

## #J'ADORE

### Fashion Under The Umbrella

Monsoon is about bright, cheerful colours and comfortable clothes. From 'work from home' meetings to cosy coffee dates, dress according to the season to impress.

The word 'Monsoon' brings into mind relentless downpours, chilly winds and muddy streets, and of course heart-warming moments and memories being the silent observer enjoying a cup of coffee and watching the rain hit the earth. Monsoon is about bright, cheerful colours and comfortable clothes. From 'work from home' meetings to cosy coffee dates, dress according to the season to impress.

#### Shorten the Hemline

Shorter hemlines mean staying away from getting mud stains on clothes. Go for shorts, play suit and dresses. Dresses like skater dress, A-line dress will be perfect outfits for this monsoon season. Comfort should be our topmost priority while selecting attire and these dresses solve the purpose as well as looks amazing.



#### Rubber Shoes



It may seem flip flops will be a good option but rubber shoes are the best rain friendly shoes. Unlike flip flops and loose slippers they do not squirt back the dirt on clothes or feet. They are cheap, washable and comfortable. Wearing heels won't give an easy walk. So avoid wearing heels as well.

#### Ethnic Wear

Every season is Ethnic Season. Opt for short kurtis with ankle length leggings instead of floor length Anarkali's, salwar suits and Palazzo's. As mentioned above shorter the hemline, cleaner the clothes. Use a scarf instead of a dupatta, fuse it up a bit.



#### Bye Bye Denim & Linen

Denim gets heavier and Linen shrinks after getting wet. So, they are a big no-no this season. Go for fabrics which are easy drying like cotton, mulmul, chiffon, nylon. Shorts in solid colours are a must have for this season as they can be replaced with the jeans. Solid coloured shorts are like a master key which you can pair up with almost any casual wear. Khaki shorts are a hot trend.



#### Colourful Wardrobe

Say no to whites! White clothes get stained during monsoon season easily and usually tend to become transparent after getting wet. Pick bright poppy colours, floral prints are a good example of that. This brings out the playful side of your personality and upgrades your wardrobe up a notch for Monsoon fashion trends.



There was a strange glimmer in Naseer's eyes. Like the glint in the eyes of a cheetah. He was now getting used to this life in the jungle. Now even the memory of a home was beginning to fade. They would stay away for two or three months at a stretch, then return briefly. To collect the scattered pots and pans, boxes and bundles and then flee once again. Dadi was the only one who stayed put... lying in one place like a bundle of hay.

## Gulzar On The Tragedy Of Afghanistan



Shruti Kothari

### #FICTION-PICK

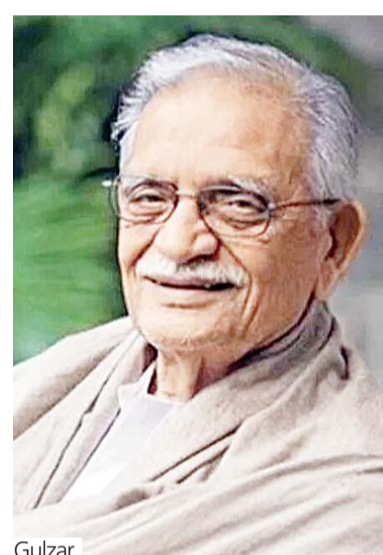
Children will shut their eyes thinking it is just a story...and go to sleep! Don't Worry About Khanum, Now, Abbu. Don't worry about Khanum, now, Abbu. She doesn't take her sleeping pills. The bitter medicines too have stopped. The way she used to get scared at night. Seeing the flying tents in the sky. And clutch at the walls and say: 'Stop! Stop! The house is moving!' She doesn't get those fits anymore. A tank suddenly entered the house. We buried her on Thursday. Whatever little we could find of her. Don't worry about Khanum, now, Abbu. Flight. The soles of the feet had begun to fester. From running. Bullets sprayed in the streets. Like shooting stars breaking upon Kabul. Like suns bursting here and there. And entire houses blown away. Once again, Abbu said: 'Let us run away. But this time Mahmood wrenched his hand free. Pulled out a slingshot from his pocket and asked: 'Abbu, whose side is Allah on? Theirs or on my side?'

The four poems below and the short story were written almost 20 years ago at the time of the first withdrawal of western forces from Afghanistan. It is tragic that 20 years later there is a sense of déjà vu in reading these. The question posed in the story; The Stone Age; finds ample answers in the images from present day Afghanistan we see today. Clearly, nothing has changed or if it has, not for the better. To superpowers, Afghan lives don't matter.

