

What's On horoscope

By Jacqueline Bigar

Happy birthday for Monday, Jan. 30, 2017:

This year you find that you could manifest a dream when you least expect to. Your surprise will delight many people around you. You'll go through a transformation this year and might wish for some more personal time to work through issues. If you are single, you could meet someone who appears to be everything you wanted and more. If you are attached, discussions surround joint finances. If these talks become too intense, you both might opt for separate checkbooks and accounts. PISCES means well, but he or she can be so impractical. The Stars Show the Kind of Day You'll Have: 5-Dynamic; 4-Positive; 3-Average; 2-So-so; 1-Difficult

Capricorn - (Dec 22 - Jan 19)

***** You have an idea that you want to share. The longer you wait, the more transformed the concept is likely to become. Start a

discussion with someone in the know who is less likely to question what is going on or have a need for more background. Tonight: Till the wee hours.

Aquarius - (Jan 20 - Feb 18)

***** You might be fed up with a changing financial situation that seems out of your control. You know what you expect from this situation, yet it might be difficult to achieve that goal unless you enlist some support. Tonight: Listen carefully before choosing to take action.

Pisces - (Feb 19 - Mar 20)

***** You are goal-oriented, and you know what you want from an ongoing situation. This matter will go in the direction you choose because your focus is on a long-term goal. You might be wondering what has held you back in the past. Take a risk. Tonight: Among the crowds.

Aries - (Mar 21 - Apr 19)

*** Playing it low-key will work well. You could hear information from someone in the know who normally would not spill the beans. It might take a while to digest what you hear and put it into context. Don't take action just yet. Tonight: Get as much R and R as possible.

Taurus - (Apr 20 - May 20)

***** What is presented to you seems too good to be true. Give yourself time to see the possibilities. A new friend who enters your life could be flaky yet inspiring. Your perception might be changing the more you learn to detach. Tonight: Where the crowds are.

Gemini - (May 21 - June 20)

***** You might hear unusual information that you will want to discuss and investigate

further. A vagueness surrounds an immediate problem. A partner or associate might take a while to give you feedback, but it will be worth the wait. Tonight: Opt for togetherness.

Cancer - (June 21 - July 22)

***** What inspires you to act could have a profound impact on your personal life. It might benefit you to have a discussion or listen to a trusted person's feedback. You know more than you think you do, but perhaps you're not willing to acknowledge it. Tonight: Enjoy a movie.

Leo - (July 23 - Aug 22)

***** Working with a partner on a one-on-one basis is right up your alley. You might not know which approach to take, considering everything you need to deal with. Listen carefully when brainstorming with one specific person. Your rationale is easily accepted.

Tonight: Spend time near music.

Virgo - (Aug 23 - Sept 22):

***** Defer to someone else before a situation becomes too dire to work with. You will want to understand what is happening around you, so make a point of listening more carefully. Stay open to others' feedback. Understand what a loved one is trying to say. Tonight: Make it easy.

Libra - (Sept 23 - Oct 22)

***** Listen to your inner voice, and follow through on that message. You need to be resourceful in a professional situation that needs a little push. As much as you want to find answers, you need to work your way through this step by step. Tonight: Get some exercise.

Scorpio - (Oct 23 - Nov 21)

***** You are resourceful and efficient. A child or loved one seems to desperately want your attention. You might want to move ahead and follow through on a personal goal, but this person comes first. Do not underestimate your abilities. Tonight: So what if it is Monday?

Sagittarius - (Nov 22 - Dec 21)

***** You could feel unusually tense about a personal matter. You can't seem to find a resolution easily, so you might want to delegate this issue to someone else who has more experience dealing with such matters. You could be surprised by what comes up. Tonight: Stay centered.

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Born today: Former US President Franklin D. Roosevelt (1882), singer/songwriter Phil Collins (1951), actor Christian Bale (1974)

home decor



customize your headboard

Craft an upholstered headboard from a cutter quilt. Lay the quilt, right side down, on a flat surface and top with lightweight quilt batting. Trim both to fit the headboard, leaving an allowance for wrapping the fabric.

Remove the headboard from the bed and lay it on top of the batting (or paint and dry it first for a new finish), then wrap the quilt around the headboard, top to bottom, securing it on the back with staples. Replace the headboard.

Top your headboard design with pretty wall decals.

indoor gardening



calamondin orange

This hybrid between mandarin orange and kumquat bears fragrant white blossoms in late winter or spring. The wonderfully fragrant flowers develop into showy 1-inch-diameter orange fruits on a shrubby plant with glossy green foliage. Fruits can remain on the plant for many weeks. You can harvest the fruits after they ripen and use them like lemons or kumquats or make them into marmalade.

