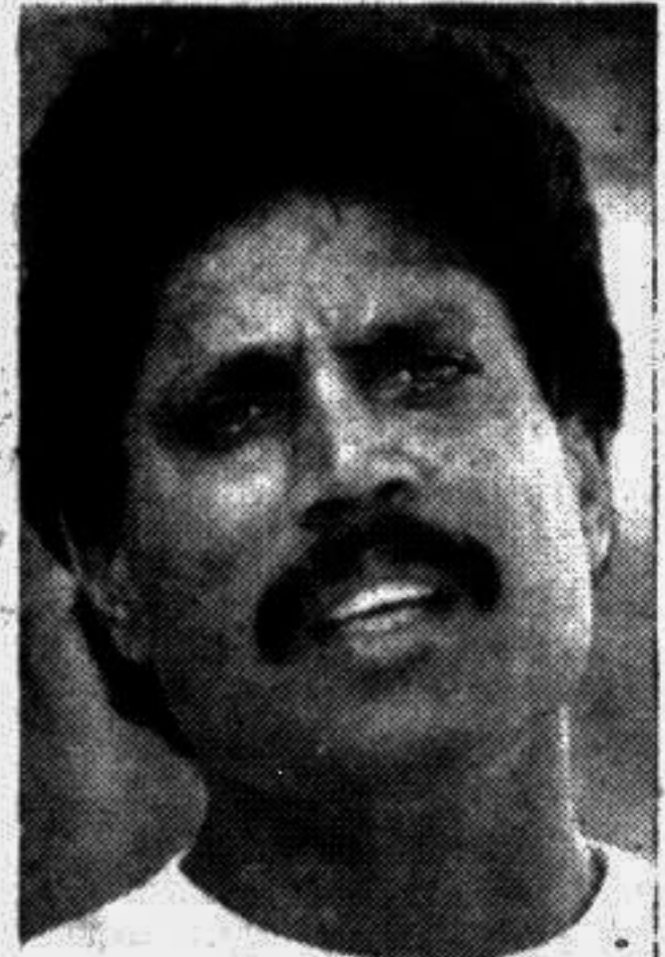


Column One DID U' KNOW? (The Professor does)

HAT exercising may not be always good for you. This is particularly true if you suddenly decide to become an enthusiastic sportsman after a lay-off of several years. The effects of compulsive exercising may not be evident until it is too late. According to experts, compulsive exercisers undertake physical activity that their bodies are not prepared for, either due to underconditioning or over-exertion. The exercise addicts in their forties are usually attracted to endurance sports such as jogging, aerobics and racket sports. The demands on their bodies are far higher than the capacity that their bodies can take. The irony of the situation is that these addicts ignore the first sign of the over-use syndrome, that is pain. Stop your exercising at the first sign of lingering pain. Vary your activities and sports. Do not push yourself too hard. Take up a sport you enjoy. Take it easy initially. Actually, you should consult a doctor before starting to exercise.

SPORTS TALK



Kapil Dev (India's champion all-rounder) "I would willingly sacrifice my record tomorrow if you can guarantee me that an Indian bowler would be the new record holder... then I can tell myself I have contributed to Indian cricket."

Sports WHIZZ KID COMPETITION FOR SCHOOLCHILDREN The rules are published every Saturday.

- Sports WHIZZ KID competition-15 Tick the Correct Answer (Competition closes: 8 p.m. Dec 1, 1995) 1. The World Cup cricket 1996 final will be held in... 2. Test cricketer Hanif Mohammad was born in... 3. Besides India, with whom did Australia play a Test? 4. IIT Thar-Bangladesh Satellite tennis was played locally in Dhaka and... 5. Ajax...?

Name: Roll No: School Address: Phone: (if any)

Cuba's Atlanta trip at stake

SENDAI, Japan, Nov 28: World champions Italy defeated Cuba today to notch up their eighth straight win at the World Cup men's volleyball tournament, leaving Cuba perilously close to missing next year's Olympics, reports AFP. The Italians, who fought off tough challenges from Barcelona Olympic champions Brazil and silver medalists the Netherlands in the past two days, showed no sign of fatigue in scoring a 15-12, 7-15, 15-8, 15-3 victory over Cuba. "We had expected today's match would be tough and important," said Italian coach Julio Velasco. "We tried to concentrate on keeping our usual style and all players were exhausted." Cuba's coach Diaz Juan said, "We kept the rhythm until the second set, but we lost our concentration. The Italians really know our weak points."



