



Pamper your feet

Healthy and well-cared for feet can aid in relaxation and fitness. Kick up your heels, relax, and get yourself a foot facial. A pedicure is a way to improve the appearance of the feet and the nails.

Whether you opt for spas in a salon or try one at home, a pedicure will leave your feet looking beautiful and feeling fresh and rejuvenated.

BEAUTY
Zarin Saleh Hussain

Remember: Regular foot care is important for overall well-being, and not just when you have a particular problem with your feet.

The skin on the feet is particularly vulnerable to lack of oils and water, and therefore, needs intensive care to help restore its softness and suppleness.

- The purpose of a foot spa is to:
- To nourish the tissues.
 - To stimulate foot and leg muscles.
 - To help relaxation.
 - To improve the appearance of the feet.
 - To keep the feet in good condition.

I think every woman deserves to pamper herself with the most exotic and wonderful natural ingredients.

★ Soak your feet in warm water with a handful of marigold petals, rose petals, and half a cup of milk.

★ Scrub clean with a pumice stone and massage with fresh cream, to which you have added a few drops of sandalwood oil. Wipe off and apply rose oil.

★ For tanned feet, add a pinch of camphor to sandalwood paste. Apply this on your feet daily. Do this for a week and you will notice a considerable difference.

★ Lemon juice, glycerine, honey and rose water, mixed together, act as the best feet lotion and can be applied on the feet, before retiring for the night.

★ Toe-nails need to be clean and well-cared for.

★ While bathing, to prevent your feet from smelling, soak them in hot and cold saline water alternately, for 20 minutes daily.

★ Olive oil is excellent to prevent cracking of the skin of the feet due to severe cold. Soak feet in warm, soapy water, wash clean and rub with a brush and pumice stone to remove rough, scaly skin.

★ During winter months, you should take extra care of your feet. Most women ignore their feet, but clean and pretty feet make a woman look well turned out.

Procedure:
● Soak your feet in warm water before scrubbing them well with soap and pumice stone.

- Brush your toe nails properly.
- Then dry your feet.
- Apply a foot mask.
- Wipe off, then massage feet with a foot cream or oil.

Remember:

★ Sticky, smelly feet can be helped by using cotton socks and leather shoes, which will allow the feet to breathe. Try to avoid nylon socks and plastic shoes. Before wearing socks, dry your feet very thoroughly and dust them with talcum powder. Try to avoid wet socks and shoes for long.

★ Always dry the feet thoroughly after washing.

★ Massage or spray your feet daily with creams and lotions. This cream moisturises the dry skin very well, strengthens the skin of the feet, and makes dry skin soft and supple again.

★ Remove as much dead skin as possible with a pumice stone. Make a mixture of two parts of glycerine with one part lemon juice. Rub in the affected area well and wear socks after that.

Here is a very effective foot mask for winter - Mix a mashed overripe banana with two tablespoons of honey. Then apply on your feet. After that, apply some fresh cream, rub in well and wear socks for the night.



Confluence. There are some words that are loaded with meaning, possibilities, whorls of associations. It wakes in the mind the imagery of an intricate lacework of little rivers gliding past distant fields and forests, bounding impetuously down rocky hill slopes, and bringing with them the songs of their journey, the silt of lands left behind, offering all to the Red river, the Old Man River who gathers them in his mighty arms and sweeps them grandly to the sea. A confluence is an endless, fluid point of merging, flowing together, becoming one, and going forward.

Throughout the course of history, great streams of humanity, of many races and ethnicity, have merged with each other, giving birth to great civilisations, as also conflict and bloodshed. Poets, playwrights, writers have recorded this saga of man's restless search for home, for love, for peace, and something greater than themselves. Books are humanity in print. Each wordsmith is a faraway little stream singing and surging towards a distant river. And books are the carriers of civilisation. Without books, they say, history is silent, literature dumb, science crippled, thought and speculation at a standstill.

'Confluence' – the Asia International Literary Festival, is a milestone in that, for the first time, a galaxy of writers from our neighbouring Asian countries, other parts of India and from the North East came to Guwahati to share their experiences of life and the written word, their personal sagas of struggling to speak the truth in the midst of turmoil and repression, as well as their willingness to meet wordsmiths they had never met before and forge ties of friendship and understanding, thereby transcending all boundaries.

