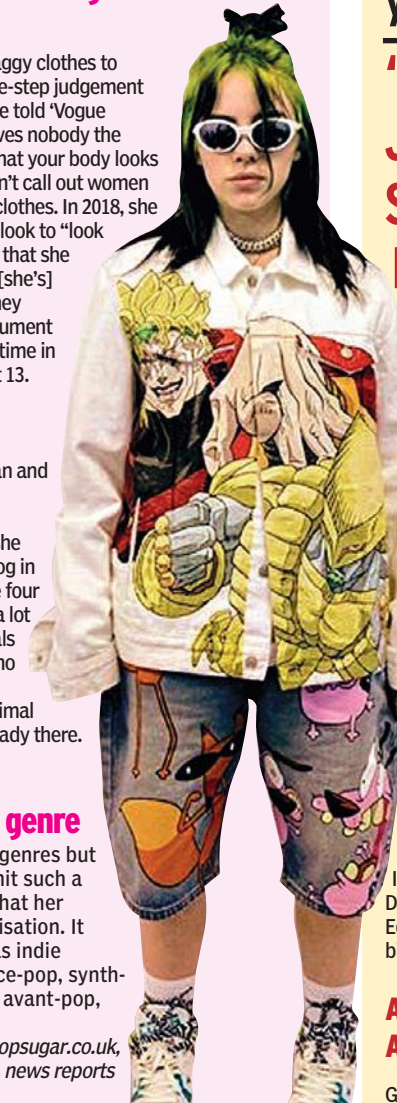
She is vegan

Billie grew up vegetarian and officially switched to a vegan lifestyle in 2014. Regarding her choice, she wrote on her Tumblr blog in 2018: "I went vegan like four years ago. There were a lot of reasons. I love animals and I just think there's no point in creating something out of an animal when the animal is already there. Leave animals alone."

She's her own genre

Many musicians mix genres but Billie seems to have hit such a creative sweet spot that her music defies categorisation. It has been described as indie electronic, EDM, dance-pop, synth-pop, R & B, jazz, pop, avant-pop, art pop, and more.

— Sources: popsugar.co.uk, musicminnesota.com, news reports



Three reasons why you should read...

'The House of Jaipur: The Inside Story of India's Most Glamorous Royal Family' by John Zubrzycki

Gayatri Devi used to send Alphonso mangoes for Prince Philip every year

The former Rajmata of Jaipur, the charismatic Gayatri Devi and her husband were great friends with Queen Elizabeth II and Prince Philip, and every year, she would send a box of Alphonso mangoes from India for the Duke of Edinburgh's birthday.



AYESHA AND JAI

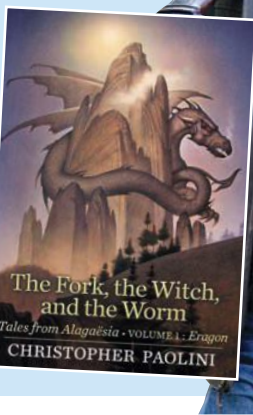
Gayatri Devi and husband Man Singh II, the last ruling Maharaja of the erstwhile Jaipur state — Ayesha and Jai as they were known to their friends — are central to the story of Jaipur over the past century. The author says: "In the 1950s and 1960s, Jai and Ayesha were India's golden couple, its answer to John and Jackie Kennedy, Queen Elizabeth and Prince Philip."

GLAM LIVES

The erstwhile couple were the only Indians invited to Truman Capote's Black & White Ball in 1966 at New York's Plaza Hotel. According to the author, Ayesha was the only woman who was allowed to break the dress code, arriving in a gold sari and a necklace of emeralds.

TRIVIA

Christopher Paolini, author of 'The Inheritance Cycle' series, finished school when he was 15 years old. Soon after, he began working on what would become the novel 'Eragon', the first of a four-book series set in the mythical land of Alagaësia. He promoted his work in a unique way. Paolini toured over 100 schools in the US to talk about his books and writing all the while dressed in "a medieval costume of red shirt, billowy black pants, lace-up boots, and a jaunty black cap". The author is in news these days for his first ever science fiction book 'To Sleep in a Sea of Stars', which follows a human in deep space.



