Community
Alan Epstein, Chicago street photographer, wants to know what you had for breakfast.

Community
Here are 10 things teachers wish parents knew before their children head back to school this year.

A Riveting Read
Little Women turns 150 this year, and it’s a book that never gets old. P4-5

Reviews
Afghan school rises above country’s tumult in a beautiful documentary. Page 14

Bollywood
‘Bruce Lee was kind of an arrogant guy’, says Tarantino. Page 15
Mission Mangal
DIRECTION: Jagan Shakti
CAST: Vidya Balan, Anirban Bhattacharya, Jhuma Biswas
SYNOPSIS: Based on true events of the Indian Space Research Organisation (ISRO) successfully launching the Mars Orbiter Mission (Mangalyaan), making it the least expensive mission to Mars.
THEATRES: The Mall, Landmark, Royal Plaza

Dora and the Lost City of Gold
DIRECTION: James Bobin
CAST: Isabela Moner, Eugenio Derbez, Michael Peña
SYNOPSIS: Having spent most of her life exploring the jungle, nothing could prepare Dora for her most dangerous adventure yet – high school. Accompanied by a ragtag group of teens and Boots the monkey, Dora embarks on a quest to save her parents while trying to solve the seemingly impossible mystery behind a lost Incan civilization.
THEATRES: Landmark, Royal Plaza, The Mall

Quote Unquote
“Yesterday is not ours to recover, but tomorrow is ours to win or lose.” – Lyndon B Johnson

Community Editor
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Art Lessons
WHERE: Mathaf Manara Qatar Museums
WHEN: Tomorrow till August 28
TIME: 4pm – 7pm
Join artist Ismael Azzam for Art Lessons at Mathaf and learn drawing techniques called portrait using pencil, charcoal and paint. Lessons are offered to people with basic to intermediate sketching and drawing skills. For more information, mathaf_education@qm.org.qa

The Comedy of Tango
WHERE: Katara – the Cultural Village
WHEN: August 28
TIME: 8pm-9pm
With the support of Katara – the Cultural Village and embassy of Argentina in Doha Tango Pasión Doha presents Los Guardiola – “The Comedy of Tango” on August 28. A show consisting of seven scenes is inspired by famous tangos. Dancers, mimes and actors, Marcelo Guardiola and Giorgia Marchiori, known artistically as Los Guardiola, will project the audience into the fantastic world of their danced pantomime where comedy and tragedy merge into the rhythm of tango.

Yoga Class
WHERE: Lululemon, Mall of Qatar
WHEN: Every Saturday
TIME: 8:30am – 9:30am
Join the complimentary in-store yoga classes. No registration or mat is required. The class runs on first come first served basis.

Career Guidance
WHERE: Right Track Consultants, Al Sadd
WHEN: Sunday – Thursday
TIME: 6pm – 8pm
Career guidance for course, country, college and entrance for students of Grade IX-XII, of all curriculum. Career assessments administered for stream preference, career test, branch preference, personality, multiple intelligence and learning styles and productivity. For more information, 55448835.

Artistic Gymnastic Classes
WHERE: Qatar Academy Mheireb
WHEN: Ongoing
TIME: 3:15pm – 4:15pm
The olympic sport using horizontal bar, rings and floor exercises on mats for the children from age 4 till 16.

Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 4pm – 8pm
For more info e-mail at registration@atelierqatar.com or call on 33003839.

After School Activities
WHERE: Atelier
WHEN: Ongoing
Music and arts activities for students taking place after they finish their day in school includes Group Music lessons, Hip-hop, Ballet, Drawing and Painting, Drama Theatre & Taekwondo. Ages between 5 and 10 years old after school hours.

Hobby Classes
WHERE: Mamangam Performing Art Centre
WHEN: Saturday – Friday
Mamangam is an art and performance centre started with a vision of spreading our knowledge, interests and experience in various disciplines in arts across different countries for children and adults.

Summer camp at Mamangam has become the children’s favourite centre for learning art and craft, drawing, and learning spoken English. The kids also enjoy Bollywood dance, contemporary and hip hop music. To develop health consciousness, we teach them kids yoga, karate etc. Mamangam has also come up with chess and robotics in the regular batches in an attempt to give a better learning experience.

The first batch of the summer camp began on June 26 continuing until July 25 from Sundays to Thursdays. The second batch will commence on July 28 ending on August 25. Registrations are open to kids between 5 to 16 years. For those who wish to register for more details, visit www.mamangamqatar.in

Arabic Calligraphy Workshop
WHEN: Saturday – Wednesday
TIME: 6pm
Arabic Calligraphy workshop is back. Come and learn the artistic practice of Arabic handwriting and calligraphy at Music and Arts Atelier.
The lessons will take place every Saturday, Monday and Wednesday at 6pm. For more information, contact registration@atelierqatar.com

Dance and Instrument Classes
WHERE: TCA Campus, Behind Gulf Times Building
WHEN: Wednesday – Monday
Learn the movements of dance styles in Bollywood, Hip Hop and also the musical instruments such as Piano, Guitar, Keyboard for adults as well kids and move in the world of music. For details, contact 66523871/31326749.
By Moira Macdonald

Those of us who spent most of our childhoods reading in a corner have certain books engraved upon our consciousness; books whose sentences we can finish, whose characters always look exactly like we imagined them, whose stories we never outgrow. For me, one of those books is Louisa May Alcott’s beloved tale of four sisters growing up in genteel poverty in 1860s New England, Little Women, which I read for the first time at age 8 and have since revisited countless times, most recently last week on a Portland-bound train. (It’s a perfect train book, by the way; episodic, rich in description, comfortingly familiar.)

