Future tense

Trust, fear and solidarity will determine the success of a Covid-19 vaccine. P2-3

Cuisine
The infamous sloppy janes sandwich. Page 6

Back Page
Isolation, disruption and confusion. Page 16
Cloud of uncertainty

When a coronavirus vaccine becomes available, will it be met with a roaring ovation, like the polio vaccine, or communal yawning, like the measles shot? Or some strange hybrid of the two, asks Arthur Allen

Maybe I’m an old-fashioned fool, but I think that most people will welcome a vaccine, if the rollout is done right. Most people are desperately afraid of Covid. A minority thumb their noses, many of them for political reasons

— David Oshinsky, Professor of History and Pulitzer Prize-winning author of Polio: An American Story

“Life is far too important a thing ever to talk seriously about.”
— Oscar Wilde
A Third Of Americans Unwilling To Get Covid-19 Vaccine

Share of U.S. adults willing to get an FDA approved, no cost vaccine for Covid-19

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Americans</td>
<td>65%</td>
<td>35%</td>
</tr>
<tr>
<td>Democrats</td>
<td>81%</td>
<td>19%</td>
</tr>
<tr>
<td>Independents</td>
<td>59%</td>
<td>41%</td>
</tr>
<tr>
<td>Republicans</td>
<td>53%</td>
<td>47%</td>
</tr>
<tr>
<td>18-29 years old</td>
<td>76%</td>
<td>24%</td>
</tr>
<tr>
<td>30-49 years old</td>
<td>64%</td>
<td>36%</td>
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<tr>
<td>50-64 years old</td>
<td>59%</td>
<td>41%</td>
</tr>
<tr>
<td>65+</td>
<td>70%</td>
<td>30%</td>
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</tbody>
</table>

n=7,632 (July 20-August 02, 2020)
Source: Gallup

“Most people will welcome a vaccine, powerful post–World War II trust in the US scientific and medical establishment that would endure for many years. Social solidarity was also important. Vaccines prevent the circulation of a disease among the unvaccinated via what scientists call herd immunity – if enough people are vaccinated. When a reliable rubella vaccine became available in 1969, states quickly required childhood vaccination, even though rubella was practically harmless in children. They wanted to protect a vulnerable population – pregnant women – to prevent a repeat of the 1963–64 congenital rubella epidemic, which resulted in 30,000 fetal deaths and the birth of more than 20,000 babies with severe disabilities. The embrace of the rubella vaccine, as historian Elena Conis of the University of California–Berkeley notes in her book, Vaccine Nation: America’s Changing Relationship With Immunization, marked the first time a vaccine had been deployed that offered no direct benefit to those who were vaccinated. Still, it took a combination of fear, solidarity – and coercion – for Orenstein and his colleagues at the CDC and state public health agencies to drive childhood vaccination rates for measles, whooping cough, rubella and diphtheria to 90% and above in the 1990s to assure herd immunity. Shame was also a tool. Orenstein remembered testifying to the Florida Legislature when it was considering a tougher vaccine mandate. He showed them that disease rates were lower in neighbouring states that had tighter mandates in place.

What’s different now? In a politically divided nation, trust in science, low and experts are distrusted, politicians more so. Childhood vaccination efforts are already beset by large numbers of hesitant parents. And efforts to fight the Covid-19 epidemic in the United States have been clumsy and chaotic at best, leaving Americans to doubt the competence of their governments and institutions.

There is still fear. “Maybe I’m an old-fashioned fool, but I think that most people will welcome a vaccine, if the rollout is done right,” said David Oshinsky, a professor of history at New York University and author of Polio: An American Story, a Pulitzer Prize-winning history. “Most people are desperately afraid of Covid. A minority thumb their noses, many of them for political reasons. How will this change when there’s a vaccine that fundamentally changes the health risk equation to some degree?”

Recent surveys show as few as half of adults have determined to be vaccinated against Covid-19. Those numbers could change depending on a number of hard-to-predict factors, said Conis of Berkeley.

“A lot of people will be really eager to get it,” she said. “A lot will be hesitant, not only because of misinformation but because of a lack of trust in the current administration.”

When a coronavirus vaccine is introduced, it may be sold as personal protection, even for young, healthy people. But those who suffer most from the virus are usually older or sicker. An effective vaccination campaign may try to instill a sense of solidarity, or altruism, as well as a more general sense that without vaccination, the economy can’t get back on its feet.

“I’m not clear if people accept that solidarity,” Orenstein said. “People look more for what’s good for themselves than what’s good for society.” That said, the risk of Covid-19 to young people is “not zero. That’s one of the major ways to sell this, in a sense.” – Kaiser Health News
Covid-19 in babies and children

Know the symptoms in babies and children, why children might be affected differently by it and what you can do to prevent the spread of the virus.