Man-of-the-match Rahul Niamur Rashid (R) of Abahani seen being congratulated by Kalabagan skipper Faruque Ahmed (L) after their semifinal engagement of the 16th Damal Summer tourney at the Dhaka Stadium yesterday. Rahul successfully guided his team to victory and received Tk 2,000 for his efforts. — Star photo

Abahani win a thriller Sports Reporter

BRIEF SCORES KALABAGAN: 187 for 9 in 50 overs (S Kapoor 57, Wahidul Islam 51, Saikat 21, Moni 2/30, Dulu 2/40). ABAHANI: 188 for 9 in 49.5 overs (Akram 37, Rahul 35 n.o., Mansoor Rana 30, R Singh 3/44, Saifur 2/29).

An invaluable unbeaten 35 by lower-order Rahul Niamur Rashid led defending champions Abahani Krira Chakra to the final of the 16th Damal Summer cricket tournament with a squeaky two-wicket win over Kalabagan Krira Chakra in the first semifinal of the season's curtain-raiser meet at the Dhaka Stadium yesterday.

In an exciting finale of a low-scoring affair, Abahani, who painfully watched No. 10 Sheikh Salahuddin being carried off the field with a dislocated left shoulder virtually reducing them to nine for 168 in reply to Kalabagan's 187, aided by a priceless 22 runs for the last wicket between Rahul and Golam Nawsher Prince won the cliff-hanger with one ball to spare of the 50-over-a-side match.

SAF soccer schedule Sports Reporter

Bangladesh will take 'on Maldives in their opening group match of the Seventh SAF Games football competition on December 21st at the Jawaharlal Nehru Stadium, Madras. This was announced yesterday by the Bangladesh Football Federation. In the next match on December 23, Bangladesh will face Nepal, the remaining team of their group for the robin league phase. Hosts India, Pakistan and Sri Lanka will feature in the other group. The top two teams of each group will qualify for the semis billed for December 25 while the final will be held on December 27. Bangladesh will have lot to prove this time having finished sixth out of six teams in the previous games as host country. The team is now on a two-week tour of Malaysia as part of their preparation under German coach Otto Pfister.

Booter banned POTENZA, Italy, Nov 28: An Italian amateur soccer player has been banned until the year 2000 for repeatedly kicking a referee who showed him the red card, reports Reuter. Giovanni Pecoraro, who played for Real Calvello in a Basilicata local league in southern Italy, was banned on Monday after being sent off in the second half of a match against Pietrapertosa on November 19. Real Calvello lost 2-1.

REB football Rajshahi division became champions in the Rural Electrification Board (REB) football tournament beating Dhaka division 2-0 in the final at the Dhanmondi Club ground here today, reports BSS.

Today's fixture 16th Damal Summer Cricket tournament (Semifinal, venue: Dhaka Stadium) Mohammedan SC vs Brothers Union

tional new-ball bowler, welded his willow for the winning run in the penultimate ball of the innings, pulling seamer Saiful Islam past the maze of close fielders. But it was Rahul's courageous unbeaten 35 off 46 balls that played the sheet another role to save the day for the holders.

Rahul, a BKSP product who came to bat at number eight with Abahani tottering at 138 for seven in 38.2 overs, almost singlehandedly pulled his side to a memorable victory.

Rahul, who hit a single but decisive four off right-arm seamer Zakir in the 47th over that yielded nine runs including three extras, was later declared the man-of-the-match for his responsible inning. He was ably supported by unorthodox Prince, who remained unbeaten on six.

With this win Abahani, who are evenly sharing the honours of lifting the Damal Summer trophy for a record seventh time with arch-rivals Mohammedan Sporting Club, made it to the finals for 11 times including last four.

In a match that saw some brilliant catches from both sides, Abahani, needing a modest 188 to reach the final, once again showed little consistency in their batting with the top order failing to provide a solid foundation to the innings.

