

Coping with Corona

As everything becomes more unsure, being upbeat and hopeful is proving to be quite the task. With no guarantee of what is to come, a sound mind is a topmost priority.

To stay mentally balanced, here are some things to keep in mind.

THE ANXIETY

It is normal to feel anxious, sad, or even scared. Understanding that this anxiety is not the enemy and is probably what is keeping everyone from going out makes isolation worthwhile. Despite that, anxiety should not cloud our rationality and overshadow any positivity. After all, no amount of anxiety can change the present or future.

A HEALTHY ROUTINE

With daily routines disrupted, many of us are left directionless and with too much free time. A daily schedule with fixed times for meals, naps, recreation, work and study, is bound to retain some structure of a normal life with the added advantage of tweaking to stave off any monotony.

DISTRACTIONS

Boredom and frustration pile on easily



and can be mentally burdening. Keeping busy and checking boxes on a daily checklist helps keep a sense of purpose and

competence.

Learning something new, organising the closet, redecorating, cleaning — why not make a list of things to accomplish?

TIME TO REFLECT

Instead of stressing over postponed plans, take this time to reflect on how you see yourself and where you want your life to be headed. Now is a good time to meditate and grow intellectually and emotionally.

CONNECT WITH YOURSELF

Being in sync with your feelings is a step towards mental clarity. The only way to breathe freely and overcome anxiety and sadness is to see it through instead of trying to ignore it.

INFORMED, NOT OVERWHELMED

It is easy to descend into panic by being

immersed in the news 24/7. If being informed makes you upset, switch off the television and take a break from social media.

REACH OUT

Rather than being with yourself all day, talk to friends and family. Reaching out through social media or a short phone call to check up on them will help lift the feeling of isolation.

BE KIND TO YOURSELF

If being productive during the quarantine is more stressful than fun, there is no reason to weigh yourself down. Just because there is time, it does not mean laziness is sinful. Doing what fills your heart with contentment only equals a happier and healthier you.

REMEMBER WHY YOU ARE DOING THIS

The precautions might seem futile at times. Temptations grow to go out and breathe fresh air. In such moments, remind yourself the importance of your isolation. Every hour spent indoors contributes to building the safer society we all want to walk into after the pandemic.

The mind grows cloudier, and being inwardly content is steadily becoming more of a challenge. Taking some time every day to be mentally poised should be on top of the priority list along with loving yourself and those around you.

By Puja Sarkar

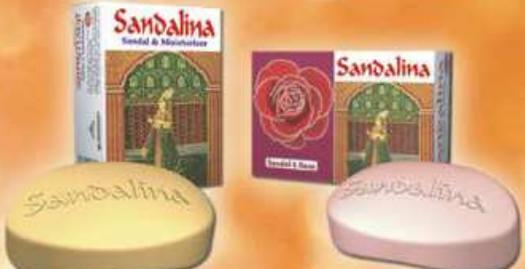
Photo: Collected

us on /Sandalina

ঐতিহ্যের আর এক নাম আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

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সোপ



রূপচর্চায় আভিজাত্য...



MUSINGS

A Father's Day tribute to Don Corleone

"A man who doesn't spend time with his family can never be a real man."

— Vito Corleone, *The Godfather*

Don Corleone hardly needs an introduction. After all, he is one of the most iconic characters in cinema, appearing in *The Godfather*, a crime saga adapted from Mario Puzo's classic.

I reckon it is as much a family drama as it is a crime saga. And as the head of the family, Vito Corleone is not just a wise businessman and leader who built a criminal empire from scratch, but also a virtuous man who placed a lot on loyalty, friendship, and family values.

Vito Corleone was a marvellous father to his children.

The movie celebrates fatherhood with numerous scenes, such as the traditional father-daughter dance at the wedding, the slightest affectionate pat on the cheek, the occasional scolding — and not to forget the love and concern young Vito had for his toddlers, in *The Godfather II*, when he was struggling in life.

The *Godfather* portrays father-and-son bond in subtle, but strangely at the same time, monumental ways! And you have to agree that the Vito-Michael Corleone duo is one of the most iconic father-son relationships in fiction.

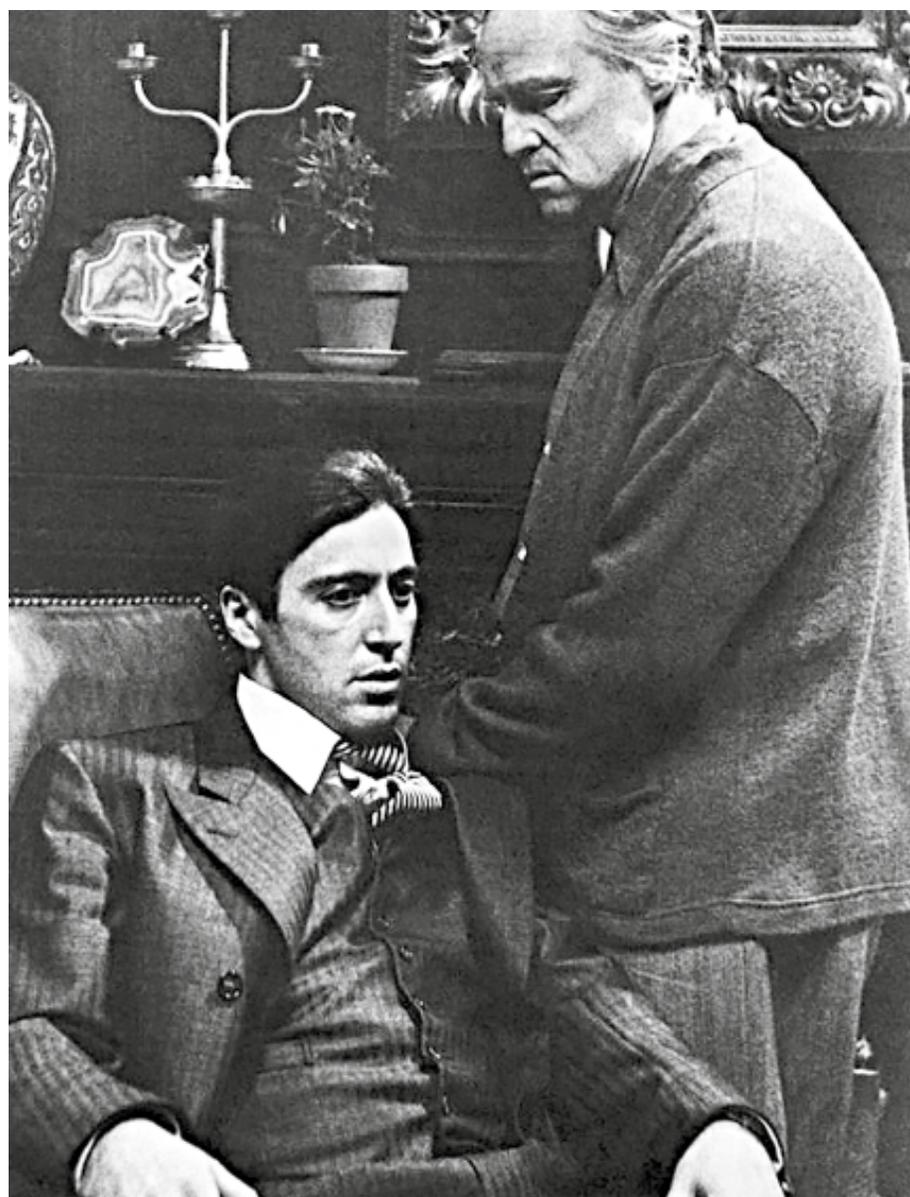
Here are my top two father-son scenes from *The Godfather*:

