horoscope

By Jacqueline Bigar

Happy birthday for Friday, May 12, 2017: This year you are receptive to others and their feedback. As a result, you become less stubborn and stuck in your ways. Many people make you feel worthwhile because of their desire to communicate with you. If you are single, a friend will be instrumental in finding you a love interest. It also is possible that the friendship could evolve into more. If you are attached, the two of you make headway and are willing to make changes you never thought possible. You might struggle over financial issues, but you'll become a lot closer as well. SAGITTARIUS knows how to exchange ideas with you.

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 appear to regain your strength in a professional situation. You could be overly tired by a back-and-forth situation that surrounds your day-to-day life. Your professional or work life could become more demanding. Tonight: Make it OK to say "no" if you want to.

Aquarius - (Jan 20 - Feb 18)

***** Friendship and meetings are likely to occupy a good part of your day. Whether you internalize some of what is happening will be up to you. You are more likely to detach and take an overview. A child or new love interest could be very difficult. Tonight: Join your friends.

Pisces - (Feb 19 - Mar 20)

*** Take charge of a professional situation. Your caring attitude makes a difference to many people, especially your significant other. You'll feel much better having this person's support. Changes on the homefront might be difficult but necessary. Tonight: All eyes turn to you.

Aries - (Mar 21 - Apr 19)

**** Keep trying to reach out to someone at a distance. Recognize that you could be misreading a situation and making an incorrect judgment. Ask a question or two, and you'll help clarify what is happening for everyone. A partner or friend is there for you. Tonight: At a favorite place.

Taurus - (Apr 20 - May 20)

**** A close relationship blossoms even more because of a shared mutual hobby or interest. The two of you often debate the pros and cons of a matter. You might be getting to know each other well enough to be sarcastic and not cause hurt feelings. Tonight: With your best friend.

Gemini - (May 21 - June 20)

**** You want to defer to a loved one or a business partner. Your support makes a significant difference to this person. A new love interest might express an unusual interest in your day-to-day routine. Instead of wondering why, just ask. Tonight: Dance away any anger or frustration.

Cancer - (June 21 - July 22)

*** Pace yourself, knowing that you have a lot to do right now. You might need to clear out a project before the weekend officially starts. Don't allow a family member to disrupt your communication. You need to stay on topic. Tonight: Decide how much energy you have first.

Leo - (July 23 - Aug 22)

**** You can't just sit on your enthusiasm. You know what you want to do, but you also understand that you need to jump through some hoops first. Allow your creativity and understanding to emerge. You could be surprised by what happens as a result. Tonight: Be a wild thing.

Virgo - (Aug 23 - Sept 22):

**** Allow more playfulness to enter different facets of your life. Your focus might be more on your personal life than on your professional life right now. You probably will want to work from home or take the day off if you can. Keep an open mind. Tonight: Your home is your castle.

Libra - (Sept 23 - Oct 22)

***** Conversations might be more vibrant, touchy or difficult than you expected. You could be unusually dynamic, but not exactly present, when dealing with others; you seem to be missing a detail or two. Know that you are unusually lucky. Tonight: Hang out with a friend or two.

Scorpio - (Oct 23 - Nov 21)

***** You might not want to deal with your finances, but you'll create a bigger problem for yourself if you don't. Your intuition will point you in the right direction. You could be dismayed by a partner's desire to spend money. Think before you speak. Tonight: Watch your budget.

Sagittarius - (Nov 22 - Dec 21)

**** Trying to gain clarity could be difficult at best right now, as a fog seems to float through your domestic life. Your attitude throughout the day might be colored by certain events. Reach out to friends who remain optimistic and positive. Tonight: Follow someone else's lead.

