



ARIES
(MAR. 21- APRIL 20)

Financial affairs do not look too favourable. Get involved in activities that will bring you knowledge about cultures. Your lucky day this week will be Tuesday.



TAURUS
(APR. 21- MAY 21)

Equilibrium in romantic life is likely if you treat your partner well. Things aren't as they appear. Be patient. Your lucky day this week will be Thursday.



GEMINI
(MAY 22-JUNE 21)

Try to be a bit more understanding or you may end up being alone. Look into projects that you feel would contribute to your appearance. Your lucky day this week will be Wednesday.



CANCER
(JUNE 22-JULY 22)

You may find yourself in an emotional fix if you interfere in other people's problems. Do not expect anyone to do your work. Your lucky day this week will be Friday.



LEO
(JULY 23-AUG 22)

Quarrels will erupt if you get into philosophical debates with friends. You can't always have your own way. Your lucky day this week will be Monday.



VIRGO
(AUG. 23-SEPT. 23)

Close deals that have been up in air, move on to new ones that appear to be profitable. You'll get to your destination. Your lucky day this week will be Sunday.



LIBRA
(SEPT. 24-OCT. 23)

Don't trust others with private information. Romantic connections can be made if you go out with friends. Your lucky day this week will be Saturday.



SCORPIO
(OCT. 24-NOV. 21)

You can get into self-awareness groups or look into physical enhancement programmes. Travel will be interesting. Your lucky day this week will be Thursday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Don't make too many promises, you may exhaust yourself. Opportunities to go out with clients will be in your best interest. Your lucky day this week will be Monday.



CAPRICORN
(DEC. 22-JAN. 20)

Loans will be attainable and legal matters easily taken care of. You should make sure your personal papers are in order. Your lucky day this week will be Tuesday.



AQUARIUS
(JAN. 21-FEB. 19)

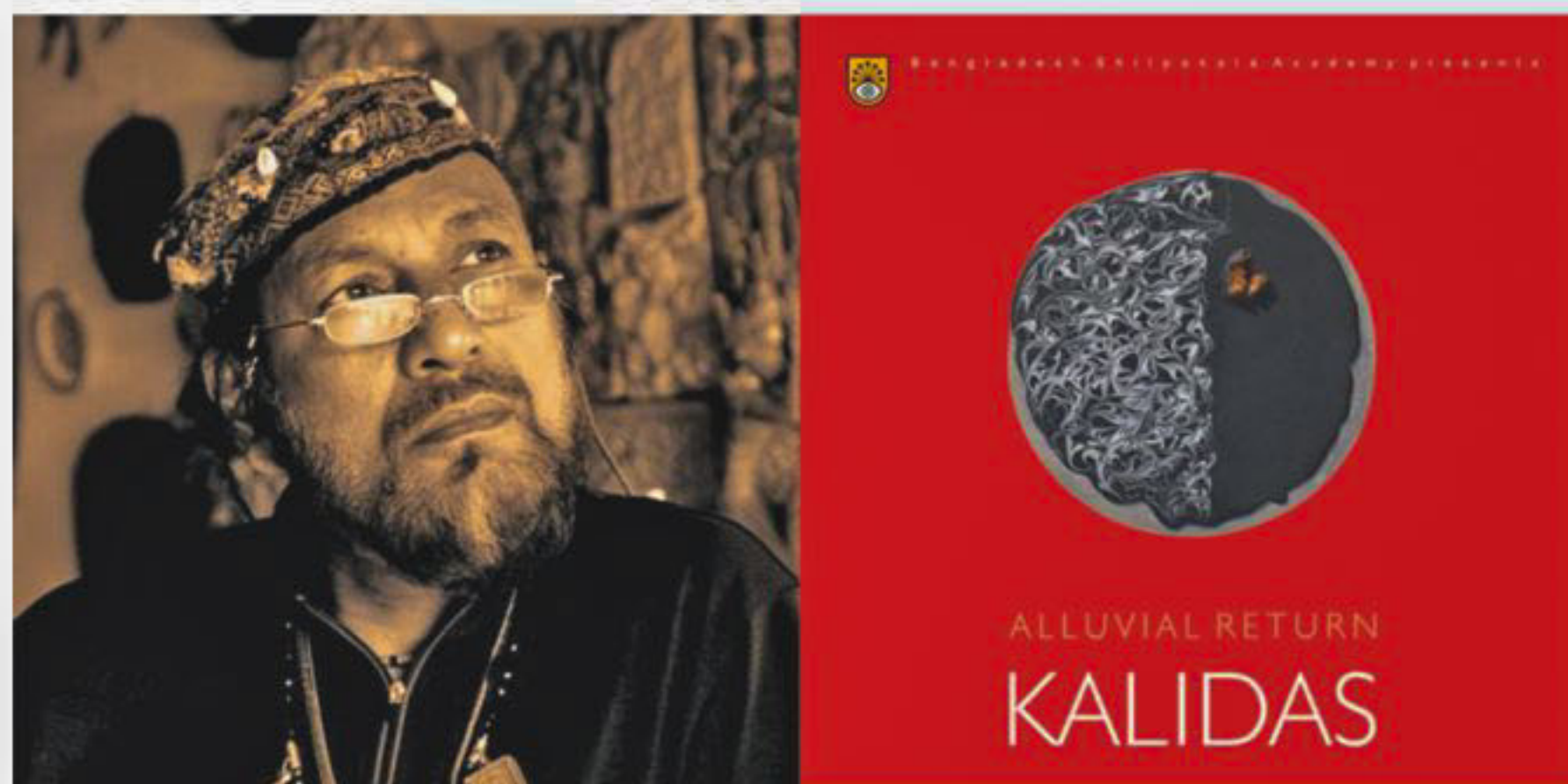
You may want to make changes in your home environment. Communication will be your best bet. Abrupt action will cause difficulties. Your lucky day this week will be Saturday.



