Post Covid-19

The road to recovery after serious infection is long.

Some patients may never be the same. P4-5

HOLLYWOOD

Katy isn't sorry she defended Ellen.

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School reopening complicates life for students with special needs.

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SERIES TO BINGE WATCH ON AMAZON PRIME

The Tick
DIRECTION: Ben Edlund
CAST: Peter Serafinowicz, Griffin Newman, Valerie Curry
SYNOPSIS: In a world where superheroes have been real for decades, an accountant with no superpowers comes to realise his city is owned by a super villain. As he struggles to uncover this conspiracy, he falls in league with a strange blue superhero.

One Mississippi
DIRECTION: Diablo Cody, Tig Notaro
CAST: Tig Notaro, John Rothman, Noah Harpster
SYNOPSIS: This semi-autobiographical dark comedy starring Tig Notaro follows her as she returns to her hometown after the sudden death of her mother. Still reeling from her own declining health problems, Tig struggles to find her footing with the loss of the one person in her life who understood her. All while dealing with her clingy friend and her dysfunctional family.

Red Oaks
DIRECTION: Joe Gangemi, Gregory Jacobs
CAST: Craig Roberts, Ennis Esmer, Oliver Cooper
SYNOPSIS: A coming-of-age comedy set in the “go-go” 80s about a college student enjoying a last hurrah before summer comes to an end – and the future begins.
Question: About a month ago, I began experiencing pain in my elbow. I experience this almost constantly, but it is worst whenever I try to lift anything, no matter how heavy. The pain moves from my elbow down my inner forearm, and if I twist or turn my wrist or arm, it worsens. I am an avid weekend golfer, but I haven’t played now for a few weeks. I’m wondering what I may have done and how I can get back to golf.

Answer: The problem you describe sounds like ‘golfer’s elbow,’ a disorder also known as medial epicondylitis. This disorder develops when muscles and tendons on the inside, or medial, side of your arm become damaged, usually due to overuse.

Despite its name, golfer’s elbow doesn’t only affect golfers. Some people who suffer from this are not even athletes. The condition develops due to excessive or repeated stress on the muscles and tendons of the inner arm. This can happen over time due to activity that involves repeatedly gripping your hand or flexing your wrist.

Although it can be painful, golfer’s elbow doesn’t require urgent care. It’s safe to try some remedies at home before you see your health care provider. First, start with activity modification. Limit your playing and rest your arm. Avoid any activities that require you to turn or twist it. Use an ice pack on your elbow, 15 to 20 minutes at a time, three or four times a day. Take a nonprescription anti-inflammatory medication, such as ibuprofen or naproxen sodium, to ease discomfort. In many cases, X-rays may be useful to rule out other conditions, such as a broken bone or arthritis.

Once the diagnosis has been confirmed, physical therapy is the next step in treatment. Strengthening and stretching exercises called “eccentric exercises” are particularly effective in treating golfer’s elbow. A physical therapist can provide specific exercises as well as other strengthening and flexibility techniques.

In most cases, golfer’s elbow resolves completely with self-care and physical therapy, and no further treatment is needed. Recovery can take time and patience, however. Total symptom relief often requires three to six months of consistent physical therapy. Although that may become frustrating, the effort is worth it. For most people who take the time to work through physical therapy to treat golfer’s elbow, symptoms don’t return.

Rarely, symptoms may persist despite consistent self-care and physical therapy. In those cases, surgery may be considered. Symptoms that may lead your healthcare provider to recommend surgery would include numbness or tingling into the hand, specifically the fourth and fifth fingers. This could indicate a pinched nerve at the elbow or neck.

Once your symptoms are gone, take care to help prevent golfer’s elbow in the future. Strengthen your forearm muscles, and stretch before physical activity. Use lightweight equipment when working, exercising or playing sports. Don’t overuse your elbow. If you notice discomfort when doing an activity, take a break. — Mayo Clinic News Network/TNS
Veronica Alexander came to physical therapy in a wheelchair on a recent afternoon wearing a bright red dress and a blue mask that covered the oxygen tube she still needed nearly two months after her coronavirus symptoms began in June.

She didn’t remember the month she spent in Temple University Hospital, where she was on a ventilator for weeks. After that, she needed a month of therapy at PowerBack Rehabilitation in Center City before she could go home.

Her physical therapist, Tram Tran, started with the toughest exercise: climbing a portable staircase with three stairs. When she arrived at PowerBack, Alexander, 61, could stand for only three seconds before her legs buckled and she collapsed in a chair. On this August day, with Tran near for support, she walked to the stairs, climbed one at a time as instructed and returned to the chair. That was enough to make Alexander’s heart rate shoot to 135 beats per minute, what many people would see after a jog. Normal is 60 to 100, Tran said. Her blood oxygen, meanwhile, had plummeted to 80. Anything below 90 is too low.

Therapists and doctors have been struck by how many coronavirus survivors have trouble with memory or organisational ability, writes Stacey Burling.

I think that most people kind of understand that this is a brand new illness, a brand new phenomenon, that we’re dealing with, and we’re just doing the best that we can

– Jason Pan, Penn Medicine physiatrist

Troubling aftermath
tossed a ball to Emily Trot, a rehabilitation technician, and walked about 30 feet a couple times. This was an achievement for a woman who arrived terrified that she might never walk again. She still wonders if she’ll be able to use her hands and arms normally someday. Her shoulders were injured while she lay on her stomach in the intensive care unit, a process called proning that improves breathing in Covid-19 patients.

Alexander, who was disabled by arthritis before she got sick, was only a few days from returning to her North Philadelphia apartment, but she was nowhere near her pre-Covid self. No-one knows whether she ever will.

“I think that most people kind of understand that this is a brand new illness, a brand new phenomenon, that we’re dealing with, and we’re just doing the best that we can,” said Jason Pan, a Penn Medicine physiatrist, a doctor who specialises in rehabilitation. Penn recently created a clinic for Covid-19 patients who need post-hospital follow-up. He said patients will probably make most of their gains in the first year after their illness, but he can’t tell them how much they’re likely to recover.

Videos of joyful sendoffs as Covid-19 survivors leave hospitals are a staple of TV news and social media. But they don’t hint at what comes next.

“There’s a great deal of celebration that occurs when people are leaving the hospital, and for good reason, but the journey to recovery still has a long way to go,” said Reg Blaber, chief clinical officer for Virtua Health. “This virus is just so evil. It wreaks so much havoc.”

