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Star

# Life

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64-65 Kazi Nazrul Is

## LIVING the berry *life*

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PERFECT THE POLO  
FOR SUMMERS TOO C

CHILLED DRINKS AT SUMMER'S END  
TASTY AND HEALTHY JUICES P8 AND 9

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## ISHO launches Design Studio

Innovative furniture brand, ISHO, announces the launch of Design Studio, a one-stop destination for all design needs. Customers will have access to experts throughout the entire consultation process. Design Studio's simple four-step formula of addressing client briefs right from Concept, Drawings, Procurement to Implementation will be the cornerstone of the service.

Furthermore, clients will get full transparency and access to how their projects are progressing – from billing information, project timeframe and overall budgets, all via Design Studio's all-encompassing and interactive website.

The client login process will also set the tone for any potential partnership, with ISHO's experts gauging the tastes,



preferences and the personality of the client or business beforehand with an interactive session on style choices. Design Studio's architects will also be on-hand on video or by phone to answer any questions throughout the project.

For more information, visit their website, [www.ishodesignstudio.com](http://www.ishodesignstudio.com)



## Kay Kraft offers super sale!

For a period until 15 September, popular fashion brand Kay Kraft is offering an amazing discount of up to 50 percent on selected designs. The offer is valid at all their outlets, where a wide range of designs is available for customers.

## Upto 50 percent discount at Sara Lifestyle Ltd

From their brick and mortar stores spread across Dhaka to their website and social media pages, popular brand, Sara Lifestyle Ltd is offering an amazing discount on over 200 designs. The offer is valid until the end of September. Keeping the COVID-19 outbreak in mind, Sara now offers the

option to get delivery at any part of the country.

For more information, visit [www.saralifestyle.com.bd](http://www.saralifestyle.com.bd) or follow them on social media [www.facebook.com/saralifestyle.bd](http://www.facebook.com/saralifestyle.bd); [www.instagram.com/saralifestyle.bd](http://www.instagram.com/saralifestyle.bd)



## Le Meridien Dhaka re-opens poolside dine-in

Maintaining the highest safety measures and procedures, Le Meridien Dhaka has re-opened its poolside restaurant for all to enjoy a world class dine-in experience.

The restaurant will be open seven days a week for lunch and dinner. It will also be available for small private and corporate events based on advance booking. The venue will be offered complementary for a limited period.

On this occasion, Constantinos S

Gavriel, General Manager, Le Meridien Dhaka stated, "We are delighted to announce that we have started serving our guests in limited numbers maintaining all necessary safety procedures and protocols. We hope these challenging times will be over in the near future and we look forward to welcoming you back to Le Meridien Dhaka Poolside."

For reservations or more information, call +8801990900900 or +8801966660073

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ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

# অ্যান্ডালিনা

## সোপ

রূপচর্চায় আভিজাত্য...

**KOHINOOR CHEMICAL**



#BEAUTY

# Clear skin and humidity

Taking care of skin in the heat always requires gearing up. The time has come again to give our skin some extra care and protection to prevent any breakouts. Pimples and acne are often problematic all year round, but heat and humidity are especially conducive, so here are some ways to keep your skin looking flawless, always.

## USING SPF MOISTURISERS

Cold and dry weather tends to wither skin out, drying out all the moisture. However, during hot and humid times, glands release oils and naturally moisturise the skin. So, using moisturiser is not all necessary in summer as it is during winter.

With that being said, SPF moisturisers protect the skin from ultraviolet rays and have a moisturising effect. The humidity



and the natural oils released, both create a natural layer of moisture, eliminating the necessity of any other supplement, but still leave the skin open to dust particles which may contribute to clogging pores and breakouts.

Thick SPF moisturisers often clog pores which leads to more breakouts. Applying lighter and more watery moisturisers with SPF has lower chances of clogging pores.

## FACE HYGIENE DURING THE DAY

During summertime, one should wash

their face every morning, afternoon and evening. Sweat, sunrays and pollution cause dirt build-up. If one is always on the run, it would work equally well to carry some wet wipes or makeup removing wipes to get the job done efficiently.

For natural face perspiration, gentle face wipes not only remove accumulated bacteria or oil but also refresh the face. Be it after a workout or while running everyday errands, it is necessary to cleanse the face every three to five hours. To not overwhelm



the skin with acne fighting acids, it is best to use specialised face-friendly wipes.

## CHANGING PILLOWS AND SHEETS

Our skin has a tendency to accumulate oil and bacteria very easily. For extra precaution, changing pillowcases and bed sheets regularly helps to prevent clogging pores with debris, oil and bacteria.

Regular use can mean natural skin shedding, and leave bacteria and oil particles on pillow cases. One can only imagine the number of bacteria left behind on pillow cases and bedsheets upon collapsing on the bed after a long day. These particles contribute to clogging pores and cause skin breakouts. So, keep in mind to change the sheets at least once every two weeks!

## SAYING 'NO' TO OVER-EXFOLIATING

Some people believe that the more they exfoliate, the more they remove dead skin cells—this is not true during warmer weathers.

Over-exfoliating strips away everything from the pores causing more oil production for recovery. This results in oilier skin—the last thing anyone wants in the heat—and consequently, more acne and pimples.

Keeping these in mind, one should remember to do what is best for their own skin type and make necessary changes to their makeup and skincare routines according to the weather. A little effort to keep one's skin healthy and fresh goes a long way to feeling fresh throughout.

By Puja Sarkar

Photo: LS Archive/ Sazzad Ibne Sayed

#FOOD

# Tips on trying different varieties of tea

A cup of tea is the perfect companion to start the morning, acting as a stimulant and refreshment simultaneously. There is so much to tea than a teabag however; it involves brewing flavours alongside discovering new and fresher tastes. Here are the few types of tea that one should definitely try out.

## GREEN TEA

With its origins going back as far as 5,000 years, green tea is commonly drunk in a serene emerald green tint. Green tea contains



half of the caffeine in a regular cup of coffee, amounting to 35 to 45 milligrams, acting as a gentler stimulant and is one of the most delicate varieties of tea due to it being the least processed. Aside from its aroma and smooth refreshing taste, green tea is said to increase energy levels, concentration level, and lighten up one's mood.

