

What's On

h o r o s c o p e

By Jacqueline Bigar

Happy birthday for Sunday, July 30, 2017:

This year you create a lot of excitement. As a result, you open up emotionally and enjoy yourself more. There also is a side of you that is intense and secretive, which emerges once in a while in social occasions! If you are single, you could attract people who like one aspect of your personality but not the other. Remember that you need to be accepted as a total person -- only then should you consider making a major commitment. If you are attached, the two of you might have a difficult dynamic at times, where you say one thing but do another. Be aware of this tendency. SCORPIO cannot help but be drawn to you, and vice versa.

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 might be easily drawn into a happening hosted by some friends. Whether it's a cocktail or a softball game, you'll enjoy yourself and let go of stress. Try to keep this attitude

going as long as you can. A partner could be argumentative. Tonight: Where the action is.

This Week: The best days of the week will be Monday and Thursday.

Aquarius - (Jan 20 - Feb 18)

**** Take charge and help others free themselves up for a fun afternoon out. The more relaxed you are, the better next week will be. Others could be somewhat argumentative. Avoid having an argument or playing into someone's negative mood. Tonight: You could go till the wee hours.

This Week: You succeed in carrying a project to its end.

Pisces - (Feb 19 - Mar 20)

***** Reach out to someone at a distance. You could be delighted by this person's news. You might not know how to handle the information. Direct some of your frustration into a physical activity. It won't hurt to weed the yard or wash the car. Tonight: Off to a movie or concert.

This Week: Look beyond the obvious.

Aries - (Mar 21 - Apr 19)

**** Relate to others directly, but know that you might have a problem dealing with your temper when speaking with a key family member. Your intuition helps you make a good choice about how to interact with this person. Tonight: Why not have a date night with a loved one?

This Week: Others seem to want to run with the ball. Let them.

Taurus - (Apr 20 - May 20)

**** Defer to others. Ask questions in order to come to a conclusive understanding, if not an agreement. You might not have the same solutions, but you have the same issue. Respect your differences. Tonight: Accept an invitation that is sure to add a lively tone to the moment.

Gemini - (May 21 - June 20)

**** You could be tired. Take today off for some extra R and R. You need to honor your

needs if you want to go full steam ahead more often. A conversation with a friend could become testy for some reason. Pull back before you have an argument. Tonight: Get a head start on tomorrow.

This Week: You will find many distractions around you this week.

Cancer - (June 21 - July 22)

**** Your imagination comes into play with a loved one. Let go of a problem, and refuse to get into a squabble. Get into the moment. A call or email from someone at a distance makes you smile. You might sense that more is going on than was revealed. Tonight: Act like a kid again.

This Week: Your creativity energizes a project.

Leo - (July 23 - Aug 22)

**** You could be in the mood to change direction. Stay close to home, and invite a friend or two over for a late lunch of a game you all enjoy. You might like not being as much on the go as usual. A partner understands how

you feel, so you don't need to say much. Tonight: Wind down.

This Week: Handle a personal matter first.

Virgo - (Aug 23 - Sept 22):

**** Speak your mind, but also listen to what a loved one has to say. The more you share, the better your understanding of each other will become. You see a loved one as being nearly perfect. Be careful, as this person could fall off his or her pedestal. Tonight: Order in.

This Week: You are likely to say a lot, but might wish you had said less.

Libra - (Sept 23 - Oct 22)

*** Be aware of how possessive you can be. You might want to ask yourself why you are so insecure. On the other hand, this possessiveness also reflects how much you value this person. Open up a discussion, and find your way through this issue. Tonight: Splurge a little.

This Week: Check your budget and expenses.

Scorpio - (Oct 23 - Nov 21)

**** Understand what is happening with a respected associate. Listen carefully and help this person to gain a new perspective. Your ingenuity and creativity come forward to solve a problem and come up with solutions. Tonight: All smiles. Act like it is Saturday night!

This Week: You will be unstoppable Monday and Tuesday!

Sagittarius - (Nov 22 - Dec 21)

**** You could feel out of sorts and not understand what needs to happen to change your mood. Perhaps it is your perspective mixed with a little insecurity. Talk to a trusted family member who has known you his or her whole life and get some feedback. Tonight: Make it an early night.

This Week: Your personality commands the moment.

Born today: Actress Hilary Swank (1974), novelist Emily Bronte (1818), actress Lisa Kudrow (1963)

home decor



canvas wall art

Your wall is your canvas; fill them with your art. Instead of wallpapering your entire apartment try sprucing it up with wall decals. These sticky style accessories are quick and easy to apply without a mess. All you need is a pair of scissors and your creative eye. Try adhering them as an accent (such as behind your headboard), or on an accent wall in smaller rooms like a powder room, nursery or hallway. Remember, it's ok to be bold! Mount these graphics on existing walls, or paint a daring new color beneath for a more dramatic effect. Wall graphics are growing in popularity.

indoor gardening



eupatorium

Eupatorium is commonly known as Ague Weed. It blooms in late July to early September; the plants are adorned with light purple flowers in terminal corymbs. Individual corymbs may reach up to 8 inches (20 cm) across. The flowers are lightly scented and they are very showy when planted in mass plantings.

