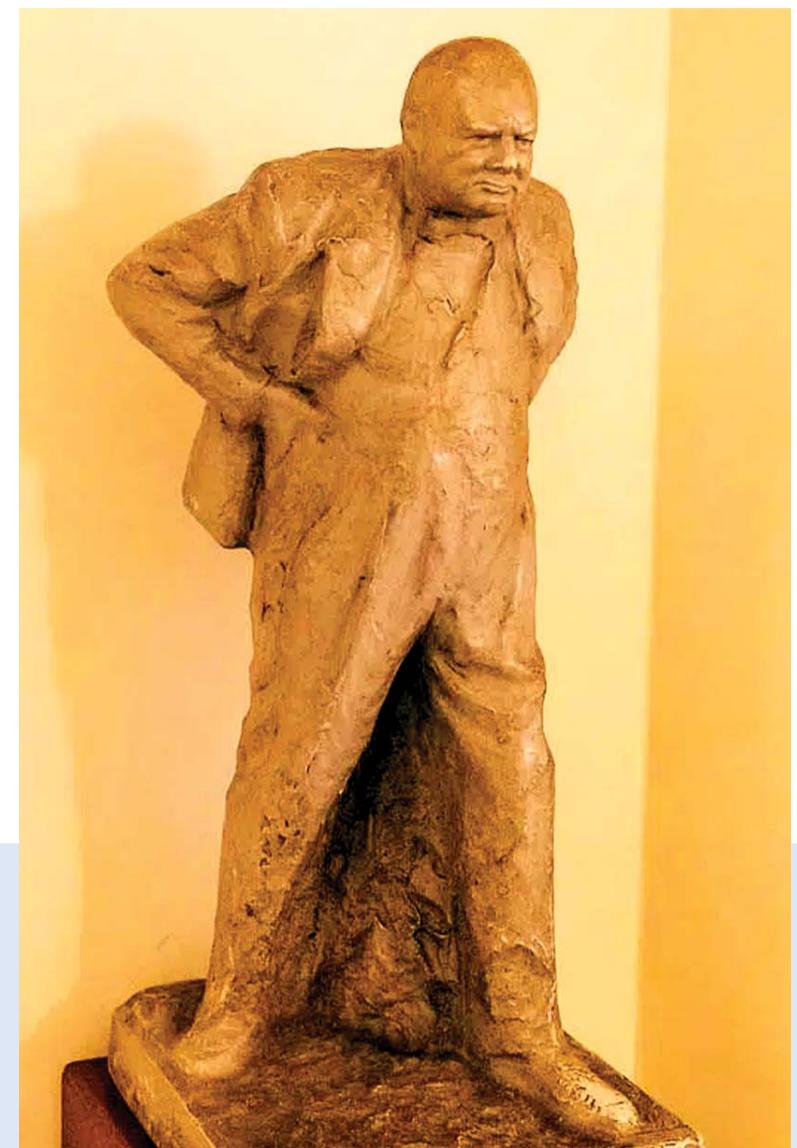


#BUGPROFF

Buzz Off! How to Avoid Ticks & Mosquitoes During Summer

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

How to Prevent Mosquitoes



A Statue of Churchill Chartwell Westerham Kent, England.

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

Ticks love tall grass, shrubs, and shaded moist areas. Keep your lawn trimm short, remove leaf litter, and set 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 mosquitos and ticks.

4. Choose the Right Time

5. Shield Your Home

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 tire 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

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!



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!

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."



Chartwell House entrance, Chartwell Westerham Kent, England.

#FOOD



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

In these days, when we are passing through 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.

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.

The talk was hosted by Katherin 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 size and look 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

the government would pay for the drinks, including wines and spirits. There was no shortage of booze. Churchill was, of course, eccentric, and in his personal life, despotic. A dining room was created in the basement of Downing Street. It had to be decently decorated and Clementine Churchill played her magic to make a perfect dining room. There was a kitchen in an annex building and food cooked there had to be brought to the dining room, 'cuddled in shawls' by the staff including Georgina and the dining had to be in Downing Street at the Prime minister's residence, the seat of power. Georgina would be cooking even when there was the incidental problem of a bomb falling from German bombers.

And then, suddenly, the King would be coming to dinner and Georgina had to cook goat food so that the King might think of coming again. All this, when the ingredients were not always available and dishes would have to be made up.

Household helps as part of the family have vanished in England. But they are still very much alive in this country. They are often mistreated and live a rather uncertain life. At the same time, there are those touching stories of bonding between the employer and the servant. There, the role of women is supreme. It is to those that this story is dedicated.

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Then, there was the vegetable garden in Chartwell and there were plentiful supplies of fresh vegetables and honey from the in-house apriary. Even school children would send eggs to the Churchill household with their names on them, which would, of course, and back some books.

Churchill could also get the occasional allowances, particularly the diplomatic allowances for entertainment. Additionally,

would always drop in. After well great politices 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 supply, 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

had to be washed and dried.

After all, she washes your undies.

DAD! GUESS WHAT!

WHAT ARE THOSE?

NEW ORTHOTICS FOR MY SHOES.

SUPPOSEDLY I'LL BE ABLE TO STAND OR EVEN WALK SHORT DISTANCES NEARLY PAIN-FREE!

WO-HOO!



