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# Doing a slow burn

## Seniors complain of waiting days for old age allowance

SHAHNAZ PARVEEN

Maqbul Hossain is 64 but looks 10 years older. Suffering from prostate cancer, he was standing in the crowd outside the Lalbagh branch of Sonali Bank on a recent noon, competing with scores of other senior citizens trying to push their way inside. "They treat us like beggars," said Maqbul sputtering paan juice and leaning on his cane. "No one tells us when our names will be called. They do not give us any information either. "We stand at the bank entrance for the whole day starting early morning and go back empty-handed." Maqbul is just one in the army of 22.5 lakh elderly people that descend every three months on their local bank to collect

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Elderly persons from Kamrangirchar in the capital waiting on the premises of Sonali Bank's Lalbagh branch yesterday to receive old-age allowances.

PHOTO: SHAWKAT JAMIL

# Stop BCL's 'criminal activities'

## 15 RU teachers urge govt

STAFF CORRESPONDENT, Rajshahi

Fifteen teachers of Rajshahi University expressed deep concern over the "criminal activities" of Bangladesh Chhatra League at the educational institutions and urged the government to take immediate steps in this regard. Referring to the recent call

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# Jhenidah AL men force cops to free 2 leaders

OUR CORRESPONDENT, Jhenidah

Several hundred activists of Awami League and its associate bodies yesterday besieged Moheshpur Police Station in the district for over two hours forcing the law enforcers to release their two leaders held overnight in a robbery case. Sources said the agitating activists brought out

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Prayer Timing		
April 27		
	Azan	Jamaat
Fajr	4-25	5-00
Zohr	12-45	1-15
Asr	4-45	5-00
Maghrib	6-27	6-31
Esha	8-00	8-30

Source: Islamic Foundation

# SAARC SUMMIT PM leaves today for Bhutan

UNB, Dhaka

Prime Minister Sheikh Hasina leaves Dhaka for Bhutan this morning to attend the 16th South Asian Association for Regional Cooperation (Saarc) summit in Thimpu.

The two-day summit, with "Climate Change" as its theme, will begin tomorrow. This is the first time landlocked Bhutan is hosting the summit.

With the holding of the

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# No to Lafarge mining in Meghalaya to stay

## Indian HC opts to wait for environment reports

PALLAB BHATTACHARYA, New Delhi

The Indian Supreme Court yesterday refused to lift a stay on mining by cement giant Lafarge in the forests of Meghalaya.

A special forest bench headed by Chief Justice KG Balakrishnan said: "Till the time, appropriate reports (on damage to environment) are submitted by the Ministry of Environment and Forest, we are not inclined to permit the mining." The apex court on February 5 stopped

Lafarge from conducting limestone mining in Meghalaya for its cement plant in Bangladesh, saying mining in the environment sensitive zone cannot be allowed.

The bench stayed mining activities on the basis of a report from the Ministry of Environment and Forest, which said the company was extracting minerals in the forest zone.

The \$255-million Lafarge Surma Cement project at Chhatak in Bangladesh is totally

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# TORTURE OF MOTHER Daughter sues father

OUR CORRESPONDENT, Patuakhali

Laiju Begum, daughter of Anwara Begum who lost one eye as a result of her husband's cruelty, filed a case against her father under woman and child repression act yesterday.

An official of Ashar Alo NGO took Laiju from her husband's house to Baulal Police Station and filed the case.

Meanwhile, the victim is not getting proper treatment at Baulal Upazila Health

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# 31 STRANDED SEAMEN Employer offers air ticket for one

STAFF CORRESPONDENT

The employer of the 31 stranded Bangladeshi seamen in ships offshore Benin yesterday offered assistance for only one crewman's return home, leaving the rest in uncertainty.

"The company's Managing Director Harris called me today [Monday] and asked me to be prepared to return home tonight," said Ashraf Alam, chief officer of MT Paloma.

Alam said the other crewmen got panicked as only he was offered an air ticket for home.

