66th Year -- No. 3624 Friday, October 30, 2020 www.mauritiustimes.com facebook.com/mauritius.times 18 Pages - ePaper **MAURITIUS**

• "Remember, remember always, that all of us, and you and I especially, are descended from immigrants and revolutionists." -- Franklin D. Roosevelt

Interview : Jean Claude de l'Estrac, Journaliste

" Voilà ce qui nous guette : un naufrage !

C'est comme pour le Wakashio; le danger était annoncé, il était devenu imminent, on a continué à danser au balcon de l'Hôtel du gouvernement..."



* Voir Pages 7-8

<u>Matters of The Moment</u> From Bad To Worse



Too many governments have caved in to pressures from the private sector to hurriedly 'normalize' economic activities despite the unabated spread of the coronavirus. Were people being considered collateral casualties and expendable in the blind pursuit of Mammon?

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Remembering the past, looking towards the future



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Is the cure worse than the disease?

The most divisive question of 2020

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Can America survive the re-election of Donald Trump?

Americans can survive a second Trump term if they resurrect a language of critique and possibility that draws from history

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Worries about the Future

he overall situation in the world is so bad that, in spite of a picture of seeming nor- malcy – holding of elections in the US, India, here too the village elections - that governments want to project, everywhere one can sense that there is palpable worry about what kind of a future awaits us. Reassurances sound fake, and this impression is compounded by the lack of transparency about measures that are taken, especially where taxpayer money is involved. Several of the rich countries have already announced publicly that they are in recession, and that their economies are not expected to grow by as many percentage points as would be necessary to prevent this tendency.

And yet in Mauritius, we are told by the Minister of Finance that there is a fresh uptick in the economy, without spelling out the details of the sectors in which this is happening concretely. We have not ceased to repeat that compared to what is happening in the rest of the world, even in our sister island Reunion which has more sophisticated medical facilities (since Reunion = France), the government's strategy has managed to contain the spread of the Covid-19 pandemic. And this is allowing us to move about and do our routine activities – though not normal business – in a freer environment than elsewhere, except New Zealand.

This said, we cannot fail to reiterate that the irregularities in the procurement of the necessary medicines and equipments have impacted the credibility of the regime adversely, and that perception is yet to be reversed, despite the investigations and arrests made by ICAC. Doubts continue to remain about the final outcome, which may go into oblivion – much as nothing more has been heard about the ventilators bought from a packing company at explosive cost, besides the fact that there has been no pre-testing which raises the serious and important issue of whether they will work at all or properly when commissioned. And if not what next?

The same opacity persists about the conditions attached to the loans/"assistance" being advanced by the Mauritius Investment Corporation Ltd to distressed large companies, a point which we have been canvassing from the very beginning. Belatedly, we note that the opposition alliance only now is alluding to that, though from a political and governance point of view it does not suffice to say 'better late than never'. The matter is still supremely important and relevant, and the sooner the people have the answers the stronger will be the regime's legitimacy.

Now has surfaced louder and more visibly the debate and the questions about the Contribution Sociale Généralisée, which according to Business Mauritius is going to have a system wide impact on the Mauritian economy and destabilize the pension structure to such an extent that in a foreseeable future it is going to be unsustainable. This is because of the demographic decline which means that the ratio of young employed who will have to pay for an increasing proportion of elderly will alter such that fewer young will be available to pay for more elderly.

But for a start, there is a skewed contribution between the public and private sectors meant for paying out pensions .What is worrying even more is the closing down of the NPF which, through its investments, etc., is basically able to generate a return that pays for pensions - in other words, a sustainable source to do so. The new proposals which have been enacted without any prior discussion with the stakeholders mean that the NPF moneys to the tune of about Rs 165 have now been transferred to the Consolidated Fund - effectively the budget. That is, it will be spent rather than generate revenue as before. And with the Special Reserves of the Bank of Mauritius that have been used and will no doubt be used up in due course, it is the Consolidated Fund that will be channeled for budgetary expenditures and the wasteful largesses that we have been witness to.

Where, then, will the money come from to pay pensions in the future? Does this all mean that we'll be moving in the direction of dismantling an important plank of our Welfare State? If that were to happen, the consequences are certainly going to be dire not only for the vulnerable sections but for the country as a whole.

In a few days we will be celebrating the arrival of Indian Indentured Immigrants at Aapravasi Ghat, on 2nd November. What a contrast this will symbolize. Whereas our valiant ancestors braved all and faced so many obstacles, they yet managed to survive honourably and bequeathed to us a legacy in terms of land and some assets, including the little that they could save. We their descendants, are doing the exact opposite: we are placing a heavy burden of unending debt on our own future descendants.

This is something which our leaders should seriously ponder.



The Conversation

Is the cure worse than the disease? The most divisive question of 2020

There are issues, such as global warming, where there is scientific consensus. But consensuses take decades, and Covid-19 is a new disease

In 1968, at the height of the last great influenza pandemic, at least a million people worldwide died, including 100,000 Americans. That year A.M.M. Payne, a professor of epidemiology at Yale University, wrote:

"In the conquest of Mount Everest anything less than 100% success is failure, but in most communicable di-seases we are not faced with the attainment of such absolute goals, but rather with trying to reduce the pro-blem to tolerable levels, as quickly as possible, within the limits of available resources..."

That message is worth repeating because the schism between those seeking "absolute goals" versus those seeking "tolerable levels" is very much evident in the current pandemic. On September 21, the BMJ reported that opinion among UK scientists is divided as to whether it is better to focus on protecting those most at risk of severe Covid, or imposing lockdown for all.

One group of 40 scientists wrote a letter to the chief medical officers of the UK suggesting that they should aim to "suppress the virus across the entire population".

In another letter, a group of 28 scientists suggested that "the large variation in risk by age and health status suggests that the harm caused by uniform policies (that apply to all persons) will outweigh the benefits". Instead, they called for a "targeted and evidence-based approach to the Covid-19 policy response".

A week later, science writer Stephen Buranyi wrote a piece for the Guardian arguing that the positions in the letter with 28 authors represent those of a small minority of scientists. "The overwhelming scientific consensus still lies with a general lockdown," he claimed.

A few days later, over 60 doctors wrote another letter saying: "We are concerned due to mounting data and real world experience, that the one-



Photo - vip.politicsmeanspolitics.com

track response threatens more lives and livelihoods than Covid-lives saved."

This back and forth will undoubtedly continue for some time yet, although those involved will hopefully begin to see opposing scientific views and opinions as a gift and an opportunity to be sceptical and learn, rather than as a "rival camp".

Scientific consensus takes time

There are issues, such as global warming, where there is scientific consensus. But consensuses take decades, and Covid-19 is a new disease. Uncontrolled experiments in lockdown are still ongoing, and the long-term costs and benefits are not yet known. I very much doubt that most scientists in the UK have a settled view on whether pub gardens or universities campuses should be closed or not. People I talk to have a range of opinions: from those who accept that the disease is now endemic, to those who wonder if it can still be eradicated.

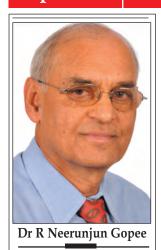
Some suggest that any epidemiologist who does not toe a particular line is suspect, or has not done enough modelling and that their views should not carry much weight. They go on to dismiss the views of other scientists and non-scientist academics as irrelevant.

Danny Dorling, Halford Mackinder Professor of Geography, University of Oxford

* Cont. on page 10

Op-Ed

Mauritius Times



Remembering the past, looking towards the future

A visit to Aapravasi Ghat should be part of routine educational tours, and so too to the Slavery Museum when it is ready. It will open many eyes

few days ago there was the inauguration of the first phase of

the Intercontinental Slavery Museum, and on Monday 2nd November will be held the annual commemoration of the arrival of Indian immigrants, beginning with the period of indenture that was to last for about 90 years until 1923. These are occasions for us to remember the past, and render homage to our ancestors who were brought to the island to toil under the very harsh and restrictive conditions that were imposed on them.

Fortunately for us, there are historians and other interested laymen who have been documenting these aspects of our colonial history and have been presenting them for public consumption, though how many people actually take the trouble to reward their labour by reading the published material is another matter. Given the volume of documents that are available and that continue to be added to, it is well nigh impossible to keep up with the lot, unless one is also researching or is professionally interested. But there is no doubt that they offer a rich and informed insight into how the island has evolved since our beginnings, and that I think should appeal to more and more people who should make more of an effort to discover their roots and become more culturally anchored.

There is a saying to the effect that those who do not know history are condemned to repeat the mistakes of the past. It is also said that the version of history that we have been made to learn is that of the victor, and if we are to have a more objective version we must also get to know the past from the standpoint of the victims or subjects.

Bur even without looking at the country's trajectory from this angle, there is lot to be gained from official historical records. Though I must confess to – here we go again! – lack of time, what with my fingers being in so many pies, I have had a continuing interest in medical history, and until recently this was mainly about western history given my training. Of course we do get bits and pieces as it were during our medical training, for example about medical discoveries and the pioneers behind them, but here again as our focus is on becoming practising doctors that's as far as we go.

But clearly there is much more, and as far as our country is concerned there is much that is of great interest – to me at least – in some recent documents. For example, there is one volume of the Truth and Justice Commission (that was set up under the Labour Government) that deals with the health of slaves and indentured labour. It is really well researched, and covers all aspects of the topic from nutrition to various disease conditions, issues pertaining to the rations supplied and the improvements made in them, the surveys carried out to assess the health of the workers, the measures taken and so on, and concluding with the current situation where we see that the pattern has changed from the earlier killer infectious diseases to the new killers that the non-communicable diseases have become now.

Another document of great interest to me is the book



by Raj Boodhoo, a medical historian, 'Infectious Disease and Public Health in Mauritius 1810-2010' at whose launch I was present and which I wrote about in this paper. I only wish my doctor colleagues would dip into it to learn about how we have reached where we are today, among other things overcoming epidemics and improving the health of our people by the by.

66 Today's generation takes too many things for granted, enjoying as they are doing levels of material comfort that were unimaginable even a few decades ago. As far as their ancestors are concerned, not in their wildest dreams could they ever have imagined what sort of a life their descendants would have. The latter do not have to undergo the same uphill struggles – but it would certainly help them to give more value to their present situation if they delved into some the realities of the past..."

It has never been easy, and this is true for our life in general. I wonder how many footfalls the Interpretation Centre at Aapravasi Ghat has received to date. With the Slavery Museum that will be gradually developed, these two will constitute a significant portion of our *'lieux de mémoire'* which will educate, inform, and also entertain us – with stories of yore, but also around the more recent narratives on the same themes. Who doesn't like to reminisce about the past that is not too distant – *letan lontan* – and listen to parents and grandparents telling about

how they used to cook in black pots over open fires which had to be kept aflame by blowing down metal tubes, the notorious *phouknis* that blew smoke into one's eyes and lungs at the same time – and could also be weaponised by fighting couples or partners!

Some years back on a visit to the US, we drove down to Virginia and went on a tour of a former plantation site, and I was pleasantly surprised to find how much some of the structures on display there, such as the cooking implements, the hutments, the fireplaces resembled what I myself had experience of in my childhood. Revealing, to say the least.

I wish that our children and grandchildren would be a bit more curious to know about their past. It is important for them to understand and appreciate what kinds of hardships their forbears have undergone, and learn how they faced them through thick and thin, sacrificing and saving so as to prepare a better future for those who would come after them.

Today's generation takes too many things for granted, enjoying as they are doing levels of material comfort that were unimaginable even a few decades ago. As far as their ancestors are concerned, not in their wildest dreams could they ever have imagined what sort of a life their descendants would have. The latter do not have to undergo the same uphill struggles – but it would certainly help them to give more value to their present situation if they delved into some the realities of the past. A visit to Aapravasi Ghat should be part of routine educational tours, and so too to the Slavery Museum when it is ready. It will open many eyes.

Unless we know our past, we will miss the right direction to take for the future. November 2nd and similar commemorations are a simple, easy opportunity to orientate or re-orientate ourselves. It should be a sacred duty to participate.

From Bad To Worse

Too many governments have caved in to pressures from the private

sector to hurriedly 'normalize' economic activities despite the unabated

spread of the coronavirus. Were people being considered collateral

casualties and expendable in the blind pursuit of Mammon?

Mrinal Roy

he accelerated resurgence of Covid-19 in Europe and across the world is forcing govern-

ments in Europe and various countries in the world to impose new lockdowns, curfews and strict confinement rules. This is a scathing indictment of the world's mismanagement of the Covid-19 pandemic. New lockdowns are costly and a double whammy on government and the

death toll provided potent evidence to governments that their priority should be to contain the virus by every means as it represented an extremely serious risk to human life. Against such a backdrop, it would have certainly been more apt and sensible for governments across the world to first and foremost opt to save the lives of the people by enforcing strict sanitary protocols and confinement rules to rigorously contain the spread of Covid-19 infection.



private sector's strapped finances. It basically means after some 10 months since the outbreak of the Covid-19 pandemic at the beginning of the year that government decisions to manage and circumscribe the virus in their countries have failed. This has become a major issue of contention in the build up to the US presidential elections next week.

