

What's On

h o r o s c o p e

By Jacqueline Bigar

Happy birthday for Friday, Feb 22, 2019:

This year you will experience a lot of diversity. You will want to be more creative about your personal life. Confusion surrounds your decisions. Give yourself time to grow past a problem. If you're single, be open to meeting people, though someone of consequence could be months away. If attached, be more flexible than you have been in the past. Libra could be challenging.

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 are on top of your game. Someone demonstrates how important it might be to create a certain impression. You feel as if you can keep it together. Be aware of how

much deception is necessary to achieve what you desire. Tonight: You might be more controlling than you realize.

Aquarius - (Jan 20 - Feb 18)

**** Reach out for someone you really care about. This friend comes through for you more often than not. You will feel better with this contact. You might be weighing the pros and cons of being less controlling and more open. Tonight: Do not keep the same criticism.

Pisces - (Feb 19 - Mar 20)

*** Emotions could be intense. Emphasize your priorities. A meeting might be more important than you realize. Stay relaxed, but know what you want. Do not allow an intense moment to throw you off track. Don't lose your priorities. Tonight: A loved one comes

through for you.

Aries - (Mar 21 - Apr 19)

**** You might not choose to say everything that is on your mind. Someone is clearly drawn to you and wants to be around you. You might not want to hurt his or her feelings. Still, you need more space. Tonight: Join a loved one at a cool spot.

Taurus - (Apr 20 - May 20)

*** Pace yourself. You have a lot of ground to cover, and you will. A partnership proves to be most beneficial at the moment. The other party often goes overboard expressing his or her caring. Your security might be more important than you realize. Tonight: Togetherness works.

Gemini - (May 21 - June 20)

**** You might see a relationship differently than the other party, which could be the beginning of a misunderstanding. Though you might both enjoy some interactions, one of you makes it more significant than the other. The words don't count but the feelings do. Tonight: Throw yourself into the weekend.

Cancer - (June 21 - July 22)

**** Be ready for the unexpected. There is a sense of exaggeration around you. Be sure of what you want and expect from another person. You come from the heart, and others sense how "real" you are. Tonight: Do not wander too far from home.

Leo - (July 23 - Aug 22)

**** Don't go to extremes, but do reach out for a loved one. You have not had time to catch up on news. Visit a friend. Stay upbeat

no matter what comes down the path. Tonight: Make the most of the night.

Virgo - (Aug 23 - Sept 22)

*** Keep the moment light. Don't go overboard trying to make the most of an opportunity. Putting your energy into a project is great, but not letting go could be a problem. When you release your energy from a project, you see the end results. Tonight: Let the party begin.

Libra - (Sept 23 - Oct 22)

**** Opportunities come forward that you might want to check out. You could be surprised by all the support you get. Communication could be tied into a power play. You might feel flattered by all the attention over the end results. Tonight: In the limelight.

Scorpio - (Oct 23 - Nov 21)

*** Lie low, understanding what is needed to get past a problem. You might want to pull back and allow a personal matter to settle. You could be surprised by what happens if you just hang out. Tonight: Where your friends are.

Sagittarius - (Nov 22 - Dec 21)

**** Express an innate joyousness. A friend and loved one wants to get closer and become more a part of your life. Be honest about how you feel. You cannot hedge much longer. Curb boldness and bluntness. Be as clear as you can. Tonight: Be where the crowds are.

Born today: First US President George Washington (1732), US Sen. Ted Kennedy (1932), actress Drew Barrymore (1975)

home decor



spring photo frame

Supplies: Spring set of a small bed; wall hooks; mini clothes pins; photos; power drill; drill bit slightly narrower than mounting screws; screw bit (for drill) or hand-powered screw driver; tape measure; level and/or chalk line

Instructions: Select the wall you want to mount the spring set frame. Measure the bed and then, using a drill bore out holes for your mounting screws, secure the hooks to the wall using the included screws. Mount the bed frame on the hooks. Secure the photos to the springs with the clips.

indoor gardening



t. pulchrum

Trichocentrum pulchrum commonly known as The Beautiful Trichocentrum is a dwarf epiphyte. It has single white flowers that grow on shorter spikes and are yellow on the bases of their lips.

Site: It require high humidity, dappled bright light and good air circulation.

Temperature: Plants should be grown warm or intermediate, with day temperatures as high as 90° F and night temperatures not below 60° F.

