horoscope

By Jacqueline Bigar

Happy Birthday for Sunday, July 14, 2019: This year, you open up to different priorities. You become capable of juggling your personal and professional life. Many people believe that organization is what makes the difference, but you've simply changed priorities. If single, you will make sure you have plenty of time to date. The second half of your birthday year proves positive for love. If attached, the two of you might decide to open a business together and/or commit to a special hobby. Capricorn has the same values as you but a different attitude.

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)

*** Do not push today. In fact, if you want to spend a leisurely morning watching your shows or reading the Sunday newspaper, do so. Plan on getting together with friends in the late afternoon. Tonight: Laughing and catching up on news.

This week: Being around you this week will be akin to going on the highest roller coaster you can find.

Aquarius - (Jan 20 - Feb 18)

**** Friends persuade you into joining them in some unusual but entertaining plans. You can hardly say no, but you might need to get home early. You have pushed hard lately. Tonight: Do what works for you, but get some extra R and R.

This week: You might seem mellow and contained. You might be upset by all that comes forward.

Pisces - (Feb 19 - Mar 20)

**** Clearly, you have more influence on others than most people. Whatever your plans are, you will not be alone. You will enjoy the company of others, whether at a baseball game or off swimming. Tonight: With a favorite person.

This week: A friend could be a turncoat. Use caution in what you share.

Aries - (Mar 21 - Apr 19)

**** Remaining nurturing to a family member does not need to mean you cannot have a good time. Why not go off together to a favorite spot or indulge in a mutually fun activity? Tonight: You might want to stay out to the wee hours.

This week: Your focus will be on your standing in the community or at work. Planetary action forces you to look at this issue.

Taurus - (Apr 20 - May 20)

***** You could be more in the mood to stay close to home and visit with a loved one or roommate. Take a walk or head to a favorite spot nearby for lunch. You could be amazed at how fast you re-charge. Tonight: Let it all hang out.

This week: You need a break from the here and now. The sooner, the better.

Gemini - (May 21 - June 20)

***** You seem too busy to settle in, but you can put some organization into the day and spend it with a dear loved one. You could be surprised at how fast you perk up, relax and start enjoying yourself. Tonight: Be with your favorite person.

This week: Just when you think you see eye to eye with a close associate, you sense rumblings. Strap on your seatbelt.

Cancer - (June 21 - July 22)

***** Emotions always come quickly to the surface with you. Plunge into a favorite hobby or pastime, and you will process any negative feelings far more quickly. You can be found smiling with a favorite person. Tonight: Accept an invitation.

This week: You know you're emotional, and everyone around you knows you're emotional. A lunar eclipse could trigger wild happenings and a high emotional frequency!

Leo - (July 23 - Aug 22)

***** You make headway easily with a child or new friend. Your commitment to the good life and relishing the moment appears to be contagious. Be happy for that quality. Let go and give permission to others to feel freer and more relaxed. Tonight: Potential playmates are everywhere.

This week: What you are keeping to yourself could pop out in the most unexpected manner.

Virgo - (Aug 23 - Sept 22)

*** You might be making more out of a tension than what exists. You don't need to make a big deal out of a roommate's demand or certain responsibilities that surround your domestic life. Tonight: Have a pillow fight. Be a kid again.

This week: Do not give up on a love affair or situation with a loved one. Keep the faith.

Libra - (Sept 23 - Oct 22)

***** You have a way of saying what is on your mind so that others scarcely realize what is being said, especially if your comment seems more like criticism or unwanted news. Open up talks and stay on top of the news. Tonight: Have a favorite meal.

This week: You like mellow, but don't expect any quietness as uproar seems to occur out of nowhere.

Scorpio - (Oct 23 - Nov 21)

** You might want to pay bills, balance your checkbook and perhaps splurge on a brunch out. By keeping a disciplined hold on your spending, you enjoy life more. You have fewer worries. Tonight: At a preferred haunt, visiting with a pal.

This week: You think you tell it as it is, but it's nothing like the next few days. You will be blunt, surprised and need to make adjustments.