Too many governments have also caved in to pressures from the private sector to hurriedly 'normalize' economic activities despite the unabated spread of the virus, the rising death toll and the undue strain on the hospital services and the frontliners of the country. Were people being considered collateral casualties and expendable in the blind pursuit of Mammon? It is obvious that the policy trade-offs chosen by too many governments in the world to prematurely reboot the economy before the pandemic is robustly contained within their countries has backfired. In too many countries, a lax implementation of strict sanitary and social distancing rules and the wearing of masks have also fuelled the spread of the virus.

In the absence of any effective cure and vaccine against a very contagious and deadly virus, which put the lives of people and in particular the elderly at risk, governments should have prioritized policies which safeguard the lives and health of people rather than rush to reignite the economy to safeguard the balance sheets of companies and government revenue. The rapid outbreak of the Covid-19 pandemic across the world and the rising

Instead, too many countries have hastily opted to favour the economy over the protection of the lives of people against a rampant virus. The upshot is that there are more than 44.7 million coronavirus cases in the world and the death toll from the virus has exceeded 1.17 million. The United States, India, Brazil, Russia, France, Spain, Argentina and Columbia have all more than 1 million cases of Covid-19 each. The US, the most infected country, has more than 9 million cases of Covid-19. Hospital staff and doctors who have been battling against the Covid-19 in treatment centres across the world since the beginning of the year are under tremendous strain. Under such circumstances, every Covid-19 death is one too many.

Chilling statistics

The Covid-19 statistics are forbidding. A second wave of Covid-19 is sweeping across Europe which is our main source of tourists. Europe has recorded more than 1.3 million new cases of coronavirus during the past week, which is the highest number of cases recorded in a week since the outbreak of the pandemic. Last week, Spain and France became the sixth and seventh countries in the world where the registered number of cases of Covid-19 have exceeded 1 million cases each. The record number of new cases recorded in Italy, Germany, Belgium, the Czech Republic and the United Kingdom threaten to overwhelm these countries' capacities to manage and contain the spread of the virus. Belgium has the highest

number of Covid-19 deaths per 100,000 of population, followed by Spain, United Kingdom, Italy, Sweden and France.

According to European health authorities, Covid-19 infection rate has been rising for over 90 days. Europe has registered 46% of total cases of Covid-19 in the world. European governments fearing that the spread of the virus could spin out of control are imposing curfews and a range of rules and restrictions to limit social contact in a bid to avoid full-scale lockdowns which would have dire socio-economic consequences.

The Spanish Prime Minister Pedro Sanchez has thus declared a second national state of emergency, imposed a nationwide night curfew from 11 pm to 6 am in all regions except for the Canary Islands and allowed the closure of internal borders. Public gatherings will be limited to six people. Italy has also announced stricter measures to curb the spread of the virus since its lockdown in the spring. Cinemas, swimming pools and gyms and most secondary schools are closed as from this week. Bars and restaurants will have to close by 6 pm. The UK has decreed a high alert level for London and other cities and also limited indoor gatherings from other households and restricted outdoor gatherings to a maximum of six people.

New lockdowns

Last week, Ireland became the first country in Europe to re-impose a lockdown in the wake of soaring cases. Wales began a 17-day lockdown this weekend and closed all nonessential businesses. People are required to remain home under strict rules.

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strain. Under such circumstances, every Covid-19 death is one too many..."

Germany has announced a November lockdown but schools and shops will stay open. Bars, catering and leisure facilities will remain shut. Social contacts will be limited to two households

France recorded a new daily record of coronavirus infections with 52,010 cases registered in 24 hours over the last weekend. Hospitals risk being overwhelmed. Night curfews have been imposed on a number of cities, thus bringing around 46 million people, or about twothirds of France's population under curfew restrictions. Amidst growing calls for tighter lockdown restrictions amid surging cases of Covid-19, President Emmanuel Macron has this week announced a second national lockdown starting on Friday for at least the whole of November. People would only be allowed to leave home for essential work or medical reasons. Non-essential businesses, such as restaurants and bars will close, but schools and factories will remain open.

Friday, October 30, 2020

Poland abortion ruling sparks 'women's strike'

strike is under way in Poland by Awomen opposed to a court ruling that introduced a near-total ban on abortion in the mainly Catholic country.

Crowds have protested in several cities for the seventh-day running against the decision that outlawed terminations on the grounds of severe health defects.

An opinion poll conducted for Gazeta Wyborcza suggested that 59% of those surveyed disagreed with the change. The powerful ruling party leader said the decision could not be reversed, reports BBC.

Jaroslaw Kaczynski, who is also the deputy prime minister and widely considered to be the country's real powerbroker, said the protests were an attempt to "destroy" Poland. He urged people to "defend" the nation as well as the Catholic Church.

Last Thursday's ruling by the Constitutional Court closed one of the few remaining legal grounds for abortion in Poland, and followed a legal challenge by MPs from the ruling nationalist Law and Justice party (Pis) last year.



The decision means terminations are only valid in cases of rape or incest, or to protect the mother's life. Opponents say it puts women at risk by forcing them to carry a baby that is unlikely to survive birth.

But supporters insist it will prevent the abortion of foetuses diagnosed with Down's syndrome. The ruling cannot be appealed against but only comes into force after it is published in the official gazette though it is not clear when that will happen. What's the latest on the protests?

The organisers said many firms had agreed to let women employees take the day off in a protest inspired by a women's strike in Iceland in 1975 and resembling another Polish demonstration held in 2016.

What's the background?

Abortion is a deeply divisive issue in

Poland, which already had one of the strictest laws in Europe. A 2014 opinion poll by the CBOS research centre found that 65% of Poles surveyed were against abortion, 27% saw it as acceptable and 8% were undecided.

However, for years opinion polls have found a clear majority against the latest tightening of the law.

There are just over 1,000 legal abortions every year in Poland, but women's groups say the number of abortions carried out illegally or abroad could be between 80,000 and 120,000.

Observers say the government and the PiS seem to have been taken by surprise by the size of the protests, which have also contributed to unusually strong criticism towards the powerful Catholic Church.

The influence of the Church is waning among younger generations, and the protests have been attended by large numbers of young women. On Sunday, groups targeted churches and some services were disrupted.

US-India 2+2: Crucial defence deal signed

ndia and the US have signed a military agreement on sharing sensitive satellite data amid Delhi's tense border standoff with Beijing. Access to such data is considered vital for hitting missiles, drones and other targets with precision.

The deal was announced after the annual "2+2" high-level talks in Delhi on Tuesday.

Experts say the strengthening of India-US ties is aimed at countering China's influence in the region.

US Defence Secretary Mark Esper held talks with his Indian counterpart Rajnath Singh. US Secretary of State Mike Pompeo also met Indian Foreign Minister S Jaishankar.

"Over [the] last two decades, our bilateral relationship has grown steadily in its substance, facets and significance," Mr Jaishankar said on Tuesday. He added that the talks would enable the two countries to "engage much more intensively on matters of national security".

The Basic Exchange and Cooperation Agreement on Geospatial Cooperation, or BECA, is among the few deals that the US signs with close partners. It allows India access to a range of sensitive geospatial and aeronautical data that is crucial for military action.

The two sides also signed a clutch of other deals in the fields of nuclear energy, earth sciences and alternative medicine. But BECA is the most significant deal among them.

It will allow the US to "provide advanced navigational aids and avionics on US-supplied aircraft to India", an Indian defence source told Reuters news agency - that also means the US can fit high-end navigational equipment in the aircraft it supplies to India.

Relations between the US and China have also soured in recent months with President Donald Trump's repeated criticism of Beijing's handling of the coronavirus pandemic. The US has also rebuked China for imposing a new security law in Hong Kong, following large-scale protests.



The deal is another step forward in deepening India-US military ties. India is one of the word's biggest defence equipment buyers, but around 60-70% of its inventory is supplied by Russia.

That two of America's most senior Cabinet ministers chose to travel in person to meet their counterparts during times of Covid, and a week before the US presidential vote, is an indication of just how important these talks were.

Countering the influence of China in the region is the overarching theme of this trip - US officials will also travel to Sri Lanka, the Maldives and Indonesia in the coming days nations which enjoy strong ties with Beijing.

The US wants to change this and has become one of the fastest-growing defence suppliers for India in recent years. Echoes of such plans can be heard in the statements of both countries' leaders

While Mr Singh and Mr Jaishankar did not directly mention China in their statements, both Mr Esper and Mr Pompeo took swipes at China.

India will also be mindful of its relations with Russia. So it will be interesting to see how it balances its military and strategic ties with both Washington and Moscow.

China's first domesticallybuilt aircraft carrier likely to be combat-ready by year-end: Report

hina's first domestically-built aircraft carrier Shandong is expected to be combat-ready by this year-end, a report said on Tuesday. The aircraft has completed regular testing and training missions at sea, it said. Shandong is China's second aircraft carrier. It is also the country's first domestically built aircraft carrier.

Chinese aircraft carriers Liaoning and Shandong have recently completed routine training and sea trials, news agency PTI quoted the Chinese military as saying last month.

Liaoning, a refit of the Soviet-era ship, was commissioned in 2012, while Shandong was commissioned into the PLA Navy in December last year. Official media reports say that China plans to have six aircraft carriers.

Shandong focused on actual combat after serving in the People's Liberation Army (PLA) Navy for 10 months, China Central Television (CCTV) reported on Tuesday according to PTI.

As Shandong has just served for less than a year, it is still undergoing basic training to test the performance of its equipment and enhance research on the operations and training of the ship, Zhang Junshe, a senior research fellow at the PLA Naval Military Studies Research Institute, told the state-run Global Times on Tuesday.

In the future, the ship will conduct more exercises on coordination with aircraft and ships, as well as coordination with other carrier strike group, Zhang said.

Spotlights

Mauritius Times

Turkey fury after 'Charlie Hebdo' gives Erdogan a taste of its cartoons



Turkey is furious after French satirical magazine *Charlie Hebdo's* comeback at Turkish President Recep Tayyip Erdogan with a cartoon mocking him over his protest against France and tirade against French President Emmanuel Macron, reports *India Today*.

Turkey has threatened to sue the French magazine with the official statement today saying, "We assure our people that necessary legal and diplomatic actions will be taken against this cartoon."

Earlier, an Erdogan aide called the latest controversial cartoon by the French publication as "cultural racism". Erdogan's media adviser Faherttin Altun wrote on Twitter: "French President Macron's anti-Muslim agenda is bearing fruit! *Charlie Hebdo* just published a series of so-called cartoons full of despicable images purportedly of

our President. We condemn this most disgusting effort by this publication to spread its cultural racism and hatred."

The front-page cartoon on *Charlie Hebdo's* Wednesday edition was released on Tuesday night showing Erdogan leering at a woman wearing hijab. The cartoon's title, written in French, translates into English as, "Erdogan: in private, he's very funny".

Turkish Vice President Fuat Oktay called the *Charlie Hebdo* as "incorrigible French rag" while calling "on the moral and conscientious international community to speak out against this disgrace."

This comes at a time when relation between

Turkey and France has hit low following a row over *Charlie Hebdo's* cartoons of Prophet Mohammed, which took a worse turn after a French teacher was beheaded in the outskirts of Paris for showing those cartoons to his students during a lecture of freedom of speech.

French President Macron had already announced bringing out legislation to strengthen the secular laws of the country. Following the beheading of the teacher, the controversial cartoons were displayed on some of the government buildings recently evoking a "Boycott France" call in the Middle-East countries.

Erdogan had reacted angrily saying Macron needed a "mental health check-up". France responded by recalling its ambassador to Turkey. Erdogan also led the calls for a boycott of French products.

New York street co-named as Punjab Avenue to honour Punjabi community



In a significant move to honour the Punjabi community, a street in Queens area of New York has been conamed as Punjab Avenue. 101 Avenue, which stretches from 111 Street to 123 Street and is said to be a hub of businesses run by Punjabis, was inaugurated last week on Friday (October 23).

The Richmond Hill area in Queens area was earlier known as 'Little Punjab', owing to the rich Punjabi culture -- there are two largest Sikh shrines (Gurudwaras) situated between Lefferts Boulevard and 113 Street. Besides, the entire stretch has businesses run by Punjabis.

The street was inaugurated by Council member Adrienne Adams who had moved the motion in the New York City Council for the renaming of the Avenue, keeping in view the strong presence of the Punjabi community in the area, according to a report in ANI.

"It is important that we continue to celebrate the

multicultural mosaic of our city!" she said in a tweet.

Adrienne Adams had told CBS New York (as quoted by ANI), "This community has been underserved, not really recognized... Invisible, which is a travesty, knowing everything that all of our community brings to this wonderful district."

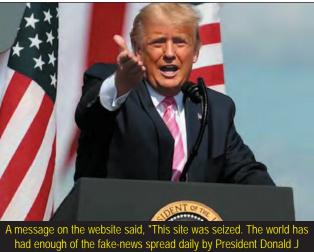
Adams further said that the Punjabi community deserved to be acknowledged as they have helped to build Richmond Hill.

"Some of the hardest working people are of the South Asian community... Folks who have been here for a

time," Adams said further as quoted by CBS New York.

Meanwhile, Jenifer Rajkumar, the Democratic nominee for State Assembly District 38, who addressed the inaugural event, said that she was "standing proud".

