



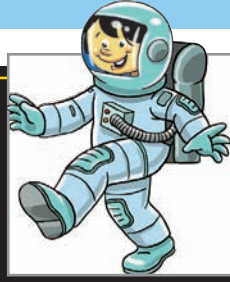
THE TIMES OF INDIA



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TODAY'S EDITION

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STUDENT EDITION
SATURDAY, MARCH 13, 2021



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ETIQUETTE

Are you a victim of COUGH SHAMING?

We are living in times when a sneeze or a cough is viewed with a high degree of suspicion. To know more about how this has affected people's lives, read on...

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The years 2020 and 2021 – basically since January 2020 to now – are notable not just for the ongoing pandemic but also for people 'cough and sneeze shaming' each other. This shaming is not so verbal always but is not so subtle either. Dipa Mehta, a 12th grader in Delhi is prone to sneezing in the changing season and cannot go out of her home on days she feels sneezy, thanks to the pollen increase in spring coupled with judgemental looks she gets from passers-by if she sniffs – even a bit. A sneeze in a public place makes people around stare at the sneezer with sometimes disdain

and sometimes pure fear. Mehta also takes leave from school on days she feels her allergy from spring pollen may give her a sneezing bout in the class (post school reopening for senior classes). She tried to explain to her classmates about the harmless nature of her sneezing but let's not forget that we are living in the time of Covid-19 where a sneeze has lost its innocence.

NO STERN STARES, PLEASE!

"People cannot be really blamed for panicking if anyone is sneezing or coughing close to them in a public place or even in a home environment. However, what we can do is to not stare much at someone who has sneezed and coughed or look at them with disgust. Yes, it's prudent to move away from that area but you don't have to run away like

you saw a ghost," says psychiatrist Dr Sanjay Chugh. You can get away subtly from the place. Keeping your mask on obviously helps.

FOR THOSE WHO FACE COUGH SHAMING

We are living in tough times where a coughing sound elicits more scares than sympathy. "Get used to it and make sure your mask is on when you sneeze or cough – even if it happens after an innocuous food particle stuck in your throat made you cough for a second or a strong perfume from a fellow commuter's clothes made you sneeze," suggests Chugh. If you are in an indoor gathering, you can always excuse yourself and visit the restroom when you have a bout of sneeze coming and so on. This small precaution from your side will save people around you from getting stressed and it's good hygiene too. ENT specialist Dr Nidhi

HANDLE COUGH SHAMING THE RIGHT WAY

- Keep your mask on when you are outside – in a public space or even in an indoor gathering
- If you have a respiratory condition like asthma or an allergic one like sinus/allergic rhinitis, have a certificate from your doctor handy while commuting in public transport, and especially for travelling outside your city
- Move away to a secluded space (if possible) while sneezing/coughing in a public place
- If you get a feeling that you may get a bout of sneezing on a certain day, you can postpone an outing that's not necessary and schedule it on a day you feel healthy and sneeze-cough free
- Try not to get too affected by people turning around and looking at you if you sneeze/cough. It's the collateral damage of the Covid era – fight it with a mask and a smize (smile with your eyes)



Pics: Istock

Dhawan gives some advice: "When you are inside a public transport or space and you sense a sneeze or cough coming, do it in your elbow and of course keep the mask on. And sanitise your hands after you are done." When safety measures meet good manners, it's a win-win for all – pandemic or not.

SELF-CARE

WATCH NATURE DOCUS

To see the majestic blue whale spout or adorable dolphins catch their prey stirring up ring-shaped plumes of mud with their tails, at the end of a long tiring day isn't that bad an idea. In fact, if research is to be believed, watching nature documentaries is a great cure for stress. A collaborative study between the BBC and the University of California Berkeley has found that watching nature documentaries significantly boosts our happiness and reduces stress and anxiety. The results showed that women experienced a more dramatic emotional change when viewing the nature documentary clips, and people between the ages of 16 to 24 showed the biggest reduction in nervousness, overburden, and fatigue. The BBC Earth study shows us that you don't need to have ready access to nature to experience its positive effects. Seeing it in any form is enough to provoke joy. So, whether it's learning about the way the cuttlefish masks its movements across the sea floor, or how a lion combats a pack of wild dogs in wilderness, we see metaphors for our own behaviour in that of wild animals.

FITNESS

WHY YOU MUST COOL DOWN?

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A good cool down session, just like a successful warm up, can actually make or break a workout. Remember running a half marathon with little preparation and finding it difficult to walk down steps the next day? The quadriceps must have hurt. While the main purpose of warming up is to prepare the body and mind for activity, cooling down is all about helping the body and sore muscles recover and bounce back to normal.

There are more reasons...

To suddenly stop exercising after a workout and not cool down can lead to a drop in blood pressure, which can place stress upon the heart, cause dizziness and possible fainting. A cool down brings heart rate and body temperature down, relaxes mind, muscles and physiological systems. After a cardio session, it helps in preventing blood pooling and soreness in muscles. If done after strength training, it helps in flushing out lactic acid which can otherwise cause muscle pain and swelling.

