



THE TIMES OF INDIA

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Your Weekender

TODAY'S EDITION

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STUDENT EDITION

SATURDAY, JULY 31, 2021



LATEST BUZZWORDS EXPLAINED

GLEEFRESHING

Ever since the pandemic lockdowns started, one word has become commonplace for all our news consumption habits – doomsscrolling. The ominous sounding term means exactly what it says: mindlessly scrolling through the newsfeed (mostly on your social media) and absorbing all of the horrible news about circumstances you can't control. Last year, a new word started becoming popular – gleefreshing. An antithesis to doomsscrolling, this is the activity of refreshing news websites and social media updates on your phone or other device in order to read positive news stories.

The first usage was noticed post election results in the US when Joe Biden was poised to win the race. Supporters looking for the good news said they were gleefreshing (refreshing) their feeds. It was in a "Slate" article that Heather Schwedel used the gleefreshing as an alternative to doomsscrolling or the fairly limited yet intellectual, "schadensurfing" – a term jumping off the German word "schadenfreude", meaning joy at others' misfortune. Another common term for gleefreshing is joyscrolling. Even as bad news continues pouring in, gleefreshing can help you break the bad news cycle. And the way social media algorithms work, if you like good news, you are more likely to be pointed in that direction.



TRAVEL



Monsoon March

Put on those trekking boots and let your heart guide you through these rain-drenched hikes

Thadiyendamol, Karnataka

Passing through the shola forests, grasslands, streams and hills, this is the highest peak in Coorg. Club with a village walk and a spice plantation tour. "I have completed this trek 14 times, so you can guess how much I like this part of the Western Ghats. But, I like it for its leech jungles," writes travel blogger Sankara Subramanian C in his blog 'Be On The Road'.

Tarsar Marsar, Kashmir

This trek is a walk through paradise! The untouched, exaggerated

RAIN SHADOW RAMBLE

Almost un-hit by monsoons, Zaskar makes for a fertile ground for trekking activity. The rain shadow area gets rain only in short bursts and the rest of the time, the skies are spotless and a deep azure blue. Adventure junkies could use the opportunity to go white-water rafting. July to September is also the time most cultural dance feasts happen in the region.

beauty of the alpine lakes and the luxuriant meadows is breathtaking. The best aspect of this trek, however, is the variety. One day you'll see fresh flowing water musically, and the next day, you'll see enormous lakes amidst mountains.

Malshej Ghat, Maharashtra

The glaring green pass of Malshej Ghat is famous with hikers and picnickers, especially during misty monsoon. Exotic migratory flamingoes choose Malshej as their monsoon abode and trekkers pick the pristine white waterfalls to halt.

Dudhsagar Falls, Goa

One of India's tallest waterfalls, the Dudhsagar stands on the border of Karnataka and Goa! During the monsoon season, the falls are transformed into one of the most powerful in India, plunging down from a height of 310 metres. This trek is along a railway route. Down south, this is one of the best monsoon treks in India – not challenging, but a must-do.

PREP UP

1. Invest in a pair of comfortable shoes with a good grip
2. Avoid umbrellas as they are cumbersome. Rain ponchos fare better
3. Carry mostly waterproof or water-resistant clothing
5. Carry anti-bacterial powder to dust yourself
6. A bag of salt and thick anti-leech socks



RETHINK

LIFE LESSONS from the OLYMPICS

Now that we are enjoying the Olympics, here's a look at life lessons you can learn as you watch the best of the best aim for glory

LESSON 1: WE ARE CAPABLE OF GREAT THINGS

The Olympic athlete is an inspiration. When it comes to their sports, they seem almost superhuman. But they are still regular people. What's the difference? The fact that they train incredibly hard and they never give up. They are driven, focused and have the power to bounce back up. **YOUR TAKEAWAY:** You are only limited by your imagination. It's a great way to inculcate the feeling in children that they are capable of amazing, wonderful, big things.

LESSON 2: WORK HARD

Just to reach the Olympics, let alone be a medal winner, takes hard work – years of it. These athletes train an average of six hours per day, six days a week, year after year. The road to the Olympics is gruelling, difficult and full of sacrifices. After all, they say medals are not handed out, they are earned. **YOUR TAKEAWAY:** Children should be given back stories of a superstar swimmer or gymnast. They should know the grind that leads to guts and glory.

nast. They should know the grind that leads to guts and glory.

LESSON 3: DREAM BIG

Olympic glory starts with a dream. What if Michael Phelps or Simone Biles had thought it was too big of a dream to pursue? **YOUR TAKEAWAY:** Children should know that there can be greater goals. They don't have to restrict their imagination to dream big. It's when dream meets hard work that greater glory is achieved.

LESSON 4: TEAMWORK

According to Instagram page @factsbyguff in 1936 Olympics, two Japanese pole vaulters (Nashida & Oe) were tied for second. Declining to compete against each other, Nashida was awarded silver and Oe, bronze. On return to Japan, they had the medals cut in two and joined to make two friendship medals out of silver and bronze. Moral of the story? Olympians, even the ones in individual sports, go in a squad. They usually train together, live together and are each other's support. These athletes are part of something greater than themselves. Olympians in team sports must communicate together and work well with one another. It's all about working as a team. **YOUR TAKEAWAY:** You are always a smaller part of the larger whole. And every one has a part to play while working as a larger team.

LESSON 5: DIVERSITY

The one thing Olympics teaches is the diversity among us. No other sport has people from all the countries coming together like this. Sometimes there are new countries who have come for the first time or newly formed countries that may have been created recently – there are countries kids may have never heard of. **YOUR TAKEAWAY:** Seeing the variety of cultures, races, and people groups can show children how diverse and wonderful the world is. Kids can learn about other countries, languages, and traditions.

LESSON 6: IT'S OKAY TO LOSE

The truth is each Olympian works hard but we can't all be winners. So many athletes pour their blood, sweat, and tears into their Olympic performance and still go home empty-handed. Even worse, some will experience injuries that will prevent them from ever competing in the games again. **YOUR TAKEAWAY:** Children have to build resilience towards failing despite their best efforts. It's a tough lesson, but an important one. Life is not about an end result. It's about growing, learning, and enjoying the ride.