"I'm with you now," A son comes to terms

Having survived an assassination attempt, Vito Corleone (played by Marlon Brando) lies in the hospital bed, helpless. His son Michael (played by Al Pacino), who was a little aloof from the family and uninterested in his father's business till then, suspects that a second attempt was going to occur at the hospital and in that defining moment takes charge and moves him to another room for security.

A magical father-son moment happens right after that, in the dark colour palette frame of filmmaker Francis Ford Coppola.

The son bends down towards him and says ever so softly: "Just lie here, Pop. I'll take care of



you now. I'm with you now. I'm with you." He then picks up his frail father's hand and kisses it; the don smiles but tears roll out of his eyes at the same time. The *Godfather's* soundtrack plays on the background.

This tiny scene, in the subtlest way

imaginable, shows immense warmth between a father and a son.

"I never wanted this for you," A father confesses

Later, after Michael has taken over the family business, he has an intimate

conversation with his aging father.

In the garden, the 'semi-retired' Corleone looks back into his life. "I never wanted this for you," he admits to his youngest son, who had taken the helm of the criminal enterprise. "I work my whole life, I don't apologise, to take care of my family. And I refused to be a fool dancing on the string, held by all those big shots."

He goes on to say that he always wished that one day his son would be the one to hold the strings: "Senator Corleone. Governor Corleone, or something."

To me at least, the scene gives a rare sneak peek into the well-hidden insecure and timid side of the otherwise strong and powerful don.

We all can connect with him, because don't most fathers share these same dreams and thoughts — and aren't fathers, no matter how superman-like they seem, just mere human beings at the end of the day?

"We'll get there, Pop," his son had promised him.

He kept his promise; became a legitimate businessman, renowned and respectable, as we see in *The Godfather III*. In the latter two installations of the trilogy, we see Michael Corleone as the head of the family.

Was he a failed parent, though? His son Anthony said to his face, "I will never work for you. I have bad memories."

And yet we see Michael letting go off his son to pursue a career in music. We sympathise with him as he exclaims: "I spent my whole life protecting my family!" We cherish the bond he tries to nurture with his daughter, and we shudder when he screams at the top of his lungs after she gets shot and killed in front of his eyes.

Michael Corleone was a misunderstood father, an unsung hero, like many fathers are.

The *Godfather* trilogy, through the eyes of Vito and Michael Corleone, truly sheds light on fatherhood, and inspires us to be better fathers and sons.

By M H Haider
Photo: Collected

IN SEARCH OF COMFORT FOOD

BY SOBIA AMEEN



Father's Day brunch

Most fathers around the world love eggs for breakfast. This year make your father (or father figure) this easy but delicious brunch to make his day brighter.

TURKISH EGGS (CILBIR) WITH A TWIST

Ingredients

- 2 cups Greek yoghurt
- 2 cloves garlic (minced)
- 3-4 chopped gherkins (save some pickle juice)
- 2 large eggs
- 3 tbsp salted butter
- 3 jalapeños
- ½ cup extra virgin olive oil

- Half a lime
- ½ tsp cumin powder
- Paprika
- Salt
- Pepper

Method

In a large bowl, mix the Greek yoghurt, minced garlic, chopped gherkins, salt, pepper and paprika. Mix and set aside in the fridge to chill.

In a pot of simmering water, poach the eggs for about 3 minutes to get the perfect runny yolk. Place on a kitchen towel to get rid of the excess water.

In a small pan, melt the butter and add the paprika when the butter is nice and frothy. Leave over low heat and add the cumin.

Put the pickle juice from the pickles, extra olive oil and 3 whole jalapeños and half a freshly squeezed lime into a blender to create a luscious jalapeño oil.

Now, create a bed for the eggs with the chilled yoghurt, place the poached eggs on top, and drizzle with the melted paprika butter and the jalapeño oil. Serve with freshly toasted bread.

Food and Photo: Sobia Ameen



Father's Day this summer

Moods and tempers may be as turbulent as ever, but that does not mean you have to drop a good occasion to celebrate, particularly Fathers' Day. Yes, it's the day 'dear-old-dad' has for himself and can finally get his own share of attention, and a few goodies! Around this region, this particular day is celebrated on 21 June. With less than a week in hand, in case you haven't thought of celebrations, or are already prepared, it never hurts to make use of a few pointers.

