



# THE TIMES OF INDIA

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

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**STUDENT EDITION**

SATURDAY, DECEMBER 19, 2020


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Pics: Istock



Try these easy-to-do craft ideas to make your home warm and welcoming

[Pallavi.Shankar@timesgroup.com](mailto:Pallavi.Shankar@timesgroup.com)

**W**hile there is so much you can order online for your Christmas party, there is something comely and cute about making some decor pieces yourself. Get going and be at your creative best with these DIY ideas.

## CORNERS FULL OF CHRISTMAS CHEER

Highlight corners of your home with fairy lights thrown inside empty bottles and outside them. Clean old bottles, dry completely and place them on the table overlooking your windows and use small fairy lights (leftovers from Diwali) to decorate them – it gives a fairytale effect and illuminates the corners of your home.



## FESTIVITY PICS ON PRETTY CANOPIES

Use old sheer curtains or chiffon dupattas to make translucent canopies and string together pictures of family festivities,

## EVERYONE IS A SANTA IN 2020!

It goes without saying that this year is unlike any other year. Everyone worked extra hard, from managing WFH and SFH (school from home), along with home chores and so on. So, make this Christmas special for your family by adding an appreciation idea in your décor scheme. Wrap old shoes or boxes in shiny, colourful paper and make a hole in them (like old world piggy banks); put names of family members in each box and have each one of you put notes about how he/she played Santa in the pandemic. After all, everyone turned Santa for each other this year – when your sister baked banana bread on a gloomy day or when your father drove in lockdown to buy a gift for you!



## DIY Decor to welcome Christmas

memorable holidays, etc. Hang pictures using pegs. In the year when meeting family and having celebrations became a dream, devoting a canopy (or more) to such pictures will bring warm memories. Cut your Christmas cake with this background and invite your family for a digital get together.

## CANDY WREATHS

Get some candy canes in a circle with the hooks all facing the same direction. Fix together with glue. Decorate the centre with your favourite candies, overlapping them slightly and holding in place with hot-glue. Thread ribbon through two candy canes at top to



hang as wreath on doors and windows. By the end of the Christmas weekend, the candies can be distributed to all the family members and to the neighbours.

## STAIRCASE BOWS

Use red ribbons (from birthday parties and school functions) to upgrade your Christmas décor; tie the ribbons as big bows and stick some shiny ornaments in the centre. Decorate your

staircase with these bows. You can also add some greenery around the bows (on the staircase) to make the bright red stand out.

## TREES IN JARS

Glass jars or mason jars can be put to good use by putting small Christmas trees inside them along with shiny decorative balls, cones, cotton balls and glitter. Keep these festive jars next to pretty lanterns or even aromatic candles to emulate snowy Christmas in your home. Merry Christmas!



## CHRISTMAS' BEST-KEPT SWEET SECRETS

[Supriya.Sharma2@timesgroup.com](mailto:Supriya.Sharma2@timesgroup.com)

## CHRISTMAS PUDDING

Christmas pudding dates all the way back to medieval England. It was, however, initially created as a way to preserve meat and did not become a tasty dessert associated with the holiday season until the 1700s. Often times referred to as plum pudding, it may be surprising to discover that this dessert does not actually contain plums. In the pre-Victorian England, the word 'plum' was often used as a term for raisins, which are commonly found in this pudding.



## GERMAN STOLLEN

Dresden is famous for its stollen – long loaves of sweetened bread with raisins and almonds galore. This rich yet flaky sweet bread comprises of wheat flour, yeast, dried fruits, candied citrus, and a lot of butter – about a 1:2 butter-to-flour ratio for a "heavy stollen." Just like Champagne, the label Dresdner Stollen is legally protected and can be applied only to stollen made in Dresden according to strict rules; each



## SZALONCUKOR

During the Christmas season, it is impossible to miss szaloncukor in Hungary. This chocolate covered, fondant candy has become associated with the holidays. Traditionally, the brightly wrapped candies are hung as a decoration on Christmas trees. This tradition dates back to the 19th century and it is generally accepted custom that the children should eat all candies on the tree before the season is over.

## PAN DE PASCUA

Despite its name meaning 'Easter Bread' in Spanish, Pan de Pascua is a traditional Christmas treat in Chile. This sponge cake is made using honey and ginger, giving it a delightfully sweet taste. Almonds, walnuts, candied fruits

and raisins are also typically present. This cake was originally brought to Chile by German immigrants and has since found itself a staple of Christmastime in Chile.

## DANISH RISALAMANDÉ

In Denmark, families traditionally attended afternoon church services on December 24. After that comes the Christmas dinner, when the goose is put on the table, followed by the traditional rice pudding called risalamandé. Leftover rice pudding is mixed with whipped cream, sugar, vanilla, and chopped almonds, and then topped with a cherry sauce and served cold. A whole blanched almond may be hidden among several servings of the pudding, like the baby in a King Cake, and whoever finds it wins a small prize.



