



# THE TIMES OF INDIA

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**Your Weekender**
**TODAY'S EDITION**

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**STUDENT EDITION**

SATURDAY, SEPTEMBER 18, 2021


**LATEST BUZZWORDS EXPLAINED**

## VITAMIN S

The pandemic-forced lockdown not only created a crisis of mental health but many people experienced vitamin deficiency. And the most of all was vitamin S where S stands for "social contact"! The lockdown isolation made us realise how social contact with other people is considered to be as good for your health as the vitamins in your food. Researchers Paul A M Van Lange and Simon Columbus, in their March 2021 study, used the COVID-19 pandemic as an opportunity to explore whether limited interactions with strangers could offer benefits comparable to the benefits of interactions with close acquaintances. Van Lange and Columbus used insights from research on social interaction to press a case for social contact with strangers, which they call "Vitamin S." According to their interactions with strangers are benign and conducive to pro-social behaviour and mutual cooperation. "In most situations involving low conflict of interest, people are naturally kind – even in the absence of any history of social interaction or anticipation of social interaction in the future," Van Lange and Columbus wrote.

Interestingly in 1973, MS Granovetter proposed the theory of weak ties, which states that people who have many acquaintances beyond their close networks tend to be happier than those with smaller networks. Van Lange and Columbus propose three reasons that illustrate the added value of interactions with strangers: First, strangers are less likely to know others in your personal network, meaning there's little risk that they'll spread sensitive private information. Second, strangers are more likely to be dissimilar to your friends and family, meaning they may present novel and amusing perspectives and experiences. Third, the researchers added, "compared to interactions with family or close friends, interactions with strangers may have the benefit of being more likely to provide opportunities, such as suggestions or advice regarding job opportunities."

Pics: Istock

### #GOALS

## TURN ON the MUSIC

Music education is now a major co-curricular discipline. Get inspired by these celebs who are ace musicians

**ROBERT PATTINSON, actor**  
**PLAYS: GUITAR, PIANO AND VOCALS**  
 Pattinson wasn't just the leading man in "Twilight" but also co-wrote and sang two of the songs for its soundtrack: "Never Think" and "Let Me Sign". Having mastered both the guitar and piano, Pattinson famously said "music is my back-up plan if acting fails".

British actress is also Grade 8 on the cello, which she learned to play at school. She was able to showcase her musical talents in the film "My Summer of Love" in which her character is also a cellist.

**ALBERT EINSTEIN, scientist**  
**PLAYED: VIOLIN**

Though many people think of Einstein as a very linear, scientific thinker, the world-renowned genius and inventor also had a musical side. Einstein learnt the violin as a child. "Life without playing music is inconceivable for me," he stated once.

**TONY BLAIR, former UK PM**  
**PLAYS: GUITAR**

When he wasn't busy running the country as Prime Minister, Blair was jamming on his guitar, which he played in the band Ugly Rumours during his student days at Oxford University.

**SOHA ALI KHAN, actor**  
**PLAYS: PIANO**

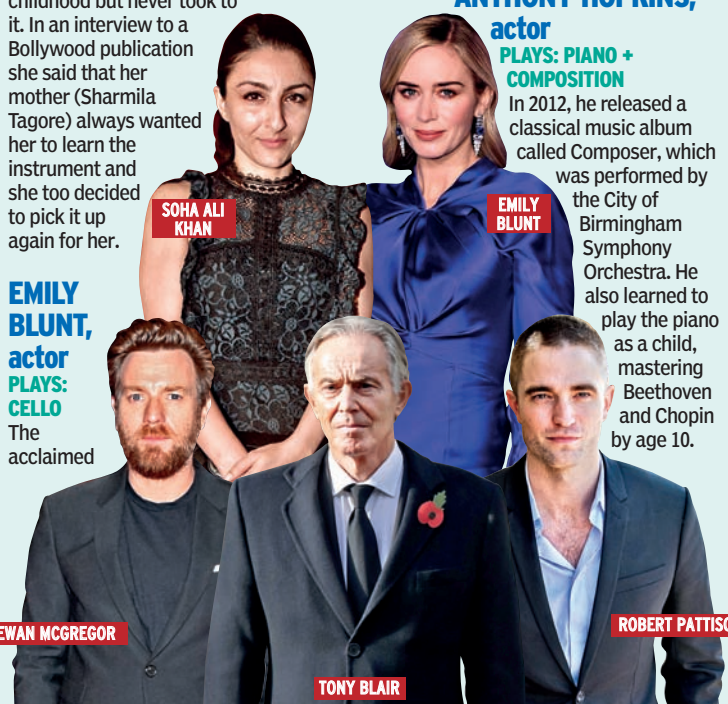
Khan started piano lessons in her childhood but never took to it. In an interview to a Bollywood publication she said that her mother (Sharmila Tagore) always wanted her to learn the instrument and she too decided to pick it up again for her.

**EMILY BLUNT, actor**  
**PLAYS: CELLO**  
 The acclaimed

**ANTHONY HOPKINS, actor**  
**PLAYS: PIANO + COMPOSITION**

In 2012, he released a classical music album called Composer, which was performed by the City of Birmingham Symphony Orchestra. He also learned to play the piano as a child, mastering Beethoven and Chopin by age 10.

**EWAN MCGREGOR, actor**  
**PLAYS: FRENCH HORN**  
 Before he found fame, a young McGregor made his debut playing the instrument on Scottish TV show "A Touch of Music".