Basic components

A good cool down broadly involves finishing the workout routine with pulse-lowering, a gentle jog, decreasing in speed down to a walk followed by light static stretching and refuelling the system with fluids and food! When your workout ends, just dial down the intensity of what you're doing every minute or two, whether it's running, indoor cycling, or Zumba. Your cool down should last for at least five minutes, but keep moving longer if your heart rate is still elevated.

ABC of a cool down

- Rehydrate:** Exercise dehydrates your muscles and fascia even in air conditioned environment. Sipping some water/sports drink while performing cool down will get some fluid back into the system quickly.
- Post-stretching:** Three to five minutes of easy exercise. Be sure that the easy exercise resembles the type of exercise that was done during your work out. For example, if your workout involved a lot of running, cool down with easy jogging. Gentle stretches such as shoulder rolls and hip rolls are also perfect post-workout. Try chin drops, too: Lower your chin to your chest and hold for a count of five.
- Breathing:** Include some deep breathing in your cool down as it helps oxygenate your system.
- Re-fuel:** Extending a cool down to post workout meal is important as people think they should not eat after a workout to enhance fat burning. It's a total "No No" to starve your body after workout. Grab your post workout snack the moment you finish cool down. Have a good combination of protein and carbohydrates and cold water to feed your muscles in order to burn fat 24x7.
- Icy bath:** Cold water bath post workout further fastens recovery and rejuvenates your body and mind.



FASHION

The brief history of SLOGAN T-SHIRTS

Message Ts have a very long political history. Here's how it started

Post Second World War

It was after the Second World War that the message potential of a T-shirt was unleashed. In 1948, Republican presidential candidate Thomas Dewey emblazoned T-shirts with "Dew it with Dewey". He lost to Harry Truman. But the slogan T-shirt won.

Did you know F Scott Fitzgerald used the word T-shirt for the first time in his 1920 novel 'This Side of Paradise'?

In the 1960s

The affordability of the T-shirt made it the symbol for political activism throughout the 1960s. In 1968, students at Harvard wore anti-war T-shirts during sit-ins. The NAACP and Black Panther Party too used simple T-shirts to promote its agenda. T-shirts have been part of Black protest tradition.

Enter Vivienne Westwood

In the 70s in UK, designers Vivienne Westwood and Malcolm McLaren used the shirt as a blank canvas for punk ideology tackling every-

thing from religion to fascism. By 1973, 'The New York Times' dubbed the T-shirt as 'the medium for the message'.

Delivering the message

In 1984, designer Katharine Hamnett wore a slogan tee that read "58% Don't Want Pershing" while shaking hands with then Prime Minister Margaret Thatcher to make an anti-thermonuclear war statement. Hamnett has a signature style – oversized, bold black font on white cotton with slogans like "Choose Life" to recently, "Cancel Brexit".

For fundraising

By mid-80s, clothing had become a popular medium for activism. In the late 80s, the

African National Congress, used T-shirts to help people make an informal donation to ANC. It was the first time a T-shirt was used to raise funds.

High-fashion Activism

Maison Margiela was one of the first designers to make T-shirt activism fashionable. In 1994, he made tees to spread AIDS awareness. In 2001, upscale streetwear label Supreme released T-shirts to generate aid for 9/11 victims. In 2006, Marc Jacobs released a series of T-shirts to raise awareness and funds for skin cancer.

In 2018, London's Fashion and Textile Museum opened an exhibition 'T-shirt: Cult-Culture-Subversion' with 200 iconic T-shirts that changed the status of what was originally an undergarment

Feminist Ts

The Fawcett Society with Elle UK took out a T-shirt with the slogan "This is what a Feminist looks Like". In Spring/Summer 2017, Dior sent out "We Should All Be Feminists" T-shirts. In 2018, designer Prabal Gurung made "The Future is Female" line of tees. — Sources: bbc.com, harpers-bazaar.com/uk, grailed.com, crfashionbook.com



Thanks to the easy access to digital printing now, anyone can print T-shirts with any slogan they'd like

WHY DECLUTTER

- It frees up your space – physical and your headspace
- It helps you to be more selective in what you want and choose better
- It helps you save money as decluttering and not shopping go hand in hand
- It is therapeutic as it helps you organise your thoughts
- It can improve your health as you now have fewer places for dust to settle and that helps you breathe better

intention become a source of clutter itself."

NATHAN W. MORRIS, personal finance expert "Edit your life frequently and ruthlessly. It's your masterpiece."

FRANCINE JAY, Miss Minimalist "Your home is living space, not storage space."

PETER WALSH, pro organiser "Clutter is not just the stuff on your floor – it's anything that stands between you and the life you want to be living."

where you put this or that, being unable to focus because you're not organised costs you: time you could have spent with family or friends, time you could have been productive."

GRETCHEN RUBIN, author "It's easier to get rid of things when you're giving them to someone who can use them, but don't let this kind



BUY WELL: The first thing is to buy better quality. Learn a bit about the fabrics you are buying and learn to read the labels.

DON'T WASH OFTEN: There are many anti-laundry advocates like Stella McCartney who advise against over washing your clothes as that can make them wear out sooner. Spot cleaning, sunning and airing it out can do away with unnecessary washing.

PUT AWAY YOUR CLOTHES: Always use your clothes in a cycle. Put away old clothes that may seem out of style or worn too often only to open them out a year later and rediscovering the joy of wearing them.

