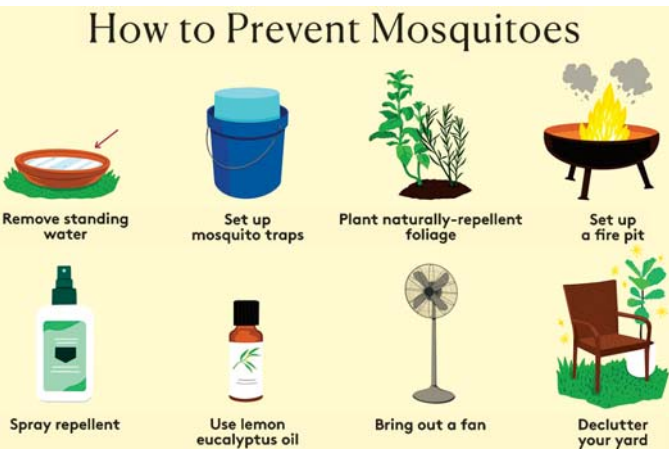


#BUGPROFF

Buzz Off! How to Avoid Ticks & Mosquitoes During Summer

Simple Strategies to keep Ticks and Mosquitoes at bay during the Hot Summer Months!



As the summer sun brightens our days, it also invites some unwelcome guests, ticks and mosquitoes. These tiny bloodsuckers aren't just annoying, they're potential

carriers of diseases like Lyme disease, dengue, chikungunya, and malaria. With outdoor activities in full swing, it's essential to protect yourself and your loved ones. Here's how you can avoid becoming a feast for these pests.

1. Dress Smart 2. Be Lawn Smart

Start by covering up. Wear long-sleeved shirts, full-length pants, and closed shoes, especially if you're heading into grassy or wooded areas. Light-coloured clothing helps spot ticks easily, while tightly woven fabrics can make it harder for mosquitoes to bite through.

Ticks love tall grass, shrubs, and shady, moist areas. Keep your lawn trimmed short, remove leaf litter, and create a tick-free barrier by placing a strip of wood chips or gravel between lawns and wooded areas. Avoid sitting directly on the grass during picnics, use a blanket or mat.

3. Use Insect Repellents Wisely

Apply a good quality insect repellent containing DEET, picaridin, or oil of lemon eucalyptus on exposed skin. For clothing, especially socks, pants, and sleeves, use permethrin-based sprays. These repellents work effectively to ward off both mosquitoes and ticks.

4. Choose the Right Time 5. Shield Your Home

Insect outdoor activities during times when these pests are less active. Mosquitoes usually bite at dawn and dusk, while ticks are more active during warm months but tend to wait in shaded, brushy areas. Stick to well-maintained trails when hiking.

Install screens on windows and doors to keep bugs out. Consider using ceiling fans, mosquitoes are weak fliers and tend to avoid breezy spaces. Burning citronella candles or using mosquito coils during outdoor gatherings can also offer temporary relief.

6. Drain the Swamp, Literally

Mosquitoes breed in standing water. Even a tiny puddle in a flowerpot tray or old tyre can become a breeding ground. Regularly empty birdbaths, buckets, plant saucers, pet water bowls, and clogged gutters. Clean and chlorinate swimming pools and keep them covered when not in use.

7. Tick Checks are a Must 8. Keep Pets Protected

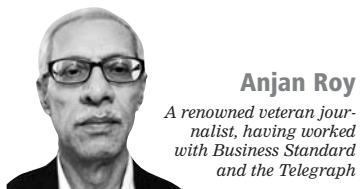
After spending time outdoors, especially in tick-prone areas, check yourself, your kids, and pets for ticks. Pay close attention to hidden spots like the scalp, behind the ears, under arms, and around the waist. Remove ticks immediately with fine-tipped tweezers to reduce infection risk.

Ticks often hitch a ride indoors via pets. Use vet-recommended flea and tick prevention treatments on dogs and cats, and regularly groom them to spot any pests early.

Final Word
A little awareness and a few preventive steps can go a long way in keeping summer fun and bug-free. Whether you're trekking, gardening, or just enjoying an evening stroll, being proactive is your best defense. After all, summer should be about sunshine and lemonade, not bites and itches!



A Statue of Churchill Chartwell Westerham Kent, England.



Anjan Roy
A renowned veteran journalist, having worked with Business Standard and the Telegraph

In these days, when we are passing through the days of some sort of war hysteria, it might be interesting to hear on some of the asides in the life of one of the leaders in the worst of times, Second World War and Sir Winston Churchill.