## BLACK TEA

Black tea is fully oxidised to bring out the deepest flavours and is a cup best enjoyed with sweet dishes, as there is a floral scent, and yet also has a hearty and bitter taste to it which is balanced out with other dishes. With 40 to

70 milligrams of caffeine in it, it highlights a variety of flavours from black to dark red. Black tea is also said to reduce the risk of stroke, regulate cholesterol, and lower blood pressure.

## OOLONG TEA

Lying in the middle between green and black tea, Oolong tea is partially oxidised, bringing a rather delicately sweet taste to the mouth of the drinker. Offering a larger diversity of complexity in flavour and body texture than any other popular tea variants, its caffeine composure amounts to 37 to 55 milligrams in a regular cup. Oolong tea can oscillate between green and brown colours, and the variations in flavours are vast. It helps to lower cholesterol and boost metabolism.

## ROOIBOS TEA

With no caffeine in it, Rooibos tea has a delicate and earthly flavour, making it a good option for children, pregnant women, and those who are generally sensitive to caffeine. Rich in antioxidants, it is good for one's heart and is a major aid in the management of blood sugar level. Its rich, red hue and sweet flavour is the perfect alternative for those trying new varieties of tea.

By Israr Hasan

Photo: Collected





# Subscribing to newspapers in the new normal

We saw our fathers and grandfathers reading newspapers while having their morning tea. Later, with us, we read the papers in the car on our way to work or during hurried breakfasts. No matter what, there was a certain feel about holding the newspaper in our hands. For some, it has not changed still.

Syed Munawar Husain, 75, and CEO of a private company said, "There is no alternative to reading a newspaper in the morning. Children today have this inclination towards reading online news. To me, there is simply no comparison between the two.

I do not feel comfortable reading news online. With print, I can relax, take all the time I need and read at my own free will. There are no other distractions in-between – like popups or anything else."

Husain is not alone in this. Others still share the joy of holding a physical version of the newspaper.



"Reading newspapers is a habit that both my husband and I share. In fact, we keep four different newspapers just to know different perspectives of the same news," said Mehrin Chowdhury, 35, and a journalist.

There are, however, naysayers who can no longer justify the longing for news in print, or the nostalgia attached to it.

"I never understood the importance of reading news in print. Online is very effective, because I can read it on the go. Following news online helps in staying updated on the latest occurrences in an instant and hence, we do not have to wait for the next day to find out about some 'stale' news.

"Digital sources are not only convenient, catchy, time-saving, but also the future for time-constrained people like us," said Erina Munawar, 29, MD of a private company.

One can still find grounds on all that has been said above. The newer generation truly finds little pleasure in reading a newspaper. The outbreak of the coronavirus and its spread in Bangladesh also puts a health spin on the argument.

NB Mansoor, owner of Ethnica, a popular

household accessories brand, has stopped taking newspaper since March and feels strongly about not reinstating it.

She said, "The WHO comes up with new guidelines every other day. I get confused. I truly feel uncomfortable holding anything that comes in from an unknown source, that too in bed while having tea.

I am not sure how compliant the press is regarding COVID-19 health guidelines. I do miss holding a fresh newspaper first thing in the morning, but I cannot picture myself reading it wearing masks and gloves! I'll wait till I feel safer."

One must reiterate, the chances of an infected individual contaminating any commercial goods is quite low, and the risk of coronavirus (COVID-19) infection from a package that has been moved, travelled,

and exposed to different conditions and temperature is also low. And as far as newspapers are concerned, independent studies have also shown that there is negligible, if any, chance of contamination of the coronavirus through newspapers.

Kaniska Chakraborty, freelance consultant said, "We have reinstated physical paper in our household for about three months now. Initially, we were sanitising our hands after handling the paper but we stopped that in a couple of weeks. Having said all that, I have stopped reading papers thanks to incredibly shady, negative and unethical journalism. Do not want negativity in the morning."

Mehrin Chowdhury shares some of Chakraborty's health concerns.

She said, "I am aware of the lack of evidence of contamination through newspapers, but still, I spray disinfectants and keep the paper away for a while to dry before reading it. We have been keeping newspapers since the initiation of the pandemic and never stopped in between."

Personally, I too never stopped my newspaper, and read from both digital and print content. I believe that now that we are accepting the threat of the virus, but leading our lives with it taking all possible precautions, it is high time for us to buy the morning papers. And the most interesting thing of all, there is no threat of contagion to begin with!

*This week, Star Lifestyle has some recipes for summer coolers, and this week's episode of Lifestyle Talkies will feature a fitness coach. Don't forget to buy our print copy and catch us online.*

— RBR  
Photo: Collected

## ◆ HOROSCOPE ◆



### ARIES (MAR. 21-APR. 20)

Keep tabs on your spending. Don't lend anything to anyone. Difficulties in the relationship can lead to estrangement. Your lucky day this week will be Wednesday.



### TAURUS (APR. 21-MAY 21)

Make plans with friends. Your ideas won't suite everyone. Take some time off from your partner. Your lucky day this week will be Monday.



### GEMINI (MAY 22-JUN. 21)

Your coworkers can betray you. Things aren't as they appear. One-sided relationships are likely. Your lucky day this week will be Sunday.



### CANCER (JUN. 22-JUL. 22)

Sort out your partner's mess. Your hard work will be rewarded. Consider making changes at home. Your lucky day this week will be Friday.



### LEO (JUL. 23-AUG. 22)

Help if you can. Family members can take advantage of you. Travel should be on your agenda. Your lucky day this week will be Wednesday.



### VIRGO (AUG. 23-SEP. 23)

Keep your ties to friends strong. Travel is evident. Your partner can anger you. Your lucky day this week will be Monday.



### LIBRA (SEP. 24-OCT. 23)

Look into alternatives. Read some books on self-awareness. Take some time off work. Your lucky day this week will be Sunday.



### SCORPIO (OCT. 24-NOV. 21)

Make changes in your relationship or end it. Make some changes at work. Relatives will be cordial. Your lucky day this week will be Saturday.



### SAGITTARIUS (NOV. 22-DEC. 21)

Short trips will be educational. New relationships will surface. Think hard before going into business. Your lucky day this week will be Monday.



### CAPRICORN (DEC. 22-JAN. 20)

Don't hurt your partner. Children may not be honest with you. Keep your thoughts to yourself. Your lucky day this week will be Sunday.