Long before Covid-19, doctors knew that patients who needed intensive care were at high risk for long-term physical, cognitive and mental health problems, a condition that was named post-intensive care syndrome (PICs) in 2012. Survivors of acute respiratory distress syndrome (ARDS), a severe form of lung infection that is often the reason people go to hospital with Covid-19, need a ventilator, were especially likely to struggle.

Dale Needham, a critical care physician at Johns Hopkins University, has been studying how patients fare after ICU stays and ARDS for more than 17 years. Up to 70% of ARDS patients, he said, still have severe fatigue six months to a year after hospital discharge. A year after an ICU stay, a third of people who were working before they got sick are jobless. Their problems and muscle weakness can last for months or years. A third of survivors of respiratory failure or shock have cognitive impairment a year later. Anxiety, depression and ‘post-traumatic stress disorder’ are common years later in people who’ve had an ICU stay regardless of how sick they were.

Surprisingly, chronic lung problems have not been an issue in past ICU survivors. “Patients come into the ICU for ‘lung failure’, but go home with long-lasting problems with their thinking, their mood and their muscles,” Needham said. “These problems can be less obvious as a consequence of ARDS and get easily overlooked.”

The coronavirus, Needham said, has led to a huge increase in ARDS, so some health professionals are seeing such patients for the first time. They may not know, for example, that hiccups is a common reaction to the physical stress of severe illness, or that sleep changes in heart rate and oxygen levels with minimal activity occurred in ARDS patients before the coronavirus.

But coronavirus patients could be worse off than others with PICs. Many had especially severe lung complications and spent an unusually long time on ventilators, heavily sedated and immobilised. Unlike typical ARDS patients, fear of contagion deprived them of physical therapy in the hospital and even family visits, which often calm and motivate patients, Needham said. Doctors are also seeing what some have dubbed “long haulers,” patients whose symptoms persist even after relatively minor illness. Mount Sinai Hospital in New York opened a clinic for such patients. Most were never hospitalised, yet are still dealing with shortness of breath, chest pain, weakness, fatigue and difficulty concentrating, said Zijian Chen, an endocrinologist who is the clinic’s medical director. In some cases, imaging and blood tests tell doctors the patients have organic damage. In others, there is no explanation yet for the lasting symptoms.

Acute rehabilitation facilities like PowerBack, Magee Rehabilitation Hospital and MossRehab at Elkins Park opened units specifically for Covid-19 patients who couldn’t leave the hospital for home. Therapists and doctors said these patients are sicker and stay longer than similar patients they saw before Covid. Some patients still test positive when they arrive and must be treated very carefully to keep staff safe. Many receive therapy in their rooms, which calls for portable equipment and creativity.

Some patients have arrived with unusual pressure ulcers on their faces and knees as a result of proning. One doctor had a patient who needed plastic surgery. Some have survived clots in their lungs or other organs. Amputations are a hazard of serious Covid-19.

Therapists and doctors have been struck by how many coronavirus survivors have trouble with memory or organisational ability. Brian Kucer, a Magee physiatrist, said patients often feel foggy and overwhelmed. “It’s not particularly different from how people feel after having a concussion,” he said.

Emotional problems are common. “One thing that stands out is they’re all depressed,” said Paula Bonsall, a Magee occupational therapist. “They’re all isolated, and they’re all anxious.”

The first rehab priority, though, is usually muscle weakness and endurance. Some new patients can’t sit on the edge of a bed for more than 30 seconds. Norma Sampson, 73, who stayed at PowerBack from April 23 to June 12, discovered that she couldn’t move a blanket from her lap to the foot of the bed. “It seemed so heavy,” she said. Kucer said he’s seen patients who were so exhausted after putting on a shirt that they needed to sleep the rest of the day.

This weakness largely stems from weeks of lying in bed. Patients can lose up to half their muscle mass. Kucer said, adding that doctors estimate that patients need three or four days of therapy for every day of bedrest. Therapists have to very slowly help patients build muscle strength while monitoring heart rates and oxygen frequently. The goal often is making patients strong enough to walk, sit on a toilet and climb stairs when they go home.

Wearing protective gear makes it harder for therapists to form a strong bond. Hallie Zeleznik, a physical therapist at University of Pittsburgh Medical Center, has learned to talk more. “I know you can’t tell, but I am smiling so big for you now,” she said. “I know you can’t tell, but I am so sorry you’re feeling this way.”

Doctors and therapists are confident that many patients will go home. “I think a lot of them are going to get close enough to where they don’t notice a huge difference,” Kucer said.

Robert Andersen, 66, who lives in ManorCare Health Services in Montgomeryville, got treatment there when he had Covid-19. When he started them there in April, he had trouble going from his bed to a chair and his balance was off. He had trouble opening his eyes and had a stroke before he got the coronavirus. By late July, he felt normal even though he was still easily winded, possibly because of the earlier lung damage. The illness itself felt unreal.

“Sometimes it feels like getting Covid, it’s like a bad dream almost,” he said.

Norma Sampson, who spent a month at Thomas Jefferson University with Covid-19 that led to a mild stroke, insisted on walking the two blocks home when she left PowerBack. Members of her therapy team accompanied her. She made it — with four rest stops. She was plagued by “really dark” dreams for weeks, but is doing well now, even doing her own grocery shopping. She recently walked two blocks from her doctor’s office to her apartment. “I’m close to 100% now, I think,” she said. “Believe me, it was a long road.”

Virginia Alexander, 65, of West Oak Lane, said she spent four or five days on a ventilator at Einstein Medical Center Philadelphia before transferring to MossRehab for 16 days. She needed help walking and her speech was “fuzzy” and “squeaky” from the breathing tube. She got speech therapy and used a machine that strengthened her arms and legs. By June 2, she was back at work as a peer counsellor at Friends Hospital, a job that requires a lot of walking. She’s riding the bus again and caring for her father, who has dementia. She still coughs occasionally, but feels normal. And very grateful. “It’s like I got a renewed lift on life, a second chance, you could say,” she said.

Alexander, who was on disability before she got sick but could walk two blocks on her own, can’t walk home when she leaves the hospital for home.

Once she started breathing on her own, she had to use her wheelchair. “I was devastated, because I thought I would never walk,” she said.

