

THE TIMES OF INDIA

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STUDENT EDITION
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LESSONS FROM PREPPERS

In a crisis, would you rather be a hoarder, an opportunist or survivalist?

Survivalism is a movement of individuals or groups who actively prepare for emergencies, including possible disruptions in social or political order.



MAKINGS OF A SURVIVALIST

Life skills you can pick from them...

- 1 Live life debt-free and with minimum commodities:** Preppers share a lot of values in common with sustainability crusaders. They bring to fore an urge to return to simpler lives that are less consumption-driven.
- 2 Grow your own food:** There are people that garden for fun and those who garden for food. Closer you come to gardening for food, more likely you are a prepper.
- 3 Maintain low household energy demands:** Live close to your place of work so that you have lower vehicle fuel demands. In winter, dress warm, shut off any unused areas of the house and use solar power to heat water.
- 4 Stock up in advance:** Always have a stocked pantry and a box of bottled water as well as candles or battery-operated lamps. The most basic level of prepping includes the items you would take camping or for any outdoors trip. Can come handy in the event of an earthquake.
- 5 Make a bug out bag:** A BOB is a portable kit that normally contains the items one would require to survive for 72 hours when evacuating from a disaster, like cutting tools, sleeping bag, bandages, a portable water filter, SOS medicines, food etc. During disasters, you need your mind and body to stay sharp.
- 6 Learn first-aid skills:** You have to fill your mind with essential skills like learning how to administer first aid to a wound or injury.
- 7 Train your mind:** Disasters take a heavy toll on one's mental health. Learn techniques on how to calm down, so you can have a sharp mind to make crucial decisions.

GOOD TO KNOW: TOXIC HOME?

While we are staying home to beat the virus, we might be overlooking the downside of staying indoors. Lack of ventilation and indoor pollution can not only increase your chances of getting sick but also cause long-term health issues. Any given house has multiple sources of pollution - from heating, cooking, cleaning, smoking, perfumes to furnishings. Even the simple act of moving about stirs up particles! Odours from household cleaners; fumes from dry cleaned garments; gas stoves; saliva and dander from pets... the list of environmental toxins is endless. It is therefore important to have a check of the air quality inside our homes.

60% of indoor air quality problems are related to ventilation and 30% result from air contamination.

- They also have the ability to remove indoor pollutants such as benzene and formaldehyde. One can also have a kitchen garden or a small garden space by the windows that eliminate the harmful elements present in the air.
- Rather than buying plastic products, opt for recycled products that are now 100% organic.
- Encourage everyone to consume limited sources of energy. Turn off electronic devices when not in use, switch off lights, air-conditioner and fans when not in the room.
- Maintain indoor humidity below 50% to prevent mould growth.
- Use alternative cleaning products such as natural, non-toxic cleaning agents that are eco-friendly.
- You can also remove carpeting and keep shoes at the door. Avoid smoking indoors, minimise air fresher use. Test your home for radon. Don't light scented candles. Fix water leaks.

HOW TO FIX IT

- Indoor house plants not only serve as great home decor, but

— Supriya Sharma

FAMOUS PEOPLE, THEIR STRUGGLE AND WHAT LESSONS YOU CAN LEARN

JK ROWLING, AUTHOR

Everyone knows that JK Rowling conceived the idea of Harry Potter in 1990, and the first book came out in 1997. The seven-year period that followed saw the death of her mother, birth of her first child, divorce from her first husband and relative poverty. In 1993, she took to writing as catharsis. She said, "What was the worst that could happen? It could get turned down. Big

What you learn: Channelise yourself. It's important to find a ray of hope.

WAYNE JOHNSON, ACTOR/PRODUCER

Dwayne Johnson aka The Rock may be a tough guy but has gone through bouts of depression. In Oprah's Masterclass, he said, "I found that, with depression, one of the most important things you could realise is that you're not alone. You're not the first to go through it. You're not going to be the last."

What you learn: Contextualise your situation and always know that you are not alone.

PRINCE HARRY, FORMER BRITISH ROYAL

In April 2018, the Prince told 'The Telegraph' that he "shut down all his emotions" for almost two decades after the death of his mother, Princess Diana. It wasn't until he was 28 years old that he began to see a professional

SHAWN MENDES, SINGER

In an interview to 'People', he said, "Talking about the problem, putting it out there, was one of the scariest but most important things I've ever done." Speaking to 'The Sun', he said: "I still struggle with it but just remember every day that everyone deals with some level of anxiety or pressure; we're in it together."

What you learn: Even though it seems huge, it's important to talk about your issues.

