

THIS WEEK FOR YOU

23rd June to 29th June 2013

1. ARIES
Ganesh warns you not to be too arrogant this week. If you remain immersed in yourself, you may end up in trouble. Even with your juniors at work, you need to deal with some amount of compassion. You need to make allowances for certain weaknesses that people may have, as nobody in this world is perfect. On your own, you shall be preoccupied with business and professional matters, which means you may not be able to devote sufficient time to your near and dear ones. Don't worry, they will understand, affirms Ganesh. Your planning and execution of tasks in professional matters shall be impeccable. You would have the finer points worked out in detail. However, you may not work very well as a team member. Working individually shall bring out the best in you, though.

7. LIBRA
Ganesh predicts that your intellect and skills shall peak this week, and you are bound to make remarkable headway in the course towards fulfilling your long-term ambitions. Since your analytical and deductive skills are famous, you may be called upon to resolve many prickly issues both in the personal and professional spheres. Financially you are likely to be comfortable, but when it comes to spending, you shall be very judicious; that is, you shall avoid wasting any money on unnecessary things, which may wrongly be construed by some people as miserliness, but you know that you are just being wise and it is exactly this habit which shall come in handy during the rainy days. The future behaviour of some of your colleagues may now become clear to you.

2. TAURUS
Ganesh predicts that this week you shall be somewhat moody, getting irritable over petty matters and picking up fights that you can very easily avoid if you just stay cool. Instead of spilling your equations with people around you both in your personal and professional life, you need to be looking at ways of strengthening them. At the times when you are not moody, though, you shall be the epitome of a balanced and mature person. You will also be firm in your decisions and no matter how much people may try to persuade you to change them, you shall not be moved. If you are looking out for another job, you may have to be very alert so as not to miss out on opportunities that may present themselves.

8. SCORPIO
Ganesh foretells that this week, dissatisfied with the progress you have been making in your career, you are likely to start thinking in terms of starting your own business, either by lying up with a partner. Your business prospects are auspicious this week, but in partnership with someone else. So Ganesh advises you to start out in a small way, instead of being too ambitious from the very beginning, and gradually, perhaps by pumping your profits back into your business, let it grow. You shall be immensely popular among your circle of friends, and even inspire some of them who may be facing the blues to look at the silver lining.

3. GEMINI
Ganesh predicts that you are bound to benefit greatly during the course of the week regardless of whether you are a professional or a businessman. On the domestic front, things will be hectic-dry and your intimacy with your spouse will only increase, and you shall be sharing your innermost feelings with him/her. The stars are very much in favour of singles, as you are likely to find your soulmate, and if you are in a relationship, you may want to take it to the next level. Ganesh advises you to clear up the clutter in your house. Things that you have not used for more than a year need to be jettisoned. This week is auspicious even if you are looking at selling off your house or vehicle.

9. SAGITTARIUS
As the week progresses, predicts Ganesh, you shall make a slow but conscious effort to get out of the clutches of the pessimistic outlook which has been holding you back, and you will begin to make an effort to look at the brighter side. As for your domestic life, you may be overwhelmed by the load of your responsibilities, and may think of every trick in the book to evade them, but as you become more positive, you shall realise that nothing can give you more satisfaction than completing your duties, whether they are personal or professional in nature, and you shall start going about complying with them in right earnest. However, you may not take on additional responsibilities, because you wish to have enough time to meditate in solitude.

4. CANCER
The fact that you have good multi-tasking skills shall come in very handy this week, predicts Ganesh, as you shall have your plate full. Your workload is likely to be too heavy, but by giving your skills and the fact that you are positive about working hard, you shall accomplish all your tasks within the stipulated deadlines. And the fact that you shall accomplish all your weekly goals, shall in turn increase your self-confidence. Nothing succeeds like success! Your performance at this stage is bound to have a positive long-term impact on your career also. However, take good care of your health by sleeping well and getting enough exercise. Also, keep your distance from all the nasty gossiping that may be doing the rounds in your work-place.