Written on request for a publisher who wanted “a girls’ story,” by an author who’d previously been supporting her family by writing everything from lurid blood-and-thunder magazine stories to an
account of her time as a Civil War nurse, Little Women is celebrating its 150th anniversary this year. (To be precise, the milestone is spread over two years: Part I of Little Women was published in 1868; Part II in 1869.) New books are marking the anniversary: March Sisters: On Life, Death and Little Women has four writers — Kate Bulick, Jenny Zhang, Carmen Maria Machado and Jane Smiley — musing on the book’s four siblings; Meg, Jo, Beth, Amy: The Story of ‘Little Women’ and Why It Still Matters, by Anne Boyd Rioux, examines the book’s legacy and why so many of us feel deeply connected to it.

And a new movie version of the book will arrive in December, from writer/director Greta Gerwig (Lady Bird). Its casting sounds intriguing and potentially perfect: Saoirse Ronan as Jo, Emma Watson as Meg, Timothée Chalamet as Laurie, Laura Dern as Marme, Meryl Streep as Aunt March. (For the record, I maintain that Winona Ryder was larcenous as Jo in Gellan Armstrong’s otherwise lovely 1994 film version of the novel.)

But the best way to celebrate the Little Women birthday is just to take time by the petloc, as Amy March would say, and reread it; remembering, as you turn the pages, how its characters’ lives intertwine with your own. My first Little Women reading experience, probably the summer before fourth grade, was my sister’s handsome hardcover copy, which featured 1920s-era colour illustrations by Jessie Willcox Smith. You still see these illustrations a lot, one of them graces the cover of the Penguin paperback edition that I picked up for the train trip. In it, Meg has a doll-like prettiness, Jo looks engrossed in a book, Beth stands turned so we can’t quite see her face (appropriate for the book’s most opaque character), and Amy’s flowing golden curls look worthy of a movie ingenue.

After my sister and I squabbled one time too many over the book, I saved my allowance and acquired my own copy: an inexpensive, plasticky white hardcover edition, with faintly mod-looking March sisters in line drawings on the front, which I read so many times the binding eventually disintegrated. Later I replaced it with a series of dog-eared second-hand paperbacks, which followed me throughout my adult life; currently I own at least two copies, one of which — in Jo fashion — I can’t find. (For all those who read the book as a child long ago: In all likelihood, we read a polished, sentimentalised version released in 1880, not Alcott’s original 1868-69 text. Elaine Showalter, in her introduction to the Penguin edition, describes how “Alcott’s vigorous slang, colloquialisms, and regionalisms were replaced by a blander, more refined and ‘ladylike’ prose” upon request of the publisher. The changes are small, but I noticed a few differences while reading the Penguin version — which uses Alcott’s original text — such as Amy calling herself a “selfish pig” rather than the more polite “selfish girl.” In recent years, the original has been more frequently published, including the Norton Critical Edition.)

In those early readings, I focused more on the first half of the book and skimmed through the second half; everybody seemed so old and far away, and things like newwed life and trips to Europe didn’t register much for me. I did wonder why the Marches, if they were so poor, had a maid and a house with an upstairs AND lived next door to a mansion. But I chalked it up to grown-up life not always making sense, and repeatedly devoured the book for the descriptions of dresses and dishes (what was blanc-mange or tarleton?), the drama of Beth’s illness and Amy’s fall through the ice, and the warm, homely depictions of an affectionate band of sisters who loved books, plays, cats and other things I loved.

Characters in books have a way of holding still while we revolve around them; seeing the sun of holding still while we revolve around them; seeing the sun (though her ultimate fate was far more tragic than Amy’s happy marriage).

Though the family moved constantly during Louisa’s youth — her eccentric father, the social reformer and transcendentalist thinker Bronson Alcott, wasn’t much of a provider — they eventually settled in a brown house near an orchard in Concord, Mass., which became the model for the Marches’ cozy home. (It’s no accident, surely, that the happy March women are, for most of the time, without a father; even when Mr. March returns from the Civil War front in the book’s second half, he’s still not really there.)

You don’t need to know the Alcott family, however, to love the Marches: Much of the joy of reading Little Women is seeing how skillfully Alcott sketches her characters, grouping the sisters in ever-shifting duos. They are paired by age, particularly early in the book: Meg and Jo are old enough to go to parties (and to work for a living); Beth and Amy are “the little girls.” They are paired by intimacy, with Meg serving as Amy’s confidante and — “by some strange attachment of opposites” — Jo as Beth’s.

And they are paired by temperament. Meg and Beth are the passive, gentle ones; kind and loving and inherently uninteresting. Jo and Amy are the strong personalities — the duo who take over the book. The family’s two fiery artists (imagine how rare it was, in the mid-19th century, to read a children’s book featuring not one but two creative, artistic young women) are frequently at odds with each other early on; it’s one of the book’s rewards to watch as bratty Amy grows up, headstrong Jo learns to listen, and the two come to love and respect each other.

I know I’m supposed to say here that Jo was my favourite, as so many young readers (and budding writers) do, but for some reason I was always most drawn to Amy. Maybe, reading the book so young, I identified most closely with the littlest March; maybe I didn’t know then that I would be a writer someday, making my living doing the electronic version of what Jo calls “scribbling.”

Or maybe I just wanted to be blonde and graceful and able to paint my soiled boots a pretty blue (which is, you must admit, daintily bad). But this I know for sure: I still get teary at Beth’s slow, poignant fading away; still thrill to Amy and Laurie’s awakening romance against a picture-perfect European backdrop; still smile at Jo’s adventures in Mrs. Kirke’s boarding-house still put the novel down with a warm, familial feeling inside of me that few books seem to kindle. Happy 150th birthday, Little Women. May you have many more.

