

MAURITIUS TIMES

• "As we look ahead into the next century, leaders will be those who empower others". -- Bill Gates



Interview: Jocelyn Chan Low, Historien

"Je ne vois pas l'implosion du gouvernement en place"

'Il y aura peut-être quelques soubresauts, mais il sera là jusqu'aux prochaines élections générales'

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What's in it for me?



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From Crisis to Crisis

Since practically the beginning of the year, events unfolding in national affairs and being laid bare in the public domain have forced the citizens to reflect upon the type of governance - which is a direct tributary of its political mode - that is being applied to the country's affairs. The expected positive impact that was pledged afresh during the electoral campaign that led to the renewed victory of the incumbent regime has not materialised. On the contrary, it seems to have got even worse. Newer aberrations have found their way with those of the past, and have given rise to the rising concern that the country's superior interests have now been relegated behind other lower priority pursuits.

The loss of a true sense of orientation has been with us for quite some time in years past. One example often cited is the ease with which the Leader of the Opposition and the Leader of the House of the previous LP government had jointly paralysed the House for a year, as they sought to negotiate a political arrangement which would have made them align for the next polls. That, however, now pales in comparison to what all has been happening since then to this day. The long list of endless affairs that started during the previous mandate and keep on happening to date has ingrained in the people's mind the fear that the virus of favouritism and corruption appears to have so infiltrated the polity that it looks set to establish itself, Covid-like, as the 'new normal' way to proceed in running the affairs of the country.

It bears repeating that on this score, the record of ICAC leaves much to be desired. Indubitable testimony to this is its inexplicable turnaround in the MedPoint case. And there are other cases which have thrown a shadow of doubt on its will to effectively deal with corruption - namely the list of affairs where to date it is not known where its inquiries stand, such as the Dufry scandal (2015); the Alvaro Sobrinho scandal (2018); the Sugar Insurance Fund Board's highly excessive overpayment of land v/s valuation scandal (2018); the Choomka affair (2017); the Yerrigadoo/Bet 365 scandal (2018); the Glen Agliotti affair (2019), etc.

All these pending inquiries highlight the absence of a credible and respected investigative agency capable of handling white collar crime independently of political proximity. We also need not recall either the absence of concrete results in many high-profile drug importation enquiries, nor the major cases where no inquiry has even been felt necessary (high-risk loans at the State Bank of Mauritius, or high-voltage financial losses of the national carrier) and the general absence of any prosecutions, still less sanctions, in all the aired high profile cases of white-collar crimes. We now seem to have hit rock bottom with the latest case relating to the death in suspicious circumstances of a political activist, which is now the subject of a judicial inquiry.

There is a bitter feeling that any means can be applied in the pursuit of mammon. We are not likely to be done any time soon dealing with the consequences of the Covid crisis. The last thing we needed is another crisis that can be as earth-shaking for the future of the country. Without prejudging the outcome of the judicial inquiry, the Kistnen case appears to belong to this category.

If there is no change in the mindset and the manner of running the country, only a miracle can save us from riding headlong towards a precipice. But miracles are figments of the imagination, so we are left with the only alternative of radically rethinking its future course to salvage the country. Will this happen?

Mauritius Times

Founder/Editor: Beekrumsing Ramlallah - Aug 1954-Sept 2000

Editor-in-chief: M. Ramlallah / Senior Editor: Dr RN Gopee

This epaper has been produced with the assistance of

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The Conversation

Which age group should get the Covid-19 vaccine first may depend on timing

If supplies of COVID-19 vaccine are initially limited, who should be vaccinated first? A mathematical model shows when and why it's best to start with the young, and when older people should go first.

Covid-19 vaccines are on the horizon. Lately, it seems like each week brings news of another clinical trial demonstrating vaccine efficacy. But if supplies are initially limited, decision-makers will need to make hard choices about who should get them first.

One approach is to prioritize groups who are most vulnerable to serious outcomes like hospitalization and death, such as the elderly. Another approach is to prioritize groups who are most responsible for spreading the infection. The question is which approach will work best in a given population.

Our team decided to study this question using our combined 30 years of experience in population modelling, including the 2003-04 SARS outbreaks and the 2009 H1N1 pandemic. We developed a mathematical model of Covid-19 transmission and vaccination in Ontario, published as a preprint (a manuscript yet to be checked for errors). The types of models we employ are not mere mathematical abstractions or theories, but rather have been validated for many similar respiratory infections over the past three decades.

We found that if vaccination starts sufficiently early in 2021, a strategy of vaccinating individuals 60 years of age and older will prevent the most deaths. But more surprisingly, we found that if the vaccine is not available until later in 2021, we might be able to prevent more deaths by first vaccinating younger age groups — working-age adults and children — who have more contacts with others.

Vaccines can protect the unvaccinated

To understand this result, we must first explain that vaccines work in two ways. First, they provide direct protection: the vaccinated person doesn't get infected. Second, they also provide indirect protection: the vaccinated person does not pass infection on to others. We do not yet know if the Covid-19 vaccines will prevent the passing of infection to others, but such transmission-blocking effects are a common feature of most licensed vaccines.

If enough people are vaccinated, the level of indirect protection in a population can be high. And indirect protection can be very powerful. Had it not been for indirect protection, smallpox would never have been globally eradicated in 1977. Once a sufficient number



A nurse at the Royal Free Hospital in London simulates the administration of the Pfizer vaccine on Dec. 4, 2020 to support staff training ahead of the rollout in the United Kingdom. (Yui Mok/Pool Photo via AP)

of individuals are vaccinated, herd immunity is achieved. But it is achieved through a kinder, gentler means than letting everyone become infected, and the virus is thereby eliminated from the population. Hence, indirect protection can have very strong effects in real populations.

This is not just the prediction of a mathematical model. This effect has been observed in empirical data on influenza vaccination from Japan, where vaccination of school-children was found to reduce deaths in the elderly. Similarly, some jurisdictions practice cocooning, where if a vaccine does not work in a vulnerable person due to their advanced age or an immature immune system, we vaccinate the people around them instead. This approach is also recommended for the Covid-19 vaccines.

Conditions will change later in the pandemic

We think the switch in strategy between early and late 2021 predicted by our model occurs because indirect protection from vaccines will become stronger, later on in the pandemic.

In the early stages of a pandemic, most people are still susceptible.

Madhur Anand - University of Guelph, Chris Bauch & Peter C. Jentsch - University of Waterloo

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Dr R Neerunjun Gopee

What's in it for me?

A dose of the spirit of service for its own sake is surely the critical need of the times. The reward can be blessings without compare...

This goes back to the late 1980s. Late one Sunday afternoon, a colleague of mine (who is no more) drove his neighbour, a big businessman (hereafter Mr B), to the hospital, admitted him and initiated the treatment for an injury to the foot. He called me and told me what he had done, saying I did not need to come down (I was on call) and could see the patient during my ward rounds the next day.

Which I did in the afternoon, after my morning consultation. After the medical part of the visit was over, I thought that this was perhaps an opportunity to seek some help for renovating the ward. I therefore approached the issue gently and made my request, and in answer to Mr B's queries, said that for example, he could offer to paint the walls, or to have the curtains changed.

I can never forget his immediate reflexive response: 'What do I get out of this?' Stunned, I could only mumble, 'You know, your name could be inscribed...' He was in any case due to be discharged that day, and that was the first and the last I saw of him.

were completed, mothers and their babies were henceforth more comfortable and the babies safer medically speaking.

Since the Covid-19 pandemic, tens of millions of doctors, nurses, laboratory scientists and technicians, attendants and other supporting health personnel have been working ceaselessly to care for Covid cases that have been admitted, which are usually the most severe ones demanding 24/7 attention and care. Especially in the case of nurses and doctors, who are in most direct contact with the ill patients, they have had to do long hours, often going beyond their normal working times.

There have been so many accounts of the hardships they have faced – other than the medical challenges of treating a disease that was still unraveling with umpteen complications, wearing masks and the space-suit like Personal Protective Equipments (PPEs) was onerous, but they bore with it. On top of that were the physical exhaustion, the emotional trauma of losing patients despite laying out a whole range of armamentarium and of having to stay away from their own fami-

any expectation.

For many years, there has been much noise about ethical practice in various sectors. Several professions have codes of practice, which may not necessarily be legally binding but aim to set a moral compass. In the business, banking and financial world following the financial crisis of 2008-09 – which a long article that I recall reading in the American magazine

from the needy and the poor, and yet there appears to be no resolution of this conundrum in view.

Which makes one wonder what keeps the world ticking somehow? It must be the hundreds of millions who go on toiling nevertheless, preferring to do their day's work with sincerity and honesty, even if motivated only by the need to cater for their families. But there are as many millions of others who see a higher purpose in their calling, and view their efforts as the contribution they need to make so as to leave the world a better place for their children and the future generations.



Nearly 7000 health professionals have lost their lives so far, and this is an underestimate. They died while trying to save others. Photo - media2.s-nbcnews.com

Newsweek concluded was due to GREED – legislation was amended in an attempt to prevent the kind of deviousness that had led to the crisis (the Sarbane-Oxley law).

One of the enduring problems that democratic countries face is the issue of political financing, where, it seems the ruling paradigm is 'What's in it for me?' That's what has been unfolding in front of our eyes from all over the world, what with Panama Papers, Wikileaks, etc. There is practically an endless stream of published material about the politics-business nexus, the occult labyrinthine networks of money deals that divert resources away

The words of President John Kennedy, heard when I was a teenager in my first year of HSC, still resonate in me: 'Ask not what your country can do for you, ask what you can do for your country'. It is not too late for politicians of all hues to be inspired by this maxim, instead of running their countries by their venalities of which people have had enough. Instead of 'What's in it for me?', like Mr B, perhaps they could be asking 'What's in it for my country and my fellow citizens?'

A dose of the spirit of service for its own sake is surely the critical need of the times. The reward can be blessings without compare...

“For many years, there has been much noise about ethical practice across various sectors. Several professions have codes of practice, which may not necessarily be legally binding but aim to set a moral compass. In the business, banking and financial world following the financial crisis of 2008-09 – which a long article that I recall reading in the American magazine *Newsweek* concluded was due to GREED – legislation was amended in an attempt to prevent the kind of deviousness that had led to the crisis...”

Fast forward to a few years later, in another hospital. Another businessman had offered to renovate the female orthopaedic ward, and the works were already under way. I had been operating on three-month old babies with harelips (born with lips that are split into two), and this required that the mother stay with her child, which meant in any of the available beds. This was not a convenient arrangement, nor proper from a surgical point of view.

Again, seizing the opportunity despite my previous negative experience, I made a request for a cubicle to be added to the planned changes through the foreman. The reply came the next day, in the affirmative. A few months later, the works

lies so as not to infect them. But that was not all: they faced loss of colleagues whom they had to look after in the very ICUs where they were working.

Worse, nearly 7000 health professionals have lost their lives so far, and this is an underestimate. They died while trying to save others. They never asked 'What's in it for me?'

It is true that some occupations such as medicine and teaching give more opportunities for selfless service and altruism, but that does not mean that these cannot be found in other fields of human activity. Simply doing an honest piece of work according to conditions agreed can itself be a beginning towards, if the occasion arises, going that extra mile without





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Mrinal Roy

Whither Mauritius?

The people are in no mood to be shortchanged or hoodwinked and are keeping a watching brief on the turn of events

This burning question is in the minds of a majority of Mauritians at a time when so many things are awry in the country. People from all walks of life are angry and up in arms at the plummeting standards of governance, the unending array of scandals and allegations of corruption and other wrongdoings involving Ministers, the abject misuse of the national TV as a daily instrument of spin doctoring and propaganda at public expense, nepotism, the opacity shrouding the terms and conditions under which billions of Rupees of public bailout funds are advanced to distressed companies by the Mauritius Investment Corporation Ltd (MIC) and the complicit role of elected MPs in the shameful state of parliamentary democracy in the country.

Senior citizens, the vegetable vendor, the banker, the housewife, the civil servant, the bus conductor and basically mainstream Mauritius are galled by the decried government policy of appointing the coterie and the party faithful to key government posts, at the head of key state institutions or as

happening.

Various laws have been amended to include harsher sanctions so as to act as a deterrent. For example, traffic regulations have been repeatedly amended by government to make penalties for offences stiffer in order to limit road accidents and deaths.

Why on earth have the anti drug trafficking laws not been likewise beefed up to provide for more severe penal sanctions which can act, as in Singapore, as a real and effective deterrent to drug trafficking in the country? There cannot be any half-hearted sanctions for drug traffickers who callously thrive on a deadly trade and enrich themselves on weaning people to addiction and dependence causing tremendous anguish to families and costly consequences in the country.

Conspiracy theories

There are glib conspiracy theories and government allegations that insidious forces are bent on conjuring anti-government street protests. Beyond the rhetoric, it is patently evident that the majority of Mauritians who are angry at the deplorable state of the country are neither privy nor part of any purported conspiracy. They are also not party to an alleged media plot against the government.

counter-terrorist financing frameworks.

The costly Wakashio ecological catastrophe and its disastrous aftermath, the protracted delay in getting to the bottom of the alleged case of corruption and bribery in the Rs 4.3 billion CEB St Louis power plant contract despite public confirmation of wrongdoings by 'members of the Mauritian administration and others' by the African Development Bank and the Danish contractor Burmeister & Wain Scandinavian Contractor A/S (BWSC), the legitimate interrogations of the people regarding the endless Angus Road saga and the allegations surrounding the death of a ruling party member have mired the government in controversy and dented its standing in the eyes of the multitude.

This is not the time for shenanigans and contrived narratives to anaesthetize public opinion or generous handouts the country can ill-afford from strapped finances as a result of the Covid-19 crisis, to leverage public support. No amount of spin doctoring can change the pervasive public perception.

Credible answers and credible leaders

Only credible answers to the legitimate interrogations of the people on these enduring controversies which meet the test of public scrutiny and swift justice as required can allay their misgivings. Those who cannot provide credible answers will have to step down. There cannot be double standards. The verdict of the people remains paramount.

It is equally time for the opposition parties and their leaders to retrospect about their own poor governance, scandals and controversies when they were in power. They also have to honestly realize after two scathing debacles at the last two general elections that the people do not consider their leadership and style of party governance to be a credible alternative for the country.

Against such a backdrop, how can the country grapple with the daunting challenges triggered by the Covid-19 pandemic, its dire socio-economic fallouts and deteriorating economic fundamentals?