Water: The plants do not stagnate in the winter and as a result they require watering even during winter.

beauty tips



onion face mask

Ingredients: 1 medium onion, peeled; 1 oz water; 3 tbsp oatmeal;

Instructions: Boil water and pour over the oatmeal, letting steep for 5 minutes. Finely grind onion in the food processor, making a smooth puree. Add the puree to the oatmeal while still warm. If the mask is not thick enough, add some honey or face clay until the mask is thick.

taste buds



citrus slush

Ingredients: 2 cups white sugar; 7 cups water; 4 tea bags; 2 cups boiling water; 1 can frozen lemonade concentrate; 1 can frozen orange juice concentrate

Method: Put 7 cups water in large saucepan and heat on high until boiling. Add sugar and stir until dissolved; set aside to cool. Place teabags in 2 cups boiling water, and let steep until desired strength is acquired. In a large bowl, mix together sugar water, tea, lemonade concentrate and orange juice concentrate. Place in freezer container and freeze overnight. Serve in a tall glass.

Dear Abby

Sis feels fiance caught flirting has lot to hide

By Abigail Van Buren

Dear Abby: My youngest sister started dating a man and they quickly moved in together. Six months into their relationship she got pregnant and they got engaged. Their wedding is planned for this summer.

Recently she discovered he has been video-chatting with someone he met online. He admitted to flirting, apologized and promised that was the end of it. I have a strong suspicion that there have been other "situations" my sister is unaware of.

Should I express my concerns to her and suggest postponing the wedding? Or should I keep my gut feelings to myself? I'm afraid she will get married and then find out what's really going on.



Abigail

— Big Sister in Massachusetts

Dear Big Sister: Be honest with your sister. Although I suspect that your gut feelings are accurate, whether she will believe it is debatable, but at least she will have been warned. If she does decide to stay with him, refrain from any "I told you so's." Recognize that whether she marries her fiance or not, she will forever be linked with him because of the baby.

Dear Abby: After my mom passed away, my dad lived alone for three years until his death. During those three years, Mom's family not once made contact with him or me. Dad lived in a very small town. When he would see Mom's sister and her husband out and about in restaurants and stores, they would ignore him.

After Dad's death, my aunt contacted me asking if she could have a rocking chair that belonged to my mother. I agreed they could have it. To my shock, when my uncle arrived to pick up the chair, he began asking me about my dad's belongings. He wanted to look through Dad's tools and such. After making no attempt to contact Dad while he was alive, now that he's gone, my uncle had the nerve to ask to look through Dad's things?! I politely shut him down.

Since then, my aunt has been bad-mouthing me all over town, telling everyone "I dropped them" and "don't want anything to do with them." I suppose that's true under the circumstances, but what should I say to set the record straight without appearing as the bad guy?

— 'Orphan' in the South

Dear Orphan: Please accept my sympathy for the loss of your parents, and the uncomfortable situation in which you now find yourself. Memorize the first paragraph of your letter to me and recite it verbatim when the subject of your relationship with your aunt and uncle comes up. Because it's a small town, the message will spread quickly, and you won't have to repeat it often.

Dear Abby: My husband and I want to go to Europe this summer, but we don't want to take his mother along. We have taken her on two holidays over the last two years and didn't enjoy either one for various reasons. She now expects to go with us on our international vacations, and we don't know how to tell her we prefer to go alone. Please help.

— Holiday for Two

Dear Holiday: What your husband should say to his mother is, "Mom, my wife and I will be going to _____ for a few weeks in early August. We need an 'adventure' alone together, so we will not be asking you to join us." Period!

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

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

emergency number 112

Civil ID info: 1889988

Gulf Voice of Goa: Kuwait is set to host the first Gulf Voice of Goa – Konkani singing competition at Khaldiya University Auditorium on Feb 22.

The competition, open for Gulf residents of Goan origin aged 16 and above, will be organized by Goan Cultural Centre, Kuwait.

2 participants from each Gulf country will take part in the Grand Finale that will see the crowning of best Gulf Goan singers.

A number of gifts, trophies, and cash prizes will be awarded to the participants and winners.

The event is supported by well-known Goan NRIs in the Gulf – Carmo Santos, Agnelo Fernandes and Bosco Leitao (Kuwait), Simon D'Silva (Doha, Qatar), Gabriel Crasto and Francis Correia (Bahrain), Gabby de Chandor (Dubai), Anthony Lourenco (Muscat) and Joe Fernandes (Saudi Arabia).

For free delivery of gate-passes please call 99502686, 99047401, 99629807, 99384029, 60038007, 99447329.