Pakistani Zahoor Elahi, who opened the innings with Harunur Rashid Liton, was first to go in the second over. After hitting two boundaries for his run-a-ball eight, the tall elder brother of Test opener Salim Elahi was undone by a gem of an outswinger from pacer Zakir, edging a simple catch to 'keeper Atiar'.

Zakir's fiery outswinger did the trick again when one-duck Khaled Masud Pilot was brilliantly caught by skipper Faruque Ahmed at first slip. The former national skipper took the ball of fire at an almost impossible height soaring into the air.

Abahani's miseries were compounded when opener Liton departed for a 26-ball 18 reducing his side to 33 for three in 8.2 overs. The

stocky right-hand bat, in a bid to dodge a Saiful Islam bouncer fended it to an expectant Atiar — a potential national team wicketkeeper candidate.

After these three quick blows, skipper Akram Khan (37) and recently-recruited Mansoor Rana (30), son of the much-talked-about Pakistan umpire Shakoor Rana, steadied the innings putting on a vital 64 runs for the fourth wicket.

But, once Rajinder Singh took three wickets in successive overs, Abahani suddenly slipped to 138 for seven. Akram fell victim to yet another spectacular catch by Faruque at short mid-wicket while Mahbubur Rahman Selim pulled of the finest catch of the tournament at backward square leg, diving acrobatically to his left, to undo Rana.

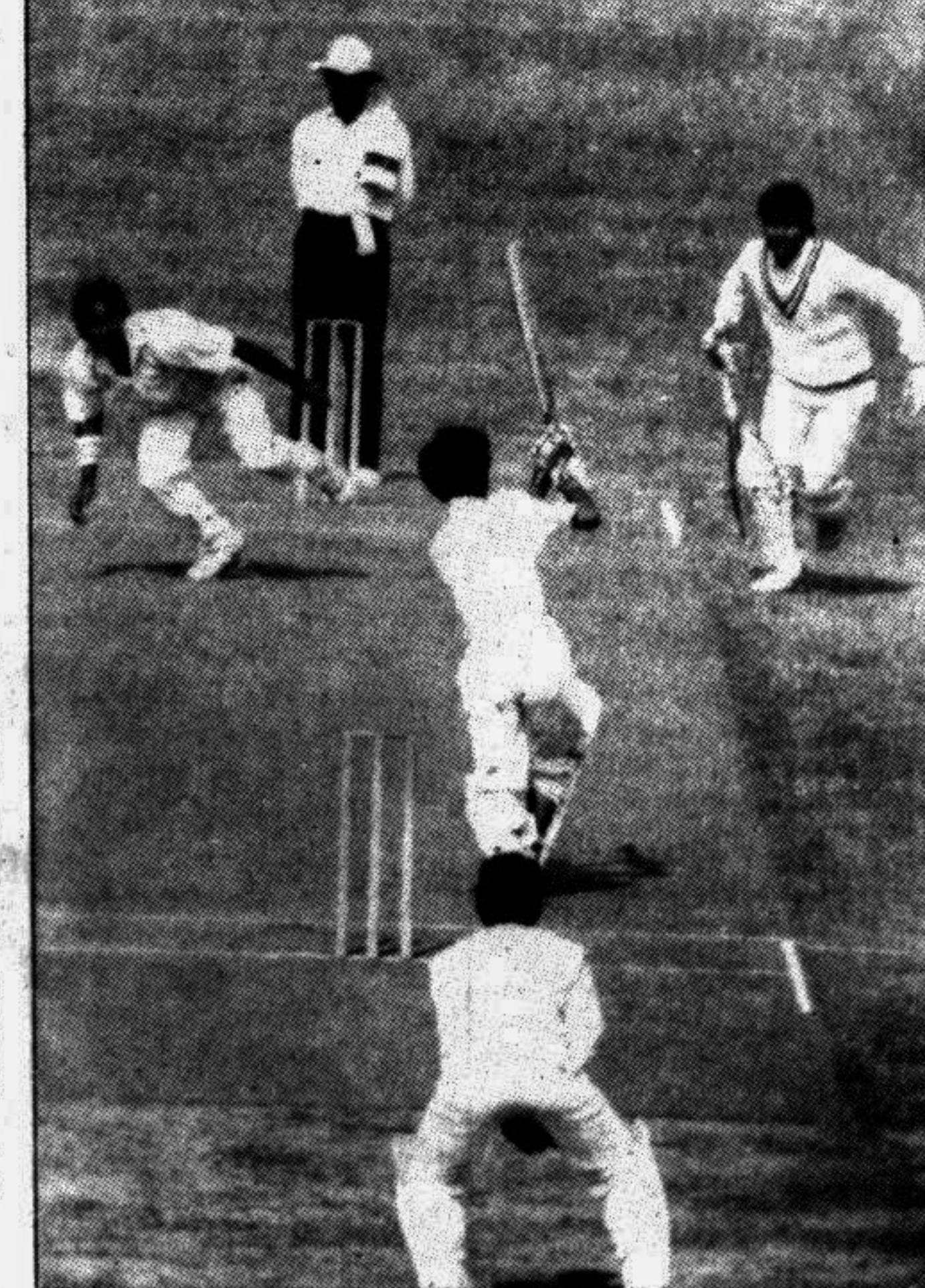
Rajinder, the familiar Indian all-rounder, swung the match seemingly decisively in Kalabagan's favour when he removed dangerous Enamul Huq Moni who had scored a match winning 36 not out in his sides previous match.