KINTSUGI YOUR CLOTHES: Just like the Japanese art of Kintsugi highlights the imperfections in a broken bowl, add that sheen to your torn clothes too by embellishing a rip or a cut with golden thread or glitter.

RETHINK DONATING: Not everything you donate ends up getting sold. A lot of it is just shipped off to places in Africa where it's dumped. Before donating find someone suitable to pass it on to among your family and friends.

MEND: India has a big tradition of mending of rafaogari and mending. Sadly, people would rather throw the stuff away than actually repair. We need to go back to the basics.

#GOALS

Cut the Clutter

10 experts quotes to motivate you to declutter

MARIE KONDO, pro organiser

"Putting things away creates the illusion that the clutter problem has been solved. But sooner or later, all the storage units are full, and the room once again overflows with things."

Old letters, old clothes, old objects that one does not want to throw away. How well nature has understood that, every year, she must change her leaves, her flowers, her fruit and her vegetables, and make manure out of the mementos of her year!"

JOSHUA BECKER, founder, beminimalist

"If you're not using the stuff in your home, get rid of it. You're not going to start using it more by shoving it in a closet somewhere."

JOHN ROBBINS, writer

"In the never-ending battle between order and chaos, clutter sides with chaos every time."

BARBARA HEMPHILL, expert

"Clutter is nothing more than postponed decisions"

JEAN CHATZKY, journalist

"Every minute you spend looking through clutter, wondering

Marie Kondo

Joshua Becker

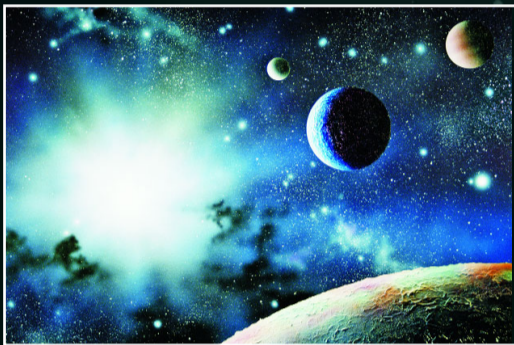
Francine Jay

WHAT WOULD HAPPEN IF THE SUN DISAPPEARED RIGHT NOW?

HEY FOLKS! I AM **EXPLORIA**. THE SUN LOCKS ALL EIGHT PLANETS INTO ELLIPTICAL ORBITS AND SUSTAIN LIFE ON EARTH. BUT WHAT WILL HAPPEN IF WE SUDDENLY LOSE THE SUN? WHAT MAY SEEM LIKE A HYPOTHETICAL SITUATION WAS ACTUALLY AN IMPORTANT THOUGHT EXPERIMENT FOR ALBERT EINSTEIN. READ ON...



ILLUSTRATION: JAYA PRINHAJ



THE SPEED OF GRAVITY

Before Einstein tackled this question, scientists suspected — but didn't prove — that gravity acted instantaneously. If that was true, the first thing that would happen when the sun disappears is that Earth, along with all the other planets, would go flying off into space. It would be a state of utter chaos in our solar system. Light, on the other hand, is not instantaneous: it travels at approximately 671 million miles per hour and takes roughly eight minutes to reach the Earth. Therefore, we will still see the sun in our sky eight minutes after it is gone. So, if the speed of light is a constant and the speed of gravity is instantaneous, then we will feel the sun's disappearance before we see it. But, as Einstein showed in his theory of general relativity in 1915, the force of gravity is not instantaneous. In fact, it travels at the same speed as that of light! Therefore, if the sun disappears, we will remain blissfully unaware for the first eight minutes.

ETERNAL NIGHT

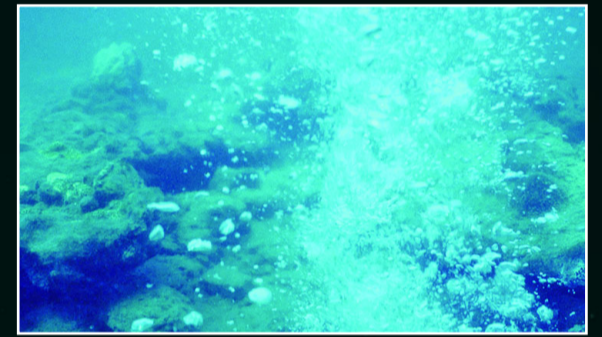
We will not be left in complete and utter darkness, however. The stars will still shine and electricity will continue to work so cities will remain lit for as long as the power supply lasts. But photosynthesis will stop the moment sunlight winked out in our skies. Most small plants will die within a matter of days. But that's not what we should be worried about: Earth's average surface temperature will drop to 32 degrees Fahrenheit after the first week, and then to negative 150 degrees Fahrenheit by the end of the first year. All this while, Earth's oceans will grow even colder, eventually freezing, transforming Earth into an ice world. But, just like deep lakes in winter, only the surface will freeze, leaving a liquid ocean underneath. If any human survives this extreme transformation, his only refuge will be near the geothermal vents on the ocean floor. These vents emit heat that wells up from the centre of the Earth.



