Making it count

Why Angelina Jolie’s new Disney+ film doesn’t talk down to kids. P4-5

Reviews
A comedic take on Dickens’ beloved novel.

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Hiking in the era of Covid.

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PRAYER TIME

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USEFUL NUMBERS

- Emergency: 999
- Worldwide Emergency Number: 112
- Kahramaa – Electricity and Water: 991
- Local Directory: 180
- International Calls Enquiries: 150
- Hamad International Airport: 40106666
- Labor Department: 44508111, 44406537
- Mowasalat Taxi: 44588888
- Qatar Airways: 44496000
- Hamad Medical Corporation: 44392222, 44393333
- Qatar General Electricity and Water Corporation: 44845555, 44845464
- Primary Health Care Corporation: 4493333
- Qatar Assistive Technology Centre: 44593363
- Qatar News Agency: 44594050
- Q-Post – General Postal Corporation: 44450205
- Ministry of Interior: 40253371, 40253372, 40253369
- Ministry of Health: 40253370, 40253364
- Hamad Medical Corporation: 40253368, 40253365
- Qatar Airways: 40253374

SERIES TO BINGE WATCH ON AMAZON PRIME

Goliath

**DIRECTION:** David E Kelley, Jonathan Shapiro

**CAST:** Billy Bob Thornton, Tania Raymonde, Nina Arianda

**SYNOPSIS:** Billy Mcbride is going through a rough patch. He has been fired from the law firm he helped build, his wife has left him, and he’s now a down on his luck ambulance chaser. A lady (Patty) approaches him to represent her in a wrongful death case. After reluctantly accepting to take on the case, a series of strange events befell Billy. Through death threats, harassment, and trumped up arrests, Billy embarks on obtaining justice, and it is one hell of a ride. Additional unique cases eventually come Billy and Patty’s way, making the ride even more entertaining.

Bosch

**DIRECTION:** Eric Ellis Overmyer

**CAST:** Titus Welliver, Jamie Hector, Amy Aquino

**SYNOPSIS:** Harry Bosch is an irreverent homicide detective in Los Angeles. Like any good protagonist he has problems with authority, follows his gut and bends a few rules while achieving the best solved case rate in all of California. Whatever situations the writers put him into he will undoubtedly be entertaining as he pursues justice.

**Quote Unquote**

“The best way out is always through.”
– Robert Frost

**Community Editor**

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Snakes of all kinds populate Carl Hiaasen’s Squeeze Me

By Colette Bancroft

Hiaasen’s other novels have been set in Florida locales known for outrageous behaviour, like Miami and Key West. This time, he proves there’s plenty of weirdness to be found even in “gilded, fussy Palm Beach.” A native Floridian, Hiaasen has worked all his adult life for the Miami Herald, for which he writes an award-winning, take-no-prisoners column. Squeeze Me is Hiaasen’s 15th novel for adults; he’s also written half a dozen books for kids, including the Newbery Award winner Hoot.

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Squeeze Me opens on a January night at a charity gala at the Lipid House in Palm Beach. One attendee leaves her $50,000 table and several guests and wanders off into the grounds. By the time her friends realise she’s missing, all that’s found on the bank of the koi pond is her beaded clutch. The missing woman is Kiki Pew Fitzsimmons, twice widowed and hugely rich at age 72. Police drag the koi pond and review surveillance videos, but Kiki Pew and her striking necklace of rare pink pearls (harvested from Queen conchs) seem to have vanished without a trace.

A few days later, a young woman named Angie Armstrong is summoned to the club. Angie is Hiaasen’s take-no-prisoners, for which he writes an award-winning, take-no-prisoners column, Discreet Captures. Usually clients want raccoons wrestled out of their attics, but this time what the very nervous club manager wants her to pull out of a tree is one of the largest Burmese pythons she’s ever seen. This one is “deep into a post-meal stupor” and has an unusually large lump in its midsection.

Floridians know that Burmese pythons are a spectacularly successful invasive species. In the past few decades, the snakes, which can grow to be 20 feet long or more, have nearly wiped out the native creatures of the Everglades; they’ve been known to eat alligators. Hunting them has barely made a dent. The only thing that has kept them from spreading northward is that they can’t tolerate cold. But if the climate warmed up — oh, wait. This specimen’s food coma makes it fairly easy for Angie to decapitate it and carry it off to her storage freezer to await a biologist’s dissection. She hasn’t heard about Kiki Pew’s disappearance, so she’s untroubled by the lump in the snake — until someone breaks in and steals the frozen reptile.

Soon Kiki Pew’s body — having been removed from the python — is found, and one of those pink pearls leads to Diego Beltran, an innocent undocumented immigrant, being blamed for her death because, really, who wants to admit there are killer reptiles in Palm Beach?

The case becomes particularly high profile, and Diego is a convenient scapegoat, because Kiki Pew is a founding member of a group of wealthy widows who are ardent fans of the president of the United States and members of his private club in Palm Beach, here called Casa Belli cosa.

There are also more pythons showing up in Palm Beach. It might almost be plausible for them to be found in people’s backyards, but they’re turning up in bakery trucks and boutiques.