Children of all ages can become ill with coronavirus disease 2019 (Covid-19). But most kids who are infected typically don’t become as sick as adults and some might not show any symptoms at all. Know the symptoms of Covid-19 in babies and children, why children might be affected differently by Covid-19 and what you can do to prevent the spread of the virus.

How likely is it for a child to become sick with coronavirus disease 2019 (Covid-19)?

While all children are capable of getting the virus that causes Covid-19, they don’t become sick as often as adults. Most children have mild symptoms or no symptoms.

According to the American Academy of Pediatrics and the Children’s Hospital Association, in the United States children represent about 2 percent of all Covid-19 cases. Hospitalisation rates for children are much lower than for adults. However, if children are hospitalised, they need to be treated in the intensive care unit as often as hospitalised adults, according to research from the Centres for Disease Control and Prevention (CDC).

In addition, people of any age with certain underlying conditions, such as obesity, are at higher risk of serious illness with Covid-19. Children who have congenital heart disease, genetic conditions or conditions affecting the nervous system or metabolism are also at higher risk of serious illness with Covid-19.

Research also suggests disproportionately higher rates of Covid-19 in Hispanic and non-Hispanic American African children than in non-Hispanic white children. Hispanic and non-Hispanic American African children also have had higher rates of hospitalisation.

Rarely, some children might also develop a serious condition that appears to be linked to Covid-19.

Why do children react differently to Covid-19?

The answer isn’t clear yet. Some experts suggest that children might not be as severely affected by Covid-19 because there are other coronaviruses that spread in the community and cause diseases such as the common cold. Since children often get colds, their immune systems might be primed to provide them with some protection against Covid-19. It’s also possible that children’s immune systems interact with the virus differently than do adults’ immune systems. Some adults are getting sick because their immune systems seem to overreact to the virus, causing more damage to their bodies. This may be less likely to happen in children.

How are babies affected by Covid-19?

Although rare, children under age 2 appear to be at higher risk of severe illness with Covid-19 than older children. This is likely due to their immature immune systems and smaller airways, which make them more likely to develop breathing issues with respiratory virus infections.

Newborns can become infected with the virus that causes Covid-19 during childbirth or by exposure to sick caregivers after delivery. If you have Covid-19 or are waiting for test results due to symptoms, it’s recommended during hospitalisation after childbirth that you wear a cloth face mask and have clean hands when caring for your newborn. Keeping your newborn’s crib by your bed while you are in the hospital is OK, but it’s also recommended that you maintain a reasonable distance from your baby when possible.

When these steps are taken, the risk of a newborn becoming infected with the Covid-19 virus is low. Research suggests that only about 2 percent to 5 percent of infants born to women with Covid-19 near the time of delivery test positive for the virus in the days after birth. However, if you are severely ill with Covid-19, you might need to be temporarily separated from your newborn.

Infants who have Covid-19 or who can’t be tested due to a lack of availability and have no symptoms might be discharged from the hospital, depending on the circumstances. It’s recommended that the baby’s caregivers wear face masks and wash their hands to protect themselves. Frequent follow-up with the baby’s health care provider is needed — by phone, virtual visits or in-office visits — for 14 days. Infants who test negative for Covid-19 can be sent home from the hospital.

Children’s Covid-19 symptoms:

While children and adults experience similar symptoms of Covid-19, children’s symptoms tend to be mild and cold-like. Most children recover within one to two weeks. Their symptoms can include:

1. Fever
2. Nasal congestion or runny nose

Continued on Page 5
**COVID TESTING:** To test for Covid-19, a healthcare provider uses a long swab to take a sample from the back of the nose. The sample is then sent to a lab for testing. If your child is coughing up phlegm (sputum), that may be sent for testing.

**Covid-19 prevention tips:**
There are many steps you can take to prevent your child from getting the virus that causes Covid-19 and, if he or she does become sick, to avoid spreading it to others. The CDC and WHO recommend that you and your family:

1. **Keep your hands clean:**
   - Wash your hands often with soap and water for at least 20 seconds. If soap and water aren’t available, use a hand sanitiser that contains at least 60% alcohol. Cover your mouth and nose with your elbow or a tissue when you cough or sneeze. Throw away the used tissue and wash your hands.
   - Avoid touching your eyes, nose and mouth. Have your kids wash their hands immediately after returning home, as well as after going to the bathroom and before eating or preparing food. Show young children how to create tiny soap bubbles by rubbing their hands together and how to get the soap between their fingers and all the way to the ends of their fingers, including their thumbs and the backs of their hands. Encourage your kids to sing the entire “Happy Birthday” song twice (about 20 seconds) so they spend the time they need to get their hands clean.