### AQUARIUS (JAN. 21-FEB. 19)

Consider selling your ideas. People will notice your hard work. Property investments should payoff. Your lucky day this week will be Friday.



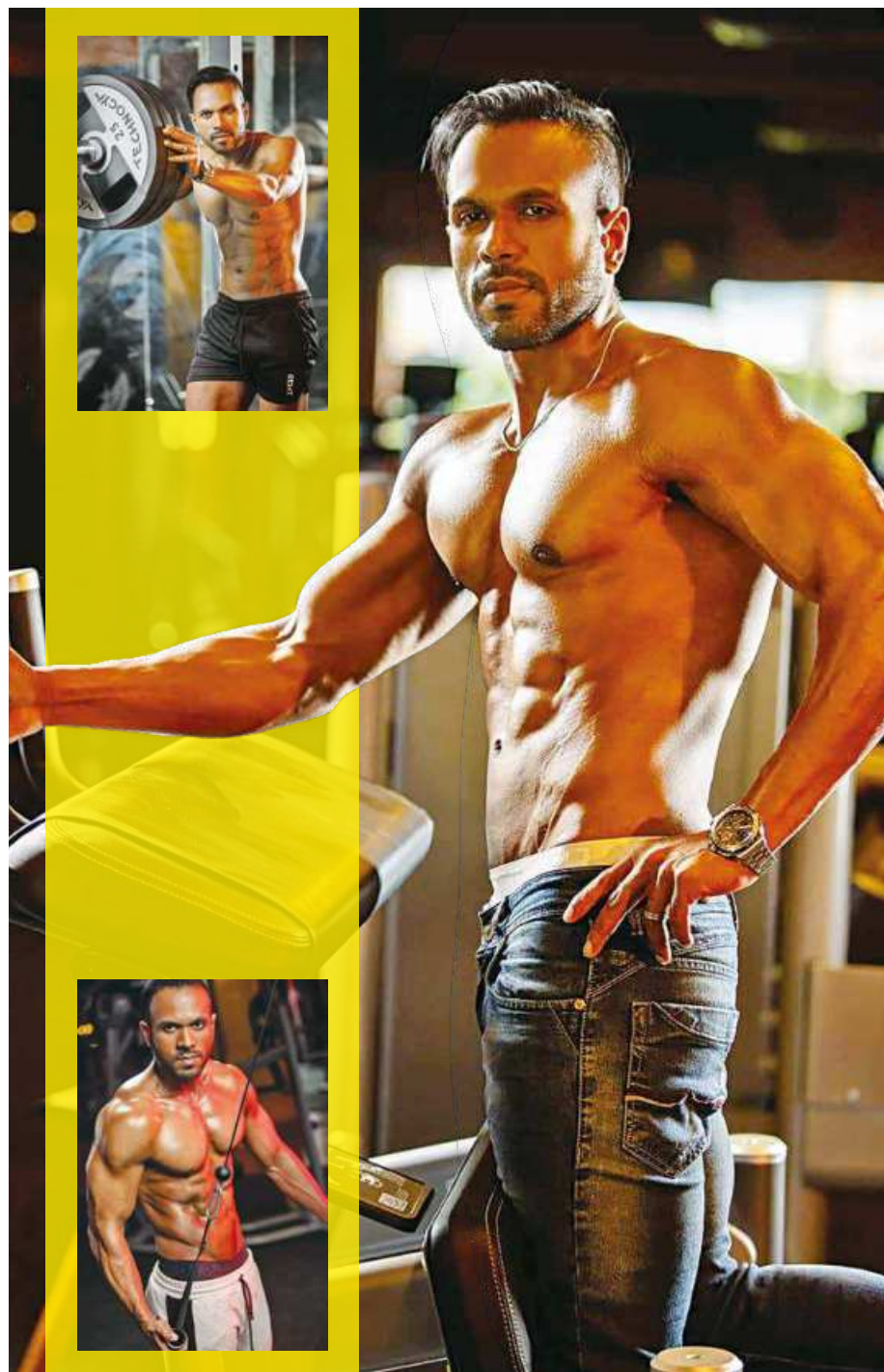
### PISCES (FEB. 20-MAR. 20)

Refrain from overspending. Deal with the right individuals. Don't lead someone on. Your lucky day this week will be Monday.



# STAYING FIT AND HEALTHY with Ruslan Hossain

While being fit and healthy already seems to be the next big thing in the entire world; Ruslan Hossain, celebrity fitness guru, and owner of Ruslan's Studio and a performance nutrition expert, brings it to the forefront in Bangladesh, educating everyone about the achievable route to living a healthy life. This week, Star Lifestyle discusses all things health and staying fit with the one and only Ruslan Hossain. Here are some of the highlights from that discussion. For the full interview, catch today's episode of Lifestyle Talkies. More information can be found at the end of the article.



**When did you enter the world of healthy living?**

There's a very interesting story behind it. I became extremely unfit during my A' levels, indulging in fast food whenever possible. One day, as I walked up the stairs to our apartment, I became breathless, feeling sick to the core. That's exactly when I realised that I must draw a conclusion to my unhealthy lifestyle, and immediately joined a gym for recovery.

**Was it an easy process?**

Of course not! I had the hardest time ever. But a talented trainer by the name of Rana, who I am thankful to even to this day, helped me overcome the fatigue and get me back into shape. But determination was always there. I wanted to prove to myself and the

rest of the world that it was possible to get back into shape, no matter how unhealthy I had become. I guess that rigid attitude helped.

**How important is diet and nutrition in the process of keeping fit?**

Keeping fit and healthy is synonymous to regular exercise and maintaining a healthy diet. You can't have one without the other. There must be a combination of both. When I began my journey into healthy living, I didn't know as much about adequate nutrition and its benefits. Things were very different back then, and we couldn't download a diet chart with the click of a button. I had to do a lot of research, discover my exact body type and its daily requirements – to be able to achieve what I have today.

For fitness enthusiasts, in general, I can acknowledge that nutrition is extremely important and it differs with every body type. And a proper diet can only be taken from an expert, who will prepare an individualised chart based on every single person's differing needs.

