On the ball

Filmmaker Nadia Hallgren chronicles Michelle Obama’s highs and lows for Becoming. P4-5

Quiz
Inspiring generations of artistes.
Page 10

Back Page
Ten of the best game worlds to get lost in.
Page 16
SERIES TO BINGE WATCH ON AMAZON PRIME

**Fleabag**

**DIRECTION:** Phoebe Waller-Bridge  
**CAST:** Phoebe Waller-Bridge, Sian Clifford, Olivia Colman  

**SYNOPSIS:** A dry-witted woman, known only as Fleabag, has no filter as she navigates life and love in London while trying to cope with tragedy. The angry, grief-riddled woman tries to heal while rejecting anyone who tries to help her, but Fleabag continues to keep up her bravado through it all. Comic actress Phoebe Waller-Bridge stars as the titular character on the series, which is based on Waller-Bridge’s 2013 one-woman show of the same name.

**Tales from the Loop**

**DIRECTION:** Nathaniel Halpern  
**CAST:** Daniel Zolghadri, Paul Schneider, Rebecca Hall  

**SYNOPSIS:** Beneath a small town exists The Loop, a scientific research facility. The townspeople end up experiencing an altered version of reality, where impossible things become possible. Each episode follows one townspeople, or a particular group of townspeople, and their experiences with The Loop.
Reducing stress with positivity

Positive thinking helps with stress management and can even improve your health. Practice overcoming negative self-talk with examples provided.

Understanding positive thinking and self-talk:

Positive thinking doesn't mean that you keep your head in the sand and ignore life's less pleasant situations. Positive thinking just means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst.

Positive thinking often starts with self-talk. Self-talk is the endless stream of unspoken thoughts that run through your head. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information.

If the thoughts that run through your head are mostly negative, your outlook on life is more likely pessimistic. If your thoughts are mostly positive, you're likely an optimist — someone who practices positive thinking.

The health benefits of positive thinking:

Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include:

1. Increased life span
2. Lower rates of depression
3. Lower levels of distress
4. Greater resistance to the common cold
5. Better psychological and physical well-being
6. Better cardiovascular health and reduced risk of death from cardiovascular disease
7. Better coping skills during hardships and times of stress

It's unclear why people who engage in positive thinking experience these health benefits. One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body.

Identifying negative thinking:

Not sure if your self-talk is positive or negative? Some common forms of negative self-talk include:

1. Filtering:
   - You magnify the negative aspects of a situation and filter out all of the positive ones. For example, you had a great day at work. You completed your tasks ahead of time and were complimented for doing a speedy and thorough job. That evening, you focus only on your plan to do even more tasks and forget about the compliments you received.

2. Personalising:
   - When something bad occurs, you automatically blame yourself. For example, you hear that an evening out with friends is cancelled, and you assume that the change in plans is because no one wanted to be around you.

3. Catastrophising:
   - You automatically anticipate the worst. The drive-through coffee shop gets your order wrong and you automatically think that the rest of your day will be a disaster.

4. Polarising:
   - You see things only as either good or bad. There is no middle ground. You feel that you have to be perfect or you're a total failure.

Focusing on positive thinking:

You can learn to turn negative thinking into positive thinking. The process is simple, but it does take time and practice — you're creating a new habit, after all. Here are some ways to think and behave in a more positive and optimistic way:

1. Identify areas to change:
   - If you want to become more optimistic and engage in more positive thinking, first identify areas of your life that you usually think negatively about. Whether it's work, your daily commute or a relationship. You can start small by focusing on one area to approach in a more positive way.

2. Check yourself:
   - Periodically during the day, stop and evaluate what you're thinking. If you find that your thoughts are mainly negative, try to find a way to put a positive spin on them.
   - Be open to humor. Give yourself permission to smile or laugh, especially during difficult times. Seek humor in everyday happenings. When you can laugh at life, you feel less stressed.

3. Follow a healthy lifestyle:
   - Aim to exercise for about 30 minutes on most days of the week. You can also break it up into 10-minute chunks of time during the day. Exercise can positively affect mood and reduce stress. Follow a healthy diet to fuel your mind and body. And learn techniques to manage stress.

4. Surround yourself with positive people:
   - Make sure those in your life are positive, supportive people you can depend on to give helpful advice and feedback. Negative people may increase your stress level and make you doubt your ability to manage stress in healthy ways.

5. Practice positive self-talk:
   - Start by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else. Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about you. Think about things you're thankful for in your life.

Practicing positive thinking every day:

If you tend to have a negative outlook, don't expect to become an optimist overnight. But with practice, eventually your self-talk will contain less self-criticism and more self-acceptance. You may also become less critical of the world around you.

When your state of mind is generally optimistic, you're better able to handle everyday stress in a more constructive way. This ability may contribute to the widely observed health benefits of positive thinking. — Mayo Clinic News Network/TNS
"She has this presence in a room that I’ve never experienced"

— Nadia Hallgren, filmmaker, on Michelle Obama

Michelle Obama has this incredible eye contact that never wavers. She makes you feel like you’re the only person in the room, you’re so special, and she believes it. And that continues every single day.

— Nadia Hallgren

By Michael Ordoña

Nadia Hallgren’s work as a cinematographer, camera operator and photographer has appeared in more than 70 documentaries, including Trouble the Water, RBG and Fahrenheit 9/11. The South Bronx native has shot in 35 countries, so you’d think there’d be little to rattle her on her first feature documentary as director. After all, she was just following an author on a book tour. A tour that included 17,000-seat arenas. And a Secret Service detail. And being up close and personal with the author, former First Lady Michelle Obama.

“She has this incredible eye contact that never wavers,” says the director of the Emmy-nominated Becoming. “She makes you feel like you’re the only person in the room, you’re so special, and she believes it. And that continues every single day.”

Of being thrown in with the crowds and motorcades, she says, “It was wild. It still sometimes feels like a dream. I think back to … getting over being intimidated by her. She’s Michelle Obama. She has this place in all of our minds as, you know, this extraordinary person. She’s 5-foot-11, she’s beautiful; I’m, like, 5-foot-4. She has this presence in a room that I’ve never experienced. So I just kept thinking, ‘Stay focused.’”

