

VOLUME 19, ISSUE 52, TUESDAY, JUNE 23, 2020
ASHAR 9, 1427 BS

Star

LIFE

Style

E-mail: lifestyleds@yahoo.com
64-65 Kazi Nazrul Islam Avenue, Dhaka-1215. A publication of Star

Raining relaxation

MIDWEEK MOVIE MARATHON
FOR THE RAIN BOUND P8
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Aladeiin's genie for daily shopping and consumer electronics

BIG WAREHOUSE SALE UNTIL JUNE 30

The future of market places is online, and looking at the largest businesses around, like Amazon and Alibaba, success lies in wide diversification too! In that vein, local venture Aladeiin.com could be your permanent go to for basic necessities, as they add more and more products and payment options to their service portfolio.

Have you ever had your blender die out from all the meat mincing right before a big *dawat* that you are hosting the next day? It happens more often than you would think. You can order both the remaining grocery necessities and the blender from the same site, with an additional promise of fastest possible delivery.

To account for the increased demand, as well as to cater to their patrons better, Aladeiin has recently updated their website interface to a snappier, faster version, and added a barrage of new features, including the personalised wallet, a smashing warehouse sale with up to 66 percent discounts on already market-lowest tags, and cash backs, and of course, EMI options on purchases.

To give you an idea about the sale, a Hitachi 13kg washing machine can be scored for just Tk 48000 instead of the regular tag of Tk 62000, or a smaller Samsung for Tk 36,900 instead of Tk 46,900, with brand warranty. Or a model of the Phillips hand-blenders for Tk 2800, down from Tk 5200. For items of a more personal nature, you can find hairdryers, trimmers and such on significant discounts as well!

The cashback offers, which is up to Tk 16,000, is also pretty interesting, as it does not have a limited time frame for use. Once



earned, you can use the money in your digital wallet for any future purchase from Aladeiin, any time. And with the promise of quick delivery all over Dhaka city by trusted and vetted vendors, this can only mean good things.

Got an EBL card? Aladeiin has more to offer, for every purchase of Tk 2500 or more, you get additional Tk 200 flat discount!

Aladeiin is very mindful about the safety aspect of the deliveries, for both the customers and ensures good practices

throughout the packing and delivery processes. With multiple options for cashless payments, including mobile based options as well as bank cards, grab your daily groceries, home appliances, smart devices—all types of consumer electronics that is, and even car and bike lubricants from Aladeiin.com, all over Dhaka.

Hurry to catch the great sale!

By Sania Aiman
Photo: LS Archieve/ prakriti

4C and EMK Center's virtual workshop

Child Centric Creative Center (4C), in collaboration with the EMK Center, is arranging a workshop titled, Good Touch and Bad Touch: How to Protect Your Child. In the time of Corona, it will be organised online through Zoom.

The workshop is scheduled to be held on Monday, 29 June 2020, 8:00-9:30 PM (GMT +6). The expected facilitators of the workshop are Jannatul Ferdous Ruma, Child Protection Officer in Emergency at UNICEF Bangladesh, Moazzem Hossain, Senior Manager-Education at Save the Children, and Md Saifur Rahman (Jewel), Manager-Child Protection, Save the Children.

Professor Dr Sadeka Halim, Dean, Faculty of Social Sciences, University of Dhaka will join as chief guest.

The workshop is especially designed for parents, teachers, guardians, and child activists, but any interested person can participate through prior registration.

Link: bit.ly/4CWorkshop.
Contact: 01924-984446, 01912-031968
4cbangladesh@gmail.com
www.4cbd.org

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ঐতিহ্যের আর এক নাম আধুনিকতা
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অ্যান্ডালিনা

সোপ




রূপচর্চায় আভিজাত্য...



INSIDE LOOK at 138 East



In conversation with Ashfaq Rahman Asif, Managing Director, 138 East

What inspired you to become a restaurateur?

During my university years, I used to eat out a lot. I had an aunt, Nasima Haq, who was a cooking teacher, always cooking scrumptious meals. Since I knew her very well, I would go to her all the time and would always tell her, "Aunty, if you ever open a restaurant, I am going to join you."

One fortunate day, I came across an acquaintance of my aunt, Nazmul Sakib, who had a place in Banani. He did not want to rent out the place but wanted to utilise it somehow. So, with this place now at our disposal, the three of us decided to open a restaurant. Initially, we were not sure about what type of restaurant we wanted. Nazmul wanted a burger joint but I wanted an Indian restaurant.

Since the aunt was a cooking teacher, she knew a lot of chefs from five-star restaurants and a lot of foreign chefs would also come to her to learn. With her help, we found a very good Indian chef, Nawshad, and this is how we started Tarka. After Tarka, we opened 138 East and then slowly started our other ventures such as Tehari Avenue, Haveli, Pier 138, and Busy Beans. All the cuisines of my restaurants are a reflection of my taste in food since I am enthusiastic about trying out different cuisines.



Interestingly, all the architecture for all my restaurants has been done by two close friends of mine, Aminur Rahman and Raisa Chowdhury. They have always helped us selflessly. I would even go to them in the middle of the night and they would sketch the designs on tissue papers for me.



What are the challenges that you faced?

When I started this chain of restaurants, I was a complete novice. I thought all you needed was a stove to get started. I had no idea about running a restaurant and in my entire family no one had ever done it. But once we started operating our restaurants, we learnt everything through this journey.

It was challenging to serve the food on time. A proper kitchen with a proper layout was required and we had no idea about that since our plan was so random. So, later on, we had to break everything down again and fix the layout. We realised how even a cleaner can play a huge part in the proper maintenance of a restaurant. All the staff have an important role to play and all of them have to give their 100 percent every day throughout the year to make the business successful. Hence, we emphasise on proper staff training. This has been a crucial challenge.

