



THOSE WHO MAKE US HAPPY

Eating is a biological process for a lot of people, but for a fair few, eating brings around moments of spiritual elevation. I think of food like the pillars that hold up the wreckage that are my days, and you may call me unhealthy because of this. I would agree.

That is all digression, what I really want to talk about is something many food crazies forget to think of when they're eating and are in the high points of their days. The people behind the mouth-watering dishes that my thoughts revolve around are no less than superstars, and the pursuit of becoming one of these superstars is as noble a pursuit as I can imagine.

To be honest, the dream to become a purveyor of edible dreams is something that scares me. It's a craft that is directly related to how a person's days start, it's a skill that can influence a first meeting with a potential soul-mate, it's an art that defines many a memory. I appreciate that.

– Azmin Azran, Sub-editor, SHOUT



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THIS WEEK'S HORRORSCOPE

ARIES

Your feet are always the ones that smell. Should you do something about it? Meh.



TAURUS

Try saying sorry sometimes. It's not that hard.



GEMINI

Don't hate yourself for all the biriyani you'll consume this week. We've all been there.



CANCER

This week, you'll realise you leave bad impressions. It might be better stay in sometimes.



LEO

Is all that effort really worth it?



VIRGO

People will spoil Sacred Games for you. You've been warned.



LIBRA

Wasting time coming up with 15 ways to finish your project, means you have less time to worry about which one you use.



SCORPIO

You've spent the last four days prioritising the wrong thing. Just letting you know.



SAGITTARIUS

Contrary to popular belief, you should ride the bus more often.



CAPRICORN

Digestion will not be your friend.



AQUARIUS

Be prepared to get really, really wet.



PISCES

Stop being productive in your head.



MIXTAPE

CULINARY

MAC DeMARCO
 Salad Days

CAMP HOWARD
 Juice

THIEVERY CORPORATION
 Lebanese Blonde

ANDERSON .PAAK
 Put Me Thru

IDK
 Pizza Shop

HOZIER