10. CAPRICORN
Ganesh foretells that your work deadlines may be so tight this week that even a slight interruption from any quarter - other colleagues or phone calls from home - could make you lose your temper, and quite possibly you may end up having a nasty scrap with someone or spilling your equation with your near and dear ones, something you are bound to strongly regret later. Therefore, Ganesh advises you to stay cool and calm even under severe pressure, and deal with distractions in a mature way - or ignore them altogether. Amidst all the work frenzy, though, you shall manage to squeeze out some time for entertaining your family and friends. A change of residence or office is in the offing too.

5. LEO
Be prepared for a mixed bag of fortunes this week, advises Ganesh. Some things might turn out well for you, but others, on which you may well have higher stakes - moral, material or otherwise - may just not work out in your favour, leading to a lot of frustration and disenchantment. The chances of egg clashes are high, and they would take a heavy toll on you mentally. Under the circumstances, the last thing you want is domestic disputes; you would, therefore, do well to avoid any arguments either with your parents, spouse or even your children. Of course, this will be for great maturity and level-headedness. Try to be positive and balance the setbacks at the office with some cordiality and joviality at home.

11. AQUARIUS
Ganesh predicts that this week you shall be fed up with the hectic pace of your work to the extent that you may feel compelled to start looking out for another job. However, this is not a very auspicious week for changing jobs, so unless you get one which is very lucrative and has a job profile that is most suitable for you, just stay put where you are. You can think of a switch in later weeks when the stars turn in your favour. If you are self-employed too, you shall be under tremendous stress, because once you have undertaken the job of providing some service to a client, there is no way out but to keep your word - or lose the trust of the client, or your fees.

6. VIRGO
If you happen to be a big shot in your organisation, this week you shall be in your elements, predicts Ganesh. Your man-management skills shall come to the forefront, and you shall be able to delegate all the work in an extremely judicious manner aimed to produce the maximum results, which it will. This shall also go a long way in enhancing your own professional reputation in the industry. As for businessmen, you will have no dearth of ideas, and no lack of resources to implement them. Your partners shall repose full trust in you and you shall not disappoint them. However, work pressure means your family is bound to get neglected, which may not go down too well with your near and dear ones.

12. PISCES
Your imagination and creativity shall surface this week, predicts Ganesh. And, if you are involved in a career that calls for these qualities, the stars shall favour you to the full extent. But be warned not to wear your heart on your sleeve, as there may be many crafty elements in your vicinity out to exploit this tendency of yours. Try to discriminate between your genuine well-wishers and the pretenders. The planets are in favour of purchasing land and property, so if you have been contemplating such a idea, you may go ahead without any hesitation. On the personal front, your relationship with your spouse is likely to get a boost. If you are unmarried but in a committed relationship, you may decide to take it to the next level.

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A table for you

The dining table is a focal point in the house whether for family meals or a party. So it deserves to look good, says Anju Munshi

An impeccable home with not a thing out of place is what most of us want in our homes with style as a strong statement. Normally we go out of our way to clean up and beautify our homes only when we are having people over for cocktails, dinner parties or eventful luncheons, and once the show is over the house comes back to its old self. But why not incorporate the style in everyday living? After all we live in this home and it is not for guests alone.

The dining table, for instance, is integral to the house, whether for everyday eating or for a party. Presenting it beautifully, and with care, makes a difference to the way we enjoy our food too.

What is table dressing?
In ultra-conservative Victorian times even the legs of the table were covered up! Today the formal table also ideally does not show too much



leg but variations on the linen can fit into different occasions. Table clothes, dinner napkins, lunch and cocktail napkins, doilies, tray covers, jug covers, hand towels, mats and runners can be an intrinsic part of the table-dressing.

A stiffly starched, or a lightly embroidered on soft cotton tablecloth brings an ambience and completeness to the dining experience. Whether formal or casual, it adds the special touch to the occasion. A special occasion could become a lasting memory with flowers, candles, placemats and sparkling cutlery. "Runners are sometimes preferred at the dinner table but for a formal dining, an 8 to 12 inch drop on all sides is recommended; for casual dining, a 6 to 8 inch drop is sufficient," says Chandrani Pradhan, owner of Vibgyor restaurant in Darjeeling.

For a more dramatic look, lengthen the drop on each side. This will create a puddle effect on the floor and is ideal for lavish celebrations. "Whether it is to show off the beauty of your tablecloth, table sets, table décor is an art and dresses up and sets the stage for your dining experience," says Pradhan.

