

| SPORT |



HEAR THE ROAR!

NAZIBA BASHER
PHOTOS: FIROZ AHMED

With the first game already in our hands, the second game was filled with twice as much anxiety, hope and prayers. Every office, every household, every corner with a television or a radio had an atmosphere of hushed excitement as the first inning began. Was the previous game a lucky win against the Indian lions, or were we really on a winning streak since the Pakistan series? Was this really the dream-team we asked for out on that field? Are we going to be able to attack the best batting line-up in the world and clinch the series win?

There were so many questions as the game began and Bangladesh wasted no time to respond in the first over, second

ball, by dismissing one of the batting giants- Rohit Sharma with absolutely no runs on the board. That first wicket was received with thunderous claps and excited roars from the whole nation. That wicket not only brought positive replies for all the questions we had, but that wicket was also the first of 6 wickets taken by Mustafizur Rahman in just his second ODI, after which he became the first cricketer ever to take 11 wickets in his first two One-Day Internationals.

One after the other, the Indian wickets tumbled as we sat back, relaxed and watched proudly as our Tiger's decimated the Indian batting line-up.

With only 199 for the target, the Bengal Tigers entered the field for the second inning, already winners. They knew it was only a matter of time for them to win their first ever series against India. Masrafe was in the stands, we watched the captain silently pray for his men.

As the second inning sailed through the first wicket fell, the second too and then the third- but not one of our hearts were beating with tension, no one was afraid, no one gave up. While we smiled at our televisions and radio sets, and those at the stadium felt the throng of the upcoming win, we knew what was about to happen. History was about to

be made. We watched valuable runs being taken by the number 1 all-rounder, while we had already set up celebrations. People were at the edge of their seats, ready to throw their hands up in the air and scream the joy out of their lungs.

And so we did. As Sabbir took the winning run, claps, cheers and roars of celebration echoed all around the nation. This was not just any other win. This was the biggest win of all. Not only did we beat India for the first time in an ODI series, we showed the world what we can do and that we're ready to do it in every game. No opponent can hold us down now. It is now Bangladesh's turn. The Tigers have risen and roared, and it's time for the world to hear it loud! ■



