Little choice
Nurses and doctors sick with Covid-19 in the US feel pressured to get back to work. P4-5

Review
Striking the putrid core of patriarchy. Page 9

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Temperature measurement at HIA. Page 16
Modern Love
CAST: Anne Hathaway, Tina Fey, Andy Garcia
SYNOPSIS: An unlikely friendship. A lost love resurfaced. A marriage at its turning point. A date that might not have been a date. An unconventional new family. These are unique stories about the joys and tribulations of love, each inspired by a real-life personal essay from the beloved New York Times column Modern Love.

The Expanse
DIRECTION: Mark Fergus, Hawk Ostby
CAST: Steven Strait, Cas Anvar, Dominique Tipper
SYNOPSIS: Two hundred years in the future, in a fully colonised solar system, police detective Josephus Miller (Thomas Jane), who was born in the asteroid belt, is given the assignment to find a missing young woman; Julie Mao (Florence Faivre). Meanwhile, James Holden (Steven Strait), the first officer of an ice freighter, is witness to an unprovoked attack upon the ship, by craft believed to be from Mars (MCRN Federation). As news of the attack spreads throughout the system, the incident’s flow—on threatens to destabilise already tenuous relations between Earth, Mars and The Belt. Far away from the struggles in deep space, on Earth, Chrisjen Avasarala (Shohreh Aghdashloo), a powerful United Nations executive and diplomat, works to prevent war between Earth and Mars by any means. Soon, the 3 find out the missing woman and the ice freighter’s fate are part of a vast covert conspiracy which threatens all humanity.
Differences and similarities between coronavirus and flu

Covid-19 and the flu have many similarities and differences. Testing may be done to see if you have Covid-19 or the flu. You can also have both diseases at the same time. Find out what to know and how to protect yourself from these diseases.

During the Covid-19 pandemic, you may have heard that coronavirus disease 2019 (Covid-19) is similar to the flu (influenza). Covid-19 and the flu are both contagious respiratory diseases caused by viruses. They have some common symptoms. But through closer comparison, they can affect people differently. Also, since the flu has been around much longer, doctors know more about how to treat and prevent it, while they continue to learn more about Covid-19.

How are Covid-19 and the flu similar?
The viruses that cause Covid-19 and the flu spread in similar ways. They can both spread between people who are in close contact (within 6 feet, or 2 metres). The viruses spread through respiratory droplets or aerosols released through talking, sneezing or coughing. These droplets can land in the mouth or nose of someone nearby or be inhaled. These viruses can also spread if a person touches a surface with one of the viruses on it and then touches his or her mouth, nose or eyes.

Covid-19 and the flu have many signs and symptoms in common, including: fever, cough, shortness of breath or difficulty breathing, tiredness, sore throat, runny or stuffy nose, muscle aches, headache, and nausea or vomiting, but this is more common in children than in adults.

The signs and symptoms of both diseases can range from no symptoms to mild or severe symptoms. Because Covid-19 and the flu have similar symptoms, it can be hard to diagnose which condition you have based on your symptoms alone. Testing may be done to see if you have Covid-19 or the flu. You can also have both diseases at the same time.

Both Covid-19 and the flu can lead to serious complications, such as pneumonia, acute respiratory distress syndrome, organ failure, heart attacks, heart or brain inflammation, stroke, and death. Many people with the flu or mild symptoms of Covid-19 can recover at home with rest and fluids. But some people become seriously ill from the flu or Covid-19 and need to stay in the hospital.

What’s the difference between Covid-19 and the flu?
Covid-19 and the flu have several differences. Covid-19 and the flu are caused by different viruses. Covid-19 is caused by a new coronavirus called Sars-CoV-2, while influenza is caused by influenza A and B viruses.

Symptoms of Covid-19 and the flu appear at different times and have some differences. With Covid-19, you may experience loss of taste or smell. Covid-19 symptoms generally appear two to 14 days after exposure. Flu symptoms usually appear about one to four days after exposure. Covid-19 appears to be more contagious and to spread more quickly than the flu. Severe illness such as lung injury may be more frequent with Covid-19 than with influenza. The mortality rate also appears to be higher with Covid-19 than the flu.

Covid-19 can cause different complications from the flu, such as blood clots and multisystem inflammatory syndrome in children. Another difference is that the flu can be treated with antiviral drugs. No antiviral drugs are currently approved to treat Covid-19.

Researchers are evaluating many drugs and treatments for Covid-19. Some drugs may help reduce the severity of Covid-19. You can get an annual flu vaccine to help reduce your risk of the flu. The flu vaccine can also reduce the severity of the flu and the risk of serious complications. Each year’s flu vaccine provides protection from the three or four influenza viruses that are expected to be the most common during that year’s flu season. The vaccine can be given as a shot (injection) or as a nasal spray.

The flu vaccine doesn’t protect you from getting Covid-19. Research also shows that getting the flu vaccine does not make you more likely to get Covid-19 or other respiratory infections.

No vaccine is currently available for the virus that causes Covid-19. But researchers are working to develop vaccines to prevent Covid-19.

How can you avoid getting Covid-19 and the flu?
The good news is you can take the same steps to reduce your risk of infection from the viruses that cause Covid-19, the flu and other respiratory infections by following several standard precautions. In fact, some research has found that following these measures, such as social distancing and wearing a face mask, may have helped shorten the length of the flu season and lessened the number of people affected in the 2019-2020 flu season.

Standard precautions to reduce your risk of Covid-19, the flu and other respiratory infections include:
1. Avoiding large events and mass gatherings
2. Avoiding close contact (within 6 feet, or 2 metres) with anyone outside your household, especially if you have a higher risk of serious illness
3. Washing your hands often with soap and water for at least 20 seconds, or using an alcohol-based hand sanitiser that contains at least 60% alcohol
4. Wearing a cloth face mask when you’re in public spaces, such as the grocery store, where it’s difficult to avoid close contact with others
5. Covering your mouth and nose with your elbow or a tissue when you cough or sneeze
6. Avoiding touching your eyes, nose and mouth
7. Cleaning and disinfecting high-touch surfaces, such as doorknobs, light switches, electronics and counters, daily
8. Taking these prevention measures can help you stay healthy and reduce your risk of becoming ill with Covid-19 or the flu.

