

PENNY WISE**BY NASREEN SATTAR,**

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Money Matters For The Young Professional

During my early years of marriage, despite the fact that I had a comfortable life, I decided that I needed to have a job, not so much for financial reasons but more to keep me busy. My first job as a school-teacher was a very satisfying one as it meant imparting knowledge to a group of young students - the financial remuneration was not much, but it did not matter! My new profession also instilled in me the need to have my own identity. As the years progressed, I changed jobs and started

climbing up the corporate ladder and also saw the beginning of my contribution towards the family expenses. Initially I grudgingly I thought of my money as only my money, to be spent on myself only, but then it started giving me a sense of accomplishment and more importantly it became a necessity.

In today's world, unless you are from a business family and even then, I think it is imperative for the spouse to work. Whatever income she may earn adds to the family budget and more than anything it also gives her an identity of her own.

In the developed world DINK couples (Double Income No Kids) have been the lifestyles of upwardly mobile yuppies for over two/three decades. In our part of the world, young couples with equal educational accomplishment have also been playing 'catch up' not necessarily for only monetary needs but rather for professional satisfaction and recognition for both partners with similar levels of education.

It is refreshing to see how so many young women take up careers after the completion of their education; this has become the norm rather than the exception. In our country the social infrastructure of extended families and domestic help allows the women to continue with their careers after marriage and after having children.

It is essential that a husband and wife open a separate joint account where every month a certain amount of their remuneration is deposited. Once a substantial amount is accumulated it can be moved to a fixed deposit of a convenient tenure. Savings can be also invested in the various Government Investment Schemes, which give fairly high returns. In today's scenario banks have drastically cut down interest rates on deposits and our best options are the Government Bonds (Shanchaya Patras). Please contact your bank manager and he will be the best person to give you details of the various saving instruments, the tenure and rate. The other day I was told by my banker that they are not interested in deposits and in fact, encouraged me to encash my FD when it matured and move the money away! Gone are the days when you were literally flooded with calls asking for deposits.

The reason why I think saving is imperative is that it will serve as a future nest egg for children's education or a medical emergency or even a much looked forward to vacation. You can open separate joint accounts for each purpose so that you don't touch one for the other.

We tend not to think of the future especially about children's education. This has become a major expense with school and

college fees rising continuously. Moreover, if parents want to send their kids overseas for higher education, it is unthinkable unless they have made provisions for it. In the West, as soon as a child is born a college fund account is opened immediately and instead of relatives/friends giving gifts (in some cases very useless ones) money is given to contribute towards the child's future.

We can follow the same culture in our country and encourage relatives and friends to give monetary gifts at the time of the baby's 'aqikah', birthdays, etc. - this can go to the parents joint account designated for the purpose of education. I know it will mean breaking our social etiquette of not demanding the kind of gift we want, but it will be a very beneficial one. With the financial situation being the way it is, the purpose of a dual income is absolutely necessary because it prevents the burden on one person and more importantly it is a major help towards 'rainy days in the future'. At the national level, it will add to women's empowerment, an insurance against economic and job market uncertainties, recognition of professional worth of both partners making marriages stronger and adding to the national GDP. What could be a better win-win situation?

BEAUTY DISSECTED**BY DR FIRDOUS QUADER MINU**
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Facelift-when, how?

Facelifts are a topic that will pop up whenever we talk about cosmetic surgery. But actually how many people really know what type of procedure it is? Some patients that I examine think that it's a procedure where you change the skin of the face or lift the whole skin and replace it. All of this sounds quite scary and complicated. In actual fact it's just a procedure where the lax skin around your face is tightened by surgical means. In the past it was a procedure which was very elaborately done and the patient had to take days off from work to recuperate. Nowadays, it has become a very simple procedure.

With aging there are a lot of changes happening to our body. Specifically there are changes to our face, which if too drastic, affects us all. The skin starts to become lax and fine wrinkles appear on the forehead, around the eyes and on the lip area. There are also changes around the eyes as there may be bagginess on both upper and lower eyelids. All of this happens due to redistribution of fat and reduction of collagen in our skin. For those of us who don't like this change, there are procedures to correct these.

When a patient comes for anti-aging treatment, we will assess each part individually and suggest the options available. Facelift is usually done in patients who have laxity around the jaw line, prominent folds on the sides of the nose, lips and neck. These can be corrected by a simple procedure known as mini facelift, where work is done on the lower part of the face. This is a minimally invasive procedure and can be done by local anesthesia. An incision is made in the folds in front of

the ears and the muscles along with the covering being tightened. The excess skin after tightening is taken off and stitches are given in such a way that they are usually not visible. The skin around the neck is also pulled up. The patient can go home the same day. Resting at home for a few days is needed. As it is a minimally invasive procedure, there is almost no bruising.

Some patients may have bulges or bagginess of the lids and will need to get that fixed to get an overall rejuvenated look. Blepharoplasty of both lids can be done where the excess skin from both lids is reduced and if fat is present that is also reduced. Again all of this is done by local anesthesia and needs no hospital stay. As for the wrinkles on the forehead and laugh lines around the eyes, Botox is a simple answer. If all these procedures are done simultaneously, a very good result can be seen. As all of these procedures are done under local anesthesia, there is no hospital stay and the patient can go back to their normal life within a few days.

For patients who have laxity on the cheeks as well as other areas of the face, they will need a proper facelift which involves more undermining and needs to be done under general anesthesia. There may be some bruising and swelling around the face which goes away in a few days. Botox can be given to beautify the forehead. Also some people have fine wrinkles around the lips which can be reduced by fillers.

So facelifts are not such a complicated procedure as before but can be done using very short and simple steps.

KNOWLEDGE SPEAKS**BY ISHRAT AMEEN**

A beginning with a hiccup

My nephew, Nashman, wrote to me from Houston, Texas about his experiences of the first few weeks in high school.

"I have never faced adversity quite like what I am facing at the moment. I breezed through all my previous years of schooling by giving minimum effort, while getting the best results. I have never studied a day in my life until now. High school is a whole different beast. I have studied more in the last eight weeks than I have in my whole life. The atmosphere is alien to what I have ever experienced. Everyone is so free here but at the same time it's stressful almost to the point where the stress feels tangible. Everything is so strange now; the sudden increase of effort I put into school is pretty astounding judging by the fact that not one drop of effort was put into my middle school years. My school is bustling with things to do; such as different classes, clubs or sports. It's quite overwhelming if you think about it only because I have never dreamt of so many things to do."

Although Nashman has mentioned that he has never studied a day until now, who do you think should be credited for his outstanding achievements in the past? Definitely his teachers from Grade 1

to Grade 8 taught him well. They taught with so much clarity and precision that Nashman needed the minimum effort to score "A" in every subject. He needed no private tutors. He kept on achieving, only with his parents' monitoring on a regular basis. This young boy used all his waking hours wisely since his early childhood and has always been on top of world affairs, not limiting himself to school activities only. He can have a healthy discussion on

any subject under the sun without shivering, shaking or sweating.

He is, maybe, a slightly overwhelmed 14 year old at this moment of time, but soon this feeling will pass. For someone who has always been in the "Honour Roll" and has been included in the "President's Education Awards Program" by Barack Obama for Outstanding Academic Excellence on

May 24, 2012 this is only a slight hiccup.

"Trust yourself. Create the kind of life you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into the flames of achievement". (Foster C. McClellan) Your Khalamoni thinks so too.