### WHY MUSIC EDUCATION?

- Several studies show that music has a big influence on the cognitive and psychological development of humans – especially children.
- It is believed that when children are exposed to music, especially when they are toddlers or even before they are born, it has a deep impact on their cerebral cortex region. It creates neuron pathways in the brain, making them understand the world and language in a faster and easier way.
- Music classes are a great way to break monotony.
- Music spurs language development.
- The part of the brain that supports language and learning also supports

- music. Music also helps students to develop good reading skills.
- Learning music classes can help reduce stress and depression. It also builds concentration.
- It's said that music and mathematics go hand in hand. Students that are good in music are good at solving mathematical problems like algebra and geometry.
- Music promotes creative thinking and helps them become innovative.
- Music enhances memory and promotes information retention.
- It fosters teamwork if you are part of a band and also helps kids gain confidence and develop leadership skills.
- Finally, it can become a viable career choice especially now.

### FOOD

## BITTER SOUR SYMPHONY

From acidic shrubs and bitter salad greens to unsweetened brews, bitter and sour flavours are good for you

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Done with tried and tested seasonings? Forever looking for new, exciting flavours? Why not go the bitter-sour route? Chefs are using bitter flavours to give balance to dishes.

### BITTER BETTER HEALTH

Bitter flavours also have medicinal and harmonising ability. Chefs now use Japanese bitter gourd called Goya Chanpuru and the bitter versions of greens like kale, bathua and chohai in salads. They are also using green tea for



Umami means "essence of deliciousness" in Japanese, and its taste is often described as the meaty, savoury deliciousness that deepens flavour. Umami is the core fifth taste. Scientists identified umami taste receptors on the human tongue in 2002

salad dressings and desserts. Bitter takes the dish to another level but it has to be cooked in a palatable way without letting the bitterness overpower the palate.

Ayurveda recommends we consume all tastes for better health: sweet, salty, sour, bitter, pungent, and astringent. It is to our benefit to eat foods that activate all of our taste buds. One could start with a plateful of bitter

greens! Dandelion, arugula, amaranth greens, rocket leaves and kales are not only vitamin-rich but also great digestives. Bitter leaves also shrink food cravings and help in weight loss. Similarly, Matcha or any green tea is known to trim down, detoxify, and fight age and even cancer.

### ON A SOUR NOTE

Like their bitter half, sour tastes are also coming out from their supporting avatars. Sour shrubs or drinking vinegars are suddenly big and so are tangy fermented foods. These days, sour can be found in anything from Korean kimchi's fermented vegetables to Thai cooking that has sour notes from lime and tamarind. And mind you, sour is healthy too. It helps to cut and balance the richness of the fat in food. Apple cider vinegar has countless beneficial properties and is believed to help lower blood pressure and cholesterol, support the heart, fight infections, and much more.

### HEALTH

## How is your CIRCADIAN HEALTH?

Ever wondered why so many of us are still sleep deprived in a world brimming with sleep solutions...

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One can't say that humans are not working on their sleep. Look at the tsunami of sleep ammo (like sleep trackers, nap pods, smart pillows and mattresses) we've acquired in the last couple of years. What we now have is Orthosomnia – an unhealthy obsession with getting a "healthy" amount of shuteye. However, we still remain in a sleepless epidemic, with around one in three of us sleeping badly and one in 10 having regular sleeplessness. The reason? Most of the solutions, and us, defy the basic facts of circadian biology. It is the timing of sleep that is absolutely key to getting high-quality, restorative sleep.

**WE NEED TIME CUES**  
 The bedrock of circadian science is that expo-

Circadian rhythms are 24-hour cycles that are part of the body's internal clock. One of the most important and well-known circadian rhythms is the sleep-wake cycle

Fix a workout time in the morning and work out around the same time every day, as that is more effective

**RESET YOUR LIFE**  
 "Circadian health is not just about focusing on sleeping well and on time, it is about several other activities we do through the day that affect our health, right from our meal timings, to work-out timings, amount and timing of caffeine, snacking habits, how we spend our start of the day, the amount of time we spend in nature and more," adds Coutinho. The first guideline is an early dinner, either with sunset or within an hour of sunset. He adds, "Circadian diet is to eat in sync with our circadian rhythm. This lifestyle change has been one of the most powerful tools for people to lose excess weight, feel lighter, gain a better control over blood sugar levels, and more." Lastly, spend time outdoors when it's light outside and power down your screens before bedtime and do something analog, such as reading a book or meditating.

Circadian rhythm has everything to do with diabetes, cardiovascular diseases, cancer, thyroid problems, obesity, weight gain and everything else

Most calories should be consumed between morning and lunchtime because your metabolic activity is at its highest

**LIVING 'LIGHTMARE'**  
 Our day and night light exposure is all haywire thanks to indoor living and obsession with our phone screens. When there are fluctuations in light and dark, due to sleeping at wrong times, exposure to bright lights

at night, travelling across time zones, there is going to be chaos and confusion in the body. Evidence suggests that circadian disruption from over-lighting the night could be related to risk of obesity and depression as well. Luke Coutinho, Holistic Lifestyle Coach- Integrative Medicine, says, "Our modern ways of living don't quite match up with our natural clocks and hence we have so much of sickness today."

### TRIVIA TIME

## Have you heard of #HeForShe?

On September 20, 2014 actor Emma Watson launched the campaign #HeForShe in the UN to launch a global movement of creating allies to promote gender equality. Here's all about this very popular initiative



**1** HeForShe is a solidarity movement for the advancement of gender equality, initiated by the United Nations. Grounded in the idea that this is an issue that affects all people, socially, economically and politically, this effort seeks to involve men and boys in achieving it by taking action against negative gender stereotypes and behaviours.