Hallgren was called in after having directed She’s the Ticket, a series of shorts about female candidates in the years following
the election of Donald Trump; she met with “Mrs. Obama” for about half an hour and they clicked. As thrilled as she was to document her subject’s transition to a post-White House public existence, she was less excited to see, for instance, a signing at a bookstore on the schedule. “As a filmmaker, you wouldn’t expect a book signing would be that interesting. One of the young women who works with her came in with a tissue box. I said, ‘Why are you holding this?’ She said, ‘Because when people meet her, they get really emotional.’” Hallgren scoffs. “I’m like, ‘Oh, come on! That’s ridiculous, who does that?’” So I go in and I start filming, and 10 minutes later, I come out in tears, looking for the tissue box,” she says, laughing heartily. Among admirers, there does seem to be a special fondness for Michelle Obama currently ranked by the British site YouGov as the second-most-popular political figure in America, to Queen Elizabeth II (four places above her husband, former President Barack Obama.) “You felt this buzz (in the arena). You felt like you were in a room with people who wanted to share optimism for the future among one another. I’ve never seen a group of happier strangers in my life.” Hallgren’s film doesn’t attempt to directly translate Michelle’s autobiography to the screen. It’s more of a companion piece to the book, almost an epilogue that finds its subject returning to public life a couple of years after leaving the White House (where the memoir ends). It contains some stories from the book, often captured as Michelle relates them to those packed arenas. The success of the tour mirrors that of the book, which became the biggest seller of 2018 after just over two weeks of release and has sold more than 10 million copies. “There was this huge opportunity to be with Mrs. Obama in the present moment, to film her in her interactions with her family and people she meets on this journey,” says Hallgren, nominated for her direction and cinematography of "Becoming." “I wanted to lean into the verité element of storytelling as much as possible. “I wanted to consider her internal life while she was in the White House while all these tumultuous things were happening — specifically, the murder of many young black people by law enforcement or vigilantes, if you will. There’s a specific part of the book where she talks about that and all the emotions that stirred from her specific position. I knew I had to include that in the film.” “There’s also the story we have in the film where she talks about having these highs and lows. She talks about going to the funeral of the church members who were murdered (when a gunman fired on a South Carolina congregation in June 2015, killing nine), and then they fly home and the same day, gay marriage passes. I remember when I read that, I got emotional. I heard her tell that story on stage and I got emotional again. ‘This has to be in the movie.’” There were unguarded moments which Hallgren found revealing, as when Michelle acknowledged (as she does in her book) that the relentless bad-faith criticism she received did hurt. Or when she discusses how understanding that she is the descendant of slaves has influenced her. “Her family members came to Chicago through the Great Migration. The photos we use in the film to represent that story are her actual ancestors that were on slave plantations. ‘This is this one shot of this family on a porch. These are her actual ancestors. When you look into the eyes of the individuals, and there’s a little girl in the photo: If these folks could have even dreamed of their great-great-great-granddaughter would be the first lady of the United States — that’s pretty incredible.” — Los Angeles Times/INS

“As a filmmaker, you wouldn’t expect a book signing would be that interesting. One of the young women who works with her came in with a tissue box. I said, ‘Why are you holding this?’ She said, ‘Because when people meet her, they get really emotional.’ I’m like, ‘Oh, come on! That’s ridiculous, who does that?’”

— Nadia Hallgren, director of Emmy-nominated "Becoming"
MES Boys’ Section organises virtual PHL ceremony

The Boys Section of MES Indian School recently organised a virtual PHL ceremony to honour the students of outstanding performance. A total of 76 students in Grade VIII who featured on the Principals Roll of Honour for their academic excellence and students who maintained 100% attendance during the academic year 2019-20 were honoured.

K Abdul Karim, President of MES Governing Board, was the chief guest on the occasion. The guests of honour included P K Mohammmed, General Secretary of MES; K P Abdul Azeem, Director Academics; and Harmeeda Kadar, Principal of MES.

Speaking on the occasion, the chief guest congratulated the students and observed that academic excellence is the foundation on which the wheels of education revolve. He also complimented that it is the hard work and perseverance that enabled students to earn positions on the Principals’ Honours List. Abdul Azeem congratulated the students for their outstanding performance in academics and appreciated the supportive roles played by teachers, parents and siblings.

Harneeda Kadar congratulated the students and said that it is an open letter to the students to continue their dedication and hard work.

The ceremony was attended by M C Muhammed, Director of MES, along with Mohommmed Biss, Vice Principal of MES Boys Section, Anamalaa Sharmy, Vice Principal of Girls Section, Baby Shana, Head of Academic Inspection and Heads of Departments, Teachers, parents and students.

The ceremony was also streamed live on the school’s official Facebook. Toby James conducted the event. Aakash Paul welcomed the gathering and Fazad Mohammmed Saqal, Head Prefect, proposed a vote of thanks.

MES Girls Section honours outstanding students

The Girls Section of MES Indian School recently organised a virtual PHL ceremony to honour the students of outstanding performance. A total of 213 students of Grade VIII who featured on the Principals’ Roll of Honour for their academic excellence and 59 students who maintained 100% attendance during the academic year 2019-20 were honoured.

K Abdul Karim, President of MES Governing Board, was the chief guest and P K Mohammmed, General Secretary of MES, the guest of honour.

Speaking on the occasion, the chief guest congratulated the students and observed that academic excellence is the foundation on which the wheels of education revolve. He also complimented that it is the hard work and perseverance that enabled students to earn positions on the Principals’ Honours List. Harneeda Kadar, Principal of MES, complimented the students and opined that in the fast-paced competitive world, students should strive hard to achieve the best results.

The ceremony was attended by M C Muhammed, Director of MES, along with Mohommmed Biss, Vice Principal of MES Boys Section, Anamalaa Sharmy, Vice Principal of Girls Section, Lakshmi, Head of Academic Inspection and Heads of Departments, Teachers, parents and students.

The ceremony was also streamed live on the school’s official Facebook. Rema Devi, faculty of Department of English, conducted the event. Nandita Domokal welcomed the gathering and Nandita Abraham proposed a vote of thanks.

Diaspora of Malappuram District elects office bearers

With the aim of uplifting the holistic development of humanitarian and cultural areas of Malappuram District of India, including arts, sports, education and expatriate welfare, an organisation comprising of expatriates in Qatar from Malappuram district, titled ‘Diaspora of Malappuram District’ (DoM Qatar) was recently formed on the occasion of Independence Day of India.

In his introductory speech, V C Mshood, founder president of Chalayar Doha and a social and cultural activist in Qatar, explained the purpose of the organisation and the impact it can make for the growth of Malappuram District. Usman Kallan and Jaseel Kallan led the election procedures during which a thirty-one member executive committee was formed in the nomination model.

The office bearers included V C Mshood, President, Abdul Asees Chevidikkutun, General Secretary, KesavadasNilambur, Treasurer, Dr Jalalv V Akeyavee, Firoz Areekutty, Basheer Kunjil, Balan Manandery and Abdul Rasheed P P, Vice Presidents; Ratheesh Kakkave, Naz Pennani, Sherein Nair, Dr Shafeeq Tappa, Mamadu and Shavanas Khairi, Secretaries, and Usman Kallan, Chief Co-ordinator.

Abdulahacker Madappattu, Hyder Chunpathara, Abdul Raof Kondathi and Ashraf Cherukkal were nominated as the Patrons of DoM Qatar.

M Nilambur was elected to lead the literary wing, while Sidheequ Vazhakkad for sports wing and Hamshankar for arts wing.

Dr K Mohammmed Elakkad, Abdul Kallan and Odayakkutun Rajesh Moneni, Koya Kondathi, Firoz PT, Shavanas Elachiya, spoke on the occasion.

Abdul Asees Chevidikkutun welcomed the gathering and Abdul Asees Chevidikkutun proposed a vote of thanks.
A peaceful artists’ residence

It can be bleak in winter but it’s always beautiful, and it’s a place that inspires you to be creative, and ambitious, writes Serena Fokschner.

Caroline Wiseman was enjoying her morning dip in the sea off Aldeburgh, Suffolk, where two brick towers once served as sailor’s lookouts, when an epiphany struck. “I noticed a ‘for sale’ sign on the south tower and fell into reverie, dreaming about how it would make a wonderful place for artists to work,” she says. When the owner suggested that she bought the tower and his 18th-century house behind it, she set herself in motion and said yes. “I’d been looking for somewhere to buy: this place is unique.”

