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The Maestro's MUSE

REMINISCING THE MEMORIES OF BANGABANDHU
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MACCH-E BHAAT-E BANGALI
FISH RECIPES **P12-13**

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SPECIAL THANKS: SHAHABUDDIN AHMED



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CHECK IT OUT

Month of independence with Kay Kraft

Highlighting the air of freedom that spreads through the month of March, fashion house Kay Kraft has set out a fine collection of clothes to match the occasion. Shalwar-kameezs, saris, kurtis, shirts, t-shirts, bandanas and much more are available in their latest offering.

This new collection is available in all Kay Kraft outlets. For online shopping, check out www.kaykraft.com

For more information, visit www.facebook.com/kaykraft.com.bd/



Celebrate Independence Day with Rang Bangladesh

March, the month of Independence, is celebrated with many creative expressions, including fashion. Keeping the sense of pride inherent in the celebrations, leading fashion house Rang Bangladesh, is highlighting the joy of victory through the canvas of clothes. The whole family can celebrate the day with Rang Bangladesh's collection of matching clothes.

The main colour this time around is

white, red, and the green of the national flag. Other colours include shades of green, white, golden yellow with screen prints, block prints, hand embroidery.

Other than the typical offers for men and women, Rang Bangladesh's sub-brands — West Rang and Rang Junior also have their own collection to celebrate the occasion.

For more information, visit www.facebook.com/rangbangladesh



NEWS FLASH

Shaheda Yesmin wins Silver in Italian Vegetarian challenge

Local culinary experts are making waves internationally, and the most recent example would be Shaheda Yesmin, culinary curator at Jewel's Kitchen. In February, Yesmin's interpretation of Eggplant Caponata, was announced as a Silver Award winner in Italia A Tavola, a renowned publication highlighting the best of Italian cuisine, dining places and all things gastronomical. The competition was held by the Italian Dining Summit – IDS, where Yesmin participated online, and won in the Photo Category of the Vegetarian Challenge. This challenge was created by Prof Armando Cristofori, the current President of IDS, and organised by Paolo Baratella, the Ambassador of IDS. As a strategic partnership with the World Association of Master Chefs – WAMC, the challenge will continue till September 2020,

with new winners being announced for every month.

Caponata, a Sicilian cooked salad dish based on eggplants, was presented with Yesmin's own twist. In her interview sent for the purpose of the competition, she mentioned the Caponata she had back in 2011 when she and her husband visited Portofino in Italy, having a lasting impact on her. With her love for local eggplants, she sought to create this dish in her own way.

Vegetarian dishes are getting more and more attention since healthy eating has become a constant challenge over the years. This particular competition seeks to promote a healthy cuisine and a healthy lifestyle. With Yesmin and other Bangladeshi award winners in this competition, it is quite clear that our local chefs are well prepared to take on international challenges.

'Ora Egarojon' by BAW, 2020

Bangladesh Art Week's (BAW) Founder Niharika Momtaz and Co-founder Mohammed Mohsin, held another successful round of art exhibition this year, titled 'Ora Egarojon,' a female-led group art exhibition celebrating womanhood, at the Dhaka Gallery, Banani from 7 to 14 March, 2020.

The exhibition, which was open for all, had been unique in the sense that it celebrated womanhood in all forms, from creativity to their spiritual existence. Prominent artists, including Farida Zaman, Ivy Zaman, Dilara Begum Jolly, Rokeya Sultana, Kanak Chanpa Chakma, Preema Nazia Andaleeb, Ayesha Sultana, Tasneem Tariq, Salma Abedin Prithi, Farzana Haque and Rumana Rahman showcased their artworks, across the spectrum of visual arts, performing arts, sculptural installations, architectural installations, videography and photography.

The event was planned with heaps of interesting content, including a panel discussion by eminent folks of the society, titled "What story are you?" to an artist-led and female-curator led tour of the exhibition.

The showcase had been graced by the artwork of the leading and eminent women artists of Bangladesh, who have supported by bolstering diversity. At the end of the event, Momtaz revealed that she always wanted to uplift the arena of arts and culture in the society and hence the birth of BAW.

"Every year, we have a brand new theme for our exhibition and this year, it was 'Ora Egarojon' and 'Women Artists.' With this event, we tried to highlight the many aspects of women, their creativity, passion and successes. Next year, it will be something different. Keep an eye out for 2021," said the event organiser and art enthusiast.



ঐতিহ্যের আর এক নাম আধুনিকতা
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SPOTLIGHT

Bangabandhu and I

Memories of an artist

Today marks the birth centenary of our Father of the Nation, Bangabandhu Sheikh Mujibur Rahman -- the visionary who made us dream of an independent Bangladesh, the powerhouse of charisma who ignited hope amongst the oppressed Bengalis, the legend whom the nation shall forever remain indebted to.

On this extraordinary occasion of his birth centenary, Star Lifestyle spoke to Shahabuddin Ahmed, artist extraordinaire, who frequently portrays Bangabandhu on his canvas.

The highly celebrated painter is a living legend in his own right. Prestigious accolades like Independence Day Award (highest state award given by the Bangladeshi government), Knight in the Order of Fine Arts and Humanities (awarded by the French government), and recognition as one of the '50 Master Painters of Contemporary Art' (enlisted by the Olympiad of Arts) speak volumes about his works.

And his works on Sheikh Mujibur Rahman are indeed iconic. He pours his love for his leader onto the canvas.

Bangabandhu is a muse of the artist -- and a vivid fragment of his memories too, comprising of the interactions he

had with the legend himself.

And hence, without further ado, we present you -- Bangabandhu through the eyes of Shahabuddin.

WHEN A PAINTER WAGES WAR

In a training camp, a freedom fighter once suddenly woke up from his sleep, utterly disarrayed and confused, wailing out loud. Those around him had woken up to his cries. What had happened to this young man, they inquired.

In that pang of despair, a young Shahabuddin managed to say only one thing: "I will probably never become an artist. What have I wanted, and what had happened?"

Quite possibly, he saw a nightmare. This anecdote, which occurred in 1971, tells us the burning urge of an arts student who had dreamt of becoming a painter one day. That's Shahabuddin for you! That even during the War, the dream continued to live on.

But the war itself he was fully committed to indeed, as a platoon commander.

His inspiration? Bangabandhu.

"There was of course thrill and excitement during the days of training, but it was also immensely exhausting and excruciating," he

remembers. "But whenever the 7th March speech was played in the camp, our tiredness and despair vanished."

