**SERIES TO BINGE WATCH ON AMAZON PRIME**

**The Boys**
**DIRECTION:** Eric Kripke, Evan Goldberg, Seth Rogen  
**CAST:** Karl Urban, Jack Quaid, Antony Starr  
**SYNOPSIS:** The Boys is set in a universe where super-powered people are recognised as heroes by the general public and owned by powerful corporation Vought International, which ensures that they are aggressively marketed and monetised. Outside of their heroic personas, most are arrogant and corrupt. The series primarily focuses on two groups: the titular Boys, vigilantes looking to keep the corrupted heroes under control, and the Seven, Vought International’s premier superhero team. The Boys are led by Billy Butcher, who despises all super-powered people, and the Seven are led by the egotistical and unstable Homelander. As a conflict ensues between the two groups, the series also follows the new members of each team: Hugh ‘Hughie’ Campbell of the Boys, who joins the vigilantes after his girlfriend is killed in a high speed collision by the Seven’s A-Train, and Annie January/Starlight of the Seven, a young and hopeful heroine forced to face the truth about the heroes she admires.

**The Marvelous Mrs. Maisel**
**DIRECTION:** Amy Sherman-Palladino  
**CAST:** Rachel Brosnahan, Alex Borstein, Michael Zegen  
**SYNOPSIS:** Set in 1950s Manhattan, The Marvelous Mrs. Maisel is a 60-minute dramedy that centres on Miriam ‘Midge’ Maisel, a sunny, energetic, sharp, girl who had her life mapped out: go to college, find a husband, have kids, and throw the best Yom Kippur break-fasts in town. Soon enough, she finds herself exactly where she had hoped to be, living happily with her husband and two children in the Upper West Side. A woman of her time, Midge is a cheerleader wife to a man who dreams of a stand-up comedy career, but her perfect life is upended when her husband suddenly leaves her for another woman. Utterly unprepared, Midge is left with no choice but to re-evaluate her life. When she accidentally stumbles onto the stage at a nightclub, she discovers her own comedic skills and decides to use this newfound talent to help her reinvent her life. The series follows the trajectory of Midge’s journey as she pursues a career in the male-dominated, stand-up comedy profession, and transforms from uptown society matron to East Village club performer.

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**PRAYER TIME**

<table>
<thead>
<tr>
<th>Prayer</th>
<th>Time</th>
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<tr>
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<tr>
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<td>5.13am</td>
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<tr>
<td>Zuhr (noon)</td>
<td>11.38am</td>
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<tr>
<td>Azr (afternoon)</td>
<td>3.07pm</td>
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<tr>
<td>Maghreb (sunset)</td>
<td>6.02pm</td>
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<tr>
<td>Isha (night)</td>
<td>7.32pm</td>
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**USEFUL NUMBERS**

- Emergency: 999
- Worldwide Emergency Number: 112
- Kahramaa – Electricity and Water: 991
- Local Directory: 180
- International Calls Enquires: 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: 44593333, 44593363
- Qatar Assistive Technology Centre: 44490405
- Qatar News Agency: 44450205
- Qatar Airways: 44450333
- Humanitarian Services Office
  - Ministry of Interior: 40253371, 40253372, 40253369
  - Ministry of Health: 40253370, 40253364
  - Hamad Medical Corporation: 40253368, 40253365
  - Qatar Airways: 40253374

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"People are not disturbed by things, but by the view they take of them.”  
— Epictetus

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Get moving to manage stress

Exercise in almost any form can act as a stress reliever. Being active can boost your feel-good endorphins and distract you from daily worries.

Virtually any form of exercise, from aerobics to yoga, can act as a stress reliever. If you’re not an athlete or even if you’re out of shape, you can still make a little exercise go a long way toward stress management. Discover the connection between exercise and stress relief — and why exercise should be part of your stress management plan.

Exercise and stress relief

Exercise increases your overall health and your sense of well-being, which puts more pep in your step every day. But exercise also has some direct stress-busting benefits.

1. It pumps up your endorphins:
Physical activity may help bump up the production of your brain’s feel-good neurotransmitters, called endorphins. Although this function is often referred to as a runner’s high, any aerobic activity, such as a rousing game of tennis or a nature hike, can contribute to this same feeling.

2. It reduces negative effects of stress:
Exercise can provide stress relief for your body while imitating effects of stress, such as the flight or fight response, and helping your body and its systems practice working together through those effects. This can also lead to positive effects in your body — including your cardiovascular, digestive and immune systems — by helping protect your body from harmful effects of stress.

3. It’s meditation in motion:
After a fast-paced game of racquetball, a long walk or run, or several laps in the pool, you may often find that you’ve forgotten the day’s irritations and concentrated only on your body’s movements. As you begin to regularly shed your daily tensions through movement and physical activity, you may find that this focus on a single task, and the resulting energy and optimism, can help you stay calm, clear and focused in everything you do.

4. It improves your mood:
Regular exercise can increase self-confidence, improve your mood, help you relax, and lower symptoms of mild depression and anxiety. Exercise can also improve your sleep, which is often disrupted by stress, depression and anxiety. All of these exercise benefits can ease your stress levels and give you a sense of command over your body and your life.

Put exercise and stress relief to work for you.

WELL-BEING

Exercise increases your overall health and your sense of well-being, which puts more pep in your step every day.

SLOW AND STEADY
Build up your fitness level gradually. Excitement about a new programme can lead to overdoing it and possibly even injury.

A successful exercise programme begins with a few simple steps:

1. Consult with your healthcare provider:
If you haven’t exercised for some time or you have health concerns, you may want to talk to your doctor before starting a new exercise routine.