LADY GAGA, SINGER/ACTOR

In 2016, Lady Gaga revealed she suffers from post-traumatic stress disorder (PTSD). In an open letter for the Born This Way Foundation she wrote: "There is a lot of shame attached to mental illness, but it's important that you know that there is hope and a chance for recovery." She is open about her struggles and says that fighting for mental health has good and bad days.

What you learn: Good mental health is constant work.

ZAYN MALIK, SINGER

In his autobiography, 'Zayn', Malik details how the pressures of performing and touring with One Direction led him to restrict his food intake to an unhealthy extreme. He talks openly about his mental health.

LILLY SINGH, YOUTUBER

With over 12 million subscribers, Lilly Singh (a.k.a. Superwoman) is one of the most popular YouTubers in the world. In 2013, Lilly talked about her battle with severe depression. "I eventually learned to talk about my feelings, create healthy relationships and most importantly, to love myself. It became my goal to take all the pains of depression and transform those pains into lessons and tools I could use to better my life," she said.

What you learn: It's OK to feel sad from time to time, but if you're feeling upset all of the time, it's important to get help.

MILEY CYRUS, SINGER

In an interview with 'Elle', Miley said "[Depression is] more of an issue than people really want to talk about. Because people don't know how to talk about being depressed - that it's totally okay to feel sad... There's not much that I'm closed off about, and the universe gave me all that so I could help people feel like they don't have to be something they're not or feel like they have to be fake happy. There's nothing worse than being fake happy."

What you learn: Don't force yourself to be happy. Sadness is an emotion - experience it.

LENA DUNHAM, ACTRESS/WRITER

On one of her Instagram posts, Dunham, who experiences anxiety and depression, wrote: "To those struggling with anxiety, OCD, depression: I know it's mad annoying when people tell you to exercise, and it took me about 16 medicated years to listen. I'm glad I did. It ain't about the a**, it's about the brain."

What you learn: Endorphins are real. Exercise can make you happy.

RETHINK: Are you suffering from ONLINE FATIGUE?

Introverts are feeling less noticed and the process of making their presence felt leaves them emotionally drained

video is the connector but also the intruder prying and making people conscious about how they look and sound digitally.

Manage this fatigue
Fewer video calls: Limit video calls to those that are necessary. Psychiatrist Dr Sanjay Chugh recommends, "Turn on the camera only in classes/meetings where your visual presence is required in a serious enough way. Else, interact without the pressure of 'video on' mode."
No FOMO please: Making an effort to stay away from the FOMO zone is also important. You won't be forgotten if you miss one activity discussion on a weekend. "Switch off and sleep if you want to rather than being present in a space where you are around just because the rest of your schoolmates are also doing that trendy activity," advises Nagpal. **Get some space:** You need to create buffers between your work (or school image) and private personas. When the cool headboy is being curtly asked by his mom to lower the laptop volume, it may create tension and low self-esteem in the student who has the image of a toughie. To avoid this identity crisis drama, have a quiet corner for your classes. **Sleep:** Target 8 hours of sleep. When eyes are strained, sleep quantity and quality becomes all the more essential," says Nagpal. Listen to nature sounds 30 minutes before your bed time. **Don't be harsh on yourself:** "Refrain from being too critical of yourself if you feel you are not articulate enough or not smart enough in your digital interactions," adds Chugh. Do your best - eat healthy, go out for regular walks and play an outdoor sport weekly to combat digital stress.

Catching attention
Children are especially struggling as they try to get the teacher's attention on their microphones. In the absence of real-life contact, the less talkative kids - still in the evolving stage of learning to communicate effectively, are struggling to be 'seen' in a sea of voices. "Introverts are feeling less noticed and less relevant and in the process of going the extra 'online mile' to make their presence felt, which leaves them emotionally drained. After all, who wants to become invisible from the sight and mind of their teachers and classmates?" asks Nagpal. The socialising scene is also largely online. Not everyone is confident with the camera on. The online **Online video is the connector but also the intruder making people conscious about how they look and sound digitally**

MONEY MATTERS: Feeling the pinch? Or riding the gravy train...

THE ORIGINS OF POPULAR FINANCIAL PHRASES

BALLPARK FIGURE
Means: An educated guess; a rough but considered estimate
Many think that the origin comes from baseball, but it actually began with the US Military and NASA. A "ballpark figure" simply refers to the fact that, during a landing test/missile test/splashdown, a single point was far too inaccurate to use as a target. So, a "ballpark figure" would be given instead.