If you’re a longtime Hiaasen fan, you might smell the roadkill-tinted aroma of his longest-running and most beloved character, a former Florida governor turned “vagabond saboteur” called Skink. He’s been avenging wrongs done to Florida for so long that his sidekick and protector, a former Florida Highway Patrol trooper named Jim Tile, is now in assisted living. But the pair are still affecting the comfortable in creative ways. All this leads to a raucous finale at the Commander’s Ball, a celebration of Mastodon’s ego that includes a performance of Big Unimpeachable You by the surviving Potussies, a disfiguring tanning bed accident, just a touch of LSD and, of course, pythons. Lots and lots of pythons.

— Tampa Bay Times/TNS
The right pitch

It’s crucial to approach children’s entertainment with a degree of frankness and honesty, Angelina Jolie tells Sonaiya Kelley

When you adapt a book that lots of people already love, and particularly when it’s for children, there’s a huge responsibility. Probably the most important part of my job was to not betray that connection that they have with it but to understand what the things are that create the love affair between the reader and the story

— Thea Sharrock, director

Katherine Applegate’s children’s novel The One and Only Ivan is chock full of big ideas. The story, about a 400-pound gorilla who is forced to perform in a suburban mall’s circus attraction, touches on themes of greed and capitalism, empathy and liberation from oppressive systems. “And ironically enough, ‘Ivan’ is about isolation,” said Applegate. “Ivan was in a cage in the middle of a mall for 27 years without seeing others of his own kind. So in a strange way, it’s perfectly timely.”

Based on a true story, the book has been adapted into a live-action film of the same name by screenwriter Mike White. It’s was released for streaming last Friday on Disney+, after the Covid-19 pandemic spurred the studio to forgo a theatrical release.

Produced by and featuring a vocal turn from Angelina Jolie in a prominent role as an ageing elephant, the cast is led by another Oscar winner — Sam Rockwell — as the titular silverback. The ensemble — which also includes...
Danny DeVito, Helen Mirren, Chaka Khan, Phillipa Soo and Brookynn Prince — delivered their animal turns using state-of-the-art motion-capture technology, while Bryan Cranston leads a smaller cast of human characters movies. "Thea Sharrock. "It was really, really barrel for our actors, " joked director cast of human characters as the turns using state-of-the-art, Prince — delivered their animal Khan, Phillipa Soo and Brooklynn Danny DeVito, Helen Mirren, Chaka

"It's an event (film), " agreed at home with her own family, Stella, Ivan's longtime friend whose monitored intensely to make sure them to move across a room. She was directing the animation, if you take a big sigh, or the elephant shifts its weight, or there's a "twinkle in the eye — it is part of the soul of the animal. It had to be monitored intensely to make sure it's accurate."

"I'm incredibly proud of the groundbreaking CGI that has gone into this," she added. "I truly believe that the level of artistry is unique. My heart goes out to all of the animators who spent hours and hours creating something of this caliber." Where our focus is: What makes the next generation safe?

"What has been achieved with the animation is advanced. What looks seamless is so complicated," Jolie said. "As a producer, voices the elephant Stella, Ivan's longtime friend whose "Thea was kind of directing three different movies at the exact same time. She's hearing my voice and working with us as people but then she's also thinking of the animals' body movement, how long it takes for them to move across a room. She was directing the animation, if you take a big sigh, or the elephant shifts its weight, or there's a "twinkle in the eye — it is part of the soul of the animal. It had to be monitored intensely to make sure it's accurate."

"The actress was first introduced to the novel by her kids. "My daughter Shiloh was the one that brought the book to my attention. As a mom, I related to (Stella) and I loved what she represents. I think we all have that moment and is something for families to do together, then really there is nothing better." At home with her own family, Jolie and her clan of six have turned to comedies as a reprieve from everything going on in the world. "A lot of times in difficult (chapters of) history, comedies have come to the rise," she said. "I've tried to be the mom and say, 'Can we watch a good documentary? Can we watch this?' And my kids will say, 'Honestly, can we just watch The Office all day?'" "I have teenagers and it seems like kids largely just shut off from each other," said Sharrock. "They don't want to do Zoom because they've got nothing (new) to share. They don't want to sit and do FaceTime, they want to actually be with who they're with."

"We went through a period with the Oculus where they can be in the Arctic together climbing a mountain," said Jolie. "(Meanwhile), I was the one who was constantly on the Nat Geo VR travelling. I was so happy to get my tent fixed in VR (and experience) a sunrise in the tent, I nearly cried. And that is when I realised I was starting to lose my mind."

While Sharrock admits she will miss having the experience of a formal premiere for Ivan, "I think some people approach this (work) lightly," said Jolie. "I don't take lightly the idea of putting something in front of an audience."

"I'm hoping down the line when we get back to some form of normalcy, there will be Ivan parties where the film goes up on the big screen so people can see it as they should," she added. "I think going into things like (this) work lightly, " said Jolie. "I think some people approach this (work) lightly," said Jolie. "I don't take lightly the idea of putting something in front of an audience."

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"(But) my hope really does come from the younger generations," she added. "I see them fighting and demanding answers, questioning what is very broken about our society and the way many things have been mishandled for decades."

She says it's crucial to approach children's entertainment with a degree of frankness and honesty. "I think some people approach (this) work lightly," said Jolie. "I think going into things like (Ivan), it may appear as a children's story, but that's not how Katherine approached it. It's not how Ivan's life was approached. What I love about the book is that there are certain lines where it's so simply put, but says so much. And I think that's why children relate to the book so much and will love the film, because it's not presented to them with some manufactured idea of what we think. The way (Ivan) says things with such purity, it's just drops of truth."