**People want their children to become, doctors, engineers, scientists – you became a fitness coach. How difficult was it for you?**

My parents have always been supportive. In fact, it was my father who helped me in setting up my first fitness studio in a corner of our apartment, back in 2009. My clients, right from the start, were extremely refined and educated, and already aware about the importance of a healthy lifestyle. But I do

agree that other people in general, certainly disapproved of my choice in profession. But I did prove them wrong over time, didn't I? And now, the entire world is obsessed with healthy living. I am proud to be a trendsetter in this respect.

**Do you still train people on a 'one-on-one' basis?**

It's very difficult for me to train every single client personally, but I keep myself updated on their physique, nutritional and training requirements. Furthermore, I have trained each and every trainer at my studio personally, so they all know my style and follow it thoroughly. There's also one unique thing that I maintain. I never train an already trained fitness coach, because it becomes very hard for them to forget what they had already learned and adjust to my style. I am not saying that there's no alternative to my style, but this is what got me and my clients to where we are today, and I am only comfortable with that.

**Ruslan's Studio has re-opened a few days back. What do you have to say to your clients about the safety and security measures during the pandemic?**

I encourage healthy clients with no pre-existing, comorbid conditions to come visit the gym regularly, as keeping fit will help increase their immunity levels and ensure direct protection from COVID-19. Clients are also encouraged to be self-aware about maintaining social distance, wearing masks when necessary and leave the premises as soon as they are done with their exercise. Other than that, I can only request everyone to try a bit of stretching every day, get some sunlight whenever possible, take supplements based on necessity, and eat healthy during the new normal. Only a healthy lifestyle will boost our immune system and help us keep the virulent disease at bay.

**Any words of encouragement to those seeking to enter the world of healthy and fit?**

Yes, Of course! Why haven't you done so already? We all welcome you into this fabulous world, where you feel healthy, fit, and on top of the world, every moment in your life. If age or anything else has been stopping you till now, let me assure you again, there's no age limit to get into this lifestyle. Don't worry too much. If you fear the commitment that is necessary, let an expert handle you and in no time at all, you will discover that there was never an alternative to this very lifestyle.

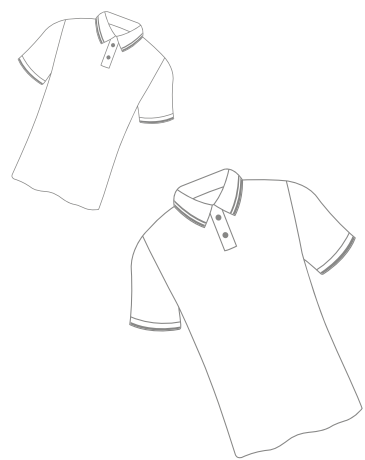
Cheers!

**By Mehrin Mubdi Chowdhury Essentials:**

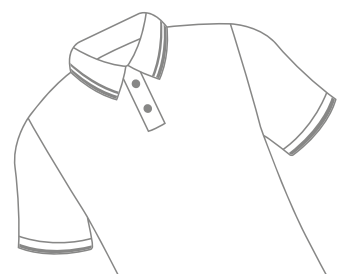
Tune in to **Star Lifestyle presents Lifestyle Talkies, today at 7:30 pm, on TheDaily Star Facebook page for the full interview. For any queries or interview topic suggestions, mail us at [lifestyleds@yahoo.com](mailto:lifestyleds@yahoo.com)**

**Photo: Ruslan Hossain**





#FASHION



# THE VERSATILE POLO

## the staple summer wear

There is always a polo shirt or two in all our wardrobes! And yet, the humble polo often goes unappreciated, deemed as a typical, common, 'lazy' casual wear and nothing more. But given the hot and humid weather, the polo is your rescuer. It is not only comfortable, but surprisingly versatile too, suitable for styles from athleisure to business casual. And so, this season, let the polo shirts rise up to the occasion and unleash their potential!



### THE PERFECT POLO

Before we go about exploring the various styles out there, a word or two about the fitting is in order. Because the perfect polo is the one that fits you well!

By well, we mean that it must not be loose; and neither should it be strictly skin tight or too clingy. Rather, it should feel snug. The sleeves should be up to mid-biceps (perfect for showing off your guns!), and the overall length of the top should fall just a little bit below your beltline.

You may experiment a little bit with prints and patterns, but when it comes to polo shirts, your best bets would be on solids, mainly for two reasons: it's hard to go wrong with solid-colours, and it's easy to pair with other stuff in your wardrobe.

A white polo and a black polo can take you a long way and should always be in your closet; but literally almost any colour in-between these two is great as well, from the lighter hues to the brighter ones.

Now, with these basics in mind, we can jump right in to the different ways of 'sporting' a polo.

### KEEPING IT CASUAL

When we think polo, we may immediately think of sportswear, for obvious reasons. Or, we think of athleisure or casual wear — the most popular style when it comes to polo.

Indeed, very few things can translate to a laidback, carefree attitude more than a polo, and these options are enough to prove that.

**Polo with shorts:** Don't let the blazing sun bother you. Instead, embrace the warmth with a nice and comfy polo and a pair of shorts, sneakers, and sunglasses.

A simple white polo, for example, goes hand in hand with flat-front shorts of any colour. If you want, add a little razzmatazz to it with blazing colourful sneakers.

**Polo with jeans:** If shorts are not your thing, then Option-2 would be a pair of jeans — ripped jeans, of course, if you want to go all casual, or a more sober one, if the occasion calls for it.

In terms of footwear, sneakers are still great, in addition to a variety of slip-ons. Just don't forget to ditch your regular socks and replace them with no-show socks, which are useful for summer anyway.

**Polo with skirts:** Polo shirts are not only versatile, but also unisex as well, and most of



the options in our style guide work well for all genders. But specifically, for women, an additional option is donning polo with skirts. The skirt can be of varying lengths, from the mini to midi to the longer ones, and the top can be tightly tucked in or let loose.

Colour blocking — where you use blocks of solid and usually bright colours — is still going strong, and the polo-and-skirt combo allows you to do myriad experiments with this style, making bold statements.

### WHEN YOU MEAN BUSINESS

The versatile polo won't let you down in many corporate environments — except the very formal ones — and given the weather, it will be your good friend, because who likes wearing a tie every day to work all throughout summer? Moreover, if you are working from home, polo shirts are an excellent choice for those Zoom meetings.

Even James Bond wears polos occasionally! Check out how suave and sharp Daniel Craig looks in Casino Royale donning a polo shirt.