Verdict of the people

The verdict of the people is clear. No political party or party leader can be more important than the country and the people. The style of governance which has systematically plumbed the prospects of the country over the last decades is untenable in the context of the daunting Covid-19 driven challenges facing the country. A model of economic development based on selling high-priced villas by a handful of real estate promoters richly endowed in land assets in prime locations to rich foreigners or on consumption expenditure by households cannot be a sustainable way forward.

It is flabbergasting that in the context of the Covid-19 pandemic there has been no strategic thinking or brainstorming on innovative ways to boost the prospects of diverse sectors of the economy through a smart use of the wide range of digital tools available. There is also no attempt to control the escalation of prices in a context of eroding purchasing power. Is there a pilot in the cockpit?

This is certainly not the time for makeshift strategies. The political status quo also undermines the prospects of the young in the country. Their interests must be robustly safeguarded.

Watching brief

There is therefore an imperative need for the highest level of competence at the helm of the country as well as bold and responsible decision making to steer the country through the difficult times ahead. The onus is therefore squarely on the government and the whole political class to finally put country and people above their own narrow interests. The people are in no mood to be shortchanged or hoodwinked and are keeping a watching brief on the turn of events.



“The costly Wakashio ecological catastrophe and its disastrous aftermath, the protracted delay in getting to the bottom of the alleged case of corruption and bribery in the Rs 4.3 billion CEB St Louis power plant contract despite public confirmation of wrongdoings by ‘members of the Mauritian administration and others’ by the African Development Bank and the Danish contractor Burmeister & Wain Scandinavian Contractor A/S (BWSC), the legitimate interrogations of the people regarding the endless Angus Road saga and the allegations surrounding the death of a ruling party member have mired the government in controversy...”

ambassadors. They are furious at the lack of transparency and accountability of government spending and government procurement tenders and evidence of successful bidders being incapable of honouring their contracts. They are also exasperated by the dilapidation of scarce funds through risky unsecured loans and questionable placements in a bank which is now in receivership as well as the ineptitude of investigative institutions to swiftly nab and bring culprits to book.

People are also very worried at the rise in sordid crimes and falling moral values in the country evidenced by the abuse of a mother by his drunken son and the brutal murder of a two-year-old child by his stepfather.

Drugs galore

People are also particularly irate at the scale of unabated drug trafficking in the country evidenced by the proliferation of hard and synthetic drugs, hauls of drugs valued at more than a billion Rupees, deaths by overdose and the callous killing of a policewoman on duty, despite the government oft-proclaimed intent to relentlessly hound drug trafficking kingpins and eradicate this evil from the country. This is far from

The plain truth is that government and the whole political class stand guilty under the objective prism of history and in the people's Court. After only one year in power, the standing of the government has been systematically eroded by its poor governance and the controversies, scandals and blunders which have rocked its first year in office. The contract of trust with the people and the mandate of the government are to *inter alia* assure through its judicious choice of Ministers and merit-based appointments at the head of key State institutions and posts of the government Establishment a competent and transparent management of the affairs of the country.

The style of governance of the government based on favouring the coterie and the party faithful has backfired in so many instances. For example, the lack of the required professional expertise and competence to eliminate through a rigorous management and oversight of the global business sector any risks of our international financial services sector acting as a conduit for illicit money laundering and terrorist financing has resulted in the inclusion of Mauritius in the European Commission revised list of high-risk countries with strategic deficiencies in their anti-money laundering and

Breakfast With Bwana

Biden's foreign policy challenges vis-à-vis the other elephants in the room: Russia, Europe, and the United Kingdom



Anil Madan

On December 7, the anniversary of Japan's attack on Pearl Harbour, it is instructive to think how Japan and the U.S., two former enemies as recently as in the Second World War, each the object of a signature devastating attack on the other -- acknowledging, of course, that the nuclear attacks on Hiroshima and Nagasaki were a spatial dimension apart from Pearl Harbour -- have achieved a rapprochement that would have been unthinkable in 1941 or 1945. Today, the U.S. and Japan are allies and dependent on each other in a mostly constructive relationship. Vietnam provides another example that post-war peaceful and cooperative coexistence is possible with a communist country.

In my first commentary on the foreign policy challenges facing future President Biden, I emphasized how India and the U.S. once less than fast friends could and probably will emerge as indispensable partners, driven there by the necessity of dealing cooperatively and cohesively with China.

The examples of Japan and Vietnam should provoke President-elect Biden and his advisers to take an enlightened view of the U.S.'s relations with China, seeing an opportunity to build a constructive and cooperative, maybe even friendly, relationship. There is much to be gained by encouraging China to agree on rules of conduct that will govern competition within acceptable rules and norms while also joining with the U.S., Europe, and Britain to solve common problems with global ramifications.

We will return to China in future commentaries. For now, let us focus on the other elephants -- or rather, ancient mastodons -- in the room that cannot and should not be ignored: Russia, Europe, and the United Kingdom. Obviously, Turkey and NATO must be brought into the matrix.

Russia's ongoing diplomatic guerilla war

Russia continues to present the most difficult, but not the most important



challenge for the U.S. Having lost almost every major economic and diplomatic battle and certainly the Cold War to the U.S., Russia is an ungracious combatant refusing to concede that hostilities should be ended. Led by Putin, Russia remains engaged in an ongoing diplomatic guerilla war, taking potshots here and there at the U.S.

The lesson here is that we are paying the price for not having had the wisdom and foresight to agree on competition under acceptable rules and norms. The agreements that the U.S. and the Soviet Union made on arms control, missiles, and nonproliferation were illusory. Neither side wanted to be destroyed. Neither side was about to risk self-destruction by attempting a preemptive first strike. Yet, we wasted enormous bandwidth on agreements that would have been unnecessary if we had instead focused on build a constructive trading and economic relationship. With each country seeing the other's economic system as incompatible with its own, Russia and the U.S. never stopped to imagine where they might cooperate.

The time has come to change our approach and rebuild our relationship with Russia and use the lessons of the past not to make the same mistake with China. It is not difficult to see that America has little to gain from continuing conflict with Russia and perhaps little to lose as well but the ongoing distraction caused by Russia's nagging presence on the world scene invades bandwidth needed to deal with other more pressing problems. Russia is simply not an existential threat to the U.S. or to Europe despite its capability to cause much destruction. But to what end? Russia itself would not survive a preemptive attack on Western Europe or the U.S. On the other side, neither the EU nor the U.S. has anything to gain from the destruction of

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Russia.

A constructive relationship is possible if the U.S. encourages Russia's role as a major supplier of natural gas to Europe. In turn, Europe can be an important source of needed food and manufactured goods for Russia. President Biden must make it clear, however, that Russia cannot use its gas supply to exert leverage as it did with Ukraine. Russia's agreement to engage with the U.S. and Europe based on constructive rules and norms would, in turn, allow Russia access to American technology as well as free access to capital, credit, and banking networks. These accommodations will allow Russia to upgrade its infrastructure and to deploy its income from supplying gas to improve the lives of its people.

This challenge for America is made all the more difficult because the U.S. must feel an unwelcome stranger when looking across the pond, whether it is at Russia, the EU countries, Turkey, or even the NATO alliance. The exception is, of course, Britain. This state of affairs is not entirely Donald Trump's fault although he is the author of much of the chaos that prevails.

Biden's primary task will be to convince European countries that there is no binary choice between the U.S. and Russia as we move forward. Rather, the common threads of Democracy and western concepts of freedom, natural justice, due process, human rights, and competition in free markets, should define the matrix into which Russia is welcomed. Donald Trump's scolding of Angela Merkel and Germany over the Russia-Germany gas pipeline was misplaced and counterproductive.

There was no chance that Germany would forgo a source of cheap energy even if the deal entails the risk of overdependence on Russia. That kind of behaviour from an American president may have the perverse effect that European countries will resent American interference and be driven to do deals with Russia that ignore the common interests of Western countries. Avoiding that kind of lose-lose situation is a delicate proposition that requires keen attention on the part of the U.S. and European countries.

In due course, a similar clarity with China will be needed as Europe, Britain, African, and Latin American countries become more accepting of Chinese technology such as Huawei's 5G networks and devices.

Contd on page 18

Indian-Origin scientist's paper-based test can detect Covid in less than 5 minutes

A team led by an Indian-origin scientist has developed a rapid, ultrasensitive Covid-19 test using a paper-based electrochemical sensor that can detect the presence of the novel coronavirus in less than five minutes.

The researchers from the University of Illinois in the US created a graphene-based electrochemical biosensor with an electrical read-out setup to selectively detect the presence of SARS-CoV-2 genetic material.



A fast and cheap paper-based coronavirus test will soon be available across India, with scientists hopeful it will help turn the tide on the pandemic.

Photo - medicalxpress.com

According to the research published in the journal *ACS Nano*, there are two components to this biosensor: a platform to measure an electrical read-out and probes to detect the presence of viral RNA, reports Press Trust of India.

To create the platform, the researchers led by professor Dipanjan Pan first coated filter paper with a layer of graphene nanoplatelets to create a conductive film. They then placed a gold electrode with a predefined design on top of the graphene as a contact pad for electrical readout.

The team tested the performance of this sensor by using Covid-19 positive and negative samples. The sensor showed a significant increase in the voltage of positive samples compared to the negative ones and confirmed the presence of viral genetic material in less than five minutes.

The sensor was able to differentiate viral RNA loads in these samples. Viral load is an important quantitative indicator of the progress of infection and a challenge to measure using existing diagnostic methods.

The researchers noted that this platform has far-reaching applications due to its portability and low cost.

The sensor, when integrated with micro-controllers and LED screens or with a smartphone via Bluetooth or wifi, could be used at the point-of-care in a doctor's office or even at home, they said.

Beyond Covid-19, the research team also foresees the system to be adaptable for the detection of many different diseases.

Calls for calm over Pfizer vaccine roll-out after two NHS staff suffer 'anaphylactoid reaction'

British scientists Tuesday attempted to quash public panic about the Pfizer/BioNTech vaccine which is currently being rolled-out across the UK, following reports that two NHS staff suffered an 'anaphylactoid reaction' just after being immunised on V-Day.

Within 24 hours of the biggest-ever mass vaccination programme in British history, the UK's drug regulator told anyone with a serious allergy to medicines or food was told not to have the much-vaunted jab.

The number of people set to be barred is not known, though up to seven million people in the country have allergies severe enough to require medical care, according to the NHS – while around 250,000 people need to carry an EpiPen at all times, reports James Gant and Martin Robinson of Dailymail.com.

Both the unnamed healthcare workers needed immediate treatment but are 'recovering well' after they developed symptoms shortly after receiving the jab. It is not known if either person needed to use the EpiPens they both carry with them at all times.

They suffered an 'anaphylactoid reaction' to the vaccine, which is milder than anaphylaxis, and tends to involve a rash, shortness of breath, swelling of the face



Care home staff receive the Pfizer/BioNtech Covid-19 vaccine at Bradley Manor residential care home in Belfast

and tongue or a drop in blood pressure, the NHS says.

Despite the two allergy cases the British government is continuing to vaccinate between 5,000 and 7,000 people per day across the UK with 800,000 Pfizer doses already in hospitals and millions more on the way.

The allergy scare came hours after Britain's drug regulator dismissed safety fears over the Pfizer/BioNtech coronavirus vaccine after a report revealed four people in a trial in the US got Bell's palsy. The condition, which is usually temporary, causes muscles on one side of the face to droop because of nerves not working properly.

Four cases of it were found in a group of 21,720 people who had the Pfizer vaccine in a trial in the US, compared to none among 21,728 people given a placebo vaccine. But this rate of occurrence is no different to how often it would be expected to happen in a random population, the company said.

In almost every aspect of British life there are positives to a no-deal Brexit

Almost every aspect of British life will need a complete overhaul, from the cars we drive to what we eat and the products we buy, if we are to meet the target of net-zero emissions by 2050, according to the UK government's climate advisers.

The UK's Climate Change Committee on Tuesday set out in detail the steps the country will need to take over the next 30 years in order to effectively end Britain's contribution to the climate crisis. Within just five years, the UK will need to turn its back on coal-fired power, eat 10 per cent less meat and plant 30,000 hectares of new forest every year in order to be in line with the net-zero goal, the report says.

In addition, all new homes built by 2025 will need to be "carbon-neutral" - meaning they must make use of low-carbon heating such as electric heat pumps instead of oil and gas boilers, reports The Independent.

China's Sinopharm vaccine has 86% efficacy against Covid-19, says UAE

An experimental coronavirus vaccine developed by Chinese state-owned pharmaceutical giant Sinopharm has 86% efficacy, the United Arab Emirates Health Ministry said in a statement Wednesday.

The Health Ministry said the results for the vaccine were based on interim analysis of the late-stage clinical trials which the UAE started in July, according to the statement which was carried by the state news agency.

Though few details were provided, the statement marks the first publicly released information regarding the performance of the Chinese vaccine, developed by the China National Biotec Group (CNBG), a unit of Sinopharm. The UAE approved emergency use for frontline workers in September, reports Mostafa Salem and Yong Xiong of CNN.

"The analysis shows no serious safety concerns," the statement said, though it did not make clear whether individual participants suffered any specific side effects, or how many volunteers were given the vaccine or a placebo.

The clinical trials included 31,000 volunteers across 125 nationalities in the UAE, the statement said. So far, almost 100,000 people across the Emirates have also received the vaccine as part of a voluntary program, Jamal Al Kaabi, a top UAE health official told CNN.

China currently has five coronavirus candidates from four companies which have reached phase 3 clinical trials, the last and most important step of testing before regulatory approval is sought.



In this April 11, 2020, photo released by Xinhua News Agency, staff members check and clean equipments at a vaccine production plant of SinoPharm in Beijing.

Photo - edition.cnn.com

Compared with Pfizer and Moderna, most Chinese vaccines do not require freezing temperatures for storage, making transport and distribution much easier, especially in developing countries that lack cold storage capacities.

See more on page 7

Hydrogen planes and hyperloop: The EU outlines its vision for the future of transport

The EU has announced a broad new transport plan which aims to slash carbon emissions over the next three decades and focus on emerging technologies like drones and hydrogen aircraft.

The European Commission, the EU's executive arm, presented its "Sustainable and Smart Mobility Strategy" on Wednesday.

According to the Commission, its strategy is centered around making Europe's transport system "sustainable, smart and resilient." It's seen as being crucial to the EU's desire for a 90% cut in transport related greenhouse gas emissions by the year 2050.