In 1997, a group of writers in the region, who had been writing in English, got together to form the North-East Writers Forum. Though they write in English, their outlook has never been elitist and clearly reveal a deep love for their land, and an abiding commitment to expressing and celebrating the intricate tapestry that is the North East. What began with readings, comprising original works and translations into English, aimed at mutual support and incentive to creativity, went on to create bridges of friendship between writers of the eight states of the North East. In their own words, "Romance of thought binds us together, a romance that sweeps down from the snows of Sikkim, through the mist of Arunachal Pradesh, cutting across the mystique of Nagaland, down into the green vale and hills of Manipur, still further down into the realm of Tripura and then climbing up once again to the beauty and splendour of Mizoram, on the poetic Meghalaya, finally verging down to the long, green and blue land of Assam." What sets the NEWF apart from



When words merge-I

other such literary forums in India is that it is the first and only one at present that has as members, writers writing primarily, often solely, in English. With each passing year, this undaunted band of wordsmiths, bound by a love for literature and carrying in their winged words the fragrance of this corner of the world, have promoted creative works, written originally in English, and have been encouraging translations from regional languages to English. That this endeavour, with its modest, informal beginnings, has led to such ever widening ripples, is best exemplified by the December 3-5 Asia International Literary Festival, inaugurated at NEDFi Hall by Jnanpith award winner Dr. Mamoni Raisom Goswami. A galaxy of high profile writers, ranging from Narayan Wagle (Nepal), Anisul Hoque (Bangladesh), Bernice Chauly (Malaysia), Linda Christanty (Indonesia), Chindawatana Pongsakorn (Thailand), NS Madhavan, Mark Tully, Gillian Wright, Sheela Reddy, Mahesh Dattani, Mamang Dai, Temsula Ao, Kula Saikia and Monalisa Changkija (India) shared their unique insights into life and creativity, using years of experience to discourse on themes as diverse as literature of this region, literature as a mirror of societal violence, selling the Orient to the Occident, the playwright's quest, literature of dissent, etc.

Nepali author and journalist, creator of the iconic novel *Palpasa Cafe*, spoke of travelling to the remote outreaches of his mountainous country to report firsthand the Maoist uprisings, about being interrogated by the police in the wake of the mass pro-democracy movement against the monarchy. Tall, with striking good looks, Wagle was heartwarming, as he, in his quaint lilting accent, spoke of an entire nation's striving for justice, equality and the need to open old, grimy windows of tradition, to let in the fresh winds of change.

Novelist, poet, playwright and journalist Anisul Hoque of Bangladesh spoke eloquently of freedom and national identity, and how literature is the catalyst in the forming of national sentiment. When Ezra Pound published Tagore's work in 1912, and the Bard was honoured with the Nobel Prize the next year, it awoke such pride in being Bengali that it was natural to resist the imposition of Urdu in erstwhile East Pakistan. This led to the 1971 war of liberation and a fledgling nation was born. Controversial writer Taslima Nasreen and Hoque wrote columns for the same newspaper. When the *fatwa* compelled her to flee, they

A curse emanating from a dusty Punjab village wiped out the menfolk of her family. As her own life story became unbearable, she delved into other people's lives, writing about people with AIDS, sex workers, about indigenous peoples' rights, filming anti-government videos in the Sarawakian rain forests. Her family members faded to the realm of oblivion, but Bernice defiantly resurrects their stories. But this love for the word is not easy in a country that has no free press, where race, religion, sex and politics are not allowed to be discussed, or written about. Historical amnesia left behind the sour aftertaste of not knowing where one truly belonged, of being rootless and painfully alienated.

And yet, Chauly, Hoque and Wagle's honest soulsearching inspired us all, for they confirmed our belief that the word grows wings even in the deepest darkness, and soars in the midst of the whirling storm. In the concluding part of this column, we shall meet Mark Tully, Gillian Wright, the incredibly brave Linda Christanty of Indonesia, scholarly writer N Madhavan, Book Editor of *Outlook* magazine and author Sheela Reddy, diplomat TS Tirumurti, as well as a host of writers from this region.

A couple of days after the event, members of the close-knit family called NEWF have reason to be quietly jubilant. According to Dharendra Nath Bezbaruah, eminent editor, translator and one of the key members of NEWF, "We were promised a lot of monetary help by the government, which never materialised. That we were able to hold 'Confluence' with only half the money at our disposal is reason enough to feel a sense of satisfaction. This meet is definitely a

lost touch for two decades. Then they met at a Geneva conference and both burst into tears, overwhelmed. While the literary quality of Nasreen's body of work is debatable, he declared that a hundred years from now, she would be hailed as the lone woman who bravely inspired her kind to speak out against patriarchal subjugation and claim their rights and dignity.