Since she set up her first gallery at home in south London, Wiseman has always been an advocate of living with the art that she sells. But the Aldeburgh Beach Lookout is no conventional gallery. “It’s a place where artists can come for a week’s residency. We ask them to respond to the setting in innovative ways, with dance, film, sculpture or poetry,” she says. She also invites artists to stay in the pastel-hued house which she shares with her partner, Francis Carnwath, a former deputy director of the Tate.

Built in the mid-19th century, the tower served as a lookout for locals to spot ships in trouble. Later, the tower and adjoining boathouse were used for storage by fishermen. When Wiseman first saw the lookout it was “wind-bashed” but beguiling. “For 30 years the artist Laurens van der Post used the second-floor room for writing. It was untouched,” says Wiseman, who preserved the original feel of the interior, with its vertiginous metal staircase. She made few changes to the house, apart from knocking through to the nextdoor cottage, bought from the same owner. “We took a section of wall out of the first floor to link the sitting room with my office,” she explains. On the ground floor a door leads from the dining room to the sitting room in the cottage.

On a midsummer’s day, the interior is uncluttered, welcoming. The walls and floors are painted white and sunshine floods through the new French windows, open from the cottage on to the shingle beach. Throughout the house you find heirlooms and antiques, including folkish pieces found in upstate New York, where Wiseman used to live, mixed with contemporary art, ceramics and sculpture and 20th-century works by artists such as Terry Frost, some for sale by appointment. “Art isn’t a commodity: it’s about stories, the ideas behind pieces and creating an emotional connection with them,” says Wiseman. “I’ve always believed it’s easier to convey that in a domestic setting.”

One of her favourite spots is the sheltered terrace, dominated by a face sculpture by Ienzy Piper made from bicycle parts with cut lights for eyes, their glint visible from afar. “This is my spot for reading, thinking, what I call musing,” says Wiseman. She was drawn to Aldeburgh by its cultural atmosphere and her exhibitions never shy away from mind-stretching themes. The latest, Einstein and Picasso, draws parallels between the ways in which the artist and scientist viewed space and time: Picasso through Cubism, Einstein relativistically. The indefatigable Wiseman has even written a play about power in the art world (key characters include Damien Hirst and Tracey Emin) which made its debut at the Edinburgh Festival. The graphic black-and-white painting in the dining room is a prop from the play. “I’d sold a piece and needed something punchy to fill the gap,” says Wiseman. From here, glass doors lead to the kitchen where Wiseman stripped paint off the wall for a rustic farm-house effect. A wide cabinet came from Wiseman’s previous home in south London, along with the Aga, which was dismantled and painstakingly reassembled. “We are always entertaining so it’s ideal for slow cooking fish we’ve bought on the beach,” she says. In summer, guests spill out to the boathouse.

Many former residents, including Clara Drummond, who won the BP Portrait Prize, have gone on to find success. Drummond’s striking drawing of a horse hangs in the sitting room, where windows look on to the tower. “We encourage our artists to experiment,” says Wiseman. It is a remit that has courted even established artists. Tail Shan Schierenberg (another BP prize winner), the Turner Prize nominee Alison Wilding and Royal Academicians Rileen Cooper, Sir Peter Blake and sculptor Nigel Hall have found inspiration in the tower where van der Post’s room is furnished evocatively with a Suffolk chair, table and candlesticks.

Every residency culminates in a show. In summer, belinis flow and visitors are asked to write something “about the meaning of existence” on the pebbles piled on a wooden table outside. “We took a gamble when we moved here and it’s paid off,” reflects Wiseman. “It can be bleak in winter but it’s always beautiful. It’s a place that inspires you to be creative, and ambitious.”

— The Guardian
Unleashing the powers: Five fla

By Yotam Ottolenghi and Ixta Belfrage

I have never been shy about my love of vegetables. I have been singing the praises of cauliflowers, tomatoes, lemons and the mighty aubergine for years. But while it’s my mission to present vegetables in new and exciting ways, I must confess to a niggling doubt: how many more ways are there to roast a cauliflower, slice a tomato, squeeze a lemon or fry an aubergine? The answer, I’m delighted to report, is many, and in my latest foray, I have been joined by my brilliant colleague and co-writer Ixta Belfrage. Our journey of discovery into the world of vegetables has focused on understanding what makes each one distinct, so they can be tasted afresh. It’s about creating flavour harmony, and it’s done in these three ways.

Hasselback beetroot with lime leaf butter

Preparing vegetables hasselback involves slicing them thinly, not all the way down, so the slices remain held together at the base, like a fan: they not only look great but have deliciously crispy edges all over. To offset the extra work, start with shop-bought ready-cooked beetroots (plain, net in vinegar). If you do end up using raw beets, try to get bunches and use the stems and leaves to make our tempura stems, leaves and herbs.

Serve 4 as a side

Ingredients:
- 4-10 medium-large beetroots (that’s about 2 bunches), skin on (1.2kg)
- or 8-10 ready-cooked beetroots (1kg)
- Flaked sea salt

For the lime leaf butter
- 90g unsalted butter
- 40ml olive oil
- 5 fresh kaffir lime leaves, chopped
- 10g fresh ginger, peeled and chopped
- 1 garlic clove, crushed
- 1 tbsp lime juice, plus 2 tsp to serve

For the lime leaf salsa
- 10 fresh kaffir lime leaves, stalks removed and very finely chopped
- 1/2 tsp fresh ginger, peeled and very finely chopped
- 1/2 garlic clove, crushed
- 1/2 green chilli, very finely chopped (deseeded for less heat)
- 1 tbsp coriander leaves, chopped
- 3 tbsp olive oil

For the yoghurt cream
- 80ml double cream
- 90g Greek-style yoghurt

Method:
1. Heat the oven to 220°C (200°C fan)/425°F.
2. Place the beetroots in a baking dish in a single layer.
3. Fill with water to 2cm up the sides, sprinkle on one tablespoon of salt, cover tightly with foil and bake for one hour and 20 minutes, or until a knife goes through easily. Discard the salt.
4. While the beetroots are cooking, put the butter, lime, lime leaves, ginger and garlic into a small pan on a medium-high heat. Gently cook until the butter begins to bubble, about four minutes, then set aside to infuse for at least 40 minutes. Discard the aromatics, then stir in one tablespoon of lime juice and one teaspoon of flaked salt.
5. For the salsa, mix all the ingredients in a small bowl with a quarter teaspoon of flaked salt, and set aside.
6. In a medium bowl, whip the cream, yoghurt and a pinch of flaked salt until light and fluffy, with medium-stiff peaks, about three minutes. Refrigerate until ready to use.
7. Cut slits in the peeled beetroots at 4mm intervals, stopping about 1cm from the bottom. Place on a small parchment-lined baking tray and fan the slices out. Spoon the mixed butter evenly over, especially between the slices. Roast for one and a quarter hours, basting very well every 20 minutes or so, until the edges are crisp and caramelised. Set aside to cool for 15 minutes.
8. Spread the yoghurt cream on a platter, then arrange the beets on top, spooning the butter over. Drizzle over the salsa, finish with remaining lime juice and serve at once.

