

Arkansasbasi Times

Bangladeshis of Northwest Arkansas

Volume 1, Issue 1

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- Interested in Contributing? Email Aneeqa at aishtia@uark.edu with anything you want published!

Event of the Month: Eid-ul-Fitr

Everyone knows what Eid is... it is the end of Ramadan, a day to celebrate, a day to pray and be thankful for Allah's grace and mercy. It is a day of great religious and cultural significance.

What is Eid like in Bangladesh? Here in Arkansas, as a community, we try to recreate the feelings of Eid. We try to remember how we celebrated Eid as children and try to continue that tradition. Those of us who grew up in Bangladesh, and those of us who have never had the chance to experience Eid there, let's take a moment to remember or try to understand what Eid was like...

I can only speak for myself... Eid was the happiest day of the year! Preparations for it began from the first day of Ramadan or at times, even before. I was busy with what I'm going to wear



or how and where I am going to get my Mehendi done! Ammu was busy planning what dishes to cook and Abbu was busy with what gifts to give everyone. It was an exhilarating rush that only intensified with the countdown to Eid. You would think that with a month or more to plan, everything would be set up and ready to go— not quite! In fact we stayed in the stores till the wee hours of Eid morning.

Waiting in line for that Mehendi appointment, going back to get that dress that Abbu and Ammu refused to get me but naturally softened on Eid night,

It was a different experience, not being able to sleep— smelling the halwas Ammu was cooking. I couldn't wait for the morning! Taking a shower was not as exciting on any other morning! Saying prayers, getting dressed, going to visit everyone... not to mention the wonderful Eidies (the money elders gave kids) that made us kids rich!

It is with nostalgia that I remember Eid and I'm sure you do too! However, in this wonderful community that we have in Arkansas, I look forward to another great day of piety, joy and celebration!

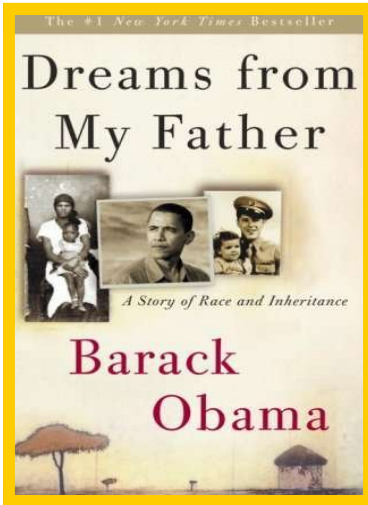
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Young Arkansasbasi of the Month: Anika Tabassum

I just turned fifteen a month ago, around the same time I started tenth grade – my first year of high school. I enjoy art, music, movies (watching and making), reading, photography, hanging out with my friends, French, shopping, food, swimming, and the list goes on. My goal in life is to attend Harvard, become a successful doctor who owns twenty cats, lives in the heart of Paris, and just happens to be a multi-millionaire. I have an annoying habit of going from being extremely productive one second to procrastinating the next. I am a perfectionist, a dreamer, and extremely near sighted. My favorite tv shows are Scrubs, the Simpsons, What Not to Wear, and almost every show on HGTV.



I can't go a single day without taking at least a few pictures of something. I love cats, fun holidays like Halloween, summer camps, the color purple, Coke, playing the piano/alto saxophone, Taco Bell, Jim Carrey movies, lasagna, my friends and family, collecting memoirs, going to the movies, and so much more. I can't live without my laptop, iPod, and camera for more than a few days (it is the technology age, after all). I'm always curious about the sciences of things. I hope to start volunteering at the hospital soon to gain some experience and knowledge about the medical field.



Article: Dreams from my Father... Thoughts on Barack Obama

With the presidential election coming up very soon, the excitement seems electric. There is nothing more to be said about Obama than has already been said. I have been glued to CNN for the past few weeks following the campaigns rather closely. I however feel that I learned more about Barack Obama by reading his book "Dreams from my Father" than from all the sound-bites on TV.

The book is Obama's memoir published in 1995. It was one of the best books I have read in a long time. Although it was written before all his presidential aspirations began, the memoir lets the readers meet Obama up close and personal. He shares his joys, his sadness, his moments of pride and his moments of failure.. If anything, his humanness really shows through. You can also see the wisdom and sensitivity in a rather young Obama. He is an incredible writer with a great personality to match. If you're looking for something good to read, or want to know more about the candidate, I highly recommend this book. As you can tell, I am A FAN!!!

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Know your Neighbor: Atanu Dutta

Atanu Dutta is one of the newest member of the Arkansasbasi Family. He is pursuing a Master's in Electrical Engineering at the University of Arkansas. He is coming to Arkansas from NIIT, Durgapur, India. Before that, He attended Notre Dame College, St Joseph High School and YWCA respectively before that. Being in High School at St Joseph's is still Atanu's favorite memory.

Atanu enjoys "addafying" with friends, playing and watching cricket, listening to Tagore songs and



watching soccer. He also likes swimming. Atanu is the younger of two brothers and his birthday is on March 19. When asked about how he is liking Fayetteville, Atanu says it is very quiet but right now time is flying by as he has a lot of homework and exams. His favorite quote is "It is better to be hated for what you are than to be loved for what you are not".

