

HOROSCOPE



ARIES (MAR. 21-APRIL 20)

Stay in shape. Avoid too much discourse with colleagues this week. Use your added discipline to get what you want. Your lucky day this week will be Sunday.



TAURUS (APR. 21-MAY 21)

Start your own venture. Don't blow situations out of proportion. Don't let anyone take you for granted. Your lucky day this week will be Wednesday.



GEMINI (MAY 22-JUNE 21)

Don't exaggerate when interacting with your lover. Catch up on pending responsibilities. Expect problems to arise. Your lucky day this week will be Thursday.



CANCER (JUNE 22-JULY 22)

Your living situation could be irritable. Travel will be to your advantage. Channel your energy into projects. Your lucky day this week will be Tuesday.



LEO (JULY 23-AUG 22)

Finish all pending projects. You won't be able to keep a secret. Get family involved in events. Your lucky day this week will be Sunday.



VIRGO (AUG. 23-SEPT. 23)

Watch your tendency to spend too much. Don't deny yourself this week. Try to spend time with those having similar interests. Your lucky day this week will be Saturday.



LIBRA (SEPT. 24-OCT. 23)

Avoid lending out money. Deep discussions may only lead to friction. It's time you let your true feelings out. Your lucky day this week will be Friday.



SCORPIO (OCT. 24-NOV. 21)

Follow your gut feeling regarding your business ventures. Talk things out to resolve matters. Don't take the blame for others. Your lucky day this week will be Wednesday.



SAGITTARIUS (NOV. 22-DEC. 21)

Try to be understanding. Take another look at the investment you are about to make. Get others to lend you their support. Your lucky day this week will be Sunday.



CAPRICORN (DEC. 22-JAN. 20)

You're in a high cycle for romance. Don't let your health suffer because of worry. Talk to someone you trust. Your lucky day this week will be Sunday.



AQUARIUS (JAN. 21-FEB. 19)

Family trips should be on your mind. Don't let anyone interfere with your life. Channel your energy to score points with the boss. Your lucky day this week will be Wednesday.



PISCES (FEB. 20-MARCH. 20)

Romance is likely if you participate in unusual forms of entertainment. Stick to your own projects. Your lucky day this week will be Tuesday.

LS EDITOR'S NOTE

Autumn on Earth

Uttara this time of the year, especially the third phase area, is a pleasant sight. White 'kashphul' or kans grass as it is called in English, just take over the vacant fields, and its invasive nature makes for dazzling white fluff.

They are my very own 'wish flower' — the winged seeds of kans tossing around in the air will give you plenty of opportunity to wish upon them. When I was a child I was told these are from the lady residing on the moon, and thus began my fascination with Sarat or autumn!

This is one of my favourite seasons — the expansive fields of the 'kashphul'; their gentle swaying in the autumn breeze; the beautiful azure sky speckled with cottony clouds turning into a kaleidoscope of pink, orange and gold during sunset — makes me wistful and dreamy. And if I hear a train whistle I am automatically transported to the scenes of 'Pather Panchali'!

But there is more to Sarat than scenic landscapes and seasonal romance. There is the strong spiritual vigour that spreads throughout Bengal like fiery wildfire as the Goddess Durga comes to her father's mortal abode. Her visit, accompanied by the children, is short, yet the presence of this divine power is felt not only within the Hindu community but also amongst the Muslims, the Christians, and the Buddhists in Bengal.

This is Durga puja for me — besides of course the mandatory mandap hopping, the 'prasad tasting', the nibbling of vegetarian delights, losing myself to the colour and cacophony of the 'dhaks'. And of course, kashphul!

If you are a romantic at heart, go to the by-lanes of Shakhari Bazar, Eskon Mandir for a vegetarian lunch, and Uttara for 'kash' this puja, and feel the divine as Mother Durga sets foot on the ground.

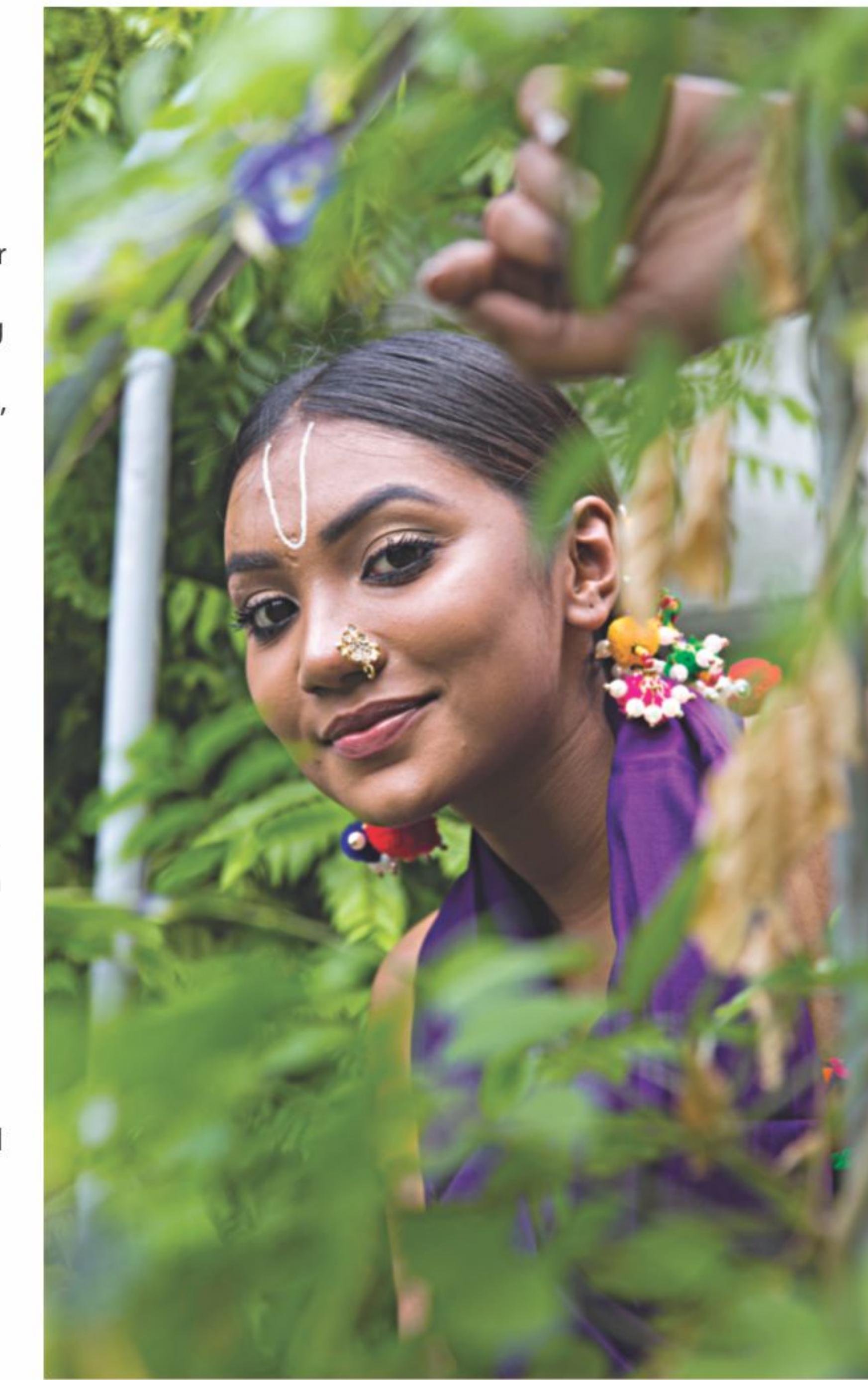
Shubho Bijoya!

