

TODAY'S EDITION

➤ **Busting common public-speaking myths**
➤ **6 unusual English words; idioms on water**
PAGE 2



➤ **5 reasons to watch Star Trek: Discovery**
➤ **Old classics and new titles for 10-12 year olds**
PAGE 3



➤ **Will cricket's bubble burst in 2021?**
PAGE 4



CLICK HERE: PAGE 1 AND 2

RETHINK

The right to 'DISCONNECT'

In the world of hyper connectivity, how do you switch off and why

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if he is not and wants to recuperate, shouldn't he be allowed to do so? Ditto for those parents who decided to attend the online housewarming party of their close friend despite a long day at work as it would be rude to say 'No' to the Zoom get together; after all there is no commute involved.

the smartphone without your loved ones going into a panic mode if you don't answer their calls for 2 hours. How can we go ahead with this right to disconnect and is there a right way to do it? Here are some expert tips:

- Remember, like in the offline world, you do have a right to say

no to excessive online connect in the digital world too.

- You should be careful to not be aggressive in your online communication – for example – if you are inviting someone to a digital seminar or party, don't use words like, "you will attend if you

care." This becomes a subtle form of emotional aggressiveness, which may make some of your close friends attend it so that you are not offended or hurt. Bottomline: Inform and request, minus any emotional aggression.

- If you don't reply to a WhatsApp ping right away, it's ok. Unless it's official and you were expected to be around for something, you don't have to apologise later on and say you were having your lunch or doing your work and didn't have the time to chat then. You shouldn't be looking into your phone while eating, working or during real time communication with people. The expectation to reply to a message right away is overrated and not too healthy.
- People are probably sick of too much connectivity and are waiting for someone to say, 'no more zoom meetings for the weekend'.
- It's also ok to inform your family/friends that you are away on a holiday for a week and won't be available on social networking sites till you are back. Don't feel guilty about 'disconnecting' – that's your right!

— Expert: Dr Sanjay Chugh, psychiatrist

Right to disconnect is important for our mental wellbeing as staying connected creates unseen pressure

SELF-CARE

Let's face it

Face reading to dig deeper under the skin

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A mysterious rash, persistent skin conditions or dilated pores are not always superficial skin problems that cleansing lotions can fix, but a result of an internal issue that better be dealt with. Let's do some face reading...

1. EYES

a) Dark circles: Darkness around the eyes is usually a sign of a weakened immune system. It indicates a loss of vitality and mineral imbalance.

b) Puffiness: Usually puffiness or bags indicate excessive intake of liquids and stimulating foods like tea, coffee.

WHAT TO DO: Get vitality back by indulging in some physical activity. Try walking in open spaces or light weight training or Kundalini yoga. Do increase mineral rich foods in your diet.

2. LIPS

Generally lips reflect the digestive tract. The upper lip reflects the upper digestion and the lower lip represents the lower digestion. Often lower lips are swollen and inflamed and this indicates a corresponding

inflammation in the intestines and if the lower lips are hugely swollen it may even indicate IBS (Irritable Bowel Syndrome).

WHAT TO DO: Eat fibre-rich food like brown rice, fermented foods such as miso, idlis, leafy greens and gourds.

3. FRECKLES

In oriental macrobiotic facial evaluation, freckles indicate excessive consumption of refined flours and sugars. They call this the 'caramelising of sugars' when out in the sun.

WHAT TO DO: Eating well-balanced meals with natural sugars, healthy sugars such as apples, pomegranates as well as alkaline foods may help. Reduce flour and even excessive fruits.

4. CHEEKS

Generally cheeks represent the lung area. Swollen or droopy cheeks are a sign of weak lungs.

WHAT TO DO: Have super foods and blood cleansers such as aloe vera, amla, neem, haldi and basil. Reduce dairy, simple sugars, spicy foods and animal proteins.

#GOALS

Good Morning, WORLD!

Do you know that consistent morning habits set the tone for a productive day? Follow these tips to achieve more

Good morning #1 FORGET THE ALARM, RELY ON YOUR BODY CLOCK

Successful people wake up on their own. Amazon CEO Jeff Bezos and media mogul Oprah Winfrey swear by waking up on their own without an alarm. Winfrey finds alarms "alarming". Her first thought upon waking up is of gratitude. Even sleep evangelist and

entrepreneur Arianna Huffington swears by the system. She, in fact, goes to bed early for an early start. Many times Huffington has professed against alarms. An article in Forbes quoted her: "Just think about the definition of the word alarm: a sudden fear or distressing suspense caused by an awareness of danger." Beginning the

day in a startling manner creates a flood of stress hormones. Instead try relying on your body clock.