2. Walk before you run:
Build up your fitness level gradually. Excitement about a new program can lead to overdoing it and possibly even injury. For most healthy adults, the Department of Health and Human Services recommends getting at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. Examples of moderate aerobic activity include brisk walking or swimming, and vigorous aerobic activity can include running or biking. Greater amounts of exercise will provide even greater health benefits. Also, aim to do strength training exercises for all major muscle groups at least two times a week.

3. Do what you love:
Almost any form of exercise or movement can increase your fitness level while decreasing your stress. The most important thing is to pick an activity that you enjoy. Examples include walking, stair climbing, jogging, dancing, bicycling, yoga, tai chi, gardening, weightlifting and swimming. And remember, you don’t need to join a gym to get moving. Take a walk with the dog, try body-weight exercises or do a yoga video at home.

4. Pencil it in:
In your schedule, you may need to do a morning workout one day and an evening activity the next. But carving out some time to move every day helps you make your exercise programme an ongoing priority. Aim to include exercise in your schedule throughout your week.

5. Stick with it:
Starting an exercise programme is just the first step. Here are some tips for sticking with a new routine or refreshing a tired workout:

6. Set SMART goals:
Write down SMART goals — specific, measurable, attainable, relevant and time-limited goals. If your primary goal is to reduce stress in your life, your specific goals might include committing to walking during your lunch hour three times a week. Or try online fitness videos at home. Or, if needed, find a babysitter to watch your children so that you can slip away to attend a cycling class.

7. Find a friend:
Knowing that someone is waiting for you to show up at the gym or the park can be a powerful incentive. Try making plans to meet friends for walks or workouts. Working out with a friend, co-worker or family member often brings a new level of motivation and commitment to your workouts. And friends can make exercising more fun!

8. Change up your routine:
If you’ve always been a competitive runner, take a look at other, less competitive options that may help with stress reduction, such as Pilates or yoga classes. As an added bonus, these kinder, gentler workouts may enhance your running while also decreasing your stress. Exercise in short bursts. Even brief bouts of physical activity offer benefits. For instance, if you can’t fit in one 30-minute walk, try a few 10-minute walks instead. Being active throughout the day can add up to provide health benefits. Take a mid-morning or afternoon break to move and stretch, go for a walk, or do some squats or pushups. Interval training, which entails brief (60 to 90 seconds) bursts of intense activity at almost full effort, can be a safe, effective and efficient way of gaining many of the benefits of longer duration exercise. What’s most important is making regular physical activity part of your lifestyle.

Whatever you do, don’t think of exercise as just one more thing on your to-do list. Find an activity you enjoy — whether it’s an active tennis match or a meditative meander down to a local park and back — and make it part of your regular routine. Any form of physical activity can help you unwind and become an important part of your approach to easing stress. — Mayo Clinic News Network/TNS
Dangerous territory

Any outbreak that ripples through a camp could easily sideline crews and spread the virus across multiple fires — and back to communities across the US — as personnel transfer in and out of “hot zones” and return home, writes Matt Volz.

If simultaneous fires incurred outbreaks, the entire wildland response system could be stressed substantially, with a large portion of the workforce quarantined.

— Researchers at Colorado State University and US Forest Service’s Rocky Mountain Research Station

On Paul was leery entering his first wildfire camp of the year late last month to fight three lightning-caused fires scorching parts of a Northern California forest that hadn’t burned in 40 years.

The 54-year-old engine captain from southern Oregon knew from experience that these crowded, griny camps can be breeding grounds for norovirus and a respiratory illness that firefighters call the “camp crud” in a normal year. He wondered what the coronavirus would do in the tent cities where hundreds of men and women eat, sleep, wash and spend their downtime between shifts.

Paul thought about his immunocompromised wife and his 84-year-old mother back home. Then he joined the approximately 1,300 people spread across the Modoc National Forest who would provide a major test for the Covid-prevention measures that had been developed for wildland firefighters.

“We’re still first responders and we have that responsibility to go and deal with these emergencies,” he said in a recent interview. “I don’t scare easy, but I’m very wary and concerned about my surroundings. I’m still going to work and do my job.”

Paul is one of thousands of firefighters from across the US battling dozens of wildfires burning throughout the West. It’s an inherently dangerous job that now carries the additional risk of Covid-19 transmission. Any outbreak that ripples through a camp could easily sideline crews and spread the virus across multiple fires — and back to communities across the country — as personnel transfer in and out of “hot zones” and return home.

Though most firefighters are young and fit, some will inevitably fall ill in these remote makeshift communities of shared showers and portable toilets, where medical care can be limited. The pollutants in the smoke they breathe daily also make them more susceptible...
to Covid-19 and can worsen the effects of the disease, according to the Centers for Disease Control and Prevention.

Also, one suspected or positive case in a camp will mean many other firefighters will need to be quarantined, unable to work. The worst-case scenario is that multiple outbreaks could happen, testing the nation’s ability to respond to wildfire season peaks in August, the hottest and driest month of the year in the western US.

The number of acres burned so far this year is below the 10-year average, but the fire outlook for August is above average in nine states, according to the National Interagency Fire Center. Twenty-two fires ignited last Monday alone after lightning storms passed through the Northwest. A study published this month by researchers at Colorado State University and the US Forest Service's Rocky Mountain Research Station concluded that Covid-19 outbreaks “could be a serious threat to the firefighting mission,” and urged vigilant social distancing and screening measures in the camps.

“If simultaneous fires incurred outbreaks, the entire wildland response system could be stressed substantially, with a large portion of the workforce quarantined,” the study’s authors wrote.