## THE SEASON OF GIVING

There's something about the holiday season that moves many of us to give back to those less fortunate. Research has also proven that happiness is related to how much gratitude you show. A Chinese proverb says: "If you always give, you will always have." Here are some celebrity quotes to inspire you to give...

## DOLLY PARTON, LEGEND

"I am from a poor family in the country, where people – including my dad – had to work to help feed the family instead of continuing with school. It was embarrassing for him not to be able to read and write. I wanted to make sure that all kids got the chance to read, so I developed Imagination Library, which sends new books to children under age 5 in communities in the United States, Canada, and Britain.

## JAY LENO, TV HOST

"If you think of life as like a big pie, you can try to hold the whole pie and kill yourself trying to keep it, or you can slice it up and give some to the people around you, and you still have plenty left for yourself."

## LUCY LIU, ACTOR

"A few years ago, I visited the African nation of Lesotho. I met a little girl who opened her hand and there was a nub of a pencil that she was holding on to for dear life. It's amazing how much they want to be

educated. Becoming a part of UNICEF has meant making contact with the other side of the world, and they are now part of my heart and my family. It's never just a memory. Even if people just contribute 10 cents, it all adds up."

## OPRAH WINFREY, MEDIA MOGUL

"I choose to rise up out of that storm and see that in moments of desperation, fear and helplessness, each of us can be a rainbow of hope, doing what we can to extend ourselves

in kindness and grace to one another. And I know for sure that there is no them – there's only us."

## TAYLOR SWIFT, SINGER

"No matter what happens in life, be good to people. Being good to people is a wonderful legacy to leave behind."

## BILL GATES, HUMANITARIAN

"Is the rich world aware of how four billion of the six billion live? If we were aware, we'd want to help out, we'd want to get involved."

## BEYONCÉ, SINGER

"We're all in this together. Each and every one of us can make a difference by giving back."



## The CONSCIOUS HOLIDAY GIFT guide

Ten ideas to bring in the Christmas cheer...and they don't cost much

**1 MAKE YOUR OWN:** A card, a photo book, cake are all good ideas for a gift. And if you are nifty with your fingers attempt to make your own gift using leftover fabric, an embroidery hoop or maybe upcycle an old cardboard for a dollhouse.

**2 GO VIRTUAL:** Whether it's planting a tree in your mother's name or signing up your brother on an virtual class like soap making, etc – virtual experiences are the way to go. There are many virtual courses available and it's a great thoughtful gift.

**3 SEND A FAMILY CARD:** Wish a happy 2021 by making your personalised cards. Get ready for a family photo and click one of those studio style shots. Print and stick on card paper and send to family with a personalised note and handprints. The year has been tough for everyone and a heartfelt note is a good reminder.

**4 SHOP LOCAL:** If you have to send gifts, make sure you buy from a local business that is handmade, locally sourced and they are a small business. There's no better service this year than to support home-grown businesses. Also always tag them on social media and spread the word to help them grow.

**5 SHOP PRE-LOVED:** Again if you do have to buy, how about getting something that you know needs a new home. A swap among friends as Secret Santa is a good idea. Shopping vintage or pre-loved is no longer taboo.

**6 SPEND TIME:** With all of us busy with our phones or computers, how about gifting your precious time. Make it more fun and turn it into a coupon. Ask your family to redeem it as and when – and honour it. Make sure you spend it meaningfully.

**7 GET A PLANT:** A plant is a gift that keeps on giving. Make sure you also tend to them.

**8 DO YOUR CHORES:** Remember how Zayed Khan's character makes his mum happy by cutting his hair? Sometimes parents are just that easy to please. If they have been after you to get some things done – like organising your study table or closet – gift them a promise to get this done. And do it regularly to keep them happy.





IMAGES: GETTY IMAGES

HEY FOLKS! I AM **EXPLORIA**. THERE ARE A NUMBER OF OLD WIVES' TALES, MYTHS AND MISCONCEPTIONS THAT WERE REFUTED YEARS AGO, BUT THEY STILL PERSIST IN THIS AGE OF REASON. TIME TO PUT AN END TO THEM ONCE AND FOR ALL

# Albert Einstein FAILED MATH IN SCHOOL



It's an attractive excuse for students. Perhaps, you find maths tough right now, but all it requires is practice. Why pin the blame on the genius? While examples of late-bloomers are everywhere, Einstein certainly wasn't one. Right from the early years, he was excellent in math – as in all other subjects. The myth that he flunked in math may have originated from the fact that he took the entrance exam to the Zurich Polytechnic, and didn't qualify. But he was a couple of years away from graduating high school at that time, and wasn't fluent in French, the language the exam was conducted in. Also, he did pass the math section, but failed in language, botany and zoology sections apparently.