No matter what, we always put a smile on our faces and give our best service for the successful operation of our business. This is a crucial aspect for an industry such as



ours. And this is also one of the biggest challenges that we are continuing to work through till date. Through all these challenges, one important thing I have learnt is to filter people's opinions and work on constructive criticism that I receive.

Since you have other interesting businesses as well, how do you manage everything and what drives you?

Our family has been in the leather business since 1949 and I am a part of the third generation of this business. However, running restaurants occupies most of my time.

My drive for managing all these restaurants is definitely out of passion and love. I think of all these restaurants as my own children. You need immense passion to operate restaurants because their management requires a lot of energy.



Back in my university, we had this café where we would sit through the whole evening and spend quality time. We wanted to achieve that with 138 East. It is currently one of the biggest cafés in Dhaka with a seating arrangement for approximately 250 people. The reason why 138 East is this big is to ensure it never gets too full. We wanted people to come and relax. Most of the restaurants here are quite congested and we wanted to avoid that. With small restaurants, you do not really get time to sit down and relax.

We also have other arrangements for recreation. For instance, people can come and enjoy reading books. We have a lot of board games here as well. University students usually come here to do their assignments and play the board games.

What are your suggestions for aspiring restaurateurs?

There are lots of ups and downs in the restaurant business and you have to be mentally prepared for that. My biggest advice would be that operating a restaurant should not be a side business. At least one of the partners has to give full effort and time.

Some prior knowledge in operating a restaurant is also important. A problem we are facing now is that a lot of restaurants are opening and closing down from time to time. This has a negative impact on the whole industry.



Maintaining proper hygiene is a significant issue. Another important advice is that it is never a good idea to put everything in one basket. Whatever the theme of the restaurant is, stick to that. Lastly, the menu should not be too big. Otherwise, later on, it can become difficult to manage. Also, even after thorough planning and preparations, mishaps might still prevail. We should therefore ensure that the same mistake is not repeated.

The best part about running a restaurant is the feedback from customers. With good food, you get to see happy customers and when the service is not up to par, you get to work on improving your services to ensure customer satisfaction.

What surprises may Dhaka expect from you in the future? Are there any upcoming projects?

Currently, we are expanding Tarka. We plan on opening a branch in Mymensingh. I understand it is quite an unusual



location but Bangladesh's food industry is growing and the economy is also booming. As a result, I feel like there is a market for restaurants outside Dhaka.

I have noticed that in our country, we are always trying to get international franchises. But I want to establish a home-grown franchise which can reach the international market, bring revenues to our country and thus contribute to our economy. This is currently an untapped market and therefore there is a lot of scope to work in this area.

The interview was taken by Tasnim Kabir of *The Daily Star*.

Sunshine as the doctor ordered

I heard stories about how my dada, meaning my paternal grandfather, rubbed mustard oil on my months-old-body and played with me in the sunshine; stretching my limbs, making me lie on my tummy to strengthen my back, and fooling around to make me giggle. A sweet routine, which my mother then secretly abhorred because she thought too much sunshine and oil deepened further my already dark complexion.

There is no such thing called too much sunshine, we realise that now, my mom and I, and how important and necessary that routine was for me as a baby. And I understand that the colour of the skin never really mattered, though my mother begs to differ.



So, when the other day, I saw my mom soaking in the morning sun in her veranda and flipping through the newspaper, a practice she maintains for years now, I bantered, if she, who was consuming her daily dosage of sunshine vitamin, would now go dark sitting under the sun? And I sat down beside her to enjoy the sweet sun myself. While talking about the sunshine vitamin, she replied "Vitamin D3 is an all-encompassing supplement required for our bone health, immunity and muscle growth." I was impressed with her answer. Yet, I

retorted, that ever since her toddler age, she has been exposed to sunlight and has been drinking milk for calcium and yet suffers from the lack of these very supplements in her old age.

My mother does suffer from ailments related to osteoporosis and lack of vitamin D, the constant aches and cramps. It got me thinking that we, living in a tropical country, have always been exposed to sunlight and also have decent shares of fresh milk, but why do we still suffer skeletal ailments relating to lack of Vitamin D3 and calcium?

I wanted to understand this point and called my cousin, who happens to be a physician, who said that only people like mom and I suffer from the lack of it, because the majority of people in the villages, or people working outside, have no complain from the lack of D3. We hate the sun because we are concerned about wrinkles, ageing, and skin cancer, and are always living in an air-conditioned environment. And this very lifestyle has led to this deficiency.

If we don't have vitamin D in our body, then the calcium and phosphorous that we consume from our diet is not sufficient — and without enough calcium and phosphorus, our bones can become brittle and break easily, in addition to other health problems. Vitamin D is the key player here and it is produced in our skin naturally when exposed to sunlight. The main job of vitamin D is to keep the right amount of calcium and phosphorus in our blood, which work together to make our bones healthy and strong.

Until recently, the main role of vitamin D was to keep our bones healthy and prevent them from breaking, but now, it is believed that vitamin D also helps reduce the risk of cancer, heart disease, stroke, diabetes, autoimmune diseases, improves our mood and reduces depression, and boosts weight loss.

So, we try to pack more vitamin D into our daily routine by sitting under the sun, eating vitamin D rich food and taking supplements as prescribed by a healthcare professional only.

The sun shines at its happiest during the monsoon months, its sweet and bright, not scorching at all, so enjoy the sunshine vitamin as much as possible.

— RBR
Model: Arpita

HOROSCOPE



ARIES
(MAR. 21-APR. 20)

Spend quality time with your partner. Make changes at home. Avoid speaking your mind this week. Your lucky day this week will be Friday.



