

Let's cook up A STORM

A few movies on food and chefs that are going to make you quite hungry. We suggest you keep some food handy while watching these...



JULIE AND JULIA

2009
It all starts with a challenge: 524 recipes in 365 days. Well, the story doesn't begin there. But it's the essence of the film. Can blogger Julie Powell (Amy Adams) — frustrated with a soul-killing job — take on the daring project to prepare all 524 recipes from cooking show legend Julia Childs' (Meryl Streep) landmark cookbook within a year?

A BUG'S LIFE

1998
Flik (Dave Foley) is an inventive ant who destroys the food stores that were supposed to be used to pay off



grasshopper Hopper (Kevin Spacey). The mafia grasshopper now demands the ants gather double the food or face annihilation. 'A Bug's

Life' is a movie about food. But the underlying message is one of society's biggest problems: the exploitative food system that leaves nothing for the poor, and the fact that the ones growing or gathering food are at the bottom tier as far as food chain is concerned.



THE PRINCESS AND THE FROG

2009
Hardworking and ambitious, Tiana (Anika Noni Rose) dreams of opening the finest restaurant in New Orleans. Her dream takes a slight detour when she meets Prince Naveen (Bruno Campos), who has been turned into a frog by an evil doctor. Mistaking her for a princess and hoping to break the spell, Naveen plants a kiss on Tiana turning her into a frog as well!



COOK UP A STORM

2017
The rivalry between a homespun Cantonese street cook and a French-trained chef takes a surprising turn when both enter a global culinary competition. But their rivalry takes an unexpected turn when they discover a common foe, and combine their skills to cook up the best fusion of East and West.

THE HUNDRED-FOOT JOURNEY

2014
Hassan Kadam (Manish Dayal) is an extraordinarily talented and largely self-taught culinary novice. When he and his family settle in a quaint French village and decide to open an Indian eatery, Madame Mallory (Helen Mirren), the proprietress of an acclaimed restaurant, strongly objects. War erupts between the two...

CHEF

2014
After the controlling owner of the restaurant chef Carl Casper (Jon Favreau) pushes him too far, he quits his position and goes on a road trip on a food truck with his son to reignite his passion for food — as well as his zest for life.



NO RESERVATIONS

2007
Master chef Kate Armstrong (Catherine Zeta-Jones) runs her life, and her kitchen, with intimidating intensity. When an accident kills her sister, and she becomes the legal guardian of her young niece (Abigail Breslin), she is at a loss. A new high-spirited chef's free-wheeling ways may help turn her life around.

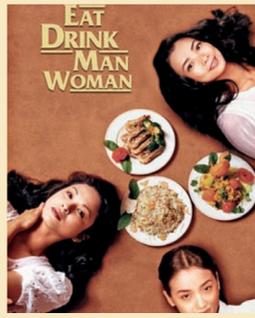


RATATOUILLE

2007
Remy, a rat, aspires to become a renowned French chef. However, he fails to realise that people despise rodents and will never enjoy a meal cooked by him. Or, will they? One of the best animations ever made by Pixar, 'Ratatouille' was voted one of the '100 greatest motion pictures of the 21st century' by a 2016 poll of international critics conducted by the BBC.

BIG NIGHT

1996
Chef Primo (Tony Shalhoub) and businessman Secondo (Stanley Tucci) are immigrant brothers from Italy who open their dream restaurant in New Jersey. Primo's authentic food is too unfamiliar for the local tastes, and the restaurant is struggling until a famous Italian-American bandleader decides to appear at the restaurant...



EAT DRINK MAN WOMAN

1994
This Ang Lee drama is about semi-retired master chef Chu (Sihung Lung) and his three unmarried daughters — a religious chemistry teacher, an airline executive, and an employee at a fast-food joint. The strength of this family's emotional journey through love and life comes from the stability of their elaborate Sunday meal.