TRIVIA TIME

Know more about THE MICHELIN GUIDE

It was on August 1900 that the first Michelin Guide was published. How a tyre company holds the world's most powerful and coveted restaurant rating system? Here are some fascinating facts about this guide

1 The 1st Michelin Guide is published by the brothers Edouard and André Michelin (bottom right) – owners of the Michelin tyre company – as a hotel and restaurant reference guide to encourage more road travel and thus boost tyre sales. It all started in Clermont-Ferrand (a small French town) in 1889, when the brothers established Michelin. To help motorists develop their trips, the brothers produced a small red guide filled with handy information for travellers, such as maps, information on how to

change a tyre, where to fill up with fuel, and for the traveller in search of respite.

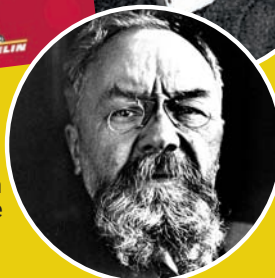
2 For two decades, the guide was free. Until one day when André Michelin arrived at a tyre shop to see his beloved guides being used to prop up a workbench. A brand new Michelin Guide was launched in 1920 and sold for seven francs. For the first time in the 1920s, it included a list of hotels and restaurants in Paris. **3** The restaurant section started garnering a lot of attention. And the brothers recruited a team of mystery diners – or restaurant inspectors – to visit and review restaurants

anonymously.

In 1926, the guide began to award stars, initially marking them with a single star.

4 In 1931, the rating system was expanded to become the Michelin three-star rating... 1 Star: A very good restaurant in its category; 2 Stars: Excellent cooking, worth a detour; 3 Stars: Exceptional cuisine, worth a special journey. During the World War II, the star rating was reduced to a 2-star because of food shortages.

5 In 1955, Michelin came up with a rating system that acknowledged restaurants serving high-quality fare at moderate prices. The Bib Gourmand ("Bib" is short for



"bibendum", the company's nickname for the iconic Michelin Man) highlights dining opportunities that are more reflective of economic standards.

6 The Michelin star rating didn't take hold in America until 2005 and concentrated solely on fine dining in New York, Tokyo, Hong Kong, and Macau were added to the Guide between 2007-2008. It now covers 23 countries, with 14 editions sold in 90 countries around the world.

7 Some restaurateurs feel that the expectations of the star system are unreasonable and restrict a chef's creativity in the kitchen. In 2003, well-known French chef Bernard Loiseau, who was 52 then, committed suicide amid rumours in the press that his restaurant was about to lose its prized three-star status. British chef Gordon Ramsay famously said he wept when his New York restaurant – Gordon Ramsay At The London – lost its two stars in 2013.

8 No one exactly knows how many inspectors Michelin has. For a guide that covers 23 countries across three continents, the actual number of inspectors in Michelin's employ is shrouded in secrecy.

9 According to the guide, Tokyo is the food capital of the world. The city has 226 Michelin-starred restaurants, ahead of Paris at just 94.

10 Renowned French chef Joel Robuchon is currently the most decorated chef with 25 stars, with compatriot Alain Ducasse not far behind at 21. Seven Indian chefs have been awarded Michelin stars including Vineet Bhatia of Zaika in London and Vikas Khanna of the New York-based Junoon. In November 2018, Garima Arora became the first Indian woman to win a Michelin star.

FITNESS

Recovery is the BEST WORKOUT

Give your body the time rest to build itself better

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WHY RECOVER?

Recovery in wellness can be defined as one's ability to recover from physical and mental stress from workouts and in general from life. "Recovery in fitness industry is often a forgotten variable as clients and trainers are focused more on improvements and accomplishments," says Gagan Arora, fitness trainer who spends a lot of time in testing and teaching his clients efficient breathing which is crucial for recovery. "It is directly related to fat metabolism and even for strength and endurance gains," he says, adding, "Only giving stress in every workout will limit your achievements and there is a possibility that you get ill or injured."

WHO IS IT FOR?

Anybody and everybody. Sitting all day behind a desk also wreaks havoc on your muscles, increasing your risk of muscle pain and injury. "Ordinary people carry mental, physical and job stress! If they are not properly recovered, it could affect their cognitive and job performance," says Raoul Hirani, strength and conditioning coach, who decides a person's recovery level by checking the morning resting heart rate. "Nowadays people have a stressful life and the lack of time makes their workout routine even harder. Either they do a short intense cardio, a High Intensity Interval Training or Circuit Training type of workout. They are trying to pack in too much in too little time. Present times call for more recovery

and less stress. "Not only gym workouts, even in

Recovery classes are just as much mental as physical. It refreshes your breath mechanics, balances your nervous system, mood and mind

TO DOs

- Foam rolling on daily basis
- Diaphragmatic breathing 24x7
- Mobility, flexibility and pranayama exercises
- Any meditation once a day
- Keep a check on caffeine intake
- Get more sleep, a power nap of 25 minutes has a strong positive impact on stress levels

running, cycling, weight training or group classes, you should start easy and give enough recovery in between the sessions," says Arora.

HOW TO RECOVER

The road to recovery is made of simple things – hydration, nutrition, ice baths, meditation and massage. "We have a nap time room and stretching zone at our centre. It is very important to sleep well, flex your muscles, and eat right and cool down every day after exercising. This is the basic premise of recovery fitness. Throw in a little meditation to bring your heart rate back to normal," adds Hirani.



TACKLE OILY SCALP WOES IN MONSOON

Holistic tips to beat the grease and let your hair enjoy good health

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Out for a stroll and you have rain-drops soaking your hair wet? While the cool rain feels good, such outings or even staying at home tends to make your scalp greasy in monsoon because of the excess moisture in air. For those who are already battling oily hair and scalp, it's worse. To keep your mane bouncy and beautiful, check these tips by wellness expert and aromatherapist Blossom Kochhar.

CAN'T OIL YOUR HAIR?

