

HOROSCOPE



ARIES (MAR. 21 - APRIL 20)

Plan a trip to the country or take a drive to the beach. Attempt to face key issues with lovers. Your lucky day this week will be Monday.



TAURUS (APR. 21 - MAY 21)

You could find yourself having problems with co-workers and employers. Be inquisitive about unfamiliar circumstances. Your lucky day this week will be Friday.



GEMINI (MAY 22-JUNE 21)

Try to avoid serious discussions with loved ones. You may be sensitive to a point of absurdity. Your lucky day this week will be Sunday.



CANCER (JUNE 22-JULY 22)

Social events will lead to a strong and stable relationship. Someone you live with will be uncooperative. Your lucky day this week will be Wednesday.



LEO (JULY 23-AUG 22)

Make plans to do something special with the one you love. Be careful that you aren't saddled with the responsibilities of others. Your lucky day this week will be Monday.



VIRGO (AUG. 23 -SEPT. 23)

You will be emotional about money matters. If you go shopping, only take what you can afford to part with. Your lucky day this week will be Tuesday.



LIBRA (SEPT. 24 -OCT. 23)

Clear up domestic chores that have remained undone for some time. You can get ahead if you work diligently behind the scenes. Your lucky day this week will be Saturday.



SCORPIO (OCT. 24 -NOV. 21)

Don't lament to a friend about any grievance regarding your partner, or it may be hard to rectify your relationship. Your lucky day this week will be Thursday.



SAGITTARIUS (NOV. 22 -DEC. 21)

Be careful while traveling. Get involved in creative projects that could turn into moneymaking ventures. Your lucky day this week will be Sunday.



CAPRICORN (DEC. 22 -JAN. 20)

Chances are they are jealous. Your love will not be willing to listen to your criticism. Family get-togethers will be interesting. Your lucky day this week will be Saturday.



AQUARIUS (JAN. 21 -FEB. 19)

Your charm and generosity will bring new friends and romantic opportunities. Try to enlist the support of your co-workers first. Your lucky day this week will be Sunday.



PISCES (FEB. 20 -MARCH. 20)

You have to know what your boss wants if you expect to do your job correctly. Your lucky day this week will be Friday.

Sometimes the emptiness one feels for the recently demised can only be compensated with warm emotions and memories of the past which we carry for the rest of our lives.

My mother was the most compassionate person I had ever met and she treated not only every single children of hers equally, but every person she met with the same sense of respect irrespective of their background.

I have been a diabetic for many years and needed to check my fasting-sugar level at the nearest medical centre every morning; up on returning from the check-up I would find mother patiently waiting. She was that understanding, kind and sweet.

Whenever I felt ill she would come and wait by my side, something she would do right into her last days. She herself faced difficulties; on a number of times she fell in her small bathroom and never could fully recover from that. She had to visit three hospitals and undergo operation at one.

She instilled virtuous ideologies in us from early childhood. While we were

TIPS

Go Green

Tea gives you the perfect kick start to your day, and during winter everybody loves to sip on a cup of tea throughout the day. There are people who cannot spend a day without having at least 3-4 cups of tea. If you are health conscious but a tea-lover, then you can switch to green tea, as it comes with a lot of health benefits. Green tea has been used as medicine for thousands of years and is one of the healthiest drinks you can find, as it contains bioactive substances in the leaves. Green tea has a multitude of uses, from lowering blood pressure to preventing cancer. Here are some reasons why you should go green and let it be your cup of tea:

Drinking green tea combats allergies. Studies show that green tea contains EGCG which fights allergic reactions. It also reduces histamine reactions in the body and prevents symptoms like runny nose, watery eyes and sneezing.

To date, carrots have been associated with good eyesight, but now there is something new on the block. Antioxidants found in green tea can penetrate the tissues of the eye and produce antioxidant activity. Catechins in green tea are absorbed into the tissues of the eye.