— The Seattle Times / TNS
Chicago street photographer wants to know what you had for breakfast

Alan Epstein was working in a restaurant in Chicago when he became obsessed with what people’s breakfast choices said about their personality. He’s now turned that fascination into an Instagram street photography project, writes Natalie Wade

Alan Epstein, known on Instagram as @whatwasforbreakfast, moved to Chicago from California to pursue improv but ended up discovering a new form of creative expression: photography. No, not food photography as the name might imply, but street photography – snapping pictures of different Chicagoans in a Humans of New York fashion. After taking pictures of his subjects, Epstein asks, “What did you have for breakfast?”

Why breakfast? “It’s something we all do, so it’s like something everybody does but everybody does differently. I think it’s a way of showing we’re all so different but we’re also the same,” says Epstein.

Not to mention breakfast is his favourite meal. It’s often cheaper than eating out for dinner and not much beats a classic diner-style breakfast, no gimmicks or creative twists necessary, he says.

“I want to go to a place that’s like, ‘Here’s your eggs, here’s your beef sausage, here’s your toast and I’m gonna pour your coffee like a million times,’” says Epstein.

The idea for this project dawned on him while working at the Cherry Circle Room, a restaurant tucked away on the second floor of the Chicago Athletic Association in the Loop.

“A lot of things lined up for it to make sense. About that time I was realising that improv was not going to be my thing, but I had a camera for a sketch I filmed. I started messing around and would take pictures of my co-workers, and I eventually ran out of co-workers to interview and took it to the street instead.”

Since then, he’s been posting daily photos, highlighting people with cool and unique style. “It was the creative outlet I was seeking in improv. I was improvising (by asking questions) within a structure. I was connecting with people in an unorthodox way; it was a nice way to have a relaxed, wholesome conversation with somebody. It’s interesting that you can kinda get somebody’s personality a bit, through their choices. It’s also a reason for me to just wander.”

Wander he does, not necessarily on the prowl for something that will make a viral post, but for people who seem to have interesting stories, focusing on the unique looks of people that someone beelining from A to B might not notice.

Most of his photos are shot in the Loop. “I think it’s got the biggest cross-section of everybody. It’s maybe a little more dense, so I have the chance to see more people than I would if I go to a less populated neighbourhood where (seeing people) is fewer and far between.”

Cool fashion wasn’t on his mind when he first started the project, but he quickly realized he’d have better luck stopping folks on the street who had interesting or outlandish style. Not only do they pop on camera, Epstein experiences much lower rates of rejection with these style creatives than he does with someone in a business suit on their way to work.

“It also makes it easier to explain to a stranger why you want to take their picture. ‘People need to feel like there’s a reason. … I can be like, ‘Oh, I really like your green scarf and your earrings look great!’ and it’s like boom, that’s why I’m talking to you.’”

How does he know if someone will make a good subject? “It’s when you see somebody and think, ‘I wonder what this person is up to? Is this an image of a person that I think somebody would be curious to know about a little slice of their life?’ It’s a super intangible kind of feeling.”

One issue Epstein has run into is the fact that many people skip breakfast, but just because it’s bad for your metabolism doesn’t mean it’s bad for Epstein’s project. Even if all you had was a glass of water or all you’ve done since waking up in the morning is smoke a blunt, Epstein will have follow-up questions for you.

“When people say they’ve skipped breakfast, I’ll still talk to them because it’s not necessarily about the breakfast. It’s more like, what’s up with this person today? People (tell me they) smoked cigarette all the time, which I find pretty fun. People in the comments really enjoy when people do outlandish stuff.”

His interviews are short, but Epstein tries to get as many questions as he can in under a minute. Although you might not recognise him on the street, more and more people are following his Instagram page and know of his project.

“Sometimes – and this just happened very recently – I’ll start pitching what I’m doing to a person and they’re like, ‘Are you the What was Breakfast guy?’”

Along with the diverse cast of characters he’s photographed, he’s also snapped some notable celebrities. “I got Willy H Macy. People (expletive) freaked out about that.”

Although street photography is an unexpected passion for Epstein and improv is no longer on his mind, he said he doesn’t regret moving to Chicago.

“It’s like the biggest of the big cities that still feels small and livable,” Epstein said.

He continues to explore the city, meet new people, take new photos and ask about what they’re eating. As for Epstein’s favorite breakfast – “If there’s not a nearby diner, nothing beats old-fashioned doughnuts and a cup of black coffee.” – EPA
By Leah Harper, Scarlett Conlon and Ellie Violet Bramley

Mia Farrow opted for a kaftan while Marilyn Monroe went for high heels. What can vintage celebrity fashion tell us about cool, comfortable travel?

Marilyn Monroe
Air travel was nothing if not a photo opportunity for Marilyn Monroe, one of Hollywood’s first jet-setters. A tiny clutch bag suggests a seat in first class (no lugging a jumper and snacks around), while carrying a book about a former president implies an aspirational approach to in-flight entertainment. Ever checked your step-count after a day in the air? You may have crossed oceans, but you’ll walk mere metres – meaning white stilettos aren’t as impractical as they may at first appear.

Style tip: Dress for the flight you want, not the flight you are booked on.

Mia Farrow
Circa 1968 – post-Rosemary’s Baby, pre-The Great Gatsby – Mia Farrow stepped off a plane in London wearing an embroidered, full-length kaftan, promptly redefining the style rules of long-haul travel. The actor had just returned from two months of transcendental meditation in India – where she presumably picked this piece up – and the relaxed lines of her diaphanous gown clearly reflected her mood. Until then, Farrow had been the poster girl for baby-doll dresses, thigh-skimming hemlines and Peter Pan collars. This arrival-hall look at Heathrow heralded the start of a new sartorial era for the star, not to mention a lesson in how to fuse comfort and style.

