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TODAY'S EDITION

► Learn the fine art of lending and borrowing
PLUS: Learn some icebreakers; manner quiz
PAGE 2



► **EXCLUSIVE** interview with writer Julie Murphy
PLUS: Comic book origins of Hawkeye
PAGE 3



► **SURF'S UP:** All you need to know about surfing as a sport
PAGE 4



STUDENT EDITION
SATURDAY, SEPTEMBER 18, 2021

LATEST BUZZWORDS EXPLAINED

VITAMIN S

The pandemic-forced lockdown not only created a crisis of mental health but many people experienced vitamin deficiency. And the most of all was vitamin S where S stands for "social contact"! The lockdown isolation made us realise how social contact with other people is considered to be as good for your health as the vitamins in your food. Researchers Paul A M Van Lange and Simon Columbus, in their March 2021 study, used the COVID-19 pandemic as an opportunity to explore whether limited interactions with strangers could offer benefits comparable to the benefits of interactions with close acquaintances. Van Lange and Columbus used insights from research on social interaction to press a case for social contact with strangers, which they call "Vitamin S." According to their interactions with strangers are benign and conducive to pro-social behaviour and mutual cooperation. "In most situations involving low conflict of interest, people are naturally kind – even in the absence of any history of social interaction or anticipation of social interaction in the future," Van Lange and Columbus wrote.

Interestingly in 1973, MS Granovetter proposed the theory of weak ties, which states that people who have many acquaintances beyond their close networks tend to be happier than those with smaller networks. Van Lange and Columbus propose three reasons that illustrate the added value of interactions with strangers: First, strangers are less likely to know others in your personal network, meaning there's little risk that they'll spread sensitive private information. Second, strangers are more likely to be dissimilar to your friends and family, meaning they may present novel and amusing perspectives and experiences. Third, the researchers added, "compared to interactions with family or close friends, interactions with strangers may have the benefit of being more likely to provide opportunities, such as suggestions or advice regarding job opportunities."

CLICK HERE: PAGE 1 AND 2

#GOALS

TURN ON the MUSIC

Music education is now a major co-curricular discipline. Get inspired by these celebs who are ace musicians

ROBERT PATTINSON, actor
PLAYS: GUITAR, PIANO AND VOCALS
Pattinson wasn't just the leading man in "Twilight" but also co-wrote and sang two of the songs for its soundtrack: "Never Think" and "Let Me Sign". Having mastered both the guitar and piano, Pattinson famously said "music is my back-up plan if acting fails".

British actress is also Grade 8 on the cello, which she learned to play at school. She was able to showcase her musical talents in the film "My Summer of Love" in which her character is also a cellist.

ALBERT EINSTEIN, scientist
PLAYED: VIOLIN

Though many people think of Einstein as a very linear, scientific thinker, the world-renowned genius and inventor also had a musical side. Einstein learnt the violin as a child. "Life without playing music is inconceivable for me," he stated once.

TONY BLAIR, former UK PM
PLAYS: GUITAR

When he wasn't busy running the country as Prime Minister, Blair was jamming on his guitar, which he played in the band Ugly Rumours during his student days at Oxford University.

SOHA ALI KHAN, actor
PLAYS: PIANO

Khan started piano lessons in her childhood but never took to it. In an interview to a Bollywood publication she said that her mother (Sharmila Tagore) always wanted her to learn the instrument and she too decided to pick it up again for her.

EWAN MCGREGOR, actor
PLAYS: FRENCH HORN

Before he found fame, a young McGregor made his debut playing the instrument on Scottish TV show "A Touch of Music".

ANTHONY HOPKINS, actor
PLAYS: PIANO + COMPOSITION

In 2012, he released a classical music album called Composer, which was performed by the City of Birmingham Symphony Orchestra. He also learned to play the piano as a child, mastering Beethoven and Chopin by age 10.

EMILY BLUNT, actor
PLAYS: CELLO
The acclaimed

EWAN MCGREGOR

TONY BLAIR

ROBERT PATTINSON

WHY MUSIC EDUCATION?

