



HURA news

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Life after COVID

Those who think about what the future after the pandemic may look like are coming to the realization that we can never go back completely to that wonderful place we think of as the old “normal.” Something has happened that will profoundly impact our work and leisure lives permanently.

A recent *Harvard Gazette* article by Christina Pazzanese describes “How COVID experiences will reshape the workplace.” Insights gained by months of adjustments to work roles, schedules, routines, and priorities have prompted employers and employees to reconsider many default assumptions about what they do, along with how and why they do it. Scholars say shutdowns and remote work yielded insights for both employers and workers.

“It’s the Next Normal we’re headed to, not ‘back to normal’...” said Joseph

B. Fuller, co-founder of Managing the Future of Work project at Harvard Business School.

The topic of a recent lecture at the Friends of the Marine Biological Laboratory’s Falmouth Forum was “The Future of Education, Skills, and Work: Staying Relevant in a World Changing Faster Than Ever.” Ben Pring, I-T futurist and co-founder of Cognizant’s Center for the Future of Work, was the speaker. He is also co-author of *Monster: A Tough Love Letter to Machines That Rule Our Jobs, Lives, and Future*.

Pring says that there will be a recalibration of what work looks like—what the five-day workweek looks like. He predicts that it will be composed of “heads down” and “heads up” work, where the former can be done anywhere—perhaps most efficiently at home without the stressful daily commute. “Heads up” work needs the

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The “next normal” will consist of working from home even after COVID-19 is resolved. Telehealth appointments will also become more the norm in the years ahead.



Together in a Sudden Strangeness

Together in a Sudden Strangeness: America's Poets Respond to the Pandemic. Alice Quinn, editor. Knopf, 2000. 208 pages.

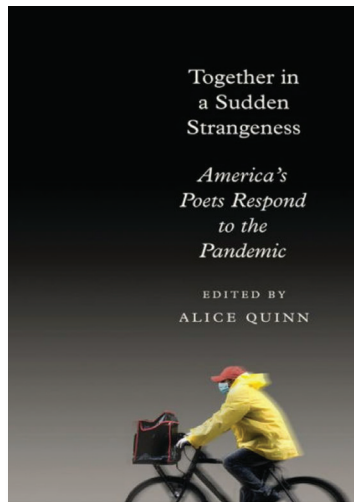
In this urgent outpouring of American voices, our poets speak to us as they shelter in place, addressing our collective fear, grief, and hope from eloquent and diverse individual perspectives.

As the novel coronavirus and its devastating effects began to spread in the United States and around the world, Alice Quinn reached out to poets across the country to see if, and what, they were writing under quarantine. Moved and galvanized by the response, the onetime New Yorker poetry editor and recent former director of the Poetry Society of America began collecting the poems arriving in her inbox, assem-

BOOK REVIEW

bling this various, intimate, and intricate portrait of our suddenly altered reality.

In these pages, we find poets grieving for relatives they are separated from or recovering from



illness themselves, attending to suddenly complicated household tasks or turning to literature for strength, considering the bravery of medical workers or working their own shifts at the hospital, and, as the Black Lives Matter movement has swept the globe, reflecting on the inequities in our society that amplify sorrow and demand our engagement. From fierce and resilient to wistful, darkly humorous, and emblematically reverent about the earth and the vulnerability of human beings in frightening times, the poems in this collection find the words to describe what can feel unspeakably difficult and strange, providing wisdom, companionship, and depths of feeling that enliven our spirits.

PenguinRandomHouse.com

Life after COVID

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energy of collaboration—needs to be done in person at the workplace—perhaps in a non-WiFi environment, reconfigured for social distancing. The home workplace, too, may require a different configuration, where a laptop on the dining room table just won't make it anymore.

Deloitte and Touche's annual Readiness Report suggests that a third of employees will work from home even after the restrictions end and predicts the investments that allow home working will be increasingly important for companies across the world.

Pring says there will be a lot less flying off to Chicago or LA for a one-

hour meeting with the team. Those meetings will be done on Zoom just as effectively. And he points to an indication that he is right by the fact that Warren Buffett has been selling off airline stock.

One other change that he sees is in the field of telemedicine, where now 50% of primary consultations are done online. He predicts that virtual triage will be standard practice in the future.

