



Visual effect

BEAUTY
Zarin Saleh Hussain

We stare at TV/ computer screens more, sleep less, and live in polluted environments. Unfortunately, our hectic lifestyles leave their mark on the delicate skin around our eyes. Try these home remedies—

For Dark Circles:

- Dark circles under your eyes are mainly due to lack of Vitamin B, sleeplessness and strain.
- Sleep soundly for eight to ten hours.
- Eat a lot of green vegetables and fruits.
- Drink plenty of milk.
- Eat foods which are easy to digest.
- Never stretch or pull the skin under the eyes.
- At night, massage a good brand of whitening cream with the third finger.
- Mix two drops each of almond and coconut oil. Massage the area with this mixture daily, and you will notice a considerable difference.
- Remove the skin and seeds of a cucumber and grate it. Strain in a muslin cloth and remove the juice. Apply it on your face and keep rubbing gently on the dark circles and eye lids for at least 10 minutes. Leave it on for half a day and then wash it off.

For Dandruff Flakes:

To rid yourself of annoying dandruff flakes on your eyebrows, give them a good scrubbing with a complexion brush and warm soap suds, and rub in a little olive oil before retiring.

For Over Strained Or Tired Eyes:

Good light for work and plenty of rest will ensure that you don't strain your eyes.

- Careful bathing brings relief to tired eyes.
- Use potato slices for tired eyes. Lie down and relax for five minutes, close your eyes, and then place slices of potatoes on your eyes.
- If your eyes are sleepy or dull-looking, cut very thin slices of cucumber and keep them on the lids for about ten minutes.
- In order to have bright sparkling eyes, just splash cold water on them every morning.

To Reduce Puffy Under-eyes:

Reduce puffy under-eyes by applying pads dipped in a mixture of one pint hot water and one tablespoon salt.

Puffiness below eyes can be as unattractive as dark circles under eyes. This condition results from poor metabolism, lack of sufficient rest or sleep. It could also be hereditary.

For Scanty Eyebrows:

Add a few drops of glycerine to a little castor oil and apply it on the eyebrows. Leave it on overnight. It will take about six weeks to show improvement.

Eye Make-up:

Eye make-up is an art which is to be learnt, but perfection comes only with practice. Here are a few important points to remember:-

- Brush the brows.
- More than one shade can be used to achieve better highlighting.
- A curler (for eye lashes) may be used if desired, this is the final stage of eye make-up.

If you use a liquid eyeliner, the trick is practice and having a steady hand. If you can't keep your lines even, opt for an eyeliner pencil.

Apply eyeliner to make your eyes look dramatic. You should also deepen your eye-shadow. Then, apply a fresh coat of mascara and shape your eyebrows.

■ If you have small eyes, stay away from shades that are too dark. Dark colours around small eyes can make them look even smaller. Stick to lighter shades.

■ If your eye lashes are slightly short, then wear false eyelashes to make your eyes look bigger. This also adds more drama to the look.

■ If your brows are pale, thin or sparse, fill in with a brow pencil that matches the natural colour of your brows or is a tone lighter than them. Using a brow pencil, draw colour in with tiny, feathery upward strokes in the direction of the hair growth and subtly extend the line at the outer corners.

■ If your brows are unruly, make sure they are well-groomed and try a clear eyebrow gel to keep hair in place.

Remember:

- Avoid using others' handkerchiefs, face towels.
- Never use your fingernail to prise out foreign particles or matter from the eye.
- Always remove eye make-up thoroughly.
- Keep contact lenses scrupulously clean.
- Drink at least eight glasses of water.

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Recently, we went for a late night show of the psycho-thriller *Karthik Calling Karthik*. The suspense of reel life spilled over onto real life right at the very beginning, when the ticket guy and the doorman, dismissively eyeing us, the half a dozen moviegoers, shook their heads, expressing serious doubts if the movie would be screened at all, given the pathetic number. With the exception of me, the only lady there, the five other male moviegoers used their collective lung power to frighten the doorman to submission. We filed into the hall, feeling vindicated, and the credits rolled.