Mayo Clinic News Network/TNS
Forced to return

Some employers in the US have failed to provide adequate paid leave, if any at all, so employees felt they had to return to work — even with coughs and possibly infectious — rather than forfeit the paycheck they need to feed their families, writes Emmarie Huetteman.

Front-line healthcare workers, in particular, follow a brutal ethos of being tough enough to work even when ill under the notion that other ‘people are sicker’

— Andra Blomkalns, Chair, Emergency Medicine Department, Stanford University
have flouted that simple guidance, pressuring workers who contract Covid-19 to return to work sooner than public health standards suggest it’s safe for them, their colleagues or their patients. Some employers have failed to provide adequate paid leave, if any at all, so employees felt they had to return to work — even with coughs and possibly infectious — rather than forfeit the paycheck they need to feed their families.

Unprepared for the pandemic, many hospitals found themselves short-staffed, struggling to find enough caregivers to treat the onslaught of sick patients. That desperate need dovetailed with a deeply entrenched culture in medicine of “presenteeism.” Front-line healthcare workers, in particular, follow a brutal ethos of being tough enough to work even when ill under the notion that other “people are sicker,” said Andrea Blomkains, who chairs the emergency medicine department at Stanford University.

In a survey of nearly 1,200 health workers who are members of Health Professionals and Allied Employees Union, roughly a third of those who said they had gotten sick responded that they had to return to work while symptomatic.

That pressure not only stresses hospital employees as they are forced to choose between their paychecks and their health or that of their families. The consequences are starker still: An investigation by KHN and The Guardian has identified at least 875 front-line health workers who have died of Covid-19, likely exposed to the virus at work during the pandemic. But the dilemma also strains health workers’ sense of professional responsibility, knowing they may become vectors spreading infectious diseases to the patients they’re meant to heal. A database of Covid-19-related complaints made to the Occupational Safety and Health Administration this spring hints at the scope of the problem: Some primary care facility in Illinois where symptomatic, Covid-19-positive employees were required to work; a respiratory clinic in North Carolina where Covid-19-positive employees were told they would be fired if they stayed home; a veterans hospital in Massachusetts where employees were returning to work sick because they weren’t getting paid otherwise.

“What we learned in this pandemic was employees felt disposable,” said Debbie White, a registered nurse and president of the Health Professionals and Allied Employees Union. “Employers didn’t protect them, and they felt like a commodity.”

Indeed, the pressure likely has been even worse than usual during the pandemic because hospitals have lacked backup staffing to deal with high rates of absenteeism caused by a highly infectious and serious virus. Hospitals hired staff for pandemics because in normal times “the cost of maintaining the personnel, the equipment, for something that may never happen” was hard to justify against more certain needs, said Dr Marsha Rappley, who recently retired as chief executive of the Virginia Commonwealth University Health System in Richmond.

That has left many hospitals scrambling to find skilled staff to tend to waves of patients with Covid-19. The nurse from Hackensack Meridian, the largest hospital chain in New Jersey, told the hospital’s occupational health and safety office that she could not return to work, citing a doctor’s instructions to isolate herself. No threat to fire her was made, she said.

But in daily calls from work, she was reminded her colleagues were short-staffed and “suffering.” She also discovered her employer had revoked most of the paid time off she believed she had accumulated. White said Hackensack Meridian had conducted what it described as a “payroll adjustment” in March and taken leave from many of its employees without explaining its calculations.

A statement provided by a Hackensack Meridian spokesperson, Mary Jo Layton, said the system’s occupational health office “has followed the CDC recommendations as it relates to the evaluation, testing and clearance of team members following infection with Covid-19.” Hackensack Meridian adjusted some employees’ leave to correct a technical issue that prevented leave from being counted as it was taken, it said, adding workers were provided an “individual PTO reconciliation statement.”

“No team members were shorted any PTO that they rightfully earned,” Hackensack Meridian’s statement said.

Federal officials acknowledge that staffing shortages may require sick health care workers to return to work before they recover from Covid-19. The Centers for Disease Control and Prevention even has strategies for it.

The CDC website lists mitigation options for short-staffed facilities, some of which have been implemented widely, such as cancelling elective procedures and offering housing to workers who live with high-risk individuals. But it acknowledges these strategies may not be enough. When all other options are exhausted, the CDC website says, workers who are suspected or confirmed to have Covid-19 (and “who are well enough to work”) can care for patients who are not severely immunocompromised — first for those who are also confirmed to have Covid-19, then with suspected cases.

“As a last resort,” the website says, healthcare workers confirmed to have Covid-19 may provide care to patients who do not have the virus.

Like soldiers on the battlefield, Rappley said, front-line workers have been absorbing the consequences of that lack of preparedness on an institutional and societal level.

“This will leave scars for many generations to come,” she said. Shenetta White-Ballard carried an oxygen canister in a backpack at work. A nurse at Legacy Nursing and Rehabilitation of Port Allen in Louisiana, she needed the help to breathe after battling a serious respiratory infection two years earlier.

When Covid-19 began to spread, she showed up for work. Her husband, Eddie Ballard, said his paycheck from Walmart was not enough to support their family.

“Do the right thing,” she said. “But I definitely had some symptoms, and I was just trying to do the right thing.” — Kaiser Health News

DEADLY: An investigation by KHN and The Guardian has identified at least 875 front-line health workers who have died of Covid-19, likely exposed to the virus at work during the pandemic.
How does High School GPA affect the college admissions process?

Getting into Ivy league colleges and universities is a goal for many high school students. Realising this goal, however, is often a dilemma for students and parents headed towards the dreaded admissions process. There is all sorts of information and misinformation — about what matters the most when it comes to college admissions. Well, for the record, a student’s high school GPA is what matters the most. Even though GPAs are not the only piece examined by admissions officers, it is one of the most important factors in determining winners for scholarships and admissions.