TAURUS
(APR. 21-MAY 21)

Find ways to gain knowledge. Don't let anyone get you upset. Talk to someone you trust for advice. Your lucky day this week will be Friday.



GEMINI
(MAY 22-JUN. 21)

Find ways to rekindle the romance. Find ways to persuade your opponents. Your partner can cause you some embarrassment. Your lucky day this week will be Tuesday.



CANCER
(JUN. 22-JUL. 22)

Don't hold back. Don't be overbearing with your family. Find some time for your partner. Your lucky day this week will be Friday.



LEO
(JUL. 23-AUG. 22)

Let others do their thing. Try to please family members. Don't spend your money on luxuries this week. Your lucky day this week will be Monday.



VIRGO
(AUG. 23-SEP. 23)

Don't believe everything you hear. Don't let yourself get rundown. Refrain from being judgmental. Your lucky day this week will be Sunday.



LIBRA
(SEP. 24-OCT. 23)

Discuss your goals with your partner. Make real estate investments. Travel will be in your best interest. Your lucky day this week will be Monday.



SCORPIO
(OCT. 24-NOV. 21)

Try redecorating your living quarters. Get your facts correct. New romantic relationships can develop through group interaction. Your lucky day this week will be Tuesday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Anger will cause you grief. Don't give anyone chances to complain. Get involved in lucrative projects. Your lucky day this week will be Sunday.



CAPRICORN
(DEC. 22-JAN. 20)

Don't exaggerate. Focus on every aspect of your life. Enjoy some socialising this week. Your lucky day this week will be Sunday.



AQUARIUS
(JAN. 21-FEB. 19)

Your colleagues can help with the work. Make plans for entertainment. Keep your feelings to yourself. Your lucky day this week will be Sunday.



PISCES
(FEB. 20-MAR. 20)

Don't force others to see your point. Use your intellect to get things done. Avoid overspending on entertainment. Your lucky day this week will be Saturday.

MUSING

Monsoon and memories

The English rain feels obligatory, like paperwork. It dampens already damp days and slicks the stones already smoothed by the ravages of a thousand seasons.

Reiterating the words of American writer Maureen Johnson, this is what Dr Haseen Mahubub Cherry, an expat living in Ipswich, has to say about the English weather.



“The weather here is unpredictable. It drizzles at least couple of times a week, and seldom downpours, but when it does, it is accompanied with chills and windswept.”

“I’m blessed to live in Suffolk, an area well known for some of the finest climate in Britain. But even here, on a typical British rainy day, an air of melancholy surrounds me. The tone of British rain is somehow different from the season I grew up experiencing in Chattogram. Here, I hardly get a chance to soak and enjoy the romantic touch of falling rain.”

For Cherry, rain in a land seven seas away, makes her nostalgic and reminds her of some of the most beautiful moments in her life — stills in her memory album that perhaps will never come back. She reminisces moments that involves three generations of her family, all connected by the torrential monsoons of Bangladesh.

“Once, my family were visiting my father while he was working as Vice Chancellor of IIUC and was given an apartment on O R Nizam Road. It was a beautiful apartment with a veranda, which was half-converted to a garden. My daughter was only 1-year-old. We spent the most beautiful time with my father, sipping coffee, and my daughter loving the time she spent with her nana bhai. My father passed away in 2012, and somehow, rain brings back that loving time.”

Sara Hossain, 36, and a mother of a 4-year-old, shares a similar feeling about rain in a foreign land. Sara has two homes and manages a dual life in between Dhaka and Toronto.

“There is something about rain in Canada



that does not seem right,” says Sara, with a smile on her face.

“Monsoon is my favourite, and as clichéd as it may sound, I love the rumble of the clouds, I love the sound of rainfall, and that smell of fresh rain seeping from the ground longing for water — petrichor — I love it. And there is something about the rain in Toronto where all this is missing — the kodom phool; the *beli* blossoms,” she adds.

Sara continues, “Rain in Dhaka can be a menace, I will give you that. But not when you have the luxury of staying indoors, having goey khichuri with a fried omelette and then a mug full of tea, sitting on the comfy sofa with a good book!”

Cherry shares her own words of wisdom on deshi rain, albeit in a different city.

“Chattogram is beautiful as it is and during monsoon, it goes one notch higher. I watched heavy rains from the top of Batali Hill, where you get a bird’s eye view of the city. When I was younger, I used to cherish the drive during windy weathers and downpours through the Naval Beach with my friends during the evening. I can still hear Yanni’s Santorini playing in the background,” she says.

Sara too expresses a special bond, but with her 4-year-old son, Sufi, hinged on monsoon and music. She says, “I consider my musical taste to be varied but whenever it rains outside my home, the theatre echoes the sounds of Bengali tunes. Over the years, my son has started to like this phase of musical transformation in me. He is completely his father’s son when it comes to music, but every time there is a downpour outside and I am listening to a new track, he comes rushing towards me, eagerly wanting to hear the new track.”

“Now, you may ask, does he love Bangla music? Perhaps, maybe it has started to grow on him.”

For the two mothers interviewed, rain fosters emotions that go back and forth in time, taking them places, bringing them closer to their reality. For most urbanites



like myself, I cannot help but wonder when was the last time I stopped to see the rain. When was the last time I got drenched in the monsoon rain, just because I wanted to. Maybe it’s high time I do. We do. For it may take us places in time, too.