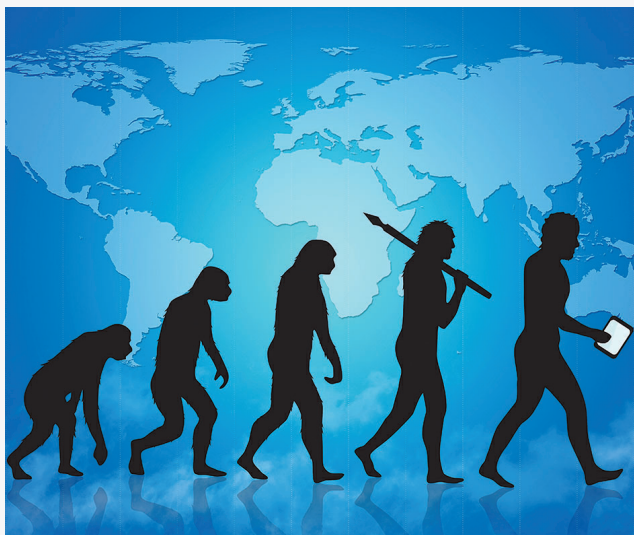
## NEANDERTHALS WERE 'DUMB BRUTES' WHO DIDN'T MINGLE WITH HOMO SAPIENS

Evidence of Neanderthal cave art in Europe significantly predates similar paintings by Homo Sapiens. Our extinct cousins also crafted tools and ornaments out of stone and bone, made tar glue from birch bark that allowed them to attach wooden handles to stone tools, and cooked with fire (though they may have relied on lightning strikes to start the flames). Perhaps, this intelligence is what inspired early humans to mate with the Neanderthals and Denisovans, another early hominin species.



## GOLDFISH CAN'T REMEMBER ANYTHING FOR LONGER THAN A SECOND

The goldfish have been wrongly maligned for years. They actually have a sharp memory. They can remember things for months, not seconds like many people assume.



## HOMO SAPIENS FIRST EMERGED 200,000 YEARS AGO IN EAST AFRICA

Groups of Homo Sapiens may have evolved at the same time all over Africa, instead of one primary location, a 2018 paper had suggested. A skull discovered in 2017 by archaeologists also indicated the theory of evolution timespan as 300,000 years ago – further back from what is previously thought. Not all of these groups would have looked identical, but they may have been close enough to be considered Homo Sapiens. The groups would have interacted with one another and migrated across the continent. So instead of first emerging in one area in east or South Africa, and then spreading from there, distantly-related groups of humans may have emerged across the continent and could have become more similar over time.

## THE TYRANNOSAURUS REX WAS A RUNNING, ROARING LIZARD LIKE THE ONE YOU SAW IN "JURASSIC PARK"

Though a terrifying predator, the "king of the dinosaurs" probably did not roar or sprint. The dinosaur's long stride could carry it as fast as 25 mph, but it never reached a suspended gait, since it always had at least one leg on the ground. A 2016 study suggested that instead of roaring, the T. rex probably cooed, hooted, and made deep-throated booming sounds like the modern-day emu.



## ENRICO FERMI CREATED THE 'FERMI PARADOX' ABOUT THE EXISTENCE OF ALIENS

Physicist Enrico Fermi once famously asked "where is everybody?" after seeing a cartoon featuring a flying saucer in 1950. Many people believe Fermi's question – now known as the 'Fermi Paradox' – referred to the existence of aliens. If other intelligent life inevitably arises, the logic goes, why haven't we found any proof of it? But Fermi was actually questioning the feasibility of travel between stars – not the outright existence of aliens, which is something he reportedly never doubted. The 'Fermi Paradox' as we know it today does question alien existence, but it's not named after the people who actually advanced this concept. Those honours belong to astronomer Michael Hart and physicist Frank Tipler, who refined the idea in the 1970s and 1980s.



## DIAMONDS COME FROM COAL

Over the years it has been said that diamonds formed from the metamorphism of coal. But, this is untrue. Diamonds and coal are both made from carbon, but most of Earth's diamonds are much older than its coal. Diamonds also form much deeper in the Earth's high-pressure mantle, via a process that has nothing to do with coal. Coal, meanwhile, is found in the Earth's crust.



ILLUSTRATION: ARYA PRAHARAJ

## NUKE AN ASTEROID TO SAVE EARTH

Nuking an asteroid would not vaporise the rock. Most asteroids are heaps of rubble to begin with, so a powerful blast would probably just break everything apart further. That's like turning a single bullet into a shotgun blast – not a good idea if you're trying to save the planet.



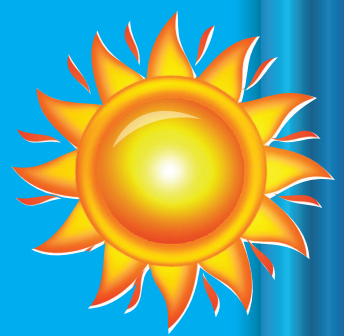
## THERE ARE ONLY 3 PHASES OF MATTER: SOLID, LIQUID AND GAS

You forgot a big one: Plasma. It's easy to assume solids are the most abundant form of matter in the cosmos, since we all live on a giant rock. But plasma is actually far more abundant; stars, including the Sun, are gigantic orbs of glowing plasma. There are other sub-phases of matter, but solid, liquid, gas and plasma are the main ones.



