

HOROSCOPE



ARIES (MAR. 21- APRIL 20)

Don't be eager to cut those who disappointed you from your life. A need to express yourself may come out. Your lucky day this week is Thursday.



TAURUS (APR. 21- MAY 21)

Tempers will mount if you're too pushy at work. Don't allow your personal problems to interfere with your professionalism. Your lucky day this week is Sunday.



GEMINI (MAY 22-JUNE 21)

You can't lose this week unless you overwork to the point of exhaustion. Get involved in activities. Your lucky day this week is Sunday.



CANCER (JUNE 22-JULY 22)

You may be frazzled this week. Don't waste this exciting day by sitting at home. Your lucky day this week is Saturday.



LEO (JULY 23-AUG 22)

Direct your energy wisely this week. Anger will prevail if you expect help from others. Your lucky day this week will be Sunday.



VIRGO (AUG. 23 -SEPT. 23)

Don't jump into investments too quickly. Your fickle nature may cause jealousy. Your lucky day this week will be Friday.



LIBRA (SEPT. 24 -OCT. 23)

Business conducted in your own office will proceed smoothly. You will be in a high cycle regarding work. Your lucky day this week will be Friday.



SCORPIO (OCT. 24 -NOV. 21)

You could expand your circle of friends. You will be able to get to the bottom of things this week. Your lucky day this week will be Saturday.



SAGITTARIUS (NOV. 22 -DEC. 21)

Uncertainties about your home may cause tension. You're ready to take action and take over. Your lucky day this week will be Sunday.



CAPRICORN (DEC. 22 -JAN. 20)

Your tendency to dramatize may be too much for your partner. Deception in your home is evident. Your lucky day this week will be Monday.



AQUARIUS (JAN. 21 -FEB. 19)

You will have to watch out for minor health problems related to stress. Help an older member with a problem. Your lucky day this week will be Tuesday.



PISCES (FEB. 20 -MARCH. 20)

Your childlike quality may get you into trouble this week. You might be a tad overindulgent this week. Your lucky day this week will be Friday.

ASK MAYA APA
www.maya.com.bd



Dear Maya Apa,
My husband and I live in a six-storey building in Dhaka. During the recent earthquake, I was home alone and I could feel my whole building shaking. I did not know what to do but thankfully, the tremors went away. However, the event made me very nervous. I am a diabetic and I spend most of my day alone in the house while my husband is at work. With so many earthquakes happening in this area, I am afraid that the next time I may not be so lucky. Can you tell me what to do?

Dear Reader,
Thank you for your question. It is completely understandable to be nervous and anxious when these events occur, as quite often nothing is within our control. Dhaka is such a chaotic and populated city, it can be very confusing to know what to do. However, by reaching out for help and information, you have taken a positive step towards being prepared if such an event re-occurs.

There are three areas to focus on –
Being Alert
Being alert during an earthquake
Being Alert after an earthquake
Being alert

Once an earthquake has occurred, communication lines and electricity will not be working and so it is important that you make a package containing items that will help you to survive for the next few days after an earthquake. You mentioned that you are diabetic, so it is very important that you ensure you have a supply of medicine and food/snacks to maintain your blood sugar.

Your package should include:
Water
Food/snacks that do not require cooking
Medication e.g. your diabetes medica-