**2** Since its launch on September 2014, by then UN Secretary-

General Ban Ki-moon and UN Women Global Goodwill Ambassador Emma Watson, millions of men from around the world including Heads of State, CEOs, and global luminaries have committed to it. On the official website, heforshe.org, the statistics (as of Sept 16, 2021) stood at 2.2 million+ web commitments, 1.3 billion social media conversations, 3.33 million commitments and 1100 community events.

**3** Emma Watson delivered an address at the United Nations Headquarters in New York City, mainly focusing on the personal and professional motivation for establishing HeForShe. The speech went viral and currently has 3.8 million views on YouTube.

**4** HeForShe points to showing that 257 more years will be necessary to close the gender gap, and with 95% of the world's CEOs and heads of states being men there's a need for male allyship. They argue the commitment of men with power and privilege can be a game-changer for gender equality.

**5** On 23 January 2015, UN Women launched the HeForShe IMPACT 10x10x10 initiative to gain further momentum at the World Economic Forum in Davos. The initiative engages 10 world leaders, 10 global CEOs and 10 university presidents to address some of today's most pressing gender issues.

**6** The initiative promotes various campaigns each year. The stand outs are 2018 campaign #MorePowerfulTogether that invited landmarks around the world, most notably The Empire State Building in

New York City, the Burj Khalifa in Dubai, and the CN Tower in Toronto, to turn off half their lights to demonstrate the power lost when women are under represented from society, economies and communities.

**7** As a response to the COVID-19 pandemic, as gender inequalities, particularly of women in the home, became increasingly apparent when it comes to housework, cleaning and caring for children, the sick or the elderly, HeForShe launched the #HeForSheAtHome campaign to inspire men to help balance the burden in their households.

**8** On September 23, 2021, there are plans to launch a new HeForShe alliance: a unique group of leaders across government, business and non-profit. You can join and pledge support with #HeForSheSummit. Interestingly, now with more gender debates and awareness, many people say that the campaign name doesn't address gender diversity and is not inclusive.



The logo is a mix of male and female symbol

### SELF CARE

## Say cheese! TIPS GET NATURAL LOOKING WHITE TEETH

We have always been obsessed with the idea of white teeth and the perfect smile. We got in touch with Dr Diksha Tahirani Batra, a prosthodontist, implantologist and smile design specialist to share some secrets to natural looking white teeth.

### WHITER = HEALTHIER

The most important thing to remember is that whiter teeth are usually healthier. While yellow teeth may still be healthy they should always be cleaned to remove stains. If you see brown, black or greyish discolouration in

your teeth it definitely needs attention indicating dental disease ranging from decay to nerve damage.

### WHITE OUT

The whiteness quotient or the potential of your teeth to turn and stay white is largely determined by the amount and thickness of the natural enamel layer. However with advances in technology you can create white teeth prosthetically which look extremely lifelike.

### WHITE AND BRIGHT

There are several treatments that can assure you whiter, cleaner and brighter teeth. They can range from a simple clean up to bleaching or whitening.

### CUSTOM WHITENING

Getting your perfect white smile and keeping it that way has a lot to do with what you eat and your oral hygiene habits. Your dentist can set up a custom protocol of specific oral hygiene products, home whitening solutions with the right concentration, quarterly dental clean up and annual whitening procedures.

### DIY WHITENING

Eating green leafy vegetables and foods rich in calcium like milk products and nuts can keep your teeth naturally clean and white. Simple hacks like sipping your caffeinated drinks with a straw can reduce staining. From oil pulling to scrubbing your teeth with lime and a pinch of baking soda people do it all but these options are best after talking to a pro.





## MANNER MANUAL

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**V**ery few people in the world would have not borrowed or lent something ever. There are times when you need to borrow from your relatives, friends, classmates. Similarly, those in your acquaintance may need something from you. What's the big deal, you may think? Borrowing and lending is part of a human's social existence, right? True, but to keep our relationships free from mess and mishaps, it's wise to know etiquette rules. Read on to know about these essential manners.

## BORROWING RULES

Being a borrower carries a tremendous amount of responsibility. You shouldn't take advantage of someone's generosity or kindness and it's crucial to follow these tips:

- Never borrow anything you can't return (for reasons whatsoever) as soon as you are done with it.
- If what you borrow breaks or

## LENDING RULES

When anyone approaches you and asks to borrow something, you may hand it over to him/her happily or reluctantly. To understand about etiquette of lending, check these tips.

- Set the amount of time the other person will have the item in his or her possession. If it is not returned by the day and time you've agreed on, it's acceptable to ask for it from the borrower.
- If you're lending money or an item of high value, write out an agreement that both of you sign and keep a copy each.
- When anyone borrows something from you, let the person know when you will need it again and expect to get it back by then.
- If you don't receive an item you lent within a reasonable amount of time, it is really ok to ask for it back. You can do that politely by saying to the borrower that you need it for personal use.

■ It is okay to say no when someone asks to borrow something you may not want to part with for emotional or practical reasons.

## DON'T BORROW BRAND NEW STUFF

Books, clothes, gadgets, accessories – the owner should be the first one to use it. If you request your sibling or best friend to lend you that pair of new earrings (for a big party) that she just bought and hasn't used even once, the person may give it to you if he/she is generous and is fond of you – perhaps even out of politeness as some people find it difficult to say no to a request. However, it is impolite on your part if you ask a dear one to lend you anything brand new.



# The fine art of BORROWING AND LENDING

Shylock, the popular moneylender from Shakespeare's iconic tale 'The Merchant of Venice' would have been intrigued to know there are etiquette rules for borrowing and lending. Be aware – it helps to know what's appropriate and what's not...