A DAD'S DAY IN

Have a spa day with dear old dad!

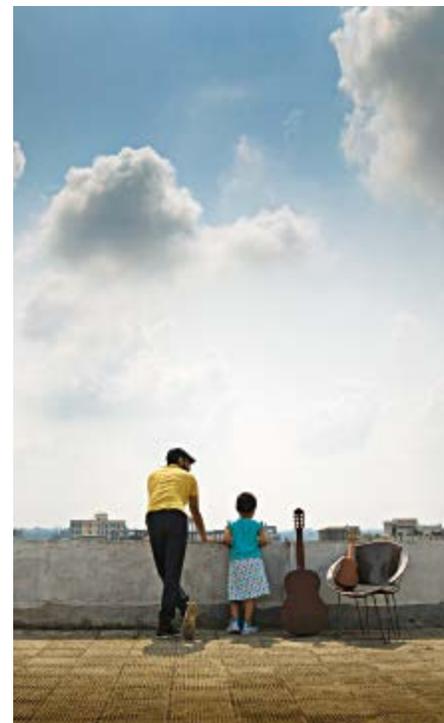
Chances are he has not been able to get a decent hair cut or beard trim in ages. Instead of boring old brunch and overused gifts, get to work with the scissors and trimmers this year. While it may not be (who are we kidding, it won't be!) the neighbourhood salon cut, at least the overgrowth of hair and facial hair can be tamed down a bit.

If you happen to have a kitchen wiz dad, let him be the judge of your culinary experiments for the day. The outdoorsy, and amateur marathon runner dads are probably feeling a bit blue these days, so why not go for a quick stroll around the neighbourhood in the early hours? Don't forget the face masks though!

A FUNCTIONAL GIFT LIST

Mugs, coasters, t-shirts are all fine and dandy, but rather than giving a gift for the sake of a gift, wouldn't you want something to actually mean something?

Keeping the mug tradition alive, opt for a temperature regulating coffee mug.



One particular pick is the Ember Temperature Control Ceramic Mug. This nifty app-controlled smart mug will keep the drink at the desired temperature. For the coffee-holic dads, this may as well be the ultimate mug!

With work-from-home being the new norm, conference calls and organising efficiently is the order of the day. For the workaholic, multi-device dads that need everything at their fingertips, a charging dock, like the Hercules Tuff Charging Station is a must. Android and Apple devices of any size can be accommodated in this charging dock without having a rat race towards the

power outlet every few hours!

Another super cool and perfectly handy gift for a tech-savvy dad would be Sandisk's iXpand Wireless Charger. Not only is it a charger, it comes with the option of a 128GB or 256GB solid state hard disk to backup data while charging the phone.

For those who are struggling through the work day with camera angles and suffering with Skype calls over phones, opt for the gift of upgrade with Logitech's line of Business WebCams. While this is one of those heavy on the wallet gifts, the long returns will be much appreciated.

Just don't end up keeping these for yourself!

RESERVED FOR CALMER TIMES

This is the last resort in case you are not up for it- pause the celebrations for this month. Over a hundred countries around the world celebrate Father's Day, and region wise the dates differ. You can celebrate it in solidarity with Brazil in August, or take a leaf out of the Nordic countries and have a great day with your father in November. After all, the appreciation for one of the most revered persons in our lives should not be confined to just one day.

By Iris Farina
Photo: Navila Ameen Bidhu
Model: Sazzad and Tavishee

HOROSCOPE



ARIES (MAR. 21-APR. 20)

Avoid making unreasonable promises. Financial gains may be ahead. Have all the information at hand before making a deal. Your lucky day this week will be Friday.



TAURUS (APR. 21-MAY 21)

Prioritise friends and family. You may have to compromise to avoid conflict. Revealing personal details can be undesirable. Your lucky day this week will be Sunday.



GEMINI (MAY 22-JUN. 21)

Look for a creative outlet. Gambling can have adverse results. Your social skills may get you out of a bad corner. Your lucky day this week will be Sunday.



CANCER (JUN. 22-JUL. 22)

Your high energy might backfire. Side business proposals may be favourable. Expect temper tantrums. Your lucky day this week will be Wednesday.



LEO (JUL. 23-AUG. 22)

Present your ideas with confidence. Handle your relationship situation with care. Avoid overindulging. Your lucky day this week will be Friday.



VIRGO (AUG. 23-SEP. 23)

Do not overshare. Keep an eye out for investment prospects. Put logic first before making a move. Your lucky day this week will be Wednesday.



LIBRA (SEP. 24-OCT. 23)

Your partner may be unreasonable. Do not allow higher ups to exploit you. Help may come from an unlikely place. Your lucky day this week will be Monday.



SCORPIO (OCT. 24-NOV. 21)

Participate in social activities. Avoid indulging in tempting secret affairs. Money matters may be stressful. Your lucky day this week will be Sunday.



SAGITTARIUS (NOV. 22-DEC. 21)

Solutions can be achieved through communication. Do not over use your charm. You may misplace important belongings. Your lucky day this week will be Sunday.



CAPRICORN (DEC. 22-JAN. 20)

Be cautious when dealing with co-workers. Focus on self-improvement projects. Do not spread yourself too thin. Your lucky day this week will be Wednesday.



AQUARIUS (JAN. 21-FEB. 19)

Your home environment may be hectic. Someone may take credit for your work. Try to connect more with like-minded people. Your lucky day this week will be Friday.



PISCES (FEB. 20-MAR. 20)

Extravagance is not favourable this week. Think twice before speaking. Have alternatives before taking any project. Your lucky day this week will be Monday.



LS EDITOR'S NOTE

My own Scarborough

*Are you going to Scarborough Fair?
Parsley, sage, rosemary & thyme
Remember me to one who lives there
She once was a true love of mine*
— **Simon & Garfunkel, Scarborough Fair**

I named my herb patch Scarborough Fair, not because I have parsley, rosemary and thyme, but amusingly every time my husband sees me working on the herb bed, he sings this song. And somehow, I grew fond of the lyrics.