By 2030, aims for the strategy include: at least 30 million zero-emission cars on the road; "market-ready" zero-emission marine vessels; and the large-scale deployment of automated mobility. Other targets for the next decade include the



EU's strategy is centered around making Europe's transport system "sustainable, smart and resilient. Photo- www.cnn.com

development of more cycling infrastructure, reports Anmar Frangoul of CNBC.

By the year 2035, it wants "zero-emission large aircraft" to be market-ready. Further ahead, the Commission says "nearly all cars, vans, buses as well as new heavy-duty vehicles will be zero-emis-

sion" by the middle of this century, while rail-freight traffic will have doubled.

"Through the implementation of this strategy, we will create a more efficient and resilient transport system, which is on a firm pathway to reduce emissions in line with our European Green Deal goals,"

Adina Valean, the commissioner for transport, said in a statement Wednesday.

The European Green Deal refers to the European Commission's overarching plan for the European Union to be climate neutral by 2050.

Among other things, the strategy released on Wednesday focuses on emerging innovation and tech.

The EU, it states, will "put in place favourable conditions for the development of new technologies and services, and all necessary legislative tools for their validation."

"We can expect the emergence and wider use of drones (unmanned aircraft) for commercial applications, autonomous vehicles, hyperloop, hydrogen aircraft, electric personal air vehicles, electric waterborne transport and clean urban logistics in the near future," it adds.

Russians have been told not to drink for 2 months after getting the Covid-19 vaccine



Russians have been advised to go easy on the drinks if they're getting jabbed. Photo - i2-prod.mirror.co.uk

Russians are outraged following a health official's warning that Covid-19 vaccine recipients should abstain from drinking alcohol in the weeks before and after their shots, Reuters reported Wednesday. Anna Popova, head of Russia's consumer health watchdog, went on national radio Tuesday to tell citizens they should not imbibe for two weeks before their first injection of the Sputnik V vaccine. Vaccine recipients should stay sober for an additional six weeks after that to ensure a strong immune response, she added. There are 21 days between the two Sputnik shots.

"I reckon the stress on the body of

giving up alcohol, especially during what is a festive period, would be worse than the (side effects of the) vaccine and its alleged benefits," said Moscow resident Elena Kriven.

However, both Russian and American vaccine experts said Popova's advice was too extreme. Alexander Gintsburg, the developer of Russia's vaccine, tweeted from the Sputnik V account that "one glass of champagne won't hurt anyone."

In another tweet, Gintsburg recommended abstaining from alcohol use three days before and after each injection of any vaccine, not just Sputnik, reports Andrea Michelson.

But William Moss, executive director of the International Vaccine Access Center at Johns Hopkins University, said there's no data to support such advice.

"There's no evidence that, if you have one beer or a glass of wine a couple days after you get your vaccine, that's going to interfere with your immune response or protection following the vaccine," Moss said. "When that point is stated in such an extreme way, I think it's actually damaging to public health."

Excessive alcohol use can weaken your immune system

Chronic and excessive alcohol use - eight or more drinks a week for women and 15 or more drinks a week for men, according to the CDC - can have a number of deleterious effects on the body, Moss said.

Research has shown that drinking alcohol affects the gut microbiome and may damage the immune cells that line the intestines, which serve as the first line of defense against viruses and bacteria.

Another study found that binge drinking depletes the infection-fighting abilities of certain white blood cells in the hours after intoxication.

Having a strong immune system is especially important during a pandemic, so it may be wise to cut back on alcohol for that reason. But there's not much, if any, research that specifically looked at interactions between vaccines and alcohol - likely because most vaccines are administered to children, Moss pointed out.

Spain's scandal-hit former king Carlos settles over £600,000 tax bill



Juan Carlos, who now lives in the UAE, is the subject of an investigation into a high-speed train contract in Saudi Arabia. Photo - Reuters

Spain's former king Juan Carlos, who left his homeland under a cloud of scandal in August, has settled a back tax bill worth over 678,000 (£611,388) including interest and fines, his lawyers said on Wednesday.

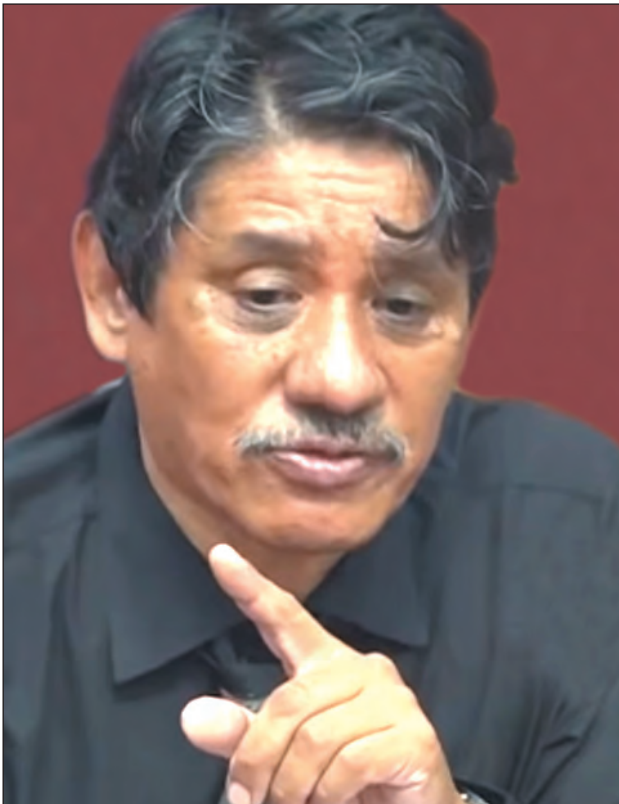
The lawyers, in a statement, provided no details about the back taxes. But the newspaper El Pais in an earlier report said the former monarch sought to settle certain alleged illegal credit card transactions with the revenue service to avoid being charged in an investigation and to be enable his return to Spain, reports Reuters.

Prosecutors at Spain's supreme court have opened several investigations into Juan Carlos' business dealings, including those linked to a high-speed train contract in Saudi Arabia. Juan Carlos has been living in United Arab Emirates since he left Spain.

Through his lawyers, he has repeatedly declined to comment on corruption allegations. Spanish monarchs have immunity during their reign, but Juan Carlos' abdication in 2014 in favour of his son potentially leaves him vulnerable to prosecution.

Compiled by Doojesh Ramlallah

Jocelyn Chan Low, Historien



Mauritius Times : La pression monte, mais le pouvoir projette l'impression d'être impassible alors même que l'enquête judiciaire dans l'affaire Sopramanien Kistnen met en lumière des anomalies dans la première enquête policière à propos de la mort suspecte de M. Kistnen. Quelle lecture faites-vous de la situation dans laquelle se trouve le Gouvernement présentement ?

Jocelyn Chan Low : Personnellement, je crois que les dirigeants de l'alliance au pouvoir ont finalement intériorisé le fait qu'ils sont très largement minoritaires dans le pays. D'ailleurs, tout le monde sait qu'ils n'ont récolté que 38% des suffrages exprimés lors des dernières élections législatives. Et, si l'on ajoute les abstentionnistes, ils sont bien en-dessous de 30% de l'électorat global.

« Il est évident que si jamais il y a une alliance PTr-MMM-PMSD, la personnalité qui sera présentée comme Premier ministre alternatif sera issue du PTr. Pour le moment, c'est le Dr Navin Ramgoolam, qui est leader du Parti. Mais pourra-t-il rallier une majorité de l'électorat derrière lui ? Sinon qui pourra le remplacer? »

Ils ne peuvent rien changer à cela. Pour rappel, il n'y avait guère de célébrations bruyantes au lendemain de la 'victoire'. Mais le système électoral aidant, ils ont une très nette majorité au Parlement. Et les prochaines élections ne sont prévues que dans 5 ans, d'où cette impression de sérénité et de détachement vis-à-vis de l'opinion publique malgré les allégations de scandales, les marches citoyennes avec des foules impressionnantes et l'expression de plus en plus virulente du ras-le-bol des Mauriciens déferlant sur les réseaux sociaux.

Le Gouvernement donne l'impression d'être totalement indifférent à toutes ces critiques tout en faisant main basse sur toutes les institutions du pays. En fait, il donne l'impression qu'il se fiche royalement de l'opinion publique.

*** A l'heure où nous parlons, le ministre Yogida Sawmynaden est toujours en poste, ce qui signifie qu'il bénéficie toujours du soutien de son leader et Premier ministre. M. Sawmynaden jouit toujours de la présomp-**

“Je ne vois pas l'implosion du gouvernement en place”

‘Il y aura peut-être quelques soubresauts, mais il sera là jusqu'aux prochaines élections générales’

La démocratie est en crise dans plusieurs pays du monde. Si l'objectif était d'améliorer leur bien-être, la majorité des citoyens demeurent insatisfaits de la gestion des affaires sur le plan politique. Et pourtant, le Gouvernement ne semble pas vraiment inquiet. Il n'y a eu aucune étude sérieuse pour mieux comprendre les doléances et le manque de confiance des citoyens. Au contraire, les pratiques décriées - comme l'embauche d'innombrables conseillers dans certains ministères - continuent au vu et au su de tous. Que faut-il penser de cette élite politique traditionnelle ? Fin observateur de la classe politique et historien, Jocelyn Chan Low répond à nos questions.

tion d'innocence, mais d'autres, dont Ivan Collendavelloo lui-même, ont été lâchés par le PM, et aux yeux de certains, pour des allégations de moindre importance. Qu'est-ce qui va se passer dans les prochains jours, selon vous ?

Difficile de prédire : l'enquête n'en est qu'à ses débuts. Le ministre Sawmynaden sera sans doute convoqué par l'ICAC -- en catimini ou non? -- parce qu'il y a une plainte qui a été formellement déposée par Madame Kistnen. Ensuite, il sera peut-être convoqué dans le cadre de l'enquête judiciaire, son nom ayant été cité. Mais, à ce stade, on ne dispose pas de tous les éléments de ce drame. On n'est qu'au tout début de l'enquête judiciaire.

Dans le cas d'Ivan Collendavelloo, son nom avait été cité dans une correspondance officielle de la Banque africaine de développement. Dans le cas de Yogida Sawmynaden, on est encore au stade des balbutiements de l'enquête. Mais, si jamais il y a un *prima facie* case, les choses vont effectivement changer.

*** Partagez-vous l'opinion du leader du PTr, exprimée samedi dernier lors d'une conférence de presse, à l'effet que «les jours de l'actuel gouvernement sont comptés» et qu'il est « impossible qu'il aille plus loin que l'an prochain»? Fait-il de la politique, ou est-ce envisageable?**

C'est de bonne guerre de la part du leader du PTr d'annoncer que le Gouvernement va tomber prochainement. C'est aussi pour mobiliser ses partisans. Mais la réalité est une toute autre histoire.

Le Premier ministre a un contrôle total sur les élus du MSM. Et, quant aux diverses factions dissidentes issues du MMM qui ont finalement rejoint Pravind Jugnauth, ils l'ont fait principalement pour se retrouver au pouvoir, pour un maroquin ministériel. Difficile dans ces conditions de les voir se désolidariser du Gouvernement et passer dans l'opposition!

Bien sûr, il y a les divers procès et enquêtes en cours. Il y a aussi les pétitions électorales. Mais le calendrier judiciaire est relativement très long dans la durée. Quant aux enquêtes de l'ICAC, les résultats en général se font attendre pendant des années. Finalement, quant à l'action de rue pour faire partir le Gouvernement, on a bien vu ce que les grandes marches citoyennes ont donné. Il est évident que le Gouvernement fera tout pour s'accrocher au pouvoir jusqu'aux prochaines échéances électorales prévues dans quatre ans. D'ailleurs, il mise sans doute sur une reprise de l'économie mondiale d'ici là, avec ses retombées positives

sur l'économie mauricienne.

*** Faut-il quand même se rappeler que le Gouvernement dispose d'une majorité parlementaire confortable, et même si Yogida Sawmynaden tombe ou est lâché, cela ne devrait pas mettre en péril la survie du Gouvernement ?**

Bien sûr. Seule l'invalidation des résultats dans un certain nombre de circonscriptions suite aux pétitions électorales devant la cour pourrait changer la donne. Mais, en attendant le verdict et les appels qui suivront, peut-être serons-nous à la veille des prochaines législatives...

« L'histoire semble se répéter. On se souvient de l'affaire MedPoint et des procès contre le Dr Navin Ramgoolam durant le dernier mandat du Gouvernement. C'est devenu une tendance assez préoccupante dans la vie politique mauricienne : le débat politique, la vie politique en général, se déroule à l'ombre des procès au judiciaire... »

En outre, il ne faut pas oublier qu'il n'y a qu'une entente et, pas d'alliance officielle entre les partis de l'opposition...

*** D'aucuns pensent toutefois que c'est le judiciaire seul qui, en fin de compte, sera en mesure d'éclaircir la situation – avec les décisions qu'il sera éventuellement appelé à prendre par rapport aux pétitions électorales et d'autres affaires qui pourraient être logées dans les mois à venir. Il n'y a pas que l'affaire St Louis, il y a toute une longue liste d'affaires, comme vous le savez...**

L'histoire semble se répéter. On se souvient de l'affaire MedPoint et des procès contre le Dr Navin Ramgoolam durant le dernier mandat du Gouvernement. C'est devenu une tendance assez préoccupante dans la vie politique mauricienne : le débat politique, la vie politique en général, se déroule à l'ombre des procès au judiciaire.

Dans un sens, cela révèle que le judiciaire reste un pilier du *rule of law* à Maurice mais, en même temps, ces allégations et procès politico-financiers ternissent grandement l'image de la démocratie mauricienne. Et, en premier lieu, la classe politique traditionnelle se trouve éclaboussée. Il n'est guère étonnant que plus de 50% de l'électorat mauricien n'arrive plus à se situer sur l'échiquier politique.

☞ Suite en page 9

'Si jamais il y a une alliance PTr-MMM-PMSD, la personnalité qui sera présentée comme Premier ministre alternatif sera issue du PTr. Pour le moment, c'est le Dr Navin Ramgoolam'

☞ Suite de la page 8

Et qu'un nombre croissant de citoyens, des jeunes en particulier, veulent en finir avec la culture politique qui prévaut en ce moment dans le pays.