Growing conditions: Bright to intense light; 65-80°F, 55-65°F, in winter; keep soil evenly moist.

Size: To 4 feet tall and wide.

beauty tips



tips to prevent ingrown hairs

● When shaving, shave in the direction of the growth of the hairs.

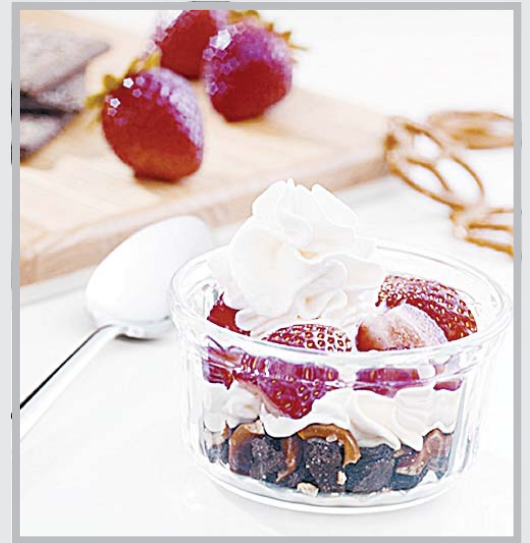
● Use a good shaving gel, foam or oil before using a razor.

● Keeping the skin moisturised and exfoliated.

● Both men and women should use an after-shave lotion to help avoid infection of the hair follicles.

● Avoid shaving too close to the skin by not pulling the skin back during shaving or putting too much pressure on the blade.

taste buds



chocolate strawberry shortcake

Ingredients:

1 chocolate-flavored graham cracker, crushed, 1 tbs crushed pretzels, dairy whipped topping, 1/4 cup cut-up fresh strawberries.

Directions:

Combine crushed graham cracker and pretzels in serving dish. Top with one serving (2 tbsps) dairy whipped topping, strawberries and another serving dairy whipped topping. Serve immediately.

Dear Abby

Wife can't muster sympathy when husband gets a 'cold'

By Abigail Van Buren

Dear Abby: I feel like a terrible wife when my husband gets sick — not majorly sick, but with a run-of-the-mill cold. Men can be terrible babies when they are sick. It is a cold! He's not dying. I happen to have a cold right now, and I am functioning just fine and not moaning and groaning about it.

Also, I am not his mother! When he whines, I shut down or become touchy and crabby. If he doesn't whine, I'm happy to take care of him, but I can't take the time during the day to lie in bed with him (I work from home, so I am accessible to him) to keep him warm. I can't stay up until midnight rubbing his back, and I cannot tolerate the sappy whining.

I made him aware of my disdain for the way sick men behave a number of years ago, but he still acts like the world is ending when he has a cold. How do I tend to him without feeling resentful?

— Not his mother

Dear not his mother: Cold season is in full swing now. Your husband didn't catch one on purpose. When people feel fragile they need TLC, and he is no exception.

Here's how to "tend" to him: Keep a supply of chicken soup on hand, and insist he keep drinking it to stay hydrated. (Chicken soup has magical curative powers.) If he has a headache, there are over-the-counter meds he can take, so suggest it when he complains. While you're at the pharmacy, buy a heating pad and an extension cord for him so you can keep working if he has the chills. (You probably caught his cold while you were cuddling.) Sanitize any surface he may have touched.

Even if you aren't feeling sympathetic, try to appear as if you are — and keep your sense of humor. A final suggestion: Sleep apart until he's no longer contagious, which may give him an incentive to recover faster.

Dear Abby: Every year, my adult siblings and mother exchange Christmas gifts. Since my husband died in 2012, my sister has told me she has made a gift in our name to the Muscular Dystrophy Association. She also makes a production of telling this to my children.

Abby, the MDA sends the person in whose name a donation has been made a notification about it, but we have never received a notice of any kind from them. When I contacted them and asked, I was told a donation was never received.

I always give my sister an expensive gift. After finding out what has been going on, I am really upset. Is this acceptable? I have no problem with not exchanging gifts, but this seems to be a way to receive without giving.

— Hurt in Georgia

Dear hurt: Lying is not acceptable, and your sister should be ashamed of herself if that's what has been going on. Tell her that, having received no notification from the MDA acknowledging her donation, you contacted them to ask why and were "shocked" to hear no donation had been made. If she can't produce proof of payment, from now on agree to exchange Christmas cards — if you're still speaking.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

(Source: Universal Uclick)

what's on today

emergency number 112

Civil ID info: 1889988

Site for checking travel ban www.kuwaitcourts.gov.kw/mojweb/NGeneral/Main.jsp

■ **TIES Qur'an Quotes class:** You are cordially invited to our Tafseer class (Divine Wisdom from the Last Testament) Monday, Jan 30 at 7:00 pm.