Good morning #2 GET RID OF BED TEA/COFFEE

Most celebrities (Jennifer Aniston, Cameron Diaz and closer home, Deepika Padukone) prefer to start their day with adequate amounts of water and not a stimulant like coffee or tea. While a morning cuppa seems like a logical choice, health experts say that water is better. Why? Because while you are sleeping, you are not drinking water. A

Good morning #3 EXERCISE, FOR SURE

Successful leaders exercise daily. From former PepsiCo head Indra Nooyi to actress and wellness entrepreneur Gwyneth Paltrow, morning workout is built in to their morning routines. Even Bill Gates says he multitasks during his morning treadmill workouts by watching DVDs while exercising, according to 'The New York Times'. Morning yoga is one of the most powerful practice to start your day on a good note.

Good morning #4 START THE NIGHT BEFORE

Want a productive morning? Prep for it the night before. Many successful people spend their evenings getting ready for the following day by writing down what they want to achieve the next day. Making a to-do list at night is more time efficient, reduces stress and marks a definitive end to the day.

Good morning #5 SELF-REFLECT

Most successful people set aside a time to meditate and self-reflect in the morning. Steve Jobs did it and so does Winfrey. The idea being that we usually go about days on auto-pilot, especially now that we are sitting at home. Self-reflection help you to keep sight of your values, goals and passions. An article in Forbes mentions how Steve Jobs would ask himself one question everyday: "If today were the last day of my life, would I want to do what I am about to do today? If the answer is no for too many days in a row, I know I need to change something." This self-awareness technique is genius. It helps you course correct.

WHAT DO YOU THINK OF...

DARK CIRCLE BEAUTY TREND

Trust the social media to turn everyday realities into a beauty trend. Some TikTokers in the US started smearing their undereye with dark shades to start the 'dark circle' trend. This anti-beauty trend started when a teen put up a short video drawing dark circles under her eye. Many magazines picked up the trend and are now using it for their shoots. Many hail this as celebrating natural flaws like dark circles. Some argue it glorifies unhealthy practices. What do you think?

THE RIGHT START

Use some wisdom from macrobiotics, traditional Chinese medicine, Ayurveda and yoga to make sure your kid is eating right

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CATCH THEM YOUNG

In macrobiotics, it is known that every seven years the body replenishes itself and hence for a growing child, the first 21 years (3 X 7 years) are crucial. At this age getting children to eat healthy is really the most important role of the parents. A child who grows up eating healthy, is less likely to face chronic digestive issues, colds and coughs and it also prevents an early onset of diabetes, heart disease and osteoporosis.

What you can do: In the formative years, make sure the child eats as many vegetables, whole grains, beans, nuts, seeds and fruit

food – a new cellular memory is created and, over a period of time, the child will begin to crave healthier foods. So, don't say an absolute no to the food they crave, just package it smartly. Reduce white sugar and other simple sugars in the diet. All these changes will improve their heart and kidney function as well as maintain the acid-alkali balance in their body.

What you can do: Slip in healthy ingredients like make a rice and chickpea burger, brown rice smoothie, or apple walnut

DID YOU KNOW?

When a child's tongue is coated with white sugar, it is difficult for him/her to enjoy natural sweetness of fruits & veggies

SMART PACKAGING

Research says that by feeding your child good

muffin. Substitute sugar with jaggery, palm sugar and fruits

ALTERNATIVE THERAPIES

Be an informed parent. There is a world of alternative wellness out there. Oriental and yonic teachings say that brown rice improves brain function and intelligence while white sugar hampers neural function and makes a child forgetful. Any food that makes the blood sugar spike and crash quickly (sugary chocolates, noodles, chips) affects the steadiness of the whole brain and body.

What you can do: The brain functions well when the child eats foods that are slow burning like whole grains, healthy nuts, seeds, etc and fats

'EXERCISE' THE RIGHT CHOICE

The abdomen, now scientifically recognised as the second brain, is crucial for a child's vitality. A long walk is a daily massage for the abdomen and it also strengthens for the core abdominal muscles. Moving the body also increases your child's breath capacity and oxygen to the cells.

What you can do: Go running with your kid

Flowers of Love

These flowers stand for enduring passion, lasting bond and commitment and if you want to show true love to someone you pick these.

Like: Red roses (enduring passion), dahlia (commitment), red tulip (perfect love), carnation (love and fascination). FYI, different colours stand for different emotions for love

Flowers of joy

This is a mixed bag as these are evergreen flowers that fit most occasions and are generic in nature.

Like: Sunflower (joy), chrysanthemum (optimism), daffodil (good fortune but always given as a bunch), lily of the valley (sweetness), pink hyacinth (playfulness), gerbera (cheerfulness)

Flowers of Friendship

Carry these to a friend's house or gift your best friend on their birthday – these flowers celebrate the bond of friendship.

