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JUNE 2023

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AFTER
RETIREMENT
FROM
SPORTS**

**THE
SMELLY
FRUIT**

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JUST GOOGLE IT !!!



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J E W E L L E R Y



EARRINGS :
A simple diamond piece can be beautiful for everyday wear, for work and for weddings. It is an elegant look.



FLOWER CHOKER :
The beautiful choker with a huge flower on the side is a statement piece. This is a unique look for weddings or parties. Pair them with a simple earrings or simple dress and make you necklace speak for itself

ROSE GOLD:
This is back in fashion. It can be simple or intricate, this is a good look for everyday wear or for functions.



WHAT'S TRENDING

TRENDING



CO-ORDS:
This is a trend that we are seeing the last few months. The matching top and bottom is a good look for a casual setting

FASHION TRENDS



HALTER TOPS :
For this scalding heat , halter tops are the epitome of comfort . It is a good look for that casual time out with friends.



ANARKALI:
THERE IS NO WEDDING ATTIRE WITHOUT ANARKALI. THIS IS A COMFORTABLE AND DRESSY LOOK FOR THOSE VARIOUS WEDDINGS





GEETHA
GANGADARAN

THE KETTLE: PAST, PRESENT, FUTURE

The kettle has been around for thousands of years. Made from thermo conductive materials and fitted with a handle for suspension and/or carrying, the kettle is a vessel for heating food and water. Until the tea kettle came into common use during the 18th Century, kettle was an all-encompassing term, making no distinction between the spouted pot with a lid and the open top bowl.

Certain English terms reflect the traditional idea of a kettle: a fish kettle is a long



shallow pot for cooking whole fish in a kettle drum "bowl shaped drum", a kettle hole" a hollow typically filled with water. The kettle can be thanked for providing countless generations with boiled drinking water. In China, people began to add green tea leaves to hot water for some flavour. Vegetations of all kind were thrown into

the boiling water including barley and other grains which led to what we call the malt beer. Bronze kettles were probably used as early as 3000 BC. Iron kettles were used because they were

robust. With the drinking of tea becoming popular, copper kettle became an everyday object at home.

In February 1888, Charles Coats from Illinois U.S applied his patent for electric kettle. Here the advantage was that the water could be poured in without burning the hands and it also provided an automatic signal to indicate when water is getting low. Carpenter Electric Company produced an electric kettle in 1891. These kettles featured a heating element housed in a separate compartment. Later stylish electric kettles made of nickel plated brass came to the market. Canny branding presented the kettle as a fashion item with a focus on aesthetics. Design and materials have changed over the years, but the basic idea is pretty much the same as it was then.

One regular feature of the modern electric kettle, is that it automatically switches off when the water has reached the boiling point.

One of the most sophisticated advancement in the provision of hot water is the water dispenser unit that offers continuous supply of purified boiling and chilled water. Aqua touchless is operated through gesture control.

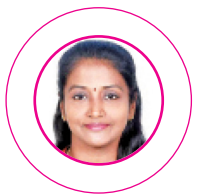
The Indian Kettle scene is associated with an "aluminum kettle" and "chai glasses" compared to the fine porcelain kettle. This aluminum kettle with its promise of hot milky, sweet nourishment, is our Indian contribution to the tea ware accompanied by two different cups, the kulhad and chai glasses, the later in their carrier. No other culture has created tea ware purely for the street, for portability and



sociability. When tea was marketed to Indians at railway stations in factories and on streets, this sprouted brass vessels seem to have been adopted. The Aluminum—then known as German must have been lighter than brass and must have become the vessel for tea.

In the course of time, the chai walla and his tea caddy with the transparent glass, holding piping hot chai became a familiar sight. Today we have a transparent kettle from the borosilicate glass which has an aesthetic design. We have the blue LED light fitted in kettle, but to an Indian, the kettle is still associated with an aluminum one found on the road side shops. These are slowly getting phased out with the new designs in our homes.





