

# What's On

## h o r o s c o p e

### By Jacqueline Bigar

#### Happy birthday for Thursday, Sept 5, 2019:

This year, when you hit an obstacle, know that it's for the better. The extra time it takes to bypass the problem allows you to see new information. If you're single, date, but try not to move too quickly. Time is your ally. You'll tend to get angry quickly and get defensive. If attached, you and your partner enjoy an intense year of growth. As a couple, you're likely to manifest a new goal. Sagittarius might not always give you the best advice, but they always cheer you on.

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 could feel tired or want to withdraw from some of the activity around you.

The smart move would be to follow your desire. Otherwise, you could be very difficult for someone else to deal with. Tonight: Take a much needed personal night.

#### Aquarius - (Jan 20 - Feb 18)

\*\*\*\* Where their friends are is where Aquarians are usually the happiest. You'll find that you have many opportunities coming forward. Expect some activity from your immediate circle of friends. Tonight: Where crowds can be found.

#### Pisces - (Feb 19 - Mar 20)

\*\*\*\* You might feel pressured once more as you take the lead with a pet project. You might also be trying to convince someone that you're right and that you have the better idea. Be diplomatic! Tonight: Up working, chatting and visiting with a friend.

#### Aries - (Mar 21 - Apr 19)

\*\*\*\* You might want to push a project or situation to completion, but a need for details forces you to slow down. You'll recognize that you barely have a choice if you want a quality product or successful interaction. Tonight: Test out a hunch that often haunts you.

#### Taurus - (Apr 20 - May 20)

\*\*\*\* One-on-one relating draws a strong response. If you're feeling angry, try to express what the irritant really is. If you can, the situation could be easily resolved. Emotions intensify. Tonight: Know that you're desirable. Act as though you're desirable.

#### Gemini - (May 21 - June 20)

\*\*\*\* You're full of fun yet could cop an

attitude. Others enjoy your wit and teasing. However, one person could become reactive and difficult. You might need to be more sensitive when dealing with him or her. Tonight: Put on your dancing shoes. Be available.

#### Cancer - (June 21 - July 22)

\*\*\* You have a lot to do, and you'll accomplish just that as long as you don't get bogged down for too long in a difficult issue with a close friend or loved one. Get past your immediate knee-jerk reaction. Tonight: Join friends.

#### Leo - (July 23 - Aug 22)

\*\*\*\* Your creative energy comes up when you least expect and allows new possibilities to come forward. Someone might believe that you are backing off from a semi-agreement

as you look at alternatives. Tonight: Continue exploring on all levels.

#### Virgo - (Aug 23 - Sept 22)

\*\*\*\* Be more helpful, light and easygoing. Others will criticize no matter what, but you'll feel better if you keep yourself together. Also, when your critics calm down, they'll admire how you handled this issue. All the better! Tonight: Consider heading home early.

#### Libra - (Sept 23 - Oct 22)

\*\*\*\* Reach out for a loved one you care about deeply. You often experience fun times together. Nevertheless, you might inadvertently trigger someone and receive an unexpected response. Stay as mellow as possible. Tonight: Return calls quickly.

#### Scorpio - (Oct 23 - Nov 21)

\*\*\* Be aware that you become quite possessive and difficult at times. Right now, you could even be a touch combative. Remain distant as you deal with some strong feelings. By not reacting, you'll have more control of the outcome. Tonight: Meet up with a friend.

#### Sagittarius - (Nov 22 - Dec 21)

\*\*\*\* You have a way and style that mark your interactions. Others clearly gravitate toward you and want some of your time. Investigate new possibilities, but give yourself time to commit. You'll see other options come forward. Tonight: Happy as can be.

□ □ □  
**Born today:** Singer/songwriter Freddie Mercury (1946), outlaw Jesse James (1847), actor Michael Keaton (1951)

### home decor



rugs add look

Rugs are one of the important accessories that add character and gives a new look to a room. Rugs have double function use, first is to warm your feet and secondly the beautiful rugs improves the look of a room.

Adding beautiful rugs in the room will take you to hundred choices, as rugs have lots of styles and material. Before buying any rug to enhance your space, consider the space available, the colour scheme.

Rugs are used as one of the fastest ways to redecorate a room. A rug can change the mood of a room, it can change your attitude.

### indoor gardening



nerine

Commonly known as Guernsey lily is a native to South Africa. It is a bulb plant, with each bulb being about 3-5 cm in diameter. In late winter and spring the plant produces several strap-shaped, dull green leaves, arranged in two rows. The leaves die down by late spring and the bulb is then dormant until late summer. In fall a single stem bears funnel-shaped pink flowers at their tops.

**Site:** Place it at the foot of a south-facing wall, where they can bake in the sun.

**Temperature:** Provide full light. Keep warm and dry while dormant in summer.

**Water:** Water freely during active growth.

### beauty tips



reduce eye puffiness

Drink enough of water reduce eye puffiness. When a person is dehydrated the body starts storing water as a defense system and this will add to puffy eyes, so drink around 8-10 glass of water daily to get rid of puffy eyes.

Slice a raw potato; circle the closed eyes gently with these halves. Or else grate a raw potato and place on muslin cloth squares. Place these on eyes.

In a bowl of chilled water add few drops of Vitamin E oil. Dip cotton pads in this & place on eyes.