For the tangerine dipping sauce
- 60ml tangerine juice, with bits (2-3 tangerines)
- 1/2 tsp lime juice
- 1/2 tsp maple syrup
- 1/2 small garlic clove, finely chopped
- 4 fresh kaffir lime leaves, stalks discarded and leaves finely chopped
- 1/2 red chilli, deseeded and chopped

For the batter
- 80g self-raising flour
- 80g cornflour, plus 50g for deep-frying
- 210ml ice-cold sparkling water (small bits of ice welcome)
- 1/2 tbsp black sesame seeds
- 700ml sunflower oil, for deep-frying

Tempura stems, leaves and herbs

Huge quantities of herbs are roasted across the Ottolenghi restaurants, so we’re always on the lookout for clever ways of using the stems and leaves. If you don’t have any, use basil, parsley, sage or chard. Just make sure the leaves are not limp and wet, or hard and dry. The batter will be enough for 100g of leaves and herbs.

Make sure your prep is done before the oil gets too hot and have a slotted spoon and a rack lined with kitchen paper at the ready. Tempura doesn’t sit still too well, so try to eat it right away.

Serve as a snack or a little starter

Ingredients:
- 70g beetroot leaves and stems (cut to 8cm lengths), washed and patted dry
- 20g dill, patted dry, in 4cm fronds
- 10g mint, patted dry, leaves picked
- 1/2 tsp Szechuan peppercorns, crushed with a pestle and mortar
- Flaked sea salt

Method:
1. In a small serving bowl, stir together all the dipping sauce ingredients with an eighth of a teaspoon of flaked salt, and set aside.
2. For the batter, put the flour, 80g of cornflour, water, one teaspoon of flaked salt and the seeds into a large bowl. Whisk gently until the mixture just comes together.
3. Pour the oil into a medium-high-sided pan and place on a high heat. Once very hot, lower to medium and test by dropping in a little batter: it should sponge but not brown; straight away. In batches, toss stems, leaves and herbs in the 50g of cornflour, shake to remove any excess, then dip in the batter. Lift, shake the excess off the bowl, then place as many pieces in the oil as can comfortably fit without touching. Fry for 30-60 seconds on each side, until crisp and pale golden, then use a slotted spoon to transfer to a kitchen paper-lined rack. Continue with the rest, then sprinkle the lot with the pepper and salt. Transfer to a platter and serve hot with the dipping sauce alongside.
Romano pepper schnitzel

In 2016, the German minister for agriculture wanted to ban naming vegetable-based foods after their meaty counterparts, claiming such terms such as “vegetarian schnitzel” were unsettling and misleading. Ours aren’t vegetarian schnitzels, they are vegetable ones – a semantic difference but a big one. In any case, we hope our choice of title does not offend.
The sauce is a take on the classic Marie Rose but turbocharged. It’s also great in sandwiches and will keep in the fridge for up to a week.

Serves 4 as a starter

Ingredients:
4 red Romano peppers (350g)
Salt, flaked sea salt and black pepper
100g plain flour
4 eggs, beaten
100g panko breadcrumbs
60g sesame seeds, white and/or black
16 fresh kaffir lime leaves, stalks discarded and leaves finely chopped
1 tsp or 2 sprigs of oregano (or a little sheet of neti in a spice grinder and use 1 tsp)
600mL sunflower oil, for deep-frying
2 limes: finely grate the zest to get 2 tsp, then cut into wedges to serve

For the Marie Rose sauce
1 whole head of garlic, top fifth cut off to expose the cloves
Salt and black pepper
180g cherry tomatoes
4 large red chillies (75g)
1 tbsp maple syrup
2 tbsp Worcester sauce
1/4 tsp chillipepper flakes
60g mayonnaise

Method:
1. Heat the oven to 250°C (230°C fan) / 480°F / gas 9/10. To make the sauce, sprinkle the garlic with salt and pepper, wrap in foil and place on a parchment-lined baking tray with the tomatoes and chillies. Roast for 30 minutes, until they begin to blacken and blister. Remove from oven and, when cool, squeeze the garlic into the small bowl of a food processor, discarding the skins. Add the chillies (seeded for less heat), tomatoes, maple syrup, Worcestershire sauce, chillipepper flakes and a quarter-teaspoon of salt; blitz to a coarse paste. Leave to cool, then mix in the mayonnaise and refrigerate until you’re ready to serve.
2. Meanwhile, cut a 5mm slit vertically in the base of each pepper, then place on a large parchment-lined baking tray (you can roast them at the same time as the garlic, near the bottom of the oven). Roast for 16 minutes, turning over halfway, until cooked through and beginning to blacken. Transfer to a sieve, cut side down, to drain any liquid, taking care to keep the stalks intact. Once cool, carefully peel away as much skin as possible without puncturing the flesh, then sprinkle with salt and set aside.
3. Prepare three shallow containers long enough to fit the peppers. In the first, mix flour with one teaspoon of flaked salt and plenty of black pepper; put the eggs in the second; in the last mix breadcrumbs, sesame leaves, nettle, two teaspoons of flaked salt and a generous grind of pepper.
4. Set a large metal rack over one tray and line another with plenty of kitchen paper. Dip each pepper first into the flour, then the egg and finally the panko mixture, shaking off any excess as you go. Lie it on the rack and repeat with the rest of the peppers.
5. Pour the oil into a large, high-sided saucepan or wok on a medium-high heat. Once very hot, fry the peppers two at a time so you don’t overcrowd them. Lower in carefully and fry for one and a half to two minutes on each side, until golden brown and crisp, then transfer to the paper-lined tray.
6. Serve at once, with lime zest and sea salt sprinkled on top, and lime wedges and Marie Rose sauce alongside.

Black beans with coconut, chilli and lime

1 tsp mustard seeds and fry for another 30 seconds, until the garlic starts to turn golden brown. Strain over a bowl. Set aromatics and oil aside separately.
2. For the beans, put three tablespoons of reserved oil into a medium pan on a medium-high heat; add shallots, garlic, chillies and lime leaves, and fry for two minutes, stirring. Add mustard seeds and fry for another 30 seconds, until the garlic starts to turn golden brown. Strain over a bowl. Set aromatics and oil aside separately.

Serves 4 as a side

Ingredients:
2 banana shallots, finely chopp 2 garlic cloves, crushed 4 fresh kaffir lime leaves 1 ancho chilli, torn in half Salt 350g black turtle beans, soaked all night in cold water with 1 tsp bicarb of soda (or 600g cooked beans)
1 tsp lime juice 1/2 small coconut, roughly grated (50g)

For the fried aromatics
90mL olive oil 2 garlic cloves, thinly sliced 2 fresh kaffir lime leaves 2 tsp black mustard seeds

Method:
1. Start with the aromatics.
2. Heat oil in a small pan on a medium-high heat. Once hot, reduce to medium. Add garlic, chillies and lime leaves, and fry for two minutes, stirring. Add mustard seeds and fry for another 30 seconds, until the garlic starts to turn golden brown. Strain over a bowl. Set aromatics and oil aside separately.
3. For the beans, put three tablespoons of reserved oil into a medium pan on a medium-high heat; add shallots, garlic, chillies and lime leaves, and fry for two minutes, stirring. Add mustard seeds and fry for another 30 seconds, until the garlic starts to turn golden brown. Strain over a bowl. Set aromatics and oil aside separately.

