

information • communication • entertainment

October 2014 T 100

ICE TODAY

11th
Anniversary

Breaking the ICE
A Tale
of *ICE* Today

**Impressions
Left Within**

An exclusive interview
with Akram Khan

Snapshots!

Find our
fashion portfolio

on P.59




PARINEETA GOLD
WEDDING JEWELLERY

editorial

With yet another year under the belt, *ICE Today* greets the month of October with much gusto as the eleventh anniversary of our beloved publication calls for celebration. A decade ago *ICE Today* began to serve as a platform to showcase contemporary urban trends, delivering to Bangladesh, the first-ever glossy magazine in English. In a very special cover story we have recounted *ICE's* journey and the ways that the magazine has broken barriers since its inception.

Moreover, the October of this year also brings with it Eid ul-Adha; another reason to get excited over. As usual the arrival of Eid means fabulous new collections from your favourite fashion houses, all showcased in our *Style* section. Tailored to your *korboni* needs, the shopping section lists the various items that are essential for this Eid. If you have heard of and are interested in Ibn Battuta, then you are in for a treat. *Recipes*, this month, retraces his expeditions around the world and provides delicious recipes from each of those areas.

Last month, the arrival of the production *DESH* had Dhaka in an uproar and for good reason too. Akram Khan, a talented contemporary dancer, delivered a hauntingly beautiful performance at Shilpakala Academy. *ICE Today* had the opportunity to chat with the artist about his craft and the philosophy behind it, so be sure to read it!

These are just a few highlights of this issue; there are plenty more for you to browse through. So as we celebrate eleven years of existence, fasten your seat belts and hop in for an amazing ride. Eid Mubarak and happy holidays everyone! 

Amendment:

Please note that Ecstasy was misspelled in last issue's cover credits. We deeply regret the error.

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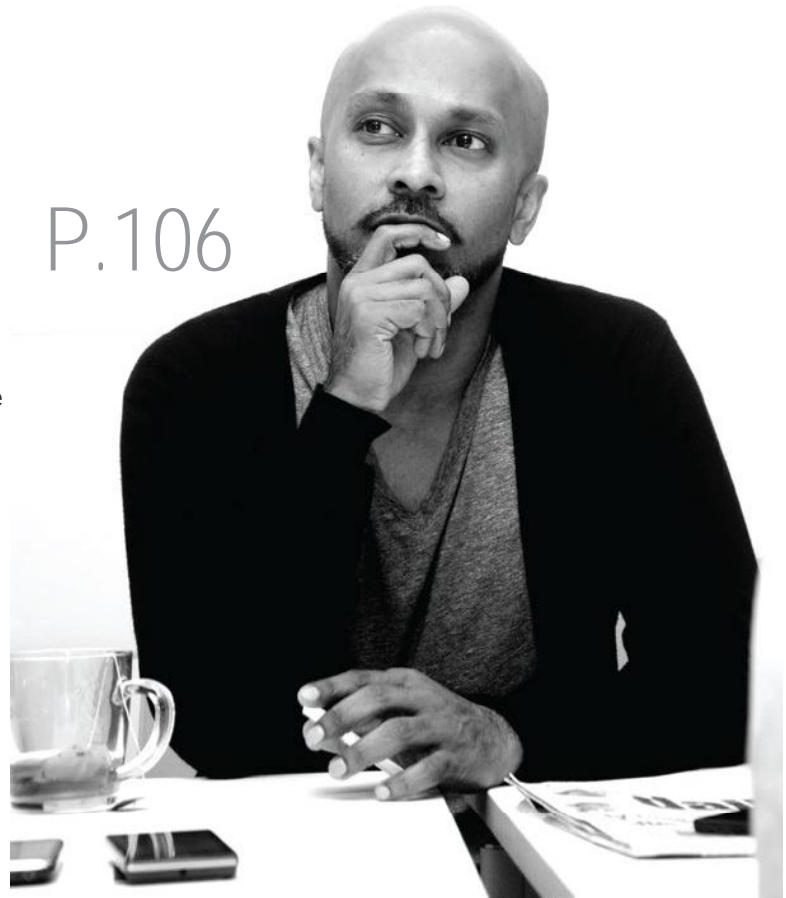
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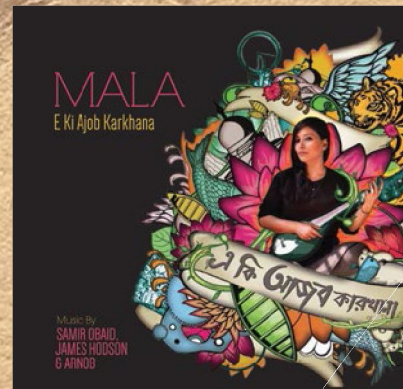
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Notes from the Producer:

My role in making the album,
E Ki Ajob Karkhana

The first time I met Mala was at a show in Melbourne back in the March of 2012. There were talks of making an album with Shayan Chowdhury Arnob and Mala decided on calling it **E Ki Ajob Karkhana**.

E Ki Ajob Karkhana - Jaat Gelo was the first track that was recorded later that very year in Bangladesh and was published as a video in early 2013. It was as if by the help of invisible hands that the music took shape. After a few days of recording Mala's vocals for **Jaat Gelo** I met Farsim Hossain at a music workshop who had come up with a beautiful guitar arrangement for the song. Soon enough we got him into the studio to record the guitar parts. Denny Jimmy Martinez from Lokkhi Tera was snatched up after a show (during the brief time the band was in town) and his clever bass line can be heard on the track. The dazzling Electronic Piano (EP) parts and solo was played by Eivind Lodemol.

As time went by, Arnob Bhai let me take more and more creative decisions for the project as he kept an ever so careful watch from the top. He would nudge and guide me when I ran out of ideas. There were times when I would be completely clueless about what to do when he would sit me down and we'd work out the interludes together.

O Amar Dorodi is another track where musical giants can be heard. Jasimuddin's old folk song is funk'd up a tad with Pantho Kanai singing a duet with Mala and, the one and only, Nazrul Islam playing the Bangla Dhol. Our very own Musarrat Jabeen Rahman's flute - Blues meets Folk - can also be heard in our rendition of Lalon Shah's **Milon Hobey Koto Diney**.

All the songs, except for Jaat Gelo, were arranged around James Hodson's guitar framework and James also played bass on all the songs. Early 2013, Mala and James came to Dhaka to record vocals, guitars and bass. Later, Mithun Chakraborty was brought in with his eclectic mix of percussions. He too can be heard on most of the tracks in the album.

Plenty of other musicians were involved as well. Utpal Das Baul (Shantiniketan) plays the flute in **Kulhara Kolonkini**; Sankha Subhra Talapatra (Shantiniketan)

plays the Esraj on **Shono Go Dokhino Hawa, Nodir Kuler Lagi Ami Kandi** and **Pagol Chara Duniya Chole Na**. Ariba Tahrim Chaudhury's harmonies and ad libs can be heard in **Shono Go Dokhino Hawa, Nodir Kuler, Ke Jash Rey** and **Pagol Chara**. Labik Kamal Gaurob (Dotara) in **Ke Jash Rey**, Saadul Islam (Electric Guitar) in **Pagol Chara** and in the last track of the album, **Namaj Amar**, Arnob's astounding vocal solos.

Finally, at the end of the music production chain Faizan R. Ahmad (Buno) graced us by taking up the job of mixing the tracks. His steady demeanor and meticulous execution of the task at hand left me in awe. What I learned mostly from watching Buno Bhai is that great work comes through perseverance.

Coming back to the main question, what was my role in the album?

The job entailed me to wear many different hats. Primarily, my role was that of a director of music, where I decided with the instrument players what melody or rhythm worked best with each song. A lot of the times I had to double up as the recording engineer (most vocals, guitars and bass were recorded at Adhkhana Muzik) and sometimes even as an instrument player. The job also meant talking to TV and radio stations regarding the shows and interviews.

The album is finally done and available in stores and I am hastily trying to finish off the article as I keep getting threatening calls from Aumia, my friend and the Assistant Editor of the magazine, to hand it over. I started writing it a few months ago when we were at the final stages of mixing at Buno bhai's studio. The making of the album was literally a journey for me. I was based in Shantiniketan, India during most part of the production process where I met bauls and musicians who are featured on the record. A lot of the times things didn't necessarily work out. I remember that once I took a train from Kolkata to Bombay in search of a mixing engineer and ended up spending more time with old friends rather than getting any musical work done. I tried mixing the songs in Kolkata and that did not work out either as we failed to achieve the sound we had envisioned.

While the album has been released in Bangladesh under a local banner, we have also been lucky in signing a contract with the Indian Record Company, Sa Re Ga Ma, who are currently preparing for the Indian and international release of **E Ki Ajob Karkhana**. It will be available online as soon as Sa Re Ga Ma makes its launch.

The record has been received well by the audience, media and friends in the music industry judging from the airplays on radio and TV channels. If you haven't heard the album, pick up a copy today and feel free to email me with your feedback on the music.

Yours sincerely,

Samir Obaid

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on Facebook to stay posted on upcoming shows and releases.
Also, subscribe to Mala's official Youtube Channel:
<https://www.youtube.com/user/OfficialMalaTV>



Celebrate!

Aidha Cader discusses the cause for celebrations and more



Annualized Celebrations

ICE Today is celebrating eleven years in this issue. As we begin our commemoration we look into our urge to celebrate events annually. The celebration of a corporate anniversary from a brand perspective makes a tangible impact. It highlights the staying power of business, and reminds all those associated with the company its dominance. The idea of a 'corporate anniversary' also has to do with employee morale. Indeed, a sense of togetherness is important to

businesses of all sizes. Birthdays, Anniversaries, New Year along with countless other celebrations often works towards bringing people together. When people come together to celebrate they do so in a way that ignores prejudices. Coming together as a collective to remember, celebrate, and support one another is the goal behind any celebration. Even in ancient times, celebrations were used to bring people together. The Ancient Greeks had the Olympics, which helped promote

peace among warring countries and states. During the Olympic Games, the Greeks allowed safe passage to all those participating or observing the games.

Our need to discover escapism also drives us to find celebration in many events.

We celebrate many different events, and all such celebrations bring people together in peace, harmony, and unity. Such moments of celebration often help us forget the troubles we face and allow us to be happy for the moment.

Tips on Hajj

- If possible pay all outstanding debts before the journey.
- Determine the dates of Hajj in the Gregorian calendar and make necessary arrangements for your children, home, and work.
- Check when menstrual cycle dates are and plan accordingly.
- Make the booking with a reputed travel agent.
- Ensure that you have confirmed the booking in and out of Saudi Arabia and that you're not on waitlist.
- Make sure passport expiry date is at least six months after your return date

and have sufficient blank pages. Keep copies of your passport and extra passport size photographs.

- When returning, avoid excess baggage. Most airlines will allow up to 30 kg. Direct flights out of Jeddah will allow you to take 5 litres of *zam zam* water however, if you have a transit ticket this may not be the case.
- In Mina, fire proof tent facilities are available but don't be surprised if your tent for thirty pilgrims is cramped with three hundred pilgrims, as this may be the case.
- Toilet facilities are not the best in



Mina but try to stay focused on your intention to perform Hajj.

- Your stay in Muzdalifa will certainly make you reevaluate your complaints from before. You will be camped on the side of the road with no toilet facilities.
- Accommodation, transport and food are problems that can cause many disputes as some agents make untrue promises. Be mindful not to

lose your cool.

- Be prepared to walk. Take track shoes for the walk from Mina to Mecca, after the stone throwing ritual, as waiting for the transport may take longer.
- Make peace with those who you may have disputes with, before leaving.
- Cope with the crowd.
- Take basic medicines such as, antibiotics, Paracetamol, diarrhoea tablets, plasters and

so forth.

- Keep packs of tissues, washing powder, scissors, shoe bags to put your footwear in when entering the mosque, stone bags, etc.
- Cleanliness is very important. Don't spit or throw litter in the street.
- Keep a business card of your hotel with you at all times.
- Maintain a positive attitude and be patient.

Is it OK to brag about the charity you do?



Unless you have been living under a rock, you must know about the ALS Ice Bucket challenge which has created an unprecedented response. From the awareness of a much unheard illness to the record breaking donations it received, this has been viewed as a game changer. However, like all things it is not without its share of critics. There are those who ask 'does one need to be challenged to give charity, or does one need to brag about it on social media?' and so forth. This has prompted spin off's such as the rubble bucket challenge and the rice bucket challenge. However, these did not become a social phenomena as the Ice

Bucket did. These charities were dealing with hunger, poverty and the consequence of war. There are many people who support such charities without the need to have pictures of them giving a bag of rice to the poor, posted all over social media. It's important to remember that giving for the sake of giving without recognition is the best method. However, raising awareness of a problem is also considered a charity even if you don't personally contribute. As we approach this holy month of *Dhul Hijjah* remember to give generously. Be it privately, openly or challenged, be true with your intentions.



Getting creative with eggshells

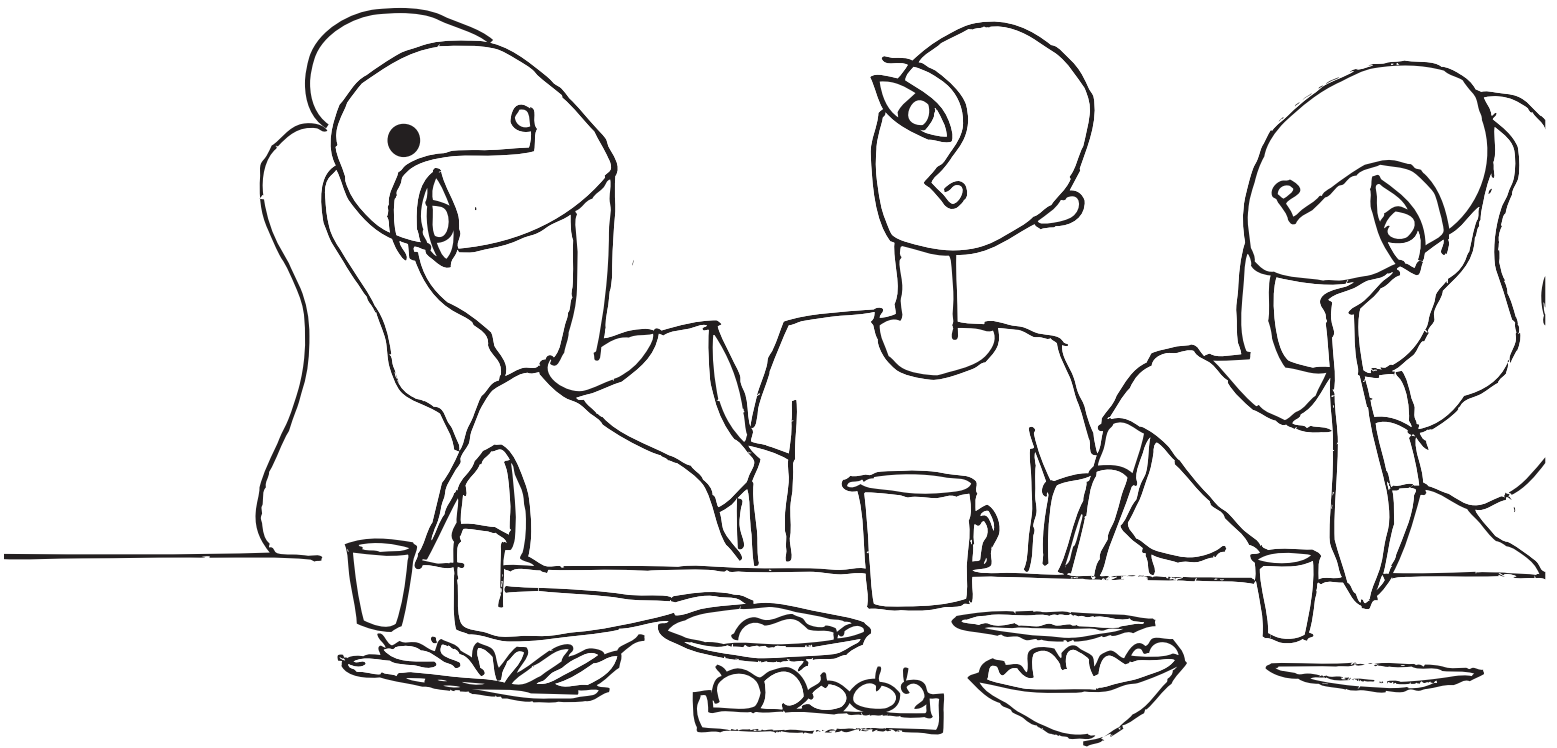
- Toss it into your compost pit, as eggshells quickly decompose and add valuable calcium to the soil.
- Scatter crushed shells around your plants and flowers to

help deter plant-eating slugs, snails, and other pest.