This spring, the National Wildfire Co-ordinating Group’s Fire Management Board wrote — and has since updated — protocols to prevent the spread of Covid-19, based on CDC guidelines. Though they can be adapted by managers at different fires and even by individual teams, they centre on some key recommendations:

- Firefighters should be screened for fever and other Covid-19 symptoms when they arrive at camp.
- Every crew should insulate itself as a “module of one” for the fire season and limit interactions with other crews.
- Firefighters should maintain social distancing and wear face coverings when social distancing isn’t possible. Smaller satellite camps, known as spike camps, can be built to ensure enough space.

The guidelines do not include routine testing of newly arrived firefighters — a practice used for athletes at training camps and students returning to college campuses.

The Fire Management Board’s Wildland Fire Medical and Public Health Advisory Team wrote in a July 2 memo that it “does not recommend utilising universal Covid-19 laboratory testing as a stand-alone risk mitigation or screening measure among wildland firefighters.” Rather, the group recommends testing an individual and directly exposed co-workers, saying that approach is in line with CDC guidance.

The lack of testing capacity

and long turnaround times are factors, according to Forest Service spokesperson Dan Hottle. The exception is Alaska, where firefighters are tested upon arrival at the airport and are quarantined in a hotel while awaiting results, which come within 24 hours, Hottle said.

Firecrews responding to early-season fires in the spring had some problems adjusting to the new protocols, according to assessments written by fire leaders and compiled by the Wildland Fire Lessons Learned Center. Shawn Faella, superintendent of the interagency “hotshot crew” — so named because they work the most challenging or “hottest” parts of wildfires — based at Montana’s Lolo National Forest, questioned the need to wear masks inside vehicles and the safety of bringing extra vehicles to space out firefighters travelling to a blaze. Parking extra vehicles at the scene of a fire is difficult in tight dirt roads — and would be dangerous if evacuations are necessary, he wrote.

“It’s damn tough to take these practices to the fire line,” Faella wrote after his team responded to a 40-acre Montana fire in April. One recommendation that fire managers say has been particularly effective is the “module of one” concept requiring crews to eat and sleep together in isolation for the entire fire season.

“Whoever came up with it, it is working,” said Mike Golcoechea, the Montana-based incident commander for the Forest Service’s Northern Region Type 1 team, which manages the nation’s largest and most complex wildfires and natural disasters. “Somebody may test positive, and you end up having to take that module out of service for 14 days. But the nice part is you’re not taking out a whole camp. It’s just that module.

The total number of positive Covid-19 cases among wildland firefighters among the various federal, state, local and tribal agencies is not being tracked. Each fire agency has its own system for tracking and reporting Covid-19, said Jessica Gardetto, a spokesperson for the Bureau of Land Management and the National Interagency Fire Center in Idaho.

The largest wildland firefighting agency is the Agriculture Department’s Forest Service, with 10,000 firefighters. Another major agency is the Department of Interior, which BLM is part of and which had more than 3,500 full-time fire employees last year. As of the first week of August, 111 Forest Service firefighters and 40 BLM firefighters who work underneath the broader Interior Department agency had tested positive for Covid-19, according to officials for the respective agencies.

“Considering we’ve now been experiencing fire activity for several months, this number is surprisingly low if you think about the thousands of fire personnel who’ve been suppressing wildfires this summer,” Gardetto said.

Golcoechea and his Montana team travelled north of Tucson, Arizona, on June 22 to manage a rapidly spreading fire in the Santa Catalina Mountains that required 1,200 firefighters at its peak. Within two days of the team’s arrival, his managers were overwhelmed by calls from firefighters worried or who questioned how to prevent the spread of Covid-19 or carrying the virus home to their families.

In an unusual move, Golcoechea called upon Montana physician — and former National Park Service ranger with wildfire experience — Dr Harry Sibold to join the team. Physicians are rarely, if ever, part of a wildfire camp’s medical team, Golcoechea said.

Sibold gave regular coronavirus updates during morning briefings, consulted with local health officials, soothed firefighters worried about bringing the virus home to their families and advised fire managers on how to handle scenarios that might come up.

But Sibold said he wasn’t optimistic at the beginning about keeping the coronavirus in check in a large camp in Pima County, which has the second-highest number of confirmed cases in Arizona, at the time a national Covid-19 hot spot.

“I quite firmly expected that we might have two or three outbreaks,” he said.

There were no positive cases during the team’s two-week deployment, just three or four cases where a firefighter showed symptoms but tested negative for the virus. After the Montana team returned home, nine firefighters at the Arizona fire from other units tested positive, Golcoechea said. Contact tracers notified the Montana team, some of whom were tested. All tests returned negative.

“I can’t emphasise enough how much that doctor to help,” Golcoechea said, suggesting other teams might consider hiring doctors to help, “We’re not the experts in a pandemic. We’re the experts with fire.”

That early success will be tested as the number of fires increases across the West, along with the number of firefighters responding to them. There were more than 15,000 firefighters and support personnel assigned to fires across the nation as of mid-August, and the success of those Covid-19 prevention protocols depend largely upon them.

Paul, the Oregon firefighter, said that the guidelines were followed closely in camp, but less so out on the fire line. It also appeared to him that younger firefighters were less likely to follow the masking and social-distancing rules than the veterans like him. That worried him as he realised it wouldn’t take much to spark an outbreak that could sideline crews and cripple the ability to respond to a fire.

“We’re definitely helping with mitigation and makes it simpler to social-distance,” Paul said. “But I think if there’s a mistake made, it could happen.”

— Kaiser Health News
VCUarts Qatar organises summer programme for high school students

VCUarts Qatar recently organised a month-long summer programme for high school students, led by VCUarts Qatar alumni, with the department chair of each specialisation making online introductions to each academic pathway. Participants were also able to engage with leading industry professionals who further explained the careers – and transferable skills – that a major in art and design opened doors to.

