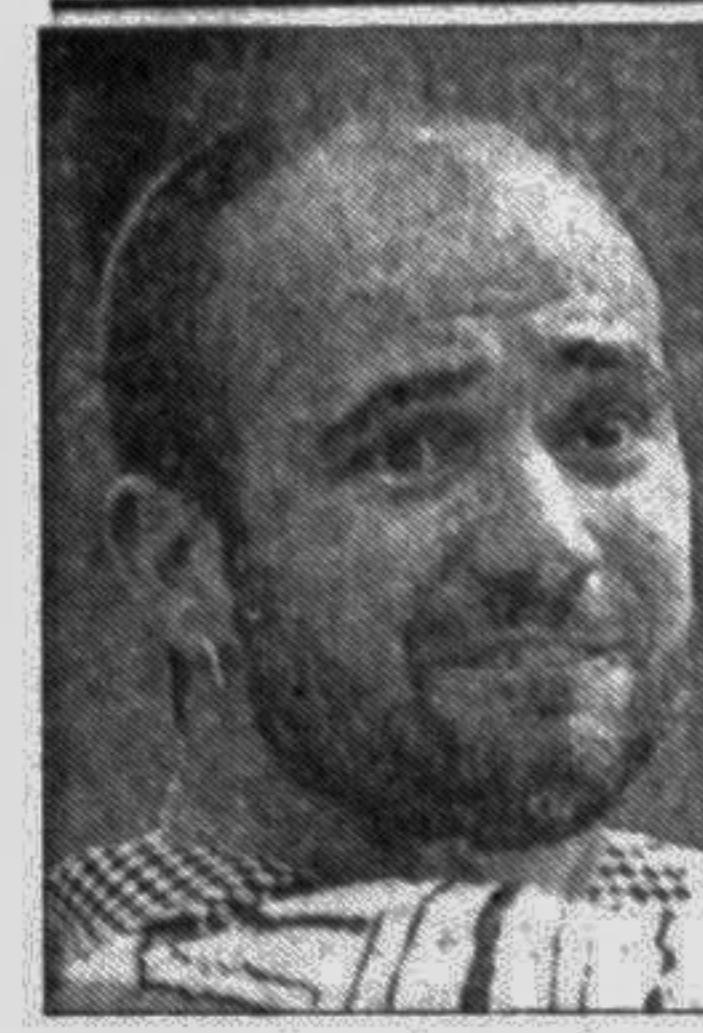


Column One

SPORTS TALK



Andre Agassi

"I strongly believe that any sport thrives on rivalries. Rivalry is what creates interest. It creates a passion for the sport."

Sports

WHIZZ KID

COMPETITION FOR SCHOOL CHILDREN



Sports WHIZZ KID competition-33

✓ Tick the Correct Answer

(Competition closes: 8 p.m. April 12, 1996)

1. Thomas Muster is a master of
Hard-court Grass-court Clay-court
2. The defending Olympic soccer champions are
Spain Poland Italy
3. Ma Junren is a famous coach
Swimming Athletics Hockey
4. Who are the Cup sponsors of the next S...icket tournament?
Pepsi Coca-Cola Sprite
5. The recently concluded The Daily Star Cup cricket quiz was sponsored by
Philips Sony Sony

Name _____

Address _____

Class _____ Roll No. _____

School Address: _____

Phone: (if any) _____

Wanderers win

Sports Reporter

BRIEF SCORES

DHAKA WANDERERS CL
UB: 268 for three in 50 overs (Monirul 105 n.o., Kiron 96)
GULSHAN YOUTH CLUB: 202 in 40 overs (Ripon 33, Rabbu 32, Rafiq 4/38)

An unbeaten century by Pakistani batsman Monirul Haq steered Dhaka Wanderers to a convincing 66-run win over Gulshan Youth Club in their Premier Division cricket relegation league encounter at the Dhanmondi Cricket Stadium yesterday.

Winning the toss, Wanderers, who have already confirmed their relegation to First Division next year being second from the bottom of the league table, decided to bat first and piled up 268 for three in their stipulated 50 overs which included a brilliant knock of 105 off 101 balls from the bat of Monirul, inclusive of eleven fours.

