



Cinema - goes, here's an explosive treat

by Steve A. Morrell

If you think 'Once upon a time' is a straight sort of Sinhala film, forget it. It is not. A film for adults played by adults and for mature audiences. It is a no-nonsense film of deceit and speculative arrogance; condescending to be expressed in double edged emotional subterfuge, to disgusting levels of sarcasm that aroused annoyance and shock that a middle aged man could be led on a leash. The dog, lady girl was an emotional binding factor with a somewhat dim-witted owner whose life revolved around his dog. For some time.

The chill of Nuwara Eliya, the overcast pall of gloom of the inevitable scotch mist which provoked foreboding hint of tragedy, cast a sort of diabolical spell on the actors. Nuwara Eliya was just the right location for the film.

The damp misery of wet streets, sudden gusts of wind that blew pockets of fog across the screen added to the chill and dank personal frustration of not being able to consume the affections of a young attractive strumpet who would cheat and scheme to get what she wanted; whatever the cost. Emotions were thrown to the winds. She would flaunt her flippancy with wanton choice of clothing. Sexy and inappropriate to the climate. Music was by Premasiri Khemadasa.

This was Premasiri Khemadasa's



last film. His music. Whether the film's music was composed to portray his inevitable death not long after the film was shot and completed, or that

the theme demanded haunting musical visions, we would never know. His skill and musical finesse fully complemented the theme of misery and

frustration.

Although the theme did have to have the players named, they were not.

That too was completely out of the run-of-the-mill Sinhala film.

Produced by Janaka Ramanayake, scripted, directed, and played in its lead role, Sanath Gunatilleke is at last placed in his rightful perspective in artistic influence.

'Once upon a time' is not a film for weak-kneed puritans who profess an utopian do-gooder culture, yet would not hesitate to indulge in sexual abandon on the sly. Hypocrites who shun what others do but simultaneously indulge in sex which they say they abhor, are clouted to subjugation.

The racy dialog that includes four letter words in English, on screen sex, and mouth-to-mouth kissing, were all adult adjuncts that did not translate to even hint on areas of bad taste.

Nirosha Perera. Was she too young to handle an adult role such as that she portrayed? I thought so. She looks young. Very young. Pretty, but what she lacked was that tinge of meanness the role demanded. Could she have carried through sophisticated double dealing when she first gave in to sex demands of her lover? Having seen her act, and later talking to her left me in no doubt she was destined for greater things in her film career. There was sadistic foreplay. It was, that she invited violence before actually giving in to sex. Again shocking in its presentation.

Her lover Niroshan Ravindra, young, gave out that image of experience with women, but violent pre-sex preliminaries sent out a message of shock. He was not used to being banged about by a mere woman. Closeness of physical exchange and intense body contact gave in to passion which eventually ended in wild sex.

Support star Chandani carried a significant role as maid. The bed room sex sounds and her knowing signals kept the girl's mother, Semini Edmalgoda, away from what she knew was going on behind the closed bed room door.

The script, and direction of Sanath, with his role portraying an unusual character of a half wit was unexpected. He was not the usual macho hero who won each fight, and got the girl. This was completely different. Sort of half hero doing the job of a clerk in some backwoods town, besotted with a girl who he sees each day from his shack. She looking down from her mansion.

She is aware her allure is driving him nuts. She does not return his affection but makes use of him to commit a crime.

This is serious stuff.

The cast was small. Tony Ranasinghe held a guest spot. It was good seeing him. So too Kumara Thirimadura, Duminda Weerawardena, Saradha Silva.

With support cast characters such as them there was no wrong turn.

Running in front of a mirror 'can improve your fitness'

Running in front of a mirror at the gym is not just for posing – it can actually improve your performance.

Watching your reflection as you run on a treadmill helps you co-ordinate your limbs and allows you to run more smoothly, a study suggests.

But it is a law of diminishing returns and eventually can lead to a decrease in performance for more hard-core runners.

Daniel Eaves, program leader for Sports Psychology at Teesside University, who led the study, said that if a person has just taken up running then mirrors are a good way of developing their style but may not be such a good idea for more serious runners.

"What we see influences how we co-ordinate our limbs," he said. "If you are just getting into running then mirrors may be ideal for developing your style and performing a less demanding run."

"Experienced runners, however, who want to train harder, may benefit from not looking in the mirror."