Accidents occur, of course, despite best of efforts. While serving meals, like barbeque sauce, spaghetti, pizza, curry or Chinese spread with all kinds of sauces. But if the well nurtured table linen gets soiled, maintenance is not difficult today as effective stain removers are readily avail-

able. The napkin collection in the hospitality industry is a serious business. With some basic education, one can dress up any table with élan. Simple hem-stitched linen, crochet, lace, embroidered all styles is extremely important to add variety to one's collection. It is generally said that good well starched table cover with white napkins, hem-stitched or lace or embroidered ones, is an introduction to the host for they leave a lasting impression on their guests and actually dress up a party, says socialite Neelam Moitra of Kolkata.

What size should the napkins be? "A 20" is considered to be an acceptable size for dinner napkins, while cocktail size napkins measure 6"x6". The lunch size napkins should measure 13x13 inches. "The idea is not to be rigid but to get in beauty in your daily table setting regimen for food is also about visual appeal," reiterates Moitra.

For the daily requirements one can have a pile of napkins that wash well and are resistant to hardy wear and tear. "An old bedspread could be made into multiple lunch napkins and could be crocheted on the sides. It could also be cut into a big round for a round table or with some alterations can make into a perfect table cover for other shapes too. Make sure that whatever you use it for, the edges are neatly done up to give a new look," says Mallika Sen, who loves entertaining in style at her cosy cottage in Kalimpong.

Fold the style in
Napkin folds should be kept fairly simple, and the napkin should be placed next to the salad fork or on the top of the side plate. If the party is served buffet style the napkins will be piled up along with the plates. "When you are finished with your tea and food, the napkins should be placed to the right of the plate on the table. In case you need to leave your seat during the meal, it is acceptable to place the napkin on your seat until you return. You should also neatly fold your napkin in half or quarters and place it on the table. There is no need to fold it as neatly as it was in the beginning of the meal, but it shouldn't be crumpled or balled up either, says Sen.

If your dinner/lunch/tea is formal, cloth napkins are really the best way to go. If slightly informal, or for very large function like a children's tea party, group function, conferences or a working meal, the unattractive but very convenient paper napkins are fine to use.

For the home one should invest in the easy to maintain napkins, not only cotton but a mixed material that is easy to wash and dry. They have to be washed frequently and neatly folded so that there is no need to iron them. The children should be taught the habit of spreading a napkin evenly on their laps and to fold them when they are done, so that eating clean becomes a lifelong habit.

Doilies are a great way to dress up small tables or trays. The doilies make decorative accents to any table, dresser or sideboard. A packet of paper doilies can be used on small serving plates for tea time treats. With the visual appeal the mundane biscuits and savouries acquire new dimensions.

Not to forget the hand towels. From the guest bath to the kitchen, linen guest towels are great accessories to welcome friends into the house. One can make individual towels for the son or daughter by getting them monogrammed with their initials or just embroidered it with some favourite designs. Even hemming it with a contrasting ribbon or lace gives a special feeling to the everyday towel.

The idea is to enjoy the ambience in the house where personal care immediately shows. (TWF)

CIPHER DECIPHER

e-mail: cipher-decipher@dailycexcelsior.com

Hi Friends! We are back with your favourite column for the week. Please have a look at OUR MESSAGE before you send in your message to us.

- To all from Radhika Mehra: "Women are books, the arts, the academies, that show contain and nourish the entire world".
- From Sanjay Dhar to all: "For God is the one worker and His works are the works of mercy".
- To all from Mrs Sharda Gupta: "Life is not anything but an opportunity for something".
- From Kiran Kanchan to all: "When men speak of the future, the God laugh".
- To all from Abhishek Jandial: "An essential aspect of creativity is not being afraid to get fail".
- From Abhi Gupta to all: "Aspire to inspire before expire".
- To all from Vivek Jasrotia: "Good at heart and good at words, characterize a noble person".
- From M.S. Negi to all: "Never just think about yourself, always be kind, otherwise, one day others and God will stop thinking about you".
- To all from Madassar Nawaz Sheikh: "Be short specific and upto the point, which saves time and energy".
- From Rishab Raina to all: "To keep your secret is wisdom; To expect others to keep a folly".
- To all from Anil Kumar Nanda: "Luck is nothing but the meeting point of alertness of mind and opportunity passing by".
- From Raman Gupta to all: "Patience doesn't mean how long can you sit idle but it means how long can you wait for success".
- To all from Abhishek Jandial: "Average minds discuss events small minds discuss people"