Like: Yellow rose (friendship and joy), freesias (innocence and thoughtfulness), stocks (lasting beauty, a happy life and the bonds of affection)

Flowers of gratitude

Want to say thank you to a kind teacher or show appreciation to a friend's mom for inviting you over, then pic these posies.

Like: Pink roses (appreciation and admiration), hydrangea (sincere and heartfelt gratitude), peach rose (modesty)

Flowers of admiration

Want to show someone that you admire them – be it for their bravery, gallantry, beauty or any skill that you find worth admiring, these are your picks.

Like: Lavender rose (enchantment), Sweet William (gallantry), orchid (rare and delicate beauty), camellia (affection and admiration)

Flowers of remembrance

From empathy to loss to seeking forgiveness, these flowers speak more than words.

Like: Poppy (remembrance and consolation), white stargazer lily (purity, innocence and sympathy), purple hyacinth (sorrow and forgiveness), white tulip (apology)

Say it with FLOWERS

Floriography is the language of flowers which tells us that every flower carries its own special meaning or symbolism. Pick the right one

5 COMMON PUBLIC SPEAKING MYTHS

Statistics suggest it's likely you know the feeling of being in front of an audience with your heart racing, your mouth dry, and your palms sweaty. If this has happened to you repeatedly, then you may have dismissed the idea of ever becoming a talented public speaker, writing it off to a lack of natural talent or extroversion. But that's nonsense, say members of Toastmasters International.

Toastmasters is a global network of 15,400 clubs across 135 countries that has been dedicated to developing people of all backgrounds and skill levels into accomplished public speakers for the past 90 years. According to the Toastmasters, there are five common public speaking myths people frequently run into that keep people from becoming the clear and confident speakers they can be. We've explained them below.

1 Only the vociferous can be great speakers

There are certainly some people whose personalities allow them to get in front of a crowd with little fear and project their voice. But, of course, being a great public speaker requires much more than a strong will and a loud voice. Like any other skill, the only way to look like a true “natural” on stage is through disciplined practice. And don't believe that anything you may consider a negative

trait — a speech impediment, heavy accent, social anxiety — needs to hold you back. For example, 2015 Toastmasters International World Champion of Public Speaking, Mohammed Qahtani, has dealt with a stutter for his entire life, and learned to keep it from emerging in his speeches. And even if it did pop up, he wouldn't be worried. He told Business Insider that he knew some



Hi folks! We are **HOPPER & CROCKY**. Public-speaking phobia ranks as one of our top-most fears. Unfortunately, it stems from a series of misconceptions which can easily be dispelled with a change in outlook

of his competitors had a stronger voice or more impressive stage presence than he did, but his gift was comedic timing. Everyone has their strengths, and they can compensate for your weaknesses.

2 Experienced speakers no longer become nervous before a speech

As Stanford psychologist Kelly McGonigal explained in a viral 2013 TED Talk, the rush of adrenaline you feel before a performance is a natural reaction that should not be anxiety-inducing, but rather empowering. As you develop as a speaker, your pre-speech jitters will diminish, but that flare of your nerves will never go away if you're about to give a presentation you genuinely care about. Former New York Toastmasters president Joshua Rinaldi told the Business Insider that anyone from a novice to professional can benefit from avoiding caffeine an hour before their presentation and 30 seconds of controlled, deep breaths before stepping in front of your audience, in order to best manage your nervous energy.

3 Introverts can never handle the spotlight

Susan Cain, author of the bestseller “Quiet: The Power of Introverts in a World That Can't Stop Talking”, explains in her book that introverts are not necessarily shy, but gain energy from low-key environments. Continuing on the earlier point about playing to strengths, introverts don't need to mimic a high-energy extrovert like Tony Robbins when they speak to an audience, but can go at their own pace in a thoughtful way. Cain, a self-described introvert, said she joined the Toastmasters to become a better public speaker because it provided her with a forum to practice that felt safe and supportive.



4 Best presenters memorise their speeches

Many beginners think that giving a speech is similar to giving a monologue in a play, memorising carefully constructed lines word for word. In a presentation, however, you need to work off of your audience to best impart value to them. Performance coach Tony Robbins said the only way a presentation works is if it's in some way tailored to the people in front of him. “So if you're just giving some expected talk you've memorised over and over again, you're going to have a flat

affect,” he said. “If you've just got a bunch of visuals on the screen that are leading your talk, hang up your shoes and get the hell out of there.” You need to be in the moment and flexible to make it real and raw,” Robbins said.