On one hand, the weather calls for a light and breathable outfit. And on the other, you want to be taken seriously in a place of business. Hence, a simple tee shirt will not help. In such instances, business casual is the way to go, and polo shirts are a great fit for that in a number of ways.

**Polo with chinos:** Just make sure that both your polo shirt and chinos are of a proper fit; otherwise you will end up looking sloppy. Tuck it in for a sharper look. Finish it off with a pair of loafers, and there you have it — an easy and basic form of business casual.

**Polo with blazers:** Now, you have an important presentation and want to make a good impression, or you have an appointment of a working lunch with an important client. But because of the weather, you feel that a formal shirt and tie or a full-on suit would be too stiff and uncomfortable and simply drain out your energy. Enter polo!

Paired with a pair of chinos and sleek loafers, throw in a blazer on top, and complete the getup with an elegant pocket square. Worried whether the blazer would be too much in the blazing summer? Well, not quite, considering that there will be air conditioning where you will go, that you are wearing only short sleeves under the blazer (as opposed to long sleeves), and that compared to formal attires, polo shirt is much more comfortable.

This option is one of the dressiest when it comes to polo shirts — rocking the business casual look, giving a sleek, sharp, professional vibe without the fuss of going completely formal.

So, there you have it, from a lazy breakfast at a cafe to a regular day at the office or when attending important meetings, to an after-work event, polo shirts will not let you down in terms of both style and comfort in the humid weather.

By M H Haider  
Model: Rabbi





#FOOD

# Summer drinks galore

Beaches, fresh fruits, rain, and chilled drinks — all these draw up the perfect picture of summer. No matter how much we despise the gruelling heat, one cannot deny that we longingly look forward to these experiences during the hot and humid season. However, like everything else, summer comes with its own set of drawbacks.

Although some level of heat is beneficial for your body, as it can lead to soaking in good amounts of vitamin D from the sun, excessive exposure can have devastating effects. Exhaustion, headache, nausea, dehydration, dizziness, electrolyte imbalance, heavy sweating, and fatigue are just a few of the repercussions.

But nature is in fact miraculous, as it retains appropriate solutions for its own problems! Thus, to fight off common heat problems such as dehydration and fatigue, we are bestowed with a bounty of juicy

and delicious fruits during summer. The pure juices contained in summer fruits act as natural refills for any deficiencies caused within our body.

So, to enjoy summer while it is in full swing without worrying about the drawbacks, the following refreshing and replenishing fruit drinks will be your saviours. These summer drinks are delicious, nutritious, and also rejuvenating at the same time.

## SUNSET CITRUS

*This is concocted with two ultimate summer fruits – orange and strawberries. It is highly nutritious as it is made using pure fruit juices and tastes divine. Orange and strawberry are both loaded with potassium and vitamin C, which are vital to good health.*

**Ingredients**  
4 oranges

½ cup strawberries  
2 tsp sugar  
1 cup water

## Method

Making this juice is as simple as it can get. Start by preparing the strawberries – remove their heads and cut them into halves. Sprinkle 1 teaspoon of sugar and leave them to rest for anywhere between 10-15 minutes. This will allow to extract the fruit's natural juices.

Then, cut the oranges into halves or quarters and squeeze the juice out of them along with removing the seeds. Pass the extracted orange juice through a sieve to get rid of juice sacs and any unnoticed seeds so that you are left with a clear liquid, measuring about two cups. Add 1 teaspoon of sugar to it.

As for the strawberries, blitz them in a blender to get a fine puree and then pass

this through a fine mesh sieve. This will help get rid of all the seeds so that you are left with pure fruit puree. Combine this with one cup of water to dilute it slightly. Lastly, mix the two fruit juices together.

The end product should be a clear and subtle orange-pink liquid that is reminiscent of a sunset. Do not leave this unconsumed for long as it may become bitter. Serve chilled and immediately!

## BERRY COCONUT COOLER

*Coconut water is crowned as the ultimate summer cooler. Not only because of its refreshing taste, but also for its health benefits. Watermelon and coconut have high potassium content, whereas lime is loaded with vitamin C. The tartness of raspberries further elevates the flavour profile of the triad.*



**Ingredients**

- 5 cups diced watermelon
- ¾ cup raspberries
- 2 cups coconut water
- ¼ cup lime juice
- 2 tsp sugar
- Handful of mint leaves

**Method**

Firstly, dice up a watermelon to attain 5 cups of it. Blend this to get a fine juice and then strain this through a fine mesh sieve. Get rid of all the seeds and fruit pulp so that you are left with thin and translucent watermelon juice.

Next, cut raspberries into halves and puree them in a blender. After getting a fine puree, pass this through a sieve to get rid of all the seeds and solid substances. Add in 2 teaspoons of sugar to this and mix well. Squeeze a couple of limes and remove their seeds to get a 1/4 cup of lime juice.

Combine all these prepared ingredients together in a blender along with 2 cups of coconut water. Pulse them for a few seconds until you get a clear and homogenous mixture. You can adjust the level of sweetness by adding more sugar



Simply put all these ingredients in a blender along with 1 tablespoon of sugar to cut through the tartness of the lime juice and kiwi. Blitz this into a uniform and smooth mixture, which represents a smoothie.

After this, begin adding water in little amounts until you get your desired consistency. If you want to keep a thick consistency, do not add more than 1 cup of water. Leave this to chill in the refrigerator up until the moment of serving and garnish with fresh mint leaves.

Once served, the layers will automatically separate giving it dual layers and textures. Consuming your greens never looked so soothing before!

**COCONUT PRETZEL MILKSHAKE**

Daily intake of dairy food in ample amounts is highly recommended by nutritionists, especially during summer when we are more prone to dehydration. Dairy products such as milk is rich in calcium content and coconut contains high levels of potassium. This milkshake is a delicious and hydrating drink that is formulated combining the two.

**Ingredients**

- 3 cups milk
- 2 scoops vanilla ice cream
- 3 tbsp salted caramel
- ½ cup coconut meat
- ½ cup salted pretzels
- Whipped cream (optional)

**Method**

In order to make this lip-smacking milkshake, very little preparation is needed. Scrape out the meat from one coconut to attain about 1/2 a cup of it. Then, take half a cup of salted pretzels, preferably in salted caramel flavour and place them in a single layer inside a zip lock bag. Give this a good bashing so that they turn into fine crumbs with a few chunky bits.