*** Il aurait été instructif de savoir ce que les Mauriciens pensent de la situation qui prévaut dans le pays présentement, en particulier sur le plan de la gouvernance, et leurs sentiments vis-à-vis du régime. Les résultats des récentes élections villageoises ont-ils apporté un certain éclairage sur ce plan-là, selon vous?**

S'il y a des élections dont le décryptage est extrêmement compliqué, ce sont évidemment les élections villageoises. Il y a un grand nombre de variables à l'œuvre : le 'localisme', les affinités ou les rivalités entre individus qui dépassent le cadre de la politique partisane, etc. C'est aussi un terrain fertile pour toutes sortes d'individus opportunistes. C'est pour cela d'ailleurs que les partis politiques traditionnels ne s'affichent pas ouvertement pendant ces élections bien qu'ils puissent parrainer certains candidats.

En fait, on peut parler de deux tours au sujet de ces élections. Il semblerait qu'aux élections villageoises, certains candidats parrainés par les partis au pouvoir ont mordu la poussière. Mais, au deuxième tour, c'est-à-dire en ce qu'il s'agit des élections à la présidence des conseils de district, c'est une toute autre paire de manches. Depuis des décennies, tous les pouvoirs en place ont utilisé à fond l'appareil d'Etat, les promesses, etc., pour faire élire leurs candidats. Donc, il est difficile de tirer des conclusions dans de telles circonstances.

*** Mais si l'on croit certaines bribes d'information, dont la dernière concernant le contact qui aurait été établi par le MSM avec le MMM en vue d'un éventuel arrangement politique, une certaine inquiétude serait en train de gagner les rangs du Gouvernement. Qu'en pensez-vous?**

Ce sont des rumeurs souvent savamment alimentées par le pouvoir surtout quand il se retrouve dans une situation délicate.

“Le ministre Sawmynaden sera sans doute convoqué par l'ICAC parce qu'il y a une plainte qui a été formellement déposée par Madame Kistnen. Ensuite, il sera peut-être convoqué dans le cadre de l'enquête judiciaire, son nom ayant été cité. Mais, à ce stade, on ne dispose pas de tous les éléments de ce drame. On n'est qu'au tout début de l'enquête judiciaire...”

Cependant, il est vrai que la situation économique et sociale est très préoccupante. Tous les indicateurs sont au rouge ; et 2021 sera sans doute une année catastrophique. A titre d'exemple, il faudra attendre des années avant que le secteur touristique ne retrouve sa performance de 2019, et cela malgré l'annonce des vaccins.

Dans de telles conditions, l'île Maurice toute entière aurait beaucoup à gagner si toutes les énergies étaient concentrées sur la nécessité de 're-engineering' du pays pour faire face aux défis du monde post-Covid, et aussi pour réinventer notre système politique qui a démontré ses failles et

ses limites.

Mais cette unité ne se fera pas car la classe politique est trop divisée à Maurice. On a l'impression que ce ne sont plus des adversaires qui s'affrontent mais des ennemis mortels.

*** Avez-vous aussi noté que ces derniers temps, le MSM a pris pour cible Arvin Boolell, le leader de l'opposition – évidemment pas pour ses PNQs, mais probablement en vue de neutraliser un potentiel challenger de Pravind Jugnauth – même si Boolell souffre d'un «handicap de naissance»?**

La dernière conférence du Premier ministre, l'expulsion du leader de l'opposition du Parlement de même que la lettre anonyme par rapport à ses avoirs semblent indiquer cela. La raison : Arvin Boolell serait-il en train de prendre du galon et s'affirmerait-il de plus en plus dans l'opinion publique?

Jusqu'à tout récemment, les tirs du MSM étaient concentrés sur Navin Ramgoolam. Il y a là effectivement un changement de stratégie et de cible. Quant au soi-disant «handicap de naissance» d'Arvin Boolell, il faut quand même se rappeler que Prem Nababsing a failli de très peu battre Sir Anerood Jugnauth aux élections générales de 1987...

*** Comment se porte « l'entente » politique PTr-MMM-PMSD, selon vous?**

L'entente se porte bien en ce qu'il s'agit de la coordination au niveau des actions au Parlement. En outre, il n'y a pas de grandes discordances dans les discours et prises de position sur des dossiers brûlants. Mais il n'y a pas d'alliance et les sujets délicats tels la composition du *Shadow Cabinet*, les points saillants d'un programme commun, etc., ont été mis au placard.

*** C'est la question de leadership qui déterminera la réussite ou non d'une éventuelle alliance PTr-MMM-PMSD. Il n'y a eu jusqu'ici aucun signe de contestation venant des Travailleurs ou même des Militants concernant cette «entente». Qu'est-ce que cela signifie, à votre avis?**

Il est évident que si jamais il y a une alliance PTr-MMM-PMSD, la personnalité qui sera présentée comme Premier ministre alternatif sera issue du PTr. Pour le moment, c'est le Dr Navin Ramgoolam, qui est leader du Parti. Mais pourra-t-il rallier une majorité de l'électorat derrière lui? Sinon qui pourra le remplacer ?

Ce sont des questions qu'il faudra bien aborder un jour ou l'autre. Et le plus tôt l'affaire sera tranchée, le plus rapidement il y aura une clarification sur l'échiquier politique. Sinon, les partis de l'opposition traditionnelle risquent de se faire dépasser par de nouvelles formations plus en accord avec les aspirations de l'électorat, notamment la jeunesse mauricienne.

*** La contestation de la rue en vue de chasser l'alliance MSM-ML du pouvoir semble avoir perdu de sa vigueur, et on voit d'autres groupes qui se manifestent. Les manifestants de rue et les actions syndicales, comme l'Histoire politique du pays nous l'a démontré, même au plus fort de l'opposition militante contre le gouvernement de SSR dans les années 70, n'avaient pu réussir cela...**



“Le Premier ministre a un contrôle total sur les élus du MSM. Et, quant aux diverses factions dissidentes issues du MMM qui ont finalement rejoint Pravind Jugnauth, ils l'ont fait principalement pour se retrouver au pouvoir, pour un maroquin ministériel. Difficile dans ces conditions de les voir se désolidariser du Gouvernement et passer dans l'opposition!”

Je ne crois pas que la contestation de rue soit terminée. Au contraire. Avec la crise économique et sociale qui s'annonce, on risque de se retrouver avec une multiplication de revendications et de manifestations.

Mais c'est aussi vrai que la contestation de rue n'a jamais fait chuter un gouvernement dans l'Histoire de Maurice. En fait, le 'constitutionnalisme' est la clé principale pour comprendre l'histoire et la vie politique à Maurice. A la fois les opposants et les gouvernements ont agi et agissent selon les paramètres établis par la Constitution, quitte à modifier cette Constitution suivant les règles établies dans certaines circonstances.

C'est un des secrets de la réussite de Maurice en tant que démocratie. Cela dit, les manifestations de rue et autres actions syndicales fragilisent et décrédibilisent le pouvoir. Et, finalement, elles ont un impact sur les résultats des urnes.

*** Dans ce cas, l'attente sera longue, puisque le Gouvernement dispose de quatre années pour se refaire une santé politique... sauf si l'économie flanche ou que les pétitions électorales changent la donne?**

Personnellement, je ne vois pas l'implosion du gouvernement en place. Il y aura peut-être quelques soubresauts mais il sera là jusqu'aux prochaines élections générales.

Cependant, être au pouvoir dans de telles conditions est loin d'être une sinécure.

Why philosophers say solitude can be helpful (even if you didn't choose it)

One unlikely benefit of 2020 for some harried moderns may be gaining insight into why older cultures valued time alone so highly

Over the past months, many of us have got closer to experiencing the kind of solitude long sought by monks, nuns, philosophers and misanthropes.

For some, this has brought loneliness. Nevertheless, like religions such as Buddhism, the West has a rich literature - both religious and secular - exploring the possible benefits of being alone.

"Take time and see the Lord is good," Psalm 34 enjoins, in a biblical passage long read as a call to periodically withdraw from worldly occupations. The best form of life will be contemplative, the philosopher Aristotle concurs.

Solitude, according to the Renaissance poet-philosopher Petrarch, *rehabilitates the soul, corrects morals, renews affections, erases blemishes, purges faults, (and) reconciles God and man.*

Here are four key benefits of solitude these very different, contemplative authors point to.

1. Freedom to do what you want - any old time

The first boon identified by those who praise solitude is the leisure and liberty it provides.

There is freedom in space. You can (proverbially) get around in your PJs, and who's to know? There is the release from the needs and demands of others (a liberty many parents may have found themselves longing for recently). And there may be a freedom in time, also. In solitude, we may do, think, imagine and pay easy attention to whatever pleases us.

"When I dance, I dance; when I sleep, I sleep," the 16th century French philosopher Montaigne, a connoisseur of the quiet life, mused.

2. Reconnecting with yourself

Solitude (unless of course we are working from home) withdraws the external objects, demands and tasks crowding our days. All the energies we have distributed so widely, in different relationships, projects and pursuits can regather themselves, "like a wave rolling from sand and shore back to its ocean source," as psychologist Oliver Morgan has written.

Advocates of solitude hence stress how, with fewer preoccupations, we can reconnect to aspects of ourselves we usually don't have time for. This may not always be pleasant. But periodically reassessing who we are, even when it throws up confronting desires, harrowing fears or humbling insights, may be renewing.



Legende- Enforced isolation on one's own can have benefits. Photo - i.pining.com

This value of solitude as a test explains why, in many cultures, rites of passage involve periods of enforced withdrawal from the wider group. If a person can't be content in their own company, the odds are they will not be happy around others either, as the Stoic Epictetus observed.

3. Finding your 'inner citadel'

Solitude can enable us to recharge. As Montaigne joked, it allows you to take a step back from ordinary life, the better to leap into it next time. It also enables us to cultivate a valuable inner distance from the pressures, shocks and follies that usually beset us.

"We should have wives, children, property and, above all, good health," Montaigne observed. But also, metaphorically, "We should set aside a room, just for ourselves, at the back of the shop, keeping it entirely free and establishing there our true liberty, our principal solitude and asylum..."

The Roman emperor and thinker Marcus Aurelius called such a virtual back room an "inner citadel" to which the wise person could retreat, retiring into his own soul.

4. Seeing the bigger picture

In ordinary life, the horizons of our concern are practical and short-range. We are too busy to take stock - fearing and desiring what is coming up today, next week, next month or next year.

Ferried along in this way, years can pass without our noticing.

Solitude gives us the means to recall the bigger picture: our lives are quietly passing by; there are good people who we too often take for granted; we have neglected many things we deeply wanted to do and Nature or God (if we are religious) is far more awe inspiring than we usually credit.

Indeed, many sources suggest it is only through being alone that the highest truths become accessible to the seeker.

As the mystic St John of the Cross reported: "The very pure spirit does not bother about the regard of others or human respect, but communes inwardly with God, alone and in solitude as to all forms, and with delightful tranquillity, for the knowledge of God is received in divine silence".

Of course, most of us will not emerge

from the pandemic convinced solitaries. It is natural to long for the many goods of human connection.

But one unlikely benefit of 2020 for some harried moderns may be gaining insight into why older cultures valued time alone so highly.

Matthew Sharpe

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Joseph P. Laycock
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Why are people starting to believe in UFOs again?

Dhe 1990s were a high-water mark for public interest in UFOs and alien abduction. Shows like “The X-Files” and Fox’s “alien autopsy” hoax were prime-time events, while MIT even hosted an academic conference on the

abduction phenomenon.

But in the first decade of the 21st century, interest in UFOs began to wane. Fewer sightings were reported, and established amateur research groups like the British Flying Saucer Bureau disbanded.

In 2006 historian Ben Macintyre suggested in *The Times* that the internet had “chased off” the UFOs. The web’s free-flowing, easy exchange of ideas and information had allowed UFO skeptics to prevail, and, to Macintyre, people were no longer seeing UFOs because they no longer believed in them.

Data seemed to back up Macintyre’s argument that, when it came to belief in UFOs, reason was winning out. A 1990 Gallup poll found that 27 percent of Americans believed “extraterrestrial beings have visited Earth at some time in the past.” That number rose to 33 percent in 2001, before dropping back to 24 percent in 2005.

Meanwhile, a recent *Boston Globe* article by Linda Rodriguez McRobbie suggests that belief in UFOs may be growing.

She points to a 2015 Ipsos poll, which reported that 45 percent of Americans believe extraterrestrials have visited the Earth.

So much for reason.

Why does Western society continue to be fascinated with the paranormal? If science doesn’t automatically kill belief in UFOs, why do reports of UFOs and alien abductions go in and out of fashion?

To some extent, this is political. Even though government agents like “Men in Black” may be the stuff of folklore, powerful people and institutions can influence the level of stigma surrounding these topics.

Sociologists of religion have also suggested that skepticism is countered by a different societal trend, something they’ve dubbed “re-enchantment.” They argue that while science can temporarily suppress belief in mysterious forces, these beliefs will always return – that the need to believe is ingrained in the human psyche.

A new mythology

The narrative of triumphant reason dates back, at least, to German sociologist Max Weber’s 1918 speech “Science as a Vocation,” in which he argued that the modern world takes for granted that everything is reducible to scientific explanations.

“The world,” he declared, “is disenchanted.”

As with many inexplicable events, UFOs were initially treated as an important topic of scientific inquiry. The public wondered what was going on; scientists studied the issue and then “demystified” the topic.

Modern UFOlogy – the study of UFOs – is typically dated to a sighting made by a pilot named Kenneth Arnold. While



flying over Mount Rainier on June 24, 1947, Arnold described nine disk-like objects that the media dubbed “flying saucers.”

A few weeks later the *Roswell Daily Register* reported that the military had recovered a crashed flying saucer. By the end of 1947, Americans had reported an additional 850 sightings.

During the 1950s, people started reporting that they’d made contact with the inhabitants of these craft. Frequently, the encounters were erotic.

For example, one of the first “abductees” was a mechanic from California named Truman Bethurum. Bethurum was taken aboard a spaceship from Planet Clarion, which he said was captained by a beautiful woman named Aura Rhanes. (Bethurum’s wife eventually divorced him, citing his obsession with Rhanes.) In 1957, Antonio Villas-Boas of Brazil reported a similar encounter in which he was taken aboard a ship and forced to breed with a female alien.

Psychologists and sociologists proposed a few theories about the phenomenon. In 1957, psychoanalyst Carl Jung theorized that UFOs served a mythological function that helped 20th-century people adapt to the stresses of the Cold War. (For Jung, this did not preclude the possibility that UFOs might be real.)