TECH IT AWAY

Time to unplug

Along with DIY videos online over the last few months, another most popular Google search has been 'How to avoid social media addiction'. With multiple documentaries and videos highlighting social media

addiction, it is important to know how to use it well from an early age. With everything — from classes to assignments moving online, it is



essential to know what to watch as well as how to keep track of screen time.

If you get anxious when you cannot access social media for a while, and if you anxiously keep looking at your phone for notifications, it's the first sign of addiction. The first thing is to limit your

time spent online. Rather than your parents setting a timer and it leading to a friction, set your own timer and decide on limited screen time. Turning off notifications is a good way to begin.

3 One of the first positive signs of getting over the need for a phone or being on social media is when you see yourself stop measuring moments with friends and family, and really start to see the merit of face-to-face conversations.

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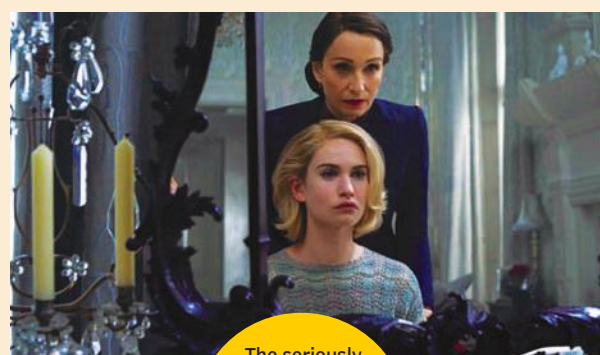
Do you believe in ghosts?

No, we are not talking about the ones that lurk in the shadows, in all black apparel, about to pounce on the fool who decided to go 'investigate'. We mean the ghosts of people who — though very much dead — feel very much alive.

This is precisely what happens to the protagonist, the second Mrs de Winters (Lily James). Having married her husband, Mr Maxim de Winters after a short courtship in the sun-kissed beaches of Monte Carlo, she finds herself in a horrifying ménage à trois with his late first wife, the title character, Rebecca. It's a psychological drama knit together by a series of spine-chilling events.

Upon reaching the dreary Manderley Mansion, she meets

Fact: A best-seller which has never gone out of print, 'Rebecca' sold 2.8 million copies between its publication in 1938 and 1965



The seriously chill inducing 'Rebecca' will be released via an online streaming platform on October 21

the housekeeper Mrs Danvers, a key character, who is passionately devoted to her former mistress, and bitterly resents the new Mrs. Our protagonist is shown repeatedly that not only is she undeserving of the uber wealthy Mr de Winters, but also how she will NEVER match up to the mysterious, glamorous Rebecca, whose shoes she cannot hope to fill.

How do you battle the

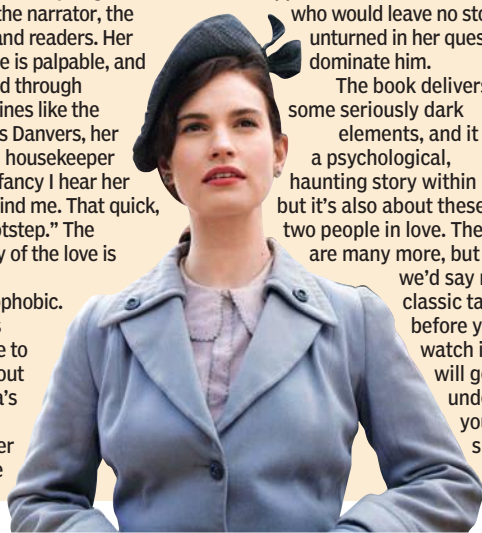
stifling presence of a person who has left her mark on everything? In the 82 years since it has been published, the world has still not had enough of 'Rebecca' adaptations. The author, Dame Daphne du Maurier, has described the plot of her 1938 classic as "a sinister tale" calling it "psychological and rather macabre". While there have been numerous adaptations of book, the most

famous one is master filmmaker Alfred Hitchcock's 1940 version which won the best picture at the 13th annual Academy Awards.