Style tip: This is a hard-working holiday outfit: a roomy kaftan or a maxidress is a perfect beach cover-up, nightie or comfy airport option.

David Bowie
David Bowie, seen in the photo at London Victoria train station in 1973, just a few days after he hung up his platforms as Ziggy Stardust, had the right idea when it came to what to wear on the Great British rail network. A chameleon of style, his sartorial prowess clearly stretched to travel; dressing with layers preparing him for window drafts, as well as overzealous air-conditioning and heating. His flight jacket would double up nicely as a pillow. But, as was his wont, it is not all sensible: dungarees may be comfortable, but they’re not ideal for a train bathroom.

Style tip: Wear a shallot’s worth of layers and take a scarf for a pillow – but opt for an all-in-one only if you have unshakeable faith in the integrity of the electric locking system of train loos.

Jane Birkin
The doyenne of airport chic, Jane Birkin not only pioneered the now-much-imitated all-white look, but established one of the world’s most famous handbags while in transit. The story goes that she was sitting next to the Hermès CEO Jean-Louis Dumas in 1984 when the overhead locker burst open and the contents of her bag fell out. He said he should make her a bag and name it after her. She agreed. The rest is fashion history. When she didn’t have her namesake accessory on the crook of her arm, her airport vessel of choice was at the opposite end of the style spectrum: a fruit basket. Worn with her signature white jeans, blazer and an air of insouciance, the cheap-and-easy accessory went to show that true style is born of attitude, not just altitude, and inspired a million modern-day iterations.

Style tip: Opt for a squishy raffia (rather than structured bamboo) basket bag that will squeeze under your seat – no one likes the sound of snapping twigs.

Whitney Houston
Los Angeles airport has long been so packed with celebrities that in 2017 a terminal was built for them. Here, Whitney Houston shows why it is a shame if the great and the good get to slink out the back. This picture may have been taken in 1993, a year that kicked off with I Will Always Love You as a US No 1, but her Fila visor wouldn’t look out of place on any hypebeast’s head in 2019. The all-white travelling look bellows business class, but it also takes inner confidence – even Grammys recipients can’t avoid turbulence.

Style tip: A visor – or this season’s equivalent, the bucket hat – is ideal for when all the window shades go up during takeoff and landing, but it is also perfect for keeping the sun out of your eyes during that post-pina colada nap.

– The Guardian

Travelling in style

Thursday, August 15, 2019
GULF TIMES
Panama: Five centuries of heritage

Wild and untouched, where the islands in Panama incites a feeling of discovery, its golden sand beaches and jungle paths offers a more bucolic lookout than that from a rooftop party in the capital. But no matter where you are in modern Panama – 500 years in the making – what’s old is new again, writes Muhammad Asad Ullah.

The term ‘heritage’ encompasses tangible and intangible elements, in the sense that ideas and memories — of songs and sonnets, food and recipes, language and love, dances and culture, and many other elements defining who we are and how we identify ourselves. Not just cultural intangibilities but historical buildings and archaeological sites as well. It won’t be erroneous to say that heritage is not just a collection of aged buildings, the popular concept, but an insight to the people who use it now and continually modify it. International competition for antiquities has been fierce since the 19th century – because the world existing before that, has been fascinating like anything: a thirst to get an answer to a question for how we have evolved as human beings and from where our heritage roots seem to sink in has been popular for quite some time now.

Ancient walls, glassy skyscrapers, and a mix of African, Native Panamanian, and Spanish cultures have all played a part in forming the frenetic ‘Miami of Central America’: Panama City — the oldest continuously occupied European settlement on the Pacific coast of the Americas — turns 500. From white-sand beaches to tropical rainforests, misty highlands and indigenous culture, Panama has a long, long history of traditions, values and heritage embedded within itself. Panama has been a global crossroads ever since humans first passed through the country. The earliest evidence of humans in South America is 12,500 years old. That means that humans passed through Panama before that. Spearheads found in Panama date back to around 11,000 years ago, making them the first solid evidence of humans in the country.

Located on the Isthmus of Panama, the narrow bridge of land connects North and South America. Embracing the isthmus and more than 1,600 islands off its Atlantic and Pacific coasts, the tropical nation is renowned as the site of the Panama Canal, which connects the Atlantic and Pacific Oceans, has afforded a long-sought shortcut for shipping and assures the country’s standing as one of the most strategic transportation hubs of the world.

Transportation Hub: Panama Canal, which connects the Atlantic and Pacific Oceans, has afforded a long-sought shortcut for shipping and assures the country’s standing as one of the most strategic transportation hubs of the world.

The canal also secures Panama’s ongoing role in international affairs and world commerce. Talking about history of Panama Canal, Francisco Navarro, Head of Mission at the Embassy of Panama, told Community, “When Spanish people founded the city in the Pacific, there was a connection between the Atlantic and the Pacific. They first came via the Caribbean Sea. At that time of course there was no Panama Canal. They used to come inside via rivers and then cross the land. Around 500-years later when they started building the infrastructure for the rail road, that was built by the French, those who had taken part in the foundation of Suez Canal in Egypt also took a trial to make a Canal in Panama, but bec. it has been fascinating like anything. They failed,” he added, “Following the failure of a French construction team in the 1880s, the United States commenced building a canal across a 50-mile stretch of the Panama isthmus in 1904. Post quite some tensions and riots we then signed an agreement with US in 1977 to return the Panama Canal to Panama by the year 2000. In the meantime we were also expanding and changes were underway, politically, towards the democratic country.”