The course consisted of three phases. The week-long first phase, an introduction or foundation module, aimed to provide an overview of art and design. The second phase extended over two weeks and saw participants choose from four of the five pathways – graphic design, painting and printmaking, fashion design and interior design – that VCUarts Qatar offers, providing them deeper understanding of the academic programmes.

“What surprised me the most was how much I learnt about the nuances of art and design by studying online,” says Haanin Shafeeque, a high school student and Doha resident who participated in Virginia Commonwealth University of the Arts in Qatar’s (VCUarts Qatar) first-of-its-kind Summer Programme for High School Students 2020.

The Doha British School student was just one among the students who signed up for the programme tailored to provide an overview of the academic degree courses offered by the university.

“I can honestly say that the whole programme was an amazing experience, right from the encouraging instructors to a supportive peer group,” Shafeeque added. “My teachers were constantly in touch, providing feedback, and allowing me to further improve my work. Those few weeks gave me an opportunity to surround myself – virtually – with stunning artworks created by other talented students, and in turn, be inspired by them.”

Following this, a few participants, such as high school student Jumana Bakri, chose to continue the optional one-week portfolio development workshop to learn the fundamentals of developing a portfolio of their creative work.

“Given the fact that it was my first experience applying to an online programme, I admit I had my doubts,” Bakri said. “Yet, throughout the journey, I learnt multiple aspects and concepts of art, especially in the first week where we were exposed to the fundamentals. This made me rethink my artistic choices when designing and sketching, it opened my mind to abstract perspectives! I’m a graphic design student, following the course, I realised I’m fascinated with interior design as well.”

Bakri noted how the portfolio development programme was invaluable in teaching her how important it was to include a variety of different techniques in a portfolio, be it for university applications or a job.

“I gained insight into how selectors interpret the concepts and ideas involved in art work or design, and what they look for in a candidate. It was an incredibly useful session and I’m pleased I opted to take part in it,” she adds.

INDEPENDENCE DAY CELEBRATIONS: Indian Women Association recently held an online Zoom meeting to mark the 74th Independence Day of India. The meeting featured a session on Mundra Therapy Techniques by Bhaviar Swaminathan. Priya Bhedi spoke about freedom on the occasion, which was followed by a piece of poetry by Nirmala and the national anthem of India.
Escaping Covid with board games

By Miles Brignall

In many ways lockdown was the perfect time. Families stuck together for hours on end, desperate to find something to do that didn’t involve watching a screen. If you were one of those who dusted off an old board game – or, more likely, played one of the latest games that have taken the world by storm – you are in very good company.

Strategy board games such as Ticket to Ride and the aptly named Pandemic have been flying off the shelves at online retailers, fast replacing the likes of Monopoly and Scrabble in many people’s hearts.

“We’ve just had our busiest two months ever,” says Angus Abranson, who runs the BoardGameGuru online store based in Southampton.

“Board games were already riding a big wave of interest long before Covid and the lockdown, but it’s really taken off. Lots of people have clearly used the time playing games, found they really enjoyed it, and have been trying new ones. The orders kept coming in.”

Abranson says that while the UK market has grown hugely in recent years, it is still some way behind Germany, where board games are so popular that its games of the year awards are shown live on national television.

While many people’s experience of this particular breed of board game will be limited to the 25-year-old stultifying Catan – where you build roads and settlements and trade resources – he says there is now a game for every group.

Family games such as the hugely popular Ticket to Ride – where players collect and play train cards to claim railway routes – can be learned in a matter of minutes and typically take 60-90 minutes to play, says Abranson.

At the other end of the spectrum there are more complex and engrossing fantasy/historical games such as Great Western Trail – which typically takes two to three hours to play.

Another hugely popular fantasy game, Gloomhaven, can cost up to £140, but that has not stopped it selling hundreds of thousands of copies. While that might sound like a lot of money, this tactical combat game is a big beast. It boasts 18 highly detailed plastic miniatures, 95 scenarios, 47 different enemy types, more than 1,700 cards and a map board, all weighing in at almost 10kg (22lb).

The fact that many of the new generation of games can be played in two hours or less has seemingly helped their popularity, as has the fact that an increasing number are now collaborative – meaning the players join forces rather than fighting it out to the death.

There are now also plenty of demos on YouTube showing users how to play, meaning they don’t waste hours poring over the rules.

“Board games are a really good antidote to modern life because they are a great way for families to get everyone away from their laptops and doing something together,” says Carl Sharman, who runs Wargames Workshop in Milton Keynes.

He has a long-established shop, and a more recently added a board games cafe where customers can, in normal times, try out a long list of games while having a coffee or sandwich. He says the popularity of TV shows such as The Big Bang Theory, in which the stars constantly played board games, and Stranger Things, helped move the games into the spotlight.

“five games to try:

1. Ticket to Ride Europe

This five-star game has sold millions of copies in its various local formats. Players aged six and upwards vie to claim train routes on the board. It’s much better than it sounds and seems to be universally loved. If you try one new game, this should be it.

2. Takenoko

Roughly translating as “bamboo sprout”, this board game is all about tending to the needs of a hungry panda. Set in the Japanese emperor’s garden, you will have to decide to feed the panda or grow the garden. Can be played in just 45 minutes.

3. Pandemic

If ever there was a game for our times, this is it. Pandemic is based on the premise that four diseases have broken out in the world and threaten to wipe out a region – sound familiar? Players work collaboratively, making this a great choice for those competitive families for whom Monopoly used to ruin Christmas.

4. Forbidden Island

Prepare to embark on a do-or-die mission to capture four sacred treasures from the ruins of this perilous paradise. Another collaborative game that can be played in as little as 40 minutes.