2. **Practice social distancing:**
   - Avoid close contact (within about 6 feet, or 2 metres) with anyone who is sick or has symptoms. Minimise trips outside your house. When you do go out, leave your children at home — if possible. Since people without symptoms can spread the virus, don’t allow your child to have in-person playdates with children from other households — even if they are all feeling well. If your child plays outside, make sure he or she stays 6 feet away from people outside of your household. You can describe this distance to your child as about the length of a door or an adult’s bicycle. Don’t allow your child to play games or sports that involve shared equipment, such as a basketball, or that can’t accommodate physical distancing. Postpone your child’s in-person visits with older adults.
   - Encourage your child to keep in touch with friends and loved ones through phone calls or video chats. Consider organising virtual family meals, game nights or playdates to keep your child engaged.

3. **Clean and disinfect your home:**
   - Focus on cleaning surfaces every day in common areas that are difficult to avoid close contact with others. It’s especially suggested in areas with ongoing community spread. This advice is based on data showing that people with Covid-19 can transmit the virus before realising that they have it. If your child is age 2 or older, have him or her wear a cloth face mask when out in the community to prevent the spread of Covid-19 to others. Don’t place a face mask on a child younger than age 2, a child who has any breathing problems, or a child who has a condition that would prevent him or her from being able to remove the mask without help. In addition, keep up with your child’s well visits and vaccines. This is especially important for infants and young children under age 2. Many healthcare providers in communities affected by Covid-19 are using strategies to separate well visits from sick visits by seeing sick children in separate areas of their offices or at different locations. If your child is due for a well visit, talk to your child’s doctor about safety steps being taken. Don’t let fear of getting the virus that causes Covid-19 prevent your child from getting his or her vaccines to prevent other serious illnesses.
   - Following guidelines to prevent the spread of the Covid-19 virus can be particularly difficult for kids. Stay patient. Be a good role model and your child will be more likely to follow your lead. — Mayo Clinic News Network/NS
The infamous sloppy janes sandwich

Variety in food is what excites me and encourages me to strive every day to make the food in varied ways. I am sure you must have heard about sloppy joe! The ground beef in a semi-spicy tomato or barbecue sauce served in a bun. Today I will compare sloppy joe to its near cuisine cousin – sloppy janes. Sloppy janes is a similar style of sandwich made with ground turkey meat served on a bun. The difference in both dishes is the meat used in the recipe-ground turkey instead of the ground beef. That’s it! The other common ingredients used in the recipe are similar and are not limited to tomato ketchup or tomato sauce, Worcestershire sauce, garlic, onion, bell peppers, etc. To summarise the sloppy janes is a lighter cross between chili and sloppy joes in sandwich form. This is a hearty sandwich that is lighter and lower in calories. This unique sandwich is unique yet easy to make and how good they taste.

Sloppy janes origin credit directly goes to sloppy joe as it was long considered an American staple. In fact, the sloppy joe origin story may have its beginnings a little further south. Sloppy joes became popular in the 1930s as a way for families to stretch their food a bit. Inexpensive cuts of meat combined with a tomato sauce and fillers like onions could feed a lot of people, especially when you serve it on bread to make it a complete meal. It helps that the sandwich is popular with all ages. Even today, the sloppy joe is considered a budget-friendly and kid-friendly food. The ground turkey version of this classic dish makes this dish more acceptable for the masses and non-red meat-eaters.

I recently served this recipe to my diners and they were very excited and those who did not eat beef could also consume it and appreciated it. This is an easy recipe to serve to kids as the ground meat is easier to chew and the kids can eat this easily in the form of sandwiches in a bun. Grilling the meat is a way to tenderise it and the final dish is like fast food but still not fast food.

Now you may be thinking that the ground turkey will taste like ground beef? The main variable in any ground meat is the percent lean. That means how much lean meat is in the mixture to the ratio of fat. The amount of fat in ground meat affects the taste and feel in the mouth more than the species of the animal. Especially when there are plenty of seasonings and spices are added to the recipe. So try this delectable recipe over this weekend and delight your non-red meat-eaters with a classical red meat dish.