I am immensely passionate about the herbs in my small kitchen garden, however, our relationship — the herbs and I, is a bitter sweet love affair. One moment they are thriving and swinging merrily in the air, the next they are droopy and dead. They flourish, perish, they grow like weeds or they don't germinate at all, it's a constant oscillation between life and death for both my local and foreign varieties.

I am very superstitious about them



as well; I recite secret blow-on prayers, sprinkle gold and silver washed water on them every Saturday, hang soot blackened terracotta pot around them to scare off evil eye. Thus, I meddle with their natural growth and do whatever good I hear people say and maul them to death.

My coriander and mint are seasonal, they grow beautifully soft lush leaves and their scent fills Scarborough with love. However,



coriander perishes as soon as winter is over, I have no clue why, and my mint is not as healthy as I see my neighbour's mint on a small tub. So obviously, I jealously try to make my mint grow healthy, but it remains like small beads of dark green jade.

My Vietnamese basils grow all over my patch and would merrily move over to other drums and pots, you would find them even in my magnolia tub. I am exhausted of weeding them out and making pesto as gifts for friends. Then there are my Radha tulsii and Krishno tulsii, the red and white local variant of basil. Tulsii works well as cough and cold cures and I am constantly



offering friends and family a freshly brewed tulsii tea with a dash of orange pekoe in it.

Whenever we go on trips or my friends and family come from aboard, I ask them to bring herb seeds for me. The small packets are like precious bullion bars for me. I meticulously plant them and almost like Shylock, I count my seeds and save some in case of a miscarried germination. I go to supermarkets and kitchen markets and



vegetable fries, fish, or poultry. I got my sabarang from an indigenous fair and planted them after reciting several prayers to the herb god, hoping against hope that they survive the long commute from Rangamati to Dhaka and being bundled up for days in sacks. The hardy herb survived and my garden is full of their sweet leaves.

My dill, parsley, rosemary, oregano, thyme, and celery are in the process of getting strong, besides my bay leaves, mint, Thai basil, chives, and curry leaves. I have even planted black pepper vines, which gets its annual pod but fails to grow into full blown green peppers.

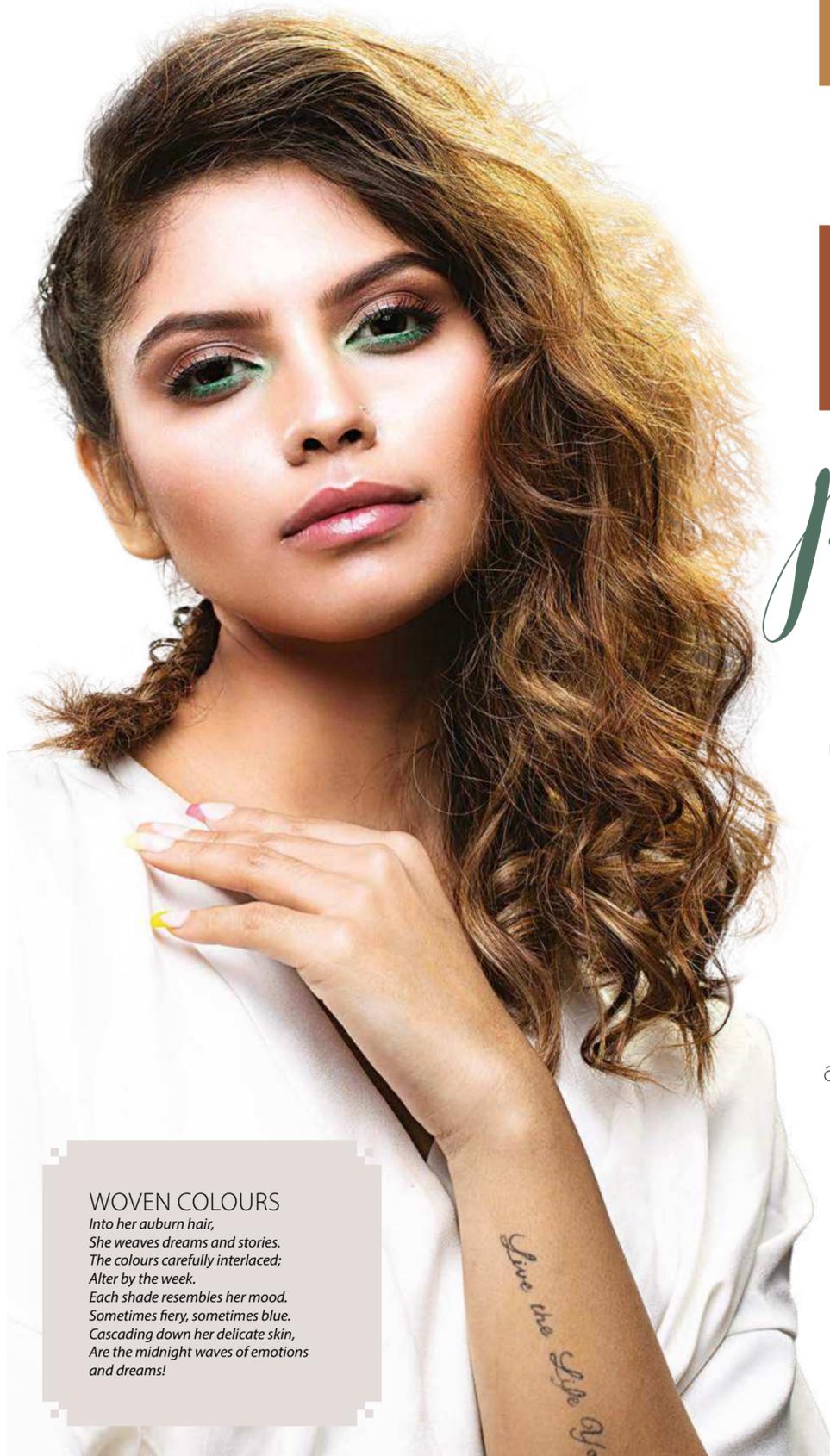
Anyway, what I want to say is growing herbs are kind of easy if you don't fret about them too much like I do. You don't need a big space or an actual garden patch to grow your own herbs, all you need is a pot, good soil, and sun. You should start with for an easy DIY container. You'll truly be amazed at what you can grow in a small space and how you can elevate your cooking game as well.