Sticky rice balls in tamarind rasam broth

Serves 4 as a main

Ingredients:
50g block of tamarind pulp 30g ginger, skin on, thinly sliced 1 large green chilli, roughly sliced Salt 250g cherry tomatoes 2 tsp sunflower oil 1½ lemon, halved lengthways, cut into 4cm-thick half-moons (pips removed)
1½ tsp tamarind paste, finely crushed 1 tsp black mustard seeds 2 whole dried red chillies 2 fresh curry leaves (optional) 1 garlic clove, crushed 3-4 phm tomatoes (300g), coarsely grated and skins discarded (350g) 2 tsp caster sugar

For the rice balls
200g Thai sticky rice, soaked for 1 hour in cold water, then drained well 2 tsp sunflower oil, plus extra for shaping 1 onion, peeled and finely chopped 2 garlic cloves, crushed 15g fresh ginger, peeled and grated 10g coriander, roughly chopped, plus extra picked leaves and stalks 2 spring onions, thinly sliced (10g)

Method:
1. For the rasam, add the first four ingredients, 1.2 litres of water and one teaspoon of salt to a medium pan on a medium-high heat. Bring to the boil, then simmer gently for 20 minutes, stirring to break apart the pulp. Push through a sieve into a bowl, then discard the aromatics.
2. Meanwhile, put rice in a medium pan with 220ml water and three-quarters of a teaspoon of salt. Bring to the boil on medium-high heat, then lower heat and cover loosely, leaving a small gap for steam to escape. Cook for 20 minutes, then remove from heat and let sit, uncovered, until cool.
3. Toss cherry tomatoes in one and a half teaspoons of oil. Place a large saute pan on a medium-high heat. Once smoking, add tomatoes and cook, tossing occasionally, until charred and blistered, about four minutes. Set aside. Add lemons and cook until charred, 30-50 seconds a side. Set aside. Turn heat down to medium-high, add remaining oil, cumin and mustard seeds, dried chillies, curry leaves and garlic, and cook for 30 seconds, then fragrant. Add grated plum tomatoes; cook for five minutes more, then add sugar, tamarind liquid, ginger juice, tamarind stalks and half a teaspoon of salt. Bring back to the boil and simmer for eight minutes. Set aside while you prepare the rice balls.
4. Put the oil into a saute pan on a medium-high heat. Add onion and cook for seven minutes, until soft and browned. Add garlic and ginger, and cook for 90 seconds. Remove from heat and transfer to a bowl with the cooked rice, coriander and spring onions. Mix well. With lightly oiled hands, form into 12 balls (30-35g each).
5. To serve, heat through the rasam, then add charred lemon pieces. Divide rice balls between four bowls, pour over the rasam and top with coriander. — The Guardian
RUTHERFORD MODEL
1911
Devised by Ernest Rutherford, this new model abandoned the “plum pudding” concept of diffuse electrons and charged spaces for a more accurate version: a positively-charged nucleus, containing most of the atom’s mass, around which negatively-charged electrons orbit like planets about a sun.

BOHR MODEL
1913
The Bohr model, elaborated by Danish physicist Niels Bohr, superseded the Rutherford model, only in that it introduced the notion of multiple electron orbits—analogous to planetary orbits—sustained by electrostatic forces.

QUANTUM MECHANICAL MODEL
1926
Assembled by Erwin Schrödinger from the new and surprising physics of quantum mechanics, this model has produced the truest depiction yet of the atom. It’s a bizarre and counterintuitive model—electrons don’t inhabit precise orbits but rather exist as “probability clouds,” a diffuse area where there is only a mathematical likelihood that they may exist.

WELCOME TO THE WEIRD WORLD OF QUANTUM MECHANICS.
Inspiring generations of artistes

Sean Connery will forever be synonymous with the world’s greatest spy and one of the most successful movie franchises ever, James Bond.

Sir Sean Connery is the kind of rags to riches story that would inspire any young artist. Born on August 25, 1930 in Fountainbridge to a cleaning woman and a lorry driver, Thomas Sean Connery worked his way up from his first gig as a milkman in Edinburgh to become one of the world’s most accomplished film icons.

Sean Connery left school at thirteen and joined the British Royal Navy in 1946. A long bout with a stomach ulcer would hamper his naval career. He returned to Edinburgh and seemed to settle into a life of hard work: driver, lifeguard at Portobello swimming baths, a labourer, an artist’s model for the Edinburgh College of Art and a coffin polisher.

Sean Connery attained a height of 183 centimetres at the age of 16 and was called a ‘Big Tam’. He began bodybuilding and entered a Mr Universe competition in London in 1950 where he placed third.

Sean Connery was a very good football player as well and played for Bunnings Rovers in his younger days. Manchester United’s manager, Matt Busby was so impressed by Connery’s play that he offered him a contract for 25 pounds a week. About the offer he said, “I realised that a top-class footballer could be over the hill by the age of 30, and I was already 23. I decided to become an actor and it turned out to be one of my more intelligent moves.”

Sean Connery’s pastime eventually started his acting career. Connery helped out backstage at the King’s Theatre in late 1951. From his first week in modelling, bit theatrical parts, and chorus appearances, it was almost eight years before he was cast opposite Lana Turner in Another Time, Another Place (1958). It would be another four years before he first uttered those unforgettable words, “Bond, James Bond.”

As it happens, Bond’s creator, the novelist Ian Fleming, was not keen on Connery in the role at first. “I never thought I’d heard,” Fleming reportedly said. The author complained that Connery reminded him of an ‘overgrown Hunt-man.’ But both Fleming’s wife and the producer’s wife managed to convince their husbands that Connery was the right man for the role. Connery owes his huge success to his agent, who was always busy finding new roles for Connery. In 1962, Connery was cast in the role of James Bond Agent 007 of the British Secret Intelligence Service, in the screen adaptation of Ian Fleming’s spy thriller Dr. No. The immense success of the film and its immediate sequels, From Russia with Love (1963) and Goldfinger (1964), established the James Bond films as a worldwide phenomenon and Connery as an international celebrity.

In 1962 Connery was cast in the role of James Bond Agent 007 of the British Secret Intelligence Service, in the screen adaptation of Ian Fleming’s spy thriller Dr. No. The immense success of the film and its immediate sequels, From Russia with Love (1963) and Goldfinger (1964), established the James Bond films as a worldwide phenomenon and Connery as an international celebrity.

In 1962 Connery was cast in the role of James Bond Agent 007 of the British Secret Intelligence Service, in the screen adaptation of Ian Fleming’s spy thriller Dr. No. The immense success of the film and its immediate sequels, From Russia with Love (1963) and Goldfinger (1964), established the James Bond films as a worldwide phenomenon and Connery as an international celebrity.

The Bond films were a huge success, and Connery went on to star in further Bond films, including GoldenEye, The World Is Not Enough, and Quantum of Solace.

Sean Connery took on other serious parts with prestigious directors like Alfred Hitchcock and Brian De Palma. His role in 1987’s The Untouchables won him his only Academy Award, for Supporting Actor. He made indelible contributions to such hit films as the Indiana Jones series and The Hunt for Red October. Connery’s memorable films of the 1990s include Robin Hood: Prince of Thieves, First Knight, The Rock, Dragonheart, The Avengers, and Entrapment.

Sean Connery is arguably Scotland’s finest ever export. American Film Institute has selected Connery’s portrayal of James Bond as the Third Greatest Actor in Cinema History. “Some age, others mature” Sean Connery, who turns a ten-year-old this Tuesday, once said.

Welcome to the world of ‘Nutty’s Infolation’. NUTTY’s Infolation offers a vast library of movies, TV shows, documentaries, music videos, and much more. This website is designed to provide a one-stop-shop for all your entertainment needs.

