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# The muse to every Bond



SECURITY AND GUIDANCE  
IN THE AGE OF THE  
INTERNET **P3**

ALL THE WAY FROM ENGLISH TO DESI  
BREAKFAST VARIATION ON OFFER  
AROUND TOWN **P8**

THE ROLES OF THE ELDER  
SIBLING CHAMELEONS IN THE  
FAMILY **P12**

PHOTO: SAZZAD IBNE SAYED ● MODEL: PEYA JANNATUL ● MAKEUP: LAVISH BOUTIQUE SALON  
STYLING: SONIA YEASMIN ISHA ● LOCATION: INTERCONTINENTAL, DHAKA

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#GARDENING

## Bloom: Art for plants one pot at a time

House plants have gained a boost in popularity since the onset of the pandemic. While dozens of online nurseries emerged to cater to this rising demand, finding plants with suitable pots which seamlessly blend into pre-existing room decor remained an issue for plant lovers.

Noticing this, Mayesha Mahub realised she could bring her passion for art and gardening together to tackle a longstanding problem for plant enthusiasts by materialising Bloom, an online plant shop which offers customised and hand painted terracotta pots. Three of Mayesha's childhood friends, Faria Noor, Sumaiya Hannan and Tanjuma Shoaiba soon joined her venture.

"I love arts and crafts, I love painting. What I am also passionate about is gardening. I have tended to a balcony garden since I was a teenager. I realised I could easily mesh my passions together to tackle a niche," recalled Mayesha.

Mayesha believes in the importance of promoting local products and artisans, which led to her choosing terracotta as the sole material for Bloom's pots. Additionally, terracotta is the healthiest alternative for planter material due to its porous nature which allows the free flow of air and water through pot walls,

preventing root rot and plant disease.

While operating a business online during the pandemic is challenging for most entrepreneurs, some adversities are unique to online nurseries. It can be challenging to keep plants unharmed, unscrapped and rigid if delivery is left to third parties. In order to keep leaves from getting limp and the branches intact, Bloom established its own delivery system to ensure that plants are treated with utmost care until they reach the



doorsteps of their new home.

Bloom offers a wide range of patterns for its terracotta pots. Customers can choose from pre-existing patterns, be it geometric, polka dots, stripes, or marble in any shade imaginable. They can even customise the design themselves or show photos from websites such as Pinterest as reference. Marble and polka dot designs are especially well-liked by the client

base.

Although Bloom sells a variety of succulents, cacti and foliage plants, low maintenance plants usually sell out the quickest. "Philodendrons, snake plants, pothos, and spider plants are resilient and do not require as much direct light. This makes them easier to care for and popular among most customers," remarked Mayesha.

When asked about future plans for Bloom, Mayesha listed a few besides going brick and mortar.

"We really want to expand to more exotic plants. We also hope to increase the involvement of local artisans too. As of now, local artisans make all our terracotta pots. But there are many skilled painters in the rural regions of Bangladesh who people know little about. We want to get them involved in the painting process as well. They deserve all the recognition they can get," voiced Mayesha.

**By Tasfia Ahmed**  
**Photo: Bloom**

Essentials:

Facebook: <https://www.facebook.com/Bloomplantsanddecor/>  
Instagram: [https://instagram.com/bloomplantsanddecor?utm\\_medium=copy\\_link](https://instagram.com/bloomplantsanddecor?utm_medium=copy_link)

#PRESS RELEASES

## Exploring Dante

The Embassy of Italy, in collaboration with the Institute of Modern Languages of Dhaka University, will launch a virtual exhibition on 21 October, titled 'Dante Plus 700', during a workshop on this great poet, Dante Alighieri.

Commemorating 700 years of his death, the exhibition will be a part of The Week of the Italian Language in the World, which is an event promoted by the Italian cultural and diplomatic network every year around a theme that acts as a leitmotif for the organisation of a vast cultural program focused on the dissemination of the Italian language.



Hence, in honour of Dante Alighieri, this year the Week (18 October - 24 October) is featuring exhibits, dramatic readings, seminars, and concerts all over the world.

Dante Plus 700 is a collective exhibition of a group of artists trying to give a new identity to the poet, through illustrations, comics, and street art.

Dante is a name well-known across the globe, often referred to as the 'Supreme Poet'. His Divine Comedy is a monumental work of literature. Even several centuries after his demise, he continues to inspire and influence artists of various genres – and this exhibition shall present him to today's modern generation.

For more information on the exhibition and The Week of the Italian Language in the World, visit the website of the Embassy of Italy in Dhaka ([www.ambdhaka.esteri.it](http://www.ambdhaka.esteri.it)) and its social networks.

us on /Sandalina

ঐতিহ্যের আর এক তাম্র আধুনিকতা  
ঠিক যেমন রূপচর্চার আভিজাত্য মানেই

# অ্যান্ডালিনা

## সোপ

রূপচর্চার আভিজাত্য...



# Digital wellbeing

“Children see, children do!”

There is a legitimate reason behind the adage — children not only mimic, but also develop their social mannerisms, ways of interaction and behavioural traits by observing and acquiring information from the adults around them.

Thus, it is of paramount importance that adults be mindful about their own behaviour and conduct around children.

Take a moment to think— how frequently do you check your phone for notifications? How many times do you open WhatsApp, Viber, Facebook, or Instagram even while you're with your children?

Most people do it as a force of habit, or even just as a result of temporary boredom, after all, smartphones are now our chief source of entertainment. But this seemingly innocuous habit has its downside. Parents using mobile technology around young children may be unconsciously causing tension, conflicts and negative interactions with their kids.