Wild and untouched, where the islands in Panama incites a feeling of discovery, its golden sand beaches and jungle paths offers a more bucolic lookout than that from a rooftop party in the capital. But no matter where you are in modern Panama – 500 years in the making – what’s old is new again.

Talking about the ideal geographical location of Panama, that connects the world, Francisco says, “From Panama you can easily go to Costa Rica by land, visit Columbia or take a route to Miami or Mexico or Europe for that matter.”

Drawing parallel between the cultural heritage of Qatar and Panama, Francisco says, “In the time I’ve been here in Doha, I’ve found many similarities. The music and its expression, the use of domes in architecture — everything is so similar. Even the love of football that both the country shares along with the warmth they have towards their families. It’s all similar.”

How the Embassy of Panama in Qatar celebrated Panama’s 500 years anniversary? “We recently organised an event, a get together, here at the embassy with the Panamanians residing in Doha to mark the 500 years anniversary,” Navarro tell us as he sips the last bit of his Panamanian coffee.
heritage, value and history

TRADITIONAL: People dressed in traditional Panamanian attires during the festival.

LONG HISTORY: Panama City — the oldest continuously occupied European settlement on the Pacific coast of the Americas — turns 500.

NATURAL HABITAT: In spite of its relatively small area, Panama has a great variety of landscapes and habitats: tropical rainforests, savannas, cool montane forests, tidal lands covered by stilted mangrove trees, coral reefs, and beaches.

OLD WAYS: San Blas offers authentic experience of how people used to live there years ago without any Wi-Fi or something. In this specific area, you’ll see people working and doing things they used to 100 years ago.
REASONS FOR READING DIFFERENT BOOK GENRES

CHILDREN
Allows Exposure To Different Ideas And Characters.

ROMANCE
Helps Reflect On Emotional Expressions.

TRAVEL
Enhances Knowledge Of Different Cultures.

HISTORY
Improves Learning Of Past Events And Ancient Civilizations.

ART
Boosts Imagination And Vocabulary.

FANTASY
Expands Freedom Of Expression.

FICTION
Helps Reflect On Emotional Expressions.

LITERATURE
Increases Empathy and Induces Sharpness.

SCIENCE
Makes Self-Teaching Possible.
While it might sound like fun to work around pets every day, veterinarians and people who volunteer at animal shelters face particular stressors that can place them at risk for depression, anxiety and even suicide, says a study.

“People who work or volunteer with animals are often drawn to it because they see it as a personal calling. However, they are faced with animal suffering and death on a routine basis, which can lead to burnout, compassion fatigue and mental health issues,” said Angela K. Fournier from Bemidji State University in the US.

Veterinarians in particular are at high risk for death by suicide, according to a study from the Journal of the American Veterinary Medical Association, which found that from 1979 to 2015, veterinarians died by suicide, which presented at the annual convention of the American Psychological Association. – IANS

If there’s an issue with your partner that needs airing, this is a good time to do it, Gemini. Don’t hold back just to maintain the equilibrium in the relationship. Don’t sacrifice your peace of mind just to keep from rocking the boat. Refusing to face reality just to keep up an easy facade isn’t doing anyone a bit of good. Be totally honest with yourself, your feelings, and other people.

Don’t run away from the tension today, Virgo. Any emotional stress you feel will be compounded if it isn’t dealt with right away. Be in the moment while the moment is here. The more you face the present, the less you will regret in the future. Clear up any sticky situation that arises and move forward. People may not understand your needs and concerns until you clearly verbalise them.

The tension in the air might be what you need in order to become more aware of subconscious issues that affect your behaviour, Pisces. There’s a great deal that you need to get off your chest. The more honest you can be about the pain people have caused you, the more love will flow in the future. Open the communication channels.

Love to work with animals? It may up depression risk

You may have some issues with food, Taurus. Maybe your sense of self-worth isn’t at its highest, and you’re trying to make up for this by sabotaging your relationship with your body. Food is healthy nourishment that you need in order to survive. Your body deserves respect, and you need to give it the proper fuel it needs to be healthy.

Give your loved ones the attention they need today, Leo. Don’t let another day go by without saying you love them. Life is short and getting shorter with each passing day. Be confrontational about a serious issue that needs addressing. You’re responsible for your feelings. Don’t play the victim. You’ll only experience more pain and resentment later.

Stop hiding behind your intellectual barrier, Libra. Playing games will get you nowhere. True strength is standing up and demonstrating your needs and concerns until you clearly verbalise them.

You may feel like you’re being double-crossed by a loved one today, Capricorn. Maybe your words are being used against you in such a way that makes you look like the bad guy. When it comes to making a rebuttal on your behalf, let the other person know that you’re confronting them about their behaviour and not their person. You may say one thing one minute and the opposite the next.

You may or may not have food, Taurus. Maybe your sense of self-worth isn’t at its highest, and you’re trying to make up for this by sabotaging your relationship with your body. Food is healthy nourishment that you need in order to survive. Your body deserves respect, and you need to give it the proper fuel it needs to be healthy.

Give your loved ones the attention they need today, Leo. Don’t let another day go by without saying you love them. Life is short and getting shorter with each passing day. Be confrontational about a serious issue that needs addressing. You’re responsible for your feelings. Don’t play the victim. You’ll only experience more pain and resentment later.

Stop trying to feel everyone else’s emotions and focus on yours, Scorpio. Being empathetic is certainly laudable, but at some point you need to face the music and look in the mirror. Make a clear distinction between your needs and those of others. Express your feelings. Ask for help if you need it. Other people aren’t mind readers. They probably have no idea what you’re feeling.