V. GOMATHY

INGREDIENTS

Basmati Rice - 1/2 cup

Garam masala - 1/2 tsp

Turmeric powder - 1/4 tsp

Chilli powder - 1/2 tsp

Green chilli - 1 no

Onion - 1 (medium)

Tomato - 1 (medium)

Mixed vegetables - 1/2 cup

Ginger garlic paste - 1/2 tsp

Curd - 2 tsp

Mint leaves - 1/4 bunch

Coriander leaves - 1 tbsp

Lemon juice - 1/2 tsp

Ghee - 3 tsp

Oil - 3 tsp

Salt - to taste



LUNCH BOX RECIPES

VEGETABLE BIRIYANI



METHOD

Soak basmati rice for 1/2 hour. Drain water and keep aside.

Keep a pressure cooker, heat oil and add onion, tomato and mixed vegetables.

Saute well, now add ginger garlic paste, garam masala powder, chilli powder, turmeric powder and salt and mix well till raw smell settles.

Add basmati rice and 3/4 cup of hot water and close the cooker.

Keep in sim flame for 10-12 mins.

Once pressure released, open the cooker lid, add ghee and mix well.

Pack with raitha.



JEERA RICE

INGREDIENTS

Basmati rice - 1/2 cup

Bay leaf - 1 no

Cardamom - 2 nos

Cinnamon stick - 1

Cloves - 2 nos

Star anise - 1 no

Oil - 1 tsp

Ghee - 3 tsp

Jeera - 1 tsp

Green chillies - 1 no (chopped)



METHOD

Rince basmati rice and soak for 15 mins.

Keep a pressure cooker, add oil.

Add dry masala items except jeera.

Add rice, salt and water. Keep in sim for 10 mins.

Keep a separate pan and add ghee, jeera and green chillies.

Once jeera pops, add cooked rice and mix well.

Serve with any 65 or gravy or dhal.



TOMATO RICE

INGREDIENTS

- Basmati rice** - 1/2 cup
- Tomato** - 3 small nos
- Onion** - 1 small no
- Ginger garlic paste** - 1/2 tsp
- Garam masala powder** - 1/2 tsp
- Coriander leaves chopped** - 2 tsp
- Cashew nuts** - 6 or 7 nos
- Ghee** - 3 tsp
- Oil** - 2 tsp
- Salt** - to taste
- Chilli powder** - 1 tsp



METHOD

1. Soak basmati rice for 15 mins, then drain water and keep aside.
2. Boil tomatoes in sauce pan until it softens. Once cooled, peel off skin and grind into smooth paste.
3. Keep a pressure cooker and add oil. Once heated, add sliced onions.
4. Fry till golden brown. Add tomato puree, chilli powder, ginger garlic paste and saute well.
5. Now add water. Once water gets boiled add rice, salt and coriander leaves.
6. Pressure cook for 1 whistle and in sim flame for 15 mins.
7. Keep a frying pan, add ghee and fry cashew nuts until they're golden brown.
8. Once pressure settles, open and add fried cashew nuts. Mix well.
9. Pack with potato chips.



The durian is the smelliest fruit known to mankind, however it is filled with nutrients and minerals that is good for the body. This fruit originates in South East Asia.

The fruit itself has a hard spiky outer layer, with custard apple like seeds inside. The colour may vary depending on the variety some are yellow/white, while some varieties can also be red or green in colour. Despite the variety, the smell of the fruit is so pungent and strong that this fruit actually banned in many countries. In fact in many airplane forms, it says in black and white that entry is not granted if there is durian anywhere around.

For those struggling with diabetes, eating any fruit may be a struggle. Most fruits have high levels of sugar in them, thereby making it impossible for consumption. Durian, based on research has a low glycemic level, thereby making it an option for those suffering with sugar.

This is one of the fruits that despite its smell, is so good health wise. According to research, the anti oxidants in the durian

THE SMELLY FRUIT



fruit can be used to prevent cancer. It has been found that the fruit can in many cases be used for those suffering for certain types of breast cancer. It is rich in carbohydrates, thereby increasing the levels of energy in the body. It is also more healthy than the cup of coffee, we generally reach for that shot of energy.