## DO YOU KNOW HOW TO ASK FOR AN ITEM BACK?

**T**here are situations (which we have found ourselves in at some time or the other) when you have lent something to a friend/relative, and he/she forgets to return it on time. If the borrower is someone close to you, it may be uncomfortable for you to remind him/her to give it to you. However, you are within your rights to ask for it. To do this with some confidence, here is helpful advice:

- If the borrower is offended when you ask for the lent item, you can remind him/her that she agreed to return it on a certain day and you need it back for reasons best known to you.
- Ask the borrower if he/she has finished using the item and state that you'd like it back as soon as possible.

ble. This is open-ended, so you might want to add that you need it by a certain day and time, even if he/she's not finished with it.

- **Talk about it casually:** You might say something like, "Remember that book I let you borrow?" Or you can say, "It's been really busy lately with so many projects online. Do you mind if I ask for my tablet back?" Have a heart-to-heart talk with the borrower. You can mention that you trusted her with the item (or money), and you'd like to keep that trust. Clear communication helps and it is likely that the borrower forgot to return it to you and your timely reminder helped him complete this task.



tears, make a sincere apology, and get it fixed (that includes paying fixing charges too). If that item cannot be repaired, buy the person a new one – the same thing that you accidentally broke or lost.

- Avoid borrowing money from a friend, or you risk jeopardising your

friendship. You are better off going to a lending institution where the deal is strictly business.

- If you ask to borrow something, and the person turns you down, don't get upset. Save money and buy it yourself.

— Inputs by etiquette guide Sunalina A Hak

## CAN YOU SURVIVE THIS DINNER PARTY?

**Y**our new neighbours are hosting a 'get to know your neighbours' dinner inviting few people from the neighbourhood including you. Check if you are familiar with the nuances of being a successful dinner guest.

## 1. The dinner starts at 6 pm. What time do you arrive?

- a) 5 pm, to help them set up
- b) 6 pm on the dot
- c) 6.45 pm, to not be the first to arrive
- d) 7.30 pm, when the party is ON

**Answer:** B. Even though in India, we talk about being fashionably late, but etiquette rules suggest that one should stick to the time. Ten minutes late is okay but anything later is not. And don't arrive early and add to your host's stress.

## 2. What gift have you brought for your hosts?

- a) Flowers
- b) Fancy Soaps
- c) Gag gift
- d) Gift card
- e) A pet

**Answer:** A or B are good gifts. They are neutral, safe and personal. Gag gifts are best left for your close friends. Gift cards are impersonal while a pet is not your call to get for them.

## 3. The hosts have served the first course. When do you start eating?

- a) As soon as it's in front of me
- b) After everyone's been served
- c) After the host start eating

**Answer:** C. The moment the hosts start eating is when you start.

## 4. What utensil do you use for main course?

- a) Small fork
- b) Large fork
- c) Knife
- d) Small spoon
- e) Large spoon

**Answer:** B. The large fork is your dinner fork. The small fork is for salad, the knife is for cutting everything into bite-sized portions, the small spoon is the dessert spoon while the large spoon is usually for curries and soups.

## 5. Which is your glass of water?

- a) The one to your left
- b) The one to your right

**Answer:** B. The water glass is always

to the right of you.

## 6. Your phone rings and you...

- a) Quickly check under the table
- b) Excuse yourself to go to the bathroom
- c) Apologise and silence your phone

**Answer:** C. It's a no brainer: Phones have to be kept silent at the dinner table.

## 7. The dinner is over. What do you do?

- a) Take a group selfie
- b) Offer to do the dishes
- c) Help collect plates
- d) Enquire about the dessert

**Answer:** Both B and C are good options. While helping to collect the plates is par for course, a polite offer to wash the dishes is always a good idea. Most hosts would decline but they'd feel good that you asked.

## 8. You don't like the kheer for dessert. You...

- a) Refuse it
- b) Make a face
- c) Offer to the other guests
- d) Eat a little anyway

**Answer:** D. It's the polite thing to do.

## 9. What's the last thing you do before heading home?

- a) Make a WhatsApp group
- b) Thank your hosts
- c) Carry leftovers

**Answer:** B. Just thank your hosts for a wonderful time.



## MY SON IS ADDICTED TO THE INTERNET

**Q** My 10-year-old son has become aggressive and restless. He sleeps very late and is online mostly. He likes playing video games and when I stop him he refused to attend his online classes. I made a timetable also but that also he doesn't follow and when I blocked YouTube, he locked himself in a room. His appetite too has been affected. Please help.

**A** Excess of anything is bad for oneself, same is the scenario with internet. As much as internet is helpful to us in today's time, excess use of internet is harmful too in many ways. Our growing dependence on it has dramatically changed the way we communicate with others. Instead of talking to people or spending time with them, we often resort to less personal forms of communication like texting or emailing. These less personal forms of communication make it easy to ignore the people we're with. Internet addiction affects young people in many ways, from sleep deprivation, to social withdrawal, to poor grades. Here are some tips if you want to control the internet usage of your children:

- Set time and usage restrictions for your entire family. Kids are very observant, they observe and grasp every action of their elders.
- Set aside specific times for responding to emails or reading

text messages;

**GIVE YOUR PRECIOUS TIME TO YOUR CHILD, TRY AND KEEP YOUR PROFESSIONAL LIFE TILL YOUR OFFICE ONLY.**

- Avoid distractions from your smartphone by turning it off or moving it out of sight. Make it a habit to turn off your phones two hours before bed time, so you do get time for each other.
- Establish boundaries for your kids regarding cell phone, social media and internet usage. Apart from keeping parental control on certain websites, make your children aware of the negative effects of the over usage of internet, physically as well as mentally.
- Create an honest dialogue with your kids about their internet usage, and familiarise yourself with the people, websites and apps they connect with.