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Born today: Musician Steve Winwood (1948), comedian George Carlin (1937), TV personality Tom Snyder (1936)

home decor

pattern perks

Using a stencil and acrylic paint, transform inexpensive solid-color sailcloth curtains into designer-worthy draperies. This elegant arabesque motif repeats at staggering intervals to create an eye-pleasing design. Lay the panel flat and plan your arrangement before you start painting. Be sure to have a protective layer such as newspapers beneath the panel so the paint doesn't leak through the fabric onto your work surface.

indoor gardening

bunny cactus

The Bunny cacti is native to northern Mexico and desert regions stretching into Arizona. This cacti has no central stem or leaves. The individual segments which constitute the cactus body are oval shaped pads from which additional segments form. These new segments always grow in pairs, giving new growth areas the appearance of bunny ears. Flowers will always sprout from the terminal ends of segment pads. The fruit and flowers are non-toxic to pets and children.

Temperature: From 70-100°F (21-3°C), but demands cooler temperatures during the winter months.

Light: Full light for most of the year, except during the winter cycle.

Watering: Polka-dot Cactus is a desert species. It should be given water on a regular basis during its first season in a new pot.

Soil: Like most cacti, this specimen demands sandy soil-bases that drain easily.

beauty tips

combat hair loss

Hair loss is the most common problem today. Various reasons like hairstyling, infection, dandruff and other factors lead to hair loss. But, with the use of castor oil this loss can be stopped. Just take some castor oil, and massage it to your scalp and roots. Wash it off, after leaving it for an hour or two. Ricinoleic acid that is present in castor oil helps to protect your hair and stimulates circulation of nutrient rich blood to your scalp

If you want to grow your hair within a few weeks, then no other oil can be as good as castor oil. When you use this oil regularly on your scalp, it boosts blood circulation to the follicles, leading to hair growth. It even supplies omega-6 essential fatty acids that is needed to grow healthy hair. Apply the oil and leave it overnight, covered with a cap for deep penetration. Wash it off the next day.

taste buds

cheesy potato

Ingredients: 2 tbsp. extra-virgin olive oil, 30g butter, 1 large onion, chopped, 500g shredded frozen hash brown potatoes, salt and freshly ground black pepper, freshly grated nutmeg, to taste, 100g extra-sharp white Cheddar crumbles

Method: Heat a skillet with extra-virgin olive oil and butter over medium-high heat. Add onions and let soften 2 to 3 minutes. Add potatoes, season with salt and pepper and cook 20 minutes, turning occasionally, until brown and crispy. Season with a little freshly grated nutmeg, to taste, and add cheese. Turn the potatoes and onions with cheese to melt the crumbles and crisp the cheese a bit, about 1 minute. Transfer to serving dish.

Dear Abby

Emotional intensity of work leaves man drained at home

By Abigail Van Buren

Dear Abby: When I was in my 20s I chose a career whose long-term effects I hadn't anticipated. I am charged with telling people they are dying and watching them die on a daily basis. While I know I am good at it, it leaves me emotionally drained.

I manage to muster up enough energy to try to be there for my kids but, frankly, I can't seem to be there for anyone else, including my wife, co-workers and close family. My problem is, this has left me with no emotional support (my children are too young for that, although playing with them is some help) and there are tough days when I really need it. Advice?

Abigail Van Buren

— Alone from my work

Dear alone: You need a support group. Many people in the medical field find them to be a helpful outlet. Rather than blame yourself for your inability to "be there" for your co-workers and family members, joining a group might help you to relieve some of the stress you are experiencing by talking about it. If you do, I'm sure you will find you are far from alone. If there isn't a support group already there for you, please consider starting one, because airing those emotions you haven't been able to share would be extremely helpful.

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Dear Abby: I've been dating a guy for two years. He has his late mom's wedding rings. He always said he would use them if he ever proposed to anyone.

Well, he proposed to me last week. Last night he informed me that he had let his ex-girlfriend of 10 years wear the rings because she loved jewelry. It made me sick to my stomach, and made his proposal not mean anything to me.

I told him it would be like me giving him my ex-husband's wedding band to wear. He doesn't understand because he didn't use them to propose to her, but to me that's beside the point. They were on her hand.