WHEN A WARRIOR PAINTS

Shahabuddin's reputation was rather fascinating in the camp. He was a freedom fighter -- even a platoon commander -- but a painter too. The interesting combination did not fail to register in the minds of his fellow freedom fighters. Shahabuddin informs that it was most likely during those times when he first started to draw the image of Bangabandhu.

Times were hard. He got hold of ivory pencils and kajol -- and calendars, of which he used the empty backsides as the canvas. He made makeshift hardboard with things like banana leaves and thorns and branches from the jungle.

"And hence I started drawing Bangabandhu, relying on my imagination," he says.

And his reputation in the training camp began to spread. "An artist freedom fighter... an honour," he muses, walking down the memory lane.

MEETING BANGABANDHU

Eventually, the artist dived into the bloody war.

Prevention of Coronavirus

Since December 2019, the entire world remains aghast due to the global pandemic of coronavirus. Originating in Wuhan, China, the virus spread rapidly to the entire world, despite many places implementing aggressive quarantine measures. According to current statistics, there have been over 110,000 reported global cases, while the death toll is well above 4300 as of March 11, worldwide, at the time of writing.

The World Health Organization (WHO) has declared this novel pandemic as a global health emergency, causing all citizens from across the world to go into a state of panic. Albeit taking severe precautionary measures, the entire world seems to be converging towards a health calamity. This malady spreads in no time, so taking adequate preventive measures is crucial.

Even though this has turned fatal for many, it is in truth a simple virus, and there are simple and effective measures we can take to minimise risk. With heightened caution, we can spare ourselves from extreme panic, as well as the actual affliction.

HOW DOES IT SPREAD?

The new coronavirus mainly spreads through human interaction. Being in close contact with someone who has been infected is the major risk factor. Coronavirus is also transmitted through respiratory droplets that are produced when an infected person sneezes or coughs. People are most contagious when they are symptomatic. Thus, it is safer to maintain sufficient distance, a method that is being termed as social isolation, from people who have a cold or flu.



Additionally, the disease can be transmitted via objects that include respiratory droplets left by the infected person who coughed or sneezed on them. Unlike other viruses, the coronavirus can also survive for a long time on various types of surfaces including cloth and metal, for as long as nine days.

Unknowingly, we are at risk of getting coronavirus simply by touching everyday objects. As preventive measures, it is wise to avoid touching anything in public places and keeping our personal belongings at home sanitised with bleach-based cleaners that contain ethanol or hydrogen peroxide.

HOW CAN I REMAIN SAFE?

Simple preventive measures include avoiding touching your eyes, nose, and mouth. If unknowingly the virus spreads to your hands by touching an object, it can easily be transmitted through bodily contact. The best way to avoid being infected with coronavirus is washing your hands frequently and properly.

Maintaining proper hand hygiene is of paramount importance. Although

washing hands is one of the simplest tasks in existence, most people are unaware about the proper way of doing it. Washing our hands should be an elaborate process stretching for at least 20 seconds.

After wetting hands with clean water, soap should be lathered on every surface, including the nails, fingertips, back of the hand, and up to the wrists. After this, both hands must be scrubbed together for 20-30 seconds, ensuring that every bit is cleaned. Thoroughly rinsing and properly drying follows this procedure.



An alternative to washing hands when soap and water are unavailable is to keep hands sanitised at all times using 60-95 percent alcohol-based sanitisers, which are more effective in warding off the looming germs in this case.

We tend to rush through the hand washing routine, but keep in mind, in an attempt to save mere seconds of your life, you may be pushed towards a life-threatening ailment. So, stay safe and healthy, and educate others regarding the correct way to maintain appropriate hygiene.

By Fariha Amber
Photo: Collected

Dos and don'ts in dealing with the coronavirus

It is easy to understand that just about anyone would be stressed out over a public health emergency. It is also important to address the situation by staying informed, and being kind and supportive to each other.

DO

Use simple hygiene practices for effective prevention of the virus.

Speak as accurately as possible about the risk from COVID-19, based on scientific data and latest official health advice.

Talk positively and emphasise the importance of effective prevention measures.

DON'T

Repeat or share unconfirmed rumours.

Attach locations or ethnicity to the disease. Viruses can't target people from specific populations, ethnicities, or racial backgrounds.

Talk about people "transmitting coronavirus," "infecting others" or "spreading the virus," this implies transmission with intent and assigns blame.

Source: www.unicef.org/stories/novel-coronavirus-outbreak-what-parents-should-know

◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

Don't start divulging secrets. Conflicts with your partner are likely. Keep your temper in check. Your lucky day this week will be Sunday.



TAURUS (APR. 21-MAY 21)

Don't get involved in joint ventures. Don't overspend for whatever reason. Sudden romances won't be lasting. Your lucky day this week will be Friday.



GEMINI (MAY 22-JUN. 21)

Find ways to make extra money. Take on some hobbies. Hard work will bring rewards. Your lucky day this week will be Monday.



CANCER (JUN. 22-JUL. 22)

Be diplomatic and honest. Make plans with friends. Minor health problems may put you down. Your lucky day this week will be Thursday.



LEO (JUL. 23-AUG. 22)

Your needs will be misunderstood. Don't blow situations out of proportion. Chances for romance are likely at work. Your lucky day this week will be Thursday.



VIRGO (AUG. 23-SEP. 23)

You could be feeling vulnerable. Keep your cool if things go south. You will have more energy than usual. Your lucky day this week will be Saturday.



LIBRA (SEP. 24-OCT. 23)

Your abilities will boost your reputation. Someone may be conspiring against you. Make plans with children. Your lucky day this week will be Saturday.



SCORPIO (OCT. 24-NOV. 21)

Follow your instincts regarding business ventures. Go out on social events. Handle any existing problems. Your lucky day this week will be Thursday.



SAGITTARIUS (NOV. 22-DEC. 21)

Let your intentions be known. Don't try to impress someone financially. Don't let anyone get under your skin. Your lucky day this week will be Tuesday.



CAPRICORN (DEC. 22-JAN. 20)

Spend quality time with your partner. Your talents will shine at work. Work trips will be extremely beneficial. Your lucky day this week will be Monday.



AQUARIUS (JAN. 21-FEB. 19)

Don't overexert yourself. Avoid spending too much. Be prepared for new romantic ventures. Your lucky day this week will be Tuesday.