Our main aim is to make the child feel respected, valued and encouraged to reach their full potential which cannot be done by punishment or anger towards them. Hence, we need to create a safe environment for them be it emotionally, physically or psychologically.

**AS MUCH AS IT SOUNDS GOOD TO LET YOUR KIDS HAVE A FANCY DEVICE, IT IS IMPORTANT TO KNOW WHAT EXACTLY THEY ARE USING THEIR DEVICES FOR.**

- Try and figure out his skills, something that your child is good at or wants to accomplish. Introduce your child to a new hobby and see which one he likes the most and wishes to follow.
- Involve yourself in his /her day-to-day life, even if you get to involve yourself in the smallest of things, eg. take him/her for walks, running, bike ride, ice cream parlour, shopping etc.
- Don't compare to peers. This will only lead to self guilt in the child and low self esteem which might push him to corner himself and confine into his own world.

— Expert: Dr Ishita Mukerji, senior psychologist, Kaleidoscope, Mental Wellness Centre



## PANDEMIQUETTE

*Three social situations and how to handle them*

## Situation #1

## A STRANGER GETS TOO CLOSE AT THE GROCERY STORE

A stranger gets too close. Now that things are opening up, you are bound to encounter people everywhere. They may not be following social distancing, so you make sure you do. If they are encroach on your personal space again and again that's when you take action. Just lightly say: "Hey I didn't know physical distancing was called off!" In case of any escalation, get the store manager to set them right.

## Situation #2

## AN ACQUAINTANCE TRIES TO SHAKE YOUR HAND

Refusing a handshake is considered super rude but in these times you can do so but politely. Just hold your hands in a stop action and cheerfully tell them how excited you are to see them. And add: "Oh I wish I could shake your hand!" This will remind them that it's still not okay to shake hands. Go for an elbow bump.

## Situation #3

## YOUR CHILD HAS A PARTY TO ATTEND

Any gathering is a cause for discomfort now, as your know there may be a social distancing breach. Make a call to the hosts to inquire about safety measures. While it can make them feel like they are in a hot seat, you need to know how many people are invited, where's the food being ordered from and will they insist on masks on. Make it about what you need for your peace of mind. Rather than making them feel wanting in their prep, make it about you. Say: "You know I worry about these things..." It's after all your health in their hands.



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## Queries relating to Etiquette

Etiquette is the customary code of polite behaviour in society. Social situation and the way we live, even etiquette, is ever changing. For instance, who would have thought that one would need a whole new set of classroom rules in 2019? If you have a question on the new rules of engagement in a post-covid world, a relationship dilemma or just a query regarding writing a thank you note, write in to us [toinie175@gmail.com](mailto:toinie175@gmail.com) with the subject line ETIQUETTE.





# "I want all my readers to walk away knowing that they are the main character of their own lives"

In an exclusive interview, the NYT bestselling author Julie Murphy shares her thoughts on her latest book 'Pumpkin', fat positivity and widening our worldview via social media

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Starting with 'Dumplin'', 'Puddin'' and the recently-released 'Pumpkin', Julie Murphy has fed us lovingly on a diet of confident full-bodied protagonists who take on superficial beauty standards. For example, in a hilarious turn of events, 'Dumplin''s Will competes in a conventional beauty pageant; 'Puddin''s Milly decides to ditch fat camp for something better and in 'Pumpkin', Waylon accidentally finds himself in the running for prom queen.

An empowering, poignant and funny author, Murphy is wildly loved for a reason. Her interviews and social media feed will compel you to "wake up". Not that she ever thought she was starting a body positivity revolution when 'Dumplin'' became a best-seller. In 2018, it was adapted into a film starring Jennifer Aniston and Danielle Macdonald with a soundtrack by Dolly Parton, Murphy's favourite singer. According to Murphy you don't have to wait to become some thinner version of yourself to start living. Living on your terms as she does is enough. Brace yourself, Murphy's candid answers in this interview will change you in more ways than one. Excerpts:

**Q:** This year has been busy for you with the release of 'Pumpkin', and 'If the Shoe Fits' which comes out later this year. Does 2021 Julie have any advice for 2015 Julie who was writing 'Dumplin' during her winter break?

**Julie:** It has been a



very busy year with more to come. I think for so long I treated writing as this very precious thing and felt like the atmosphere had to be just right for me to feel inspired, but I've come around to the idea that art can happen anywhere at any time. I also believe it's important to let yourself write a ton when you want to and to let yourself take breaks when you need them.

**'Dumplin'' was chosen as one of the 100 best YA books of all time by Time magazine**

**"I've always hated the idea that to have the final word with our bullies, we must become the thing they said we should be all along"**

**Q:** What have been some of the best moments since you published 'Dumplin''? Did you ever see yourself starting a body positivity revolution?

**Julie:** I think seeing the film come to life was pretty incredible. I've had so many incredible opportunities to travel the world and speak to and meet all sorts of



people. It's hard to imagine myself starting a revolution when I'm only living the life I've always dreamed of, but if that's revolutionary, then so be it! I'm also so lucky to be a small part of a long history of people fighting for body equality. The people who came before me defined and widened my path and I hope to do the same for those who come after me.

**Q:** In your essay 'The Little Mermaid's Ursula Is My 'Revenge Body' Icon', you wrote 'the revenge-body trope asserts that for a fat woman to avenge herself and to prove herself to her bullies, she must lose weight.' Why was it important for you to call this out?