Tran saw how anxious her new patient was. “I just looked at her and I said, ‘You will be able to walk again. Trust me.’”

That week, Alexander walked 25 feet across the room while Tran followed behind with her wheelchair. They both cried, although Tran hid her tears because she thought they were unprofessional. “I thank God and I thank Tran,” she said. “I get emotional about it,” Alexander said. She is still upset that all her efforts to avoid the virus failed. “I realise now nobody is safe.”

She is still worried about her arms. She can’t use her right hand and her fingers on the left are numb. A doctor told her that surgery could help. “I might not be able to get the strength back in my arm,” she said, “but I thank God that I’m still here.”

Tran doesn’t know how her patient got her Covid, her husband or two, but Alexander’s progress makes her feel good. “It’s very rewarding as a therapist,” she said. “just seeing her ability to hope again.”

– The Philadelphia Inquirer / TNS
Indian Cultural Centre (ICC), under the aegis of Embassy of India, recently organised a 90-minute musical extravaganza for Indians in Qatar as part of 74th Independence Day celebrations of India. Subash Panda, television and all India radio artiste, along with Aparna Tripathy performed famous and patriotic ghazals and songs in Hindi, Bengali, Telugu and Oriya. Over 100 enthusiastic music lovers in Qatar attended the webinar.

Manikantan AP, President of ICC, welcomed the music lovers. Dr Nayana Wagh, Head of Cultural and Education Activities at ICC, was the Master of Ceremonies. The webinar was hosted by Vinod Nair, Vice President of ICC. Rajesh Singh, Head of Finance at ICC, proposed a vote of thanks. The event was co-ordinated by Anjan Ganguly, Joint Secretary of Indian Cultural Centre.

GULF TOPPER: Najah Ismail, a student of Grade XII at DPS-Modern Indian School (DPS-MIS), recently emerged as the school topper as well as Qatar topper in CBSE Board Examinations in Science Stream. Najah secured first position in the Gulf Region by securing 493 out of 500 and 98.6% marks. Najah marks in different subjects, include 97 out of 100 in English Core; 99, Mathematics; 99, Physics; 99, Chemistry; and 99, Computer Science.

Doha based couple creates shortest musical album with greatest number of audio and video tracks

A total of 106 Indian children from different parts of the world recently took part in what is claimed to be the shortest musical album with the largest number of video and audio tracks, a brainchild of Prajeeth Palaparambil Ramakrishnan and his wife Aarathy Radhakrishnan, a Doha based couple. It took over 60 days to complete the album. The idea was to create a shortest musical album with the greatest number of participants. Kids were chosen to be the singers in this musical album to convey patriotism and unity within India.

A P Manikantan, President of Indian Cultural Centre, along with Baburajan, President of ICBF; Jayaraj, President of KBF; and Jaffan Khan, advocate, felicitated the couple at an event. With social distancing during the pandemic situation, the couple decided to do this album and complete the project virtually. The participants of the musical album are Indians residing in various countries, including India, United Kingdom, Bangladesh, Kuwait, Bahrain, United Arab Emirates and Qatar. Speaking on the occasion, the couple said, “The kids are the stars of this album and their parents are the backbone who supported us with continuous co-operation”. All instruction on how to submit the audio files and video files were exchanged via WhatsApp and the parents adhered to the deadline in submission of audio and video files of their kids. This musical album claims to have had made its entry to a new world record with the title ‘Shortest video album with the most number of audio tracks and video tracks included in a single timeline’. The album features a total of 162 audio tracks and 118 video tracks.

Ramakrishnan, Director of the musical album, is an artist and has made various short films, musical videos and various other shows. He is also the President of Indian Film Club at Indian Cultural Centre. His wife Aarathy Radhakrishnan, the co-ordinator of this musical album is an artist too who is passionate about acting and dancing. Their two daughters, Aadhya Prajeeth and Akshitha Prajeeth have also participated in the musical album.
10 books on American history

By Travor Fraser

S

o the hype got to you, you finally checked out Hamilton on Disney Plus and now you want to learn everything you can about the influential figures in American history. (You also have all of King George’s songs stuck in your head for which there is no cure.)

The Tony-award winning musical was inspired by the 2004 biography Alexander Hamilton by Ron Chernow and tells the story of one of America’s founding fathers. So, to slake your thirst for a summer read and to satisfy your newfound curiosity about one of America’s most selfless lives.

Team of Rivals: The Political Genius of Abraham Lincoln by Doris Kearns Goodwin

Rather than recounting the full life of Abraham Lincoln, Doris Kearns Goodwin focused on his controversial cabinet of former political opponents and the way Honest Abe sought to include diverse viewpoints when making decisions. This 2005 winner of the Pulitzer Prize for History also served as the basis for the Steven Spielberg film Lincoln.

Washington: A Life by Ron Chernow

Author Ron Chernow is also responsible for the extensive biography on Alexander Hamilton that inspired Lin-Manuel Miranda’s musical. In “Washington,” he looks at America’s first president as a man of passion and presence who led a nation to independence and shepherded it through its early years. The book won the 2011 Pulitzer Prize for Biography.

— Orlando Sentinel/TNS

By Lynn Sherr

Author before the 19th Amendment to tirelessly give women the right to vote, Lynn Sherr looks at the famous suffragette through her letters and texts and combines them with reporting from Anthony’s era as well as biographical essays. Sherr, a Peabody Award-winning broadcast journalist, was also a consultant on the Ken Burns documentary on the women’s suffrage movement, Not for Ourselves Alone.

Frederick Douglass by David Blight

An escaped slave, Frederick Douglass wrote three autobiographies in his lifetime. His Narrative of the Life of Frederick Douglass is an eloquent retelling of his harrowing tale and made for a vital voice in the call for the abolition of slavery. Blight’s biography, which won the 2019 Pulitzer Prize for History, paints a portrait of the man throughout his life, his marriages and his relationships.

Lafayette in the Somewhat United States by Sarah Vowell

Historian Sarah Vowell is known for using her humorous, modern voice to tell the stories of the past. In this one, she looks at the Marquis de Lafayette and his time in George Washington’s Revolutionary War army. The book uses anecdotes about the French general’s relationships with the founding fathers to give a quirky accounting of the fight for independence.