Site: Requires medium humidity with low to bright indirect sunlight

Temperature: 50-75°F

Water: Keep the soil evenly moist

beauty tips



benefits of facial exercises

With age your face will be full of wrinkles and lines. Facial exercises can help with this creating that facelift look with a non-surgical procedure.

Loose, hanging skin under the chin and neck can be alleviated using face exercises.

Lines around the lips, especially the upper lips are effectively reduced with facial exercises.

Puffy and droopy eyelids are alleviated by facial exercise.

taste buds



lemonade drops cookie

Ingredients: 1 cup butter, softened; 1 cup granulated sugar; 2 eggs; 2-3/4 cup sifted flour; 3/4 t. soda; 6-oz. frozen lemonade concentrate, thawed; Additional sugar for topping

Method: Cream butter and sugar together until light and fluffy. Add eggs, one at a time, beating until mixture is smooth and pale in color. Sift flour and soda together. Add to butter mixture alternately with 1/2 cup lemonade. Drop by tablespoons, about 1-2 inches apart, onto ungreased baking sheets. Bake in a preheated 400° F. oven for 12-15 minutes, or until edges are brown. Remove from oven and sprinkle lightly with sugar.

Dear Abby

Student may benefit from taking a gap yr

By Abigail Van Buren

Dear Abby: My 18-year-old daughter has just graduated from high school. She has now informed me that she's not going on to college, like we had previously discussed, and becomes upset when we try to talk to her. My question is, should we let her make her own decision about this — and pay for it for the rest of her life — or continue to push her into some kind of life skill set?

— Life skills in Missouri

Dear life skills: Your daughter may be burned out from studying. Rather than "push" her into doing something she is sure to resent, consider allowing her to take a gap year.

This does not mean it should be spent resting on her laurels or her fanny. She might benefit from getting a job and learning what the real world is like. It would give her time to mature and, after spending a year in a lower-paying job, she may begin to appreciate the wisdom of furthering her education for the financial benefit it brings.

Dear Abby: I have had a weight problem all my life. What makes it harder is that I have a sister a year younger who can't gain a pound. She has always been the "hot one" and the center of attention. People she has introduced me to have actually said, "I can't believe you're sisters" instead of "Nice to meet you."

Of course, my sister is married, while I am still single. I hate being around her because I feel like a slug. I'm more physically active than she is, and I eat healthier. I'm not ugly, but I feel that way around her. Do you have any advice on handling this?

— In her shadow in Maryland

Dear in her shadow: For starters, stop comparing yourself to your sister. You are overdue for reviewing your own assets as an individual.

You may not be as "metabolically blessed" as your slender sister, but that doesn't mean you don't have important qualities that she doesn't share. Figure out what those are, "polish" them, and you will discover you are a successful person in your own right.

If you think your not being married is a drawback, it's time you understood that marriage isn't a goal; it is only a beginning. It's a partnership, hopefully a successful one, but it's not a guarantee of success in any area.

Dear Abby: My son volunteers teaching classes at a community center and is generous about assisting anyone with anything he is capable of. But when it comes to helping his wife and family, he never has time because he's always helping strangers. I believe his giving should begin at home. How can we get him to see the light?

— Do-gooder's mom

Dear do-gooder's mom: While I agree that charity should begin at home, your daughter-in-law should address this with your son, not you. Suggest she begin by asking him why the psychic gratification he receives from helping strangers seems to be greater than what he feels from helping family. His answer should be an interesting jumping-off place for the discussion that ensues. Everybody needs to feel important, and strangers may be more inclined to express their gratitude.

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)



PIES teachers and administrators

PIES teachers and administrators attended seminar workshop

Teachers and school administrators of the Philippine International English School (PIES) led by their School Principal Antonio A. Caspang attended a recently concluded 3-day training seminar-workshop for administra-

tors and teachers at Hotel Dominique in Tagaytay City, Philippines.

The professional development program hosted by Phoenix Publishing House, Inc. from July 24 to 26, 2017 was entitled

"The 4Rs of Teachers' Professional Development: Retooling, Remodeling, Revitalizing, and Re-imagining". Also in attendance were teachers and administrators from different Philippine Schools in the Middle East.

what's on today

emergency number 112

Civil ID info: 1889988

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

■ **IMA summer classes:** Indian Muslim Association (IMA) Summer Islamic classes.

