

SHELL-SPIRATION!

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CRAFTED FROM NATURE **P4-5**
TIMELESS BEAUTY OF SHOLA
FROM SKEWERS TO A PLATTER **P12**
LOVE LETTER TO SELIM'S KABAB

PHOTO: ADNAN RAHMAN
MODEL: PROMA
STYLING: SONIA YEASMIN ISHA
JEWELLERY: RONGBOTI
MAKEUP: SUMON RAHAT



30-something and flawless: Skincare hacks for a youthful look

The thirties are the new twenties! Your mind might accept this, but your skin will end up showing the signs. Your skin experiences subtle changes as your 20s come to an end, necessitating a more thorough approach to skincare. It's crucial to modify your skincare routine to preserve that radiant youth and ward off indications of ageing. Let's explore essential skincare elements that will help you shine with confidence throughout this eventful decade of your life.

THE DAILY ROUTINE

Cleansing

The right cleanser can change your skincare game. As we apply cleansers to our face every day, it

is crucial to find one that complements your skin type. Do not fall into trends and buy whatever the influencers are suggesting, choose the right one for you.

Exfoliation

Even though exfoliation is not an everyday measure in your skincare routine, you must incorporate

exfoliation at least twice a week. And pay very close attention to the ingredients in your exfoliator. Avoid ingredients like walnuts, coffee, lemon or citrus fruit as these ingredients are very harsh and can strip your gentle skin cells.

Moisturising

As we age, we start losing moisture from our skin. Using a moisturiser can help avoid dryness and can also help conceal skin blemishes.

Sunscreen

The earlier you start using sunscreen, the better. And during your 30s, sunscreen can help reduce the signs of ageing as well as protect your skin from harmful UV rays.

TARGETED TREATMENTS

Retinoids

Incorporate retinoids into your routine to address fine lines, wrinkles, and uneven skin tone. Start with a lower concentration and gradually increase usage to avoid irritation.

Eye cream

A specialised eye cream can help diminish dark circles, puffiness, and

crow's feet. Look for one containing peptides and hydrating ingredients.

Hydration boost

Hyaluronic acid-based products can plump and hydrate your skin, reducing the appearance of fine lines.

COMMON CONCERNS

Acne

Adult acne can be frustrating, but gentle, non-comedogenic products and targeted treatments can help keep breakouts under control.

Pigmentation

Dark spots may become more apparent in your 30s. Use products with ingredients like niacinamide and liquorice root extract to help reduce pigmentation.

Sagging skin

To combat sagging skin, consider treatments like radiofrequency therapy or microcurrent facials to stimulate collagen production.

Professional help

Consulting a dermatologist or skincare specialist can be incredibly beneficial in your 30s. They can provide personalised recommendations, suggest treatments and monitor your skin's progress. Consider treatments like chemical peels, microdermabrasion, or laser therapy for more targeted results.

By Maisha Tarannum Iqbal

Photo: Collected





**ALOE VERA ও
COCOA BUTTER সমৃদ্ধ**

Beautina
SKIN LOTION

১টি ম্যান্ডালিনা সোপ ফ্রী

HEALTHY তুকে
আত্মবিশ্বাসী আমি।
আর আপনি?



75g







50g

• বিউটিনা বডি লোশন ২০০মিলিঃ এর সাথে স্যান্ডালিনা সোপ ৭৫ গ্রাম এবং বিউটিনা বডি লোশন ১০০মিলিঃ এর সাথে স্যান্ডালিনা সোপ ৫০ গ্রাম ফ্রী।

KOHINOOR CHEMICAL



DISCOVER AARONG EARTH

A natural way to care for your skin

There's something reassuring about skincare that feels like it's straight from nature. Aloe Vera Soothing Gel and Coffee Scrub, two new products from Aarong Earth, which has a strong regard for quality and history, combine natural care with a refreshing simplicity.

Aloe Vera Soothing Gel: Pure comfort for your skin

When it comes to calming and treating the skin, aloe vera has long been a household staple. Aarong Earth's Aloe Vera Soothing Gel combines that tried-and-true treatment into a convenient solution. This gel feels like a cold, soothing touch after a long day of fighting the dryness that comes with prolonged contact with air conditioning or the merciless heat of Dhaka. Like nature's tender embrace, a thin coating moisturises, calms, and softens the skin.