PISCES (FEB. 20-MAR. 20)

Get pending work done. Romance opportunities are aplenty. Someone you live with could be frustrated. Your lucky day this week will be Saturday.

TIPS

The Fun in Science

Kids should be allowed to break stuff more often. That's a consequence of exploration
— Neil deGrasse Tyson

Science, the study of the surrounding world, can be rather intimidating despite being so fascinating. Learning about how different aspects of the world operate in classrooms can become very uneventful, especially for children. To make this experience more lively, scientific theories and concepts can be incorporated with recreational and fun activities. As this methodical subject plays a crucial role in daily activities, it is easy to do so through various forms of games.

USING HOUSEHOLD MATERIALS

Using everyday materials makes science more fascinating and relatable instead of it being reserved for the super smart. It makes children curious about their surroundings.

We all know that oil is lighter than water. This fact can be made into a playful experiment, 'the ocean in a bottle' experiment. By mixing water with blue food colouring and cooking oil in a bottle, it can be demonstrated and proved that oil and water do not mix.

Children visually learn and have fun shaking the bottle to make their miniature ocean bubblier. Other than that, it tends to make children curious about the reasons behind such occurrences. Similar experiments include turning grapes into raisins, making a classic potato battery, creating a storm in a glass and so on.

SCIENCE GAMES

Children tend to be active and filled with energy till the very last moment of the day.

By arranging science games, their playtime can be made more amusing and also educational.

For instance, a scientific flare can be added to play dough, which can be made at home. By dividing it into several parts to make primary and secondary colours using food colouring, this physics game challenges little ones to mix their dough to match the colours of objects they find in their homes.

Another interesting game to enlighten



children is 'walking on eggs.' This game may get a little messy. The eggs need to be laid out on the floor in cartons and the surface should be consistent to walk on. The challenge will be getting over the fear of crushing the eggs and being able to evenly distribute weight to walk on the eggs without breaking any. Upon success, the science behind this game is bound to make any inquisitive mind want more.

Similar games may include, craft stick chain reaction to learn about chain

reactions and tension, static electricity balloon race and many more.

Other than that, many science experiment kits are available from OnnoRokom BigganBaksho, which specifically cater to arousing interest among children about science. The kits come with video tutorials and instructions to assist the young scientists on their enterprise.

TRIPS TO THE MUSEUM

Museums have always played a respectable role in preserving monumental discoveries



throughout history. Many museums aim to record the ongoing growth of physics, chemistry, biology, astronomy, etc. However, looking at such records from a distance may become dreary for young minds and give science a rather tedious image. To prevent such, the National Museum of Science and Technology in Dhaka offers a number of interactive galleries and opportunities to see the sky and the planets closely.

The most attractive parts of the

museum are the fun galleries and the sky observation activity conducted every weekend for an hour starting from evening. It enables children to learn through interaction and to observe the stars and planets through a telescope. Not only is this a fun way to introduce children to what secrets lie in the sky, but also a good family outing activity.

For more information on the activities held by the museum, their website gives clear details about the timings, entry fees and when the skies will be clear.

WATCHING TELEVISION PROGRAMMES AND VIDEOS

Many television shows focus on conducting science experiments to make science more welcoming and engaging. An iconic figure in the world of playful science is Bill Nye, the Science Guy, who has not only hosted a children's science show but has also made the show educational and entertaining. His videos are available on the Internet and provide a playful and amusing insight into scientific theories along with experiments.

Nowadays, under immense pressure to excel, children often lose interest in science. The above-mentioned activities are new and interactive approaches to reignite curiosity and feed the inquiring minds with knowledge through fun games and activities instead of textbooks. It not only removes mundanity in learning but makes it fun and something to look forward to.

By Puja Sarkar

Photo: LS Archive/ Sazzad Ibne Sayed

Surf excel

dirt is good

TOP LOAD

Quick Wash

FRONT LOAD

ADCOM 2020



LS PICK

Makeup Mantra

Drama in her eyes

*Beauty lies in the eyes of the beholder;
So they said.
But little did they know
A raven shade of kohl,
Breathes life into me.*

*Expressive eyes,
Mascara galore,
Arched Eyebrows,
And lively uproar.
And so they said...*

*But that's just me,
That's who I am.
No falsehood, no lies.
Just a silhouette with dramatic eyes.*

By MMC
Photo: Sazzad Ibne Sayed
Makeup: Farzana Shakil
Model: Manoshi
Wardrobe: Saree Club

HER

*Every evening,
She sits by the bedside mirror.
Painting on a plush pink hue
On her soft peachy lips.*

*As she layers on the powder
Her image reflects;
One of perfection
With contoured cheeks
And a highlighted forehead.*

*She puts on her favourite pendant,
Hiding all her worries,
Beneath that yellow cape.*

*She paints on a stunning disguise.
One of beauty
Glamour and an escapade.*

By MMC

Photo: Sazzad Ibne Sayed

Makeup: Farzana Shakil

Model: Sheila

Wardrobe: Saree Club



NAIL *art*

Self-expression with flair



Like every other form of makeup, nail art too is a way of self-expression. From the way one shapes them to the colour and finish of the paint, and of course the design or art that goes on it, can tell a lot about the person wearing it. And with all the new forms, finishes and tools available today, it has become easier than ever to achieve a flawless outcome in minutes.



For a better understanding of all these new techniques and trends, we spoke to Tasnim Monzur Labiba, a freelance nail artist with her Facebook page Nail Art Desire. Tasnim is currently a freshman studying microbiology at North South University. She started her Facebook page back in February 2018, and was asked to share a Henna stall by a fellow senior to showcase her work, sometime later during Eid-ul-Fitr in the same year. Although it was only a three-day fair, it did not end there, as you can now find her stall at such festive fairs throughout the year.

Tasnim shares the basics of nail art, starting with the nail base, which can be of three types — natural, fake or extensions. When asked to choose amongst the three types, she chose natural, saying, "I find natural to be the best since fake and extensions can get damaged over time." When asked about

her most popular design, she mentions that her 'Floral Chevron Manicure' gets a lot of responses, which is a simple white chevron with rose details, followed by her 'Mirror Nails' which too have garnered a lot of attention, for clients love it when they can see their reflections on their nails.

Customised nails are another trend she often gets. Since it is easy for us to look up designs whenever we like, Tasnim's clients like to send her picture references of the designs they want. She then proceeds to recreate them on fake nails and has it delivered. She also has a wide array of fake nails designed in her page, which can be ordered directly even if you do not wish to customise.

