

RISING STARS

MY FRIENDS AND I

by Zaki Omar

I think most boys will agree with me that they spend most of their time at some local field. They might be there playing games such as soccer, cricket, or volleyball. Maybe just hanging around and chatting with friends. What we call "adda". It is important for young people to have somewhere to go and know that our friends are there and that we will always be welcome.

Though I spend a tremendous amount of my time at our field, I had not gone there for about two weeks. I was very busy with my exams. Then our country was turned upside-down by the cyclone. Since I was busy studying, I did not have time to go through all the daily papers. But I would watch the eight o'clock news and ten o'clock news to find out about the situation in the cyclone-hit areas.

Almost all the news was about the cyclone, the dead bodies and carcasses, and then it was about relief work. It seemed everyone who was doing relief work was getting his or her picture in the news. Then there were the offices, banks, schools, business organisations giving cheques to the Prime Minister's Relief Fund. What I found strange was that most people, after dutifully bowing and handing over their contribution, would glance out of the corner of their eye to make sure that the camera was there to capture their generosity on film. Were these people more interested in getting their faces on television than in actually wanting to help the distressed? I hoped not.

Then there were the people in the streets who stopped one for "chanda". I did not mind giving once, twice or thrice, but around the fifth

time it got a bit annoying. How do we actually know that the money we give will go to the people who we think will be getting it? That it will not go to buy tea and biris for the collectors?

My exams were halfway through when I decided one evening, after dinner, to go to our field. Our field has a very big club-house, but by 9.00 p.m. most of the lights are switched off as almost everyone has gone home. There are a few stragglers, however, to finish the "adda" thoroughly. I hoped to catch one or two because I was sick of studying.

I was a bit taken aback when I found that that evening all the lights were on. There seemed to be a lot of "hoi-choi" and I thought I could recognize my friends' voices. I was curious by now. As I approached the door I wondered what could be going on. I was amazed when I saw my friends sitting on the floor, filling bags with "chira" and "gur". (Molasses). One person held the plastic bag open while another put in the "chira", and someone else put in a few pieces of "gur". The bags were then taken to a table where more people sealed the bags by holding them over a candle. The bags were put into large jute sacks and piled up in one corner. The pile which I saw was already about five feet high, but there were thirty-four sacks waiting to be filled.

There were no reporters or cameramen to publicize what my friends were doing. Even I, busy with my exams had not known that they were doing relief work. So what? To my friends publicity was not important. They were doing the work to help the people, and not to get their picture on

television.

My friends knew I had exams and were surprised to see me. Everyone paused for a moment to greet me and then they went back to their work of filling the bags with "chira" and "gur".

I realized that not everyone who did relief work got his or her name in the papers or face on television. Like the boys in my neighbourhood, there must be countless other young people in other neighbourhoods working out of a genuine concern for the distressed.

Without anyone asking me to, I sat down and picked up a plastic bag.



Children in schools throughout the country worked to raise money for disaster-hit areas. This girl's house is being rebuilt thanks to the efforts of those school children.

To say it's a pleasure to be presenting to you, the esteemed reader of this daily, with a fresh innovation would be an understatement!

We are absolutely thrilled to offer you a junior section quite different from the news department. The idea of bringing young people to read, and hopefully enjoy, material compiled by people of their own age (that's us!) was more than welcome news to all concerned here at the Daily Star office. After all, it takes one to know one, right? We promise to be as original and accurate as we can possibly be in bringing you various

reports on your favourite subjects — music, movies, fashion, books and also provide you with some fascinating facts.

We are open to any contributions of jokes, cartoons and short stories and welcome any advice from you on how to improve this special section, but please, we would appreciate not to receive any severe criticism immediately! Give us a chance to prove ourselves first.

With your help and support, we sincerely hope to make this page a roaring success. So, wish us luck! Here's to a new beginning.