A trend that is already being observed by real estate agents is the move by office workers from the cities to the suburbs. He points to a recent indicator in that the hottest U-Haul route in the country right now is from San Francisco to Sac-

ramento because people can live cheaper there and still work in the city, if virtually.

Kiplinger's 2021 Housing Outlook says that "home buyers are loving the suburbs again, and urban condos are finding little love as telecommuting home buyers bid up the prices far from city centers."

Money magazine recently released a list of the best places to live to work from home. Tewksbury, Massachusetts ranked No. 10. It was the only New England spot on the list. The No. 1 place to work from home was Reston, Virginia.

<https://money.com/best-places-to-work-from-home/>

John and Linda Collins reflect on *their* new normal

We've learned some lessons during the pandemic that we believe will guide us into our new normal. We've discovered some wonderful things about ourselves, what we like to do, things we used to do that we don't miss and are unlikely to return to, and things that we want to continue in the future.

CHANGES WE LIKE AND WILL CONTINUE TO DO

We've rediscovered that we like spending time at home together. We like the slower pace of our life now. We've made modest home improvements to enhance our time at home including some additional furnishings, cooking gadgets, outside patio enhancements, and an herb garden. We even have chickens! John has a nice office area, and Linda enjoys time painting in her studio. The gym equipment in the basement gets used more than ever.

We have created a storage area for dry goods and have a second refrigerator in the garage. Buying in bulk reduces the number of trips to the grocery store and we get as much as we can online through Amazon or directly from merchants. We support local businesses by using their delivery services whenever possible. This has become our new normal. "All the comforts of home" has taken on a whole new meaning.

Further, we have both gotten in better shape because we bike, hike, and walk much more than in pre-COVID days. That will continue. Eating out in restaurants used to be a weekly activity. Our home cooking is healthier than restaurant fare. The result is that we've lost weight. And home cooking

is certainly less expensive—we've saved a ton of money in that regard. We don't plan to frequent restaurants nearly as often as we did in the past.



We enjoy "movie nights" at home, taking turns picking the films, watching classics, and new releases. We've gotten into several "series" and binge watch our way through them. We also listen to the radio, audio books, and podcasts. We're unlikely to return to the cinema on a regular basis.

There is strong internet service throughout the house. We download our books and stream our videos. The organizations we volunteer with hold their meetings via Zoom. We are both Town Meeting members and this year attended and participated in a virtual Town Meeting with hundreds of others from the comforts of our living room. We are both fans of virtual meetings. They are efficient, effective, and will continue, as they have become a part of the new normal.

As seniors, we've been forced by the COVID situation to think about what "aging in place" means to us. The horror stories of the virus's impact on nursing homes and assisted living facilities have convinced us that we want no part of them. So many people were held captive in their rooms,

unable to see family, even isolated from each other. We are uncomfortable with decisions being made for us by people disconnected from our

lives and in many cases, unqualified. All of those stories totally freaked us out. We're planning on staying put for as long as we can and preparing for the future by making sure our house can accommodate the needs of an older, but active, couple. We have help with the yard and the house and

are thinking about how we can add to our current support systems as we age.

WHAT WE HAVE MISSED MOST

The top of the list is time with our grandchildren and family. We have not seen them in over a year, not counting planned Zoom events. We miss socializing with friends, weekends in the city to attend the ballet, museums, and other cultural events. We miss simple road trips, dinner parties, hosting guests at our house, and travel abroad.

Our plan for the future is to continue to enjoy the best of this new life that the COVID restrictions have required of us. We will keep feeding the chickens and collecting the eggs, and look forward to combining the best of the old and new normals.

[John Collins is a member of the HURA board and former librarian of the Gutman Library. Linda Collins worked at Harvard's Lamont and Widener Libraries for many years. She is currently the director of the Falmouth (MA) Public Library.]

How effective is just one Pfizer or Moderna shot?

The answer is “not very” and not for long. “The reason that people are so keen on boosters and consider them so vital is that they...send you into this whole other kind of fine-tuning mode of your immune response,” says Danny Altmann, professor of immunology at Imperial College London. Without the second shot this is often followed by a rapid decline.

There are T cells, each of which is specifically tailored to identify a particular pathogen and kill it. But crucially with COVID-19, you usually won't have many of this cell type until the second shot.