Furthermore, it does not end there. When hair seems a touch lifeless, the Aloe Vera Gel works just as well to hydrate it and give it a natural shine. It's a straightforward,

no-frills approach that feels like nature is on your side, whether you use it for a fast refresh or a more thorough treatment.

Coffee Scrub: A natural wake-up call for your skin

Aarong Earth's Coffee Scrub elevates a basic skincare regimen to something you truly look forward to. Imagine the smell of coffee as you gently exfoliate all the tension from your day by massaging the scrub onto your skin. Your skin feels softly glowing, smoother, and more revitalised after using it.

This coffee scrub helps to increase circulation and unclog congested pores in a gentle yet efficient manner. It's one of those easy routines that make you feel as though you are rewarding yourself — a little, thoughtful minute set out for you a

few times a week.

Simple, natural self-care

Aarong Earth's Aloe Vera Soothing Gel and Coffee Scrub are more than just skincare products — they bring simplicity back to self-care. With carefully sourced ingredients, they remind us that sometimes, the best routines are the ones that are uncomplicated, natural, and rooted in tradition.

If you are looking to simplify your skincare with something that feels authentic and fuss-free, Aarong Earth's new additions might be just what you need. Let these products take care of your skin and hair, naturally and effortlessly — bringing a little bit of nature's goodness into your daily routine.

By K Tanzeel Zaman
Photo: Aarong Earth





SHOLA CRAFT

The endangered art form we must preserve

Within a few days, I will head out to search for “shola”. The shola plant thrives in areas with abundant water like marshes, ponds, and riverbanks. But if there are not enough wetlands, there won’t be any shola. I’ve seen many beels and canals disappear. Yet, in some parts, like Jashore and Faridpur, you may still find them. I fear that within five or six years, we won’t find enough shola plants to continue this craft.

— Gopendra Nath Chakraborty, shola artisan.

For over half a century, Gopendra Nath Chakraborty, a 75-year-old craftsperson, has been shaping the delicate beauty of shola. His hands, aged with the wisdom of years, have crafted thousands of pieces, each an example of his patience, skill, and love for an art that is slowly dying.

As Chakraborty searches for the plant that has shaped his livelihood, he knows that his craft is at risk, not because of his age, but because the very material he uses is becoming harder to find.

What is shola?

Soft and spongy, shola comes from the stem of the *Aeschynomene aspera* plant, often referred to as “Indian cork.” It thrives in waterlogged regions like Bangladesh, Assam and Odisha of India — particularly in marshes, riverbanks, and ponds.

When peeled and dried, the inner pith of the shola plant reveals a pristine white surface, perfect for crafting. Artisans shape this into everything from life-like flowers to intricate religious ornaments.

Shola crafts are an integral part of some of life’s biggest moments – whether it’s the headpieces worn during Hindu weddings or the ornaments that adorn the idols during Durga Puja. Yet, despite its beauty and significance, this age-old craft is slowly slipping away.

Legacy of the craft

Artisan Mintu Ray started his career in Old Dhaka and he shares how deeply personal this craft is to him.

“I lost my parents when I was very young, so unlike other artisans, I didn’t inherit the skills of shola craftsmanship.

I started it merely as a hobby and now, I have numerous artisans who work with me. They are my family. I've been making shola crafts for almost two decades now, whether it's a peacock or a hilsa fish, you name it and I'll create it for you," Ray says with confidence.

Like Gopendra Chakraborty, Ray also sees the challenges the craft faces.

"People used to buy shola toys for their children but now we only see demand during religious festivals like Durga, Kali, and Lakshmi pujas. The year-round demand mostly comes from Hindu weddings, where traditional items like shola garlands and headpieces are still cherished," he says.

In recent years, shola crafts have been exported to Kolkata, where they remain in high demand. Unfortunately, in our country, the craft has yet to receive the recognition it deserves.

In recent years, the market for shola crafts has become increasingly seasonal, with most of the demand concentrated around major religious festivals and wedding seasons. While artisans like Ray have managed to continue their work by exporting to Kolkata, where shola remains highly valued, the local market in Bangladesh has not been as receptive.

A new generation of artisans

Despite the challenges, a new generation of

artisans is working to keep the tradition of shola alive.

Shahamsha, an artist and event planner, is one such individual. He believes that the future of the craft lies in adapting to modern needs while preserving its cultural roots.