UBC badminton tourney: United Badminton Club (UBC) is inviting all players and enthusiast of all nationalities to join their badminton tournament every Friday from 9:00 am to 4:00 pm. UBC offers 10 badminton courts for their tournaments, where an exciting prize awaits to the winners. And not just that, they also have raffle prizes for those who joined their tournaments. UBC also offering exclusive badminton courts for hourly rentals. UBC is a newly-formed badminton club located at Street 9, Block 3, Fahaheel Sports Club, Fahaheel, Ahmadi Al Asimah Kuwait headed by Dennis Romeo Malay and Jimmy Carandang. For more information please contact the following number 6566753.

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.

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 Khalidoun 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

Arnis/Eskrima training: Eskrimador-Kuwait a member of Cacyo 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.

Holy Quran classes: Emanway Foundation – Musk is offering classes to teach English-speaking ladies (and girls ages 5 and up) to read the Holy Quran in

A flyer of the event



A photo from the event

IWA honors Majziya Bhanu

Islamic Women's Association (IWA) gave a warm reception at Central Hall Salmiya to the "Strong Woman" Majziya Bhanu who was on a short visit to Kuwait. Majziya Bhanu who won the gold medals for India after lifting the highest accumulated total in the squat, bench and deadlift in her weight category and was crowned Best Lifter at the 2018 World Powerlifting Association's World Cup in Moscow, Russia.

During the reception she interacted with the executive committee members of IWA. While answering their various questions she said that the kind of powerlifting she is doing requires a strong mindset and confidence, "I feel proud to wear the hijab, which is a part of my identity. It does not limit me in any way but gives me dignity and strength," she said. Bhanu, who is currently studying dentistry, began intensive powerlifting training

during the end of 2016. She has also been selected as the strongest woman of Kerala thrice by the Kerala State Powerlifting Association. She has won a silver medal for the country in The Asian Powerlifting Championship 2017, held at Indonesia and a gold medal in The Woman's Fitness Physique, 2018 held at Darbar Hall Stadium, Kochi.

IWA President Mehabooba Anees presided over the function, Nisha Ashraf, Hafzah Ismael, Najuma Shareef, Waheeda Faisal, Shameena Khader, Sameera Khaleel and Raihana Noushad delivered felicitation speeches. IWA President Mehabooba Anees handed over memento to Majziya Bhanu, IWA Secretary Mubeena Firoz welcomed the gathering and Majziya Bhanu in her reply speech expressed her gratitude and appreciated IWA activities in Kuwait.

Items for the What's On page can be sent directly to the Arab Times, P.O. Box 2270, 13023, Safat or faxed to 24818267 or e-mail to arabtimes@arabtimesonline.com.

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Arabic. The method is al-Qaedah Noorania, a traditional program which has been used for many years around the world. (Note: 'Al-Qaedah' simply means 'base'; this can be likened to a basic phonics program.) No Arabic knowledge is required. Every Friday from 4:00 to 5:15 pm. Al-Salam Area (south Surra), Block 2, Street 201, House 30. Classes are free, but seats are limited, so register now by calling 66274724.

Tagalog Khutba for Filipinos: The Ministry of Awqaf, Islam Presentation Committee, & Kuwait Philippine Cultural Center (KPC Center) invites all Filipino Muslim & Muslima to hear Khutba (Sermon) in Tagalog every Friday at Marzuq Al-Badr Mosque, Abu Bakr Al-Siddeeq St (at the back of Ambassador Supermarket and SM Supermarket, near Salihiya Police Station & Kuwait Airways Bldg) in Kuwait City. There will be a community started and lunch after Friday prayers at KPC Center in Farwanिया. For further information, please call KPC Center, Tel 4712574.

St Paul's Church weekly activities: English worship services on Fridays at 10.30 am and on Sundays at 6.30 pm. The Friday English service has separate sessions for children and youth. A Mandarin language speaking congregations meets separately on Fridays at 10.30 am in the Youth Centre at St Paul's. A combined service with the English and Mandarin language congregations is held on the first Friday of every month. A family service is held on the second Friday of every month with presentations from different organs of the church. The Church of Pakistan has services in English every Thursday at St Paul's at 5.35 pm and for Urdu language speaking members every Friday at Diwaniya of the NECK Centre, Kuwait City at 5.45 pm. Please contact Fr Michael Mbona on mobile 65960781 or call at Church house on 23985929 or email to chaplain@stpaulskw.com or mrmbona@gmail.com For Mandarin speaking congregation contact Revd Zhu Peilin on 99551783 and her email address is greenolive@hotmail.com. Contact person: Fr Michael Mbona Mobile: 65960781 Email: mrmbona@gmail.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: rcchouseof-davidq8@gmail.com