Sloppy Janes

Ingredients
Serves 4
Ground turkey 500 gm
Oil 3 tbsps.
Salt to taste
Black pepper crushed to taste
Steak seasoning 1 tsp
Onion, chopped ½ cup
Bell pepper, chopped ½ cup
Worcestershire sauce 1 tbsp.
Vinegar 1 tbsp.
Tomato sauce 1 cup
Paprika powder 1 tsp
Sugar granulated 1 ½ tbsp.
Hamburger buns 4 buns

Method:
1. Heat a heavy bottom skillet over medium-high heat and add oil followed by ground turkey
2. Sprinkle salt, crushed pepper, and steak seasoning and cook for 8-10 minutes, stirring continuously
3. Reduce the heat to medium and add onion, bell pepper, Worcestershire sauce, and vinegar
4. Mix well and continue to crumble until the meat is fully cooked for about 5 minutes
5. Reduce the heat to low, add tomato sauce, tomato paste, and sugar. Stir well, stirring occasionally, cook until it’s hot for about 5 minutes
6. Toast the buns, if desired and evenly distribute the prepared mixture among the bottom buns and then finish off with the tops of the buns and serve and hot and enjoy with friends and family

Note: You can also add cheese on top of the meat and add pickle also in the bun. Serve crispy fried potato fries along.

Chef Tarun Kapoor, Culinary Mastermind, USA. He may be contacted at tarunkapoor83@gmail.com
Director of Diplomatic Institute receives Peruvian envoy

HE Dr. Abdulaziz Mohamed al-Horr, Director of the Diplomatic Institute, recently met Dr. Jose A. Benzaquen, Ambassador of the Republic of Peru. During the meeting both officials exchanged ideas and discussed the established bilateral relations between Qatar and Peru as well as the promotion of the Diplomatic Academy.

The ambassador highlighted about the 65th anniversary of the Diplomatic Academy in Lima, Peru which was founded in 1955 as the centre of education and training for Ministry of Foreign Affairs. The purpose of this diplomatic visit was also to focus on the strength of both institutions as well as a future collaboration between the two academies. Both officials agreed upon signing a Memorandum of Understanding to reinforce the collaboration between the two academic institutions with the purpose of promoting diplomatic co-operation and expertise.

Area 23 Clubs launch Youth Leadership Programme

Area 23 Clubs, under Division F in District 116, including Doha Bank Toastmasters, EF Toastmasters and Malaysian Toastmasters recently launched a Youth Leadership Programme which is being conducted online for around 75 students in and out of Qatar. The Youth Leadership Programme is a workshop consisting of eight one to two-hour sessions that enable young people under the age of 18 to develop their communication and leadership skills via practical experience. The programme has been running on all Thursdays, Fridays and Saturdays during August and will continue during September as three groups. First Group, sponsored by Doha Bank Toastmasters, is co-ordinated by Kunihiko and assisted by Chandrani and Mahatab. Second Group, sponsored by EF Toastmasters, is co-ordinated by Haseeb and assisted by Sruthy and Dileep; and third group, sponsored by Malaysian Toastmasters, is co-ordinated by Sabari Prasad and assisted by Zurin and Yahana. All three YLP groups have the support, guidance, and training from YLP mentors, including Shaji Kader, Sajeev Kumar, and other notable Toastmasters in District 116.
Bottlenose Dolphin

Scientific Name: Tursiops truncatus

Kingdom: Animalia
Order: Cetacea
Phylum: Chordata
Family: Delphinidae
Class: Mammalia
Genus: Tursiops

Distribution

An awesome fact: Dolphins have sharp eyes and dolphins have good indices of refraction of light to focus light, whereas humans have to contract the special...
The dorsal fin of a dolphin (located on the back of the dolphin) acts like a keel when the animal swims, giving him directional control and stability within the water.

**What do they eat?**
Their diet consists mainly of small fish, crustaceans, and squid. Although this varies by location, many populations share an appetite for fish from the mullet, the tuna and mackerel, and the drum and croaker families.

![Image of fish]

**Gestation**
The gestation period lasts an average of 12 months. Births can occur any time of year, although peaks occur in warmer months. The young are born in shallow water, sometimes assisted by a “midwife” (possibly male) and usually only a single calf is born.

![Image of dolphin calf]

**Echolocation**
The dolphin’s search for food is aided by a form of sonar known as echolocation: they locate objects by producing sounds and listening to the echoes. A broadband burst pulse of clicking sounds is emitted in a focused beam in front of the dolphin. To hear the returning echo, they have two small ear openings behind the eyes, but most sound waves are transmitted to the inner ear through the lower jaw.