He said a few other Bangladeshis, who came back home from Benin, were threatened with dire consequences when they wanted payment of their four months' arrears. They had to

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# 3 involved in cop murder

## Confess two new arrestees

STAFF CORRESPONDENT

Sub-Inspector Gautam Roy murder case took a new turn after Rapid Action Battalion arrested two more persons from the city's Dholaikhal early yesterday in connection with the killing.

The two arrestees admitted that they along with their cohort Manik were involved in the killing. Another person--Ahmed Ali alias Haider alias Hadi who was arrested on Saturday--also admitted his involvement in the killing.

A team of Rab intelligence with the help of Rab 10 men arrested the two youths Haider Ali of Lalmohan Saha Street of

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Zakir Haider

# Ban on Indian films won't go

## PM directs ministry to scrap withdrawal decision

HASAN JAHID TUSHER

Prime Minister Sheikh Hasina yesterday directed the commerce ministry to scrap its recent decision to withdraw the ban on import and display of films from India and other South Asian countries.

She expressed dissatisfaction over the commerce ministry's unilateral decision to lift the ban.

Several ministers echoed the PM's views at a regular cabinet meeting chaired by her at the Secretariat, meeting sources said.

The commerce ministry decided to lift the ban apparently to revitalise the local film industry.

"A ministry can't take such a nationally important decision unilaterally. Only the cabinet can go for this," a minister told The

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# THE HEART AND HOW IT WORKS

The normal human heart is a strong, muscular pump a little larger than a fist. Each day, an average heart beats (expands and contracts) 100,000 times and pumps about 2,000 gallons of blood. In a 70-year lifetime, an average human heart beats more than 2.5 billion times. The heart pumps blood continuously through the circulatory system. The circulatory system is the network of elastic tubes that carries blood throughout the body. It includes the heart, lungs, arteries, arterioles (small arteries) and capillaries (very tiny blood vessels). These blood vessels carry oxygen-rich and nutrient-rich blood to all parts of the body. The circulatory system also includes venules (small veins) and veins. These are the blood vessels that carry oxygen-depleted and nutrient-depleted blood back to the heart and lungs. If all these vessels were laid end to end, they'd extend for about 60,000 miles. That's enough to encircle the earth more than twice. The circulating blood brings oxygen and nutrients to all the body's organs and tissues, including the heart itself. It also picks up waste products from the body's cells. These waste products are removed as they're filtered through the kidneys, liver and lungs.

coronary heart disease and heart attack. Most of them can be modified, treated or controlled. The more risk factors a person has, the higher the chances that he or she will develop heart disease. The best way to prevent a heart attack is to reduce heart disease risk factors.

# WHAT SHOULD YOU LIMIT?

- Whole milk, cream and ice cream
- Butter, egg yolks and cheese - and foods made with them
- Organ meats like liver, sweetbreads, kidney and brain
- High-fat

- processed meats like sausage, bologna, salami and hot dogs
- Fatty meats that aren't trimmed
- Duck and goose meat (raised for market)
- Bakery goods made with egg yolks and saturated fats
- Saturated oils like coconut oil, palm oil and palm kernel oil
- Solid fats like shortening, partially hydrogenated margarine and lard fried foods.



# RISK FACTORS FOR HEART DISEASE

Risk factors are traits and lifestyle habits that increase the risk of disease. Extensive clinical and statistical studies have identified several risk factors for

- processed meats like sausage, bologna, salami and hot dogs
- Fatty

**OnlinePoll** ✓

Do you agree with ex-chief justice Mahmudul Amin Choudhury that country's judiciary has turned in to a 'glass house' and about to crumble at any moment?

Yes (70.6%) No (28.4%)  
No Comments (1.0%)

**Total votes: 683**

**TODAY'S POLL**

Do you think BNP's demand for resignation of chief election commissioner and his deputies over Bhola-3 by-poll results is justified?

Please cast your vote at [www.thedailystar.net](http://www.thedailystar.net)

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