



WE MOURN...

Major General (Retd.) Anjad Khan Chowdhury
(1939 - 2015)

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BNP leaders talk gibberish about Khaleda's Saudi trip cancellation

STAFF CORRESPONDENT

A smokescreen has been created over the postponement of BNP Chairperson Khaleda Zia's visit to Saudi Arabia for performing Umrah, with party leaders giving different explanations.

Although earlier its standing committee member Nazrul Islam Khan formally told the media that Khaleda would leave for Saudi Arabia on July 8, after cancellation of the tour, none of the BNP leaders made any formal comments over the issue. Besides, senior leaders gave different reasons informally to the media.

Even its spokesperson Asaduzzaman Ripon expressed his ignorance at a press conference at its headquarters yesterday. "It is the BNP chairperson's personal matter. It is in no

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Doa mahfil

CITY DESK



A memorial ceremony and doa mahfil for Syed Humayun Kabir, chairman of Renata Ltd and founder of Sajida Foundation, will be held today at 3:00pm at Golf Garden, Airport Road (opposite Radisson Hotel).

He died on Tuesday in the capital's Apollo Hospital, aged 83.

Family members requested all relatives, friends, colleagues and well-wishers to attend the programme.

FIRST DAY OF ADVANCE EID TRAIN TICKET SALE

Long waits at Dhaka, Ctg stations pay off

STAFF CORRESPONDENT

Like previous years, long queues formed in front of the ticket counters at Kamalapur Railway Station yesterday, the first day of advance sales ahead of Eid-ul-Fitr, and people spent hours thinking whether they could get tickets at all. But this time, people even at the tail end returned elated. Their long waits paid off.

"Now all the pain I faced in the last six hours waiting seems very little because I've confirmed I'm going to celebrate Eid with my parents," said Redwan Ahmad, a university student, who bought a ticket for Rangpur. He joined the queue at the sehri time.

This correspondent talked to at least three people at the tail end who finally bought tickets, and he himself stood in the line and found that tickets for some

FROM DHAKA, CTG TO OTHER DIST

DAY OF SALE	DAY OF TRAVEL
July 10	July 14
July 11	July 15
July 12	July 16
July 13	July 17

TO DHAKA, CTG FROM OTHER DIST

July 16	July 20
July 17	July 21
July 19	July 22-23
July 20	July 24

routes were available till 3:30pm.

Sales open at 8:00am and close at 5:00pm.

The same situation was observed at

Chittagong Railway Station, reported a staff correspondent from there.

Shirina Akter, a housewife in the port city, had stood in the line at the sehri time. "I bought three tickets of Mohanagar Probhati for going to my village home in Laksam [in Comilla]," she said, smiling.

After five hours of wait, Rafique Sobhani and his friend bought eight tickets -- four each because it is the maximum limit for each person.

"Except the wait there was no hassle in buying the tickets," Rafique said. However, a railway official in Dhaka said the crowd was smaller on the first day but more people would scramble for tickets from today. There would be a huge demand for tickets for the travels on July 15-17, he said.

Around 40,000 tickets are sold daily
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BEEF Benefits!

The word beef is associated with so many mouth-watering dishes in the Bangladeshi cuisine ranging from delicious curries, an array of kebabs to Tehari. If that was not all Bangladeshis even use the fat and bones to cook a dish known as Nihari which is the resultant of hours of slow cooking the bones in a spiced broth. Many Bangladeshis will associate certain beef items to occasions. In a lot of households, certain beef dishes are reserved for special occasions such as Eid, birthdays; Tehari is often offered to guests in mournful occasions such as death anniversaries. Even though we are well aware that consumption of beef on a regular basis is related to heart diseases this does not necessarily mean that it has nothing good to offer aside from its taste either.

Beef is a good source of iron, zinc, vitamin B-12 and protein. In fact it has the highest concentration of iron amongst its other meat counterparts. In comparison to vegetables that are also good sources of iron, meat is more beneficial as the body can easily absorb the iron. The body requires iron to metabolize proteins as well as produce haemoglobin and red blood cells. It also helps with fatigue. Beef contains sufficient amount of Zinc that is required for the proper functioning of the immune and digestive system. Lack of zinc in ones diet on a long term not only leads to anaemia as well but also growth failure and loss of taste. B-complex group vitamins such as, B1, B3, B5 and B6 aid with fat, protein and carbohydrate metabolism.

These vitamins assist in the building of strong bones and prevent osteoporosis. Beef is high in proteins that are essential for the growth and maintenance of the human body. It is associated with producing and repairing body tissue. Regular consumption of protein helps build muscles and reduce body fat.

Wajed Ali is a cattle herder and a regular supplier of beef to Shwapno. The process starts off with a team of experts from Shwapno who inspect all the farms and cows. They decide on which farms they prefer and then train and educate the farmers on how to raise the cows. When the cows are approximately sixty to one-hundred kilograms Wajed Ali sends them to Savar by truck. Here another team from Shwapno waits to inspect the cows. They inspect the herd of cows for diseases. After the sorting process is complete, the cows are prepped and slaughtered abiding by Islamic regulations in the most humane way possible. Cutting and packaging of the meat continues on to early hours of the morning. Once the meat is ready it is then transported to the Shwapno outlets via vans that are equipped with freezing compartments so that the freshness and quality of the meat is not compromised.

Although most people would rather avoid beef because of its strong connection to various diseases the best approach is to always cook the meat in the healthiest way and consume in moderation.

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