BBC Future

Barry Bloom, an immunologist at the Harvard T.H. Chan School of Public Health, said, “With a first shot, the body makes a mix of different antibodies. A booster expands both the number of those antibodies and their range, likely making the vaccine more effective against different viral variants. Boosters increase the amount of antibodies, which increases the duration and, even for a variant, would increase to some extent the ability to bind and neutralize. So giving up a second shot, in my view, is putting people at risk.”

USA Today

How does an mRNA vaccine work? Watch this video that Barry Bloom produced at the Chan School.

https://www.youtube.com/watch?v=TbaCxIJ_VP4&feature=\youtu.be

Fully vaccinated Americans do not need to quarantine if they are exposed to someone with COVID-19,

according to new guidance from the Centers for Disease Control and Prevention (CDC). The new recommendation exempts those who have received the full dose of one of the approved vaccines from having to self-isolate if they are exposed. However, individuals should watch for symptoms for 14 days.

The CDC recommends Americans take advantage of this guidance only if they have received their vaccine within three months of being exposed because it still remains unclear as to how long vaccine immunity lasts.

CDC

Where does COVID-19 go from here?

Experts say it is likely that some version of the COVID-19 virus will linger for years. But what it will look like in the future is less clear.

Will the coronavirus, which has already killed more than two million people worldwide, eventually be eliminated by a global vaccination campaign, as smallpox was? Will dangerous new variants evade vaccines? Or will the virus stick around for a long time, transforming into a mild annoyance, like the common cold?

Eventually, the virus known as SARS-CoV-2 will become yet “another animal in the zoo,” joining the many other infectious diseases that humanity has learned to live with, predicted Dr. T. Jacob John, who studies viruses and was at the helm of India's efforts to tackle polio and HIV/AIDS.

For now, scientists agree on the immediate priority: Vaccinate as many people as quickly as possible. The next step is less certain and depends largely on the strength of the immunity offered by vaccines and natural infections and how long it lasts.

“Are people going to be frequently subject to repeat infections? We don't have enough data yet to know,” said Jeffrey Shaman, who studies viruses at Columbia University. Like many researchers, he believes chances are slim that vaccines will confer lifelong immunity.

If humans must learn to live with COVID-19, the nature of that coexistence depends not just on how long immunity lasts, but also how the virus evolves. Will it mutate significantly each year, requiring annual shots, like the flu? Or will it pop up every few years?

Associated Press

The world deals with anti-vaxers

The Israeli government is not requiring everyone to be vaccinated, but those who choose not to may find their activities restricted. Without a Green Badge with its QR Code that is awarded to those who have been vaccinated, access to leisure activities, restaurants, event halls, and conferences, among others, will be denied. “Getting vaccinated is a moral duty. It's part of our mutual responsibility,” said health minister Yuli Edelstein.

Elsewhere in the world discussions are taking place on reserving international travel to those with “Green Passports,” proving they have been vaccinated. The *New York Times* says that “in the near future, travel may require digital documentation showing that passengers have been vaccinated or tested negative for the COVID-19 virus” and reports that in the travel industry, a new term has entered the vocabulary: vaccine passport. There are already parts of the world that require a yellow card proving immunization for such diseases as yellow fever, rubella,

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Zoom etiquette: some useful tips for attending Zoom meetings

Enter meetings early Give yourself some extra time to fix audio/video problems. Don't burst into a meeting in progress with greetings that disrupt what others are saying. They know you are sorry you're late. But it is polite to greet the host, so they know you are there.

Mute your microphone when you are not speaking It is courteous to mute yourself except when you want to speak. Muting can be done by clicking on the microphone icon at the bottom left of the screen. Click on it again to unmute yourself. For quick comments, just hold the space bar down to unmute yourself.

Muting yourself cuts down on ambient feedback from your location that can be heard by the other participants in the meeting, such as nearby chatter, dogs barking, or radios or music playing. Don't take phone calls and talk while unmuted during a Zoom meeting.

Think about your actions on camera and what viewers see Remember that everyone can see you as you take a big yawn, smirk, stretch, or wander about the room. Also don't eat; your chewing and swallowing food can be distracting to others at the meeting. Try to stay still and look attentive.

What you see of yourself on the screen is what everyone else sees. Center your head by adjusting your camera. It's good to have your computer or web cam at eye level. Raise your computer so that the audience gets eye to eye contact rather than looking up your nose from a lower angle or just seeing your forehead.

If you must do something that others shouldn't see, turn off the video by clicking the camera icon



at the bottom of your screen, which you can find by moving your cursor to the bottom of the screen or pressing the ALT key.