Green tea also helps to lower your cholesterol. Greasy foods put your health at risk, so replace unhealthy snacks and drinks with green tea. This will actually help keep your cholesterol at bay. Green tea's powerful antioxidant, EGCG, prohibits the absorption of cholesterol from the large intestine and reduces the amount of bad chole-

MUSING

My mother, my love

growing up, my siblings and I were made into 'goody two shoes' by her. She would stress that the male private tutor was there only to teach the boys, who would beg the teacher's leave in the pretext of not having any homework. Yet, I always insisted that the teacher give me Urdu lessons.

Mother's skills at needle-work were legendary. Our blue bird dresses were full of embroidered birds, bees and flowers, which she had done with patience and care. The red spotted dress and the blue and white Lady Hamilton dresses with lace on them, which I wore like some fairy tale princess in the school drama, while my sister wore a salmon pink dress and waited like some doll on my father's lap, in the audience.

From her I inherited the eye for detail in my paintings, which cover every bit of the walls in the house. I did Ikebana too, following international patterns, which the sisters at the convent where I had studied encouraged.

As for baking, mother made nut cookies and cakes in innovative processes. She made the cakes for us even

on little 'dekchis' (woks), on top of covered water containers. Mother made three-layered puddings for us, 'lobongo lotikas,' 'neshesta' halwa and endless goodies - "speechless", my father called it; made from coconut, jam and flour. The cooks she trained got well paid job opportunities in kitchens of uptown folks in town.

She was an astute reader and could identify a plagiarised piece when she saw one. She taught us to prize values like hard work and patience. As children we found her spending reading volumes of Dickens to us on the roof garden, while father watered the plants.

We had fun going to Kemari, Hawkes Bay and Clifton, and having our pictures taken with box-cameras. We would go to films and my mother would encourage my cousins by patronising their paintings. We would go to exhibitions, films, read borrowed books, and do some painting and sketching.

Nothing will be the same again. How I miss her now!

By Fayza Haq

Beat Winter!

Winter is here faster than expected and seasonal changes can cause mood swings. You are expected to continue the daily routine at the same pace like you did when it was summer. To help balance the shift of seasons, consider these tips. They will create space and help you embrace the winter season.

Maximise the light that you have. Open the curtains and let the light in. Remove screens and clean the windows. Find a bright location in your house where you can relax and soak in the sun's energy. You can also rearrange furniture to help maximise the light that reaches your room.

Reduce obligations that add stress to your life. Be aware of what things are necessary and fulfilling. Let go of things that make you to feel overworked.

Keep active and go outside. Don't forget to change your routine. Yoga, stretching and walking are great ways to stay active. Walking outside, even for five minutes will invigorate your body, mind, heart and spirit. The natural light and the crisp air will boost your mood, energy and physical well-being.

Soothe your body. A bath will give you warmth and allow your body a chance to rest and relax.

Enjoy warm drinks and foods. Your body craves comfort foods when it is cold out. Soup, tea and other warm foods will provide internal warmth and satisfaction. Look up recipes that will provide nourishment and comfort during the winter season.

Another life hack is to put a steaming cup of coffee against your wrist or even place it between your legs to warm your body all over. It does work!

By Mehnaj Kabir

Drinking green tea combats allergies, so add it to your seasonal arsenal. Studies show that green tea contains EGCG which fights allergic reactions. It also reduces histamine reactions in the body and prevents symptoms like runny nose, watery eyes and sneezing.

terol as well as improving the ratio of good to bad cholesterol.

It also promotes healthy gums and teeth. Drinking tea is bad for its staining effects on your teeth. Hot beverages contain tannic acid which darkens the colour of your teeth. However, the consumption of green tea can be beneficial when it comes to oral health. Green tea is also known to target oral cancer. Its strong antioxidants help kill cancer cells, and may even become a possible alternative to the debilitating chemotherapy.

By Mehnaj Kabir