Best skateboarding films

As skateboarding becomes an Olympic sport, let's watch a few films to discover what the game is all about

MINDING THE GAP (2018)

Three young men bond through skateboarding to escape their volatile family life in their Rust Belt home town. As they face their adult responsibilities, some unexpected revelations threaten their decade-long friendship. Bing Liu's crowd-pleasing film earned an Oscar nomination for Best Documentary Feature in 2019. Along with Liu, fellow skaters Keire Johnson and Zack Mulligan are featured in the film, which was also nominated for a Primetime Emmy for Outstanding Documentary.

LORDS OF DOGTOWN (2005)

Three young pioneering skateboarders swiftly rise to stardom. However, they soon find their brotherhood threatened as they face different challenges in their personal lives. Written by former pro-skater turned documentarian Stacy Peralta and directed by Catherine Hardwicke of 'Thirteen' and 'Twilight' fame, the film tells the story of the Z-Boys, trailblazing skaters who perfected the craft of big-ramp and swimming pool riding in the homes of unwitting owners in sunny Los Angeles. Heath Ledger earned rave reviews for his turn as Skip Engblom, pioneering surfboard and skateboard designer instrumental in launching the sports.

GLEANING THE CUBE (1989)

Also known as 'A Brother's Justice' and 'Skate or Die', this is an American neo-noir film directed by Graeme Clifford, starring Christian Slater as Brian Kelly, a 16-year-old skateboarder investigating the death of his adopted Vietnamese brother. Although the film had a relatively low box office turnout, it garnered a significant cult following through basic cable replays and DVDs.

PARANOID PARK (2007)

A psychological drama film written and directed by Gus Van Sant, this film is based on the novel of the same name by Blake Nelson and takes place in Portland, Oregon. It's the story of a teenage skateboarder (played by Gabe Nevins) set against the backdrop of a police investigation into a mysterious death. It won one Independent Spirit Award, two Boston Society of Film Critics Awards and the Cannes Film Festival's special 60th anniversary prize.

MID90S (2018)

The film follows Stevie, a thirteen-year-old in 1990s-era Los Angeles, who spends his summer navigating between his troubled home life and a group of new friends that he meets at a Motor Avenue skate shop. Written and directed by Jonah Hill, 'Mid90s' was well received by critics, who called it a "promising first outing for Hill", and praised the sense of nostalgia.



Happy birthday!

MARCUS PFISTER

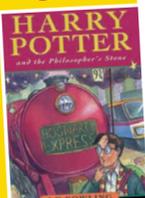
Born on July 30, 1960, Marcus Pfister, the children's book author and illustrator authored the 'Rainbow Fish' series of children's picture books. From the time it was published in 1992, the series has continued to be one of the most popular books, translated into over 80 languages. They have sold over 15 million copies. Most of his illustrations



are in watercolours.

J K ROWLING

Born on July 31, 1965, J K Rowling is a British author and the creator of the critically-acclaimed 'Harry Potter' series (about a young wizard in training). The series, spanning 8 books won multiple awards



and sold more than 500 million copies, and become the best-selling book series in history. The books' film adaptations were equally successful. She also writes crime fiction under the pen name Robert Galbraith. (Source: Wikipedia)

"CALL ME TIGGER"

July 29 was International Tiger's Day which is reason enough for us to think about our favourite tigers from children's books



WINNIE THE POOH

Who hasn't been captivated by the adventures of the spritely Tiger ever since he first appeared in the 'Winnie the Pooh' stories in late 1920s?

of Richard Parker (the tiger) is unforgettable.

THERE'S A TIGER IN THE GARDEN

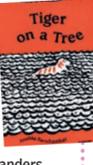
by Lizzy Stewart
Everyone knows that tigers live in jungles, not gardens. But Grandma is absolutely sure she has seen one; so now, Nora has to check it out.



in children's literature. Shere Khan of Rudyard Kipling's 'The Jungle Book' is a complex character.

TIGER ON A TREE

by Anushka Ravishankar
A playful tiger wanders into an Indian village, much to the alarm of the locals.



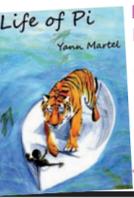
THE TIGER WHO CAME TO TEA

by Judith Kerr
A tiger invites himself to Sophie and her mother's afternoon tea and eats all the food.