## SUMMER IS WARM BECAUSE THE EARTH IS CLOSER TO THE SUN

When it is summer in the Northern Hemisphere, the Earth is not closer to the Sun. In fact, it's quite the opposite. The planet is at its farthest point from the Sun during the summer. It is warmer during the summer because the Earth is tilted. While orbiting, our home planet's tilt allows the Sun's energy to hit us directly.



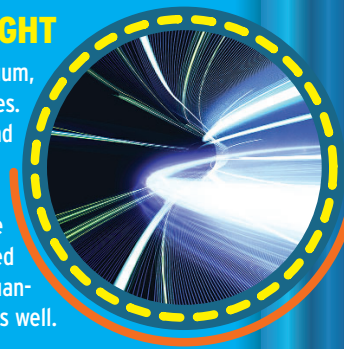
## THE ASTEROID BELT IS DANGEROUS

Movie scenes of spaceships flying through a dense field of tumbling, colliding rocks are not realistic. The Asteroid Belt – a zone 200 to 300 million miles from the sun – is an incredibly lonely and desolate void. In fact, if you pulled all the asteroids in that belt together, they'd only weigh about 4% of the mass of Earth's moon. That's why NASA gets really excited when it catches even one asteroid colliding with another.



## NOTHING MOVES FASTER THAN LIGHT

Light moves at 299,792,458 metres per second in a vacuum, but it slows down when it travels through various substances. For example, light moves 25% slower through water and 59% slower through diamond. Electrons, neutrons or neutrinos can outpace photons of light in such media – though they have to release energy as radiation when they do. The expanding fabric of space also once exceeded lightspeed during the Big Bang, and physicists think wormholes and quantum entanglement might defy the rule as well.



## SHARKS CAN SMELL A DROP OF BLOOD FROM MILES AWAY

Sharks have a highly-enlarged brain to smell odours, allowing them to detect as little as 1 part blood per 10 billion parts water – roughly a drop in an Olympic-size swimming pool. On a very good day when the currents are favourable, a shark can smell its prey from a few football fields away.





# Those familiar feel-good films...

December is the month to re-watch movies that engulf us in a warm cocoon of cozy comfort. Start with these, then move on to your personal favourites



Haimanti Mukherjee  
@timesgroup.com

It's that time of the year when we go back to feel-good movies. No matter how many times we've watched them, December gets us into the

**Ensemble cast definition**  
An ensemble is a group of musicians, actors, or dancers who regularly perform together. In a movie, it comprises celebrated stars coming together for one movie

mood of re-watching films that engulf us in a cocoon of familiar happiness.

Perhaps, this year, we have gone back to "that familiar feeling" with books and movies far more as everything else in and around our lives have been uncertain. But in December, when the North

wind blows, who doesn't like a cuppa under the blankets and watch a few movies that make us feel everything is going to be alright...

For this week, we'll talk about three films directed by Garry Marshall, with an ensemble cast, that are easy to re-watch and gets us all into the mood for some hygge (Nordic concept of cozy comfort), and makes us smile long after the film's over.

## VALENTINE'S DAY (2010)



In a series of interconnected stories, various Los Angeles residents go through the highs and lows of love during a single day. As the holiday unfolds, they experience first dates, longtime commitments, youthful crushes and connections to old flames.

**The ensemble cast:** Julia Roberts, Bradley Cooper, Ashton Kutcher, Taylor Swift, Anne Hathaway, Jennifer Garner, Jessica Biel, Jamie Foxx, Emma Roberts, Shirley MaLaine, Patrick Dempsey, Kathy Bates, Eric Dane, Hector Elizondo...

## NEW YEAR'S EVE (2011)



Intertwining stories promise love, hope, forgiveness, second chances and more for a number of New Yorkers on New Year's eve. A rock star and his ex-lover clash at an exclusive party; a singer becomes stranded with a killjoy on the way to a New Year's gig; a nurse stays with a dying patient as he tries to hang on long enough to see the ball drop in Times Square one last time. **The ensemble cast:** Michelle Pfeiffer, Robert de Niro, Halle Berry, Ashton Kutcher, Zack Efron, Sarah Jessica Parker, Jessica Biel, Hillary Swank, Katherine Heigl, Jon Bon Jovi, Seth Meyers, Abigail Breslin, Alyssa Milano, Hector Elizondo, Ludacris, Sofia Vergara, Carla Gugino...