WHAT LIES BEYOND

Earth orbits the sun at a speed of 67,000 miles per hour. If the sun vanishes, its gravitational pull will be gone, but Earth's speed will remain the same. To understand why, picture yourself tying a rock to the end of a string and then swinging that string in a circle over your head. Then you let go off the string. The rock goes flying in a straight line away from you, the same way that Earth will go flying in a straight line away from the central point in space where the sun used to sit. As long as Earth does not collide with any other planet, asteroids, or comets, it will only take about 43,000 years for it to traverse 4.3 light years. After one billion years, the Earth will have travelled 100,000 light years, or the length of the entire Milky Way Galaxy. Who's to say our tiny planet will not get picked up and pulled into orbit by another star or, perhaps, a black hole? The Milky Way harbours an estimated 100 billion stars and as many as a billion black holes. Whatever the outcome, Earth's future after no sun will be an exciting adventure across the cosmos.

LIFE ON EARTH WILL THRIVE FOR BILLIONS OF YEARS



Such a way of life will be miserably dark and lonely, and it is difficult to know how long can humans live under these conditions. On the other hand, animals that live around these vents today will continue surviving for billions of years after the sun vanishes. That's because these animals don't need the sun to live. Instead, they get their food and energy from the heat coming out of these geothermal vents. While most species will be extinct from our planet without the sun, these geothermal-loving organisms will continue to thrive for billions of years without a single care that the sun no longer exists. Oddly enough, this ice ball Earth resembles some of the moons around Jupiter that astrobiologist suspect could harbour extraterrestrial microbes.

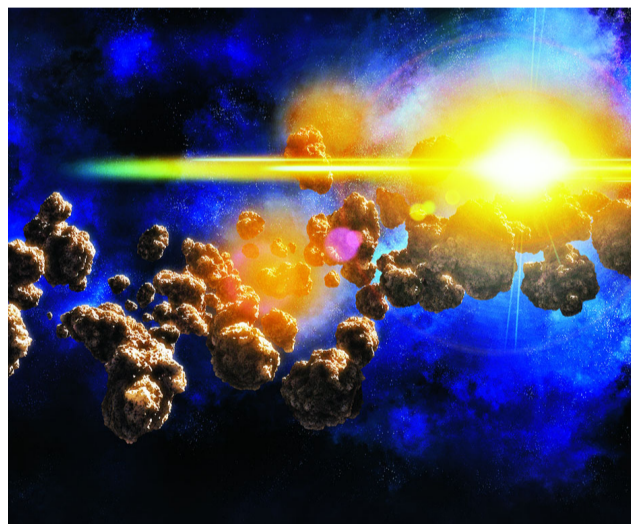
SOURCE: BUSINESS INSIDER

How are tsunamis formed?



A tsunami is a series of waves caused by a rapid, massive displacement of the seafloor or disruption of standing water. The ocean floor may be displaced by an earthquake; landslides moving into oceans, bays, or lakes; volcanic eruptions; a crashing asteroid; or underwater explosions — so the water column is uplifted. Most tsunamis are caused by underwater earthquakes. However, not all underwater earthquakes cause tsunamis — an earthquake must have a magnitude of over 6.75 on the Richter scale for it to create a tsunami. A killer tsunami may be only 2-foot-tall in mid-ocean — far too small to be noticed from an airplane or even a ship. In the deepest oceans, the waves will reach speeds exceeding 970 km/hr. When the tsunami finds the shoaling water of coastlines in its path, the velocity of its waves slackens, while the wave height increases. It is in these shallow waters that a large tsunami can crest to heights exceeding 100 feet and strike with devastating force.

What is the asteroid belt?



The asteroid belt is a region between the trajectory of Mars and Jupiter where most of the asteroids in our Solar System are orbiting the sun. The asteroid belt probably contains millions of asteroids. The largest one, Ceres, is about one-quarter the size of our moon. It is a dwarf planet. Scientists believe that as many as one million asteroids, measuring one km each, may exist. Astronomers say the asteroid belt is made up of material that was never able to form into a planet, or comprises the remains of a planet which disintegrated a very long time ago.

How do one-way mirrors work?



A still from 'Man of Steel'

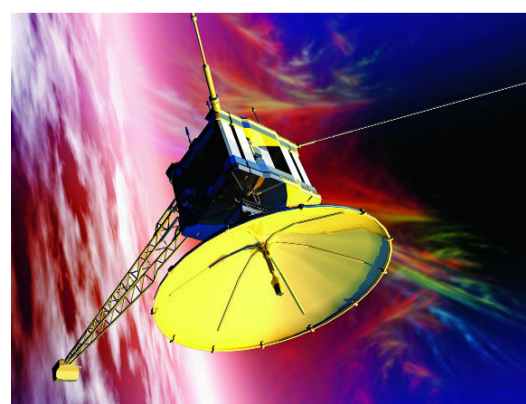
Scientifically speaking, a one-way mirror can never exist. Light has to pass equally in both directions. However, to help one-way observation, a thin, almost-transparent, reflective coating of metal, usually aluminium, is applied on the mirror. The layer is so thin that only about half the molecules required to convert the glass into an opaque mirror are used; hence it is called half-silvered surface. This surface reflects only about half the light that strikes its surface while letting the other half pass through. One room is brightly lit so that plenty of light can be reflected back from the mirror's surface and create an image. The other room is kept dark so that very little light can be transmitted through the glass to create an image. This light gets overpowered by the much brighter reflection of the other side. Conversely the light from the bright room — reflected from the mirror back into the room itself — is much greater than the light transmitted from the dark one.