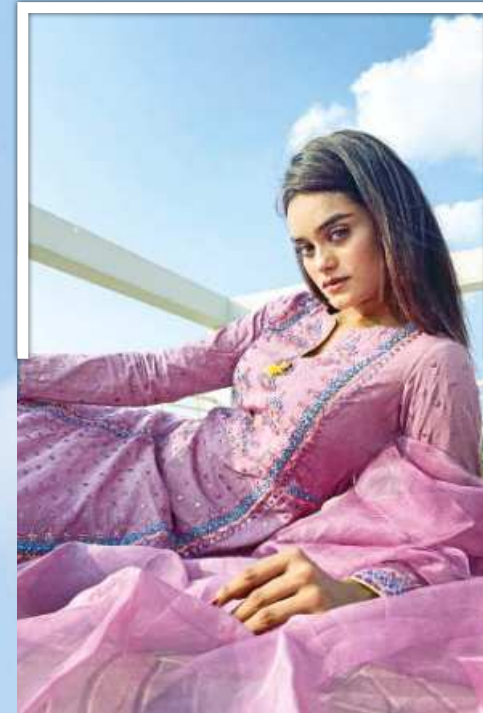
By Mannan Mashhur Zarif
Model: Azim Uddowla

From sporting bright colours, to embracing the irresistible dash of blues and greens, the colour palette of the monsoon wardrobe is of course rather wide in scope. So, what are your plans for the monsoon that will last for a while this year? Are you thinking of donning the brighter and bolder hues, the typical shades, or perhaps — a marriage between the two?

story

Rainy day style

THERAPY



Let Star Lifestyle tell you all about the trendiest blend of colours this monsoon. Colours influence the mind more than you think. They have the power to soothe, and excite. Selecting the wrong hues at this moment of crises can bring an air of melancholia, and that is the last thing we need right now. Our styling needs have been minimalised this season as most of us will be spending our time indoors, attending virtual meetings and doing most of our office work from the comfort of our study. That by no means should mean that we should spend days in our pyjamas and tees while we finish the pressing presentation, or working on that accounts excel sheet.

One of the things that one must understand is that in order to see through these tough times, we must stay positive, and wearing the right wardrobe and of course, the right colours, can certainly make

or break your mood.

While traditionally, one would opt for darker tints like blue (the quintessential monsoon shade), black or shades of grey, this monsoon should see an increasing use of brighter hues — neons, pinks, yellows and other such happy shades — should have a predominant place in our wardrobes this season. These are not only trendy, but can also brighten up an otherwise gloomy rainy day. We can safely term this as colour therapy at its best!

It may not be impossible to shop for a stylish monsoon, but that goes unadvised and frankly, it is unnecessary. Just keep the important points in your mind — show the pastels and whites the door, for now, at least for a while. But if your closet is filled with such staples, always remember to offset them with some that will add a different touch to your ensemble. Colour blocking

with a brighter shade will do a better job at keeping glum at bay.

Monsoon truly brings out the lush green landscape of Bangladesh and the sweet smell of the soil freshening up after an overnight splash. Yet, there is no doubt it can be a menace when the rain becomes incessant and roads get stagnated; at a time when our lives are seemingly waterlogged, opting to be a little positive, perhaps going the extra mile in choosing an attire in the right shade to lift your mood is the right thing to do. To many, this may seem superficial and superfluous, but know this — there is nothing superficial about trying to be positive, even if it means rummaging through your wardrobe and planning ahead for the right outfit for that virtual meeting.

By Style Guru
Model: Arpita

Movies for a rainy day

As cliched as it may sound, rainy-days have a special place in our hearts. For some, it's the pitter patter of the rainfall, perhaps the picturesque cityscape visible through the open glass windows, or that earthy smell accompanying the first rain after a long period of warm, dry weather. For gastronomes, the perfect rainy-day combination lies in the gooey khichuri, the egg omelette and a dollop of ghee; often replaced by take away four seasons pizza, cheese and French fries.

While most 'rain soaked' romantics prefer to sit on the couch with a book in their hands, others prefer to watch that perfect movie or binge watch television shows on streaming platforms.

Not all movies are fit for a rainy day. A nice rainy-day movie should have you wrapped in warmth like a warm cup of tea enjoyed under a cosy blanket. Some of the movies listed below have rain scenes that has the characters look as beautiful on a drenched day as a summer evening on the beach; while others are just great movies that are good for any day of any season for that matter.

Which do you choose to watch first? This is a perennial dilemma, if there was ever one. Trying to navigate through a seemingly endless scroll of options to find the perfect movie worth watching is never easy, but we leave that difficult choice to you as all the films below are our favourites and we do not want to discriminate.

THE USUAL SUSPECTS

The Notebook (2004)

Kissing in the rain is hardly a new movie concept, but this alone makes this romantic drama a classic. The eye-candy cast of Ryan Gosling and Rachel McAdams does not hurt a bit, either.

Rain Man (1988)

Selfish yuppie Charlie Babbitt's father left a fortune to his savant brother Raymond and a pittance to Charlie; they travel cross-country and Charlie, for once, discovers emotions he never felt before.

The Shape of Water (2017)

At a top-secret research facility in the 1960s, a lonely janitor forms a unique relationship with an amphibious creature that is being held in captivity. An Oscar winner for all the right reasons.

The Shawshank Redemption (1994)

A film about friendship among inmates and how they attain salvation for their actions. Wait till the last scenes for the rain connection — as it washes the sins of men catapulted to freedom.

Purple Rain (1984)

A young musician, tormented by an abusive situation at home, must contend with a rival singer, a burgeoning romance, and his own dissatisfied band, as his star begins to rise.

Blade Runner (1982)

A Ridley Scott classic, hailed as one of the greatest sci-fi films ever made. The rain monologue makes it a cult classic for an overcast day.

Magnolia (1999)

An all-star ensemble that hinges this long

drama into one cohesive plot. Wait till the end, for the eventful rain.

Jurassic Park (1993)

Scary dinosaurs; screaming humans — that's what Jurassic Park may now seem to you. Rain falls throughout, adding to the sense of gloom and doom. A film worth a re-watch.