Knowing about Churchill's speeches and his valiant fight against Nazi Germany is high-falutin. It might be of some interest to know the back-end story about his home kitchen and how it worked. The delightful details about the running of a so-called VIP kitchen transpired in course of a conversation at the venerable spot.

The talk was hosted by Katherine Carter, curator of Chartwell, with Dr. Anne Grey, Britain's food historian in the kitchen of Chartwell. The kitchen was turned into a souvenir shop and then restored back to its original self to give a fuller view of life in Chartwell in Churchill's time.

After the VE Day speech at the Downing Street at the end of the Second World War, when his cook Georgina could not be present for



Chartwell's Dining-Room, Chartwell-Westerham Kent, England.

After trying many cooks and chefs, the Churchill's got a perfect match in Georgina as their cook. Georgina Mare was a cook who had worked for celebrities in the 1930s. She had worked for fourteen monarchs who had all come to London in the inter-war period after being deposed or thrown out following domestic disturbances in their kingdoms. However, in the middle of 1939, she found herself without prospect of a stable employment.

the greater part of it, as she was cooking in the Downing Street kitchen, she could barely manage to emerge from her job towards the end.

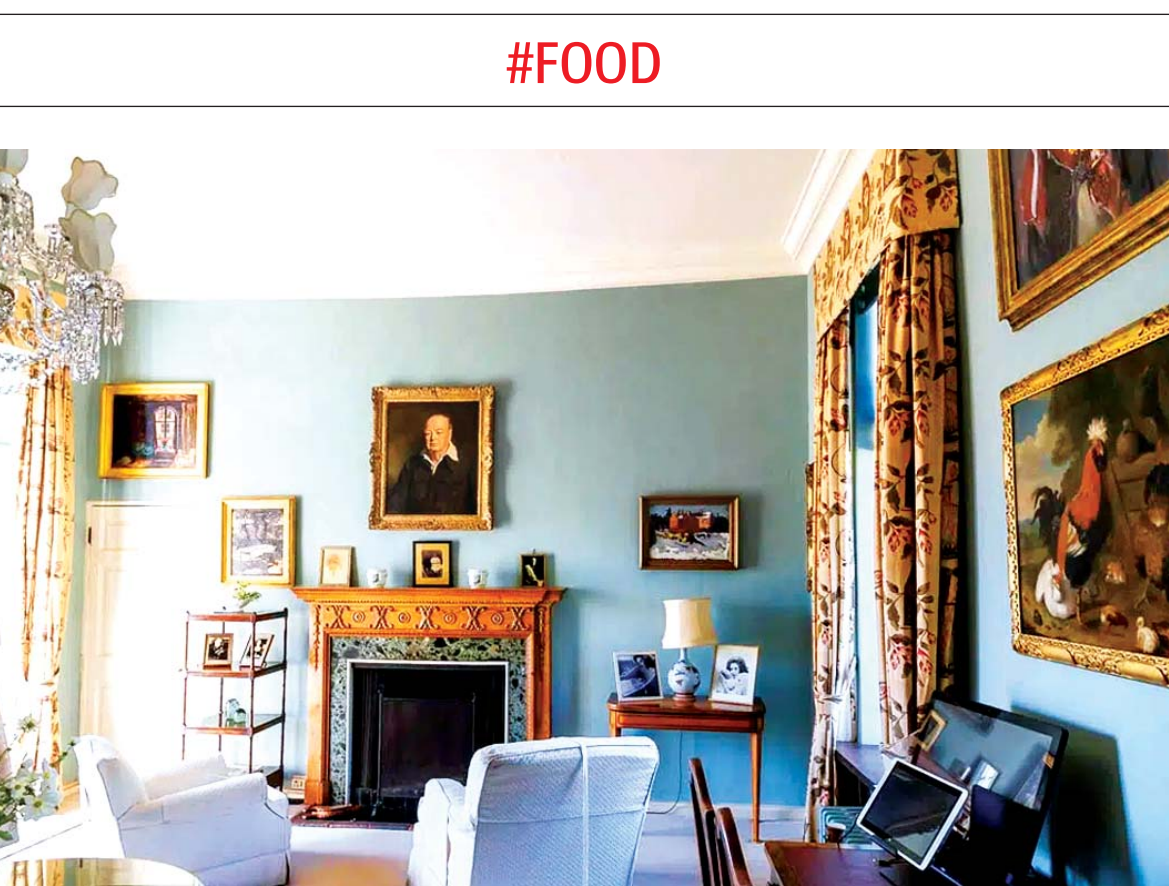
She was standing in the back of the crowd, Churchill noticed her, came to her from the milling people and told her that it was she who could keep him working and without whom, he could not have carried on his struggle.