Technology is a big and important part of modern life, and it is everywhere. A little thought would reveal that even given the real importance of it; we do indulge in more screen time than necessary.

**Living with added internet exposure**  
During this pandemic, the one thing that became reality is that our children, and for valid reasons, were allowed much more screen time than their fair share. As a result, they have become fully conscious of what lies beyond the four walls of their homes and also what the virtual world has to offer.

Some good things came out of it, amongst a handful of negatives. Though devices have taken the place of schools, libraries, cafes and playing fields, our children learned many things we could not even dream about at their age. We know this is an important positive impact of technology.

For the purpose of education, the use of the Internet and various devices does not have a negative impact, except maybe the closure of schools that has deprived the children of the camaraderie of being in the classroom, running about during breaks, the actual act of writing and being able to hug a friend, and honestly, adults too miss that.



However, the pandemic has caused for most children to become homebound, increasingly limited to their screens for all sort of uses, like education, fun, connectivity, etc. This means that almost all activities of their lives have taken a digital turn, and their reliance on devices has inadvertently increased. Now that's all good, but let us throw some light on the negatives and the urgency for parents to keep up with their children's pace of being technologically savvy.

**Life in the new normal**

For the very young, like toddlers or children under 5 years, too much screen time can actually have more harmful effects, because their idea of normal life becomes warped. Speech development could be slow or affected, or lead to issues like learning distorted languages. It has become very common to see children stuck to screens while they eat, screaming for YouTube videos, not wanting to speak to actual people, avoiding personal contact; and all these despite a range of physical stimuli being present in the toddler's surrounding. At that age when the child is too young, it remains the adults' responsibility to engage them in activities, create routines and expose them to age-appropriate content only.

What about young children, the pre-teens and teens? Their world is much more diverse and complicated than just screaming for YouTube videos while eating.

Many of today's adolescents and teenagers are much more technology savvy than their parents or guardians. This does lead to a gap in timely monitoring, in case there is trouble brewing like addiction or access to unhealthy sites, games that encourage addiction, constant interaction, bullying.

Children are often unaware of the complicated nature of online interactions where the seemingly anonymous is not truly anonymous and virtual security threats to the person can become real

threats quickly. Parents have thus gained an added burden of monitoring and explaining this new side to growing up, and just as usual, children will assume that they know better instead. Also phishing, virus and other dangers are often disguised as harmless, and children can easily stumble across pornography online.

To get the best of screen time, parents have to consider its dangers and equip against them.

To quote a working mum, "As a parent I feel like I need to be more of a friend to my sons than a mother. This ensures that they share everything with me, from digital space to real life experiences. I have also synced my devices with my children's, so that when they are watching anything or reading anything, I am aware. I have enabled Google kid's protection. Plus, their email addresses have protection, that is under family link, where the kids and parents' phones are interconnected. So, I can remotely control their phone, set usage timings, and also check how long he is spending on which app, check history and keep the phone with me when they sleep. If they use the mailing address for any activity, I get notified. I frequently counsel our kids about the downside of the Internet. It is very important. Also, I try to plan other activities like field sports and drawing, listening to music. There's no private screen time, everything happens in a central location so that I can keep tab on their activities. Finally, I have already informed my preteen about the warning signs to bullying and sexual harassment. So that anytime he comes close, he recognises the red flags and informs us immediately."

Another important measure to consider is to get the time to reconnect with children and spend more offline time with them. Be in the moment with them, and do the stressful tasks later, when you're not with your children.

**Mental exhaustion**

Young adults are often impatient and can

have overtly emotional response to a lot of stimuli on the Internet. Many a child or young adult are already struggling with the hints of sadness or even natural mood swings, which are a part of normal growing process. They seek or attract others with similar concerns, and while it could make them feel like it is normal, it could also increase the feelings of hopelessness. In essence, constant connectivity can overly enhance and worsen the children's outlook of the world.

On the positive side, communication helps build networks and friendships, and allows for sharing the burden and thus also boost happiness.

Overuse of Internet can create fatigue, and it leads to mental exhaustion, and harm children's mental health and their capacity to consume and absorb the content being provided, be it educational or recreational.

The new generation is growing up playing games online, accessing websites (sometimes harmful websites), chatting



online on Facebook, sharing photos on Instagram and Snapchat and so on. It doesn't mean that spending time online is all bad, but spending too much time online can really weaken the bond between the parents and the child, and the child's development regarding social interactions and skills. It can lead to common problems of sedentary lifestyles, overuse of mobile devices reduces sleep quality and sleeping less means that we're depriving our brain of its essential need to recuperate for peak performance during the day.

**Some solace**

One way to help children be safe online is to use parental controls and Internet filtering tools to select the content they are able to access or even block browsers for as long as you consider it is appropriate.

Use Parental Control App to balance your child's screen time and constantly counsel them about the etiquettes of browsing. Spend more time offline and remember, the new buzz word is "digital wellbeing."

— RBR

Photo: Collected



# 5 things to keep in mind when you go buying the perfect running shoes

The right running shoes can radically change a runner's experience. Investing in quality running shoes can help prevent foot and ankle damage, supply optimum balance and flexibility, all while offering you a pleasant and comfortable cardio experience. It can be quite tempting to let irrationality take charge when you try to pick out running or walking shoes.

You may pick ones solely based on its appearance or substitute your weekend Plimsoll sneakers as running shoes. If you relate to these scenarios, it is about time you get proper running shoes.

#### Terrain specifics

High quality running shoes are usually designed according to the terrain they are



meant to be used in, which is important to keep in mind when shopping. Road running shoes go all out on flexibility and are usually breathable and light, making them ideal for sidewalks, roads, treadmills or tracks. Trail running shoes on the other hand are resilient towards natural obstacles such as rocks, roots, or mud due to their added



sturdiness which make them best suited for off-track runs.