"Hopefully, like many pieces of art that straddle like this, children continue to ask questions and do their own investigating," said Jolie. "Hopefully this will inspire them even further to know that there's a lot that must be addressed and fought for, and their instinct will be to ask the right questions and demand the right things." — Los Angeles Times/TNS

"Thea Sharrock, who made her One and Only Ivan, "It was really, really tough."

"If we're going to do a big movie, I like thinking of the audience and giving them as much as we can," she said. "And to show them something new and give them something outside. Or else a very deep small film that's intense and emotional. I don't take lightly the idea of putting something in front of an audience." As for The Eternals, which has been pushed back to a February 2021 release due to the ongoing uncertainties of the pandemic, Jolie says she is just as much in the dark about its status as everyone else. "It's not just because it's all locked up in secrecy, but I actually don't know much," she said. "I know there's talks about potential additional photography, but I don't know if we need it or if we're doing it. I think at the end of the day it's about getting it (right). There's so many great films that haven't yet been able to come out. It'll find its moment and I'm excited for it to come out, wherever it does."

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Outgoing ambassador of Bangladesh appreciates Covid-19 volunteers

Ashud Ahmed, outgoing ambassador of Bangladesh, recently extended his appreciation to the volunteers who took part in the campaign of delivering food kits at the doorsteps of needy Bangladeshi expats residing in Qatar during the constrained time of coronavirus pandemic, during a meeting on the embassy premises.

“The distributed comestibles in the format of food kits was just a token of love and care exhibited by the Government of Qatar via its various ministries and agencies,” he said. He also thanked the Government of Bangladesh for sending aid for needy Bangladeshi diaspora living in Qatar. The volunteers, under the banner of Bangladesh Community Qatar (BCQ) in association with the Embassy of Bangladesh took part in the campaign. Arwar Hossan Akon, President of BCQ, said “We remain deeply thankful to the volunteers who assisted to ensure proper distribution of the comestibles during the last five months.”

On the occasion of the centennial birth anniversary of the founding leader of Bangladesh, Sheikh Mujibur Rahman, the embassy unveiled a T-shirt in commemoration of Mujib year” declared by the Government of Bangladesh. BCQ also presented a crest to the outgoing ambassador as a token of his contribution to the Bangladeshi community in Qatar during his tenure.

MES student bags third in short film contest

Bhavyasree Rajesh, a student of Grade-XI of MES Indian School, recently bagged third position and a cash award of QR5,000 in the short film contest organised for the school students of Grades I-XII by the Ministry of Education and Higher Education in collaboration with Doha Film Institute. The theme of the competition was “The Bright side.” The competition, which was conducted in three categories, aimed to provide students with new skills and discover and sponsor media talents, as it represents a meaningful platform for students in their free time.

QISC announces ‘Discover India’ quiz competition results

Qatar Indian Students Club (QISC) has recently announced the results of the ‘Discover India’ quiz competition, organised as a part of 74th Independence Day of India celebrations. The top scorers in the senior category, included Shima Manal Parambil, from Birla Public School; Fatheen Faris, Noble International School; Sampoorva Naidu and Sanjay Kumar Sivakumar, Doha Modern Indian School; and Raunak Thanvir, Bhavans Public School. Naila Shahnawas, from Birla Public School, bagged first position in the Junior Category, and Sharon Ranjiv and Nazli Shahnawas in the Sub-Junior category. Certificates were distributed to the participants.
In an episode of the highly underrated sitcom New Girl, Nick (Jake Johnson) and Schmidt (Max Greenfield) invent the Swuit — “A suit made entirely of sweatsuit material.” That’s tracksuit material to us nations of the British Crown.

“Friends, imagine yourself in this scenario,” says Schmidt to his housemates. “You’re at the local gymnasium [sic]. You’re schvitzing up a storm. Suddenly, you get a text message. There’s an emergency wedding down at the town hall.”

“But, what’ll I wear?” replies Nick. “I mean, I’m sweating at the gym.” And just like many great two-man inventions – aeroplanes, Google, Ben & Jerry’s – so the Swuit was born.

Rewatching New Girl recently was a great distraction from the raging bin fire that is 2020. So it was with some amusement that I discovered a curious new trend in Australian women’s fashion. Some are calling it tailored activewear, but I know a Swuit when I see one.

It’s no surprise that activewear has been the lycra-covered cash cow of Covid-19. With much of the workforce working from home, many of us are living in activewear, from basic Bonds to luxury Lululemon and everything in between. I haven’t worn anything non-elasticised since February. In a moment of sheer madness, I even considered buying jeggings.

It can take you from board meeting to barre class, without leaving your house. Of course, we sometimes have to bring our A-game for Zoom meetings and other live duties, but with only your top half visible on-camera, you can look like a newsreader from the waist up and a Bondi mum waist-down. Or with tailored activewear, you can have both at once.

Though it may seem silly, it’s a natural mid-pandemic fashion evolution. It can’t take you “from beach to restaurant,” which as we know is every Aussie woman’s outfit dream. But it can take you from board meeting to barre class, without leaving your house.