Also, ANI quoted Harpreet Singh Toor, former president of the Sikh Cultural Society, as saying, "Just because we look different, it doesn't mean that we are not humans or we are lesser Americans." Enough of fake news: Donald Trump's campaign website hacked week before Election Day



Trump." Photo - PTI

On Tuesday, US President Donald Trump's campaign website 'donaldjtrump.com' was hacked briefly, just a week ahead of Election Day, according to officials and reports.

"This site was seized. The world has had enough of the fake-news spread daily by President Donald J Trump," said a message that popped up on the website, which normally carries details of rallies and fundraising appeals.

The hackers, however, did not provide any evidence to back their statements.

The campaign said in an emailed statement there was "no exposure to sensitive data because none of it is actually stored on the site." Trump campaign spokesman, Tim Murtaugh, said the site was quickly fixed and no sensitive data was compromised, US media reported. "The Trump campaign website was defaced and we are working with law enforcement authorities to probe the source of the attack," Murtaugh said.

The technology website 'Techcrunch' said the hack appeared to be a scam intended to collect hard-to-trace cypto-currency Monero. In their message, the hackers claimed to have "confidential information on Trump and his relatives". They instructed people to send cryptocurrency to one address if they wanted the information revealed and to another to keep it secret.

Compiled by Doojesh Ramlallah



Jean Claude de l'Estrac, Journaliste "Voilà ce qui nous guette : un naufrage!

C'est comme pour le Wakashio ; le danger était annoncé, il était devenu imminent, on a continué à danser au balcon de l'Hôtel du gouvernement..."



Mauritius Times : Selon vous, les conditions politiques sont-elles réunies à ce stade pour la mise en place d'un regroupement du PTr, du MMM et du PMSD pour se présenter comme gouvernement d'alternance?

Jean Claude de l'Estrac: Ce regroupement est sans doute un impératif, mais les conditions optimales sont loin d'être réunies.

D'abord les conditions objectives : ces partis sortent affaiblis d'une récente défaite électorale, et même si la majorité gouvernementale n'a obtenu que 37% de suffrages, même si sa gestion est très contestée par une par-

CPersonne au Parti travailliste ne fera partir Ramgoolam s'il ne le veut pas. Et plus on s'agitera autour de lui pour le faire partir, plus il campera sur ses positions. C'est son tempérament. J'imagine que Ramgoolam doit se dire que Pravind Jugnauth sera tellement discrédité, arrivé à la fin du mandat, que du coup, il retrouvera une certaine grâce aux yeux de ses électeurs traditionnels....."

spécialistes affirment que la pandémie aura nécessairement des effets négatifs, voire dévastateurs, sur l'économie mondiale. La République de Maurice était déjà fortement endettée avant l'arrivée de la Covid-19. Est-ce que le Gouvernement a pris les dispositions nécessaires en termes de mesures de préparation et de prévention? Jean Claude de l'Estrac donne son point de vue. Il nous parle également du regroupement du PTr, du MMM et du PMSD pour se présenter comme gouvernement d'alternance et de la question de leadership d'une éventuelle alliance de

lusieurs

tie de l'électorat, elle affiche une tranquille assurance qui vient du fait qu'elle pense bénéficier de la durée.

Et puis, dans notre système quasi présidentiel, c'est la question de savoir qui sera le chef du gouvernement d'alternance qui importe le plus à l'électeur. Ce choix est l'épine au pied de l'opposition.

La rapidité avec laquelle cette plateforme a été mise en place est quand même assez surprenante. Il y a comme un empressement de la part des dirigeants de ces trois partis. Qu'est-ce qui expliquerait cela, à votre avis?

Je pense que les difficultés du nouveau gouvernement à s'imposer, la série de mauvaises nouvelles, le déferlement de scandales, les choix hasardeux et les nominations honteuses ont incité les partis de l'opposition parlementaire à se regrouper rapidement pour mieux contrer le pouvoir et l'affaiblir davantage. C'est leur intérêt commun. Mais cette rapidité n'est pas un gage de pérennité et de solidité.

* Navin Ramgoolam, Paul Bérenger et Xavier Duval ont, d'un commun accord, choisi de faire abstraction pour l'instant de la question de leadership d'une éventuelle alliance. Repousser à plus tard cette décision ne résout pas le problème, et ne ferait que confirmer la perception de l'absence de consensus sur la

question, non?

Exactement. C'est la question qui risque de faire capoter cette alliance. Soyons clairs: si Navin Ramgoolam insiste pour diriger cette alliance et se présenter comme le Premier ministre de l'alternance, l'alliance est morte. Le MMM ne sera pas en mesure de cautionner ce choix; ce qui reste de son électorat est certainement hostile à cette éventualité.

Il est évident qu'il n'y a pas encore de consensus sur la question, mais l'alliance a le temps de voir venir. Notre histoire politique nous enseigne que les recompositions électorales, les réalignements politiques se déroulent surtout en deuxième partie d'un mandat quand une partie de l'électorat, opportuniste et cynique, sent tourner le vent.

* Il n'y a pas que l'électorat du MMM. Voyez-vous l'électorat rural soutenir un autre rapprochement entre le PTr et le MMM?

Je n'ai pas de certitudes, mais j'ai la conviction que Bérenger est plus acceptable aujourd'hui à l'électorat travailliste, l'électorat jeune en tout cas, que Ramgoolam à l'électorat du MMM.

Je parle globalement, je ne parle pas de leadership. Sur ce point, je crois que l'électorat les renvoie dos à dos mais pas pour les mêmes raisons.

66Si l'électorat, pour lequel l'Hôtel du gouvernement est le symbole, appréhende la perte du pouvoir à cause d'une dispersion des voix aux élections, il est fort probable que des influenceurs seront à l'œuvre pour rapprocher les positions afin de sauvegarder ce qui est essentiel à ses yeux ...?"

* La base du PTr et du MMM reste silencieuse. Et, il n'y a eu jusqu'ici aucun signe de contestation venant des Travaillistes ou des Militants, généralement plus bruyants. Qu'est-ce qui explique cela, selon vous?

Parce qu'il n'y a pas encore d'enjeu. Les électeurs ne sont pas dupes, ils savent que les élections ne sont pas pour bientôt, sauf énorme imprévu.

Et puis, les activistes de ces partis sont les premiers à vouloir connaitre l'identité du chef qui mènera les troupes à la prochaine bataille.

Par ailleurs, les choses ne sont pas très claires au sein du PTr. Le retour en force de Navin Ramgoolam c'est lui qui reprend le contrôle de l'agenda du parti semble avoir coupé les jambes au groupe parlementaire et au leader de l'opposition. C'était prévisible?

Parfaitement. Personne au Parti travailliste ne fera partir Ramgoolam s'il ne le veut pas. Et plus on s'agitera autour de lui pour le faire partir, plus il campera sur ses positions. C'est son tempérament.

Suite en page 8

Interview

'C'est la question de savoir qui sera le chef du gouvernement d'alternance qui importe le plus à l'électeur. Ce choix est l'épine au pied de l'opposition'

Suite de la page 7

Quand on se rapprochera vraiment des échéances, on peut penser qu'il prendra la juste mesure des choses pour mettre dans la balance l'avenir de son parti et son sort personnel.

G Je ne croyais pas Pravind Jugnauth aussi arrogant et têtu. Il ne se reconnaît aucune faute, jamais. S'il parvient, comme vous le dîtes, à "redresser" la situation - ce qui implique qu'elle part de travers - il sera acclamé comme un grand leader. Mais si la situation continue à se dégrader, si le chômage continue à augmenter, si le pouvoir d'achat continue à baisser..."

J'imagine que Ramgoolam doit se dire que Pravind Jugnauth sera tellement discrédité, arrivé à la fin du mandat, que du coup, il retrouvera une certaine grâce aux yeux de ses électeurs traditionnels.

* Par ailleurs, Lindsay Rivière nous disait récemment que Navin Ramgoolam ne s'intéressera à la conclusion d'une alliance formelle avec le MMM et le PMSD que s'il la dirige -- ce qui fera aussi l'affaire de son adversaire direct, le MSM, n'est-ce pas?

Lindsay Rivière a raison. Dans les circonstances actuelles, c'est la posture de Ramgoolam. Mais je n'écarte pas un changement dans le cas d'une évolution dramatique de la situation.

* Au fait, il paraît que certains Travaillistes seraient plutôt en faveur d'un rapprochement avec Pravind Jugnauth aux prochaines élections, estimant que Navin Ramgoolam a fait son temps. Voyez-vous cela aboutir avec le temps?

C'est une hypothèse que je n'écarterais pas. Si l'électorat, pour lequel l'Hôtel du gouvernement est le symbole, appréhende la perte du pouvoir à cause d'une dispersion des voix aux élections, il est fort probable que des influenceurs seront à l'œuvre pour rapprocher les positions afin de sauvegarder ce qui est essentiel à ses yeux.

* Le Gouvernement a encore quatre ans pour redresser sa situation et aller aux élections. Mais il ne semble pas avoir quelque intention de changer grandchose à ce qu'il fait ou à sa manière de faire. Cela vous surprend-il?

Oui. Je ne croyais pas Pravind Jugnauth aussi arrogant et têtu. Il ne se reconnaît aucune faute, jamais. S'il parvient, comme vous le dîtes, à "redresser" la situation ce qui implique qu'elle part de travers - il sera acclamé comme un grand leader.

Mais si la situation continue à se dégrader, si le chômage continue à augmenter, si le pouvoir d'achat continue à baisser, si le pays se paupérise, si ses acolytes continuent à cannibaliser l'Etat, il sera le Premier ministre le plus honni de notre Histoire.

* Toutefois, il ne faut pas écarter la capacité du Gouvernement, disposant d'une équipe motivée et de moyens considérables, à gérer cette situation, cela avec le soutien et la bienveillance de la MBC-TV...

Votre opinion?

J'en doute ! Je n'ai pas le sentiment que le Premier ministre a réuni autour de lui les meilleures compétences du pays pour l'aider à gérer une situation d'une extrême complexité au plan mondial comme au plan national.

Je ne sais de quels "moyens considérables" vous parlez: si l'on n'y prend garde, le pays manquera de devises étrangères bientôt; il va falloir emprunter, s'endetter davantage. La bienveillance imbécile de la MBC-TV n'y fera rien!

Je ne souhaite pas jouer à l'oiseau de mauvais augure, mais j'ai de très grosses inquiétudes pour le futur de notre pays. Tout n'est pas de la faute du Gouvernement, tout n'est pas non plus la faute de la Covid-19. Beaucoup des dysfonctionnements actuels du pays sont le résultat des manquements du Gouvernement, de ses choix aberrants, de ses folles dépenses et de la médiocrité de certains pans du service public.

Je ne digère toujours pas ce non-sens qu'est la Contribution Sociale Généralisée; j'avais dénoncé cette injustice qui fait peser sur nos enfants le poids de nos propres inconséquences.

L'injustice aussi qui oblige nos entreprises qui contribuent déjà à des fonds de pension privés et qui doivent injecter de l'argent frais pour éponger leur passif, à devoir maintenant contribuer au nouveau fonds imposé par le ministre des Finances. Sans compter l'imposition des employés du privé pour payer la pension des privilégiés de la fonction publique.

* Au fait, selon la plupart des experts, le pire de la crise économique mondiale est encore à venir. Il y a donc des jours difficiles devant nous, cela tant que les signes de reprise ne seront pas présents. Avec moins d'argent disponible dans les caisses de l'Etat à des fins d'assistance directe aux chômeurs et autres dans les mois à venir, les choses risquent de se compliquer sur le plan social. Qu'en pensez-vous?

Je ne sais quoi penser de l'apparente inertie du Gouvernement. C'est comme pour le Wakashio; le danger était annoncé, il était devenu imminent, on a continué à danser au balcon de l'Hôtel du gouvernement; et ce, jusqu'au naufrage et le déversement du fioul. Voilà ce qui nous guette: un naufrage!

* Des employés d'Air Mauritius ont manifesté dans les rues de Port- Louis pour exprimer leur indignation devant la décision "unilatérale" des administrateurs de procéder avec une nouvelle baisse de salaires, après celles de 40% à 60% imposée en juillet. Malgré la multitude des mesures prises, Air Mauritius continue à enregistrer des pertes de Rs 300 par mois en raison de la pandémie de Covid-19. Etes-vous optimiste quant à la possibilité d'un redressement de la com-

GGSoyons clairs : si Navin Ramgoolam insiste pour diriger cette alliance et se présenter comme le Premier ministre de l'alternance, l'alliance est morte. Le MMM ne sera pas en mesure de cautionner ce choix ; ce qui reste de son électorat est certainement hostile à cette éventualité..."



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pagnie par des administrateurs avec le soutien financier du Gouvernement?

C'est très dur pour les employés d'Air Mauritius, mais ils sont aujourd'hui les employés d'une compagnie en faillite menacée de disparition. Ils n'ont aucun pouvoir de marchandage. Le pire, c'est l'absence de perspective.

Quel est le plan stratégique des administrateurs, celui du court terme, tant que durera la Covid-19 et les frontières fermées de nos principaux marchés ? Et le plan de sortie de crise quand sera-t-elle de mise?