John Adams by David McCullough

The 2002 Pulitzer Prize-winner for Biography was adapted into an HBO miniseries starring Paul Giamatti. Adams gets short shrift in Hamilton (he is mentioned but never appears), but McCullough uses a plethora of letters to tell a story that is both the epic tale of a committed revolutionary and a great romance between Adams and his wife, Abigail.

The Journey of Crazy Horse: A Lakota History by Joseph Marshall III

People know the Native American tactician who was a major force in the defeat of the US. Calvary at the Battle of Little Big Horn. Historian Joseph Marshall III uses stories from the oral traditions of the Lakota and other research to put together a full portrait of the man who fought for his people and the times that created him.

My Life with Martin Luther King, Jr. by Coretta Scott King

The widow of the legendary Civil Rights figure, Coretta Scott King originally released this biography in 1969 to preserve his memory after his assassination the year before. In 1995, she released a revised version of the book with an emphasis on drawing in younger readers. King gives a first-hand account of her husband’s movement to end segregation and racial injustice in this country, as well as a detailed, intimate account of the man she loved.

The Rise of Theodore Roosevelt by Edmund Morris

The first in a trilogy about the life of the 26th president of the United States, Morris’ Pulitzer Prize-winning biography covers the years before Teddy Roosevelt took over after the assassination of William McKinley. The book tells this story of his illness-plagued childhood and the philosophy of his family that shaped his ideas on political service. This also includes his famed years as a traveller and adventurer and the creator of the Rough Riders.

She Came to Slay: The Life and Times of Harriet Tubman by Erica Armstrong Dunbar

Known for aiding in the freeing of an estimated 70 slaves before the Civil War, Harriet Tubman first freed herself and escaped to Pennsylvania and later served as a spy for the Union Army. Erica Armstrong Dunbar recounts her heroic tale and fills it in with the moments and conversations that made for a complete life. The book uses illustrations, photographs and breakout boxes to engage readers with the facts of one of America’s most selfless lives.
Staying together: how to p

There is much you can do to make your children (and yourself) more resilient for the long haul. Experts share their advice for all ages with Joanna Moorhead

Uncertainty, confusion, fear: we’ve known all these and more, in bucketloads, since March. But how have our children fared? What are the long-term effects of Covid-19 on them, and how can we help them navigate it all, whatever their age?

According to the experts, kids are resilient, and while we won’t know for a long time how affected they’ve been by the pandemic, they are wired to cope. However, children who have already experienced difficulties, especially mental health issues, are at particular risk. Just as important is your own mental health, which will have a huge effect on how your child deals with what’s happening, so don’t forget to look after your own needs, and to seek help – from friends, your GP, a therapist – if you’re finding it tough.

Be centred on – and guided by – your child. Each one is different, and each child’s reaction to the pandemic is different. Start with them, rather than with what’s happening out there in the big world. Here’s our stage-by-stage guide.

Newborns, toddlers and preschoolers

The pandemic hasn’t led to a baby boom, but babies are still being born. Covid-19 will probably mean you’ll want to limit your visitors, and some new parents may well be working from home after parental leave. “It all adds up to a lot more time together, just the three of you (or more if you’ve got older kids),” says NHS midwife Alexandra Walker, who co-runs an antenatal education service called The Naked Midwives. “So there’s not the pressure to have the house tidy for guests, or to have to look good yourself. If you like it that way, do what a pair of new parents we know did last week and put a polite notice on your door to say you’re not available just at the moment. You can capitalise on that time together getting to know the new baby, and not having to listen to lots of well-meaning but often conflicting advice.”

You may be worried about the impact on your young baby of not being able to socialise but according to consultant clinical psychologist Emma Citron, that’s unlikely to cause problems. “It’s very important for babies to have contact with people, but it doesn’t matter if they don’t have contact with other babies,” she says. “Developmentally and emotionally, it won’t harm them. What is detrimental to their psychological health, though, is their parents being stressed and under pressure, or shouting at one another because they’ve been cooped up in a flat with no garden.”

The same goes for toddlers and pre-schoolers, she says. “The vast majority of very young children will be absolutely fine. Under-twos are extremely resilient and are highly unlikely to have any memories of this time when they’re older. Also, the current reality is all they know. They live in the present, so they can adapt easily to change.”

“Let’s face it: it’s not the toddler who desperately needs to see a variety of friendly faces, it’s the parents and siblings, many of whom really suffered because of the isolation of lockdown,” says Justine Roberts, founder and CEO of Mumsnet. So take advantage of the growing opportunities to socialise, albeit carefully, with picnics in the park and meet-ups in outdoor spaces.

If you’re overly anxious about the pandemic, your child is undoubtedly going to pick up on that and become anxious in turn – so it’s vital, says Citron, to address your own stress if it’s getting out of hand. “If you’re worrying unduly about the impact of Covid, you need to address that so you’re in a better place for your children,” she says. “Talk to people who can help, and your GP.”

Primary school age

Children over the age of three know something very strange has been going on – and they may be worried. Be alert for the signs, which can include sleep disturbances, clinginess, bedwetting, nervous twitches and excessive handwashing. If you see these changes in your child’s behaviour, go out of your way to reassure them.

Don’t let fear dominate, Citron says – and let your child lead on any worries rather than imposing your own. “So, for example, don’t spend all the time leapeng in with warnings – ‘Don’t touch those railings!’; ‘You’re going too close to that man!’ Instead, say something like, ‘Remember, we’re meant to be keeping social distancing.’ Don’t ramp up the drama, and show that you can get across essential messages while remaining calm and unruffled. That way, children will feel safer and that life is more predictable – and you’ll be signalling that they have permission to ask the questions they want to ask without upsetting you.”

Laverne Antrobus, child and educational psychologist at the Tavistock and Portman NHS Foundation Trust, says it’s important to meet children’s

HOLDING HANDS THROUGH: Be centred on and guided by your child.

NOTICE THE CHANGE: Be alert for the signs, which can include sleep disturbances, clinginess, bedwetting, nervous twitches and excessive handwashing. If you see these changes in your child’s behaviour, go out of your way to reassure them.
Concerns in an age-appropriate way. "When a child asks something, such as, "When is the virus going?" you can then address them in the right tone and language, starting from their knowledge." Being honest with kids, even when you are feeling unsure yourself, is - the experts agree - best. "Children pick up very quickly on parents' fears, so it's better to be open about your own anxieties - maybe it doesn't seem ideal, but there are dangers in letting children live in a happy but unreal bubble," says David Messer, developmental psychologist and professor of education at the Open University.