She also adds that the type of nail and design to go for really depends on the client's personal preferences. If they want something simple for everyday wear, natural nails are the way to go, as that will last about a week or 10 days. Nude colours

in glossy finishes look fresh for an everyday look.

Fake nails, on the other hand, last around a week or lesser, depending on how frequent the nails come in contact with water, since the nails are stuck using glue. These are mostly used during special occasions and when there are lots of 3D additions such as rhinestones or glitter.

Polygel extensions are like the best of both worlds since they last the longest, which is almost up to a month. If you want to keep the same nail art for long periods like this, polygel extensions are the way to go. What makes them different from traditional nail paint is that they have to be cured using LED or UV rays as they do not air dry. Similarly, they cannot be removed with acetone either, but have to be scrapped off using an Electric file or e-file. But do not fret, for if the base of the polygel is not destroyed the whole thing

Always use three layers. A base coat, followed by your desired nail colour, and seal and secure it with a top coat for best results.

does not have to be removed for a new design. The top design will be removed, and the base can be refilled with a fresh layer followed by a new design on top.

French manicure is an old classic that everybody loves and one that suits all occasions. But Tasnim also adds that there has been a lot of varieties of the classic French manicure lately. This involves experimenting with different colours and substituting the white tips for more vibrant or pastel alternatives.

The brand of the nail paint matters a lot when it comes to natural nails because otherwise, the edges will start to chip. Sally Hansen is hands-down one of the best brands for nail

paint, but if you cannot get your hands on that, Revlon, Wet n Wild and Flormar are great alternatives that are available here.

How the nails are prepared before applying nail art is just as important for a flawless outcome. Tasnim suggests that one apply Vaseline, coconut oil or cuticle oil on the edges of the nails before going to bed. This makes the edges smoother and healthier, further perfecting your nail art.

While nail art can be achieved at home, there are certain things which professionals tend to do better, such as polygel extensions or intricate nail designs etc. How they prepare the nails before also plays a part in the outcome. "From the preparation, things like buffing and curing the nail to finishing it off; if everything is not done step by step, the outcome will not be the same," says Tasnim.

Lastly, to jot down the trends of 2020 in nail art, we have the Milky nails, which is a white glossy nail polish that fades from the ends and has a slight transparent finish. The Baby Boomer is another soft nail polish look which is an ombré of nude and white colours, Sea Glass that comes with a slight sea green tint, and finally, lots and lots of funky prints!

By Anisha Hassan
Photo: Sazzad Ibne Sayed
Model: Efa, Mohiny, Naaz
Styling: Sonia Yeasmin Isha
Makeup: Farzana Shakil's Makeover Salon
Nail art: Nail Art Desire

STYLE COUNCIL

Style in yoga pants

With athleisure slowly taking over pretty much the whole world, yoga pants have not lagged behind. They've paved their way from the confined gym-rooms to the streets of high-fashion. One of the biggest trends of 2020 — yoga pants — is the perfect blend of fashion and comfort that we've been out on. Let's not delay any further and get on-board with the comfiest trend possible!

Casual wear is achieving a new dimension, with its frequent debuts on the runways as well as social platforms. With that being said, the whole Kim-K minimalistic shape-wear aesthetic is a growing trend of the past decade. Needless to say, yoga pants fall perfectly into this category. The once big fashion no-no, 'leggings as pants,' has been nullified in the recent times with celebrities and high-fashion labels making it the 'it' thing. And with leggings being in vogue, yoga pants have managed to make a bigger mark due to their ability to flatter the body shape even more, while looking super casual, fun and sporty. Whether or not you're about to hit the gym, or going about your day, athleisure, and yoga pants are just what you might love!

Now that we know how yoga pants have managed to get to the top of the trend-game, let's understand the nitty-gritties. Just like every other piece, the types, as well as material, all vary. Some pants are high-waisted and accentuate an hour-glass figure, some are low and ensure more ease; some pants are form-fitted to the point you look like you do really work-out, while others are a bit more on the flowy-breezy side. Stretchy spandex, nylon and polyester typically comprise the fabric. Of course, the colours, length, patterns all depend on your choice. A three-quartered length goes best for casual errands, whereas a full length may be more



appropriate for dressing-up. Minimalism is the requisite of this mode; you don't want to look like a hippie yoga-instructor, rather a 'street style guru' if one may say. Therefore, crazy patterns and colours might not be the way to go. Muted tones are where it's at; black is a statement. Solid neons can look cool. Side-way stripes seem to be on trend as well. Keep in mind that out-of-the-box isn't a crime, as long as the styling is done right!

To look like you own this trend, be sure of where you're headed to. Athleisure for formal wear is often criticised, so sticking to informal casual-wear is the best way to pull it off. The easiest way to look effortlessly stylish is to pair yoga pants with a casual tee and sneakers. Of course, accessorise (as Paris Hilton would say "...or else you'll look like you're actually going to the gym, not cute.") Layering is key to pulling off athleisure, specifically yoga pants; pair it with jackets/bombers, scarves, knit-wears, shrugs and what not! It's so simple that you can't layer enough. But, there's no denying that even a crop top looks cute with yoga pants; all you have to do is put a little effort into styling. For a more chic-look, you can pair it with a fancier top (but nothing too fancy) along with some smart kitten-heels and



accessories to look more put-together. Add a dainty bag for a classy finish; look sportier with a cap — it's all in the styling and the look you want to go for!

Now that you are up to speed on yoga pants fashion, invest on some good quality ones, take style-inspirations from Pinterest and you're all set to slay this trend!

By Zohaina Amreen

Photo: LS Archive/ Sazzad Ibne Sayed

LS SUGGESTS

Get packed and go

Starting from family vacations to quick business trips, packing a suitcase has always been a troublesome necessity, especially when kept for the last moment. Early planning and a few extra steps can go a long way in shifting the entire dynamic of the trip and make preparations convenient and organised.

To make any trip as relaxing as possible, the first thing to look at is quality luggage — one of the most important investments a traveller can make. Then comes a list of must-haves suited for the journey to avoid over-packing. Then comes the actual packing.

Here are some things to keep in mind during travelling —

FAMILY TRAVELS

The initial concern, not only for family vacations but for any kind of travelling, is losing the luggage. A tactical way to



prepare for the worst is to not use separate luggage for every person travelling. Rather, packing a few sets of every member's clothes within each case ensures that everyone will have something to wear should the unthinkable happen.