The Truman Show (1998)

Undoubtedly one of Jim Carrey's best performances sees him play Truman Burbank, an insurance salesman who begins to notice something off-kilter about his world. The rain starts suddenly and contributes to his ultimate revelation that...

Butch Cassidy and the Sundance Kid (1969)

The western that brought us the evergreen, Raindrops Keep Falling on My Head.



ROMANCING IN THE RAIN

...And life with it. If you are in for having yourself swept off your feet, these are the movies for you.

Midnight in Paris (2011)

While on a trip to Paris with his fiancée's family, a nostalgic screenwriter finds himself mysteriously going back to the 1920s every day at midnight. What can we say, we love Rachel Adams, not to mention Woody Allen.

Call Me by Your Name (2017)

In 1980s Italy, romance blossoms between a seventeen-year-old student and an older man hired as his father's research assistant. A beautifully woven story for the open minds.

Her (2013)

An unsettling love story that follows a recluse romantic who falls for his intelligent computational device. A film taking an unconventional route in expressing the beauty of love.

Wings of Desire (1987)

There are angels on the streets of Berlin. One tires of overseeing human activity and wishes to become human when he falls in love with a mortal.

Lost in Translation (2003)

A faded movie star and a neglected young woman form an unlikely bond after crossing paths in Tokyo and comes to realise that everyone wants to be found.

The Lunchbox (2013)

All she wanted was her husband's love. All

he wanted was to be left alone. A lunchbox delivered to the wrong man changes everything. One of Irrfan Khan's best.

Four Weddings and a Funeral (1994)

Love is in the air, run for cover... Over the course of five social occasions, a committed bachelor must consider the notion that he may have discovered love.

Shakespeare in Love (1998)

The world's greatest ever playwright, William Shakespeare, is young, out of ideas and short of cash, but meets his ideal woman and is inspired to write one of his most famous plays — Romeo and Juliet.

Say Anything... (1989)

This is a quintessential 'boy meets girl' story. A noble underachiever and a beautiful valedictorian fall in love the summer before she goes off to college.

P.S. I Love You (2007)

As you weep over these letters-from-beyond-the-grave, your tears will match the raindrops gently sliding down the window. What could be more poetic?

CLASSICS RECAP

You probably have watched these a hundred times over, already. But isn't that what classics are for?

Shutter Island (2010)

Set in a desolate island, DiCaprio is caught in a terrible rain storm outside and inner anguish within. One of Scorsese's finest.

The Prestige (2006)

After a tragic accident, two stage magicians engage in a battle to create the ultimate illusion while sacrificing everything they have to outwit each other. A Christopher Nolan masterpiece.

Reservoir Dogs (1992)

When a simple jewellery heist goes horribly wrong, the surviving criminals begin to suspect that one of them is a police informant. The directorial debut of Quentin Tarantino, and there has been no looking back ever since!

Almost Famous (2000)

Experience it. Enjoy it. Just don't fall for it...

A high-school boy is given the chance to write a story for Rolling Stone Magazine about an up-and-coming rock band as he accompanies them on their concert tour. Kate Hudson in one of her best performances.

Amélie (2001)

This is the story of an innocent and naive girl in Paris with her own sense of justice. She decides to help those around her and, along the way, discovers love. A French favourite.

Under the Skin (2013)

As critics put it, "Under the Skin" is a dark beautiful testament to the human condition, using an alien in disguise as the beautiful Scarlett Johansson to identify what makes us human and what drives the human soul.

Don't Look Now (1973)

A married couple grieving the recent death of their young daughter are in Venice when they encounter two elderly sisters, one of whom is psychic and brings a warning from beyond. A

chilling story by Daphne Du Maurier.

Punch-Drunk Love (2002)

A psychologically troubled novelty supplier is nudged towards a romance with an English woman, all the while being extorted by a phone-sex line run by a crooked mattress salesman, and purchasing stunning quantities of pudding. Proof once again, Adam Sandler can actually act!

A Wrinkle in Time (2018)

This fantasy epic is about finding the light amongst darkness. Its positive message will comfort you even on a gloomy day. A classic of the decade.

MIND-BOGGLERS

There are thrillers, complex dramas, and then there are mind-bogglers that keep your jaw dropped in awe as the credits are played.

Requiem for a Dream (2000)

The drug-induced utopias of four Coney Island people are shattered when their addictions run deep. Director Darren Aronofsky at his bizarre best.

Eternal Sunshine of the Spotless Mind (2004)

When their relationship turns sour, a couple undergoes a medical procedure to have each other erased from their memories. But is it so easy to say, I am fine without you?

Doubt (2008)

A Catholic school principal questions a priest's ambiguous relationship with a troubled young student. There is no evidence. There are no witnesses. But for one, there is no doubt.

Oldboy (2003)

After being kidnapped and imprisoned for fifteen years, Oh Dae-Su is released, only to find that he must find his captor in five days.

Arrival (2016)

A brilliant film that questions the basic notion of time — Is it linear?

Mother! (2017)

Shocking, twisted and a confusing masterpiece which was universally hated by critics and audience alike. But it's an intoxicating film that refuses to let go. Not for the fainthearted.

A Clockwork Orange (1971)

One of the greatest movies of all time; if you have the stomach for it. Baffling and bizarre...

Memento (2000)

A man with short-term memory loss attempts to track down his wife's murderer. Some memories are best forgotten, but this movie is worth seeing over and again.

The Others (2001)

Sometimes the world of the living gets mixed up with the world of the dead.

Nocturnal Animals (2016)

A wealthy art gallery owner is haunted by her ex-husband's novel, a violent thriller she interprets as a symbolic revenge tale. Amy Adams proves once again what an underrated actress she truly is.