**The Bond**

In 1962 Connery was cast in the role of James Bond Agent 007 of the British Secret Intelligence Service, in the screen adaptation of Ian Fleming’s spy thriller Dr. No. The immense success of the film and its immediate sequels, From Russia with Love (1963) and Goldfinger (1964), established the James Bond films as a worldwide phenomenon and Connery as an international celebrity.

Sean Connery has a long list of memorable roles, including his portrayal of James Bond in several Bond films.

**Scotland forever** and ‘Mum and Dad’ have special significance in Sean Connery’s life. What are these?

These are the two tattoos on his right hand. He got them when he enlisted in the Royal Navy at the age of 16.

In 1989, which magazine named Sean Connery “The Sexist Man Alive” at almost 60 years of his age?

People.

Sean Connery was once pulled over for speeding. The apprehending officer had a very interesting name. What was it?

Sergeant James Bond.

In the early 1960s, while filming Never Say Never Again, Sean Connery was taking karate lessons when he did something that apparently annoyed the instructor. The confrontation ended with Connery breaking his wrist, although he wouldn’t know it had been broken until enduring the throbbing pain for several years. Name the karate instructor, a soon-to-be film star himself.

Steven Seagal.

On 21st August 1911, it was stolen from a museum by Vincenzo Perugia, creating media sensation. Not widely known outside the art world till then, this heist in broad daylight catapulted this small unassuming portrait to international stardom, making her the most recognisable painting on the planet. Over the next two years, the lingering police investigation dragged on, with Pablo Picasso a suspect at one point. Identify this masterpiece.


Do you have any interesting bytes to share? And, does your vibe attract you to the Tribe NI’says? Every week two of your best questions will be featured here. Please do write to us at ni.says@zoho.com.

1. Considered to be the first computer programmer, what is the name of poet Lord Byron’s first daughter?

Ada Lovelace (Tariq Mahmoud, YIACO Medical Company, Kuwait.)

2. The Kingdom of Bohemia was the predecessor of which modern country today?

Czech Republic (Reggie Baker, Homemaker, Doha.)

(Answer next week. Answer to last week’s photo-quiz: North Korea and South Korea.)

The name of this condition is derived from a botched bank robbery in Stockholm, where four employees of Sveriges Kreditbank were held hostage in the bank vault for six days (23rd-28th August, 1973). During the standoff, a seemingly incongruous bond developed between captive and captor. One hostage, during a telephone call with the Swedish Prime Minister Olof Palme, stated that she fully trusted her captors but feared that she would die in a police assault on the building. What is this psychological response called?

Stockholm Syndrome.

Name the salty snack accidently invented on 24th August 1853 by a man aptly named George Crum, who worked as the head chef in Moon Lake Lodge in Saratoga springs, New York. As one customer complained about the fries, Crum deliberately made something in an attempt to irritate the finicky patron. Not only did the customer love them but the world knows them as the best snack.

Potato chips.

In the folk tale ‘Cinderella’, Jaq and Gus are two characters that the Fairy Godmother transforms into stallions so that Cinderella can attend the ball. What do Jaq and Gus turn back into at midnight?

Mice. Jaq (real name Jacques) and Gus (real name Octavius) are two mice who serve as Cinderella’s sidekicks.

He was named after a famous Japanese beef known for its tenderness, and marbled texture. His middle name ‘Bean’ coined from his father nickname ‘Jelly Bean’, doesn’t appear on his birth certificate, and he never related documents. Despite scoring 1080 in his SAT, he made the ultimate decision to skip college and go pro straight from high school. He was a member of a high school band called CHEZAW who later signed by Sony Entertainment. Identify this very popular celebrity whose 42nd birthday is being celebrated today.

(Please reply next week.)
**Wordsearch**

ACUFE  CONDON  VANHALEN
COCHRAN  SHORE  CANTOR
KENDIKS  ARCARO  HEDWOOD
ALBERT  FISHER  VEDER
COLINS  STANLEY  CLINE
MURPHY  BEAKIN  HOLLAND
ANDERSON  FOY

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

**Codeword**

**Sudoku**

**Cartoon: Adam**

Okay, Dad. This is actually coffee I can drink!

MM-HM.

There's no coffee in it. It's just cream and sugar.

Well, it's outstanding.

**Cartoon: Pooch Cafe**

Well, you don't need a crystal ball to predict that!

**Cartoon: Garfield**

I'm cool.

Who wants a fish-flavored now-numz?

Me! Me! Me!

And you didn't see that.

**Cartoon: Bound And Gagged**

Come on, one quick peek, I think my surgeon left a clamp inside me.
**Super Cryptic Clues**

### Across
1. Complaint caught by the aged? (4)
2. Are Europeans allowed to dance round them? (8)
3. Tutor taking meal with singer and actress (7)
4. He’s simply a nursery-rhyme character (5)
5. Marijuana for the informer (5)
6. Fierce woman in river (6)
7. Old politician responsible for treble Poor Law reform (6,7)
8. Boss putting blunder right (6)
9. Dark sort of thing! (5)
10. Transparency of a bit of playground equipment (5)
11. Greed displayed by girl taking pudding (7)
12. Score two less (8)
13. But it’s work for the dramatist (4)

### Down
1. Grey coat designed in class (8)
2. Animal going round a shopping precinct (5)
3. High-level conflict (6,7)
4. Get Italian food over one (5)
5. Dropping duck by Italian river - or African river (7)
6. It’s warbled in Los Angeles (4)
7. A drink for a horse (6)
8. The early shift may be tough (8)
9. Overcoming punishment (7)
10. A carriage from Queensland, Australia (6)
11. Quick ships (5)
12. Interrogate part of the cooker (5)
13. Land in the water (4)

**Solution**

```
1. COLD  MARYPOLES
2. ALICE  ALIA
3. TEACHER  SIMON
4. EMAIL  TPG
5. GRASS  AMAZON
6. EEL  PL
7. ROBERT  WALPOLE
8. YE  AA
9. GAFFER  NIGHT
10. IFT  FDR
11. SLIDE  AVALICE
12. LNER  ULR
13. EIGHTEEN  PLAY
```

**Coloursing**

![Beauty and the Beast](image)

**Answers**

### Wordsearch
- UPGOONHPICLINO
- NGBDORAYHIEMAC
- YGDPSSGUCUNUIBU
- HSNVMRKCOCHRAN
- NHAEAIENCHFAMYYF
- LEITLDLDGSDACVS
- CYLDNBVOTREHWIN
- NWOEEAAPONAYRI
- OURMNOMMNPOL
- DORFREHRAMCE
- NULARCAROPLJE
- ORFRRLWATERLY
- CEBCOLEEFANGPYB
- FISHERNARMSAIHN
- DFCAHYBTGTIDON

### Codeword
- BISECT  DIVIDEND
- MUMP  PLAN
- ACQUITY  ESCAPISM
- HERMAN  EBONY
- CNALSAM  EAGLE
- ONSUME  APPENDIX
- TONE  PROSE
- SAPPHIRE  LIZARD
- SORPRESE  UNUSED
Eat broccoli and cabbage to reduce heart attack risk

Higher consumption of cruciferous vegetables, such as broccoli, Brussels sprouts and cabbage, is associated with less extensive blood vessel disease such as heart attack or stroke in older women, say researchers.