- Several studies show that music has a big influence on the cognitive and psychological development of humans – especially children.
- It is believed that when children are exposed to music, especially when they are toddlers or even before they are born, it has a deep impact on their cerebral cortex region. It creates neuron pathways in the brain, making them understand the world and language in a faster and easier way.
- Music classes are a great way to break monotony.
- Music spurs language development.
- The part of the brain that supports language and learning also supports

- music. Music also helps students to develop good reading skills.
- Learning music classes can help reduce stress and depression. It also builds concentration.
- It's said that music and mathematics go hand in hand. Students that are good in music are good at solving mathematical problems like algebra and geometry.
- Music promotes creative thinking and helps them become innovative.
- Music enhances memory and promotes information retention.
- It fosters teamwork if you are part of a band and also helps kids gain confidence and develop leadership skills.
- Finally, it can become a viable career choice especially now.

FOOD

BITTER SOUR SYMPHONY

From acidic shrubs and bitter salad greens to unsweetened brews, bitter and sour flavours are good for you

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Done with tried and tested seasonings? Forever looking for new, exciting flavours? Why not go the bitter-sour route? Chefs are using bitter flavours to give balance to dishes.

BITTER BETTER HEALTH

Bitter flavours also have medicinal and harmonising ability. Chefs now use Japanese bitter gourd called Goya Chanpuru and the bitter versions of greens like kale, bathua and chohai in salads. They are also using green tea for



Umami means "essence of deliciousness" in Japanese, and its taste is often described as the meaty, savoury deliciousness that deepens flavour. Umami is the core fifth taste. Scientists identified umami taste receptors on the human tongue in 2002

salad dressings and desserts. Bitter takes the dish to another level but it has to be cooked in a palatable way without letting the bitterness overpower the palate. Ayurveda recommends we consume all tastes for better health: sweet, salty, sour, bitter, pungent, and astringent. It is to our benefit to eat foods that activate all of our taste buds. One could start with a plateful of bitter



People experience bitter flavours differently, as the combination of bitter receptor genes varies for each person

greens! Dandelion, arugula, amaranth greens, rocket leaves and kales are not only vitamin-rich but also great digestives. Bitter leaves also shrink food cravings and help in weight loss. Similarly, Matcha or any green tea is known to trim down, detoxify, and fight age and even cancer.

ON A SOUR NOTE

Like their bitter half, sour tastes are also coming out from their supporting avatars. Sour shrubs or drinking vinegars are suddenly big and so are tangy fermented foods. These days, sour can be found in anything from Korean kimchi's fermented vegetables to Thai cooking that has sour notes from lime and tamarind. And mind you, sour is healthy too. It helps to cut and balance the richness of the fat in food. Apple cider vinegar has countless beneficial properties and is believed to help lower blood pressure and cholesterol, support the heart, fight infections, and much more.

HEALTH



How is your CIRCADIAN HEALTH?

Ever wondered why so many of us are still sleep deprived in a world brimming with sleep solutions...

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One can't say that humans are not working on their sleep. Look at the tsunami of sleep ammo (like sleep trackers, nap pods, smart pillows and mattresses) we've acquired in the last couple of years. What we now have is Orthosomnia – an unhealthy obsession with getting a "healthy" amount of shut-eye. However, we still remain in a sleepless epidemic, with around one in three of us sleeping badly and one in 10 having regular sleeplessness. The reason? Most of the solutions, and us, defy the basic facts of circadian biology. It is the timing of sleep that is absolutely key to getting high-quality, restorative sleep.

WE NEED TIME CUES

The bedrock of circadian science is that expo-

sure to regular light-dark cycles provides the daily "time cues" needed to reset our circadian clocks every single day. We need the sun's bright light in the day to be alert and active, and we need dark to kick-start our brain's sleep mode and recovery. Explains pulmonologist Dr Vivek Nangia, "These external cues are called Zeitgebers like meal time, social interactions, blue light and darkness. There are certain hormones which are secreted at a different level during the day and different level during the night. Unless a person has a good sleep at night, these hormones will not be secreted appropriately."

LIVING 'LIGHTMARE'

Our day and night light exposure is all haywire thanks to indoor living and obsession with our phone screens. When there are fluctuations in light and dark, due to sleeping at wrong times, exposure to bright lights

at night, travelling across time zones, there is going to be chaos and confusion in the body. Evidence suggests that circadian disruption from over-lighting the night could be related to risk of obesity and depression as well. Luke Coutinho, Holistic Lifestyle Coach- Integrative Medicine, says, "Our modern ways of living don't quite match up with our natural clocks and hence we have so much of sickness today."