This Father's Day on 21st June, give your father a jar of homemade pesto and earn brownie points with him. I am sharing my personal hotchpotch pesto recipe with you today, surprise your father.

Vietnamese or Thai basil, coriander, mint leaves cut up roughly added with two cloves of garlic, two green chilli, a squeeze of lemon juice, olive oil, salt to taste; blend these ingredients together in a blender and voila! You get the best dipping sauce ever. You can have it with crackers, in your sandwiches, and pasta. And its full of antioxidants your father would appreciate.

Happy Gardening and Happy Father's Day.

— RBR
Photo: Sazzad Ibne Sayed



WOVEN COLOURS

*Into her auburn hair,
She weaves dreams and stories.
The colours carefully interlaced;
Alter by the week.
Each shade resembles her mood.
Sometimes fiery, sometimes blue.
Cascading down her delicate skin,
Are the midnight waves of emotions
and dreams!*

HAIR *so*
long
HAIR *so*
pretty

For most people, dressing up or looking good includes some attention bestowed on perfecting the hairstyle. Be it the simple elegance of silky, flowing tresses, or the intricacy of complicated braids, or chic updos, hair deserves and gets a lot of attention, praise, and care. It catches the fancy of poets, and enralls their muses. It is after all, the crowning glory for most women.



Photo: Sazzad Ibne Sayed
Model: Niki, Efa, Mohini, Linda, Naaz
Makeup and Hairstyle: Farzana Shakil's Makeover Salon
Styling: Sonia Yeasmin Isha



HEAVENLY CURLS

*I trailed my hands along
her curly locks;
Entwining my fingers through fine silk.
Her hair reminded me of the prairies,
Of green grass, swaying in the wind.
I remember clearly the sunshine,
Bouncing off her tresses.
The dark hues playing
along with light;
Like water splashes on a terrain?
Is this heaven, I ask her once again?
Maybe it is — her curls reply.*



TO MY BELOVED

*What are you looking at my beloved?
My long and lustrous locks?
It is nothing short of the
summertime scents,
After the rain.
Sometimes it drapes loosely,
Sometimes in careless knots,
At the lightest breeze or the
blowing wind,
It swirls and spins like a violent
tornado.
Rebelling against oppression
and cruelty,
Like explosive mines and volcanoes.*



THE CONFIDENT GIRL

*Her hair bun reflects confidence;
Loose or taut!
It is made for her own liking.
With no bend in thoughts!
Her ponytail imbues loyalty,
Straight-up or low-lying,
It speaks volumes of her dignity.
Never argue with a girl like that!
Who knows her worth,
Every bit of the way.
Down to earth, she may be.
Raining down hell,
If ever wronged!*

CLOUDS BEFORE THE RAIN

*Her inky black tresses,
Remind me of clouds before the rain.
Amazed, I feel the feather
touch of her mane.
Shining bright like the
sea at night.
I keep on staring,
For she is my beloved.
My beautiful girl with
brown eyes
And pitch-black mane.*



APHRODITE

*I couldn't resist,
To look at her —
My Aphrodite!
In all white,
And long blown-out hair!
Even if she clips it,
She resembles
A white dove with tufts.
A crested pigeon,
A winged god,
With arrows for love and all that is good.*



RIVER BEDS OF SOLACE

*Only in her hair
Do I find the river beds of solace —
I lay down besides the stream,
As I watch the broadening tide,
Make ripples more beautiful than a dream.*





THE FEARLESS OLIVE
BY REEMA ISLAM



Father's Day favourites

We call out to all those dads contributing towards looking after their families during these stressful times. Thank you for not just being there for your families but for also reminding us about how each member plays a role. As the world reeled under suddenly imposed work from home and a pandemic scare, we possibly saw some fathers either sharing the burden for their first times or increasing their existing responsibilities of being a dad.

We wish you all a very happy and loving Father's Day!

My dad was a great cook and his greatest contribution to my tasting palate was introducing me to Bangladeshi fish. We grew up in Libya so eating *puti maach* or *muri ghonto* was eased by my dad relishing it and the 8-year-old me just mimicking him. However, my most poignant memory is of him roasting a cow's tongue during Qurbani Eid and cooking it in a bare minimum of spices, surprising me by the simplicity of it all. I can never forget that taste, and tongue as a dish always reminds me of baba wherever I eat it. So, to those of you lucky enough to have your fathers around, please take some time out and prepare something this Father's Day. And to all the fathers, have an amazing day!

JUICY BEEF BURGER

With an abundance of lettuce in the markets, cash in on this opportunity to make some burgers that are healthy, yet hit those right spots!

Ingredients (beef)

- 1 kg boneless beef
- 1 tsp garlic paste
- 1 tsp grated ginger
- 1 tsp tamarind pulp
- 3 cloves garlic
- 1 stick cinnamon or ¼ piece of anise star
- 1 tbs roasted onion paste (brown onions then grind)
- 1 cup beef broth (you can boil any part of

chunky beef with a bit of bone with salt, 1 tsp of garlic, pepper, ½ cup chopped onion, 2 bay leaves)

- 2 tbs olive oil
- 4 hamburger buns
- Fresh greens like lettuce, mints leaves,

Chili sauce —

Take 2-3 dried red chillies, dry roast them and add a pinch of lemon juice, a pinch of roasted and ground sesame seeds and mix them with 1 tbs olive oil. You may use mustard oil instead.