But, in a spectacular turnaround, Kalabagan's hopes of a maiden final berth in any top-level competition faded away as Rahul and Prince took Abahani safely to the shore.

Earlier, choosing to use the wicket in the morning, Kalabagan made a fighting 187 for nine in their share of 50 overs. The only purple patch of their rather disappointing display of batting was a swashbuckling 51 off 65 balls from opener Wahidul Islam.

The aggressive right hander toyed with the Abahani new-ball veterans hitting four sweetly struck shots to the fence and clouting two towering sixes, one each off Prince and Jahangir Talukdar Dulu.

Indian Shome Kapoor also chipped in with a patient 89-ball 57 inclusive of four fours and an over-boundary off off-spinner Naimur Rahman Durjoy. Kapoor was caught at extra-cover by the robust Akram, who had earlier made a brave effort to dive to his left and catch his Kalabagan counterpart at gully.



Sharfuddinulhaq ibne Shahid of Kalabagan swings his bat off a Jahangir Talukdar delivery during the later stages of his team's innings in the 16th Damal Summer semifinal between Abahani and Kalabagan at the Dhaka Stadium yesterday. — Star photo

Ind-NZ final one-dayer today

BOMBAY, Nov 28: The series-deciding sixth and final one-day international between India and New Zealand promises fitting finale, for the fans as both sides would fight tooth and nail to win it at the Brabourne Stadium here tomorrow, reports PTI. With the six-match limited overs series level at 2-2 following the visitors' crushing 99-run win at Nagpur on Sunday last, a breath-taking contest is on the cards.

The match, earmarked as a charity game for former Indian wicketkeeper Syed Kirmani, is expected to draw a capacity crowd of over 40,000.

India decided to retain the same eleven which won the fourth match at Pune and lost the subsequent one at Nagpur. Skipper Mohammad Azharuddin said Bombay seamer Paras Mhambrey might make his debut and added that Navjot Singh Sidhu had a 60-40 chance to play.

New Zealand are expected to finalise their team after the nets this evening. There is a question mark over their star batsman Martin Crowe's fitness.

Ajax win world club title

TOKYO, Nov 28: European football champions Ajax of the Netherlands defeated South American counterparts Gremio of Brazil 4-3 in a penalty shootout to win the Intercontinental Cup in Tokyo today, reports AFP.

Neither team scored in regulation or extra time. It was the second World Club Championship for Ajax following their victory in 1972 when they defeated independent of Argentina.

Nat'l billiards conclude

By Staff Correspondent COMILLA, Nov 28: Jahangir Alam Khan of the Comilla Club became champion defeating Atrien Gonzalez of the Chittagong Catholic Club in the eighth national billiards championship that ended here today.

As many as 26 players belonging to seven different clubs took part in the championship, organised by the Comilla Club.

District Commission K M Nurul Huda distributed the prizes.

Blackburn's 'bad boys' admonished

LONDON, Nov 23: England internationals Graeme Le Saux and David Batty have been fined by Blackburn for fighting during the English club's Champions' League match in Moscow last week, reports Reuter. But the European governing body, UEFA, said on Monday it did not plan to take any action against the players, who traded insults and punches after four minutes of their side's 3-0 defeat by Spartak Moscow.