For those insomniacs, durians contain tryptophan, an amino acid that creates melatonin, a hormone that helps you sleep. It also contains the highest amount of Vitamin C, that helps build the immunity of the body. Durian is rich in the minerals iron, copper and potassium, so studies are being conducted on using this fruit to help strengthen the bone density in the body.

Despite its smelly nature, the durian fruit is used in many delicacies and sweets, throughout Asia.





MONISHA RAVI





JUST GOOGLE IT !!!

Education today is certainly different from how it was before. With the advent of the web, the students have access to information so easily. The teachers too have to keep appraised with the information.

With the advent of the World wide web, information is one click away. The students from a young age use the internet to access information. Google, in fact has become a life saver , as people instantly access the things they don't know within a moment. We see that children today are more advanced , knowledge wise. For example a 4 year





old now knows the meaning of words instantly, without looking it up in a dictionary. This has led to the teachers also frantically scrambling to advance their knowledge .

Covid too has played a role in this shift to online learning. With schools closed , the students and teachers have had to learn new technology and a new way of learning.

Children have the access to the world . The world has become their classroom, therefore they are more knowledgeable. From a young age , they get access in the form of cartoons , which are more educative. Half of the



education now is from programs which becomes an integral part of the education system.

Teachers too have had to update themselves. The old ways of teaching will not be very effective anymore. Physical classrooms are slowly dwindling and in its place virtual classrooms have become the norm. This in fact is a good and positive trend, as a student can access a global classroom. Teachers can use these aids as well now in the classroom. So don't limit your resources. Be open to the vast quantity of information and balance the same with traditional teaching aids for the best experience for the students.



GOOD HEALTH AFTER RETIREMENT FROM SPORTS



SHINY SURENDRAN
Sports dietitian, preventive health nutritionist
Chennai .
Instagram : @shinysurendran

COMPETITIVE SPORTS AND ATHLETES!

There are various competitive sports namely running, swimming, wrestling, car/bike racing, etc.

Being physically active and well maintained for these sports is essential. This will help an individual attain their target or goals. A competitive athlete should not only focus on his physical wellbeing but also mental health so that he can perform at his best.

There are many reasons to which a sports person retires. It could be because of age, health conditions or even any form of sudden injury. For some athletes, it might not be just a sport but a passion, that brought out their identity in who they are. Retirement is something that alters a person's lifestyle completely. Transitioning from one phase to another has its ups and downs but being fit and having a good lifestyle even post-retirement will help the individual to be still active and healthy.

Physical benefits of maintaining a good



healthy lifestyle after retirement includes:

- Maintaining blood pressure levels and boosting metabolism.
- Preventing seasonal flu and cold.
- Having a good posture and flexibility.
- Not being tired or losing their appetite.
- Following a good active exercise routine.
- Maintains a good immune system

Emotional benefits:

- Focusing on being positive is very important after retirement because of the new phase of life.
- Producing more endorphins is essential as this will help the person be happy and

view this period as a good change. For that, having a good workout regime or walking while listening to music sets the tone.

Finding an alternate sport that will help in distracting oneself from giving room to negative emotions. Not only that, it will allow the person to follow a good sleep schedule that puts to rest all the wavering thoughts.

Nutrition needs after retirement from competitive sports:

Energy needs: Their caloric intake is altered based on their energy output. Since their fitness levels are lower than before. It is best to consume carbohydrate meals based on body's demands. Meals should be balanced with all the macronutrients (carbohydrates, fats and protein) split according to an individual's needs. Portion size: It's always best to eat in a smaller plate as it will guide us to eat what is sufficient for us and not overeat. Your meals should be higher on fiber which includes fruits, vegetables and healthy grains like quinoa or brown rice or grain based pasta and noodles and also equally concentrated on protein to maintain the muscle mass. Examples of protein rich foods include lean meat, eggs, lentils and legumes and soy based





products like tofu and tempeh.

Eat less, more frequently: A good way to promote healthy portions is to eat small frequent meals. Meal prepping will be helpful for the week ahead to avoid eating more carbohydrate dependent meals and also focusing on the vegetable intake along with it and also reduces the urge to eat out or do a takeaway.