Sagittarius - (Nov 22 - Dec 21)

***** You could be a lot more content than you have been for a while. Others seem extremely responsive to your ideas and suggestions. Before you know it, you are off enjoying a preferred pastime. Tonight: Bring everyone together for a barbecue and fun evening.

This week: In general, you express a great deal of energy and get-up-and-go. Make sure your finances do not manifest the same quality.

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Born today: 38th president of the United States Gerald Ford (1913), Crown Princess Victoria of Sweden (1977), model/singer Bebe Buell (1953)

home decor

dyed table cloth

Supplies: 2.5 yards of 100% linen (cotton) fabric; 1 package of dye in your color choice; 1.25" wooden dowel; Large bucket

Instructions: Pre-wash the fabric, but do not dry. Twist it into a long strand and then wrap it around your wooden dowel in a compact coil. Mix your dye in a small measuring cut before adding it to 3 gallons of hot water. Add your coiled fabric to the dye. Stir well. Let it sit and stir once every 10 minutes or so. Rinse the entire cloth in the sink until the water runs clear, then wash and dry. You can also try partial dyeing by soaking only the section and you want dyed into the bucket.

indoor gardening

vanda ustii

Vandal Ustii is found in Nueva Vizcaya in Philippines. This species has very free flowering yellow flowers and is very fragrant. The flower has clear pristine yellow petals with faint blotches at the edge of the petals.

Site: Full light with shade from hot sun

Temperature: Daytime temperature should be 65°F and Night temperatures generally should be 60°F or higher but not lower than 55°F.

Water: In summer, water freely, apply fertilizer at every third watering, and mist plant often.

beauty tips

homemade after-sun

When you've been out in the sun, you must carry on hydrating your skin after.

You can make a homemade after-sun with some natural yogurt, a few drops of lemon juice and a small spoonful of olive oil.

Apply it to your body whilst massaging. This will do your skin some good and help your tan last longer.

Make an after sun oil by diluting 10 drops lavender, 5 drops chamomile, 1 drop bergamot and 2 drops geranium essential oil in 70ml almond oil and 30ml sesame oil. Massage a small handful into the body after your evening bath/shower to moisturise your skin and keep it soft and supple.

taste buds

banana choco chip cookies

Ingredients: 1 cup light brown sugar; 1 1/4 cup all purpose flour; 1/2 tsp baking powder; 1/4 tsp baking soda; 1/3 cup canola oil; 1 egg; 1 mashed banana; 1/2 cup chocolate chips

Method: Preheat oven to 350°F (175°C). Layer a baking pan with parchment paper. Mix all the ingredients together, except for the chocolate chips, until you get a smooth butter. Add chocolate chips into the batter and fold. Drop teaspoonful of batter onto baking sheet so that they are at least 2 inches apart from each other. Place in preheated oven for about 10 minutes until golden and a bit brown on the edges. Let cool completely before removing from the baking sheet.

Dear Abby

Wife caught in middle of family's 'rift' with hubby

By Abigail Van Buren

Dear Abby: My husband said something very derogatory to my cousin's sister-in-law at a family party. She told my cousin right away. Instead of coming to me, my cousin went to my brothers and sisters-in-law. They confronted my husband and told him he had to tell me or they would. My husband did tell me. Of course, it is now out in the open, and the ramifications have been horrible. My husband has apologized to all parties, which is about all he can do.

The issue is, my brothers and sisters-in-law now hate him to the point that they don't want him around their kids, whom my husband adores. I love my husband, but I love my family too. I worship my nieces and nephews.

Abigail

I know if I stay and work on my marriage, my brothers and their wives won't support my decision, which will make me unhappy. We will no longer be able to socialize with family as a couple. However, if I walk away from my husband without trying to work on my marriage, I won't be happy either. I'm confused and trying to decide if I stay or go. Please help!

— Losing Either Way in New York

Dear Losing: Was what happened at the family party something that happens often? Is your husband a loose cannon, a drunk, a misogynist, a verbal abuser? Has he changed for the worse since you married him? If the answer to these questions is no, in light of the fact that he has apologized to all concerned, I don't think you should give up on your marriage without careful consideration, possibly with input from your spiritual adviser and/or a licensed marriage and family therapist.