**Julie:** I've always hated the idea that to have the final word with our bullies, we must become the thing they said we should be all along. That makes no sense to me. The real revenge is living your life to the fullest with zero regrets. That's how you show everyone who has taunted and harassed you that you are more than the things they tried

to reduce you to.

**Q:** What is the ultimate message that your characters want to tell the readers?

**Julie:** I want all my readers to walk away knowing that they are the main character of their own lives. They can fall in love, go on an adventure, save the day, or do whatever it is they dream of. Fat bodies are fully capable of living exciting and enriching lives. You don't have to wait to become some thinner version of yourself to start living. Your life is happening right this moment. Go out there and live it.

**Q:** Things like confidence or self-worth don't come in the form of a pill. What do you recommend for readers to feel as awesome as your characters in real life?

**Julie:** I think one of the most important things you can do is to diversify your social media feed. Follow people who look like you and people who don't. The more types



of people and bodies that become normalised to you, the faster you'll embrace yourself and diversity in your everyday life. It's also important to be kind to yourself. This isn't an uphill battle where things get better every day. There will be highs and lows. Learn to appreciate it all.

**Q:** What are some of the books (or things) you wish every person in the world should know?

**Julie:** Obviously, I'm a huge fan of drag culture, so I believe everyone should experience a drag show at least once. For television, I'm currently obsessed with 'Ted Lasso', and the authors I can't stop raving about are Olivia Dade, Crystal Maldonado, Renée Watson, Helen Hoang, Jason June, Mary H K Choi, and Holly Black.

**Q:** If you had the chance to bring back a person from history to give a (TED talk), who would they be?

**Julie:** Oh, this is a tough one, but I'll have to go with Frida Kahlo!

**"You don't have to wait to become some thinner version of yourself to start living"**

## MUSIC



## Mamma Mia! HERE THEY GO AGAIN...

As the Swedish band releases an album 40 years later, let's take you through the biggest hits of the famous band that ruled the 1970s...

'Abba Voyage' will be released in November, in front of a "revolutionary" set of concerts where virtual avatars will play hits like 'Mamma Mia' and 'Waterloo'. The quartet, who split up in 1982, are back in the recording studio while working on the stage show. Here are 20 songs that reached the top of the charts, making ABBA one of the biggest bands the world has ever seen and heard.

### ABBA'S OFFICIAL TOP 20 BIGGEST SONGS

No.	TITLE	YEAR
1	DANCING QUEEN	1976
2	SUPER TROUPER	1980
3	KNOWING ME KNOWING YOU	1977
4	TAKE A CHANCE ON ME	1978
5	FERNANDO	1976
6	THE WINNER TAKES IT ALL	1980
7	MAMMA MIA	1975
8	THE NAME OF THE GAME	1977
9	CHIQUITITA	1979
10	GIMME GIMME GIMME (A MAN AFTER MIDNIGHT)	1979
11	WATERLOO	1974
12	I HAVE A DREAM	1979
13	ANGEL EYES / VOULEZ VOUS	1979
14	DOES YOUR MOTHER KNOW	1979
15	ONE OF US	1981
16	MONEY MONEY MONEY	1976
17	LAY ALL YOUR LOVE ON ME	1981
18	SUMMER NIGHT CITY	1978
19	S.O.S.	1975
20	THANK YOU FOR THE MUSIC	1983

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## COMIC BOOK ORIGIN OF HAWKEYE

Did you know Hawkeye was introduced as a villain before changing his ways? With the 'Hawkeye' series coming to your TV screens soon, let's learn a few facts about the sharpshooter that comic book fans know of...

**E**arth's mightiest marksman, Clint Barton, aka Hawkeye brings along an undying heroic spirit and the ability to hit any target. Let's find out a bit about his past.

### Trained by Swordsman

Orphaned at an early age, Clint Barton and his brother Barney escaped an oppressive orphanage and ran away to join the circus. Clint fell under the sway of the Swordsman, a charismatic performer, who teamed up with the talented Trick Shot and trained his young charge to be an expert with a bow and arrow.

### Introduced as a staunch enemy of Iron Man

Hawkeye wasn't always a force for good. In fact, authors Stan Lee and Don Heck introduced him to audiences as a villain in the September 1964 issue of 'Tales of Suspense'. Hawkeye was presented as a staunch enemy to Iron Man. Several bad influences and Barton's tumultuous background left him more confused than malicious. He eventually moved to the right side and became a part of The Avengers.

### His bow has a 250 pound draw weight

An immense amount of strength and precision is required to be an archer. According to experts, the bows of the strongest men have a 75-pound draw weight. Do you know how much Clint Barton can pull? 250 pounds, or over three times what the strongest men can muster!

When looking at the likes of Thor and the Hulk, Hawkeye may not seem like much of a threat, but he's at the very peak of human conditioning.

### Who is Kate Bishop?

Haunted by the death of her mother and the crimes of her father, Kate Bishop rejected family wealth and embraced a heroic path. Inspired by her favourite Avenger, Hawkeye, Kate took up Clint Barton's mantle when he was believed to be dead. As a member of the Young Avengers, Kate even earned the approval of Captain America (in the comics). Since Clint's return, he and Kate have shared their codename and even become partners. Now, Kate has relocated to Los Angeles and operates as an unlicensed private investigator and a heroine for hire.

Kate Bishop and Clint Barton work as partners now.