What is a GPA?
A grade point average (GPA) is a cumulative average of your grades for your high school coursework (Grades IX-XII) and is usually determined on a 4.0 scale. Everything you do academically in high school affects your GPA. Take a glance at the following table to convert your letter grade and or percent grade to a 4.0 GPA.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
<th>GPA</th>
</tr>
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<tbody>
<tr>
<td>A+</td>
<td>97-100%</td>
<td>4.0</td>
</tr>
<tr>
<td>A</td>
<td>93-96%</td>
<td>4.0</td>
</tr>
<tr>
<td>A-</td>
<td>90-92%</td>
<td>3.7</td>
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<tr>
<td>B+</td>
<td>87-89%</td>
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<tr>
<td>B</td>
<td>83-86%</td>
<td>3.0</td>
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<tr>
<td>B-</td>
<td>80-82%</td>
<td>2.7</td>
</tr>
<tr>
<td>C+</td>
<td>77-79%</td>
<td>2.3</td>
</tr>
<tr>
<td>C</td>
<td>73-76%</td>
<td>2.0</td>
</tr>
<tr>
<td>C-</td>
<td>70-72%</td>
<td>1.7</td>
</tr>
<tr>
<td>D+</td>
<td>67-69%</td>
<td>1.3</td>
</tr>
</tbody>
</table>

A weighted GPA gives extra points for advanced courses such as IB Diploma HL, Advanced Placement (AP), A Levels and Honors. The challenging coursework is weighted at 5.0 but on a 4.0 scale. In simple terms, an IBDP student could possibly have a 4.5 GPA on a 4.0 scale simply because they took more rigorous courses - which adds to their advantage. The average GPA requirement for admission into some of the world’s most well-known universities, include Brown University, 4.05 GPA; Columbia University, 4.13; Dartmouth College, 4.01; Harvard University, 4.10; University of Pennsylvania, 4.04; Princeton University, 3.90; Yale University, 3.90, and Cornell University, 4.19.

Evidently, the academic expectations of the Ivy League universities is well above a GPA of 3.5. This means that if you are interested in attending an Ivy league, or any other selective colleges, you must be prepared to challenge yourself further. “Even though universities aren’t looking for perfection, they most certainly are in search of students who are ready to push themselves and strive for success” says Sanchia Fernandes, Learning Support Manager at StudyPlus Qatar.

A solid academic track-record is definitely a crucial aspect of the journey to higher studies, this is where StudyPlus Education comes in, by providing a platform to help achieve the desired results confidently without anxiety. With over a decade of experience in delivering tuition and revision support to thousands of students in IGCSE, IBDP, A Level and AP subjects, StudyPlus programmes help students strengthen their conceptual understanding, thereby boosting their grades and confidence.

Mindtune Waves Toastmasters holds online open house memorial for late Abdul Qadir Haji

Mindtune Waves Toastmasters recently organised an online open house memorial for late Abdul Qadir Haji, Indian national and well-known humanitarian worker popularly known as Hajikka. Deepa Gopalan Wadhwa, former ambassador of India, inaugurated the meeting and recalled Hajikka in her speech. Wadhwa stated that she had learned a lot from people like him during her tenure in Doha. The meeting lauded Mohamed Faiz, a child from Kerala for influencing the cyber world via a single message. Everyone who listened to Muhammed Faiz in the video that went viral on social media of making a paper flower, has been praising the boy for his positive attitude towards making mistakes. Five thousand and one rupees and a letter of commendation were handed over to Faiz at the meeting by VC Fuad, a representative of the club.

More than 250 people attended the meeting, CA Razak, along with Lathe Anand, Girish Kumar, Babu Rajan, VC Maaood, Rajesh VC, Basheer Hassan, Pranha Sebastian, Bakhs Nasser, Sanitha Mohanan, Abdullah Poyil, Jatar Murichandi, Naufal Murichandi and Sameer P Hasan spoke on the occasion.
Co-dependent pets

How to reduce separation anxiety when owners leave home

By Patrick Connolly

It’s a story many pet owners are now familiar with: You’ve been home for months, following orders to social distance and spending more time with dogs, cats and other non-human companions. Then, the day comes to go back to the office, or the chance to escape for a vacation.

Your pet stays back at you as you leave, wondering when or if you'll ever return again. To some animals, it might feel like the end of the world.

Pups and feline friends have perhaps become more co-dependent amid owners staying home virtually all the time, and leaving the house again can take a toll on them. Take it from Kim Bissing, owner of Beyond The Leash Dog Training.

“We’ve seen about 15 separation anxiety cases just in two weeks. It’s getting worse because people are starting to pick up and going back to work,” she said. “We have had about 20 new puppy owners in our six-week class and about 17 are already exhibiting some signs of undersocialisation.”

It might seem tempting to worry about your pet’s wellbeing on top of the woes of living through a global pandemic. But fret not, these pet experts are here to help.

Helping panicky pooches

Let’s say you’ve just spent the past four months largely staying at home, then it finally comes time to go back to the office or leave for a weekend vacation. That can take a serious toll on dogs, Bissing says.

“If you drastically just go back to work one day, dogs are left with no explanation in their minds,” she said. “You can’t just explain to them that, ‘You’re going to be fine, I’ll be back home.’ Communicating to a dog that, ‘Hey, sorry I was home for three months and now I’m leaving you,’ takes a lot of work.”

While most canines have a good system for self-soothing, that can be disrupted when their daily circumstances are changed, such as their owner leaving for long periods again.

“Watch if you start to do things like grab your keys or head towards the door and your dog starts pacing, panting, stress yawning, if they can’t settle down easily when you’re not right there,” Bissing said. “Dogs should be able to settle down within a few minutes of somebody leaving. If they’re up pacing for 30 minutes, that’s stress, that’s anxiety. That’s something that, if it’s not treated, gets worse over time.”

More serious separation anxiety behaviours can involve the dog trying to break through a door or their kennel to get to their owner.

Bissing said that, in addition, poочкиes have a sensitive “sixth sense” that brings them down when owners are feeling stressed or depressed, especially when dogs feel powerless to help their humans.

“If humans are stressed out and mentally drained, it really takes a way bigger toll on the dogs than we think it does,” she said. “What we’re going through is really hard, but it is hard on them too. Just be really aware of your dog’s emotions.”

THE DILEMMA: While most canines have a good system for self-soothing, that can be disrupted when their daily circumstances are changed, such as their owner leaving for long periods again.

One way to help reduce separation anxiety issues is by slowly desensitising a dog to the idea that you’re leaving the house again.

“Leave for short periods, maybe put them in a kennel for quiet time on their own, keeping white noise on because they need that distraction,” Bissing said. “Leave the house at least one or two hours a day, so the dog has to remember those coping skills.”