5. Wingspan

During the first few months of the pandemic, Wingspan was changing hands for big money. Players are bird enthusiasts trying to attract the best birds to wildlife preserves. It’s pricey but worth every penny, say fans. — The Guardian
What, where and how to do: 16 experts

Holidays under canvas have never been more popular. But what should you take, and where should you pitch your tent? By Ellie Violet Bramley

In the presence of nature, a wild delight runs through the man,” said the philosopher and poet Ralph Waldo Emerson. And who doesn’t want wild delight? So, with the pandemic making international travel, and even hotel stays, less appealing, many holidaymakers are turning to camping – some for the first time. Sales of gas stoves at Halfords are up by 300%, while camping chairs are flying off Tesco’s shelves.

To beginners, camping may seem daunting, or even unappealing. But camping’s reputation for noisy neighbours, dodgy loos and bad food is undeserved. Here is how to do it right, according to the experts.

What basic kit do you need?
“This largely depends on what kind of camper you are,” says Shell Robshaw-Bryan, who runs the blog Camping with Style. For starters, she recommends a tent that won’t leak, something comfortable to sleep on and cooking equipment, particularly as many campsite shops and restaurants are closed.

Always opt for a double-skin tent, says Robshaw-Bryan – with single-skin, “the slightest bit of rain and you’re likely to be wet through.” (This is a common problem with pop-up tents.) James Warner Smith, who edits the Cool Camping guidebooks, recommends buying a tent one person bigger than the number of people who will be sleeping in it: “That allows room to bring your bag”. Robshaw-Bryan advises a standing-height tent to give you more interior space.

When it comes to the sleeping bag, regardless of the time of year, Robshaw-Bryan takes extra blankets. She thinks camping pillows are “useless”, so she takes regular pillows from home. Warner Smith recommends a sleeping bag liner, too: “When it’s cold, it keeps you that bit warmer, but when it’s really hot, I just sleep inside the liner and have the bag unzipped.”

He also recommends a head torch, a small bottle of washing-up liquid, a pan scrub, a tea towel, fold-out camping chairs, a cool-bag, matches and a pack of cards. Plus, he always packs a first-aid kit and he sweats by his Swiss army knife.

Collin Towell, the author of Survival for Beginners and a former Royal Navy chief survival instructor, advises:

- Opt for a tent with a double skin – otherwise you risk getting wet.
- Always opt for a double-skin tent, says Robshaw-Bryan – with single-skin, “the slightest bit of rain and you’re likely to be wet through.”
- James Warner Smith, who edits the Cool Camping guidebooks, recommends buying a tent one person bigger than the number of people who will be sleeping in it: “That allows room to bring your bag”.
- When it comes to the sleeping bag, regardless of the time of year, Robshaw-Bryan takes extra blankets. She thinks camping pillows are “useless”, so she takes regular pillows from home.
- Warner Smith recommends a sleeping bag liner, too: “When it’s cold, it keeps you that bit warmer, but when it’s really hot, I just sleep inside the liner and have the bag unzipped.”

What food and drink should you take?
“I think there is still a common misconception that you’re going to be drinking warm water and eating tins of beans,” says Robshaw-Bryan, but “it’s absolute nonsense” – as long as you prep.

Cook some meals in advance; she recommends curries, and casseroles. Towell suggests soups and stews, as well as healthy snacks. Freeze them and take them in a cooler – Robshaw-Bryan says Coleman has a good range that will keep ice frozen for five days, “as long as you pack them correctly”.

When it comes to cooking at the campsite, they recommend one-pot dishes such as prawn stir-fry and risotto, cooked over a small gas stove.

In terms of kit, Robshaw-Bryan strongly urges avoiding disposable barbecues – but a reusable camping barbecue is great in summer, if your campsite allows it. Warner Smith swears by his MSR PocketRocket stove kit. For first-time campers, he recommends a bigger, dual-hob stove – he has the Primus Onja – as well as a set of camping pans and crockery. And don’t forget the gas canisters.

For the wild camper, food may have to be more basic. Nick Hayes, the author of The Book of Trespass, is a big fan of wraps – “they’re lightweight and I make a load before I go”. Alternatively, he will skewer sausages with willow (which is green, so doesn’t burn) and cook them over a fire.

Do you need a car to go camping?
No, but without one you need to be
**EASY HACK:** One pot dishes such as stir-fry are easy enough to rustle up outdoors.

**COMFORTABLE EXPERIENCE:** A car is not essential, but it certainly makes the experience more comfortable.

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**Tips for the perfect camping trip**

even more organised – and accept that you will not be able to take as many creature comforts. Warner Smith recommends taking a lightweight tent and a roll mat – although the latter adds bulk, “it’s important to keep you warm”. He also suggests ditching chairs and cool bags.

**Is wild camping legal?**

Wild camping without permission is against the law in most of England (including on beaches).

However, some parts of Dartmoor allow it – check the national park’s interactive map, but watch out for temporary bans. You could also try to seek a landowner’s permission to camp on their land.

It is worth noting, as Hayes does, that the UK government is making moves to criminalise trespassing in England and Wales. This would have knock-on effects for wild campers.

For more relaxed rules, look to Scotland, where the “freedom to roam” tradition is enshrined in law, although some areas require you to get a permit first.

**What do I need to wild camp?**

Hayes is keen on wild camping’s machismo image. He would like it to be less Bear Grylls and more Octavia Hill – the social reformer and key figure in the foundation of the National Trust – “whose idea was that nature should be an outdoor living room”.

With that in mind, he advises bringing a pillow, “a spare pair of clean socks for the journey home” and a woollen hat. He doesn’t bother with a pair of socks for the journey home. “No one has ever nicked anything of mine,” he says.