Travel

THE MAGICAL LAND OF DISNEYLAND

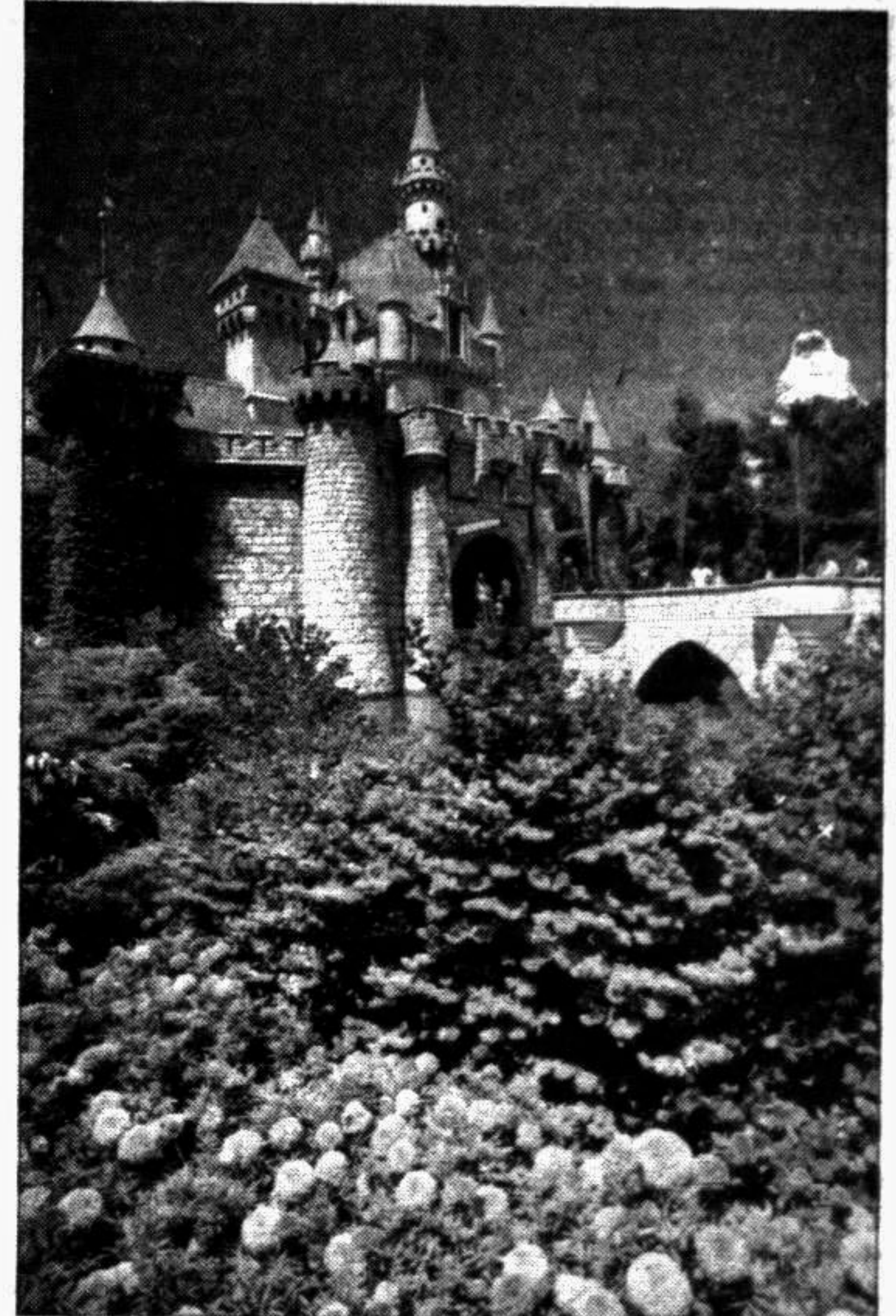
by Silmata Chisti

"Travel" comes from the word 'travail', meaning 'work' or 'torture'. In the old days, travelling was not entertainment. But the 20th century has ushered in a new vision of travel. As we entered Walt Disney's fantasy land of Disneyland in California, USA, I don't think the word 'torture' entered anybody's mind. I could not believe that such a place could exist in reality. I thought it was my eyes playing jokes on me and distorting my imagination. But there were no complaints on my part!