Drink plenty of water: Water fills the stomach before and after eating and also plays an important role in maintaining weight. Being hydrated is essential as it will also reduce the chance of dehydration. You can find new ways of keeping yourself hydrated like vegetable juices, thin buttermilk, vegetable-based soups and mutton bone broths other than just drinking plain water. One can also add some soaked chia seeds or basil seeds to your water to prevent you from getting hunger pangs in

between meals.

Regular portion of healthy fats: Healthy fats help in absorbing the vitamins and minerals in your body better and allows of metabolic system to function optimally. Include coconut oil, sesame oil, ghee and butter in moderate portions in your daily diet. Consuming a handful of dry fruit and nuts is also beneficial and these include almonds, pistachios, walnuts, cashews, dried fig, apricot, etc.

Eating a calcium, iron and zinc rich diet is also beneficial as it will prevent any degenerative diseases as the athletes age. Adding green leafy vegetables to the diet at least 3 times a week would be a good choice for their well-being.

In conclusion, it is always best to consult with a dietitian before making any major changes to the diet regime post-retirement.

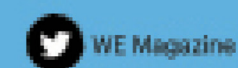
I will not let age change me! I will change the way I age!

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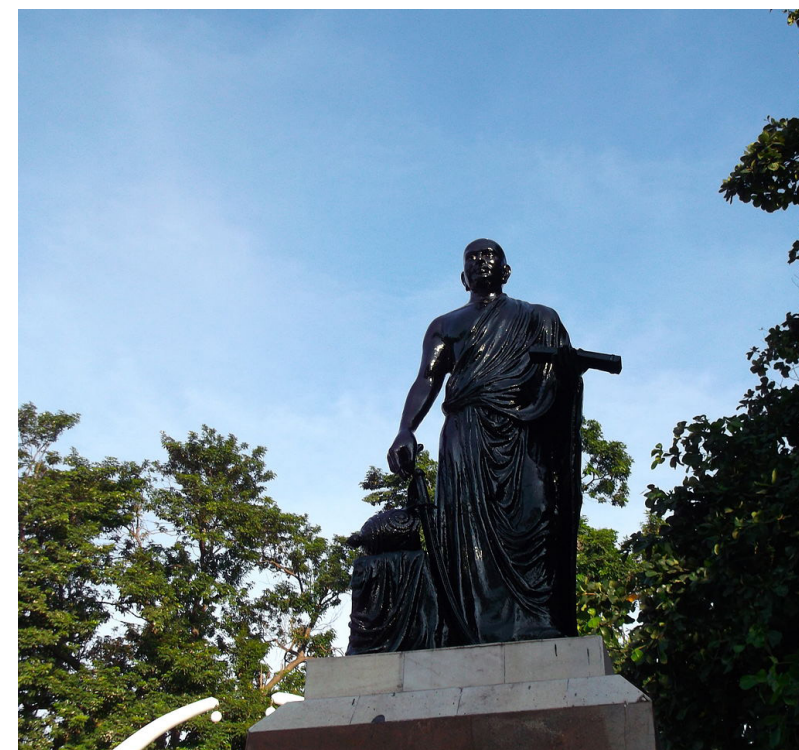


India's First Bilingual Magazine for Women



The chill sea breeze and the sounds of the sellers in the background and the beautiful sea in front, characterises the majestic Marina. Considered to be the second longest beach in the world, this is an iconic tourist spot in Chennai.

The beach runs from near Fort St. George in the north to Foreshore Estate in the south. There are multiple government buildings that lookout to the beach. What a view, they must have, the wide expanse of sea.



MARINA



I have been here a million times over the years, but to this day Marina beach is the best place to go when you want to get out of the house. The ideal place to just go and watch the calming waves, the various people. People can be seen just chilling even on weekdays, eating corn or sundal.

The water is usually amazing, when we go in the evenings, you can see the moon reflected in the water, a lonesome boat / ship in the distance, the white foam as the water lashes on the shore. Beautiful sight to behold.





The area is filled with activities, like the merry go round for small kids, I loved that when I was a kid. I have some very fond memories in the merry go round. I used to sit on it for hours. The other activity I really enjoy at the beach is the

balloon shooting. I am really not good at it but occasionally though I pop the balloon. Horse riding is another activity that can be enjoyed. When you go to the beach, you have to enjoy the mango, with the spicy podi.