Furthermore, American social mores were rapidly changing in the mid-20th century, especially around issues of race, gender and sexuality. According to historian W. Scott Poole, stories of sex with aliens could have been a way of processing and talking about these changes. For example, when the Supreme Court finally declared laws banning interracial marriage unconstitutional in 1967, the country had already been talking for years about Betty and Barney Hill, an interracial couple who claimed to have been probed by aliens.

Contactee lore also started applying “scientific ideas” as a way to repackage some of the mysterious forces associated with traditional religions. Folklore expert Daniel Wojcik has termed belief in benevolent space aliens as “techno-millennarianism.” Instead of God, some UFO believers think forms of alien technology will be what redeems the world. Heaven’s Gate – whose members famously committed mass suicide in 1995 – was one of several religious groups

awaiting the arrival of the aliens.

You’re not supposed to talk about it

Despite some dubious stories from contactees, the Air Force took UFO sightings seriously, organizing a series of studies, including Project Blue Book, which ran from 1952 to 1969.

In 1966, the Air Force tapped a team of University of Colorado scientists headed by physicist Edward Condon to investigate reports of UFOs. Even though the team failed to identify 30 percent of the 91 sightings it examined, its 1968 report concluded that it wouldn’t be useful to continue studying the phenomenon. Condon added that schoolteachers who allowed their students to read UFO-related books for classroom credit were doing a grave disservice to the students’ critical faculties and ability to think scientifically.

Basing its decision off the report, the Air Force terminated Project Blue Book, and Congress ended all funding for UFO research.

As religion scholar Darryl Catherine explained in his book “Haunted Ground,” “With civil rights riots, hippie lovefests and antiwar protests raging throughout the nation, Washington gave its official support to a rational universe.”

While people still believed in UFOs, expressing too much interest in the subject now came with a price. In 2010, sociologists Christopher D. Bader, F. Carson Mencken and Joseph O. Baker found that 69 percent of Americans reported belief in at least one paranormal subject (astrology, ghosts, UFOs, etc.).

But their findings also suggested that the more status and social connections someone has, the less likely he or she is to report paranormal belief. Single people report more paranormal beliefs than married people, and those with low incomes report more paranormal belief than those with high incomes. It may be that people with “something to lose” have reason not to believe in the paranormal (or at least not to talk about it).

In 1973, the American Institute of Aeronautics and Astronautics surveyed its membership about UFOs. Several scientists reported that they had seen unidentified objects and a few even answered that UFOs are extraterrestrial or at least “real.” However, physicist Peter A. Sturrock suggested that scientists felt comfortable answering these questions only because their anonymity was guaranteed.

Harvard psychiatrist John Mack came to symbolize the stigma of UFO research. Mack worked closely with abductees, whom he dubbed “experiencers.” While he remained cagey about whether aliens actually existed, he advocated for the experiencers and argued that their stories should be taken seriously.

His bosses weren’t happy. In 1994, Harvard Medical School opened an investigation into his research – an unprecedented action against a tenured professor. In the end, Harvard dropped the case and affirmed Mack’s academic freedom. But the message was clear: Being open-minded about aliens was bad for one’s career.

Which age group should get the Covid-19 vaccine first may depend on timing

* Cont. from page 2

Therefore, if a few individuals are immune because of the vaccine, they don't protect their contacts since there are too many other ways their contacts could get infected, as illustrated on the left side of the diagram.

However, as time goes on, more individuals will become infected and gain immunity. Under these conditions, adding more immune individuals to the population by vaccination can work more effectively to protect their contacts, as seen on the right side of the diagram. In other words, chains of transmission are replaced by chains of protection. At some point, more deaths can be prevented through indirect protection instead of direct protection.

How to apply this approach

Our model was designed to provide insight into how vaccines work, and not to comment on specific policy recommendations. There are also important caveats to

our study. For instance, we did not study a strategy of prioritizing residents of long-term care facilities, most of whom are older than 60 years of age. We also assumed that Covid-19 immunity is long-lasting, although evidence on this is still accumulating. However, the effect we identify relies upon well-validated principles of infectious disease epidemiology, and we found the effect persisted under the various scenarios explored by our modelling.

To apply these ideas in practice, public health authorities would first need to assess population immunity through a survey that tests population blood samples for Covid-19 antibodies a few months before vaccination starts. They could then plug these numbers into a mathematical model to determine whether they should prioritize the elderly, or instead prioritize groups that spread the infection the most.

We think this approach could be feasible. Standard mathematical modelling frameworks could be used, and their pre-

dictions are more reliable when predicting months ahead instead of an entire year. Also, antibody surveys are a more accurate way to determine a population's infection history than case notifications, which would make the model predictions less subject to uncertainties.

Ethical dimensions, and looking to the future

Some might argue that the clear ethical choice is to give the vaccine first to those who are most vulnerable to fatality from the disease. We argue that decisions should be based on best available evidence and consider both direct and indirect effects. If the evidence suggests we can prevent more deaths in the elderly by vaccinating other age groups first, then that is the ethical decision. In other words, the right thing

to do requires careful and sometimes nuanced thinking, but always evidence.

Indirect protection may seem like an abstract concept in the grip of a fast-moving pandemic. However, looking ahead, and with hope, we think it will be practically impossible to globally eradicate Covid-19 without it, just as in the case of smallpox. Vaccination policies will have to take advantage of indirect protection sooner or later, in one context or another.



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1 THE CHEEKY BOY - SOLIDARITE MARYE PIKE CUP 1650 m Valeur [0-20] Time - 12h15

1	OPAGUE	G	0-0-0-0-5	61.5	G.D.Aucharuz	5	400
2	GLITTERROCK	AS	4-6-7-7-8	61	B.Soorful	7	2000
3	REDWOOD VALLEY	RM	4-3-5-5-2	60.5	R.Joorawon	3	450
4	TOP OF THE ROCK	JMH	7-6-7-2-4	60.5	T.Juglall	9	1600
5	VALERIN	CD	5-2-3-1-3	60.5	D.Bheekary	8	700
6	NIGHTINGALE LANE	CR	8-6/6-1-8	59.5	B.Bhaugerothee	1	700
7	DESERT THIEF	RG	3-5-3-1-3	59	J.Allyhosain	6	900
8	MISTY ROLLER	CD	9-7-2-2-3	58(-4)	A.Sonaram	2	300
9	SPUN OUT	SH	5-9-6-3-7	53	S.Rama	4	1200

2 THE SEPOY CUP 990 m Valeur [0-25] Time - 12h50

1	MAJESTIC MOON	SPN	5-1-1-5-N	62	G.D.Aucharuz	1	380
2	ARCTIC FLYER	SPN	8-9-7-6-5	61	J.Allyhosain	3	1100
3	DUKE OF YORK	RM	0-0-A-3-7	61	P.C.Orffer	7	900
4	HARDWIRED	IP	0-0-0-0-5	61	R.Joorawon	6	1000
5	TAKE OFF MODE	SN	1-2-3-4-1	60.5	D.Bheekary	4	350
6	MANOLETE	CD	2-2-4-5-N	59.5	I.Chisty	2	450
7	LOOSEN YOUR TIE	JMH	10-5-6-4-N	59	B.Bhaugerothee	5	1500
8	BIRTHDAY BOY	VA	4-7-8-7-5	58	B.Soorful	8	1100

3 THE NOBLE CHIEFTAIN CUP 1850 m Valeur Benchmark 31 Time -- 13h25

1	DREAMFOREST	CD	5-3-6-6-3	61	I.Chisty	10	900
2	OVERDOSE	AS	5-6-4-5-4	61	M.Martinez	3	900
3	TARANAKI	GR	4-6-3-2-4	61	N.Juglall	4	900
4	WEST COAST WARRIOR	RG	9-3-6-3-3	61	J.Allyhosain	1	400
5	LIT	G	0-0-3-3-1	60.5	G.D.Aucharuz	9	330
6	HIGH KEY	SN	R-4-2-4-5	59.5	D.Bheekary	7	1400
7	IMPERIAL RAGE	SJ	0-0-0-6-7	59.5(-3)	A.Roy	8	1600
8	JET PATH	VA	3-10-4-8-9	58.5	B.Soorful	2	1100
9	MIDNIGHT ORACLE	CD	1-3-5-4-6	57.5(-4)	A.Sonaram	6	1600
10	BARKING IRONS	JMH	9/8-4-4-7	54.5	T.Juglall	5	1400

4 THE SAMRITA RAMCHURUN MEMORIAL CUP 1450 m Valeur Benchmark 36 Time -- 13h55

1	APOLLO STAR	AS	6-3-4-1-2	60.5	M.Martinez	5	550
2	BOLD PHOENIX	SJ	0-2-1-3-1	60.5	J.Allyhosain	8	500
3	TICKET HOLDER	SJ	3-2/6-7-7	60.5	T.Juglall	10	1100
4	SKIP THE RED	RM	3-1-7-1-R	59	P.C.Orffer	1	450
5	COPENHAGEN	VA	1-2-7-10-3	58.5	B.Fayd'herbe	6	550
6	LADDER MAN	P	0-0-3-7-4	58.5	G.D.Aucharuz	11	800
7	MAN FROM SEATTLE	RG	3-1-5-6-3	58.5	R.Joorawon	7	700
8	JALS TIGER	GR	7-4-7-1-3	58	N.Juglall	3	750
9	OCEAN DRIVE SOUTH	D	2-4-2-7-6	57(-4)	A.Sonaram	9	2000
10	SKY HIGH FLYER	PM	2-4-5/3-5	57	C.Segeon	2	1400
11	TYRIAN [EA]	PM	5-6-3-1-5	57.5	-----	4	----

5 THE ANSWERINGENESIS CUP 1850 m Valeur Benchmark 41 Time - 14h30

1	ARLINGTONS REVENGE	SJ	7-8-8-4-5	61	J.Allyhosain	2	1200
2	BONNIE PRINCE	SH	6-8/4-1-5	61	S.Rama	5	1000
3	JET STREAM	AS	3-3-4-5-7	61	M.Martinez	6	700
4	CYBER SPECIAL	GR	3-1-5-2-3	60.5	N.Juglall	3	330
5	ALL ABOARD	GR	1-2-1-3-3	60	N.Teeha	8	400
6	BESTDAY OF MYLIFE	CD	2-R-2-1-2	60	I.Chisty	4	600
7	EIGHT CITIES	VA	1-8-5-1-9	59.5	B.Fayd'herbe	7	700
8	THE GREY CRUSADER	RG	6-3-4-3-5	58(-1.5)	M.Teetan	9	2000
9	STAR OF ZEUS	PM	2-5-4-3-1	56.5(-3)	A.Roy	1	1200

6 RM STABLE MEMBERS CONTRIBUTION TO ALMS CUP 1365 m Valeur Benchmark 46 Time - 15h05

1	TRIPOD	PM	2-6-3-6-8	61	C.Segeon	5	1200
2	CHILI CON CARNE	RG	10-9-3/10-6	59.5	N.Teeha	2	2500
3	SEA DANCE	CD	0-0-4-2-6	59.5(-4)	A.Sonaram	6	550
4	WATCH ME DAD	GR	2-2-1-1-2	59.5	N.Juglall	4	230
5	MAC 'N SCAR	SH	0-0-6-7-3	59	S.Rama	8	900
6	IN YOUR DREAMS	SPN	4-8-4/3-4	58	B.Bhaugerothee	3	1100
7	BADAWEE	SJ	9/2-4-5-7	57.5	T.Juglall	1	1200
8	TORO BRAVO	SN	2-4-1-1-R	57.5	G.D.Aucharuz	7	550
9	RAHEEB [EA]	RM	10-3-3-4-8	56.5	-----	9	----

7 OWNERS ASSOC. SUPPORT TO RETIRED HORSES CUP 1400 m Valeur Benchmark 56 Time - 15h35

1	BIG MISTAKE	SPN	2-2/6-8-3	60.5	B.Bhaugerothee	6	2000
2	KAMADEVA	RG	1-2-1-5-N	60.5	J.Allyhosain	1	750
3	ARABIAN AIR	JMH	2-1-5-9-6	60	T.Juglall	10	2000
4	HENRY TUDOR	CD	4/2-2-6-6	60	I.Chisty	7	1600
5	WAVE	G	0-0-0-A-7	60	G.D.Aucharuz	3	2000
6	SEA AIR	PM	0-0-0-3-1	59	C.Segeon	9	400
7	ALL ABOUT THE BASS	SH	2-2-1-4-2	57.5	S.Rama	11	800
8	EMERALD BAND	VA	1-1-2-2-1	57	B.Fayd'herbe	4	380
9	SHADOWING	AS	4-1-1-1-2	57	M.Martinez	8	1000
10	BLACKBURN ROC	GR	0-0-0-8-1	56	N.Juglall	2	280
11	PERA PALACE [EA]	RM	6/8-5-4-4	58.5	-----	5	----

8 ALL LIVES MATTER SANCTUARY RACE DAY TROPHY 1365 m Valeur [50+] Time - 16h10

1	RULE THE NIGHT	GR	1-6-1-3-5	61	N.Juglall	2	550
2	VIRTUE	PM	5-2-1-1-2	58	C.Segeon	4	250
3	WALL TAG	VA	3-2-3-5-3	57	B.Fayd'herbe	5	620
4	AL MARIACHI	SJ	10/1-4-6-4	57	G.D.Aucharuz	9	2000
5	HORSE GUARDS	CD	R-9-1-6/5	57(-4)	A.Sonaram	8	820
6	BARRACK STREET	RG	1/4-1-4-1	56	R.Joorawon	7	700
7	TSITSIKAMMA DANCE	RM	3-7/6-2-5	53	T.Juglall	1	2000
8	EHSAAN	G	0-1-2-4-4	53	S.Rama	6	650
9	HUYSSTEEN [EA]	RG	7-2-1-4-1	52	-----	3	----