Blood vessel disease is a condition that affects our blood vessels (arteries and veins) and can reduce the flow of blood circulating around the body. This reduction in blood flow can be due to the build-up of fatty, calcium deposits on the inner walls of our blood vessels, such as the aorta.

This build-up of fatty, calcium deposits is the leading cause of having a heart attack or stroke. “In our previous studies, we identified those with a higher intake of these vegetables had a reduced risk of having a clinical cardiovascular disease event, such as a heart attack or stroke, but we weren’t sure why,” said study author Lauren Bleckenhorst from the University of Western Australia. The researchers found that those with a diet comprising more cruciferous vegetables had a lower chance of having an extensive build-up of calcium on their aorta, a key marker for structural blood vessel disease. “We have now found that older women consuming higher amounts of cruciferous vegetables every day have lower odds of having extensive calcification on their aorta,” she said.

One particular constituent found abundantly in cruciferous vegetables is vitamin K which may be involved in inhibiting the calcification process that occurs in our blood vessels,” Bleckenhorst explained.

Women in study who consumed more than 45g of cruciferous vegetables every day were 46 per cent less likely to have an extensive build-up of calcium on their aorta in comparison to those consuming little to no cruciferous vegetables every day.

“That’s not to say the only vegetables we should be eating are broccoli, cabbage and Brussels sprouts. We should be eating a wide variety of vegetables every day for overall good health and wellbeing,” the study author wrote.

The research team said it was important to note the study team was very grateful to these Western Australian women, without whom these important findings would not be available for others. “While observational in nature this study design is central to progressing human health,” they noted. - IANS

ARIES
March 21 – April 19

There’s a fiery tone to the day that can’t be ignored, Aries. You may find that adjustments need to be made in your own plan of attack in order to get on the same page with other people. Don’t worry if things don’t go according to your plans. In fact, the best route to take is the one that wasn’t even planned. Do something that you’ve never done before.

TAUROUS
April 20 – May 20

There’s an extra spark in your eye that people won’t be able to ignore. Today’s a good day to get your point across, because you’ll find people more open and receptive to new things than usual. Speak with confidence and you’ll go far. It’s important for you to say what you feel. If you don’t, others will find reasons to walk all over you.

GEMINI
May 21 – June 20

Take yourself on a mental adventure today in which you explore new aspects of your world. Discuss philosophy and religion. Get to the core of a matter that seriously interests you. Now is a good time to consider taking classes or engaging in some form of higher learning. Your emotions come from a point of great power and you should use this energy wisely.

CANCER
June 21 – July 22

Today is your day, Cancer, so live it up! It seems like things have been rather intense lately, don’t worry, they’re apt to lighten up quite a bit today. Feel free to enjoy your usual jelly self, the one who adds humour to the group. Your laughter will be appreciated. Come into the forefront. Bring things up to your level and you’ll find that others willingly join you there.

LEO
July 23 – August 22

Be careful that you aren’t acting in a way that you dislike in others. Leo. You could find that you’re slowly taking on the traits of the people you despise. Lighten up a bit and put a smile on your face. If you continue to see the negative side of everything, it’s likely that other people will only see the negative side of you.

VIRGO
August 23 – September 22

The day’s general mood should fit quite well with your agenda, Virgo. There’s no need to fixate on the negative. Keep things light and upbeat and worry about the consequences later. This is the time to be adventurous and explore. Don’t let anyone else tell you how to run your show. You have a strong will and strong opinions, so don’t be afraid to express either.

LIBRA
September 23 – October 22

You may need a translator to get through to people today, Libra. It could be hard to make decisions, but not impossible. Today’s tip is to err on the side of adventure. Trust that good luck will pull you through if you take risks. You may feel unappreciated. Ask for help when you need it, but don’t rely on others to heal you. Most of this work needs to come from within.

SCORPIO
October 23 – November 21

Use your power resources today, Scorpio, as you have a great deal of dynamic energy at your disposal. You have the ability to transform and conquer anything now. Note that your spirit of adventure is apt to be more acute than normal, and you may be feeling quite anxious to get things rolling in a new direction. Don’t hold back. Now is the time to do things full force.

SAGITTARIUS
November 22 – December 21

You could be asked to make some spontaneous decisions today that you might not feel entirely comfortable making, Sagittarius. You could feel you don’t have enough facts to make an educated decision about what to do next. Realize that sometimes it’s necessary to bite the bullet and make the best choice based on the knowledge you have. Be adventurous and trust your judgment.

CAPRICORN
December 22 – January 19

Emotionally, you may feel as if you’re running up against a brick wall, Capricorn. It could be that your first reaction is to drown your sorrows in drink. Escapism is only a temporary remedy. If things slam in your face today, use this as an indication that you need to take necessary action. Don’t keep bouncing around from one thing to the next in order to avoid the obvious. Face the music.

AQUARIUS
January 20 – February 18

Your emotions could be extra powerful today, Aquarius, although something may not feel as if it’s sitting right. It could be a feeling of manipulation. Perhaps you’ve misjudged someone else’s sensitivity and now they’re working to get back at you in a subtle yet harmful way. Attend to your feelings and spend time alone if it helps you get more in tune with your emotions.

PISCES
February 19 – March 20

Take hold of this day as if it’s your own and use it to grow your dreams. Pisces. You’ll find a great deal of power and dynamism in the air urging you to take the adventurous route. There’s no need to hold back. The door is open and waiting for you to take the leap of faith to the other side. Don’t even worry about consequences now. Your good luck will pull you safely through.
BTS does it again, shattering records with all-English Dynamite

BY LAURA ZORNOSA

It hasn’t felt like much of a summer, but BTS is determined to give us the song of the summer anyway. The K-pop boy band and international sensation dropped its newest song and music video, Dynamite, and fans ate it up: The video smashed YouTube’s premiere record with at least 3 million concurrent viewers.

As the South Korean group’s first song sung entirely in English, the track is soaked in colour and nostalgia. It fuses the novelty of Old Town Road with the international flair of I Like It and Despacito and all the sunny hype of Can’t Stop the Feeling! In other words, all the ingredients for a summer success.

"We built this song to give strength to the people who listen to it," band member Suga said in a press conference. "Our goal is to have as many people as possible hear it and get a little bit of reassurance and healing from it!"

Although the single features all-English lyrics — RM is fluent, but most of the other six band members are not — BTS has previously reached unprecedented heights on a global scale in its native Korean. (Think: three Billboard Hot 100 Top 10 hits, four No. 1 albums and sold-out world tours.)

Yet Suga mentioned at the press conference that BTS would focus on "reach and impact" with this song, rather than charts and rankings.

"No matter what the chart is, no matter what the rank is... it’s always an honour," band member Jimin agreed. "It means many people have listened to and like our song. Any time we see that report card, we’re always thankful!

Dynamite’s relatable lyrics (drinking a cup of milk in the morning, the simple pleasures of “ice tea and a game of ping pong”), earworm chorus ("Shining through the city with a little funk and soul/ So I can light it up like dynamite") and disco-meets-bubblegum-pop vibe seem intended to help fans through quarantine. In fact, “the release of Dynamite wasn’t in our plans at all," band member RM said at the press conference. "As soon as we heard it, we thought it was really fun and exciting, a fun and cheery song that wasn’t that serious. It just made us feel good when we heard it. We really wanted to share this energy with the fans as soon as possible.”