- Mix crushed eggshells with soap when cleaning pots and pans as a non toxic abrasive.
- Pieces of painted egg shells can be turned into mosaic art.
- Fill eggshells with jelly or chocolate to make unique egg-shaped treats. Peel away the shell mold before serving.
- The membrane inside the eggshell can be used as a home remedy for cuts and treating ingrown

toenails.

- Fill eggshell halves with potting soil to plant seedlings as a gardening option.
- Dissolve an eggshell in a small jar of apple cider vinegar and use the calcium-rich mixture to treat minor skin irritations and itches.
- Pulverize dried egg shells with a mortar and pestle, and combine the powder with an egg white to use as a skin-tightening face mask. Allow it to dry before rinsing it off. ☐



Drawing: Jason Sabbir Dhali

ICE Must Knows

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- P. 32 Feature:** Of Cancer and Controversy

Low-Carb or Low-Fat: What Really Works

Sazia Sharmin gives you the lowdown on diets



You've been trying to get healthier and lose excess weight. Each of your friends swear by their own favourite diets. On those unfortunate nights when you end up watching late night commercials, you can't help but wonder -- do diet pills really work? In the morning, the newspaper entertainment pages report of celebrities bouncing back to their pre-pregnancy bodies in record time. Amid this buzz, a persistent take-home is that you have to cut out excess fat and carbs from your diet. Many popular diets are either low-fat or low-carb. So which is it that really works? We finally have an answer! Physicians at Tulane University in USA have clear evidence that a low-carb diet is better than a low-fat diet for losing weight and reducing risks for cardiovascular disease, as published in early September 2014. The researchers conducted a randomized trial among a hundred and forty eight adults, assigning seventy-five participants to the low-carb group and seventy-three to the low-fat group for a year. The groups were well balanced for age, gender and ethnicity. The findings are consistent with the results of other studies as to body weight. It suggests that the loss of fat mass accounts for most of the weight-loss on a low-carbohydrate diet.

What was unique in this study is that the participants were relatively healthy. Previous studies usually focused on people who had already developed diabetes, heart disease or kidney disease. Therefore, the results are relevant for those of us who are not under the care of a physician but are trying to lose weight.

So now you have it --- if you are going to choose a prescribed diet, choose one that is low-carb rather than low-fat. An important thing to note is that the low-carb participants in the Tulane study also increased their protein and fibre intake. Cutting out carbohydrate from processed foods has great health benefits, but it's the right balance of nutrients that really works.

Low-Carb Snacks

Choose any three of the following snacks throughout the day.

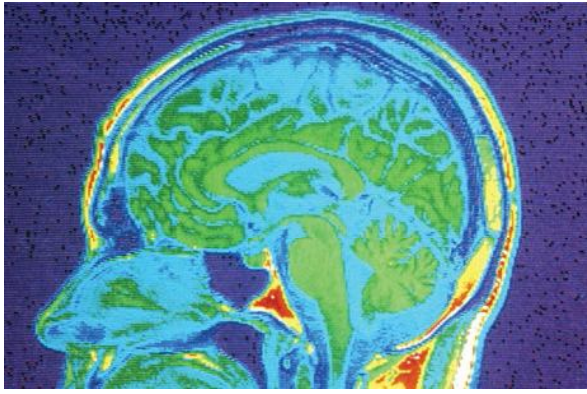
Food	Serving Size	Calories	Carbohydrates
Almonds	14 almonds	98	3.5 grams
Walnuts	7 walnut halves	98	5 grams
Sunflower seeds	1/2 ounce	99	4 grams
Pumpkin seeds	2 tablespoons	114	1.3 grams
String cheese	1 piece	80	1 gram
Coconut milk and blueberries	2 tablespoons coconut milk plus 1/4 cup blueberries	80	7 grams
Avocado	1/3 fruit	96	5 grams
Natural (unsweetened) peanut butter and celery	1 tablespoon plus 1 stick celery	90	4 grams
Jicama and Salsa	14 slices plus 1/4 cup salsa	50	10 grams
Red pepper and hummus	1/2 cup pepper slices, 2 tablespoons hummus	83	8.5 grams

Low-Fat Diet

- **Breakfast Lunch Dinner**
 Green smoothie made from:
 1 cup spinach, 1 cup romaine lettuce, 1 banana, 1 apple, peeled and cored, 1 cup orange juice, 1/2 cup fat-free yogurt or fat-free non dairy yogurt, plain
Calories: 354
- **Lunch Dinner**
 Southwest chopped chicken salad made with:
 3 ounces cubed skinless chicken breast , 1 whole tomato, seeded and chopped , 1/2 red pepper, chopped, 1/2 green pepper, chopped, 4 scallions, chopped, 3 tablespoon chopped fresh cilantro, 1/2 jalapeno, seeded and chopped into small pieces (optional), 1/4 small avocado, cubed , 1/4 cup plain non-fat yogurt mixed with 2 tablespoons prepared salsa and juice of 1/2 lime, 1 ounce baked tortilla chips
Calories: 420
- **Dinner**
 Stuffed baked potato made with:
 1 medium potato, baked, 1/2 cup kidney beans, 1/2 green pepper and 3 chopped scallions sauteed in 1 teaspoon oil, 1/4 cup prepared salsa, 2 tablespoons fat-free sour cream (choose non-dairy alternative for vegan), 2 tablespoons guacamole, 8 spears steamed asparagus
Calories: 376

Low-Carb Diet

- **Breakfast**
Veggie Scrambled Eggs made from:
 1 whole egg, 1 egg white
 1/2 cup Chopped red pepper
 1 cup, raw Chopped mushrooms
 1 oz Grated Swiss cheese
Preparation: Spray a non-stick pan with a small amount of vegetable non-stick spray. Sautee red pepper and mushrooms. When vegetables are soft, add eggs and scramble, cooking until done. Top with cheddar cheese
Calories: 240
- **Lunch**
Chef's Salad made from:
 2 cups Romaine Lettuce
 2 cups Baby Spinach
 3 oz Boneless, skinless chicken breast
 2 slices Turkey Bacon
Dressing: 2 tablespoons of balsamic vinegar whisked with 1/2 tablespoon of extra virgin olive oil, 1 clove of minced garlic, and a dash of red pepper flakes
Preparation: In a small bowl, whisk vinegar, olive oil, garlic, and red pepper. Set aside. In a large bowl, combine lettuce, spinach, chicken, and bacon. Toss with dressing
Calories: 303
- **Dinner**
Warm Spinach Salad with Shrimp made from:
 3 oz Shrimp
 1 tsp Olive oil
 2 slices Turkey Bacon
 1/2 cup Red Wine Vinegar
 1 tbsp Shallots
 4 cups Baby Spinach
Preparation: Grill shrimp and set aside. Place spinach in a large, heatproof bowl. Meanwhile, heat oil and cook turkey bacon until crisp. Remove bacon with a slotted spoon and place in bowl with spinach. Add red wine vinegar and shallots to hot pan. Simmer until vinegar reduces by half. Pour over spinach and bacon and toss. Top with cooked shrimp
Calories: 284 est



Of Cancer and Controversy

Sazia Sharmin talks about the groundbreaking progress MRI has made in the field of medicine in the last decade

Eleven years ago, when *ICE Today* started its journey, the Nobel Prize for Physiology/Medicine was awarded for discoveries in MRI. It sparked worldwide commendation and controversy: everyone agreed on the merits of MRI, but not the Nobel committee's choice of awardees. MRI continues to make appearances in popular culture and news stories. Let's take a look into this revolutionary medical imaging technique and some latest developments in MRI research.

The History of MRI

No one could have guessed it: a technique developed in the laboratories of hard core physicists and chemists to study molecules would one day allow us to see inside the living human body. Magnetic resonance

imaging (MRI) is a technique that manipulates the mysterious link between the realms of the living and the non-living. MRI is based on a phenomenon called nuclear magnetic resonance: the protons and neutrons that make up the nucleus of an atom absorb electromagnetic radiation in a magnetic field and re-emit it. It is one of the most remarkable insights into the inner workings of the universe we have ever gained. The Nobel Prize in Physics in the years 1943, 1944 and 1952 and in Chemistry in the years 1991 and 2002 were all awarded to scientists who made discoveries leading to the development of MRI. Finally, in 2003 the Nobel Prize in Physiology or Medicine was awarded to Paul Lauterbur and Sir Peter Mansfield "for their discoveries concerning

magnetic resonance imaging."

Lauterbur had published a short paper in 1973 titled "Image formation by induced local interaction; examples employing magnetic resonance" in prestigious scientific journal, *Nature*. Was there any way to tell from this title that this would soon revolutionize medical imaging? Not really! In fact, *Nature* editors initially rejected it, publishing it only after Lauterbur kept insisting. The advent of MRI in the 1970s meant medical professionals could examine the hither to impenetrable organs and soft tissues of the human body without surgical invasion or the harmful radiation used by X-rays and CT scans.

Controversy: The Nobel Committee's Shameful Wrong

Imagine the sensation when people woke up in the morning to see full page ads in the *New York Times*, the *Washington Post* and the *Los Angeles Times* that declared a "shameful wrong" committed by the Nobel committee needed to be righted. It came from Dr. Raymond Damadian, who felt that he had been inexcusably overlooked. Damadian was the first to visualize the organs of a live human subject in 1977 in a MRI scanner he had built and nicknamed *Indomitable*. Since then, many believed he would one day receive the Nobel Prize. His central patent, awarded in 1974, was affirmed by the US Supreme Court in 1997.

Yet when the 2003 award was announced on October 6, Damadian's name was nowhere to be found. The prize fight that ensued was one of the most notorious controversies that has marred the Nobel since 1901. Damadian launched a full-fledged PR campaign and wrote numerous incendiary letters to Stockholm.

Damadian argued that he was deliberately left out due to Lauterbur's lobbying since he and Lauterbur had been at odds for many years. The scientific and medical community could not deny Damadian's contributions. However, it was also clear that Lauterbur and Mansfield had made the system directly applicable in medicine. There was another elephant in the room that had to be acknowledged. Damadian was, and still remains a creationist who rejects the standard model of evolution. Whether or not this was what made the Nobel Committee uncomfortable, we can only speculate.

Current Applications of MRI

While there may be a controversy over whether or not Raymond Damadian should have been awarded the Nobel Prize for MRI, there is no controversy about how much we have benefited from its applications. -MRI produces very detailed pictures of the brain and is generally used to study patients with headaches, seizures, weakness, hearing loss and

blurry vision. It can also be used to further evaluate an abnormality seen on a CT scan.

- Spinal MRI is most commonly used to look for a herniated disk or narrowing of the spinal canal in people with neck, arm, back, and/or leg pain.

- Bone and joint MRI can be used to check virtually all of the bones, joints, and soft tissues.

- Abdominal MRI is most frequently used to look more specifically at an abnormality seen on another test, such as an ultrasound or a CT scan. The exam is usually tailored to look at just the liver, pancreas, or adrenal glands.

- For women, pelvic MRI provides a detailed look at the ovaries and uterus and is often used to follow up on an abnormality seen on ultrasound. It is also used to evaluate the spread of cancer of the uterus.

- For men, pelvic MRI is sometimes used to check those diagnosed with prostate cancer. Pelvic MRI is also used to look at the bones and muscles of the pelvis.

- A special kind of MRI exam, called magnetic resonance angiography (MRA), examines the blood vessels.

- MRI can be used to identify injured tendons, ligaments, muscles, cartilage, and bones. It can also be used to look for infections and masses.

New Frontiers in MRI Research More Strength

Even after thirty years of development, MRI is still

the most flexible medical imaging tool with many promising future directions. First of all, better software and hardware can obviously improve results. In the early days of MRI, it was predicted that imaging would not be possible beyond a magnetic field strength of 0.23 T. Yet today, the standard for medical MRI scanners is 1.5 T. Major hospitals in Dhaka, such as Apollo, United and Square all use 1.5 T scanners. However, in the wealthier parts of the world, scanners beyond 1.5 T have been in use since the mid-1990s and 3 T scanners are now available.

Fast MRI

We have all seen this stock scene in medical dramas: a patient slowly moving into an MRI tube that is uncomfortably reminiscent of a coffin. MRI does require patients to lie still for twenty to sixty minutes in a claustrophobic tube while being bombarded by mechanical noise. Any movement can result in blurry images, ending up in longer scans since repeats have to be taken. For some patients, such as children, sedation or anaesthesia is needed. In some of the best-equipped global hospitals, partially open

MRIs are available, as is music to muffle the disconcerting mechanical noise.

Although the image quality of MRI scans and the patient experience has improved over the years, the time required has not. It still takes an average of twenty to sixty minutes to get an MRI done. A very recent study in Germany revealed in August 2014 has stirred up the medical community that shows that a three minute screening protocol for breast cancer is just as good as a regular twenty-one minute long one. It can be a big step forward in breast cancer screening that is even more precise than mammography.

Preserving Sanity

Yet another team of researchers from Germany published in July 2014 that they have found a group of MRI markers that can predict which high-risk patients will progress to psychosis. MRI markers are chemicals that are injected into tissue prior to an MRI scan. As they travel through tissue, MRI can pick up their pathways. Using their set of markers, the German researchers saw that people who went on to develop psychosis had a particular change in their grey matter. Using

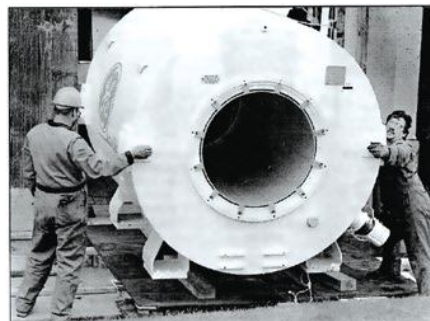
this method, prediction of psychosis among patients already at risk can improve from 45% to 81%. These people could then get urgent preventive treatment.

Sci-Fi Tragedy

One could argue that Raymond Dramadian is the tragic hero in the story of MRI. Some experts say that Damadian had intended to use his discovery not directly for imaging, but for identifying different kinds of tissue. For example, it could be used to separate the benign tissue from the malignant. Yet, the simple separation of malignant tissue from benign has remained the Holy Grail of MRI.

Cancer, as we know, proves to be an enemy we are yet to fully understand.

Another major challenge in all new directions for MRI is the exorbitant cost. We know how much MRI does for us and how much more it could do. But how do we make this technology accessible to all who need it most? Think about the vast majority of our population and the quality of healthcare available to them. While some of us marvel at the future of MRI, for others it remains something out of futuristic sci-fi novels, nowhere to be found in their reality. ¹⁰³



ICE Glamour

P. 46 **Your It List:** Korbani Krockeries

P. 52 **Makeover:** Under Pressure





Assorted Plasticwear

Korbani Krockeries

Find all your Eid essentials at Unimart!



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Assorted Plastic Containers



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Plastic Tool



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Kiam Non-stick Cookwear



Under Pressure

Farzana Shakil with Aidha Cader gives you waterproof makeup this season

Bold Contrast

Face: A base concealer is followed by foundation.

Eyes: Gold eye shadow is applied across the lids with deep brown eye shadow blended into the corners. Black mascara is applied on lashes.

Cheeks: Orange blusher is blended across the cheek bones.

Lips: Orange lipstick

Hair: Tied at the crown with a few strands along the face.

Nails: French manicure style orange with green tips.

Photo Credit: Abu Naser



Dreamy Contrast

Face: A base concealer is followed by foundation.

Eyes: Gold eye shadow is applied across the lids with a metallic blue eye liner, drawn around the lash lines extending outwards. Black mascara is applied on lashes.

Cheeks: Pink blusher with a touch of brown is applied.

Lips: Magenta lipstick.

Hair: A wave finish is created along the face.



Warm Contrast

Face: A base concealer is followed by foundation.

Eyes: Gold eye shadow is applied across the lids with a metallic purple eye liner is penned along the lash lines, extending outwards. Black mascara is applied on the lashes.

Cheeks: Deep maroon blusher with a tint of brown is blended across the cheeks.

Lips: Deep red lipstick.

Hair: Tied back to a low pony tail

Snapshots!



Gorgeous Eid collections
caught in pictures



Contrast

The range of difference in the light to dark areas of a photograph; the brightness range of a subject or the scene lighting



Model: Shibly Sarker
Age: 23
Height: 6'1"
Weight: 82 Kg
Profession: Student, South East University
Wardrobe: Warez
Makeup and hair: Farzana Shakil's
Photo: Syed Wasim Nirjon
Fashion Assistant: Nazmul Haque Maruf







Model: Farhad Chowdhury
Age: 28
Height: 5'9"
Weight: 65 Kg
Profession: Entrepreneur
Wardrobe: O2
Makeup and hair: Farzana Shakil's
Photo: Syed Wasim Nirjon
Fashion Assistant: Nazmul Haque Maruf







Model: Tanvir Ahmed
Age: 23
Height: 5'10"
Weight: 70
Profession: Private Job, Unilever
Wardrobe: Noir
Makeup and hair: Farzana Shakil's
Photo: Syed Wasim Nirjon
Fashion Assistant: Nazmul Haque Maruf





Resolution

The ability of a lens to discern small detail; in photography

Black muslin sari with laced border and matching red floral machine embroidery all over the sari and anchaal

Model: Piya
Wardrobe: Rina Latif
Jewellery: Parineeta Gold
Makeup and hair: Farzana Shakil's
Photo: Riyad Ashraf



Off-white muslin sari with matching machine embroidery and heavy floral tapestry work all over the anchaal



Pistachio coloured muslin sari with heavy machine embroidered white border, embellished with triangular crochet work all over the border - anchaal

Balance

Placement of colors, light and dark masses, or large and small objects in a picture to create harmony and equilibrium.