That was perhaps the best recognition for a cook who most loyally served him and his family through the war years and Britain's war time rationing system. She had to cook sufficiently interesting food to attract the greatest celebrities of the time, including the King of England.

We come to know of her in course of a Chartwell Chat hosted by International Churchill Society

Road to victory lies through the kitchen

But, of course, things were a little different if you were an aristocrat. This is how the kitchen conversation goes: 'If I were a Churchill and you are the King, then I send you a rabbit, and the King sends a deer from Balmoral with a tag on it.' These tags are all preserved in the Chartwell collection. As the food historian says, "meat was never a problem in Chartwell."



Lady Churchill's Sitting Room, Chartwell Westerham Kent, England.

and the UK National Trust. Chartwell in Kent was the seat of Churchill since the 1930s when he bought the estate in a dilapidated condition. Winston Churchill and his wife, Clementine, had got it repaired at substantial expense and detailed interest.

After trying many cooks and chefs, the Churchill's got a perfect match in Georgina as their cook. Georgina Mare was a cook who had worked for celebrities in the 1930s. She had worked for fourteen monarchs who had all come to London in the inter-war period after being deposed or thrown out following domestic disturbances in their kingdoms.

However, in the middle of 1939, she found herself without prospect of a stable employment as the kind of clientele she had worked for were increasingly going off to big hotels, anticipating the war. As she was in the

#FOOD

celebrity circle domestic hands, she had come to hear of the Churchills and felt that he would be around with employment and they could be looking for a reliable cook. She also thought that after all, the Churchills might not be able to give the kind of pay she was used to. But they might provide a stable job. So, she wrote to Clementine Churchill for a position at a reduced rate than her usual pay. Clementine had accepted that and thus began her long tenure in the Churchill household.

The most interesting part of the conversation is the creative cooking that Georgina brought to the plate when rationing was enforced in wartime Britain. It was within the rationed supplies that Georgina had to cook and present her fares for the members of the Chartwell household as well as the important guests who

would always drop in. After well, great politics could be greased smoothly over good food at dinners. Churchill was really fond of his food and he had problems with his eating habits. Doctors had prescribed more vegetables, but he insisted on meat and his menu included 'lot of chicken soups,' which was very costly food in the 1930s. As food rationing was introduced with the outbreak of the war, the supplies were limited. But as the household had more servants than the Churchill family, there was fairly large supplies of rationed food and Georgina would cook for the entire household as well as the guests. Her magic was that even in that limited play, she could turn out interesting dishes. The household and Georgina had to strictly go by the ration rules and supplies. It had to be fair in the context of the times and scarcity. But of course, things



Chartwell House entrance, Chartwell Westerham Kent, England.

World Topiary Day: Sculpting Nature with Art

celebrated annually on May 12, World Topiary Day honours the ancient art of shaping plants into imaginative forms. From intricate animal figures to geometric masterpieces, topiary combines horticulture with artistry, transforming gardens into living sculptures. Originating in Roman times and flourishing in European estates, this green craft continues to captivate gardeners and art lovers alike. The day is marked by garden tours, workshops, and global appreciation of historic topiary landmarks. More than decoration, topiary is a testament to patience, creativity, and the enduring bond between nature and human expression. Celebrate by pruning a little magic today!



#TRAVELLING

Phone Safe, Travel Smart

Simple Hacks to keep your Data secure while exploring the world!



Travelling abroad opens up exciting new adventures, but it also brings added risks, especially when it comes to protecting your personal information. Your smartphone is likely filled with sensitive data, photos, passwords, bank details, and more, so ensuring its security should be a top priority. From preventing theft to avoiding hacking, here's how you can keep your phone and data safe while exploring new destinations.



The Basics of Securing Your Phone

Before setting off on your travels, the first step is to enable full device encryption. Most modern smartphones offer encryption as soon as you set up a passcode, fingerprint, or Face ID. This ensures that even if your phone is lost or stolen, your data is protected. For iPhones, you

can check that encryption is enabled by navigating to Settings > Face ID & Passcode. On Android devices, go to Settings > Security to confirm the encryption status. It's also important to set up a strong passcode. Avoid using simple combinations like '1234' or your birth year.