## NEW RELEASES

Nitya.Shukla@timesgroup.com

### FANTASTIC CREATURES IN INDIAN MYTHOLOGY

by Bulbul Sharma

Bulbul Sharma, a popular artist and author, is known for writing interesting children's stories including 'Tales of Fabled Beasts', 'Gods and Demons' and 'The Ramayana'. In 'Fantastic Creatures', she offers an interesting account of magical beasts found in our mythology, like the one-eyed demon, a shape-shifting deer, a bird with giant wings and the many-headed evil serpent. The book features beautiful illustrations and simple language that'll intrigue the curious ones.



### KIKI KALLIRA BREAKS A KINGDOM

by Sangu Mandanna

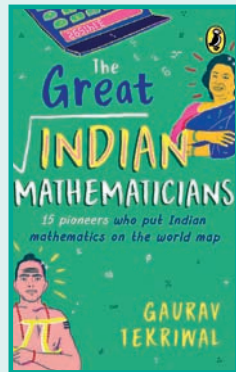
Step aside Harry Potter, Kiki is here! This middle-grade fantasy is about Kiki, a bonafide worrier of all things. When her anxiety becomes uncontrollable, Kiki finds solace in drawing... until she realises that some of her art (mostly mythological features) are coming to life! And that's not all, they pull her into a mystical world she once drew, where she meets a couple of rebel kids who want to protect it from the evil monsters who want to destroy it. Slowly,

this worrier learns to love herself and turns into a warrior. A must-read for ages 8 and above.

### INTRINSIC: A MANIFESTO TO REIGNITE OUR INNER DRIVE

by Sharath Jeevan

Sharath Jeevan is one of the world's leading experts on how to practically re-ignite the inner drive in our lives. He is the executive chairman of Intrinsic Labs, which supports organisations all around the world to solve deep motivational challenges, and the founder of STIR Education, the world's largest intrinsic motivation initiative. In 'Intrinsic', Jeevan shows us how we can fall back in love with our lives and create the lives we want. He takes us on a journey around the world to find practical and inspirational answers to solving our motivational crisis, harnessing ground-breaking research, from psychology and economics to philosophy and behavioural science.



### THE GREAT INDIAN MATHEMATICIANS

by Gaurav Tekriwal

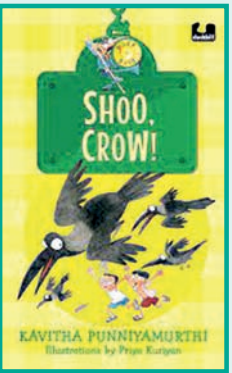
This book will please math wizards and math haters as it introduces readers to the 15 pioneers who made breakthrough discoveries in the mathematics we study today.

Starting with a special chapter on the story of zero, the book presents information about India's renowned mathematicians, including Aryabhata, Shakuntala Devi, Anand Kumar among others.

### HOOK BOOK: SHOO, CROW!

by Kavitha Punniyamurthi

The award-winning children's writer and editor take us on an incredibly funny journey about how two boys manage to save the crops from the crows. 'Shoo, Crow!' is part of the 'Hook Book' series for beginner readers and features short text and lavish illustrations by Priya Kuriyan. Set in Tamil Nadu, readers meet Velu and Akif, who keep getting outsmarted by the crows of Rajipuram. Then comes Puchu Mama and his amazing harmonica.



## WHAT IS FANTASY FICTION?

A genre that uses magic (or other supernatural phenomena) as a primary element of plot, setting or theme. Goodreads says that fantasy fiction is different from science fiction and horror as it steers clear of technological and macabre themes.

### ELEMENTS

Magical powers, supernatural beings, talking animals, journey or quests are primary features. Ordinary rules do not apply within its universe. Also common are portals that allow a character to travel between worlds.

### SETTING

Www.childliterature.net says fantasy can be of three kinds. First is a typical fantasy world as seen in 'The Hobbit'. Another that begins in the real world then moves into a fantasy world, like in 'Alice in Wonderland'. The third is set in the real world but one that contains elements of magic as seen in the 'Harry Potter' series.

**Subgenres:** Includes epic or high fantasy (defined by the epic stature of its characters or themes); dark fantasy (a mix of horror or grim themes); grimdark (containing a dystopian element); historical fantasy (incorporating magic into historical fiction); and urban fantasy (magic in a modern world).

### WHO WROTE IT FIRST

According to Wikipedia, modern fantasy fiction began with the works of Scottish author George MacDonald. His book 'The Princess and the Goblin', published in 1858, is considered to be the first fantasy novel ever written. Many researchers say that before J R R Tolkien, the fantasy genre consisted mostly of formulaic fairy tales.



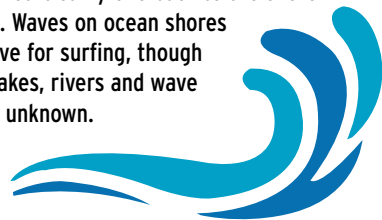


# RIDING A WAVE OF THRILL

**Surfing**  
as a sport is thrilling and provides  
a huge adrenaline rush, both to the participant  
and to audiences. It is one of the sports that made its debut  
at the Tokyo Olympic Games

## RIDING THE WAVES

Surfing is a surface water sport in which an individual, a surfer, stands on a specially designed board to ride on waves. The aim is to ride into the sea so as to catch the forward section, or face, of a wave, and let it carry one back to the shore as it breaks. Waves on ocean shores are conducive for surfing, though surfing on lakes, rivers and wave pools is not unknown.



## TYPES OF SURFING

Longboard surfing provides beginners ample surface area to catch waves with ease and feel stable on the takeoff. It is a relaxed style of surfing and slower in pace, where the rider catches smaller waves and rides for longer periods.