Je ne sais si ce tandem d'administrateurs, sans expertise de l'aérien, sera capable de formuler des plans efficaces par ces temps de profondes mutations du trafic aérien mondial.

De plus, l'Association internationale du transport aérien estime maintenant que ce n'est pas avant 2024 que l'on peut espérer un retour du trafic aérien d'avant-crise. Il est estimé que le trafic chutera de 63% cette année!

Comment être optimiste? Il est impensable que le Gouvernement puisse étendre le *Wage Assistance Scheme* pour encore 36 mois!

8

Is the cure worse than the disease? The most divisive question of 2020

* Cont. from page 2

But science is not a dogma, and views often need to be modified in the light of increasing knowledge and experience. I am a geographer, so I am used to seeing such games of academic hierarchy played above me, but I do worry when people resort to insulting their colleagues rather than admit that knowledge and circumstance have changed and reappraisal is necessary.

A grim calculus

Is the cure worse than the disease? This is the question that currently divides us, so it is worth considering how it might be answered. We would have to know how many people would die of other causes, for example, of suicide (including child suicides) that would not have otherwise occurred, or liver disease from the increase in alcohol consumption, from cancers that were not diagnosed or treated, to determine the point at which particular policies were taking more lives than they were saving. And then what value should you put on those lost or damaged lives against the economic consequences?

We do not live in a perfect world with perfect data. For children, for whom the risk of death from Covid is almost zero and the risks of long-term effects are thought to be very low, it is easier to weigh up the negative effects of not going to school or of being trapped in households with rising domestic abuse.

For university students, who are mostly young, a similar set of calculations could be made, including estimating the "cost" of having the infection now, versus the cost of having it later, possibly when the student is with their older relatives at Christmas. With older people, though, the calculus – even in a perfect world – would become increasingly complex. When you are very old and have very little time left, what risks would you be willing to take? One elderly man famously claimed: "No pleasure is worth giving up for the sake of two more years in a geriatric home in Weston-super-Mare."

A recent paper, published in *Nature*, suggests that even in Hong Kong, where compliance with mask-wearing has been over 98% since February, local elimination of Covid is not possible. If it is not possible there, it may not be possible anywhere.

On the brighter side, elsewhere, elderly people have been protected even when transmission rates are high and overall resources are low. In India, a recent study found that "it is plausible that stringent stay-at-home orders for older Indian adults, coupled with delivery of essentials through social welfare programs and regular community health worker interactions, contributed to lower exposure to infection within this age group in Tamil

Nadu and Andhra Pradesh."

However, minimising mortality is not the only goal. For those who don't die, the outcome can still be prolonged and severe debility. That, too, must be taken into account. But unless you are sure that a particular measure for locking down will do more good than harm, in the round, you should not do it. In 1970, shortly before he became dean of the London School of Hygiene and Tropical Medicine, C.E. Gordon Smith wrote:

"The essential prerequisite of all good public health measures is that careful estimates should be made of their advantages and disadvantages, for both the individual and the community, and that they should be implemented only when there is a significant balance of advantage. In general, this ethic has been a sound basis for decision in most past situations in the developed world although, as we contemplate the control of milder diseases, quite different considerations such as the convenience or productivity of industry are being brought into these assessments."

Current beliefs of where the balance of advantages and disadvantages lie are changing. The "rival camps"



Friday, October 30, 2020

Photo: mladenbalinovac via Getty Images

rhetoric needs to end. No individual or majority. small group represents the view of the

REVENUE

COMMUNIQUE

NOTICE TO EMPLOYERS AND SELF-EMPLOYED INDIVIDUALS CSG / NSF / Training Levy

Employers are hereby informed that, following the introduction of the *Contribution Sociale Généralisée* (CSG), the deadline for the submission of the Monthly Contribution Return and payment of contributions for the month of September 2020 is Monday 30 November 2020.

The Monthly Contribution Return includes contributions in respect of the following:

- 1. Contribution Sociale Généralisée (CSG)
- 2. National Savings Funds (NSF), and
- 3. Training Levy.

The deadline for the submission of the Monthly Contribution Return for any subsequent month is the end of the following month. Thus, the Monthly Contribution Return and Payment for the month of October 2020 shall also be made by 30 November 2020 at latest.

The facility for the submission of the **Monthly Contribution Return** and payment of the contributions is available on MRA's website: <u>www.mra.mu</u> and through the Mauritius Network Services (MNS).

Employers are informed that the facility to file the **Joint PAYE/Contribution Return** for the month of September 2020, onwards, will continue to be available on MRA's website. Moreover, no penalty and interest will be applicable for late payment of PAYE for the month of September 2020 where the return is submitted and payment is made on or before **Monday 30 November 2020**.

Self-employed individuals are informed that they, also, are required to submit a **CSG Return**. The return for the month of **September 2020** and the payment of CSG should be made on or before **Monday 30 November 2020**. The necessary facility will be available on MRA's website as from **Monday 16 November 2020**.

For further information, employers/self-employed individuals may visit the MRA's website or phone the MRA helpdesk on **207 6000** during office hours.

MAURITIUS REVENUE AUTHORITY

26 October 2020

Ehram Court, Cnr Mgr. Gonin & Sir Virgil Naz Streets, Port Louis, Mauritius T: +230 207 6000 | F: +230 207 6048 | M: headoffice@mra.mu | W: www.mra.mu



9

Matters of the Moment

* Cont. from page 4 **Blind lobbies**

The re-imposition of lockdowns in Europe, which is our principal trading partner, will certainly adversely affect demand for our exports and disrupt trade flows. Despite the present rampant state of Covid-19 in Europe and the world, there are still lobbies from the tourism sector and the political class who are still pressing for our borders to be opened in spite of evidence that countries that have opened their frontiers have registered very low level of tourist arrivals as understandably people are reluctant to risk travelling in a Covid-19 afflicted world.

The country's decisions regarding Covid-19 and the re-opening of our borders cannot therefore be blind to the accelerated surge of coronavirus infection in Europe, South Africa and Reunion, our principle sources of tourists. It would certainly be reckless and irresponsible to open our borders to tourists in the light of the present alarming surge of Covis-19 infection in Europe, the epicentre of the virus and the world.

The current state and configuration of the economy is no longer viable in a world undermined by Covid-19. It is therefore high time for a strategic review of every economic sector and our economic model to chart out innovative strategies to conjure or mitigate the adverse socio-economic impact of the Covid-19 pandemic taking on board the immense potential and opportunities of the

From Bad To Worse

Mauritius Times



near Lyon, southeastern France, on October 27th, 2020. The equipment was to be shipped to a waiting hospital. Photo - AFP

digital tools at our disposal.

Need for strategic thinking

Covid-19 pandemic is testing and exposing the limitations of the crisis management and strategic thinking acumen of government and the private sector. For too long, the private sector has been unable to contribute meaningfully in charting out innovative strategies and identifying and promoting new productive sectors of activity to replace the faltering traditional sectors of the economy. They have instead invested heavily in lucrative smart city and real estate development projects which have siphoned Foreign Direct Investment (FDI) away from productive economic activities and have limited limited positive multiplier effect on the economy at large, on socio-economic synergies and the employment of the qualified young.

In a context where important pillars of the economy are hobbled by Covid-19, the way forward is to brainstorm innovative pathways to recast our economic model towards high value added activities and an upmarket services offer in sectors such as the financial services sector, Information and Com-

munications Technology (ICT), Business Process Outsourcing, healthcare, tertiary education, high tech delivery platforms and the ocean economy so that these become the new engines of growth of the country.

Such a game changing strategy would necessarily mean the induction of new economic actors and foreign investors having the entrepreneurial acumen, expertise, skills to urgently transform and move these services sectors of the economy up the value chain so as to offer more remunerative higher value-added services and products to the market.

The Covid-19 crisis is an opportunity for

270

2000

820

650

190

Friday, October 30, 2020

ground-breaking strategic thinking to reinvent Mauritius and reshape our economy on a more innovative and sounder basis significantly better geared to surmount the daunting challenges of coronavirus and the future to boost the prospects of the country well above the under-par performance of the past decade for the benefit of all.

Aapravasi Ghat Indian Indentured **Immigrants (Girmitia) Arrival Celebration Committee**

186th Anniversary Celebrations of Indentured Immigrants - Girmitia Arrival 2 November 1834 - 2 November 2020 The Aapravasi Ghat Indian Indentured Immigrants Arrival Celebration Committee is solemnly inviting you to be present at the **Annual YAJ Ceremony** to pay tribute to the Girmitias - Indian Indentured Immigrants. Aapravasi Ghat Monday 2nd November 2020 From 8.00 am to 8.45 am The programme will comprise Yaj, Prayers, Tribute, Lighting of Lamp and Shradhanjali with offering of flowers. Please bring along garlands, flowers, bouquets for the Shradhanjali.

Rita Ramlallah Sarita Boodhoo Secretary

President

Programme des Courses THE WILLY LARCHER - JMLS CANCER SUPPORT CUP 1500m Valeur [0-25] Time - 12h50 1 1 RON'S JOY GR nouveau 61.5 N.Juglall 720 2 GORDONSTOUN SN 4-6-R-3-2 G.D.Aucharuz 2 620 61 3 THE FORERUNNER VA 0-0-2-1-2 B.Fayd'herbe 4 180 61 4 NEWSMAN RG 6-2-3-4-3 60.5 1 500 J.Allyhosain 5 STREET BYTE CD 7-5/7-1-6 60.5(-4) 6 2500 A.Sonaram 6 TROJAN WINTER SPN 7-5-7-2-5 60(-4) N.S.Batchameah 5 820 THE SHAH'S STAR CUP 1400 m Valeur [0-26] - 13h25 2 1 AFTER THE ORDER 1-3-5-2-4 60(-4) N.S.Batchameah 420 CR 2 MINALOUSHE VENTURE AS 10-3-7-7-R 200 60(-4) B.Deenath 300 3 TYRIAN PM 7-2-5-6-3 60 R.Joorawon 4 ROCHESTER 2000 JMH 10-8-7-7-6 59.5 3 S.Bussunt 5 SEVENTH EXPRESS 2 300 G 9-8-3-1-6 59 S.Rama 700 58.5 6 NEVER FEAR CD 7-3-2-1-1 I.Chisty BACCHANALE RIEDEL GLASS CHALLENGE TROPHY 1600 m Valeur Benchmark 36 Time - 14h00 3 **1 POTAWATOMI** 10-8-3-5-2 M Martinez AS 60 450 2 SUBTROPICAL CD I.Chisty 3300 9/5-7-6-8 59.5 3 ALSSAKHRA J.Allyhosain 6 1200 G 5-N-7-4-2 59 4 LADDER MAN PM 0-0-0-0-3 59 C.Segeon 900 **5 UNCLE FRANK** SPN B.Bhaugeerothee 1100 0-4-3-1-4 59 6 CAMP DAVID GR N.Teeha 3300 0-8-N-4-9 58.5

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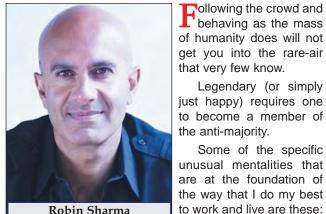
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E NIR TRC ne - 15h10		ΗY		5 SECRET IDEA 6 REAL VISION 7 HIT THE GREEN 8 BEAR HUG	CD JMH RM JMH	3-4-4-3-0 5/9-6-5-5 7/4-4-7-2 6-4-6-3-6	61 60.5 59.5 57	I.Chisty B.Bhaugeerothee P.C.Orffer S.Bussunt	7 5 4 2	370 1200 270 1100			
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rtinez ty oful	3 1 4	370 420 1400		1. THE FORERUNNER 2. TYRIAN, SEVENTH	EXPF	RESS, AFT	ER THI	EORDER					
CUP 15h45				3. POTAWATOMI, KAY 4. SHADOWING, EMER									

- 5. RED MARS, STREAM AHEAD, LICKERIO
- 6. ROB ROY, VIRTUE, BARRACK STREET
- 7. DOUBLE GAMES, THE RIGHT STUFF, CAPTAIN GARETT
- 8. HIT THE GREEN, SECRET IDEA, MAJESTIC MOON

10

Self-Help **Mauritius Times**

x5 your positivity



Robin Sharma Humanitarian + Leadership Missionary

1. To imagine a glorious future is to come alive

Following the crowd and behaving as the mass

Legendary (or simply

Some of the specific

just happy) requires one

to become a member of

unusual mentalities that

the way that I do my best

the anti-majority.

Personally, if I can't keep making my tomorrows more beautiful than my todays, I don't want to live.

As a matter of fact, I come to life when I build. And when I make. And when I feel the spiritual energy that is released when I progress.

Imagining your next-level of heroism and then having the guts to get that dream done is, to me, why we are here.

Yes, getting into the ring brings the risks of a knockout punch. I should know because I've been struck by a bunch. And yet, isn't that part of the sport of living?

And to know the victory of getting back up, though bruised and bloodied, is one of the greatest satisfactions of a courageous human existence.

Thoughts to live by

2. Reaching for what makes your spirit soar is how you become heroic

Remaining in your Safe Harbor of The Known is a wonderful way to stunt your self-respect, while you degrade your mastery.