This year IMA (Indian Muslim Association, Kuwait) with the coordination of IPC, opens the doors of its well-known 2-month long, 'Summer Islamic Classes' program to students in Kuwait from LKG up to 12th standard. Offering a syllabus with a wide range of Islamic subjects such as Quran reading/understanding/memorization, Prophet's Life and Day to day Jurisprudence. Apart from this, teachers work on Personality Development of the students and also engage them in various activities including field visits. Competitions are held on Islamic Quiz, Recitation of Quran and Eloction

Date: July 1 to Aug 24; Timings: 4:00 to 6:30 pm; Venue: Indian Community School, Junior Branch; Salmiya, Kuwait.

■ **TIES Center events:** TIES Center announces following events — Tajweed and Recitation: Learn and practice the

art of reciting the Holy Quran (tajweed). The instructor will also answer questions related to the meaning of the Arabic words and verses.

Every Sunday & Tuesday @ 10 – 11:30am; every Monday @ 5-6:30pm.

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

■ **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.

■ **IPC Islamic Courses:** 'Say: O my Lord, let me grow in knowledge'. IPC is offering Islamic courses in English (for

ladies only). Muslims and non-Muslims are welcome.

1. Tilawa Surah Ar-Rad and Surah Ibrahim — Sundays at 5:30-7:00 pm; 2. Principles of Tafsir (part 2) — Sundays at 7:00-8:30 pm; 3. Tajweed 3 — Tuesday, at 5:30-7:00 pm; 4. Jesus in Surah Mar'iam (part 2) — Tuesdays at 7:00-8:30 pm.

Instructor: Sr Zeinab Hassan Ashry
Place: IPC - Women Section Al-Rawdah, Area 3, Street 30, House 12, opp 4th Ring Road.
Email: ipc_sch@yahoo.com, Telephone: 22512257.

■ **St Paul's Church activities:** English Worship Services on Fridays at 10.30 am and on Sundays at 6.30 pm at St Paul's Church in Ahmadi. The Friday English Service has got separate sessions for Children and Youth. Chinese Worship Services on Fridays at 10.30 am at House No 16, Street 9, Block 11, Salwa. Urdu Worship services on Thursdays at 5.35 pm at St. Paul's

Church, Ahmadi and on Fridays at 5.45 pm at Diwaniya of NECK Campus, Kuwait City. Please contact Fr Harrison Chinnakumar for English and Urdu Congregations and his phone numbers are 66396539 or 239859292 and email address: chaplain@stpaulskuwait.com. For Chinese congregation, please contact Zhu Peijin and her number is 99551783 and email address is: renolivet@hotmail.com

■ **Redeemed Christian Church:** The Redeemed Christian Church of God (HOD Parish) worship in English.

Celebration Service: Friday 9 am – 11 am; Divine encounter: Sunday, 6:30 pm – 8:30 pm; Digging Deep (Bible studies): Tuesday, 6:30 pm – 8:30 pm; Night vigil every last Friday of the month from 10 pm.

Venue: New Mishref. For more information and direction please call 9927-6603, 6557-7482. Email: rccghouseof-davidq8@gmail.com

SAR and Macao SAR of China directly. *Refer to the Convention of Abolishing the Requirement of Legalisation for Foreign Public Documents

■ **Chinese Embassy notice:** Please be noted that effective starting today, the photo used in a Chinese visa application must meet the requirements (For details, please visit the website of Chinese embassy <http://kw.chineseembassy.org/eng/>). Application with non-compliant photos will not be processed.

Thank you for your attention and cooperation.

■ **Indian Embassy notice:** India has

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Sports

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Classes will be from 9:00 am to 12:00 pm every Friday. Those interested may call 99519439 or get in touch with any IFRA member for registration.

Courses

■ **Islamic and Arabic courses:** Islamic and Arabic courses are being offered at the Enlightenment into Islam Center starting

from 5:00-7:00 pm. Registrations can be done at the main office — Women's Committee in Qurtoba. For more information contact: 24322684, 25362693, 97743327 and 25362681.

■ **IPC Arabic Course:** IPC Rawdah Ladies Section will commence the Arabic Conversation Course. The students must have successfully completed at least 3 levels of Arabic. Placement test will be taken by those who took Arabic class outside IPC. Class is every Friday from 9-11 am. IPC Rawdah-22512257

■ **Islamic classes in French:** The Enlightenment into Islam is offering Islamic Classes in French for ladies. Timings 4:30 to 7 pm. Every Wednesday. Please register

at the office (Women's Section), 2nd floor. For more information please contact us. Telephone 25362684, 99789954, 99507076, 97743327. Fax 25342573 (attention — Enlightenment into Islam)

Embassies

■ **Chinese Embassy notice:** Documents issued in Kuwait and to be used in China mainland shall first be notarized and legalised by the Ministry of Foreign Affairs in Kuwait, and then be legalised by Chinese Embassy in Kuwait. Specific requirements and information for document legalisation, please refer to the website of Chinese Embassy in Kuwait.

For documents issued by member countries of the Apostille Convention*, after getting Apostilles from the competent authorities, they can be used in Hong Kong