



BOOSTERS OFFERED. Sri Lankan students and teaching staff participate in activities at a government school in Colombo, Sri Lanka, on October 21, 2021. Sri Lanka last month announced plans to offer booster shots to frontline workers, followed by the elderly, as the island nation gears up to further ease COVID-19 restrictions. (AP Photo/Eranga Jayawardena)

Sri Lanka gives booster shots to frontline workers, seniors

By Bharatha Mallawarachi
The Associated Press

COLOMBO, Sri Lanka — Sri Lanka last month announced plans to offer booster shots to frontline workers, followed by the elderly, as the island nation gears up to further ease COVID-19 restrictions.

Starting November 1, workers in the health, security, airport, and tourism sectors are starting to receive a third dose of vaccine, said Channa Jayasumana, the state minister of pharmaceutical production, supply, and regulation.

The Pfizer booster shots will then include those above 60 years old, he said.

So far, about 59% of the 22 million population have been vaccinated, and the

Health Ministry expects the rate to rise to 70% within three weeks.

The booster rollout came ahead of the government’s plans to lift monthslong travel restrictions between provinces on November 1. The government also announced that train service that has been halted for nearly two months would restart soon.

Sri Lanka lifted a six-week lockdown on October 1 and since then, life has begun returning to normal with the reopening of cinemas, restaurants, and wedding parties as COVID-19 daily cases fell to below 1,000 with fewer than 50 deaths.

However, a ban on public gatherings continues along with some restrictions on public transport.

North Korean soldier in blue generates buzz on social media

By Hyung-jin Kim and
Kim Tong-hyung
The Associated Press

SEOUL, South Korea — A North Korean soldier clad in a super-tight blue outfit in a state media photo has generated a buzz on social media, with some calling him “a superhero,” “a captain DPRK,” or “a rocket man.”

He was among nearly 30 soldiers who posed for a photo with leader Kim Jong Un during an exhibition of weapons systems in October. North Korea then published photos of the event.

They all mostly wore olive green uniforms, the most common color for North Korean military uniforms. Only two of them wore different colors — the one in the blue outfit and the other in a navy-blue uniform, which isn’t that unusual. Kim wore a dark suit.

Some Twitter users in South Korea, the U.S., and elsewhere joked about his appearance, saying he looks like a “human cannon ball,” or the North Korean equivalent of Captain America.

Others called him a



SUPER SOLDIER? In this photo provided by the North Korean government, North Korean leader Kim Jong Un, center, poses for a group photo with fighter pilots who made the demonstration flight at the opening of an exhibition of weapons systems in Pyongyang, North Korea, on October 11, 2021. Kim reviewed the rare exhibition and vowed to build an “invincible” military, as he accused the United States of creating regional tensions and lacking action to prove it has no hostile intent toward the North, state media reported. Independent journalists were not given access to cover the event depicted in this image distributed by the North Korean government. The content of the image is as provided and cannot be independently verified. Korean language watermark on image as provided by source reads: KCNA is the abbreviation for Korean Central News Agency. (Korean Central News Agency/Korea News Service via AP)

“superhero”; a “captain DPRK,” the official acronym for North Korea; a “rocket man”; or a member of (non-existent) North Korean space forces.

North Korean state media didn’t identify the man. But Jeffrey Lewis, an expert at the Middlebury Institute of International Studies at Monterey, tweeted that “It seems he’s the parachutist.”

Other North Korean photos showed Kim watch-

ing a group of jets flying in a formation during an air show ahead of the exhibition. The official Korean Central News Agency said a “top notch parachutist showed landing skills, fluttering red party flag in the (October) sky” before the exhibition’s opening ceremony.

Photos of an earlier air show in North Korea showed parachutists wearing similar blue tight outfits.

Get the care you need

Talk with your provider about your diabetes

The past year has been hard on all of us, as we put on masks, spent more time alone, faced the Delta variant and more. But now it’s time to get the care you need. Providers are ready for checkups, especially for people with chronic conditions like diabetes. And they offer safe in-person, phone and video options.

**All free to Health Share/
CareOregon members.**



November is Diabetes Awareness Month

Diabetes can put you at increased risk of COVID-19. Talk to your provider about the COVID vaccine and other ways to stay healthy:

- ▶ **Blood work:** Find the best ways to test and manage your blood sugar.
- ▶ **Kidneys:** Get a screening to make sure your kidneys are working well.
- ▶ **Medicine:** Talk about tips for taking your meds on time.
- ▶ **Eyes:** Check your vision before any problems arise.
- ▶ **Oral health:** Schedule a dentist visit to keep your teeth healthy



careoregon.org/connect-to-care

Call your provider to make an appointment. Or contact CareOregon Customer Service if you have questions.

Reach us 8 a.m. to 5 p.m.
Monday through Friday at
503-416-4100, 800-224-4840
or TTY 711.

Connect to Care is back out in the community. Look for us at health and resource fairs this fall!

Visit us at the link below for more information.