The intensity of the day may bring unexpected opposition, Cancer. Whether it’s verbalised or not, the confrontations are quite real. Don’t underestimate a loved one’s emotions. Stand up to these issues and be realistic about their solutions. No one expects you to have all the answers, so don’t pretend to. We’re all human and we all make mistakes.

The tension in the air might be what you need in order to become more aware of subconscious issues that affect your behaviour, Pisces. There’s a great deal that you need to get off your chest. The more honest you can be about the pain people have caused you, the more love will flow in the future. Open the communication channels.

The research team believes there needs to be a paradigm shift in veterinary training to better prepare veterinarians not only for the animal-related aspects of their jobs, but the human elements as well. The researchers looked at employees and volunteers in animal shelters or rescues and animal welfare and animal rights activists, who are at risk for compassion fatigue and psychological distress.

Over 2.4 million healthy cats and dogs are euthanised each year in the US, most often homeless animals in shelters, according to the Humane Society of the United States. Shelter workers are then caught in a dilemma because they are charged with caring for an animal and they may ultimately end that animal’s life. Research suggests that this causes significant guilt, which can lead to depression, anxiety and insomnia, as well as greater family-work conflict and low job satisfaction.

“Animal welfare agents may also hear gruesome stories of animal abuse or witness the consequences firsthand when they are rehabilitating the animals, which can cause a lot of distress and lead to compassion fatigue,” Fournier said. The study was presented at the annual convention of the American Psychological Association.

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Wordsearch

BALLAD  FOLK  RHYTHM  BAND  GIG  RIFF  BLUES  GROUP  ROCK  CHORUS  BALLAD  FOLK  RHYTHM  BAND  GIG  RIFF  BLUES  GROUP  ROCK  CHORUS
HARMONY  SONATA  HARMONY  SONATA  HARMONY  SONATA  HARMONY  SONATA  HARMONY  SONATA  HARMONY  SONATA  HARMONY  SONATA
FRUIT  Duet  TUNA  MELODY  FANFARE  SOLO  COUNTRY  VARIATIONS  FRUIT  Duet  TUNA  MELODY  FANFARE  SOLO  COUNTRY  VARIATIONS

Codeword

Every letter of the alphabet is used at least once. Squares with the same number in have the same letter in. Work out which number represents which letter.

Sudoku

<table>
<thead>
<tr>
<th>3</th>
<th>17</th>
<th>5</th>
<th>4</th>
</tr>
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<tbody>
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<td>2</td>
<td>3</td>
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<td>2</td>
</tr>
<tr>
<td></td>
<td>5</td>
<td>28</td>
<td>7</td>
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</tbody>
</table>

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a selection of values and you must fill the grid so that every column, every row and every 3x3 box has each of the digits 1 to 9.

Bound And Gagged

Wishing well will you hurry up! I want a new car!

The cartoon shows a man with a new car and the words “Wishing well will you hurry up! I want a new car!”
Super Cryptic Clues

Across
1 Runner’s problem with mounted frame (6,2)
6 Watering place in cyberspace? (3)
9 Singular writer behind a tree (5)
10 I’m great novel detective (7)
11 Fish left in hat? (7)
12 Wrath when fisherman loses heart (5)
13 A kid relaxed (2,4)
15 Council finally reduces rents (6)
19 See most of the soldiers retreating (5)
21 Come forward for a loan (7)
23 First nuts in glade (7)
24 Telling stories â€“ some only in Greek (5)
25 You must get time to be still (3)
26 Delicate material found when sorting some rags (8)

Down
2 First class swimming in the pool (3-4)
3 Principle of having it both ways? (5)
4 Simpson’s pigeons? (6)
5 Trap I’ve set for soldier (7)
6 Kid taking part in news programmes (6)
7 Wine waiter finally on the move (5)
8 Essayist getting attorney to reveal Greek letter (6)
9 Declining environment? (7)
10 Nurse is working at break of day (7)
11 Transport needed by Santa â€“ his leg is broken (6)
12 Witch is eating good food in Scotland (6)
13 Rush out suddenly to see a girl (5)
14 Allowance made for American general (5)
15 Home where criminal dropped in (5)

Solutions

Wordsearch

Codeword
Afghan school rises above country’s tumult in a beautiful documentary

By Kenneth Turan

What is life like on the ground for ordinary people in another culture, another world? That’s been the bread and butter of observational documentaries for forever, but almost never is it done with the kind of beauty and grace that filmmaker James Longley brings to his Afghanistan-set Angels Are Made of Light. As his 2006 Oscar-nominated Iraq in Fragments demonstrated, MacArthur fellow Longley, who serves as his own cinematographer as well as a director, has an almost magical ability to envelope us in other realities. He does it via the poetry of his imagery as well as a gift for focused illumination that creates empathetic portraits of people who are both ordinary and intensely involving. Even with Longley’s abilities, getting something like Angels made takes a formidable amount of purpose, preparation and patience. Determined to do a film about a school as a window into ordinary life, Longley tried for years to get a project set up in various countries. Then he spent months scouting places in Afghanistan before settling on Daqiq Bakhil, a neighbourhood elementary school in Kabul, and filming there for 200 days over three years. That amount of time enabled the entire school population to get comfortable with the filmmaker’s presence and allowed for the forming of a bond with the three young brothers whose motherFarzula is one of the school’s teachers and whose lives we follow intimately.

