



GO BANANAS OVER BANANAS

MUSHFIQUR RAHMAN SHANTO

The banana is a simple yet delicious fruit. But there is far more to it than meets the eye, or tongue. Bananas come with numerous benefits and traits that you might not take notice of at first. But upon further reflection, the wonders of this delightfully succulent fruit start to unveil. Here are all the reasons that make bananas the king of all food.

DELICIOUS AND NUTRITIOUS

Very few foods in the world can boast the luxury of being both good for your health and your taste buds. Bananas can certainly top the list. They are always there for you in times of hunger. They are loaded with carbohydrates, vitamins, and minerals. This means not only will they give you an instant boost of energy upon consumption, but they'll also buff up your little bodyguard called the immune system and help you fight off those nasty diseases.

EASY TO COME BY

Bananas are always available, no matter where you live in the world. They're not like the other fruits who come by only once a year during a specific season. Whenever you need one, you can just walk to the nearest roadside tea-stall, fruit shop or departmental store and witness them hanging around, waiting to be devoured to your satisfaction. Eating them is no hassle either. Just grab one, peel it, and put it in your mouth. Make sure to throw the peel away in the trash afterwards because littering is not cool.

SHEER VERSATILITY

When it comes to versatility, bananas are unrivaled except by milk, eggs, flour and of course, nuts. We all know the relatively simple and quick process of consuming a banana. But if you want to go a little fancy, bananas have you covered there as well. You can have them in custards, you can have them with oatmeal, and you can even prepare a banana smoothie. And if

you want to go old school, get some green ones, and prepare some comforting *kacha kola bharta* to have with steamed rice.

WEAPON OF DESTRUCTION

If you have had a privileged to semi-privileged childhood, your life then was probably defined by cartoons and childish dreams about adulthood. Since cartoons are pretty accurate representations of regular human life, it's safe to say the number one reason for people slipping and falling is stepping on banana peels. That means that after you're done eating your banana, you're left with a very effective weapon in your hand to be used against your enemies. So if there's a guy or girl you want get revenge on, follow them around and take note of their usual on-foot commute routes. Then one day, leave an unsuspecting banana peel on their way and watch them slip and fall to their demise. After your objective is achieved, make sure to pick up the peel and throw it in the nearest trash can. Littering is seriously not cool.

So after reading my little preach in the guise of a SHOUT article, I'm sure you've gotten a craving for bananas. So what are you waiting for? Go out there, stuff your mouth with bananas and experience their glory.

Mushfiqur Rahman Shanto is a lost and confused soul going through his early twenties' crisis. Send him life advice at mushfiqshanto1234@gmail.com

An open letter to sleep

SUBAITA FAIROOZ

Dear Sleep,

Do you remember the last time you came on time? Me neither. I think it is a very random and useless game of ignoring each other that we play when we both know how much we need each other. You like to ignore me when I am lying in my bed in the dead of the night, staring at the ceiling fan and I tend to ignore you when I am in a classroom and trying to get an education.

See, the thing is, you are probably confused. Do not worry, I am not blaming you. I know it is me; I keep confusing you. What I am trying to tell you is that during the weekdays I really need to sleep early because the devil created those 8 AM classes and unfortunately, I have to attend them. So I need you to cooperate with me.

When it is the weekend, however, I need you to kind of... leave me alone. I do not mean it like that, of course. I just need some space, you know? I still want to sleep, just not at 10 PM. The weekends are for Netflix and for trying to maintain a social life and I really want to enjoy all of that without feeling the heaviness on my eyelids and the tiredness in my bones.

I totally get that you have a bone to pick with me for all those times that I put you at the bottom of my list. I remember when mom used to tell me to go to sleep in the afternoon and I would just wait until she was asleep and then run off to watch Tom & Jerry and nowadays I ignore you to binge watch episodes of Criminal Minds (I really need to catch up to season 14).

I just do not understand why in the

middle of the night when I am finally drifting through the different stages of my sleep cycle quite peacefully, a random gate opening in my neighbourhood makes you fly away in an instant. Then I am left with listening to the creepy laughter of the actors in whatever movie the guards in the next building are watching that night. Trust me, I spend an unhealthy amount of time wondering what in the world is going on in those movies. Your elusive nature has also left me pondering why we count sheep and not cows, goats, or horses.

You probably do not understand this but when you do not grace my life with your presence I am left thinking about the most cringe-inducing moments in my life. For example, I think about the time my brother and I accidentally dropped wet soil all over our neighbour's new car when trying to plant flowers up in our balcony. Then we had to run inside and hide under the bed until we were absolutely sure no one had seen us commit the crime. Also, I get anxiety attacks thinking about all the assignments that I am putting aside to just get some more time with you but you refuse to appreciate my attempts at making you such an integral part of my life.

All complaints aside, I have to tell you that from now on, I will make no more excuses and neither will you. You and I together will be the best of friends that care about each other's needs. Deal?

Subaita like cats and dogs, and everything that hops. Send her your favourite animals videos at subaita.fairooz@gmail.com