Popular local brands including Camilla and Marc, P.E Nation and Lorna Jane are all selling versions of the Swuit, and women who still somehow have disposable funds are on board. A P.E Nation representative told us that their Elevation Blazer has been a bestseller. So maybe style plus comfort really does equal Swuit. It can take you from board meeting to barre class, without leaving your house.

Chic: PE Nation’s Elevation Blazer and matching tracksuit pants.

New formal trend: Suit up in sweats

Tailored tracksuits have gone from sitcom punchline to material reality - what could be more 2020? asks Nadine von Cohen

ON BOARD: Popular local brands including Camilla and Marc, P.E Nation and Lorna Jane are all selling versions of the Swuit, and women who still somehow have disposable funds are on board.

At the end of the episode, while helping Nick and Schmidt pitch it to a potential investor, Jess (Zooey Deschanel) says “The Swuit goes from day to night and night to play.” So next time an invitation calls its dress code “business casual”, you know what to do. — The Guardian
Aimee Hartley, like most people, thought she knew how to breathe – she had, after all, been doing it all her life. She had also given it plenty of thought, having trained as a yoga teacher. But then she took a lesson with a breathing coach, who told her where she was going wrong. He pointed out she wasn’t taking the air into her lower lungs but was, she says, an “upper chest breather. He then taught her this conscious breathing and I felt my lower belly open, and I felt myself breathing a lot better after just one session. So I then became fascinated by how we breathe.”

Watching her students in her yoga class, and observing people in everyday life, she started noticing that almost nobody breathes that well, by which she means in a way that makes your belly expand and your upper chest and back lift slightly, in a fluid motion. The exception, she says, is “babies, until they’re about three”. Then we forget how to breathe.

There has been a huge rise in interest in “breathwork” in the last few years, in the western wellness world. There has been a huge rise in interest in “breathwork” in the last few years, in the western wellness world. One of the stars of the breathwork world is Wim Hof, who advocates breathing exercises alongside cold therapy and meditation. Hartley offers group and private breathwork sessions, and published a book earlier this year, Breathe Well. There is little high-quality research to back up many of these claims, although it has become widely accepted that diaphragmatic breathing (engaging the large muscle between the chest and abdomen to take bigger, deeper lungfuls of air) can reduce feelings of stress and anxiety – and the NHS recommends this for stress relief. “If we are breathing into the diaphragm well, we can send messages to the body that we are safe,” says Hartley. Consciously slow and deep breathing activates the parasympathetic nervous system – the “rest and digest” response to stress.
Breathe properly could change your life

that is opposite to the “fight or flight” sympathetic nervous system. Studies have shown that controlled breathing can reduce levels of the stress hormone cortisol in saliva, and another study shows that breath training can alter the chemistry in the brain, affecting levels of another stress hormone, noradrenaline, which could enhance focus and keep brains healthier for longer. There has also been a rise in the use of breathing exercises to help people with anxiety.

The coronavirus pandemic may have accelerated the breath-training trend. Faced with a virus that affects the respiratory system, attacking the upper lungs of those severely affected often leaving even those with mild symptoms with a breathlessness lasting months, there has been a renewed focus on breath. Should you be worried about someone standing close enough to breathe on you? Are you used to breathing through a face mask yet? Is suddenly being aware that it’s harder to take a deep breath a Covid symptom, or a sign of the anxiety many of us are experiencing at the moment? “I think people are becoming more aware of how they breathe and how that affects them,” says Hartley, who has been teaching clients over Zoom since lockdown began. “I’ve had clients that are now in recovery from Covid and they’ve said they have never become so aware of their breathing.”

Breathwork has become fashionable, she thinks, “because it works!” The increased profile of mindfulness, with its focus on breathing, has been another reason, but even while we sit, eyes closed, following the guidance of an app, few of us know how to breathe well, she says.

About 80% of the people Hartley sees in her sessions are “upper chest breathers, so that when they breathe in, their intercostal muscles [between the ribs] and their shoulder muscles are overused. Their chests puff out and hardly anyone is breathing really well into their belly, which should be the foundation of the healthy breath.” Others breathe through their mouth rather than nose. “So there’s all these intricacies in the way we breathe and there’s always room for improvement.”

Watch a toddler breathe, she says, and they do it instinctively— their tummies swelling with each in-breath. Hartley believes it is when children begin school that bad habits start setting in that last a lifetime—they sit for long periods, move less, and start to experience emotional stressors that affect breathing (we are designed to take shallow breaths while under threat; it is just that now we feel as if we are under threat all the time). “We go into this fight-or-flight mode and the muscles contract. We start holding our breath a lot more than we should do. It can be anything from feeling nervous in a classroom or something can be happening at home, and you start doing these micro-breath-

TOOL FOR CONCENTRATION: Teaching children breathing exercises helps them to improve concentration and reduce stress and anxiety

breaths in a day—but she says there there is room for a better breath. “These micro-happenings throughout our lives sadly make this wonderful toddler breath turn into this crotchety teenage breath and on into adulthood.”

It is hardly surprising, she says: “Modern life stops us breathing well.” Stress is associated with small, quick breaths which, in turn, makes us feel even more frazzled. Hartley has observed that people who live in cities, with the added problem of pollution, unconsciously take in shallower breaths. And even tight-fitting clothes, or snug bras, can affect your breathing, while “this mad desire to be skinny”, she says, has meant people holding their stomachs in—she says she has seen people reluctant to take a full breath because it gives a rounded—tummy shape.