Antrobus says the pandemic has brought a new level of honesty into family life. "In the past, parents might have said 'Don't worry' to their kids - but the pandemic means they've seen their parents worried, it's put everything on the table." As with all traumas, it's a learning opportunity that, in the long term, will boost resilience. "It's about managing the setbacks and knocks and showing children how to use them to become stronger - and that doesn't mean airbrushing them out, or pretending they're not there. It means being clear about the fact that we've all been worried, that the virus is an unknown and in many ways it remains an unknown. But we need to show children that we can survive, even if things go against us in the future. So if there are problems ahead with, for example, a second wave, then, yes, we'll be disappointed - but we will get through it.

You need to say something that conveys that there is a problem, but that it can be overcome; and that children aren't usually at risk. So it could be something like: 'I've been worried, and lots of other people have been worried. It's a difficult situation: you might get it, although some people of your age often don't even notice they have it. It's not a big risk to people of your age or my age; the risk is much greater for people of great-grandma's age. But we will get through it, and that's why we're doing all these new things you can see, like people wearing masks.' As things stand, school beckons: in Scotland, pupils are back in mid-August; in Northern Ireland, from the end of August, and in England and Wales from early September.

"Schools will have contacted parents with guidance for the great return; find time to run through the rules with your child, because some measures will feel strange and may take some getting used to," says Roberts. "If your child is anxious about change or new situations, they're likely to play a bit of role play to help them find solutions to scenarios they're worried about."
DOLPHIN VERSUS PORPOISE
COMPARING THE 2 MAMMALS

- Size range from 1 to 10 m
- Belong to family Delphinine
- Have conical-shaped teeth
- Bigger groups exceeding 1000 individuals

- Smaller than dolphins; less than 2.5 m
- Belong to family Phocoenidae
- Have spade-like teeth
- Smaller groups, unlike dolphins
A

s the gyms and yoga institutes are yet to fully reopen across the country, experts suggest not to miss your workouts and do regular exercises for at least 30 minutes daily to boost immunity and fight the Covid-19 pandemic.

Given the current pandemic, it’s more important than ever to take care of health via regular physical exercises. If it’s not possible to go to the gym, fitness centres or the neighbourhood park, then exercising at home is ideal.

Though the government has permitted gym and fitness centres to resume functions in Unlock 3.0, the Delhi government has not yet taken a decision on the reopening of gyms and fitness centres in the capital city.

Speaking to IANS, Dr L Tomar, Director, Department of Orthopedics and Joint Replacement from Max Hospital in New Delhi, amid the Covid-19 lockdown, at least exercising for 30 minutes per day is really necessary.

“Staying active and regular exercise also reduces the chances of developing lifestyle-related diseases, helps in boosting immunity and thus give strength in fighting coronavirus infection,” he added.

“Exercises also help in alleviating moods and thus avoiding mental depression which is quite frequently associated with this pandemic leading to a long confinement, fear and financial uncertainties,” Tomar explained.

According to Harshal R. Salve, Associate Professor at All Indian Institute of Medical Sciences (AIIMS) in New Delhi, being active and reducing daily sedentary has proven to be beneficial for reduction of risk of non-communicable diseases.

“Also the severity of Covid-19 related complications were observed more among obese and with pre-existing chronic diseases,” Salve told IANS.

Hence, during Covid-19 times, it is perhaps more important to remain active by doing exercise, yoga and household chores during the indoor stay. This will not only improve physical fitness but also helps to stay mentally healthy, the doctor said.

The country is witnessing a high demand for home fitness products, as people focus more on health and wellness in the wake of the pandemic.

According to NorthAlp, an online shopping portal that exclusively focuses on sports activewear and fitness gear segments, they have seen a 300 per cent increase in sales.

“NorthAlp is experiencing a high online demand for activewear and fitness products, especially our wide collection of premium branded yoga mats have seen extraordinary popularity,” Vijay Kannan, Managing Director India, NorthAlp, had told IANS.

Dr Parmeet Kaur, Senior Dietician at Narayana Hospital in Gurugram said that it’s not necessary to go to the gym only for a workout; one can maintain fitness even at home.

“Also, maintain your food habits as per your exercise routine, never avoid any minor symptom and consult doctors,” she said.

— IANS

Don’t wait for gyms to reopen, exercise daily for at least 30 mins

COMMUNITYLIFESTYLE/HOROSCOPE

ARIES
March 21 – April 19

You may feel like someone is trying to rain on your parade. It’s important not to forget who you are now. Don’t be surprised if you feel a negative pull from someone or something. If so, step away from the situation. It’s not your responsibility to make everyone happy. Don’t bring yourself down as you try to bring others up.

TAURUS
April 20 – May 20

Today is a terrific day for you. You’re able to accomplish a lot during the day, leaving the night open for excitement with others. Once you take care of the necessary things, feel free to grab a big helping of fun. You’ve earned the right to break loose and party. There’s confidence in your step, so strut your stuff.

CANCER
June 21 – July 22

There’s aggressiveness to you today, but this feeling can be useful to you and what you have going on. There’s a practical force helping you stay grounded and realistic about certain issues. Don’t make promises that you know you can’t keep. Don’t be the salesman who promises the world and then fails to deliver anything.

LIBRA
September 23 – October 22

You should try to hold your tongue today. Although you think you have all the answers, you might not have taken all the pieces of the puzzle into account. There is an emotional aggression to the day that may have a strong effect on everyone, especially you. Consider being more of a listener than a talker.

LEO
July 23 – August 22

There’s increased emotional tension today. You may be at the forefront of the action as you take things higher and farther. Have a map handy or you could wind up alone in the middle of nowhere. Other people will be looking for something practical in your approach so they have something solid to lean on during this time.

SCORPIO
October 23 – November 21

Don’t be surprised if you feel like you’re being poked with a stick today, as something urges you to get moving. There’s an aggressive energy moving about and making demands on everyone. You should think about how your skills and perceptive nature can be best used to help do things efficiently and effectively.

GEMINI
May 21 – June 20

Promote balance and harmony today by letting off a bit of steam before you try to engage with others and their dramas. Secure yourself in a stable environment where you can vent your concerns, punch pillows, or jog around the block. Once you get that out, you’ll have a fresh, new attitude with which to participate in the adventures of the day.