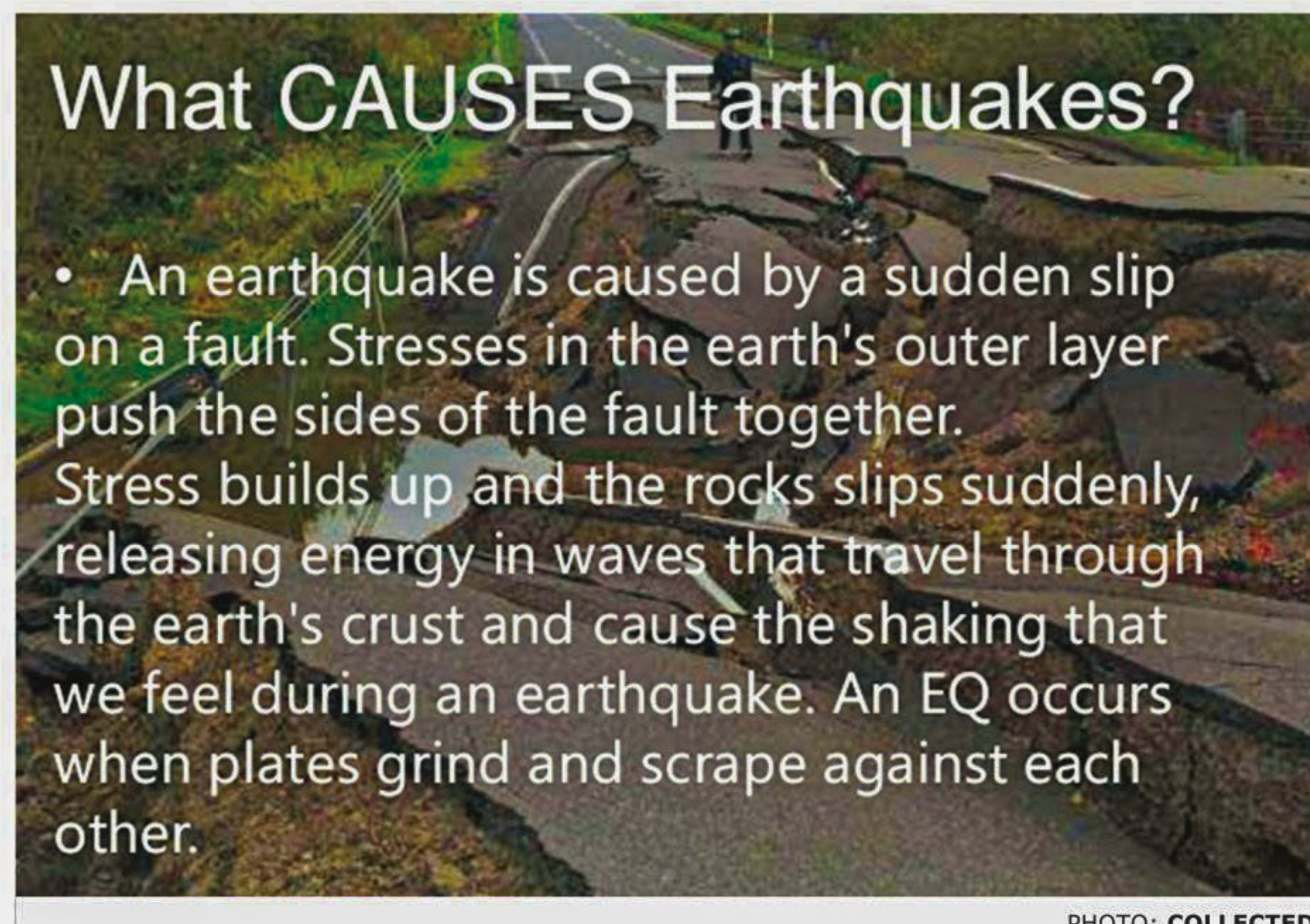


PHOTO: COLLECTED

What CAUSES Earthquakes?

• An earthquake is caused by a sudden slip on a fault. Stresses in the earth's outer layer push the sides of the fault together. Stress builds up and the rocks slips suddenly, releasing energy in waves that travel through the earth's crust and cause the shaking that we feel during an earthquake. An EQ occurs when plates grind and scrape against each other.

tion, paracetamol, first aid kit plasters, antiseptics, scissors, bandages, cotton pads, tape

Torch
Blanket
Clothes

You also mentioned that your husband is at work for a large part of the day. After an earthquake, many people get displaced. It is useful if you both decide on a mutual place to meet. If the prospect of an earthquake is high then many people secure large pieces of furniture such as large bookcases to prevent them from falling on top of you and causing injury.

During an earthquake
If you are in indoors, then stay indoors. Do not go outside as there are too many high rise buildings and electricity lines that may cause more harm. You may have heard of "Drop, Hold, Cover". This means that you

should drop to the ground, go under a table for cover. Do not stand near windows in case of glass shattering and never go into the elevator.

If you are outside, then try to get to an area where there is open space and no buildings or electricity lines that may fall on you.

After an earthquake
If you think there has been electrical damage, shut off the main power box. Use your phone in case of emergencies. Beware that aftershocks can occur after the earthquake, which can be just as damaging.

We hope we have been able to help and provide some tips on what you can do to keep yourself and your family safe.

Please feel free to ask any more questions.
Always by your side,
Maya Apa

CHECK IT OUT

Thirty 3 offers a new buffet

Thirty 3, the restaurant, is highlighting their buffet with some new and delicious additions. The buffet has different types of food including rice, chicken, mutton and beef. The restaurant is also serving soup and chicken salads as well as different types of pasta in mushroom and chicken cream.

Thirty 3 also specialises in chicken, beef burgers and sandwiches. They also have many barbeque items including kebabs, chicken tandoori, chicken tikka and much more.

Moreover, Thirty 3 also has a special set menu of fried rice, chicken fry, chicken masala and French fries. The restaurant is well decorated and hosts regular musical events.

For more information, please call 01616173303.



Cooking Star Awards ceremony held on July 5

Dona Media recently organised a reality cooking show for corporate women in Bangladesh, 'Pran Gura Masala presents Cooking Star', powered by KIAM. ETV

broadcasted the programme during the entire month of Ramadan. On 5 July, the winners were awarded at the IUBAT University auditorium. They were pre-

sented attractive prizes, such as an LED TV, a refrigerator and a special package to the Windy Terrace Hotel in Cox's Bazar.