“Tied to a root in the water. ”

**How do I wash while wild camping? Can I use soap or detergent?**

Are communal shower facilities terrible? While the words “communal shower block” are enough to provoke panic in some, many campsites have genuinely swish showers. The beautiful wooden blocks with mirrors, hooks and powerful hot water at Woodforer Camping in West Sussex feel almost spa-like, for example.

Some campsites’ shower facilities aren’t open at present. If this is the case where you are going, Robshaw-Bryan recommends bringing a small camp shower (which usually includes a water receptacle to hang up high, plus a shower head) and a collapsible washing-up bowl. Most campsites where showers are available have introduced Covid-19 measures, such as assigning shower cubicles.

If you are wild camping for just a few days, the experts agree that washing is not top of the list of priorities. If you plan on dipping into a stream or river, do not use soap – even the biodegradable kind – in the water. To wash pots, Warner Smith uses his water bottle – “just give them a quick scrub”. He recommends Ecover Tepol. “It has been more than 40 years since Keith complained to one of an emergency. Hayes advises that “the closer you are to water, the more midges”. However, he concedes that his considerations run to the more poetic: he goes for “somewhere where the dawn is going to look gorgeous – I just base it on aesthetics, really”.

**What about campsite etiquette?**

As assigning shower cubicles.

**comfortable living or festival venues that have opened up as campsite is tricky. Warner Smith advises looking out for wedding or festival venues that have opened up as campsite this summer.**

For first-time campers, he recommends places such as Pete’s Field in Kent, where the two people in charge are “proper campers”.

For a campsite on England’s coast, he recommends Pewsey’s field in St Austell, Cornwall. “That’s where they’ve really focused on families”;

and the eco-focused Quiet Site in the Lake District. If you are wild camping, you will not be able to take as many creature comforts. Warner Smith recommends taking a lightweight tent and a roll mat – although the latter adds bulk, “it’s important to keep you warm”. He also suggests ditching chairs and cool bags.

Robshaw-Bryan recommends kites, scavenger hunts and nature identification packs for kids.

“Anything that’s going to get them tuned in to the natural world and away from their iPads”.

**What do you need to do to stay safe while wild camping?**

Towell advises people to be aware of the Countryside Code, of which there is a short version that was introduced during the pandemic. The advice includes taking all litter home and not having barbecues, which, along with discarded cigarettes, are “some of the main causes of out-of-control wildfires”.

“Always let someone know where you are going and when you will be back,” he says. He also recommends knowing a bit of first aid, especially anything specific to members of your group.

Angell, who has done a lot of solo wild camping, says she went with her sister on her first outing: “We were both a bit nervous, so we did it together”.

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**What if I see a snake?**

**What about campsite etiquette?**

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**Wildfire types**

A wildfire – also known as a forest fire, vegetation fire, grass or bush fire – is an uncontrolled fire often caused by lightning, human carelessness or arson.

**Ground fire**
- Fire spreads via low level vegetation, such as bushes; surface fires can reach up to 4.3 ft. (1.3 m) high

**Crown fire**
- Occurs in top of trees; the most dangerous fires: spread the fastest, jump from crown to crown; can also start from surface fires that reach up to crowns

**Jumping fire**
- Burning branches, leaves are carried by wind; start distant fires that can jump over a river, road or firebreak

**Three elements needed:**
- Heat
- Oxygen
- Fuel

**Fire type by combustion form:**
- **Smoldering:** Smoke, but no flames
- **Flaming:** Combustion only with flames
- **Glowing:** Slow combustion, blue flame

**Weather conditions, environment:**
- Extended dry, hot periods
- Strong winds
- Air contains flammable essences; plants are drier, highly flammable

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**Wildfires:** A home continues to burn as flames from the LNU Lightning Complex fire spread in Vacaville, California last Wednesday. Thousands of people fled their homes in northern California as hundreds of fast-moving wildfires spread across the region, burning houses and leading to the death of a helicopter pilot. **AFP**
I ncreased exposure to radiation from mobile phones may impact memory in your teenage children, warn Swiss researchers. The findings showed that exposure to radiofrequency electromagnetic fields (RF-EMF) emitting from mobile phone use for over a year can have a negative effect on the development of figural memory in adolescents.

Figural memory is mainly located in the right brain hemisphere and association with RF-EMF was more pronounced in adolescents using the mobile phone on the right side of the head.

“This may suggest that indeed RF-EMF absorbed by the brain is responsible for the observed associations,” said Martin Roosli, Head of Environmental Exposures at the Swiss Tropical and Public Health Institute (Swiss TPH) in Switzerland.

“Potential risks to the brain can be minimised by using headphones or the loud speaker while calling, in particular when network quality is low and the mobile phone is functioning at maximum power.”

Importantly, other aspects of wireless communication use, such as sending text messages, playing games or browsing the Internet showed only marginal RF-EMF exposure to the brain and were not associated with the development of memory performance.

However, “it is not yet clear how RF-EMF could potentially affect brain processes or how relevant our findings are in the long-term”, Roosli said, emphasizing the need for further research to rule out the influence of other factors.

For the study, reported in the journal Environment International, the team analysed 700 adolescents, aged 12 to 17 years, over the course of one year. The study follows up a report in 2015 with twice the sample size and more recent information on the absorption of RF-EMF in adolescents’ brains during different types of wireless communication device use. — IANS
**Wordsearch**

A F G O P I C O I M A M O L U
F G E C D N Y R M R G A N B
A T L O V E E A I O N T C R A
G B Y U U T E L D O R P N R N
M W U V N C I I C G R A U D G
D N O J N F I M R I F N I N Y I
A H I I G R V P T G I D S G R
N I G L A D R O P J F G E V E
F E B H E U G P I S B O N O E
R V S M Y N F O E V C E E S P
Y D S V A G W P L M U R G B T
R N S B A G A W Y N A I A T D
I O U A T A N A C H N H L O W
U C Y U V T L I C N Z S H H D
W Z A M B E Z I N N A S Y M T

**Codeword**

Every letter of the alphabet is used at least once.