Method

Boil the beef in the broth and with all ingredients, including olive oil. Add the cloves of garlic whole. Boil on a slow heat/cooker for up to 4 hours or until the meat falls apart at the slightest touch. You can use a pressure cooker if in a hurry, but the slow cooking allows flavours to sink in, so if using a pressure cooker, let it rest for up to 12 hours to allow soaking of the flavours. Cut the tomatoes in round slices and fry/sauté them lightly in a bit of olive oil, until they are browned. Shred the beef by pulling it apart. Crush the whole cooked garlic into the remaining juicy broth and simmer it and reduce till it is a thick sauce.

Serving

Serve the beef placed on a bed of lettuce,

roasted tomatoes, some cheese if you want, or a slathering of mayonnaise or butter, according to your taste. Ideally go without the extra grease. Use the left-over sauce and chilli sauce as dips. Enjoy!

COLORATIDO MOLE FROM OAXACA, MEXICO

Moles are sauces with very interesting origins, which are Moorish/Islamic in nature as the Spaniards introduced this colonised cooking method to the Mexicans. The Oaxaca region is listed in the UNESCO list of Intangible Heritage because of its culinary heritage and this is one of the seven most famous moles. I of course customised it a bit so dads can still make it easily without feeling too lost.

Ingredients

- 1 green banana
- 6-7 whole green chillies and 4-5 red dry ones
- 4-5 ripe tomatoes
- 2 cloves garlic unpeeled
- ½ onion with skin
- 3 whole cloves garlic
- 1 stick cinnamon
- 7-8 peppercorns
- ¼ cup almonds, skinned
- 1 tbs sesame
- 1 tsp dried oregano
- 1 tbs raisins
- 2 tbs brown sugar or 1 tbs molasses
- 8 serving pieces chicken, without wings
- 2 cups chicken broth
- ½ cup cooking chocolate (this region/cuisine loves chocolate in their savouries)
- 250g pumpkin pieces
- 250g *borboti* or long beans, chopped

Method

Bake the banana or roast it on an open fire, as for a bharta. Dry roast the chillies and boil them with the whole tomatoes for up to 15 minutes to rehydrate the chillies while boiling the tomatoes thoroughly; skin tomatoes and set aside.

Dry roast the onion and unpeeled garlic also, until browned, then peel them and set

aside. Dry roast rest of the ingredients i.e. almonds, sesame, peppercorns, cinnamon and oregano. Blend these together with the roasted garlic, onion, chillies, tomato pulp and banana.

Now lightly fry/sauté the chicken pieces till brown and set aside. In the same oil, add the mole sauce and cook it till the oil separates. Add extra salt and pepper according to taste and once the sauce looks cooked, add the chicken pieces, raisins, chocolate, beans and pumpkin and cook it all for the next 30-45 minutes till it's a thick gravy.

CHEESE MUFFINS

The easiest early morning meal to or an afternoon snack to whip up with dad— but please do clean up after yourselves! No flour splattered on the walls, counter or the floor.

Ingredients

- 1 cup milk
 - 1 cup flour (maida)
 - 1 cup grated cheese (you can use cheddar or a mix of cheddar, Dhaka poneer and parmesan, but half cup cheddar and half of the others)
 - ½ tsp salt
 - 1½ tsp baking powder
 - Pinch of roasted nigella seeds (kalojira)
 - 1 spring onion, finely chopped (optional)
- Pre-heat oven to 200°C and lightly grease a muffin tray

Method

Mix dry ingredients in a bowl and add milk, then stir until just combined. This does not need any special skills — you can really get away by just mixing it roughly. Spoon the mixture into the muffin tray and bake for 15 minutes until golden. Insert a toothpick to check and if it comes away clean, then your muffins are baked and ready to gobble up!

Serving: Try to serve them hot with some chilli sauce from above mole recipe.

Photo: Sazzad Ibne Sayed



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1 tomato for each burger

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Serve the beef placed on a bed of lettuce,

roasted tomatoes, some cheese if you want, or a slathering of mayonnaise or butter, according to your taste. Ideally go without the extra grease. Use the left-over sauce and chilli sauce as dips. Enjoy!

COLORATIDO MOLE FROM OAXACA, MEXICO

Moles are sauces with very interesting origins, which are Moorish/Islamic in nature as the Spaniards introduced this colonised cooking method to the Mexicans. The Oaxaca region is listed in the UNESCO list of Intangible Heritage because of its culinary heritage and this is one of the seven most famous moles. I of course customised it a bit so dads can still make it easily without feeling too lost.

Ingredients

- 1 green banana
- 6-7 whole green chillies and 4-5 red dry ones
- 4-5 ripe tomatoes
- 2 cloves garlic unpeeled
- ½ onion with skin
- 3 whole cloves garlic
- 1 stick cinnamon
- 7-8 peppercorns
- ¼ cup almonds, skinned
- 1 tbs sesame
- 1 tsp dried oregano
- 1 tbs raisins
- 2 tbs brown sugar or 1 tbs molasses
- 8 serving pieces chicken, without wings
- 2 cups chicken broth
- ½ cup cooking chocolate (this region/cuisine loves chocolate in their savouries)
- 250g pumpkin pieces
- 250g *borboti* or long beans, chopped

Method

Bake the banana or roast it on an open fire, as for a bharta. Dry roast the chillies and boil them with the whole tomatoes for up to 15 minutes to rehydrate the chillies while boiling the tomatoes thoroughly; skin tomatoes and set aside.

Dry roast the onion and unpeeled garlic also, until browned, then peel them and set

aside. Dry roast rest of the ingredients i.e. almonds, sesame, peppercorns, cinnamon and oregano. Blend these together with the roasted garlic, onion, chillies, tomato pulp and banana.

Now lightly fry/sauté the chicken pieces till brown and set aside. In the same oil, add the mole sauce and cook it till the oil separates. Add extra salt and pepper according to taste and once the sauce looks cooked, add the chicken pieces, raisins, chocolate, beans and pumpkin and cook it all for the next 30-45 minutes till it's a thick gravy.