#### Ensure the upper accommodates

A sneaker's 'upper' refers to all parts located above the sole. The upper should accommodate your foot shape and size and also be smooth to touch on the inner side. It should neither chafe your skin nor

bind your foot. In order to ensure that the upper 'feels' right, you may also want to check if your feet would be better suited for a narrow or wide version of your specific shoe size.

#### Be wary of ankle slippage

The ankle collar is the wrap at the top of the shoe opening which holds down your heel in place. While some running shoes rely on thick padding to keep your heels secured, others rely purely on the collar shape as a buffer.

Firstly, make sure your heels do not slip at all when you test the shoes out. Then make sure any padding on the sides of your ankle is not too suffocating. Lastly, ensure that the shape of the curve on the back of your ankles does not irritate your tendons.

#### Choose balanced cushioning

Although some people love feeling the ground beneath their feet during runs while others prefer to feel as if they are on clouds, more often than not it is best to stay at a midpoint. Try to strike a balance between cushioning, comfort, and a firm platform push off for forefoot cushioning. For heel cushioning too, make sure you can experience ground-feel while also having the right amount of cushioning for comfort.

#### Does it Truly Fit?

Unlike most shoes, running shoes should not have a 'break in' period. It should neither slide nor make you experience any form of pinching from day one. To achieve the best fit, go shoe shopping during the evening when your feet are the most bloated.

By Tasfia Ahmed

Photo: LS Archive/ Sazzad Ibne Sayed

## ◆ HOROSCOPE ◆



#### ARIES (MAR. 21-APR. 20)

Don't overreact to personal problems. Pleasure trips will be most enjoyable. Be relentless until you complete the project. Your lucky day this week will be Tuesday.



#### TAURUS (APR. 21-MAY 21)

Someone at work can get emotional. Relatives will be cordial. Opportunities to romance will arise from social events. Your lucky day this week will be Wednesday.



#### GEMINI (MAY 22-JUN. 21)

Re-evaluate your motives. Family will be important in social activities. Don't invest too much of your own money. Your lucky day this week will be Tuesday.



#### CANCER (JUN. 22-JUL. 22)

Avoid travelling to far-off places. Your communication skills will be handy this week. Your feelings will be noticed. Your lucky day this week will be Thursday.



#### LEO (JUL. 23-AUG. 22)

Avoid any misunderstandings. Think twice before committing to anything. Avoid unnecessary extravagance. Your lucky day this week will be Sunday.



#### VIRGO (AUG. 23-SEP. 23)

Appreciate yourself and your achievements. Be assertive in your approach. Spend a quiet day with your partner. Your lucky day this week will be Thursday.



#### LIBRA (SEP. 24-OCT. 23)

Your emotional state could get unstable. Find ways to reduce tension. Consider moving on. Your lucky day this week will be Saturday.



#### SCORPIO (OCT. 24-NOV. 21)

Work on your own. Join a worthwhile cause. Present your ideas and include your family. Your lucky day this week will be Sunday.



#### SAGITTARIUS (NOV. 22-DEC. 21)

Your caring nature will be noticed. Residential moves will be favourable. Look into family outings. Your lucky day this week will be Saturday.



#### CAPRICORN (DEC. 22-JAN. 20)

Don't be afraid of opposition. Your insight will help with the right choices. Keep to yourself. Your lucky day this week will be Wednesday.



#### AQUARIUS (JAN. 21-FEB. 19)

Let others do their thing. Problems with colleagues are likely. Don't agree to everything your partner asks. Your lucky day this week will be Monday.



#### PISCES (FEB. 20-MAR. 20)

Get facts right before jumping to conclusions. You will suffer commitment issues this week. Look after yourself. Your lucky day this week will be Sunday.



#ENTERTAINMENT

## Golden girls of the silver screen

When Honey Ryder rises from the waters in a daring costume with conch shells in her hands and a dagger by her side, the world took notice.

From the very start, they are captivatingly beautiful, dangerous; mysterious even. Yet, the spy franchise is plagued with women with ridiculous names full of sexist puns, playing sensuous cameos often sharing pointless screen time with the male actors.

True, they are all predictably beautiful, some frail, and most of them trivial, if Bond had any say over it, but despite the unabashed chauvinism, women have shined in Bond films, and here is a small list, by no means comprehensive, of distinguished roles that we at Star Lifestyle found fascinating.

**Photo:** Sazzad Ibne Sayed  
**Model:** Peya Jannatul  
**Makeup:** Lavish Boutique Salon  
**Styling:** Sonia Yeasmin Isha  
**Location:** InterContinental, Dhaka







In all honesty, we no longer wish to refer them as Bond Girls. Leading women in the James Bond franchise may seem quite a mouthful, but that is exactly how things have shaped up, at least since 'Casino Royale' to 'No Time to Die' — where Daniel Craig takes on the 007 moniker. In his 5-film stint, Craig has reprised a role that revealed the seams in its transformation from a plain spy with a licence to kill in the first film, to a more poised agent befitting the character of Bond in the later screen editions. In every step of the way, a group of female characters who can otherwise rival James Bond every step of the way has supported the role, and we have loved them all.

# BOND GIRLS that can give 00s a run for THEIR MONEY

## MARY GOODNIGHT

BRITT EKLAND; THE MAN WITH THE GOLDEN GUN, 1974

There is this entire era when female bond co-stars were simple damsels in distress. Thank goodness, that time is over!