Black and white sleeveless long dress

Model: Ankhi
Wardrobe: ZarZain by Ecstasy
Makeup and hair: Farzana Shakil's
Photo: Riyad Ashraf
Fashion Assistant: Nazmul Haque Maruf

Off-white, closed-necked, long dress

Black bell-bottoms with cowl necked, sleeveless top



Depth of Field

The zone of acceptable sharpness in front of and behind the subject on which the lens is focused

Polka dotted palazzo pants with floral embroidered white shirt

Model: Methila
Wardrobe: Hur
Makeup and hair: Farzana Shakil's
Photo: Riyad Ashraf
Fashion Assistant: Nazmul Haque Maruf



Multi-hued, striped palazzo pants with dual shaded blue top



Polka dotted palazzo pants with a red top



Dispersion

The property of materials which have a refractive index that varies according to the wavelength of light

Boat-necked, printed top

Model: Emily
Wardrobe: Pride Limited
Makeup and hair: Farzana Shakil's
Photo: Riyad Ashraf
Fashion Assistant: Nazmul Haque Maruf



Printed long top



Printed top



Composition

The pleasing arrangement of the elements within a scene - the main subject, the foreground and background, and supporting subjects

Velvet long kamiz with matching dupatta and salwar

Model: Umi
Wardrobe: Reluce
Makeup and hair: Farzana Shakil's
Photo: Abu Naser
Fashion Assistant: Nazmul Haque Maruf



Multi-hued chiffon anarkali with heavy machine embroidery with peach-magenta shade dupatta and matching churidar



Yellow chiffon long kamiz with matching dupatta and salwar

Perspective

The rendition of
apparent space in a
flat photograph

On Trina: Orange, floral embroidery on
fuschia, linen kameez and orange dupatta
On Sohel: Printed short kurta

Models: Tonni and Sohel
Wardrobe: Shwapno
Makeup and hair: Farzana Shakil's
Photo: Abu Naser
Fashion Assistant: Nazmul Haque Maruf



Magenta, linen kameez,
black and magenta
machine embroidery
done on upper and lower
parts of the kameez



On Tonni: Screen-printed cotton long kameez
On Sohel: Printed short kurta

Breaking the ICE

Aidha Cader looks at how *ICE Today* has broken barriers in Bangladesh, as she speaks to a few past and present team members who have participated in its success along the way.

Over five years ago I walked into the office of *ICE Today* in Baridhara, feeling a little nervous and uneasy. The thought of a career shift from accounting to working in a magazine was unsettling, until I sat with Ziaul Karim, the former Editor of *ICE Today*. Keen to take on the challenge, Zia Bhai had recently moved from an established daily to become a part of the pioneering team that launched the first English lifestyle magazine in Dhaka. Eleven years later we look upon the iconic *ICE Today* magazine and pay tribute to the founding team. Abul Khair, the visionary, felt that the time had

come for Bangladesh to have its own English lifestyle magazine. He put himself forward as the publisher and invited professors Fakrul Alam, Kaiser Haq and Syed Manzoorul Islam on to the editorial board. The magazine was launched in October 2003 under the stewardship of Ziaul Karim. The initial team also included Naveera Ahmed, Tanziral Dilshad Ditan, Samiha Chowdhury Arian and photographer Nasir Ali Mamun. We take this opportunity to salute the countless others who helped create and build the *ICE Today* brand it is renowned for today.



From top left:

Fakrul Alam,
Syed Manzoorul Islam,
Kaiser Haq,
Luva Nahid Choudhury,
Abul Khair

"Ice today,
water
tomorrow and
vapour day
after! That
was our
inside joke"

The Foundation

"Mr. Khair was very keen on creating a monthly that would reflect the contemporary tastes and lifestyles of our country. He gave the magazine the name '*ICE*', an acronym for

'Information, Communication and Entertainment'. Manzoor Bhai (Syed Manzoorul Islam), I believe, added 'Today' to make it relevant to the 'now'," says Luva Choudhury, the managing director of *ICE Media*, the

owning publishing concern. In fact, the initial team soon found humour in the name. "Ice today, water tomorrow and vapour day after! That was our inside joke," confides Syed Manzoorul Islam. However, there was more



Nawshin Khair



Ziaul Karim

The team worked hard at polishing content, fine-tuning layouts, and raking out stylish fashion portfolios

Beauty Editor of the magazine until 2010, continues to support *ICE Today*, and acknowledges the positive impact it has brought. "I have always had a great working relationship with the team at *ICE Today*. They provided me with a platform to showcase my work and that input led me to challenge and improve myself," she says. Big changes also came in photography, as was reflected in a shift from the documentary to a fashion inspired style. One such photographer was David Barikder, the first fashion photographer who worked with the magazine. "In the first few issues we used film to capture the cover shot; it was a time when photography technology was changing to the digital medium," reflects David. "Photography and lifestyle magazines go hand in hand and undoubtedly it was a platform for me to display and learn the art of fashion photography," he further clarifies. Even today its glossy pages are granting the opportunity for a new class of fashion photographers such as Abu Nasser, Riyad Ashraf and Rafiqul Islam, to create their individual styles and branding.

The Transition

The team worked hard at polishing content, fine-tuning layouts, and raking out stylish fashion portfolios. The collaboration paved the way for substantive improvements. *ICE Today* now caters to a diverse readership and its circulation has swung from five thousand in 2003, to fifteen thousand at the present time. Lucky Begum, the current Head of Marketing, has also been a part of the transition not only at *ICE* but also in the general marketing scene in Bangladesh. "When I started out in 2004, there were very few women in the field of Marketing, particularly in the print media,"

meaning to the little phrase than is let on. "It was something that I used to say to energise the team because to us what that meant was that we have to seize the day and strike at the moment it was important," the professor explained. For him, Kaiser Haq and Fakrul Alam, the concept of the project was intriguing. "There was nothing like *ICE Today* in Bangladesh at that time. We had to start from scratch," says Fakrul Alam. The emergence of the youth power at the time and the fact that they wanted to make statements about their lifestyles served as a driving power for them to bring this concept to life. "We had to find a workable mix of what would be refreshing and interesting, would push the limits of what was possible to print, and most of all, would, in essence, be very 'Bangladeshi'. The trend then was to print on newsprint and use colour photographs sparingly. We, on the other hand, dreamed of printing on glossy paper, using large four-colour and double-spread photographs, creating high quality content that would reflect the best in the country and also retain international relevance. *ICE Today*, in many ways, revolutionised print culture in Bangladesh. As the first English lifestyle magazine, we were keen not to be viewed as aping western models; we were looking at a new

mix that would be essentially original and ours," reminisces Luva. As *ICE Today* went into monthly print, it created a stage for fashion designers. Goutom Saha, the Fashion Editor of *ICE Today*, has witnessed and been a part of the evolution of the fashion industry. The journey with *ICE Today* helped Goutom to add necessary flair and style to *ICE's* fashion content and groomed him for the roles of a designer and a fashion expert. He recalls how Kuhu, Maheen Khan, Ruby Ghuznavi and Rina Latif came forward to display their collections in *ICE Today*. He also adds that designers and high street stores such as Ecstasy, Cats Eye, O2, Chondon, Shwapno and countless others have used *ICE Today* as a launching and promotional platform. Within the span of a little over a decade, the fashion and print industry has developed in leaps and bounds, bringing in its wake progress in related industries such as modelling, styling and photography. *ICE Today* has brought many aspiring models to their current iconic status. "My career improved vastly after I was featured on the cover of *ICE Today*," says model Bipasha. Styling was another key area that transformed quickly into an industry. Farzana Shakil, stylist, beautician, entrepreneur and the

ICE Cover Focus ▶ *Breaking Barriers*

remembers Lucky. "During our initial years, people were very sceptical of the sustainability of the magazine and did not want to commit to long term contracts," she adds. These days *ICE Today* is the first choice when a business wants to brand its product, she confirmed.

Between 2007 and 2010, Ziaul Karim brought about more changes with the introduction of the annual men's issue and monthly sections such as *ICE Tunes*. The result was a rich, content driven magazine which also touched upon issues such as business, banking and innovation.

issues. Nawshin Khair joined the company in 2008 as the Executive Director and lent her expertise in branding and positioning the magazine. Dina Sobhan stepped in as Assistant Editor in 2010 and introduced new sections such as *Photo Story*. She also brought relevant social concerns such as relationship management and drug awareness, in the fold. *ICE* engaged better with the fashion and beauty industry with the introduction of *Style Tips*, and *Beauty Q & A*. She also created a style guide for the magazine, in line with international standards of printing. A rethink on page

layouts. However, some felt that the magazine had shifted a little from its original course. "In recent years, *ICE Today* has been more focused on visual material with somewhat of a decline in substantial reading material," comments Kaiser Haq.

The Consolidation

In November 2010 Syeda Samara Mortada filled in as Associate Editor. She had been a part of the *ICE Today* team from 2006 to 2008 and subsequently left for higher studies. Upon her return she was instrumental in changing the section pages and the captions



▼ **Narmeen Banu**
"I [am] glad for having edited, proofread and led a team of enthusiastic writers at *ICE Today*"



▲ **Tanzirah Dilshad Ditan**
"My career started at *ICE Today* and I couldn't be happier about it"



▼ **Nazia Manzoor**
"The skills I honed at *ICE* helped me greatly"



▲ **Naveera Ahmed**
"At *ICE* I built lifelong connections and made dear friends"

With *ICE Business Times* emerging in 2010, some of the business and banking features found their way there. This left *ICE Today* with more room to concentrate on core lifestyle

layouts saw Aatur Rahman, the graphics designer from 2007 to 2011, working together with Tawhidur Rashid, Editorial Assistant in 2010, to bring out new formats and cutting edge

to most of what we see today. She also introduced monthly features such as *Gizmo*, *Invents* and reintroduced *Health* and *Wellbeing*, thereby expanding the readership. She also based each issue to

"As the first English lifestyle magazine, we were keen not to be viewed as aping western models; we were looking at a new mix that would be essentially original and ours"

follow a set theme. "We already had issues that followed the certain themes such as *Boishakh*, Valentine's, among others. However, I introduced others such as the Travel, Children, Durga Puja, Summer and Environment issues," she adds. It was also a time when photography lenses and photo editing technology was better able to capture pictures. Before this time, only fashion and product photos received attention and were carefully edited. Another area that saw a change was in the *Recipes* pages. "When we launched, scarcely anyone, including ourselves, had the faintest idea of how to do food-shoots! There were a great many cooks but only a few had any idea about garnishing, plating and food styling," says Luva. From the type of recipes to the composition of the pictures, I, too, felt that was an area I could add value to. Together as a team,

working with some of the best photographers such as Din M Shibly, later M Shamsul Hoque Komol and now with Abu Nasser, we not only changed the way food was photographed but also featured recipes from a melting pot of global cuisines and the creation of stories based around the recipes. The current Designer, Jason S. Dhali, saw the introduction of illustrations. This not only allowed Jason to display his artwork, it also made us less dependent on photographs.

From finding new talent to providing a platform, from career enhancement to personal progress, from product promotion to marketing, *ICE Today* remains the number one lifestyle magazine uncontested over the past eleven years. Together, we take pride in celebrating its anniversary. [E3]



Goutom Saha
Fashion Editor

Syeda Samara Mortada
Associate Editor, 2010-2014



Lucky Begum
Head of Marketing



Tawhidur Rashid
Editorial Assistant, 2010

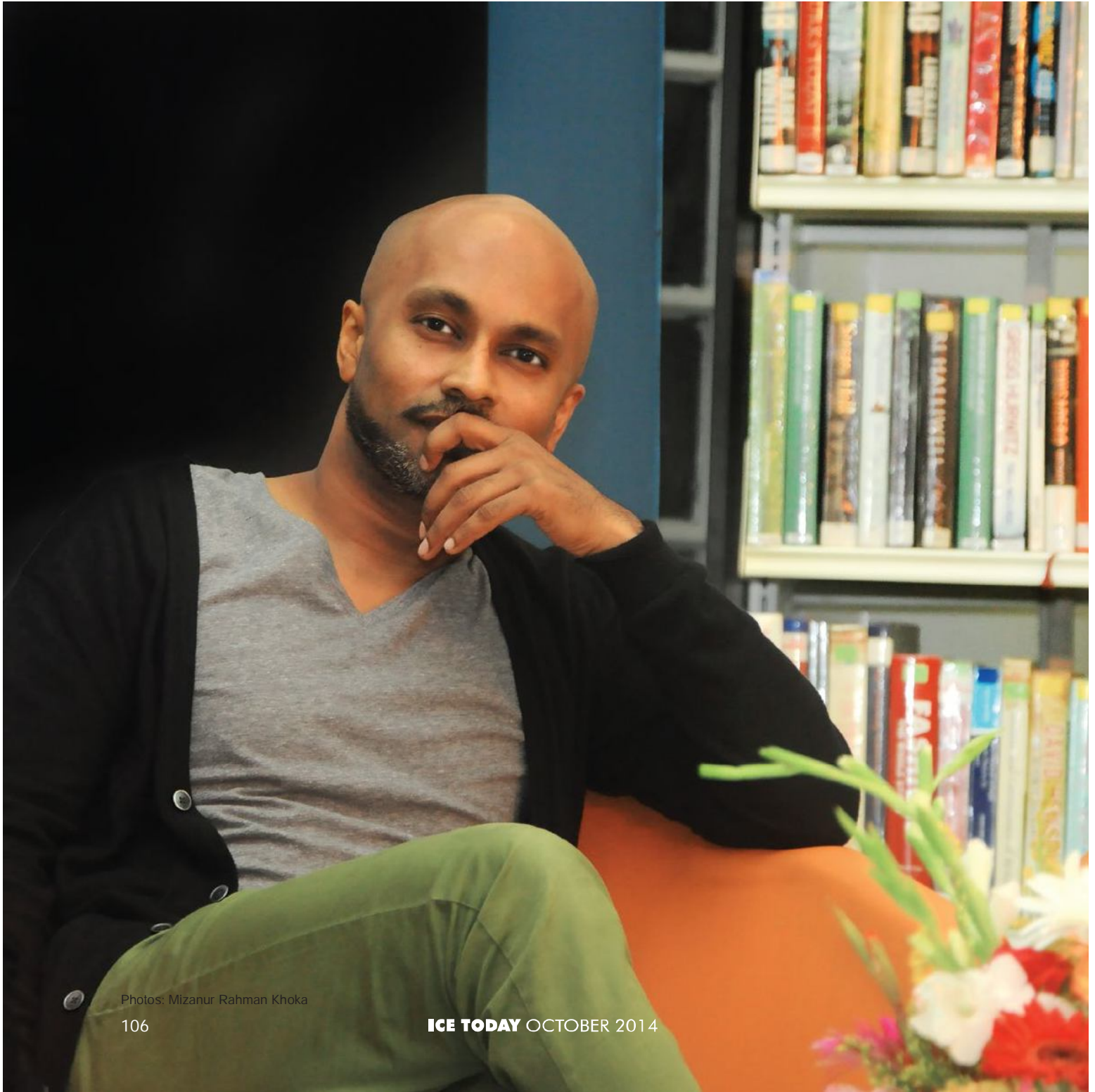


Tanuva Aumia Khundkar
Assistant Editor



Within the span of a little over a decade, the fashion and print industry has developed in leaps and bounds, bringing in its wake progress in related industries such as modelling, styling and photography

Impressions Left Within



Rifat Islam Esha chats with Akram Khan about the philosophy behind his production, DESH

Is there an invisible bond that ties us to our motherland? Is there a connection that brings us back to her whenever we lose our sense of belonging, our sense of identity? Do we all seek answers regarding our relationship with our country, people, culture and history? However, romantic or redundant these questions may seem to a few, we cannot deny the fact that we all, at some point in our lives, question our relationship with our

motherland—where we come from and whether we belong. Akram Khan, the celebrated British-Bangladeshi performer and choreographer, attempts to explore his identity in DESH, a full length contemporary solo act crafted from his personal journey. In order to bring DESH to Dhaka, The British Council and Bengal Foundation collaborated with Bangladesh Shilpakala Academy, in association

with The Daily Star, Prothom Alo, Channel-i and Bengal Communications Limited. The event took place at the National Theatre Hall of Bangladesh Shilpakala Academy on the 19th and 20th of September and was managed by Blues Communications. We were fortunate to get a chance to talk to the artist and ask him a few questions. It turned out to be a very insightful conversation with a man who has been constantly





DESH is more about his own identity, his own childhood than it is about Bangladesh

questioning his identity and trying to discover himself. When asked about what issues he was addressing through DESH, Akram answered, "The clash of culture, the clash of generations, and the fact that our parents are not us and we are not them, regardless of the connection. Even if we came from our parents, our rhythms are different. We think differently. We are constantly transforming."