No worries. Massage your hair with coconut milk as it is the healthiest natural ingredient for getting the scalp rid of all the



SELF-CARE

grimy excess oil. DIY recipe: Mix freshly extracted coconut milk with the juice of one lemon and 4-5 drops of lavender essential oil. Leave for 4-5 hours and rinse with cool water.

DON'T SKIP THE CONDITIONER

It's a myth that people with oily hair can do without conditioner. They need a conditioner as much as those with dry scalp; they just have to apply it on the tresses and not take it to the scalp.

DOS AND DON'TS

- Before shampoo, take 1 tbsp of water, and 10 drops of patchouli essential oil. Apply this all over your scalp and ends. Then wash off as you normally do
- To cut down oil in a way that it doesn't leave hair dry, use apple cider vinegar as your last rinse. Take 1 tsp for 1 mug of water. In case you get hair fall, just reduce the quantity of apple cider vinegar
- Don't run your hands constantly in your hair or comb it too frequently. Too much combing and running hands through hair increases sebum and leads to oiliness

Use a light conditioner; avoid hair masks.

DIY RECIPE: This is a hair conditioner you can make at home for non-greasy shine. Grate a few onions and some cabbage together and leave in a copper utensil overnight. In the morning, add a few drops of ylang ylang essential oil to remove the strong smell of onion. Add a few drops of herbal oil to this blend and apply on your hair; shampoo after 30 minutes and see your tresses look and feel luxurious. Follow this once a week.

WHAT ABOUT DANDRUFF?

Here's a recipe: Soak 2 tbsp fenugreek (methi) seeds in water overnight. In the morning, make a paste of the seeds and add juice of one lemon and apply it on your scalp. Leave it on for 30 minutes and wash hair with soapnut (reetha) or shikakai and water. If you find washing with reetha/shikakai too tedious, use a good quality herbal shampoo instead. Do this routine twice a week.



How the Miyawaki method of planting mini forests could breathe life into urban jungles

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Loss in green cover and increased concretization in urban areas has led to cities becoming urban heat islands. In the face of a climate breakdown, Miyawaki forests are a welcome addition to the environment. The concept has revolutionized urban afforestation by turning backyards into mini forests.



Akira Miyawaki, botanist and professor, invented the method way back in 1980. He is a recipient of the 2006 Blue Planet Prize, which is the equivalent of a Nobel Prize in ecology. Miyawaki was also influenced by the chinju-no-mori or sacred forests surrounding Japanese shinto shrines and cemeteries, home to a variety of indigenous plants, that played a key role in his studies. Armed with these findings and his own expertise, he developed his signature method of planting forests.

THE METHODOLOGY

A Miyawaki forest requires very little space (a minimum of 20 square feet), plants grow ten times faster, and the forest becomes maintenance-free in three years! Under this approach, dozens of native species are planted in the same area, close to each other, which ensures that the plants receive sunlight only from the top, and grow upwards rather than sideways. With this method of plantation, an urban forest can grow within a short span of 20-30 years while a conventional forest takes around 200-300 years to grow naturally. The overall density of the forest is beneficial in lowering temperature, making soil nutritious, supporting local wildlife and sequestration of carbon. Miyawaki forests have thirty times more trees than other plantations and are perfect for cities, where land is scarce.



WHAT MAKES IT A SUCCESS

- 1 The Miyawaki method is effective even in severe environments and has been used to restore both temperate woodlands and tropical forests.
- 2 It can also be used for creating arboreturns, herbal forests, flower forests, fruit forests, vegetable forests.
- 3 Such forests are up to 30 times denser compared to conventional plantations.
- 4 30 times better noise and dust reduction.
- 5 Up to 30 times better CO2 absorption as compared to a monoculture plantation.
- 6 A completely maintenance-free, wild and native forest after first three years.
- 7 A completely chemical and chemical fertilizer-free forest that sustains itself and supports local biodiversity.

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What is COP26?

COP26 is the 26th edition of the Conference of the Parties. The parties are the signatories of the United Nations Framework Convention on Climate Change (UNFCCC) which was a treaty agreed in 1994. 2021's COP26 summit will be attended by the heads of state of the countries along with climate experts and campaigners.

Why is it important?

COP26 is an opportunity for parties to assess how they have fared in meeting initial Paris Agreement emission targets (2015); and set new targets on what more needs to be achieved for the next five-year cycle. According to reports if the Paris Agreement targets are not met, our current emission trajectory is expected to cause the Earth to warm by 3-4°C in 80 years leading to irreversible and damaging environmental consequences globally. Experts warn this could also cost the world economy more than \$480 trillion by the end of the century. So COP26 comes at a particularly critical moment – as 2021 is seen as our last best chance to address the climate crisis.

"Right now our species is undermining and destabilising the very foundations that are necessary for life on earth to thrive. We know that things are changing, and COP26 is one of our last and most crucial opportunities to make sure it is humanity that has to change, and not the planet."

— BELLA LACK, global north youth co-chair of the COP26 Civil Society and Youth Advisory Council

Scientists have calculated that greenhouse gas emissions must decline 50% by 2030, and be phased out entirely by 2050 to stay within range of 1.5 degrees Celsius

WHAT CAN COP26 SOLVE?

With less than a 100 days to go for COP26, here is a low down of what to expect from this global mega environmental event

Who is hosting?

The UK, in partnership with Italy, is hosting the summit this year in Glasgow from November 1-12, 2021 after it was delayed by a year due to the COVID-19 pandemic.

What are the COP26 goals?

1. Secure global net zero by midcentury and keep 1.5 degrees within reach: In the

SOME POSITIVE NEWS

- Around 70% of the world's economy is committed to reaching net zero emissions
- Over 80 countries have formally updated their NDCs, and all G7 countries have announced new NDC targets that put them on the path to net zero emissions by 2050

past few months the world has witnessed record-smashing heatwaves, floods and drought due to global warming. One of the key goals now is to limit the global temperature rises to 1.5 degrees; and reach zero carbon emissions by the middle of the century. This is the time for countries to come forward and take decisive action. According to reports

"I am greatly honoured to be given the role of People's Advocate. There could not be a more important moment that we should have international agreement. The epidemic has shown us how crucial it is to find agreement among nations if we are to solve such world-wide problems. But the problems that await us within the next 5-10 years are even greater. It is crucial that these meetings in Glasgow, COP26, have success, and that at last the nations will come together to solve the crippling problems that the world now faces."