BEST MESSAGE

The award of rupees 200 for this week's best message has gone to Dr POONAM NANDA C/o H.No 56-A (PVT) JAMMU-180004 for the message "One who loses patience cannot taste the success; as if to carry water in a sieve one has to wait till freezing of water".
Congrats. The prize money would be sent to you through money order

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OUR MESSAGE

- Please do mention pin code number of areas while sending your message to EXCELSIOR.
- Your message must reach us by Friday evening.
- To send your message, use CIPHER-DECIPHER message chit.
- Your entries should be brief and original. We use those messages devoid of hurting the sentiments of the people.
- Out of the messages we receive, one of the message is selected for the award.

HARESH SINGH

SPORTS SPHERE

Born on May 19, 1990, Siddarth Kaul is an Indian cricketer. A medium pace bowler, he made his first-class debut for Punjab in 2007. Kaul was a part of the victorious India Under-19s team at the 2008 Under-19 Cricket World Cup and was named as one of the players to be drafted for the Indian Premier League, where he signed for the Kolkata Knight Riders. His brother Uday Kaul also plays first-class cricket for Punjab, and his father Tej Kaul played across three seasons in the 1970s for the Jammu and Kashmir cricket team.



Kaul made his debut for the Punjab cricket team against Orissa in the 2007-08 Ranji Trophy, alongside his brother who was wicket-keeper for the match. He took a five wicket haul in the first innings, and finished with figures of 5/97. He has also made appearances for the Punjab youth teams, at Under-15, Under-17 and Under-19 levels.

For the Indian Premier League's inaugural season, a number of members of the victorious India Under-19s team from the 2008 Under-19 Cricket World Cup and other specified youngsters were named as players to be drafted by teams in the Indian Premier League, whilst other youth players would have to be chosen to play for their local teams. Kaul was chosen by the Kolkata Knight Riders, based in Kolkata, West Bengal, and captained by Sourav Ganguly.

Kaul was named in the squad for the India U-19s team for the 2008 Under-19 World Cup in Malaysia. He played in all of India's matches as they proceeded to the final, where they defeated the South African U-19 cricket team by 12 runs (adjusted by the DL method). He took 10 wickets at an average of 15.40, putting him joint tenth on the list of highest wicket-takers for the tournament.

Kaul was the member of Delhi Daredevils squad in IPL-6. He played reasonably well in the matches he got the chance. He bowled with decent line and length in all the games he played.



Identify the Player:

Write a brief description about him in 250 words.

QUESTIONS OF THIS WEEK:

- By how many wickets India defeated Sri Lanka in Champions Trophy semifinals?
- Name the two teams which have qualified for the finals of Champions Trophy?
- What is the full form of JKCP?I?
- Which team won the finals of Salute and Tribute T20 Veteran Cricket Tournament?
- Who is Sidharth Trivedi?

ANSWERS OF THE LAST WEEK:

1. 293 runs 2. Chennai Super Kings 3. 8 wickets 4. Simula XI and KCCC 5. Tainted IPL player.
The best entry of this week was received from Suresh Sharma from Gole Pully, Talab Tillo, Jammu.

The other entries of the week were from Sidhanth Singh from Bari Brahamana, Sanjay Dhar from Lane No 1, H No 3, Upper Laxmi Nagar, Jammu, Tushar Mahajan of H No 55, Lower Laxmi Nagar, Sarwal, Jammu, Amit Sharma from Pouni Chak, Jammu and Aniket Gupta, Jammu.