With her gamine looks, nerdy glasses and throaty voice, Bernice Chauly is a walking, talking embodiment of the touristy catch phrase *Malaysia- Truly Asia*. Writer, photographer, actor and teacher, she is a single mother to two young daughters. Of Chinese-Punjabi descent, she is at once haunted and exultant about her half-breed identity.

3rd eye

Indrani Raimedhi

Tangled

Voices of: Mandy Moore, Zachary Levi, Donna Murphy, Ron Perlman, M.C. Gainey.

Directors: Byron Howard, Nathan Greno.

When the kingdom's most wanted — and most charming — bandit Flynn Rider hides out in a mysterious tower, he's



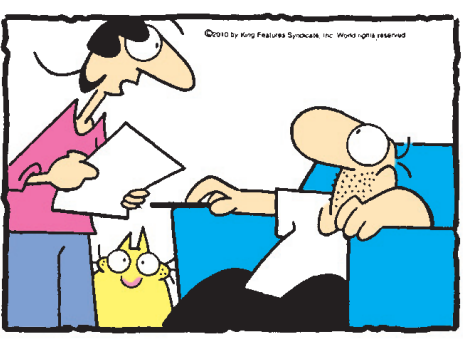
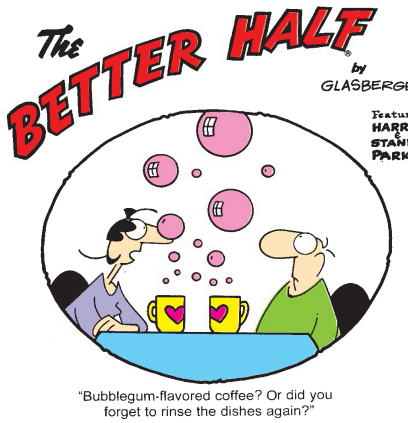
taken hostage by Rapunzel, a beautiful and feisty tower-bound teen with 70 feet of magical, golden hair. Flynn's curious captor, who's looking for her ticket out of the tower where she's been locked away for years, strikes a deal with the handsome thief and the unlikely duo sets off on an action-packed escapade, complete with a super-cop horse, an over-protective chameleon and a gruff gang of pub thugs.

Burlesque

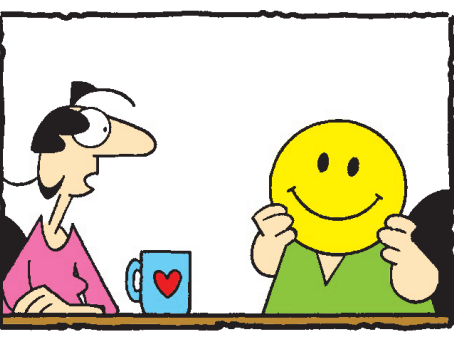
Cast: Cher, Christina Aguilera, Eric Dane, Cam Gigandet, Julianne Hough.

Director: Steven Antin.

Ali is a small-town girl with a big voice who escapes hardship and an uncertain future to follow her dreams to LA. After stumbling upon The Burlesque Lounge, a majestic but ailing theatre that is home to an inspired musical revue, Ali lands a job as a cocktail waitress from Tess, the club's proprietor and headliner. Burlesque's outrageous costumes and bold choreography enrapture the young ingenue, who vows to perform there one day. Soon enough, Ali builds a friendship with a featured dancer, finds an enemy in a troubled, jealous performer, and garners the affection of Jack, a bartender and fellow musician. With the help of a sharp-witted stage manager and gender-bending host, Ali makes her way from the bar to the stage. Her spectacular voice restores The Burlesque Lounge to its former glory, though not before a charismatic entrepreneur arrives with an enticing proposal.



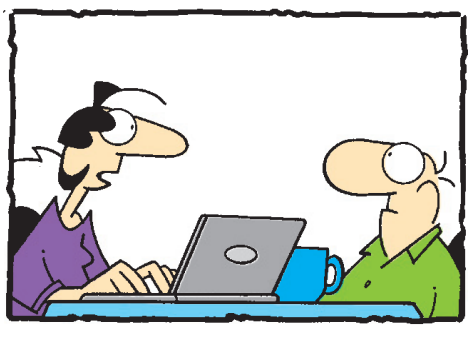
"The decorator recommends having you reupholstered to match the chair."



"You're hiding something. A wife can sense these things."



"You insisted we share all chores 50-50. I wrote the vowels on our grocery list, you can write the consonants."



"I'd love to get away from it all, but I think someone disabled my 'escape' key!"