"I am an artist and have been working with shola for 16 years. Presently, I have an event planning group, which mostly consists of artists from the Fine Arts Institute of Dhaka University," he says.

Shahamsha's group creates shola crafts for special occasions like Pahela Baishakh and Victory Day, and they also take on contracts for weddings.

"The demand for shola hasn't dwindled completely – if it had, I would not have been able to run my group. I believe this craft needs nurturing, and it largely depends on the younger generation to carry the legacy of shola forward," he adds.

Shahamsha's optimism is a

reminder that while the challenges facing shola artisans are real, there is still hope.

As more people become aware of the environmental benefits of using natural, biodegradable materials like shola, there is potential for a revival of interest in this traditional craft. The key to preserving it lies in finding a balance between honouring the cultural heritage and reimagining its use in modern contexts.

That said, shola, at its core, is also an eco-friendly alternative to the mass-produced, synthetic materials that have flooded the market in recent years. As consumers increasingly seek out sustainable products, shola's biodegradable nature presents an opportunity to position it as a symbol of mindful, artisanal living.

Yet, to truly preserve the craft, there must be a concerted effort to protect the wetlands that support the growth of the shola plant. Without these natural resources, artisans will have

nothing to work with and a key piece of the country's cultural heritage will be lost forever.

By Ayman Anika

Photo: Shahriar Kabir Heemel / Ayman Anika





She sells

SEA SHELLS by the seashore

Mother nature is truly awe-inspiring. She not only provides sustenance and warmth for her children but she does it with absolute beauty and grace. Her creations are perfect in their form and function and never cease to amaze us with their unique beauty.



Seashells are one such example. At first glance, one might fail to grasp the complexities of a shell and yet, every piece is unique and aesthetically stunning. Not many people are aware that it takes a lot of time for shells to form and they are an integral component that keeps our ecosystem alive and thriving. The beauty of seashells is indeed incomparable which makes them wonderfully ornamental.

Traditionally, seashells have been used aesthetically. As it is easily available around the coastal areas, crafts from those regions are heavily influenced by seashells and their many variations.

If you are a beach lover, a table lamp decorated with seashells is a fun way to bring a touch of the seas to your living quarters, along with shell string curtains. Lovely photo frames studded with shells are perfect to encase precious moments one would love to see every day.

Many such interesting items intricately decorated with shells are available in gift shops in coastal towns, Gawsia Market and Chandni Chawk of Dhaka, and high-end stores like Aarong, Deshi Dosh, etc., helping to bring the allure of the seas to your home!

Sartorially shells have inspired designers in Bangladesh tremendously. A beautiful blouson adorned with shells is whimsically pretty and will bring a dose of boho chic to your look.

Blouses studded with shells look

fantastic when paired with the right saree. Many local designers juxtapose intricate embroidery with lined with shells in different shapes and sizes, creating amazing masterpieces.

A saree with shells dangling from the ancholad the pair is bound to make heads turn! Kameezes and fatuas with shells look really pretty and unique. Another fun way to use shells is by wearing them as jewellery.

Designers really go to town with shells and create earrings, necklaces, bracelets, bangles, rings and so many other accessories! One is spoilt for choice really.

Sport a shell choker with a plain black maxi dress or shell bangles with a white macramé dress to the next soirée. Deck up your hair bun with the beautiful shell hair pin to truly bring

Bangaliana to your look. A lovely shell brooch will look absolutely stunning on your jacket the next time you travel abroad and will definitely bring compliments from all!

Shell earrings are a must-have for every girl; they bring a dose of beachy beauty to any look any time your heart yearns to hear the waves splashing!

And the most important part is that all these are highly affordable with a pair of earrings costing anything between Tk 500 and 2500. A complete set would cost Tk 1000 – 7000, whereas if you were just opting for a pair of bangles, they would range between Tk 1000 – 4000. Having

said that, these jewellery pieces are a picture-perfect replacement for the floral ones, during any mehendi or halud ceremonies.

As the wedding season is upcoming maybe this can be a new way to look trendy with la familia. Just an idea!

By Sabrina N Bhuiyan
Photo: Adnan Rahman
Model: Proma
Styling: Sonia Yeasmin Isha
Jewellery: Rongoboti
Makeup: Sumon Rahat



Germany's NUMBER 1

Motor Oils Brand, LIQUI MOLY now in Bangladesh – Exclusively by ACI Motors Ltd.