Pushing aside all such thoughts we entered the gates of Disneyland hoping to spend a day of fun and frolic under the sun with millions of others.

The first thing we came across was the Story Book Land. An unbelievable sight awaited our eyes. There was a huge castle exactly like those one sees in a fairy tale book's illustrations. Walking up the crooked cobbled path we entered the castle. And hey presto a chariot (actually cars shaped something like gondolas) appeared to take us on a very special trip. We encountered Pinocchio, Sleeping Beauty and other such characters, but only this time, instead of reading the book, we saw the whole thing acted out before our eyes.

Deciding to explore 'Tomorrow Land' we headed off in that direction. Everyone else seemed to have had the same thought and the place was packed. Everybody seemed to follow a sign called 'The Space Mountain' in a daze. Our feet moved of their own accord and we found ourselves moving with the crowd into what looked most suspiciously like a space-craft. Four of us boarded one of such vehicles and our exodus into the space world began. What an experience! Words cannot describe such exhilarating and exciting things. One moment we were strapping our safety belts and the next we were hurtling



Entrance to the Magical Kingdom, the dreamworld of every child and many an adult.

headlong into darkness. It felt as if an eternity had passed and I felt as if I had aged at least by ten years during the voyage or whatever that it can be called.

Guess what we had for lunch at 'Tomorrowland'? Right! Space Burgers and Galaxy Hot Dogs, washing it down with Milky Way Cola or

some such drink of that name. Anybody interested in a ride to Tom Sawyer's Island or Swiss Family Robinson's tree house? Disneyland will cater to all such fantasies of yours.

One of the recent additions to the Disneyland is the 'Big Thunder'. This is actually a ride consisting of nine trains carrying passengers into the rugged landscapes of the Old West — through foreboding caverns, raging waterfalls (wetting everyone thoroughly) and even an earthquake causing an avalanche.

The famous Main Street USA was filled with life size cartoon characters and we all posed with Mickey Mouse for photographs.

Disneyland, the culmination of a man's dream, is a kaleidoscope of unique entertainments. It is said that no two people leave the place with the same experience and sentiments. It is every child's ideal world, and it is the fantasy of the child hidden within every adult.

Bet You Didn't Know

The Princess of Wales failed all her O'levels twice.

Scientists have calculated that a caterpillar has more muscles than a man.

The silkworm moth has 11 brains.

All of us shed our entire skin once every four weeks.

Aristotle Onassis once worked as a telephone operator.

Ernest Hemingway wrote his books on a diet of peanut butter sandwiches.

When an octopus is caused to become upset, it may eat itself.

Eskimos use refrigerators to preserve their food from freezing.

The Incas were the world's first dentists.

Leaf-cutting ants are so strong that they can carry a weight of vegetation equivalent to a child carrying a 10-tonne truck.

Collected by Sara Rauf

Time Off

Here is a little game to test your knowledge of the shows that BTW have shown and still show. Everyone loves tic-tac-toe, but here is a new way of playing it. Answer the following questions: O = Yes, X = No. If your answers are all right, you'll get a line, horizontal, vertical or diagonal.

1. Is Richard Dean Anderson (MacGyver) over 40 years old?
2. Does the 'J' of Michael J. Fox stand for something?
3. Is Assaduzzaman Noor the zindemir of 'Ayomoy'?
4. On Fridays, does 'Movie of the Week' start at 3.30 pm?
5. Is 'Aao Gaan Shikhi' conducted by Ferdousi Rashid?
6. Does Zachary Fox of 'Galaxy Rangers' have 2 children?
7. Is sport shown three days a week?
8. Is the 'Drama of the Week' shown on Thursday?
9. Is Cleo Spearfield Eng-ish?

