

Clifton Group executive strangled

STAFF CORRESPONDENT, *Ctg*

Misceants strangled an executive of a reputed garments group at Barabkunda in Sitakunda upazila on Monday night.

Police recovered the body of Mohammad Rafiq, 45, maintenance manager of Clifton Group, from Sonali Cotton Mill gate in Barabkunda at around 10.00pm.

Quoting family members police said Rafiq was returning from the city to his village home at Ukilpara in Fakirhat.

Rafiq's father Badruddoza filed a case with Sitakunda Police Station in this regard yesterday morning.

Villagers beat three cops in Chuadanga

OUR CORRESPONDENT, *Kushtia*

Three policemen, including a Sub-Inspector (SI), were injured when angry villagers beat them for assaulting innocent men and abusing the musallis (devotees) at Alamdanga upazila in Chuadanga on Monday night.

According to police and local sources, an eight-member patrol team of Almadanga Police Station went to the village Ruitonpur at about 8:30pm and challenged four young men sitting at a shop. They beat them mercilessly and then chased them.

The four young men ran fast and took shelter in a nearby mosque where musallis were offering Tarabi prayers. They narrated the incident to the musallis. People came out the mosque and encircled the police team. Then police started verbally abusing the musallis. At that time angry people attacked the police team and caught three of them and beat them up while the rest fled the scene.

After beating, people confined the three at a village house and informed the police station. Officer-in-Charge (OC) rushed to the village and rescued the police members.

He also apologised to the villagers for the incident.



PHOTO: STAR

The wreckage of a vehicle that was badly damaged in a collision with a passenger bus on Jamuna Bridge link road near Tangail town yesterday. Four people, including three of a family, were killed in the accident.

Eating uncooked soy lowers cholesterol: Study

REUTERS, *Chicago*

Two servings a day of soy protein -- such as that found in tofu, soy milk or soy powder -- can lower cholesterol levels by as much as nine percent as long as the raw soy is uncooked, a study said on Monday.

Soy-fortified muffins, cereals or nutritional bars in which the soy protein was baked at high temperatures do not provide the benefit, study author James Anderson said.

An eight to nine percent drop in low-density lipoprotein, the so-called bad cholesterol that can lead to heart disease, can be gained from eating uncooked soy protein in the form of two 12-ounce (340 ml) servings of soy milk daily or two 2-ounce (57 grams) servings of tofu, said Anderson, a scientist at the University of Kentucky in Lexington. Cooking the tofu does not destroy the key proteins because they have been stabilised, he said.

The health benefit also is found in such products as soy nuts, soy powder sprinkled on food or in milkshakes, or edamame, a raw or parboiled edible form of soybeans popular in Japan, he said in a telephone interview.

Anderson presented his analysis of 57 previous studies on soy protein's impact on blood cholesterol to a scientific conference on soy being held in Chicago this week.

"Soy protein increases the activity of low-density lipoprotein receptors primarily on the liver that clears it from the body," he said. "Eating soy protein increases the activity of these enzymes that break down the cholesterol."

In the studies reviewed, the cholesterol drop showed up after about a month.

If the recommended two servings of soy were doubled in size, that would lower blood cholesterol only by another 1 percent to 2 percent, so the

optimal effect comes from two modest servings, he said.

Eating the soy foods all at once would overwhelm the body's ability to process so they must be consumed in two separate servings, he said, comparing soy to a fast-acting drug that must be taken in doses hours apart to gain the effects.

Cooking scrambles the amino acids contained in soy proteins and all but eliminates the health benefit, he said.

A decade ago, Anderson was instrumental in publicising the link between eating soy protein and lowering cholesterol, though he said his 1995 analysis was slightly flawed.

His claim that regular consumption of soy-based foods lowered "bad" cholesterol by 13 percent was too high, he said, because some Italian studies that he used in his analysis exaggerated the effect by examining particularly unhealthy patients.

Since Anderson's initial study, statins prescribed to lower cholesterol have become the best-selling drugs in the world.

4 arrested with arms, sulphur powder

OUR CORRESPONDENT, *Ctg*

Police yesterday arrested four criminals and recovered one firearm and sulphur powder from their possession.

Tipped off, a team of Detective Branch (DB) of Police raided the house of one Alamgir Zamindar at West Madarbari under Doublemooring Police Station and nabbed Imam Hossain, 32, and Samsul Karim, 25.

Police seized about eight kilogram sulphur powder from their possession. They failed to produce any legal documents for keeping the powder.

DB sources said they were examining whether the two arrestees have any link with the countrywide series bomb attack on August 17 and October 03.

In another raid, Kotwali police nabbed two criminals identified as Md Suman Meah, 20, and Asgar Ali, 22, from a house at Jhautola in the early hours.

Police recovered one Light Gun (LG) and two cartridges from them.

Separate cases were filed in these connections.