It really is in the process of pursuing your visions that the winning lives.

Please just don't fall too in love with the rewards that sit at the end of the journey you're on as they never are as amazing as you now think they'll be.

Embrace where you now are. Adore the micro-wins and mini-triumphs. Appreciate your perfect decisions as well as your dead ends. And celebrate what you advancing steadfastly toward your Mount Everests is moulding you into as a leader, producer and person.

3. The triumph is in the try

First, you'll never get to great if you're afraid of any risk. Just not possible. Every fantasy carries with it the threat of adversity. And sometimes even tragedy. That's simply part of the calculus.

Second -- and even more essential to appreciate -- the real success lies in the fact that you disbelieved your doubts, ignored the naysayers and continued your climb.

If you've tried and lost, you've won.

And if you've tried and won, even better.

4. Any fall breeds increased fearlessness

Those stuck in insecurity and scarcity and impossibility secretly hope you'll fail.

Because once you do, it quietly validates their psychological philosophy that aspiring for mastery is the game of fools. And that it's best to operate within a tiny field to avoid getting stung.

What these souls don't understand is that it's in the

storm that strengths are made. It's in the hard periods that we receive the chance to grow exponentially, in wisdom, honour and skill.

And it's in the falls that we are schooled in the fine art of fearlessness.

5. Pessimists are self-faithfulness mentors

A pessimist is someone who looks for the calamity within every opportunity.

They natively seek out what could go wrong and the reasons not to seize a possibility like a heat-seeking missile whizzes towards its target.

You are a possibilitarian. A POIV (Person of Immense Vision). A hopefulist and a radical enthusiast.

The more you own your power and develop the exceptional confidence that comes with making your fantasies real, the bigger your dreams will get. And when that happens, even more people will think you're weird. And foolish. And wrong.

Those who condemn you are locked in their limited beliefs and terrified of their own bigness. That magic that was awake within them when they were kids has been stuffed deep into their darkest natures through life's trials and corresponding traumas.

And so they know not what they do.

Their criticism is awesome soil within which to grow your faith in yourself. And your ironclad trust in your finest instincts. Bless them rather than cursing them. For they are helping your rise.

I hope this piece that I've handcrafted with deep care helps you stand strong and productive during these challenging times.

Love + respect

Programme des Courses 24e Journée - dimanche 1 novembre 2020

THE SPIFFY CHALLENGE CUP

THE MAIN BEAUTY - SOLIDARITE MARYE PIKE CUP 990 m Valeur [0-25] Time - 12h50										
1 ARCTIC FLYER	SPN	5-8-9-7-6	62	G.D.Aucharuz	5					
2 TROJAN QUEST	JMH		62	S.Bussunt	7					
3 CRAZY CHARLIE 4 EL PATRON	GR AS	nouveau	61.5 61.5	N.Juglall M.Martinez	1 4					
5 STRAIGHT	AS CD	0-0-4-1-2 2-4-1-3-2	61.5	I.Chisty	4					
6 GREENFLASHSUNSET	RM	7/1-6-3-3	60.5	P.C.Orffer	2					
7 LOONEY BIN	SH	0-0-0-0-7	59(-4)	N.S.Batchameah	6					
	00 m		enchr	nark 31 - 13h2	5					
1 TARANAKI	GR			N.S.Batchameah	2					
2 APOLLO STAR 3 BALLANTINE HALL	AS G	5/9-6-3-4 0-0-1-6-3	61 61	M.Martinez J.Allyhosain	1					
4 PERFECT PURSUIT	AS		60.5 (-4	-	3 6					
5 HIGH KEY	SN		60.5 (-4	D.Bheekary	о 5					
6 SAND PATH	CD		60	I.Chisty	4					
THE KARL RAY CHALLENGE CUP 990 m Valeur Benchmark 36 Time - 14h00 1 BONO SJ 5/8-5-8/7 62(-4) N.S.Batchameah 6										
2 LAGACIO	G	2-2-2-1-4		J.Allyhosain	5					
3 ROCK MANOR	PM	0-9-2-1-5		C.Segeon	1					
4 TORO BRAVO 5 TILL DAWN	SN As	0-0-2-4-1 3-3/3-2-7		G.D.Aucharuz M.Martinez	4					
6 IMPERIAL RAGE	AS SJ	3-3/3-2-7 nouveau		M.Martinez K.Kalychurun	3 2					
U IIVIF LIKIAL KAGE	33	nouveau	51.5	K.Kaiyenululi	2					

1400 m Valeur Benchmark 41 Time 14h35											
1 BLACKBURN ROC	GR	nouveau	60.5	N.Juglall	5						
2 EDGE OF THE SUN	AS	2/2-5-2-7	60.5	M.Martinez	1						
3 SEATTLE KID	CD	4-1-2-2-1	60.5	I.Chisty	7						
4 CANDY APPLE	GR	1-3-2-2-2	60	N.Teeha	8						
5 CAPTAIN GONE WILD	RG	2-5-2/1-5	60	D.David	2						
6 CASH CALL	SH	R/3-1-1-3	60(-4)	N.S.Batchameah	6						
7 THE JAZZ SINGER	SH	1-1-1/8-7	60	S.Bussunt	3						
8 TICKET HOLDER	SJ	R-2-3-2/6	59.5	J.Allyhosain	4						
9 LASAIR	SN	nouveau	57	D.Bheekary	9						
THE METPROP CHALLENGE CUP 1500 m Valeur Benchmark 51 Time - 15h10											
1 HUBBLE	SJ	0-5-1-1-1	61.5(-4)	N.S.Batchameah	9						
2 SACRED FLAME	RG	1/10-3-1-4	61	D.David	10						
3 AFDEEK	RM	3/4-4-6-3	60.5	P.C.Orffer	1						
4 OVATION AWARD	GR	5-4-1/2-5	60.5	N.Juglall	8						
5 ALL ABOUT THE BASS	SH	2/2-2-2-1	60	G.D.Aucharuz	4						
6 JOHN HANCOCK	G	0-0-3-3-6	60	S.Rama	3						
7 ROCKY NIGHT	SN	0-0-7-6-6	60	D.Bheekary	7						
8 SENATLA	GR	4-1/5-7-3	60	N.Teeha	5						
9 HAKEEM	CR	9-1-5-2-5	59	J.Allyhosain	6						
10 SEA AIR	PM	0-0-0-3	59	C.Segeon	2						
1850 r		aleur [60+		ANNIVERSARY Time 15h4		JP					
1 OPERA ROYAL	SH	3-1/5-3-3	61	D.David	5						
2 Alyaasaat	GR	0-6-1-2-1	60.5	N.Juglall	6						
3 PIETRO MASCAGNI	SN	0-4-7-4-4	58.5	G.D.Aucharuz	2						
4 THE DAZZLER	AS	0-0-0-5	58.5	M.Martinez	3						
5 PUGET SOUND	CD	0-0-10-8-7	57.5	I.Chisty	4						
6 PERPLEXING	G	1/3-2-4-3	56	S.Rama	7						
7 FOOLS GOLD	RM	0-6-1-1-3	55.5	P.C.Orffer	8						
8 OUR EMPEROR	SJ	8-9/5-4-4	52	K.Kalychurun	1						

ournee - armanche i novembre 2020											
THE MAJOR PROSPECT CUP											
1850 m Valeur [0-26] Time 16h20											
1 JULLIDAR	PM	2-3-4-5-4	60	C.Segeon	6						
2 LIT	G	0-0-0-3-3	60	J.Allyhosain	1						
3 MIDNIGHT ORACLE	CD	2-4-1-3-5	60	I.Chisty	3						
4 MR MOGAMBO	AS	5-2-5-3-3	59	M.Martinez	2						
5 TANJIRO	CD	8/10-6-6-3	59(-4)	A.Sonaram	5						
6 LADY'S KNIGHT	RM	7-5-3-2-2	57.5	P.C.Orffer	4						
T	THE PEACE PARADE PLATE										
1850 m Valeur (0-20) Time 17h00											
1 BARKING IRONS	JMH	7-7-9/8-4	60.5	S.Bussunt	6						
2 REDWOOD VALLEY	RM	2/7-4-3-5	60.5	P.C.Orffer	2						
3 NIGHTINGALE LANE	CR	9-8-6/6-1	59.5(-4)	N.S.Batchameah	1						
4 HEAD OF THE PACK	SPN	5-8-8-4-6	59	G.D.Aucharuz	10						
5 KINGS EMPIRE	SH	9-5-6-5-4	59(-4)	B.Deenath	8						
6 TIGER'S BOND	PM	7-9-4-10-5	59	C.Segeon	3						
7 MISTY ROLLER	CD	1/2-9-7-2	58(-4)	A.Sonaram	5						
8 SLIGHTLY SCOTTISH	AS	6-8-10-6-8	58	M.Martinez	4						
9 DESERT THIEF	RG	3-2-3-5-3	57.5	D.David	7						
10 SPUN OUT [EA]	SH	6-6-5-9-6	53.5		9						
G	EI	ECT	INN	2							
1. STRAIGHT, GREI	ENFI	ASHSU	ISET,	trojan que	ST						
2. TARANAKI, APOLLO STAR, HIGH KEY											
3. LAGACIO, TORO BRAVO, ROCK MANOR											
4. SEATTLE KID, CANDY APPLE, CAPTAIN GONE WILD											
5. AFDEEK, ALL AE	5. AFDEEK, ALL ABOUT THE BASS, HUBBLE										
6. ALYAASAAT, OPERA ROYAL, FOOLS GOLD											
7. LIT, MR MOGAMBO, MIDNIGHT ORACLE											
8. REDWOOD VALLEY, DESERT THIEF, MISTY ROLLER											
	0. REDWOOD VALLET, DESERT THILT, WISTT KULLER										

How your behaviour in childhood predicts whether you'll be in a relationship as an adult

The seeds of future romantic partnering patterns are planted in childhood and are visible even before adolescence

The question of how to find a steady romantic partnership is among the oldest human predicaments. There is consequently considerable interest in what factors might predict partnership success. Traits like warmth, conscientiousness, agreeableness and trust all seem to matter. But can behaviour in childhood predict your future partnering prospects?

In a new study published with my colleagues in Journal of Child Psychology and Psychiatry we show that children rated by their elementary schoolteachers as being anxious or inattentive were more likely to remain unpartnered from age 18 to 35 years. Children rated as aggressiveoppositional — those who fight, bully and disobey — were more likely to separate and return to unpartnered status. Conversely, prosocial children, who were rated as being kind, helpful and considerate, showed earlier and more sustained partnerships across early adulthood.

The study suggests that the seeds of future partnering patterns are planted early and are visible even before adolescence. This has important implications for children with behavioural difficulties, who already face many life challenges from unemployment to lower earnings. If they can be identified by teachers, then it may be possible to flag them for assessment and support and improve their life chances.

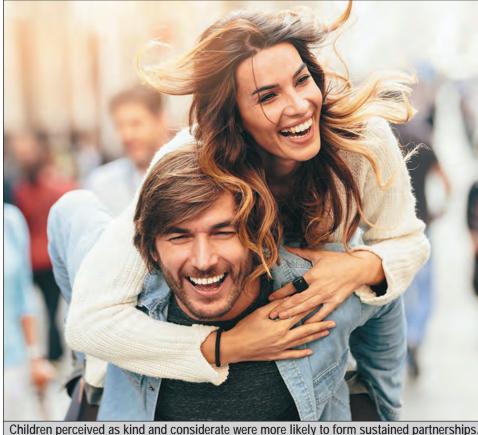
Good partnerships offer many advantages. They provide emotional support, coparenting opportunities and socioeconomic security, and can lead to developmental maturation including reduced neuroticism and increased extraversion and selfesteem.

Partnership buffers against the harmful effects of stress, protects against mid-life alcohol and tobacco use, enhances mental health and well-being and is associated with a healthier, longer life. Although the health benefits may not be entirely causal, since happier, healthier individuals might be "selected" into partnership, they appear to be at least partially causal.

Why we conducted the study

Previous research has shown that childhood psychiatric disorders like attention deficit hyperactivity disorder (ADHD) and conduct disorder are associated with future partnership difficulties, including intimate partner violence and lower relationship satisfaction. We were interested in whether common childhood behaviours including prosocial traits — would predict future partnership stability for children without clinical diagnoses.

Our study was based on analysis of



hildren perceived as kind and considerate were more likely to form sustained partnerships. Anxious children were more likely to be unpartnered in early adulthood. Photo - bornrealist.com

nearly 3,000 Canadian children who were rated by teachers for behaviours like inattention, hyperactivity, aggression, opposition, anxiety and prosociality at age 10, 11 and 12 years and then followed up into adulthood so we could examine their anonymized tax return records.

Since Canadian tax regulations require people who are married or cohabiting to report this status in their tax returns, we were able to statistically identify groups of participants who followed common patterns of partnering. We then linked them with their earlier behavioural ratings. We controlled for participants' socioeconomic status because some studies show this can influence partnering patterns.

We found that participants who were predominantly unpartnered from age 18 to 35 years were significantly more likely to have been anxious children, while those who separated early (around age 28 years) and returned to unpartnered status were more likely to have been aggressiveoppositional children. Interestingly, children who were inattentive were more likely to have been in either the unpartnered group or the early separated group.