He made his findings, published in the journal *Medicine & Science in Sports & Exercise*, after a study involving 10 "physically fit" males, with an average age of 22.

They took part in three 20 minute treadmill runs with a days rest between each.

While running participants faced different life-size images of themselves. One was a normal mirror, one a normal mirror where the left and right sides were reversed, and a static image.

Various performance factors were measured, such as oxygen consumption, heart rate, biochemical running patterns and reaction time.

It was found for beginners that performance was improved with the straight reflection but this tailed off as they became fitter. For more hard-core runners a static image made it harder to run and this in turn could actually boost willpower and performance in the long run.

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TV GUIDE

JUDGING

| | |
|------------|---------------------------|
| ITN | |
| A.M. | 04.00 Peiyen Peiya Puwath |
| 04.30 | Station Opening |
| 04.35 | Pirith Deshanaya |
| 04.42 | Jayamangala Galtha |
| 04.46 | Davase Sithuvili |
| 05.00 | Thakshilawa |
| 06.00 | ITN Puwath |
| 06.15 | Davase Paththara |
| 07.00 | Halhveni Peya |
| 08.00 | Peiyen Peiya Puwath |
| 08.05 | Pahan Dora Magazine |
| 08.30 | Sal Mal Yaya |
| 09.00 | Peiyen Peiya Puwath |
| 09.05 | Baali |
| 10.00 | Peiyen Peiya Puwath |
| 10.05 | Nimthera |
| 11.00 | Discussion |
| Noon | 09.55 Biz News - Sinhala |
| 12.00 | Noon News |
| P.M. | 10.10 Thulawa |
| 12.30 | Diya Gini Silu |
| 01.00 | Sinhala Film |
| 02.00 | Peiyen Peiya Puwath |
| 02.03 | Sinhala Film (Contd.) |
| 03.00 | Peiyen Peiya Puwath |
| 03.03 | Sinhala Film (Contd.) |

ALF1

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|------------|--------------------------|
| ETV | |
| A.M. | 06.00 Prime Time Morning |
| 06.45 | Chanel News Asia |
| 10.00 | Telemarketing |
| 10.30 | Chanel |
| P.M. | 12.00 YA TV |
| 12.30 | Channel News Asia |
| 01.00 | Made in Sri Lanka |
| 02.00 | Idol Gossip |
| 02.30 | Chanel |
| 03.00 | News - English |
| M.N. | 10.10 Thulawa |
| 01.00 | Sinhala Film |
| 02.00 | Peiyen Peiya Puwath |
| 02.03 | Sinhala Film (Contd.) |
| 03.00 | Peiyen Peiya Puwath |
| 03.03 | Sinhala Film (Contd.) |

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| DERANA | |
| A.M. | 06.29 Station Opening |
| 05.55 | Cartoon |
| 06.00 | Derana Aruna |
| 06.30 | Suba Dawasak |
| 08.00 | Eka Dawasak Ude |
| 10.00 | Mix Songs |
| 10.30 | Teledrama |
| 11.00 | Sih Gimnan Hala |
| P.M. | 09.00 Adaraniya Poonnima |
| 12.00 | Ada Derana |
| 12.15 | Sinhala Songs |
| 12.30 | Sathutu Wila |
| 01.30 | Mix Songs |
| 04.00 | Dragon Tales |
| 04.30 | Cartoon |
| 06.00 | Mumbai Masala |
| 07.00 | Lanka Soy Rasa Meevitha |
| 07.30 | Pihibidu |
| 08.00 | Ada Derana |
| 08.30 | Saraa |
| 09.00 | Adaraniya Poonnima |
| 09.30 | Vaada Pitaya |

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| CHANNEL EYE | |
| A.M. | 01.00 Tamil Tele Drama (Tamil) |
| 06.30 | Talk for the Day |
| 06.45 | Cartoon Programme |
| 07.00 | Jayawiru & Suvasetha Lottery |
| 07.15 | Shandia Vasana Lottery |
| 07.30 | Naledugall Inru |
| 08.00 | Variety New Songs |
| 08.30 | Kalai Vanakkam (Tamil) |
| 09.30 | Udaya Dharisamam |
| 11.00 | Tele Drama |
| 11.30 | Kaimanam (Tamil) |
| Noon | 20 - 2009 (Sinhala) |
| 12.00 | Lunch Time Variety |
| P.M. | 01.00 Tamil Tele Drama (Tamil) |
| 01.30 | Afternoon News |
| 01.45 | Tamil Feature Film |
| 04.30 | Cartoon Programme (English) |
| 05.30 | ICC Men's World Twenty 20 - 2009 (Sinhala) |
| 06.00 | Musical Programme |
| 09.15 | News & Weather Report (Tamil) |
| 09.30 | ICC Men's World Twenty 20 - 2009 (Sinhala) |
| A.M. | 20 - 2009 (Sinhala) |
| 01.30 | End of Transmission |

