

**WEATHER FORECAST**

**YESTERDAY'S TEMPERATURES**

**DHAKA**  
H 35.5 | L 28.0

**CHITTAGONG**  
H 33.2 | L 26.6

**SYLHET**  
H 28.8 | L 22.6

**RAJSHAHI**  
H 39.5 | L 26.1

**KHULNA**  
H 35.5 | L 27.5

**BARISAL**  
H 33.8 | L 27.4

**RANGPUR**  
H 35.2 | L 21.7

**COX'S BAZAR**  
H 32.4 | L 27.4

Rain is likely to occur at a few places over Sylhet division and at one or two places over Rangpur and Chittagong divisions and the regions of Dhaka, Tangail and Mymensingh with hails at places till 6:00pm today. Weather may remain mainly dry elsewhere over the country, said Met Office. Heat wave, sweeping over Khulna and Rajshahi divisions and the regions of Tangail and Dinajpur may continue. The sun sets in the capital today at 6:23pm and rises tomorrow at 5:31am.



PHOTO: ANISUR RAHMAN

A farmer sprays chemicals to keep away insects from crops, which not only exposes her to serious health hazards as most of these poisonous chemicals are often used without proper protection measures, but also harmful for the soil and environment. Even though most of them are aware of the healthier alternatives like biopesticides for producing poison-free crops, due to a lack of proper distribution network to make these organic pesticides easily available, farmers continue to use the unsafe chemicals. The photo was taken in Narsingdi's Raipura yesterday.

**GRAFT CASE  
HC refuses  
to stay trial  
proceedings  
against Khaleda**

STAFF CORRESPONDENT

A High Court bench yesterday refused to stay the trial proceedings against BNP Chairperson Khaleda Zia in the Zia Charitable Trust corruption case filed by the Anti Corruption Commission in 2011.

The bench of Justice Miftah Uddin Choudhury and Justice Khizir Ahmed Choudhury, however, advised Khaleda's lawyers to move her two petitions that sought stay on the trial proceedings before a regular bench after reopening of the HC. The court will reopen on May 2 after its

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**ACC won't spare corrupt  
big shots either**

Claims commission's secretary

STAFF CORRESPONDENT

Anti Corruption Commission (ACC) Secretary Abu Md Mustafa Kamal yesterday reiterated that big shots who have been found involved in corruption will be arrested in due time.

"There is no barrier to arresting the corrupt big fish. They will be arrested whenever the investigation officer will feel it necessary," he said.

Recently, the anti-graft watchdog has become active in arresting people and filing cases.

The ACC secretary was addressing a press briefing at the commission's headquarters in the capital, where he highlighted the last three months' activities.

ACC approved filing of 34 cases against 97 people including government officials, public representatives and businessmen in March this year.

The cases were filed on charges of amassing wealth beyond known sources of income, concealing information about wealth, cheating, bribery and forgery, he said. A total of 42, out of 849 complaints received in March, are being investigated, the secretary said, adding that submission of final reports in 88 cases was also approved during the period.

The trial procedures of 21 cases were completed during the period, in which 10 people were jailed for different terms and 11 people got acquittal.

The anti-graft watchdog inquired into 131 complaints among 2,058 received between January and March this year.

The ACC submitted charge sheets in 45 cases against 172 people last month, the secretary added.

Among these, ACC filed a charge sheet against former senior assistant secretary

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**Demolition of  
quake-vulnerable  
buildings starts  
in Sylhet**

OUR CORRESPONDENT, Sylhet

Sylhet City Corporation demolished a residential building at Tantipara in the city yesterday as the three-storey building was listed as "risky" and vulnerable to earthquakes.

Alauddin Chowdhury, a local resident of Tantipara, said the initiative is appreciable as the building was beside a high school.

Dr Nurul Ambia, owner of the building, said, "I have received multiple notices from the corporation. According to the final notice, I evacuated the tenants."

Chief Executive Engineer (Acting) of SCC, Nur Azizur Rahman, said, "Sylhet is beside the Dauki Fault line and in a severe threat of a powerful earthquake. We have listed 32 risky buildings including Madhuban Market, City Super Market, Samabay Market and other residential ones. Our primary goal is to ensure safety of the citizens."

SCC Chief Executive Officer Enamul Habib said the building was enlisted as risky for years. Other listed buildings will also be demolished, he added.

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**FOLLOW YOUR FOOD**

**Fight the Heat with Cucumbers...**

As the heat has all of us running towards the closest shade, staying hydrated is integral in this weather. This means increasing the intake of lots of fluids let that be in the form of water, fruits or vegetables that contain a lot of water. Similar to watermelons, cucumber is one such vegetable that helps keep the body hydrated as it contains a lot of water and can be consumed raw or even cooked with other vegetables. Nothing can beat the taste of a chilled salad in this weather made with diced cucumbers, tomatoes, onions, chillies and seasoned with salt and even yoghurt or lemon for those who like it little bit tangy.

Cucumbers are considered a great source of vitamin B complex as they contain free radicals that slow down early aging, improves HDL cholesterol (the good kind that the body requires) and is said to be associated with maintaining healthy hair, skin and nails. Cucumbers also contain potassium that is associated with the regulations of blood pressure. As the vegetable is primarily made of water and fiber it helps maintain the digestive system track and also weight. The skin of cucumber consists of insoluble fiber and contains a good amount of Vitamin C (about 10 percent of the daily recommended) for which reason when eaten raw, it is always advised to prepare them without peeling off the skin. For those who are trying to shed a few pounds or just eat healthy should know that cucumbers are low in calories and a great option for a healthier, refreshing, crunchy snack. The vegetable is also a good remedy for people who struggle with bad breath. Placing a small slice of cucumber on the roof of the mouth eliminates the odour causing bacteria.

Md. Shahidullah from Gouripur, Mymensingh, is a farmer who cultivates and makes a living off selling cucumbers. He says that the entire process from cultivating to harvesting cucumbers is very simple and takes only two months. At the initial stage, the soil is prepped with natural fertilizers and then the seeds are planted. A make shift shed, commonly known as a Macha in Bangladesh is then constructed to cover the entire plot. Poly bags are used to cover the seeds after they have been planted to protect them from birds. When the cucumbers have fully matured, Md. Shahidullah harvests them in the morning and brings them in at a common meeting point where a team of Shwapno waits to inspect them. The team always selects cucumbers that are the best and fresh looking during inspection. The cucumbers are then directly transported to respective Shwapno outlets.

This vegetable is often overlooked and considered more as a side dish or salad as it is available throughout the year. But with Ramadan ahead, it is important to keep in mind that long hours of fasting in the summer usually leads to increased complaints of headaches, dizziness and electrolyte imbalance which are actually symptoms of dehydration. So keep yourself hydrated not only with water but cucumbers as well this summer!



Photo: Dolon Talukder

**TURKISH AIRLINES**

OFFICIAL AIRLINE PARTNER

**BATMAN v SUPERMAN**

DAWN OF JUSTICE

ONLY IN CINEMAS