For a higher chance of the suitcase being found, a copy of personal details should be attached to every luggage.

When travelling with children, carrying a spare set of clothes for them in the handbag is a good contingency plan. An emergency travel kit consisting of spare clothes and wet wipes will always come in handy.



Clothes should be packed according to the number of days of the trip and the activities planned. However, if this means there is extra space in the luggage, there should be no rush to fill in the gap. Pack light and leave room for gifts and souvenirs!

WEEKEND GETAWAYS

Weekend getaways offer a momentary escape from the hustle and bustle of the city. Be it to get some work done or to have some time to reenergise, weekend getaways do require some packing and planning to make the trip worthwhile.

For clothes, packing neutral colours like tans, blacks, whites, greys can maximise one's fashion options while keeping a light luggage. All that would be needed is a selection of accessories to give every look a new dimension. Added to that, to make the luggage even lighter, why not wear the same outfit on both flights?

Depending on the purpose of the trip, comfortable clothes, the perfect book, a notepad and pen or binoculars for birdwatching, or laptop and cellular chargers, headphones etc. should be top priority on the list.

ROMANTIC GETAWAYS

Be it for a special occasion or just to reconnect, romantic getaways are always something to look forward to. A long drive to the destination, accompanied by a

thermos of hot tea or a bottle of refreshing seasonal juice, light snacks like crackers and chocolates, and clean wipes, can set a comfortable tone for the trip.

Picking out outfits which are both chic and comfortable makes a big difference in how the evening could play out. Beauty and comfort should go hand in hand for the an ideal fairy-tale worthy romantic evening.

Besides that, carrying a few scented candles and perfume helps set a charming ambience. Why not also add a Bluetooth speaker to the list to play that special mix playlist?

ADVENTURE

Packing for a bucket-list trip to Nepal or Thailand, an adventure many hundreds of miles away from home, requires some preliminary planning and organisation about what things to bring along.

Duffel bags are more appropriate for adventure trips due to their softness, making it a super-versatile option. Duffels with straps make rushing through one airport terminal or bus to another much swifter. These bags tend to be durable and 'smashable,' making them ideal for adventure travel.

The best way to pack a duffel bag is to put lesser-used items at the bottom and to place items which require frequent access towards the top.

Lighter always compliments adventure. If touring multiple destinations through biking or hiking is part of the agenda, it is better not to have a bunch of stuff to move around. Synthetic clothing is easier to pack and take up less space. Clean socks, water bottles, a raincoat, a bandana to make a fashion statement or to act as a handkerchief, and a small rechargeable headlamp are noteworthy materials to pack.

BUSINESS

Travelling for business can be strenuous. Opting for a wheeled suitcase is more convenient for this. It may be more practical to have a bag ready beforehand in case of sudden business trips where there is not enough time to pack.

For clothes, keeping a set of home clothes to wear indoors, along with a set of formal wear for meetings is crucial. Neutral colours and a black belt, a set of formal shoes, a suit or blazer and maybe an extra pair of headphones would make good additions to the luggage.

Using shower caps to store shoes and keeping belts in the collar of formal shorts will not only maintain the cleanliness of other clothing articles but also retain the shape of shirts, making it easier to pull out and wear whenever needed. Other than that, softer fabrics and denim do not wrinkle easily and so should be placed at the top. This will keep one ready for business at any moment!

Last minute packing is guaranteed to leave one forgetting something. For any trip, it is important to pack appropriately, taking into consideration the destination, weather and the duration of the trip. Preparing beforehand and minimalistic planning helps any trip become lighter with more room for mementos, while helping to fall in love with travelling much easier.

By Puja Sarkar

Photo: LS Archive/ Sazzad Ibne Sayed

Travelling Tidbits

One of the top priorities while packing is a first aid kit consisting of plasters, antiseptic cream and ointments, bug repellent, painkillers, paracetamol and aspirin, because it is better to have and not need, than to need and not have at all. The last thing anyone wants to do on a trip is to be taken to a doctor.

Ziplock bags or separate smaller bags to pack an outfit for each day is more efficient. It makes compartmentalising and unpacking easier. The extra work saves time and prevents dirty clothes from spoiling the clean ones.

Most importantly, hard and soft copies of passports, credit cards, driving licence, travel insurance and other documents is always good to have to ensure all round security!



DESHI MIX
BY SALINA PARVIN



Fish tales

Fish is liked the world over. Aside for their mouth-watering taste, and variety in dishes, they are also an important source of protein and other nutrients. Over 32,000 species of fish have been identified, making them the most diverse group of vertebrates. However, only a small fraction of that number is commonly eaten by humans.

NUTRITIONAL VALUE

Fish provide a good source of high-quality protein and a wide variety of vitamins and minerals, including vitamins A and D, phosphorus, magnesium, selenium, and iodine in marine fish. Its protein, like that of meat, is easily digestible and favourably complements dietary protein provided by cereals and legumes that are typically consumed in many developing countries.

Fish is also the world's best source of omega-3 fatty acids, which are incredibly important for the body and brain.

HEALTH BENEFITS

Generally speaking, all kinds of fish are good for us. They are high in nutrients that most people are not getting enough of from other sources. Here are a few health benefits of eating fish that are supported by research — Lower your risk of heart attacks and strokes. Increase grey matter in the brain and protect it from age-related deterioration. Help prevent and treat depression. Serve as a good dietary source of vitamin D. Reduce risk of autoimmune diseases, including Type 1 diabetes. Help prevent asthma in children. Protect your vision in old age. Improve sleep quality.

Whether the fish is fresh can be checked by looking for the following qualities: The skin looks bright, moist and shiny. The



scales should be firmly attached to the skin. The skin on stale fish may show signs of wrinkling and shrinking away from the flesh. The eyes of a freshly caught fish will be convex, the pupil will be black and the cornea translucent. The eyes should be bright, clear and bulging and not sunken. The gills of freshly caught fish are bright

red, but as the blood in them oxidises they rapidly turn brownish and any mucus on them turns opaque. If fish is split along the backbone and lifted, the bone should stick firmly to the flesh. If the bone separates easily, the fish is stale. The surface should be free of dirt and slime. The fish should be firm to touch with no traces of browning or drying around the edges. A fish having odour indicates deterioration due to oxidation of polyunsaturated fat and bacterial growth. Rancidity is revealed by yellowish spots on the surface. Rancidity can be recognised by a sour taste, uncharacteristic of fresh fish.