In this class, we will focus on Surat Al-Maarij (The Heavenly Ascents) from verse 1 till 5.

From the context of those particular verses, we will answer many questions including the following:

Why did some of the polytheists of Makkah mockingly invoke evil upon themselves? How did Allah (SWT) respond? And why is Allah's justice and mercy significant?

Finally, we will discuss the various types of punishment meted out to polytheists in this world as a forewarning, as well as types of patience.

The TIES Center is the social and educational hub for English Speaking Muslims in Kuwait. For more information, please call 25231015 or e-mail info@tiescenter.net.

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■ **'Intimate Reflections' at Dar Al Furoon:** Dar Al Furoon will open a solo exhibition by Nurieh Mozaffari 'Intimate Reflections' on Jan 16 at 07:00 pm. The artist will be present.

Nurieh Mozaffari was born in Iran. She became seriously interested in painting at the age of 18 and soon after embarked on a BA majoring in Art in Iran. Later, she completed a Masters degree in painting at the Art University in 1996. Teaching in the Faculty of Art at a university was a natural next step. In between and subsequent to her studies her work has appeared in many exhibitions — both joint and solo.

Her works have been exhibited four times in the Iranian paintings biannual.

The exhibition will run until Feb 2. Gallery hours: Sunday to Thursday 10:00 am to 1:00 pm and 4:00 pm to 8:00 pm. Saturdays by appointment. For details contact 22433183.

■ **CAP to showcase 'Until':** Contemporary Art Platform (CAP) is showcasing 'Until' an exhibition by Kuwaiti artist Ghadah Alkandari will run until Feb 22.

Ghadah Alkandari is a Kuwaiti artist born in Delhi in 1969. In 1992 she received a BA in Mass Communications from the American University in Cairo. But it was a six-week painting course at the School of Visual Arts that "shaped my current painting style, which was also influenced early on by both classical painters: Cezanne, Matisse, Schiele, Modigliani and Klimt, and comic books: Mad Magazine, Archie and Asterix."

■ **Football coaching workshops:** Interested in Coaching/professional development?

This weekend Everton Academy, Bayan will be welcoming three top coaches from Glasgow Celtic F.C., the Scottish



"Sricharan Sridhar turned 13 on Jan 29. Greetings come from his friends (left to right) Sridevi Raghunathan, Srividha Venkatakrishnanan, Aadya Badhrinarayanan, brother Srivatsan Sridhar, other friends Sudarshan Sundarajan, Aadiya Rengarajan and Vishvam Venkatakrishnan. Best wishes from his parents Sridhar, Sowmya Sridhar, uncles, aunts and friends in Kuwait, both grandparents, uncles, aunts, cousins and friends from India. May god bless you to have many more birthdays to come."



The visiting Kerala government's Serified Corporation Chairman Victor T. Thomas from Thiruvalla has been honored in Kuwait by friends and social activists recently at a meeting held in Salmiya. Program began with the opening prayer by vicar of Salmiya St Thomas Church Rev Bobby Mathew. Lalu Thomas, S.A. Labba, Jacob Channappa, Oommen George, Iqbal Kuttamanglam, Adv Thomas Panicker, Ansar Kulathupuzha, Abraham Cherian and Josekutty delivered felicitation speeches. Mathew Eapen presented a ponnada and Victor Thomas delivered reply speech.

play competitively with me Rohaina. Classes are held every Saturday from 12-1.30 pm. Bknelled, Euphuize, Waqf, Zooeae are some of the lovely words and there are 200,000 more you can learn with us. But the fun part is playing this wonderful game competitively. So come and see us and call me @66634224, Rohaina Tanweer.

Experience Science for Adults:

Registration is now open for Experience Science for Adults.

Why should kids have all the fun?! The five week programme will be held on Saturday from 10:00 am-11:30 am at the Yarmouk Cultural Centre.

Registration is limited to 16. You may register at either the Amricani Cultural Centre, Sunday to Thursday 10:00-3:00 or the Yarmouk Cultural Centre, Sunday to Thursday 10:00-6:00. For more informa-

tion, please email: education@damuseum.org.kw

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Bridge game: Bridge tournament is being held every Sunday and Wednesday at 20:00 hours, played at the Graduates Club, next to Kuwait Engineering Society. Interested Bridge pairs or individual players please contact Mohammed Merchant, Tel: 24815622, 24841158, 99612287.

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General

Continued from Page 25

all kids aged 8 and above to join me and