CONGO  ORANGE  VOLTA
NIKER  UBANGI  LIMPOPO
SHIRE  GAMBIA  SENEGAL
GUANZA  RUFJII  ZAMBEZI
NILE  VAAL  LOMAMI
TANA  JUBA  SHARI
CUBANGO  SAVE

Sudoku

4
7 1
2 4
3 9
7 9
2 1
7 9
4
9
8
6
9 6
8 7
3 4 2
1 6

Sudoku is a puzzle based on a grid of 9x9. The grid is divided into nine (3x3) sections. You have to place the numbers from 1 to 9 in each section so that every row, every column, and every 3x3 box contains each of the digits from 1 to 9 exactly once.

**Pooch Cafe**

**Garfield**

**Bound And Gagged**

**Codeword courtesy: Puzzlechoice.com**

**Sudoku courtesy: Puzzlechoice.com**
Super Cryptic Clues

Across
1. It provides illumination for the French politician (4)
3. Dull players finished first (8)
9. Rolled gold on a boat (7)
10. Once more making a profit (5)
11. Times for musicians in the Stockport Empire (5)
12. Agree while getting told to go? (6)
14. Film star Burr hit Conrad in play (7,6)
17. Country in the Himalayas (6)
19. Become red in the face or hand (5)
22. Mad artist receives offer (5)
23. Father has to bury an artist (7)
24. Sheer rip, perhaps (8)
25. A bird for the architect (4)

Down
1. Spills, perhaps, in boats (8)
2. Note going backwards and forwards (5)
4. Food that cooks have made plain (4-3-3,3)
5. Raises backs (5)
6. Anti-anti-gas-explosion? (7)
7. Lean nurse (4)
8. Coventry's lady rider - but not in dressage event! (6)
13. No hunter may reveal fugitive (2,3,3)
15. Room in church getting colour (7)
16. Not just lacking in beauty (6)
18. Mountains in an American desert? (5)
20. Unqualified to speak (5)
21. Support for piano? (4)

Solution

Colouring

Answers

Wordsearch

Codeword
twenty-five years into his career, Bobby Deol can at least claim to have given a debut performance worth attention. Class of 83 technically qualifies as a debut — it is his first bow on OTT — and his act is far more impressive than the film itself. Of course, it is also far more impressive than what Bobby managed as a greenhorn all those years ago with his big screen debut, Barsaat.

In Aurangzeb director Atul Sabharwal’s new film, Bobby plays Vijay Singh, a cop haunted by ghosts of his past, and consigned to a job profile that obviously spells a comedown in life. Bobby manages to bring a quiet intensity to the role, for most parts rising to the challenge. “As an actor, this is choosing the right roles. “As an actor, I choose my characters and stories with great precision,” he points out.

Pankaj Tripathi: My life is a testament to the feisty women around me

Actor Pankaj Tripathi, who is known for his realistic portrayals on screen, says he owes a lot in his life to the women around him. “My life is a testament to the feisty women around me, starting from my mother to my wife and my daughter. They not only enrich my existence but they make me want to be a better person,” he said.

For Tripathi, a big part of his success is choosing the right roles. “As an actor, I choose my characters and stories with great precision,” he points out.

Right now, he is winning applause for his role of Anuj Saxena in the recently released Gunjan Saxena: The Kargil Girl. He says what stayed with him in the film “was a young girl’s dream.”

“She could dream fearlessly because she was given that impunity at home from a father who harbored again and again on gender equality. Pilot is a gender neutral term he says. He chides her when she wants to give up. The message is very clear that no one should be told that their dream is too big, too unrealistic, too much,” he added.

He is happy that his family liked the movie. “It’s my most cherished compliment that my wife and daughter are so happy with the film and my depiction of the character. I am getting a hero’s treatment at home and, at the end of the day, that’s the happiness every actor strives for,” he said. – IANS

Class of 83: Bobby Deol breaks in a dim and grim film

By Vinayak Chakravorty

The sheer scarcity of drama in the writing (Abhijeet Deshpande) stumps you because this is a cops-versus-gangsters movie, a genre that normally never fails to thrill. This is about hardy cops taking on the ruthless mob and, based on real-life incidents, it throws in crooked politicians, big money and policemen gone rogue. Above all there is Mumbai, a metropolis forever on the edge and watching over everything like a silent forever on the edge and watching all there is Mumbai, a metropolis forever on the edge and watching over everything like a silent forever on the edge and watching all there is Mumbai, a metropolis forever on the edge and watching over everything like a silent forever on the edge and watching all there is Mumbai, a metropolis forever on the edge and watching over everything like a silent forever on the edge and watching all there is Mumbai, a metropolis forever on the edge and watching over everything like a silent forever on the edge and watching all there is Mumbai, a metropolis forever on the edge and watching over everything like a silent forever on the edge and watching all there is Mumbai, a metropolis forever on the edge and watching over everything like a silent forever on the edge and watching all there is Mumbai, a metropolis forever on the edge and watching over everything like a silent...
Filmmaker Matt Reeves has unveiled the first trailer of his film, The Batman, which shows actor Robert Pattinson taking on the avatar of the caped crusader for vengeance.