## MOTHER'S DAY (2016)

A stressed-out, single mom learns her ex-husband is marrying a younger woman. Her friend, Jesse, is a fitness freak who hasn't

## HONORARY MENTION: LOVE ACTUALLY

This 2003 Christmas movie, directed by British filmmaker Richard Curtis, is a cult classic. More so around Christmas, 'Love Actually' too has an ensemble cast with nine intertwined stories, where people examine the complexities of love. **The ensemble cast:** Hugh

Grant, Liam Neeson, Martin Freeman, Keira Knightley, Laura Linney, Alan Rickman, Emma Thompson, Andrew Lincoln, Colin Firth, Bill Nighy, Rowan Atkinson, Thomas Brodie-Sangster, Chiwetel Ejiofor, Martine McCutcheon, Lucia Moniz, January Jones, Claudia Schiffer, Denise Richards...



told her parents that she has a family. A widower is trying to raise two daughters on his own. And a TV celebrity is too busy with her career to worry about having children. When their respective problems start coming to a head, the Mother's Day holiday takes on a special meaning.

**The ensemble cast:** Julia Roberts, Jennifer Aniston, Kate Hudson, Jason Sudeikis, Timothy Olyphant, Hector Elizondo, Shay Mitchell, Jennifer Garner...

## MUSIC QUIZ: JOHN LENNON

Forty years after his assassination, music legend and Beatles front man John Lennon's popularity has only grown exponentially. Let's get to know him a bit better

- 1 John Lennon was born on 9 October 1940, during an air raid on Liverpool. His parents gave him the middle name Winston as a patriotic move.
- 2 Lennon has also recorded under the name Dr Winston O'Boogie, the Reverend Fred Gurkin, Fred Zimmerman, Johnny Rhythm and Mel Tormont.
- 3 John first published his writing in a home made magazine called 'The Daily Howl'. Lennon wrote two books of poetry and stories: 'In His Own Write' and 'A Spaniard In The Works'.
- 4 His first band was The Quarrymen, who started life as a skiffle (influenced by Blues, jazz) group at Quarry Bank School in Liverpool. He's also been in The Silver Beetles, Johnny And The Moondogs, The Plastic Ono Band and The Dirty Mac (with Keith Richards).
- 5 Lennon didn't pass his driving test until he was 25. He didn't drive much even after that, most famously crashing his white Mini on a trip to Scotland in 1969.
- 6 John met Paul McCartney at a church fete in Woolton on 6 July 1957. Following the Beatles' split, he referred to Paul as "an old estranged fiancé of mine".



7 Lennon was very short sighted, but embarrassed to wear his glasses. He wore contact lenses during most of his time in The Beatles.

8 Following his arrival in New York in 1971, the FBI opened a file on Lennon, suspecting him of trying to influence the nation's youth with radical politics. The extent of their surveillance wasn't discovered until the 1990s.

— Source: radiox.co.uk

## Why everyone must watch 'IT'S A WONDERFUL LIFE'

This black and white Hollywood classic will always be a gem because of a simple message: We don't really understand the true meaning of hope unless we've seen despair, up, close and personal. Legendary film critic, the late Roger Ebert, had written about the film: "What is remarkable about 'It's a Wonderful Life' is how well it holds up over the years; it's one of those ageless movies... that improves with age. Some movies, even good ones, should only be seen once. When we know how they turn out, they've surrendered their mystery and appeal. Other movies can be viewed an indefinite number of times. Like great music, they improve with familiarity. 'It's a Wonderful Life' falls in the second category."

**The story:** Frank Capra's 1946 Christmas classic is the story of a man named George Bailey, who has so many problems that he is thinking about ending it all – and it's Christmas. As the angels discuss George, we see his life in flashback. As George is about to jump from a bridge, somehow, he ends up rescuing his guardian angel, Clarence. He then shows George what his town would have looked like if it hadn't been for all his good deeds over the years.



## X-MAS TERMS YOU DIDN'T KNOW EXISTED

**HOGAMADOG:** A huge ball of snow built up by rolling a small ball of snow around a snowfield.

**BELLY-CHEER:** To indulge in belly-cheer; feast; revel.

**YULE-HOLE:** The loosest notch on your belt, reserved for Christmas feasting and belly-cheer.

**KEDGE-GUTTED:** Made to feel sick through overeating.

**MOBLE:** To wrap or muffle the head of (as in a hood)

**ICE-LEGS:** The ability to keep one's balance while walking or skating on ice

**OBLATION:** A gift presented or offered to God.

**NINGUID:** Derived from Latin, it means a snow-covered landscape.

**YULESHARD:** If you've left a lot of work to be on Christmas night, you are a Yuleshard.

**XENIUM:** A gift given to the house-guest or host on Christmas.

**SCURRYFUNG:** To hastily tidy a house before company arrives.

**LUCKY-BIRD:** The first person across the threshold of your home on New Year's morning is the lucky-bird.

## THREE REASONS WE'LL MISS JOHN LE CARRÉ

John le Carré, who died aged 89, penned 25 novels over a literary career dating back to 1961, selling some 60 million copies worldwide. Here's why he was one of the world's most favourite authors