I generally people watch when I go to the beach. It is fascinating to see the variety of people, the elderly waking slowly, the little kids laughing and frolicking in the water, the brave soul who goes just a little further into the water and

the couples, spending some quality time with each other. In this hot summers day, going to the beach, eating some yummy roasted corn, sitting in the cool air sounds heavenly.

NEED FOR FULL MOUTH REHABILITATION

Many people suffer from plenty of dental problems in different parts of their mouths. Various aspects need to be kept in mind while treating such patients as treatment needs to be comprehensive. There could be a myriad of problems such as multiple missing teeth, teeth with large decaying fillings, worn out teeth due to teeth grinding (bruxism) or other habits.

There are also patients who are born with conditions such as Ectodermal Dysplasia, Ameliogenesis, or Dentinogenesis Imperfecta that need a complete restoration of their mouth.

Full mouth rehabilitation includes restoration of lost tooth structure and bite. This technique sensitive procedure involves buildup of lost tooth enamel and dentin. Missing tooth can be replaced with Dental Implants or dental bridges. A Full mouth Reconstruction procedure is mainly indicated for patients with extreme attrition, abrasion or tooth erosion. It may sound like a complicated process but full mouth rehabilitation is simply a combination of various restorative dental treatments that help you fix your oral health and smile.

The goal here is not just cosmetic but also to strengthen and fortify your healthy oral tissues and teeth structure.

The process of full mouth rehabilitation and the exact treatments used will depend on each patient and their specific problems.

Designing full mouth reconstruction

If you have severely damaged teeth or infected teeth, tooth loss due to underlying issues or infected gums and periodontal issues, there are many reasons why a dentist might suggest a full mouth rehabilitation process.

Whether your teeth are damaged, infected, or lost, or your gums are diseased and need periodontal treatment, we offer a variety of services to address your unique needs. Depending on your condition, your full mouth reconstruction can include:

Dental crowns to restore, cover and protect teeth

Porcelain veneers to improve the



appearance of several teeth at a time

Implants for full teeth replacement

Procedure to improve your biting function and ease jaw discomfort

Who are the right candidates for Full Mouth Rehabilitation?

There are a variety of reasons for tooth damage and loss. Right from bacterial infections to gum disease and trauma, many people have experienced severe damage to their teeth and gum

health. The ideal patients for full mouth reconstruction need to be in good health overall but also have a number of missing or severely damaged teeth.

People who have worn or aged-looking teeth, people who want a makeover of their smile design, those with worn or sensitive teeth, those who have lost their back teeth, or if you have headache and clicking joints.

Often full mouth rehabilitation patients need replacement of their existing dental restorations that become worn out through years of use.

While full mouth reconstruction is a process that requires multiple sittings and appointments, the results are astonishing. A fully functioning mouth, excellent oral health, and a beaming smile that

gives you confidence. Almost all patients who need full rehabilitation have one thing in common: their mouth suffers from stress and strain. The stress is a result of malfunction or poorly related parts of the oral mechanism. The goal of this procedure is to minimize stress and strain so that they are not destructive.

Conclusion

By understanding the individual risk factors both esthetically and functionally, a treatment plan was designed to minimize any additional risk to the remaining dentition. Correct diagnosis and a systematic, phase wise approach are of utmost importance in full-mouth rehabilitation.



DR. K R ANANTHI
Dentist and cosmetologist.
Ananthi's dental & cosmetic solutions
Adyar.

SRI RAMASWAMY TEMPLE AT KUMBAKONAM INVOCATIVE SLOKAS



RAJEE MANI
Journalist and
Columnist in
Tamil and English

Thus said Sri Lord Siva to Devi Parvati..
Sri Rama Rama Rameti Rame Raame Manorame;
Sahasra Nama that hulyam Raama Naama
Varanane.