Even with roles reduced to being just the onscreen female, rather than radiating any feminine persona, some characters stand out. The goofy intelligence officer, clad in her bikinis was once enough to steal our hearts. Perhaps, not anymore! But even in all her frivolity, Britt Eklund as Mary Goodnight is an iconic lady.

## HONEY RIDER

URSULA ANDRESS; DR. NO, 1962

We are absolutely in love with Honey Ryder. She seems cold in her appearance, but as the first female character to have occupied a fair share of the storyline, she still reigns as one of the coolest women to have rubbed shoulders with Bond in his missions.

And frankly, why save the best for the last?

## EVE MONEYPENNY

NAOMI HARRIS; SKYFALL, 2012

This is one character that has evolved over the years. In the recent films, she has gone miles beyond her comical guise. She is an accomplished MI6 field agent, not intimidated by the thought of giving up the chase and settle for something that suits her traits better. Moneypenny now actively coordinates with all secret agents of the Crown, as M's personal assistant, and is one of the few people James Bond truly trusts.

## TATIANA ROMANOVA

DANIELA BIANCHI; FROM RUSSIA WITH LOVE, 1963

Striking women have always played the female protagonist of James Bond, and perhaps none more beautiful than Daniela Bianchi. She has her quirky moments in the film, like when she slips into Bond's room wearing a black lace choker. And, nothing more!

She is as loyal to Russia as Bond is to the Crown. In Romanova, we find an agent perhaps not as fierce in action, but with a mental strength that can almost outmatch the double 0.

## PALOMA

ANA DE ARMAS; NO TIME TO DIE, 2021

In a steaming gown, and guns in her hands, she takes on the world order as evil as Spectre. Together with Bond, she forges an amazing partnership (surprises even Bond himself), and that too with only three months of training. Beat that!

When there is an outcry over more formidable female characters in the James Bond franchise, and with a strong tradition of recurring roles like M and Moneypenny, can we please have more of Paloma in Bond 26?

The world of espionage will only be better for it.

## XENIA ONATOPP

FAMKE JANSSEN; GOLDENEYE, 1995

James Bond has starred femme fatales in the past, but none as steamy as Xenia Onatopp. She is the henchwoman, who squeezes in on every great Bond Girls list ever made. For good reasons! When first introduced in the film, Goldeneye, we were mesmerised by her panache, only to realise that the seductress is as evil as it gets.

## CAMILLE MONTES

OLGA KURYLENKO; QUANTUM OF SOLACE, 2008

Although the film offers little in terms of cinematic brilliance, Quantum of Solace does have some of the best fashion moments for a female protagonist in a bond film. We were awe-struck by the dress she was wearing, and Olga Kurylenko surely shines as much as Bond. If there was one fashion icon we love for a Bond Girl, Camille Montes would be it.

## SOLITAIRE

JANE SEYMOUR; LIVE AND LET DIE, 1973

We don't believe in luck but Solitaire almost had us believed in chance! She is one of the most exotic characters Bond had ever met, and certainly one of the most enchanting. She predicted the coming of Bond, his appearance, but could not predict how he would sweep her off her feet. When its Solitaire, can we blame Bond for trying!



with Tracy. She was after all, the only Mrs Bond in the entire franchise.

Despite her family links with Spectre, Bond realises Tracy is strong enough to take him off guard, touch the softness that remains within the hearts of even 00s. James falls for her, only to face a tragedy.

## VESPER LYND

EVA GREEN; CASINO ROYALE, 2006

She had the rare ability to read through James. She tore him apart even at the very first instance they met. And, she definitely broke the wall that Bond had built around him over the years as a spy on her majesty's service.

A pun for West Berlin at the height of the Cold War, Vesper Lynd is a troubled soul torn between the love that she finds, and her past. She has a wall of her own; she is enigmatic, and the first girl to strike a chord in James's heart.

## DR MADELINE SWANN

LÉA SEYDOUX; SPECTRE, 2015

As far as we know, she is 'good at hiding' and that's one trait that makes her irresistible to Bond, and us viewers alike. She is last seen driving off with Craig at the end of Spectre, a plausible hint that we might finally see 007 retire. What happens will happen in No Time to Die (no spoilers here), but one thing is clear, after Vesper Lynd, Bond could have finally found his solace.

By Mannan Mashhur Zarif

Photo: Sazzad Ibne Sayed

Model: Peya Jannatul

Makeup: Lavish Boutique Salon

Styling: Sonia Yeasmin Isha

Location: InterContinental, Dhaka



# Bond Beyond 2021: Exploring the past, present, and future of 007

“Well, I understand double 0s have a very short life expectancy... so your mistake will be short-lived.”

## James Bond (Casino Royale)

With an impressive 27 films (officially 25), spanning nearly 60 years, few movies or characters could ever match the iconic reputation that James Bond commands. Nowhere else will you find more iconic one-liners that stood the test of time. During this long journey, seven extraordinary men have stepped onto the role and into their Aston Martins, with an eighth soon to join this list, now that Daniel Craig's final outing as the super spy in *No Time To Die* has hit theatres.

It always does feel like the end of an era when a Bond actor hangs up his dinner jacket for the last time, and with it, comes the trepidation of what looms over the horizon for the character, and in fact, the whole series as a whole.

## Dr. No

When Brosnan took up the role of Bond, the stories he was meant to portray were mostly “business as usual,” carrying over all the tropes, womanising tendencies, over-the-top gadgets, and outlandish villains that we had all come to expect from the Bond franchise at the time. There was a constant whiff of “Cold War era propaganda” about the entire length of Pierce Brosnan era films, something it was supposed to be rid of after the Moore and Dalton era Bonds. While his first outing in *Golden Eye* did manage to revive interest in the character, by the time he left in *Die Another Day*, the franchise had become about as cringe-y and clichéd as the Dom Torreto family memes in a pre-social media era. Plus, writing in weak female characters whose only talents were their jaw-dropping beauty and adding to Bond's womanising conquests really hasn't aged well.