LIFE OF PI

Whether you have read this gripping book, or watched director Ang Lee's film adaptation, the character



THE JUNGLE BOOK

by Rudyard Kipling
Fierce, proud, arrogant and among the scariest antagonists



STOICISM FOR YOUNGLINGS

A 2015 study published in the journal 'Infant Behavior and Development' had shown that children — as young as 18 months — understood stoicism. As Covid-19 continues to wreak havoc in the world, here's why young readers may stand to benefit from this ancient concept

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Stoicism is an ancient Greek philosophy that taught its followers to accept life as it comes and cultivate some virtues to lead a meaningful life. During the pandemic, this philosophy has become quite popular around the world thanks to Stoic Scholars — including Massimo Pigliucci, Alasdair MacIntyre, Martha Nussbaum and social media influencers like Ryan Holiday and Tim Ferris. In her column in 'The Guardian', author Brigid Delaney said that practising Stoicism helps 'cultivate an attitude of calm indifference to external states. Stoicism is a good self-help tool as we all continue to practice isolation in some form or the other. It helps manage the anxiety we face, especially among children, as schools continue to remain closed and social contact is limited.

with his 7-year-old daughter to write his book 'How to Think Like a Roman Emperor: The Stoic Philosophy of Marcus Aurelius.' He said in an interview, 'I've been telling stories about Greek mythology since she was around three or four years old. The other kids at school talk about their favourite superhero being Batman or Spiderman. Poppy says her favourite hero is Hercules. Eventually, I ran out of stories about mythology and found myself telling her stories about Greek and Roman philosophy. In the ancient world, philosophy was taught through lectures and discussions, and communicated in written lectures, letters, and dialogues — like those of Plato and Aristotle. However, philosophy was also handed down in the form of anecdotes... which even a child can learn from.'

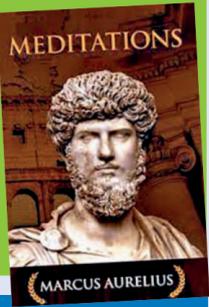


THE HEART AND THE BOTTLE

by Oliver Jeffers
While not exactly a Stoicism handbook, the story echoes with the principles of the philosophy in a gentle way. A wonderful introduction on how to overcome tough situations. Age no bar on this one.

MEDITATIONS

by Marcus Aurelius
For readers who are older.



WATCH THIS

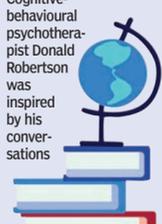
Massimo Pigliucci's TED Ed video introducing the concept. Alternatively, website www.stoicislandfolklore.org is full of stories from all over the world anchored in ideas that Stoicism.

"If you are pained by any external thing, it is not this thing that disturbs you, but your own judgment about it. And it is in your power to wipe out this judgment now."
— Marcus Aurelius, Meditations

What comes first?

With a 5-year-old, one may start simple with explaining the most essential tenet of the philosophy: that one doesn't control what happens to them in life, only how they respond. So, if someone is meant to them, they have a choice: hit back or report to the teacher or continue playing.

The next step can be engaging children on the main values of the philosophy: Moderation, Wisdom, Courage, Justice. Marcus Aurelius, referred to these as his epithets, aka, words that guided every choice he made. A third way is to engage them in 'grown-up' conversations. Cognitive-behavioural therapist Donald Robertson was inspired by his conversations



ORIGIN STORY

Stoicism was founded by Zeno of Citium, in Athens, around 300 BC who used to teach his followers at a place called 'Stoa Poikile' means 'Painted porch'. As one of the major schools of philosophy from the Hellenistic period through to the Roman era, Stoicism is divided into three phases: Early Stoa (3rd century BC), Middle Stoa (1st and 2nd century BC), and Late Stoa (1st and 2nd century AD). The philosophy was expanded and reshaped by Zeno's many Greek and Roman followers, including Seneca, Epictetus, and emperor Marcus Aurelius, all of whom produced valuable writings on the subject.

WHAT ARE STOIC VALUES?

