

What's On

h o r o s c o p e

By Jacqueline Bigar

Happy birthday for Monday, Dec 9, 2019:

This year, you have an opportunity to stabilize your day-to-day life. Even with additional excitement, certainty becomes more regular. If single, you could meet someone going off to work or even just shopping. You do not need to push. If attached, the two of you often enjoy your home life together. You can be found chatting around a warm fireplace or making a meal together, laughing away. This closeness creates a strong bond. Taurus is as stubborn as you are adventurous.

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)

**** Reach out for someone at a distance

who you rarely visit. He or she has a fun-loving nature that you enjoy. Sometimes, even at this time of year, you can feel weighed down. Nevertheless, you will enjoy a conversation with this person. Tonight: Ever playful.

Aquarius - (Jan 20 - Feb 18)

**** Pay attention to an emerging issue, perhaps on the homefront. If you can nip it in the bud, you scarcely will notice a problem. Do not allow a situation to brew and cause trouble. Tonight: Happy at home.

Pisces - (Feb 19 - Mar 20)

**** You will speak your mind. If you feel you are not heard or responded to appropriately, you will most likely escalate the issue in some way. You might find that a change in attitude could be helpful. Tonight:

Make time for a neighbor.

Aries - (Mar 21 - Apr 19)

**** You could experience a weird feeling yet be unsure as to where the irritation stems from. Use care in discussions so this feeling does not interfere until you understand it. Finances continue to be primary. Tonight: Taking a break from all the activity.

Taurus - (Apr 20 - May 20)

**** You can accomplish what you want if you do not trip yourself up with words like "impossible" or "no." A brainstorming session helps you open up to vistas yet unseen. Let go of restrictions that are not necessary. Tonight: Put on some great Christmas music.

Gemini - (May 21 - June 20)

*** Your ability to look past the obvious might cause you trouble, yet other times it can prove helpful. What you see as a potential problem or issue helps you find an even better route to the same end. Tonight: Get some extra ZZZ's.

Cancer - (June 21 - July 22)

**** Your emotional nature allows you to identify with others more easily than most people. Use this skill in a meeting or discussion. Before you know it, others will support your side of an issue. Tonight: Telling it like it is.

Leo - (July 23 - Aug 22)

**** Others often follow your lead in social situations. Your knowledge tends to draw others for advice. Though you might not see

the advantage of a particular situation now, you will in time. A child or loved one wants your attention. Tonight: Could be a late one.

Virgo - (Aug 23 - Sept 22)

**** Your imagination comes to the rescue more frequently than others realize. You can handle a difficult person or child with ease because of this innate skill. He or she might be upset, but not necessarily with you. Tonight: Easy works.

Libra - (Sept 23 - Oct 22)

*** Settle in and recognize your priorities. How someone deals with a problem might be a lot different from how you would. How the problem impacts you might be a lot different. Focus on domestic and personal matters. Tonight: Let the party begin.

Scorpio - (Oct 23 - Nov 21)

**** Reach out for a friend who might be overwhelmed by all the holiday hoopla. You cannot prevent another person from handling a problem in a different manner than you want at this time. Be a good listener. Tonight: Visit over dinner.

Sagittarius - (Nov 22 - Dec 21)

**** Reach out for someone at a distance who you care about. He or she might feel limited or off this holiday season. Your call will certainly brighten up the moment. Consider ways to help this person move through his or her mood. Tonight: Run errands on the way home.

Born today: Actor Kirk Douglas (1916), actor Beau Bridges (1941), Indian politician Sonia Gandhi (1946)

home decor



curtain décor

Beads can be sewn onto edge of curtain as a fringe, or can be sewn onto fabric to add sparkle to curtain. This can be done by using contrasting colors, or using same colors as fabric that will reflect light without adding a competing color. These beads can be sprinkled randomly on curtain, or placed in predetermined pattern. Beads can also be sewn to edging of sheers and drapes for an elegant touch.

Putting a fringe of beads on bottom of café curtain in bright family room or sunroom would really brighten room up. Using same kind of fringe on draperies creates completely different look.

indoor gardening



laeliocattleya

Laeliocattleya is an intergeneric hybrid of orchids. Racemes of large, showy flowers, in a range of bright colors, are borne at the tips of the pseudobulbs, above the foliage. They mostly produce a single, lance-shaped, leathery leaf, but may also bear 2 on each elongated pseudobulb, depending on the percentage of the hybrid.

Site: Plants can withstand hot weather if adequate ventilation and humidity are provided.

Temperature: Temperature is between 65°F and 75°F in the day and between 58°F to 62°F at night.