GRAVY TRAIN
It means: A situation where lots of money can be made for little-to-no effort
This term has nothing to do with a delicious dinner. Railroad workers in the 1920s adopted the term to refer to an easy but high-paying run - hence riding the "gravy train".

FOOL'S GOLD
Means: Something mistakenly believed to have potential
"Fool's Gold" is the name given to iron pyrites, which look a bit like gold but are worth little-to-nothing - as explorer Martin Frobisher discovered in the late 1500s when he returned to England from the North-West passage with the stuff.

CASH COW
Means: Something that continuously and consistently earns and will earn good money
This simply reflects the hard-working nature of the dairy cow. A "cash cow" will do the same but with a financial return.

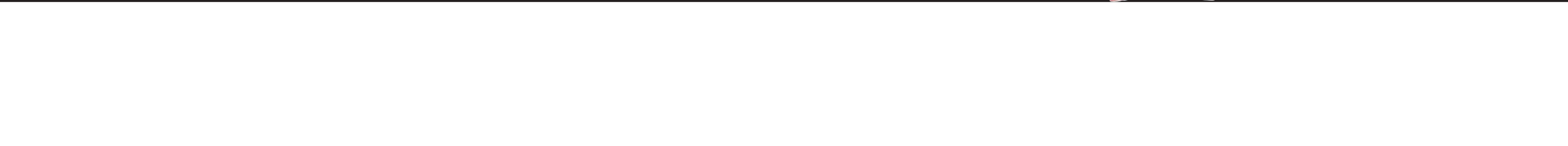
MY TWO

FEEL THE PINCH
Means: To be under financial hardship
Originating from 'a pincher' means to be "in a pinch" or to feel the squeeze. In 14th Century, pinch started getting associated with money like 'to pinch' or pinching pennies.

WHEELER DEALER
Means: An individual or the act making a situation profitable - come what may
The origins come from the motor trade, where advertisements for 'wheel deals' - great value cars - were commonplace in the 1930s. This became a verb and evolved to usage beyond just the motor trade. Anyone who was shrewd enough to make a good sale became a "wheeler dealer".

CENTS
Means: An opinion, or piece of advice, that is often unwelcome
The origin are assumed to be the same as the British counterpart, giving your "tuppence worth"/two pennies' worth". Alternately, could come from starting bet in poker.

NEST EGG
Means: An amount saved for the future; often life savings
A 'nest egg' is a fake ceramic egg added into a hen's nest to encourage her to lay. It is said to have grown out of the assurance that a 'nest egg' would yield extra eggs.



Public speaking is not about getting rid of the nerves. It's about managing them

Hi friends. We are **HOPPER & CROCKY**. We get a lot of mails from our readers asking us how to overcome the fear of public speaking. Don't worry! We got you covered. Darlene Price gives 11 tips for calming your nerves before a big presentation:

DARLENE PRICE, President and Co-Founder of Well Said!, Inc

Prepare

Preparation is the key. Make sure you do a complete research of the topic, curate your content, and know your material well in advance. Price suggests, "Just remember the six Ps: Proper Preparation and Practice Prevent Poor Performance," she says. "Procrastination only leads to increased anxiety."

Know your venue

"Don't wait until you arrive on stage to realise that there's a structure blocking your view of the audience, or that there are problems with the audio-visual equipment provided," says public speaking coach Ian Cunliffe. Research the venue, become familiar with the schedule of events surrounding your presentation, and test the equipment beforehand.

Rehearse aloud

There's no better way to calm your nerves and ensure a winning presentation than to rehearse aloud, with an audience if possible. "Ideally, record the rehearsal and review your performance," Price says.

Visualise your success

Sports psychologists have proven that an athlete's ability to vividly visualise his or her success cre-

ates a higher win rate, she says. "Before your next presentation, mentally walk yourself through the presentation. Picture yourself speaking with confidence and poise; see your audience responding positively."

Positive self-talk

"Replace negative thinking with affirmations, which comes from the Latin affirmative, 'to make steady or



Photos: Getty Images

As a speaker facing an audience, we often fear failure, criticism, judgment, embarrassment, comparison, or rejection. Physically, nervousness and anxiety may cause an increased heart rate, a queasy stomach, sweating, shaking, shortness of breath, weak knees, dry mouth, a quivering voice, blushing, muscle tension, headache, stuttering, lightheadedness, or even fainting. Despite the scary list of symptoms, the good news is this: There are no negative consequences from feeling nervous; the trick is to avoid showing it.