RESET YOUR LIFE

"Circadian health is not just about focusing on sleeping well and on time, it is about several other activities we do through the day that affect our health, right from our meal timings, to work-out timings, amount and timing of caffeine, snacking habits, how we spend our start of the day, the amount of time we spend in nature and more," adds Coutinho. The first guideline is an early dinner, either with sunset or within an hour of sunset. He adds, "Circadian diet is to eat in sync with our circadian rhythm. This lifestyle change has been one of the most powerful tools for people to lose excess weight, feel lighter, gain a better control over blood sugar levels, and more."

Lastly, spend time outdoors when it's light outside and power down your screens before bedtime and do something analog, such as reading a book or meditating.

Circadian rhythms are 24-hour cycles that are part of the body's internal clock. One of the most important and well-known circadian rhythms is the sleep-wake cycle

Fix a workout time in the morning and work out around the same time every day, as that is more effective

Circadian rhythm has everything to do with diabetes, cardiovascular diseases, cancer, thyroid problems, obesity, weight gain and everything else

Most calories should be consumed between morning and lunchtime because your metabolic activity is at its highest

TRIVIA TIME

Have you heard of #HeForShe?

On September 20, 2014 actor Emma Watson launched the campaign #HeForShe in the UN to launch a global movement of creating allies to promote gender equality. Here's all about this very popular initiative



1 HeForShe is a solidarity movement for the advancement of gender equality, initiated by the United Nations. Grounded in the idea that this is an issue that affects all people, socially, economically and politically, this effort seeks to involve men and boys in achieving it by taking action against negative gender stereotypes and behaviours.

2 Since its launch on September 2014, by then UN Secretary-

General Ban Ki-moon and UN Women Global Goodwill Ambassador Emma Watson, millions of men from around the world including Heads of State, CEOs, and global luminaries have committed to it. On the official website, heforshe.org, the statistics (as of Sept 16, 2021) stood at 2.2 million+ web commitments, 1.3 billion social media conversations, 3.33 million commitments and 1100 community events.

3 Emma Watson delivered an address at the United Nations Headquarters in New York City, mainly focusing on the personal and professional motivation for establishing HeForShe. The speech went viral and currently has 3.8 million views on YouTube.

4 HeForShe points to showing that 257 more years will be necessary to close the gender gap, and with 95% of the world's CEOs and heads of states being men there's a need for male allyship. They argue the commitment of men with power and privilege can be a game-changer for gender equality.

5 On 23 January 2015, UN Women launched the HeForShe IMPACT 10x10x10 initiative to gain further momentum at the World Economic Forum in Davos. The initiative engages 10 world leaders, 10 global CEOs and 10 university presidents to address some of today's most pressing gender issues.

6 The initiative promotes various campaigns each year. The stand outs are 2018 campaign #MorePowerfulTogether that invited landmarks around the world, most notably The Empire State Building in

New York City, the Burj Khalifa in Dubai, and the CN Tower in Toronto, to turn off half their lights to demonstrate the power lost when women are under represented from society, economies and communities.

7 As a response to the COVID-19 pandemic, as gender inequalities, particularly of women in the home, became increasingly apparent when it comes to housework, cleaning and caring for children, the sick or the elderly, HeForShe launched the #HeForSheAtHome campaign to inspire men to help balance the burden in their households.

8 On September 23, 2021, there are plans to launch a new HeForShe alliance: a unique group of leaders across government, business and non-profit. You can join and pledge support with #HeForSheSummit. Interestingly, now with more gender debates and awareness, many people say that the campaign name doesn't address gender diversity and is not inclusive.



The logo is a mix of male and female symbol

SELF CARE

Say cheese! TIPS GET NATURAL LOOKING WHITE TEETH

We have always been obsessed with the idea of white teeth and the perfect smile. We got in touch with Dr Diksha Tahiramani Batra, a prosthodontist, implantologist and smile design specialist to share some secrets to natural looking white teeth.

your teeth it definitely needs attention indicating dental disease ranging from decay to nerve damage.

WHITER = HEALTHIER

The most important thing to remember is that whiter teeth are usually healthier. While yellow teeth may still be healthy they should always be cleaned to remove stains. If you see brown, black or greyish discoloration in

WHITE AND BRIGHT

There are several treatments that can assure you whiter, cleaner and brighter teeth. They can range from a simple cleanup to bleaching or whitening.