However, Akram emphasized, "Time and age is a very funny thing. When I was young I didn't want to be like my father, but the older I became and having a child of my own, I realized I was very much like my father. I wanted my daughter to learn Bangla, which I never imagined I would. So

with her birth, was also born the desire, in me, to continue tradition. When I questioned whether he had discovered Bangladesh any differently because of his work, he answered with a simple, "No." However, he admitted that it helped him a little to understand his father, as DESH is more about his own identity, his own childhood than it is about Bangladesh.

The more he spoke I understood better how important it was for him to 'find' the history of Bangladesh as narrated by his parents. He believes that DESH helped his personal and spiritual growth. "It is an important piece for me. I was always running away from Bangladesh because I have been very angry towards the Bengali

community (in London), but at a certain age I realized that I have to stop running away from my identity and come back to confront the issues that gnawed at me," added the dancer. As DESH debuted in Bangladesh, he told us that he was curious about how it would be received by the audience here, since he made the piece keeping the Bangladesh in mind. He hoped that they felt that it belonged to them. Satisfied with having all my questions answered, I left with a newer perspective on life and how the impressions of human experiences, of not just oneself, but one's family, culture, and history, are left behind within body and soul. And indeed, dance is a beautiful form of expression to reveal such 'imprints.'^{ICE}

The more he spoke I understood better how important it was for him to 'find' the history of Bangladesh

ICE Your Space

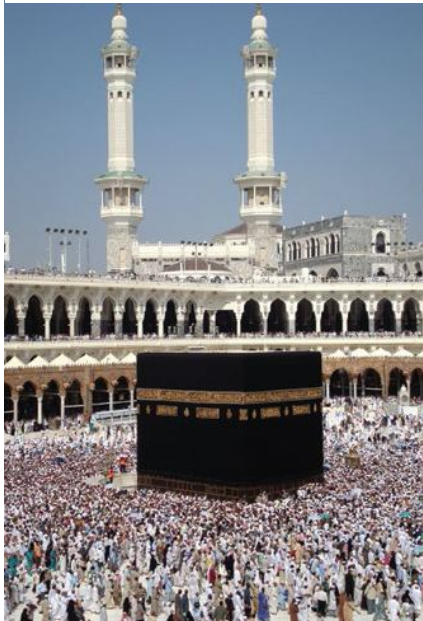
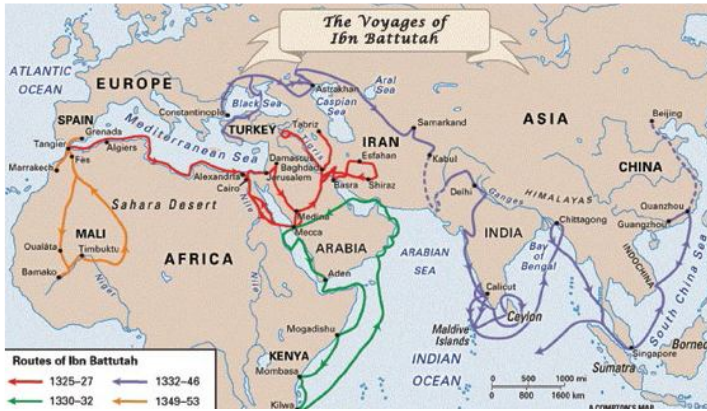


P. 113 Recipes: In the Footsteps of Ibn Battuta

P. 126 Gizmo: www.deshi.com

P. 130 Travel: A Short Trip to Myanmar: The Country of Peace

P. 136 Interview: Her Rise to Stardom



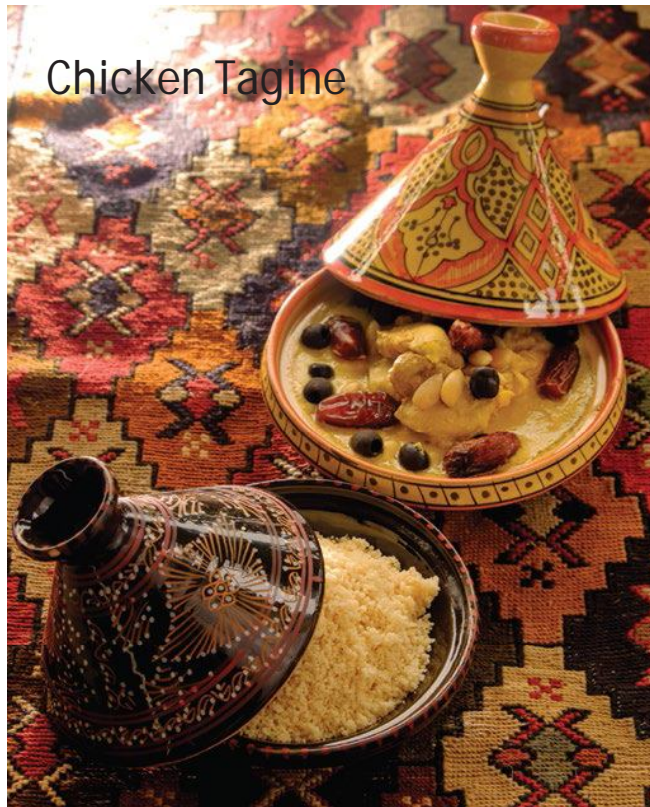
In The Footsteps of Ibn Battuta

The legendary 14th Century explorer who travelled across the world has captured the imagination of many. During his journey he was attacked by bandits, nearly drowned at sea, almost beheaded by a tyrant ruler, had a few marriages and lovers, and fathered several children. Aida Cader looks upon his epic journey and recaptures the medieval food that he may have enjoyed.

In the year 1325 from Tangier in Morocco the 21 years old Ibn Battuta, a Muslim legal scholar, set out to perform Hajj. However, his journey proved beyond this as he travelled for thirty years, across seventy-five thousand miles crisscrossing over forty countries.



Photos of Food: Abu Naser@Station



Chicken Tagine

Layer the rings of one onion at the bottom of a tagine. Mix one chicken cut into pieces with a grated onion, a tsp garlic, 2 tbsp olive oil, ¼ cup butter, a cinnamon stick, ¼ tsp mixed spice (*Ras El Hanout*), ½ tsp turmeric, ½ tsp saffron strands, a tsp black pepper and 1 ½ tsp ginger paste. Place the chicken pieces, over the onion rings. Pour a cup of chicken broth, a handful of cilantro, cover and cook over a diffuser. Once it comes to boil lower the heat, and continue cooking covered for a further two hours. Next, add 1 ½ cups pitted dates, 3 tbsp honey, 1 ½ tsp cinnamon, ½ cup pitted black olives and simmer until the dates are tender and the sauce is syrupy. Garnish with toasted almonds and serve with couscous.

The Maghreb

Ibn Battuta travelled overland along the North African coast line and camped outside the city of Algiers. He joined with other pilgrims and journeyed to Tunis. By the time he reached the city, he was gravely ill. He stayed there for two months to recuperate after which he journeyed with a larger pilgrimage caravan towards Alexandria. Along the way he married the daughter of a Tunisian official, however, this fell apart. In Alexandria he climbed the Pharaoh's light house and also met a Sufi mystic who informed him of his travels and the meeting of fellow mystics living in China, India and Afghanistan. A few weeks later, in the outskirts of Alexandria, Ibn Battuta had a strange dream. He was on the wing of a great bird flying beyond Mecca. He continued his journey along the Nile to reach Cairo. The city was the Capital of the Memluk dynasty. It had beautiful buildings, bustling bazaars, decorative mosques, pleasure parks, promenades and the Giza pyramids over looking its splendour. He stayed in Cairo for a month before he journeyed up the Nile to the red sea coast of Ayhad. Due to the unrest against the Memluk empire, Ibn Battuta had to return to Cairo and pursue the route via the Sinai desert.



Great Mosque of Kairouan, Tunisia



Sultan Hussan Mosque, Cairo



Alexandria, Egypt

The Levant

Ibn Battuta left Cairo and headed to Damascus, along the Royal Road. The Mamluk government organized caravans to carry pilgrims and merchants along this trail. Trade was the life-blood of the Empire, and caravanserais were built to encourage it. He journeyed to the holy city of Hebron where he visited the mosque of Abraham. Inside it is the sacred cave he paid tribute at the graves of Abraham, Isaac, and Jacob. He continued on to Bethlehem and then to Jerusalem. On his way he saw many towns destroyed by the Crusades.

Ibn Battuta stayed in Jerusalem and marvelled at the Al Aqsa mosque and the adjacent 'Dome of the Rock' built in 687. Next, he arrived in Damascus during the month of Ramadan. Damascus was a centre of trade routes which linked Egypt, Persia, Asia Minor, Black Sea and the Mediterranean Sea. He claimed that the city surpasses all other cities in beauty. During his stay he spent much of his time studying and meeting famous teachers and judges. Thereby, he improved his accolades to secure better prospects in the future. He also married again however, shortly afterwards divorced her too and later learned that he had fathered a son with her. Ibn Battuta never met the boy and on his return back home he learnt that the child had died at the age of twelve.

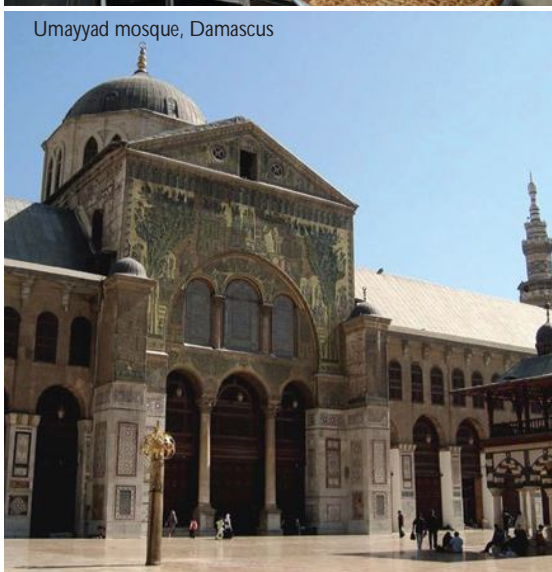


Fried Fish with Tahini

Blend ½ tsp of white pepper, a tsp of cumin, a tsp of coriander, a tsp of cardamoms with a tsp of garlic, salt and ¼ cup of lemon juice. Marinate four pieces of fish fillet with the spice paste and set aside for thirty minutes. Heat ½ cup of olive oil in a pan and shallow fry the fish until golden brown on both sides. Drain and set aside on a serving plate. Heat a cup of tahini, add ½ cup of the lemon juice and ½ cup of water to obtain a smooth sauce. Once it begins to boil, pour over the fish and garnish it with chopped parsley, toasted nuts and pomegranate arils.



Food Market, Damascus



Umayyad mosque, Damascus



Abraham tomb, Hebron



Arabian Lamb Mandi

Grind 4 cardamoms, 4 cloves, 10 black peppercorns, pinch of nutmeg, 2 bay leaves, a tsp of dry ginger together and set one teaspoon aside. Mix the remaining spices with juice of 4 lemons, two tbsp oil, a cup water and salt. Apply this mixture on 1 kg lamb and set to marinate for a few hours. Next, cover the lamb with an aluminium foil and bake in a pre-heated oven at 200°C for an hour. Transfer the meat into a pan and simmer on a stove, until the liquid has evaporated. Drizzle oil on a piece of hot coal in a container and keep it with the lamb to infuse the smoke flavour. Heat 2 tbsp of oil in a pan, add 4 cups of stock and bring it to boil. Stir in one teaspoon spice mix, 2 cup pre-soaked rice and salt. Cover and cook the rice under low heat for ten minutes. Serve the rice, place the lamb over and garnish with almonds.

The Hejaz

The distance from Damascus to Medina is about eight hundred and twenty miles, and it would take sixty days by caravan. This would have constituted a thousand pilgrims and invariably some may have died along the way. Ibn Battuta stayed in Medina for four days and each night spent in the mosque of the prophet. He would sit along with others and observe pilgrims reciting the Quran, intoning hymns and reverencing at the tomb. From Medina he headed towards Mecca and visited other holy sites along the way.

Ibn Battuta performed the Hajj rituals and on the ninth day stood on the plains of Arafat where he recited prayers and listened to the sermons until sunset. On the next day he set off to Mina for ritual stone throwing, followed by Eid. He had taken a year and a half to reach his destination and he would make three other trips to Mecca in his lifetime. But rather than returning home, he set out towards Bagdad along with other Persian pilgrims.



Al Masjid-e-Mabawi, Medina



Mount Arafat, Mecca

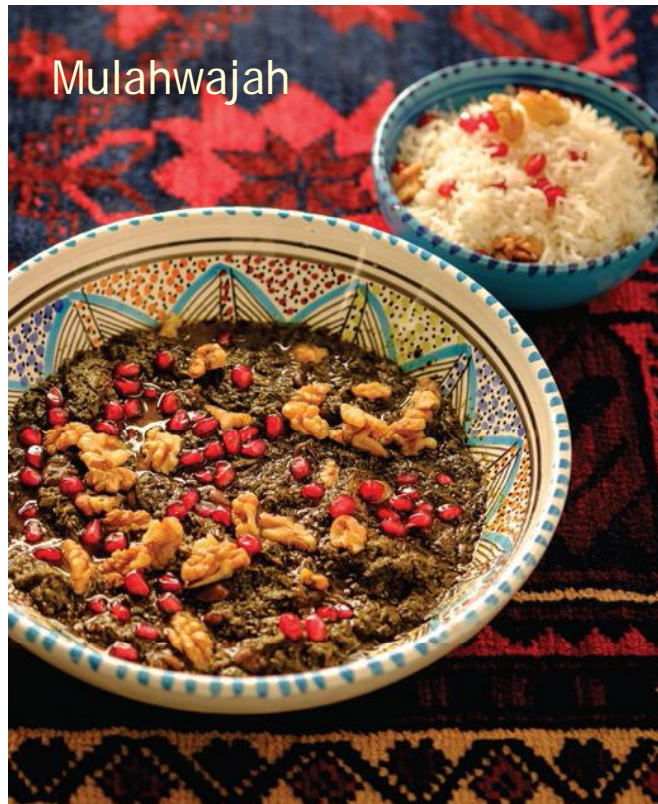


Date Market, Uhad

Persia

When Ibn Battuta arrived in Persia it was still suffering from the devastating effects of the Mongol Invasion, which had happened over a century ago. The entire journey from Mecca to Mesopotamia took forty four days. He travelled through Mosul and at Najaf he visited the mausoleum of Ali, the fourth Caliph. Here he met many Sufi Muslims, who tried to find God through experiences of twirling around in a trance, through music, poetry and dance. He also witnessed some who walked on fire. Ibn Battuta was attracted to many Sufi ideas and marvelled at their devotion.

He continued on to Basra, and was surprised by the imam's poor standard of Arabic grammar at the Friday sermon. Taking a small sailboat he cruised up river to the city of Abadan. He noted that, along the river were fruit gardens and palm groves and traders who sat under the trees, selling bread, fish, dates, milk, and fruits. Finally he arrived at Isfahan. Ibn Battuta lodged for two weeks in a large Sufi centre and met with many other jurists. He also travelled further inland to the city of Shirza which was not destroyed by the Mongols. He commented that the people were beautiful and well dressed and the city has many beautiful tomb, mosques, pious people and bustling bazaars. Accompanied by a military and royal camp he set off to Tabriz. He travelled back to Baghdad with the intention of performing his second Hajj and joined a pilgrim caravan.