**Compiled by Mannan Mashur Zarif
Model: Manoshi**

LS PICK

The Monsoon mixes

Rain has a way of taking us on an overwhelming rollercoaster ride of emotions.

And to cater to all those different emotions, here's a playlist for you that I, as a music fan, can guarantee, will cater to all your monsoon musical needs by language, mood, genre and era! Chances are that you already know all the tracks by heart to not bother with saving this article for a rainy day (winking at my own weak pun!), but what else are you going to do in this pandemic induced lockdown, anyway? So sit back and enjoy this rare opportunity to relax to your favourite playlist right at home.

Let's begin with the most obvious rainy-day stuff — song titles or lyrics with "rain":

- Bappa Mazumder – Brishti Pore
- Sheikh Ishtiaq – Tip Tip Brishti
- Srikanto Acharya – Brishti Tomake

Dilam

- Kona – Borosha
- Raaga – Brishti
- Artcell – Ei Brishti Bheja Raate
- Anjan Dutta – Ekdin Brishtite
- Miles – Rimjhim Rimjhim Brishtite
- Minar – Jhoom
- BJ Thomas – Raindrops Keep Falling

On My Head

- Guns N' Roses – November Rain
- Carpenters – Rainy Days and Mondays
- Rihanna ft. JAY-Z – Umbrella
- Travis – Why Does It Always Rain On

Me?

- Junoon – Garaj Baras
- OST Gangster – James – Bheegi

Bheegi

- OST Chameli – Bhaage re Mann
- OST Guru – Barso Re
- OST Half Girlfriend – Baarish

Songs without an obvious rainy-day theme, but definitely a mention of clouds or the sky somewhere!

- Prayer Hall – Bhabtei Paro
- Aurthohin – Anmone
- Leemon – Aaj Moner Akashe
- OST Antaheen – Jao Pakhi Bolo
- OST Monpura – Krishnokoli,

Chandana Mazumder – Jao Pakhi Bolo Tare

- OST Deep Nebhar Aage – Fuad ft.

Maheer – Shada Kalo

But at this point you're probably wondering, "what's a rainy-day playlist without Satinath Mukherjee's Akash Eto Meghla or Hemanta Mukherjee's Ei Meghla Dine Ekla?"

Imagine being Raj Kapoor or Nargis and sharing an umbrella in the rain while 'Pyaar Hua Iqar Hua' plays in the background. Or maybe you prefer the 90's – Kajol in DDLJ's superhit 'Mere Khwabo Main!'

Enjoy this small list of "oldie-but-a-goldie" rainy day favourites then:

- Different Touch – Sraboner Meghgulo
- Roxette – It Must Have Been Love
- U2 – With or Without You
- OST Dil Toh Pagal Hai (1997) – Koi

Ladki Hain

- OST Ajnabee (1974) – Bheegi Bheegi

Raaton Mein



special mention for such moments — the song is Anupom Roy, Satyaki Banerjee and Babul Supriyo's 'Moner Manush'. Do not fret. In

light of the current pandemic, it is natural to feel depressed being stuck at home, or anxious about the future.

For those terribly hopeless phases, try these relatable numbers:

- Adit – Aj Ei Akash
- Old School – Aaj Raate Kono

Rupkotha Nei

- Nemesis – Na Ghumoder Gaan
- Metallica – Nothing Else Matters
- Twenty One Pilots – Stressed Out
- Linkin Park – In The End (Mellen Gi & Tommee Profitt Remix)

• ODESZA – How Did I Get Here

Enough with the gloom! Time to put on these feel-good tracks and sing along!

- Fuad – Nitol Paye
- Blue Jeans – Akash Aaka
- OST Hawa Bodol – Mone Porle
- Arnob – Tor Jonno
- Pantho Kanai – Nouka
- OST 3 Idiots – Zoobi Doobi
- Papon – Chhoti Chhoti
- Coke Studio Season 9 – Rahat Fateh

Ali Khan ft. Momina Mustehsan – Afreen Afreen

• Ustad Sultan Khan ft. K.S.Chithra – Piya Basanti

Come rain or shine, you can't forget Rabindranath, so try Arnob's version of 'Shawan Gagane' and 'Megh Bolechhe Jabo Jabo' alongside Sahana Bajpaie's 'Mor Bhabonare.'

Because of this lockdown, we've gotten back many of our old ideas to pass time with our loved ones. For those days, and on many other occasions too, lyrics can seem superfluous. Which should explain why these following instrumentals are needed on the playlist!

- Hariprasad Chaurasia, Shiv Kumar Sharma – Walking in the Rain
- Tahsan – Showers of Happiness
- Yiruma – River Flows in You (there's also an amazing version of this piece on guitar by Miranda Boumedin)
- OST La La Land – City of Stars
- Gramatik – Just Jammin'

Here's a fun fact! These rains won't last of course, so for other days of the year when you miss it, you can visit rainymood.com

And just in case you're not a fan of the rain... I hope there's sunshine tomorrow morning and you get to enjoy 'Here Comes the Sun' by The Beatles!

Compiled by Sumaiya Kabir (Arunima)
Model: Manoshi

• OST Manzil (1979) – Rimjhim Gire Saawan

Something about the rain's pitter patter or the drop in temperature, or perhaps the moving clouds get us feeling all romantic and cosy.