Can carrots really improve your vision?



Well, yes and no. Carrots contain beta-carotene, a substance converted by the body to vitamin A, an important nutrient for eye health. But eating carrots alone won't improve your visual acuity if you have less than perfect vision. Just like eating spinach won't give you biceps like Popeye's. Carrots became associated with vision, particularly night vision, during World War II. The British Royal Air Force (RAF) developed a radar system that helped find the German aircraft at night or in conditions of limited visibility. To keep this system under wraps, RAF planted stories that the consumption of high carotene content carrots had remarkably improved the vision of their pilots, even perpetuating a propaganda campaign highlighting the benefits of carrots for aiding night vision. But there is no doubt that carrots are good for the overall health of our eyes.

How far can a spacecraft travel before it loses contact?



It is not possible to quantify a definite distance from the Earth up to which communication with a spacecraft can continue. The distance changes or will change with improving technology. As technology has improved tremendously over the last decades, it's now possible to catch tiny radio signals from a far-off distance. Today, Voyager 1, launched in 1977 by NASA to study the outer solar system, is the farthest spacecraft from Earth. It is roughly over 14 billion miles away, but communicates with the Deep Space Network (DSN) to receive commands and return data. DSN is a world-wide network of large antennas (the largest antennas are 70 metres in diameter) and communication facilities, located in California, Spain and Australia. However, Voyager 1's falling power supply means it will stop transmitting data by about 2025, meaning no data will flow back from that distant location.

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The American martial arts comedy-drama is based on the original 'The Karate Kid' (1984). Cobra Kai, is set 34 years after Daniel LaRusso (Ralph Macchio) defeated Johnny Lawrence (William Zabka) to win the All Valley Karate Tournament. At the beginning of Cobra Kai, the two men are in different places. Daniel is a family man with his own car dealership, while Johnny is an angry handyman haunted by his failures. A couple of events inspires Lawrence to restart the infamous Cobra Kai dojo which also reignites his rivalry with LaRusso (who also starts his own dojo). The series is packed with action, and has plenty of leadership lessons. Here are a few of them.

SELF CONFIDENCE

"It doesn't matter if you are a loser, or a nerd, or a freak!" In one of the first episodes, Lawrence forces his first group of awkward, shy students to confront their worst demons. According to him, the world is not a fair place and one doesn't always get what she/he wants. However, before they confront the bullies who harassed them, Lawrence inspires students to first change the story of who they are 'in their head'. In the class, Lawrence, a big fan of tough love, mocks Eli Moskowitz, a high school student who is bullied on account of a facial deformity. Lawrence comes across as mean and rude, but ultimately, he helps Moskowitz 'see' himself differently, thus setting him on a path to realising his power and self confidence. Everyone deserves confidence, and a great leader helps their team gain confidence by uplifting them.

AUTHENTICITY

As martial arts masters, Lawrence and LaRusso have diametrically opposite teaching styles. Lawrence is a tech-dinosaur who doesn't know Facebook or have an iPhone; he can be mean and even politically incorrect. Meanwhile, LaRusso



Leadership lessons from COBRA KAI

is a polished car dealership owning sense but still sees Lawrence as his nemesis. Their enmity is one of the major themes of the show, however, both have a genuine passion for martial arts and want the best for their students. They both want their students to learn and respect martial arts which could enable them to protect themselves against bad guys. That's what the original 'The Karate Kid' was all about as well. Martial arts build character, confidence, courage, and a

competitive drive - qualities needed in life and business.

MOVING FORWARD

While 'The Karate Kid' was from LaRusso's point of view as the underdog who won big, the Cobra Kai series is from 'bad guy' Lawrence's point of view, and what happened to him after he lost the championship. At the beginning of the series, Lawrence is a down on his

luck handyman who is haunted by his terrible failure. Things shift when he saves Miguel Diaz, a high school student, from bullies. The incident inspires him to finally get over his past, and seek redemption by helping other students who are bullied or are social outcasts. In all classes, he'd say the same thing, that one should always continue to move forward in life and not let

setbacks halt their practice.

FORGIVENESS

One of the main teachings of Cobra Kai was to show no mercy to one's enemy as taught by John Kreese, the original master of the dojo. Now even though Lawrence lives by that diktat, he believes in mercy. Lawrence believes that just because one has the power to hurt someone, does not mean one should. A good leader understands the importance of power and why no one should let it go to their heads. One can easily hurt someone's confidence by shaming them instead of providing constructive criticism. A leader should never forget that everything they say or do impacts the team.

TEAMWORK

Andrew Carnegie once said, "Teamwork is the ability to work together towards a common vision." The Cobra Kai series is full of examples of the efficacy of focussed teamwork. Lawrence and Diaz build the Cobra Kai dojo together, the LaRusso's (Daniel and his wife) own a dealership together and work continuously to make it a success, the Cobra Kai students work together to win the All Valley Karate Competition. No challenge is too big or small, if leaders work in tandem with their teams.