Adjust your lighting Don't sit directly in front of or beside a bright light source or the audience will see a bright light and a shadowy figure. A sunny window should be darkened.

Speak to the camera, not the screen If you speak to the camera, the members of the audience will feel as if you are talking directly to them.

Use the chat function You can send a question or statement to everyone or privately to just one other participant. Some program leaders prefer you use the Q&A function.

Others speaking There is a second or two delay between what speakers say and what you hear—much as on your mobile phone. It's good to wait to make sure the speaker has finished before making comments.



Style questions: HURA editing challenges

HURA editors use the *Chicago Manual of Style*, 17th ed. as our guide to resolve grammatical, punctuation, and stylistic issues. Nonetheless, we often run into questions about current usage when we've found that *New York Times*, *Wall St. Journal*, or *Boston Globe* usage differs from *Chicago*.

For instance, *Chicago* says to italicize titles of newspapers and omit the initial "the". It should be *Boston Globe*, *Wall Street Journal*—even if "the" is on the masthead of the paper.

However, those newspapers themselves do not italicize their titles, and the use of "the" is not consistent. See these examples from their websites:

- ...investigative reporting and business coverage from The Wall Street Journal.
- For customer service at the Wall Street Journal, call...
- Unlimited articles online and in The Boston Globe
- Subscribe to the Boston Globe on YouTube

- Welcome to The New York Times on Facebook
- They don't italicize their titles, but always use "the" whether capitalized or not. So, what are we to do?



When it comes to Personal Titles, we first turn to the *Gazette* for Harvard guidance.

CAPITALIZATION OF TITLES

before or after a person's name:

- Dean of the School of Architecture John Smith
- Mary Jones, associate dean of the School of Architecture
- AP Deputy Managing Editor for Operations David Scott
- David Scott, AP deputy managing editor for operations

NAMED (ENDOWED) TITLES:

all caps both before and after the person's name

- Reginald E. Goodhue, Mary and

Peter Jones Dean of the School of Architecture

- Victor S. Thomas Professor of Government and Sociology Theda Skocpol.

ONE PERSON, two titles—one endowed, one not:

- Evelyn Hammonds, Barbara Gutmann Rosenkrantz Professor of the History of Science and professor of African and African American studies

AFFILIATION TITLES:

- Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases
- Ali Asani, professor of Middle Eastern studies
- Samuel Mehr, a Department of Psychology research associate
- Ryan Enos, a government professor and faculty associate of the Institute for Quantitative Social Science
- ...political scientist Theda Skocpol
- Cora Dvorkin, an associate professor in the Department of Physics

HEALTH ISSUES

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or cholera. The difference is that COVID-19 proof is going digital.

Travel&Leisure.com recently announced that vaccinated travelers may soon be able to visit Hawaii with a digital vaccine passport. Fully vaccinated travelers would get an electronic code that would grant them access to travel throughout the state.

Even the Pope has weighed in. According to *Boston Globe* reporting, at the Vatican, any employee who refuses to get the coronavirus shot without a valid medical reason risks being fired.

HURA Membership Renewal 2021-2022

This year finds HURA imagining new ways to keep our members fully engaged. So many things have changed in the last 12 months, but what remains constant is our dedication to keeping HURA alive for you. Our virtual programs have reached many members who otherwise might not have been able to participate in-person, bringing interesting digital topics into your living room and printed *HURA*

News to your mail. June brings us full circle in our membership renewal period. When you receive a HURA letter in mid-June, please renew your membership with your check for \$20 dues. If you joined HURA in December 2020 or later or are a VERIP new retiree, your complimentary first-time membership will be extended through June 30, 2022.

Carleen Farrell,
HURA Membership Secretary

By the numbers: mostly from the U.S. Census

Population On March 1, 2021 the U.S. population was 330.107 million, with a net gain of one person every 52 seconds: one birth every 9 seconds, one death every 10 seconds, and one international migrant (net) every 605 seconds. Before COVID hit, the net gain overall was one person every 23 seconds.

China's population is 1.4 billion

Canada, 37.7 million

Mexico, 128.9 million

[Find the Population Clock at <https://www.census.gov/popclock/>.]