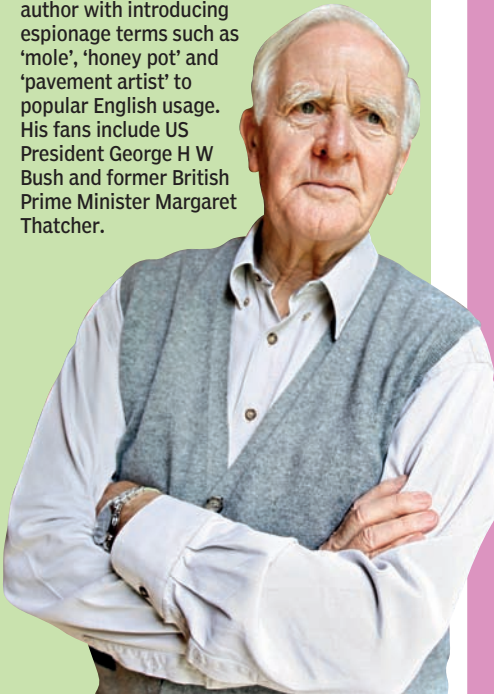
Still from 'The Spy Who Came in from the Cold'

**He changed the way Cold War thrillers were written:** By showing treachery at the heart of MI6 Secret Intelligence Service, aka, British intelligence, Carré's spy novels highlighted the moral ambiguities that played a big part in the battle between the Soviet Union and the West. For example, his 1965 novel 'A Looking Glass War' was a hit because there were no heroes in the book. In another bestseller 'The Spy Who Came in from the Cold' a British spy was sacrificed for an ex-Nazi turned-Communist, who was a British mole.

"Intelligence work has one moral law – it is justified by results."  
– 'The Spy Who Came in from the Cold' (1963)

"The more identities a man has, the more they express the person they conceal."  
– 'Tinker Tailor Soldier Spy' (1974)

"A desk is a dangerous place from which to watch the world."  
– 'The Honourable Schoolboy' (1977)



**He showed us that not all spies were Bond:** Before Le Carré came along, the portrayal of the modern British spy in fiction was modelled after author Ian Fleming's James Bond – suave, urbane, devoted to country. But Le Carré's protagonists – most notably, George Smiley – were lonely, disillusioned men whose work is driven by budget troubles and bureaucratic power plays. Though brilliant, Carré's characters were plump, ill-dressed and unafraid to use cunning or manipulation get the work done. **A brilliant wordsmith:** The 'Oxford English Dictionary' has credited the author with introducing espionage terms such as 'mole', 'honey pot' and 'pavement artist' to popular English usage. His fans include US President George H W Bush and former British Prime Minister Margaret Thatcher.

# I SPY WITH MY LITTLE EYE

Nitya.Shukla@timesgroup.com

All bookworms are unique. While some prefer wands, wizards and magic schools, there are others who relate to spies, secret intelligence agencies, and solving real-world problems. Spy fiction is a genre that can easily appeal to the intriguing bookworm at your home.

## WHY SPY FICTION?

According to the Wikipedia page on the genre, espionage is an "important context or plot device" in spy fiction. Having emerged in the early twentieth century, spy fiction was a natural consequence of the rivalries and intrigues between the major powers, and the establishment of modern intelligence agencies. As a result the genre is anchored in elements of adventure,

intriguing story lines and stellar sleuthing. Over the years the genre has evolved with authors penning sleuthing adventures for a younger audience. For example English author Robert Muchamore's 'CHERUB' series about a (fictional) division of the British Security Service that employs children as intelligence agents, was a huge hit.

## ETHICAL EXPLORATION

Another reason spy fiction is a great genre is because it explores the grey areas of issues; packs a strong moral message and presents realistic dilemmas. For example, in Anthony Horowitz's 'Alex Rider' series, the protagonist Alex, would rather be a normal kid who does homework instead of being an exhausted teen super-spy tasked with saving the world. One of the books in the 'CHERUB' series explores the rights, wrongs and grey areas of violent environmental campaigners versus

capitalists. A good spy fiction work is not only about being cool or being a rule breaker... rather it forces the reader to ask "What would I do?" and to respond personally to questions with no right or wrong answers.

**DID YOU KNOW?**  
Roald Dahl was a WW II spy and fighter pilot before becoming a beloved children's book author. Prior to writing 'James and the Giant Peach', 'Charlie and the Chocolate Factory', 'Matilda', and more, Dahl was a member of the air force and involved in a covert spy operation



## IVE BOOKS TO GET YOU STARTED

**1 THE SPY SCHOOL SERIES** by Stuart Gibbs is about Ben Ripley, who really wants to be a CIA agent, then finds out that his school is actually a secret CIA training academy.

**2 THE DOUBLECROSS: AND OTHER SKILLS I LEARNED AS A SUPERSPY** by Jackson Pearce: Born to super spy parents, 12-year-old Hale is having difficulty passing the physical portion of the test to become a secret agent as compared to his super agile sister. Together they find out

that their agency may not as 'good' as it pretends to be.

**3 ALEX RIDER SERIES** by Anthony Horowitz: A fantastic series featuring a teen James Bond type of spy. In the debut novel, 'Stormbreaker', Alex is recruited to find his uncle's killers, and the adventure begins.