5 There's a rigid code of conduct for speeches

Giving a serious speech doesn't require you to stand rigidly behind a lectern. And if you're going to go without a podium, you shouldn't be conscious of yourself when it's time to give the presentation. You should instead be genuine, which in turn makes you engaging. It comes with practice. “It took me 10 years to learn to be myself on stage,” 2014 Toastmasters champion Dananjaya Hettiarachchi said with a laugh. By feeling comfortable with your movements and expressions, you can maintain a conversational tone with your audience.

SOURCE: BUSINESS INSIDER



Photos: Getty Images

Stock market terms

1. AGENT: A brokerage firm is said to be an agent when it acts on behalf of the client in buying or purchasing of shares. At no point of time in the entire transaction the agent will own the shares.

2. ASK/OFFER: The lowest price an owner is willing to sell the stocks.

3. ASSETS: Everything the company owns on its name, including the cash, equipment, land, technology etc. which shows the total wealth of the company.

4. BETA: It is a measurement of relationship between stock price of any particular stock and the movement of whole market.

5. BID: It is the highest price a buyer is willing to pay for a stock. It is opposite of ask/offer.

6. BLUE CHIP STOCK: Stocks of large, well-established and financially-sound companies that hold a record of consistently increasing the rate of paying the dividends over decades to its stockholders. Blue chip stocks typically have a market capitalisation in thousands of crores.

7. BONDS: It is a promissory note issued by companies or the government to its buyers. It speaks about the specified amount held for a specified time period by the buyer.

8. BROKER/BROKERAGE FIRM: A registered securities firm is called a broker/brokerage firm. Broker's acts as an advisor for purchase and sale of listed stocks. But they charge a commission for their service.



A BULL MARKET is a market financial situation which is characterised by the investor's confidence, optimism and positive expectations that good results will continue. The opposite of a bull market is a **BEAR MARKET**, which is typically characterised by bad economy, fewer jobs, recession and falling share prices.

istered securities firm is called a broker/brokerage firm. Broker's acts as an advisor for purchase and sale of listed stocks. But they charge a commission for their service.

9. BUSINESS DAY: Monday to Friday, excluding public holidays.

10. CLOSE PRICE: The final price at which the stock is traded on a given particular trading day.

11. COMMODITIES: Products used for commerce that are traded on a separate, authorised commodities platform. Commodities include agricultural

products and natural resources.

12. DIVIDEND: A portion of the company's earnings decided to pay to its shareholders in return to their investments. It is usually declared as a percentage of current share price or some specified INR value, usually decided by the board of directors of the company.

13. EQUITY: Common and preferred stocks, which represents shares in the ownership of a company.

14. MARKET CAPITALISATION: The total value in INR of all of a company's outstanding shares. It is calculated by multiplying all the outstanding shares with the current market price of one share. It determines the company's size in terms of its wealth.

15. MUTUAL FUND: A pool of money managed by experts by investing in stocks, bonds and other securities with the objective of improving their savings. These experts will create a diversified portfolio from these funds.

16. PRE-OPENING SESSION: The pre-open session is for a duration of 15 minutes i.e. from 9:00 AM to 9:15 AM. In pre-open session order entry, modification and cancellation takes place.

17. TRADING SESSION: The period of time from 9:15 AM to 3:30 PM is open for trading for both sellers and buyers. Within this time frame, all the orders of the day must be placed.

IDIOMS ON WATER



Come hell or high water

Meaning: whatever difficulties may occur.

Example: We are going to win the cricket tournament this year, come hell or high water!

In hot water

Meaning: in a difficult situation in which you are likely to be punished.

Example: He found himself in hot water over his comments about women.

Not hold water

Meaning: To not be or not appear to be true

Example: His argument just doesn't hold water. It's all based

on emotions, not on facts.

Test the waters

Meaning: To informally or casually attempt to discover a little more about a situation before you go ahead and become very involved

Example: Before I decided to become a full-time reporter, I tested the waters by intern-ing at a reputable newspaper organisation.

Water under the bridge

Meaning: A prior issue that is now resolved or considered resolved.

Example: Yes, we did have our disagreements but that's

water under the bridge now.

Keep your head above water

Meaning: To (barely) avoid being consumed by a stressful or unpleasant situation.

Example: If I get this raise, we'll just about keep our heads above water until next year.

To be dead in the water

Meaning: It means that something has failed and it seems impossible that it will be successful in the future.

Example: I think you should admit that the government's plans for reviving the economy are now dead in the water.