STORAGE

It is estimated that 10-15 percent of fish is spoiled during catch and further handling. Fish deteriorates quickly and should be used as soon as possible. It should be kept covered in the coldest part of refrigerator for no longer than two days.

Pre-packed fish and shellfish can be refrigerated in the original package for a short time. Fish wrapped in butcher paper should be taken out and wrapped in aluminium foil or plastic wrap.

Frozen fish maintains good quality when placed in the freezer immediately after purchase. Freezer temperatures of 0° F or lower are necessary to prevent loss of colour, texture, flavour and nutritive value.

Cured fish is best kept covered in the refrigerator. Open canned fish should be used up immediately or refrigerated.

CHITOL MACHER KOFTA

Ingredients

500g chitol fish
1 tbsp corn flour

1 tsp ginger paste
½ tsp garlic paste
½ tsp garam masala powder
3 green chilli paste
1 tbsp chopped onion
½ tsp turmeric powder
1 tsp roasted and powdered cumin seeds
½ tsp salt
Oil, for deep frying

Method

Wash the fish, and use fork or hand to separate bones from flesh. In a bowl, add all the ingredients except oil. Mix well. Make small sized round balls from the fish mixture. Heat oil in a pan. Place fish balls in the hot oil. Fry the kofta until golden brown. Remove from oil and serve.

GONDHORAJI MAACH (FISH COOKED WITH GONDHORAJ LIME)

Ingredients

6-7 pieces rui/katol fish
1 tbsp onion paste
1 tsp ginger paste
1 gondhoraj lime
2 leaves of gondhoraj lime
½ tsp turmeric powder
1 tsp red chilli powder
¼ tsp cumin powder
2 green chillies, slit
2 tbsp mustard oil
Salt, to taste

Method

Wash the fish and marinate with salt and a pinch of turmeric powder. Keep aside for 20 minutes. In a large wok, heat oil on medium heat. Turn the heat on low, and add the onion and ginger paste, and fry for 2-3 minutes. Add red chilli powder, turmeric powder, cumin powder and a little water.

Mix well, continue cooking on low heat for 1 minute. Add the fish and cook. Add the lime leaves and green chillies. Mix together. Cover and cook till the consistency of the gravy is to your liking. Squeeze the juice of the gondhoraj lime over the fish. Serve hot, with rice or polao.

KASHUNDI CHINGRI

Ingredients

250g prawns, deveined and cleaned
3 tbsp kashundi
1 raw mango, grated
4-5 green chillies
½ tsp turmeric powder
1 tsp red chilli powder
Salt, to taste



In a wok, add oil, and once hot, add the prawns, turmeric powder, red chilli powder and green chillies. Sauté on low heat till the prawns change colour slightly, or for about 2 minutes. Add the grated raw mango and salt. Stir and cook for 2 minutes. Add the kashundi and mix well. Add 1 cup of water, and check seasoning. Cover, and let it simmer on low heat till the water has evaporated, and there is a thick gravy coating the prawns.

SHORSHE PABDA (CAT FISH WITH MUSTARD SEEDS FLAVOURED GRAVY)

Ingredients

6 pabda fish
1 tsp red chilli powder
½ tsp turmeric powder
¼ cup mustard seeds paste
2 green chillies
½ tsp nigella seeds
Salt, to taste
2 tbsp mustard oil

Method

Wash and clean the fish. Marinate and mix with salt and turmeric powder and rub all over fish and keep it marinating for at least 30 minutes. Heat oil in a pan. Temper half a teaspoon of nigella seeds and 2 pieces of green chilli. Stir for a few seconds.



Sugar, to taste

Method

Wash the prawns properly. Marinate the prawns with salt and pinch of turmeric powder. Set aside.



Now add mustard seed paste, red chilli powder, turmeric powder and salt. Mix well and sauté for 2 minutes. When oil starts to separate from sides of pan, add 1 cup of water and fish. Mix and cover the pan. Cook for 15 minutes on medium heat. Once gravy starts to thicken and fish are done, add 1 teaspoon of mustard oil into the fish curry. Mix and switch off the flame. Transfer to a serving dish. Serve hot with steamed rice.

BOAL MACHER DOM

Ingredients

5-6 pieces boal maach
½ cup onion paste
2 tsp ginger paste
2 bay leaves
1 tsp cumin seeds
½ tsp turmeric powder
1 tsp red chilli powder
3 tbsp mustard oil
Salt, to taste

Method

Soak the bay leaves and cumin seeds in warm water for 15 minutes. Drain from water, and grind to a smooth paste. Add the onion paste, ginger paste, turmeric powder, red chilli powder, 1 tablespoon of mustard oil and salt to the prepared mixture. Add the fish pieces to the masala, and coat well. Keep aside for 10 minutes.

Heat 2 tablespoons oil in a flat pan. Gently place the fish along with the marinade in the pan. Cook over low flame for 8-10 minutes. Add half a cup of warm water, cover and cook for another 5 minutes. Finish with a generous drizzle of mustard oil. Serve hot with steamed rice.

PUTI MACHER TOK

Ingredients

250 g puti fish, cleaned and rinsed well
2 tbsp oil
½ tsp mustard seeds
2 dry red chillies, broken into half
½ tsp turmeric powder
2 green chillies, slit
1 tsp tamarind paste, mixed in 1 cup water
Salt, to taste

Method

Marinate the fish with a pinch of salt and turmeric powder for 10 minutes. Heat oil in a pan and temper with mustard seeds and dry red chillies. After it stops spluttering, add the tamarind water, salt, turmeric powder, green chillies and the fish. Simmer on low to medium flame for 6-8 minutes or till the gravy is slightly reduced. Switch off the flame and serve with plain steamed rice.

Photo: LS Archive/ Sazzad Ibne Sayed



Zermatt, the princess of the Alps



The mountains, separated by huge lakes, often lie in different countries with different cultures ensconced in them. These cultures, different elsewhere, come together in Geneva, riding on mountains to exchange and share customs, and lifestyles. Often, opposite slopes of the same peak represent different countries and languages.

Zermatt, a paradise for skiers, is about three hours southeast of Geneva, nestled in the tall peaks of the Alps, hidden but from the most-zealous. It has a special cache because of how it attracts different clienteles, and what it possesses.