DARLENE PRICE

strengthen," Price says. "Say to yourself, 'I am a dynamic speaker.' 'I am enthusiastic and engaging.' 'I am prepared and confident.'" As Henry Ford once said, "Whether you think you can or think you can't — you are right."

Know your audience

"Do a little research beforehand in order to find out what your audience expects from your presentation," says Cunliffe. "Arrive early and talk to a few audience members about their needs. This way, you'll have insider information and friendly faces that you can focus on when you take the stage." Price says, "Conversation helps relax your nerves, creates a bond with your audience, and sets the stage for 'personable' speaking versus 'public' speaking."

Take a deep breath

Find a private area beforehand where you can do some light stretching or a few kneebends. Another option is to take a brisk walk down the hall and back. "This rids the body of excess energy," she explains. "In addition, take several deep breaths. Inhale through the nose on a slow count of three; and exhale through the mouth on a slow count of three. Deep breathing floods the brain with oxygen."

Memorise your opening

The beginning of the presentation often carries a rush of adrenaline. Learn your first few sentences so well you don't have to think about it. "This empowers you to start strong and make a confident first impression despite nervousness," says Price.

The three audience truths

ONE: They believe you're the expert, so don't tell them otherwise. **TWO:** They want you to succeed, so they're on your side. **THREE:** They won't know when you make a mistake, so don't announce it.

Smile

Sincere smiling emits chemicals in the brain that calms the nerves and promotes a sense of well being, she says. "Plus, it shows your audience that you're happy to see them and is enthusiastic about the message."

Source: Business Insider

Common terms used in international trade

Consumer Spending

We all buy goods and services for our personal and household use. That makes us all consumers. So then, consumer spending refers to the purchase of goods and services by consumers like us

Economic interdependence

A relationship between two or more people, regions, nations or other entities in which each is dependent on the other for necessary goods or services.

Tariff

A fee charged for goods brought into a country from another one.

Embargo

A law that cuts off most or all trade with a specific country.

Balance of payments

The difference between the amount of money a country pays to foreign



Photo: Getty Images

countries and the amount it receives from them.

Subsidies

A government payment that helps cover the cost of an economic activity that can benefit the public.

Market turbulence

The sudden rise and fall of stock market. It can occur from geopolitical turmoil, poor earnings reports across many companies in a single market segment or even irrational investor fears.

Balance of trade

The difference between the value of a country's imports and exports.

Trade deficit

The amount by which the cost of a country's imports exceeds the value of its exports.

Free trade

Free trade is the unrestricted importing and exporting of goods and services between countries. The opposite of free trade is protectionism.

Incorrectly used phrases

1. EACH ONE WORSE THAN THE NEXT VS. EACH ONE WORSE THAN THE LAST

Unless you can foresee the future, "each one worse than the next" doesn't make sense. For example, you can't compare two bicycles until you've tested them both. So logically, you would compare the current bicycle to the last bike you tested. **Example:** Sam made three cakes today, each one worse than the last.

2. ONE IN THE SAME VS. ONE AND THE SAME

When you really sit and think about it, "one in the same" doesn't mean anything at all. The correct phrase "one and the same" means that two things are the same.

3. GIVING AN EXAM

You never give an exam, you take an exam. **Incorrect:** I am giving my History exam today. **Correct:** I am taking my History exam today.

4. DEEP-SEEDED OR SEATED?

CORRECT: Deep-seated. This phrase means something is firmly fixed in place, not that it is planted deeply, as the latter implies.

5. PERQUISITE VERSUS PREREQUISITE

A perquisite is a payment or profit given in addition to regular wages or salary. A prerequisite is something that is required as a prior condition. **Example:** He satisfied all the prerequisites for employment as the CEO, and after he landed the job, he en-

joyed myriad perquisites, including use of a corporate jet.

6. ALL AND ALL

We believe that what you meant to say was "all in all," which is an idiom meaning "everything being taken into account." **Example:** We both thought that all in all it might not be a bad idea. **Example:** All in all, it seems like the set-up for an intelligent thriller.

7. I COULD CARE LESS

This is the incorrect way to say you don't care. If you say I could care less, it means you care a little. **CORRECT:** I couldn't care less.

8. I'D LIKE TO WELCOME YOU ALL TONIGHT

Use either 'you' or 'all of you'. You is a singular and a plural pronoun. **CORRECT:** I'd like to welcome you/all of you tonight.



Photo: Getty Images

DID YOU KNOW

■ **Kertz-** Who would have thought it? This is not the name of the villain in a bad science fiction movie, but the act of gulping something down in haste. It's pronounced as 'zerts'.