Perhaps, a reason why this sinister tale has captivated multiple generations of readers is the endlessly enchanting enigma of Rebecca. Dead even before the story begins, she haunts the narrator, the house, and readers. Her presence is palpable, and delivered through creepy lines like the time Mrs Danvers, her devoted housekeeper says, "I fancy I hear her just behind me. That quick, light footstep." The intensity of the love is almost claustrophobic. Debates continue to rage about Rebecca's true character because

we only hear about her from other characters. Was she the wronged wife or the vampiric femme fatale? Another reason why this tale is so popular is Du Maurier's psychological exploration of the power balance between the sexes, as seen through the relationship shared between Maxim and Rebecca. As it happens Maxim hated Rebecca who would leave no stone unturned in her quest to dominate him.

The book delivers some seriously dark elements, and it has a psychological, haunting story within it, but it's also about these two people in love. There are many more, but we'd say read classic tale before you watch it. It will get under your skin.



DOPPELGÄNGERS

This one's freaky. British actor Tom Hardy, 44, and American actor Logan Marshall Green, 43, look so alike they could be brothers, twins in fact. Here's how the story turns even more dramatic. Marshall actually has an identical twin brother, Taylor Marshall Green! Let's stop right here before the story gets too confusing. For now, can you tell Hardy (left) and Green apart?

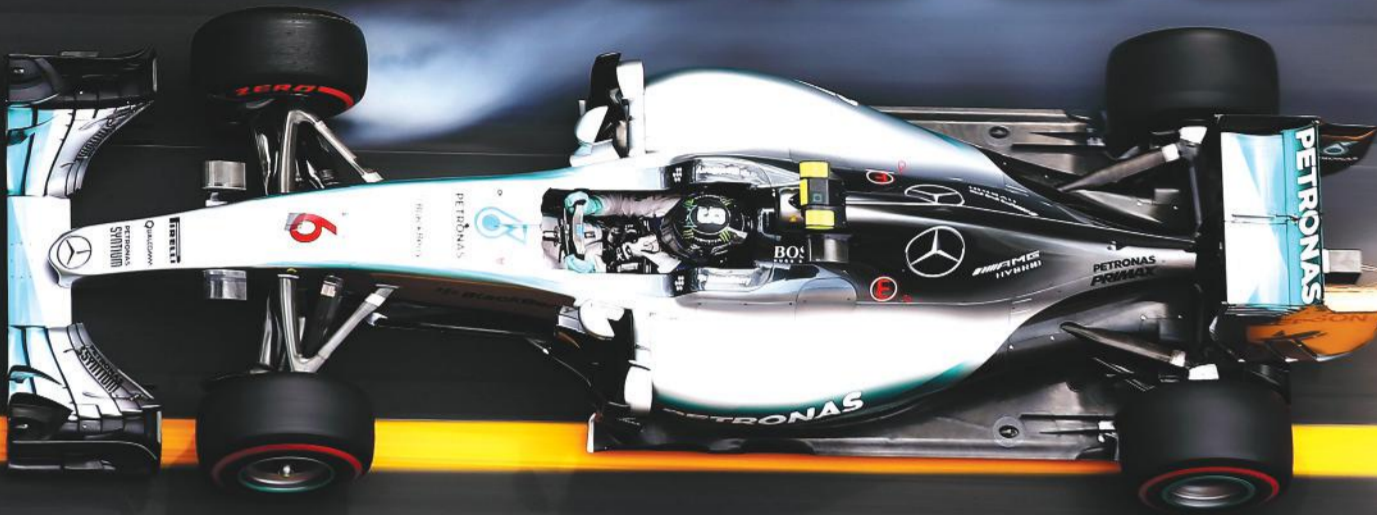


ROLE REVERSAL

James Cameron's 'Titanic' consolidated the careers of then 20-somethings, Kate Winslet and Leonardo Di Caprio. It's one of those comfort movies we often go back to. But as it often happens, the female lead role did not come to Kate Winslet first. It was offered to Claire Danes, who fresh after the success of 'Romeo+Juliet' (with Di Caprio), did not want to sign up for another romance story. Danes said in an interview a while ago, "I was really clear about it, I wasn't conflicted." Gwyneth Paltrow was considered for the role too. But it was Cameron's casting director, the late Mali Finn, who eventually suggested Kate Winslet.