| AN APPLE A DAY |



A NO-HEARTBURN RAMADAN

NAZIBA BASHER

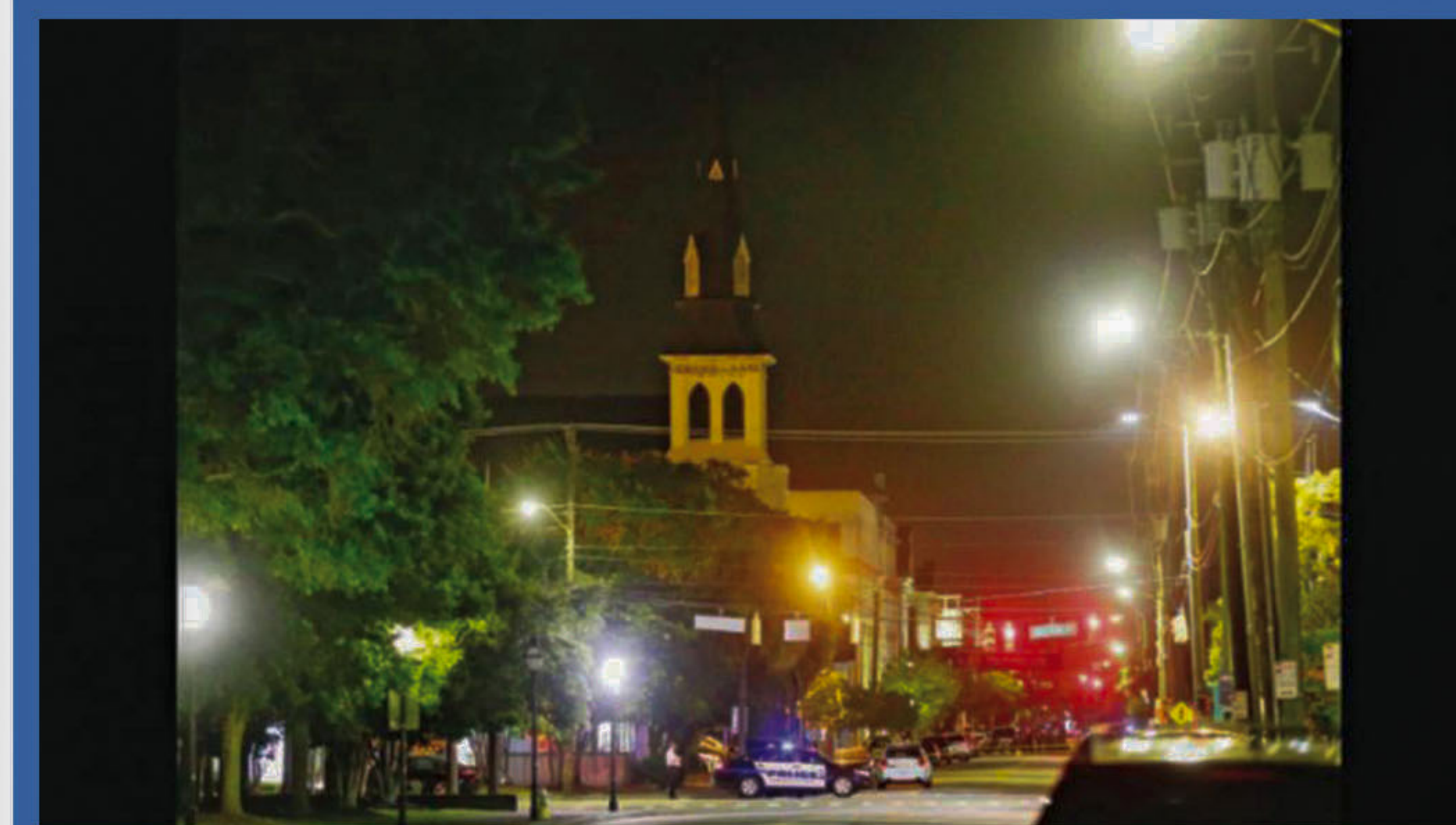
PHOTOS: KAZI TAHSIN AGAZ APURBO

The Holy month of Ramadan means late night shopping, eating out at night, jam packed roads and stores, and more. It also means an evening full of the unhealthiest food to eat on an empty stomach! In an attempt to not ruin any cultural traditions in Ramadan foods, no one is asking everyone let go of your favorite *samosas*, *peyajus* or *begunis* at Iftar. But, what you must know is that it's possible to bake them instead of fry, so consider that preparing them another way could help tame keep heartburn at bay. You might be able to bake, broil, grill, or roast some foods instead of frying them. And you could trim extra fat off meat and poultry, and cut the skin off chicken. When something is fried in oil, it increases the caloric density a lot which means bad fats and empty calories to your food. Many assume that deep-fried vegetable like mushroom or cauliflowers are nutritious. But the fact is, the deep-frying process can actually obliterate a lot of beneficial minerals and vitamins, as nothing that's been deep-fried will ever be even close to healthy. If any food in oil is submerged, whether it's a potato or some flour items, oil increases the calories, as fat is soaked up into every accessible space, in the food being fried. Oil also steals the natural mineral and oxidants required for our body, and turns the food into a tasteful dish with nothing to offer. It destroys the good nutrients in the food so we end up eating empty calories. There is

nothing in it our body can use to improve its functions. And as we all know extra fat leads to obesity, which itself is the cause of many diseases. Fried foods are heavy in oil and that makes them harder to digest, especially when they're the first foods to be eaten after a long fast. Let's put aside the fried sweets for Eid ul Fitir (the celebration that comes after the month of fasting) and try to stick to fresher desserts like fruit salads, or custards. So now that we know the know-hows of how oily food is affecting us so terribly, maybe we can cut back on the favourites on Ramadan and keep it aside for later, at least when our stomachs aren't as empty. Maybe start off with some desi cereal to cool down your stomach, try some hydrating fruits, form a layer of healthy food in your stomach before you drop down bits of fried food, and you should be safe enough. Now, you can have a heartburn-free Ramadan! ■

NUMBERS

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Nine people were shot dead by a white gunman during a bible study class at a historic African-American church in Charleston, South Carolina. This attack at the Emanuel African Methodist Episcopal Church is being viewed as a hate crime. The church's pastor, state Senator Clementa Pinckney, is one of the shooting victims. 21 year old Dylann Roof was arrested as a suspect about 245 miles away in Shelby North Carolina.

Source: The Daily Star