The four main virtues of Stoicism are Wisdom, Courage, Temperance and Justice. The basic concept of Stoicism revolves around 3 ideas: 1) An objective view of oneself and the world; acceptance of people as they are. 2) Discipline oneself so that one's actions are not controlled by pleasure or pain. 3) Accept what is within one's power and what is not.

FROM PASSION TO PODIUM

One of the most common questions skateboarders are asked is whether it is a lifestyle, a form of rebellion, or a sport. That was answered this year when the sport debuted as a competition at the Tokyo Olympics. Read on to know more...



SKATEBOARDING AS A SPORT

Skateboarding is a freestyle action sport in which a rider or skater balances on a short narrow wooden board fitted with wheels, and cruises along by propelling it with her/his feet. The rider performs athletic stunts while cruising. It is an extreme sport where the ability and imagination of the rider determines the level of difficulty of the stunts. Most skateboarding activities are performed either on the streets or at a park. There are various levels of difficulty in skateboard stunts. At the very basic level, a player should first learn how to stand on the board. This is followed by them being able to ride down a short gradual slope and learning how to stop. Next, beginners should learn how to stand on the skateboard with one foot and push with the other and turn the skateboard by leaning to the side, also called carving.

ORIGIN OF SKATEBOARDING

Founded in the United States, one of the earliest skateboarding activities began in the 1940s, when metal wheels were attached to a narrow wooden board. In the 1950s, clay composite came in and the first 'sidewalk surfboard' became commercially available, eventually evolving into the skateboard that we know today. The sport, popular among the younger generation, attained global popularity in the 1970s. Since the 1980s, skateboarding has been an essential part of street culture.

THE STUNTS

BASIC: With the evolution and influence of different cultures, the skateboard began to change over time. Early tricks consisted of only two-dimensional freestyle manoeuvres - like riding on only two wheels, called a wheelie; spinning only on the back wheels which is a pivot; high jumping over a bar and landing on the board again, also known the hippie jump; long jumping from one board to another or slalom. The other popular trick was the Bertlemann Slide, named after Larry Bertlemann's (legendary Hawaiian surfer and innovator of low pivot and aerial surfing) surfing manoeuvres.

ADVANCED

OLLIE: This is the first real trick that any skateboarder learns. While attempting the Ollie, the rider will push down on the back of the skateboard while controlling the upward movement of the front of the board with the front foot. This will cause the rider to lift into the air along with the skateboard. This trick takes a lot of practice, but is key to performing more difficult skateboard tricks.

FLIP TRICK: This trick is very similar to the Ollie, but while performing this, the board is flipped in different ways. There are different types of flip tricks like the kickflip, backside flip, and heelflip, depending on how the board is flipped.

GRINDS:

While performing this trick, the skateboarder ollies up on to an edge, like a handrail or bench, and then slides along on the trucks of the skateboard.

AERIALS: When the skateboarder gets into the air off a half-pipe or ramp and then performs a trick in the air like a twist or flip.

ALSO FOR BEGINNERS: Nollie or nose ollie, shuvit, pop shuvit, kickflip, power sliding, frontside 180, backside 180, casper flip, heel flip and manual are some of the more popular stunts for learners. Before they try these, they must master the ollie.

EQUIPMENT

SKATEBOARD DECK: A skateboard deck, or the board on which a rider stands, is usually made of a specially designed 7-8 ply maple plywood. The wood has a polyurethane coating for smoothness and durability. The length, width, materials and concave curve determine the speed and kind of stunts that can be performed. Standard skateboard decks are usually between 28 and 33 inches (71 and 84 cm) long. Wheels are attached to the underside by a pair of skateboarding trucks.

SHOES: In the early days, skateboarders preferred to ride barefoot, maintaining a foot-to-board contact, which some still continue to do. One of the first known trends in skateboarding was the sticky-soled-slip-on skate shoe. As

a beginner, one often lacks traction that can lead to foot injuries. This necessitated the need for a shoe that was specially designed for skateboarding. The design of the skate shoe includes many features, such as a vulcanised rubber or polyurethane sole with minimal tread pattern or no pattern, composition leather or suede upper, and double or triple stitching to extend the life of the upper material. A low, padded tongue is often included for comfort. The most important aspect of skate shoes is that they have flat soles which allow the skater to have better board control.