Programme des Courses

30^e Journée
samedi 12 décembre 2020

9 THE RHYTHMICALLY CUP 1600 m Valeur [0-26] Time - 16h40

1	MINNESOTA DREAM	GR	1-4-R-7-N	61.5	N.Juglall	3	1000
2	ITALIAN WAY	VA	7-2-1-3-1	61	B.Fayd'herbe	6	320
3	SILVER SONG	CD	3-4-5-2-1	61	I.Chisty	7	320
4	STOLEN PARADISE	AS	7-10-4-7-5	60.5	M.Martinez	8	2000
5	NEWSMAN	RG	4-3-2-6-4	59.5	J.Allyhosain	5	800
6	SEVENTH EXPRESS	G	1-6-3-8-4	59	G.D.Aucharuz	1	650
7	BIG SMOKE	CR	6-8/5-6-5	56	R.Hoolash	2	2000
8	BLUNDERBUSS	CR	2-3-1-4-1	55.5	R.Joorawon	4	720
9	BEAR HUG	JMH	4-6-3-6-8	53	T.Juglall	9	3000

10 THE ANTOINE ULCOQ PLATE 990 m Valeur [0-26] Time - 17h15

1	MASTER JAY	G	0-3-7-7-N	61.5	D.Bheekary	7	920
2	EL PATRON	AS	4-1-2-3-N	61	M.Martinez	8	800
3	MARULA	JMH	4-8-5-6-3	61	J.Allyhosain	5	820
4	VERY VARY	SN	5/1-2-1-N	61	G.D.Aucharuz	3	350
5	ZENO	VA	0-0-0-0-N	61	B.Fayd'herbe	4	1000
6	STRAIGHT	CD	4-1-3-2-2	60.5(-4)	A.Sonaram	1	250
7	WHAT A KID	RG	0-5-6-7-N	60	T.Juglall	6	2500
8	TIME IS GOLD	SH	0-0-0-0-10	58.5	S.Rama	2	3000

Selections

1. REDWOOD VALLEY, MISTY ROLLER, VALERIN
2. TAKE OFF MODE, MAJESTIC MOON, MANOLETE
3. LIT, WEST COAST WARRIOR, TARANAKI
4. SKIP THE RED, APOLLO STAR, BOLD PHOENIX
5. CYBER SPECIAL, BESTDAY OF MYLIFE, JET STREAM
6. WATCH ME DAD, TORO BRAVO, TRIPOD
7. EMERALD BAND, SEA AIR, KAMADEVA
8. VIRTUE, RULE THE NIGHT, EHSAAN
9. ITALIAN WAY, SILVER SONG, NEWSMAN
10. STRAIGHT, VERY VARY, EL PATRON

Life's LESSONS

Just Two Miles

The trek was a footpath, full of stones and pebbles with sharp edges. Sometimes it presented a breathtaking view of sky scrapping hills and a few moments later of horrifying ravines. The landscape was inhospitable and required single minded concentration to conquer.

The trekkers were young with expressions of determination to derision reflecting on their faces. Their shoulders were bent under the weight of haversacks filled with Life Management Tools gathered from various institutes of learning.

Their Guide reflected the glory of traits inherited and assimilated since times immemorial. His voice, bearing and graceful body language reflected divine magnetism and authority.

Their rendezvous was the Temple of Life, situated at the highest peak where cherished rewards of peace, prosperity or power were dispensed as blessings.

They were all moving with a practised rhythm. The voice of the Guide soothed when emotionally low and strengthened when physically weak. Measuring up to unexpected at every bend and twist of the path was making them weary. They were oscillating between tiredness and surges of rejuvenation.

Eagerness to reach the Temple of Life before sunset was their planned objective. They were rushing as fast as possible. The Guide exhibited no involvement and kept on moving, at times playing the flute or blowing the conch. He appeared ageless and imperishable while witnessing the play but the gradually aging legs of the trekkers were giving way. They were worried about the extended fruitless stay in the forest. Maybe another beginning will be required to reach the Temple of Life.

They asked an old man, a farmer, who is working in his



fields, mindless of his age, without expecting reward for his efforts, "How far is the Temple of Life?"

The old man replied, "Not very far. Do not be worried. It is just two miles, at the most. You will reach sooner or later if you follow the Guide."

The Guide laughed. The old man laughed. The trekkers could not understand: "What was going on?"

Two miles passed. There was no Temple of Life in sight yet, they were getting more tired, the hope of reaching the destination before sunset was receding.

A motherly woman was collecting wood to discharge her duty to feed her family and protect them from piercing winds. A trekker approached and asked, "How far is the Temple of Life?"

She responded, "Not more than two miles. You have almost reached, entrust the worries to him."

The Guide and old woman laughed. The trekkers asked both, "What was there to laugh?"

There was no reply. After two miles still there was no sign of the Temple of Life.

necessary:

"Why did he laugh when that old man said, 'Just two miles, follow the guide, do not worry'? Why did he laugh with that motherly woman when she said, 'Entrust your worries to him.' And he again laughed when the conversation with the saffron clad young man was repeated. What was there to laugh? What was transpiring between these people? They were not acquainted with each other."

The Guide calmly replied, "Our profession is the same. When I laughed, they laughed. They understood that we belong to the same profession. To keep people encouraged by saying just two miles, just a little more."

The Guide continued, "Since inception I have been doing that. People do finally reach the Temple of Life but if at the very beginning we tell them it is far and unreachable, disheartened and discouraged they will drop out then and there. Whispers of 'just two miles' boosts their inquisitiveness and courage to overcome adversities. Recharged, they traverse miles and miles to reach their desired Temple of peace, prosperity or power."

Humour in Uniform

It had not been a dramatic day until I called up my bank's helpline to cancel an online transaction. The earnest lady at the other end said, "For security reasons, could you please confirm if you are Late Colonel Satish Vaidya?"

"Not yet." I replied. "Lt actually stands for Lieutenant."

And then I hung up quickly, dreading that her next question could be "Are you retarded?"

I do, after all, have Retd, at the end of my name.

-- Lt Col Satish M. Vaidya (Retd), Pune

The drinking habits of British MPs

A recent report in *The Times* on the drinking habits of British MPs concludes with this anecdote:

George Brown, Foreign Secretary under Prime Minister Harold Wilson, was famed for his drinking. He was always falling over and/or shooting his mouth off.

Attending a glittering official reception at the



Palace

of the Dawn on an official visit to Brazil, with all the military officers in full-dress uniform and the ambassadors in court dress, he is said to have made a bee-line for a gorgeously crimson-clad figure.

A colleague later recalled: "George said: 'Excuse me, but may I have the pleasure of this dance?'"

There was a terrible silence for a moment before the guest, who knew who he was, replied: 'There are three reasons, Mr Brown, why I will not dance with you. The first, I fear, is that you've had too much to drink. The second is that this is not, as you suppose, a waltz that the orchestra is playing but the Peruvian national anthem, for which you should be standing to attention. And the third reason why we may not dance, Mr Brown, is that I am the Cardinal Archbishop of Lima.'

Women Unpaid Work



Anujath Vinayal (R) and his painting 'My Mother and Mothers in the Neighbourhood'

"My wife doesn't do anything, she is just at home," a father of a student from Kerala always used to introduce his wife to others like this.

But this boy always saw his mother busy with so much house work, so he painted her while doing so much work and titled it 'My Mother and Mothers in the Neighbourhood'.

The school teacher was so

amazed to see this painting done by a Class 9 student, Anujath Vinayal, from Thrissur that he sent it to Government's office.

In this painting he has depicted the unpaid work of women working at home.

The painting has been selected as the cover of the Gender Budget document of the government of Kerala for the year 2020-2021.

Six warning signs of a “drifting” marriage

I recently sat down with a couple who have been married for a long time, but recently some relational “drift” in their marriage had slowly sent them in opposite directions, but over time, that slight drift caused a huge gap between them. This couple had the abrupt wakeup call of an Emotional Affair which threatened to end their marriage if immediate action wasn't taken.

Any marriage left on autopilot will eventually start drifting in the wrong direction. It's important to correct the course the moment you recognize the sometimes subtle signs that you're drifting apart. Here are six warning signs that some unhealthy drifting may be happening in your marriage:

In no particular order...

1. You each spend more of your free time doing individual activities...

There's certainly nothing wrong with having some hobbies you enjoy independently, BUT when the majority of your free time is wrapped up in activities that don't include your spouse, that's a red flag that relational drift is leading you in the wrong direction. Find some shared activities you both enjoy doing together, and it could make a huge difference in your marriage.

2. You have “his friends” and “her friends” but not “our friends”

Again, hanging out with some friends without your spouse isn't always a bad thing, BUT when your primary social interactions don't include your spouse, you're might be subtly sabotaging your marriage. Find some “couple friends” that you both enjoy hanging out with together. Include your spouse as much as possible.

3. You don't have much physical affection outside the bedroom

A lack of sex can be its own warning sign, but we've found many couples who are drifting may still be have sex frequently. A better indicator of “drift” happens with the amount of affection happening outside of the bedroom. When you rarely cuddle, hold hands, put your arm around his/her shoulder, etc., that's usually a warning sign.

4. You find yourself hiding things from your spouse

This can start subtly and seem innocent at first, but this is a red flag from the moment it begins. If you find yourself hiding purchases, text messages or anything else from your spouse, please bring it out into the open. A marriage can't survive without complete transparency and trust. If you're doing, saying, texting, spending ANYTHING that you hope your spouse doesn't find out about, you're drifting towards a crash if you don't correct



the course.

5. You get more excited about your career or your hobbies than you get about your marriage

Whenever our best energies, thoughts and goals are geared towards pursuits outside of our marriage and family, our marriage and family will tend to get our leftovers instead of our best efforts. It's good to work hard and even to have some hobbies, but when those endeavors eclipse our marriage in terms of our excitement or commitment, then we're drifting in the wrong direction.

6. You and your spouse rarely or never talk about your dreams together for the future

When you get into the daily grind of work or raising kids and don't make an intentional effort to keep dreaming new dreams together for the future, you'll slowly start drifting towards a future without each other. Keep working together to meet new goals and dreaming together about creating new adventures and experiences together.

Dave Willis - Patheos



5 of the best exercises you can ever do

Hot discovery: Chili peppers may extend your life

The spice that adds punch to your favourite Kung Pao chicken, Tex-Mex chili or Indian curry may also help save your life.

Preliminary research shows that eating chili pepper may reduce your risk of death from heart disease, cancer and other causes, building on past studies that have found chili pepper to have health benefits.

"I think a lot of people are going to find this information quite new and pleasantly surprising," said Penny Kris-Etherton, a professor of nutrition at Pennsylvania State University in College Park, who reviewed the findings.

For the study, researchers at the Cleveland Clinic in Ohio reviewed health and dietary records of more than 570,000 participants in four large studies conducted in the United States, Italy, China and Iran. The investigators compared health outcomes of people who ate chili pepper to those who rarely or never did.

The upshot: Those who ate chili pepper had a 26% reduction in death from heart-related causes, a 23% reduction in cancer death and a 25% reduction in all-cause mortality during the study period.



Even though dietary and cultural practices varied, similar trends were seen in all four countries, said senior author Dr Bo Xu, a cardiologist. The findings highlight the impact of diet on overall health, he said.

But what's the magic in chili peppers?

The researchers pointed to a chemical component called “capsaicin” - which is responsible for the pepper's spiciness - as a potential explanation for chili's benefits. It's been studied before, Xu noted.

"People promote it as being something that is anti-inflammatory, anti-cancer and anti-obesity," he said, speculating that capsaicin explains the chili pepper's apparent health benefits. But Xu added that further study is needed to confirm it.

Meanwhile, Xu encourages patients in his cardiology practice to eat a Mediterranean diet, which is rich in fruits and vegetables, as well as certain types of nuts, protein, fish and olive oil.

"Pay attention to your diet because dietary factors can be both positive and negative," Xu said. "I think it's really important to pay attention to what you eat in terms of promoting your overall and cardiovascular health."

Chili peppers contain potassium, fibre and vitamins A, B6 and E, she said, noting these can benefit blood pressure. And adding chili pepper might replace some of the salt a person might otherwise add to

food.

But too much of a good thing can also cause problems. Hot pepper can cause nausea, vomiting, diarrhea and a burning feeling in the gastrointestinal tract, she explained.

If you want to add chili pepper to your diet, Kris-Etherton suggests using it as a flavouring.

Cara Murez of HealthDay

Charu Asopa talks about her depression bouts due to her disturbed marriage



Television actress Charu Asopa who is known for her role of Preeti in the Star Plus series 'Mere Angne Mein' has been in the news for quite some time, for all the wrong reasons related to her personal life. It seems that the world of Charu and her husband Rajeev Send might be having a troubled marriage.

As per reports both Charu and her husband Rajeev are living separately. The TV actress is currently in Mumbai, and her husband has moved out to his Delhi residence.

According to the reports in Spotboye, Charu Asopa opened up about the problems she is facing in her marriage. She said, "Everybody knows this Rajeev is in

Delhi and I am staying here in Mumbai alone. Beyond this, I am also asking God, 'ab aage kya?' I am also waiting for God's directions."

The actress did not reveal much, but one thing which has come out is that, Charu is not very happy and might have been depressed in the recent times.

Talking about the depression she said, "Nobody called me to discuss their tough time or depression but there were many of my friends who reached out to me as *unko lag raha tha ki kahin main depression mein to nahi? main khud ko kuch kar na loon*. So, a lot of people called and asked, 'Charu, are you fine? We are there with you. Don't feel you are alone.' It made me feel really good. However, with God's grace, I was fine."

Jennifer Winget thanks everyone for the love poured on *Beyhadh 2*



Jennifer Winget feels ecstatic as her finite show, *Beyhadh 2* clocks a year on Friday, December 4. The actress took to her Instagram story to share a collage of the memories created from the set of *Beyhadh 2* with her co-actor Shivin Narang and other cast and crew, reports Times of India.

Jennifer Winget thanked everyone for making the serial special. She wrote, "Thank you for the fun times, the love and support shown all through."

The 35-year-old played the character of Maya with a dark shade to it. Jennifer was seen with Shivin, Ashish Chowdhry and others, and the show was loved by the viewers. However, amid the pandemic, *Beyhadh 2* was axed.

Beyhadh's first season featured Kushal

Tandon and Aneri Vajani in pivotal roles. Jennifer as Maya has a separate fanbase altogether.

Talking about Jennifer Winget, she is a huge name in the telly land, and has done web shows too. The actress became a popular face and name after her stint as Riddhima in *Dill Mill Gayye*. She found love in her co-actor Karan Singh Grover. Their marriage lasted for four years and post that they divorced.

They never revealed the reason behind their marriage going kaput, and have maintained a matured silence ever since. Talking about Karan Singh Grover, he then found love in Bollywood actress Bipasha Basu and married her. Jennifer hasn't taken the plunge yet.