FORECAST

DECEMBER 13 - 19, 2010

ARIES (MAR 21-APR 19)
Friends and allies are in the stars on Monday. Around Tuesday and Wednesday, try as you might to get something off the ground, the cosmic energy's creating a bit of a fog. You might just need to wait for things to clarify — which can happen as soon as Thursday and Friday. When the weekend comes, money might be on your mind — or maybe it should be. How's that budget?

TAURUS (APR 20-MAY 20)
You can give it your level best on Monday, but work or other projects may be a bit of a struggle to deal with. By Tuesday and Wednesday, however, the energy shifts for the better. You may be inclined to grab an option that presents itself on Thursday or Friday, but a little tweaking or another choice could be best. With the weekend comes a major chance of romance. You're hot now — show it!

GEMINI (MAY 21-JUN 21)
Go beyond the superficial stuff on Monday to get to the heart of the matter. Around Tuesday and Wednesday, you've likely got something to share, but the right words or the right time could be elusive. The end of the workweek brings active, expressive energy that's much better suited to taking the initiative and letting others in on your ideas, plans and feelings. This weekend, knowledge is power.

CANCER (JUN 22-JUL 22)
Let logic and your feelings both have their say on Monday, rather than exclusively relying on the former, or getting carried away with the latter. Around Tuesday and Wednesday, it's your instinct that's your best guide. At the end of the workweek, you're thinking fast and changing your mind faster. Hold off on saying anything until you're sure. This weekend, both home and socialising are favoured, and (bonus!) others are very responsive to you.

LEO (JUL 23-AUG 22)
Go with the proverbial flow on Monday; things are changing fast, and you want to keep up. Around Tuesday and Wednesday, you might inspire a surprising reaction at work or in your personal life. Learning something or meeting someone new — or both — renews your lease on life at the end of the workweek. When the weekend comes, your career's in the stars, whether you're on the clock or not.

VIRGO (AUG 23-SEPT 22)
Monday's got your wheels turning, and an imaginative idea might send you in a whole new direction. Then it looks like a relationship's in the forefront around Tuesday and Wednesday, with change in the air. Tread carefully, and allow room for some important evolution — for yourself, as well as the situation. If you're hoping for forward motion, the end of the workweek is made for taking action. When the weekend comes, a little trip or a fresh experience inspires you — and you can also achieve most anything you put your mind to.

LIBRA (SEPT 23-OCT 22)
Monday's an odd romantic day, so if you've got love on your mind, don't delay! Friends and coworkers appreciate you more now, too — and around Tuesday and Wednesday, the feeling's likely to be mutual, when they help you out with many aspects of your busy life. The going could be slightly tough now, but by Thursday and Friday, things are smooth again. When the weekend comes, relax and enjoy, and balance any indulgences with rest and exercise.

SCORPIO (OCT 23-NOV 21)
The new week's energy might inspire you to make changes on Monday, but get input from family or coworkers who could be impacted by your whirlwind! Around Tuesday and Wednesday, inspiration in the love department is on its way. There's a better way than a conflict or power struggle at the end of the workweek — find it! When the weekend comes, sports or a game give you an outlet for boundless energy and drive. You're in it to win it!

SAGITTARIUS (NOV 22-DEC 21)
Look for smarter alternatives on Monday. Around Tuesday and Wednesday, you may be feeling nostalgic. The cosmic energy should pull you right into every delicious moment on Thursday and Friday; life favours fun and games and even love. You're hot! This weekend, practically comes in handy, and you're seeing the nuances of situations.

CAPRICORN (DEC 22-JAN 19)
Short-term plans may go awry on Monday — there could be oversleeping, double-booking and similar mishaps. But don't worry: The stars favour what you put together long-term now. Around Tuesday and Wednesday, your imagination's clamouring for some attention. At the end of the workweek, you're getting serious, whether about work, an extracurricular project, or a relationship. Your stick-to-it-iveness is impressive, and when the weekend comes, you're able to apply it to the serious business of having fun and amping up romance.

AQUARIUS (JAN 20-FEB 18)
The world's better with you in it on Monday! Around Tuesday and Wednesday, though, you'll want to check on finances, at work and personally, because a tidal change might take you by surprise. Exploring new waters is favoured at the end of the workweek. With the weekend comes a reminder from the past, whether your own, your family's, or even something from history. A discovery's there for you.

PISCES (FEB 19-MARCH 20)
On Monday, working with a partner or talking things over with a friend helps you stay centred amid it all. Around Tuesday and Wednesday, you're highly attuned to the nuances of situations and people. At the end of the workweek, life or love may be puzzling, but instead of waiting or fretting, look for key pieces and patterns. And when the weekend comes, any and all possibilities are promoted by the stars. Seek and you shall find!