VIRGO
August 23 – September 22

Don’t hold back today. You’re the right person for the job in about every situation you encounter. You’ll have the instincts required to move on a project, see what needs to be done, gather the resources, and get the ball rolling. There’s an aggressiveness to you that’s urging you to make a grand conquest, paving the way for a huge celebration of feast and fun.

CAPRICORN
December 22 – January 19

Point your aggressiveness in the right direction today. That shouldn’t be too hard since you know and understand the meaning of a job well done and what’s required to get things accomplished. You’re anxious to get the ball rolling on certain projects. You’ve done the organisation and planning. Trust that you know exactly how to proceed.

AQUARIUS
January 20 – February 18

Today isn’t a day to lounge around. There’s a very important practical matter that must be dealt with before you can engage in any lighthearted activities. The night’s events will be fun and rewarding as long as you complete the duties of the day, leaving your mind free of obligations.

PISCES
February 19 – March 20

Try to keep your emotions in check today. It’s possible that you could become extremely angry and do some damage to yourself and others around you. It’s important to maintain certain modesty and humility at all times. You’ll build good character that earns the respect of others, including your superiors.
Wordsearch


BEGIN ONSET LAST ENDING COMMENCE START NEW FINISH DAWN CEASE RISE LAUNCH ENTER COMPLETE TOMORROW OLD INTRODUCE EMBARK CLOSE SPRING MORNING EXPIRE CONCLUDE YESTERDAY

Codeword

Every letter of the alphabet is used at least once. Squares with the same number in have the same letter in. Work out which number represents which letter.

Sudoku

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contain all the digits from 1 to 9.

Adam

Adam! Come in! It’s not safe. What? I’m on a roll! And there hasn’t been a single lap of...

Bound And Gagged

He ordered the catch of the day, but they served him the catch of last week.

Pooch Cafe

WE’VE DEVELOPED INTERSTELLAR TRAVEL. WE’VE ELIMINATED THE NEED FOR FLYING. WE’VE GOT COLLARS THAT CAN MAKE YOU FLY.

Garfield

WHY ARE YOU TWO JUST STARING AT YOUR TOPP?

If we stare at it long enough, maybe it’ll turn into steak.

Codeword

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Super Cryptic Clues

Across
1 Principal notice inserted in border in front of flower (10)
7 Poor diet Tom has skipped (7)
8 One member’s naughty children (4)
10 It may be taken in court and in boathouse (4)
11 RN choose new vessel (8)
13 Spot, so we hear, for fish (6)
17 Contest for gun-runners? (4,4)
18 Delight in good shelter (4)
21 A member of the opposition in Victorian times? (4)
22 Warned bad lad about damaged tree (7)
23 Locate nuns settled in Cornish town (10)

Down
1 Entertainer taking one in lift (5)
2 Little workers getting article about saint (4)
3 Id come to be cured by doctor (6)
4 Mistake about a garment (8)
5 Stretch vessels in river (7)
6 Soak poets at sea, as it were (2,2,5)
7 12 No crop is damaged by this insect (8)
14 Country song about people (7)
16 Injury resulting from fight with sweetheart (6)
19 Language that comes in for some slating (5)
20 Mr Livingstone has little time for this county (4)

Solution

Wordsearch

Codeword

Answers

GULF TIMES | COMMUNITY | 13
TV actors on favouritism in industry: Talent will triumph

By Natalia Ningthoujam

It has been two months since Sushant Singh Rajput passed away, and his death has sparked a debate about nepotism and favouritism in showbiz. Weighing in on it are TV actors like Donal Bisht, who says that after an incident of favouritism, she stopped giving auditions for quite some time.

Donal is one of the successful small screen actors today, but it wasn’t easy to make it big in an industry that is eyed by many.

“I think favouritism is everywhere, not just in television or films – and that’s completely normal. I think nothing surpasses talent. If one is talented, they will get their break sooner or later. But if one is talented, and if they don’t get a particular project, it’s definitely unjust. Then again, I’m sure they’d say that if they were talented, they would get to be a part of another great project. It may take time, but one will surely get a project, because real talent can’t be hidden,” the Ek Deewana Tha actress told IANS.

She has admitted to being a victim of favouritism.

“I have lost a project when I was auditioning for a particular role – and that thing was fixed, from the budget to dates. But when I did not hear from them, I decided to tell them after a few days,” she recalled.

She eventually came to know that an actress from the same show, who was on great terms with them, had been locked for the role.

“I was shocked. I thought to myself, ‘how could this be? Everything was locked!’ Apparently this actress was the channel’s favourite. So, that’s when I thought to myself that this is all do made-up. I stopped giving auditions,” she said.

But then she stood up and dusted herself off, and decided she wouldn’t give up.

“A few days down the line, I started going to Mumbai for auditioning again. Then bagged the Balaji show Kulshar as a parallel lead. It was my first break. I was anchoring for Doordarshan’s Chitrukaar at the time, and the Balaji team asked me to leave the show and come to Mumbai. My parents were a little reluctant at the time, but then we took the leap of faith, and then the rest is history,” she recalled.

“Although leaving Chitrukaar was very tough for me because we had a rejection coming our way in the past even after everything was locked. But the Balaji team assured me that I’d be huge! I added.

Actor Sharad Malhotra agrees with Donal that favouritism, partiality, preference and prejudice exist everywhere and in all spheres, but these things should not hold people back or deter them from giving their best in life.

“I honestly don’t know if I ever lost a role to favouritism but yes, there were times when just before signing on the dotted line, I was given a lame reason for the project not being worked out in my favour,” he shared.

Naagin actress Jasmin Bhasin also feels that favouritism exists everywhere, even in friends’ circle.

“In a group of five friends, there could be two friends who favour each other. Personally, yes, sometimes I have lost a role or a show but why tag that as favouritism? Maybe, I was not fulfilling the criteria. Why start the blame game? I believe in my talent and capability. If a role is meant for me, it will come to me,” she said.

Actor Shashank Vyas feels that more than anything else, it is destiny.

“If something is written for you, then you will get it. I am not being philosophical but I truly believe in this. Nobody can make or break you. Whatever happens, it’s done by some energy. Also, I feel it totally depends on the person – how passionate or determined he or she is,” he said.