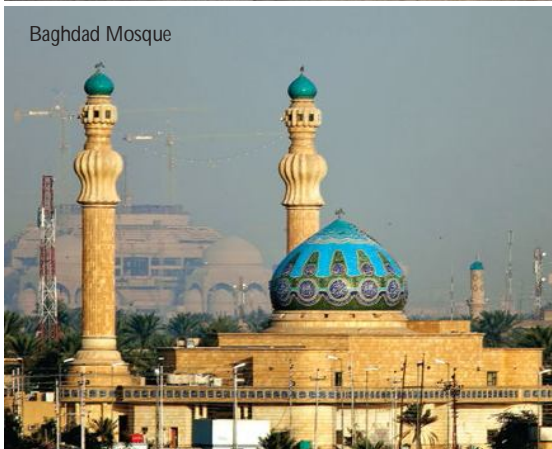


Mulahwajah

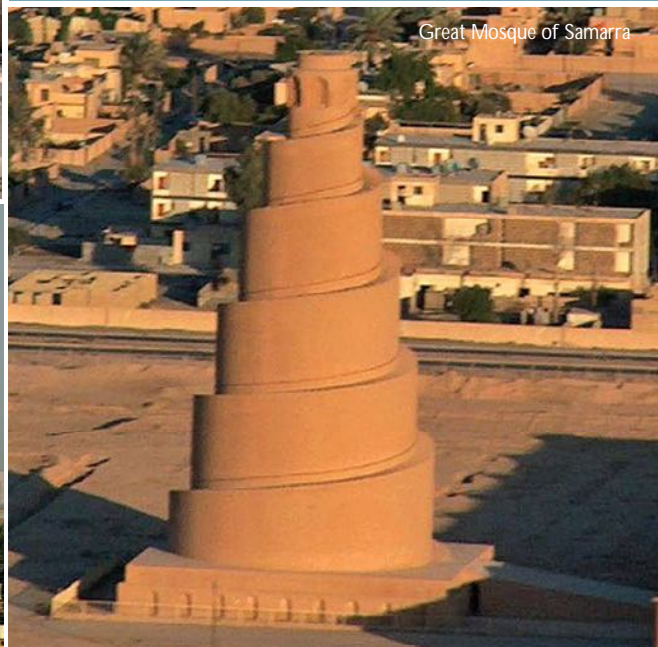
Heat 4 tbsp Olive oil in the saucepan. Add 1lb boneless leg of lamb, finely sliced with a tsp of cinnamon, salt, sliced onions and sauté. Add the 115 oz cooked red beans with a cup chickpea liquid and bring it to boil. Cover and simmer until the meat is tender. Add the 1½ cups of grape juice, 3 tbsp of pomegranate molasses, ¼ cup of soy sauce and cook for a further ten minutes. Sprinkle a tsp of black pepper, one tsp of caraway seeds, and a tsp of clove powder and mix well. Cook for a few more minutes and garnish with walnuts.



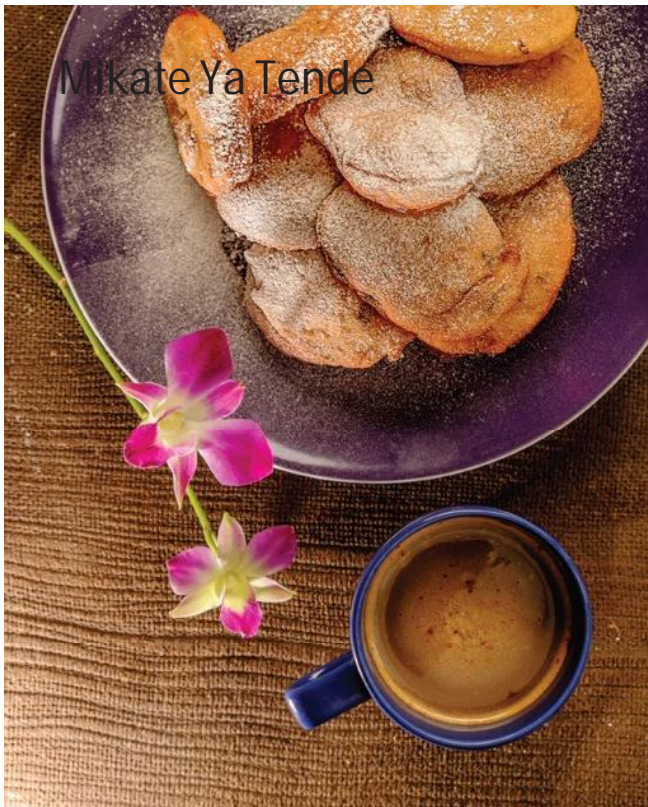
Isfahan, Iran



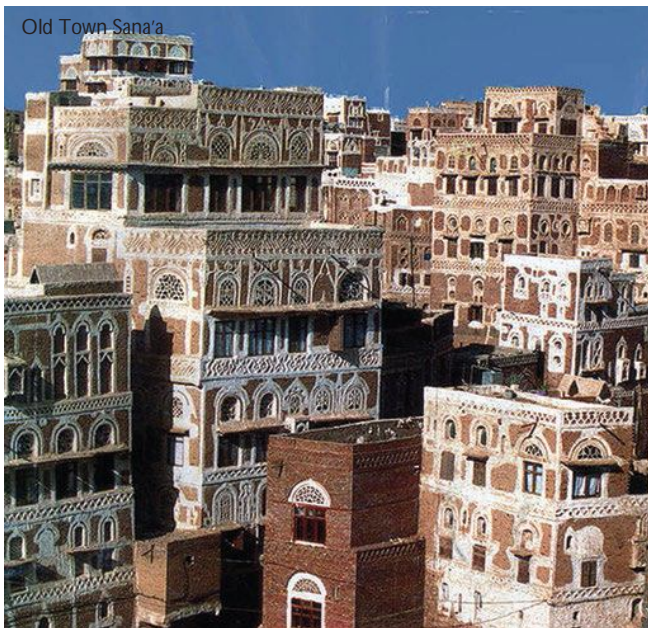
Baghdad Mosque



Great Mosque of Samarra



Blend 250g of pitted dates with a cup of water to form a smooth paste. Combine one tbsp of yeast with a tbsp of sugar and ¼ cup of warm water and set aside. In a bowl, mix 2 cups of flour, a pinch of saffron, the yeast mixture, ¼ tsp of ground cinnamon, 1/3 cup of oil and a pinch of salt. Next, add the date paste to one cup of milk. Knead to form a soft, slightly sticky dough. Set aside for twenty five minutes to rise. Flour the surface and roll out the dough. Cut out a 3 inch disc using a cookie cutter. Deep fry until golden.



The Swahili Coast

After the Hajj in 1330 Ibn Battuta studied in Mecca for a year before he made his way to Jeddah. From there he travelled to Yemen making slow progress against choppy waters and visited Zabīd, Ta'izz and Sana'a. He was impressed with the lattice wood work that decorated the homes in Sana'a. Next, from the port of Aden, Ibn Battuta crossed the straits and reached Somalia. The port was busy trading in spices, medicines, cotton, silks, peals and pottery. He sailed in a *dhow* to Zeila, a Christian town with a large Muslim population. He records that the city was dirty and the smell was unbearable due to the fish and the blood of camels that were butchered along the alleyways.

He moved on to Mogadishu, it was at its zenith of power and prosperity and the city was filled with rich merchants. He continued along the coast to Mombasa and to the island of Kilwa in Tanzania, which was an important transit centre for gold and ivory. He also saw extension work being carried out in the mosque which was made out of coral. Ibn Battuta sailed back to Arabia, through the Strait of Hormuz via Oman and then on to Mecca for his third Hajj in 1332. In Oman he watched the pearl fishermen dive deep into the ocean to harvest their merchandise.



Central Asia and Anatolia

After spending another year in Mecca, Ibn Battuta decided to seek employment with the Muslim Sultan of Delhi. In need of a guide and translator for his journey, he set off to the Seljuk controlled territory of Anatolia, modern day Turkey. He reached Alanya by ship and travelled overland to Konya and afterwards to Sinop on the Black Sea coast. In Konya he met several Whirling Dervishes and other sufi mystics. He was impressed with the attractive and hospitable people and the beauty and the abundance of the land. From here he took a sea route. However, bad weather and storms hampered his journey and his ship nearly capsized. Nonetheless, he reached Kaffa in the Crimean Peninsula and arrived at the Golden Horde. He was accompanied with a group of fellow travellers and a woman who he fathered a child with. He witnessed the nomadic life style of sheep and horse ranches and met with the emir, in Majar. Next, he joined the Uzbeg Khan's travelling court near the Beshtau Mountains and ventured further north to Bolghar.

He wished to go further into Siberia however, with shorter days and Ramadan approaching he abandoned the idea. Instead, he accompanied the emperor's pregnant Greek wife and went to Constantinople. Arriving at the Byzantium capital he visited the Church of Hagia Sophia and thereafter continued past the Caspian and Aral Seas to Bukhara and Samarkand. From there, he journeyed south to Afghanistan, and then crossed into India via the mountain passes of the Hindu Kush.



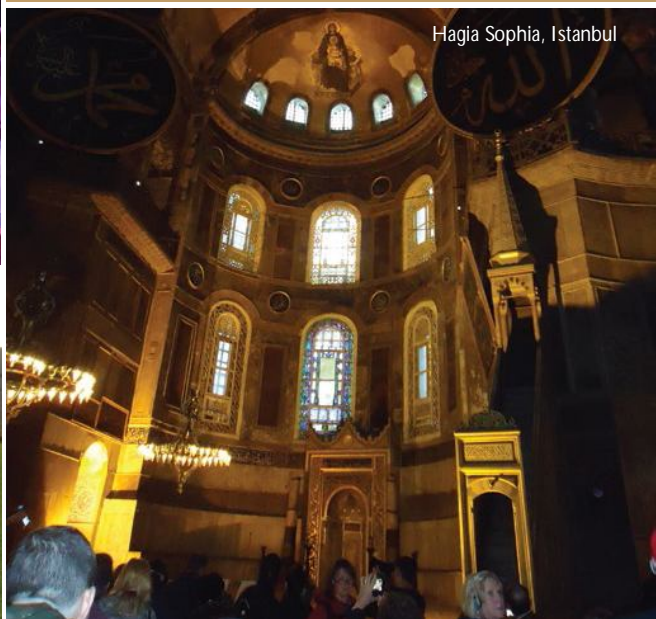
Prepare spice mix with 2 tbsp of cumin, 2 tbsp of oregano, 2 tbsp of dried mint and 1½ tbsp of pepper. Knead 1lb of ground beef with 2 tsp of kebab spice, an egg white, a tsp of sumac, a cup of pistachio, and ¼ cup of clarified butter. Adjust seasoning and set aside for thirty minutes. Shape the meat into ten oval patties and thread it along the skewers. Heat a barbeque grill and cook for four minutes on each side. Serve with flat bread and yogurt.



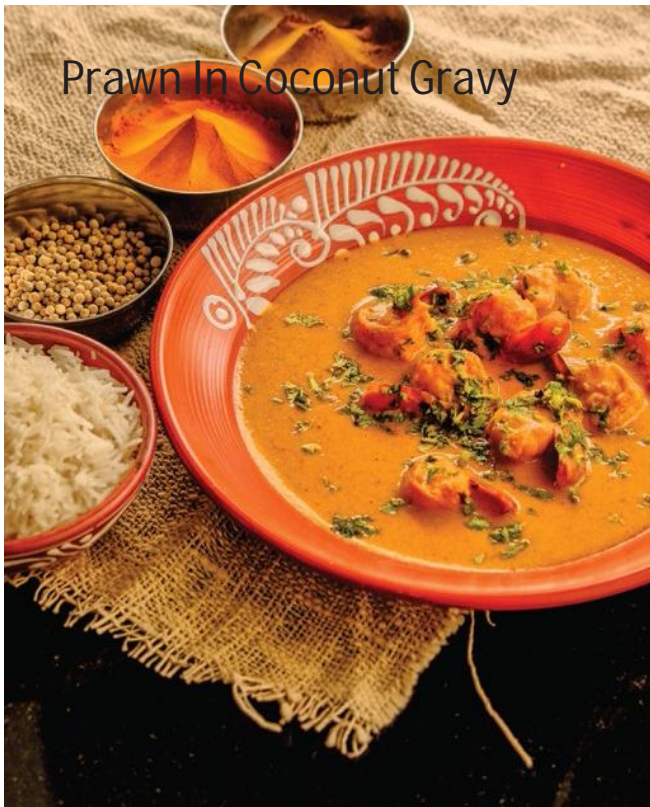
Whirling Dervishes, Konya



Yurt hut, Central Asia



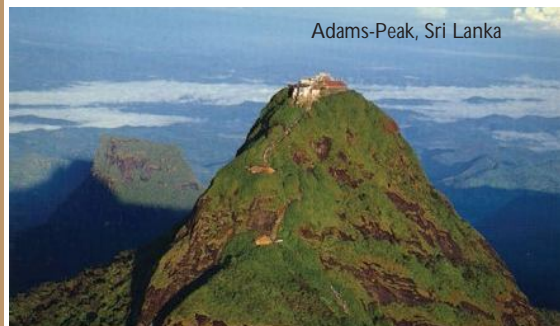
Hagia Sophia, Istanbul



Marinate six jumbo prawns with a tsp of turmeric powder, salt and set aside. Heat ½ cup of mustard oil, add the prawns and fry on both sides. Remove and set aside. In the same oil add ½ tsp of turmeric, a bay leaf, an inch-long piece of cinnamon, 2 green cardamoms, ¼ tsp of coriander, a tsp of white pepper, ¾ tsp of cumin, a chopped onion and sauté. Afterwards, add ¾ tsp of sugar, 2 tsp of ginger and garlic, a tsp of raisin paste, 1 ½ tsp of mustard paste, ¾ cup of coconut pastes and cook until the oil separates. Return the prawns into the gravy and add a cup of water, cover and simmer for ten minutes.

South Asia

The Delhi sultanate was ruled by the eccentric Muhammad bin Tughluq. Ibn Battuta served as a Qadi and maintained the mausoleum Qutb al-Din for six years. During his stay he witnessed the opulent court life and had considerable autonomy to carry out his task. He also married a girl from the court who he fathered a daughter with. Ongoing conflicts with the sultan prompted in Ibn Battuta to move out of Delhi and travel as an ambassador to China. During his journey his party was attacked and robbed by bandits. He was rescued by villagers that helped him on his way to Calicut. At the port a storm broke and one of the expedition ships sank and the other sailed without him. After many attempts he finally sailed out of Calicut and headed towards the Maldives. The king of Malay requested Ibn Battuta to be his chief Qadi. He also married the queen's relative and was part of the royal family. Before long he found himself embroiled in politics and decided to leave. He journeyed to Sri Lanka and then travelled to Madurai. He boarded a Chinese junk and reached the port of Chittagong. Eager to meet Shah Jalal he sailed up the Meghna River to Sylhet. He stayed for three days with the saint and shared his stories of travel. Ibn Battuta went further north into Assam, and then turned around towards China.



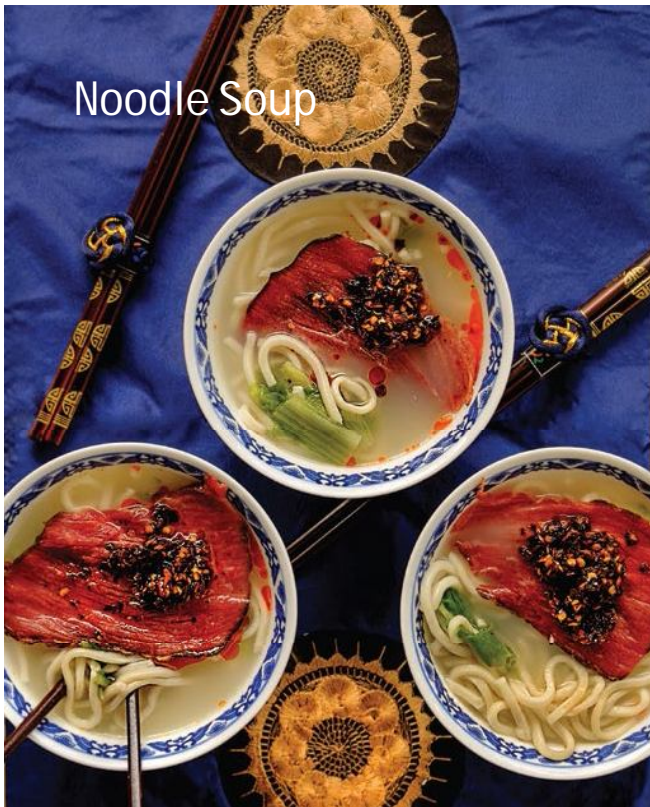
Adams-Peak, Sri Lanka



Qutub Minar, Delhi



Shah Jalal shrine, Sylhet



Noodle Soup

Combine 400g of finely sliced lamb, a tbsp of light soy sauce, a tbsp of dark soy sauce and a tbsp of corn flour in a bowl and set aside. Dry roast 1½ tsp of cumin seeds, 2 star anises and 2 tsp of white peppercorns and grind well. Cook 500g of thick wheat noodles in boiling water for 3 minutes and drain. Heat 2 tbsp of garlic oil in a wok, add spices, 20g of finely sliced ginger, 2 sliced garlic cloves, 2 onions, cut into wedges and stir-fry. Add the lamb stir-fry until cooked. Divide noodles among bowls, pour 1.2 litres of hot lamb stock, top with lamb, crisp garlic slices and blanched choy sum.