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Dear Abby: I have an invisible injury — a traumatic brain injury that occurred when I was struck by a car when I was 10. People don't understand my symptoms. When I stumble when I walk, people have accused me of being drunk. When I haven't been able to answer a question right away, I've been called an idiot. Kids have made fun of me in front of my daughter while their parents looked on and smiled in approval. It taught my daughter to be a more understanding and compassionate person.

My injury has made it hard for me to make friends. My memory is short. I forget names but remember faces. I have tried explaining to people what happened only to be accused of lying. It hurts. I have quit trying to make friends because it's just easier to be on my own.

I guess I'm writing to you hoping to remind people that just because you think you know what's going on with someone does not mean that you do.

— Misunderstood

Dear Misunderstood: I'm printing your letter because it is an important one. Many people suffer from hidden disabilities. That you have been subjected to the kind of abuse you have received from these insensitive, rude individuals makes me wonder about the intelligence level of the people you are surrounded with. You might feel less isolated if you affiliate with a brain injury support group. You can find one by contacting the Brain Injury Association of America. The toll-free number to call is 800-444-6443 or visit biausa.org.

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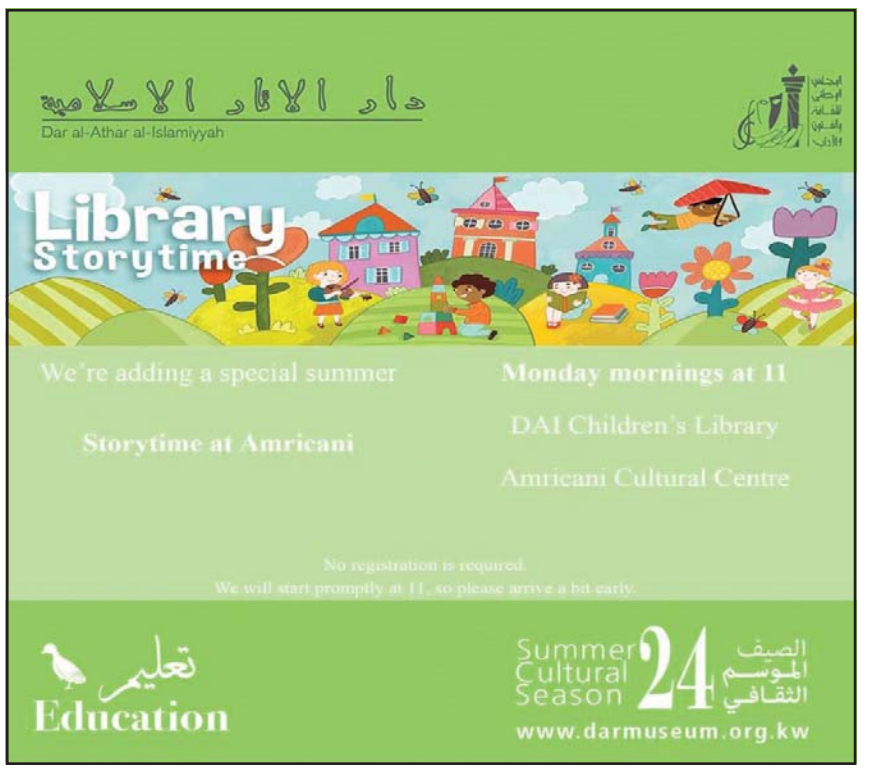
Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

(Source: Universal Uclick)

A flyer of the event.



A flyer of the event.

what's on today

emergency number 112

Civil ID info: 1889988

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

■ **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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■ **PGMK service:** Praise God Ministry of Kuwait (PGMK) holds services in Telugu and English in the NECK Compound, Lighthouse Church.

Fridays and Saturdays — 11.30 to 1:00 pm in English / 1:15 to 3:00 pm in Telugu.

Sundays services in the Hall of Hope from 3.30 to 5 pm and then in Lighthouse Church from 7.30 to 9.30 pm.