1	2	3
4	5	6
7	8	9

Be a Green Being

by Tahmina Anam

NO one of us can "save the world", but acting as how we're the ones who are going to inherit it in a few years, I think we can all do our share to see that it gets to us in better shape than it is in now, so here are a few simple tips to set you on the path to being a conscientious member of our planet.

The first one is easy: when you're doing the tedious task of brushing your teeth, turn the water off. It may seem like you're only wasting a little but think of that little bit being wasted every day by millions of people: the figures get astronomical. Also, take a shower, not a bath.

Write on both sides of your paper; don't leave margins on

the sides, and don't throw away a whole sheet just because the corner's torn. There are no recycling factories in Bangladesh, so your paper only gets used once. Think of all the kids who use little chalkboards at school because they have no paper, and take notes on that paper airplane before you chuck it.

I know none of you are at the stage where you're about to build a new house, but if your parents are thinking about it, try to convince them to leave a bit more than two centimetres of garden around it. At the risk of making your bedroom a bit smaller, you can have some trees or plants.

Refrigerators and air-conditioning release chlorofluoro-

carbons (CFC'S), which are in the process of eating away at the earth's personal sunscreen. Our forests are being cut down to graze cows. Believe it or not, huge amounts of water are being used to grow grass to feed these cows. Less meat eaters would reduce the amount of land needed to graze these cows, leaving it available for growing things other people can eat. Get this: for every hamburger you eat, enough water was used for someone to have two showers a day for a week. And if 10 per cent of Americans would become vegetarians, we could grow enough food to feed the world. So if you have a choice between the vegetables and the beef, I'd choose the vegetables.



Study Time ☞ Are you a Cramming Junkie?

A Rising Stars Report

End of the school year. Exam fever rages. All those hours, all that coffee. The hollow stomach, and the endless words parading through your numb head. The adrenaline pumping up as the cramming hours tick away.

Let's face it: exam is the primary four-letter word in the vocabulary of any self-respecting student. Our lives are scheduled to fit neatly around mid-terms and finals. "No, we can't have the wedding Friday, I have the physics practicals"; "Maybe we can take that trip after the philosophy finals." Life is pretty well divided into exam-oriented time units, and so are the memories. ("I met her the night after last December's exams.")

People have all sorts of strange rituals for studying. I used to lug around five heavy lucky charms on a chain that ended up weighing so much my nose hit the question paper. One classmate only ate his favourite foods before an exam, like a man sentenced to death. I've even heard of 'lucky underwear'. One tradition is common to just about everyone: cramming.

Well, had news. Cramming is addictive (yes, like cocaine and chocolate). The last few days, the thrill of pressure, are really an addiction to the excitement and feeling of power that cramming generates. Many students flaunt their ability to study at the last minute and still do well. How many people do you know who admit, "Yes, I've studied that for

the past two months?" The ego boost one gets after the exam (if all goes well) is exhilarating. But the wear and tear on your nerves before can cost you memory and rapidity of response.

Studies have recently shown that there is a need for students to learn to learn. Studying regularly morning and night, every day of the academic year, is not going to automatically earn full marks on the finals, but it allows facts and ideas to brew in the subconscious. Notice that if difficult issues are tackled a few weeks in advance, by the time exams come round things are falling into place, and perspective is clearer.

Experts also suggest spending one half-hour after each class reviewing notes, though not many students have that kind of time. As for notes, jotting down questions is sometimes more helpful than blindly copying facts which can be found in some book anyway. Some of us claim to study for hours at a stretch. A recent test showed that students "studying" for eight hours really only concentrated for half that period. The rest was spent looking around, scratching, snacking, and visiting the toilets. Yet at the end, the subjects were irritable and tired. Sound familiar?

Anything that needs to be memorised should be done before sleeping; this has been shown to enhance memory. Studying after a nap can have

the opposite results.

Breaks that analysts propose during study sessions are walking, taking a shower, and listening to music. No naps, and definitely no television, which bombards an already tired brain with more unnecessary information and images.