![Image of dolphin echolocation]

**Eyesight**
Their horseshoe-shaped, double-slit pupils enable vision both in air and underwater, despite the different media. When under water, the eyeball’s lens serves in the in-air environment, the typically bright light serves a red pupil, resulting in sharpness from a smaller aperture.
Microsoft Flight Simulator — buckle in and see the world

The perfect lockdown antidote: get in a plane and see New York, or the Amalfi coast, or the Himalayas, in eye-searing detail

By Keith Stuart

When the original Microsoft Flight Simulator was released almost 40 years ago, it was very much for enthusiasts only. Early home computers could barely cope with drawing cockpit instrument panels, let alone scenery — so what you saw as you fought with the controls was a lot of dials and numbers, usually followed by an on-screen message politely informing you that you had crashed during take-off.

This is not the experience you will have with Microsoft Flight Simulator 2020. Developed by French studio Asobo using accurate geographic data culled from Bing Maps, a global cloud computing network, and real-time weather information, this is as much a visual spectacle as it is a simulator. And you will want to see as much as you can, because at 10,000 feet, the world looks spectacular (especially on the Ultra graphical settings, where it’s almost photorealistic). From craggy snow-topped mountain ranges to swooping desert valleys to bustling cities, the landscape is alive with detail.

Without a moment’s airborne motion. There are specific flight challenges and missions to try out, and even a global scoreboard where you can match yourself against other pilots, but you never have to do any of this. You can merely pick a departure point and a destination, and fly along the Amalfi coast, or up over the Ural mountains; you can cross the Atlantic, the Irish Sea or Lake Wakatipu; Wherever you go, this game captures the wonder of flight, and the spiritual and emotional rush of seeing the world in a different way.

— The Guardian
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 contains the digits 1 to 9 and none is repeated.

Across
1 Impeded deer? Poor deer! (8)
6 Used to be a revolutionary tool (3)
9 Record left by girl (5)
10 Very young cat I lost in ancient city (7)
11 An unequal share? Certainly! (3,4)
12 Irritable youth leader on trial (5)
13 Is getting in support to put up a fight (6)
15 Some postcodes, say, in port (6)
19 Hat seen at Epsom? (5)
21 Ancient city as opposed to old church (7)
23 Awfully isolated, having dismissed fifty yes-men (7)
24 Races round island to see wrecks (5)
25 American uncle plays a major part (3)
26 Pointers initially seem unnecessary (8)

Down
2 Lights that fused singe it (7)
3 Greek letter taken up? Cheers! (5)
4 Check polish once more (6)
5 Action about night flier may be discussed (7)
6 County loses its vigour (5)
7 Like some beaches in Skegness and Yarmouth (5)
8 Bet about northern composer (6)
14 Nasty giant, somewhat gloomy (7)
17 Appalled — but helping to make Branagh a star (6)
18 Bother with false lashes (6)
19 The fruit of engagements (5)
20 Province in actual centre of Germany (5)
22 Beginner has left mountainous area (5)

Solution

And what does Kiley want? The judge directed his question to the guardian ad litem.

errant
(ER uhnt)
MEANING: adjective. 1. Traveling, especially in search of adventure. 2. Erring, straying, or moving aimlessly.
ETYMOLOGY: From Old French errarer (to wander, to err). Earliest documented usage: 1400s.

Usage:
“[Jack] Taylor has definitely killed two men, one more or less by accident, the other with malice aforethought.” — wordsmith.org

Solution

Sudoku

Series to binge watch on Amazon Prime

Titus Welliver: Bosch
Homecoming
The Man in the High Castle

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 contains the digits 1 to 9 and none is repeated.
How to match classy pumps heels with shimmery make-up

While dressing up for parties, it is important to match your classy footwear with the right make-up. Experts suggest how to get it right.

Kalpana Sharma, Make-up Artist at The Body Shop India and Yugamk Sharma, CEO of Vincenzo Robertina list down some suggestions.

**Metallic yellow to gold shimmering eyes:**
With jazzy yellow metallic heels, ooz out the zesty you with makeup more driven towards shimmering cat eyes. To keep the look subtle yet zingy, opt for a nude lip shade for a natural lip highlight. Let pigmented yellow tinge shimmer eyes do the talking around and speak the classy story about you. To change the look of your face and something new to try, go bold with ombre lips. Go for golden ombre lips on matte shade of any lip colour.

**Smoky shimmer with class pumps:**
Smoky shimmer eyes are an all-rounder, for every dress and matches with all colours of pumps. Opt for a complete look with smoky shimmer eyes with red tone lip tint to complete the look. With the bling footwear, keep your dress simple and face highlighted with smoky black and well-kohl eyes.

**Shimmer metallic for silver shades:**
Add a look of unicorn or holographic eye makeup to just go metallic. Wear a dress of one colour only topping up metallic heels. Go for silver, unicorn and holographic eye colours these days and have a bunch of holographic eye make-up kits to step up with a more high range of bling to your face.