Sri Vishnu
Sahasranamam in Sanskrit by Bhisma Pitamah
Meaning

[The quintessence of the thousand names of Lord
Vishnu is the
One name “Rama”]

“Rama Namame taraka mantram “
Bhadrachala Ramadas’s keerthana in Telugu

Meaning
[The holy Name of Sri Rama is the boat that takes
one across the ocean of birth & rebirth]

Well one can quote thousands of slokas
& songs in the Hindu scriptures which
emphasise the tremendous power of
the two letter nama , “Rama”. It is not
surprising that this Punya Bharatha Bhoomi proudly
showcases the unshakable devotion & faith of the people
of this land through the innumerable temples, across the
length & breadth of this country, dedicated to Sri rama .

Sri Ramaswamy temple at Kumbakonam in the
Tanjore District of the South is a n ancient & much
visited temple of Sri Rama .

The temple Sri Ramaswamy koil at the Temple town of
Kumbakonam ,which is about 300 kms south of Chennai .

Location

The temple is located in the heart of this ever busy
tourist town.

How to reach

The temple town of Kumbakonam can be reached by
rail & road. Any number of trains at al convenient hours
are available. From Chennai private & government buses
ply day & night in all categories of cost & comfort. Taxis
can also be taken from Chennai or at Kumbakonam for
local tours.

The deities



Unlike most temples the sanctum sanctorum is plum
in front of the tower at the entrance ; but one has to go
through a few corridors in between. This houses one of
the rarest group of deities. Which are almost at hand
shake distance, which again is a rarity.. As we reach the
garbhagriha we almost freeze as we sight the majestic
life size black granite Moola Moorthis of Sri Rma & Maa
Seetha in a sitting posture on a pedestal. On the sides
in standing positions are seen His beloved brothers
Lakshmana, Bharata & Shatrughna in dutiful service to
the Lord of the three worlds. Yes ! undoubtedly Sri Rama
Bhaktha Hanuman is seated on His knees in His rightful
place at the Lotus Feet of Sri Rama. A very unique feature
to be observed is that Sri Anjaneya is seen here holding
a Veena in His hand [singing the glory of His Bhagavan
]. The utsava murthis of this temple are beautiful bronze
icons & are said to have been found underground at
Darasuram which is a monument just on the outskirts
of Kumbakonam.

History of the temple

This temple is another gift of the pious Nayaka
dynasty to southern India. It is said to have been built in
620 by King Raghunatha Nayaka who ruled from Tanjore.
In fact it was his brilliant prime minister Sri Govinda
Dikshadar who is said to have been responsible for
designing the temple with its breathtaking architecture.
The Maha kumbabishekam was performed on a grand
scale recently in 2015 September after a whole lot of
renovations were carried out to give a facelift to this
priceless treasure.

The architecture

The three tiered temple tower with limestone figures
& the prakaras with the outer walls may not be huge in
comparison with other temples of the Kumbakonam . But
this medium sized temple houses artistic & architectural
treasures so unique to Davidian & Nayaka temple
structures. The front mandapam is an outstanding
architectural beauty supported by 64 intricately carved



pillars each made of single granite stone. The carvings
depict various avatars of Lord Vishnu other than Sri
Rama Avatharam & other stories from Sri Vishnu Purana.
This outer ring is called the Maha Mandapam. The inner
prakaram can be called an amazing art gallery where
the walls have been decorated with colourful paintings
related to episodes from the timeless magnum epic
Srimad Ramayanam. All the events of Srimad Ramayana
come to life through these magnificent artistic outbursts
of our skilled Indian artisans.

Temple poojas & festivals

Other than the temples artistic splendour , Sri
Ramaswamy temple is visited by devotees for the
spiritual intensity with which the poojas & festivals are
performed by the experienced hereditary Vaishnavite
priests . The daily poojas are performed 6 times a day
 . Sri Ramanavami which is the celebrations of the
birth of Lord Rama is celebrated with intense religious
fervour . All other festivals like Navratri , margazhi



utsavam, Pavithrotsavam are also popular here & draws
thousands of devotees from far & near. Yes ! undoubtedly
Sri Ramaswamy temple at Kumbakonam is one amongst
the top Rama temples of our country.