### taste buds



chocolate cookie

**Ingredients:** 2 (500 ml) cups butter, 680 g chocolate chips, 4 (1000 ml) cups flour, 2 (500 ml) cups brown sugar, 2 tsp (10 ml) bicarbonate of soda, 1 tsp (5 ml) salt, 2 (500 ml) cups sugar, 500 g grated Cadbury chocolate, 5 (1250 ml) cups blended oatmeal, 4 eggs, 2 tsp (10 ml) baking powder, 2 tsp (10 ml) vanilla

**Method:** Measure oatmeal, blend in blender. Cream butter & both sugars. Add eggs, vanilla, mix together with flour, oatmeal, salt, baking powder, bicarbonate of soda. Add chocolate chips, grated chocolate, nuts. Roll into balls, place 2 inches apart on cookie sheet. Bake for 10 mins at 375° (180°C).

## Dear Abby

### New job 'triggers' assault memories

#### By Abigail Van Buren

**Dear Abby:** A couple of years ago, I was working as a certified nursing assistant in a nursing home. One day, I decided to stay beyond my usual evening shift into the night shift, as I had a few times before. While working the night shift, I was violently sexually assaulted by a fellow CNA. The incident caused me to be so traumatized that I quit that job within the next few days.

Although I reported the co-worker to my boss, they did next to nothing about it. I also reported him to the police, but as far as I know, nothing has been done. I moved on to doing in-home care and then to an assisted living facility.

I have recently taken a higher-paying CNA position in another nursing home. This nursing home has so many similarities to the former one that I find myself having anxiety attacks, flashbacks and the feeling of constantly having to watch my back. I'm extremely uncomfortable here and constantly feel afraid to go to work. My husband has a hard time understanding the effects of such a traumatizing event, so I have a difficult time getting sympathy from him.

I really want to quit this job, I'm under so much mental and emotional stress that I feel like it's ruining me. At the same time, we need the money, and I wonder if I should just push through and stick with it. If I quit, I'm afraid my husband won't fully understand why I couldn't just stay at the job, and it may cause conflict as well as financial stress. Should I quit and find a place that's less of a trigger or stick it out?

#### — Worn Down In Washington

**Dear Worn Down:** You should have received counseling after your assault to help you get past these triggers, which even if you quit this job may continue to occur in other environments. Before making this decision, please consult a licensed therapist who specializes in treating patients who suffer from PTSD.

Although my impulse is to advise you to quit "stat", because of your husband's inability to understand what you have gone through, a mental health professional may be able to help HIM understand why you may need to work in in-home care or an assisted living facility rather than for this employer.

**Dear Abby:** After 47 years of friendship, my friend ghosted me. This had never happened before, so I was left feeling very confused and sad. A year later, I accidentally dialed her number, and she answered. We talked as if no time had passed.

She told me I had hurt her feelings. It wasn't intentional, and I apologized. Some time later, she told me she'd call me back, but she didn't. I clearly recall our last conversation, and I didn't say anything that would've hurt her.

It has been two years, and I haven't attempted to contact her since. Should I reach out to her again or consider this friendship over?

#### — Hurting Too, In Dallas

**Dear Hurting:** This friendship has run its course, for whatever reason. However, abrupt changes in personality and behavior can be a symptom of serious illness in older people. In light of the fact that you have known this woman for nearly 50 years, and you still care about her, you might want to check with one of her relatives to be sure she's all right.

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](http://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](http://www.kuwaitcourts.gov.kw/mojweb/NGeneral/Main.jsp)

emergency number 112

Civil ID info: 1889988

### THURSDAY

#### ■ 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 greenolivet@hotmail.com Contact person: Fr Michael Mbona Mobile: 65960781 Email: mrmbona@gmail.com

### FRIDAY

#### ■ Arnis/Eskrima training:

Eskrimador-Kuwait a member of Cacooy 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 enthusiasts 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 price 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,

### BOOKMAN wants to know . . .



What's your favourite children's book?  
and/or  
What's your child's favourite book?

Please send your answer to  
[education@darmuseum.org.kw](mailto:education@darmuseum.org.kw)

We have the DAI First Annual Book Fair  
at the Amricani on 20 - 21 September.

Some of your answers will be featured in the workshop area.

A flyer of the event.

Ahmedi Al Asimah Kuwait headed by Dennis Romeo Malay and Jimmy Carandang. For more information please contact the following number 6566753.

■ **ENK's worship service:** Every Nation Kuwait (ENK) invites you to our Worship Service every Friday, 9 am at Royal King Palace Restaurant, Kuwait City. Pls contact: 99248990 for more details.

■ **J.I.L Worship Services:** J.I.L Kuwait invites everyone on their worship service every Friday 10:30 am at the Villa located at Ghamada. For more info please call 6195797 or 6330562.

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

Fridays and Saturdays - 11:00 to 1:00 pm in English / 1:15 to 3:30 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.

■ **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: [rocghouseof-davidq8@gmail.com](mailto:rocghouseof-davidq8@gmail.com)

■ **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 Marzouq Al-Badr Mosque, Abu Bakr Al-Siddeeq St (at the back of Ambassador Supermarket and SM Supermarket, near Salhiya Police Station & Kuwait Airways Bldg) in Kuwait City. There will be a community started and lunch after Friday prayers at KPC Center in Farwaniya. For further information, please call KPC Center, Tel 4712574.

■ **Holy Quran classes:** Emanway Foundation - Musk is offering classes to teach English-speaking ladies (and girls

Items for the What's On page can be sent directly to the Arab Times, P.O. Box 2270, 13023, Safat or faxed to 24616267 or e-mail to [arabtimes@arabtimesonline.com](mailto:arabtimes@arabtimesonline.com).

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ages 5 and up) to read the Holy Quran in 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.

■ **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](mailto:faithful.stewards@gmail.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.

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) Men's Fellowship - 4th Friday - 10:00 am to 12:00 pm.

6) Baptism Service - every 4th Friday.

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.