In a blender, pour in 3 cups of milk followed by the extracted coconut meat and fine pretzel crumbs. Then drop in a couple scoops of vanilla flavoured ice cream and 3 tablespoons of salted caramel. Blitz these together until you get a consistent mixture.

Before serving, pour this into your

serving glass and top it with the accumulated froth of the milkshake or with whipped cream for a fancy presentation. You can also top this with whole pretzels for a fun look. Chill this in the fridge before serving and garnishing for best results.

**CUCUMBER BASIL SEED JUICE**

This subtle and refreshing cucumber drink is not only a delicious way to cool off the summer heat but also works as a great detox too. Cucumbers are loaded with essential vitamins and minerals that are necessary to rehydrate and energise ourselves during summer, while basil seeds sooth us internally. The subtle notes of ginger in the background further rev up the flavour.



**Ingredients**

- 4 cucumbers
- 3 cups water
- 2 tbsp basil seeds
- 1 inch ginger
- 1 tbsp sugar
- Handful of mint leaves

**Method**

Start by preparing the cucumbers – peel them and cut them into thick wedges. Retain half of a cucumber in its shape to use later for garnish. Add the cucumber wedges in a blender along with water and sugar and give it a blitz. You can adjust the

amount of sugar according to your desired level of sweetness.

Once this becomes a uniform and smooth mixture with no cucumber chunks, pass it through a fine mesh sieve to discard any remaining solid substances. Then, drop in a couple tablespoons of basil seeds in it and wait for about 10 minutes until they are bloated.

Meanwhile, prepare the remaining ingredients for garnish. Slice the reserved cucumber into wheels, grate the ginger and cut it into thin slices. Add these along with mint leaves to the juice and allow it to cool in the refrigerator before serving.

**TANGY WOOD APPLE JUICE**

Albeit wood apple is one of our essential summer fruits, most people dislike its one-of-a-kind taste. The following recipe is not your ordinary wood apple juice, as it is jazzed up with the inclusion of sweet and tangy elements, which may possibly change your entire perception towards the fruit. It tastes sweet, tart, and refreshing all at once.

**Ingredients**

- 2 ripe wood apples
- 1 tsp black salt
- ½ tsp cumin powder
- 1 tbsp tamarind
- 1 tbsp jaggery
- 3 ½ cups water

**Method**

Crack open the shell of the wood apples and scoop out the flesh from inside. Mix this with 3 cups of water and the best way to do this is by the help of your fingers. Squash the fruit adequately and separate all the seeds and fibrous strings attached to it. After that, pass it through a sieve and collect the diluted fruit juice only.

Soak 1 tablespoon of tamarind in half a cup of warm water. Let it rest for 5 minutes or so and after that repeat the same process with this as done for the wood apple. Squeeze out all the flesh and get rid of the



tamarind's skin, seeds, and fibrous strings. Pass this through a sieve too so that you are left with pure tamarind juice.

Heat the tamarind juice along with jaggery just until the jaggery is melted. This should have a thick paste-like consistency. In a blender, combine the collected wood apple juice, tamarind and jaggery paste, cumin powder, and black salt. Blend all these well together and your delicious wood apple juice is ready to be served.

**By Fariha Amber**  
**Food and Photo: Fariha Amber**



according to your taste preference.

Lastly, chill this in the refrigerator and garnish with a sprig of mint before serving to add a pop of colour and a burst of freshness. This tastes best when served cold.

**GREEN SMOOTHIE**

Why eat your greens when you can drink them? This smoothie is a delicious concoction of everything green and healthy. Sounds too good to be true? Well, it is what it is! Kiwi and cucumber both contain vitamin C and potassium in abundance, making this smoothie the ultimate weapon to beat the heat.

**Ingredients**

- 4 cucumbers
- 2 kiwis
- 1 lime
- 1 tbsp sugar
- 1-2 cups water
- 2 tbsp chopped mint leaves

**Method**

To make this nutrition packed smoothie, peel the skin of cucumbers and cut them into thick wedges. Do the same for kiwis so that you have manageable chunks of cucumbers and kiwis. Also, retrieve the juice of one lime and remove its seeds. Take a handful of mint leaves and roughly chop them to attain about 2 tablespoons of chopped mint leaves.



# Reverse Culture Shock

I face countless criticisms on a daily basis. Be that over a harmless comment about Dhaka traffic or being happy about the cheapness of the beauty salons, I have been penalised for having an opinion about my own country— imagine that!

This trend has been a common gesture by the 'friends' and 'family' towards me and my fellow country-leavers whenever we came back home for the holidays during break or ever since I returned back to Dhaka for good— and in all honesty, I never understood the hostility.

And so, if you are a person who lived abroad, be that for higher education or for work, chances are you can relate big time to this week's digest. Here's to my fake Bideshis!

As per an article by Julia Kagan "*Reverse culture shock is the emotional and psychological distress suffered by some people when they return home after a number of years overseas.*"

In simpler terms, suddenly you look around and realise that your mum re-did your old room completely which no longer smells like you; your friends whom you left behind have new groups to hang out with in newer places that you have never heard of before; the half-done apartments that you left beside your house now has families living there; and someone most definitely has stolen your previous cell-phone number (my brother in my case).

What most people fail to sympathise

People, who no matter how hard I tried, never seemed truly my own. Maybe I'm being a tad bit too critical of my situation, I made some life-long best friends who are in fact bideshis, my favourite bideshis to be exact.

with is the fact that all these 'small' changes that you say we are 'overreacting' to are changes that you gradually saw and accepted. However, in our case, we perceive and try to grasp them all together in one big blow.

Let us now talk about the number one excruciating thought that every individual stress about while moving back home— sharing the same roof with the parents

again! Don't get me wrong, I love my parents, some would even go as far as to say that I am somewhat obsessed with them. However, (and this is a big however), living back under the same roof as them obliged me to make some major changes to my four-years-worth of habits.

While some may say, (and they do) that four years is nothing compared to the last nineteen years that I've lived with them in peace, but in all honesty and seriousness— it is NOT the same.

The last four years of college played a crucial role in both making and breaking me as an individual. I have seen myself achieve things and develop skills that I never thought I could, and at the same time, I have let go of people and situations that I never thought I would.

And to add another scoop of ice-cream to this already overflowing cone, there is the factor of never feeling like you 'belong'.