**LIQUI
MOLY**
**MOTOR OILS
& ADDITIVES**
MADE IN GERMANY

Vehicles, in the current age, have evolved into an extension of our own identity. Contrary to popular belief, they are more than just simply being a transport or a means of mobility. Being a vital part of our everyday life, maintaining them involves more than just keeping them in good working order; it also means treating them with superior care.

LIQUI MOLY — the number one motor oil brand in Germany — has raised the bar for luxury auto care for people who value providing the best possible care for their vehicles. ACI Motors is now the official sole distributor of LIQUI MOLY for the Bangladesh market.

Established in 1957, LIQUI MOLY has earned a strong reputation for producing motor oils and additives solely in Germany. Bangladesh now has direct access to LIQUI MOLY's extensive product range, which comprises more than 4,000 parts for anything from heavy types of machinery to motorbikes and passenger cars, thanks to ACI Motors.

In addition to protecting engines, this



360° premium vehicle solution provides a comprehensive approach to vehicle maintenance, allowing any car or motorbike to perform at its peak.

"ACI Motors always tries to satisfy the customers with world-class products and excellent service. Joining hands with a brand like LIQUI MOLY is a reflection of that commitment. We are very happy to be able to provide such quality products directly from Germany to the automobile enthusiasts and experts of Bangladesh. Besides offering a complete vehicle solution, we aim to be a part of the fun and excitement of the automobile industry," says Subrata Ranjan Das, Executive Director

of ACI Motors Limited.

Heavy traffic and Bangladesh's warm, humid weather, and poor fuel quality can take a toll on a car's machinery and engines, meaning reliable maintenance is crucial. Specifically made to survive such obstacles, LIQUI MOLY products offer durability and excellent performance that increase vehicle lifespan.

Every product undergoes rigorous testing from beginning to end, guaranteeing constant quality and safety that distinguishes it from alternatives for routine maintenance.

The benefit of LIQUI MOLY, however,



extends beyond its technical prowess; it elevates auto maintenance to a top-class experience. Owners may transform basic maintenance into a fulfilling ritual of care and refinement with the LIQUI MOLY range. Adding specialist additives, LIQUI MOLY engine oils or gear oils is to maintain and improve the longevity and performance of your car and your motorbike.

Furthermore, LIQUI MOLY's collaborations with motorsports like Formula 1 and MotoGP serve as a testament to the brand's dedication to excellence in performance in the most extreme operating environments. These partnerships demonstrate LIQUI MOLY products' durability and exceptional quality in the same harsh environments seen on racetracks across the world. Now, drivers in Bangladesh may make use of the same superior solutions that both experts and enthusiasts rely on.

LIQUI MOLY offers a special chance for anybody in Bangladesh who is proud of their car to treat it to top-notch items. This experience, which brings German engineering directly to your door, is based on quality and innovation and goes beyond simple maintenance.

By K Tanzeel Zaman
Photo: Courtesy



As the calendar flips to November, homes across Dhaka buzz with anticipation. For one family, the excitement surrounding Daraz 11.11 has become more than just a shopping event—it's a tradition, a time of bonding, joy, and, of course, unbeatable deals.

MORE THAN SHOPPING: Daraz 11.11 – Where memories and unbeatable savings merge

On a cool November 10 evening, a mother and her two children gather around a tablet, eagerly scrolling through the Daraz app. "What should we add to the cart first?" the mother asks with a grin. Her daughter, eyes wide with excitement, says, "A dress from the new arrivals—there are exclusive launches from my favourite brands!"

Her brother jumps in, "And don't forget the gadgets!" Laughter fills the room as they explore deals and dream of what they'll buy, vouchers worth Tk 50 crores waiting to be claimed.

As the flash sales light up the app with discounts of up to 80 per cent, shopping turns into an adventure. They stumble upon killer deals on large appliances, stylish furniture, and sleek mobiles—200 high-AIV (Average Item Value) items that would usually be out of reach.

"This blanket is perfect for Grandma!" the daughter exclaims, pointing to a cosy item as

the family imagines their loved ones' smiles when they receive these thoughtful gifts.