SAFETY GEAR: As with any extreme sport, safety is the absolute first in skateboarding too. Riders are often thrown off after hitting the small cracks and outcroppings on the pavement. Hence, it is important to wear a well-fitted helmet that will protect in case of a fall. Equally important are the knee pads, elbow pads and wrist guards.

CLOTHING: There is no restriction on what one can wear while skateboarding, but it is important to ensure that the clothes do not get in the way of the wheels. Hence flowing long clothes and shoes with laces are best avoided.

SKATEBOARDING AT THE OLYMPICS

The Tokyo 2020 skateboarding courses are a culmination of the designs and experiences derived from a number of the world championship and qualifying events. Each course will be considerably larger than a typical qualifying or world championship course but still small enough to allow athletes to take advantage of all obstacles during a typical run. Both the 'street' and 'park' courses have been designed with equality in mind for both regular and goofy stance skateboarders as well as all genders to compete on.

STREET: This competition is held on a straight street-like course featuring stairs, handrails, curbs, benches, walls and slopes. Each skateboarder performs individually and uses each section to demonstrate a range of skills, or 'tricks'. Judging takes into account factors such as the degree of difficulty of the tricks, height, speed, originality, execution and the composition of moves, in order to award an overall mark. Skateboarders often 'slide' the wooden deck of their skateboards and 'grind' the metal trucks (components which connect the wheels and bearings to the deck of the skateboard) directly along the course's curbs and handrails.

PARK: Park competitions take place on a hollowed-out course featuring a series of complicated

curves - some resembling large dishes and dome-shaped bowls. From the bottom of the cavity, the curved surfaces rise steeply, with the upper part of the incline either vertical or almost vertical. Among the attractions of park competitions are the immense heights achieved by climbing the curves at speed and performing amazing mid-air tricks. The variety of tricks available to a skateboarder increases with the height gained launching out of the park's curves. The degree of difficulty can depend on whether the deck of the skateboard is grabbed with a hand when performing mid-air tricks, which part of the deck is grabbed, which hand is used to grab the deck and the posture of the rider while grabbing the deck. Difficulty and originality also increase if the deck is rotated mid-air, flipped or if the competitor is able to rotate their body while mid-air. Other tricks include variations of balancing (stalls), grinds and slide tricks on the 'lip' of the ramp.

GOLDEN MOMENT: Momiji Nishiya of Japan is all smiles as she takes podium after winning the gold medal in the women's street skateboarding finals at the Tokyo 2020 Olympics. The 13-year-old became the youngest ever to win gold

INTERESTING FACTS

Skateboarding was original referred to as 'sidewalk skating'.

The first skateboards, created in California, had handles to make them easier to ride.

The first professional female skateboarder was Patti McGee. Women have been involved in the sport since it was created.

Prior to the invention of skateboarding ramps, skateboarders would practise in empty swimming pools and in drainage ditches.

Skateboarding was banned in Norway between 1978 and 1989 due to the number of injuries to players.

It is estimated that over 800,000 skateboarders visit the doctor in the US each year because of skateboarding injuries.

The sport has many benefits for participants - increases concentration, improves hand-eye coordination and balance.

Unlike other sports, in skateboarding, uniforms and jerseys are not typically worn. Instead the skate-

board deck, the flat board on which a skater stands, becomes the mode expressing an athlete's individuality and style. Skateboarders often have graphical designs illustrated on the bottom of the deck.

Since the early 2000s, electric boards have made an entry. These no longer require the propelling of the skateboard by means of the feet; rather an electric motor propels the board, aided by an electric battery.

SKATEBOARDING LEGENDS OF ALL TIME

1. Rodney Mullen (US)
2. Paul Rodriguez (US)
3. Bucky Lasek (US)
4. Bob Burnquist (BRA)
5. Tony Hawk (US)
6. Danny Way (US)
7. Eric Koston (US)
8. Bam Margera (US)
9. Chris Cole (US)
10. Andrew Reynolds (US)

Rayssa Leal of Team Brazil competes during the women's street final at the Tokyo 2020 Olympic Games