6 UNUSUAL ENGLISH WORDS

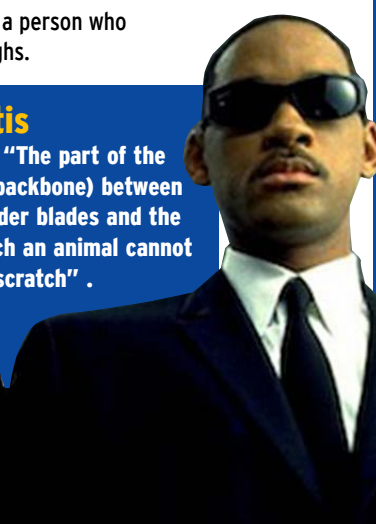


AGELAST

MEANING: a person who never laughs.

Acnestis

MEANING: “The part of the back (or backbone) between the shoulder blades and the loins which an animal cannot reach to scratch” .



A still from 'Men in Black'

Meldrop

MEANING: A drop of mucus at the nose, whether produced by cold or otherwise.

Octothorpe

DEFINITION: the symbol # According to Merriam Webster dictionary, “The origins of octothorpe are shrouded in mystery; we are fairly certain that the word began being used in the early 1970s, but we do not know what led to the prefix for “eight” (-octo) being added to the component for thorpe (“thorpe”),”

Bibble

MEANING: to drink often; to eat and/or drink noisily

Lamprophony

MEANING: loudness and clarity of enunciation.

Macrosmatic

MEANING: having a good sense of smell.

Ragamuffin

MEANING: a ragamuffin is a person who wears dirty and scruffy clothes - clothes that are just like rags!

Gobbledygook

MEANING: It means words that are nonsense or have no meaning. It also describes when people use too many technical words and so other people can't understand what they're saying.

Oxter

MEANING: outdated word meaning “armpit”.

Tittynope

MEANING: a small quantity of leftover.

Ulotrichous

MEANING: having woolly or crispy hair.

Queries relating to language skills

Do you find grammar confusing? Do you get stuck with words when writing a letter, an essay or a blog? Do you have a fear of public speaking? Or do you simply want to

improve your communication skills? Times NIE is here to help you to master the intricacies of the English language. Just shoot us your queries on

toinie175@gmail.com



Five reasons why Star Trek: Discovery is a must watch



Even if you aren't into science fiction, watch it for...

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THE DIVERSE CAST

In June 2016, while assembling the cast of 'Star Trek: Discovery', co-creator Bryan Fuller had said he'd be looking at the "roles through a colour-blind and a gender-blind prism". By the time the series hit the screens in 2017 (first on a television network and then a streaming platform), it had a progressive vision supported by a crew that is diverse in gender, race; and

includes minority, female, and gender-diverse (non-binary and trans) actors. That is evident from the first episode which features two non-white actresses: Malaysian actress Michelle Yeoh as Captain Philippa Georgiou and the franchise's first black female lead, American actress Sonequa Martin-Green as Michael Burnham, a science specialist. If you are wondering why a female protagonist has a male name, well, that's to the credit of Fuller who has done the same with the female leads on three of his previous series. 'Discovery' features several actors from different parts of the world, including our very own Adil Hussain, Indo-Canadian actor Rekha Sharma, and other global names: Shazad Latif,

Wilson Culver, David Ajala, Mary Wiseman.

THE ALIENS

The series features all sorts of interesting alien species that'll make your mind spin. If you love learning about new cultures, people and places, the aliens of 'Star Trek: Discovery' will mesmerise you with their backgrounds and intriguing storylines. Oh yes, that's another standout feature of the series: Whether humans or aliens, the series is told from the perspectives of several lead characters. As for the aliens, besides the ever-favourite Klingons and the Vulcans (remember 'Live Long and Prosper?'), there are Andoreans, Bajorans, Trill, Orions and many more

that you will love. Though we'd tell you to watch out for the storyline of Saru (played by actor Doug Jones), who belongs to an alien race called the Kelpien. 'Discovery' is constantly tipping a hat to the original 'Star Trek' and its various franchises. In season 3 of 'Discovery', they brought back two aliens species from the Star Trek movie era. Of course, you'd have to be a true-blue fan to know which ones.

THE FUTURE

There have been plenty of series set in the distant future but there's

something special when 'Discovery' takes a 930-year leap. This is after they make you feel like you've got a hang of the times they were living in, aka year 2255-2259. After making that jump Discovery lands in year 3189 or the 32nd century. Even if you hate tech stuff, the technological evolution as shown in this series is far superior to any other series you've seen so far. Also, by jumping 930 years into the future, 'Discovery' frees itself from the constraints of previous Star Trek series, making it a far more entertaining and unpredictable show.

Watch out for

MICHAEL BURNHAM

The protagonist of 'Star Trek: Discovery' is the ship's science specialist, a human who was raised Vulcan by Ambassador Sarek and Amanda Grayson following the death of her parents. According to 'www.fandom.com', she served as the first officer aboard the USS Shenzhou in 2256, under Captain Philippa Georgiou, with whom she had served since 2249. In 2256, she was stripped of rank and sentenced to life imprisonment for mutiny, but she gained a second chance when she

was assigned to the USS Discovery as a specialist. Her renegade attitude and tactics save the day several times.