California has the largest population with 39,512,223 persons; Texas is next with 28,995,881. The District of Columbia has the highest population per square mile at 11,544, but its total population is just 705,749. However, that is more than Vermont or Wyoming. New Jersey is next in density at 1,207.7 persons per square mile and a total population of 8,882,190. New York City's density is 27,754.2 persons per square mile and a total population of 8,336,817.

Life expectancy for persons born in the U.S. in 2019 was 78.8 years, an increase of 0.1 year from 2018. The age-adjusted death rate decreased by 1.2% from 723.6 deaths per 100,000 standard population in 2018 to 715.2 in 2019. [And then COVID-19 hit.]

National Center for Health Statistics

Death rates Dr. Anthony Fauci said that COVID-19 is currently the number one cause of death in the U.S., and life expectancy in the U.S.

in 2020 dropped a staggering one year for white Americans. Minorities suffered the biggest impact, with black Americans losing nearly three years and Hispanics, nearly two years.



"This is a huge decline," said Robert Anderson, who oversees the numbers for the CDC. "You have to go back to World War II, the 1940s, to find a decline like this."

Other health experts say it shows the profound impact of COVID-19, not just on deaths directly due to infection but also from heart disease, cancer, and other conditions.

Associated Press

Foreign born About 44 million people in the United States (one in seven) were born in another country. In fact, most residents have immigration in their family history.

Poverty level The U.S. Health and Human Services Department issues poverty guidelines for each

household size. The poverty level for a household of four in 2020 was an annual income of \$26,200. To get the poverty level for larger families, add \$4,480 for each additional person

in the household. For smaller families, subtract \$4,480 per person. The poverty level for a household of one was \$12,760. Guidelines for Alaska and Hawaii are higher since it is more expensive to live there.

Of all 79.6 million families in 2020, 8.6% lived below the poverty level. In female-householder families with no spouse present, 24.1% lived below the poverty level.

Rates of marriage and divorce in the U.S. declined from 2009 to 2019, but they varied from state to state.

In 2019, there were 16.3 new marriages for every 1,000 women age 15 and over, down from 17.6 in 2009.

At the same time, the U.S. divorce rate fell from 9.7 new divorces per 1,000 women age 15 and over in 2009 to 7.6 in 2019.

Wyoming's marriage rate in 2019 was among the highest in the nation. Delaware's marriage rate was among the lowest. Arkansas's divorce rate was among the highest. Divorce rates in the District of Columbia and Maine were among the lowest in the nation.

Prison populations Black people make up roughly 13% of the U.S. population, and white people make up 64%. Black people make up 40% of the prison population, and white people, 39%.

Huffington Post

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Definition of symbols

Writers use numerous non-alphabet characters that are familiar, but do you know what they are called?

Virgule (/) A short oblique stroke between two words indicating that whichever is appropriate may be chosen to complete the sense of the text in which they occur: *The defendant and his/her attorney must appear in court.* Common usage in modern times is to use the plural “they” or “them” in place of “him/her” or “his/her.” It is also used as a dividing line in dates or fractions: 3/21/97 or ½ and in URLs, as in <http://>. The mark is also known as a slash or

forward slash. The character with an opposite slant is a back slash.

Octothorpe (#) A versatile symbol with many names (among them hash mark, number sign, and pound sign), the octothorpe has become popularized in hashtags, those words or phrases prefixed by the symbol on Twitter and other social media, especially to classify or categorize the accompanying text.

The octothorpe is believed to have been adopted by the telecommunications industry with the advent of touch-tone dialing in the 1960s, but it remains unknown how, exactly, the symbol got its odd name.

As early as 11th Century England, “-thorpe” was the term for village, as in Westhorpe and Nunthorpe. Whether this relates to octothorpe is one of the mysteries of modern life.

Diaeresis (dy-ERA-sis) (¨) A mark consisting of two dots placed over a vowel to indicate that it is pronounced as a separate syllable (as in *naïve* or *Brontë*). Formerly *coöperate* had a diaeresis over the second vowel. In German or Hungarian, this mark is called an umlaut and is used to indicate a different vowel quality. It’s not on your keyboard. In Word, find this one on the Insert menu under “Symbols.”

HURA is a tax-exempt 501 (c) 7 all-volunteer organization. Membership is open to benefits-eligible retirees of Harvard University and is complimentary until the renewal period the following June 30. Thereafter, dues are \$20 annually. Visit HURA on Facebook at www.facebook.com/HUretirees or at www.HURA.harvard.edu.