For longer trips, the dog trainer suggested taking canines to a boarding and training program. She said that a few weeks of socialisation and behaviour modification, with a training class or at home, can help quell anxious tendencies and help a pooch find more peace of mind.

Pacifying the puppies

Most people know someone who spent their time in quarantine enjoying the company of a new puppy in their home. After all, what better time to adopt than while spending countless hours and days around the house?

Bissing said that due to closures and social distancing measures, a lot of these puppies are now undersocialised.

“Normally you would take a puppy out to dinner, to the dog park or to a friend’s house,” she said. “If no one is coming to your house and you’re not going anywhere, they’re really skittish and head shy towards new strangers ... they’re really reactive toward anybody but their family members.”

If puppies are undersocialised, it’s not too late for them to develop good behaviors and feel more comfortable around new people.

“We offer a socialisation day where owners can drop off the puppy – they get to play with other dogs and humans. It’s kind of like a puppy kindergarten,” Bissing said, adding that crate training can help provide a safe and positive environment for puppies, and dog park visits can provide safe socialising opportunities.

She said that during these times, it’s especially important to help new dog owners, especially as she’s seeing more relinquishments.

“It is really sad to watch a good puppy have to come into a situation that nobody has control over,” Bissing said. “We’re happy that we’re here to help and that we’re knowledgeable enough to assist.”

Calming cats

In some cases, feline friends will experience a certain degree of separation anxiety when their humans leave the house more. But their problem may also be just the opposite.

“From my practice standpoint, I’m still seeing more of the problems that happened when lockdown started – that crowding of territory and changes in operating because of that change and our general stress level,” said Jackson Galaxy, the cat behaviour and wellness expert seen in “My Cat From Hell.”

“That speaks to what drives cats crazier – really drastic changes to the everyday flow.”

Cats are concerned most with territory and are generally used to enjoying their own space during the day when owners are away. That domain went away with quarantine.

While felines don’t experience the same separation anxiety that dogs do, they may still act out in ways that are related to a change in their routine or environment. (Personally, I returned from a weekend trip to find one cat hiding not under, but inside the couch.)

“There’s destruction of furniture, there’s more hiding and less social behaviour when you are home. There’s litter box issues that crop up. They’re behaviours that make you scratch your head,” Galaxy said. “Cats are fighting, they’re less tolerant of petting. They’re sleeping in weird places.”

Similar to what Bissing suggested for dogs, Galaxy said that easing cats back into a routine can help lessen their stress.

“Instead of suddenly leaving for 10 hours a day again, start by going through your old morning routine. Leave the house for 20 minutes, go take a walk. Leave the house for an hour and come back,” he said. “Do it in ways where they just get used to you being gone again for a short amount of time before you completely leave.”

As for other ways to help cats cope, Galaxy advised giving cats puzzle toys to amuse themselves, setting up “cat TV” with a bird feeder outside the window and enjoying play therapy with them upon returning to the house. He also likes to look at the positive side of what’s shaping up to be a not-so-great year.

“I think that we’re still living in a moment of opportunity to broaden the relationship with our cats and with our dogs,” Galaxy said. “What could be better for our cats? What part of our routine? Why aren’t we playing with our cats more? Why aren’t we thinking about enriching their environment? ... People care and see their pets not just as property, but as family members.” — Orlando Sentinel / TNS
The rise of amphibious footwear

Whether fashionistas are sporting pricey sandals or home-workers are seeking comfort, the post-lockdown world is awash with waterproof shoes, writes Morwenna Ferrier

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n a beach in north Devon, a local is talking to me about weever fish. These venomous creatures hide just beneath the sand, eyes peeking above to survey the surrounding landscape for potential prey. Bathers often succumb; if stung, your best bet is to plunge your feet into very hot water and keep them there for as long as possible.

This local has a simpler solution: waterproof sandals. Hers, a taupe pair by Merrell, are lightweight, waterproof, a special sort of elective ugliness. They are also just one of a litany of water shoes designed for use both in water and on dry land.

Newly coined as amphibious shoes, they are not in themselves new, but along with the floafers (a loafer that floats), GQ-approved Hoka One One Hopara sandals, a new collaboration of wipe-clean sandals designed by super-stylist Lotta Volkova for Adidas, and later this month a neoprene pair in orange and red from a collaboration between Palace skateboards and Adidas, they have emerged as the sandal of now.

Crocs, the most infamous of these shoes, turn 18 this year, and the pandemic has been good for their health. “We have seen a surge in demand for our icon, the Classic clog,” says the company’s vice-president of lockdown sales. People who wouldn’t have been seen dead in Crocs, the hybrid monstrosities designed by three boating enthusiasts, have given in to their perfect practicality. Black and tie-dye versions have even sold out. Vogue describe these wearers as Croc-verts, and where Crocs have led, others have followed. For their AW20 show, Balenciaga flooded Paris’ Cité du Cinema film studio – and front row seats – with water to highlight climate change, and put models in galoshes and waterproof shoes. Tevas, launched in the 1980s as little more than a velcro watch strap attached to a flip-flop, were designed to be worn on rafting trips in the great American outdoors. They have since appeared on catwalks at Prada, Stella McCartney and Anna Sui (the latter wears them on the beach herself). Actors-turned-designers the Olsen Twins, known for their four-figure fashion line The Row, have been seen in a version that cost £35.

The cookery writer Claire Robertson pivoted to Tevas about three years ago. Now living in Sicily, she says she wears them eight months of the year. Her logic is comprehensive – she wears them for hiking, gardening, land work and swimming. “They are also perfect for swollen ankles in the heat,” she says.

There is an impulse right now to attribute every hat, shirt and shoe to some form of pandemic-fuelled uncertainty. But trends don’t occur in isolation. And the rise of amphibious shoes, which place practicality squarely above looks, suggests a desire for a return to a more natural state. They also allow for the sort of flexible lifestyle that the current situation – and weather – demands of us. Paul Watson, the head of press for menswear at Matchesfashion, says more and more people have been buying these sorts of “technical sandals”. He mentions Suicoke (pricey) and Hoka One One (less pricey) during lockdown, but also Birkenstocks beach shoes, waterproof versions modelled on the cork original, and produced in garish shades of green and purple. Watson, who owns eight pairs, happily wears “the ones designed for the beach” when it’s raining. “It’s definitely an indication that comfort is the current order of the day,” he says.