Participants in the unpartnered and separated groups fared poorly in other ways too: they were more likely to have left high school without a diploma, to have lower earnings and to be in receipt of welfare support. This raises important questions about what underlying factors might explain the link between childhood behaviour and future partnering patterns.

Why behaviour matters for partnership

Childhood behaviour could influence future partnering directly and indirectly. Behaviour is relatively stable across development so a direct influence might be the persistence of childhood behaviours such as aggression or anxiety — into adulthood, which then influence the capacity to form and sustain stable partnerships.

Studies show that adults who are low in agreeableness, conscientiousness and emotional stability, as measured by the big five personality structures, have less satisfying and more tumultuous relationships, and this could undermine relationship stability.

Indirect influences on partnership involve intermediate events, such as employment status or earnings, which have a knock-on effect on accumulation of human capital that contributes to the perceived attractiveness of a partner. For instance, children with disruptive and inattentive behavioural problems typically have fewer friends, under-perform at school, are more likely to abuse substances and to have lower earnings and higher welfare receipt as adults — all of which could undermine their capacity to attract and retain romantic partners as adults.

The finding that prosocial children have more stable and sustained partnerships is perhaps unsurprising. They typically have better peer relations and academic attainment in childhood and higher earnings and perceived attractiveness in adulthood, which should enhance their appeal to prospective partners.

Mind the hitch

This study should not be understood as a normative argument for partnership, implying that people should be partnered or that "longer is better." Such decisions are highly personal and depend on individual preferences, life goals, financial circumstances, professional ambitions and so on.

Rather, we note that most people do wish to partner, and that partnership may confer important health and well-being benefits, so the persistence of early untreated behavioural difficulties should not become an obstacle to establishing stable partnerships in adulthood.

One limitation of this study is that we examined only whether participants were partnered, not the quality of those partnerships. This should be explored in future studies, since children with behavioural problems are likely to have both less stable and less satisfying partnerships.

Supporting children

Successful partnerships are determined by a multitude of individual and contextual factors, and early behaviours are just one piece of the puzzle. Our study shows, once again, that children with behavioural difficulties face many challenges that cascade across their lives, and this includes marginalization from partnership.

Early monitoring and support are crucial and prevention programs that target children's disruptive, anxious and inattentive behaviours — and promote socialemotional skills — can produce lasting effects with benefits for individuals, families and society. After all, there are many reasons to encourage good behaviour.

Francis Vergunst Postdoctoral Fellow in Developmental Public Health, Université de Montréal

Unwind

Mauritius Times

A father passing by his son's bedroom was astonished to see the bed was nicely made, and everything was picked up. Then, he saw an envelope, propped up prominently on the pillow. It was addressed, "Dad." With the worst premonition, he opened the envelope and read the letter, with trembling hands...

"Dear, Dad. It is with great regret and sorrow that I'm writing you. I had to elope with my new girlfriend, because I wanted to avoid a scene with Mum and you.

I've been finding real passion with Stacy, and she is so nice, but I knew you would not approve of her because of her piercings, tattoos, tight motorcycle clothes, and because she is so much older than I am.

But it's not only the passion, Dad. She's pregnant. Stacy said that we will be very happy. She owns a trailer in the woods, and has a stack of firewood for the whole winter. We home!

Q: If you have 13 apples in one hand and 10 oranges in the other, what do you have?

A: Big hands.

A young boy comes home from school in a bad mood. His father asks him, "What's wrong, son?"

The kid tells his dad that he's upset because another kid has been teasing him and calling him gay. The father says, "Punch him in the face next time he does that. I bet he'll stop."

The kid replies, "Yeah, but he's so cute!"

Teacher: "Answer this math problem: if your father earns \$500 a week and gives half to your mother.

* * *

Mother: "Are you talking back to

Son: "Well yeah, that's kinda how

Four men are in the hospital

* * *

waiting room because their wives

are having babies. A nurse

approaches the first guy and says,

"Congratulations! You're the father of

work for the Minnesota Twins!"

"That's odd," answers the man. "I

A nurse then yells the second

"That's weird," answers the

A nurse goes up to the third man

man, "Congratulations! You're the

second man. "I work for the 3M com-

saying, "Congratulations! You're the

communication works."

What will he have?" Student: "A heart attack."



me?!"

twins.'

pany!"

father of triplets!"

father of quadruplets."

share a dream of having many more children.

Stacy has opened my eyes to the fact that marijuana doesn't really hurt anyone. We'll be growing it for ourselves, and trading it with the other people in the commune, for all the cocaine and ecstasy we want.

In the meantime, we'll pray that science will find a cure for AIDS, so Stacy can get better. She sure deserves it!

Don't worry, Dad. I'm 15, and I know how to take care of myself. Someday, I'm sure we'll be back to visit, so you can get to know your many grandchildren.

Love, your son, Joshua.

P.S. Dad, none of the above is true. I'm over at Jason's house. I just wanted to remind you that there are worse things in life than the school report that's on the kitchen table. Call when it is safe for me to come In a light vein

"That's strange," he answers. "I work for the Four Seasons hotel!"

The last man begins groaning and banging his head against the wall.

"What's wrong?" the others ask. "I work for 7 Up!"

* * *

Little Susie, a six-year-old, complained, "Mother, I've got a stomach ache."

"That's because your stomach is empty," the mother replied. "You would feel better if you had something in it."

That afternoon, her father came complaining that he had a severe headache all day.

Susie perked up, "That's because it's empty," she said. "You'd feel better if you had something in it."

A child goes to his father and asks, "Father, how do parents think of names for their children?" The father answers, "Well, son, the night before the mother gives birth, the father goes into the woods and camps for the night. When he wakes the following morning, the first thing he sees is what he names his child, which is why your sister is named Soaring Eagle. Why do you ask, Bear Poop?"

A young man goes into a drug store to buy condoms. The pharmacist tells him that the condoms come in packs of three, nine, or 12, and asks which ones the young man wants.

"Well," he says, "I've been seeing this girl for a while and she's really hot. I want the condoms because I think tonight's the night. We're having dinner with her parents and then we're going out. Once she's had me, she'll want me all the time, so you'd better give me the 12 pack!"

The young man makes his purchase and leaves. Later that evening, he sits down to dinner with his girlfriend and her parents. He asks if he may give the blessing and they agree. He begins the prayer, but continues praying for several minutes.

The girl leans over and says, "You never told me that you were such a religious person."

He leans over to her and says, "You never told me that your father is a pharmacist."

You know you're getting old when your wife says, "Honey, let's run upstairs and make love," and you answer, "I can't do both." Friday, October 30 , 2020 13

This Crazy World Ant & Grasshopper

Original Story

The Ant works hard in the withering heat all summer building its house and laying up supplies for the winter.

The Grasshopper thinks the Ant is a fool and laughs, dances, plays the summer away. Come winter, the Ant is warm and well fed. The Grasshopper has no food or shelter so he dies out in the cold.

Indian Version

The Ant works hard in the withering heat all summer building its house and laying up supplies for the winter. The Grasshopper thinks the Ant's a fool and laughs, dances, plays the summer away.

Come winter, the shivering Grasshopper calls a press conference and demands to know why the Ant should be allowed to be warm and well fed while others are cold and starving.

NDTV, Times Now, CNN IBN, BBC, CNN, Asianet show up to provide pictures of the shivering Grasshopper next to a video of the Ant in his comfortable home with a table filled with food.

The world is stunned by the sharp contrast.

How can this be that this poor Grasshopper is allowed to suffer so?

Arundhati Roy stages a demonstration in front of the Ant's house.

Medha Patkar goes on a fast along with other Grasshoppers demanding that they be relocated to warmer climates during winter.

Mayawati states this as 'injustice' done on minorities.

The Internet is flooded with online petitions seeking support to the Grasshopper.

CPM in Kerala immediately passes a law preventing Ants from working hard in the heat so as to bring about equality of poverty among Ants and Grasshoppers.

Railway minister allocates one free coach to Grasshoppers on all Indian Railways trains, aptly named as the 'Grasshopper Rath'.

Finally, the Judicial Committee drafts the 'Prevention of Terrorism Against Grasshoppers Act' (POTAGA), with effect from the beginning of the winter.

Education minister makes 'Special Reservation' for Grasshoppers in educational institutions in government services.

The Ant is fined for failing to comply with POTAGA and having nothing left to pay his retroactive taxes; its home is confiscated by the government and handed over to the Grasshopper in a ceremony covered by NDTV, Times Now, CNN IBN, BBC, CNN.

Arundhati Roy calls it 'A Triumph of Justice'.

Railway minister calls it 'Socialistic Justice'.

CPM calls it 'Revolutionary Resurgence of Down-trodden'

Many years later ...

The Ant has since migrated to the US and set up a multi-billion dollar company in Silicon Valley; 100s of Grasshoppers still die of starvation somewhere in India despite reservation...

... and as a result of losing lots of hardworking Ants and feeding the Grasshoppers, India is still a developing country!!!

Causes of Chest Pain besides a Heart Attack

The pain in your chest could actually be a hernia, a pinched nerve, or one of these other conditions

Panic attack

This can feel like a heart attack. Besides chest pain, you may be short of breath, feel your heart race, or go numb in your hands or feet. Some people feel dizzy or worry that they're about to die. A stressful event can bring it on, or it could come out of the blue. Panic attacks can be hard to manage on your own. They can get worse if you don't get help with them.

Shingles

If you have chest pain along with a painful rash and blisters on your chest or back, you could have this illness, which is caused by the chickenpox virus. If the nerves of your chest wall are affected, the pain there can be severe. Shingles can clear up on its own, but your doctor can give you medicine to help with your symptoms or make it go away faster.

Hernia

Underneath your lungs, there's a small area where your stomach and esophagus (your food pipe) meet. Coughing, heavy lifting, or straining during bowel movements can put pressure on this area. If there's too much pressure, part of your stomach can get pushed into the opening. That's called a hiatal hernia. Chest pain is a symptom, and so is stomach or esophagus pain, bloating, belching, and a sour taste in back of your throat. Most hernias don't need treatment, but some people eventually need surgery.

Gallstones

These are hardened bits of digestive fluid in your gallbladder. They can be as small as a grain of sand or as big as a golf ball. If one blocks the way between your gallbladder and bile ducts (which carry waste from your body), you can get a sudden pain in your stomach that you also feel in your chest, back, or right shoulder. This is most likely to happen at night after a heavy meal.

Heartburn

If acids from your stomach go up into your esophagus, you can feel pain not only in your chest, but in your jaw and throat as well. Alcohol, smoking, aspirin and other noninflammatory drugs, and citrus fruit can all be triggers. So can eating too close to bedtime. Call your doctor if you burp and don't feel better, or you have other symptoms like nausea or sweating.

Muscle pain

Being more active or exercising harder than normal can strain the muscles in your chest wall. You may notice that your pain is worse when you're sitting or standing a certain way. Taking a deep breath or pressing on the sore area might hurt. Scale back your workout and don't lift heavy things until the pain gets better. A heating pad or ice pack on the area can help. Esophageal spasms are a common cause of chest pain, so be aware of your



Syphilis

symptoms..

This rather rare sexually transmitted disease (STD) can cause problems with your lungs. Symptoms include a skin rash, fatigue, headache, and muscle pain. In some people, it also causes extra fliud to build up around your lungs. This can cause sharp chest pain and a cough with mucus. Antibiotics will help clear it up.

Asthma

Chest tightness is a symptom of this, along with coughing, wheezing, and struggling to catch your breath. It can be triggered by many different things, from dust and pet hair to certain things in food or physical activity. Medication can help keep your airways open and help when symptoms flare up.

Pinched nerve

If you've pinched a nerve in your neck or collarbone, you may feel pain in your chest or back. Too much pressure on a nerve can keep it from working the way it should. You could have a tingling "pins and needles" feeling, and your skin could become very tender. This usually can be treated with over-the-counter pain relief and steroid shots. If that doesn't help, surgery may be needed to ease the pressure.

Pulmonary embolism

This is when a blood clot forms somewhere in your body, then works its way into your lungs. It keeps your lungs from getting enough blood. Your chest may hurt when you breathe deeply, cough, eat, or bend over. You may notice that the pain gets worse when you're active and doesn't get better when you stop. If this happens, get medical help right away. Medicine can keep the clot from getting bigger and prevent more from forming.

Blocked spleen

This organ lives behind your left ribcage and helps protect your body from infection. It's rare, but blood flow to your spleen can get blocked because of a blood clot, infection, or disease. If that happens, the tissue there can start to die. This is called a splenic infarction. Some people have no symptoms, but others have chest pain, often on their left side. It can get better with medication but can become serious if it's not treated.

Angina

If your body doesn't send enough blood to your heart, you'll feel a squeezing pressure in your chest. That's called angina. Some people also feel pain in their shoulders, arms, neck, jaw, and back. It can be triggered by stress, heavy meals, or exercise. Or it could be a sign of another heart problem. You're more likely to have it if your cholesterol or blood pressure is high, you have diabetes, or you don't exercise or eat healthy food.

