



Don't wake me up before you go-go

"Early to bed, early to rise, makes a man healthy, wealthy and wise," said Benjamin Franklin, supposedly. Being physically active tells me that you *can* still be healthy even if you don't wake up at crack of dawn every day. Logic and lifestyles of the rich and geniuses tell us, in today's world, you don't need to be an early bird to make the most of your time.

A growing body of evidence shows that starting schools too early in the morning is unhealthy, counterproductive, and incompatible with adolescent sleep needs and patterns. "Start School Later" movement is also a thing [https://en.wikipedia.org/wiki/Start_School_Later_movement].

However, as long as you're in school, waking up early is a necessary evil. You have my sincere sympathy.

– Karim Waheed, Editor, SHOUT.

THIS WEEK'S
HORRORSCOPE

ARIES
 Crying helps rid the eyes of dangerous chemicals.



TAURUS
 Other than reading this, is there anything productive you'll do today?



GEMINI
 Meeting a significant other after a while can be daunting. Have you tried changing your personality?



CANCER
 Mere mortals are often not enough to do some things. That's where you come in.



LEO
 Unless that's a weirdly shaped lollipop sticking out of your mouth; you're in big trouble, mister.



VIRGO
 Never will words be more appealing than when someone tells you they find your goatee interesting.



LIBRA
 "I tried so hard, and got so far. But in the end, I kept getting _____."



SCORPIO
 Someone somewhere wants you to fail in life. Look to your right.



SAGITTARIUS
 Making bad jokes will get you somewhere. Not necessarily a good place.



CAPRICORN
 You're a partially torn 100 taka bill; unwanted by some, valued by most.



AQUARIUS
 Eskimos rarely feel the need for ice in their drinks.



PISCES
 Stumbling through life like a deaf man in a blindfold; are you sure you're alright?



APP REVIEW

lumosity

A WORKOUT FOR YOUR BRAIN



NAZIFA RAIDAH

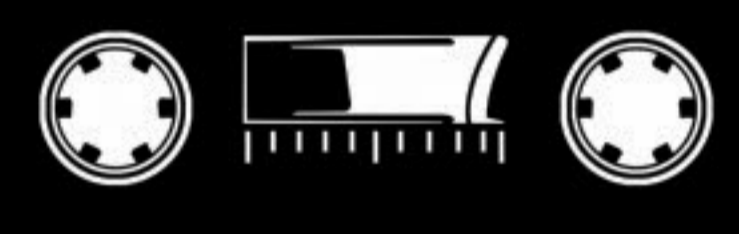
Platforms: iOS, Android, Windows

Lumosity is a brain training app that its founder Kunal Sarkar would fondly like to call a "gym for the brain". The games and activities in Lumosity were designed by top neuroscientists to improve a person's Brain Performing Index (BPI). The simple games in Lumosity help you to improve cognitive processes like speed, attention, memory, flexibility and problem solving. Players can complete five training sessions for free, but with an upgrade they can get the full experience.

One of Lumosity's biggest selling points is that you can create a "training plan" fit to your needs. Within the five key areas, things get very specific, e.g. if you can't remember where you

kept your keys, you can try "recalling the location of objects" in the memory section. Once your personal programme has been set up, the first thing to do is to take some quick tests to establish a baseline in each core area. After that, you can practice choosing specific games, but the scores in this mode aren't saved. Most games are timed to test speed and get increasingly more difficult. The numbers of Lumosity's Brain Performance Index will invariably go up the more you play.

Lumosity promises that it will improve your life quite broadly, but it's more likely that it will just make you better at certain narrow tasks. You can play on your desktop, tablet or mobile, although not all of its 57 games are available beyond the desktop.



MIXTAPE

GOOD MORNING

The Beatles
 Here Comes the Sun

The Perishers
 Trouble Sleeping

The Arcade Fire
 Wake Up

Wham!
 Wake Me Up Before You Go-Go

Tower of Power
 What is Hip

James Brown
 I Feel Good