**In the Back Light of the Sun**  
In the back light of the sun  
The ruined houses  
And Afghan children sitting on the walls  
Look alive  
On the cover of the American Art Journal  
Save for the slight smoke still rising from them?  
**A More Than 200-Foot High Pillar of Smoke**  
'A more than 200-feet high pillar of smoke  
Twisting and twirling upon itself  
And unfurling above it an umbrella of dense black smoke  
Erupted from the belly of a small bomb  
And spread all over Qandhar  
Darkness descended at noon  
As ash fell to the ground from the dark smoke  
People walking about were killed.'  
In the coming generations when  
A grandmother narrates this

#### The Stone Age

The bomb had fallen some distance away but the walls of the house could not bear the impact of its explosion. After all, they were made of mud. In a matter of moments, they crumbled. His younger sister was buried in the debris, and died. The elder sister picked him up and ran, her face unveiled. The smoke



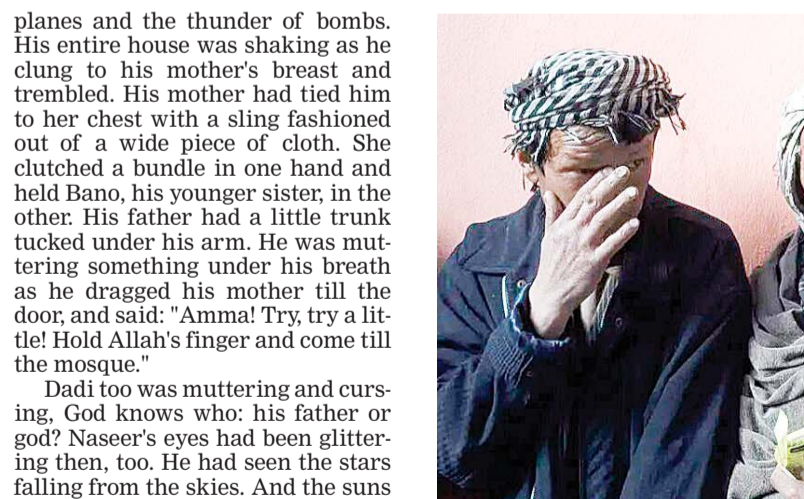
Gulzar



in the alley provided a veil. The father held the mother's hand, tucked a bundle of some belongings and a trunk that was always kept packed and ready, and they all ran away. He was then four years old. "Abbu...here...the goras are on that side!" And he jumped away from his Apa's side. His eyesight was sharp. Coming from the road ahead, a jeep passed by showering bullets along the way.

"Naseer has saved us!" His sister smothered him with kisses. His mother showered him with love and blessings. There was a strange sort of glimmer in Naseer's eyes. Like the glint in the eyes of a cheetah. He was now getting used to this life in the jungle. Now even the memory of a home was beginning to fade. They would stay away for two or three months at a stretch then return briefly. To collect the scattered pots and pans, boxes and bundles, and then flee once again. Dadi was the only one who stayed put... lying in one place like a bundle of hay. He was two years old when he had first heard the roar of the aero-

planes and the thunder of bombs. His entire house was shaking as he clung to his mother's breast and trembled. His mother had tied him to her chest with a sling fashioned out of a wide piece of cloth. She clutched a bundle in one hand and held Bano, his younger sister, in the other. His father had a little trunk tucked under his arm. He was muttering something under his breath as he dragged his mother till the door, and said: "Amma! Try, try a little! Hold Allah's finger and come till the mosque." Dadi too was muttering and cursing. God knows who: his father or god? Naseer's eyes had been glittering then, too. He had seen the stars falling from the skies. And the stars



### The Coldest Inhabited Place on Earth

The valley of Oymyakon in Yakutia or The Pole of Cold is located in the northeast Russia. Here temperatures can reach -70 degrees, which is so cold that even alcohol freezes. With few modern conveniences available this seemingly uninhabitable village is home to 500 Siberian people with traditional occupations like reindeer herding, hunting and fishing. Tourism is also becoming popular among those who can brave the harsh conditions.

He didn't understand. The words were becoming difficult... fidaayen! He added another word to his piggy-bank. He would 'spend' it when he grew up.

"Then how will we drop them?" "We have the fidaayen; that's why we have sent our martyrs."

He didn't understand. The words were becoming difficult... fidaayen! He added another word to his piggy-bank. He would 'spend' it when he grew up. Though he had fallen silent, he was far from satisfied with such answers. But like flies, these questions would keep buzzing around his face. He would go and sit outside and work on making his sling-shot. There was another village behind the mountain. Some families found refuge in a stable. There was little noise here. Abba would visit every few days. Once, Abba didn't come for many days. Ammi would fall in prostration and pray. She would always be praying. Her eyes would always be wet with tears. One, Naseer asked her as he lay on the ground: "What are you praying for, Ammi?" "I was asking Allah to keep your father safe, my son." Naseer kept lying on the ground and staring at the sky. Then, he asked softly: "Ammi, whose side is Allah on? Our side, or theirs?" He turned around. But Ammi had gone.