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| RUPAVAHINI | |
| A.M. | 04.18 Station Opening |
| 04.20 | Homage to the Triple Gem & Karaniya Metta Sutta |
| 04.30 | Dharmadesanawa |
| 05.00 | G.C.E. (O/L) Maths |
| 05.55 | News |
| 06.00 | Dina Ashiya |
| 06.05 | Sivudesa |
| 06.30 | Paththara Sirasithala |
| 06.55 | News |
| 07.00 | Aadaraneeya Yavuvanaya |
| 07.55 | News |
| 08.00 | Nuga Sevana |
| 08.55 | News |
| 09.00 | Nuga Sevana - Contd. |
| 09.55 | News |
| 10.00 | Nuga Sevana - Contd. |
| 10.55 | News |
| 11.00 | Aluth Sri Lankawak |
| Noon | 12.00 Agri Kankariya |
| P.M. | 12.30 News |
| 01.00 | Hiru Vyana |
| 01.55 | News |
| 02.00 | Tele Drama |
| 02.30 | A Documentary |
| 02.55 | News |
| 03.00 | A Documentary (Contd.) |
| 03.30 | Tele Drama |
| 03.55 | News |
| 04.00 | Cartoon |
| 04.30 | Tele Drama |
| 04.55 | News |
| 05.00 | Havasa Paya |
| 05.55 | Defence News |
| 06.00 | Pariganaka Paradesayya |
| 06.30 | Ranaviru Gi |
| 06.58 | Vismitha Charika |
| 07.27 | Shina Kumari |
| 08.00 | News (Sinhala) |
| 08.30 | Pasubima |
| 08.35 | Tele Drama |
| 09.05 | Ekata Gatuma |
| 09.32 | Tele Drama |
| 10.00 | Vasana Sampatha |
| 10.05 | Jayoda Lottery |
| 10.10 | Janajaya |
| 10.15 | News |
| 10.30 | Uththamachara |
| M.N. | 12.00 End of Transmission |

HOLLYWOOD

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|---------------|---------------------------------|
| ART TV | |
| A.M. | 12.57 State of Business |
| 12.30 | Fareed Zakaria GPS |
| 01.00 | World Business |
| 01.30 | World News |
| 02.00 | World Sport |
| 02.30 | World News |
| 03.00 | The Best of Situation Room |
| 03.30 | CNN Today |
| 04.30 | World Business |
| 04.30 | CNN Today |
| 07.00 | CNN Today |
| 07.30 | Talk Asia |
| 08.00 | My City |
| 08.30 | Inside the Middle East |
| 09.00 | World Sport |
| 09.30 | CNN Today |
| 09.57 | State of Business |
| 10.00 | Telescreen Marketing |
| 10.30 | CNN Today |
| 10.57 | State of Business |
| 11.00 | Telescreen Marketing |
| 11.30 | CNN Today |
| 11.57 | State of Business |
| Noon | 11.00 The State of Business |
| 12.00 | Telescreen Marketing |
| P.M. | 12.30 CNN Today |
| 01.00 | Today |
| 01.30 | World News |
| 01.57 | State of Business |
| 02.00 | World Report |
| 02.30 | Larry King Liv |
| 03.00 | World News |
| 03.30 | World Sport |
| 04.30 | 3 Friends & Jerry |
| 04.57 | State of Business |
| 05.00 | Adventure of Professor Th. |
| 05.30 | World News Asia |
| 05.57 | State of Business |
| 06.00 | Telescreen Marketing |
| 06.30 | World Business Today |
| 06.57 | State of Business |
| 07.00 | Top 10 Hits |
| 07.45 | World News |
| 08.15 | The State of Business |
| 08.30 | Business Class |
| 08.57 | State of Business |
| 09.00 | Fashion House |
| 09.57 | State of Business |
| 10.00 | Larry King Live |
| 11.00 | The State of Business |
| 11.30 | World Report |
| M.N. | 12.00 iReport: Caught on Camera |

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