CAPTAIN PIKE

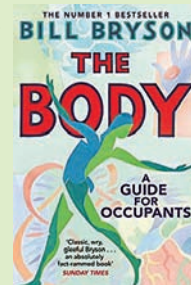
'New York Times' called Captain Pike "the most tolerant and patient captain we've seen at the center of a 'Star Trek' series. He consistently listens to his subordinates, is an advocate for his crew and doesn't make rash decisions. You can see why he eventually (at least according to traditional Trek canon) becomes an admiral."



Your heart beats 100,000 times per day!

Here are 9 more reasons why you must read Bill Bryson's 'The Body: A Guide For Occupants'

It takes 59 elements to make a human being. These include oxygen (61 per cent), hydrogen (10 per cent), carbon, nitrogen, calcium, as well as copper, cobalt, and tin. ■ You blink 14,000 times each day. ■ If all your blood vessels were lined after each other (lengthwise) it would be enough to go around Earth 2.5 times. ■ Your body has 7,000,000,000,000,000,000,000,000 atoms



■ The lifespan of your DNA is tens of thousands of years. ■ There are 40,000 species of microbes that live in you, including 900 species in your nostrils; 800 inside your cheeks; 1300 on your gums and 36,000 in your gastrointestinal tract. ■ Water makes 75-80 per cent of your brain. ■ The amount of information your brain goes through in 30 seconds is more than what the Hubble Space Telescope processes in 30 years. ■ Your brain has 86 billion neurons.



Epic movie soundtracks

Gladiator, 2000

The original score and songs were composed by German composer Hans Zimmer and Lisa Gerrard, along with The Lyndhurst Orchestra performing the score conducted by Gavin Greenaway.



consideration). The main theme of the movie is 'Promontory', an orchestration of the tune 'The Gael' by Scottish singer-songwriter Dougie MacLean from his 1990 album The Search.

Braveheart, 1995
The instrumental soundtrack was composed and conducted by James Horner and performed by the London Symphony Orchestra.



Rush, 2013
The soundtrack features a musical score composed by Hans Zimmer, plus five classic rock songs by Dave Edmunds, Steve Winwood, Mud, Thin Lizzy, and David Bowie.

The Dark Knight, 2008

The soundtrack was composed by Hans Zimmer and James Newton Howard. Just like 'Batman Begins' and later 'The Dark Knight Rises', the main motif always consists in just two notes, played by horns and accompanied by strings, representing Batman's pain and guilt.

Requiem for a Dream, 2000

Composed by Clint Mansell and performed by the Kronos Quartet, this is one of the best soundtracks you will ever listen to...

A still from the film 'Rush'; (above) Hans Zimmer and Clint Mansell



5 KID-FRIENDLY MOVIES ON RACE



NASA, Katherine Johnson (Taraji P Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe), serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn (Glen Powell) into orbit, while fighting racial and gender prejudices.

Remember the Titans (12+)

In the early 1970s, two schools in Alexandria, Virginia, integrate forming TC Williams High School. The European American head coach of the Titans is replaced by an African American coach from North Carolina. Tensions arise when players of different races are forced together on the same football team. A stellar perform-



Moana (5+)

This Disney film opened in 2016 to critical acclaim. It features an adventurous teenager named, Moana, living on a Polynesian island in ancient times. The plot follows the track of self-discovery and self-realisation, as Moana finds her true leadership qualities through her perils.

Akeelah and the Bee (8+)

Akeelah, an 11-year-old girl living in South Los Angeles, discovers she has a talent for spelling, which she hopes will take her to the National Spelling Bee. Despite her mother's objections, Akeelah doesn't give up on her goal. She finds help in the form of a teacher, and overwhelming support from her community.

3 books to help you learn more about the iconic civil rights activist

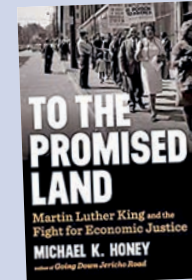
Why We Can't Wait by Martin Luther King Jr

Martin Luther King Jr. chronicles the story of the American Civil Rights Movement and recounts the historical moments that transformed his non-violent campaign for racial justice - from prayer meetings to a worldwide phenomenon.



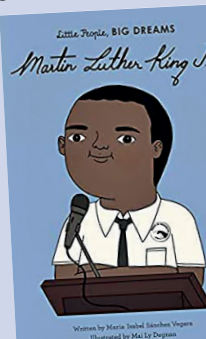
To the Promised Land: Martin Luther King Jr. and the Fight for Economic Justice by Michael K Honey

This book explores Martin Luther King Jr.'s desire for a 'moral revolution' which he hoped would replace self-seeking individualism with concern for the common good.