**Copper shimmer with red-pink-yellow-orange pumps:**
Copper is a perfect colour for every outfit and every footwear you wear. With just the effect of highlighter on to your check bones, pick for copper eyes with a liner of soft eye liner and pink toned lips. Match your accessories accordingly for a complete party popper look. — IANS

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### LIFESTYLE/HOROSCOPE

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<thead>
<tr>
<th>ARIES</th>
<th>March 21 — April 19</th>
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<tbody>
<tr>
<td>School starts on a high note. You may experience positive changes in your career. Your projects are moving forward smoothly. Happy with the progress.</td>
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<thead>
<tr>
<th>TAURUS</th>
<th>April 20 — May 20</th>
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<tbody>
<tr>
<td>You have a strong desire to learn and grow. Your intuition is strong today. Take on new challenges and face them head-on.</td>
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<thead>
<tr>
<th>GEMINI</th>
<th>May 21 — June 20</th>
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</thead>
<tbody>
<tr>
<td>You may feel like you’re spinning your wheels today, especially as the end of the day draws near. Nothing seems to be going your way. Things aren’t really as bad as you think. Most likely, part of your uneasiness has to do with anticipation of upcoming events. Difficult tensions can result when you get irritable for no reason. Don’t make the situation any worse than it needs to be.</td>
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<tr>
<th>CANCER</th>
<th>June 21 — July 22</th>
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<tbody>
<tr>
<td>You’re in a good position to make a major breakthrough. Your sensitivity works to your advantage. It gives you insight into things that others miss. The good news is that this comes with an extra grounding force that helps you be more practical in your decisions and rational in your actions. This wonderful combination helps you attain the success and good fortune you deserve.</td>
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<tr>
<th>LEO</th>
<th>July 23 — August 22</th>
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<tbody>
<tr>
<td>The beginning of the day may start out boisterous and easy-going. The object of the game for you will be to have some fun. As the day wears on, you’ll feel like you need to get more organised. You have to start planning ahead and getting focused in terms of what tasks you need to take care of when.</td>
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<tr>
<th>VENUS</th>
<th>August 23 — September 22</th>
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<tbody>
<tr>
<td>Your feet can get a bit restless today. You may feel you’re coming to a dramatic emotional climax regarding an issue that you take personally. There’s a strong force stirring up your feelings, but that doesn’t mean you have to spin out of control. While this emotion builds within you, there’s a solid, stable force helping you keep your feet on the ground. This lifeline is always there when you need it, so trust in it.</td>
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<tr>
<th>SCORPIO</th>
<th>October 23 — November 21</th>
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<tr>
<td>You may be sidetracked by what you see as failures. To take care of properly. You're open to new opportunities and left open to explore. Enjoy a wonderful meal for yourself and others. You're happy to open up to others and more grounded in your approach.</td>
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<tr>
<th>SAGITTARIUS</th>
<th>November 22 — December 21</th>
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<tr>
<td>You experience a bit of tension and resistance with someone during the early part of the day, but things will ease as evening draws near. People will be more flexible as the day wears on, and be more receptive to your perspective. The more organised and grounded you are, the more room there is for expansion and growth in all the different parts of your world.</td>
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<tr>
<th>CAPRICORN</th>
<th>December 22 — January 19</th>
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<tbody>
<tr>
<td>You may feel you’re coming to a dramatic emotional climax regarding an issue that you take personally. There’s a strong force stirring up your feelings, but that doesn’t mean you have to spin out of control. While this emotion builds within you, there’s a solid, stable force helping you keep your feet on the ground. This lifeline is always there when you need it, so trust in it.</td>
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<tr>
<th>AQUARIUS</th>
<th>January 20 — February 18</th>
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<tr>
<td>Be careful of letting your erratic, willful nature dominate the scene. Go with the flow and be more sensitive to the people around you. Stay grounded, focused, and aware of your emotions. This may be easier said than done, but this kind of behaviour is key to making the most of today. There’s opportunity in doing things in a slightly different way than you have been.</td>
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<th>PISCES</th>
<th>February 19 — March 20</th>
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<td>The beginning of the day may start out boisterous and easy-going. The object of the game for you will be to have some fun. As the day wears on, you’ll feel like you need to get more organised. You have to start planning ahead and getting focused in terms of what tasks you need to take care of when.</td>
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Friday, August 21, 2020
Internet star David Dobrik to co-host Dodgeball Thunderdome

By Tracy Swartz

He's only 24 years old, but Vernon Hills High School graduate David Dobrik is quickly becoming a pro at hosting TV shows.