For those days and nights, make sure to queue the following:

- Arnob – Shey Je Boshe Achhe
- Minar – Shada
- Habib – Esho Brishti Namai
- Nelly ft. Kelly Rowland – Dilemma
- James Blunt – You're Beautiful
- Dido – Thank You
- OST Hum Tum – Title Track
- OST Aashiqui 2 – Tum Hi Ho
- OST Jackpot – Kabhi Jo Badal Barse

However, rain is not always only about romance. Sometimes, it's just a mellow feeling. Maybe a feeling you can't describe or put your finger on. Let music be your language then:

- Shaker Raza ft. Ashreen Mridha – Akash Hobo
- OST Bastushaap – Arijit Singh – Tomake Chhuwe Dilam
- Fuad ft. Armeen Musa – Bhromor

Koiyo Giya

- Ed Sheeran – I See Fire (Kygo Remix)
- Maroon 5 – She Will Be Loved
- Billie Elish – Ocean Eyes
- Justin Bieber – Love Yourself
- DNCE – TV in the Morning
- Coldplay – Don't Panic
- Norah Jones – Come Away With Me
- OST Waiting – Tu Hai Toh Main Hoon

Just in case you're feeling heartbroken, let this next list be your saviour:

- Warfaze – Obak Bhalobasha
- Farooque Bhai Project – Shokaleo
- Charlie Puth ft. Selena Gomez – We

Don't Talk Anymore

- Kodaline – All I Want
- Kings of Leon – Use Somebody
- Motor Sales – Baby Don't Make Me

Weep

- Adnan Sami – Bheegi Bheegi Raaton

Mein

- OST Gabbar is Back – Teri Meri Kahani
- OST Fashion – Mar Jaava

If you're feeling pensive about everything in general, maybe try out some folk to soothe yourself. MTV Coke Studio Season 4's take on Lalon Shah deserves a



DESHI MIX
BY SALINA PARVIN



The world of delicious small fishes

Many people don't know that small fishes are a rich source of important micronutrients including iron, zinc, calcium, vitamin A and D, phosphorus, magnesium, selenium, as well as high quality protein.

Fish intake is linked to reduced mental decline in older adults. People who eat fish regularly also have more grey matter in the brain centres that control memory and emotion. Eating small fish has been linked to a reduced risk of type 1 diabetes and several other autoimmune conditions. Some studies show that children who eat more fish have a lower risk of asthma. With the nutritional aspect out of the way, time to focus on how to make them taste as delicious as possible with these unique recipes.

BEGUN TANGRA (BRINJAL AND TANGRA FISH CURRY)

This is a Bengali recipe. Tangra fish has a lot of iron and as it has only a backbone which is significantly noticeable, it is very suitable for young ones. It is very important to clean tangra properly by rubbing it on a hard surface with salt, as its natural environment are the ponds or muddy areas.

Ingredients

- 250g tangra fish
- 3 brinjal, cut into 1 inch pieces
- 2 potatoes, cut into 1 inch pieces
- ¼ cup chopped onion
- 1 tsp chopped garlic
- 1 tsp red chilli powder
- ½ tsp turmeric powder
- 3 green chillies
- 2 tbsp chopped coriander leaves
- 4 tbsp oil
- Salt to taste

Method

Cut and clean the fish thoroughly. Heat



oil in a pan. Fry the onion and garlic until it is soft. Add the brinjal and potatoes. Shallow fry the vegetables. Now add red chilli powder, turmeric powder and salt. Mix well and fry for a few minutes. Add water and fish. Cook on medium heat with the lid on. Check if the potatoes and brinjal are softened, add coriander leaves, and green chillies. Cook on low heat for 3 minutes. Remove from heat and serve with steamed rice.

PUTI MAACHER TOK

Ingredients

- 250g puti fish, cleaned and rinsed well
- 2 tbsp oil
- ½ tsp mustard seeds

- 2 dry red chillies, broken into halves
- ½ tsp turmeric powder
- 2 green chillies, slit
- 1 green mango, cut into pieces
- 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



sputtering, add green mango, red chilli powder and turmeric powder. Mix well and add the fish. Stir slowly and add water. Simmer on a low to medium flame for 8 to 10 minutes or till the gravy is slightly reduced. Switch off the flame and serve with plain steamed rice.

LOITTA MAACHER JHURI

Ingredients

- 250g loitta fish
- 1 cup chopped onion
- 1 tsp chopped garlic
- 1 tsp red chilli powder
- ½ tsp turmeric powder
- ½ tsp cumin powder
- 5-6 green chillies
- ¼ cup oil
- Salt to taste
- 2 tbsp coriander leaves

Method

Cut the fish into pieces and remove the bones. Wash the fish pieces with salt. Strain and keep it aside. Heat oil in a pan. Fry the onion and garlic until light brown. Add red chilli powder, turmeric powder, cumin and salt. Mix well and add boneless fish pieces, green chillies and cook. Don't use extra water as the fish will release some. Cook on medium heat until the water dries up completely and the oil floats to the top, separated. Add coriander leaves and cook for one minute. Remove from heat and serve.

KACHKI MAACHER BORA

Ingredients

- 1 cup kachki fish
- ½ cup grated onion
- 1 tsp grated garlic
- 1 tsp red chilli powder
- ½ tsp turmeric powder
- 2 tbsp gram flour
- 1 tsp chopped green chilli
- 1 tbsp chopped coriander leaves
- Salt to taste
- Oil for deep frying



MOURALA MAACHER CHORCHORI

Ingredients

- 250g mourala fish
- ½ cup onion, thinly sliced
- 2 potatoes, fine Julienne cut
- 1 tsp red chilli powder
- ½ tsp turmeric powder
- 4-5 green chillies



- ½ tsp cumin
- 2 tbsp coriander leaves
- 4 tbsp mustard oil
- Salt to taste

Method

Cut and clean the fish by rubbing with salt, and then wash them properly. Heat oil in a pan. Add sliced onion and garlic. Fry them in medium heat for 2-3 minutes or until the onion becomes transparent. Stir in-between. Add red chilli powder, turmeric powder, cumin powder, and salt. Mix it well and add the potatoes. Fry for 2 minutes. Add water, fish, and green chillies. Cover and cook for 10 minutes. Sprinkle some chopped coriander leaves on the top. Cover the pan and cook for another 2 minutes. Remove from heat and serve.