— SIR DAVID ATTENBOROUGH, natural historian

countries are being asked to take decisive action and come forward with ambitious 2030 emissions reductions targets.

2. Adapt to protect communities and natural habitats: Unless emissions are reduced, climate will continue to change, with devastating effects. Thus there is an urgent need to protect and restore ecosystems, and make infrastructure and agriculture resilient to avoid loss of homes, livelihoods and lives.

3. Mobilise Finance: To reach the first two goals, countries must deliver on their promise to raise at least \$100bn in climate finance per year. COP 26 becomes even more important it will have to finish the work that COP 25 was unable to conclude – setting out the rules for a carbon market between countries

— Source: www.ukcop26.org

DID YOU KNOW?

Meeting the United Nations-mandated Paris Agreement of staying well below 2-degree Celsius above pre-industrial levels would increase net jobs by about 8 million by 2050, primarily due to gains in the solar and wind industries, according to a study published in 'One Earth' journal. Of the total jobs in 2050, 84% would be in the renewables sector, 11% in fossil fuels, and 5% in the nuclear sector, the researchers said.

People and their ENVIRONMENT

We have many relationships in our lives – with our parents, siblings, cousins, friends... But there is one more very important relationship in all our lives – our relationship with nature. Everything, from the air we breathe and water we drink to the food we eat and the land we live on, comes from nature. It would be hard for us to survive without nature. That's why, throughout history, people have often fought to protect their natural environment.

In 2018, 15-year-old Greta Thunberg started protesting against climate change, outside the Swedish Parliament. Soon, children around the world, including in India, engaged in similar protests. For many children today, climate change is the biggest threat to their future, so they're protesting to bring greater attention to it. July 28 was celebrated as World Nature Conservation Day and in honour of that, let's take a walk down independent India's environmental history and get to know of some people's movements to save their natural environment.



Here's a brief history of people-led green movements in India that everyone must know about

Megha Gupta

PROTECTING FORESTS

Forests clean the air by absorbing greenhouse gases and pollutants. They also play an important role in controlling natural disasters by absorbing flood water and preventing soil erosion. In India, millions of people live in and around forests. They depend directly on forests for animal fodder, fuel wood, leaf manure etc. Many of them also depend on forest resources to earn their livelihood.

One of the first and most famous people's movements in independent India, **Chipko** took place in the 1970s, when men, women and children in the Himalayan villages of Uttarakhand bravely hugged their trees to save them from being chopped down by big industries. Since then, there have been similar movements to protect tree cover such as the Appiko movement in Karnataka, and

more recently, the Save Aarey Forest movement in Mumbai.

PROTESTING AGAINST DAMS

Large dams may have their uses, but they also damage a river's ecology, lead to conflicts over water sharing, drown land and forests in surrounding areas and displace people. In the 1970s, a group of science writers, teachers and other environmentalists in Kerala, began one of the first major anti-dam protests in India – **Save Silent Valley** – to protect rare wildlife in the region. Since then, there have been several other movements like the famous Narmada Bachao Andolan to protest against human displacement and other problems caused by damming the river Narmada, and more recently, movements in North East India against damming the river Brahmaputra.

OPPOSING MINES

From our cars to our homes, many things that we own are made using materials like metals, limestone, coal and sand that are mined from the earth. While mining cannot be done away with, it does damage the environment, harming people and wildlife living around these mines. During the 1980s, people in the **Doon Valley of Uttarakhand** launched a full-fledged campaign against the limestone mines in their hills. In the 1990s, people in Meghalaya opposed uranium mining in the West Khasi hills and in the 2000s, tribal people in Odisha began protesting against bauxite mining in the Niyamgiri hills.

The writer is the author of *Uneearthed: An environmental history of Independent India* (Puffin, 2020)



THE GREEN GLOSSARY

Do you pride yourself on your green gyan? Well, if you are a true Earth warrior, it's time to brush up on your vocabulary

CIRCULARITY

WHAT IT'S NOT: KARMA
What it is: It's circular economy aka a system designed to eliminate waste by continually using and reusing resources. It's the opposite of linear economy, which looks at the lifecycle of a product as take, make, and dispose.

CLOSED-LOOP

WHAT IT'S NOT: A KNITTING PATTERN
What it is: A system where everything is recycled and reused. Imagine you made a T-shirt, which you used, lent it to your cousin to reuse who added new life to it by adding some embellishments which you both wore till the time the shirt had no life left. Then, depending on your mood, you took it apart to make it into something else or gave it to a recycling company which remade it into something useful like a carpet perhaps... either ways there was a product and the cycle started all over again.

NET ZERO

WHAT IT'S NOT: ANYTHING TO DO WITH A SCORECARD
What it is: Centuries after Indian mathematician Brahmagupta invented the numeral '0' in 628 CE, 'net zero' is

the new term everyone is obsessed with. Net zero is an ancient design concept that refers to achieving an overall balance between the greenhouse gases put into the atmosphere and those taken out. In short, emissions produced = emissions removed from the atmosphere.

NATIONALLY DETERMINED CONTRIBUTIONS OR NDC

WHAT IT'S NOT: AN NGO FUNDRAISER
What it is: NDCs are intended to embody efforts by each country to reduce national emissions and adapt to the impacts of climate change. Comprehend?

ACC AND AGW

WHAT IT'S NOT: SOME COMPANY ACRONYMS
What it is: A term to

FREECYCLE

WHAT IT'S NOT: A CYCLING TECHNIQUE
What it is: Remember the time you lent your T-shirt to your cousin? That's 'freecycle' – a practice when goods are exchanged to extend their lifecycle and keep reusable items out of landfills.