Daraz 11.11 is not just about buying—it's about giving. As they browse new arrivals in Fashion and Lifestyle, they envision outfits for Dad and trendy accessories for Mum. With daily brand flash sales offering even higher discounts than the campaign period, their cart fills up quickly. As midnight approaches, the stakes get higher. "Let's hurry! The 11 per cent discount voucher is only valid from 12 AM to 3 AM!" they exclaim, racing against time to snag the best deals. The Voucher Max offers up to 11 per cent off, capped at Tk 15,000, and they know they're in for major savings.

The joy is not just in the savings but in the ease of it all. Free Delivery on every item means everything they need will be delivered straight to their doorstep. The Voucher Max applies to 50 per cent of campaign items, making it possible to get

the absolute best prices available in the market. And, with deals reaching up to an incredible amount of Tk 11, 111, 1111, 11111, Daraz 11.11 truly offers the year's best bargains.

As the night wears on, the family talks about how their purchases support local entrepreneurs and thousands of sellers who rely on the platform. "We're helping people build their businesses," the mother explains, and her children beam with pride. Daraz 11.11 is not just a sale—it's a driving force for hundreds of entrepreneurs, affiliates, and sellers across the country.

The family feels confident in their choices with flexible payment methods like Cash on Delivery, bank discounts, and digital wallets. Special offers from financial partners, sweeten the deal, and the 0 per cent EMI plan for six months makes even the biggest purchases manageable. From electronic gadgets to health and beauty

essentials, from daily necessities in the FMCG category to stylish outfits and winter essentials, Daraz 11.11 covers all the bases with the lowest prices online.

As their shopping spree winds down, the family reflects on how Daraz 11.11 has become a cherished experience, a celebration where they can give to others while making smart purchases for themselves. It's more than a sale—it's a shared tradition of creating memories, giving back to the community, and unlocking the joy of unbeatable savings.

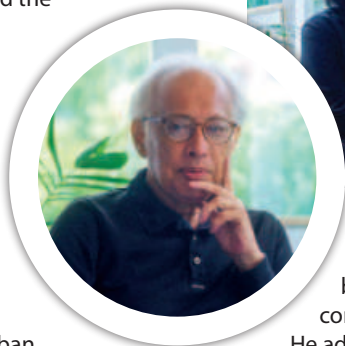
This November, Daraz 11.11 promises to be the biggest sale of the year, but for this family, it's also a reminder of the power of togetherness. From 1,50,000 hot deals to supporting thousands of sellers, Daraz 11.11 is where unforgettable moments are made, one joyful click at a time.

Photo: Courtesy

Grameenphone launches latest episode of Lumière featuring Kazi Khaleed Ashraf

Grameenphone has released the latest episode in its Lumière series featuring Kazi Khaleed Ashraf, a prominent Bangladeshi architect, urbanist, and architectural historian. Hosted by Nabila Khalid, the episode, the last one of the second season, provides an in-depth look at Ashraf's career, his architectural philosophy, and the key milestones in his academic and professional journey, including his experiences at the Bangladesh University of Engineering and Technology (BUET) and the Massachusetts Institute of Technology (MIT).

Kazi Khaleed Ashraf has gained recognition for his contributions to architectural thought and practice in Bangladesh and internationally. His work reflects a deep engagement with both traditional and modern urban design principles. Throughout the episode, Ashraf discusses how his



experiences at BUET and MIT have shaped his perspective, blending cultural heritage with contemporary urban challenges. He addresses his approach to architecture as an evolving conversation between historical context and modern-

day requirements.

The Lumière series, an initiative by Grameenphone, focuses on highlighting individuals who have made significant contributions to various fields in Bangladesh. In its second season, the series has continued to feature influential figures

whose work offers insights and inspiration. Through these profiles, Lumière aims to bring viewers closer to the ideas and principles guiding these professionals in their respective fields.

In this episode, Ashraf shares reflections on his career and his approach to architectural design, addressing the balance between cultural preservation and innovation in urban spaces. He also speaks about his family background and the values that inspire his work.

Host Nabila Khalid leads the conversation, which touches on Ashraf's aspirations for sustainable urban development and his perspective on the role of architecture in shaping social and cultural identity.

Grameenphone's Lumière series continues to provide a platform for exploring the narratives of individuals whose achievements are reshaping the Bangladeshi landscape, offering viewers a comprehensive look into the experiences and motivations behind their work.

