

What's On

h o r o s c o p e

By Jacqueline Bigar

Happy birthday for Friday, Nov 29, 2019: This year, you have the opportunity to gain and grow materially as well as emotionally. You will change your professional attitude and not feel the need to push others as much. If single, you could meet someone at any point during the coming year. You might meet this person simply walking into the cleaners. If attached, the two of you interact well and experience an unusual amount of closeness. As a couple, you take a big step. Capricorn rains on your parade.

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 somber as you eye the holiday season heading your way. Sticking to

your budget is more important to you than it is to many other signs. Make your gift list. Recognize that Black Friday could be overwhelming. Tonight: Join a friend or family for dinner.

Aquarius - (Jan 20 - Feb 18)

*** You sense that a lot is going on behind the scenes. You might want to handle a personal matter with a friend or loved one. Call this person; schedule time for a leisurely meal and talk - just the two of you. Tonight: Get some extra R and R.

Pisces - (Feb 19 - Mar 20)

**** Zero in on priorities, recognizing when you have accomplished as much as you can under the circumstances. Make time for a get-together with friends in the late afternoon. Tonight: You could be amazed by what

you hear.

Aries - (Mar 21 - Apr 19)

**** All eyes turn to you with the expectation that you will take the lead. You have many great ideas that could define the success of a project. This drive for achievement could carry into the weekend. Tonight: Leader of the pack.

Taurus - (Apr 20 - May 20)

**** You have the ability to shake up the status quo. Others recognize this power in you. You can go along with convention at the moment. Others know you can upset the apple cart should you desire. Tonight: Take off; if possible, leave town.

Gemini - (May 21 - June 20)

**** One-on-one relating takes you down a new path. You might be surprised where you find yourself. It appears that you are unusually willing to break patterns and head in a new direction. Tonight: It appears someone wants a commitment.

Cancer - (June 21 - July 22)

**** You are not capable of making a fast change even if someone else would appreciate it. You might want to weigh the pros and cons, feel your feelings and think through your decision. Tonight: Out on the town. TGIF.

Leo - (July 23 - Aug 22)

*** You usually express enthusiasm. At this time, you might feel tired and dragged down. Look at a situation not only from your present perspective but also from your nor-

mal view. Tonight: Put in some extra time at work or with a co-worker.

Virgo - (Aug 23 - Sept 22)

**** Your creativity is unstoppable once it starts flowing. You also draw a new friend or admirer toward you. If you have children, they might demand some extra time. They could become more rebellious should you ignore them. Tonight: Christen the weekend.

Libra - (Sept 23 - Oct 22)

*** You could have difficulty getting and/or giving a clear message. Maintain a sense of humor. You might not always have the control you desire. Your drive and follow-through make you a star wherever you choose to put your energy. Tonight: Happily head home.

Scorpio - (Oct 23 - Nov 21)

**** It won't take much to get a project done, have important conversations or organize your weekend. A friend or relative could be overly serious. You can relate to this person without joining in his or her mood. Tonight: Meet up with friends.

Sagittarius - (Nov 22 - Dec 21)

**** Be smart. Do not agree to any purchase or engagement without knowing the costs. You need to take a strong hand with your finances since the holidays are on their way. Make a list before going shopping. Tonight: How about a burger with a friend?

Born today: Actress Anna Faris (1976), actress Lauren German (1978), football player Russell Wilson (1988)

home decor



heart wreath

Supplies: Balloons tubular shape; PVA glue; thread/yarn
Instructions: Inflate the balloons and make sure the pieces are of the same length. Moisten the threads in the PVA (glue can be slightly pored with water) and wrap them around the balloons. Leave to dry for a day. After drying, pierce balloons and gently pull out. Place the thread heart halves on your workstation and bringing the ends together forming the heart. Wrap them further squander soaked in PVA yarns. Leave it to dry. Cut off the any extra thread hanging loose, which is not needed

indoor gardening



brassavola cucullata

It is commonly known as Hooded Brassavola and is native of Mexico, Central America, Northern South America, and the West Indies. The slender pseudobulbs are erect and have a single, fleshy green leaf. It has white flowers with slender petals and sepals that droop dramatically. Brassavola cucullata has a nocturnally fragrant flower.
Site: Adequate light.
Temperature: 55°-65°F winter nights; summer day maximum of 86°F.
Water: The thick white roots will soak up enough water to keep the leaves turgid if you soak the plants for fifteen minutes once or twice a week.