Mangala Sloka

One cannot forget the unparalleled Rama bhakta Saint
Thyagaraja whose body, mind & soul had merged with
Sri Rama & His Nama . We conclude with one of his soul
filling songs in Telugu dedicated to this eternal Avathara
of Lord Vishnu.

Rajeeva nayana Thyaga Rajadhi vinutha maina Nee
Nama rupa mulaku nithya shubha mangalam “

LOOKING FORWARD JULY 2023



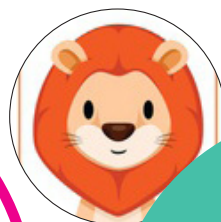
ARIES

There is a chance of foreign travel this month professionally. This might be a good experience and be one of the stepping stone for a promotion this month. For entrepreneurs, this month may see some misunderstandings with your partner. There may be some ups and downs relationship wise. There may be some communication issues however this will be sorted out by the end of the month.



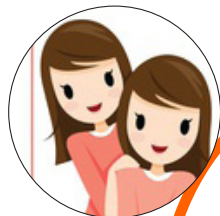
GEMINI

Relationship wise and professionally this is a very ideal month. There are chances of a long awaited promotion this month career wise. There are chances that this month will see you going abroad with your loved ones this month. There are chances of very favourable business deals this month.



LEO

This month will see some unexpected health issues. Professionally this month will see some unexpected new clients. This will be a good time to learn a new skill. There will be some ups and downs relationship wise. However things will settle down by the end of the month.



TAURUS

Be polite to your superiors this month, there may be some unexpected stress in the workplace. Those looking for a job, you may find the dream job this month. Take some time off to spend time with your loved ones. There is a chance of foreign travel this month. There may be some misunderstandings with your friends so be clear with what you are communicating with them.



CANCER

Financially this will be a good month, however there may be some unexpected expenses, so stick to your budget. Be patient with your co workers. There may be some unexpected arguments with them. Family business will see an increase in profits. Keep track of your health this month.



VIRGO

There may be some stress in the workplace this month due to increased workload this month. Be careful before investing, as there may be some unexpected losses. You will see yourself spending time with your spouse. Relationship wise this will be a good month, you will spend some quality time with your family.



CAPRICORN

This month is the best time to experience something new. This month will see you finishing all your work and you will soon be rewarded. There is a chance of promotions this month. This month will see you learning something new. Relationship wise, this will be a normal month.



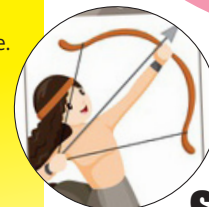
LIBRA

This month will see you proving yourself in work this month. There are good chances of an increase in your fines this month. This will be a good month for investing however research it before taking any decisions. This will not be a good month for a new relationship. For those who are single, those who are a couple, this will be a good month for getting married.



SCORPIO

The first week may not be the best month professionally. However by the second week, there may be an advancement as the long awaited promotions may happen. Entrepreneurs may see a good increase in income this month, with new deals. Relationship wise this will be a very good month, your significant other and family will support you in all your endeavours.



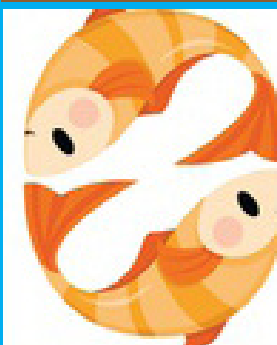
SAGITTARIUS

This will be the perfect month relationship wise. There may be some internal doubts, however your family and friends will support you through your difficult periods. This month will see you improve your finances, however invest it carefully. Those who are looking for a job, will find your dream job. Those who are single, will spend some quality time with your friends.



AQUARIUS

Spend some time talking and listening to the worries or other deeply felt emotions of your significant others. This will be a good time to concentrate on your career. Your superior will listen to your ideas and you will be rewarded. Take extra care of your health this month. Financially this will be a very good month.



PISCES

Married couples may struggle to strike a balance between their personal and professional life. Financially this will be a very rewarding month. However there may be some unexpected expenses so stick to your budget. There may be some ups and downs in the professional front this month, however by the end of the month, things will settle down.