■ The word cereal comes from the Roman Goddess Ceres, and her association with edible grains.

■ Do you know that a group of flamingos is called flamboyance.

■ The burnt or used part of a candlewick is called the snaste.

■ Xenoglossy is the apparent ability to speak a language that you've never actually learned.

■ Anything described as transpontine is located on the opposite side of a bridge.

■ To quomodocunquize means "to make money by whatever means possible."

IDIOMS RELATED TO TIME

Third time's a charm

MEANING: The third time you do something it will finally work.

EXAMPLE: Mahek: I've called Priya twice, but she doesn't answer her phone. Rani: Try again. The third time's the charm.

The crack of dawn

MEANING: Time when sun rises.

EXAMPLE: I used to have to get up at the crack of dawn, but nowadays I don't have to.

The early bird catches the worm

MEANING: If you do something in a timely manner you will succeed.

EXAMPLE: I'll go to work early today. After all, the early bird catches the worm.

To buy time

MEANING: To postpone an event hoping that the situation will improve.

EXAMPLE: The policeman tried to reason with him in order to buy time until backup arrived.

On someone's watch

MEANING: During the time that someone is in charge, while someone is on duty.

EXAMPLE: I guess I have to bear the blame since it happened on my watch.

From the cradle to the grave

MEANING: The whole of your life.

EXAMPLE: She lived in the same village from the cradle to the grave.

Be stuck in a time warp

MEANING: To remain unchanged from a time in the past.

EXAMPLE: This town is so entrenched in its backward ideals, like it's stuck in a time warp!

When the time is ripe

MEANING: When the time is appropriate.

EXAMPLE: The time was ripe to talk about peace.

Time off

MEANING: To have a period of time free from employment.

EXAMPLE: I decided to take some time off to visit my family.

Queries relating to language skills

Do you find grammar confusing? Do you get stuck with words when writing a letter, an essay or a blog? Do you have a fear of public speaking? Or do you simply want to improve your communication skills? Times NIE is here to help you to master the intricacies of the English language. Just shoot us your queries on

toiniel75@gmail.com



Photo: Getty Images



"A good deed here, a good deed there, a good thought here, a good comment there, all added up to my career in one way or another."
SIDNEY POITIER, actor



WHY WE ALL LOVE TIMOTHÉE CHALAMET

The French-American actor eases into his roles and attires with an emotional and sartorial maturity not expected out of a 24 year old

Haimanti.Mukherjee@timesgroup.com

HE'S AN 'ARTTHROB'

"In 2019, being soft is cooler than being a hard-edged hero," writes Douglas Greenwood in 'Vogue', describing the 'arthrob' that is Timothée Chalamet. Writer Anne T Donahue coined the term describing new male stars like Chalamet, who are consciously portraying a softer, fluid side of their personalities and consciously moving away from the traditional trappings of being the macho man.

HE'S A TRUE HERO

Apart from 'The King', all of Chalamet's roles — that made him a superstar in just a couple of

years — were non-lead roles; albeit complex ones. Or characters to which he brought such ease and complexity to at the same time that audiences and critics both fell in love with him. From 'Lady Bird' to 'Little Women', Chalamet has played the love interest of powerful female characters without any hesitation or insecurity that plagues most actors well into their adulthood. And he's just 24.

HE CAN RAP

Did you know Chalamet used to be a rapper who went by the name Lil' Timmy Tim? While at LaGuardia, he briefly pursued a rap career. He wrote a song about how much he loves his high school statistics teacher, Ms Lawton. You've got to

watch it to believe it.

HE WAS TOO ANXIOUS TO PLAY SPIDEY...

Chalamet auditioned for 'Spiderman', a role that ultimately went to Tom Holland. In an interview with 'The Hollywood Reporter', Chalamet said that he "read twice and I left sweating in a total panic" after auditioning. He also considered going back to audition again but decided against it. The ease with which he discusses his anxiety issues makes him a superstar of our times, and gives hope to young people all over the world to open up and talk candidly about their own anxieties without the fear of being judged.