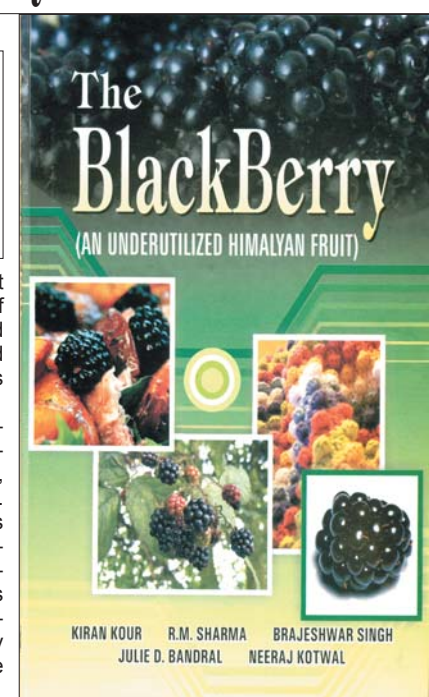
Dear Contestants, please send your reply within five days to-
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— RAJESH DHAR

BOOK REVIEW

Exploring Blackberry Fruit's Potential

Pratibha Sharma	
Name of Book	The BlackBerry
Author	(An under-rutlized Himalayan fruit) Kiran Kour, R.M. Sharma, Brajeshwar Singh, Julie D. Bandral and Neeraj Kotwal
Publishers	Yak Publishing Channel, Jammu
Year of Publication	2013
Pages	58
Price	Rs 250



BlackBerry is an under-rutlized soft fruit originating in the Himalayan belt with lot of potential and a ready market. If fully explored it can benefit a large chunk of farmers and also give a boost to Jammu and Kashmir's economy.

The book has been authored by noted scientists working in the Sher-e-Kashmir University of Agricultural Sciences and Technology, Jammu based on their long field experiences. This 58-page book has given comprehensive detail of this horticulture product with illustrations and narration in a lucid style. The BlackBerry has not only unique taste but numerous therapeutic values. The Yak Publishing Channel has really done a commendable job by publishing this book by noted experts on the subject.

This deciduous to evergreen fruit has a great demand because of its medicinal and nutritive properties. It has anti-inflammatory, antiviral, antimicrobial and anti-carcinogenic properties with notable nutritional contents like vitamin C, K, folic acid, essential minerals, anthocyanins, Omega-3- and 6- fatty acids and ellagic acid. Besides, it is also good source of potassium, calcium, manganese and iron, and rich in anti-oxidant vitamins A and C.

The team of scientists: Kiran Kour, R.M. Sharma, Brajeshwar Singh, Julie D. Bandral and Neeraj Kotwal have underscored the urgent need of survey to select the promising indigenous strains and the import of promising variety from abroad to make it popular among the consumers to make the fruit as a part of their diet. Being a hardy plant, this can also be a source of wasteland development in temperate areas in Jammu and Kashmir.

In India, the natural plantation of Himalayan blackberry can be found in temperate areas of North Western Himalayan States including Jammu and Kashmir with a lot of variability in fruit shape, size, colour and the morphological characteristics of the plants. Due to scant attention of researchers, the potential of these naturally existing plantations has not been fully explored so far in our country.

The Greeks used the blackberry as a remedy for Gout, and the Romans made a tea from the leaves of the blackberry plant to treat various illness. Its valuable remedy for dysentery and diarrhea. The root is more astringent than the leaves. The leaves can be used to make herbal teas. Medicinal products for

chest ailments and in skin care. These are also used for their anti-inflammatory, anti-viral and anti-microbial properties as well as their anti-proliferate activity against cancer cells.

There is need for raising blackberry (Rubus spp.) production and also exploited for commercial cultivation of this popular fruit crop which is popular in many countries of Europe, Russia, Germany, USA and Poland. Quality seed is the least costing input in the crop, so selection of good planting material is very important. Care should be taken while crop plantation, goods growing environment yields maximum profits. Good quality fruits are results of optimum nutrition, poor nutrients supply is determined for crop health and fruit. Training and pruning of plants keeps them in best of health for quality fruit yield. Taking care of quality fruits is essential for good marketing hence harvesting and then cares till it reaches ultimate consumers is important.

Blackberry can be relished in many ways that adds to its markets value by having its jam, wine, ice-cream, blackberry pie and also blackberry jelly.

This book, having a number of botanical features with pictures, charts and tables, is important for the horticulturists and even common people in Jammu and Kashmir as also across our country. A lot of extension field work by the expert is needed to propagate production of blackberry fruit. Such a useful and informative book should be translated into Dogri, Urdu, Hindi and other regional languages so that every cultivators are sensitized about the potential and productivity of the blackberry fruit.

(StarLine Syndicate Service)

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