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■ **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

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■ **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@stpaulskuwait.com or mrmbona@gmail.com For Mandarin speaking congregation contact Revd Zhu Peijin on 99551783 and her email address is greenolivettc@hotmail.com

Contact person: Fr Michael Mbona Mobile: 65960781 Email: mrmbona@gmail.com

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■ **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) Bible Study – every 2nd and 4th Sunday at 7:30 pm to 9:00 pm.

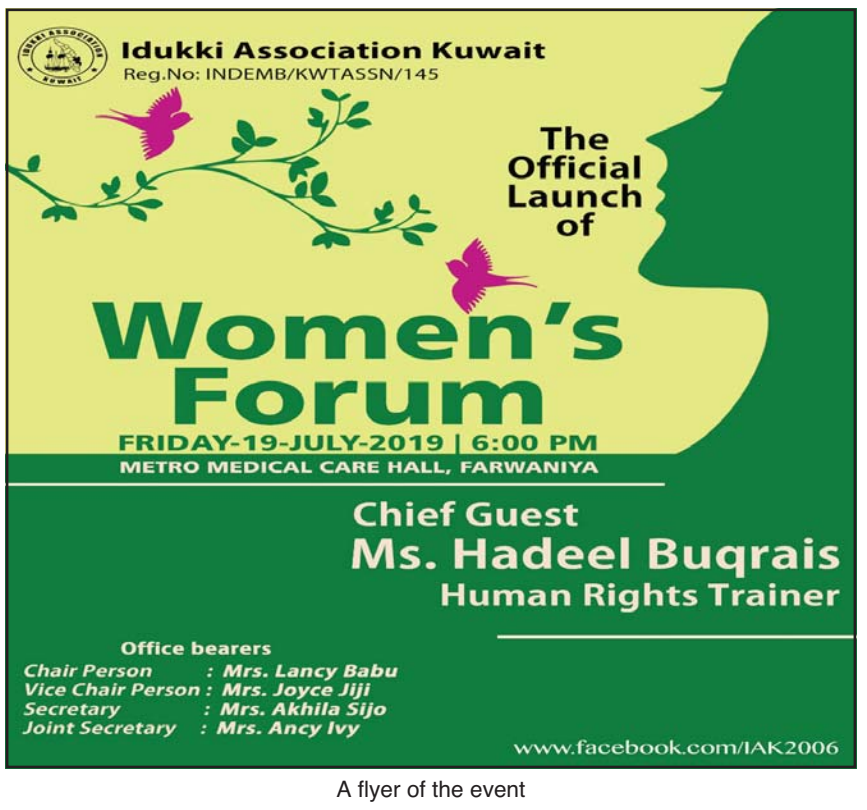
3) ISOM – Batch 1 Class Tuesdays – 7 to 9 pm and Batch 2 Class Fridays – 4 to 6 pm.

4) Choir Practice – Mondays – 6 to 8 pm.

5) Women's Prayer – (Abbasiya) – 3rd Sunday – 6:30 to 8:30 pm and (Salmiya) 4th Tuesday – 6:30 to 8:30 pm.

Welcome to all Tamil known 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.



A flyer of the event

IAK to launch Women's Forum

Idukki Association Kuwait (IAK) has announced the launching of Women's Forum, a platform for all the women in our community. The following persons were appointed as the Ex-officio members: Chair Person: Lancy Babu Parayanickal; Vice Chair Person: Joise Jiji Munjanattu; General Secretary: Akhila Sijo Matheckal; Joint Secretary: Ancy Ivy Parunthuveettil. The working committee consists of 12 members and executive committee shall have 10 members. All the women in our community shall be members by default. Special thanks to Ivy Alex, former general secretary and present media convener for the coordination for the formation of Women's Forum. The inauguration to be held at Farwaniya, Metro Medical Care Hall on July 19, Friday at 6:00 pm. Prominent writer and human rights trainer Hadeel Buqrais shall attend the function as the chief guest. Shiny Frank, a well-known social worker and journalist and Raseena Mohiudheen, organizer and president of the Welfare Kerala shall attend the function along with the chief guest.