And share it they did. The boy band will keep spreading that energy too, at the upcoming Video Music Awards on Aug. 30, where it’ll be performing the track and its hypnotizing choreography. The boys are nervous, RM said at the conference, but excited for this career first. — Los Angeles Times/TNS

REUNION: Shabana Azmi will reunite once again with Naseeruddin Shah in the film Mee Raqsam.

WHY SHABANA AZMI IS THANKFUL TO NASEERUDDIN SHAH

The legendary arthouse pair of Naseeruddin Shah and Shabana Azmi reunite for a film once again, but not as co-actors this time. Shah plays a pivotal role in the film Mee Raqsam, presented by Shabana Azmi. The film marks the directorial debut of her brother, veteran cinematographer Baba Azmi.

"Naseer has a weak back and he was laid up just before he had to report for the shoot in Mijwan. I was extremely nervous because the dates had been worked around (young actress) Aditi (Subedi)'s school holidays and they couldn’t be changed," Shabana recalled.

"Baba went into an almost Zen-like state, kept his calm, and said all will be well. Naseer kept his word to Baba made the long journey to Mijwan and gave an outstanding performance in the film. I will always be grateful to Naseer for this. What was wonderful is that his wife Raina accompanied him and even took some impromptu classes with the girls of Khai Azmi School in Mijwan," she added.

The film is about a Muslim father and his daughter who desire to be a Bharatnatyam dancer. While society and religious extremists oppose the girl’s dream, her father stands by her against all hurdles.

Along with Naseeruddin Shah and Aditi Subedi, the film also features Danish Husain, Sudeepa Singh, Rakesh Chaturvedi Om, and Kaurish Shukla. Mee Raqsam is streaming on Zee5. — IANS

BREAKING NEW GROUND: K-pop boy band BTS release first song sung entirely in English

TALENTED: Gopi Puthran, writer of the Rani Mukerji-starrer Mardaani.

Mardaani writer Gopi Puthran: There is a dearth of stories on women

Rani Mukerji-starrer Mardaani was released six years ago on this day, and Gopi Puthran, writer of the film who went on to direct its sequel, feels the franchise resonated because there is a dearth of good stories about women.

"It’s my speculation, but the reason why Mardaani as a franchise resonated so much with the audience is because there is a void and dearth of stories of women, which are sincerely told while tapping onto the correct insights of the problems and the journey of women," Puthran said.

He added: "Somewhere, I think, Mardaani as a universe is tapping into the core of being a woman, especially in a patriarchal society. The themes that we have been dealing with in part 1 and 2 — the struggle of maintaining one’s identity in a world where you are constantly asked to compromise — that’s something we approached with sincerity."

"I think the sincerity of our themes and dealing with the issues that women face has clicked with the audience and I hope we continue to do justice, in the way we approach the themes, in the subsequent parts that we’ll hopefully be doing," Puthran said.

Mardaani also stars Jisshu Sengupta, Taher Raj Bhasin and Saanand Verma. It revolves around Shivani Shivaji Roy (Rani), a policewoman who is out to capture a human trafficking mafia led by a man named Walt (Taher).

Puthran shares an enduring relationship with Rani with whom he has worked in the Mardaani franchise.

"Rani has actually given life and soul to this character, Shivani Shivaji Roy. The way she added so much of depth and gravitas to this character instinctively is so satisfying, especially for a writer, when you see that a star and an actor puts in so much of effort and instinct. She has made Shivani Shivaji Roy come alive," said Puthran.

He feels Rani is a natural with action sequences. "She has been brilliant in action sequences. Right from Mardaani I to Mardaani 2, Rani is a complete natural when it comes to action sequences. It was like she was meant to do this part!"

Puthran said that Rani can bring vulnerability as well as toughness to a character. "Thus, Shivani became as unique a character as you would have ever seen in Indian cinema. That is entirely Rani, her capabilities, her genius." — IANS
From Zelda to Grand Theft Auto: 10 of the best game worlds to get lost in

**The Legend of Zelda: Breath of the Wild**

After revolutionising 3D games once with 1998’s Ocarina of Time, Nintendo rewrote the rulebook again here, sculpting a colossal world of staggering complexity. It gives you the basic tools you need and then simply sets you loose, leaving you to parachute from soaring peaks, cook a steak dinner, make a dirigible out of monster guts, befriend a dog, or motorbike through a desert at your leisure.

**The Witcher 3: Wild Hunt**

This dark adult fantasy – think Game of Thrones with more monsters and marginally less sex – presents a huge canvas of forests, cities, archipelagos and vineyards, and stuffs it to bursting with things to do. Follow the story, explore, hunt monsters, or drink, brawl and play cards – as Geralt of Rivia, it’s up to you.

**Red Dead Redemption 2**

Only a developer with the sheer resources of Grand Theft Auto developers Rockstar could build a world this massive, yet stuff every nook and cranny with such an obsessive level of detail. Become a train-robbing outlaw or a Robin Hood-esque folk hero, or simply while away your hours wandering its beautiful, dirty and desolate interpretation of the Wild West.

**Ghost of Tsushima**

Taking an impressionistic approach when realising the titular Japanese island, this game turns the 13th-century Mongol invasion into a dazzlingly colourful visual spectacle. Songbirds, foxes or petals on the wind will gently guide you to points of interest, including quiet spots where you can compose haiku, making this one of the prettiest, most soothing virtual worlds it’s possible to experience.

**Assassin’s Creed Odyssey**

More than 90 sq miles of stunningly realised ancient Greece await you, as you are hurled into the middle of the Peloponnesian War. If that sounds a bit stressful, the game’s educational Discovery Tour mode – a combat-less guided trip around its diligently reproduced sites and monuments – means you can relax and take it all in, and maybe even learn something.

**The Elder Scrolls V: Skyrim**

Now a rather distinguished nine years old, Bethesda’s wildly successful high-fantasy romp isn’t quite the beauty it once was, but is yet to be bettered in terms of instilling a palpable sense of place. A chilly, brutal and literary world of dragons, dungeons and magic that takes hundreds of hours to fully explore.

**Kingdom Come: Deliverance**

It may not be the biggest world here, and it certainly isn’t the bonniest, but Warhorse’s historically accurate 15th-century Bohemia is one of the most immersive. You play a peasant – not a knight, or wizard, but a blacksmith’s son called Henry – whose home is razed by war, with barely any idea, at the beginning at least, how to even swing a sword.

**No Man’s Sky**

Hello Games’s technical marvel of space exploration procedurally creates its 18 quintillion – yes, that’s right – planets on the fly, meaning any you encounter, and the plants and animals thereon, have likely never been seen before, and never will be again. Then, you take off and fly to another one, with nary a loading screen to speak of. Occasionally goshmackering to look at, and unimaginably vast.

**Divinity: Original Sin II**

Larian Studios’ devilishly old-school role-player may frustrate, battle and infuriate you with its refusal to hold your hand – or even, quite often, to be remotely fair at all. Those who persevere will discover the sprawling, top-down world of Rivilion to be full of wit, charm, personality, and dozens of hours’ worth of endlessly rewarding exploration.

**Grand Theft Auto V**

It would be remiss not to give Rockstar a second entry on this list, as its hyperbolised US state of San Andreas remains one of gaming’s most varied sandboxes. Its central tale of three criminals remains superb, but is secondary to simply being there, going to see a movie or indulging in a gentle round of golf. Or, this being GTA, you could just steal a jet and blow something up. Different strokes.

— The Guardian