Southeast Asia and China

In 1345, Ibn Battuta travelled to Sumatra, Malacca on Malay Peninsula, Vietnam and finally arrived in Quanzhou, in China. It was ruled by the Mongols and the local Muslims referred to the city as 'Zaitun' meaning olive. The silk, porcelain, fruits and the use of paper money enthralled him. He noted that the Muslim community lived within a separate portion in the city and with mosques, bazaars and hospitals of their own. While in Quanzhou he ascended the 'Mount of the Hermit' and visited a Taoist monk in a cave.

He travelled south along the Chinese coast to Guangzhou and went north towards Hangzhou. He sailed through the Grand Canal to Beijing. He passed through crop fields, orchids and men and women dressed in silk. Ibn Battuta walked along the great wall and in Beijing he referred to himself as the ambassador from the Delhi Sultanate. He was invited to the Yuan imperial court at Forbidden City. He comments, that though China was beautiful, it did not please him and he was greatly troubled by its pagan culture. He was also distressed with the cuisine and noted that locals would eat anything, from swine to dog to scorpion. However, whenever he met a Chinese Muslims it felt as though he was meeting his family or close kinsmen. Ibn Battuta got back to Quanzhu and boarded a junk and began his return home.



Grand Mosque, Beijing



Laozi Statue, Quanzhou

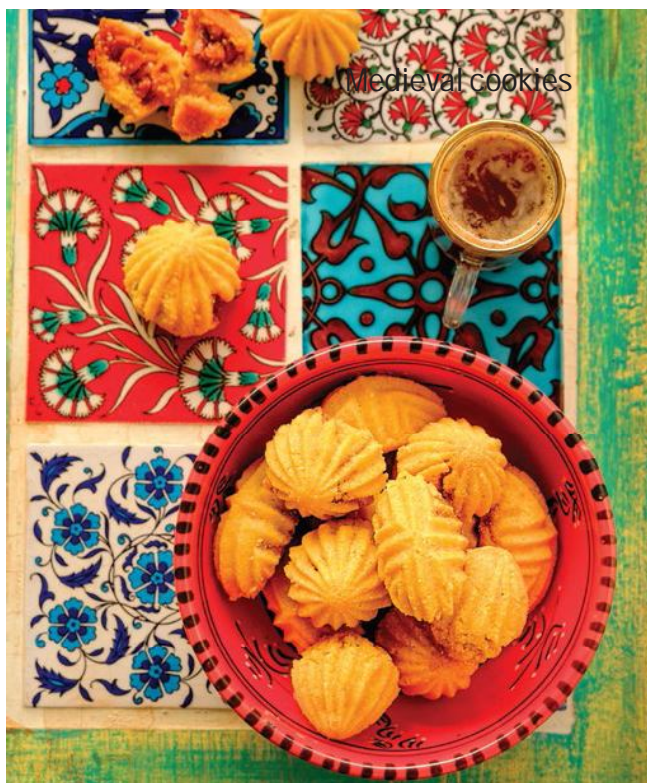


Po Klong, Garai, Vietnam

Andalusia

On his way back to Morocco in 1348, Ibn Battuta encountered history's greatest pandemic, the Black Death. From Baghdad to Damascus to Cairo there was death everywhere he recalls. After a few days in Tangier, Ibn Battuta heard of King Alfonso XI of Castile's threat to attack Gibraltar and he joined the army leaving Tangier to defend the port. However, the Black Death had killed Alfonso and the threat of invasion had receded. Nevertheless, he crossed the Mediterranean and travelled through Muslim controlled Iberian Peninsula. By then, it was a third of its golden age landmass. He went to Malaga, and stayed at its magnificent mosque with a courtyard of orange trees. From here he continued into the mountains, passed through Alhama, a town famous for its hot springs, and on to Granada. When Ibn Battuta arrived in Granada it was a time when the beleaguered kingdom was struggling to maintain its cultural and political brilliance. The ruler, Yusuf, was constructing what, today, are considered elegant portals and courtyards within the Alhambra. He spent time resting in Sufi lodges and visiting the Muslim leaders and at the end of 1350 he returned to Morocco.

He had travelled throughout much of the Islamic World, but he had never seen much of his homeland, Morocco. So for the next several months he was a traveller again. He went down the Atlantic coast to Asilah, visited Salé, and then rode south across the coastal plains to Marrakech and to the new capital, Fez.

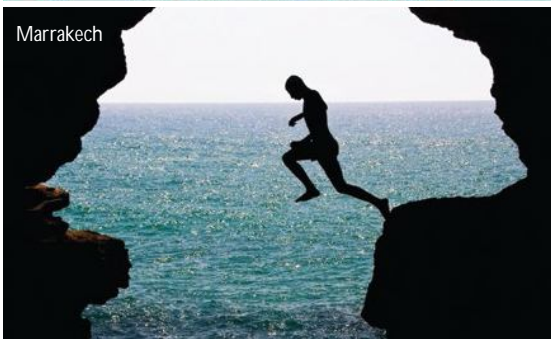


Medieval cookies

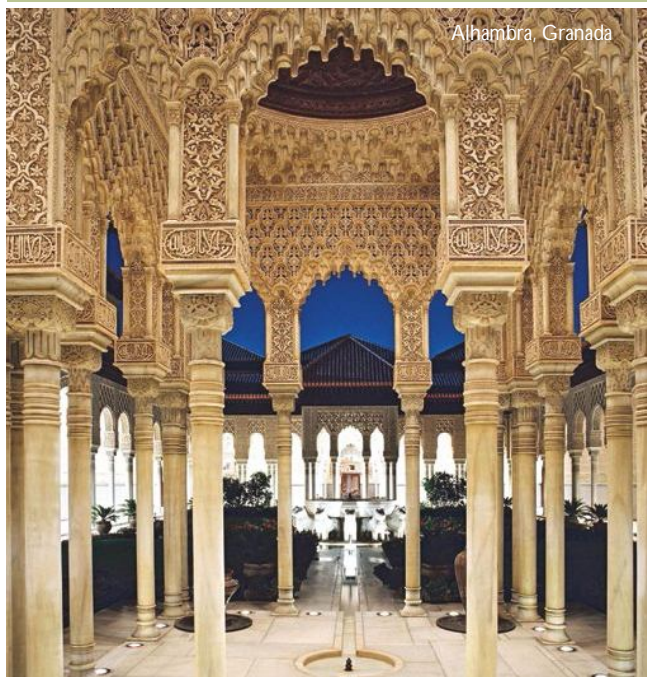
Mix 300g semolina with 100g butter and keep it over night. Mix 1tsp yeast with 2tsp sugar and ¼ cup warm water and set aside to rise. Add ½ cup flour, 1tsp baking soda, 2 tbsps rose water, ½ cup water, the yeast mixture into the semolina and make the dough. Set aside to rise. Heat a cup of honey with 200g mixed nuts and make a thick filling. Divide the dough into small balls. Fill it with the honey nut mixture and seal the edges. Bake in a pre heated oven at 200°C for 30 minutes.



Souk, Fez



Marrakech



Alhambra, Granada



Malian Ginger Juice

Blend 175g of ginger with water to get a smooth paste. Heat a litre of water, ginger pulp and bring it to a boil. Cover and simmer gently for about 2 hours. Stir in 75g of sugar and once it has dissolved, take it off the stove. Set aside to cool, add the juice of 2 lemons and a sprig of mint leaves. Refrigerate for at least two hours before serving.

West Africa

Fascinated by the stories Ibn Battuta had heard of the King Mansa Musa he decided to cross the Sahara and visit the Muslim Kingdom of Mali and Timbuktu. In 1351 he travelled to the northern edge of the Sahara and set off with a caravan to the salt bed of Taghaza. He noticed that the local buildings were made with slabs of salt. He commented that the place was inhospitable and was plagued with flies. From here he moved to the oasis town of Tasarahla and stayed for a few days. Next, his journey was to last two months across the barren Sahara Desert. Ibn Battuta travelled south along the Niger River until he reached the capital of Mali. There he met King Mansa. Ibn Battuta disapproved that female slaves, wives and even the daughters of the sultan went about exposing the upper part of their bodies, not befitting Muslim culture.

He eventually left the capital with a local merchant and journeyed overland by camel to Timbuktu. Though in the next two centuries it would become the most important city in the region, at that time the city was relatively small. He saw a hippopotamus for the first time and learned that the animal was feared by the local boat men. After a short stay in Timbuktu, Ibn Battuta journeyed down the Niger River and then to Gao, in a canoe carved from a single tree. After spending a month in Gao he returned back home.

After his return home the sultan of Morocco ordered him to pen down his epic travel adventure, which is known today as the Rihla.



Salt Market, Gao



Djenne Mosque, Mali



Niger River



www.deshi.com

By Wasef Mustafa

Bangladesh is progressing fast and one of the things that have taken strides in making this possible is the presence of local internet services. Our variations of eBay, Amazon and Paypal have taken the country by storm. Read on to find out more!

Bangladesh has come a long way in the past eleven years in terms of technology and 21st century implements. Since 2003, we have seen an exponential increase in e-commerce and online facilities, and the curve keeps on rising due to a fervent urge to keep up with the rest of the world. People are

already used to indulging in the basic amenities that are being provided. And why shouldn't they? The Bangladeshi equivalents of the Western e-commerce sites that have sprung up over the last decade are providing similar benefits, within a reasonable margin of

error. Ever since its introduction, the e-commerce trade has not only alleviated general lifestyle as a whole but has also broadened the horizon for future possibilities.

Let's cut to the chase, shall we? The concept of e-commerce is

This immense growth of e-commerce in our country is not only making our daily lives easier, but also helping to nurture the stems of a possible economic thrive in the future

the trade of products or services where the mediator is the Internet. This basically means that there is no pain or strain caused when trying to get what is needed, because almost everything can be bought online. This cancels out the necessity of going outside to buy a desired product or service. Although this has been around in certain parts of the world for some time now, it is fairly new in Bangladesh. Local counterparts similar to online services such as Paypal, Amazon, eBay, GrubHub, Wal-Mart, Matchmaker, etc. are now available here too. The most essential services include but is not limited to bKash, Bikroy, Ekhanai, Ejuty, HungryNaki, Chaldal and, quite interestingly, Gorurhaat, which comes on during Eid ul-Adha and is a site where you can literally order farmyard animals.

These days eating out is a form of entertainment for Dhakaites. The last eleven years have seen a major growth in the food business leading to countless options to choose from today. However, since the streets of our fair city can be a letdown, people have started using the privilege of ordering food from their favourite restaurants within the comforts of

their own home. Our locally owned *hungrynaki.com* provides this much appreciated food delivery service, where if you go online and choose your restaurant and meal, it will be delivered to your doorstep. Moreover, if you decide to shop for groceries to cook your own meal, look no further than *chaldal.com*, where all your grocery and even domestic needs are fulfilled. Fresh fish, meat, bread, dairy, fruits, vegetables, cleaning appliances, cooking utensils; essentially all domestic kitchen and home requirements are available and delivered upon purchase, eliminating

item can be yours just like that. It's often a good idea to have prior knowledge of whatever you wish to buy to avoid getting swindled. A similar routine applies if you're looking to sell something you own; take a picture of your item, post a free ad with enough details, and wait for a buyer.

Even though the times are changing fast, tradition seems to be taking its sweet time. For women, getting married before entering their 30's is to some extent still viewed as an obligation. Most often it's a collective decision made by the family as arranged marriages are still

Paying for online services is seemingly effortless as most sites take cash on delivery. It's easier if you're charging a credit card or own a Paypal account, but unfortunately the latter is unavailable in Bangladesh. However, safely sending or receiving money and other financial transactions within Bangladesh can now be made at ease with bKash, a mobile banking service available throughout the country, offering financial services that are convenient, affordable and reliable. To take advantage of the services provided by bKash, all one has to do is open a free account at their site by following

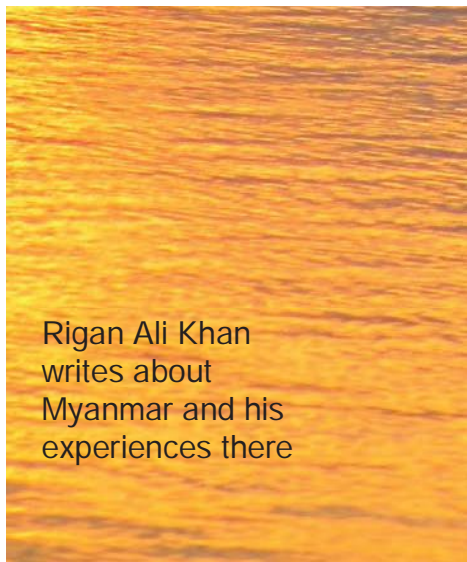
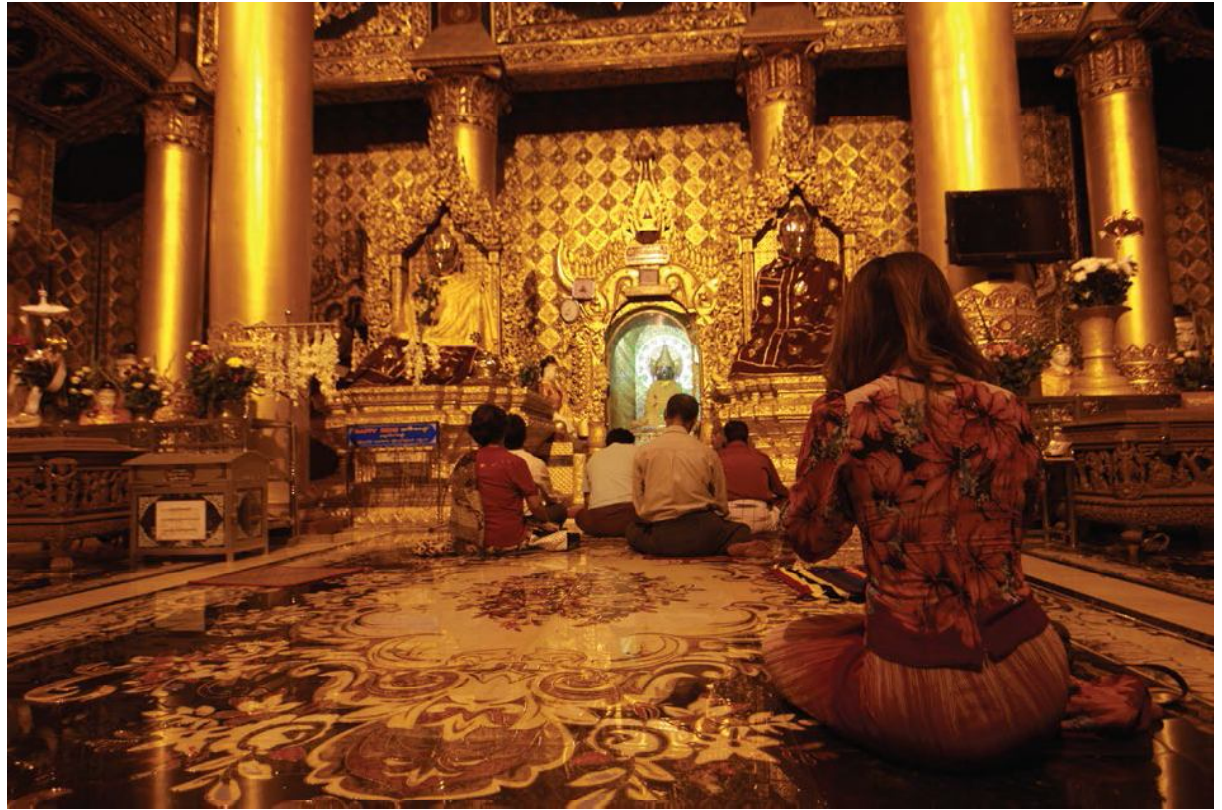
The most essential services include but is not limited to are Bkash, Bikroy, Ekhanai, Ejuty, HungryNaki, Chaldal and, quite interestingly, Gorurhaat

the time it would take to go out shopping. If you're looking to buy or sell used items, like furniture or electronics, or are just fishing for a good deal on a product, *bikroy.com* and *ekhanai.com* are sites you should be looking at. Gadgets, instruments, vehicles, almost anything you could imagine getting your hands on, are listed on this site by their respective users or retailers who are willing to sell. Establish contact, negotiate a deal, set up a meeting, and the desired

