

HOROSCOPE



ARIES
(MAR. 21- APRIL 20)

Do not overextend yourself or you will lose in the long run. You can make or break your personal relationship today. Your lucky day this week will be Sunday.



TAURUS
(APR. 21- MAY 21)

A day at the beach may satisfy the whole family. Wait and get all the information before consulting your boss. Your lucky day this week will be Saturday.



GEMINI
(MAY 22-JUNE 21)

You're in the mood to spend money. Try not to be overly generous. Peers may not be on your side. Your lucky day this week will be Monday.



CANCER
(JUNE 22-JULY 22)

Think twice before eating spicy foods; you may have problems with your stomach. New projects may lead you into a dead end. Your lucky day this week will be Monday.



LEO
(JULY 23-AUG 22)

It will be important that you have your priorities straight. Your partner may be a little jumpy. Your lucky day this week will be Tuesday.



VIRGO
(AUG. 23 -SEPT. 23)

If they don't want to get involved, work by yourself. Sort out your personal papers and double-check your financial investments. Your lucky day this week will be Wednesday.



LIBRA
(SEPT. 24 -OCT. 23)

Get domestic chores out of the way early. Do not let lovers cost you money or take advantage of you. Your lucky day this week will be Thursday.



SCORPIO
(OCT. 24 -NOV. 21)

Romance will develop through work related activities. Losses could occur when dealing with joint financial ventures. Your lucky day this week will be Saturday.



SAGITTARIUS
(NOV. 22 -DEC. 21)

You may experience setbacks due to additional responsibilities with loved ones. You may enjoy doing something musical. Your lucky day this week will be Sunday.



CAPRICORN
(DEC. 22 -JAN. 20)

Business or pleasure trips will be knowledgeable as well as highly successful. Don't bend to the pressure. Your lucky day this week will be Monday.



AQUARIUS
(JAN. 21 -FEB. 19)

Help those incapable of taking care of their personal affairs. Make new connections through group associations. Your lucky day this week will be Thursday.



PISCES
(FEB. 20 -MARCH. 20)

Groups and organisations that indulge in social events to raise money will be conducive to meeting new and exciting lovers. Your lucky day this week will be Sunday.

PERSPECTIVES

There's more to life than livin'

There is more to celebrate in life than a great marriage, a successful career and a brand new car. In fact, in pursuit of the mentioned goals, often times we find ourselves missing out on other, almost equally satisfying, milestones.

These neglected accomplishments are as important as any other because not only do they add an exciting chapter to our lives but help us develop as humans even further. Maslow's Laws of Hierarchy place our basic needs, family and money much below the main aim of a human's life; that of self-actualisation. That, indeed, is the hardest goal to accomplish.

One of these out of the way goals one must certainly try is to conquer one's fear. Many a man will claim to have done just that the minute they tied the knot, but there has to be more to fear than that.

Imagine your heart pounding so loudly that it's the only noise you hear. You feel cold all over, yet the perspiration refuses to stop. The adrenaline pumps in your body, threatening to engulf your entire self in one sudden burst. You want to yell at the top of your voice and you feel like a volcano about to erupt. Your knees go weak and you have trouble stilling yourself.

Marriage may encompass a few of those but that's all. Only raw fear of something can bring that out and in your life you must put aside a day to conquer that very fear. The feeling of accomplishment is then delicious. Go skydiving, pet a snake, let a spider crawl all over your body or eat a

cockroach. Whatever your fear is, at least attempt to conquer it once in your life.

In a similar vein of thought, try and make a conscious effort to get out of your comfort zone. Sure, familiarity brings a sense of ease but must you really be mollycoddled your whole life? Take a promotion that puts you someplace you have never been before or go stay in a whole different city for a while.

While you are young, explore all opportunities because all the money and the children in the world cannot bring back the time that has been lost. While you still have the chance, reconnect with an old friend that you have not spoken to in years. Often times as we grow we wonder why we were friends with certain people.

Turn back in time and you will find your answer; memories alone will hold you two back together and create a bond that you can create with very few people after university. And as you earn, spend not only on yourself but also on others, complete strangers even, because it is something one must do at least once in their lives.

And as you age, think further. Quit your job if you think you have been doing it only for the money all these years. Do not hesitate to provide some basic luxuries for yourself; a softer comforter, a better TV, the things you always wanted as a child but thought you were now too old for.