Spending time online, too, has affected our breath. “When we’re engaged in technology we’re doing these subconscious breath—holds a lot,” she says. It can happen when concentrating on writing an email, but also when mindlessly scrolling through social media. “And the things we see online can make us feel inadequate or anxious, so there’s an emotional factor that can affect breathing. I don’t know if anyone comes off social media feeling better.”

There are also postural issues that can hamper our respiratory system, whether you are hunched over a laptop or, head down and neck bent, looking at your phone.

The first step to improving your breathing is to become aware of it, says Hartley. You may notice you are holding your breath more than you realise, or taking shallow breaths.

“Breathing is subconscious, as in it goes on 24 hours a day and most of those we don’t notice, but it’s the only system of the body that we have some alertness over and have some ability to change,” says Hartley. “Find out how you breathe first—place one hand on the lower belly, one hand on the upper chest, take a few breaths and notice which part of the body rises more.”

There are dozens of exercises in Hartley’s book, as well as numerous tutorials online from breathwork coaches, books and apps, but as an easy one to try, she recommends extending the exhalation as a way to feel more relaxed. “Breathe in through the nose for four, hold the breath for two, and then breathe out for six, and then repeat that for a few rounds.” You can also practise on the move, idea on your daily walk or commute, if you are back at work.

“Breathe in for five steps while you’re walking, and out for five steps, always in and out through the nose.”

To start getting familiar with breathing into the diaphragm, meanwhile, Hartley recommends sitting on the edge of a chair with legs hip-width apart, then leaning forward with your elbows on your knees and your chin resting in the palms of your hands. Take a deep “nose-like” breath in through the nose. “You should feel your belly and lower back expand,” she says. And then breathe out slowly again through the nose, then repeat for a minute.

And what if you want to lull yourself back to sleep? Try tensing all the muscles in your body as you breathe in through the nose, then releasing them as you exhale through the mouth, which you repeat a few times. Then create space between your teeth and, with your tongue placed on the hard palate, breathe in through the nose for a count of three, hold it for a count of four, then breathe out through the mouth, relaxing the tongue, while counting to free. Hartley advises repeating this for at least 10 rounds.

Of all the wellness trends, one benefit appears to be that breathing— for all the coaches, books and apps out there—cannot be commercialised in quite the same way as sleep and eating. It is free, it can be done anywhere and the effects are instant. “Breathwork is brilliant for bringing us into the present moment,” says Hartley. “We spend a lot of time mentally elsewhere, and the breath can never be in the past or future. If we focus on our breath, we’re pulled back to the present moment so there’s no overworrying or overthinking. We can just be in the here and now!”

— The Guardian
Hurricane strength scale

*Saffir-Simpson hurricane scale is used to estimate potential damage and flooding expected along a coast from a hurricane landfall*

**CATEGORY 1** Winds 74-95 mph (119-153 kph)
- Storm surge: 4-5 ft. (1.2-1.5 m)
- Damage: Minimal; signs, tree branches and power lines blown down; damage to mobile homes

**CATEGORY 2** Winds 96-110 mph (154-177 kph)
- Storm surge: 6-8 ft. (1.8-2.4 m)
- Damage: Moderate; some damage to roofs, windows; some downed trees

**CATEGORY 3** Winds 111-129 mph (178-208 kph)
- Storm surge: 9-12 ft. (2.7-3.7 m)
- Damage: Extensive; minor damage to buildings, homes; large trees blown down

**CATEGORY 4** Winds 130-156 mph (209-251 kph)
- Storm surge: 13-18 ft. (4.0-5.5 m)
- Damage: Extreme; almost total destruction of doors, windows; mobile homes destroyed

**CATEGORY 5** Winds more than 157 mph (252 kph)
- Storm surge: Higher than 18 ft. (5.5 m)
- Damage: Catastrophic; buildings, roofs, structures destroyed; all trees, shrubs downed

Source: U.S. National Hurricane Center  
Graphic: Staff, TNS
Diabetes is a chronic disease which has become very common nowadays. While lack of insulin and genetic history are among the factors, certain lifestyle habits such as poor diet, lack of exercise and high stress also contribute to an increase in blood sugar levels. Taking a few steps towards a healthy life can make a huge difference. S K Wangnoo, Senior Consultant – Endocrinology, Indraprastha Apollo Hospitals, suggests some lifestyle changes that will help in preventing diabetes.

**Breath clean air:**
As per the recent report by Lancet, air pollution is linked to diabetes. Researchers found that pollution triggered inflammation which reduces the insulin action. Hence it is very important to breath clean air. While a normal person spends 80 per cent of their time indoor, investing on a good air purifier is the best solution for clean air.

**Drink plenty of water:**
Water is by far the best and the most natural beverage one can have. Replace all your sugary and aerated drinks with water to see the benefit it provides. Few studies have also revealed that increased water intake may lead to better blood sugar control and insulin response. Sugary beverages can lead to weight gain and may upsurge your blood pressure and triglyceride levels.