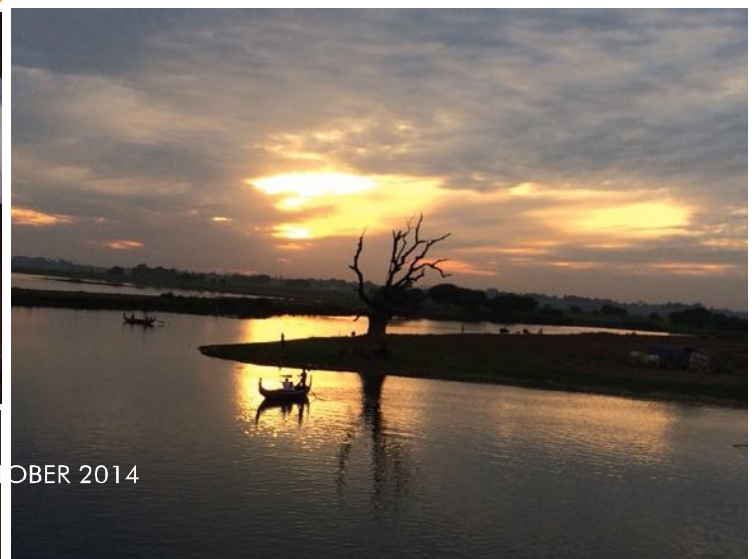
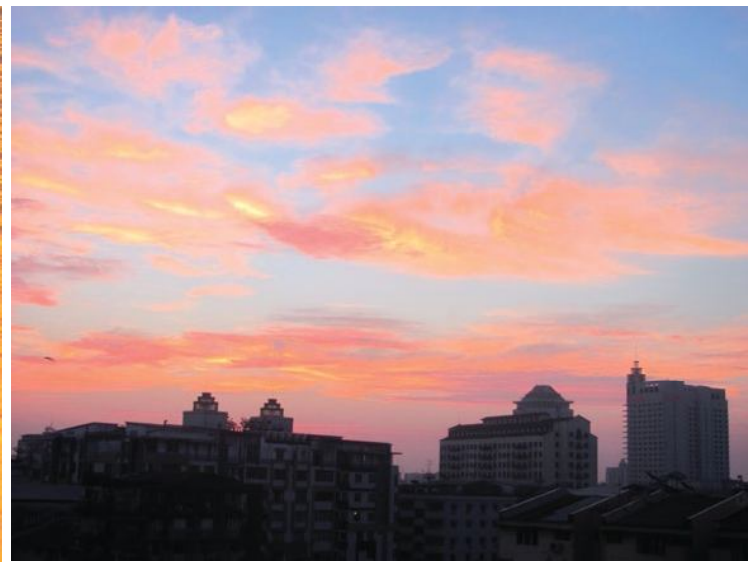
a part of our cultural tradition. With the inclusion of online matchmaking sites such as *ejuty.com* or *borbodhu.com*, getting married nowadays is just the click of a button away. All you need is to do is set up an online profile on your preferred site, browse through the list of eligible candidates, and hopefully you'll find someone well suited to your desired specifications. Finding a life partner is not as difficult a chore anymore as it was a decade back.

necessary procedures. All these amenities which were not available in the past are available now, and Bangladesh is getting closer to a national digitization of protocols. This immense growth of e-commerce in our country is not only making our daily lives easier, but also helping to nurture the stems of a possible economic thrive in the future, which hopefully might happen sooner than we think. ☐

A Short Trip to Myanmar: The Country of Peace



Rigan Ali Khan writes about Myanmar and his experiences there



ยินดีต้อนรับ (Minga-law) means welcome. It was great to learn a greeting in a different language. I was staying in a hotel at Yangon, Myanmar and the day got off to a wonderful start with the beautiful pink and blue sky early at 4:30 AM. It was peaceful to say the least.

No visit to Myanmar is complete without a visit to the two thousand and five hundred years old Shwedagon Pagoda, which enshrines strands of Buddha's hair among other holy relics. It's located west of the Royal Lake on the hundred and fourteen acre Singuttara Hill in Yangon, and it is the holiest of places in Myanmar. Shwedagon Pagoda is covered in hundreds of gold plates and the top of the stupa is encrusted with four thousand five hundred and thirty one diamonds, the largest of which is seventy-two carats. It is undoubtedly one of the wonders of the religious world. Shwedagon Pagoda is a depository of the best in Myanmar legacy – architecture, sculpture and arts.

The Pagoda consists of hundreds of colourful temples, stupas, and statues that reflect the architectural competence of that era. To understand this monumental work of art and architecture, the visitors experience an insider's view of this magnificent symbol of Buddhism.

Shwedagon Pagoda forms the focus of religious as well as communal activities – the bustling of devotees and monks washing the statues, offering flowers, worshipping, and

No visit to Myanmar is complete without a visit to the two thousand and five hundred years old Shwedagon Pagoda

meditating. Buddha once said, "The mind is everything. What you think, you become." The importance of Buddha's teaching is reflected in the peaceful nature of this Pagoda. When in Yangon, I was discovering new things everyday and one of the most relaxing experiences came in the form of religious songs sung by female monks in the streets. Religion plays a big part in the lives of the people there. Banyan trees were plentiful in Yangon as it is believed that

the presence of Buddha can still be felt in the said trees. The next destination on my journey took me to Mandalay, the second largest city in Myanmar after Yangon, and a former capital. The city is the economic and religious hub of upper Myanmar and home to the Royal Palace. It's wide roads were filled with bicycles and motorcycles, and is known for its powerful locals and cultural diversity. Half of Burma's monks reside in Mandalay and the surrounding areas.

Having breakfast at a road side restaurant in Mandalay was a great idea. The choices in the menu were diverse and included burgers as well as Myanmar style noodles. The 'white ball' cake was an item that stood out among the many things that I had. Moreover, the city is home to a variety of restaurants of different kinds that are sure to win over food lovers from around the globe. The largest Monastic School of Myanmar is in Mandalay and I got

a chance to visit and meet the international students. Besides this, I discovered a night school started by a monk that provides education to underprivileged children even though according to the Myanmar law, education is free for everyone. The Upai Lake wooden bridge has been standing for nearly a century and a half. It is said that the Bridge was built by the Buddhist Upai on the insistence of a Muslim man. The bridge symbolizes the unity of the two different religious sects for the locals. It is one of the most worthwhile sites to visit in Mandalay. On reaching the end of my travels I got a chance to enjoy a performance by the famed Moustache Brothers, a comedy trio. The troupe served twelve years in prison for including anti-government jokes in their performances. They only host private shows for tourists now every night and charges 10,000 kyat, which goes towards helping political prisoners. The shows last up to an hour and a half, and mostly feature Burmese dances and political jokes. ^[13]

Her Rise to Stardom

Prosun Azad shares her experiences as a past Lux Channel-i Superstar contestant and the way it helped develop her career

The celebrated beauty pageant, Lux Channel-i Superstar (LCSS), has been actively providing a platform for local talents since its inception in 2005. Besides being a celebration of beauty and femininity, it's also the first ever reality show in Bangladesh. For almost a decade the talent hunt programme has been directly involved in enabling the success of many aspiring models and actors. Prosun Azad who, won the title of the first runner-up during the 2012 LCSS, is a prime example of LCSS' remarkable effect. Azad has become very popular in the media since, and has been part of numerous TV shows, advertisements and a couple of films with more in the pipeline. Prosun has without a doubt achieved a lot of success in a very short span of time and made a name for herself in the entertainment industry. "A vast group of participants join the LCSS competition every year and each of these individuals have a particular goal and set of skills. I decided, early on, that acting was my strong suit and I stuck to it. It was taking part in LCSS, that led me to realise my passion and pursue it," acknowledged the starlet. The beautiful model and actor also shared, "Everything changed after LCSS, I have become two separate people. For instance, the 'professional me' is always preoccupied with work, dealing with the ups and downs of fame and getting to know the characters I play better.

However, the 'old, regular me' still exists and I'm still the same person when I'm with my family and friends. Nevertheless, I guess the 'work me' is mostly the dominant one; it is rather hard not to put on a 'work' facade when being a professional in my line of work."

"One of the things I valued most about the competition was finding a friend in my fellow contestant and winner of LCSS 2012, Samia Sayeed. She was my roommate, rival, competitor and a good friend. She inspired me in ways I never thought

"One of the things I valued most about the competition was finding a friend in my fellow contestant and winner of LCSS 2012, Samia Sayeed."

was possible and I ended up learning a lot from her. She stood by me and supported me through thick and thin, resulting in a healthy contest for everyone," recalled Prosun when asked about her significant experiences of LCSS 2012.

Prosun Azad has appeared in two feature length films, *Ochena Hriday* and *Shorbonasha Yaba*, till date and due to start filming *Shapnopoka* soon. Her role in *Ochena Hriday* is of a young Alzheimer's patient while she played a police officer in *Shorbonasha Yaba*. According to the actor, she prefers starring in films over television. "Since winning the title I've been asked to be a part of various TV commercials and televised dramas. Obviously, I tried making the best of these opportunities but I tried to

keep away from serialized dramas because I didn't want to get tied down by the immense commitments required to be part of one. Furthermore, feature films are an art form that may stand the test of time whereas TV shows lose their importance after they have aired, especially in Bangladesh."

Prosun has a few favourites among the roles she has portrayed. From the two movies she's been in, Rupa, the Alzheimer's-stricken girl from *Ochena Hriday*, is her favourite. Prosun added, "Even though I loved

playing Rupa, considering that it was different from anything I've ever done, the role that really had an impact on me was of Shaharbanu's from the telefilm, *Shonali Roudrer Rong Dekhiyachi*, which is written and directed by Toukir Ahmed. He was also one of the judges at LCSS 2012 and when he offered me a role in one of his projects I was overwhelmed. Shaharbanu is a sex-worker and in order to get into character I did some first-hand research. The lives of the local sex-workers are appalling to say the least. Spending a little time at their place of work, which is also their home, I witnessed actual horrors that put my own life into perspective."

Prosun spent her childhood in Dhaka, mostly with her

grandparents. Both her parents were police officers and often quite busy. Nevertheless, she spent more time with her mother than her father who used to be out of town for work frequently. Mischievous as a child, she was known to imitate her family members. Moreover, LCSS was not the first time she was on TV. When Prosun was in the first grade she took part in the BTV children's show *Notun Kuri*.

"As a professional I'd like to point out that when I was a participant in LCSS only two years ago, the budget, presentation and marketing of the show lacked the extravagance it is getting this time around. I would recommend that the current participants make the best of it. Honesty and humility are extremely important factors that every participant must practise. It will not only take them far in the competition but also in life," advised Prosun.

Azad is an example of how to make the best of an opportunity. She not only bagged the title of first runner-up in Lux Channel-i Superstar 2012 but she has also strived for success in the Bangladeshi film industry which she deservingly attained. Prosun Azad has gone from being a contestant in a beauty pageant to a TV actor and eventually to acting in feature films, all in two years. Her success illustrates the positive impact that Lux Channel-i Superstar has in Bangladeshi media. ☐

Flashback!

Naveed Islam recounts the entertainment scene of 2003

When the first issue of *ICE Today* made its way to store shelves eleven years ago the world was a very different place. Pluto was still a planet, George W. Bush was still the American president and landlines were still in use. We weren't spending hours liking, sharing and posting selfies on Facebook, or watching cat videos on YouTube or listening to personalized playlists on Soundcloud. For better or for worse, the world has changed and the entertainment world has changed with it. In 2003, we had just picked up *Harry*

Potter and the Order of the Phoenix for the first time, were still cheering for Ross and Rachel to get together on *Friends* and had all but given up hope for a good Batman movie. No one knew Walter White or Don Draper. Most people hadn't heard of Jon Snow or Rocket Raccoon. This month, in honour of our eleventh anniversary, we're taking a look at the world of entertainment eleven years ago! So hop into our time machine and reminisce with us about 2003.



Film

- *Chicago* won the Academy Award for Best Picture. Adrien Brody and Nicole Kidman took home the Best Actor and Actress awards for their performances in *The Pianist* and *Moulin Rouge*.
- *Finding Nemo* became the highest-grossing animated film of all time, a record that would be broken a year later by *Shrek 2*.
- Johnny Depp, an actor then known for playing 'weird and interesting' roles in movies that never did well at the box office, found mainstream success as Captain Jack Sparrow in *Pirates of the Caribbean: Curse of the Black Pearl*.
- The second and third films

in *The Matrix* franchise were released to a lukewarm reception.

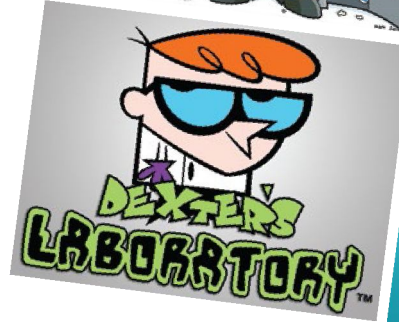
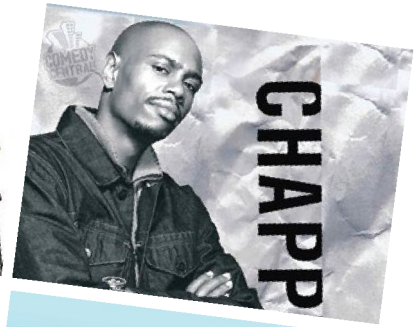
- *Terminator 3: Rise of the Machines* became Arnold Schwarzenegger's biggest hit in ten years despite poor critical reviews. Schwarzenegger retired from Hollywood later that year to become Governor of California.
- The last installment in *The Lord of the Rings* trilogy, *Return of the King* was released that winter. It would later go on to win an unprecedented eleven Academy Awards. *The Hobbit: An Unexpected Journey* would be released nine years later.
- The only superhero film to come out that summer was *X2*:



X-Men United, directed by Bryan Singer. It would be the last *X-Men* film to be directed by Singer until *X-Men: Days of Future Past* in 2014, which was one of four superhero films

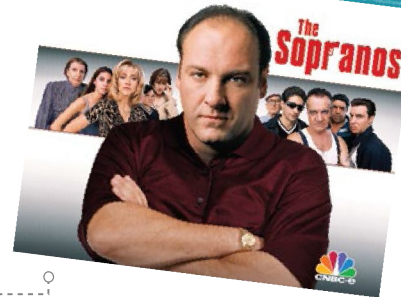
Television

- *The Simpsons* broadcasted its 300th episode "The Strong Arms of the Ma." The series is currently on its 552nd episode.
- Ruben Studdard edged out fan favorite Clay Aiken to win the second season of *American Idol*.
- Comedians Jimmy Kimmel, Ellen DeGeneres and Dave Chappelle launched their own shows, *Jimmy Kimmel Live*, *The Ellen DeGeneres Show* and *Chappelle's Show*.
- *Everybody Loves Raymond* and *The West Wing* won Emmys in the comedy and drama categories. James Gandolfini and Edie Falco won Best Actor and Actress in drama for their roles on *The Sopranos*.
- Among the series that premiered that year were *The O.C.*, *Two and a Half Men*, *One Tree Hill* and *Arrested Development*.
- *The Daily Show* received an Emmy for Outstanding Variety, Music of



Comedy Series. This would be the first of ten consecutive wins for the series until *The Colbert Report* won in 2012.

- A number of shows aired their final episodes that year including *Oz*, *Buffy the Vampire Slayer*, *Dawson's Creek*, *Just Shoot Me!* and *Dexter's Laboratory*.



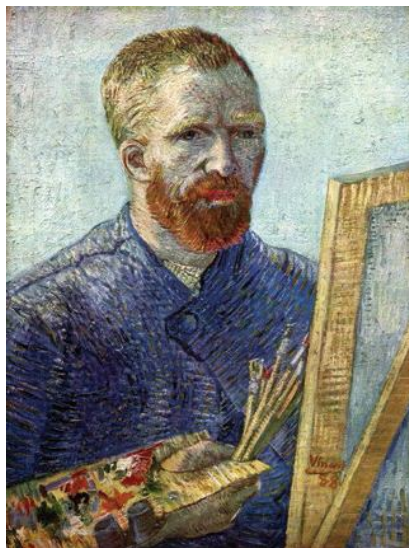
Music

- The legendary Johnny Cash passed away on September 12, 2003. His life became the subject of the 2005 biopic *Walk the Line* starring Joaquin Phoenix.
- Mick Jagger was knighted for his services to music.
- Britney Spears became the first female artist to have 4 albums debut at the top of the US charts with the release of her studio album *In the Zone*.
- The Lollapalooza music festival returned after a six year hiatus with a lineup headlined by Audioslave, Incubus, Jane's Addiction and Queen's of the Stone Age.
- The controversial documentary *Living with Michael Jackson* aired in the UK and US, casting a disturbing light on the private life of the King of Pop.

Jackson was later arrested after being accused of child molestation a few months later.