## You Only Live Twice

Bond's 21st entry seemed doomed from the start, because how do you write yourself out of something as nonsensical as *Die Another Day*? Also, when Daniel Craig was first announced back in 2005 as the new agent 007, the world hit back with relentless undeserved criticism, with slurs like James Bland, or the Blonde Bond (the last one being particularly senseless as the well-received Roger Moore was also blonde). Critics pointed out that Craig was not a leading actor, and had doubts whether he could shoulder the responsibility of portraying James Bond in all his “elegance.”

As fate would have it, the success of this new Bond film relied indirectly on Christian Bale and the reboot of the Batman franchise. Just like 007, Batman has also gone through a sour phase for a while, but using the “Gritty Remake Approach,” 2015's *Batman Begins* breathed new life into the character and the franchise. Because of how well that worked,



the same was applied for *Casino Royale*, the first proper cinematic exploration of Bond's origins.

As for Craig's perception in the media, well, that changed very quickly once paparazzi pictures of one of Bond's scenes leaked to the press. Almost overnight, opinions softened and some people were ready. For those who weren't, well, the premiere of *Casino Royale* in 2006 and its resounding success fixed that.

## The Spy Who Loved Me

Five movies later, it's safe to say Daniel Craig has cemented himself as one of the best on-screen Bonds ever, and if you ask me, he IS THE best James Bond bar none, and perfectly represents how James Bond was supposed to be. I guess this is as good a time as any to dispel the myth that James Bond is supposed to be this handsome suave charmer. According to Ian Fleming's books and his own description of the character, Bond is supposed to look cold, ruthless, cruel good looks: a brute in a suit, if you will.

So why did Craig's Bond movies enjoy such meteoric success? First off, they went and removed every nonsensical trope that plagued Bonds of old, and showcased a Bond whose secret weapon was himself and his own strength. No longer do we see a Casanova going from continent to continent, going 'shaken, not stirred' and wooing women, and occasionally doing outlandish missions with zero risk. This is the first cinematic portrayal of a more emotional and grounded Bond: a vulnerable 007, susceptible to mistakes and complexities that are part and parcel of having and being driven by emotion. His drinking tendencies have now been rationalised as something he does to cope with the enormous guilt of a man who is forced to exercise his “license to kill.”

The second improvement his movies brought were rich and diverse character development. No longer were women just made to be eye-candy and conquests for 007. Every Bond Girl had a serious backstory and displayed proper motivation. Quantum

of Solace was basically two different, yet similar stories unfolding; one of Bond's, the other of Bond Girl Camille Montes, portrayed by Olga Kurylenko. Both were about revenge for the death of their loved ones, and both decided to work together to bring them down. His movies also brought about welcome changes to long-time favourite, if under-utilised, character Eve Moneypenny. In older films, she was mostly a pretty secretary, there for Bond's entertainment. In *Skyfall* however, she is a field operative of equal calibre as Bond himself.

Little known tidbit: The famous scene of Eva Green's Vesper Lynd in the shower early in *Casino Royale*, in shock after witnessing a murder, was supposed to be akin to old Bond flicks where she would be served up as eye-candy for the audience. However, Craig insisted on changing the scene and creating the much more tender and realistic scene of Bond sitting under the showers with Vesper and calming her down.

## The World Is Not Enough

With Craig's final movie now out, it's that time again; where will the franchise go from here? And who will be the next Bond?

Addressing the first one shouldn't be too difficult, as the series has ended on a much more positive note than *Die Another Day*. Every new Bond brings with it a shift of perspective to better reflect the current world. Craig's era of Bond showcased the darker aspects of these covert government agencies, as well as corruption in higher governing bodies. Something Craig's Bond should have done away with however were portrayals of disfigurements. It's 2021; eye scars or facial deformities should not be associated with villains. Going forward, the franchise can integrate present-day problems like misinformation, rise of far-right, cyber warfare and climate change.

The issue of who the next Bond will be is a trickier prospect, and one that will invite strong opinions for and against my opinions. Unlike any time before, there have been talks to “reinvent” the character with a person of colour, or even rewrite Bond as a female character instead, as it is apparently alluded to *No Time To Die* (haven't seen it yet). I have been given strong arguments as to why it can, and should happen, as 007 is just a code, among perhaps 8 other codes for agents in the double 0 program. But it's not so cut-and-dry. 007 may very well be a code, but James Bond and 007 are inseparable at this point, and violating that is destroying the formula. The original novel and Bond's inspiration clearly described a male operative in the British Royal Navy in his 40's. And the last 60 years has been spent building up the man and the world he lives and fights in. This formula was absolutely perfected with Daniel Craig's portrayal of the super spy. Why tamper with it now and throw away all that rich history and story, just to please some people and appear “politically correct?” We are in 2021, an era where stories can be expanded upon via expanded universes. Why not write a brand-new female character as strong as, or stronger, than Bond's, rather than simply



**THE MILLENNIAL COOK**  
FARIHA AMBER



# Ice cream bonanza: Our favourite recipes

If there is one food that people of all ages unanimously like, it has to be ice cream. Whether to replenish your soul on a sultry summer day or to satiate your cravings on a cold winter night, ice cream never fails to satisfy the heart.