Besides, opener Kiron scored 96 off 118 balls, while Nayan and Monirul added 23 and 23 to the Wanderers account.

In reply, Gulshan were booked for 202 in 40 overs with skipper Ripon scoring highest 33 runs.

With yesterday's game, both the teams completed their league campaign with Gulshan having 14 points and Wanderers 10.

Yamaha Div I cricket

Sports Reporter

BRIEF SCORES

LALMATA CLUB: 242 for
eight in 45 overs (Biplab 43, Ripon 35, Khokon 3/32)
SURJOTARUN CLUB: 209 in 45 overs (Khokon 47, Raju 39, Mithu 2/29)

Lalmata Club defeated Surjotarun Club by 33 runs in their Yamaha First Division Cricket super league match at the City Club ground, Mirpur yesterday.

DMP v'ball champs

Sports Reporter

BRIEF SCORES

KHULNA RANGE RESERVE FORCE (RRF): 15-6, 15-7 in the final at city's Uttara RRF ground yesterday.
Constable Deen Mohammad of DMP was adjudged the best spiker of the meet.

ASM Shahjahan, Inspector General of Police, witnessed the final and later distributed prizes among the winners.

AKC ride on Liton's ton

Sports Reporter

BRIEF SCORES

KALBAGAN KC: 209 for
8 in 50 overs (Faruque Ahmed 43, Masum 33, Selim 29, Dilu 3/46)
ABAHANI KC: 212 for 7 in 47 overs (Liton 106, Durjoy 29, Anup 23)

Opener Harun-ur-Rashid Liton blasted his second ton of the season as non-hoppers Abahani Chakra ended their Premier cricket league campaign on a winning note with a three-wicket defeat on Kalabagan at the Dhaka Stadium yesterday.

Faruque, better known for his batting prowess, surprisingly had happy hunting with his slow right-arm bowing as the former national skipper finished with two for 36 in his ten economic overs.



LITON 106

Arantxa assails a Greek

AMELIA ISLAND, Florida, April 11: Arantxa Sanchez-Vicario of Spain, happy to be back on her favourite clay-court surface, defeated Christina Papadaki of Greece 6-0 7-6 (7-3) at the Baush and Lomb Championship on Wednesday, reports Reuter.

The second-seeded Sanchez-Vicario won last week's singles and doubles titles in Hilton Head, South Carolina.

A two-time champion here, the third-ranked Sanchez-Vicario overpowered the 19th-ranked Papadaki in the first set. Sanchez-Vicario had an aggressive attack plan, which included taking the ball early. Papadaki could not handle the pressure and was barely able to keep a ball in the court.

"I feel great," Sanchez-Vicario said. "Last week I won the singles and doubles, so I have great confidence. I just played a great first set and I

didn't miss a shot." But Sanchez-Vicario slowed down her assault in the second set, which opened the door for Papadaki.

"Her come into the match," Sanchez-Vicario said. "After 3-2 in the second set, I relaxed a little bit. I was winning easily. Then my balls were

getting shorter."

Papadaki lost her serve in the seventh game and Sanchez-Vicario served for the match at 5-4 in the second set. But Papadaki was able to break serve in that 10th game and push the match into a tie-breaker.

Down 0-2 early in the tie-breaker, Sanchez-Vicario recouped the minibreak on the fourth point. Ahead 4-3, the Spaniard won the final three points of the match on Papadaki's errors — a backhand cross-court wide, a double-fault and a backhand approach.

In the beginning of the match the 13th-ranked Fernandez rushed play in an attempt to take control of the proceedings and made too many mistakes. She fell behind 0-3 before winning the next six games to take the first set.

"I got off to a little bit of a slow start," Fernandez said. "I was making unforced errors right off the bat."

In the second set, Fernandez lost her serve in the opening game, but broke Zrubakova's serve in the second and sixth game to secure the win.

Shaky start for Sampras & Chang

HONG KONG, April 11: Top seed Pete Sampras and defending champion Michael Chang both struggled at times before reaching the second round of the Hong Kong Open Wednesday, reports Reuter.