- Apple opened the iTunes Music Store.
- Norah Jones made a clean sweep at the Grammys, winning Album of the Year (*Come Away With Me*), Record of the Year (*Don't Know Why*), Song of the Year (*Don't Know Why*) and Best New Artist.
- Among the albums released that year are Linkin Park's *Meteora*, 50 Cent's *Get Rich or Die Tryin'*, John Mayer's *Any Given Thursday*, Switchfoot's *The Beautiful Letdown*, Evanescence's *Fallen*, Radiohead's *Hail to the Thief*, Black Eyed Peas' *Elephunk* and Beyonce's *Dangerously in Love*. [13]

Impressions



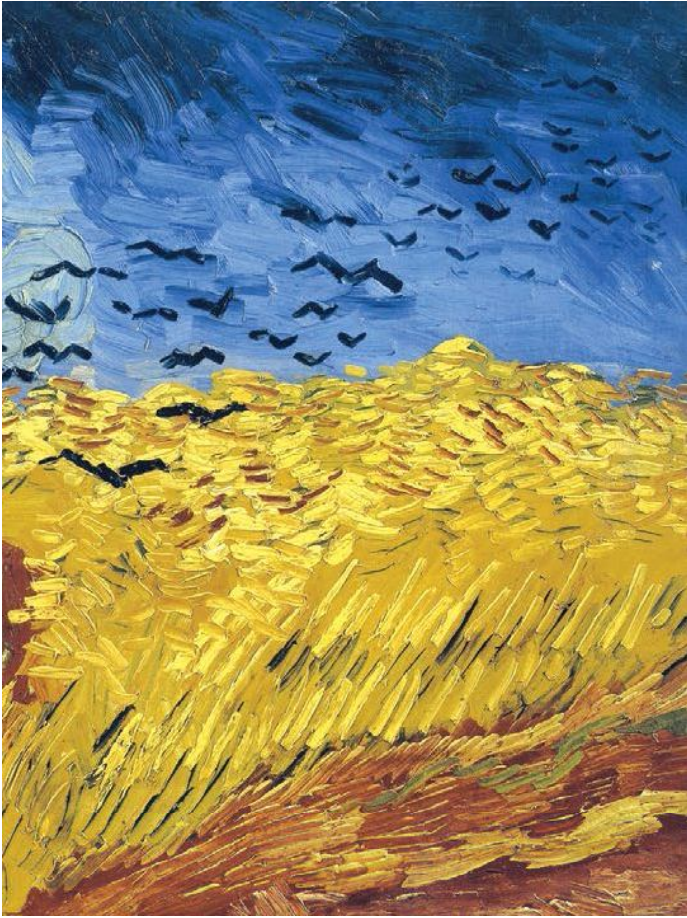
Vincent Gogh (30 March 1853 – 29 July 1890) was a Post-Impressionist painter of Dutch origin whose work—notable for its rough beauty, emotional honesty, and bold color—had a far-reaching influence on 20th-century art. After years of painful anxiety and frequent bouts of mental illness, he died aged 37 from a gunshot wound, generally accepted to be self-inflicted. His work was then known to only a handful of people and appreciated by fewer still.

Death – Symphony from a Palette

by Nirzhar Noishabdya

Whenever I face his post impressionistic paintings, I feel that he used to take the blue out of the sky and yellow from the sunflowers and use those in his paintings. When he painted a canvas, it was not an outburst of his emotions, but rather an emotion that was purely aesthetic. He used complimentary colours, which collided and did not mix with each other. According to the Newtonian colour spectrum, complimentary colours, unlike others, do not come one after the other. In light of this he introduced a new technique, where he first mixed his required colours to the palette, and then applied them in thick strokes, with one brushstroke independent of the other. The sum of such strokes created a pattern of colours, which expanded like rivers, breaking like waves, resulting in a living landscape.

When I first witnessed this oil painting, I immersed myself in it, into the wheat fields and the river –



placing myself in the setting. There were two suns in the sky. I envisioned myself on the pathway of the field, on a gilded afternoon, with a flock of crows heading towards the horizon, where they remained static, almost as if awaiting death. Then I witnessed Vincent, but he did not see me. He worked with his brush on his medium sized canvas. His eyes looked puzzled, when all of a sudden he put a revolver to his chest and shot himself. I wondered if the painting remained incomplete.

Wheatfield with Crows is a July 1890 painting by Vincent Van Gogh. It is commonly stated that this was his last painting. Irrespective, art historians are uncertain as to which painting was Vincent's last, as no clear historical records exist. The evidence of his last letter to Theo suggests that Wheatfield with Crows was completed around 10 July and predates such paintings as Auvers Town Hall on 14 July 1890 and Daubigny's Garden. Wheatfield with Crows, made on a double-square canvas (19.9 in x 40.6 in), 1890. Van Gogh Museum, Amsterdam.

ICE Today showcases works by local talents and more!

her punctuated thoughts.

by Rifat Islam Esha

she decided
to give him a face,

in her mind—
the place
where he came
back to her,
uttering
in a silent
breath:
sorry, but it was raining

he was late
for what could
have been
the death
of their
fetus-love
the kind

she served
on the table
on their first
proper dinner.

in the place
where everything
grew back
from where
lied the ruins
of almost exchanges
and harsh silences,
she wore the ring again
and smiled,
sang
let's fly.

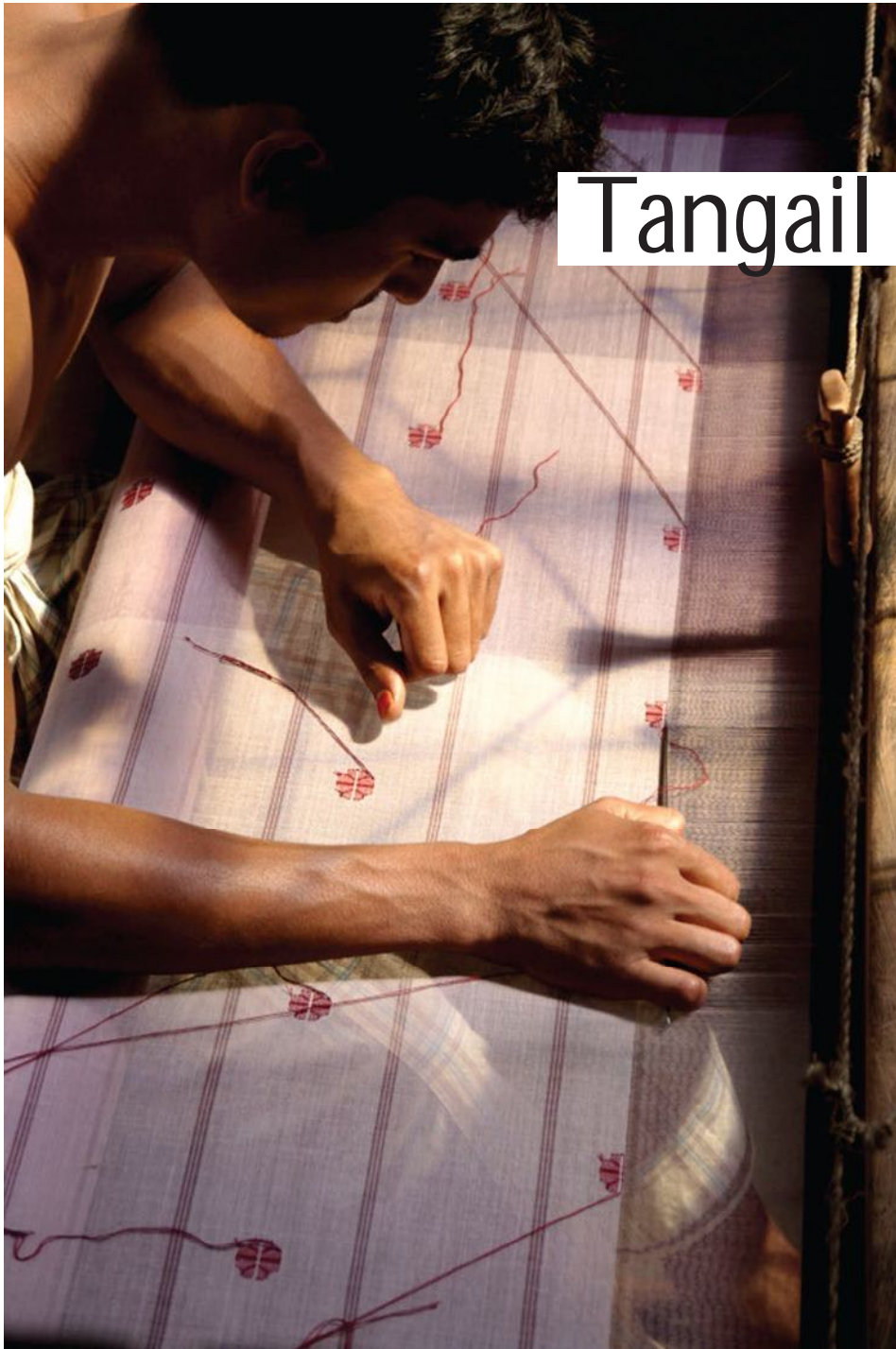


Drawing & Illustration: Jason Sabbir Dhali

ICE Your Roots

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Ode to Tangail Weave

Hoque, Farah Anjum Deeba, Shaibal Saha, Shabana Ali, MumuMaria, Lipi Khandker, Shahrukh Amin, Nawshin Khair, Biplob Saha, Chondona Dewan and Maheen Khan. Aarong has also participated with innovative contemporary woven saris. All participants are members of the Fashion Design Council. A fashion show will be held to add pizzazz and dimension to the event.

We are confident the exhibition will unveil the true characteristic of Tangail Sari and help us identify the many categories of styles woven in this region. Delduar, Basail, Mirzapur, Nagarpur, Kalihati and Ghatail to name a few areas remain the centre of textile production.

This textile exhibition is jointly organized by The Fashion Design Council and The Bengal Lounge. The event will be inaugurated by Assaduzzaman Noor, Minister, Ministry of Cultural Affairs and Her Excellency Hanne Fugel Eskajaer, Ambassador, Royal Danish Embassy. The exhibit entails the journey of the fine weave over the past few decades. Heirloom pieces will be showcased. Textile demonstration that displays the process and techniques by a master weaver as well as installations of tools used for the engineering of such hand woven textiles will also be presented. We shall be presenting a collection by the following designers Kuhu, Emdad



home & décor
all about your home

Building technology & ideas Ltd. (bti) is one of the pioneer real estate companies in Bangladesh has been involved in the sector since 1984. Apart from being the founder member of the Real Estate and Housing Association of Bangladesh (REHAB), bti is the first construction company of Bangladesh to be awarded with the internationally recognized ISO 9001: 2008 certification for quality in 'Design and Construction of Buildings'. After having achieved professionalism in the real estate field with a steady growth in this sector, we now look forward to being the pioneers in offering the

consumers a first-of-its-kind organized retail home shopping experience.

This concept of a home store offering all types of home related products, local as well as imported is aimed to enhance the shopping experience for our local consumers and bring a change in the whole outlook of our retail sector in Bangladesh.

While the first level at this home store gets the foot fall from the accessories sales, the other two floors are offering the consumers with imported as well as locally made furniture - offering them products in the best environment with the best service and best selections for the customers' convenience.

Having a café to help people replenish their energy, common

spaces like children's drop-off points and common facilities like superbly designed toilets, baby feeding rooms, prayer rooms, customer service department, loyalty programs, promotional offers and gift vouchers, there is not much that we have left out for the customer comfort. Proper security, convenient bag drop-off points, fancy escalators, lifts and fully air-conditioned zones along with excellent and well trained staff and well thought out plans, this place is surely a one stop home shop and a respite from our present retail experience.

We have just commenced this new venture on 12th September 2014 with our first store in a large 65,000 sqft space in Progoti Sharoni in bti Premier Plaza and we invite you to be a part of this retail revolution.

Square Consumer Products Ltd. becomes Square Food & Beverage Ltd.

Square Consumer Products Ltd., the manufacturer of trusted products across the country will be operating as 'Square Food & Beverage Ltd.' from now on. A launch program held at the Headquarters of Square Food & Beverage in Square Center, Mohakhali was organized to make the formal announcement on this transformation. The program was initiated by Nafisa Alam, Head of Marketing of Square Food & Beverage said in her welcome speech that this change will definitely add a new dimension to the company's success. In addition to various senior managers, the program was also graced by Chairman of Square Group Samuel S Chowdhury, Managing Director of Square Food & Beverage Ltd. Anjan Chowdhury,



Vice Chairman of Square Group Ratna Patra, Managing Director of Square Pharmaceuticals Ltd. Tapan Chowdhury, Managing Director of Square Informatix Ltd. Charles CR Patra and Director of Square Food & Beverage Ltd. Eric S Chowdhury. Anjan Chowdhury started his speech by paying tribute to the late Founder Chairman Samson H. Chowdhury and remembering the extra-ordinary contributions made by this great businessman. Anticipating this change to be a starting point for diverse avenues, he said, "It's always about raising the bar. Definitely this will bring us closer to higher standards." Tapan Chowdhury mentions afterwards, "This transformation will not just be limited to the documents but will also be translated into actions. We seek to achieve newer goals and greater height in the following days".



Spanish festival has kicked off at the Westin Dhaka

We are pleased to inform you that Spanish food festival has kicked off at The Westin Dhaka on September 18, 2014 at the Signature restaurant Seasonal Tastes (level 2) through a press conference. The Westin Dhaka in association with Spanish Embassy, Emirates Airways and Indesore Roca, has organized the Spanish festival that celebrates the authentic cuisines of Spain from 18th to 27th September, 2014. The Westin Dhaka will reveal exotic new cuisines from Spain to enhance the social and culinary experience for guests.

Mr. Patrick Sandoval Nichols, Deputy Head of Mission, Embassy of Spain, Dhaka, Diana Deguil, Roca responsible in Bangladesh, Daniel Muhor, General Manager of Westin inaugurated the ceremony. This special celebration included a vibrant food festival that promotes Spanish cuisine at Westin's signature restaurant Seasonal Tastes along with lively cultural programmes presented by famous singer Angelica Maria and dancer Maria Pilar. To dazzle our guests and the festival, our guest Chef Gonzalo and Chef Guido gave our guests a truly authentic taste of Spanish cuisine bringing with them the expertise and passion of Spanish cuisine.

In Spanish cuisine, a number of ingredients such as red tomato, green pepper, olive oil, salt cod, etc. are used to enhance the flavor. The chefs created *toryilla de patata*, *huevos rellenos*, *berenjenas con queso de cabray cebolla dulce*, *croquetas de pollo datiles rellenos de crema de queso con bacon crispy*, *tomates cherry rellenos de olivada* and *Crema de melon* from the menu.





Two new mixed albums released

Animatix Records always try to promote new artists to the music loving community. In 2011 and 2012, Animatix Records successfully released Project ROCK and Tribute from Bangladesh. The sequels Project ROCK 2 and Tribute from Bangladesh 2 got released on 20 September 2014. Project ROCK 2 is comprised of ten tracks of various genres by Tripoth, Delta, Frontline Poems, Jatiswar, Error, Camouflaged, Frantic, Banjon the Band, Crystal Rock and Thousand Dais. The album was coordinated by Bappy.

Tribute from Bangladesh 2 has fourteen songs. All the bands in this album covered popular western bands in their own ways. The participating bands are Deatholic (Dio), Bay of Bengal (Megadeth), Oboyob (Pink Floyd), Rasheeq Raihan (Porcupine Tree), Cranial Shadow (Killswitch Engage), Thousand Dais (System of a Down), Demonic (Sepultura), Cave (Creed), Allegation of Crime (Six Feet Under), Art Crimes (Guns N Roses), Nokchurn (Dokken), Studio 13 (Cold Play), Wreckreation (Madonna) and Mahaan With Six Strings (3 Doors Down).



PRAN Frooto arranges vehicle support for Hajj Pilgrims

PRAN Frooto arranges transport facilities for the Hajj pilgrims from Haji camp to the airport. Atikur Rahman, head of marketing PRAN Beverage Ltd. informed that Frooto arranged a bus and a micro bus to provide transport facilities for the pilgrims. The facilities will continue till last Hajj flight he added. About a hundred thousand Hajj pilgrims are going to Makkah to attend Hajj this year.



MTV Chart Attack Disc Awards

Creinse Limited, a leading brand innovation, music and entertainment company in Bangladesh and the Official Program Syndication Partner of Viacom International Media Network in Bangladesh. They recently awarded the winners of MTV Chart Attack Platinum, Gold and Silver Disc Awards at the MTV Chart Attack Award Giving Ceremony. The awards were handed over by Abu Sayeed Zahir, Director, Creinse Limited in a Press Conference at The Daily Star Center.

MTV Chart Attack is the first ever television weekly countdown show in Bangladesh aired exclusively on Maasranga Television. Fans selected the top five songs of the week by voting for their favorite songs online or via SMS. The awards were given as part of Creinse's initiative to promote local musical talents with an international platform. The songs holding the top position on MTV Chart Attack for three consecutive weeks were awarded with the MTV Chart Attack Silver Disc Award, the song holding the top position six times in three months received the MTV Chart Attack Gold Disc Award and the song holding the top position twelve times in six months received the MTV Chart Attack Platinum Disc Award along with a cash reward of BDT 150,000. This is the biggest financial awards for recognition of music talent and success across any non reality music show in television platform in Bangladesh.