Blackburn did not say how much they had fined the pair but it is believed the combined figure exceeds 20,000 pounds sterling (31,000 dollars). A club statement on Monday said Le Saux and Batty deeply regretted their actions and had offered "unreserved apologies to the club, the fans and football in general."

Caribbean squad for Down Under named Lara opts for omission



BRIAN LARA

BRIDGETOWN, Barbados, Nov 28: Brian Lara, disciplined last week, has pulled out of the West Indies tour of Australia which starts on December 5, reports Reuter. In a letter to the WICBC last Friday Lara had asked to be released from the touring party. No reason was given but the request came the day after he, Carl Hooper, Curtly Ambrose and Kenneth Benjamin were all fined 10 per cent of their fees because of misconduct during the tour of England earlier this year. According to Monday's WICBC release, the board considered that the reasons supporting Lara's request not to tour Australia did not merit his release and he had been given the opportunity to review his decision over the weekend.

"During this period, every effort was made by the board's president Peter Short to persuade Brian that his participation on the tour was in his own interest; and that of West Indies cricket," the statement said. "Today Brian Lara has, regrettably, confirmed that he will not take part on this tour." Meanwhile, West Indies cricket chief Peter Short has said he is dismayed at Brian Lara's decision to pull out of the West Indies tour of Aus-

tralia. "I pointed out to him that he had made himself available and he was selected, so therefore he had made a moral obligation to fulfil it — for the West Indies Cricket Board of Control, the West Indies and particularly for



the West Indies people," WICBC president Peter Short said.

The board considered that the reasons supporting this request did not merit his release and the world record-breaking batsman was given the opportunity to review his decision over the weekend. Roland Holder, the Barbados batsman, was named as his replacement, and will leave the Caribbean today to join the team which is now in

England en route for Australia. Short said that Lara had pleaded fatigue as the prime reason for pulling out of the Australia tour as it was for withdrawing from his contract with Warwickshire. "I told him that it was a short tour to be followed by a short-break and then the World Cup and then the two-Test tour when we entertained New Zealand," Short said. "Altogether, he had four months of cricket after which there would be five to six months of rest before we embarked on a tour of Australia at the end of next year," he added.

The West Indies' tour opener in Australia is a one-day game against the Prime Minister's XI a week on Tuesday. They are not playing any Tests but feature in a triangular World Series tournament with Australia and Sri Lanka starting on December 15.

Hooper and Ambrose, also disciplined last week, are in the squad, but there is no place for Kenneth Benjamin.

SQUAD

Richie Richardson (captain), Sherwin Campbell, Stuart Williams, Phil Simmons, Roland Holder, Carl Hooper, James Adams, Shivnarine Chanderpaul, Courtney Browne, Roger Harper, Curtly Ambrose, Courtney Walsh, Ian Bishop, Ottis Gibson, Andy Cummins.

Much ado about nothing

SYDNEY, Nov 28: Australia's three-Test series against Pakistan, promoted beforehand in the local media as a 'world championship' of cricket, has failed to live up to its billing, report agencies. The Australian Cricket Board (ACB) is facing a financial loss because of wanting public interest, fuelled by Pakistan's emphatic defeats in the first and second Tests. Ticket sales for this week's third Test at the Sydney Cricket Ground starting on Thursday were "very slow," according to New South Wales Cricket Association chief executive Brian Hughes.

Hughes said he would be surprised if the aggregate crowd for the five-day Test climbed above 30,000 — barely one quarter of the attendance for last season's Ashes Test against England in Sydney. A combined total of less than 43,000 spectators attended the first and second Tests in Brisbane and Hobart.

Both attendance figures suffered because of the tourists' inability to take either match into a fifth and final day. But Pakistan's team manager Intikhab Alam dismissed claims today that his team's poor performance was to blame for the weak ticket sales. "People are more keen to watch one-day matches," Intikhab said after a team training session today. "We have the same problem back home. When Australia were there last year not many people watched the Test matches," he said.