"The first thing that I really hosted was the (2019) Teen Choice Awards, and I remember I was just panicked going into it. I had no idea what I was doing. I was like, ‘I can’t believe they called me to do this,” Dobrik told the Tribune by phone.

"I thought the whole thing was prerecorded for some reason, and I remember going on stage, and I opened up the show. And then I came off the stage, and I got a text from my friend saying, ‘You’re doing great up there!’ And I turned to the producers, and I was like, ‘What the hell? How does my friend know I’m doing well?’ And he goes, ‘Oh, it’s live! Going into it, I was super, super nervous, but I think just like anything, you gotta jump into the deep end, and that’s the best way to learn how to swim.”

His new gig as co-host of Discovery’s Dodgeball Thunderdome reminds him of playing dodgeball in gym class at Vernon Hills High—though Dobrik describes this show as “Wipeout meets dodgeball. Competitors battle through a series of grossy, muddy, ridiculous obstacles with dodgeballs flying at them in a specially constructed arena. The winners of each of the first eight episodes meet on the finale for a chance to score $25,000. The series—which was prerecorded, pleasing Dobrik—was set to premiere Wednesday.

"It’s just people falling and screaming, so it’s the best,” Dobrik said.

Viewers also have a chance to win $5,000 each episode through a special code—a nod to Dobrik’s over-the-top giveaways. The Internet sensation rose to fame through the now-defunct short-form video platform Vine. He transitioned to YouTube, where he has amassed more than 18 million subscribers with his wacky vlogs.

People magazine named him “Sexiest Heartthrob” last year after he beat out Harry Styles, Shawn Mendes, Noah Centineo and Jordan Fisher in a fan vote. The Wall Street Journal in March called him “Gen Z’s Jimmy Fallon.” Dobrik, who aspires to be a talk show host, made his debut on The Tonight Show in January and discussed legally marrying his best friend’s elderly mother as a prank so he could be his pal’s stepfather. The pair later divorced.

Meena Kumari’s life to be subject of web series

The life of late legendary actress Meena Kumari is set to be the subject of a new web series.

Details of cast and crew are yet to be announced. The makers subsequently plan to make a feature film on the subject too, after the web series.

“IT is a dream comes true for me as nothing is more beautiful and larger than life than the name Meena Kumari. God resides in detailing” is the mantra that guides us, and a subject of this magnitude warrants research. The best names from vintage Hindi film journalism have been hired to provide authentic research. We intend to start with a web series and then move onto a feature film on the gifted actress for whom the term ‘Tragedy Queen’ was coined. We are not in any hurry,” said Kaur.

Meena Kumari is celebrated for her roles in many Bollywood classics including Sahib Bibi Aur Ghulam, Pakeezah, Mere Apne, Baiju Bawra, Dil Aapne Aur Preet Parvai, Dil Ek Mandir and Kajaljul.

Talking on the project, Ashwini Bhatnagar said: "I am delighted to collaborate with a production house like Prabheen’s, which is known for creating path breaking content. The book is possibly the first authentic portrayal of the legendary actress from a neutral viewpoint.”

Meena Kumari died at the age of 39 on March 31, 1972. Thirty-three of those years were dedicated to her eventful acting career. The web series will encompass all aspects of her career, controversies and complexities that shrouded the enigmatic persona of the actress. — IANS

Irrfan’s son Babil requests all to give Sanjay Dutt ‘existential space’

Sanjay Dutt is currently undergoing medical treatment after being diagnosed with lung cancer. Babil Khan, elder son of late actor Irrfan Khan, has urged everyone to accord privacy to the former and his family at this time.

“Writers must wonder ‘how do I start? but I am not a writer so here it is; I humbly request journalists and human curiosity to ease on the speculation, the details. I know that’s your job but I also know that a sense of humanity persists in our soul, so give Sanju bhai and his family the existential space they need,” Babil wrote on Instagram.

He also recalled how Sanjay Dutt had been a constant support to Irrfan during the latter’s battle with cancer.

During his illness, Babil had admitted, ‘Sanju Bhai was one of the first people to offer help in all and every way when my father was diagnosed, after Baba passed, Sanju bhai was again one of the very first few people that held a pillar for support,” Babil wrote.

On August 11, Sanjay Dutt, shared that he was taking a break for medical treatment. A few days ago, his wife Maanayata Dutt updated everyone that the actor will be undergoing treatment in the city.