Sources: Vogue, PopSugar

FASHION ICON

"While many other conventionally attractive actors have built a personal brand on their staunch masculinity over the years, beefing up to take on the role of the macho man, Chalamet has segued into a different state of being," adds Greenwood. (From left to right) Pic 1. A suit by Sarah Burton for Alexander McQueen that Chalamet wore to a London premiere of one of his films. Pic 2. The avant-garde silver suit by Haider Ackermann that he wore to Venice Film Festival in 2019. Pic 3. Chalamet displaying his love for the band 'Gorillaz', with a tee paired with drop-crotch trousers by Isabel Marant, while promoting 'Lady Bird'

Dialogue-baazi

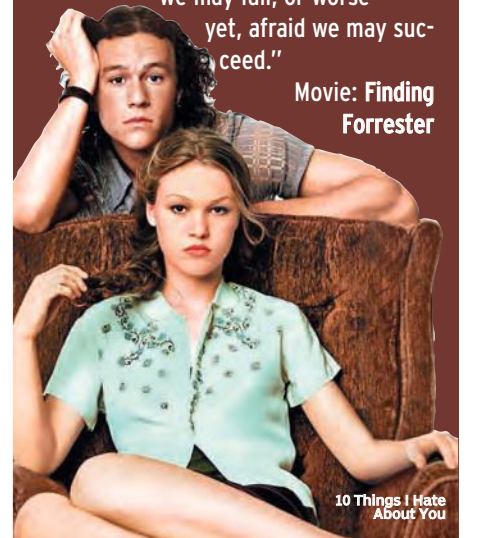
"A wise man can learn more from his enemies than a fool from his friends."
Movie: Rush

"Don't let anyone ever make you feel like you don't deserve what you want."
Movie: 10 Things I Hate About You

"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."
Movie: Ferris Bueller's Day Off

"Sometimes, it is the people who no one imagines anything of who do the things that no one can imagine."
Movie: The Imitation Game

"We walk away from our dreams afraid we may fail, or worse yet, afraid we may succeed."
Movie: Finding Forrester



KNOW YOUR GENRE Transhumanism

DEFINITION
Transhumanism is a movement that believes in the transformation of humans through the addition of technology to their physiology. Many propose that the goal of transhumanism is to ultimately transcend immortality.

WHAT'S THAT NOW?
Take the case of artist Neil Harbisson, who was born completely colour blind. To correct this, he had a small device attached to his head which converts colour into audible frequencies. Yes, this 'Sonochromatic Cyborg Artist' hears colours!



Explore in books:
This genre comes within the realm of science fiction:
■ 'Cyborg' by Martin Caidin (above pic.)
■ 'Accelerando' by Charles Stross
■ 'The Transhumanist' by Zoltan Istvan
■ 'Stranger In A Strange Land' by Robert A Heinlein
■ 'The Night's Dawn Trilogy' by Peter F Hamilton



incredibly human experience in which our enormous capacity for love is equal to our capacity to feel pain. Expect incredible advice like: "Every day, I try to do one thing I can be proud of. Then, when I go to bed, I think very, very hard about this one thing."

"What matters most are the simple pleasures so abundant that we can all enjoy them... Happiness doesn't lie in the objects we gather around us. To find it, all we need to do is open our eyes"
- 'The Little Prince', Antoine de Saint-Exupéry

THE HEART AND THE BOTTLE by Oliver Jeffers

Author E B White ('Charlotte's Web', 'Stuart Little') famously said: "Anyone who writes down to children is simply wasting his time. You have to write up, not down." That is how books can address children's experience of life's darkest moments without overprotecting them. Oliver Jeffers is one such author. His book 'The Heart and the Bottle' is about a

girl who locks away her heart and emotions. It's a gentle reminder of what happens when we block our emotions. The answer, as per this fantastically illustrated fable, is that while there are plenty of dark moments in life, there is much to lose when we avoid our difficult emotions.

LAYLA'S HAPPINESS by Mariahadessa Ekere Tallie and Ashleigh Corrin

If we asked you to think about your idea of 'perfect happiness', what would it be? A cup of iced tea? A piece of warm toast with melted butter? Reading books? Watching the sunset? Go ahead, and give it a think because the answer that you come up with will be as unique as you. For example, anthropologist Jane Goodall's answer was, "sitting by myself in the forest of Gombe National Park, watching one of the chimpanzee mothers with her family". Reading this book is a deceptively simple exercise. As you go on reading her list of things, you'll realise that none of them cost a thing. Sometimes, life is about savouring the little joys — that's all it takes to be goofy and smiley. This book will remind you that it's important to be kind to yourself. It's full of brilliant illustrations.



Me! by Deborah Malcolm
A superbly illustrated picture book about one boy's journey through depression.

The Present is a Gift by Echanan Ogorek
A journey into achieving mindfulness for oneself through various ways.

EVERYBODY GETS THE BLUES by Leslie Staub and R G Roth
A Blues man helps remind a young boy that it's okay to feel bad, sad and mad, all at once.