beauty tips



tip to clean hairbrushes

■ Remove all the hair with your finger or toothpick. You can also use a comb to remove hair in between the bristles.
■ Soak your brush and comb in a mug filled with warm water and shampoo.
■ Pour half cup of vinegar in half cup of warm water and soak your comb/brush in it. Wait until stray hair & dirt is loose. Rinse & dry on a towel.
■ Similarly mix baking soda and warm water. Follow the method above.
■ For cleaning combs, take an old tooth-brush and apply some toothpaste, shampoo or soap.

taste buds



cherry frozen yogurt

Ingredients: 1/2 cup sugar; 1 tsp gelatin; 1/8 tsp nutmeg; 1/2 cup milk; 2 tbsp corn syrup; 1-1/2 pound cherries, pitted; 1 cup plain yogurt; 1/2 tsp vanilla
Method: Combine first 3 ingredients in saucepan. Stir in milk; let stand 1 minute. Place over low heat; cook 5 mins stirring constantly. Remove from heat; stir in corn syrup. Let the mixture cool completely. In a food processor, add cherries & process until smooth. Combine cherry purée, gelatin mixture, yogurt, and vanilla in large bowl; stir well. Cover & chill 8 hours. Pour mixture into an ice cream machine & freeze according to manufacturer's instructions.

Dear Abby

Despondency intensifies as 'cold weather' nears

By Abigail Van Buren

Dear Abby: I've been thinking about suicide a lot lately, more than usual. I'm not angry about anything, just in pain. I keep getting knocked down after I try so hard to pick myself up. I tried calling a hotline, gave up on that. (I guess they're busy.) I can't afford doctors and psychiatrists.

The weather's changing, and I don't do well in the cold. I always get down when the temperatures drop. I love my home, but sometimes I wonder if I'm really happy here. I can't imagine leaving.

My kids live within a couple hours' drive. They have beautiful kids of their own. I'm going to miss them dearly. I no longer feel I have anything to offer in other aspects of my life. I wonder why I have to just exist. I've heard people say when someone dies "at least they're not in pain anymore." That sounds pretty good to me.



Abigail

I guess I just really wanted to get this off my chest. I don't expect a miracle, but thanks for listening.

— Anonymous in Arkansas

Dear Anonymous: You're welcome. I'm glad you shared your feelings.

You are not alone, and there is help for you. Pick up the phone and call 800-273-8255. It's the National Suicide Prevention Lifeline, and it is staffed 24 hours a day by people who can help you to form coping strategies for your depression. I don't know what number you called the first time — you may have misdialed — but there IS help available, and no one is "too busy" to provide it. You simply have to reach out for it. Please don't wait.

Dear Abby: My wife and I have been together for 30 years, married for 20. We have two sons living at home, a 20-year-old who works full-time and a 17-year-old who is graduating from high school in the spring.

I have been offered a transfer to Australia by my employer — a transfer I had asked for. When we discussed it in the past, everyone was all for it. My oldest can likely stay with the multinational hotel chain he works for now, and I can get my youngest a decent career in my field of work as there is a tremendous shortage of skilled labor in Australia.

Now my wife tells me she can't leave her family, especially her father, who has Parkinson's. I have told her she can expect to return every summer to our condo on the beach and an additional two trips per year.

Abby, I thought our vows meant we would be together forever, wherever. My employer will soon begin the process of opening the Australian office, a process I will be part of and likely train the new hire. I am bitter and resentful toward my wife, and it is affecting my attitude toward her. I love her, but I am struggling to get over the fact she is denying me a very lucrative opportunity. Advice?