BLUE WATER

WHAT IT'S NOT: A FANCY NEW WATER BOTTLE

What it is: It might sound like a film or a mystery but blue water refers to the surface and groundwater used for irrigation. It'll come handy if you are ever in a discussion about water footprints.

ENERGY VAMPIRES

WHAT IT'S NOT: A 'TWILIGHT' SPINOFF
What it is: A device that uses and drains energy even when it is switched off. Can also be used to describe a person who has a similar effect.

GREEN BURIAL

WHAT IT'S NOT: A BURIAL CEREMONY WHERE EVERYONE WEARS GREEN

What it is: A burial which doesn't involve any chemical products, no use of firewood or energy for cremation or embalming liquids and uses a biodegradable coffin.

LOCALVORE

WHAT IT'S NOT: A NEW SPECIES

What it is: Someone who consumes only food that has been cultivated locally. Your granny is probably the best one.

SHARE WITH US

Are you taking the Plastic Free July Pledge? Are you planning to reduce your plastic consumption? Have you identified an area of your life where you can cut down on plastic? Share your inspiring stories, findings or even failed attempts with us at timesnie175@gmail.com. Come, be the inspiration.



JULIE AND JULIA

2009
It all starts with a challenge: 524 recipes in 365 days. Well, the story doesn't begin there. But it's the essence of the film. Can blogger Julie Powell (Amy Adams) — frustrated with a soul-killing job — take on the daring project to prepare all 524 recipes from cooking show legend Julia Childs' (Meryl Streep) landmark cookbook within a year?

A BUG'S LIFE

1998
Flik (Dave Foley) is an inventive ant who destroys the food stores that were supposed to be used to pay off



grasshopper Hopper (Kevin Spacey). The mafia grasshopper now demands the ants gather double the food or face annihilation. 'A Bug's Life' is a movie about food. But the underlying message is one of society's biggest problems: the exploitative food system that leaves nothing for the poor, and the fact that the ones growing or gathering food are at the bottom tier as far as food chain is concerned.



THE PRINCESS AND THE FROG

2009
Hardworking and ambitious, Tiana (Anika Noni Rose) dreams of opening the finest restaurant in New Orleans. Her dream takes a slight detour when she meets Prince Naveen (Bruno Campos), who has been turned into a frog by an evil doctor. Mistaking her for a princess and hoping to break the spell, Naveen plants a kiss on Tiana turning her into a frog as well!

Let's cook up A STORM

A few movies on food and chefs that are going to make you quite hungry. We suggest you keep some food handy while watching these...



COOK UP A STORM

2017
The rivalry between a homespun Cantonese street cook and a French-trained chef takes a surprising turn when both enter a global culinary competition. But their rivalry takes an unexpected turn when they discover a common foe, and combine their skills to cook up the best fusion of East and West.

THE HUNDRED-FOOT JOURNEY

2014
Hassan Kadam (Manish Dayal) is an extraordinarily talented and largely self-taught culinary novice. When he and his family settle in a quaint French village and decide to open an Indian eatery, Madame Mallory (Helen Mirren), the proprietress of an acclaimed restaurant, strongly objects. War erupts between the two...

CHEF

2014
After the controlling owner of the restaurant chef Carl Casper (Jon Favreau) pushes him too far, he quits his position and goes on a road trip on a food truck with his son to reignite his passion for food — as well as his zest for life.

NO RESERVATIONS

2007
Master chef Kate Armstrong (Catherine Zeta-Jones) runs her life, and her kitchen, with intimidating intensity. When an accident kills her sister, and she becomes the legal guardian of her young niece (Abigail Breslin), she is at a loss. A new high-spirited chef's free-wheeling ways may help turn her life around.



RATATOUILLE

2007

Remy, a rat, aspires to become a renowned French chef. However, he fails to realise that people despise rodents and will never enjoy a meal cooked by him. Or, will

they? One of the best animations ever made by Pixar, 'Ratatouille' was voted one of the '100 greatest motion pictures of the 21st century' by a 2016 poll of international critics conducted by the BBC.

BIG NIGHT

1996

Chef Primo (Tony Shalhoub) and businessman Secondo (Stanley Tucci) are immigrant brothers from Italy who open their dream restaurant in New Jersey. Primo's authentic food is too unfamiliar for the local tastes, and the restaurant is struggling until a famous Italian-American bandleader decides to appear at the restaurant...

Best skateboarding films

As skateboarding becomes an Olympic sport, let's watch a few films to discover what the game is all about

MINDING THE GAP (2018)

Three young men bond through skateboarding to escape their volatile family life in their Rust Belt home town. As they face their adult responsibilities, some unexpected revelations threaten their decade-long friendship. Bing Liu's crowd-pleasing film earned an Oscar nomination for Best Documentary Feature in 2019. Along with Liu, fellow skaters Keire Johnson and Zack Mulligan are featured in the film, which was also nominated for a Primetime Emmy for Outstanding Documentary.

LORDS OF DOGTOWN (2005)

Three young pioneering skateboarders swiftly rise to stardom. However, they soon find their brotherhood threatened as they face different challenges in their personal lives. Written by former pro-skater turned documentarian Stacy Peralta and directed by Catherine Hardwicke of 'Thirteen' and 'Twilight' fame, the film tells the story of the Z-Boys, trailblazing skaters who perfected the craft of big-ramp and swimming pool riding in the homes of unwitting owners in sunny Los Angeles. Heath Ledger earned rave reviews for his turn as Skip Engblom, pioneering surfboard and skateboard designer instrumental in launching the sports.

GLEAMING THE CUBE (1989)

Also known as 'A Brother's Justice' and 'Skate or Die', this is an American neo-noir film directed by Graeme Clifford, starring Christian Slater as Brian Kelly, a 16-year-old skateboarder investigating the death of his adopted Vietnamese brother. Although the film had a relatively low box office turnout, it garnered a significant cult following through basic cable replays and DVDs.