CUSTOM WHITENING

Getting your perfect white smile and keeping it that way has a lot to do with what you eat and your oral hygiene habits. Your dentist can set up a custom protocol of specific oral hygiene products, home whitening solutions with the right concentration, quarterly dental clean up and annual whitening procedures.

DIY WHITENING

Eating green leafy vegetables and foods rich in calcium like milk products and nuts can keep your teeth naturally clean and white. Simple hacks like sipping your caffeinated drinks with a straw can reduce staining. From oil pulling to scrubbing your teeth with lime and a pinch of baking soda people do it all but these options are best after talking to a pro.



MANNER MANUAL

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LENDING RULES

Very few people in the world would have not borrowed or lent something ever. There are times when you need to borrow from your relatives, friends, classmates. Similarly, those in your acquaintance may need something from you. What's the big deal, you may think? Borrowing and lending is part of a human's social existence, right? True, but to keep our relationships free from mess and mishaps, it's wise to know etiquette rules. Read on to know about these essential manners.

BORROWING RULES

Being a borrower carries a tremendous amount of responsibility. You shouldn't take advantage of someone's generosity or kindness and it's crucial to follow these tips:

- Never borrow anything you can't return (for reasons whatsoever) as soon as you are done with it.
- If what you borrow breaks or

When anyone approaches you and asks to borrow something, you may hand it over to him/her happily or reluctantly. To understand about etiquette of lending, check these tips.

- Set the amount of time the other person will have the item in his or her possession. If it is not returned by the day and time you've agreed on, it's acceptable to ask for it from the borrower.
- If you're lending money or an item of high value, write out an agreement that both of you sign and keep a copy each.
- When anyone borrows something from you, let the person know when you will need it again and expect to get it back by then.
- If you don't receive an item you lent within a reasonable amount of time, it is really ok to ask for it back. You can do that politely by saying to the borrower that you need it for personal use.

It is okay to say no when someone asks to borrow something you may not want to part with for emotional or practical reasons.

DON'T BORROW BRAND NEW STUFF

Books, clothes, gadgets, accessories – the owner should be the first one to use it. If you request your sibling or best friend to lend you that pair of new earrings (for a big party) that she just bought and hasn't used even once, the person may give it to you if he/she is generous and is fond of you – perhaps even out of politeness as some people find it difficult to say no to a request. However, it is impolite on your part if you ask a near or dear one to lend you anything brand new.



The fine art of BORROWING AND LENDING

Shylock, the popular moneylender from Shakespeare's iconic tale 'The Merchant of Venice' would have been intrigued to know there are etiquette rules for borrowing and lending. Be aware – it helps to know what's appropriate and what's not...

DO YOU KNOW HOW TO ASK FOR AN ITEM BACK?

There are situations (which we have found ourselves in at some time or the other) when you have lent something to a friend/relative, and he/she forgets to return it on time. If the borrower is someone close to you, it may be uncomfortable for you to remind him/her to give it to you. However, you are within your rights to ask for it. To do this with some confidence, here is helpful advice:

- If the borrower is offended when you ask for the lent item, you can remind him/her that she agreed to return it on a certain day and you need it back for reasons best known to you.
- Ask the borrower if he/she has finished using the item and state that you'd like it back as soon as possible.

This is open-ended, so you might want to add that you need it by a certain day and time, even if he/she's not finished with it.

- Talk about it casually:** You might say something like, "Remember that book I let you borrow?" Or you can say, "It's been really busy lately with so many projects online. Do you mind if I ask for my tablet back?" Have a heart-to-heart talk with the borrower. You can mention that you trusted her with the item (or money), and you'd like to keep that trust. Clear communication helps and it is likely that the borrower forgot to return it to you and your timely reminder helped him complete this task.



tears, make a sincere apology, and get it fixed (that includes paying fixing charges too). If that item cannot be repaired, buy the person a new one – the same thing that you accidentally broke or lost.

- Avoid borrowing money from a friend, or you risk jeopardising your

friendship. You are better off going to a lending institution where the deal is strictly business.

- If you ask to borrow something, and the person turns you down, don't get upset. Save money and buy it yourself.

— Inputs by etiquette guide Sunaina A Hak

CAN YOU SURVIVE THIS DINNER PARTY?