Farhan Akhtar was spot on as the grey, faceless office worker tormented by an imagined childhood tragedy, in love with his colleague, eye candy Deepika, who seems so out of his league. His loud boss seems to trample all over him, the landlord stalks him, and our loser is a sorry mess, till a voice on the phone, also claiming to be Karthik, turns his life completely around. Then, of course, it all unravels and now the voice is a malevolent force which Karthik must outsmart. The images are stark, brooding, the acting understated, the rather slow pace compensated for by some scary moments. A reason why *Karthik Calling Karthik* worked for me was because the hall was so empty (we were the only ones in the balcony). We were not distracted by people talking, laughing, fidgeting with popcorn packets or ssssh-ing their kids. All around us were vacant seats and a rather distinct possibility of spectral presences floating down the aisles. In an atmosphere like that, you are more receptive to the terror that Karthik experiences, even if it is the result of his own self, or rather, the many selves within him.

Call it coincidence, but the previous film we saw, earlier in the week, *My Name Is Khan*, is also about a mental affliction, Asperger's syndrome, a form of Autism. Rizwan Khan (Shah Rukh) is an immigrant living in the US with his brother (Jimmy Shergill). He has a peculiar walk, refuses to make eye contact, is terrified of the colour yellow, and seems imprisoned in his private bubble. That doesn't stop him from loving and marrying Mandira (Kajol) and being stepfather to her son. Then, the horror of 9/11 is let loose and even the most neighbourly whites turn cold, distant or outright hostile. Muslims are attacked, their shops looted; Mandira's young son is a tragic victim of a hate crime. Then, Khan begins his heroic cross country trek to meet the American President and tell him his name is Khan and he is not a terrorist. Rizwan's isolation from normal life is, ironically, what gives him the courage and hope in the belief that he can set things right. It is his very naivete that makes his heartwarming mission possible. If he were a normal Muslim young man, all he would have felt were rage, hate and cynicism. Only someone so socially isolated as Rizwan would not feel the visceral fear

3rd eye

Indrani Raimedhi

that people of his faith felt after 9/11 and be crippled into inaction.

Bollywood seems to have embraced illness, especially the mental ones, with a vengeance. There was Aamir Khan's *Taare Zameen Par* on dyslexia, the earlier *Black* on blindness and dementia, *Paa* on progeria, *Ghajini* on amnesia, even *Bolo Raam* hanging on the psychological take of a boy accused of murdering his own mother.

However, is the Indian audience really ready for a cinematic genre that explores complicated psychological states that speak of conflict and pain? Let us not forget that cinema, after all, is the big-escape route there is. The average cinegoer strolls into a movie theatre for a couple of hours of fervent wish fulfillment. He may have messed up the balance sheets at office, his wife might be a haridan, but in those hours, our moviegoer is the larger than life hero battling the baddies with his six pack abs, romancing his girl in



Mind games, anyone?

Alpine glory and breezing around in his red Porsche. He wants his *paisa-vasool* of *phoren* locations, designer wear, foot tapping music and sumptuous homes. Who cares about the workings of a sick mind? That is why Indian directors rely on big stars – Aamir, Shah Rukh and Amitabh – to deal with these issues. The average cinegoer is not in his seat because he, suddenly, cares for the afflicted. He just wants to see how his favourite star is able to pull off this new role. And sadly, in keeping with the limited attention span of the viewer, Indian filmmakers only manage to oversimplify or just skim the surface of these issues. That is why you have Karthik, when he is not in despair, geared up in designer threads and dancing in trendy nightspots with his lissome lady love. Let the truth be told – the Indian male refuses to accept a flawed male as the protagonist. He still hankers for a hero who is in charge, who is capable of super-

human feats, and is not cowed down by, of all things, disembodied voices whispering in his head. The typical Indian male, with his domination hang-ups, refuses to acknowledge such weaklings exist. No wimps for him.

But some of the greatest filmmakers have regarded cinema as an exploration of the mind in all its mystery and complications. It was ennui that fuelled Stanley Kubrick's genius and it becomes all too clear when he says, "The very meaninglessness of life forces man to create his own meaning. If it can be written or thought, it can be filmed." Ingmar Bergman, who suffered through a lifetime of crippling self doubt, said: "No form of art goes beyond ordinary consciousness as film does, straight to our emotions, deep into the very room of the soul." The latest Hollywood films confirm that psychological issues can be brought into cinematic storytelling without hampering popular or critical acclaim. In the

Oscar line-up, *Precious* is a grim story about a father raping his own child and a mother hating her daughter, but moviegoers come away feeling profoundly different about their own lives. The animated *Up*, the story of a grumpy old man adrift in the sky, underscores what psycho-researchers have said all along – that social contacts are vital to health and happiness. In *The Blind Side*, the Sandra Bullock starrer, a black boy is raised by a white family. Michael Oher's IQ soars, he gets a good education and stars as an NFL football player, thanks to a family that gave him a home and a dream. This is positive psychology at its best, affirming the value of kindness, courage and how to overcome adversity. Though many moviegoers will go to see *Up in the Air* because they want to check out how George Clooney is getting even better with age, they will no doubt absorb the message that all the technological conveniences of the world-planes, laptops, phones – can never make up for family, friends and love.

There is no space in this piece to discuss *A Beautiful Mind* (Schizophrenia) and *Iris* (Alzheimer's) and other remarkable films that explore the realm of the mind. But, no piece on this theme is complete without raising a toast to Alfred Hitchcock, who was the first filmmaker to use psychoanalysis in his movies. As he so famously said, "There is no terror in the bang, only in the anticipation of it." His films play with the cinegoers' nerves, sexual or tabooed areas play a central role in his plots, like the latent homosexuality of *Strangers on A Train*, the parody of an Oedipus complex in *Psycho*, and the traumatic remembrance of repressed memories in *Maria*. His work is testimony to the fact that one can achieve popular success even while dealing with subjects that may seem arcane to many. But until Bollywood unlearns its proclivity to tackle these subjects with syrupy sentimental flavours and as having mere novelty value, the realism of the subconscious is best left alone.

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Brooklyn's Finest

Cast: Richard Gere, Ethan Hawke, Wesley Snipes.
Director: Antoine Fuqua.

In the course of one chaotic week, the lives of three conflicted New York City police officers are dramatically transformed by their involvement in a massive drug operation in *Brooklyn's Finest*, a searing new crime drama from acclaimed director Antoine Fuqua.

Burned out veteran Eddie Dugan is just one week away from his pension and a fishing cabin in Connecticut. Narcotics officer Sal Procida has discovered there's no line he won't cross to provide a better life for his long-suffering wife and seven children. And Clarence "Tango" Butler has been undercover

for so long, his loyalties have started to shift from his fellow police officers to his prison buddy Caz (Wesley Snipes), one of Brooklyn's most infamous drug dealers. With personal and work pressures bearing down on them, each man faces daily tests of judgment and honour in one of the world's most difficult jobs.

When NYPD's Operation Clean Up targets the notoriously drug-ridden BK housing project, all three officers find themselves swept away by the violence and corruption of Brooklyn's gritty 65th Precinct and its most treacherous criminals. During seven fateful days, Eddie, Sal and Tango find themselves hurtling inextricably toward the same fatal crime scene and a shattering collision with destiny.



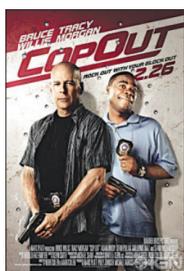
Cop Out

Cast: Bruce Willis, Tracy Morgan.
Director: Kevin Smith.

Directed by Kevin Smith, *Cop Out* features two longtime NYPD partners on the trail of a stolen, rare, mint-condition baseball card, who find themselves up against a merciless, memorabilia-obsessed gangster. But before they can recover the prized '52 Pafko, they must first rescue a Mexican beauty who holds the key to millions of dollars in off-shore bank accounts—and who has already witnessed one high-profile murder because of them.

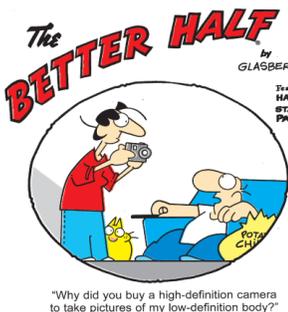
Veteran detective Jimmy Monroe (Bruce Willis) needs to cash in on his perfect Pafko in order to pay for his daughter's upcoming wedding, but in the tradition of everything that can go wrong...it's pilfered before he has a chance to collect. Paul Hodges (Tracy Morgan) is Jimmy's "partner-against-crime," whose preoccupation with his wife's alleged infidelity makes it hard for him to keep his eye on the ball, or his mind on the crime. Already in trouble and with nothing left to lose,

Jimmy and Paul will have to break all the rules—including enlisting the aid of stoner thief Dave (Seann William Scott), who's working Paul's last nerve as Paul and Jimmy try to work the case.



TOP 10 Hollywood

- Alice in Wonderland
- Brooklyn's Finest
- Shutter Island
- Cop Out
- Avatar
- The Crazies
- Percy Jackson and the Olympians: The Lightning Thief
- Valentine's Day
- Crazy Heart
- Dear John



"My new digital camera came today! Would you like to see 14,000 pictures of our cat?"