And sometimes he lands in a vexing middle ground, as when he took time on a windy day, reflecting the filmmaker’s never less windy way, Bernadette has sub-contracted her father, Elgin, by way of emails, FBI documents and various correspondence. Her story is both ordinary and intensely involving. Sometimes he wins. Sometimes he doesn’t. And sometimes he lands in a vexing middle ground, as with his latest film, an adaptation co-written with Holly Gent and Vince Palmo of the 2012 Maria Semple novel Where’d You Go, Bernadette. Narrated by 15-year-old Bee Branch, Semple’s epistolary comedy conveys its story of Bee; her brilliant, devoted ex-architect mother, Bernadette; and Microsoft visionary father, Elgin, by way of emails, FBI missives and other correspondence.

Once in the architectural vanguard, now semi-drained (for reasons eventually revealed) and socially phobic in a quippy, nattering way, Bernadette has sub-contracted a portion of her life to her son and “virtual assistant” somewhere overseas. The weight of that misjudgment eventually leads to the disappearance of the title. Bee pieces together the paper trail that leads her, and her father, to Bernadette’s life-changing whereabouts.

All of this is in the trailer, including a lot that happens in the final half hour of Where’d You Go, Bernadette. Judging from the final version, what drew Longley to the book was its comic texture, just serious enough to matter, as well as Semple’s investigation of creativity, parenting and what happens when one crowls out the other. The movie feels a little off from the beginning. The dialogue works less effectively as dialogue, rather than dialogue quoted in various correspondences. It’s arch without being especially witty. The primary mixed blessing in Where’d You Go, Bernadette turns out to be a first-rate actress. Cate Blanchett is a supreme technician, inarguably versatile and never less than compelling. Yet her characterisation of Bernadette feels a mite strenuous – starchy, in the wrong way, as opposed to film-y in the right, Linklater way. Meantime the director goes on. Longley’s words play over faded colour newsreels which Longley found in the Afghan National Film Archives.

They squeezed us like pomegranates and nobody cared,” he says of his country’s various rulers. “Until when will we have a war in our country? Until when will we live in poverty and despair?” Words straight from their hearts to ours. – Los Angeles Times

A brilliant, troubled architect becomes a bit of a bore in screwball comedy

By Michael Phillips

More so than most filmmakers who treat their characters like human beings, rather than cardboard cut-ins, the writer-director Richard Linklater intuits his way into finding the right tone, or mixture of tones, for whatever story he’s telling.

His good and great work has come from all over the place: science fiction novels (A Scanner Darkly), young-adult historical fiction (Me and Orson Welles), memories of Texas childhood, teen years, college and true-crime sagas (Dazed and Confused, Boyhood, Everybody Wants Some), Bernie, spanning 18 years of real time, his Before Sunrise/Sunset/Midnight remindearned audiences before and during the age of perpetual digital agitation: Talking through, without screens and with verifiable eye contact, usually gets you somewhere. At his best Linklater does the same thing. He makes eye contact with the people in his movies.

Sometimes he wins. Sometimes he doesn’t. And sometimes he lands in a vexing middle ground, as with his latest film, an adaptation co-written with Holly Gent and Vince Palmo of the 2012 Maria Semple novel Where’d You Go, Bernadette. Narrated by 15-year-old Bee Branch, Semple’s epistolary comedy conveys its story of Bee; her brilliant, devoted ex-architect mother, Bernadette; and Microsoft visionary father, Elgin, by way of emails, FBI missives and other correspondence.

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‘Bruce Lee was kind of an arrogant guy’, says Tarantino

By Christi Carras

Quentin Tarantino is not apologising for Once Upon a Time in Hollywood’s portrayal of Bruce Lee after receiving backlash from his family and friends.

During a press conference for the film in Moscow last week, Tarantino defended his controversial decision to paint the late action star, played by Mike Moh, as a narcissist. In an interview with The Times, Lee’s daughter, Shannon Lee, criticised the movie for turning her father into an “arrogant, egotistical punching bag”.

“Bruce Lee was kind of an arrogant guy,” Tarantino said in a video posted by Radar Magazine. “The way he was talking, I didn’t just make a lot of that up. I heard him say things like that, to that effect. If people are saying, ‘Well, he never said he could beat up Muhammad Ali,’ well yeah, he did. Not only did he say that, but his wife, Linda Lee, said that in her first biography I ever read ... She absolutely said it.”

Lee’s former training partner Dan Inosanto has also shared his thoughts on Once Upon a Time ... in Hollywood, denying that Lee would have ever boasted his superiority over Ali like Moh’s character does in the film.

The director also addressed criticism that the film makes Lee out to be weaker than he was. In one scene, Brad Pitt’s stuntman character, Cliff Booth, squares off with Lee, hurling him into the side of a car with force and ease.

“Brad would not be able to beat up Bruce Lee, but Cliff maybe could,” Tarantino said. “If you ask me the question, ‘Who would win in a fight: Bruce Lee or Dracula?’ It’s the same question. It’s a fictional character. If I say Cliff can beat Bruce Lee up, he’s a fictional character so he could beat Bruce Lee up.”

Tarantino repeatedly cited Cliff’s rugged experience and backstory as justification for his ability to take Lee on, imagining more fantasy scenarios ending in a fight between the pair.

“If Cliff has killed many men in WWII in hand-to-hand combat,” Tarantino said. “What Bruce Lee is talking about in the whole thing is that he admires warriors. He admires combat, and boxing is a closer approximation of combat as a sport, like martial arts tournaments are. Cliff is not even part of the sport that is like combat, he is a warrior. He is a combat person.... If Cliff and Bruce were fighting in the jungles of the Philippines in a hand-to-hand combat fight, Cliff would kill him.”

Shannon Lee and her mother also lamented the film’s “insultingly ‘Chinesey’” treatment of Lee – a claim Tarantino did not acknowledge at the press event in Russia. “I feel like he turned his confidence into arrogance and his intelligence into mockery,” Shannon Lee told The Times. “I feel like he was picked on in the way that he was picked on in life by white Hollywood.”