As we sped through the Jura mountains, we felt something much taller closing in on us from the French side of Lake Lemman, as Geneva is close to the French border. The Alps gradually swooped down on us as we felt increasingly tinier. From deep down in the valleys, we described the lovely towns artistically perched high up.

A lone archetypal chalet up on a slope surrounded by meadows and grazing cattle

depicted the unperturbed serenity of the land, and the simple architectural elegance carved out of the foreboding landscape. Soon, the gentle valleys gave way to the winding roads and hair-pin bends up the sides of the tall mountains. Suddenly, a panorama of mountains — shrouded in white clouds and snow — blue lakes, and the daily Swiss lives in them, began to unfold to unlimited imagination. Appreciating every bend, we drove to Tasch, a gateway to Zermatt, marking the end of our drive.

The red-white Swiss train would take over from here to the scenic wonderland. Zermatt, in the Swiss canton of Valais, largely car-free, except for a few service vehicles— is an attribute piquing my curiosity.

On our arrival, we were greeted by a parade of road-hogging goats, sashaying with swagger. Skiers were everywhere, itching for adventure.

Zermatt was for the romantic wayfarers, skiers, and climbers. It welcomed us with a stunning landscape and a misty warmth. The refreshing spray from the mountains offered



a whiff of the crisp thin air that reminded me of a shepherd describing how fresh mountain-air would cleanse his mind and body with every breath, and I could instantly feel it. As I inhaled every ounce of air, I soaked up every bit of freshness to become one with Zermatt.

Its buzzing main thoroughfare was lined with wooden chalets, floral beds, shops, restaurants, and drowned in horse clip-clops, yet Zermatt felt like a town lost in the clouds. Miniature Swiss flags hung overhead at intervals. Nearby, a horse-drawn carriage carried the dreams of a soon-to-be-wed couple. The eagerness to etch this place in one's memory seemed to follow different paths: adventure for some, romance for others. On the conifer-dotted slopes were neatly arranged chalets and homes. Hotel Omnia, a contemporary rendition of an American-style lodge, sat on a slope, blending modernism with local style. An artist could gently lay down her freshly-painted imaginations here for them to come alive in a three-dimensional reality. I could not distinguish this scene from those in the paintings, except that this one breathed, hummed, and smelled of life.

A little bit later, the ultimate icon, one of the tallest peaks of the Swiss Alps, the Matterhorn, meaning “peak of the meadows,” emerged, shooting high into the sky.

My jaw dropped on sight. It looked like a slender triangle with its unique pyramidal snow-capped peak, eager to assert its authority over everything tall and rugged. The imposing presence said it all: she was the queen here.

Straddling Switzerland and Italy, it oversaw the marriage of two cultures and lifestyles. Its rich melted ice flows through the earthy veins of Zermatt in the form of roaring Gornera river, in an orchestral rhythm, blending seamlessly with the ringing calls of the Alpine Chough. Many brave mountaineers had attempted to summit the deadly Matterhorn. As in any

story, the tale of Zermatt presents a grim reminder. It proudly caresses the souls of many who perished in their pursuit of the ultimate prize. It once lured them close by its charm just as it did me, but for a different reason. Leave they never could.

This cemetery was a sombre, but glowing testament to their pluck. One Donald Williams died a dreamer's death, but his was not the casualty of being forgotten. An integral part of her soul now, his resolve lives on among the indomitable climbers, encouraging them every day to never give up what he did not. His red ice axe stood out on his tombstone as a source of glowing inspiration.

Zermatt prides itself on being a gastronomical heaven. It boasts Michelin star restaurants and gourmet cuisine. I loved the classic Swiss dish rosti, consisting mainly of potato and cheese in the style of fritters. Considered a national dish by many, it is eaten primarily in the German-speaking cantons, one that Zermatt is in.

I finally left Zermatt with its pieces stitched to my heart, with a sense of awe for what I experienced, and a sense of emptiness at what I missed. Would I ever return to see what still lay unturned? The tall Matterhorn would always beckon me as a beacon to all that is unworldly. While this is intangible, I did want to part with something tangible, reminding me of Zermatt in my daily life. As mundane as it may be, the umbrella I bought — in the face of jokes — had a map of Zermatt drawn all over it, lest I forgot how to find it again, for it lay hidden deep.

I will find rain, as long as I live, and in it, I will rediscover my Zermatt. When it rains, I unwind my umbrella, my memory lane, and fondly listen. But is it just rain? Every raindrop is a heartbeat of Zermatt, the princess of the Alps. Red ice axe I do not have, but an umbrella I do.

By Arif Shahjahan
Photo: Arif Shahjahan

Bangabandhu and I: Memories of an artist

FROM PAGE 3

Those days when the platoon commander led his team through what can simply be described as horrors and glories of the war, finally came to end, with the valiant freedom fighters emerging victorious.

War was over. The freedom fighters were called on to return their weapons. And it was at the arms surrender ceremony when Shahabuddin met Bangabandhu.

"He looked at me with an air of affection. He asked where I studied, and when I replied that I was a student of Dhaka Art College (now Faculty of Fine Art, University of Dhaka), and that I paint, it struck a chord in him; he was pleasantly surprised and felt very proud.

"You are a freedom fighter and an artist! My children can also paint!" Shahabuddin still remembers Bangabandhu's reaction.

The impressed Mujib asked him to bring his artworks one day.

BANGABANDHU AND ART

Shahabuddin continued his story, with a lot of zeal and a world of love that he has for Bangabandhu.

In one corner of the studio, he sat, narrating from memory.

The studio itself is a beautiful one, with iconic artworks on walls and canvases and a table crowded with paintbrushes and palettes.

But the man was not in his studio, I felt. He had gone back to the early '70s, to Bangabandhu.

He continued passionately, "I went to meet him, with a large painting of mine, concealed in a white cloth. Everyone there was astounded by its size. But when anyone asked, I initially said it was by some other artist; I felt shy."

Afterwards Bangabandhu too, showed a lot of enthusiasm: "Such a large painting! Open it!"

The artwork, which depicted Mujib as a prisoner, impressed him.

"At least this much I can understand that our children can create such amazing works of art! I will display it. Because so many foreigners come to my place. They

will appreciate it. I will tell them that our children can fight for freedom, and they can also create works of art," the painter narrated Bangabandhu's response in his own words, in a shaky, excited voice, while staring blankly with eccentric eyes, as if, by some means, a supernatural portal had opened up in his studio through which he could see that past event happening in front of him.