Little People, Big Dreams: Martin Luther King Jr. by Maria Isabel Sanchez Vegara

If you want to educate your child about the life of the legendary Civil Rights Activist, and all his struggles, pick this one.



CLASSICS

1. The Jungle Book by Rudyard Kipling (1894)

This classic by Kipling is an adventure story about a man-cub named Mowgli, who is hunted by an evil tiger named Shere Khan. Mowgli tries to live a peaceful life with other humans, but is too wild for the wolves. Eventually, he finds a home in the jungle with a pack of his own.



2. Charlotte's Web by E B White (1952)

White's time-honoured story is about friendship and survival against all odds. Wilbur the piglet is a runt, but that doesn't deter Fern, his human friend, from caring for him. Along with an array of farm animals, including Wilbur's spidery friend, Charlotte, the farmyard friends set about helping Wilbur become a prize-winning pig in order to avoid an untimely end.



3. Goodnight Mister Tom by Michelle Magorian (1981)

This is a touching and thought-provoking portrait of how two people can find solace in each other in the midst of turmoil. Set during the Sec-



ond World War; a young boy named, William, is evacuated to the countryside to live with a grieving widower named Tom. Having been abused and beaten by his mother earlier, it takes William a while to adapt to a life with more freedom and happiness.

4. A Really Short History of Nearly Everything by Bill Bryson (2003)

Bryson is writer extraordinaire. If you've ever wondered how people seamlessly add humour to stories that also tell you everything you need to know, you must read all of Bryson. Begin with this one. It explains everything we've learned about our world and the universe so far, including how they formed, how we learned to make sense of time, space and gravity, why it's such a miracle that we're alive and how much of our planet is still a complete mystery to us.

5. Peter Pan by J. M. Barrie (1911)

In this incredible coming-of-age adventure, you'll meet pirates, fairies, mermaids as you journey through Neverland, a place you can go to only if you imagine it. Peter Pan, the protagonist is mischievous boy who refuses to grow up, befriends Red Indians, the Little Lost Boys, Tinkerbell, a fairy. But a mean pirate called Captain Hook is after him and his friends.



5 classics for 10-12 year olds...



...and 5 new reads for 2021

NEW READS

1. The Night Diary by Veera Hiranandani

An epistolary novel which recounts the Partition of India through the eyes of Nisha, a 12-year-old half-Hindu and half-Muslim girl. Nisha and her twin brother live with their Hindu father, Papa; their grandmother, Dadi; and their cook, Kazi, and try to understand the complex dynamics of religious divide, losing home, and life.



2. The Girl Who Drank the Moon by Kelly Barnhill

Every year, the people of the Protectorate leave a baby as an offering to the witch who lives in the forest. They hope this sacrifice will keep her from terrorising their town. But the witch in the forest, Xan, is kind and gentle, who rescues the abandoned children and deliver them to welcoming families.



3. Up for Air by Laurie Morrison

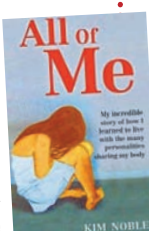
Thirteen-year-old Annabelle struggles in school, no matter how hard she tries. But as soon as she dives into the pool, she's



unstoppable. Over the summer, everything changes. Suddenly, she has new friends, and a high school boy starts treating her well. But after a prank goes wrong, Annabelle is abandoned by the older boy and can't swim. Who is she without the one thing she's good at?

4. All of Me: How I Learned to Live with the Many Personalities Sharing My Body by Kim Noble

Taking the reader through an extraordinary world where the very nature of reality is different, this personal narrative tells the story of one woman's terrifying battle to understand her own mind. From the desperate struggle to win back the child she loves to the courage and commitment needed to make sense of her life, this account is the author's experience of living in and out of mental institutions and various diagnoses until finally being appropriately diagnosed...



5. Genesis Begins Again by Alicia D Williams

This deeply sensitive and compelling novel is about 13-year-old, Genesis, who tries to lighten her skin, thinking it is the root of her family's troubles; before discovering reasons to love herself as is.



-penguin.co.uk, momlovesbest.com

WILL CRICKET'S BUBBLE BURST IN 2021?

