

The Duffer Brothers' love for '80s

Here are 10 hit movies from the 1980s that 'Stranger Things' writers and directors, The Duffer Brothers, were inspired from...



THE KARATE KID (1984)
Teenager Daniel LaRusso is bullied by Johnny Lawrence, who is adept at martial arts. In order to defend himself, he tries to learn karate from Mr Miyagi, his apartment's kind handyman.

E.T. THE EXTRA TERRESTRIAL (1982)
An alien is left behind on Earth and is saved by young Elliot who decides to keep him hidden. While the task force hunts for it, Elliot and his siblings form an emotional bond with their new friend.

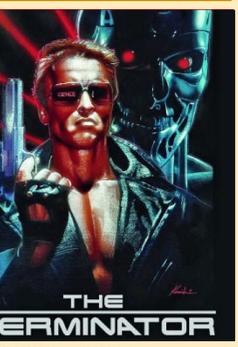
THE BREAKFAST CLUB (1985)
Five high school students, all with different mindsets, face detention in their school library on a Saturday morning. As time passes by, their egos fade and they become close buddies.

FERRIS BUELLER'S DAY OFF (1986)
Ferris Bueller, a high school student, fakes sickness to stay at home and spends the rest of the day with his best friend and girlfriend. Meanwhile, his dean tries to spy on him.

GHOSTBUSTERS (1984)
When Peter Venkman, Raymond Stantz and Egon Spengler lose their jobs as scientists, they start an establishment called Ghostbusters to fight the evil ghosts lurking in New York City.



THE TERMINATOR (1984)
A cyborg assassin is sent back in time to kill Sarah, a waitress, in a bid to stop her son who will wage a long war against his enemy in the future - unless the course of history is altered.



STAND BY ME (1986)
Gordie, Chris, Teddy and Vern are four friends who decide to hike to find the corpse of Ray Brower, a local teenager, who was hit by a train while plucking blueberries in the wild.

COCOON (1985)
The residents of a retirement home rediscover their youth thanks to a mysterious swimming pool and friendly aliens.

THE NEVERENDING STORY (1984)
To escape from his dull life and bullies at school, Bastian takes refuge in an old book store. There, he begins reading an old storybook and finds himself drawn into the mythical world of Fantasia.

THE GOONIES (1985)
A group of west coast kids facing their last days together before a development paves over their homes stumble onto evidence of pirate's treasure attracting the attention of a family of criminals.



Be a spelling CHAMPION

14-year-old Harini Logan recently made headlines when she won the 2022 Scripps National Spelling Bee. The Indian-American from Texas correctly spelled 22 words during a 90-second spell-off to win. She inspired us to look up some of the difficult words from the contest. Here they are, along with their definitions...

- BEBUG:** a tremolo effect similar to a violin vibrato and produced on a clavichord by sustaining a varying pressure on the key
- BOURGADE:** a village of scattered dwellings, an unfortified town
- CHATOYANCE:** the state of being chatoyant (having a changeable lustre or colour with an undulating narrow band of white light)
- DE RIGUERUR:** required by fashion or etiquette
- ESCHAROTIC:** producing an eschar (a scab formed especially after a burn)
- IMPAYABLE:** priceless, invaluable
- INERADICABLE:** unable to be removed or destroyed
- NOCTIVAGANT:** going about in the night; night-wandering
- OBSTROPOLOUS:** a dialectical variant of obstreperous (being unruly or resistant to control)
- PACHYTYLUS:** a genus of Acrididae that includes several destructive Old World migratory locusts
- PALAPALA:** writing (Hawaiian word)
- PHENOCOLL:** a crystalline base used in the form of a salt (as the hydrochloride) as an antipyretic and analgesic
- POWYS:** a Welsh geographic name
- PULLULATION:** to germinate or sprout; to breed; to swarm
- SENIJEXTEE:** a Salishan people of the Columbian River Valley in Washington and British Columbia
- SIRTAKI:** a Greek circle dance similar to a hora
- SUFFRUTESCENT:** a plant with a base that is somewhat woody and does not die down each year
- TEKTITE:** a glassy body of probably meteoritic origin and of rounded but indefinite shape
- WIRRAH:** an Australian spotted food fish

Micawber: a person who lives in optimistic expectation of better fortune (coined by Charles Dickens in his novel 'David Copperfield')

Source: www.merriam-webster.com

NEW THIS MONTH

NOT SURE WHAT TO READ NEXT? WE'VE GOT SOME NEW, EXCITING BOOKS TO KEEP BOREDOM AT BAY. HERE WE GO...