**4 HARRIET THE SPY** by Louise Fitzhugh: This classic spy novel is about a girl who goes on a mission when she finds out her journal is stolen and her peers learn the unflattering things

she wrote about them! **5 THE REAL SPY'S GUIDE TO BECOMING A SPY** by Peter Earnest and Suzanne Harper: This manual was written by a real life former CIA operative and is full of goodies for aspiring spies.





# BULL'S EYE

From Hawkeye to Katniss Everdeen to Green Arrow, archery has landed in the bull's-eye of pop culture. Though it may seem easy, archery requires precision, control, focus and determination. If you are curious about this exciting sport, keep reading

## HISTORY

Archery is an ancient sport that has evolved a number of variations in format. It was first included in the Olympic Games in 1900. It was also featured on the programme in 1904, 1908 and 1920, before a hiatus until 1972 when it returned. It has remained on the Olympic Programme ever since, with competition in men's and women's individual and team recurve archery.

### Target archery

Target archery is the most popular and recognisable modern archery discipline thanks to its inclusion in the Olympic Games. It takes place both indoors and outdoors, at distances of up to 90 metres, using the well-known gold, red, blue, black and white target faces. The sport of target archery combines skills of strength, precision. Target archery is practised in clubs in over 150 countries around the world and is a fast growing sport.

## RECURVE BOWS

**Recurve bows** are the only kind of bow allowed in the Olympics. The recurve bow is the modern evolution of traditional bows that have been used around the world for thousands of years. The limbs curve away from the archer at the top, giving the “recurve” its name. Recurve bows consist of a riser and two limbs that curve back away from the archer, linked by a bowstring that is drawn with the fingers.

There have been pushes to allow **compound bows** in the Olympics, but none have been successful. The compound bow is probably archery's greatest technological advancements. It wasn't until the 1960s that the compound bow was born. A compound bow uses a levering system — usually of cables and pulleys — to bend the limbs.

## TARGET

The object of archery is simple: to shoot arrows as close to the centre of a target as possible. Olympic archery targets are 122cm in diameter with a series of ten concentric scoring rings, separated into five colours. The inner colour, the gold, scores ten or nine points. (The ‘ten’ measures just 12.2cm in diameter — about the size of an apple). Archers shoot at the target from a distance of 70m — which is the wingspan of two medium-range planes sat side-by-side. The highest score for a single arrow is 10 for hitting the inner gold ring, while the least (for hitting the outer white ring) is one point.

## ARCHERY - EQUIPMENT

The basic equipment required for archery in Olympic Games are as follows -

**Armguard:** A guard for protecting the arm from bowstring when the arrow is being released.

**Arrow:** Arrows have maximum diameter of 9.3mm, although most arrows around 5.5mm were used for a faster flight and a lower wind drift.

**Bow:** The draw weight of the bow for men should be around 22kg. For women, it's around 17kg.

**Bowstring:** It is used for the bow. Mostly, the string is made of high-tech polythene which is generally stronger than steel.

**Chest guard:** Plastic or leather is preferred, to put clothes away from the bowstring while releasing it.

**Shooting glove or finger tab:** Leather cloth for protecting finger while releasing the arrow.

**Fletching:** To fly straight, a feather type material is put at the end of each arrow.

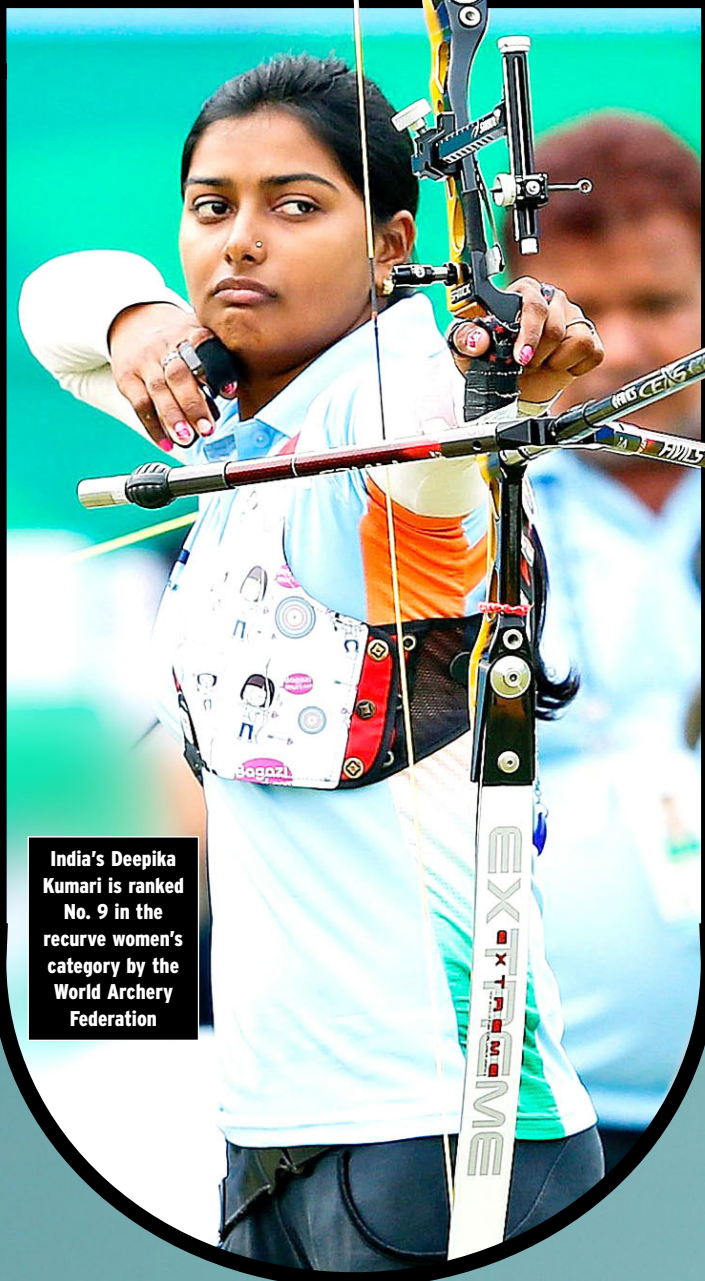
**Handle or hand grip:** The bow handle.