Your new neighbours are hosting a 'get to know your neighbours' dinner inviting few people from the neighbourhood including you. Check if you are familiar with the nuances of being a successful dinner guest.

1. The dinner starts at 6 pm. What time do you arrive?

- a) 5 pm, to help them set up
- b) 6 pm on the dot
- c) 6.45 pm, to not be the first to arrive
- d) 7.30 pm, when the party is ON

Answer: B. Even though in India, we talk about being fashionably late, but etiquette rules suggest that one should stick to the time. Ten minutes late is okay but anything later is not. And don't arrive early and add to your host's stress.

2. What gift have you brought for your hosts?

- a) Flowers
- b) Fancy Soaps
- c) Gag gift
- d) Gift card
- e) A pet

Answer: A or B are good gifts. They are neutral, safe and personal. Gag gifts are best left for your close friends. Gift cards are impersonal while a pet is not your call to get for them.

3. The hosts have served the first course. When do you start eating?

- a) As soon as it's in front of me
- b) After everyone's been served
- c) After the host start eating

Answer: C. The moment the hosts start eating is when you start.

4. What utensil do you use for main course?

- a) Small fork
- b) Large fork
- c) Knife
- d) Small spoon
- e) Large spoon

Answer: B. The large fork is your dinner fork. The small fork is for salad, the knife is for cutting everything into bite-sized portions, the small spoon is the dessert spoon while the large spoon is usually for curries and soups.

5. Which is your glass of water?

- a) The one to your left
- b) The one to your right

Answer: B. The water glass is always

to the right of you.

6. Your phone rings and you...

- a) Quickly check under the table
- b) Excuse yourself to go to the bathroom
- c) Apologise and silence your phone

Answer: C. It's a no brainer. Phones have to be kept silent at the dinner table.

7. The dinner is over. What do you do?

- a) Take a group selfie
- b) Offer to do the dishes
- c) Help collect plates
- d) Enquire about the dessert

Answer: Both B and C are good options. While helping to collect the plates is par for course, a polite offer to wash the dishes is always a good idea. Most hosts would decline but they'd feel good that you asked.

8. You don't like the kheer for dessert. You...

- a) Refuse it
- b) Make a face
- c) Offer to the other guests
- d) Eat a little anyway

Answer: D. It's the polite thing to do.

9. What's the last thing you do before heading home?

- a) Make a Whatsapp group
- b) Thank your hosts
- c) Carry leftovers

Answer: B. Just thank your hosts for a wonderful time.



Queries relating to Etiquette

Etiquette is the customary code of polite behaviour in society. Social situation and the way we live, even etiquette, is ever changing. For instance, who would have thought that one would need a whole new set of classroom rules in 2019? If you have a question on the new rules of engagement in a post-covid world, a relationship dilemma or just a query regarding writing a thank you note, write in to us toinie175@gmail.com with the subject line ETIQUETTE.

MY SON IS ADDICTED TO THE INTERNET

My 10-year-old son has become aggressive and restless. He sleeps very late and is online mostly. He likes playing video games and when I stop him he refused to attend his online classes. I made a timetable also but that also he doesn't follow and when I blocked YouTube, he locked himself in a room. His appetite too has been affected. Please help.

Excess of anything is bad for oneself, same is the scenario with internet. As much as internet is helpful to us in today's time, excess use of internet is harmful too in many ways. Our growing dependence on it has dramatically changed the way we communicate with others. Instead of talking to people or spending time with them, we often resort to less personal forms of communication like

texting or emailing. These less personal forms of communication make it easy to ignore the people we're with. Internet addiction affects young people in many ways, from sleep deprivation, to social withdrawal, to poor grades. Here are some tips if you want to control the internet usage of your children:

- Set time and usage restrictions for your entire family.
- Kids are very observant, they observe and grasp every action of their elders.
- Set aside specific times for

responding to emails or reading text messages; **GIVE YOUR PRECIOUS TIME TO YOUR CHILD, TRY AND KEEP YOUR PROFESSIONAL LIFE TILL YOUR OFFICE ONLY.**

- Avoid distractions from your smartphone by turning it off or moving it out of sight. Make it a habit to turn off your phones two hours before bed time, so you do get time for each other.
- Establish boundaries for your kids regarding cell phone, social media and internet usage.