ADVOCATE: Akshaye Khanna is playing the role of a lawyer in Section 375.

Section 375 will start a debate among viewers: Akshaye Khanna

Actor Akshaye Khanna, who is all geared up for the release of his forthcoming film Section 375, feels that, more than educating the audience, the film will start a debate and conversation among the audience.

Akshaye Khanna was interacting with the media at the trailer launch of Section 375 along with co-actors Richa Chadha, Rahul Bhatt, Meera Chopra, director Ajay Bahl and producer Kumar Mangat Pathak on Tuesday in Mumbai.

Section 375 is based on Section 375 of Indian Penal Code laws in India. In the film, Richa plays a public prosecutor fighting to get justice for her client, who claims she has been assaulted by a filmmaker (Rahul Bhatt), being defended by Akshaye in court. Akshaye accuses the victim of misusing Section 375 to falsely implicate his client. The film also explores the theme of whether a lawyer should defend a criminal or listen to his conscience. Akshaye said the story of Section 375 is very relevant. “I feel the story of this film is relevant because, no matter which year you are living in, it concerns what is happening all around. I feel this film gives a holistic view of a particular case, whether you are a part of defence or prosecution, whether you are the judge or a normal person viewing it on television and reading about it in newspapers. So, all these angles have been taken into consideration while writing (the film),” he said.

The actor added that more than educating the audience, Section 375 will start a debate among the audience about the issue. “I think more than educating the audience, there will be a debate and conversation about this issue, which is necessary,” he said.

The courtroom drama is scheduled to be theatrically released in India on September 13. – IANS

CONTROVERSY: Bruce Lee’s daughter, Shannon Lee, has objected to the portrayal of her father, played by Mike Moh, above, in Once Upon a Time... in Hollywood.

By Christi Carras

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Riteish remembers father Vilas Rao Deshmukh

On the seventh death anniversary of former Maharashtra Chief Minister Vilas Rao Deshmukh on Wednesday, actor Riteish Deshmukh remembered his father, saying he misses him.

“Some say 7 years is a long time, for me it feels like yesterday. Miss you papa every single day,” Riteish tweeted. Along with the tweet, he shared a photograph from Vilas Rao Deshmukh’s prayer meet.

Vilas Rao Deshmukh died due to multiple organ failure in 2012. Riteish’s wife and actress Genelia too penned a post in the memory of her father-in-law. “Miss you papa every single day, ” she wrote. – IANS

BACKLASH: Quentin Tarantino has received backlash for the portrayal of Bruce Lee in his latest film.
10 things teachers wish parents knew as kids head back to school

By Beth Whitehouse

With a new school year kicking off, we asked teachers to share 10 things they wish parents knew as the journey begins. Here’s how teachers across Long Island, N.Y., completed the prompt: “I wish parents knew....”

How critical it is for kids to arrive at school on time. Teachers say parents need to realise just how critical it is for kids to arrive at school on time.

“Y ou have to work at comfort zone to take risks.” — Denis Dagger, an eighth-grade math teacher at Holbrook Road Elementary School in Centerreach. When mistakes are celebrated, that teachers do homework, too. “Teachers put time in even when they’re not in the classroom.” — Gary Zamek, a sixth-grade teacher at Longwood Middle School in Middle Island.

“You want them to be independent.” — T ova Moskowitz, a kindergarten-to-fifth grade reading teacher at Lido Elementary School in Long Beach, borrows that expression from author Carol Dweck. While children may struggle, it’s important for parents to remember there’s always growth.

“Today’s kids have a lot on their plate.” — Gary Zamek, a sixth—grade teacher at Longwood Middle School in Middle Island.

“The increased rigour of academics, higher expectations in sports, and social media and bullying have contributed to students’ stress and anxiety.” — Gary Zamek, a sixth—grade teacher at Longwood Middle School in Middle Island.

Test grades may not be the best measure of success. Parents ought to give just as much weight to soft skills their child is learning, such as cooperation, collaboration and empathy.

Maldonado advises.

“That they should play games. “I wish parents knew there are a lot of things they could do with their kids that would increase their critical thinking.” — Stephanie Sullo, a fifth—grade teacher at Dutch Lane Elementary School in Hicksville. Family game nights featuring Yahtzee, Uno or Monopoly, for instance, help kids practice math and reading skills, she says. “They have to make decisions _ it gives them an opportunity to think two steps, two turns ahead.”

That they can relax. “I feel like some parents, at the beginning of the school year, they’re very nervous. When your child is having any kind of new experience, there’s anxiety,” says Jessica Lowenhair, a music teacher at Oldfield Middle School in Greenlawn. “I wish parents knew that as teachers, we try to do everything we can to make the school year start off well for the students.” — Newsday/ TNS

That they are capable of more than parents think. “You want them to be independent,” says Maria McMullen, a first—grade teacher at Holbrook Road Elementary School in Centerreach. At the end of the school day, for instance, McMullen expects her students to pack up their own backpacks. “I can’t put 25 folders into 25 backpacks,” McMullen says. “They have to start being responsible. They can do it?” Parents should expect the same at home, she says. “It’s amazing to see what a 5— or 6—year—old does when their mom is not around?”

“Sometimes in special education, it’s the baby steps that get your child where you want them to be.” — Nyree Francis, a fifth—grade special education teacher at Davison Avenue Intermediate School in Lynbrook. “A misstep is not a failure. “Sometimes in special education, it’s the baby steps that get your child where you want them to be,” says Nyree Francis, a fifth—grade special education teacher at Davison Avenue Intermediate School in Lynbrook.

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