- RBR

Photo: Sazzad Ibne Sayed

Model: Sunerah

Make-up: Farzana Shakil's Makeover Salon



LS SUGGESTS

Traffic Activities

While traffic generally pauses time, take this window of opportunity to make it fun and/or productive. You may even be inspired by the unexpected.

Oh Dhaka traffic, sometimes as slow as the rotation of earth. So slow that you may be surprised to see that you've actually moved from the last spot. If passengers express grief only sitting through it, imagine what the driver goes through.

Everyday on the streets of Dhaka city, everyone fights their own battle with time. And while time is all you have, work your brain by entertaining yourself to distract yourself from the despair of sitting straight for a couple of hours. Let's keep the option of entertainment through our 3G networks out of the picture, because when are we not doing that?

Here is a list of traffic hold up activities that can make your idle time fun and maybe even productive for drivers and passengers.

BREATHING EXERCISES

This is a two in one activity. Breathing techniques such as belly breathing helps you control anxiety and aggravation. Tie that in with a core abs tightening technique and you'll burn a few calories while you are trying to calm down. Here's how it works. The first step is belly breathing. Breathe in slowly and deeply through your nose. As you breathe in, pull your bellybutton in towards your spine and take 20 quick breaths, clenching your abs and only expanding your chest. Then exhale slowly, expanding your stomach. Repeat for as long as the red light allows you. This also helps with blood circulation which in turn helps you keep alert.

KARAOKE

Whether you are born to sing or are melody-challenged, jamming to your favourite tunes is a great way to spend time in your car. Create a playlist of sing-alongs and rap songs, and treat your car-karaoke like a rehearsal session. Listening to one song on repeat without really mimicking the song is also a good method of engraving tunes

KNITTING

This is one addictive hobby that you will not regret picking up. You can learn the basics at home and continue practicing in your car. This activity is only for the passengers for obvious reasons; you don't want to get carried away knitting as a driver -- you may be the reason behind a group road rage. Car rides are especially good times to knit small projects like baby or pet sized socks and head beanies. If you are a sewing expert, you definitely want to take the knitting alternative. Because, sharp needles!

in your head. Make sure the volume isn't too high so that you can hear noise cues while driving or help the driver out as the co-pilot.

PRACTICE TRICKY BRAIDS

This one is also for the passengers exclusively. Girls and boys with long hair can follow the French or Dutch braid tutorials that float freely on your Instagram feed. Guys who usually sport the man-bun can try learning how to braid it instead. The car is the perfect place for both sexes to pick up this skill as you have the time and the mirrors. Braiding is really fun and simple

once you get the hang of it. It is basically overlapping or underlapping three strands of locks. You want to remember that overlapping makes French braids and underlapping makes Dutch braids.

CAR ACTIVITIES FOR THE FAMILY

When you are on a car ride with your little monkeys, you can play games like Name Place Animal Thing or I Spy With My Little Eye, or even Antakshari. This is a fun bonding time for you and your wolf pack. Get to know how intelligent how your kids truly are. Games as such can also expand general knowledge of all the family members. This is a great learning experience disguised as a family traffic hold up entertainment. This game with your friends as adults will also be a fun trip down memory lane. You will forget what traffic is. It may even make you wish that the traffic doesn't end.

And if you must use your phone, instead of treating it like a pointless fidget spinner, you can actually take that time to organise your phone. We're usually scrolling through miles of newsfeed, but never clearing data on our phone that does not matter. You can take this time to organise your apps according to importance, entertainment and productivity. Maybe delete repeat selfies, and apps that you do not use much. You can also use your phone for its primary use -- call your loved ones and let them know they are on your mind. You can interact with the radio by requesting songs, or even join conversations. Lastly, while you are sitting in traffic, why not join the traffic update community. Help alert your friends and family about the traffic scene.

By Sanumkia Siddiqui