He agrees that favouritism exists in the television industry.

“I don’t let it affect me in any way, I just do my bit. Honestly, I haven’t faced anything like that so far. My advice to newcomers would be to get into the profession to act, and not for the glitz and glamour. Ask yourself first why do you want to get into acting, the reason should be clear in your mind. You should be mentally and physically prepared because it’s not easy to survive here,” Shashank said.

“You will face rejections, and more rejections, so your mind should be ready for that. Just because someone became successful in their first show, doesn’t mean you will, too. So you need to keep your mind and heart strong, never lose hope, never compromise in your efforts, and you will succeed. I should mention it’s a long road to success,” he added.

Concluding on a positive note, Jasmin has an advice for newcomers in the industry.

“Train yourself every day. Maybe something better is waiting for you,” she said. – IANS

Music labels pay nightclubs, restaurants to play their songs: Abhigyan Jha

Recently, popular rapper Badshah confessed to Mumbai Police that he had paid Rs72 lakh to buy 72 million fake views, in order to create the record of ‘most viewed song’ for his track, Pagal, in 2019.

Now, Abhigyan Jha, director of the upcoming music web series, The Soho Project, claims there is a section of rappers, musicians, and even music companies who pay to popular restaurants and nightclubs to play their songs, as this is one of the fastest ways to gain popularity.

“The whole business of music has changed and it is different. It is not only about buying fake views on social media but there are clubs and restaurants paid to play songs of some artists under some music labels. That is how one kind of songs are getting promoted, more than other genres of music. When you, as a listener are listening to their songs on every radio station, and in every club and restaurant, you are bound to believe that the artiste is popular! But guess what? That is a fake popularity!” Abhigyan told IANS.

His words are justified from an artiste’s point of view, but many may argue that there is nothing wrong in this business model, especially for the clubs and restaurant owners, because at the end of the day they are here to make money, either from the music companies or from their customers. Abhigyan has a different view.

“There are age-old places, cafes, and clubs that are still running. In Mumbai and in other metro cities, clubs and restaurants mushroom and also closing down soon after. Why? Because food, music, and ambiance make the signature of every brand. By playing the same music that people are hearing everywhere, those places are not left with any signature,” he said.

“Tell me, why is Punjabi music being popularised as if music from other regions of the country almost do not exist? There is a difference between promoting one kind of music and overshadowing every other genre and artiste, not based on merit but by money and power structure. That has exactly happened in the recent past,” answered the director, who earlier worked on youth shows like Joy Hind, Movers & Shakers, Tum Bin Jaanee Kahaan and films like Krishna Cottage.

In his upcoming show, The Soho Project, the director has worked with several new talents. The series has 25 new songs and it features known television actors like Lopa Mudra Raut, Gaurav Khanna, and Sahil Vaid among others.
Heroes — including Kevin Hart, Diane Keaton and Ashton Kutcher — had addressed the tweet, in which she talked about the “positive takeaways” of her personal interactions with Ellen DeGeneres while acknowledging that she “can’t speak for anyone else’s experience.”

The Smiley artist and other celebrities — including Kevin Hart, Diane Keaton and Ashton Kutcher — had sharply criticized for publicly supporting DeGeneres while her series is under internal investigation.

“I started that tweet off not undermining anyone else’s experience,” Perry told The Times. “Perry addressed the tweet, which focused on the “positive takeaways” of her personal interactions with DeGeneres while acknowledging that she “can’t speak for anyone else’s experience.”

The ambition of the piece was to tell a story that we all feel we are familiar with, that forms part of Britain’s national philosophy, but with a fresh take on it. To tell the stories that might not have been told before or at least not told too widely. I wanted to capture something of the global cooperation. It was possibly the first time in modern history that the world got to talk to each other and cooperate in such intimate terms.”

The show went live on SonyLIV on August 14. – IANS

**Lesley Manville, Sean Bean open up on World On Fire**

Actress Lesley Manville says she was drawn to her role in series, World On Fire, because of the class tensions it explores.

“Robina is an upper-middle-class woman who is widowed and is the epitome of the very posh end of Manchester. Her son Harry, played by Jonah Hauer-King, is her only child who goes off to war and that’s really what Robina’s story revolves around. Harry’s father, we learn, has committed suicide and she is trying to keep her country pile that’s a bit cold and soulless. I was drawn to play that class of woman because it’s not something I’ve had to do often before,” Manville said.

Penned by multi-award-winning writer Peter Bowker, World On Fire is a drama telling the story of World War II through the lives of ordinary people from all sides of the global conflict. It traces the intertwining fates of characters in Britain, Poland, France, Germany and the US as they grapple with the effect of the war. The series also features Sean Bean and Helen Hunt.

Talking about the show, Bean said: “It’s an amazing production that I became engrossed in as soon as I read the scripts. In some ways it’s like a completely captivating novel and every individual seemed to be portrayed uniquely.”

He continued: “They all have their particular ambitions, dreams and jobs before the war starts and then their fears and dread as events unfold are the same across all the countries we show. They are all coming to terms with the changes that are happening in their lives and realise that, for some of them, ridicule, intimidation and persecution are coming down the line because of their beliefs and simply for being who they are.”

Added Bowker: “The ambition of the piece was to tell a story that we all feel we are familiar with, that forms part of Britain’s national philosophy, but with a fresh take on it. To tell the stories that might not have been told before or at least not told too widely. I wanted to capture something of the global cooperation. It was possibly the first time in modern history that the world got to talk to each other and cooperate in such intimate terms.”

**Batman first preview to be launched on Aug 22 at virtual gala**

Fans can gear up for the first preview into the world of the much-hyped upcoming superhero film, Batman, which introduces Robert Pattinson as the caped crusader.

Director Matt Reeves will release the preview at the DC FanDome on August 22, which will have hosts across India, Australia, Brazil, Canada, China, France, Germany, Italy, Japan, Mexico, South Korea, Spain, the US, and the UK.

It was earlier announced that Robert Pattinson would be joining the virtual global event. Now, it has been revealed that Reeves will launch the preview along with a few surprises at a Batman panel during the fest.

One can also expect an update on the standalone Flash film, with filmmakers Andy and Barbara Muschietti, star Ezra Miller, and screenwriter Christina Hodson joining for a panel for the upcoming feature film version of *The Flash*.