CHEESE MUFFINS

The easiest early morning meal to or an afternoon snack to whip up with dad— but please do clean up after yourselves! No flour splattered on the walls, counter or the floor.

Ingredients

- 1 cup milk
 - 1 cup flour (moida)
 - 1 cup grated cheese (you can use cheddar or a mix of cheddar, Dhaka poneer and parmesan, but half cup cheddar and half of the others)
 - ½ tsp salt
 - 1½ tsp baking powder
 - Pinch of roasted nigella seeds (kalojira)
 - 1 spring onion, finely chopped (optional)
- Pre-heat oven to 200°C and lightly grease a muffin tray

Method

Mix dry ingredients in a bowl and add milk, then stir until just combined. This does not need any special skills — you can really get away by just mixing it roughly. Spoon the mixture into the muffin tray and bake for 15 minutes until golden. Insert a toothpick to check and if it comes away clean, then your muffins are baked and ready to gobble up!

Serving: Try to serve them hot with some chilli sauce from above mole recipe.

Photo: Sazzad Ibne Sayed

COVID-19: Introducing a strange transition in our education system

In a matter of weeks, coronavirus (COVID-19) has changed how students are being educated around the world. The education sector of Bangladesh is also experiencing a strange transition. Those changes give us a glimpse at how education could change for the better – and the worse – in the long term.

With the coronavirus spreading rapidly across the globe, countries have taken swift and decisive actions to mitigate the development of a full-blown pandemic. In the past few months, there have been multiple announcements suspending attendance at schools and universities. According to UNICEF, around 1.6 billion children are unable to attend school in person due to COVID-19 and to maintain social distancing.

Never before have so many children been out of school at the same time in any scenario, Be it Bangladesh or any other affected country. The risk-control decisions have led millions of students into temporary 'home-schooling' or 'online-learning' situations, especially in some of the most heavily impacted countries. These changes have certainly caused a degree of inconvenience, but they have also prompted new examples of educational innovation.

Although it is too early to judge how reactions to COVID-19 will affect education systems, some signs suggest that it could have a lasting impact on the trajectory of learning innovation and digitisation.

COVID-19 has become a catalyst for educational institutions worldwide to search for innovative solutions in a relatively short period. To help to decrease the spread of the virus and to flatten the curve, schools around the world, including Bangladesh, have adopted online learning, on an untested and unprecedented scale.

Students' assessments have also moved online, with a lot of trial and error, while

many assessments are being replaced with other approaches. For example, many schools in Bangladesh are making assessments based on students, previous test scores, assignments scores, and other procedures. If the pandemic continues for a long time, then the schools will adopt different innovative approaches for student assessments.

Besides the challenges of student assessments, there are several other challenges that schools, parents, and students of Bangladesh might have been facing due to online learning transition. The most significant loss that learning and development professionals experience with this abrupt stop of face-to-face learning delivery is the positive impact that a classroom environment can have. Particularly in terms of fostering connection and collaboration between learners is a valid concern. In-person social interaction has a richness that might feel hard to replicate in the digital world – but it is not impossible.

The solution is to incorporate the positive lessons from face-to-face into our digital strategy and to create online, active blended learning. A combination of both interactive classes and pre-recorded classes can be an effective strategy to continue the engagement of the students and to replicate face-to-face lessons into the digital world. Schools around the globe, including Bangladesh, are trying to incorporate these effective strategies through Google Classroom and Google Meet. The adaptation of interactive classes and pre-recorded classes varies from Grade to Grade. Some Grades are using both of these approaches together, while others are only using one.

Navigating through Google Classroom and Google Meet will not be a problem for secondary or advanced students. However, it will be an issue for younger students, and

that is where the next challenge of online learning arises. Parents need to support the children to navigate the technology. For many parents, the sudden leap into online learning brought upon by the COVID-19 pandemic may be an additional challenge presented during an already stressful time.

Moreover, not all parents are tech-savvy, so they first need to learn different ways to navigate the technology themselves before helping their children. Thankfully, most schools around Bangladesh are providing guidelines to parents, and teachers are helping the parents to navigate the websites properly.

On top of it, language can also work as a barrier, especially in Bangladesh. Schools around the country cater to diverse groups of students and parents. As English is not the first language and most of the platforms that are being used to conduct classes are in English, the language barrier can work as a challenge, especially for the parents who are not well versed in English. Regarding this, the schools and the teachers are trying their best to offer simple guidelines and helping the parents and the students to navigate the platforms seamlessly.

Apart from these, there is more to schools than attending various lessons. There are extra-curricular activities, sports, games, art and craft, fun, and, most importantly, interacting with friends and peers. Schools like DPS STS School Dhaka are encouraging extra-curricular activities through online learning. Sports coaches and teachers from dance, art, and music classes are uploading videos for the students. The students can practice playing instruments, singing, painting, art and craft, and various sports from their homes.

On top of it, schools are also sending crossword puzzles and fun challenges to help keep up the continuous growth in critical thinking of the students. Students are encouraged to upload videos of their

activities, such as craft. These approaches have the power to motivate the children to continue learning various things and not being lazy during the pandemic. Moreover, these activities will keep the children's minds diverted to more productive things than the crisis that is going around them.

Furthermore, the teachers are always conducting video conferencing with each other and trying to find various ways to conduct classes in innovative ways. All Grade teachers are trying to come up with new ideas to make the lessons enjoyable, like showing children the video of Sesame Street regarding COVID-19. Young children do not understand the concept of COVID-19 and the current situation.

There are still many schools in Bangladesh that have not adapted to distance learning due to a lack of penetration in the technology sector. However, it is high time for every school around the country to adjust to distance learning as no one knows when the pandemic will end. Schools that have already adapted to distancing learning have realised the advantages of this approach. And maybe once the pandemic ends, they will continue to use this approach but only as an additional tool – especially for children who will be unable to attend the school due to sickness or other reasons.