**Quiver:** A container worn around the waist for holding the arrows.

**Nock:** The rear end of an arrow is attached with a plastic holder that keeps the bowstring in its position.

**Sight:** A machine placed on the bow that aids the archer's aim. Other name is bow sight.

**Stabiliser:** Weight on the bow mounted to stabilise it during and after the shot.



India's Deepika Kumari is ranked No. 9 in the recurve women's category by the World Archery Federation

## PARTICIPATING COUNTRIES

South Korea's archers have won 39 Olympic medals, 23 of which are gold, and they've won every women's (recurve) event since women's archery joined the Olympics in 1988 at Seoul. The countries having at least one Olympics medal in archery are: South Korea, United States, Belgium, France, Great Britain, Italy, China, former Soviet Union, Finland, Ukraine, Australia, Netherlands, Spain, Japan, Sweden, Chinese Taipei, Germany, Mexico, Poland, Indonesia and Russia.

## TOP RANKED PLAYERS- WOMEN

1. Kang Chae-young (South Korea)
2. Tan Ya-ting (Chinese Taipei)
3. Zheng Yichai (China)
4. Sugimoto Tomomi (Japan)
5. An San (South Korea)

## TOP RANKED PLAYERS- MEN

1. Brady Ellison (USA)
2. Lee Woo Seok (South Korea)
3. Kim Woojin (South Korea)
4. Mauro Nespoli (Italy)
5. Mete Gazoz (Turkey)

Source: World Archery Federation



Brady Ellison

## INDIVIDUAL COMPETITION

- ▶ Athletes shoot 72 arrows, in ends of six, in a ranking round. The athletes' total scores are used to rank the athletes from one to 64 and give each a seeding for the knock-out brackets.

Individual elimination matches see two athletes shoot against one another. The loser leaves the competition and the winner advances to the next phase. The phases progress until two athletes remain to contest the gold medal final. The two semifinal losers compete for the bronze medal.

Individual matches are decided using the set system. Each set consists of three arrows. The athlete with the highest score in the set – the total of their three arrows – receives two set points. If the athletes are tied, each receives one set point.

- ▶ The first athlete to six set points wins the match.

## TEAM COMPETITION

- ▶ Each team consists of three athletes of the same gender and from the same nation.

The combined ranking round score of the three athletes in a team is used to rank the teams from one to 12 and give a seeding for the knock-out brackets, which progress like the individual competition.

Team matches are also decided using the set system, but each set consists of six arrows, rather than three. The team with the highest score in the set – the total of the six arrows – receives two set points. If the teams are tied, each receives one set point.

- ▶ The first team to five set points wins the match.

## ARCHERY TERMS

**End-** A round of arrows shot during an archery event before the competition round. Competitors are not allowed to shoot more than six arrows.

**Anchor point:** A stable spot of the bowstring arm (on jaw/cheek) while taking aim.

**Home:** An arrow is said to be home when it is completely drawn and all set to be shot.

**Holding:** To maintain the bow and arrow in a constant position after the arrow has been drawn fully, just before releasing it.

**Nocking:** The procedure of setting up the arrow on bowstrings while preparing to shoot.

**Nocking Point:** A point on the bowstring where the arrows are

constantly nocked.

**Release:** To shoot the arrow from the bow at full draw.

**Drawing:** To pull the cord that is fastened to the bow.

**Drawing fingers:** The fingers that are used while dragging a bow. Most typically, the first three fingers.

**Draw length:** The distance between the front of riser and the bowstring in the shooter's fingers while at full draw.

**Hand shock:** The tremor that is felt in the drawing hand while releasing an arrow from the bow.

**Bull's eye:** The nucleus of the target or the point which carries the highest score points.



Kang Chae-young

Source: worldarchery.org, agencies