What ambiguous endings teach us about life...

For every reader who loves a riddle, there will be another who demands a resolution. But love them or hate them, there's nothing like an ambiguous ending to start a good discussion or a debate. We check out some books that left us wondering...

1. 'The French Lieutenant's Woman' by John Fowles



Not content with one ending, Fowles provides three. Does Charles leave Ernestina for Sarah? Or does he stand by his promise? Do they end up happily married? Does he have a secret love child? All these options and more are possible, depending which ending you choose to believe.

2. 'The Giver' by Lois Lowry



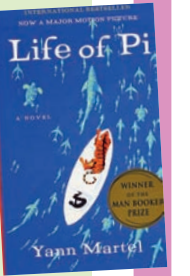
This children's book was many people's first experience of an open ending. As Jonas heads off into the unknown territory of Elsewhere, we are reminded that neither he nor we know if the place he's looking for even exists. After building up our hopes throughout the novel, Lowry leaves us with the warning that "perhaps it was only an echo".

3. 'Villette' by Charlotte Brontë



"Surely, surely she deserves a happy ending," you think as you approach the end of this story. And the protagonist and narrator Lucy Snowe is happy for you to create one. But as for letting on whether it's correct, no such luck. Brontë herself described the ending as a "little puzzle." Thanks a lot, Charlie!

4. 'Life of Pi' by Yann Martel



Lying in a hospital bed in Mexico, Pi tells two different versions of his story to the police officers. But when he asks them which they prefer, he is also asking the reader. So, which is it, animals or humans? Like all good frustrating endings, there is no correct answer. As Martel himself said: "Life is a story... You can choose your story."

5. 'Great Expectations' by Charles Dickens



Much has been made of Pip's last line. "I saw no shadow of another parting from her," he tells the reader. What kind of parting and what kind of shadow remains open to debate.

BOOKS THAT GOT THE FUTURE RIGHT!

'The Eyes of Darkness'

Dean Koontz
In early 2020, the book was widely circulated in social media leading many to wonder whether the book should be counted among tomes that had certain scenarios that came true, or happened in real life. Koontz's classic told the story of a Chinese military lab that created a virus as part of its biological weapons programme.

Times' for anticipating the Chinese debt debacle that resulted in the S&P Global Rating, an International credit rating agency downgrading the US credit rating.

'Stand on Zanzibar'

John Brunner
This 1968 dystopian science fiction novel won the Hugo Award for Best Novel at the 27th World Science Fiction Convention in 1969. No other book has gained as much fame for its sheer accuracy. Set in 2010, Brunner imagined and got many things right - including the formation of the EU, the economic decline of Detroit, rise in global terrorism and wearable technology, video calls, proliferation of mass shootings and decline in tobacco use.

'Feed'
MT Anderson
Written in 2002, the award-winning book imagined a dystopian future in which people have chips implanted in their brains that enables them to access a digital network called 'feed' where they 'interact'. Corporations would then use an individual's data to send them highly-personalised advertising. Just like Facebook, Instagram etc.

'Debt of Honor'

Tom Clancy
The 1994 novel, featuring recurring hero Jack Ryan, centres around a fictionalised conflict between the US and Japan. A tragedy results in a character flying his Boeing 747 into the US Capitol during a joint session of Congress. In an eerie coincidence, Clancy's novel had ended up predicting 9/11.

'Super Sad True Love Story'

Gary Shteyngart
Besides being super satirical, Shteyngart's story offered a clairvoyant novel that caught the attention of 'Time' magazine and 'New York

Musical genius: Hans Zimmer

From the late '80s till date, German composer Hans Zimmer's film scores have won numerous awards and won over audiences all over the world. Let's get to know him a bit...

Since the 1980s, Hans Zimmer has composed music for over 150 films. His works include 'The Lion King', for which he won the Academy Award for Best Original Score in 1995, the 'Pirates of the Caribbean' series, 'Interstellar', 'Gladiator', 'Crimson Tide', 'Inception', 'Dunkirk', 'Blade Runner 2049', and 'The Dark Knight' trilogy. He has received four Grammy Awards, three Classical BRIT Awards, two Golden Globes, and an Academy Award. He was also named on the list of Top 100 Living Geniuses by 'The Daily Telegraph'. Zimmer has collaborated on multiple projects, with directors including Ridley Scott, Ron Howard, Gore Verbinski, Michael Bay, Guy Ritchie and Christopher Nolan.



- 1988: 'Rain Man' (Nominated - Best Original Score)
- 1994: 'The Lion King' (WON - Best Original Score)
- 1996: 'The Preacher's Wife' (Nominated - Best Original Musical or Comedy Score)
- 1997: 'As Good as It Gets' (Nominated - Best Original Musical or Comedy Score)
- 1998: 'The Prince of Egypt' (Nominated - Best Original Musical or Comedy Score)
- 1998: 'The Thin Red Line' (Nominated - Best Original Dramatic Score)
- 2000: 'Gladiator' (Nominated - Best Original Score)
- 2009: 'Sherlock Holmes' (Nominated - Best Original Score)
- 2010: 'Inception' (Nominated - Best Original Score)
- 2014: 'Interstellar' (Nominated - Best Original Score)
- 2017: 'Dunkirk' (Nominated - Best Original Score)

shall we say, which made my mother gasp in horror, and my father would think it was fantastic when I would attach chainsaws and stuff like that to the piano because he thought it was an evolution in technology." In another interview with ZDF in 2006, he said: "My father died when I was just a child, and I escaped somehow into the music and music has been my best friend."