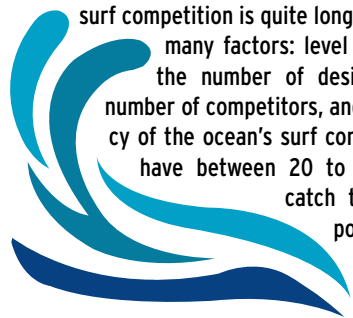
Short-board surfing features boards that are less than seven feet in length. They are light in weight and have a pointed nose. They are designed to be accurate, best suited for faster and powerful waves.

In the Tokyo 2020 Games, the athletes competed with a short-board.



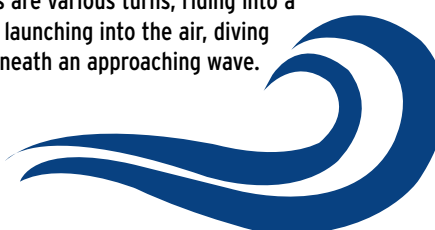
## SCORING

The scores are based on the degree of difficulty of the manoeuvres performed and their variations, which includes its power, speed and flow. The competitors are given a stipulated time within which they get as many waves as they can. An average surf competition is quite long, and depend on many factors: level of competition, the number of desired heats, the number of competitors, and the consistency of the ocean's surf conditions. Surfers have between 20 to 30 minutes to catch the best waves possible.



## TECHNIQUES AND MANOEUVRES

There are a variety of manoeuvres that surfers make with the basic being the bottom turn, which is the foundation. These techniques are common in both competition and free surfing. Among the moves are various turns, riding into a wave, launching into the air, diving underneath an approaching wave.



## TOP SURFERS (MEN)

Gabriel Medina (Brazil)

Italo Ferreira (Brazil)

Filipe Toledo (Brazil)

Morgan Cibilic (Australia)

Griffin Colapinto (United States)

## HISTORY

In Polynesian culture, surfing was an important activity. Modern surfing, as we see it, originated in Hawaii in the 4th century AD, when Polynesians reached the Hawaiian Islands from Tahiti and the Marquesas Islands. It was in Hawaii that the art of standing and surfing upright on boards was invented.

In 1907, land baron Henry E Huntington brought the art of surfing to the California coast. In 1975, Margo Oberg became the first female professional surfer.



## EQUIPMENT

### The surfboard

It is the magic carpet that helps the surfer ride the waves. Surfboards are narrow planks which are buoyant and manoeuvrable. The boards have come a long way from the original wooden ones that weighed over 60 kgs, to the present ones which are relatively light but strong. The deck, or the surface that the surfer stands on, is generally flat. The bottom which rests on the water is most often concave. The nose, or the front end, may be pointed or rounded. The tail, or the back end of the board, may vary in shape and this affects the speed and how a board responds.

- \* There are fins, small pieces that work as rudders, fitted at the bottom of the board.
- \* The leash is the rope that keeps the surfer connected to the surfboard.
- \* Surfboard wax applied on the board gives the surfer better grip on the board. Similarly, traction pads or grip pads provide a grip and better control of the board.

There are several types of surfboards for different wave conditions and experience levels.

Photo: GETTYIMAGES



### The Wetsuit

The synthetic rubber garment provides surfers thermal protection in cold waters. Since they trap a thin layer of water between the body and the next layer, they also provide buoyancy. The suit also protects from ultraviolet exposure, abrasion and stings from marine organisms.



## TOP SURFERS (WOMEN)

Carissa Moore (Hawaii)

Johanne Defay (France)

Sally Fitzgibbons (Australia)

Tatiana Weston-Webb (Brazil)

Stephanie Gilmore (Australia)

## TERMINOLOGY

**Take-off:** The start of a ride

**Backing out:** Pulling back rather than continuing into a wave that could have been caught

**Bail:** To step off the board in order to avoid being knocked off

**Caught inside:** When a surfer is paddling out and cannot get past the breaking surf to the safer part of the ocean in order to find a wave to ride

**Drop in:** Dropping into (engaging) the wave, most often as part of standing up

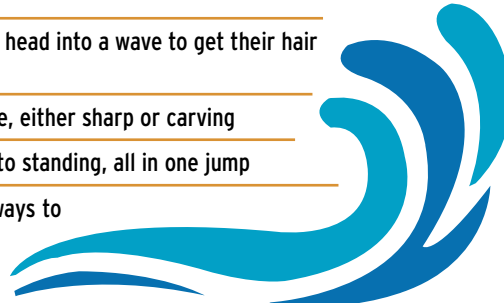
**Fins-free snap (or 'fins out'):** A sharp turn where the surfboard's fins slide off the top of the wave

**Head dip:** The surfer tries to stick their head into a wave to get their hair wet

**Off the Top:** A turn on the top of a wave, either sharp or carving

**Pop-up:** Going from lying on the board to standing, all in one jump

**Side-slip:** Travelling down a wave sideways to the direction of the board



## TOP TOURNAMENTS

### MAVERICK'S

Location: Maverick in Northern California

### WSL WORLD TOUR

Location: Different locations around the world (hence the name 'World Tour')

### TAHITI PRO TEAHUPOO

Location: Teahupo'o, Tahiti

### HAWAIIAN PRO

Location: Alii Beach Park in Haleiwa

### VANS WORLD CUP OF SURFING

Location: Sunset Beach, Hawaii

### BILLABONG PIPELINE MASTERS

Location: The Pipeline on Hawaii's Northern Shore



Italo  
Ferreira  
of Brazil  
in action

Photo: REUTERS