**Quit smoking:**
Smoking has proven to contribute to major and serious health related issues such as heart attack, cancer, TB and even diabetes. Smokers are twice as likely to develop diabetes as non-smokers. Beena Bansal, Director, Endocrinology and Diabetology, Medanta, said: Air pollution in India is a serious issue with the major sources being fuel adulteration, vehicular emissions and traffic congestion. A majority of Indian population lacks access to clean burning fuels and uses biomass combustion as cooking fuel. “High air pollution levels can cause immediate health problems such as aggravated cardiovascular and respiratory illness, added stress to heart and lungs causing them to work harder to supply the body with oxygen and may even damage cells in the respiratory system.”

Aavis Chabria, Country Head, Blueair, says that many reports are published these days explaining health hazards related to breathing polluted air. — IANS

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**Aries**
March 21 – April 19

You like to recycle in your home and your workplace. Be a part of the solution instead of the problem by picking up after yourself and making sure that you aren’t leaving a mess wherever you go. The state of the environment is more of a concern every day. It’s up to each individual to make a difference.

**Taurus**
April 20 – May 20

The source of your frustration may be people who seem to be sensitive and honest yet act abrascive and speak aggressively. Try not to be fooled by those who continuously offer one image while delivering another. Keep your guard up. Don’t waste your time giving people more chances than they deserve.

**Gemini**
May 21 – June 20

Have fun with people today. Talk about the fantasies you dream about coming to fruition in the coming years. Your emotions are strongly tied to your imagination. You could become defensive when someone starts to poke holes in your dreams. Use your intellect to defend yourself and the ideals you wish to live by in the future.

**Cancer**
June 21 – July 22

Your competitive side may be a strong force in today’s activities. Before you get too emotional about any situation, use logic and cold, hard facts to defend your position. Well thought out arguments presented clearly and concisely will be more effective than an emotional explosion full of tears and harsh words.

**Leo**
July 23 – August 22

Finding the answers you seek is easier when you take a more adamannt position about where you stand now and where you want to be later. If you continue to be uncertain and relaxed about which way to proceed, others may take advantage of you. You have the strength and power to fuel your desires. It’s time to put these into effect.

**Virgo**
August 23 – September 22

You’ve almost reached an important finish line. Don’t give up. This is the time to kick into high gear and get moving even more quickly than before. Your emotions may remain out in left field as they merge with your most active fantasies. Do your best to stay on track by looking forward instead of behind you. You can always change course after you reach this finish line.

**Libra**
September 23 – October 22

This is a good time to make decisions that bring together your need for practicality as well as desire for emotional freedom. It’s important for your mental health to have faith in your fantasies and your ability to see them through to fruition. There’s a special portal open for you today with your name on it.

**Scorpio**
October 23 – November 21

You’re apt to feel support, though it might be hidden in unexpected places. Don’t discount anyone. Even the most caustic remarks have a touch of sensitivity and progressive thought that can help you a great deal. There’s strength in emotional truth even if you don’t want to hear it. Bitter pills may be hard to swallow, but they can be good for you.

**Sagittarius**
November 22 – December 21

It may be hard for anything to hold your attention today. Your mind may drift easily, and you may not have the patience to deal with situations that come your way. Do your best to wait until someone is finished talking before you jump in with your two cents. Be polite and respectful of others and they’ll be more respectful of yours.

**Capricorn**
December 22 – January 19

You’re trying to protect and shelter a certain part of yourself from others. This special spot in your soul that you hide from others is probably the most beautiful, since you nurture it so carefully. Don’t give up this piece of yourself too easily. Save this pristine, delicate place for someone most deserving.

**Aquarius**
January 20 – February 18

Although some people may think of you as a space cadet when it comes to decisions and commitments, they may see a different side of you today. Don’t be surprised if others come around to your camp once they hear your side of the story. Somehow all the pieces are fitting into place just like you knew they would. Those who doubted you will be pleasantly surprised.

**Pisces**
February 19 – March 20

It may be hard to find your mental and physical home base. Your mind could be wrapped in a cloud or some sort of imaginative time warp, so be careful how you proceed. Your head is in another dimension and you aren’t paying nearly enough attention to the road ahead of you. Get off the highway and let your mind wander in a place where it’s safe to do so.
Wordsearch

AARDVARK ABYSS ADDER
ALTAR ANIMAL ANVIL
ARAB ARMY ATOM
ARCUS ACACIA ADULT
ANCHOR ANGLE APEX
ARCH ARROW AZTEC
ABBEY ACORN AERIAL
ANGEL ANTS APPLE
ARMADA ATLAS

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

Bound And Gagged

I won’t say there’s an age difference, but he’s having froot loops at the reception.

Garfield

Bored
So bored
This helps a little

Pooch Cafe

So, you’re just gonna stay on the floor?
Yeah until the spasms stop
Could we have a “hurt back floor cookie party”?
See, this is why you’re my favorite daughter

The crazy cat lady society kicked me out!
But you didn’t want to be a member in the first place.
Of course I didn’t!
The very idea of the society is insulting!
We’ll see about this, C.C.!
So that’s how they get members to join.

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.