YOUR STARS

Sagittarius: Nov 22 - Dec 21

Put aside your old habits for a while and go and see new faces. A week that won't be very favourable to financial or real estate transactions. Crazy and passionate love affairs will be favoured. Somewhat shaky health, with some headaches.

Lucky Numbers: 21, 27, 28, 30, 36, 40

Capricorn: Dec 22 - Jan 19

You'll meet with success in your career; however, watch out for jealous people. A favourable week for all sorts of intellectual effort; read a lot, be interested in various subjects. You'd better not have a love affair in your professional milieu.

Lucky Numbers: 1, 4, 9, 11, 17, 22

Aquarius: Jan 20 - Feb 18

You'll have a rather pessimistic outlook on things, with a risk of losing your sleep or appetite; react! Concerning love, sulks, arguments, quarrels, ruptures, and break-ups will be the main currency; but this will by no means exclude passion.

Lucky Numbers: 5, 10, 14, 19, 23, 30

Pisces: Feb 19 - Mar 20

You would like to help people in need, but don't go too far in this direction. You'll have the possibility to develop your material and professional situation; you'll proceed prudently, then you'll dash ahead while taking calculated risks.

Lucky Numbers: 14, 16, 18, 20, 23, 27

Aries: Mar 21 - Apr 19

Heavy arguments and silences will alternate in your

family; your children will be the first ones to suffer from this situation. Concerning love, try to know exactly what you want, don't play with other people's feelings. Your friends will give you very useful advice concerning your work.

Lucky Numbers: 7, 14, 18, 27, 31, 36

Taurus: Apr 20 - May 20

If your heart is free, you can be sure that there'll be plenty of admirers around you. Force yourself to see the good side of things and take into account the benefits that life has granted you. Material worries won't be spared you, but don't torture yourself too much!

Lucky Numbers: 25, 26, 30, 34, 38, 40

Gemini: May 21 - June 20

If you go faster than the music, you'll lose much of your efficiency. It'll be the moment for you to take care seriously of your financial situation; a sound and efficient management will enable you to make your resources bear fruits.

Lucky Numbers: 2, 8, 24, 31, 34, 36

Cancer: June 21 - July 22

If you go faster than the music, you'll lose much of your efficiency. It'll be the moment for you to take care seriously of your financial situation; a sound and efficient management will enable you to make your resources bear fruits.

Lucky Numbers: 2, 8, 24, 31, 34, 36

Leo: July 23 - Aug 22

Your prestige will go up. You'll have brilliant ideas, and it would be a shame not to put them in practice to improve

the quality of your life. Be extremely careful with your expenses; don't contract debts. Singles will be lucky enough to meet a soulmate.

Lucky Numbers: 4, 13, 17, 19, 20, 36

Virgo: Aug 23 - Sept 22

Be careful of your increased inclination to material comfort: it could induce you to make the most stupid things! You can succeed in an ambitious project despite crushing difficulties, but on condition of showing audacity and realism.

Lucky Numbers: 7, 20, 22, 24, 26, 30

Libra: Sept 23 - Oct 22

Cheerfulness will reign in your home; it'll be the moment to make purchases for the house. You'll benefit from dazzling health. At work, don't try to get ahead of schedule, for you're likely to spoil your chances of success. Make new resolutions and stick to them.

Lucky Numbers: 8, 9, 11, 15, 17, 25

Scorpion: 23 Oct - 21 Nov

You'll demonstrate skill and diplomacy, and you'll manage to get important business without any problems. If you need cash, don't borrow but try to recover the sums that are owed to you. You could profitably decide to take a new professional direction.

Lucky Numbers: 3, 6, 9, 11, 14, 20

From Deepika Padukone to Katrina Kaif, these Bollywood stars were born abroad

These actors have made a mark on Indian cinema - but are not strictly speaking from India



They may be proficient in Indian languages and prolific on screen, but there are some stars who began their journey far from India's shores. Here's a look at some top celebs who were born abroad as listed down by Karishma H. Nandkeolyar of Gulf News

Deepika Padukone:

First up, 'Chhapaak' actress Deepika Padukone. The beauty queen-turned-movie star was born in Copenhagen because her also famous father, badminton star Prakash Padukone, was in mid training session in the Danish capital and the family had relocated during this time. After she was born however, the Padukones returned to India. The actor, who made her debut opposite Shah Rukh Khan in 'Om Shanti Om', went on to become Bollywood's highest-paid actress and has even been part of a Hollywood blockbuster,

'XXX: Return of Xander Cage.'

Katrina Kaif: This one's got a thick accent and had to take many, many lessons in Hindi before she got there, but Katrina Kaif can now safely be called a bankable actor. The 'Ek Tha Tiger' actress was born in Hong Kong to a Kashmiri dad and British mum. Her early years saw her live in places including Hawaii and London. Nowadays, however, she's firmly rooted to Mumbai.

Alia Bhatt: Talented 'Gully Boy' actress

Alia Bhatt was born in London and holds a British passport. This hasn't stopped her from taking on powerful roles or establishing herself in the fraternity however.

Sunny Leone: The actor hails from Canada and was a former adult movie actress there. Since moving to India however, she's done things differently. She got into reality TV show 'Bigg Boss' which led her to films such as 'Jism 2' and 'Ragini MMS 2'. Most recently, she was seen in a 'Raees' song.

Sarah Jane Dias: After living in Muscat, Oman, for years until she moved to India, Amy Jackson won Femina Miss India 2007 and went on to work in films such as 'Dhobi Ghat.'

Amy Jackson: A multi-talented UK-born actor, the 'Ek Tha Deewana' star kicked off her career as a British model and performer and went on to do movies in Hindi, Tamil and Telugu.

Jacqueline Fernandez: This Sri Lankan star also has a Middle East connect. Jacqueline Fernandez' family moved to Bahrain when she was very young and lived there for many years. Later, she would turn her interest to modelling, head to India and land a role in the Hindi movie 'Aladin'. And the rest, as they say, is history.

Nargis Fakhri: 'Rockstar' debutante Nargis Fakhri is half Czech and half Pakistani. She was born and raised in New York.

Akshay Kumar, Shah Rukh Khan, Anushka Sharma, Neha Kakkar make it to Forbes' list of most influential celebs on social media

Multiple actors and singers from India have made to Forbes' list of Asia-Pacific's Most Influential Celebrities on Social Media. Amitabh Bachchan, Akshay Kumar, Shah Rukh Khan, Alia Bhatt, Ranveer Singh, Katrina Kaif, Hrithik Roshan, Shahid Kapoor, Anushka Sharma, Madhuri Dixit, and singers Shreya Ghoshal and Neha Kakkar have made it to the list.

Other celebrities from the Asia Pacific include Blackpink members Lisa, Jennie, Rosé, and Jisoo, BTS, actor and singer Jay Chou, Lee Min-ho and actors Hugh Jackman, Mahira Khan, singers Atif Aslam, Troye Sivan and many others. The inaugural list highlights 100 singers, bands, and film and TV stars from across the Asia-Pacific region who have taken the digital world by storm.

On the list, Amitabh has been credited for raising over \$7 million for coronavirus relief this year. Akshay has been called Bollywood's highest paid actor and also been mentioned to have donated \$4 million during the difficult time.

Anushka's work as a film and television producer was recognised and Neha Kakkar's recent wedding was mentioned in the article and also how it was a big hit with her millions of followers. Alia Bhatt was introduced as 'part of a Bollywood family dynasty.'

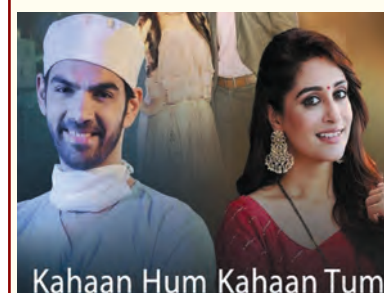
Akshay was last seen in *Laxmmi Bomb* which got bad reviews from the critics and negative reactions from the audience. He will next be seen in *Bell Bottom* with Lara Dutta, Huma Qureshi and



Vaani Kapoor. He also has *Bachchan Pandey* with Kriti Sanon and Arshad Warsi.

Amitabh Bachchan was last seen with Ayushmann Khurrana in *Gulabo Sitabo*. His upcoming releases include *Jhund*, *Brahmastra* and *Chehre*.

TV SERIAL



Friday 11 Dec: Sonakshi pro-mises to keep Naren's affair a secret. While Veena gets Naren to wish Sonakshi for New Year, Nishi is enraged with Rohit for telling the truth..

Monday 14 Dec: An unknown man blackmails Sonakshi about revealing Naren's secret to Veena. While Rohit rushes to the hospital, the blackmailer sends Veena a parcel.

Tuesday 15 Dec: The black-mailer decides to teach Sonakshi a lesson for double-crossing him. While Rohit is thankful to Sonakshi for her help, Suman notices an alarming fact.

Wednesday 16 Dec: Rohan panics after finding a hidden camera. While Rohit learns about Sonakshi's secret from Suman, Sonakshi is left speechless upon catching the blackmailer.

Thursday 17 Dec: An intoxicated Ajit unintentionally reveals Naren's secret to Suman. Elsewhere, Veena and Sonakshi are shocked to learn about Rohan and Pari's affair.

Appartement à louer - long terme



Appartement meublé de 3 c.a.c, climatisé, cuisine équipée, piscine et parking, sécurité (24/24) à Trou aux Biches - Complexe Fleury sur Mer
Tel: 57809413 - 57530881

To Rent

Fully furnished and air conditioned 3-bedroom apartment at Fleury sur Mer Complex, Trou aux Biches for long-term.
Parking and 24 hour security, swimming pool
Tel: 57809413 - 57530881