Pakistan, however were expected to challenge that belief but their defeat in the three-Test home series against Sri Lanka in September and subsequent heavy losses in Australia have tarnished their reputation. Meanwhile ACB chief executive Graham Halbish told the DGE newspaper he was not perturbed by the atten-

dance figures this season, saying he judged the situation over a four or five-year cycle. "Sometimes we meet targets, sometimes we miss them, as we did last year (against England), and sometimes we are a little shy," Halbish said. "We would have liked to have seen some more people in Brisbane. Hobart did quite well," Halbish said.

Local golfers win int'l trophy

A foursome from Bangladesh, won the Best International Team trophy, at the prestigious ITC Classic Golf Competition held at the Tollygunge Club, Calcutta, from November 18-25, says a press release. The Classic Cup sponsored by ITC is the largest amateur golf tournament of its kind and attracted over 800 golfers this year.

The 'four for toly' led by Shakil Kasem, also included Tawhid Samad, Masud Ahmed and Iqbal Azim. Leading by three strokes after the first round, 'Four for Tolly' switched on the afterburners on the second day, to romp home with a clear margin of five strokes.

The revelation of the tour was the coming-of-age performance from Tawhid Samad of the winning team, TS, who had been threatening to post a dream score since early this season, turned in a virtuoso round of 70 nett on the first day to set the team well and truly on the winning track.

The in-form Masud Ahmed, then made all the difference, carding in a sub-par first round and a crucial 72 nett on the final day to wrap up the proceedings conclusively. The cricketing duo of Iqbal Azim and skipper Shakil Kasem, then mastered the tight defences of the Tolly course, with productive rounds in the seventies, thereby effectively shutting out any late challengers for the title.

Australia's overwhelming superiority at home contrasts sharply with their 1-0 defeat in the three-Test series in Pakistan late last year, Mark Taylor's debut series as captain. Since then, Taylor's side have beaten England at home and, notably, West Indies away, prompting the Australian media to view the current series as an unofficial 'world championship'.

Meanwhile, Australia's champion leg spinner Shane Warne is due to undergo a fitness test on his broken toe Wednesday morning. Warne cracked his big left toe being hit by a Waqar Younis yorker on the opening day of the second Test in Hobart 11 days ago and took no further part in the match.

He will need to convince physiotherapist Errol Alcott, selector Steve Bernard and a team doctor that he is fit to play the scheduled five days of the Test match, after hobbling away from Hobart early last week. Otherwise South Australian leg spinner Peter McIntyre will play his second Test after making his debut against England in Adelaide last summer. But if Warne is declared fit to play, McIntyre will fly home for a Sheffield Shield game against Victoria, also starting on Thursday.