Affordable, comfortable and versatile, the amphibious shoe-wearer is paying to feel something like being barefoot. If clothes help us define how a crisis has changed our lives – see Zoom shirts, slipped on for meetings like flak jackets, and tracksuits replacing white collars as acceptable office wear – then these shoes are very much a sign of the times, representative of the way in which comfort and practicality have overwhelmed convention and fashion. But, as is the case with anything that purports to make our lives better, we democratise it, commodify it and thus it goes mainstream. Perhaps, like weever fish, they have been lying in wait all this time.

— The Guardian
You cannot box Churails as a story of women empowerment or feminism; it’s an unabashed story of a bunch of gutsy women vigilantes shattering boundaries and a deeply patriarchal society, writes Muhammad Asad Ullah

A series in real sense, with extra-ordinary writing, direction and acting coming out of Pakistan. Churails (meaning witches) is the first Pakistani series that has been especially commissioned by an Indian streaming platform, ZEE5. In this case, ZEE5 brings it to its platform under its popular Zindagi brand. Created by Pakistanis British writer-director Asim Abbasi, Churails is an unapologetic bold, unashamed story of a bunch of gutsy women vigilantes who take it upon themselves to teach abusive men — and through them, a deeply patriarchal society — a lesson they wouldn’t forget in a hurry.

The series is set in the backdrop of Karachi. Sometimes fantastical, and sometimes a little too real in its statement, the show tackles a wide range of women’s issues — touching upon domestic violence, forced and child marriages, abortions, the feminine beauty complex, racism, and child marriages, abortions, the feminine beauty complex, racism, and more — with a plot that’s fun and irrational but true at the same time.

The show follows the lives of four women: Sara (Sarwat Gillani), a trophy wife of a politician who realises her marriage is a lie. Jugnu (Yasra Rizvi), an alcoholic and ‘badnaam’ (disreputable) socialite whose wedding planning career comes crashing down with a dizzy chandelier. Zainab (Nimra Bucha) a murderer who has just come out of her 20-year imprisonment for killing her abusive husband with a hot iron. Four ‘Churails’ but one story — perfectly intertwined with the accounts of other characters but never really missing the plot of its own; seamlessly pacing with an intriguing background score and music — each episode better than the last.

In the first episode, mostly for the sake of plot, but also because of the various abusive men in their lives, the four are brought together by the writers of the show. Sara is a traditional happy go-lucky wife hosts smashing dinner parties, warning off inquisitive mediapersons whilst looking comely while doing so. Her veneer cracks when she stumbles upon hints of his husband, Javed’s, disloyalties. But instead of taking the stereotypical damsel in distress route, she banishes him to taking the stereotypical damsel in whilst looking comely while doing warding off inquisitive mediapersons hosts smashing dinner parties, a traditional happy go-lucky wife lives, the four are brought together in the sake of plot, but also because background score and music — each seamlessly pacing with an intriguing intertwined with the accounts husband with a hot iron. Four who has just come out of her 20-year becoming a boxer and gets involved family, who dares to dream to upon domestic violence, forced and child marriages, abortions, the feminine beauty complex, racism, and more — with a plot that’s fun and irrational but true at the same time.

The narrative takes stunning twists and turns in the lead-up to the finale, uncoiling disruptive secrets and a monumental scam in the process. For all the actors: lead, supporting or the ones making the cameos, it’s a crisp, quirky and bold performance and it’s a celebration of brilliant Pakistani filmmakers and writers and their expression. To recognise how unique Churails is, it’s essential to understand a recent trend in Hindi cinema. Where recently released Bulbbul, produced by Anushka Sharma, used a gothic period-horror tale to disguise feminist narrative of wronged women. Churails goes a step further. You cannot box Churails as a story of women empowerment or feminism, but its a bold statement — that women are capable of anything, they’re unstoppable, irresistible, powerful and they can run the world on their terms because they’re the ‘Queens of the Goddamn jungle’!

Yasra Rizvi, Nimra Bucha, Sarwat Gillani and Mehra Bano defines the acting prowess at its best. And Asim Abbasi outlining himself as a director after Cuke (2018), everyone hitting the notch. Similarly, Director of Photography, Mo Azmi — who is also a co-producer — gives fabulous frames, with bright colour palettes and frame compositions. Churails Churail, ter kahaniy bhumit (Witches! You’re done now!) — The title track of series is catchy and quirky, sung by Zoe Viccaji and Taha Malik and lyrics by Osman Khalid Butt.

Yasra Rizvi is a delight to watch, her movement from theatre to television to series is so evident with the finesse of character adaption and the way she moves on the camera. She’s sassy, spunky and spirited — free spirited, nothing redundant and she’s got the best lines to spout, and she does it wonderfully as well. Nimra Bucha is mstemic and magnetising. Her eyes shoot daggers with the capacity to kill and so is Mehra Bano’s. Zainab’s a tomboy with a feminine approach that many girls could relate to, and Mehra Bano portrays very well in details. especially in a sequence where she knocks out her kidnapper in a red dress. It won’t be erroneous to say that Sarwat Gillani is one helluva actress and she has been so underrated. With Churails she caters wha a hoopla of talent, emotions and expressions she is!

The show is a fitting reminder of the need to promote exchange of arts and culture across India and Pakistan.
How will you feel if your candidate loses?

Among registered voters, % who say they would feel if the opposing candidate was elected in November

- Angry
- Disappointed
- No answer/don’t know

Biden supporters if Donald Trump is elected

- 61%
- 37%
- 2%

Trump supporters if Joe Biden is elected

- 59%
- 37%
- 4%

Source: Pew Research Center
Graphic: Staff, TNS
Symptoms of depression and anxiety are present in about one-third of patients with heart failure and these patients are at a higher risk of progressive heart disease and other adverse outcomes, a new study suggests.

The study, published in the journal *Harvard Review of Psychiatry*, found evidence confirming “markedly higher” rates of depression and anxiety disorders among patients with heart failure, compared to the general population.

Heart failure is a chronic, progressive condition in which the heart can’t pump enough blood, causing symptoms such as fatigue and shortness of breath.