Photo: Courtesy

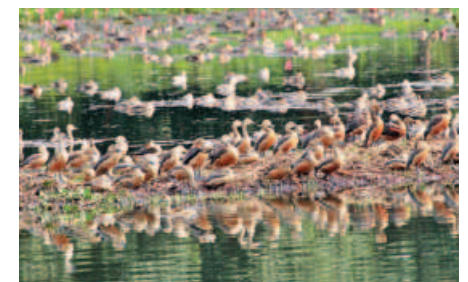
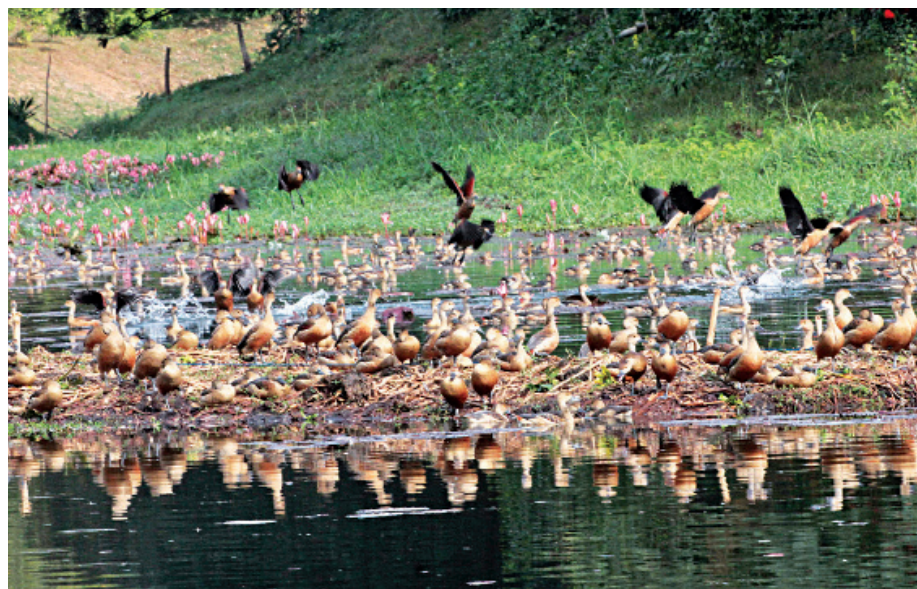
#TRAVEL

Jahangirnagar University: Where lakes turn into birdwatchers' paradise every winter

Imagine standing in a place where a gentle, cold breeze touches the soul, a grassy smell hits you with nostalgia, the silence of a fog-covered lake whispers louder than words, and the melodic chorus of birds fills the air. This is the experience awaiting you at Jahangirnagar University, the campus that has once again come alive with the chirping of migratory birds as the winter season approaches.

A wide variety of migrating bird species visit Jahangirnagar University every year. The bird guests, who have travelled from places far away like Siberia, Mongolia, China and Nepal, are flying gracefully over the campus lakes now.

Tanvir, a Jahangirnagar University alumnus shares, "Although the number of migratory birds has decreased compared to previous years, many can still be spotted across the campus. They are easily seen in various ponds and lakes, especially behind Pritilata Hall, Murad Chattar, the area



known as Transport, and Manpura, which is attached to Rabindra Hall."

As he recalls his time at the university, Tanvir gets nostalgic. "Every visit to the lakes felt serene. Each time, the sight of guest birds flying over lakes filled with a layer of vibrant red water lilies created a beautiful landscape," he adds.

The first migratory birds are believed to have arrived at Jahangirnagar University in 1986. Starting from mid-October, regions north of the Himalayas experience heavy

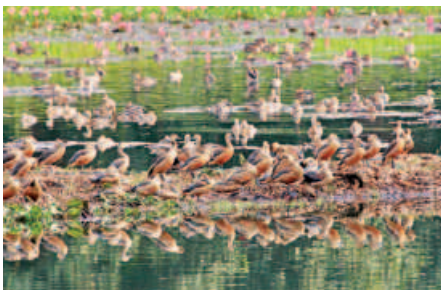
snowfall every year, and, for this reason, these birds seek out temperate zones in search of food and to survive. The Jahangirnagar University campus, with greeneries all around and its lakes rich in food for the birds, provides a haven for them.

The presence of migratory birds in the lakes not only captures the interest of the university students but also a large number of visitors from outside the campus. During the winter season, hundreds of bird

enthusiasts, photographers and visitors visit the campus to escape the hustle and bustle of the city to live in moments of tranquillity.