Water: In the summer, the plants must be thoroughly watered and misting is required, in the fall, reduce watering.

beauty tips



caffeine & health

Caffeine popularly consumed in coffee, tea, soft drinks and, in smaller doses, chocolate is a drug.

Caffeine can affect your sleep by keeping you awake longer, thereby shortening the amount of sleep you get, and giving you less time in the restorative stages of sleep, which takes a toll on your level of alertness the next day and overall health.

Experts believe that increased levels of cortisol lead to stronger cravings for fat and carbohydrates, and cause the body to store fat in the abdomen. (Abdominal fat carries with it greater health risks than other types of fat.)

taste buds



hot 'n spicy chicken wings

Ingredients:

5 lbs bag chicken wings
12 fl oz hot sauce
1-2 sticks butter

Method:

Fry chicken wings until golden brown and drain on paper towel. Mix hot sauce and melted butter and pour into deep pan or crock pot. Add chicken wings to sauce and heat thoroughly.

Dear Abby

Oldest worker gets more night shifts than others

By Abigail Van Buren

Dear Abby: I work in a small office with five other people. Due to the nature of our business, we work various shifts throughout the day.

I am the oldest employee, and when it comes to our schedule, I feel discriminated against. I usually get four night shifts and one day shift a week. Everyone else gets one night shift and the rest daytime shifts.

The lead technician is the one who arranges our schedule. If I ask her about it, she tells me she has no one else or some similar excuse when I know she easily can change things to make it more fair. I am not one of her "buddies," probably because I'm at least 20 years older than the rest.

I just get very frustrated every time I see my new schedule. Even the part-time people get better hours than I do. Is this discrimination?

— Wondering in Iowa

Dear Wondering: Did you fill out a form listing your availability as open or flexible? If so, modify it. If you truly feel you are being discriminated against because of your age, talk to your supervisor's boss about it. And if things are not made more equitable, consider reporting it to the Equal Employment Opportunity Commission (EEOC).

Dear Abby: I am asking for advice about our daughters-in-law. We have two sons whose wives want to spend every holiday with their parents, period. No alternating holidays. This means my husband and I spend the holidays alone, then "get" to have a get-together at a date and time convenient for them.

I know our sons are partly at fault, but they are trying to keep peace in their lives. Any suggestions would be appreciated. One daughter-in-law used the excuse that her grandfather is 99 and may not be around forever, to which I replied that I'm 70 and none of us know how long we have.

We raised our daughter to respect her in-laws as well as us, and she alternates holidays. Please help with this, Abby.

— Missing Out In Texas

Dear Missing Out: This happens in many families. I wish I could wave a magic wand and turn your daughters-in-law into less-insensitive, more-caring people, but I can't. Your sons are more than "partly" at fault for not insisting on fairness. Because they're not assertive, the most pragmatic suggestion I can offer is that you make plans of your own for the holidays that don't include them — the nicest your budget allows.

Dear Abby: Please do not reveal my location if you print this. I live in a small town and am part of a club that meets monthly. We are less than a dozen gals who discuss a book or politics. I know they all socialize with each other. With one exception, I have never been invited.

That said, we have different interests outside the club. They are smart, fun, loving women. However, I have felt that on more than one occasion, a comment was directed at me that I am not welcomed. I have been told, "Don't take it personally." Should I? How do I address this?

— Hurt In The West

Dear Hurt: This book club should not be your only social activity. Surely you have other interests, as these women do. If you felt a comment was made that caused you to feel unwelcome, the appropriate response would have been to say, "Would you please clarify that comment?" Or even, "My feelings are hurt. Why would you say that?"

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)



Photos from the event

Indian Learners Own Academy excels in Kuwait Children Science Congress

Indian Learners Own Academy sparked in the Kuwait Children Science Congress 2019 organized by Science International Forum Kuwait at the grounds of Indian Learners Own Academy. Three of the teams, comprising of two from Senior and one from Junior category secured outstanding 'A' grade. The Junior team from Class 8, Aleena Mariyam and Abiya Maria Sunu qualified for Nationals with A+ grade, which will take place at Thiruvananthapuram, Kerala between Dec 17 and 31.