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 data is lost or stolen, your data is protected. For iPhones, you

can check that encryption is enabled by navigating to Settings > Privacy & Security > 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 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 hacker's 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).



Chartwell's Kitchen, Chartwells Westerham Kent, England.

#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.



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.

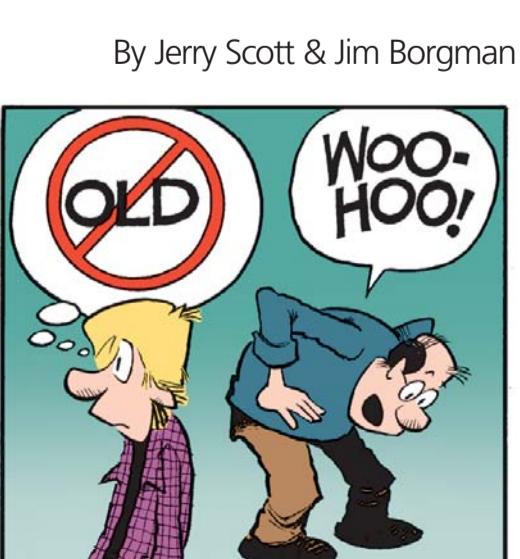
Keep Your Phone in a Secure Location

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.

ZITS



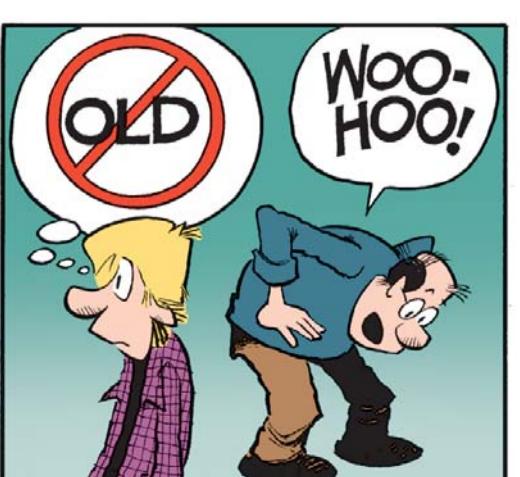
THE WALL



BABY BLUES



ZITS



डिप्टी सीएम दिया कुमारी ने बजट घोषणाओं व प्लैगशिप योजनाओं की समीक्षा बैठक ली

दिया कुमारी ने आमजन से जुड़े कार्य संवेदनशीलता से करने के निर्देश दिये

अजमेर, (कास)। उप मुख्यमंत्री एवं जिले प्रभारी मंत्री दिया कुमारी ने रविवार को बजट घोषणाओं एवं प्लैगशिप योजनाओं की समीक्षा बैठक ली। केन्द्रीय कृषि मंत्री भारी अधिकारी चौधरी, विधायक अनिता भद्रेल तथा विदेश सिंह कानूनाते के क्षेत्र की अवश्यकताओं से अवगत कराया। जिला कलेक्टर लोक बन्धु तथा पुलिस अधीक्षक विदान राणा ने विभिन्न बिन्दुओं में हड्डी प्रगति की जानकारी दी।

उप मुख्यमंत्री दिया कुमारी ने कहा कि राज्य तथा केन्द्र सरकार आमजन के जीवन स्तर को ऊपर उठाने के लिए कार्य कर रही है। विभिन्न योजनाओं के कार्यों की गति बढ़ायें।



उप मुख्यमंत्री दिया कुमारी ने समीक्षा बैठक लेकर अधिकारियों को निर्देश दिये।

आमजन से जुड़े प्रकरणों में संवेदनशीलता के साथ कार्य करना चाहिए। पानी, जलानी तथा स्थानीय जैसी मूलभूत आवश्यकताएं प्रत्येक नागरिक को उपलब्ध होना आवश्यक है। विभिन्न माध्यमों से प्राप्त परिवर्तनों की निस्तारण प्राथमिकता से किया जाना चाहिए। स्थानीय जनप्रतिनिधियों के साथ समन्वय स्थापित कर कार्य करें।

उद्दीपन कहा कि सरकार द्वारा पुष्ट तरीके क्षेत्र के विकास के लिए बजट घोषणा की गई है। इस घोषणा की क्रियान्वयन के लिए लगातार

मानिटरिंग करें। मन्दिर और सरोवर के

आस-पास कार्य करने पर फोकस

सेवर रोड का प्रावधान किया गया

रहना चाहिए। इस दौरान इस बात का

निशेष ध्यान रखा जाए कि तीर्थ क्षेत्र

सतावा में जारी करने का लक्ष्य रखकर

का कार्य करें। कन्वेशन हॉल के लिए भूमि

स्थल के पौराणिक महत्व तथा व्यवस्था

के अनुरूप ही कार्य करें। इसमें पुराने

फेटों तथा चिंतों का भी स्वयंगति

यह कार्य अजमेर किवास प्राधिकरण

द्वारा किया जाएगा। अभीरों के विभिन्न

करों पुष्ट सरोवर की फोटों का

कार्य भी शीर्षता से कराए। उद्दीपन कहा

कि सरकार द्वारा घोषणा की गई।

उद्दीपन कहा कि राज्य तथा केन्द्र के

प्रतिवार्ता एवं एकत्र के लिए उत्तम

प्रयत्न करें। जिले में एक विकास

कार्यक्रम की रूपरेखा तय करें।

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