PARANOID PARK (2007)

A psychological drama film written and directed by Gus Van Sant, this film is based on the novel of the same name by Blake Nelson and takes place in Portland, Oregon. It's the story of a teenage skateboarder (played by Gabe Nevins) set against the backdrop of a police investigation into a mysterious death. It won one Independent Spirit Award, two Boston Society of Film Critics Awards and the Cannes Film Festival's special 60th anniversary prize.

MID90S (2018)

The film follows Stevie, a thirteen-year-old in 1990s-era Los Angeles, who spends his summer navigating between his troubled home life and a group of new friends that he meets at a Motor Avenue skate shop. Written and directed by Jonah Hill, 'Mid90s' was well received by critics, who called it a "promising first outing for Hill", and praised the sense of nostalgia.



Happy birthday!

MARCUS PFISTER

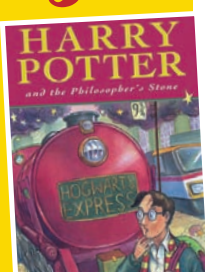
Born on July 30, 1960, Marcus Pfister, the children's book author and illustrator authored the 'Rainbow Fish' series of children's picture books. From the time it was published in 1992, the series has continued to be one of the most popular books, translated into over 80 languages. They have sold over 15 million copies. Most of his illustrations



are in watercolours.

J K ROWLING

Born on July 31, 1965, J K Rowling is a British author and the creator of the critically-acclaimed 'Harry Potter' series (about a young wizard in training). The series, spanning 8 books won multiple awards



and sold more than 500 million copies, and become the best-selling book series in history. The books' film adaptations were equally successful. She also writes crime fiction under the pen name Robert Galbraith. (Source: Wikipedia)



"CALL ME TIGGER"

July 29 was International Tiger's Day which is reason enough for us to think about our favourite tigers from children's books



WINNIE THE POOH

by AA Milne
Who hasn't been captivated by the adventures of the spritely Tiger ever since he first appeared in the 'Winnie the Pooh' stories in late 1920s?

of Richard Parker (the tiger) is unforgettable.

THERE'S A TIGER IN THE GARDEN

by Lizzy Stewart

Everyone knows that tigers live in jungles, not gardens. But Grandma is absolutely sure she has seen one; so now, Nora has to check it out.



in children's literature. Shere Khan of Rudyard Kipling's 'The Jungle Book' is a complex character.

TIGER ON A TREE

by Anushka Ravishankar

A playful tiger wanders into an Indian village, much to the alarm of the locals.



THE TIGER WHO CAME TO TEA

by Judith Kerr

A tiger invites himself to Sophie and her mother's afternoon tea and eats all the food.



THE JUNGLE BOOK

by Rudyard Kipling

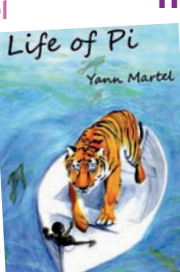
Fierce, proud, arrogant and among the scariest antagonists



LIFE OF PI

by Yann Martel

Whether you have read this gripping book, or watched director Ang Lee's film adaptation, the character



STOICISM FOR YOUNGLINGS

A 2015 study published in the journal 'Infant Behavior and Development' had shown that children — as young as 18 months — understood stoicism. As Covid-19 continues to wreak havoc in the world, here's why young readers may stand to benefit from this ancient concept

Nitya.Shukla@timesgroup.com

Stoicism is an ancient Greek philosophy that taught its followers to accept life as it comes and cultivate some virtues to lead a meaningful life. During the pandemic, this philosophy has become quite popular around the world thanks to Stoic Scholars — including Massimo Pigliucci, Alasdair MacIntyre, Martha Nussbaum and social media influencers like Ryan Holiday and Tim Ferris. In her column in 'The Guardian', author Brigid Delaney said that practising Stoicism helps 'cultivate an attitude of calm indifference to external states. Stoicism is a good self-help tool as we all continue to practice isolation in some form or the other. It helps manage the anxiety we face, especially among children, as schools continue to remain closed and social contact is limited.

with his 7-year-old daughter to write his book 'How to Think Like a Roman Emperor: The Stoic Philosophy of Marcus Aurelius'. He said in an interview, "I've been telling stories about Greek mythology since she was around three or four years old. The other kids at school talk about their favourite superhero being Batman or Spiderman. Poppy says her favourite hero is Hercules. Eventually, I ran out of stories about mythology and found myself telling her stories about Greek and Roman philosophy. In the ancient world, philosophy was taught through lectures and discussions, and communicated in written lectures, letters, and dialogues — like those of Plato and Aristotle. However, philosophy was also handed down in the form of anecdotes... which even a child can learn from."



THE HEART AND THE BOTTLE

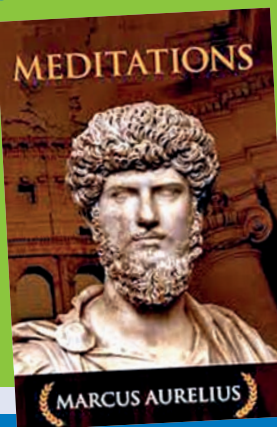
by Oliver Jeffers

While not exactly a Stoicism handbook, the story echoes with the principles of the philosophy in a gentle way. A wonderful introduction on how to overcome tough situations. Age no bar on this one.

MEDITATIONS

by Marcus Aurelius

For readers who are older.



WATCH THIS

Massimo Pigliucci's TED Ed video introducing the concept. Alternatively, website www.stoicislandfolklore.org is full of stories from all over the world anchored in ideas that Stoicism.

ORIGIN STORY

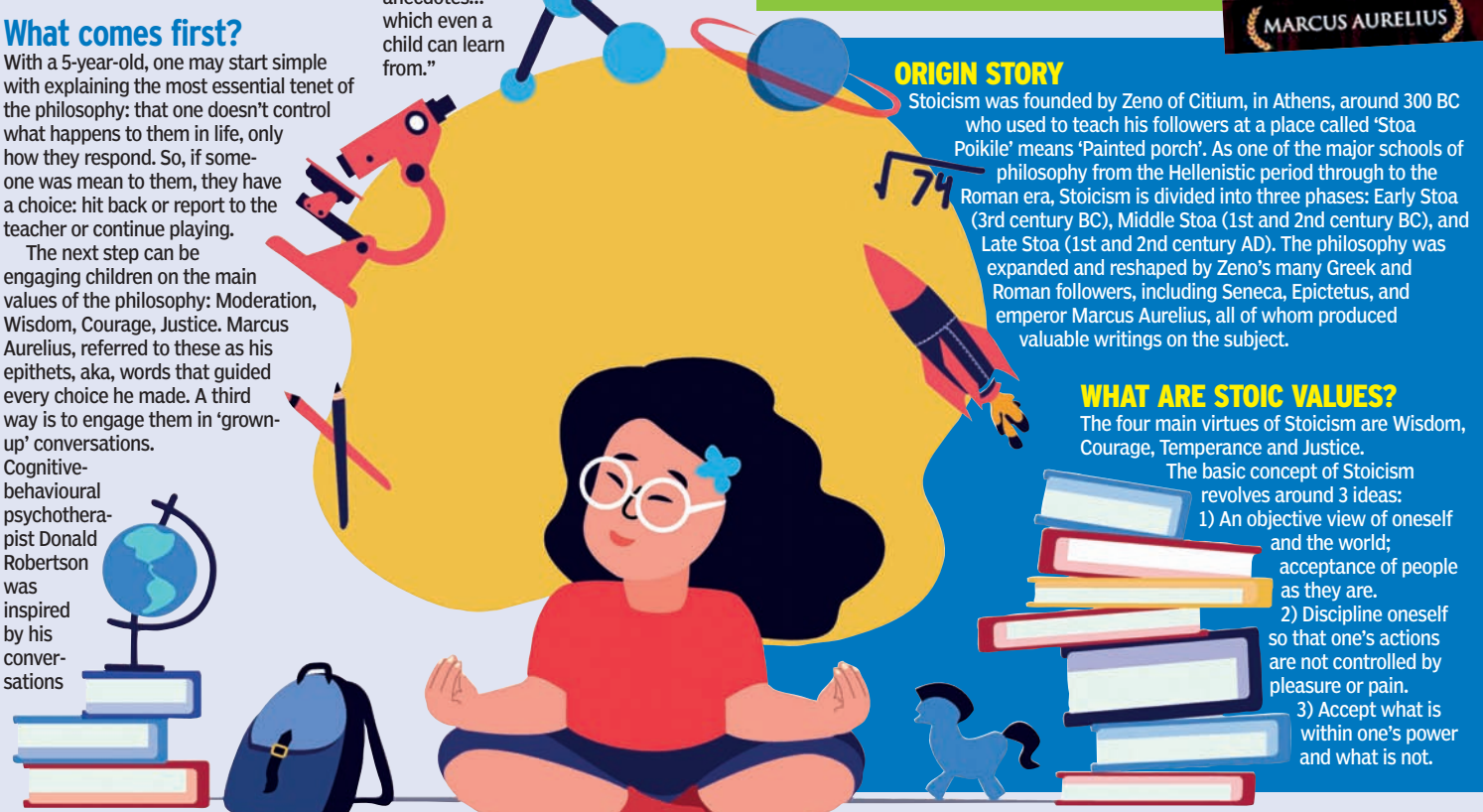
Stoicism was founded by Zeno of Citium, in Athens, around 300 BC who used to teach his followers at a place called 'Stoa Poikile' means 'Painted porch'. As one of the major schools of philosophy from the Hellenistic period through to the Roman era, Stoicism is divided into three phases: Early Stoa (3rd century BC), Middle Stoa (1st and 2nd century BC), and Late Stoa (1st and 2nd century AD). The philosophy was expanded and reshaped by Zeno's many Greek and Roman followers, including Seneca, Epictetus, and emperor Marcus Aurelius, all of whom produced valuable writings on the subject.

WHAT ARE STOIC VALUES?

The four main virtues of Stoicism are Wisdom, Courage, Temperance and Justice.

The basic concept of Stoicism revolves around 3 ideas:

- 1) An objective view of oneself and the world; acceptance of people as they are.
- 2) Discipline oneself so that one's actions are not controlled by pleasure or pain.
- 3) Accept what is within one's power and what is not.



FROM PASSION TO PODIUM

One of the most common questions skateboarders are asked is whether it is a lifestyle, a form of rebellion, or a sport. That was answered this year when the sport debuted as a competition at the Tokyo Olympics. Read on to know more...



SKATEBOARDING AS A SPORT

Skateboarding is a freestyle action sport in which a rider or skater balances on a short narrow wooden board fitted with wheels, and cruises along by propelling it with her/his feet. The rider performs athletic stunts while cruising. It is an extreme sport where the ability and imagination of the rider determines the level of difficulty of the stunts. Most skateboarding activities are performed either on the streets or at a park. There are various levels of difficulty in skateboard stunts. At the very basic level, a player should first learn how to stand on the board. This is followed by them being able to ride down a short gradual slope and learning how to stop. Next, beginners should learn how to stand on the skateboard with one foot and push with the other and turn the skateboard by leaning to the side, also called carving.

ORIGIN OF SKATEBOARDING

Founded in the United States, one of the earliest skateboarding activities began in the 1940s, when metal wheels were attached to a narrow wooden board. In the 1950s, clay composite came in and the first 'sidewalk surfboard' became commercially available, eventually evolving into the skateboard that we know today. The sport, popular among the younger generation, attained global popularity in the 1970s. Since the 1980s, skateboarding has been an essential part of street culture.

THE STUNTS

BASIC: With the evolution and influence of different cultures, the skateboard began to change over time. Early tricks consisted of only two-dimensional freestyle manoeuvres - like riding on only two wheels, called a wheelie; spinning only on the back wheels which is a pivot; high jumping over a bar and landing on the board again, also known the hippie jump; long jumping from one board to another or slalom. The other popular trick was the Bertlemann Slide, named after Larry Bertlemann's (legendary Hawaiian surfer and innovator of low pivot and aerial surfing) surfing manoeuvres.