TEAM

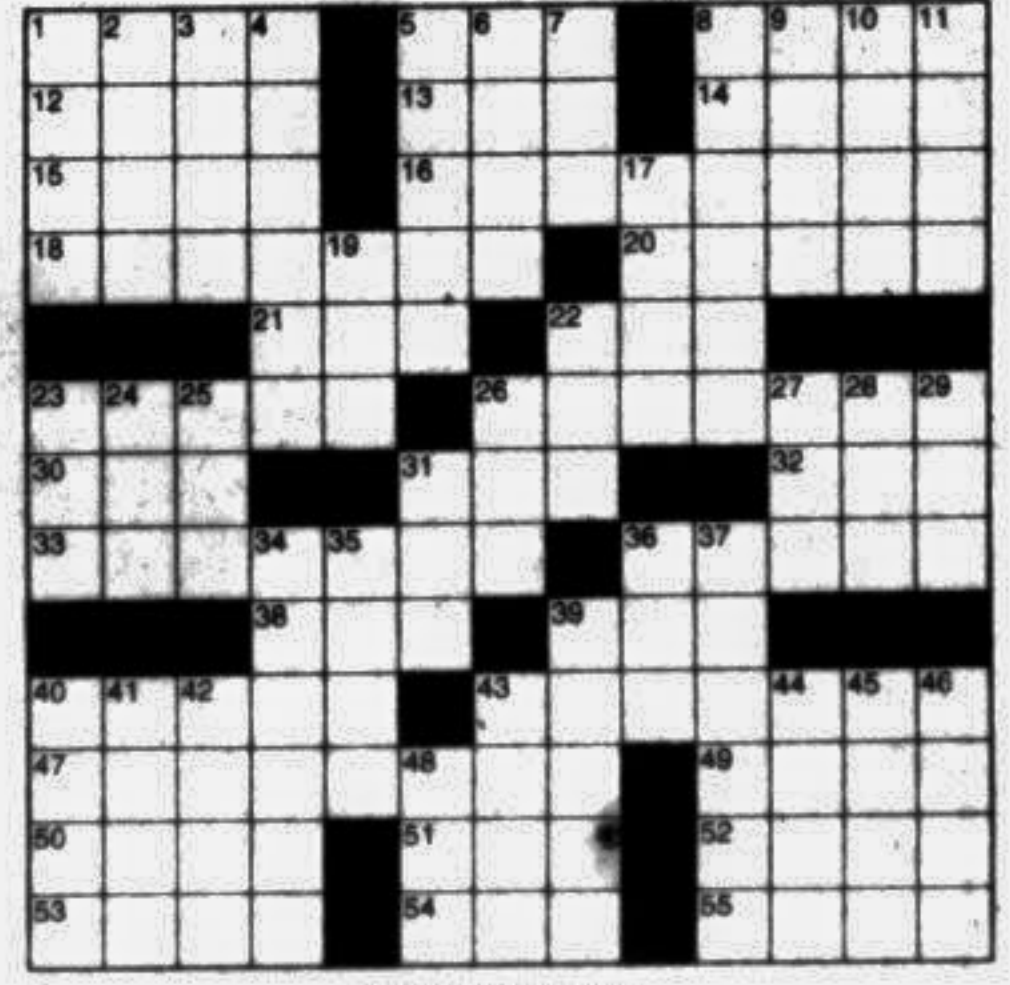
Mark Taylor (captain), Michael Slater, David Boon, Mark Waugh, Greg Blewett, Ian Healy, Paul Reiffel, Brendon Julian, Craig McDermott, Peter McIntyre, Glenn McGrath, Shane Warne.

Venue shifted

HONG KONG, Nov 28: The Asian Tennis Championships will move to Manila this year, organiser announced today, reports AFP. The event, with more than 80 players from 15 countries, will be held from November 27 to December 2. Taiwan's Wang Shi-Ting, ranked 33rd in the world, will defend the women's title. Pan Bing of China will be the top men's seed.

CROSSWORD By Eugene Sheffer

- ACROSS 39 "O Sole—" Queens plaza 1 Type of TV 40 Greek 4 Nest 25 Skull need antenna consonant 26 Dinner for 5 Mr. 43 Takes out 5 Handbill 27 Salt Lake Ziegfeld 4 loan 6 Cry from 28 Salt Lake 8 One of 47 Vote of ac- acceptance 29 Nothing Bears 49 Biblical 7 Peculiar 8 Stander 9 State 31 Small shot 12 Doh cubed 80 Seize 9 State 34 RICA 13 Terhune 81 Esist 10 It might 35 mascot 14 Opposite 82 Pound of poetry 36 Bit of 15 —do-well 53 Retired: abbr. 11 Follow-up to the Gospels 36 Round 16 Lazy 54 Bumped into 17 Finished Table 18 You might take something for it 55 Tear DOWN 19 Have a go at it 37 Good boy of rhyme 20 Computer malfunction cause 1 Chime noise 22 Diary 21 Food up 2 Bakery worker 23 Soapogean 39 Water lily painter 22 Drumstick 3 Field of 24 Partner of 40 Shake-speare's shrew 28 Legendary Green Bay Packer 41 Leading man? 30 Altar con- stellation 42 Job 31 Satchel 43 Drill 32 Bond 44 Cause of Ninja 33 Pop group, Bruce and the Range 45 Caution 36 Tortoise's home 46 Herring-like fish 38 —De-Lovely 48 Cartesian conclusion



CRYPTOQUIP FOVH DARUDQZYHLFN TAYVPZI TAYRZDLOQP NUDN ULF RDAQQA ZDI LK AVLKFI Yesterday's Cryptogram: THERE WAS A RECENT HOLDUP AT THE MUSIC STORE; A MAN ESCAPED WITH THE LUTE. Today's Cryptogram clue: A equals R The Cryptogram is a substitution cipher in which one letter stands for another. If you think that X equals O, it will equal O throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.