The event also include panels featuring the filmmakers and casts of Wonder Woman 1984, The Suicide Squad and the Zack Snyder Cut of Justice League and the casts of TV series including DC’s Legends of Tomorrow, Batwoman, Black Lightning and *The Flash*.

The event, which will feature over 40 hours of programming celebrating past, present and future DC content, will also include a performance by Chris Daughtry of his song *Waiting for Superman*, and the premiere of the animated feature Superman: Man Of Tomorrow starring Darren Criss, Zachary Quinto, and Alexandra Daddario. The event will also share new updates about other Warner Bros. films and TV shows, like Aquaman, Black Adam, and SHAZAM!. – IANS

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**Lesley Manville, Sean Bean open up on World On Fire**

**By Christi Carras**

**Katy isn’t sorry she defended Ellen: ‘Not everyone is going to agree’**

**By Christi Carras**

Pop star Katy Perry is doubling down on a controversial tweet defending comedian Ellen DeGeneres, who recently came under fire after employees of her daytime talk show reported a toxic work environment.

Speaking with the *Los Angeles Times’* Amy Kaufman, Perry addressed the tweet, which focused on the “positive takeaways” of her personal interactions with DeGeneres while acknowledging that she “can’t speak for anyone else’s experience.”

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School reopening complicates life for students with special needs

By Lucas Daprile

E
ev
eyth
ing Deni
se Jolly is struggling from the same
thousands of other South Carolinians have been struggling with amid the coronavirus pandemic.

But very few of them are struggling with it all at once.

Jolly is a cancer patient and the mother of two boys, one of whom is struggling with it all at once.

“Our situation is more extreme than most are facing, but I know there are a lot of special needs parents in Columbia,” Jolly told The State.

Throughout the coronavirus pandemic, the disadvantages special needs students face on a normal basis have been magnified, experts said.

With their individualised curricula, teaching methods and medical care disrupted by coronavirus, it has become more difficult for special needs children to get what they need to learn, especially if the service is best conducted in-person, such as physical therapy or hands-on learning.

Her son Isaiah, a fifth grader who is on the autism spectrum, was getting one to two hours of personalised help per day from his teachers once virtual classes began, she said.

But her son needs personal interaction with teachers; he needs a routine, and his parents and teachers need to make sure he doesn’t get overstimulated by being in front of a screen for too long, she said.

“If you are overstimulated, you could be off the rails for the next three days,” Jolly said of Isaiah.

“He has really struggled,” Jolly said.

But personal interaction with his teachers right now is just too risky, Jolly said. Cancer patients are thought to be at increased risk of serious Covid-19 complications because of their compromised immune systems, according to the American Cancer Society.

One of the most pressing challenges as schools seek to reopen has been how to treat students who have special needs, disabilities or something called an Individualised Education Program, or IEP. IEPs are formed by teachers, parents, disabilities professionals and sometimes the students themselves to find ways to best teach the student, according to the US Department of Education.

IEPs can include a variety of services including speech-language pathology, physical therapy, medical services, counselling and more, according to the department.

Part of the reason special education is so challenging right now is because every special education student — regardless of the diagnosis — needs something slightly different, said Amy Holbert, the CEO of Family Connection South Carolina, a federally funded organisation that connects parents of special needs children with healthcare, education and other services.

For example, three students with Down syndrome will need three different education plans. One of those students may need speech therapy, another may need physical therapy and some may need both, Holbert said.

Amid the volatile coronavirus landscape, it is even more difficult than usual for special education teachers to plan for how to teach their students, Holbert said.

Recently, Holbert said she spoke to a mother whose son was in special needs courses and the son had personalised goals to interact with others face-to-face for designated periods of time to build his social skills.

Should that student be stuck at home, it’s unclear how he would learn social skills, Holbert said.

Because special education is so personalised, it can be more expensive than mainstream education, making it even more important for government agencies to secure funding, Holbert said.

“We need to make sure our public schools have the funding to support whatever creative and innovative methods of instruction and methods of engagement for special education students,” Holbert said.

The differences in mental health are especially pronounced among those diagnosed with autism, said Kim Thomas, the interim president and CEO of the S.C. Autism Society.

“All people on the spectrum are different,” Thomas said. “While some people may do better in a structured environment, some prefer virtual learning.”

But the coronavirus often narrows families’ options, forcing some special education students to learn online who may not do well in that environment. “It is making it difficult for children to get the instruction they need because they are not getting that one-on-one time,” Thomas said.

The S.C. Department of Education has allocated an additional $10 million for districts to help care for students who have special needs, S.C. Superintendent of Education Molly Spearman testified before state lawmakers last month.

Coronavirus can also be especially threatening both physically and mentally to some special needs students.

Sometimes, special needs children have a condition that compromises their immune system, making it riskier for them to re-enter a physical classroom, even as coronavirus cases decrease, Spearman and Holbert said.

Even for those who have healthy immune systems, a hospital trip can be mentally and emotionally “devastating” to children with autism because of how thoroughly it would change their environment and routine, Thomas said.

“They wouldn’t understand it,” Thomas said.

The ramifications of a possible hospital trip also give many parents pause before having tutors come over to their houses or before sending their child to school.

“There’s a lot of anxiety about parents having to take their kids into class,” Thomas said.

Quarantine has also been challenging for special education teachers who are having to go the extra mile just to make sure their students aren’t falling too far behind, said Kathy Maness, the executive director of the Palmetto State Teachers Association.

Maness has seen it personally. Her son Jonathan, a senior at River Bluff High School, suffered from a traumatic brain injury when he was five and has been in special education classes for most of his life, Maness said.

As a result of his left frontal lobe injury, Jonathan struggled to develop fine motor skills such as writing and tying his shoes, Maness said. As a result, Jonathan needs more time than other students to absorb lessons, take tests and more, Maness said.

Jonathan also needs face-to-face interaction, which is why he will be doing “hybrid” classes – a mix of virtual and in-person classes — once school starts back up.

“He truly struggles,” Maness said. “The virtual did not work for us.”

In the spring, when schools were closed and students were forced to go online for classes, Jonathan’s special education teacher, “Coach Crocker,” would come over to the house, sit on the back deck with Jonathan and tutor him for hours at a time. “Special ed teachers are a different breed,” Maness said.

“All teachers are heroes, but special needs teachers are superheroes,” Maness said.

— The State (Columbia, S.C.)/TNS