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## #PARENTING

### Protecting Your Kid's Eye Health

Many parents may not be aware of both the short and long term health issues linked to excessive screen time, including its effect on children's eyes.



Half of parents are unaware that screen time can affect children's eye health, suggest poll results. The poll also indicates outdated beliefs about eye risks among parents and low use of eye protection like sunglasses.

"Many parents may not be aware of both the short and long term health issues linked to excessive screen time including its effect on children's eyes," says Sarah Clark, co-director of the C.S. Mott Children's Hospital National Poll on Children's Health at University of Michigan Health.

"Our findings suggest that some parents may have inaccurate perceptions of activities that affect their child's eye health and vision and how to minimize risks." The national representative report is based on responses from 2,002 parents of children ages 3-18 surveyed in April.

Some experts have pointed to the combination of increased screen time and less time outdoors as factors that may put children at higher risk for developing myopia or near-sightedness which can lead to serious eye problems in the future. The rate of near-sightedness in children has increased dramatically in the past 30 years.

Research is ongoing but studies suggest outdoor time protects against myopia. "Parents should encourage at least one to two hours of outdoor time per day because exposure to natural light benefits eye development," Clark says. "Parents should enforce family rules to ensure children have a sustained period of non-screen time during the day. This is especially important during summer months when they're off from school and may have less structured downtime."

Some research has also indicated associations between working up close like reading or

using a tablet increasing the odds of myopia. "It's important time to think about myopia risks for children, because kids with this condition often become more near sighted over time," says Olivia Killeen, ophthalmologist at the University of Michigan's Health Kellogg Eye Centre, who consulted on the report. "Some parents may still follow advice from past generations on protecting kids' eyes," Clark says. "Reading in poor light or sitting close to the TV can cause eye fatigue or strain, but they will not do any permanent damage or long term eye problems."

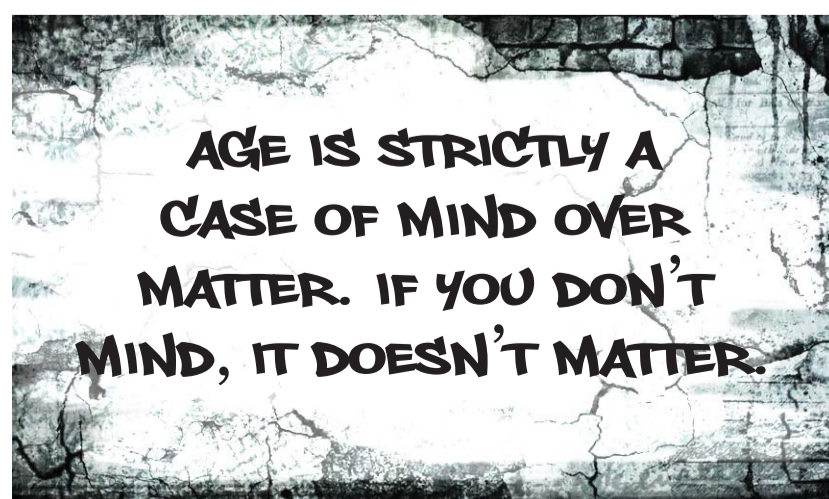
Less than a third of parents say children wear glasses that block blue light. While the amount of blue light does not damage eyes, it may impact circadian rhythms and make it harder for children to fall asleep. Experts recommend children stop blue light screen use at least one hour before bedtime.

Four in five parents report their child has had a vision test during a visit to the paediatrician or family doctor while more than a fourth say kids were tested at school or daycare. Most parents report their child's health insurance covers the full or partial cost of visits to an eye doctor while 9% say they are not covered and 7% are unsure. Parents who report no coverage for eye doctor visits are less likely than parents with full or partial coverage to say their child has seen an eye doctor in the last two years.

One in seven parents say their child did not have a vision test or seen an eye doctor in the past two years. "Children should get vision tests at least every two years to make sure their eyes are developing properly," Clark says. "It's important to identify and treat vision problems as early as possible because undiagnosed issues can lead to serious eye conditions in the future including permanent vision loss."



### THE WALL



### BABY BLUES



By Rick Kirkman & Jerry Scott

### ZITS



By Jerry Scott & Jim Borgman