While ice cream is good enough to be served as it is, it can also be used as a component to create stunning drinks and desserts. Additionally, using already prepared ice cream slashes the preparation required by half!

## ICE CREAM TERRINE

- Ingredients**  
½ litre chocolate ice cream  
½ litre strawberry ice cream  
½ litre butterscotch ice cream  
200g dark chocolate  
1 cup strawberry  
1 tbsp sugar

**Method**  
Work with one ice cream flavour at a time – defrost the chocolate flavour slightly so that it has the consistency of a soft serve and pour it in a large dish before letting it freeze again. Meanwhile, melt the chocolate in a microwave, stopping and stirring at 30-second intervals for three minutes. Once slightly cooled, pour the molten chocolate over the layer of ice cream and let it chill.

After that, pour in the butterscotch flavour following the same process. Meanwhile, puree the strawberries and sugar to a thick consistency and pour over



the second layer. Let it freeze slightly and finally drop in the third layer of ice cream. Drizzle over streaks of molten chocolate and strawberry, and let this brick of velvety deliciousness chill overnight.

## BANANA SPLIT

- Ingredients**  
1 large ripe banana  
1 scoop strawberry ice cream  
1 scoop chocolate ice cream  
1 scoop vanilla ice cream  
¼ cup pineapple chunks  
2 tbsp chocolate syrup  
2 tbsp caramel sauce  
½ cup whipped cream  
2 tbsp crushed peanuts  
3 maraschino cherries

### Method

Split the banana in half lengthwise and place them in a dish. Arrange the scoops of ice cream in between them. Scatter the pineapple chunks and peanuts over them and drizzle with chocolate

together and keep aside. Mix the butter with two types of sugar to form a smooth mixture. Crack in one egg and drop in vanilla essence and food colour, and mix well. Next, add in the flour mixture to form a dough and leave it to refrigerate for 30 – 40 minutes.

After that, form them into discs and bake them in a preheated oven at 180°C for ten minutes. Let them cool before popping a scoop of vanilla ice cream in between two discs of cookies to form ice cream sandwiches.

## STRAWBERRY CHEESECAKE SHAKE

- Ingredients**  
2 scoops strawberry ice cream  
1 cup milk  
½ cup strawberries  
60g cream cheese  
Whipped cream

### Method

Blend all the ingredients together until it becomes a thick and creamy mixture. Pour in a serving glass and top with whipped cream, fresh strawberries, and a dusting of biscuit, reminiscent of a cheesecake.

## MINT CHOCOLATE CHIP MILKSHAKE

- Ingredients**  
2 scoops mint ice cream  
1 cup milk  
1 tbsp chopped fresh mint  
2 tbsp chocolate chips  
Whipped cream

### Method

Blend the ice cream, milk, mint, and chocolate chips together until you get a homogenous mixture. Pour it in a serving glass and top with whipped cream. Garnish with a sprig of mint and shaved chocolate on top.

## BANOFFEE MILKSHAKE

- Ingredients**  
2 scoops vanilla ice cream  
1 cup milk  
1 ripe frozen banana  
2 tbsp caramel sauce  
Whipped cream

### Method

Blend all the ingredients together until you get a smooth and creamy mixture. Drizzle the inside edges of your serving glass with caramel sauce and pour in the milkshake. Top with whipped cream and more caramel sauce atop.

**By Fariha Amber**  
**Food and Photo: Fariha Amber**



syrup and caramel sauce. Finally, top them off with whipped cream and place the cherries on top!

## RED VELVET ICE CREAM SANDWICH

- Ingredients**  
1½ cups flour  
1 tbsp cocoa powder  
½ tsp baking soda  
½ cup softened butter  
4 tbsp brown sugar  
1/3 cup caster sugar  
1 egg  
1 tsp vanilla extract  
1 tbsp red food colour  
1 litre vanilla ice cream

### Method

Sift flour, cocoa powder, and baking soda





## Bond Beyond 2021: Exploring the past, present, and future of 007

CONTINUED FROM PAGE 8

remake Bond and narrow your choices for storytelling? There are 8 other options for the double 0 program, and infinite ways to weave new stories in the same universe that Bond exists. That will make the story richer and more diverse, rather than calling for recasting/reimagining James Bond/007. Reinventing for the sake of reinventing is never a great idea.

### Tomorrow Never Dies

If there's one thing history teaches us, it's this; Bond will keep coming back, because people will never tire of it, and the long lines of loyal fans only keeps adding new members with each passing era. I myself was never too much of a fan of the old movies; simply because I never found anything cohesive story-wise to keep me invested (still loved the gadgets and cars). That all changed with Craig and Casino Royale, and every movie that has come out since in the last 15 years had me at the edge of my seat. For the future, I hope to see more double 0 agents explored and a bigger, richer universe created that builds upon the existing one, not tear it down or "reinvent" it. Leave 007/James Bond alone, and bring on the other double 0's.

By Intisab Shahriyar  
Photo: Collected



### #EULOGY

## Gone too soon

I still can't believe that you are gone. I still can't believe that I had to say "Papa is no more." These words haunt me. My papa is no more. My papa! Now that we are in Sylhet, it feels like you are out, doing all the work that you usually used to do, that you have gone to the mosque to pray, or taking an evening nap.

It still feels like when I will walk in your room, I will be seeing you reading a book. Papa, I miss you so much. I had so much planned out for you. I can't sleep because the memories of the last few days you spent in pain haunt me. Even if I do fall asleep, I hate waking up. Waking up is waking up to the reality of you not being with us. We might be surrounded by our family, yet we three are alone.