Codeword courtesy: Puzzlechoice.com

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 to complete the puzzle, you must fill the grid so that every row, every column, every 3x3 box contains each of the numbers 1 to 9.
Super Cryptic Clues

Across
1 Tender young model? (4-6)
7 A gift for putting party before country (6)
8 A monstrous giant makes the queen go back (4)
9 Retain part of the castle (4)
10 The food of love, say? (7)
12 Game strikers fought to get minerals (11)
14 King George has a double but not all at once (7)
16 Laid-back face (4)
19 Incline to be thin (4)
20 Hustling to provide natural illumination (8)
21 Late campanologist’s double (4,6)

Down
1 Tolerate a small stream (5)
2 Showing two undergarments is most valiant (7)
3 Leave out a container for rubbish (4)
4 Sat and drank from these? (8)
5 Run away from antelopes (5)
6 Criminals used by shepherds? (6)
11 Leeds can change if purified (8)
12 Island that is carried round? (6)
13 Cultivating fruit on top of greenhouse (7)
15 Needs reform, being stupid (5)
17 Composer providing some simple harmony (5)
18 One who’s not in favour in Byzantium (4)

Solution

Answers

Wordsearch

Codeword

TEAM

TEAM

TEAM

TEAM

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TEAM
Charles Dickens’ 1850 masterpiece, the 624-page autobiographical novel *The Personal History, Adventures, Experience and Observation of David Copperfield the Younger of Blunderstone Rookery*, otherwise known as *David Copperfield*, has been adapted for the screen 14 times over the last 110 years, which includes eight films and six TV mini-series. So what else could be done with the material to make it fresh and interesting?

Known for his darkly barbed political satires *In The Loop*, *The Death of Stalin* and *Veep*, Armando Iannucci is the unlikely yet perfect auteur to put his stamp on Dickens’ novel. He and co-writer Simon Blackwell, a frequent collaborator, set out to do something entirely new with *David Copperfield*, which is allow it to be funny. Iannucci and Blackwell sought to draw out the humorous and farcical elements of the novel, to dislodge it from its stodgy Victorian setting, infusing it with colour and whimsy and a dash of the surreal.

‘They’ve taken Dickens’ epic and pared it down to the essentials, and the laughs. The result is quite airy, yet also a soulful tale and the laughs. The result is quite airy, yet also a soulful tale and the laughs. The result is quite airy, yet also a soulful tale.’

Their adventures are at the forefront of computer-generated talking animals movie technology. Sometimes it’s a hit (*The Jungle Book*) and sometimes it’s a real miss (*The Lion King*). But “The One and Only Ivan” finds a sweet spot, beautifully establishing its characters with plausible pathos and emotion that drive this primarily character-driven piece. The *One and Only Ivan* is based on the book by Katherine Applegate, about a real gorilla, Ivan, born in 1962, that was captured by poachers as a baby and placed in a Washington state mall attraction, where he remained for 27 years.

They’ve taken Dickens’ epic and pared it down to the essentials, and the laughs. The result is quite airy, yet also a soulful tale and the laughs. The result is quite airy, yet also a soulful tale.

What stands out about *The One and Only Ivan* is how impressively rendered the computer-generated animal performances are. It’s not just the photorealistic visuals, but the animators have landed on a performance style that blends both animal and human expression. Every animal moves and ‘speaks’ with motions expected of their species, but there’s an undeniable melancholy in Ivan’s demeanour, and in Rockwell’s performance.

That pathos is piqued when Mack, strapped for cash and looking to make the mall circus the hottest ticket in town, brings in some fresh talent: an adorable baby elephant, Ruby (Brooklynn Prince), Ruby is fascinated by stories of “the wild,” and Stella makes Ivan promise he’ll take Ruby out of this dusty old mall basement and into the natural environment where she belongs.

Thus, the adaptation gives the animals agency too. They aren’t sitting around, waiting for a letter-writing campaign, but staging their own dramatic escapes, passing off crayon messages to Julia and, ultimately expressing their heart’s desire anyway they can. The story itself isn’t all that different than the standard Disney film fare, but it’s the underlying true tale that offers stakes and emotion, as well as the vocal performances from Rockwell, Prince, DeVito and Jolie.

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**Bella Thorne on why she joined OnlyFans**

By Amy Kaufman

I hadn’t even been a week since Bella Thorne joined OnlyFans, and the 22-year-old says she’s already made $2 million from her page.

The actress became a part of the subscription—only social media platform last week, charging users $20 a month for access to her feed. The site—which allows influencers, adult entertainers and celebrities to share content—also hosts pages from Cardi B and some members of Bravo’s *Real Housewives.*

But Thorne isn’t on OnlyFans just to make bank. Sure, she admits, that’s certainly part of it: She’s planning on putting the earnings into her production company and towards charity. But she also says she’s using the site as research for a new movie she’s making with Sean Baker, the director of such critically acclaimed indie films as *The Florida Project* and *Tangerine.*

“It’s a feature we are researching as I’m living it currently,” Thorne explained via—what else?—text message. “What are the ins and outs? What does a platform like this do to its users? What’s the connective material between your life and your life inside the world of OnlyFans? … How can it change your life for the worse and the better? How far are you willing to go, and how far do you WANT to go? You can be me, or this talented girl from Montana, and OnlyFans could change your life— if you want it to, of course.”

Thorne said she plans to act in the film, which would be written and directed by Baker. The filmmaker declined to comment on the movie, but a source close to the project said it was “very early in its development— in its infancy—and probably years away from turning into anything.”

Thorne is still figuring out what she wants to share with OnlyFans users. So far, her page does feature some suggestive imagery—but nothing explicitly graphic. In a poll, however, she did ask her fans what type of content they’d like from her.