F1 CARS CAN DRIVE UPSIDE DOWN



Yes, it's true! According to the official F1 website, "A modern Formula One car is capable of developing 3.5 g - which is three and a half times its own weight - thanks to aerodynamic downforce. That means that, theoretically, at high speeds they could drive upside down." There are many other incredible facts about Formula 1 racing that will blow your mind

1 AN AVERAGE F1 DRIVER LOSES 4 KG PER RACE

Since F1 drivers have to endure high G forces at extremely hot temperatures in the cockpit, they tend to lose close to 4 kg after every race! Hence, the drivers are also advised to take in large amounts of water before the race, even if they do not feel thirsty. This is done to avoid dehydration through sweating.

2 F1 CARS CAN ACCELERATE FROM ZERO TO 100 MPH AND BACK TO 0 IN JUST 4 SECONDS

Only a real Formula 1 car can survive such drastic changes in speed. This is why drivers of F1 racing go through a lot of training to help them apply brakes abruptly when approaching corners. F1 racing is a game of both time and speed at the same time.

3 EACH CAR HAS 80K ASSEMBLED COMPONENTS

Every F1 race car has more than 80k assembled components. Each component is an essential part of the vehicle. Considering the enormous speed at which an F1 car moves, these pieces are assembled with the highest accuracy. Even the minutest error can lead to a drop in performance. There is no margin for error.

4 F1 ENGINES MUST BE PREHEATED

F1 racing car engines are engineered such that they have to be preheated before they can be fired up. It is impossible to turn on the engine when it is cold. The gearbox also needs to be on par with the operating temperatures, even before the first gear is engaged. This necessitates the use of an external heater pump. This is also why a F1 engine can never be fitted on a passenger car.

5 THE F1 ENGINE HAS A LIFE-SPAN OF FIVE RACES

The Formula 1 car is engineered with utmost precision to ensure peak performance. Yet, the engine of the car, that can produce over 800 HP of power, cannot last more than 5 races. The high level of wear and tear effectively means the car can only perform for a few hours.

7 A TEAM IS MADE UP OF AS MANY AS 600 PEOPLE

There might only be about 50 people on the trackside on race day, but there are many more in the team - up to 600. Most of these people work behind the scenes to make their team the best of the best.

8 ONLY 1 FEMALE DRIVER HAS MANAGED TO SCORE A POINT

Lella Lombardi is the most successful female driver. She scored half a point in the 1975 Spanish GP, a feat which no other female has been able to achieve till today. She managed to qualify for a total of 12 out of the 17 races she participated in. She had a 3-year career in which she drove for Williams, March, and RAM F2 teams.

9 CREW TAKES 3 SECONDS TO CHANGE THE TYRES

Time and speed are crucial for the pit crew. The average crew takes no more than 3.0 seconds to change the tyres. The fastest tyre-change record is held by Felipe Massa's crew that took just 1.92 seconds in 2016.

6 BRAKE DISCS TEMPERATURE CAN PEAK AT 1000 DEGREES CENTIGRADE

The brake discs of F1 race cars can get superheated, reaching temperatures of up to 1000 degrees centigrade. This is almost as hot as molten lava. Numerous improvements have been brought in over the years, including designs with up to 1500 ventilation holes. The brake discs are made from composite material reinforced with carbon fiber.

10 STEERING WHEEL ALMOST LOOKS LIKE ONE IN AN AIRCRAFT

The steering wheel of an F1 car is the central controlling unit for the driver. It is covered in buttons, switches, lights, dials and paddles. The wheel almost looks like one in an aircraft. There are usually 20 to 25 controls and a small screen too, all of which relate to specific functions in the car, like brake balance, engine output and so on.

11 THEY USE ONE OF THE STRONGEST HELMETS IN THE WORLD

Trauma to the neck and head are the biggest injury threats of F1 racing. To reduce that impact, drivers use the toughest helmets that are of very high standards, and yet light. They are made of robust carbon fiber material. These helmets are subject to a series of fragmentation and deformation tests while being manufactured.



Lewis Hamilton

Lella Lombardi