ADVANCED

OLLIE: This is the first real trick that any skateboarder learns. While attempting the Ollie, the rider will push down on the back of the skateboard while controlling the upward movement of the front of the board with the front foot. This will cause the rider to lift into the air along with the skateboard. This trick takes a lot of practice, but is key to performing more difficult skateboard tricks.

FLIP TRICK: This trick is very similar to the Ollie, but while performing this, the board is flipped in different ways. There are different types of flip tricks like the kickflip, backside flip, and heelflip, depending on how the board is flipped.

GRINDS:

While performing this trick, the skateboarder ollies up on to an edge, like a handrail or bench, and then slides along on the trucks of the skateboard.

AERIALS: When the skateboarder gets into the air off a half-pipe or ramp and then performs a trick in the air like a twist or flip.

ALSO FOR BEGINNERS: Nollie or nose ollie, shuvit, pop shuvit, kickflip, power sliding, frontside 180, backside 180, casper flip, heel flip and manual are some of the more popular stunts for learners. Before they try these, they must master the ollie.

EQUIPMENT

SKATEBOARD DECK: A skateboard deck, or the board on which a rider stands, is usually made of a specially designed 7-8 ply maple plywood. The wood has a polyurethane coating for smoothness and durability. The length, width, materials and concave curve determine the speed and kind of stunts that can be performed. Standard skateboard decks are usually between 28 and 33 inches (71 and 84 cm) long. Wheels are attached to the underside by a pair of skateboarding trucks.

SHOES: In the early days, skateboarders preferred to ride barefoot, maintaining a foot-to-board contact, which some still continue to do. One of the first known trends in skateboarding was the sticky-soled-slip-on skate shoe. As

a beginner, one often lacks traction that can lead to foot injuries. This necessitated the need for a shoe that was specially designed for skateboarding. The design of the skate shoe includes many features, such as a vulcanised rubber or polyurethane sole with minimal tread pattern or no pattern, composition leather or suede upper, and double or triple stitching to extend the life of the upper material. A low, padded tongue is often included for comfort. The most important aspect of skate shoes is that they have flat soles which allow the skater to have better board control.

SAFETY GEAR: As with any extreme sport, safety is the absolute first in skateboarding too. Riders are often thrown off after hitting the small cracks and outcroppings on the pavement. Hence, it is important to wear a well-fitted helmet that will protect in case of a fall. Equally important are the knee pads, elbow pads and wrist guards.

CLOTHING: There is no restriction on what one can wear while skateboarding, but it is important to ensure that the clothes do not get in the way of the wheels. Hence flowing long clothes and shoes with laces are best avoided.

SKATEBOARDING AT THE OLYMPICS

The Tokyo 2020 skateboarding courses are a culmination of the designs and experiences derived from a number of the world championship and qualifying events. Each course will be considerably larger than a typical qualifying or world championship course but still small enough to allow athletes to take advantage of all obstacles during a typical run. Both the 'street' and 'park' courses have been designed with equality in mind for both regular and goofy stance skateboarders as well as all genders to compete on.

STREET: This competition is held on a straight street-like course featuring stairs, handrails, curbs, benches, walls and slopes. Each skateboarder performs individually and uses each section to demonstrate a range of skills, or 'tricks'. Judging takes into account factors such as the degree of difficulty of the tricks, height, speed, originality, execution and the composition of moves, in order to award an overall mark. Skateboarders often 'slide' the wooden deck of their skateboards and 'grind' the metal trucks (components which connect the wheels and bearings to the deck of the skateboard) directly along the course's curbs and handrails.

PARK: Park competitions take place on a hollowed-out course featuring a series of complicated

curves - some resembling large dishes and dome-shaped bowls. From the bottom of the cavity, the curved surfaces rise steeply, with the upper part of the incline either vertical or almost vertical. Among the attractions of park competitions are the immense heights achieved by climbing the curves at speed and performing amazing mid-air tricks. The variety of tricks available to a skateboarder increases with the height gained launching out of the park's curves. The degree of difficulty can depend on whether the deck of the skateboard is grabbed with a hand when performing mid-air tricks, which part of the deck is grabbed, which hand is used to grab the deck and the posture of the rider while grabbing the deck. Difficulty and originality also increase if the deck is rotated mid-air, flipped or if the competitor is able to rotate their body while mid-air. Other tricks include variations of balancing (stalls), grinds and slide tricks on the 'lip' of the ramp.

GOLDEN MOMENT: Momiji Nishiya of Japan is all smiles as she takes podium after winning the gold medal in the women's street skateboarding finals at the Tokyo 2020 Olympics. The 13-year-old became the youngest ever to win gold

INTERESTING FACTS

Skateboarding was original referred to as 'sidewalk skating'.

The first skateboards, created in California, had handles to make them easier to ride.

The first professional female skateboarder was Patti McGee. Women have been involved in the sport since it was created.

Prior to the invention of skateboarding ramps, skateboarders would practise in empty swimming pools and in drainage ditches.

Skateboarding was banned in Norway between 1978 and 1989 due to the number of injuries to players.

It is estimated that over 800,000 skateboarders visit the doctor in the US each year because of skateboarding injuries.

The sport has many benefits for participants - increases concentration, improves hand-eye coordination and balance.

Unlike other sports, in skateboarding, uniforms and jerseys are not typically worn. Instead the skate-

board deck, the flat board on which a skater stands, becomes the mode expressing an athlete's individuality and style. Skateboarders often have graphical designs illustrated on the bottom of the deck.

Since the early 2000s, electric boards have made an entry. These no longer require the propelling of the skateboard by means of the feet; rather an electric motor propels the board, aided by an electric battery.

SKATEBOARDING LEGENDS OF ALL TIME

1. Rodney Mullen (US)
2. Paul Rodriguez (US)
3. Bucky Lasek (US)
4. Bob Burnquist (BRA)
5. Tony Hawk (US)

6. Danny Way (US)
7. Eric Koston (US)
8. Bam Margera (US)
9. Chris Cole (US)
10. Andrew Reynolds (US)