Back It Up Before You Leave

In the hustle of preparing for a trip, it's easy to overlook backing up your data, but it's a crucial step. Before heading out, back up your important files to a secure cloud service or external storage. That way, if

your phone is lost or damaged, you won't lose valuable data like photos, contacts, and notes. Both Apple iCloud and Google Drive offer seamless cloud backup options for your photos and documents.

Use Strong Passwords and Authentication

Using complex passwords and enabling two-factor authentication (2FA) for your key accounts adds an extra layer of security. When it comes to securing online accounts, strong passwords are a must. Avoid using the same password for multiple services, and use a password manager to securely store your

credentials. Setting up 2FA for your email, social media accounts, and banking apps will prevent unauthorized access even if someone gets hold of your password. This requires a second layer of verification (like a code sent to your phone) to log in, which adds peace of mind when travelling.

Stay Cautious with Public Wi-Fi

Public Wi-Fi networks, while convenient, can be a security playground. They're typically unsecured, making it easier for cybercriminals to intercept your data. Avoid logging into sensitive

accounts, such as online banking, shopping sites, or email, while connected to public Wi-Fi. If you must access sensitive information, always use a reputable Virtual Private Network (VPN).



Avoid USB Charging Stations

You may be tempted to charge your phone at a public USB charging station, but this is one of the easiest ways for cybercriminals to infect your device with malware. Public USB ports can be used for 'juice jacking,' a tactic where hackers use the charging port to transfer malicious software onto your phone. Instead of using public USB stations, always carry your own charging cable and plug it into a wall outlet.

Be Mindful of Lock Screen Notifications

Lock screen notifications may seem convenient, but they can also be an open window to your private data. Messages, emails, and calendar events can be easily viewed on a locked phone if notifications are enabled. To protect your privacy, turn off lock screen notifications in your phone's settings. For iPhone users, go to Settings > Notifications > Show Previews, and set it to 'When Unlocked.' Android users can do this by navigating to Settings > Lock Screen > Notifications and adjusting the display settings. This way, only essential notifications will show up on your lock screen, keeping your personal information secure.

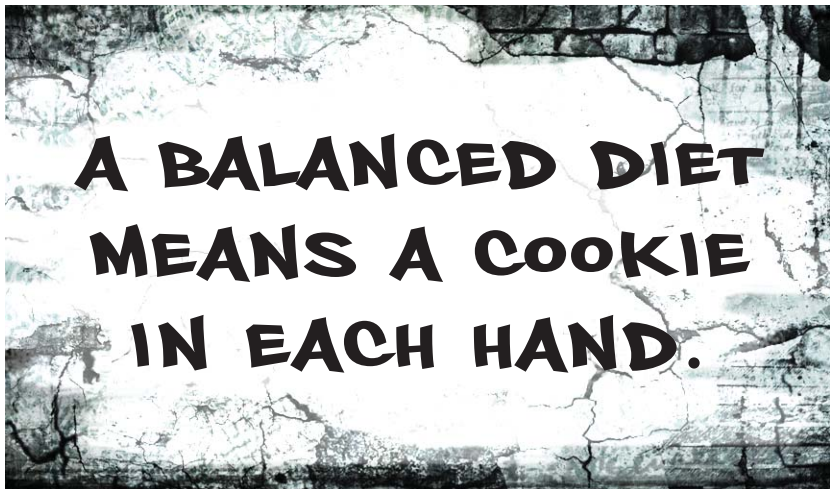
Keep Your Phone in a Secure Location

While you're busy exploring new cities, don't forget that your phone is a valuable target for thieves. Always keep your phone in a secure location, such as a locked hotel. Avoid leaving it unattended in public places, and be especially cautious when in crowded areas like airports or tourist spots. If you're in a situation where you need to carry your phone with you, use a cross-body bag or a money belt to keep it close and secure.

Use Location Tracking Features

While it's not a direct security measure, using built-in location tracking features on your phone can help you recover your device if it's lost or stolen. Both Apple's Find My iPhone and Google's Find My Device feature allow you to track, lock, or erase your phone remotely, giving you an added layer of protection. Make sure these services are enabled before you leave. It's also worth considering, a phone-tracking app as a backup, in case your device is turned off or the location service is disabled.

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman