

THE UNKNOWN BEATLE



ISRAR HASAN

What comes to our mind when we think of The Beatles? The seductive umbrella term "Beatlemania", perhaps. Lennon, McCartney, Starr and Harrison were four legends with unparalleled musical legacies and have become an inspiration to millions of music lovers and it's the bar they have set that every aspiring musician aims to reach. But how did these rebels get together and create a revolution in the musical world? Who got them together? How in the age of corporate Hollywood and amidst the clash of ideas did this young boy-band spring into existence? One name changed it all: Brian Epstein. The Fifth Beatle. The Unknown Beatle.

Published in 2014, "The Fifth Beatle" easily finds itself on the list as one of most loved graphic novels of today. Vivek

Tiwary's brilliant retelling of one of entertainment's unknown greats is a must-read for all Beatles lovers. Without him, maybe we and in wider context, the world would never have had George Harrison champion our cause during Bangladesh's brutal Caesarian birth from Pakistan. On the cover of this emotionally charged graphic novel is the quote by Paul McCartney himself: "If anyone was the Fifth Beatle, it was Brian." Penned by Tiwary and saturated by superbly realistic art by Andrew Robinson and Kyle Baker, this graphic novel emanates from all sides as a masterpiece chronicling the life and times and yes, the mind, of the man behind one of the 20th century's greatest assets. The brilliant visuals and text go hand in hand in this artistic narrative. The characters' deep soliloquies and the intimate scenes all come alive and as we flip the pages, we

relive the birth and tribulations of The Beatles through the eyes of the one man who gave all he could to the world but received very little in return.

Epstein, born in Liverpool, was an outsider – a gay Jew in an increasingly anti-Semitic and homophobic world. The journey follows Epstein's tragic yet eventful life, from his stints in the army and the fashion world where he failed and was ostracised to the highly volatile music industry where he faced severe opposition. It also shows no matter how alone Brian might have been while battling his identities and health issues, he put his energy and trust to make The Beatles as

they should be.

He turned them into international superstars; believed in them when no one else did. He essentially created one of the most important music groups in history, and he did it all before he died at the young age of 32. In an emotional afterword, Tiwary pays tribute to his hero and through his gorgeously crafted graphic novel, we all live the fifth Beatle's tumultuous life.

The writer is a student at ESS Department, BRAC University.

FIND YOUR INNER ZEN

Anger management for young people

NAZIFA RAIDAH

Young people lead very hectic lives and are constantly in the face of dealing with huge amounts of workload that can often lead to major outbursts. Uncontrolled anger can take a toll on both your health and your relationships. Learning how to deal with it is extremely crucial as it curtails any possible risks of you seeming like a complete douche.

Having a creative output

You don't necessarily have to be a creative person to have a creative output. Having a creative output means, every time you feel you're under immense stress, you pick up a pen or paintbrush or play that instrument that's been gathering dust over the years. You can also learn new skills this way, YouTube is your friend.

Take some time out for yourself

Amidst busy schedules this might seem impossible to pull off but trust me, it's possible. Having some "me time" doesn't necessarily mean you need to take off hours from your schedule that you could've otherwise utilised for studying or working. When I looked into my daily

activities, I noticed that social media takes too much of my time. So I cut off that habit and concentrated on music and books. The results were astonishing.

you fit as a fiddle.

Seek Humour

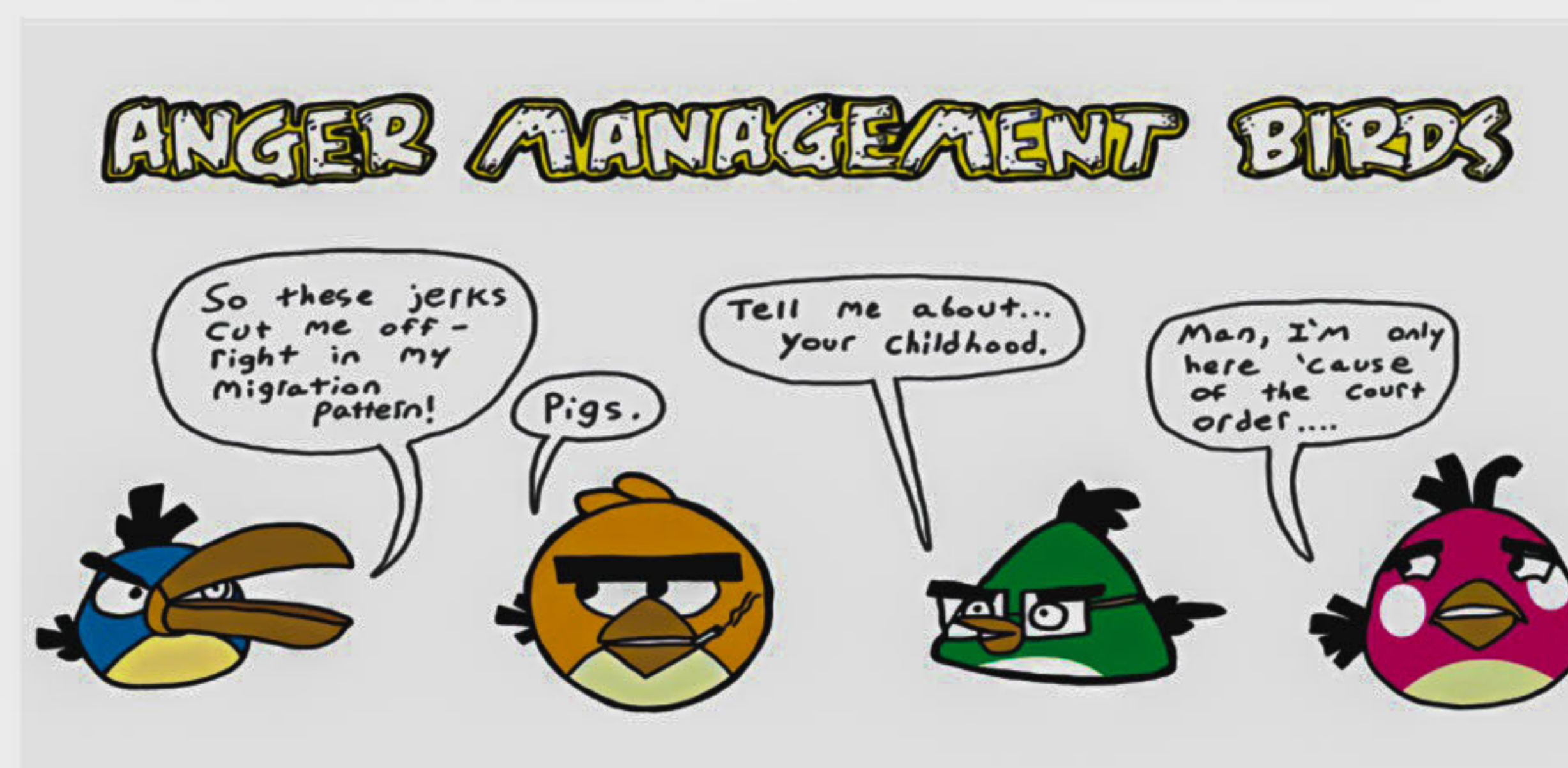
Lightening up can help diffuse tension. Use humour to help you face what's

Identify possible solutions

Instead of getting bothered by things that make you mad, identify possible solutions for it. Do you hate getting disturbed during study time? Ask people at home not to bother you at that time of the day. Keep reminding yourself that getting mad about a single issue will only make things worse and not help you deal with the situation.

Resolve when anger's dissolved

You can't fix a dispute instantaneously if you're mad at someone. Rather, it gets harder to get your point across when you're angry. Take some time out to recollect your thoughts - write it down if need be. Then when you're calm, approach the person and try to talk to them about your stance in the situation. This guarantees your message be understood by the other individual without any feelings getting hurt.



Get pumped

Exercising helps increase serotonin levels (a hormone that keeps you happy). Whenever you're enraged, channel all that aggression to working out. That helps you have a good outlet and keeps

making you angry and, possibly, any unrealistic expectations you have for how things should go. It can be memes, kids falling down, a stand up comedian, Bangla cinema, Ananta Jalil (not recommended) - anything that cracks you up.

Nazifa is a paranoid teen who obsesses over the use of memes and music in order to tackle real life problems. Send help at nazifa45678@gmail.com