The virus caught everyone unprepared. It is a difficult time, and educators across the world are experiencing new possibilities to do things differently and with greater flexibility resulting in potential benefits in the accessibility to education for students. Coronavirus is changing everything. It is creating a new world. A world that we don't know of yet, but people, along with the educational system, must be resilient to adapt to new changes that the pandemic will bring.

By Madhu Wal

IMPROVED

IMPROVED with color guard

Fast wash
DETERGENT POWDER

POWER WASH

এখন
নতুন মোড়কে

আরো
উন্নত ফর্মুলায়

KOHINOOR CHEMICAL

SPECIAL FEATURE

Luxury in a tub: The ultimate summer indulgence!

Sure, the world is a mess right now. Making sense of the strange, sad circumstances we currently live in is overwhelming. Add to that the stress of your work and household chores, and the hot and humid weather only adds fuel to fire. But you deserve -- now more than ever, really -- to occasionally escape from all that and enjoy some guilt-free pampering.

One brilliant way of doing it is by taking long, luxurious baths at home.

These guilt-free passes can come with many reasons. You can do it for your health — your physical and mental well-being — to cool off and unwind after a long summer day, to heat up your romance by asking your better half to join in the bathtub with you, or to enjoy some me-time.

Or simply, to be lazy; that seems to be a reason legit enough!

Setting the mood

Scrub the tub: Because there's no point in lying around in dirty water! So, first things first, rinse the bathtub well to rid of the dust and dirt.

Get all goodies at arms' reach: You can finally finish up the novel you have been reading, or, turn through pages of a magazine -- while relaxing in the bathtub. Or drink your favourite drink or a detox. Or savour some chocolates. All are fair game. But do put them near enough, so that you do not need to get up in the middle of your relaxing bath. A bathtub caddy or bathtub tray is great, but if you do not have that, you can easily use a makeshift one by borrowing a holder of some sort from around the house. Better leave your mobile phone behind if you can; but if you must bring it along, at least put it on silent.

Let the music play: Nothing beats music when it comes to setting the mood. And bathroom acoustic sounds great too, doesn't it? Mini-speakers or portable Bluetooth speakers can save the day; even your phone. Jazz or other soothing tunes are great, but so are your favourite songs from any genre — whatever works for you!

Let there be (dim) light: Switch off the boring bulb, and light some scented candles or replace the regular bulb with something more relaxing, because we lied when we said that nothing beats music when it comes to mood-setting: lighting plays a huge role too!

With the tub clean and the mood set, start the water running at a temperature you find comfortable, and prepare for an indulgent bath.

Ingredients

Essentials: There is a wide array of essential oils you can use for an aromatic and relaxing bath. Lavender, rosemary, rose, and lemongrass are few of the more popular ones. Instead of directly pouring some into the bathtub, always apply it via carrier oils like olive oil, and don't forget to



stir the bath for dispersion or circulation throughout the water.

Bombs: A bath bomb is basically a ball, which, when launched into the water, melts and colours the bathwater whilst releasing amazing fragrances and sometimes skin-benefitting ingredients as well. Try it out to add some razzmatazz to your bath.

Bubbles: If you fancy a bubble bath, get a product off the shelves or make one yourself by mixing half cup liquid body soap with a tablespoon of honey and an egg white.

Other than these basics, there are numerous other 'ingredients' one can use — from the popular Epsom salt to the unconventional oatmeal! But for starters, the right ambience and simple, common ingredients shall go a long way.

A recipe for beginners

Possibly the easiest luxurious bath is milk bath. Yes, most of us have heard of it and imagined it. But how many of us actually tried it at home?

Pour three cups of milk and four tablespoons of honey to the running water. Swish around the water to mix. You may also add essential lavender oil and also throw in some rose petals to top it all.

And then, get to the bathtub, sink into the luxury, and relax. You are the king or queen of your world!

In fact, it is often said that the powerful and most beautiful queen, Cleopatra, used to bathe in milk (donkey milk, though).

Or be like the good-hearted Vivian in *Pretty Woman*, played by Julia Roberts, heartily singing in the bathtub; or feel like the hardened gangster Tony Montana in his lavish tub in *Scarface*, played by Al Pacino. Or perhaps, pretend to be the great mathematician Archimedes, who shouted 'Eureka' after making a ground-breaking discovery in the bath — just don't run off naked in the streets like he did, as the legend goes!

By M H Haider
Model: Efa

LS SUGGESTS

One fine SPA DAY at home

Ever imagine going to a wellness retreat for a week or so, completely secluded from the outside world? No matter how hefty it maybe on the wallet, most of us have jotted down the option on our individual bucket lists. For the moment, however, home-spa treatments seem to be the next best solution to our hale and hearty fascination. Stress relief also seems to be top priority during the lockdown and one of the best ways to 'achieve' relief, is to draw up a warm bath surrounded by scented candles, taking a dip in it for an hour or two with cocktails in hand and soothing sheet masks and body scrubs on.

Here are few light and fun ideas to try at home:

Dry Brushing: Brushing increases blood flow, stimulating collagen production on the skin. It also helps in increasing elasticity, which is great for lifting and toning. We suggest everyone to use a brush that is easy on the skin or a loofah, to avoid any sort of wear and tear

Draw up a spa bath: To make a bath more spa-like, toss in some chamomile and rosemary oils into the tub. This will help to calm and hydrate the skin. As you soak, grab any sheet mask that is available at home or make your own DIY mask, to help hydrate the face and neck.

Hand massages are ideal: To soothe hands that become dry from continuous hand washing during the day, shea butter is an excellent selection. This quick massage will seem heavenly and help add some serious self-care to your evenings.

DIY masks: Whipping up face masks in the kitchen is the easiest, especially with all the healthy living



inspiration we have available today. One DIY suggestion could be: mix 2 teaspoons of water with 1 tablespoon of green tea, 1 table spoon of olive oil and 2 teaspoons of honey. Apply it evenly on skin for 20 minutes and then rinse it off properly.

Can't wait to draw up a warm bath for myself as we speak! Enjoy the hydrated results amigos.

By Fashion Police
Model: Antora