JU, with its serene lakes and lush greenery, stands as a winter sanctuary, drawing nature lovers to witness the timeless beauty of migratory birds gracing its waters—a peaceful retreat that captures the beauty of the season.

By Jawwad Sami Neogi
Photo: SK Enamul Haq



#HEALTH & FITNESS

Can rice really make you fat, or are we just looking for excuses?

Truth be told, our love for rice knows no bounds. And yet, it is often questioned for its effects on weight gain. So, does eating rice make you fat? Not necessarily. Like any good story, it's all about context.

Rice, primarily composed of carbohydrates, provides about 200 calories per cooked cup, with white rice offering around 45 grams of carbs and very little fat. It is a quick energy source but is often criticised for its high glycaemic index (GI), particularly in its white form, which can cause rapid spikes in blood sugar levels. Carbohydrates that break down quickly during digestion have a higher glycaemic index. So, the relationship between rice

consumption and weight gain is not straightforward and largely depends on the type of rice and overall dietary context.

White rice has been associated with weight gain in some studies due to its high GI, which can lead to increased hunger and overeating. Research published in the International Journal of Obesity suggests a link between high intake of refined grains, including white rice, and obesity.

Conversely, brown rice, a whole grain variant, has a lower GI and provides

more fibre, vitamins, and minerals. Dietary fibre can increase feelings of fullness, potentially leading to lower overall calorie intake. According to a study from Harvard Health Publishing, replacing white rice with brown rice may aid in weight management and reduce the risk of Type 2 diabetes.

The dietary context in our country often involves white rice being consumed with high-calorie foods rich in fats and sugars, which can exacerbate weight gain. The method of preparation, such as frying rice or adding

ghee, can also add significant calories.

Lifestyle factors such as physical activity levels, overall dietary habits, and socio-economic conditions play crucial roles. Urbanisation and sedentary lifestyles have led to higher obesity rates in urban areas compared to rural settings, where physical labour is more common.

So, to answer the question: eating rice does not inherently lead to weight gain. The type of rice, the overall dietary context, and individual lifestyle choices play decisive roles in its impact on body weight.

By Ayman Anika
Photo: Collected



HOROSCOPE



ARIES
(MAR. 21-APR. 20)

Don't let your emotions interfere with your efficiency. You should be promoting your ideas. Children will be of major concern. Your lucky day this week will be Saturday.



TAURUS
(APR. 21-MAY 21)

Opportunities for new friendships are apparent. You're in the mood to spend time with your lover. Don't let work interfere with your personal life. Your lucky day this week will be Saturday.



GEMINI
(MAY 22-JUN. 21)

Tempers will mount. Your devotion will be persuasive. Concentrate on your career and on making money. Don't gossip. Your lucky day this week will be Saturday.



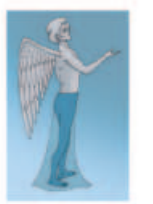
CANCER
(JUN. 22-JUL. 22)

Opportunities to learn will surface. Heed the advice given by family. You will feel the limitations if you have been overdoing it. Your lucky day this week will be Thursday.



LEO
(JUL. 23-AUG. 22)

You may be in an extremely passionate mood this week. Don't be critical. You will be accident-prone if you are not careful this week. Your lucky day this week will be Thursday.



VIRGO
(AUG. 23-SEP. 23)

You will be relentless when it comes to getting yourself back into shape. Relatives may play an important role in your life. Your lucky day this week will be Sunday.



LIBRA
(SEP. 24-OCT. 23)

You will find it easy to charm people. Wait and get all the information. You will have to make changes in order to eliminate the tension. Your lucky day this week will be Saturday.



SCORPIO
(OCT. 24-NOV. 21)

Be quiet about your intentions. Opportunities for partnerships are present. You will be misinterpreted if you are not careful. Your lucky day this week will be Thursday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Be cautious. Don't let criticism upset you. Hassles will delay your plans. Take your time before making personal decisions. Your lucky day this week will be Tuesday.



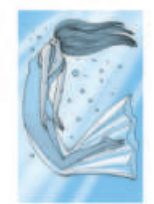
CAPRICORN
(DEC. 22-JAN. 20)

You are on to something tangible. Avoid emotional confrontations. Social events should be the highlight of your day. Your lucky day this week will be Wednesday.