How to say 'I'M SAD'

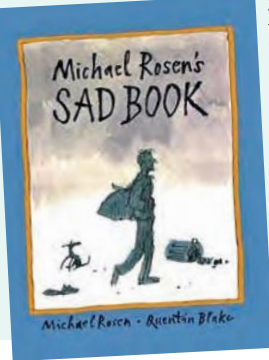
...and other uneasy emotions that get us down more often than ever these days

Nitya.Shukla@timesgroup.com

MICHAEL ROSEN'S SAD BOOK by Michael Rosen and Quentin Blake

"Sometimes I'm sad and I don't know why. It's just a cloud that comes along and covers me up." The 'Sad Book' is a touching story of loss by Michael Rosen, wrapped as a beautiful picture book illustrated by Quentin

Blake. It has resonated with children and adults alike ever since it was released in 2005. In the book, Rosen appears as lead character/narrator, a grown man, who explains he is sad because his 18-year-old son has died. Thinking that other people won't like him if he shows his sadness, he covers it up. But he often feels angry, lonely, hurtful, nasty, and desperate. That's what he talks about in the book while taking the readers on a journey of accepting one's emotionally turbulent thoughts. Slowly, he helps us wake up to our



FUN MOVIE TRIVIA

- Director Stanley Kubrick would reportedly call author Stephen King at 3am to ask him questions about 'The Shining'. According to King, one famous exchange had the director ask the author, "Do you believe in God?". When he replied in the affirmative, Kubrick yelled "I knew it!" and slammed the phone down.
- Those green symbols trailing down in 'The Matrix' (pic left) aren't complicated algorithms. A production designer scanned symbols from his wife's sushi cookbooks and manipulated them to create the code!
- Sean Connery wore a toupee in every James Bond movie. The actor started balding at age 17.
- The set used as Sirius Black's home in 'Harry Potter and the Order of the Phoenix' was reused for 'Sherlock Holmes' (2009), starring Robert Downey Jr. and Jude Law. The film was directed by Guy Ritchie.



CHARACTER OF THE WEEK

ELLE WOODS IN LEGALLY BLONDE (2001)

"Whoever said orange is the new pink was seriously disturbed."
Why the world fell in love with Elle Woods... Fashion merchandising student and sorority girl Elle Woods, played brilliantly by Reese Witherspoon, is taken to an expensive restaurant by her boyfriend, the governor's son, and dumped, because he doesn't think Elle is smart enough for a Harvard student like him. Hurt but not dejected, Elle takes it upon herself to get into Harvard and prove to everyone that she's smart. The film is about having faith in yourself, and not getting intimidated by anything that life throws your way. Witherspoon is a delight to watch as Woods in this film adapted from Amanda Brown's novel of the same name. The brilliant screenwriters were Karen McCullah and Kirsten Smith.



ROLE REVERSAL

While everyone loves Viggo Mortensen as Aragorn, it was Stuart Townsend who was first chosen for the role in Peter Jackson's epic 'Lord of the Rings' trilogy. In fact, the shooting had started when Jackson realised Townsend appeared too young to play Aragorn. The film's unit got in touch with Mortensen but he wasn't interested at all... till his son told him all about the role and begged him to do it.



WHAT THE CRITICS SAID...

'A Life on Our Planet' by naturalist David Attenborough is a must-watch documentary. Here's why...

THE WORLD AS HE SEES IT
"It's striking how Attenborough isn't just playing his typical role as the erudite commentator with a contagious enthusiasm for life... but is showing us the world as he sees it. For all of the incredible things he's captured with his camera, 'A Life on Our Planet' is perhaps the first time Attenborough is acting as its lens."
'IndieWire', David Ehrlich

FINDING HOPE
The most devastating sequence finds Attenborough charting the disasters we face in future decades — global crises that he, as a man now in his 90s, will not experience. Yet he finds hope by extrapolating small successes. Sustainable farming in the Netherlands... Fishing restrictions around the Pacific archipelago nation of Palau...



"...the footage is paired with equally lush narration, in which the historian explains the ways he saw the world shift from his up-close-and-personal vantage point. Species that were once common became scarce and hard to find... More trees were cleared for agriculture. "We are facing nothing less than the collapse of the living world," he says in the movie."
'Gizmodo', Dharna Noor

LUSH NARRATION
"The New York Times", Natalia Winkelman

Christian Bale and Morgan Freeman in 'Batman Begins'



Meet Mafalda from Argentina

This six-year-old comic strip character is a cultural icon whose creator, Argentine cartoonist Joaquín Salvador Lavado, recently died. Here are some things we want you to know:

The comic book hero was created in 1964 by Lavado, also known as Quino. He portrayed Mafalda as an irreverent, satirical girl, who was unafraid to speak her mind, and as a result, became popular across Spanish-speaking countries. Mafalda is a compassionate, inquisitive six year old, who loves The Beatles, hates soup, and cares deeply about world peace. She became famous because she questioned social ideals and political issues with a humorous and refreshing perspective.

