

HOROSCOPE

**ARIES**
(MAR. 21- APRIL 20)

Your emotional partner may make you angry. Don't involve yourself with colleague's emotional troubles. Self-deception is likely. Your lucky day this week will be Friday.

**TAURUS**
(APR. 21- MAY 21)

Ask family for help with any project. You could overreact to something. Gambling should not be an option. Your lucky day this week will be Thursday.

**GEMINI**
(MAY 22-JUNE 21)

Don't waste time debating on senseless issues. Sign up for seminars. Your attention to detail will be paramount. Your lucky day this week will be Saturday.

**CANCER**
(JUNE 22-JULY 22)

Be considerate to personal obligations. Have trust in others. Make changes that will enhance your appearance. Your lucky day this week will be Sunday.

**LEO**
(JULY 23-AUG 22)

You will communicate with ease. Your partner's a little jumpy. Take positive action. Your lucky day this week will be Sunday.

**VIRGO**
(AUG. 23 -SEPT. 23)

Ignore situations you can't change. Look into real estate. Don't let your lover put demands on you. Your lucky day this week will be Monday.

**LIBRA**
(SEPT. 24 -OCT. 23)

Opportunities are on the horizon. Friends may misunderstand. You are best to concentrate on work. Your lucky day this week will be Thursday.

**SCORPIO**
(OCT. 24 -NOV. 21)

Secret affairs may be enticing. Believe in yourself and your talents. Be fair in your dealings with acquaintances. Your lucky day this week will be Wednesday.

**SAGITTARIUS**
(NOV. 22 -DEC. 21)

Social functions will bring you in touch with new lovers. Gains from long-term investments are possible. Your nerves are frazzled. Your lucky day this week will be Wednesday.

**CAPRICORN**
(DEC. 22 -JAN. 20)

Try to travel. Don't overspend on luxury items. Be careful if a friend asks you for advice. Your lucky day this week will be Friday.

**AQUARIUS**
(JAN. 21 -FEB. 19)

Expect changes in your situation. Avoid functions involving people you don't like. Relatives may be hard to take this week. Your lucky day this week will be Thursday.

**PISCES**
(FEB. 20 -MARCH. 20)

Tie up loose ends this week. Your friend circle can expand. Don't disclose information. Your lucky day this week will be Thursday.



FYI

Binge watching

As Kevin Spacey puts it best—binge watching is simply indulging in what we want, when we want it. As the trend of hash-tagging “binging hard” catches on, falling prey to trading in sleep for endless hours of television is all too easy. Good television is never to be underestimated; one can never be productive knowing the next Game of Thrones episode is just a click away!

Bingers are no strangers to curling up on the couch with junk food, locking their doors and staring into their screens for hours on end. The thrill of being addicted to a show for days, losing all track of sunset or sunrise is more than what meets the eye. Interestingly, the debate of what to binge watch has never met a definitive conclusion.

They say 'laughter is the best medicine' and who can go wrong with the all-time classic sitcom “Friends?” Or maybe you are a “How I met your mother” kind of a person; in which case prepare to have the legendary Barney Stinson take over your life, at least for the countless bingeing hours. You can also choose to escape your mundane lifestyle by poking at your inner sci-fi addiction and just as easily get hooked on to Supernatural or Doctor Who. You may even cave in to mystery and drama and guilt yourself into watching Benedict Cumberbatch in the flesh as Sherlock. And the debate goes on and on!

There are two kinds of people when it comes to binge watching. The first are the organised lot who plan ahead for the countless and epic binge watching hours yet to come. The other lot, however, seek entertainment while doing a power point presentation or studying-- and what better joy is out there than procrastinating by reliving every Game of Thrones episode waiting for the summer premier?

However, what is the go-to comfort food while binge watching?

For the binge watchers on a budget, mothers' home-cooked food with tantalising aromas works like a charm to keep them going. You may even find yourself starting the binge at noon and ending up having both your lunch and dinner in bed, consumed by Sheldon Cooper's quirky and stereotypical portrayal of a geek! However, a Maggie 2-minute noodles pack is more than ideal too. Other noteworthy candidates when it comes to

marathon viewing. The activity inevitably invokes something indescribable and somehow leaves you with a smile on your face. Binging on a television show with tired, red eyes makes one feel like a part of the cast of the respective shows. People come out of the experience with a much deeper understanding of the complex characters and twisted story lines. They are put in the directors' shoes and are allowed to observe the smallest details that make the show complete and unique. What can make it better though? A friend who shares the same dedication for the show as them.

However, such magical experiences are prone to constant threats from our surroundings. The dangerous combination of computers or uncharged laptops with load shedding issues strike fears like no other in every binge watcher. Other common technical difficulties may take the form of overheated hard drives or a Wi-Fi connection out to test your patience. It is also worth noting that nagging parents may be against binge watching too. And if you have been caught sneaking into the kitchen at 3am to steal a bite to eat while bingeing, prepare for the scolding of your life. Lastly, the possibility of sleep deprivation and insomnia acts as a distinct con, to say the least.

Why do people love to binge watch? Perhaps it is too thrilling, or maybe it is addictive and not controllable for many.

Nevertheless, binge viewing has evolved to be nothing short of a cultural phenomenon. It is impossible to tear oneself away from clicking on yet another episode even as the night morphs into the wee hours of the morning. If people want to binge watch, nothing can stop them!

By Ramisa Haque
Photo: Sazzad Ibne Sayed

32% DESCRIBE
BINGE-WATCHING
AS ONE OF THEIR
MAIN HOBBIES



55% OF 18-24'S SAID
BINGE-WATCHING
IS THEIR MAIN HOBBY

35% AGREE THAT
BINGE-WATCHING A
SHOW MAKES IT BETTER

food to binge watch with are chips, the frontrunner, ice cream and/or chocolates, the all-time floats, smoothies and shakes!

Whether you choose to make use of high-speed internet and download or stream the episodes or go old-school with blu-rays, binge watching is a lifestyle. The answer to make lazy Saturday afternoons or blissful day offs unproductively productive is right here! But if you are a true and proud binge watcher, no time restraint will bar you from having an epic