Have you ever stopped to think how we survive out there without our parents, our own culture, our own people? I have had numerous people tell me that I should be grateful for being able to 'party-it-up' whenever I want without parental supervision and trust me, I was grateful. But I also had certain days where I would just look around and see people belonging to different communities, speaking different languages, uplifting different cultures surround me and for some reason amid all the chaos I felt lost.

People, who no matter how hard I tried, never seemed truly my own. Maybe I'm being a tad bit too critical of my situation, I made some life-long best friends who are in fact bideshis, my favourite bideshis to be exact. What I'm trying to say is that, who likes talking in English 24/7? Sometimes the Bengali language inside my heart would just fight to get out and that is when I missed home the most.

Now you must be thinking all this 'I-don't-belong-this-isn't-my-country' thought vanished as soon as I returned to Bangladesh, you're wrong. Because the hard reality of having the experience of living in more than one country is that you, my friend, are never truly home again.

Whenever I was there, I missed Bangladesh, now that I am here, there is nothing in this world that I want more than to just sit in my tiny room all by myself reading a good book. The feeling of not belonging anywhere anymore or not being able to relate to your best friends anymore can be extremely excruciating because life is funny like that.

So, you see, these were only few of the endless trauma we face (at least I did) upon returning back home. Some may disagree but for me, reverse culture shock is real and I am most definitely learning to cope better with it each day.

**By Arusa Rahim**

## LIFE AS IT IS

### WARA KARIM

Writer, painter, gardener, content creator  
Website: <http://www.scratchingout.com>



# A life measured in numbers

If something is not countable, it simply takes a back seat today; the honour of the front seat is reserved for things to which numerical values can be attached. In modern times, we want to be able to measure everything that goes on in life!

We count everything — from the size of the paycheque deposited to our bank accounts to the number of 'likes' on our last Facebook

posts. We count likes, follows, and views on our social media accounts. The more likes, comments, follows, and views our posts get, the more acceptable and popular we become to the world, or that is what the countable world would have us believe.

Our friends have become numbers. We count our friends — 500, 800, or more. The more friends and followers we have online, the greater the likelihood of pocketing more of those intangible 'heart' and 'thumbs up' ideograms. It's all about the number, you see.

We count seconds, minutes, hours, days, and months. "I had to wait 30 minutes get a call back from you." Or "Get that project done in no more than three weeks."

We measure our weight and count how many kilograms we have gained or lost. If I had gained two kilograms in the last two weeks, it means that I have to consume less calories the next two weeks to go back to my old body weight.

In the modern world, we count the

calories in the food we eat, and the calories we need to burn on the next gym visit. We install mobile applications and wear technology devices to track our steps, heart rate and sleep quality. We must be able to count everything!

We use credit cards and we take out loans from financial institutions. We calculate monthly instalments and interest rates. The bigger loan we can take out from the bank, the better and nicer our home is going to be. In the countable world, one's value is determined by what one owns — the number of cars, homes, and vacations one take.

In the countable world, we count game scores, credit scores, and rewards points. We redeem our rewards points to pay our outstanding credit card bill!

We calculate our test grades and GPA, for we believe that they will one day determine where we will go in life. We check our phone's battery health and count its charging cycle. We are possessed

by numbers!

But can everything really be counted? Can we count emotions? Can we count moments? Can we count the joy one gets from looking out over the ocean, or getting drenched in the monsoon rain, or playing with their children, or eating a meal cooked by their mother?

The countable world has consumed us to the extent that we have forgotten about the happiness the uncountable world has to offer.

For a change, look at the things to which you cannot attach a number to. Go on a vacation to relish the unique sights and sounds of a new place. For a change, shake off the obsession with taking countless pictures and posting them online to collect 100 'likes.' You do not know if life will give you another chance to watch a sunset from Mount Lycabettus. So, if you are standing on it, let this moment soak in.

**By Wara Karim**



#FASHION

# Shuta Khela: a review

Pursuing a typical 9-to-5 or breathing new life into an old pipe dream has more and more women today empowered and on-the-go, chasing the millennial hustle. Juggling multiple identities of, say, a homemaker, mother, entrepreneur or service holder, means you responsibly get things done. Even the most minor feat is not achieved by sheer luck, but by you consciously trying every minute of the day.

Understanding your cups may be full to the brim, Fahima Afrin Asha has stepped in with her passion project, Shuta Khela, to at least take care of your wardrobe needs, so a fashion faux pas is the last thing holding you back in your hectic schedule!

"At Shuta Khela, we understand that making the perfect dress from scratch, pairing complementary colours and finalising embroideries, stones or pearls may not be something you have time for. That's perfectly fine since we can take care of that for you," explains Afrin, owner and founder of the retail outlet.

In essence, allowing Shuta Khela to serve what Afrin envisions, you will basically open yourself up to racks of curated clothes individually pieced by the label that will always have you dressed to the nines!



Other than comfortable single kurtis stitched in double georgette and cotton, Shuta Khela's cool high-low shirts, chameleon long, shirt dresses and casual cardigans will have any shopper reaching for the hangar for a closer appreciation of the design. Moreover, custom orders are accommodated as and when they are received, handing over the power of creating your clothes back to you, but still leaving a chunk of the heavy-lifting to Shuta Khela.

"I am a big fan of simplicity and I always think 'less is more' when it comes to our designs. This is why me and my partner always create clothes that are minimal, muted and yet, speak volumes of elegance!" clarifies Afrin.

And you will see this in the colour palette of their dresses with hues of peach and shades of summer dominating the spectrum.

As for the prices, rocking Shuta Khela's label is sure to spare your wallet of any kinds of dents! Reasonably starting from Tk 1500, prices may go up to Tk 3000, and maybe more depending on customisations and special requests.

Regardless of what you order, customers at Shuta Khela are always prioritised at the top of the pyramid.

Shuta Khela is Afrin's dream willed into reality that now seeks to cushion others caught in the same pursuit. Chase your own dream with that extra oomph of confidence in a Shuta Khela original by doing what you love and you just might fall in love with what you do!

**By Ramisa Haque**  
**Photo Courtesy: Shuta Khela Essentials**

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Afrin, teamed up with her partner, Fahmeda Afreen, co-owner and manager, is an avid believer in the power of a fashion slay and has something hanging in her studio for every role you play and for every emergency. Their hand-picked range of appropriate work-wear will have you dressed your best for office in kurtis and fusion attires screaming business chic from head to toe.