Did You Know?

Oscar-winning screenwriter John Ridley is writing a four-issue comic book mini-series about Batman in which the Dark Knight will be an African-American character, and not Bruce Wayne. Ridley has also hinted that the focus of the comic series will be the family of Lucius Fox (played by Morgan Freeman in Christopher Nolan's Batman trilogy), as head of Wayne Enterprises. The series is expected next January.





Tennis is one of the world's most widely played sports. To help pique your interest in it we've created a cheat-sheet of tennis terms you must know

1 SERVE

The shot that begins each point, in which the server hits the ball after tossing it into the air.

EXAMPLE: Andy Roddick and Jo-Wilfried Tsonga win many points with their powerful serve.

2 RETURN

To hit a shot back to the opponent.

EXAMPLE: The young player had to return well as her opponent had the best serve among the players in the tournament.

3 CROSS-COURT

A shot in which the ball is hit diagonally across the court.

EXAMPLE: The champion struggled to handle his opponent's cross-court backhands at first, but slowly gained control.

4 VOLLEY

A shot on which the ball is hit before it bounces.

EXAMPLE: Volleys can be hard to control if there's a lot of spin on the ball.

5 BASELINE

A line at each end of the court, marking the boundary of the playing area.

EXAMPLE: Petra Kvitova dominated the game playing mainly from the baseline.

6 RECEIVER

The player receiving a serve.

EXAMPLE: The receiver mis-hit the serve, leading to a service winner.

7 ACE

A winning serve which the receiver fails to touch with his or her racket.

EXAMPLE: Roger Federer has hit more than 10,000 aces in his career.

8 DROP SHOT

A gentle shot that just drops over the net.

EXAMPLE: Her game now also incorporates more drop shots rather than just shots fired down either flank.

9 LOB

A shot that is hit in a high arc, usually over the opponent's head.

EXAMPLE: The stylish player sealed the victory with a backhand lob from the baseline.

10 RALLY

A long series of shots.

EXAMPLE: The game came to a halt after a player slipped during a rally on the muddy baseline.

11 FAULT

A missed serve, served into the net or served outside the correct service box.

EXAMPLE: A woeful fault by the teenager gave the veteran a decisive break.

12 DOUBLE FAULT

Two faults served in a row, resulting in the server losing the point.

EXAMPLE: Coco Gauff was looking to keep the Stars and Stripes flying but she eventually flagged, serving two double faults in the last game.

13 GROUNDSTROKE

A shot hit from the back court after the ball has bounced; the standard shot in tennis.

EXAMPLE: Jelena Ostapenko is known on the tennis circuit for her booming groundstrokes.

14 FOREHAND

A shot hit from the racquet-arm side of the body.

EXAMPLE: The American bagged the fourth match-point with a splendid forehand.

15 BACKHAND

A stroke in which the ball is struck on the opposite side of the body to the racquet hand.

EXAMPLE: Herbert produced some dazzling play with a searing backhand pass after a dropshot.

16 SERVICE BOX

The two boxes on either side of the net. This is the area the ball must land in when serving.

EXAMPLE: When serving, you must place the ball in the opponent's service box on the opposite side from where you stand.

17 JAMMING

To hit the tennis ball straight to the opponent's body not allowing them to extend the racquet to hit the ball well.

EXAMPLE: Williams unleashes a powerful serve over the net directly at Johnson, giving her no chance for a clean return.

SCORING

The aim of each game is to be the first player to score four points. Tennis points are numbered as follows:

LOVE
meaning zero

15
when a player wins the first point of a game. If the opponent wins the next point we say 15-all

30
when a player wins two points in a game

40
when a player wins three points in a game

DEUCE
when the score is 40-40 it is called Deuce. A player must win two consecutive points from deuce to win a game

ADVANTAGE
the point played after deuce. If the player with the advantage wins the point the game is over

What is Grand Slam?

The four most important tennis championships – the Australian Open, French Open, the US Open and Wimbledon – make up what are known as the Grand Slam tournaments, or the majors. Any player who wins all the four titles in one calendar year is said to have won the Grand Slam.



Petra Kvitova



Rafael Nadal