“Depression has been linked to the development and progression of heart failure and other cardiovascular diseases,” said co-author Christopher Celano from Harvard University’s Medical School. The researchers said that previous studies have linked psychiatric disorders to worse outcomes in patients with heart failure. To clarify these relationships, the researchers did a targeted review of research on associations between heart failure, depression, and anxiety. The researchers found that anxiety is highly frequent among patients with heart failure and both physiological and behavioural factors may contribute to adverse outcomes.

Nearly 30 per cent of patients have clinically significant anxiety symptoms, while 13 per cent meet diagnostic criteria for anxiety disorders (such as generalised anxiety disorder, post-traumatic stress disorder or panic disorder). Depression and anxiety may make it more difficult for patients with heart failure to follow recommendations for diet, exercise and medication use. Earlier studies have also linked depression to metabolic changes, including increased levels of inflammatory markers, the researchers added.

The researchers noted that formal diagnostic interviews (i.e., based on DSM-5 criteria) can help in assessing the cause of overlapping symptoms between heart failure and depression or anxiety including problems with sleep, concentration, or energy.

— IANS

### Anxiety, depression may worsen your heart health, says study

#### ARIES
March 21 — April 19

What a relief! Your energy is returning, especially regarding affairs of the heart. Today you’ll be freed from the bonds of doubt about your judgment. With you, self-doubt is an especially touchy subject. You’re miserable when your confidence is gone. The energy flow has been re-established, although it may take you a few days to fully recover from the ordeal of recent weeks.

#### TAURUS
April 20 — May 20

The day ahead is promising! The aspects give a boost to your emotional life and should release you from the recent period of uncertainty that has plagued you. You were unable to trust your own judgment. Difficult as this was, the doubt must have served some purpose. Perhaps you should use your newfound clarity to sort out your experiences.

#### GEMINI
May 21 — June 20

You undoubtedly have the impression that you’re seeing more clearly than in the recent past. The planetary energies are lining up to break up the mental fog that you’ve been experiencing. The past few days have made you think an awful lot and you’ve learned some lessons, which should be evident today. Now it’s up to you to apply those lessons to your life.

#### CANCER
June 21 — July 22

One recent day you had the feeling that your professional projects really weren’t your own, but ones that your parents, in particular your mother, wanted you to have. Now you’ve been analysing your career from all angles and trying to figure out what it is you truly want. Today you should be able to see more clearly.

#### LEO
July 23 – August 22

It seems like the basis of your social ambition has taken a bit of a beating lately. The planetary energies should give you some new desires. They may be of a more modest nature, but that doesn’t mean they won’t be important. What motivates you professionally is going to be healthier and less egotistical. It will ultimately be a positive, satisfying evolution.

#### VIRGO
August 23 – September 22

Here is the day when you may finally accept that you tend to play the role of parent in your sentimental relationships. You’re the one who sets limits, organises things, and takes on responsibility. Your friend should try to open you up to your more sensitive, fragile side.

#### LIBRA
September 23 – October 22

Are you afraid that people will no longer understand you? Have you changed too much? Do you have the feeling that you’ve left some people behind? Yes, it’s possible, but what can you do? Everyone can’t change at the same pace as you. Your friends have no problem with the changes you’ve undergone. Consider this possibility!

#### SCORPIO
October 23 – November 21

You don’t have the same opinions as everyone else. Of course, this is the case for each one of us. But you seem to differ in opinion with people more and more. You may decide that it’s time to design your own job, where the only boss to disagree with is you! This will carry some risks, but the potential rewards are great.

#### SAGITTARIUS
November 22 – December 21

You may have been thinking about reshuffling the cards with your mate, unless you’ve already been offered a new hand. This pause in your relationship is a necessary transition on your journey. Beginning today, your relationship is back on track and will continue to progress smoothly. Make the effort to observe what has changed.

#### CAPRICORN
December 22 – January 19

There’s some likelihood that your emotions have changed in the past six weeks or so. You’re no longer attracted to the same people. You’re unsure of yourself at work, and you even wonder if your attractiveness had deserted you. Beginning today, these doubts will be dispelled. Take heart.

#### AQUARIUS
January 20 – February 18

It looks like your emotions are finally back in business! You’ve been hesitant for the past six weeks or so, unable to make any decisions. You felt unsure, as if you could no longer trust yourself. It’s been an especially upsetting time. Don’t throw caution to the wind, but your self-confidence will return to you today.

#### PISCES
February 19 – March 20

There’s some possibility that in the past month or so you’ve been hesitant about your commitments, as if you’d been in suspended animation. Perhaps you became aware of errors you’d made in the past and were afraid you’d repeat them. Now that you’re conscious of the past, you can and will face the future with more confidence.
Wordsearch

BATH  MILK  DIMPLE  COLIC
CRIB  BOOTIES  SLEEP  GUMS
LULLABY  CUTE  BURP  WEIGHT
BLANKET  NURSE  FEED  CRADLE
CRY  BOTTLE  SMILE  HIGH
MIDWIFE  DIAPERS  CHUBBY  CHAIR
BLUE  PINK  GIRL  CRAWL
CUDDLE  BOY  TWINS  LOVE

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 divided into nine (3x3) boxes. You are given a selection of numbers and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains each number exactly once.

Bound And Gagged

Auto Body Shop

How are you at jigsaw puzzles?

GULF TIMES Wednesday, August 19, 2020
**Super Cryptic Clues**

1. Players taking a long time dressing? (8)
2. As quiet as a snake (3)
3. To stay in bed later than usual is right when one’s tucked in (3,2)
4. City in Germany or China? (7)
5. Coroner initially gets a bad scare on seeing dead body (7)
6. Edward’s toy bear? (5)
7. Composed - composed at each part (6)
8. This may stop you running to join up (6)
9. Almost dressing a bird? (5)
10. Reds ran about - running these? (7)
11. Nymphs concealed in reeds (7)
12. Loner forced to register (5)
13. Some fishes are female (3)
14. My drinks are served before game (3,5)

**Down**

2. Rave about colour that’s declared (7)
3. A terrible noise coming from the landing (3)
4. Device that could be tagged (6)
5. One who watches actor step out (9)
6. Article I had submitted to editor helped (5)
7. Instrument made by girl while crossing street (5,7)
8. Special new bands in Australia? (5,7)
9. Being present for a race finishing (9)
10. Paddy has light brown tin-opener - odd! (7)
11. Think logically about a child (6)
12. Some soberness in the Swiss capital (5)
13. Bird carried by some musicians (3)