We don't know what to do without you, without your guidance. We didn't expect this would fall upon us so soon. Only if I had got to see you one last time and hug you and get your kisses. I have so many unfulfilled 'one last times.' If only I knew that today, you wouldn't be with us. I can't even believe that today, I am writing about you not being with us anymore. I can't even convince my brain that every evening I am visiting your grave, praying, and having one-sided conversations with you. I don't know whom I will have conversations with about history, Islam and the world.

I will miss your sarcastic comments about mamma. Well, I must admit I learned the art of sarcasm from you, you were its master. You and your humour, it truly made us laugh. You, bombarding us with your dad jokes while we sat at the corner of your bed. We would laugh, mamma wouldn't get the joke, and you used to say, "Son, please take the trouble of explaining it to her." I will miss how my brother and I would say goodnight to

you before going to sleep. I console myself knowing that the last few months, I actually got to spend time with you and got to stay by your side.

My only regret is that, when you were fighting in the ICU, you were alone. When you left us you were alone. I am sorry papa; we couldn't be there with you. At times, I didn't have the courage to even look you in the eyes while you were fighting for your life. My heart still aches when I recall how cancer was eating into you. I can't forget how you were gasping for breath before we rushed you to the ICU.



I don't know how I will get used to your absence. Honestly, I don't want to. I want you back, that is all I want. I want to hold you and never let go. You know papa, after we buried you and were sitting by your grave, praying, I was looking around in desperation hoping to see you; wearing your usual white kurta and smiling at us. At least, I was able to make you smile during our last conversation (I'll keep the conversation between us). But that's one of the many happy memories that I would like to keep with myself.

Papa, we promise you that we will fulfil all

your last wishes and make you happy and proud, and bring a smile on your face while you look upon us. Oh papa! I miss you, I miss your face, I miss your voice, I will miss you every day, I will miss you during Muharram, I will miss your beautiful recitation of nohas, I will miss your discipline, I will miss your punctuality, I will miss you wearing the white kurta, papa in simple words I will miss everything about you.

It scares me to think that we won't get to say papa as frequently. I won't get to ask mamma after returning home from school, "Where's papa?" anymore, because we all know where you are right now. It breaks my heart to see mamma not being able to sleep, as all her life she has been used to sleeping by your side. We sleep with her now. All I pray to Allah is that you be in peace, you being in a better and happier place and I hope you are with your parents and your brother, looking over us and blessing us with all your love. I will see you soon papa.

I love you so much, papa. I miss you. You were and always will be my everything. papa, I will save this one letter that I sent you around four years ago that actually made you feel proud of the fact that you have your children. I can't thank Allah enough that we were born as your children for you were the best father. Stay happy, papa and don't you worry, we will take care of mamma and everything that you would look after during your life. We are here for you, papa. We are not leaving your side, ever.

Kindly, say a little prayer for my papa Nawab Ali Hamid Khan (Nadir) son of Nawab Ali Sarwar Khan.

By Ali Kumayl Khan  
Photo: Ali Kumayl Khan

Nawab Ali Hamid Khan was born to Nawab Ali Sarwar Khan and Syedatunnessa Begum on the 26th of September, 1956 in Patna, India.

He completed his B.A in Sociology from Patna University, India in 1976 and earned a Diploma in Journalism/Short Story Writing from The International Correspondence Schools at Scranton, Pennsylvania in 2000.

During his life time, he had written columns and articles for multiple national and international English newspapers namely The Daily Star, Daily Sun, Independence, New Age and Readers Digest. He has also written six books, most recognized being "Bangladesh," published by the Ministry of Foreign Affairs during the 2005 SAARC conference held here. He was a social worker and established a non-profit organization by the name of Hazrat Fatima (A.S) Social Welfare Society through which he led many social and environmental campaigns. He also founded Syedunnessa Primary School to provide free education to the children of his village, Prithimpassa in Kulaura, Moulvibazar.

On the 17th of September, 2021 Nawab Ali Hamid Khan breathed his last after being diagnosed with cancer just a month prior.



#PRESS RELEASES

## Star Lifestyle is looking for new writers!

Do you enjoy writing on current and trending topics? Be it food, fashion, health, travel, tech or any other diverse lifestyle topic that you enjoy researching and writing, then come join us as a contributing writer.

To apply, send us your CV and two sample write-ups on topics of your choice, related to lifestyle. The articles must be unpublished and original, and of approximately 600 words each.

Email us your submissions at [lifestyleds@yahoo.com](mailto:lifestyleds@yahoo.com) and please mention "Application..." in the subject line. Deadline: 13th November, 2021.

## HungryNaki Birthday Bash campaign brings exclusive offers to food lovers

HungryNaki, the first food delivery service in Bangladesh, has launched the "HungryNaki Birthday Bash". The leading food tech company, HungryNaki launched a delivery service in 2013. The campaign, which began on Friday, 8 October, will continue until 22 October 2021, and will let customers enjoy more than thousands of restaurant deals.

During the campaign, HungryNaki offers 150+ BOGO deals; the highest food order placer on a daily basis has a chance to have dinner with cricketer Shakib Al Hasan; exclusive live streaming with influencers from HungryNaki's Facebook Page; viewers can win exciting gift vouchers engaging there within the campaign period.

Moreover, exciting discounts for new users and Tk 45, TK 75, and Tk 100 special platform vouchers for everyone. Apart from this, payment partner bKash and Nagad offer a 10 percent discount on each order and telco partners Grameenphone and Banglalink are giving exciting offers on food delivery for their valued customers. In addition, the winner of the Food Photography contest on Instagram will get an amazing gift voucher.