Transitioning from office to elegant evening affairs with family and friends is just as easily possible in the same daytime outfit you rocked from Shuta Khela.

Each of the label's pieces are refined

with the subtlest bling from karchupi work, most strategic placement of a singular, bold embroidery of flora or fauna, gracefully-knotted bows and contrasting accents of colour and print in otherwise neutral tones.

This means they can easily be dressed up with some bold jewellery and strutted with the right pair of heels or downplayed with elegant flats and sophisticated pendants.

Now you can forget all about that last-minute rush to change from a one-dimensional office wear into something more glamorous for that Thursday night out!

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**KOHINOOR CHEMICAL**



# Fortune-The Daily Star Recipe Competition 2020: Crispy beef stir-fry

Stir fry is a style of cooking that is quick, versatile and involves a lot of stirring, as the name suggests. It's usually cooked on a medium-high to high heat, while constantly stirring on an open fry pan or wok, which gives the ingredients enough space to evenly cook and does not have the risk of over cooking or burning the food.

Stir fries can be made using just vegetables or with chicken, beef, lamb, or sea food. You can add any seasoning, sauces, broths, bouillon or oils for flavouring.

The crispy beef stir-fry is my take on a beef vegetable stir fry dish, but with an extra crunch. The coated and deep-fried beef slices give the recipe an extra depth in texture and flavour. The coating also gives the beef a crispy surface to hold on to the sauces without making it soggy.

A change in the sauces and seasoning you use will give the dish a different taste and flavour every time, which makes it so versatile. Here, I have used my all-time favourite flavours of fried garlic, spicy dried red chillies, and soy sauce for an East Asian flavour.

Using slices of ginger, with or without garlic, will change this stir fry completely. When you add a handful of chopped spring onions and a couple tablespoons of sesame oil, you cannot miss the distinct flavours of Korea.

Add a bit of peanut oil or peanut butter, a splash of fish sauce, lemon juice and a sprinkle of sugar, and you have a Thai stir-fry.

For a continental take, simply use a broth, or bouillon, salt and pepper and a generous amount of butter. With a stir-fry, and so many different ingredients to choose from, you can never go wrong.

Serve it with a plate of steaming hot rice, fried rice, roll it up in a pita bread, or fry it with some pre-boiled noodles, and give your



family a restaurant style meal every night of the week.

If you're watching your weight, or have someone in the family trying to control their blood sugar, just serve the stir fry on its own and you will not feel the need to eat carbs or have any cravings for rice and bread that a usual diet of cold salads and steamed vegetables bring. Eating healthy does not have to be a compromise on taste.

Eat well, stay well. Happy cooking everyone!

## CRISPY BEEF STIR-FRY

### Ingredients

- 500g beef
- 1 can mushrooms
- 3 medium sized carrots
- 1 capsicum
- 3 large onions
- 1 large garlic
- 10 dried red chillies
- 3 tbsp dark soy sauce
- 3 tbsp oyster sauce

- 1 tsp salt
- ½ tsp pepper
- 1 cup cornflour
- oil for frying

### Method

Cut the beef into thin strips or thin bite-size pieces. Cut the garlic and carrots into thin slices. Cut the chillies and mushrooms in halves. Chop the onions and capsicums in large chunks or cubes. Take the onion layers apart for faster cooking time.

In a mixing bowl, add salt and pepper to a cup of cornflour. Place the beef pieces and mix it thoroughly to evenly coat all the beef with cornflour. In a wok, pour enough oil to deep fry the beef. When the oil is hot, add the beef and fry till golden brown and crispy. Strain, place on paper towel and set aside.

Remove most of the oil from the wok, leaving about 2-3 tablespoons. On medium-high heat, add garlic and red chillies. Fry till the garlic is golden in colour, aromatic and the chillies are fragrant. Add mushrooms and

fry till the water has evaporated, the surface is slightly fried and has a golden colour.

At this point, you can increase the heat.

Add beef and stir to mix. Add carrots and stir fry for a minute or two. You don't want to cook the carrots all the way. They should be slightly cooked and have a crunch to them. Pour the soy sauce and oyster sauce, stir quickly to evenly distribute. Taste for seasoning and add salt and pepper according to taste. Add the onions and capsicum. Stir fry till the onions are translucent. Turn the heat off, you don't want the onions and capsicum to be limp.

Serve while it's piping hot.

**Tip:** The recipe here is a dry stir-fry, but you can always make a slurry one with cornflour and water and make a sticky gravy.

The beef has been thinly sliced so that there's less cooking time involved. You can always have bigger, bite sized, thinly sliced pieces or use cubes of meat. If you're using meat cubes, prawns or calamari, it's best to brown each side in shallow oil in a fry pan before adding the vegetables.

The vegetables I used here are very basic, easily available, and always in season. You can also use, broccoli, cauliflower, long beans, snow peas, baby corn, snake gourd, and much more.

To make the stir fry, I used a traditional Chinese wok. The subtle rounded shape of the wok gives a large cooking surface that helps to makes it easy to constantly stir and get a nice brown, charred flavour on the vegetables.

If you don't have a wok, I find our very own deshi "korai" also does the job well. You can skip all these and use any basic aluminium, stainless steel or non-stick fry pan as well.

By Nafisa Ahmed Sonali

Food and Photo:Nafisa Ahmed Sonali

## #PRESS RELEASE

# Cowboy Kitchen in Dhaka

The word 'cowboy' evokes images of a group of boys herding longhorns over a prairie, led by a man on a horse, with a rifle in his hand, and a bundle of ropes in his saddle. Sitting in Dhaka, you can also enjoy that same cowboy experience by visiting the Cowboy Kitchen.

The restaurant was inaugurated on 28 August, on Hatkhola Road in Tikatuli, Dhaka, for food lovers.

In addition to hanging out in a beautiful environment, the restaurant has delicious fast food arrangements. Notable meals include pizzas, burgers, pasta, French fries, rice meals, salads, Chow mein, soups, drinks, desserts, and coffee.

Hossain Limon Mokaram, the founder of the restaurant, said, "The restaurant was created from the love of cooking. The food is served at affordable prices while maintaining the highest quality."