— Losing Out in Canada

Dear Losing Out: It's time for you and your wife to put your heads together and work out a solution. By that I mean you should accept the lucrative business opportunity you have been offered, and your wife can take care of her father as long as she needs to. Unless his condition is critical, she can visit you and your sons periodically so it shouldn't put too much strain on your marriage. I hope you will consider it because the kind of resentment you are feeling now can destroy a marriage.

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)

Feeling like a master?



Come Play with Us: Backgammon, Chess and Scrabble
Saturday, 30 November, 2 - 5 PM
Amricani Cultural Centre

No registration is necessary, just come and play.

A flyer of the event

CAW Tots at Amricani
is a programme for children ages 3 - 6
that will explore elements of art this season.



First, it's all about colour theory!

CAW Tots at Amricani
Saturday 16, 23 and 30 November and 7 December
9:30 - 10:30 AM
Amricani Cultural Centre

To register or for more information, email
education@darmuseum.org.kw

A flyer of the event

what's on today

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

emergency number 112

Civil ID info: 1889988

MAC Al-Thalah Cup-2019: Tenth edition of MAC Kuwait one-day mega football fest "Al-Thalah Cup-2019 is scheduled to kick off on Friday, Nov 29 from 3 pm onwards at Public Authority for Youth & Sports ground, Mishref under the auspicious of Kerala Expats Football Association Kuwait (KEFAK).

18 KEFAK affiliated clubs in 2 groups will fight for the prestigious Winner's Trophy sponsored by Al-Thalaha International General Trading Co. Runner-up and Semi-Finalist trophies and many more prizes will be presented on the occasion of the closing ceremony of the event.

Many well-known Inter-State & District footballers will take part in the tournament for 18 various clubs. The matches

are scheduled in knock-out basis; all matches will be in 7 a side format and officiated by KEFAK referees.

According to MAC Kuwait Chariman Musthafa Kari, President Subair Kurikkal and Football Fest General Convener Mansoor Kunnatheri, all facilities are set for the event and football lovers cordially invited with their family and friends to witness & enjoy the spectacular moments of biggest football fest in Kuwait.

IEI Kuwait Engineers Day: IEI Kuwait Chapter celebrates the Engineers' Day in memory of Bharat Ratna Sir M. Visvesvaraya, Greatest Engineer and Statesman of India on his birth anniversary in Kuwait.

Details are as below:
Date: Friday, Nov 29 and Saturday, Nov 30
Venue: Hotel Radisson Blu, Salwa, Kuwait
Time: 6:00 pm onwards

For further clarification and more details, you may contact the undersigned: Engr Sudhir Kumar Sahoo, General Secretary (Mob: 69030472), Engr Sam Ananth Kumar, Treasurer (Mob: 97604574).

St Paul's Church events: Welcome and consider being part of our upcoming festivity events at the St Paul's Anglican Church, Diocese of Cyprus and the Gulf.
● Friday, Nov 29: Parish picnic day at 11.30 am. Kindly invite friends to relax and have fun. Venue: Egaila Beach.
Our church is home to Christians from Western Europe, North and South America, Eastern Europe, Asia, Africa and India. Members from the Protestant, Reformed, Anglican/Episcopal, Evangelical and other traditions make up a warm and dynamic St Paul's Church family.
Visit our website or contact Revd Michael Mbona (Chaplain and Rector) Mobile: 65960781 or Email:

'Happy birthday Normelita Malinao Cunanan! Wishing you a day filled with happiness and a year filled with joy. We love you! Greetings from your family, relatives and friends.'

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 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.

na@gmail.com
Church location: Cnr 9th Ave & 6th St North, Block 14, Ahmadi, Kuwait.

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.

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

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 allowing 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.

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 vigils: every last Friday of the month from 10 pm.
Venue: New Mishref. For more information and direction please call 9927-6603, 6557-7482. Email: rcghouseof-davidq8@gmail.com