Nitya.Shukla@timesgroup.com

PARVATI THE ELEPHANT'S VERY IMPORTANT DAY
by Shobha Tharoor Srinivasan
A few years ago we all read about the horrific news of a pregnant elephant who died because she ate fire-crackers. The incident ended up staying in Shobha Tharoor Srinivasan's mind, along with other stories about these gentle giants. Inspired, she wrote this rhyming picture book, which showcases Kerala temple traditions by narrating a day in the life of a temple elephant.

THE LITTLE HANDBOOK OF COOL TECHNOLOGY
by Shalini Satish and Raam Baranidharan
It's easy to google anything, but how do search engines work? Why does a search engine have a programme called 'spider' which collects information from websites? Or what happens when this 'spider' goes 'crawling'— a process of navigating the entire web of interconnected websites. As an adult you may understand all this, but how to explain this to a kid? The authors were inspired to write this book that explains the concepts behind everyday technology, when they failed to find one for their 9-year old daughter. Featuring simple language and vivid illustrations, it's easily understandable, whether you are a 'techie' or 'non-techie.'

THE KING WHO TURNED INTO A SERPENT AND OTHER THRILLING TALES OF MYTHOLOGY
by Sudha Madhavan
"The pleasure of hearing a well-told story can be equalled only by the pleasure of telling a good one..." writes author Sudha

THE KING WHO TURNED INTO A SERPENT AND OTHER THRILLING TALES OF MYTHOLOGY
by Indira Ananthakrishnan
As a child, the award-winning author used to dislike history, and what we can learn from them. For example, whose spell made Nahusha Chakravarti, a fierce and mighty king, transform into a serpent who roamed the forests for centuries until the Pandavas redeemed him, lifting the curse that he had been condemned for.

THE QUEEN WHO RULED THE WAVES AND OTHER TALES OF ROYALTY FROM INDIAN HISTORY
by Indira Ananthakrishnan
As a child, the award-winning author used to dislike history, and

HARNESSING THE POWER OF MENTAL AGILITY TO TRANSFORM YOUR LIFE
by Elaine Fox
There's plenty of incredible lessons to learn from Elaine Fox, one of the world's leading psychologists and performance coaches. In 'Switchcraft', she draws on 25 years of scientific research to help you to break out of a rigid mindset to restore your fulfilment, curiosity and zest for life.

SPARRING PARTNERS
by John Grisham
A trilogy of legal thrillers from the master of thrillers. Our advice, don't miss it!

How to choose the right SELF-HELP BOOK

Turns out, following a few rules can help you make the right choice

Nitya.Shukla@timesgroup.com

According to research, the self-improvement market size is expected to reach \$14.0 billion by 2025 in the US alone. That means there is a tsunami of 'advice' on how to solve your problems heading your way. And with that comes a barrage of books that can help you get it right. But how do you pick up what's important and will help you long term, instead of picking up something that is just cashing in on the 'recession-proof' laurels of the self-improvement industry. We found some answers in www.psychology.com's review of a study published in 'Professional Psychology, Research and Practice' about the usefulness and scientific accuracy of self-help books.

Based on their findings, remember the following rules when you go shopping next:

Is your book focused?
Look for a self-help book that focuses on a limited range of problems instead of an author rambling about their life story. Instead, it's good to go with one that focuses on a specific disorder, such as social anxiety disorder, or a specific problem, such as hoarding. Next, it should provide specific guidance for implementing the self-help techniques and give you the tools to help monitor your progress

Does your author have credentials?
According to the study, the books that did well were written by doctoral level psychologists, often ones affiliated with an academic institution. If you are serious about getting better, then it might be a better idea to choose authors who have spent years researching problems/conditions and have scientific proof to back their techniques.

Does your book claim to solve 'all your problems'?
That's a big red flag! You should be wary of any book that claims to do too much, like claiming to banish your anxiety symptoms forever. Ideally, your book of choice should be rooted in scientifically accepted therapies, such as Cognitive-Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT) and Dialectical Behavior Therapy (DBT).



KILLING IT SOFTLY

A SPORT THAT BEGAN AS A RECREATION, SOFTBALL IS NOW RAPIDLY GAINING IN POPULARITY ACROSS THE WORLD

Photo: GETTY IMAGES

KNOWING THE GAME

Softball is a game of bat-and-ball played between two teams of nine players each. It is a variant of baseball and popular, particularly in the United States.

The object of the game is to hit the ball with a bat and take runs around an infield that has four bases. Once a player manages to get around without being given out, a run is scored. The team with the most runs at the end of the game is deemed the winner.