Sampras, looking for the title to improve his chances of replacing Austria's Thomas Muster as world number one, lost the second set before beating Sebastien Lareau of Canada 6-1, 3-6, 6-1, while fellow American Chang had a battle on his hands before he defeated Marcos Ondruska of South Africa 7-6 (7-5), 6-1.

With yesterday's game, both the teams completed their league campaign with Gulshan having 14 points and Wanderers 10.

Flexibility and Health

WHEN we come into this world as babies, we are fearless and flexible. We can sink on our toes and fall all over the place with no problem. But late, in reaction to a myriad of physical & mental threats our muscles stiffen up. They become so

knotted up and intractable that sometimes they can even pull the whole spine out of whack.

Since the spine houses and protects the lower line to the entire nervous system, and since the central nervous system governs all the organs of the body — including the

skeletal structure — this can make for big trouble. It's no wonder then, that the flexibility of the spine is the corner stone of all good workouts.

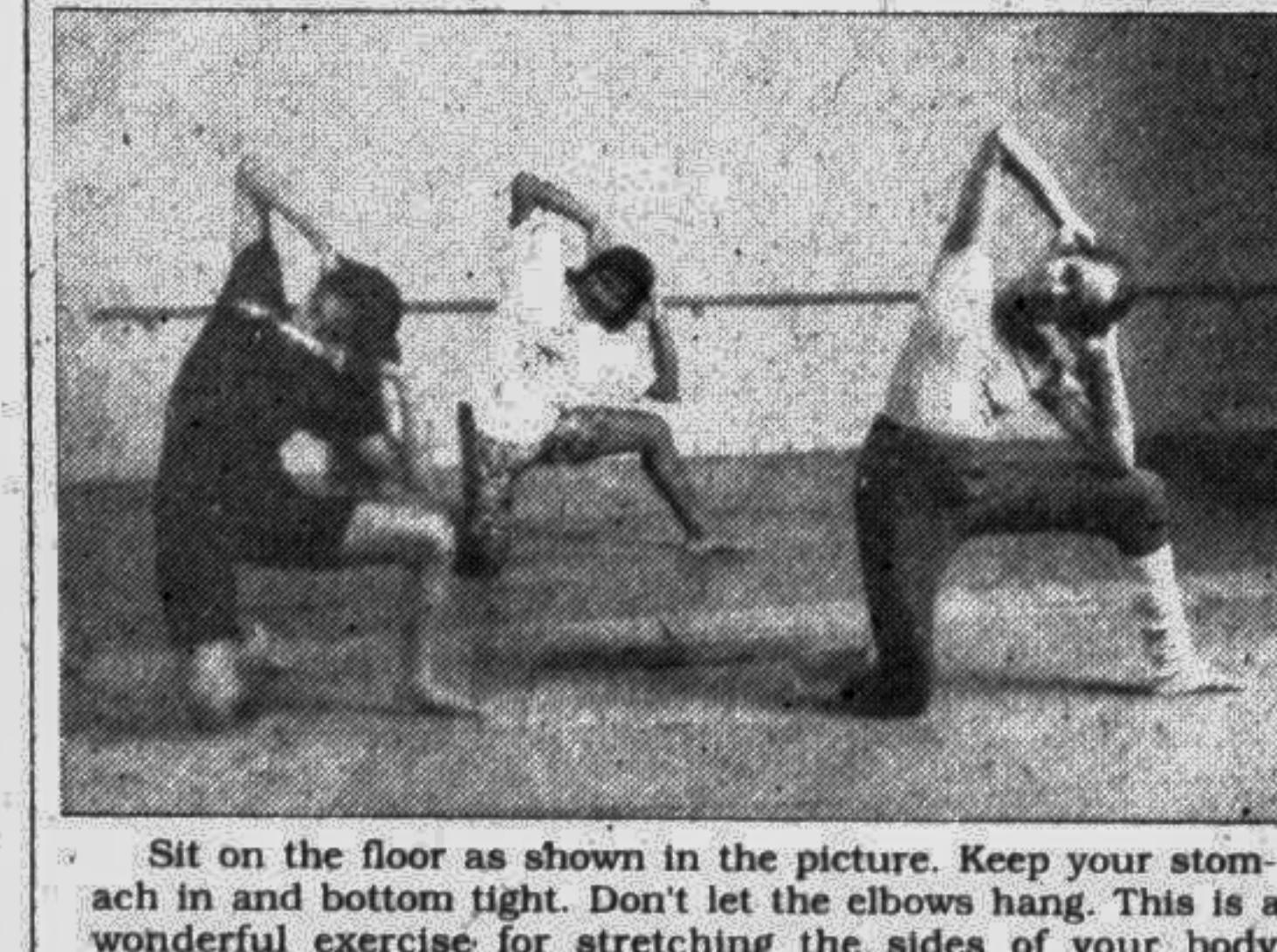
Most animals stretch their spines instinctively upon awakening. But the Human Animal seems strangely negligent about taking care of the very backbone of his existence. The flexibility of the spine depends on regular manipulation (stretching and compressing) of the vertebrae to stimulate circulation and also to decalcify and deposits that interfere with spinal mobility. This is just a fancy way of saying that the improved flexibility you get from this method is a wonderful safeguard against ravages of old age — arthritis, rheumatism, gout and countless other maladies.