The turning point in Zimmer's career as a film composer came in 1988. Hollywood director Barry Levinson was looking for someone to score for 'Rain Man', and his wife heard the soundtrack CD of the anti-apartheid drama 'A World Apart', for which Zimmer had composed the music. Levinson was impressed by Zimmer's work and hired him to score for 'Rain Man'. The rest, as they say, is history. Let's look at (box left) some Zimmer soundtracks that were nominated, and or, won the Academy Award over the years.

Why Miss Havisham still fascinates us all...

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Miss Havisham is not the protagonist of 'Great Expectations'. That is Pip. She is not even the love of Pip's life. That's Estella. But it's Miss Havisham who doesn't leave you long after you have finished reading one of the greatest works of English literature.

Charles Dickens while describing Miss Havisham, one of the most complex and fascinating characters in literature, says in 'Great Expectations': "Miss Havisham is an eccentric old lady who is always dressed in her wedding dress. She is described as being 'faded' - everything about her is old and decaying. Her hair is white and wreathed with wilted flowers, and her clothing hangs on her withered body and is stained and yellowed with age."

Reading about her the first

time fills you with dread and fascination in equal measure. It may be very difficult to figure out till the very end what she really wants, why she isn't fond of Pip, the protagonist of Dickens' magnum opus. But that's the point.

The grey area

As we go forward in life, we come across people filled with bitterness, cynicism, sadness and despair. Literature is meant to be our first step towards understanding the complexities of human nature even if we haven't seen enough or began our journey in what our parents may call the "real world". One cantankerous aunt or neighbour or even an elderly figure around us may be the subject of gossip or even mirth, but there's always a reason

for how this person behaves. Most importantly, there's always a lesson to be learnt from people;



Published 160 years ago, Charles Dickens' 'Great Expectations' continues to engage every generation of readers. One of the reasons for this book considered 'greatest among classics', is a character named Miss Havisham. Who is she?

whether they seem nice to us or unpleasant. Miss Havisham could be the first, and one of the best introduction to the grey world out there.

Who is she?

Miss Havisham is a bitter recluse. She has shut herself completely from the world after being jilted on her wedding day. She never leaves her humongous dilapidated mansion closed up with iron bars. Sunlight doesn't penetrate any corner of her home. The rooms are lit by wax candles. The dining table still has the wedding cake, covered with dust and cobwebs. Her instruction is that the table not be cleared until she has died. She has stopped all the clocks so that she is unaware of time passing, and sits still in her wedding clothes. The

picture of decay of the house and her soul is what's outstanding about Dickens' portrayal of a life unfulfilled and how it can hurt us.

A character analysis

Some call her eccentric for the above mentioned reasons. She comes across as bitter, resentful and vengeful too, especially when it comes to Pip. How she treats Pip is how she feels about mankind in general. Since she was left at the altar by her fiancé, she wants to exact revenge on every single man. Pip, unfortunately, becomes her immediate victim. That's because Pip is in love with Estella, a young and beautiful girl, who has been raised by Miss Havisham to get even with the world. Especially men who fall in love with Estella. What comes of Miss Havisham as the story unfolds? Pick it up. Order it on Kindle.





Gillian Anderson as Miss Havisham in the 2011 BBC version of 'Great Expectations'. (Pic right) Douglas Booth and Vanessa Kirby play Pip and Estella in this TV mini-series

SG VS KOOKABURRA VS DUKES

Avid cricket fans will know this, but a lot of people might not be aware that the cricket balls used in different countries for Test cricket are different

HAVING A BALL

 <p>SG BALL</p>	MANUFACTURED IN : INDIA	
	SEAM : 6 ROWS	
	STITCHING : HAND-STITCHED	
	USED IN : INDIA	
 <p>KOOKABURRA BALL</p>	MANUFACTURED IN : AUSTRALIA	
	SEAM : 6 ROWS	
	STITCHING : 2 INSIDE ROWS HAND-STITCHED, 2 OUTER ROWS ON EACH SIDE MACHINE-STITCHED	
	USED IN : AUSTRALIA, NEW ZEALAND, SOUTH AFRICA, PAKISTAN, SRI LANKA, ZIMBABWE	
 <p>DUKES BALL</p>	MANUFACTURED IN : ENGLAND	
	SEAM : 6 ROWS	
	STITCHING : HAND-STITCHED	
	USED IN : ENGLAND, WEST INDIES	
COLOUR : BRIGHT RED, PINK		
COLOUR : BRIGHT RED, PINK		
COLOUR : DARK RED, CLOSER TO BLACK, PINK		

THE THREE MANUFACTURERS ARE:

SANS-PAREIL GREENLANDS (SG)

A company based in Meerut since 1950. It was established in 1931 as Sanspareils by brothers Kedarnath and Dwarkanath Anand. In 1940, Greenlands was established for export purposes. Apart from the SG balls that are used in Test cricket in India and for the Ranji Trophy, they also manufacture cricket bats.