International cricket found a way through last year's coronavirus pandemic but the strain of 'bubble life' was evident by the end of 2020



Photo: GETTY IMAGES

A key element of the bio-bubble is that players will not be permitted to have access to families, visitors, friends, and relatives for the duration of a tournament

FINANCIAL LOSSES TO CRICKET BOARDS

After the 2020 March lockdown, international cricket, sustained by the broadcast income from tours and tournaments, did not resume again until the England-West Indies Test series in July. That month also saw the International Cricket Council announce it was postponing 2020 Men's World Twenty20 in Australia until 2022. The England-West Indies series, played at the 'bio-secure' venues of Southampton and Manchester, established a template for cricket amid the

pandemic and spared the England and Wales Cricket Board, one of the wealthier national governing bodies, from a crippling financial hit. But the ECB still postponed its new domestic Hundred tournament, a 100 balls per side competition for men and women, while announcing 62 redundancies and pay cuts for players. The ECB also forecast a loss of more than £100 million (\$135 million) in 2020, potentially rising to £200 million in 2021. West Indies won the first Test but lost the series.

TOM BANTON, TOM CURRAN PULL OUT FROM BBL

Together with Pakistan, another of world cricket's financially poorer leading sides, the West Indies spent much of 2020 on the road, the two teams travelling to both England and New Zealand. West Indies captain Jason Holder, who played in another bubble during a lucrative Indian Premier League, moved to the United Arab Emirates on health grounds, articulated the stress-

es of cricket in confinement. "Going from bubble to bubble, being isolated in a room, sometimes the room just gets smaller and smaller by the second," said Holder following the second of West Indies' two innings defeats in New Zealand in December 2020. Meanwhile, England's Tom Banton and Tom Curran both withdrew from Australia's Big Bash League after citing bubble fatigue.

ONLY RICH NATIONS CAN AFFORD BIO BUBBLE?

December saw England abandon their tour of South Africa after breaches of their hotel bubble. Michael Vaughan branded the decision "alarming", with the former England captain writing in the 'Daily Telegraph': "I worry that in future it will only be the rich nations that can put on cricket in bio-secure bubbles." But Judge Zak Yacoob, the interim board chairman of Cricket South Africa, criticised "an awkward narrative coming out that third-world countries can't manage these things properly."

SHORTENED TOURS GIVE ADVANTAGE TO HOME SIDE

Pre-pandemic fears that compressed touring schedules skewed the balance too heavily in favour of the home side were highlighted again by India's collapse to their record low total in an eight-wicket defeat by Australia in the first Test at Adelaide, albeit fast bowlers Pat Cummins and Josh Hazlewood performed superbly against a side who had made 244 in the first innings.

Players at risk of psychological impact

"Haven't been home for 6 months"

"It has been a tough year. Not just for the team, but I know for me personally it has been tough. I haven't seen home in six months now. I have been going non-stop. We have had pay cuts. It is a situation where you are still looking to make a living, still looking to make use of every opportunity you get."

Jason Holder, West Indies skipper (after the loss against the Kiwis in the second Test on Dec 14)



"How long can you stay in hubs for?"

"It's not a sustainable lifestyle. You're living in a hotel room with zero outside contact. Some guys haven't seen families or their kids for a long time. It's tough going – we get to play cricket, (so) we can't complain too much – but in terms of well-being of players, staff and officials, how long can you stay in hubs for?"

Mitchell Starc, Australia pacer



"You couldn't get away from cricket"

"I found that you couldn't get away from cricket. You walk from one end of the ground to the other. I like to go for a coffee, see a mate, or my missus; refreshing yourself by not thinking cricket – and that's a lot harder to do in the bubble setting. That was the main challenge for me."

Rory Burns, England opener



"It can cause extreme burnout"

"We managed to fulfil all of our international fixtures for the summer. But to keep that level of bubble for 10 of the 12 months that we normally travel, I think is untenable. You can drill a player both mentally and physically. And it can cause extreme burnout, which nobody wants to see. We've spoken about this as a team and we've accepted that guys will come in and out of the bubble as they feel it is affecting their mental health."

Eoin Morgan, England captain



"Family time is really important"

"I love my Hobart (BBL) family but I think I need to spend some time with my real family as well. When the year turns, we're going to be back in a bubble in the UAE and India or somewhere. Family time is really important especially when you're in the bubble and you can't see them physically."

Jofra Archer, England pacer



"Bubbles are like luxury prisons"

"It can be quite tough. You can't interact. It's almost like luxury prisons we are in. But we have to remind ourselves that we are fortunate. People have lost their jobs, people are struggling at the moment, so we must be grateful for the opportunity we have been given to make some money and to do what we love."

Kagiso Rabada, South African pacer



"Not easy, keep tours short"

"These things will have to be considered – what length of series and tournaments one will play, what impact the players will have mentally of staying in a similar environment for 80 days, and not getting to do anything different or have the space to go see the family. At the end of the day, you want the players to be in the best state mentally and physically."

Virat Kohli, Indian captain