Pleurisy

If taking a deep breath, coughing, or sneezing brings on chest pain, the lining of your lungs may be inflamed. Called pleurisy, this can be caused by a virus, bacterial infection, or certain drugs you take. Lots of fluids and over-the-counter ibuprofen, like Advil or Motrin, can help. But if you also have a fever or your pain lasts more than a few days, check in with your doctor.

Costochondritis

This is when the tissue in your rib cage gets inflamed because of arthritis, an injury, or infection. You may feel a sharp, aching pain or pressure in your sides. It could get worse after you work out or move your torso a lot. There's no cure, and it can last up to a year. Over-the-counter acetaminophen (Tylenol) or ibuprofen can help. A warm compress or heating pad at the site of the pain will give relief, too.

Heart attack

Chest pain is the most common heart attack symptom. If you feel crushing pressure that lasts more than a few minutes, nausea, severe shortness of breath, or a squeezing pain in your chest or left upper arm, call 911. Women who are having a heart attack may have more subtle symptoms. Along with chest pain, you may feel tired, have back or jaw pain, or feel dizzy. These are all signs that you need an ambulance right away.

WebMD



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Entertainment

Mauritius Times

Rekha: The enduring fame and pain of Hindi cinema's original diva

On Rekha's 66th birthday on October 10, here's Indian Express's ode to the Umrao Jaan star's enigmatic life and how a movie-obsessed India looks at her, with awe and oodles of mystery.

From the time of her teenaged Bollywood debut in Anjana Safar to Super Nani, Rekha has loomed super large in the national consciousness. In some sense, she is a worthy throwback, or an inheritor if you choose to see it that way, to the classic heroines of the yore like Madhubala and Meena Kumari. Dreadfully, with the latter, she has much in common. For both, superstardom came at a great personal cost. Love, relationships and domestic bliss were hard to come by. Men were at once their raison d'etre and nemesis.

On her 66th birthday, we take a look at her biography, Rekha: The Untold Story, written by Yasser Usman, which attempts to bring forth the extraordinary personality though it takes the familiar route that kept gossip and fan magazines of a certain era in circulation - Rekha's salacious personal life.

Like Meena, Rekha had a difficult childhood. While Meena's abba left her in an orphanage only to return and find ants crawling all over the baby's body, Rekha's father, the great Gemini Ganesan's gift to Rekha was far worse - the lifelong curse of being Gemini Ganesan's illegitimate daughter. Rekha's need of and protection from men throughout her life can be seen through the illegitimacy prism.

As if the childhood baggage wasn't enough, Rekha's personal life as a star became a ground on which many a battleground was fought. Ironically, the ravishing beauty or diva as we know her today wasn't recognised as one in her early years. Shashi Kapoor was compelled to call her "dark, plump and gauche" and wondered if she was "ever going to make it."

But make it, she did.

Rekha, who has done a jaw-dropping 180 films and upwards, came at a time when actresses like Sharmila Tagore, Asha Parekh and Mumtaz were ruling the marquee. But there was something natural about the new entrant. Her performances, whether it is *Muqaddar Ka Sikandar*, *Ghar* (for the record, the film is her personal favourite and she described it as her major breakthrough in "serious acting"), *Umrao Jaan* or *Ijaazat*, reflect the pain, melancholy and the lived experiences (of rejections and heartbreaks) of a troubled life.

She is often described as an enigma. Yet, if you think about it, it's not like she's Greta Garbo who kept herself away from the prying press. She was accessible and yet, forever unknowable. So much of Rekha and her various affairs and eccentricities are out in the public domain. We know so much about her and still there's a feeling that we don't know her enough. That explains the cinemacrazed India's inexhaustible desire and capacity for Rekha-mongering. That also explains why in any award ceremony, if Rekha is on stage there's a mandatory shot of a sheepish Amitabh Bachchan and vice versa.

Despite her long absences from screen, she remains a major draw. Is Rekha, then, in the news purely for her so-called affair with Amitabh? The



answer is an emphatic 'no.' She may be the perpetual Other Woman in the real-life *Silsila* of the Bachchan saga but as far as her Bollywood rep goes, Rekha is the First Lady.

Much like Amitabh, Rekha is the only star of her generation who has travelled well over the years and aged gracefully. The key difference between Rekha and her contemporaries is that while others wear their age on their sleeves, Rekha looks practically ageless. Many see her as an evergreen beauty, nonpareil and in a league of her own. Among the younger lot, she commands a 'touch the feet' kind of reverence.

How did Rekha become so revered a figure from the "national vamp", in Anupam Kher's colourful words? Rekha-bashing was once a favourite sport of the petty-minded movie people. She was called egregious names - man eater, black widow and marriage breaker. This is the same Rekha who allegedly abetted the suicide of her husband.

At the heart of India's Rekha worship is our quiet acceptance of her as an elderly, if glamorous, matriarch. It's tragic and even laughable that even though she was never thought of as the perfect wife material she has seamlessly passed into the realm of a mother figure by way of her widowhood and overall seniority in the industry scheme of things.

At 66, Rekha is finally domesticated. She has turned into the "Bharat ki nari" that Subhash Ghai was so sure she won't become. It is to Rekha's credit that even though she carried the "wounds" in her heart, as her *Umrao Jaan* director Muzaffar Ali put it, she isn't a "broken person in the end."

Clearly, the pain of being Rekha far outstrips the pleasures of her stardom. There's a price to pay for fame and nobody knows that as well as the daughter of Gemini Ganesan.

YOUR STARS

Sagittarius: Nov 22 - Dec 21

At work, you'll be very appreciated for your original ideas. Long-time lovers, you'll bask in happiness; thanks to the excellent astral aspects, your love will take on a refreshing new aspect; as for singles, they'll readily let themselves be trapped by Cupid.

Lucky Numbers: 11, 22, 28, 29, 36, 40

Capricorn: Dec 22 - Jan 19

Friendship has to be maintained; make an effort to consolidate your bonds. You won't be able to refrain from playing at despots in your home; this means that the family atmosphere will be very tense and explosive. *Lucky Numbers: 3, 16, 17, 20, 25, 26*

Aquarius: Jan 20 - Feb 18

You'll be strongly motivated to carry out your ambitions, your projects. However, beware of your impulsiveness. Be ready to face unexpected problems in your emotional life; nevertheless, at all costs avoid adopting too intransigent or categorical an attitude.

Lucky Numbers: 1, 4, 8, 11, 12, 16

Pisces: Feb 19 - Mar 20

At work, your qualities will develop, and several obstacles will be removed. A very good week for declaring your burning love; moreover, the astral benevolence will make it possible for you to clear up misunderstandings with the beloved one.

Lucky Numbers: 9, 14, 16, 18, 31, 34

Aries: Mar 21 - Apr 19

You'll be able to bring a great personal project to a successful conclusion. Your working efforts will be well supported. If you're the object of provocations, don't react, keep your silence. Accept yourself like you are, don't try to disguise yourself.

Lucky Numbers: 7, 9, 17, 23, 27, 31

Taurus: Apr 20 - May 20

In work, no task will appear too heavy and no obstacle will seem unsurmountable to you. Don't overwork yourself. Don't have too bad conscience after the mistake that you made more out of an error than intentionally.

Lucky Numbers: 7, 13, 19, 20, 31, 39 Gemini: May 21 - June 20

You'll have a lot of imagination, but it'll be necessary to know how to use it in the best possible way so as to develop your business. Love will be present: you'll meet a rare pearl, you'll feel attached to it right away. *Lucky Numbers: 4, 17, 19, 24, 29, 31*

Cancer: June 21 - July 22

Luck will be on your side: don't hesitate to take risks, in your work as well as in your private life. It'll be now or never the time to declare your burning love to the person of your dreams. Be careful on the road.

Lucky Numbers: 16, 18, 22, 26, 29, 33 Leo: July 23 - Aug 22

A favourable current will be there, enabling you to act with much efficiency. You'll be going to make an encounter that'll make you happy right away; but don't idealize that person too much, however charming he/she may be.

Lucky Numbers: 14, 18, 19, 30, 32, 36

Virgo: Aug 23 - Sept 22

Be on your guard concerning your career. It'll also be necessary to envisage delays in your projects or in your cash flow. On the heart's side, you'll experience great emotions, which you won't be ready to forget. *Lucky Numbers: 1, 5, 8, 17, 20, 21*

Libra: Sept 23 - Oct 22

Your beloved one will redouble his/her signs of kindness and tenderness towards you. Your relationships with your children will be set on the sunny side. Don't over-estimate your financial possibilities; watch out for appalling debts!

Lucky Numbers: 8, 9, 14, 17, 25, 30

Scorpion: 23 Oct - 21 Nov

Very interesting amorous encounters. In your work, you'll be overflowing with dynamism and initiative. Concerning finances, don't daydream, otherwise the harsh reality will finish by catching up with you. *Lucky Numbers: 10, 13, 25, 36, 38, 39*

Namit Khanna: "We have to be grateful for what we have"

A fter being one of the most sought after models in the industry for years, Namit Khanna dived into acting three years back with a digital show. The Vikram Bhatt produced web series was followed by two popular TV shows that endeared him to the family audience. In an interview to Anish Mohanty of Planet Bollywood, the actor talks about the ordeal he went through to get back home during the lockdown, studying advertising, his eventful journey as a model and aspirations as an actor and more.

After four cancelled flights, you finally managed to travel from Mumbai to your parents' home in Delhi. How different was it for you to fly this time?

I have travelled a lot but I had a very different experience this time. We had to get inside the aircraft after wearing all the safety gears. There is a lot of fear as no matter what you do, if there is just one person inside the flight who is infected with the virus, there is a chance of others being affected by it too. I followed the prescribed safety precautions and boarded the flight with a positive thought. Under normal circumstances, we are not very cautious about sanitising ourselves. I used to be a little careless too in that regard but the current scenario has made all of us a little disciplined.

'Sanjivani', your last show, went off air a while back. The show got a lot of love but some felt it could not match up to the original. How was your experience of being a part of the show?

Doing a TV show is not easy. You have to put in long hours and when you are the lead actor, you are expected to shoot for 12-15 hours a day. I did not want to burden myself with thoughts like whether the show is getting high TRPs or not. There were people to look after these things. When the producers or the channel felt the storyline needed to be changed to get the numbers, they did that but I had no role to play in it. I was simply doing my job as an actor.

You worked as a model for several years before starting out as an actor. You took a bit of a time to take the plunge.

Modelling is a female-centric industry. I felt I had reached a point when I needed to do something different. I started doing acting workshops and theatre. I believe if you really focus on achieving something, the universe will make it happen for you. I started auditioning. For a long time, I did not get any interesting opportunity. I did get a lot of opportunities from



television but I would always say a no to those offers. I started with a web show called 'Twisted'. It was an erotic thriller and after that, I was getting similar projects. At this point of time, when I was offered a TV show, I decided to take it up as I believed that would help me break my image and show my versatility as an actor.

An incident that occurred in the Hindi film industry recently started a conversation around mental health. It is a well-known fact that it is not a very stable profession to be in. As an actor, how do you deal with the stress associated with it?

A couple of days back, I had written about the importance of meditation or doing some kind of a spiritual practice. A lot of people come to Mumbai to work in the entertainment industry but unfortunately not everybody gets the opportunity to prove himself. Everybody goes through rejections. The important thing is to have that belief in yourself.

I would advise actors to stay grounded and not to be overly ambitious. Your wants and demands will never end. That is how all humans are. We have to be grateful for what we have. We cannot compare ourselves to anybody else. All of us should look within. There is no problem that one cannot overcome. I would suggest everybody to take up some form of exercise or spiritual practice. We lead busy lives but it is important to make time for these things. Apart from keeping our body fit, we need to keep our soul healthy. We need to do things to uplift our life.

Kumkum Bhagya's Zarina Khan dies at 54

Shabir Ahluwalia and Sriti Jha bid emotional goodbye to show's Indu Daadi

Actor Zarina Roshan Khan, popular as Indu Suri of *Kumkum Bhagya*, died early this month. She was 54. Her co-stars on the show Shabir Ahluwalia and Sriti Jha posted pictures with her, bidding her a final goodbye, reports Hindustan Times.

Sharing a picture, Shabir wrote "ye chand sa Roshan Chehera," followed by a broken heart emoji. A number of people reacted to the post. Sriti, who plays the lead on the show, also posted a picture with Zarina with a broken heart emoji as caption.

According to a report in Times of India, Zarina died of a cardiac arrest.

Apart from *Kumkum Bhagya*, Zarina had been part of other TV shows, notably, *Yeh Rishta Kya Kehlata* Hai. She also features in a few films.

Another TV actor Anurag Sharma was quoted in the report as saying: "She was a sweet lady, full of life. Even at this age she was so energetic. I have never seen someone like her, she was a lovely person. I think she worked as a stunt woman at the beginning of her career and she was exactly like a fighter in real life."



TV SERIAL Bade Achhe Lagte Hain

Monday 2 Nov: Ram appreciates Cady's efforts and also requests her to talk to her friend Rahul. In the restaurant, Rishabh and Somya shares some light moments together. Natasha is pissed off with Aisha as she is invited in every party. Cady makes Priya believe that Anjaan has personally autographed these romantic novels and she urgently emails Anjaan to verify it and also expresses her gratitude towards Anjaan. Priya pays the amount of rent to Rajat before the deadline. Ram forces Rajat to reveal her Bookstore friend that he is Anjaan and Ram is handling his account as Anjaan.