Samedi 11 Dec - 21.15

Dead MenAvec: Ric Maddox, Aaron Marciniak,
Richard O. Ryan

Samedi 12 Dec - 21.15

A Kind Of MagicStarring: Nikki Deloach, Ryan
McPartlin, Harley Jane Kozak

Dimanche 13 Dec - 21.20



vendredi 11 decembre	MBC 1	MBC 2	MBC 3	Cine 12	Bollywood TV
	07.05 D. Anime: Teenie Weenies 10.00 Serial: Heidi, Bienvenida... 11.10 Tele: Au Nom De L'amour 12.00 Le Journal 12.25 Tele: Le Prix Du Désir 12.50 Doc: 360 GEO 13.55 Doc: World Stamps 14.00 Local: Les Grandes Lignes 14.30 D.Anime: Twirlywoos 15.10 D.Anime: The Hive 15.32 D.Anime: Yakari 16.07 D.Anime: Sissi, Jeune... 17.05 D.Anime: Dragons 17.30 Serial: Backstage 18.00 Live: Samachar 18.30 Serial: Siya Ke Ram 19.30 Journal & La Meteo 20.15 Magazine MBC Prod 21.10 Serial: When Calls The Heart 23.20 Le Journal 23.35 Mag: Eye On SADC	10.00 Serial: Ki Jaana Mein Kanu 11.04 Serial: Zun Mureed 12.00 Film: Nandini Nursing Home 14.29 DDI Magazine 15.00 Mag: Comedy Classes 15.21 Serial: Honaar Soon Mee 15.43 Serial: Mooga Manasulu 16.07 Serial: Apoorva Raagangal 16.28 Serial: Tu Ishq Hai 16.49 Serial: Achra Ke Moti 17.11 Kullfi Kumarr Bajewala 17.35 Serial: Chhanchhan 18.00 Serial: Bloody Romance 18.30 DDI Magazine 19.00 Live: Zournal Kreol 19.30 DDI Magazine 20.00 Serial: Tawaan 20.44 Local: Anjuman 21.11 Local: Noor-E-Iman 22.06 DDI Live	06.00 Mag: Eco India 06.39 Mag: Border Crossing 07.05 Mag: Urban Gardens 07.12 Mag: Tomorrow Today 07.41 Doc: Portraits Of Marie... 08.32 Doc: 360 GEO 09.24 Mag: Strictly Street 11.14 Mag: Eco India 12.22 Mag: Urban Gardens 12.29 Mag: Tomorrow Today 12.55 Antoine De Saint-Exupery 15.03 Doc: Africa Rising 15.45 Doc: Chocolate's Heart Of... 16.31 Mag: Eco India 16.57 Mag: Shift 19.00 Mag: Student Support... 19.30 Mag: Urban Gardens 21.00 Local: News (English) 22.01 Doc: Beethoven's Ninth 22.43 Doc: Battle Of Social Networks	01.37 Film: Freebird 03.07 Serial: Chicago Med 03.47 Film: Zapped 05.17 Totalement Diva 06.09 Serial: Seal Team 06.51 Film: The Ballad Of Lucy Whipple 09.00 Serial: Mission: Impossible 09.48 Tele: Soleil Levant 10.35 Tele: Tanto Amor 11.00 Serial: Chicago Med 12.00 Film: Zapped 13.30 Tele: Totalement Diva 14.46 Film: The Ballad Of Lucy... 16.38 Serial: Mission: Impossible 17.25 Serial: Seal Team 18.05 Tele: Soleil Levant 19.00 Tele: Tanto Amor 20.05 Tele: Le Prix Du Désir 20.30 Serial: The Night Shift 21.15 Film: Sense And Sensibility	08.00 Film: Main Krishna Hoon 12.05/20.05 Kahan Hum Kahan Tum 12.30/ 20.11 - Kullfi Kumarr Bajewala 12.47 / 20.32 Radha Krishna 13.10 / 21.09 - Sanjivani 13.36 / 21.24 - Zindagi Ki Mehek 13.53 / 21.46 - Bade Acche Lagte Hai 14.17 / 21.59 - Jai Kanhaiya Lal Ki 14.37 / 22.25 - Ikyhawann 15.20 Film: Banjo Starring: Riteish Deshmukh, Nargis Fakhri 18.00 Live: Samachar 18.30 Kundali Bhagya 18.51 Ek Rishta Saajhedari Ka 19.14 Mere Angne Mein
samedi 12 decembre	06.00 D.Anime: Sindbad And The 7 06.23 D.Anime: Teenie Weenie 07.55 D.Anime: The Minimighty Kid 09.30 Serial: Lucas Etc 09.45 Serial: Magic Mania 12.00 Le Journal 12.25 Local: People - No96 12.35 Local: Glwar Dantan 14.30 D. Anime: Twirlywoos 14.57 D.Anime: The Garfield Show 15.18 D.Anime: Les Triples 15.33 D.Anime: Yakari 16.00 D.Anime: Sissi, Jeune... 17.30 Serial: Oh Yuck! 18.00 Live: Samachar 18.30 Entertain: Nach Baliye 19.30 Journal & La Meteo 20.15 Prod: Lottotech 20.20 Local: RDV Muzikal 21.15 Film: Dead Men Avec: Ric Maddox, Aaron Marciniak, Richard O. Ryan	07.00 Film: Bombay Ka Babu Starring: Dev Anand, Suchitra Sen, Jeevan, Nasir Hussain 09.17 DDI Magazine 10.00 Bade Acchelagte Hai 12.00 Serial: Nanda Saukhya Bhare 12.35 Serial: Mooga Manasulu 12.48 Serial: High School 13.16 Annakodiyum Ainthus Pengalum 13.37 Serial: Anu Pallavi 15.27 Film: Main Tera Hero 17.50 Mag: DDI Magazine 19.00 Zournal Kreol 20.05 Serial: Vikram Betaal Ki Rahasya Gatha 20.30 Serial: Bitti Business Wali 21.00 Film: Shaapit Starring - Aditya Narayan,Shweta Agarwal,Shubh Joshi, Murl Sharma 23.15 DDI Live	06.00 Doc: Liu Xiaobo 06.42 Mag: Arts And Cuulture 07.26 Mag: Euromaxx 07.55 Sos Animaux En Danger 08.47 Doc: Tricky Memory 09.24 Doc: Beethoven's Ninth 10.22 Doc: Battle Of Social... 11.03 Doc: Liu Xiaobo 12.34 Mag: Euromaxx 13.55 Doc: Tricky Memory 14.48 Doc: Beethoven's Ninth 15.30 Battle Of Social Networks 16.16 Mag: Arts And Culture 16.27 Student Support Prog... 19.30 Mag: Check In 21.00 Local: News (English) 21.10 Doc: Destination 22.15 Doc: From Ghetto To... 22.57 The Nefertiti Phenomenon 23.39 Doc: Amazing Gardens 23.53 Doc: Ville En Fête 00.30 Mag: Vue D'En Haut	01.07 Film: Sense And Sensibility 03.22 Serial: Brooklyn Nine Nine 04.03 Film: Shadow People 05.22 Tele: Esmeraldas 06.04 Serial: The Night Shift 06.45 Film: A Date With Miss Fortune 08.30 Serial: The Quest 09.14 Serial: Shades Of Blue 09.56 Serial: Unforgotten 10.45 Film: Sense And Sensibility 12.56 Serial: Brooklyn Nine Nine 13.37 Tele: Amanda 13.17 Tele: Premiere Dame 15.05 Serial: Chicago Med 16.31 Mag: Hollywood On Set 17.00 Serial: The Night Shift 17.45 Film: Cop Dog 19.35 Mag: Close Up 20.05 Tele: Le Prix Du Désir 20.30 Serial: The Night Shift 21.15 Film: A Kind Of Magic	04.05 Kahan Hum Kahan Tum 04.26 Kullfi Kumarr Bajewala 04.48 Radha Krishna 05.14 Sanjivani 05.34 Bade Acche Lagte Hai 06.15 Ikyawann 06.38 Kundali Bhagya 06.59 Ek Rishta Saajhed Ka 07.22 Mere Angne Mein 08.00 Zindagi Ki Mehek 10.12 Yeh Pyaar Nahi Toh Kya... 12.00 Yeh Hai Mohabbatein 14.00 Sanjivani 16.00 Pavitra Rishta 18.30 Film: Hello Starring Salman Khan, Sharman Joshi, Sohail Khan 21.02 Serial: Siya Ke Ram 21.45 Serial: Naagin 22.14 Serial: Zindagi Ki Mehek 00.20 Serial: Mere Angne Mein
dimanche 13 decembre	06.00 D.Anime: Sindbad And The 7 06.35 D.Anime: Boule Et Bill 07.56 D.Anime: The Minimighty Kid 08.02 D.Anime: Teenie Weenie 09.30 Serial: Lucas Etc. 09.45 Serial: Magic Mania 10.00 Local: Zannan Nou Zil 11.00 Local: Nu Rasinn 12.00 Le Journal 12.30 Local: Monn Jardin Ma Maison 13.00 Local: Elle - No 124 14.30 D.Anime: Twirlywoos 15.30 D.Anime: Les Triples 17.35 Serial: Oh Yuck! 18.00 Live: Samachar 18.30 Local: Hit of 2020 19.30 Le Journal 20.15 Local: Info 7 Sur 7 21.20 Film: Blood Circus Stars: Jamie Nocher, Tom Sizemore, Robert LaSardo	07.00 Film: Asli Naqli Starring: Rajnikanth, Shatrughan Sinha, Amrishi Puri 10.00 Local Production 11.00 Serial: Oru Kai Osai 11.23 Serial: Santoshi Maa 12.00 Film: Baaghi 2 Starring - Tiger Shroff Disha Patani 15.00 Mag: Comedy Classes 15.21 Serial: Mooga Manasulu 15.44 Eka Lagnachi Teesri Gosht 16.06 Serial: Apoorva Raagangal 17.00 Serial: Mahakali 17.48 Serial: Kisna 18.30 Local: Tipa Tipa Nu Avance 19.00 Zournal Kreol 19.30 DDI Magazine 20.05 Serial: Maharakashak: Devi 20.50 Serial: Naagin 21.34 Serial: CID	06.00 Doc: Amazing Gardens 06.51 Mag: Vue D'en Haut 07.16 Mag: Check In 07.45 Doc: Taste Hunters 08.37 Doc: Myopia Boom 09.28 Doc: Displaced: Tomatoes... 10.10 Doc: On Route 7 Into The... 11.26 Doc: Ville En Fête 12.45 Doc: Taste Hunters 13.37 Doc: Myopia Boom 14.28 Doc: Displaced: Tomatoes... 15.11 Doc: On Route 7 Into The... 15.53 Doc: Japon 2019 16.27 Doc: Ville En Fête 19.30 Mag: Future Mag 21.00 Local: News (English) 21.10 La Vie Secrete Des Atolls... 22.02 Doc: Gaming For Gold 22.44 Doc: Chocolate's Heart Of... 23.27 Doc: Olivia's Garden 23.53 Les Artisans Du Rebut...	01.08 Mag: Close Up 01.34 Film: A Kind Of Magic 03.09 Serial: Hawaii 5-0 03.45 Film: Hollows Grove 05.05 Tele: Esmeraldas 06.15 Serial: The Night Shift 06.57 Film: Brush With Danger 08.30 Serial: The Quest 09.18 Film: A Kind Of Magic 10.47 Film: Cop Dog 12.18 Serial: Hawaii 5-0 13.09 Tele: Amanda 13.45 Tele: Premiere Dame 15.05 Serial: Chicago Med 17.08 Serial: The Night Shift 17.48 Serial: Hawaii 5-0 18.26 Serial: Macgyver 20.05 Tele: Le Prix Du Désir 20.30 Serial: The Good Doctor 21.15 Film: Drone 22.45 Tele: Dulce Amor	00.35 Yeh Hai Mohabbatein 02.16 Sanjivani 04.03 Pavitra Rishta 05.30 Film: Hello Starring: Salman Khan, Sharman Joshi, Sohail Khan 08.00 Jai Kanhaiya Lal Ki 09.42 Jaana Na Dil Se Door 11.30 Piya Albela 13.19 Kahan Hum Kahan Tum 15.14 Kullfi Kumarr Bajewala 17.00 Punar Vivaah 18.00 Samachar 18.30 Film: Singham Returns Starring: Ajay Devgan, Kareena Kapoor Khan, Amole Gupte, Anupam Kher, Dayanand Shetty 20.40 Nach Baliye 21.27 Bade Acche Lagte Hai 23.16 Piya Albela

MBC 2Samedi 12 Dec -
21.00Stars: Aditya Narayan, Shweta
Agarwal, Shubh Joshi, Murl SharmaDimanche 13 Dec
- 18.30Stars: Ajay Devgan, Kareena Kapoor Khan,
Amole Gupte, Anupam Kher, D. Shetty

Biden's foreign policy challenges vis-à-vis the other elephants in the room: Russia, Europe, and the United Kingdom

* Contd from page 5

Reliable allies: Britain and the U.S.

Britain and the U.S. have long had a special relationship made stronger by America's military and financial support during World War II. The U.S. and the U.K. have been reliable allies standing up for each other over the decades since. The relationship is about to be put to the test as Britain and the EU enter the final stages of the Brexit dance.

With Britain committed to its Brexit strategy, America is in the delicate position of supporting and protecting Britain while not antagonizing the EU. Britain and the EU have important trading relations with the U.S., and each is an important market for each other. But there are difficult emotional, economic, and practical problems. There is an almost visceral opposition in Britain and America to the EU's moralizing, political correctness, and regulatory overreach. This translates to sympathetic understanding, even support from Americans of Britain's rejection of governance from Brussels.

The EU's regulators seem determined to show America and American companies who is boss. The task for the U.S. president is to forge a regulatory scheme in common with the EU so that American and European companies can do business in without having to comply with disparate regulatory requirements and risk prosecution and disciplinary administrative sanctions for antitrust, privacy compliance, and intellectual property management. In effect, a Biden administration will have to convince the EU's regulators that European sovereignty is not at issue here, that Europe must abandon the need to impose punitive sanctions on American companies.

In short, finding a way to treat the U.S., the EU, and the U.K. as a common market while maintaining the independence of each is the task for the next decade. One part of the solution is to undertake the Herculean task of a common regulatory regimen. European and British advisers can participate with American regulators in oversight of companies with American advisers being granted reciprocal participation.

The future of NATO

All of this is complicated by deciding the future of NATO. Conceived initially as the continental bulwark against Soviet aggression, and now a de facto dinner club to which Russia does not belong, NATO still serves an important function. In bringing Europe's previously warring states together, NATO has helped forge peace on the Continent and, indeed, made it possible to imagine that cooperation could be extended and that imagination led to the EC and the EU. But is NATO really necessary as a military defense network against Russia? Probably not.

Here Biden's chief task and biggest



Joe Biden and his wife, Jill Biden, arrive at the Guatemalan air force base in Guatemala City on March 2, 2015. Photo - Getty Images

“With each country seeing the other's economic system as incompatible with its own, Russia and the U.S. never stopped to imagine where they might cooperate. The time has come to change our approach and rebuild our relationship with Russia and use the lessons of the past not to make the same mistake with China. It is not difficult to see that America has little to gain from continuing conflict with Russia and perhaps little to lose as well but the ongoing distraction caused by Russia's nagging presence on the world scene invades bandwidth needed to deal with other more pressing problems...”

challenge are not to sell this notion to Europe, but rather to convince Putin that America no longer regards Russia as an existential threat or cares to engage in continuing hostilities. There are reports that Putin may step down from the Russian presidency in 2021. That may or may not be a good thing. If Putin is replaced by another paranoid ex-KGB nationalist, Russia's ultra-sensitive approach to its diminished status on the world stage may continue unabated. On the other hand, if the U.S. and Europe see Russia as a potential market with opportunities for investment, development, and cooperation, the easing of tensions will redound to the benefit of Europe and America and hopefully improve the lives of the Russian people.

Convincing Russia to change course could be as simple as getting enlightened American and Russian leaders to understand and acknowledge that neither country has much to show for seven decades of suspicion and mistrust. The ongoing cooperation with respect to the ISS suggests that there is merit to a change of

course. In the twenty-first century, it should be clear to Russia that no European country has designs on Russian territory and certainly, the U.S. does not.

What about the other way around? Does Russia present an existential threat to Europe? It is simply too difficult to predict what Russia might do with respect to any of the former Soviet Republics. The experience with Crimea, Russia's aggression in Ukraine, and Putin's veiled threats concerning Belarus cannot be ignored. But it is unlikely that Russian aggression will extend to Germany which is now a major customer for Russian natural gas and a source of foreign exchange. France and the U.K. are nuclear powers. The rest of Europe offers no strategic opportunities for Russia in today's world.

Turkey is the wild card here. It has sought membership in the EU but been denied. Whether true or not, the perception is that the European countries were not too anxious to have open borders with an Islamic country even if it viewed itself as secular. Whether that rejection led President Erdogan to erode Turkey's secular nature is not clear. But it is difficult to see Turkey being invited to join the EU any time soon. Meanwhile, Turkey has turned to Russia for military equipment and become more belligerent on the world stage. The danger here is that Turkey will continue to pivot away from its alliances with Europe and cause more havoc with Greece, in the Middle East, and with Israel.

The challenge for President Biden is to stop this erosion of what has generally been a productive and cooperative relationship with Turkey in its tracks and re-engage with that country.

It will be difficult to get all these challenges right, easy to muck it up.

Cheerz...
Bwana

Tree of Knowledge

Madisyn Taylor



Less Thinking and More Feeling

When we begin to listen with our hearts rather than our heads, our whole world changes and becomes softer.

Most of us were born and raised in cultures that value the head over the heart and, as a result, we place our own hearts below our heads in a sort of inner hierarchy of which we may not be conscious. What this means is that we tend to listen and respond from the neck up, often leaving the rest of our bodies with little or no say in most matters. This is a physical habit, which sometimes feels as ingrained as the way we breathe or walk. However, with effort and awareness, we can shift the energy into our hearts, listening and responding from this much deeper, more resonant place.

The brain has a masterful way of imposing structure and order on the world, creating divisions and categories, devising plans and strategies. In many ways, we have our brains to thank for our survival on this planet. However, as is so clear at this time, we also need the wisdom of our hearts if we wish to continue surviving in a viable way. When we listen from our heart, the logical grid of the brain tends to soften and melt, which enables us to perceive the interconnectedness beneath the divisions and categories we use to organize the world. We begin to understand that just as the heart underlies the brain, this interconnectedness underlies everything.

Many agree that this is the most important work we can do at this time in history, and there are many practices at our disposal. For a simple start, try sitting with a friend and asking him to tell you about his life at this moment. For 10 minutes or more, try to listen without responding verbally, offering suggestions, or brainstorming solutions. Instead, breathe into your heart and your belly, listening and feeling instead of thinking. When you do this, you may find that it's much more difficult to offer advice and much easier to identify with the feelings your friend is sharing. You may also find that your friend opens up more, goes deeper, and feels he has really been heard. If you also feel great warmth and compassion, almost as if you are seeing your friend for the first time, then you will know that you have begun to tap the power of listening with your heart.