**Answers**

```
1. Players taking a long time dressing? (8) - BANDAGES
2. As quiet as a snake (3) - PIE
3. To stay in bed later than usual is right when one’s tucked in (3,2) - LIE IN
4. City in Germany or China? (7) - LIE IN
5. Coroner initially gets a bad scare on seeing dead body (7) - LIE IN
6. Edward’s toy bear? (5) - TEDDY
7. Composed - composed at each part (6) - DETAIL
8. This may stop you running to join up (6) - DETAIL
9. Almost dressing a bird? (5) - DETAIL
10. Reds ran about - running these? (7) - DETAIL
11. Nymphs concealed in reeds (7) - DETAIL
12. Loner forced to register (5) - DETAIL
13. Some fishes are female (3) - DETAIL
14. My drinks are served before game (3,5) - DETAIL
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**Wordsearch**

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YPYFCPOEDHMYPY
BFIESSERVEUCIGI
AFINRGEROLDCBG
LWGKCAWLULDTBR
LSEDAPIER8S2RA
UOFIWDMHMKVOT
ULLEGOWKEMYLTBC
STIGENHILLICRY
STFNIUWHMEMEFU
NOODDYGSGSDAOS
INARYUEEFPMML
WNCHEYBUDKUII
TCDBOWDUECGOGL
SEVBIRCTBANHE
DIPLEHEIGHCHAIR
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**Codeword**

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HAMMETHASTAIRWARK
OFEERUSFEARTSE
DANSELUNFAIRLY
HICSAO
EXISSTUNIGHT
FRODOFRODO
PREOTKABAK
NOBELORE
SURENERLE
"ANUFACTUR
SNIFBOXLOBBY
GOBYBAY
PHINOLAOBJECT
SQUEEZEZVERTEX
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Murders in Bollywood declared as suicides: Mukesh Khanna

By QUAIID NAJMI

V

etern actor Mukesh Khanna may have opened up a Pandora Box with his recent comments on Bollywood against the backdrop of the Sushant Singh Rajput death case. In a couple of TV debates, Khanna — of the Shaktiman — has claimed that there have been many ‘murders in Bollywood’ which were allegedly ‘declared as suicides’, in the past.

His remarks were greeted with murmurs of disbelief and disdain, while some dismissed allegations of the actor — fondly remembered for the role of Bhishma Pitamah (Mahabharat) — as “the man who knows too much”.

Now, Khanna’s statements have become a potential case of action — in the form of a letter to Mumbai Police Commissioner Param Bir Singh — demanding that the utterances be considered for in his film. “The film deals with the medical profession and we were planning to cast Rhea as a doctor, who is also the female protagonist of the film,” he said.

Did the filmmaker personally approach Rhea for the role or speak to her regarding the same? He replied:

“Let them realise that such loose statements on a public platform paints the Sushant case is just one off-shoot, and there is so much hidden muck” of which we have dedicated casting directors in our company. We send them a list of actors we were looking forward to cast. Rhea was in the probable list of the selected candidates, but we dropped the idea after all this happened. I personally never spoke to her for the role or for any discussion regarding the film.”

This decision by the filmmaker comes at a time when a legal battle is going on surrounding the death of Bollywood actor Sushant Singh Rajput. The late actor’s father KK Singh, in his FIR lodged with Patna Police after Sushant’s death, has accused Rhea of abetment to suicide among other charges. Netizens are also unhappy with Rhea, who has been the subject of continuous criticism and trolling on social media.

— IANS

The Dark Side:
In a couple of TV debates, Khanna has claimed that there have been many ‘murders in Bollywood’. The event proceeds from the sale of the art works will go towards providing hygiene kits for frontline workers and their families.

“While we have been fortunate enough to take care of ourselves by staying indoors, there are several heroes like our farmers, truck drivers and many more who have been out day and night, to deliver us joy in every form with not just their hard work, but heart-work,” she said.

“I have made a special artwork for the unsung heroes and I am donating the same. Let’s take care of the ones who took care of everyone’s happiness with their heart-work,” she added.

About her love for painting, Manushi had earlier said: “Being someone who has always been shy, I feel like I express myself best through art, especially fine art. It keeps me centred. I paint because that helps me channel my creativity. I think I am my best self when I am painting.” — IANS

The Dark Side:
In a couple of TV debates, Khanna has claimed that there have been many ‘murders in Bollywood’.
Producer-director Ridley Scott is at it again. The father of such projects as *Blade Runner*, *Alien* and *Comu* has helped create a new dystopian landscape. This time it’s the androids who face a daunting task as they must parent human children in *Raised by Wolves*, premiering on HBO Max Sept. 3.

It’s a brave new world created by Aaron Guzikowski, who says he got the idea when he became a father.

“The big spark that really helped me find my way into this world was the idea of the androids,” he says. “And I think it was when I had kids of my own, and just seeing technology kind of encroaching on them, for better or for worse.”

“And also myself, just carrying this phone around all the time and just wondering someday maybe this phone is gonna carry ME around. Who knows where this is all going? And what does this mean for my kids?”

British actor Abubakar Salim, who plays the father in the show, says at first he had no idea how an automaton would act. But he was eased into the role by workshopping the voice and cadence with Scott, who directed the first two episodes.

“We had at least I think a good two or three weeks of rehearsing and working the actual character and making sure that we felt grounded with him,” says Salim.

“I mean a lot of that, of the evolution of the paternal instincts and everything came from – I guess for me the way of seeing it was no one really knows how to be a parent the first time, right? So that was what was quite exciting. It’s like how does an android – even though they have all this information – know to be a parent even though they have to work off the cuff?”

Scott had examined the script and responded to it, recalls Guzikowski.

“‘How do we walk as androids?’ were like, ‘How, how do we walk? And we’re like, ‘I think the first scene we’re just supposed to walk.’ And we looked at each other and we were like, ‘How, how do we walk? How do we walk as androids?’ And we just walked. And so little by little, stuff came along … and then you start to incorporate the whole animalistic kind of way of moving, and it was a great joy to just keep discovering the senses of an android.”

Kevin Costner: I have dogs who are mean as hell

Actor Kevin Costner says he has dogs that are mean as hell and get him into trouble.

“I have rascally dogs, I have dogs who are mean as hell and get me in as much trouble as I could possibly get and then you end up having a dog of a lifetime. Out of all the dogs I had, 8 or 9 dogs and his name is Wyatt and my daughter coined the phrase for me which is a dog of a lifetime,” Costner said.

“I think a lot of pet owners have one, I think they love them all but a lot of times you can identify one that somehow did the impossible,” he added.