Their project was Microbial Fuel Cell food waste as sugar source. They were guided by Mrs Nancy Nirmala, the Chemistry teacher of the school. The project focuses mainly on the production of current using fuel cell consisting of Buffer solution in one chamber and different types of food waste in another chamber. Johan John Binson and Chris Geo Biju of Class 7 guided by the Physics teacher Mrs Nissy Paul, explained the process of converting used oil into clean fuel in the form of bio

diesel. The Senior team from Class 10, Abu Yasin and Asim Mujeeb Rahman presented the extraction of heat energy from compost pile as a useful source of energy. They were guided by Mrs Sabeena Ramlan, the Biology teacher of the school. Removal of micro-plastics from water using ferro fluids was another project presented by Kenneth John Philip and Martha Maria Joji of Class XI, who were guided by the Physics teacher, Mrs Jaseela Naufal.

what's on today

emergency number 112

Civil ID info: 1889988

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

■ **BBBC weekly services:** Bible Believers' Baptist Church (BBBC) in Mangaf invites you to visit us for our weekly services in English. Friday morning Bible teaching starts at 10:30 am. The Sermon and Children's Church begins at noon. On Monday evening we hold our prayer meeting and Bible study at 7 pm. For more details, please call 66220416 or email faithful.stewards@gmail.com

■ **Enlightenment into Islam course:** Enlightenment into Islam would like to announce the courses on "Tawhid is Salvation And Shirk is Destruction". Every Monday from 5 - 7 pm in Qurtuba. For details contact: 25322684, 97743327, email: fa-tanweer@hotmail.com.

■ **El Shaddai weekly fellowship:** The El Shaddai DWXI-PPFI Kuwait Chapter invites all the Filipino in our weekly fellowship.

● Every Monday, 7:00 pm to 9:00 pm St Joseph Hall (Basement), Holy Family Cathedral, Kuwait City.

● Every Friday (except 1st Friday), 12:30 pm to 4 pm, Sacred Heart Hall, Holy Family Cathedral, Kuwait City.

For more information please call any of the following nos: 66758948, 66523946, 99615956, 99495832, 66078953 and 67067956.

■ **KTCC activities:** Worship service - every Wednesday 7:00-9:00 pm at North Tent, NECK.

Children's Bible School - every Wednesday 7 to 9 pm at Activity Building, NECK.

Overnight prayer - every 1st Thursday

from 10 pm - 4:00 am at Diwaniya, NECK.
Communion Service - every 3rd Wednesday.
The Following meeting are held at our

KTCC Prayer House:
1) Children Bible School Teacher's Prayer - 1st Saturday 7 to 9 pm.
2) Children's Prayer - 2nd Friday 6:30 pm to 8:30 pm.

دار الأئمة الإسلامية	
Dar al-Ahwal al-Islamiyyah	
December 9 - 14	
Lecture Workshop الأثنين Monday 9	Maria Shukri Mind Mapping workshop 5-7:30PM, Yamouk Cultural Centre
Film Workshop الثلاثاء Tuesday 10	Trudy Kawami New Light on the Merchants and Rulers of Dilimun 7PM, Yamouk Cultural Centre
Music Workshop الأربعاء Wednesday 11	Maria Shukri Mind Mapping workshop 5-7:30PM, Yamouk Cultural Centre
Special Events الخميس Thursday 14	يا عمري 104 Wrinkles 7PM, Yamouk Cultural Centre
	ورشدة صناعة حباله مطاوع من علبه البلاستيكية Key Ring Polymer Clay Workshop 4PM, Amikari Cultural Centre

www.darmuseum.org.kw
@DAI_Kuwait

A flyer of the events.

Items for the What's On page can be sent directly to the Arab Times, P.O. Box 2276, 13023, Safat or faxed to 24818267 or e-mail to arabtimes@arabtimesonline.com.
All items on this page are published as a courtesy to the public. These announcements can include birthday greetings, weddings, social functions or any other non-commercial events. Photographs of all events are welcome.

3) Bible Study - every 2nd and 4th Sunday at 7:30 pm to 9:00 pm.
4) ISOM - Batch 1 Class Tuesdays - 7 to 9 pm and Batch 2 Class Fridays - 4 to 6 pm.
5) Choir Practice - Mondays - 6 to 8 pm.
6) Men's Fellowship - 4th Friday - 10:00 am to 12:00 pm.
7) Women's Prayer - (Abbasiya) - 3rd Sunday - 6:30 to 8:30 pm and (Salmiya) 4th Tuesday - 6:30 to 8:30 pm.
8) Fasting Prayer - every 3rd Friday from 12:00 Noon - 3:30 pm.
9) Cottage Prayers - every 2nd and 4th Week.
10) Baptism Service - every 4th Friday.
Welcome to all Tamil regular people to participate in our regular activities to worship the Lord in our own mother tongue and be blessed!
For details or for any prayer needs contact Tel No: 66920350 / 99432849.