"This lens is for the beach. It compensates for sun glare and automatically filters out stretch marks and cellulite!"



"Sometimes I squeeze your head to make you look thinner, and sometimes I just enjoy squeezing your head."



"The great thing about a digital camera is how we can reminisce about those cherished memories from 3 minutes ago."

FORECAST

MARCH 15-21, 2010



ARIES (MAR 21-APR 19)

Your enthusiasm has an effect on the outside world on Monday and Tuesday. It's almost as if flowers lift higher out of the earth when you walk by. Midweek, walks are great, and in keeping with your mood, when progress is a concern, but speed is not. Saturday and Sunday, by comparison, are strapped-to-a-rocket speedy. Expect your hair to get wild.



TAURUS (APR 20-May 20)

You are of two minds about everything at the beginning of the week. The best advice is to shop around. Don't take the first thing that catches your eye if it's not right. Starting Wednesday, everything will be easier, and you'll feel good just from being in the company of people who know you. This weekend, too, you will be in the mood to shop.



GEMINI (MAY 21-JUN 21)

Whatever you're feeling on Monday, you're not alone. The people around you are more understanding than you may realise, and talking with them is a grand idea. Tuesday's great for communicating as well. Midweek involves introspective days, but Saturday and Sunday are bursting with goodness and, possibly, romance.



CANCER (JUN22-JUL22)

The slightest suggestion recalls a whole world to you on Monday and Tuesday. Midweek is full of crazy ideas. Saturday is the kind of day when you'll walk to the store and, on a whim, decide to keep walking – just to see how far you can get, to make an adventure of your afternoon. Sunday, however, is made for completing tasks.



LEO (JUL 23-AUG 22)

A nice-to-meet-you attitude on Monday and Tuesday is the way to go. Midweek, you won't see anyone except the people you work with, and you won't have much room for thoughts except those related to work. The weekend, however, is about friends, dreams and hopes.



VIRGO (AUG23-SEPT22)

On Monday and Tuesday, keep your head on long-term goals (your relationships with the people around you, for instance), rather than short-term questions (who stole your stapler?). It isn't until midweek that you begin to feel truly compatible with others this week – and the weekend is loaded with potential. It will be a great weekend or a nothing weekend, depending entirely on you.



LIBRA (SEPT23-OCT22)

Whatever else happens, Monday and Tuesday afford you time to spend with you-know-who – time stretching into forever. Midweek, your mind is still on other people (attachments and alliances are strong themes), and Saturday and Sunday, expressing yourself comes more easily.



SCORPIO (OCT23-NOV21)

While your impulse to deal with issues as they arise is a good one, it's not the right impulse on Monday and Tuesday. Midweek is better suited to working things out – although, to your frustration, the best solution most likely requires that you give in on some point (a small point, a painless concession). This weekend, you're better off proceeding on tiptoe.



SAGITTARIUS (NOV22-DEC21)

Your checklist is a game on Monday and Tuesday – a competition with yourself, a true test of your effectiveness. You welcome the challenge. Midweek, you'd be wise to take a step back and look at everything through wider goggles. On Saturday, there is so much going on that you'll have no chance at depth or meaning in your social interactions – but you'll be so busy this won't even occur to you. Sunday's busy too.



CAPRICORN (DEC22-JAN19)

Your family is in your thoughts on Monday and Tuesday. You are feeling loyal and worried in that loving, protective way, and the best thing to do might be to pay a visit. If that's not possible, try to connect in some other way. Midweek is much more you-centred – a creative project will have you grinning. The weekend returns you very much to the real world, full of flaky people, talkative strangers and faithful, brilliant friends.



AQUARIUS (JAN20-FEB18)

Monday and Tuesday, you're feeling a bit radical, a bit bohemian – or maybe you're just reading too many French novels. It's changing the way you dress though, no? And the way you interact with people? Your values? Midweek, your self-discovery takes on even more dimensions. It's a wild week for you, internally. And then it becomes wild externally. The weekend isn't boring, but you should try to keep the activities cerebral, rather than athletic.



PISCES (FEB19-MARCH20)

Everything takes on a certain murkiness on Monday, and by Tuesday, you'll have no idea which way is up. That kind of disorientation can be fun, so long as you're in the mood for it. Midweek, find antidotes to the ambiguous abstractness. The weekend isn't boring, but you should try to keep the activities cerebral, rather than athletic.