Shahabuddin is not just a painter. He is a master storyteller; painting is merely the medium he chose, I reckon.

The tucked out red shirt with a gamcha wrapped around the waist, the ruffled hair, the facial expressions which bring forth every emotion he feels, the animated way in which he speaks, the purest amicable smile with which he radiates warmth — all make him stand out of the crowd and force the listener to sit at the edge of the chair, gulping in his many stories.

He continued, reliving his Bangabandhu-and-I moments: "He was such a busy man. He need not bother about my painting. But he did."

It may be claimed that Sheikh Mujib had an admiration for artists. His enthusiasm and respect towards Zainul Abedin for example, hints towards that. He even encouraged Shahabuddin to go to Paris in order to further pursue the field (which he did; where he continues to live).

Shahabuddin had the opportunity to be around Bangabandhu several times. "I used to just observe him," he said.

Perhaps, those experiences firmly carved

in his mind the image of Mujib forever, which directly or indirectly, continue to provide a big influence and inspiration whenever he picks up the brush to portray the man.

A PAINTER'S BANGABANDHU

The celebrated artist's works are on display in museums across the world. Other than Bangabandhu, freedom fighters, martyrdom of intellectuals, and his study on horses are a few examples of his works.

His style sometimes prompts the words 'speed' and 'movement'. His subjects are often in motion, in frenzy — a muscular body jolting forward, for example.

When I see his paintings, particularly those made with free-flowing brush strokes that depict speed or movement, I personally feel that they radiate an aura of rebellion and freedom, an urge to break



shackles, and oddly enough, an impatient ambition.

As for Bangabandhu on his canvas, there is a fluidity which registers the eye. The figure is often incomplete, vague in some places. In place of that, there is enigma.

Of course, Mujib's distinctive appearance — from the black Mujib coat over white panjabi to his spectacles to the hair brushed back — even when portrayed on the canvas, brings forward his persona.

The various paintings of Mujib by Shahabuddin remind you of the different aspects of the leader.

Bangabandhu with a raised arm and finger is reminiscent of the blazing speech

of 7 March, 1971, for example.

"Some people say that I still live in 1971. Yes, luckily I do. I don't want to forget those golden days. And I want to show them to the world. I want to make people dream," he declared.

Another painting worth mentioning is the one where Bangabandhu is seen sitting with his head bowed down. His forehead rests over his clasped hands, bearing the weight of his head. His hair, brushed back. His face, partly covered by his hands, is not clearly visible.

A very powerful portrait indeed!

"He has in his head all the world's problems. Will he be able to bear them?" Shahabuddin mused when asked about the painting.

Many years ago, in 1971, while the war was still going on, Shahabuddin came back to his house in Dhaka. He went to the room where he used to paint, to check on his paintings which he put under the bed mattress before he left.

They were safe. He hugged them tightly. Such was the love for art and his dream to become an artist.

Shahabuddin Ahmed fulfilled his dream. A master painter he became!

And his portrayals of Sheikh Mujibur Rahman are a reflection of that, successfully capturing the mammoth personality within the confinements of a canvas.

And finally, even the painting which portrays this great leader's assassination — a wounded Mujib lying with his face down — is very moving. It marks the end of his life, but he shall remain forever in our hearts — celebrating his birth centenary is a testament to that.

Bangabandhu is larger than life.

By M H Haider

Photo: Orchid Chakma

Special thanks to artist Shahabuddin Ahmed for his interview, based on which this feature has been written. In addition to that, his book titled 'Amar Muktiyudha', an autobiographical piece, also provided valuable insights for the write-up.



ফাস্ট ওয়াশ

সাদা আব এক নাম







১০ মিনিটে পাওয়ার ওয়াশিং এর মাজিক



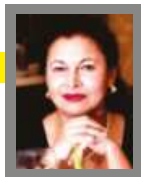
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কাপড়ের রঙকে রাখে নতুন মতো স্বচ্ছকে

THOUGHT CRAFT

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The peacefulness of water

The universal dream of Paradise is a garden, nourished by crystal-clear waters. The garden of Jannat, with the waters of Salsabil and Tasneem; the Biblical garden of Eden, and the mythical Elysian fields are all havens of peace, with channels of flowing water, limpid ponds and fountains and surrounded by shrubs and trees, redolent of the fragrance of damask roses and jasmine, orange and lemon, pomegranate and cherry.

We all hope to be in such a place one day, a place where we can sink into luxurious languor, freed of our worldly cares, lulled by the perfume of blossoms, the shushing of trees, and the soft plash of water.

Meanwhile, in this world, many of us try

to recreate, in our own small way, little oasis of beauty for ourselves, sometimes on our rooftops, and if we are lucky, in our own compounds. For the rest of us, there are the neighbourhood parks that are tended with great care, and get better every day.

One afternoon, entirely by chance, I came across a small beautiful park in DOHS. It was quiet and almost empty, except for a few gentlemen. There were numerous trees, and a wide walkway around a lovely central pond, with benches along the water's edge. It looked so idyllic that I immediately sank onto one of the benches with a sigh, grateful to be able to gaze at the tranquil surface of the water. It was so restful and the breeze so fresh, that a feeling of utter calm washed over me. I closed my eyes,

completely immersed in the moment. I had a great urge to sit there till evening, look out over the water, and wait for the sunset, and the stars to come out.

Water is mesmerizing, whether it be in a simple bowl, a beautiful lake, or a sea. Gazing at water soothes the soul, and calms the most restless mind. The sight and sound of it can bring instant serenity for the few moments we allow ourselves to forget our daily cares, put the world aside, and just breathe.

For me, in those silent minutes of water gazing, different images flow through my mind. A sense of tranquillity washes over me. Sometimes, memories flood in, of the carefree joy we used to feel as children, a joy sometimes forgotten, but still present in

the deepest recesses of our hearts.

My heart cools as other visions emerge, of the comfort of a loving family and kind words, all the more vivid, vibrant and beautiful, because time has burnished them with the golden gloss of memory.

Sitting near the jacaranda and pink cassia in the park, listening to the cry of the koel, and the cheerful chirping of sparrows, and watching all the other "kar-o-bar" of nature were moments of pure perfection.

Lost in my thoughts amidst the lovely surroundings, I returned to the present with surprise, and realised that I had things to do and places to be. Refreshed and revived, I walked with reluctant steps to the exit, cheered by the thought that I could visit again whenever I wished.



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