AQUARIUS
(JAN. 21-FEB. 19)

If you're in the mood, socialise. Don't be too eager to spend money. Make plans to meet again in the near future. Your lucky day this week will be Thursday.



PISCES
(FEB. 20-MAR. 20)

Don't let jealous friends put you down. Abrupt action will cause difficulties with relatives. Do not get involved in joint financial ventures. Your lucky day this week will be Sunday.



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Left Right Left Right



#PERSPECTIVE

How I gave Mohammadpur's kebabs my heart - and half my stomach

Do you know this feeling — you take a bite of something and for a few seconds, your brain just stops registering anything — only what's in your mouth? Sure, influencers/food bloggers have it at every new establishment that opens up under the sun, but I am talking about you, the ordinary real-life-ers, who have so much else going on in life that sensations like these are few and far between.

A benefit of my line of work came recently when I was tasked with reviewing Selim Kabab Ghor. Confession time: I happen to be a kebab fanatic, so much so that most people have found that my nickname rhymes with kebab. Perhaps, my love of kebabs is simply a divine will! Which is why it was considered criminal by many that I had never tried this place before.

The plan was to go on a Friday afternoon, but this is Dhaka, so nothing happens as planned. I finally managed to go with a friend on Monday after 9 PM. When we reached, something felt amiss. As far as I know, the shop is supposed to look a little more "rustic" i.e., barebones, but this looks like a proper brick-and-mortar shop. I figured we ended up on the wrong street in front of a copycat (more on that later), and after using our necks to turn around to see the other side of the road, our error was sorted; there was that rustic store I was



looking for.

I had hoped to ask some resident Mohammadpur friends if there were certain recommendations, but the thought came too late, so I decided it was best to order as much as humanly possible. We sat down, and I wanted to kick things off with the beef roll, while the rest of the order came.

I was being extremely professional, minus the wielding of a smartphone for the photos you see here. All that ended when I took that first bite of the roll. Suddenly, the noise of the busy street was gone, and my vision only had the roll and everything else was just white. The moment my senses returned, I realised the roll was gone and I was holding my phone with oily hands, completely forgetting to take pictures.

To be thorough (read: shameless glutton), we ordered beef and chicken sheek kebabs, chaaps, and rolls. The beef

sheek kebab, in particular, rewrote the world kebab order in my mind. Perfectly cooked over charcoal, along with their secret spice mix that only the owner knows, you honestly forget that humans are supposed to have finite stomach space if these are in front of you.

The chaaps were equally, but perhaps not as stratospheric head-blowingly good, and if you ask me, stick to chicken chaap, as I feel it had a better spice profile, as well as "juicier" meat.



While I am not into offal, my friend reported that the brain fry was exceptional, and far above other places he had them. Here, it tasted fresh with no hint of smell and an excellent mixture of spices.

As our mindless feasting was coming to a close, I decided to talk to the shopkeepers, as the store, which is now 46 years old and running, was somewhat empty. I am told that the first place I stopped, and thought was the copycat, was in fact, legit. The store

I ate in, focuses on charcoal cooking, hence they make the kebabs, whereas the other newer store fries with oil, hence they are in charge of the delectable chaaps we had.

When I asked when they close, because customers seemed to be thinning at 10:30 PM, he simply laughed, stating that the next rush hour would start any time now. As I stared at him perplexed, I suddenly saw armadas of motorcycles parking up and suddenly, there were more than 40 people coming in and ordering. Out of sheer greed, I ordered three more beef sheeks, and three chicken chaaps for takeaway, with the official excuse being, "for people at home" (they did get "some").

A lot of you reading this have probably been to Selim's at some time or another, and wondering why I am making such a fuss about "yesterday's news". Sure, I didn't discover Selim's Kebab Ghor earlier, but I see it as a good thing. You see, most people who have known of it for years, are already "sick and tired" of it, and are on the lookout for something new — call it a fad — but apparently, this place no longer satisfies their palate. In my opinion they are wrong because this place is splendid, but everyone is entitled to their opinions, however wrong they may be.

As for me, "missing out" till now suits me just fine; when you are 37 and life has disappointments in every corner, you need some joy to balance things out, and I just added a fresh new joy to my life, so who's lost out?

By Intisab Shahriyar
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