I told him he should have given me the option of wearing the rings or having him buy my own set. He thinks I'm just supposed to be OK with this. Am I out of line feeling the way I do?

— Tarnished in Tennessee

Dear tarnished: I don't think so. To say this "guy" lacks sensitivity would be an understatement. Are you sure you actually want to spend the rest of your life with someone so clueless?

When he allowed his former girlfriend to wear his mother's wedding rings "because she loved jewelry" rather than because they were planning to marry, the symbolism of bestowing them vaporized. If you do plan to go through with it, "suggest" he buy you ones or use the stones from his mother's rings in a different setting for a ring you will enjoy wearing rather than feeling like Secondhand Rose (third-hand, actually).

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Dear Abby: My son is graduating this year. To celebrate, I would like to have dinner at a restaurant with a group of friends (adults) and their children. However, I'd like them to pay for their own meals. How do I address an invitation to such a get-together?

— Not a free dinner

Dear not a free dinner: You could put on the invitation that this will be a "no host" celebration. Or, rather than issue a formal written invitation, simply call your friends and describe what you have in mind.

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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

FRIDAY

■ **IDAK to hold Symposium 2:** The Indian Dentists' Alliance in Kuwait (IDAK), in association with the Kuwait Dental Association (KDA) is all set to conduct a full day scientific symposium in dentistry on Friday, May 12, 2017. This year, IDAK is bringing prolific speakers in the specialities of Implant dentistry, Endodontics, Oral and Maxillofacial surgery, Pediatric dentistry and Dental Anaesthesia.

Dr Soni Stephen, Specialist Principal dentist, Pediatric Dentistry, University of Sydney, Australia, will talk about behaviour and pain management in children by using technology and social media as an aid. He will also elucidate on recent advances in pulp therapy in young patients.

Dr Sherry Peter is the lead consultant in Craniofacial surgery at the renowned Aster Medcity in Cochin, Kerala. He will be talking about esthetic reconstruction in maxillofacial surgery. In another lecture, he will deal with distraction osteogenesis and its current reach.

IDAK is affliated to the Kuwait Dental Association. The 2nd IDAK International Symposium will hold the distinct honour of hosting its first Kuwaiti speaker, Dr Mohammed Abdulwahab, who is an Assistant Professor at the Kuwait University. His area of expertise is dental anaesthesia and will enlighten the delegates on the possible causes of incomplete or failures in dental anaesthesia.

Prosthodontist, Dr Vijaysinh More who holds an implantology degree from France, will be lecturing on volumetric bone classifications and implant occlusion, a topic that is eagerly awaited by many practicing dentists as the trend for implants has gained momentum amongst patients.

Dr Vivek Hegde, Vice-Principal at the M.A. Rangoonwala College of Dentistry in Pune, India is a prolific speaker in the world of Endodontics, and conducts courses on the use of microscopes & lasers in dentistry. In addition to Endodontics, he holds a Masters Degree in Laser Dentistry from Vienna. His talks will be based on retrieval of separated instruments in the root canal complex and on the newer concepts in endodontics.

IDAK welcomes all dentists in Kuwait to register for this mega learning experience on its website, www.idakuwait.org. The symposium has been credited with 8 CME points by KIMS in category 1. The symposium will be held at the Health Sciences Center Auditorium, Kuwait University, Jabriya from 8:30 am onwards. Do visit the website for further information.

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■ **Nanma free medical camp:** Nanma Kuwait Malayalee Association is conducting free medical camp in association with Indian Doctors Forum on Friday, May 12, 2017 at 8am at Indian Community Sr School Auditorium, Salmiya. Free Consultation will available. Kindly register your name on or before April 10, 2017. For registration form and other details kindly contact any one of the following officials.

Madhu Appukuttan (Convener) Mob # 66939475, Kalanjoor RadhaKrishnan (President) Mob # 66039847, Parimanam Manoj (General Secretary) Mob # 97542985, Noushad Vytilapally (Treasurer), Mob # 51363613.