KOOKABURRA SPORT

An Australian sports equipment company that manufactures cricket and field hockey equipment. It's named after the Kingfisher birds native to Australia and New Guinea. They are manufactured in Australia and are used in Test matches in Australia, New Zealand, South Africa, Pakistan, Sri Lanka and Zimbabwe.

BRITISH CRICKET BALLS LIMITED

Established in 1760 by the Duke family, the company specialises in manufacturing cricket equipment. In 1987 it was bought by Indian businessman Dilip Jajodia. They make the very popular Dukes cricket ball, which is used for Test Cricket in England and West Indies. It's also used in Ireland.



James Anderson has used the Dukes ball to his advantage in favourable conditions of England



R Ashwin had said he preferred the Kookaburra the most

STITCHING

The first basic difference is in the stitching. The Dukes is a hand-stitched ball. The thread of the hand-stitched ball is more prominent and stays longer on the ball.

Kookaburra is predominantly a machine-stitched ball. The two inside rows are hand-stitched, while the two outer rows on each side are machine stitched. The seam of the Kookaburra ball is mostly embedded in the surface, and hence, it doesn't swing quite as much as the Dukes cricket ball.

This is precisely the reason that swing bowlers across the world prefer the Dukes rather than the Kookaburra. In fact, in 2017, New Zealand Cricket had experimented with the Dukes ball because of the swing it provided to their frontline seamers like Tim Southee and Trent Boult.

The SG ball is also hand-stitched and has been used in India for Test matches since 1994. The seam of the SG ball is more prominent and the threads are closer together than those on the Kookaburra.

SEAM

All six rows of stitching on the Dukes ball go backwards and forwards across the joint of the two cups forming the ball, so it holds the ball together much better and thereby the ball retains the shape and hardness longer. In the Dukes ball, the seam remains pronounced for a long time if properly preserved by the fielding team.

The two halves of the Kookaburra ball are held together by the two middle rows which are hand-stitched, which do not provide the same strength as six full rows in keeping the cover on. The outer rows, which are machine stitched, are to provide grip for the bowlers. For this reason, the Kookaburra doesn't have a pronounced seam, since machine stitching needs the ball shape to be flatter.

The stitching of the hand-crafted SG ball is done by a thicker thread and hence it has a prominent seam, which is closer together than the other balls.

WEATHER AND PITCH CONDITIONS

Weather conditions and the nature of the pitches have played a significant role in the evolution of the cricket ball over the years.

The conditions in England are more suited to swing bowling. The mostly overcast conditions, the ground conditions, the green top pitches, all help the Dukes ball to retain the seam and shape and hence (depending also on the skill levels of different bowlers), it tends to swing more. The pitches in England compliment the Dukes ball quite well.

The wear and tear that a cricket ball is subjected to on the hard and abrasive Indian pitches is a lot more than those in England. In India, even on the first day or the second day, the pitch sometimes starts breaking up and the spinners come into play, using the cracks on the pitches to their advantage. The hand-stitched SG ball therefore is expected to last better for longer.

Virat Kohli's recent comments after the Chennai Test vs England, where he said that he was surprised that the SG balls seam was 'completely destroyed in 60 overs',

was in this context.

After the initial shine of the SG ball wears off, the bowlers start rigorously preparing/polishing one side. The two different natures of the two sides of a cricket ball (rough and shiny) — coupled with which way the seam is facing when delivered by the bowler and the laws of aerodynamics — brings swing into the equation (conventional/reverse/contrast).

On the bouncy pitches of Australia and South Africa, it's the Kookaburra ball that's the most suitable. There is swing initially, but as the seam is lost, the pacers can rely on the bounce off the tracks for breakthroughs. The Kookaburra though does tend to lose shape after a period of time.

The Dukes ball gives bowlers a lot to play with, since it does more in the air and also off the pitch. This is predominantly due to its hand-stitched pronounced seam. Since the ball stays harder for longer you will also see slip fielders in England being in the game through the day.

PLAYER PREFERENCES

It's been interesting to note how with more and more quality fast bowlers beginning to play together for India, the preference for the Dukes ball has gone up. The SG ball has faced some flak in recent times for not doing enough on Indian tracks and deteriorating quickly.

Last year, Jasprit Bumrah had gone on record to say that he enjoys bowling the most with the Dukes ball, more than the SG or the Kookaburra because of the swing that the Dukes ball generates.

Bumrah felt that it helps maintain the balance between bat and ball

in a game that is already loaded so much in favour of the batsmen. In the same year, Virat Kohli said the Dukes ball is the most suitable ball for Test match cricket across the world. From a spinner's point of view, R Ashwin had said he preferred the Kookaburra the most.

In an interview to TimesofIndia.com after the first Test in Chennai where Virat and Ashwin had spoken about how they were surprised that the SG ball had deteriorated very quickly, Director of SG Paras Anand had said the company will take the players' feedback and use that to improve the quality of the balls going ahead.



Australia's Pat Cummins, the world's No. 1 Test bowler, knows how to make the most of Kookaburra balls