



Equality

On my way home, saw this man pushing a wheelchair; woman in wheelchair possibly his wife or sister. They're on the street, trying to move as fast as possible; cars behind them honking incessantly, CNG drivers cussing them out.

If you're wondering why were they not on the sidewalk, have you seen the sidewalks in Dhaka? Are they wheelchair-friendly?

They were not on a bus because, well, public transport is not wheelchair-accessible.

What would they do? Fly away? I'm sure if they could, they would have.

Message 1: In Bangladesh, if you're poor and disabled, don't leave home.

Message 2: If you're poor and disabled and absolutely have to go out, leave your dignity at home. So are we equals?

- Karim Waheed, Editor, SHOUT

THIS WEEK'S HORRORSCOPE

ARIES

Arial is your lucky font today.



TAURUS

Try mayonnaise and tea with fried chicken.



GEMINI

You know who your soulmate is? Gemaxi.



CANCER

Wearing a skull bracelet doesn't make you cool.



LEO

Leopold Butters. Remember the name.



VIRGO

Do you know how to be a banana? Help.



LIBRA

Ask your local barber if he can give you the Taco Look.



SCORPIO

Take a swig of coffee and mayonnaise. Mixed together.



SAGITTARIUS

Did you rice your Probox yet?



CAPRICORN

Don't try attaching a stapler to your mouse.



AQUARIUS

I did warn you about the loop pedal.



PISCES

Do you know your star sign is pronounced as "Pie-sees"?



APP REVIEW

pacifica

YOUR POCKET THERAPIST

MAYABEE ARANNYA

Platform: iOS, Android
Size: 84.6 MB

Pacifica is a stress, anxiety and depression relief app that claims to use principles from Cognitive-Behavioural Therapy (CBT) and mindfulness. If you've ever faced a situation where you needed to relax as soon as possible but nothing seemed to help, this could.

The first thing you need to do is rate your mood from a range of "Very Good" to "Awful" and the app will automatically suggest activities to help with your mood, also taking into account how much energy you have to do certain tasks. The app offers five different methods of relaxation, where all you need to do

is put on your headphones and do as the voice guides you.

The first method is the Basics, where you will be taught deep breathing, meditation, etc. The next is Mindfulness, which helps you get in tune with the present. In Stressful Situations, you can choose from social situations, flying, public speaking, public transit, etc. when you're feeling a little brave so that you can try to tackle specific situations that cause you anxiety. The next is Calm Down, that has helped me calm down quickly in very stressful situations. The last is Inner Strength and it focuses on improving your confidence.

The app also allows you to track your thoughts, health, and set goals. Frequent trips to the therapist are not always possible, so this app is perfect for keeping your mental



MIXTAPE

UNFINISHED BUSINESS

QUEENS OF THE STONE AGE

Suture Up Your Future

HOOVERPHONIC

Unfinished Sympathy

MUMFORD AND SONS

Unfinished Business

QUEEN

Death on Two Legs

WIZARDS

Undone

TONE CIRCUS

Free (When I Got You With Me)