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■ **FBC tournament:** Filipino Badminton Committee (FBC) is inviting all badminton enthusiast in Kuwait to join their regular badminton tournament being held every Friday from 8 am to 7 pm at Kuwait Disabled Sports Club, Bin Khaldoun Hawalli. Over 10 badminton courts are now available for badminton practices and tournament and it is open for all nationalities and from different badminton organizations. Exclusive-private court are also available on per hour rental. For more information, please contact Dr Chie Umandap – 97197268

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■ **Arnis/Eskrima training:** Eskrimador-Kuwait a member of Cacoy Doce Pares World Federation now opens a new batch of training. Learn the Philippine national sports, which is Arnis/Eskrima with the authentic style and techniques. Training schedule will be every Friday from 11:00 am to 1:00 pm @ Kaifan Sports Complex-Karate Gym. Text or call #50292148-Herms.

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■ **Free IFRA coaching classes:** Indian Football Referees Association (IFRA) will be starting free refresher/coaching classes for existing referees, new recruits, those aspiring to be referees and even those who would like to learn about the laws of the game at IEAS – Salmiya (Don Bosco).

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.

SATURDAY

■ **YMCA revival convention 2017:** YMCA Kuwait convention will be held on May 9 to 13, 2017 (Tuesday to Saturday) at Salmiya and Abbassiya. Renowned preacher Dr Ezekiah Francis & Rev Benita Francis will preach the Word of God.

The schedule of convention is as follows: May 9 at UAE Exchange Bldg Hall, Salmiya; May 10 at Ebba Hall, Abbassiya; May 11 to 13 at United Indian School, Abbassiya. All are welcome to this program.

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■ **DAI Experience Science:** Scientists from the Islamic world helped build the foundation of today's science. In biology, astronomy, chemistry, physics, optics, and math, Muslim scholars like Ibn Haythem, Ibn Hayyan, Al-Fazari, and others, made significant contributions to their fields.

Experience Science is a special programme led by "Dr B" (Dr Bahareh Azizi), who's planned some pretty cool experiments that include strawberry DNA, Oreo moon phases, and bending light!

Designed for children ages 10-13, each Experience Science 90 minute session (3:30 - 5 pm), which will be held at the Yarmouk Cultural Centre, includes a look at the role of Muslim scientists in a specific field, what's happening in that field today and a couple of hands-on experiments.

Week Six (May 13): Family Day at Amricani

To register your 10-13-year-old for this programme, please visit the museum shop at either the Yarmouk or Amricani cultural centres. Spaces are limited; to register, email: education@darmuseum.org.kw

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■ **Scrabble sessions are back:** Scrabble sessions are back for all to come, learn and play with us at Better Books, Salmiyah, Bldg 19, next to Badur Travel, opposite the Ministry of Private Education, on Friday afternoons from 2:30-5:30 pm. Inviting all kids aged 8 and above to join me and 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.

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■ **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 Premier League Champions, including their International Academy Manager, Tony Massie.

They will be delivering a certified Celtic Coach Education program on Saturday, 6-8pm, Sunday, 6-8pm and Monday, 8- 9.30pm. Certificates will only be awarded to coaches attending all 3 sessions.

Places are limited - register at Bayan office any evening 5-8pm.

A photo from the event.

BSK Year 3 students visit Trampo

Year 3 students from the British School of Kuwait (BSK) visited Trampo as part of their science curriculum. The students loved the variety of different jumping activities they took part in such as basketball, dodgeball, the foam pit and the trampolines. The session certainly raised their heartbeats!

BSK has always valued a hands on approach to enriching its British based curricula, which has been greatly received by both students and parents alike. Year 3 were a credit to the school in their behaviour and manner at Trampo and greatly enjoyed the visit.

It was a great experience to all those involved, and BSK students look forward to their next outing!