KAJOLI/BASHPATA MAACHER JHAAL

This simple yet delicious fish curry is a favourite for most of the Bengali crowd. Kajoli maach is a small variety of river water fish. It is prepared in many ways, either with mustard paste, tomato purée, chorchori, or just a simple thin gravy. It is relished with plain steamed rice for a satisfying meal any day of the week.

Ingredients

- 250g kajoli fish
- 1 tsp red chilli powder
- ½ tsp turmeric powder
- 2 onion, chopped
- ½ tsp garlic paste
- ½ tsp cumin powder
- 3 tbsp mustard oil



- 2 green chillies
- Salt to taste
- 1 tbsp coriander leaves

Method

Cut, wash and then marinate the fish with a pinch of salt and turmeric powder for 15 minutes. Heat oil in a pan. Add the onion and garlic paste, sauté till light brown. Now add all the dry spices mixed with a little water. Fry the spices on low flame until the oil separates. Add 2 cups of water and bring it to a boil. Gently add the fish and simmer for 10 minutes or till you get the desired consistency. Add coriander leaves and remove from heat. Leave them for 10 minutes. Serve with hot plain rice.

**Photo: Sazzad Ibne Sayed
Food and Styling: RBR**



Method

Wash the fish and leave in the strainer for 15 minutes. Mix all the ingredients except the oil. Heat oil in a pan for deep frying. Fry the bora until golden brown. Serve it with rice or tea.

Tip: When storing kachki fish in your freezer, keep them in a pot full of water. This will keep the fish fresh for a long time.

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SHOP SPECIAL

Beni Boonon: Braiding jute and magic

Beni, or braids, invoke in my mind lustrous locks of hair, strands intertwined, to make intricate artistic patterns. The same idea translates to beautifully textured rugs, at Beni Boonon – worked on by 300 women artisans in a cottage industry in Savar.

The golden fibre has lost much of its lustre in the past few decades, since most of us now associate with it dull brown doormats and rough-hewn hessian sacks, or the simplistic side bags that are stereotypically carried by aspiring poets and literature nerds.

And yet, the delicate, eco-friendly plant fibre found inside the jute plant is deceptively strong, and durable, and thus a great choice for home décor items too! What better time to get your hands on one of these hand-crafted rugs than now, since many of us are home-bound for far longer than usual, and changes to the ambience are thoroughly welcome? From large floor rugs to small dining table place mats, Beni Boonon offers all, in designs created with the convergence of traditional craft and modern aesthetics. The best part? Customisation. Braided with dexterity and artanship, with tasteful designs and luxurious texture reminiscent of any brand promising top-notch quality, is what they offer in their jute mats.

Beni Boonon is the recently patented brand of Bengal Braided Rugs Ltd (BBRL), an award winning exporter of jute goods for nigh over four decades. Their foray into the Bangladeshi market is through the efforts of a team of young people, who decided to give their local market a taste of export quality goodness.

In this vein, Saadul Islam, Director at BBRL, says that his target is to build Beni Boonon into a bona fide brand, and that is

what motivates the team to provide top-notch service. This includes presentation, customer service, design development, and customisation.

“I want to develop a relationship with my patrons, so that they remember us,” Saad said.

Also, to make the venture future proof, Saad says they ensure that the production facility meets all compliance regulations,



and ensures a good working environment for the artisans, many of whom have now been with them for over 20 years.

The main attraction to jute products was sparked by his father’s legacy, but the idea of locally selling their products had the veteran exporter a little hesitant, disappointed by past experiences. And yet, over many conversations around the dining table, his father Shahedul Islam, Managing Director of BBRL, came up with the lovely name that is now going to become their brand identity. And considering the costs and various technicalities of launching a brick and mortar store, Saad and his team decided to first move with an online venture, with a Facebook page.

But apart from the familial aspect, Saad says that there is more to what inspired



him to take this project up so passionately. Intrigued by the products and their sheer diversity, even though at the moment they only deal with braided rugs, Saad claims to have been fascinated by the process. In his own words, he approached the work in a very hands-on way to understand it, and then worked closely with their foreign buyers to learn about designs and colour combinations, over the past few years.



Saad also spoke enthusiastically about getting to know different kinds of customers, and trying to cater to their needs with sincerity. “We confirmed an order for a large 10 feet by 14 feet floor mat in about five minutes, and other times, it can take hours to finalise much smaller orders.”

“As part of good service, we want to

ensure that the products delivered are exactly as shown in the pictures, and will even offer the option of returns. We also work to make the pictures and presentation a notch above the rest, as for an online business, presentation is key,” he added.

Jute needs to be maintained well, and rugs can be somewhat on the expensive side compared to synthetic items, and we initially thought our response would be affected by that. But ever since the launch of the Facebook page, we have seen a variety in orders, and customers. Surprisingly, even during the pandemic, sales have been steady, and an interestingly varied customer base has emerged. It seems people are buying more home décor items as they are staying home more, if the number of repeat customers is any indication.

As to capacity, Beni Boonon recently supplied 500 table sets, about 3500 items in total, to a large multinational company, in just about a week. The biggest advantage to his venture, is the established factory, and the existing ecosystem, thanks to his father’s extensive work in this area, Saad added.

The team at Beni Boonon is also enthusiastically looking forward to partner up with good local brands to enhance customer satisfaction, and plans to launch a dedicated website soon. Keeping with the international trends, Beni Boonon will also launch a website soon.

What do I say to that? All the good luck!

By Sania Aiman
Photo Courtesy: Beni Boonon
<https://www.facebook.com/BeniBoonon/>