The actor continued: “There is one dog out of all my dogs that stood out to me and I love them all but there is one dog and it’s a once in a lifetime and Enzo (from *The Art of Racing in the Rain*) is a once in a lifetime dog… There is a loss that comes when loving someone so much and I just think the unique bond that is there with the animal, is that those eyes never stop talking to you and you never hear a voice come out of it. Yet you continue to talk to that animal, continue to love that animal till his/her last breath.”

In *The Art of Racing In The Rain*, Costner has lent his voice to the role of a dog named Enzo. The film follows Denny Swift, a race car driver and customer representative in a car dealership, and his dog, Enzo, who believes in the legend that a dog can be reincarnated in his next life as a human. The film will soon air in India on Star Movies. – IANS

How the right child artiste for Masaba Masaba was found

Director Sonam Nair says finding a younger version of the protagonist for the upcoming show based on moments of the life of fashion designer Masaba Gupta was challenging.

The makers of show *Masaba Masaba* had to audition at least a hundred children over the period of three weeks before finding Amaariah Awantaye for the role.

“Amaariah was the perfect fit to play mini Masaba in *Masaba Masaba*. She has the same spunk and sass that Masaba Gupta has, and we wanted to be able to seamlessly incorporate elements of her childhood into the show. It wasn’t an easy task, finding someone like Amaariah, but we’re thrilled that we managed and are sure the audience will fall in love with her,” said Sonam.

Talking about the casting, Panchami Gavri, the casting director of the show, said: “Casting the younger version of Masaba was a tricky job. We needed the kid to behave like an adult and, at the same time, look identical to Masaba Gupta. It is a really well-written part and we wanted to do justice to it. Finally, we put out these crazy posts, which is how we landed on little Amaariah Awantaye. We found her pictures super cute and requested an improv audition. Needless to say, she was phenomenal and we had found our Mini Masaba.”

The fictionalised series is inspired by Masaba Gupta’s real life. Masaba and her mother, actress Neena Gupta, will play their fictionalised versions in the Netflix show, which will go live on August 28. – IANS

Kevin Costner: I have dogs who are mean as hell

NEW FILM: In *The Art of Racing In The Rain*, Costner has lent his voice to the role of a dog named Enzo.

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How the right child artiste for Masaba Masaba was found

How the right child artiste for Masaba Masaba was found
Temperature measurement

Hamad International Airport had its first Cantronic body temperature scanner installed in August 2017 during the Swine flu and Ebola pandemic. By Muhamad Asad Ullah

As airports around the world restart operations, providing important connectivity and essential operations, their primary focus is on protecting the health and welfare of passengers and staff, as well as to minimise the opportunities for dissemination of coronavirus disease. The entire aviation ecosystem is adjusting to the complexities of the ‘new normal’ and responding to the needs and expectations of passengers is crucial in rebuilding confidence that air travel is safe. It won’t be erroneous to say that aviation will be a key engine driving the long-term global economic recovery from the effects of Covid-19.

As the cases of coronavirus spiked up in Qatar, various technologies and preventive measures were put into place to curb the spread of the virus, including mandatory wearing of masks, Ehteraz application for contact tracing, social distancing and mandatory temperature checking at all entry points of any building or work place by hand held devices. The hand held devices are the most affordable option available in the market, but not with the most accurate results.

This isn’t the first time thermal scanning is being used to screen higher body temperature related to infections that can cause an epidemic. During the 2002-03 outbreak of Sars virus, airports in Singapore and China deployed them and have been using them since. Similarly, here at home, Bayanat Engineering Qatar had its first installation of Cantronic body temperature scanner in August 2017 in Hamad International Airport, which was during the Swine flu and Ebola pandemic, for various reasons, including the level of accuracy, convenience, and efficiency.

Comparing to the hand-held thermometers, that can only scan one person at the time — scanners that are well in use now, can scan hundreds of people per minute. In addition to that, the storing mistakes and battery levels affect the performance of the hand held monitors. Human factor also plays a big role — with the scanning system — even if the dedicated person is not at his post, the scanner creates a sound and a visual notification (with the picture of the person with higher temperature), which can help to decrease the possibility of mistakes is shared with the authorities.

Furthermore, scanners have the possibility to integrate with third-party health monitoring systems/software’s (for example Ehteraz) which can be beneficial for the various sectors.

All live objects emit infrared energy or heat. Unlike regular cameras that record light reflected by objects, thermal cameras use heat sensors that can record heat generated by the body of a person or an object to create a 2D image with differing temperature levels. When a person stands before the cameras, on the computer screens the hotter objects are highlighted with a different colour palette than the rest. These cameras can be calibrated to detect abnormal body temperatures. Every pixel of the image has a temperature associated with it, so a higher resolution camera scan offers more detailed images.

Speaking to Community about the Cantronics body scanner at HIA, Zameer Bashir Shaik, Project Manager at Bayanat Engineering, said, “I feel that the Cantronics body scanners are very accurate, reliable and user-friendly, especially at enormous crowd monitoring in the public areas. It’s a bit challenging during a busy time slot to monitor each person without disturbing their movement. With Cantronics, we can overcome all those issues. I say it is the industry best system and adopted by one of the best organisations.”

Hassan Ezzeddine, General Manager at BEQ, added, “Bayanat Engineering Qatar continues to improve the safety measures at Hamad International Airport and Qatar. Body temperature measurement systems reduce the human and technical error with the level of accuracy up to 99.99%. The systems already have been implemented in various institutions including the airport, along with oil and gas, government, semi-governments and private sectors across Qatar.”

HEAT SENSORS All live objects emit infrared energy or heat. Unlike regular cameras that record light reflected by objects, thermal cameras use heat sensors that can record heat generated by the body of a person or an object to create a 2D image with differing temperature levels.