Remember, how when you were a kid you promised you would buy all the candy in the store and get the best toys? Do that

right now; if not for you than perhaps your child or your niece or nephew or someone younger. Live like how you promised your 5-year old self that you would. That, in and of itself, is an accomplishment. Get a tattoo, change your hairstyle, get fit while skipping the gym and do a lot more that you have not already because it does not go according to your perfect step by step plan. Get to the point where you tut tut at teenagers and college kids making the same mistake that you once made; don't worry, growing up is all about making mistakes anyway.

The best laid plans of men and mice never seem to work themselves out. When you hit a red light, always wait for it to turn green. Life is not about your bank balance or your amazing marriage and honeymoon thanks to your awesome 9-5 job where you are a rung above a slave, because what slave earns 6 digits, right?

Life, in reality, is about living. It is about making memories. Imagine now sitting on a rocking chair, resting your 70 year old bones and your grand kids run up to you and ask you to tell them a tale about your life and you pull your crowed self to your tallest height and tell them about the time you brought in ten clients to your office at once.

Did their eyes light? Nope. That, is really the purpose of life; having a few moments that light up even the most innocent of eyes.

By Osama Rahman

CHECK IT OUT

Direct Fresh and Thrive partners for feeding slum children

Direct Fresh (Dhaka's premium online grocery store) has agreed to deliver food at cost to Thrive (a non-profit organisation) and facilitate for its customers to make donations.

Priscilla Heffelfinger, President, Thrive has announced that the 2 organisations have partnered to provide nutritious meals to children living in the slums of Dhaka.

Direct Fresh has made a commitment to Thrive to prepare and deliver food - eggs, carrots, vegetables, seasonal fruits, milk and other nutritious items - to the non-profit organisation at cost. This will result in cost savings for Thrive, and because Direct Fresh

will deliver the food to the doorsteps of Thrive's volunteers, it will save the volunteers from the difficulties of battling Dhaka's notorious traffic to travel to the market to obtain food.

In addition to providing discounted food to Thrive, Direct Fresh is encouraging its customers to make donations. Each time Direct Fresh's customers checkout from the online grocery store, they will be prompted with a request to make a donation to Thrive.

"This partnership makes perfect sense," said Heffelfinger. "Thrive's mission to feed children nutritious meals will greatly benefit

from Direct Fresh's expertise in food delivery and their focus on premium, healthy produce."

Direct Fresh's Founder and CEO, Mishal Karim said, "Our company is committed to charitable work in Bangladesh. When we saw the great work that Thrive was doing to feed some of the most vulnerable children in Dhaka, we knew that we could help them. It has been a great partnership that we hope continues well into the future"

To learn more about Direct Fresh's efforts to assist Thrive, visit www.facebook.com/directfresh/videos/525593737587635/?pnref=story

Run away from diabetes

Novo Nordisk, in association with Sports International, will organise Novo Nordisk Dhaka Half Marathon 2015. The country's biggest marathon is going to take place on 13 November - the eve of World Diabetes Day - to create awareness about physical activity and encourage people to invest time in it.

This year about 5000 runners are expected to participate in the 21.1km run and it will take about 3 hours to complete. The run will start from Gulshan Park and conclude in Manik Mia Avenue. The route will include JatiyaSangsadBhaban, Novo Theatre, Dhaka Army Museum and

Hatirjheel Development Project.

"The marathon will raise awareness about the importance of a healthy lifestyle in preventing and controlling diabetes. A little investment of time daily or weekly towards some kind of physical activities can reduce the risk of diabetes or other non-communicable diseases," said A Rajan Kumar, Managing Director, Novo Nordisk Pharma. "Novo Nordisk Half Marathon should inspire many people to engage, motivate and invest time on some kind of physical activity which we believe will help in building on a healthier society tomorrow."

"A healthier society is very important for

us to achieve sustainable development goals as well as economic growth," said Dr. Mohammad Saiful, Head of Marketing, Novo Nordisk Pharma.

Professional runners from abroad will also participate in the programme. Numerous embassy officials, sports federations and university students will also participate.

Awards will be given in 12 categories for males and females. The first winner will be awarded with \$1500, the second winner will receive \$1000 while the third position will receive \$700. Everyone can register from www.dhakamarathon.org to participate.