Tuesday 3 Nov: Ram Kapoor Priya fumes in anger as Cady reveals Priya that she purposely failed in her exam as she wanted to help her in paying rent to Rajat Kapoor. He also assures her that this exam she will pass out with flying colors. On the other side, Rajat reveals Ram that Pooja refused to accept money for teaching Cady and thus, Ram tells Rajat that he is in love but Rajat denies to admit it. In the mall, Priya is surprised to know that Rajat has reduced the rates of the shops that he owns in the mall and on the other side in the Boutique, a heating argument takes place between Aisha and Pihu as both of them selects same outfit. Ram quietly hand overs Aisha's outfit to Cady.

Wednesday 4 Nov: Vikram cancels his meeting as he observes Karthik in the restaurant. In Dubai, Cady reveals Pihu that her dear Ram uncle has given a yellow dress to Pihu which she had selected in the mall for her loving Mother. Thus, Priya accepts Pihu's gift and also explains her to pay the amount of dress to Ram. The next day, Pihu does Priya's makeover and also forces her to wear unique accessories. At Rajat's house, Rajat orders his chef to cook delicious Punjabi food as Priya is coming at his place to teach Cady. Aisha tells Ram that she does not have any interest in tying 'Rakhi' to Karthik. Later, Cady buys Rakhi for Ram.Karthik is immensely missing Priya in regards to Rakhi festival and Priya is surprised as she comes to know about Ram's rakhi.

Thursday 5 Nov: Ram is surprised to see Rajat working in the office till late evening thus he forces Rajat to leave office as Pooja/Priya is coming at her place to teach Cady. At Rajat's house, Pooja has arrived in Rajat's mansion and Rajat is super excited to meet Pooja/Priya but Daijaan stops him from meeting her. Cady sends Pihu to give Rakhi to Ram as he wanted to courier it to India and he was surprised to meet Pihu and also spends a rocking time together. Rajat reaches there and insist her to have dinner with him and his family. Priya/Pooja was surprised by Rajat's gestures, on the other side, Rajat reveals Pooja/Priya that Ram is his best buddy and also requests her to meet Ram but Pooja/Priya gets tensed and decides to leave Rajat's house.

Kahan Hum Kahan Tum

Friday 30 Oct: Rohan and Pari try to bribe the pregnant lady while Naren sets out for the police station. Later, Sonakshi disagrees with Rohit about hiding Pooja's truth.

Monday 2 Nov: Pari uses the news of Pooja's adoption to take revenge against her. Later, Rohit is dumbstruck on reading Sonakshi's interview in the newspaper.

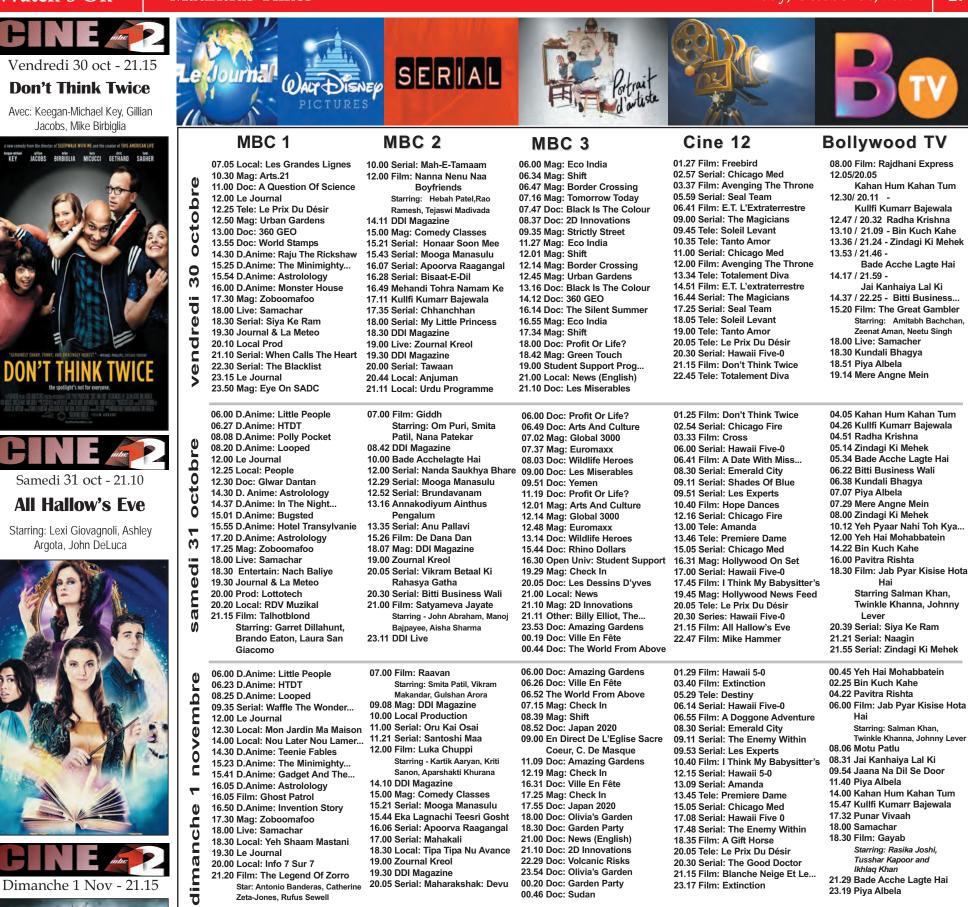
Tuesday 3 Oct: After learning that Pooja's secret is out in the papers, Naren rebukes Sonakshi. Later, Rohit applies a harsh investigation tactic to extract the truth.

Wednesday 4 Oct: While Rohit vents his anger on Pari, Pooja learns a shocking truth about her past. Later, Sonakshi slaps an inconsolable Pooja.

Thursday 5 Oct: Rohit tends to Sonakshi when she blames herself for Pooja's miseries. Later at midnight, Sonakshi finds Pooja in an unthinkable state.

Watch's On

Mauritius Times





Can America survive the re-election of Donald Trump?

Americans can survive a second Trump term if they resurrect a language of critique and possibility that draws from history

The 2020 presidential election may be one of the most significant and far-reaching events of the 21st century. The stakes almost defy comprehension suggestive less of a competition over who will become the president of the United States, but whether people will vote to either retain the ideals and promises of an already wounded democracy or to sanction a further slide of American society into the abyss of authoritarianism.

Noam Chomsky has argued that Donald Trump represents not simply a threat to democracy, but to the planet itself. Chomsky situates the possible re-election of Trump within an era that he terms "the most dangerous moment in human history owing to the climate crisis, the threat of nuclear war and rising authoritarianism."

The editorial board of the *New York Times* argues that Trump's "re-election poses the greatest threat to American democracy since World War II."

Many other pundits and commentators believe Trump will not only refuse to address these threats to humanity, but will exacerbate them. Yet the focus shouldn't be on Trump alone, because that risks personalizing politics in such a way as to lose sight of the conditions that made Trump's political career possible in the first place.

U.S. on a downward slide since the 1980s

The fear of emerging fascism in the United States is not without foundation. Since the 1980s, American society has taken on the appearance of a failed state. All the signs are in full view and have been made more visible in the midst of the Covid-19 crisis: widening inequality, widespread alienation, the collapse of civic culture, the dismantling of the social contract, long-standing systemic racism and ballooning civic illiteracy, among other forces.

As democratic values were replaced by market values, public assets were stripmined in order to serve private interests while enriching the financial elite and further decimating the hopes, dreams and security of the middle and working classes.

The bonds of trust and solidarity have been replaced by the bonds of fear, suspicion and a growing culture of bigotry. All of these have deepened among the American public a growing sense of anxiety, social atomization and powerlessness.

With the rise of the corporate-controlled social media that functioned as a disimagination machine that accelerated a culture of distraction, language has succumbed to the esthetics of vulgarity. Drained of civic values and lacking a commanding vision, the institutions of liberal democracy atrophied, further undermining civic literacy, historical memory and the capacity to discern the truth from falsehoods.

The underlying forces that created the conditions for Trump to win the presidency became more visible after 2016. In the midst of both an economic and a health crisis, he



has sowed social divisions and resurrected the discourse of racial cleansing and white supremacy.

Defender of white supremacy

Not only has he refused to criticize racist groups like the Proud Boys, Trump has elevated himself to the defender of a white supremacist notion of white America. He has defended maintaining Confederate monuments along with their insidious values, and has criticized NASCAR for removing the Confederate flag from its racing events. He has used his rallies to fan the flames of racism and bigotry while putting the lives of his followers in danger by refusing to abide by restrictions designed to stop the spread of Covid-19.

Trump has also enacted a range of regressive policies, with the help of a syncophantic Republican Senate. He has accelerated and expanded the conditions leading to extreme inequality in wealth and power, revelled in his role as a pathological liar, enriched himself in violation of the emoluments clauses in the U.S. constitution, falsely claimed an epidemic of voter fraud, lied about the seriousness of the pandemic and failed miserably in addressing the Covid-19 crisis that has claimed the lives of more than 220,000 Americans.

Trump has also weakened American institutions. As Stephen Eric Bronner of Rutgers University observes, the president has "trampled traditional political and constitutional norms, and - perhaps most important - reorganized once independent state institutions to serve his needs." Drawing on a fascist playbook, Trump believes he is above the law and that his immunity from it is central to his wielding of power.

And yet, in spite of this long list of political, cultural and economic horrors, more than 40 per cent of the American population still support Trump.

What if Trump wins again?

What lessons are to be learned about the United States if Trump is re-elected?

One key lesson is that democracy is fragile and without the proper institutions, values and social connections that make it possible, it can give way to updated modes of authoritarianism. A Trump victory on Nov. 3 would prove it.

Trump's re-election would represent a deliberate U.S. turn towards authoritarianism stemming from a loss of vision and a belief

that there's no alternative to America's brutal form of capitalism. According to this logic, all problems are a matter of individual responsibility and there is no way to change the current socioeconomic-political order.

The existing depth and wide-ranging influence of such views among the American people is in part due to a conservative, hermetically sealed disinformation media ecosystem. As

democratic institutions wither alongside the public spaces that nourish critically engaged citizens, limited political horizons become normalized along with a diminished sense of hope.

Under Trump, the degradation of language reinforces the late Italian philosopher Umberto Eco's remark that education plays a role in fascism. Eco noted one of the central features of what he called "Ur-Fascism" was its undermining of civic literacy through fascist schoolbooks that "made use of an impoverished vocabulary, and an elementary syntax, in order to limit the instruments for complex and critical reasoning."

Trump is the outcome of the past

Trump represents a distinctive and dangerous form of American-bred authoritarianism. But condemning him for this isn't enough if we are to understand the forces at work in Trump's potential re-election and the slide of the United States into the pit of fascism.

Trump is the outcome of a past that needs to be remembered, analyzed and engaged for the lessons it can teach us about the present.

His attacks on democracy, his alignment with corrupt and ruthless dictators and his willingness to sacrifice social needs and human lives to the cruel script of raw power and a ruthless market-driven society should force us, as global citizens, to ask questions we have never asked before about capitalism, power, politics, the demands of citizenship, the purpose of education and civic courage itself.

There will be no real movement for real change in America without addressing a revolution in consciousness, one that makes education central to politics.

Americans can survive Trump - and even a second term of Trump - if they resurrect a language of critique and possibility, and develop a mass movement that draws from history and provides the economic, cultural and political conditions to lift the U.S. out of the present-day socio-political morass.

Americans need a vision they can fight for, not just a fear they can overcome.

Henry Giroux McMaster University

The Danger of Repression

When negative thoughts arise, it is best to address them rather than pushing them down where they will surface again.

For the last several years, there has been a lot of focus on the power of positive thinking. Many people have come to misinterpret this wisdom to mean that it is not okay to have a bad mood or a negative thought or feeling. This can lend a kind of superficiality to their relationship with life and relationships with other people. It can also lead them to feel that if a negative thought or feeling comes up, in themselves or someone else, they must immediately block it out. When they do this, they are engaging in the act of repressing a part of themselves that needs to be seen, heard, and processed.

When we repress parts of ourselves, they don't go away so much as they get buried deep within us, and they often come out when we least expect it. On the other hand, if we allow ourselves to be fully human, honoring all the thoughts, feelings, and moods that pass through us on a given day, we create a more conscious relationship with ourselves. Instead of blocking out thoughts and feelings that we label as negative, we can simply observe them and then let them go. They only get stuck when we react to them negatively, pushing them down and out of sight where they get lodged in our unconscious minds. A healthier solution might be to develop a practice of following any negative thought we may have with a positive thought. This works well because positive thoughts are many times more powerful than negative thoughts.

Rather than setting our minds up in such a way that we become fearful of the contents of our own consciousness, blocking out anything that is less than 100 percent positive, we might resolve to develop a friendlier attitude toward ourselves, trusting in our inherent goodness. When we recognize our true inner worth, a few dark clouds passing through our minds will not intimidate us. We will see them for what they are -- small, dark figures passing through an expansive sky of well-being and truth.

Tree of Knowledge

Madisyn Taylor