Even a food has been discovered for those burning the midnight oil over their books. This concoction (1 cup yogurt, 1/3 cup raw oatmeal, and raisins and walnuts) rejoices in the name of 'gorp'. This fairly inedible slop is high in carbohydrates, potassium and calcium.

Thus armed and fed, pen in hand, march on to conquer the dragons.

Mad Professor: Did you know that there's very clever device for looking through brick walls?

Student: Is that so?

Mad Professor: Yes, it's called a window.

I stayed in a small village last summer. My landlady kept animals. On the first day one of her chickens died, so we had chicken for dinner.

On the second day one of her piglets died, so we had pork chops. On the third day one of her ducks died, so we had roast duck. On the fourth day her husband died, I left before dinner.

Fashion & Health

BODY SHAPER

by Sumaiya Andaleeb

Here are a few tips to help you reshape your body in hours by using a combination of exercises, ranging from aerobics to isometrics. Beautiful bodies are seldom born. They are made with dedication, patience, effort and plain old common sense.

Yours, too, can be a beautiful body and here's how:

POSTURE PERFECT: When you stand correctly, you automatically look thinner. Borrow your granny's walking stick or use an old-fashioned curtain rod. Hold it with both hands over your head. Place your hands shoulder length apart and bring the handle down behind your head, parallel to your shoulders. Hold it for five seconds and repeat this exercise 10 times.

NOW, do the exercise again, but this time bend your knees as far as you can, toes pointed to the front. Hold for 10 seconds and repeat five times. When you bend, tighten up all the muscles from your waist down, squeezing your tummy, buttocks and upper thigh muscles as hard as you can.

TO TRIM YOUR WAIST: Hold your curtain-rod over your head, hands shoulder length apart and bend over as far as you can to the left. Keep your knees slightly bent. Repeat to the right. Complete five more of these sets. Tummies, believe it or not, are one of the easiest muscles to trim.

THE PAINLESS WAY TO MINIMIZE YOUR MIDDRIFF: Lie on your back, on a thick towel, carpet, or mat. With your knees bent and feet slightly



apart, lift your shoulders and upper body. Lift them only a few inches, keeping your arms out in front or clasped loosely behind your neck. As you lift contract your stomach muscles very tightly and keep them contracted. Keep lifting and lowering only a few inches each way. Repeat 10, then 15, then gradually 20 times as you become used to these exercises.



Reviews: Film

'Pathar ke Phool'

by Sabrina Chowdhury, Sarah Ali

MAINE pyar kya" was released about a year ago. Overnight the tough, masculine Salman Khan managed to distract people, especially the girls, from the sensitive and intense Aamir Khan. He now stars in Anant Balani's "Pathar Ke Phool" which is another big hit. This film is about two star-crossed lovers and is produced by G.P Sippy. It introduces the young and beautiful Raveena Tandon. The late Vinod Mehra also stars in this touching love story. Like any other Hindi film, this is about the two young lovers, Suraj and Kiran, who have to overcome many difficulties in the path of their love, before they can come together.

Kiran's father was the head of a smuggler's gang and Suraj's father, a police inspector, in charge of the case against the said gang. Suraj's parents are at first very glad for their son and very impressed with Kiran, only until they find out who her father is. Then all the excitement vanishes. They talk to Suraj and try to make him understand that it would be better for him to discontinue his relationship with Kiran, but to no avail. He listens to nothing and leaves home.

On Kiran's father's orders, the inspector, Suraj's father, is killed. Suraj, grief-stricken and intent on bringing his father's murderers to trial, takes on the case himself. When he finds out that it was Kiran's father and tells her so, she gets hurt and refuses to believe him. Suraj's future becomes uncertain as Kiran may never realize her mistake and he may never be able to win her back or avenge his father's death.

Along with his great looks and fine acting, Salman makes this a film you will enjoy, in spite of extremely long songs sung at wrong times.