## Fashion label Khelo Dhaka inaugurates online shop

Khelo Dhaka makes loungewear and athleisure from natural fibres and non-virgin polyester, sourcing them from available local markets to reduce wastage. If not taken in, they will be sent to landfills creating pollution. Khelo is also one of the first fashion brands using biodegradable packaging. They welcome

everyone to join in their mission to create a greener, cleaner and sustainable future under the slogan, 'Play for Mother Earth.'

On 23 September, 2021, Khelo Dhaka has officially launched its virtual shop [www.khelodhaka.com](http://www.khelodhaka.com). Now their products are available online and through social media pages.



## Film show — Bongokonnar Taantprem

This is a 20-min film on of local handloom and designers in tribute to the love of heritage fashion nurtured by honourable Prime Minister, Sheikh Hasina on her birthday.

The film reflected the Prime Minister's thought on promoting local fabric to the world and how it's perceived and strategized by leading ladies and designers of our country. Twenty-five iconic leading women have modelled for 25 talented local fashion designers who are playing a vital role in society and the community as empowered women.

The film will be televised on HerNet TV.

## Delight of Blue: Sea Food Festival at THE WAY Dhaka

THE WAY Dhaka — an upscale, luxury boutique hotel in Dhaka, has arranged a Sea Food Festival between 14 October and 20 October for sea food lovers. This has been a regular event at THE WAY Dhaka, and based on previous experience, Delight of Blue is being arranged once again.

The delightful buffet comes with an attractive offer — Buy One Get Two (B1G2) at THE WAY Dhaka's Top of the Way Restaurant for just Tk 5900 net.

For details, call 01844027465.

এখন  
**ফাস্ট ওয়াশ**  
ডিটারজেন্ট পাউডার  
১ কেজির সাথে  
১ টি ৫৭০ লব্ধীসোপ ফ্রী!

Fast wash  
DETERGENT  
POWDER  
১টি ৫৭০ লব্ধী সাবান ফ্রী!

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# Elder siblings: The inherent third parent

It goes without saying that the elder sibling plays a special role in every family. It remains unsaid, but an elder sibling often takes upon the character of a third parent. Among the various personas they cater to, there are some essential roles they play.

The relationship shared by siblings is distinguished — on one hand, they fight until they get to the verge of ripping each other's hair off and on the other, they are ready to take a bullet to save the other without a second thought.

## The bridge

Parents usually do not have a favourite child, but there might be one they are closer to. This is especially the case when two siblings have a large age gap, perhaps about a decade. Often times, this age difference creates a boundary and communication gap, making it harder for parents to understand their children's perspective.

This is where the elder sibling acts as a bridge and helps to bring the different perspectives of two generations under a consolidated view.

"My younger brother and parents have a gap of two generations, which is why they often have arguments over various matters. At times like these, I intervene to explain their differing views and reach a plausible conclusion," said Abir Hossain.



## The best friend

'Friends come and go but family is forever' might just be true in some cases. Lucky are those who always have their best friend right inside their house! Being the elder sibling, it is only natural that they give enough space and freedom to the younger ones so that they can talk about any topic without hesitation.

In a community where parents often find it difficult to educate their children about taboo topics, the eldest in the house often takes care of this aspect.

"Since childhood, I have ensured that my sister can come to me for any problem without the fear of being judged. I make sure that she does not feel guilty after expressing her opinions, which is sometimes the case with parents," remarked Nowsheen Tabassum, the older of two siblings.



## The counsellor

During times of despair or confusion, it dawns upon us how badly we yearn for a mentor in life who can show us direction, and to be able to grow up with such a person is a blessing. Even if we do not get a solution, we can stay safe with the knowledge that at least we will receive some solace.

"My elder sister is like my guardian angel. Whenever I need advice, be it about



education, relationship, or career, I know she will be happy to share her opinion and give me guidance. This is something I find hard to discuss with parents," shared Alif Ahmed.

## The role model

Reminiscing my childhood, I recall how hard I tried to be like my elder sister. From my selection of attire to my choice of words, everything was influenced by her, and many can relate to this. Unknowingly, the elder sibling leaves a profound impact over the younger ones and this brings about some additional responsibilities.

"I understand that I am a great source of learning for my younger sisters and thus, I try to set the best example for them. I am aware that my behaviour and attitude towards others moulds theirs and so if I am being a role model, I should be the best one," expressed Faiza Ibnat, who has two younger sisters.

## The emotional powerhouse

No matter how much siblings argue, they also possess a strong and unrivalled emotional attachment. In case of the eldest one, knowing someone from their first day on earth, being there for them during every celebration, and living every moment together creates a bond unlike any other.

"I become overjoyed for any milestone, be it big or small my younger sister achieves. From seeing her lose her first tooth to witnessing her graduate from high school, I have always been more excited than her, much like a parent would," shared Arshi Alam.

## The provider

While a lot of us are lucky enough to be under the care and shelter of our parents, this is a privilege not everyone enjoys. The demise of a parent brings upon the additional burden on the eldest sibling to earn for the family. This involves a lot of sacrifices in terms of life decisions to say the least.

In situations like these, like a father figure, the eldest sibling takes upon the duty of providing the best for family. "From buying chocolates for my little brother to spending for his undergraduate degree, we grew up. As I was compelled to take upon responsibilities earlier than I had envisaged, I try to anchor me and my family through life," remarked Atif Shams.

An elder sibling is more than just a sibling. By fulfilling several responsibilities and taking upon various roles, the elder sibling can be deemed as the unequivocal third parent. They are the ones to shower their younger ones with unconditional love next to their parents, and for this they deserve utmost respect.

**By Fariha Amber**  
**Photo: LS Archive/ Sazzad Ibne Sayed**