Flexibility has never been high on the priorities for women seeking beauty or men body building, probably because they don't know how important it is.

We are told that we can burn off fat. Although in a sense that's true, certain kinds of muscle pumping will only firm existing fat into hard mass — solidifying all the bumps and bulges, almost as if it were in stone!

Flexibility, besides being an unrivaled aid to good posture, also lengthens the muscles, giving your limbs a longer, leaner look that is desirable. The sleek appearance is achieved by stretching your body thereby releasing the pockets of tension that store the toxins.

This method of increasing flexibility while building strength reduces fat and cellulite by squeezing, wringing and twisting the unevenness out of your skin as though by self-massage. The result is a smooth, unumpy appearance free of those unsightly bulges. Now it's high time you moved flexibility closer to the top of your list!



Sit on the floor as shown in the picture. Keep your stomach and bottom tight. Don't let the elbows hang. This is a wonderful exercise for stretching the sides of your body without too much straining. Do each side and breathe normally.

Models: (L to R) Sweety, Shomen and Mousumi of Bengal School of Shotokan.

Photo: Shehzad Noorani



K Z Islam, promoter of school cricket, is being introduced to the players during the inaugural ceremony of the 14th Nirman Schools cricket championships (Dhaka Zone) at the Dhanmondi Cricket Stadium yesterday. — Star photo

Nirman cricket

Sports Reporter

BRIEF SCORES

DHANMONDI INTL SCHOOL: 104 in 24.2 overs (Zobair 24, Mizan 3/17)
RADIANT INTL SCHOOL: 108 for six in 25.2 overs (Zahid 22 n.o., Jashim 5/28)

Radiant International School recorded a four-wicket victory over Dhanmondi International School in the inaugural match of the 14th Nirman Schools cricket tournament at the Dhanmondi Cricket Stadium yesterday.

Set 365 to win after New Zealand, who had a first innings lead of 160 runs, declared their second innings at 204 for seven, the WICBC XI were dismissed for 209 in their second innings as fast bowlers Danny Morrison, Chris Cairns and Robert Kennedy captured three wickets apiece.

Apart from successive half-century stands involving Mario Ventura, whose 51 was the highest individual innings Mahendra Nagamootoo (38) and Hamesh Anthony (42) for the fourth and fifth wickets, there was little resistance for Kiwi's.

The WICBC XI were 58 for three when Ventura and Nagamootoo were paired and shared 59 for the fourth wicket. Once the left-hand Nagamootoo was bowled by Morrison, the first of six batsmen to fall in that manner, Ventura and Anthony stayed to add 58 for the fifth wicket.

On April 8, this reporter caught Mobin over telephone and his excuse was that he was extremely busy with his office (Shilpo Bank) work.

However, he was kind enough to give an appointment for the following day, that is on April 9 at 5 pm.

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