Apart from keeping

parental control on certain websites, make your children aware of the negative effects of the over usage of internet, physically as well as mentally.

- Create an honest dialogue with your kids about their internet usage, and familiarise yourself with the people, websites and apps they connect with.

Our main aim is to make the child feel respected, valued and encouraged to reach their full potential which cannot be done by punishment or anger

AS MUCH AS IT SOUNDS GOOD TO LET YOUR KIDS HAVE A FANCY DEVICE, IT IS IMPORTANT TO KNOW WHAT EXACTLY THEY ARE USING THEIR DEVICES FOR.

- Try and figure out his skills, something that your child is good at or wants to accomplish. Introduce your child to a new hobby and see which one he likes the most and wishes to follow.
- Involve yourself in his /her day-to-day life, even if you get to involve yourself in the smallest of things, eg. take him/her for walks, running, bike ride, ice cream parlour, shopping etc.
- Don't compare to peers. This will only lead to self guilt in the child and low self esteem which might push him to corner himself and confine into his own world.

towards them. Hence, we need to create a safe environment for them be it emotionally, physically or psychologically. **— Expert: Dr Ishita Mukerji, senior psychologist, Kaleidoscope, Mental Wellness Centre**

GOOD TO KNOW

Brush up on some ICEBREAKERS

Done right, icebreakers can actually cut through the awkwardness of meeting new people

"WHAT WOULD YOU BE/DO?" QUESTIONS

These questions get people to think creatively and engages them in conversation. These help you also understand people's personalities. And can customised according to your audience. **EXAMPLES:** ● If you could be cast in a movie, what movie and which character? ● If you could meet any historical figure, living or dead, who would you choose and why? ● Stuck in a desert island, one book you'd take? ● If you had a talk show, your first three guests? ● If you could live in any era, which would you choose?

"YOUR FAVOURITE..."

These encourage people to think positively and makes them happy as you are discussing their favourites. **EXAMPLES:** ● Favourite personal possession and why ● Favourite subject ● Hero ● Favourite book, movie ● Favourite food, etc.

PERSONAL BRAND

These questions get people to think what they value about

people loosened up and talkative and best saved for informal gatherings. **EXAMPLES:** ● There's a zombie apocalypse, what's your role: slayer, strategist, caretaker. ● The weirdest thing you've ever eaten? ● Would you rather travel back in time to meet your ancestors, or to the future to meet your descendants? ● If you could be an animal, what would you be and why? ● Who's your celebrity look alike?

WHAT ARE ICEBREAKER QUESTIONS?

Icebreaker questions are thought-provoking questions you can use to encourage people to talk and get to know them better. Use them to lighten the mood and create real bonding.

HOBBY Qs

Asking people about their hobbies gives you're an opportunity to bond over shared interests. It helps people come out of their shell when they're talking about something they are passionate and interested in. **EXAMPLES:** ● What are you currently reading? ● What's your favourite thing to do outside? ● Do you collect anything? ● Your favourite indoor activity? ● What would you say is your hidden talent?

PLAYFUL QUESTIONS

Asking playful, light-hearted questions can be a way to get

PANDEMIQUETTE

Three social situations and how to handle them

Situation #1

A STRANGER GETS TOO CLOSE AT THE GROCERY STORE
Keep a cool head. Now that things are opening up, you are bound to encounter people everywhere. They may not be following social distancing, so you make sure you do. If they are encroach on your personal space again and again that's when you take action. Just lightly say: "Hey I didn't know physical distancing was called off!" In case of any escalation, get the store manager to set them right.

Situation #2

AN ACQUAINTANCE TRIES TO SHAKE YOUR HAND
Refusing a handshake is considered super rude but in these times you can do so but politely. Just hold your hands in a stop action and cheerfully tell them how excited you are to see them. And add: "Oh I wish I could shake your hand!" This will remind them that it's still not okay to shake hands. Go for an elbow bump.

Situation #3

YOUR CHILD HAS A PARTY TO ATTEND
Any gathering is a cause for discomfort now, as you know there may be a social distancing breach. Make a call to the hosts to inquire about safety measures. While it can make them feel like they are in a hot seat, you need to know how many people are invited, where's the food being ordered from and will they insist on masks on. Make it about what you need for your peace of mind. Rather than making them feel wanting in their prep, make it about you. Say: "You know I worry about these things..." It's after all your health in their hands.