GAMEPLAY

The game takes place over 7 innings, and within each inning, a team gets to bat and field. Officially, which team bats first is decided by a coin toss. An inning is split into two sections called the top and the bottom.

The infield has four bases placed in a diamond shape. The batter starts at the home base, and proceeds to the first, second and third base after hitting the ball.

The home plate is in the centre of the field where the pitcher must stand to throw the ball. The ball has to be thrown underarm. The pitcher must have at least one foot on the plate at the point of delivery.

A batting order is set at the start of the game it cannot be changed throughout.

A batter can be given out by being caught by a fielder without the ball bouncing, or when the batter misses the ball three times, in which a strike is called. A batter can also be dismissed by being tagged while running between bases by a fielder holding the ball.

SCORING

A softball game can last anywhere from 3 to 7 innings. A 'run' is scored when a player has touched all four bases in order.

A run is not scored if the last out is a force out or occurs during the same play that the runner crosses the home plate.

The team with the most runs after seven innings wins the game.

The last (bottom) half of the seventh inning or any remaining part of the seventh inning is not played if the team batting second is leading.

If the game is tied, play usually continues until a decision is reached, by using the international tie-breaker rule or if time is expired the score would be just tied.

UMPIRES

Decisions about plays are made by umpires. The number of umpires on a given game can range from a minimum of one to a maximum of seven. There is never more than one 'plate umpire'; there can be up to three 'base umpires', and up to a further three umpires positioned in the outfield. Most fast pitch games use a crew of two umpires (one plate umpire, one base umpire).

HISTORY

The earliest known softball game was played in Chicago, Illinois, on Thanksgiving Day, 1887. The name 'softball' dates to 1926. It was coined by Walter Hakanson of the YMCA at a meeting of the National Recreation Congress. Three years earlier, a standard set of rules were formed and it was later enlarged to form the International Joint Rules Committee on Softball, which came to include representatives of organisations that promote and sponsor softball. The Fédération Internationale de Softball (International Softball Federation), formed in 1952, acts as liaison between more than 40 softball organisations of several countries. Headquarters are in Oklahoma City, Oklahoma. The federation coordinates international competition and regular regional and world championship tournaments for men and women. In 1996, a women's tournament of the discipline was added to the Olympic Games. It was then removed from the Games following the 2008 Summer Olympics but was added back in 2020.

EQUIPMENT

PLAYING FIELD: A regulation playing field includes a diamond-shaped area with 60-foot (18.3-metre) baselines.

Pitching distance for men: 46 feet (14 metres) and for women: 43 feet (13.1 metres).



SIZE OF BATS: Bats must be round, not more than 34 inches (86.4 cm) long, and not more than 2.25 inches (5.7 cm) in diameter at the largest part. Bats can be made of wood, aluminium, or composite materials such as carbon fibre.



GLOVES: All defensive players wear fielding gloves, made of leather or similar material. Gloves have webbing between the thumb and forefinger, known as the 'pocket'. No part of the glove is allowed to be the same colour as that of the ball, including that of its seams.



SOFTBALL: The official softball is a smooth-seam ball 12 inches (30.5 cm) in circumference, weighing between 6.25 and 7 ounces (177 and 198 grams).

HELMET: A helmet must have two ear flaps, one on each side. Helmets and cages that are damaged or altered are forbidden. Helmets must be worn by batters and runners. In NCAA fastpitch softball, players have the option to wear a helmet with or without a face mask.



All Equipment pix used for representational purpose only

SIMILARITIES AND DISSIMILARITIES WITH BASEBALL

The sport, softball, developed from a game called indoor baseball, first played in Chicago in 1887. The game is similar to baseball, only played with a larger ball. In softball, the ball is delivered by an underhand motion, whereas in baseball, the pitch is overhand or sidearm. Base stealing is permitted in both games, but in softball, the runner must keep contact with the base until the pitcher releases the ball on delivery to the batter. Softballs are larger than baseballs and is played on a smaller diamond than that of baseball, making softball a faster sport.

TOURNAMENTS

NSA Tornado Classic State & World 6 Game friendly

Women's Softball World Cup

International Softball Congress

Softball at Summer Olympics

Softball at World Games

W.A.I.S.T.

Women's Professional Fastpitch

NATIONAL PLAYERS

B. Suman | B Tharun |

G Suresh | B Sai Kiran Naik |

Pooja Parkhe | Ragini Chouhan |

Savita Parkhe | Chitra Naik

INTERNATIONAL PLAYERS

Dot Richardson

Jennie Finch

Jessica Mendoza

Lisa Fernandez

Cat Osterman