Babil urged: “Please; I beg you, let him fight this without anxiety of media, you must remember we’re talking about Sanju baba here, he is a tiger, a fighter, the past doesn’t define you but it sure does evolve you and I know this will be over with Sanju Baba smashing hits again.” — IANS

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Isolation, disruption and confusion

Coping with dementia during a pandemic

By Heidi de Marco

Daisy Conant, 91, thrives off routine. One of her favourites is reading the newspaper with her morning coffee. But, lately, the news surrounding the coronavirus pandemic has been more agitating than pleasurable. “We’re dropping like flies,” she said one recent morning, throwing her hands up. “She gets fearful,” explained her grandson Erik Hayhurst, 27, “I sort of have to pull her back and walk her through the facts.”

Conant hasn’t been diagnosed with dementia, but her family has a history of Alzheimer’s. She had been living independently in her home of 60 years, but Hayhurst decided to move in with her in 2018 after she showed clear signs of memory loss and fell repeatedly.

For a while, Conant remained active, meeting up with friends and neighbours to walk around her neighbourhood, attend church and visit the corner market. Hayhurst, a project management consultant, juggled caregiving with his job. Then Covid-19 came, wrecking Conant’s routine and isolating her from friends and loved ones. Hayhurst has had to remake his life, too. He suddenly became his grandmother’s only caregiver, or other family members can visit only from the lawn.

The coronavirus has upended the lives of dementia patients and their caregivers. Adult day care programmes, memory cafes and support groups have shut down or moved online, providing less help for caregivers and less social and mental stimulation for patients. Fear of spreading the virus limits in-person visits from friends and family.

These changes have disrupted long-standing routines that millions of people with dementia rely on to help maintain health and happiness, making life harder on them and their caregivers. “The pandemic has been devastating to older adults and their families when they are unable to see each other and provide practical and emotional support,” said Lynn Friss Pfenberg, a senior strategic policy advisor at AARP Public Policy Institute.

Nearly 6 million Americans age 65 and older have Alzheimer’s disease, the most common type of dementia. An estimated 70% of them live in the community, primarily in traditional home settings, according to the Alzheimer’s Association 2020 Facts and Figures journal.

People with dementia, particularly those in the advanced stages of the disease, live in the moment, said Sandy Markwood, CEO of the National Association of Area Agencies on Aging. They may not understand why family members aren’t visiting or, when they do, don’t come into the house, she added. “Visitation under the current restrictions, such as a drive-by or window visit, can actually result in more confusion,” Markwood said.

The burden of helping patients cope with these changes often falls on the more than 16 million people who provide unpaid care for people with Alzheimer’s or other dementias in the United States. The Alzheimer’s Association’s 24-hour Helpline has seen a shift in the type of assistance requested during the pandemic. Callers need more emotional support, their situations are more complex, and there’s a greater “heaviness” to the calls, said Susan Howland, programs director for the Alzheimer’s Association California Southland Chapter.

“So many (callers) are seeking advice on how to address gaps in care,” said Beth Kallmyer, the association’s vice president of care and support. “Others are simply feeling overwhelmed and just need someone to reassure them.”

Because many activities that bolstered dementia patients and their caregivers have been cancelled due to physical-distancing requirements, dementia and caregiver support organisations are expanding or trying other strategies, such as virtual wellness activities, check-in calls from nurses and online caregiver support groups. EngAGED, an online resource centre for older adults, maintains a directory of innovative programs developed since the onset of the Covid-19 pandemic.

They include pen pal services and letter-writing campaigns, robotic pets and weekly online choir rehearsals. Hayhurst has experienced some rocky moments during the pandemic. For instance, he said, it was hard for Conant to understand why she needed to wear a mask. Eventually, he made it part of the routine when they leave the house on daily walks, and Conant has even learned to put on her mask without prompting. “At first it was a challenge,” Hayhurst said. “She knows it’s part of the ritual now.”

People with dementia can become agitated when being taught new things, said Dr Lon Schneider, director of the Alzheimer’s Disease Research Center at the University of Southern California. To reduce distress, he said, caregivers should enforce mask-wearing only when necessary.

“Caregivers are also exacerbating feelings of isolation and loneliness, and not just for people with dementia, said Dr Jin Hui Joo, associate professor of psychiatry and behavioural sciences at the Johns Hopkins University School of Medicine. “Caregivers are lonely, too.”

When stay-at-home orders first came into effect in March, Hayhurst’s grandmother repeatedly said she felt lonesome, he recalled. “The lack of interaction has made her feel far more isolated,” he said.

To keep her connected with family and friends, he regularly sets up Zoom calls.

But Conant struggles with the concept of seeing familiar faces through the computer screen. During a Zoom call on her birthday last month, Conant tried to cut pieces of cake for her guests. “I would get my nails done, run errands by myself and go out on lunch dates with friends,” Moran said. “But not anymore.”

— Kaiser Health News/ TNS