The teaser shows a new dark, gritty, and violent take on the iconic superhero. The footage plays against a haunting version of Nirvana's 'Something in the Way.'

Reeves also shared that he hasn’t traced the origin of the superhero in his movie.

"It’s about the early days of him being Batman and he’s very far from being perfect," Reeves said unveiling the trailer at the DC FanDome virtual event.

"One of the things that are interesting is learning how to be Batman. It’s a criminological experiment. He’s trying to figure out what he can do to change this place. He’s seeing he’s not having any of the effect he wants to have. That’s when the murders start to happen... and it opens up a whole new world of corruption. Without being an origin tale, it ends up touching on his origins.

"It’s a detective story, a mystery, it’s got, of course, action, and it’s incredibly personal for him. He’s kind of a growing legend and (criminals) are afraid of him. He’s kind of a growing legend and he’s seeing he’s not having any of the effect he wants to have."

"We’ll find a way of bundling it all together at the end," said the filmmaker at the DC FanDome virtual event.

"The director revealed that the people of Gotham will fear Batman in the story. "Because it’s still early and because he is a vigilante, which means he takes the law into his own hands — I mean, if you were in a city, and there was a guy who dressed up as a bat, and showed up out of the shadows and sometimes confronted those people and beat them up because he felt what they were doing was wrong so that he could put the fear of God in them about the crimes that they’re committing, I think we would wonder, ‘Well, gee, that, that guy sounds a little dangerous’ he said."

"Opening up about Pattinson’s process in becoming the superhero, the director shared, “The thing about Robert Pattinson is he is an incredible actor. I feel like the work that he’s done in the last, I don’t know, six years has been incredible. A friend of mine made a movie called Lost City of Z and Rob appeared in that movie. It was like, ‘Who is this guy?’ He had such charisma. And he, Rob, in the movie, has this incredible beard and you’re like, ‘Who is that?’ And it’s Rob! And Rob in The Rover and Rob in Good Time, he is like a chameleon. He’s just such a gifted actor, and he’s been working on his craft in this really incredible way.""

"He also happens to be a tremendous, passionate fan of Batman the way that I am. It was an incredible thing to be able to connect with him and to share our excitement about the character and to work with him. He looks like Batman, but more than anything, he has the soul of someone that can play a Batman like you’ve never seen before," he added. The Batman is scheduled for release on October 1, 2021. — IANS"
One man’s journey from law to lawn

‘A gardening career was not what was expected of me,’ says Rajat Jindal

There is a photograph of me, aged four or five, pushing a lawnmower, wearing smart, red, leather shoes. It was taken at our home in Durham, about a year before my father died. Although it’s clearly a posed shot, I like to think it shows an early interest in gardening. My parents had emigrated from India in 1945. Following my father’s death in 1967, it was assumed my mother would return with me and my brother. Instead, she immersed herself in her work as a doctor and in gardening. By 1972, we were living in Huddersfield, West Yorkshire, with half an acre of land.

I enjoyed mowing, mulching and tending the vegetable patch: scraping back the soil to reveal a clutch of golden potatoes remains a vivid memory. We even managed to grow peaches (well, two) and grapes (small and hard, but we savoured them nonetheless). I remember one summer evening, sitting under a cloud of midges, weeding out couch grass until it was too dark to see. An entry in my teenage diary reveals that I was contemplating gardening full-time.

However, a career in gardening was not what was expected of me. Instead, I read law at university, and worked as a litigator in London and Hong Kong for more than 20 years. By 2006, I was married with two children and living in London, and finally recognised that law was no longer for me. I retired early, keeping on some part-time work, and hatched a plan to buy a place in the country. It would be a project to pursue when the children left home.

One bright June day in 2010, I found a small, thatched labourer’s cottage in Suffolk. The lawn that surrounded the house was crying out to be a cottage garden. Beyond, a large field wrapped round the cottage, filled with coarse grass, thistles, docks and a copse. It had potential.

While researching the history, I found that an attempt had been made in 1903 to remove the hamlet from the Ordnance Survey maps on the basis that “it was not of sufficient importance.” That appealed to me.

That first summer, in 2011, my visits were short and infrequent.

I dug broad beds to create blousy herbaceous borders filled with shrubs and perennials: viburnum, persicaria, knautia and Cephalaria gigantea. Just beyond the cottage garden, I created a wildflower meadow. Inspired by Fergus Garrett at Great Dixter, I mowed it down to the ground, removing any grass clippings to reduce fertility, then raking it to create patches of bare earth that could be seeded. The yellow rattle seed I planted has strangled the grasses that would otherwise prevent wildflowers coming through. Seven years on, it is starting to look respectable, filled with frillaries, cowy daises, devil’s-bit scabious, and bird’s-foot trefoil. Orchids appear from time to time; and hundreds of narcissus and camassia add early-season interest. Inspired by a talk on Hogarth I have mown a path, or “line of beauty”, which snakes through the middle.

The sodden (or sodding, as I jokingly call the arboretum, has half a dozen specimen trees including liquidambar, Acer palmatum ‘Autumn Glory’; Amelanchier x grandiflora ‘Robin Hill’ and, recently, a wall of willow and a screen of Molinia caerulea ‘Heidebraut’; all of which provide wonderful autumn colours. Finally I have raised beds for vegetables and fruit bushes.

Each year I vow not to start new projects, but each year I succumb to temptation. Last year, I dug a pond at the edge of the copse: within days water beetles had found their way into it; dragonflies zip across it. Having introduced frogspawn from a neighbour, I am hopeful frogs will return to breed. Should the long border be deeper and is there too much lawn? The list is endless.

Following my divorce, I now live full-time in Suffolk. I love the space, the quiet, and the creative and physical work that goes into gardening.