Please submit your contributions!!! Write anything you like about anything you like. Encourage your kids to submit their writings too! I don't want to bore you or myself with my rants every month :) Send me your contributions by the 15th of each month to be included in that month's issue.

Also, Featured Arkansasbasis and Young Arkansasbasis will be blindly and randomly chosen each month. I will contact both to get more information before publishing.

Please forward all contributions, questions and suggestions to Aneeqa at aishtia@uark.edu

Upcoming Events

September 9-30: Engineering Expo

September 25: Graduate School Job Fair at the Union, 10am- 2pm

September 26-27: Bikes, Blues and BBQ

September 27: ISS Trip to Little Rock for International Students: 7 am—9pm. Students need to pay \$20. The trip will include visits to Central High School, Clinton Library, Capitol Building and World Fest. Sign up by Sep 19 and bring your health insurance card.

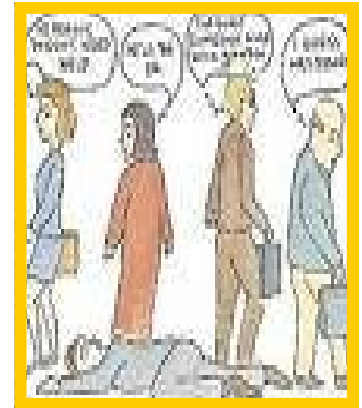
September 28: Mufaro's Beautiful Daughters at the Walton Arts Center

September 28: Learn Belly Dance, 6 weeks one hour/week course, \$25. Sundays 3:00pm-4:00pm

Mental Health: The Bystander Phenomenon & Obedience to Authority

A young woman named Kitty Genovese was raped and murdered. Thirty-eight witnesses saw or heard this occurring. No one called the police, no one intervened to help. Are human beings that selfish? Perhaps not! This is what is known as the bystander effect. When there are so many people around, the responsibility becomes diffused. Everyone thinks someone else should do it, or why should I do anything since no one else is. It is interesting, but the prospects are scary. Most of us think that if we are in trouble in a crowded place, we will get help. However, these are some things that need to be done. If you are in trouble in a crowded place, and need help, you should point to a specific person and say "You help me". This puts responsibility on that person and you are more likely to receive help.

Human minds are strange, they act differently when directed by authority. In one notorious experiment, people were told to shock a person to the level that would kill them. The person telling them to shock other people wore lab coats and were personnel from a well reputed university. You would be shocked to know that most people followed the direction from the white lab coat authority and continued to shock people to lethal levels. Why? When someone in an authority position tells us something, we tend to obey it, even when we know better. According to psychologists, this is the reason why soldiers in the Nazi army could kill without remorse.



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Search "Bystander Effect" and "Stanley Milgram" in Wikipedia to learn more about these cases!

Nutrition Facts			
Serving Size 2 CUPS (30g)			
Servings per Container VARIED			
Amount per Serving			
Calories 150	Calories from Fat 70		
% Daily Value*			
Total Fat 7g			11%
Saturated Fat 1.5g			6%
Cholesterol 0mg			0%
Sodium 120mg			5%
Total Carbohydrate 20g			7%
Dietary Fiber 4g			15%
Sugars 9g			
Protein 1g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than 65g	80g	
Sat Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

Your Health: A Sensible Weight-Loss Technique that Works!

People are more obsessed with their body image more than ever before. And why not– did you see how they look on TV? Even though we see hundreds of people around us everyday looking "normal", we tend to measure ourselves to the images portrayed in the media. It is no surprise to anyone a majority of the models on TV and magazines are severely underweight. However, many aspire to look just like them. Then there are stores like Abercrombie and Fitch who make their large sizes as big as small sizes in regular stores.

Many of us though do need to lose weight– to be healthy or just to feel good about ourselves, One way that does not involve starvation and is quite easy to incorporate is watching your calories. It is hard for us to determine how much calories rice and curries carry, but we can estimate. All packaged foods are also conveniently labeled. Be aware that calories are listed per serving, and most packages contain multiple servings. You can easily find out your calorie requirement/day online. If you consume 500 less calories a day, you will lose a pound each month. That's pretty impressive right? Now 500 calories seem like a lot to cut down– but often it is just making small changes on your empty calorie intake. For example, one tablespoon of Canola Oil is 120 calories. So next time, before taking a spoonful of that gravy, get rid of the excess oil. One bottle of regular soda is 240 calories. Change small things like that and you should be on your way! <http://www.calorie-count.com> lists calories in most foods.

Some other tips, consume your required amount of Calcium each day which helps burn fat. Drink a lot of water, this will help your digestive enzymes to work. Remember that when we don't eat for long periods of time, our body goes into starvation mode, and our metabolism slows down, and burns fewer calories. Don't skip meals– specially breakfast. Instead have small meals throughout the day as it will keep your metabolism going and you will be less likely to binge when you get hungry.

Of-course all this is easier said than done. I've tried counting calories myself and it worked when I followed it. I ate all my favorite foods, including the ice-creams and donuts, and just made sure I didn't go over by 1200 calories a day. However, I've gotten off track as many of you will too– but it works!

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