PISCES
(FEB. 20-MARCH. 20)

Your boss is not delighted with your work lately. Don't give in too quickly. Secret affairs will come back to haunt you. Your lucky day this week will be Sunday.

THANK GOD IT'S FRIDAY
BY TANZIRAL DILSHAD DITAN



ALLUVIAL RETURN - SOLO ART EXHIBITION BY KALIDAS KARMAKAR

Date: 4-16 January
Time: 11 am – 8pm

Venue: National Art Gallery, Segun Baghicha, Dhaka
Bangladesh Shilpakala Academy is arranging a thirteen daylong solo art exhibition of internationally reputed artist Kalidas Karmakar titled 'Alluvial Return'. Professor Dr Gowher Rizvi inaugurated the exhibition as chief guest.

DHAKA FOODIES PRESENTS 'GRAND FOODIES FEST 2015'

Date: 9 and 10 January
Time: 11 am-8pm

Venue: Army Museum Field, Bijoy Sharani Road, Dhaka
If you consider yourself a foodie, this is one event you should not

miss. MadChef, Super Sandwich, Burger World, Kiva Han and many more will be on the biggest platform for food lovers to engage and taste the best of Dhaka. Offerings will not only feature Bengali food but also cuisines from around the world.

For details contact 0176 668 4133.

NAKSHI KANTHA: AN EXHIBITION FEATURING SELECTED NAKSHI KANTHAS FROM THE PERSONAL COLLECTION OF SHILPACHARYA ZAINUL ABEDIN

Date: Till Saturday, 10 January

Time: 12pm till 8pm

Venue: Bengal Gallery of Fine Arts

To mark the centenary of Shilpacharya Zainul Abedin's birth, Bengal Foundation, with the support of the artist's family, is holding a special exhibition on Nakshi Kantha from the personal collection of the artist himself. The exhibition is open to all.

LIVE STAND-UP COMEDY SHOW BY NAVEED MAHBUB & MOSHARRAF YAAFI

Date: Saturday, 10 January, 2015

Time: 7pm

Venue: Platter. Address: House # 108, Road # 03, Block # F, Banani, Dhaka-1213.

Tickle your funny bone with this dose of laughter at the comedy club. This week performers will include Naveed Mahbub and Mosharraf Yaafi. Tickets are priced at Tk 300. For more information call 0175 561 8541.

BY THE WAY

Seafood: Benefits and cooking essentials



WITH the rise in the consumption of seafood, it is good to know some basics of cooking fish to ensure the best taste. Not only is seafood a tasty treat but due to high levels of Omega-3 and low levels of saturated fat, it also protects the heart from disease. It also lowers the amount of cholesterol in the blood.

Renowned Sydney chef Giovanni Pilu advises to wait for the fish to come to room temperature before cooking. In this way the fish is cooked evenly. For those who love clams, removing the sand from the shells can be easy. Just add some flour to the water and the clams will spit sand out more quickly.

Seafood contains many essential nutrients including iodine, selenium, zinc and potassium. Iodine is important for the thyroid gland, and selenium makes enzymes, which can help to protect us from cancer. Fish is also an excellent source of many vitamins, including vitamins A and D.

We all know seasoning can make or break a dish, so to ensure the proper flavour is achieved continually taste the dish while cooking it. Overcooking or undercooking can ruin an otherwise perfect dish. Pierce the fish in the middle with a small metal skewer. Take the skewer out and check the temperature by gently tapping it against the lower lip. The dish is done if the metal is hot.

Eating oil-rich fish regularly can help to keep the eyes bright and healthy and can help to protect the eyesight of those suffering from age-related macular degeneration. The retinol in fish and shellfish, a form of vitamin A boosts night vision.

Eating fish should be a regular part of a balanced diet. The symptoms of rheumatoid arthritis, a condition, which causes the joints to swell up, are eased due to this.

Recent research has also found a link between Omega-3 fats and osteoarthritis, suggesting that eating more seafood could help to prevent the disease.

– LS Desk

Photo LS Archive/Sazzad