Ultimately, she said, she’s hoping her page can become a place she “can really just be more personal with my fans,” sending them “good night and good morning personal messages” via voice memo. She also plans to offer classes on writing in Final Draft, baking and songwriting.

Thorne, who rose to fame as a child star on the Disney Channel series *Shake It Up,* has been open about her serious acting ambitions in recent years. Since wrapping the Freeform series *Famous in Love* in 2018, she’s appeared in five films, most recently a thriller called *Infamous,* released on video-on-demand in June.

“To win an Oscar— that’s the thing that I’ve always wanted,” Thorne told *The Times* in 2018. “It goes up every year on my vision board. ”

It goes up every year on my vision board. ”

“I genuinely believe that privilege is something that I should pass on. You should share privilege. During the lockdown, I was privileged enough to stay safe, but not everyone was. Why did he opt for YouTube rather than an OTT platform, as he did for his earlier shows? “It is more inclusive when it is released on YouTube. A section of the population may or may not have subscription to OTT; but they would have access to a free platform like YouTube and the heart to donate thirty rupees,” he reasoned. – IANS
Kera Passante and Bill Welch were just 19 days into the journey of their lifetimes — hiking the Appalachian Trail from Georgia to Maine — when the pandemic’s shadow fell across their path.

The Chester County, Pa., couple, both of whom are experienced hikers, prepared for more than a year to make the nearly 2,200-mile, 14-state trek. In February, they moved out of their Malvern apartment, put their stuff in storage, and arranged leaves of absence from work. After flying to Atlanta March 3, they arrived at the trailhead the next day and started what they hoped would be an extraordinary experience.

It’s been all that and then some. An urgent notice posted online March 23 by the Appalachian Trail Conservancy imploring “thru-hikers” and day hikers alike: Please stay off the Appalachian Trail. The conservancy warned of infection and others patronising off-trail on some areas.

Despite some social media postings, where vivid photos of unusual fauna (a young bull moose), straight up sheer rock faces, and fog so dense it utterly shrouded views of the Presidential mountain range are living fully.

“We made a pros and cons list. We ran through scenarios and every possible decision. We talked to our families and our friends. We talked about it for days.”

Like others among an estimated several hundred thru-hikers already en route in March, the pair decided to push on. Welch and Passante are taking precautions: sleeping in their tent (aka the “cuddle cave”) instead of in shelters, sanitising, wearing masks when off the trail, and spacing those resupply missions over seven — rather than three or four — days.

“It actually eases my mind a lot that she’s safe on the trail and away from the pandemic,” said Passante’s mother, Sandi. “It’s the safest place she could be at this time.”

Last week, expecting to reach the trail’s northern terminus atop Mount Katahdin no later than the end of August, the couple said they’re glad to have stayed the course. They’re grateful for what hikers call “trail magic” — the physical, emotional, and even spiritual experience of simultaneously going deep into the American wilderness, and oneself. And they want to figure out a way to help others, including less advantaged individuals, have that experience.

“We want to tell a story that inspires others, not because we are hiking 2,200 miles, but because no matter how many obstacles ... there’s always a way,” said Passante.

“You can have a dream, and you can accomplish it,” said Welch, a 34-year-old auto detailer from Kennett Square. “I really don’t think there was a time when we thought, ‘This is too hard, and we want to go home.’”

The two met at a rock-climbing gym in Coatesville five years ago; their roots in the Philly region have earned them the trail nicknames Always (Welch) and Sunny (Passante). Fewer hikers mean fewer chances for the serendipitous camaraderie that’s integral to “AT” culture. But Passante and Welch have made friends and been embraced by so-called trail angels who live near certain landmarks and are known for giving hikers shelter or sustenance.

Despite some social media pushback against those who resisted warnings to leave the trail, in the real world “people have been so generous, and so kind,” said Passante.

More than 600 people are following the couple’s adventure on Facebook, including members of the Philly cycling community like music therapist Aileen Elizabeth Bunch of Collingswood.

“What a lifeline (Passante and Welch) have been for a lot of us who are cooped up here,” said Bunch. “Seeing them pop up in my news feed gives me hope. At a time of so much negativity, it’s amazing to see them living their dream.”

An uplifting outlook certainly does pervade their Facebook, Instagram, and other social media postings, where vivid photos of breathtaking vistas, exquisite flora, unusual fauna (a young bull moose), and exuberant faces predominate. But the two also have encountered snow, hail, ice, unexpected rain, and fog so dense it utterly shrouded legendary scenery they’d looked forward to seeing.

“It’s not all bonfires and s’mores,” Welch said. “Much of the time you’re walking through what hikers call the green tunnel. You’re walking for miles and miles on a path that’s a foot wide and overgrown and surrounded by green.

“At other times you’re walking straight up sheer rock faces. We’ve had paved surfaces under our feet, or miles of boulders, sometimes swamps, and sometimes mud.”

At other times, however, Welch and Passante have enjoyed beauty so sublime, air so pure, rushing water so crystalline that words and images can’t fully convey. Spending hour after hour, day after day in the company of one’s partner, and oneself, has a way of putting even a pandemic into perspective.

“I don’t feel like we’ve hit ‘pause,’” Passante said. “I feel like we’ve hit ‘play.’ It doesn’t feel like an escape out here. It feels like we are living fully.”

Said Welch: “Now is the time to move forward and push on — not to go back to what was.” — The Philadelphia Inquirer / TNS