

Column One

Sports WHIZZ KID

COMPETITION FOR SCHOOL CHILDREN

Sports WHIZZ KID competition-36 Tick the Correct Answer

Competition closes: 8 p.m. May 10, 1996. 1. The 2002 World Cup football will be held in... 2. If FIDE is for chess, FINA is for... 3. Tennis star Jennifer Capriati is... 4. The fastest one-day hundred by Sri Lankan Sanath Jayasuriya is... 5. The man-of-the-series in Pepsi Cup was...

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

SPORTS TALK



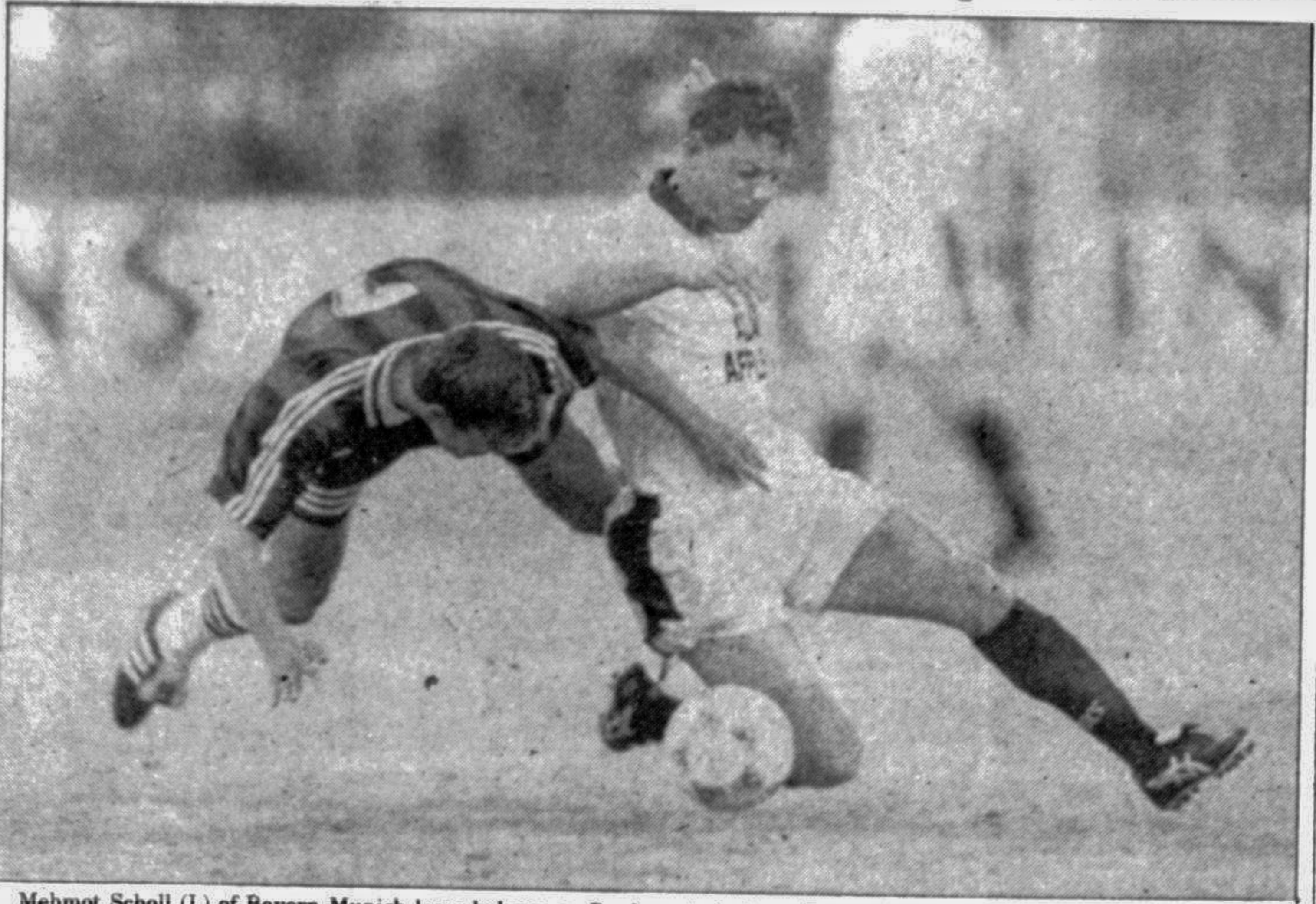
Johan Cruyff (Barcelona coach and former Dutch soccer legend) "It happens often a player from my team is selected for the national side but now it is my son and I feel very proud."

British cops in action

LONDON, May 2: British police on Tuesday arrested 13 people as part of an investigation into the possible illegal sales of tickets for the European soccer championships...

A very lucky escape

QUITO, May 2: A chartered aircraft carrying members of the Brazilian soccer team Corinthians on Wednesday veered off the runway during take-off at Quito's international airport...



Mehmet Scholl (L) of Bayern Munich loses balance as Bordeaux's Anthony Bancard gets in his way during their UEFA Cup final first leg clash in Munich on May 1. Bayern won 2-0.

Kaiser Bayern's fulcrum

MUNICH, May 2: Bayern Munich took a confident stride towards their first European trophy for 20 years with a 2-0 victory over Bordeaux on home soil in the first leg of the UEFA Cup final on Wednesday...

Hodde to replace Venables

LONDON, May 2: Glenn Hodde will succeed Terry Venables as England's new coach, the English Football Association confirmed today...

Rivalry indeed!

SOFIA, May 2: Bulgarian soccer fans threw a live snake at a referee after Saturday's First Division clash between Levski Sofia and CSKA...

Bebeto home bound

LA CORUNA (Spain), May 2: Brazilian striker Bebeto will team up with Brazilian World Cup teammate Romario when he leaves Deportivo Coruna to join Rio de Janeiro team Flamengo next month...

Seoul won't mind in sharing

SEOUL, May 2: South Korea is flexible on the idea of co-hosting the 2002 World Cup soccer finals with Japan...

Seles faces tough tie



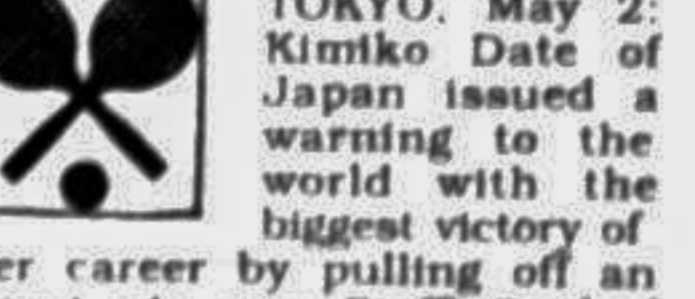
BONN, May 2: German tennis chiefs said on Tuesday they had not been slack with security when a crazed fan stabbed Monica Seles at the Hamburg Open three years ago...

zoretz said on Monday that the action was filed in the regional civil court in Hamburg one day before the three-year statute of limitations would have expired.



MONICA SELES was forced to file this claim, a statement quoted her attorney, Dr Wilhelm Danelzik, as saying.

Date grinds Graf down



TOKYO, May 2: Kimiko Date of Japan issued a warning to the world with the biggest victory of her career by pulling off an upset win over Steffi Graf of Germany in a Fed Cup tennis match here Sunday...

form as she never faced a single breakpoint to level the match at one set all. But Date, whose shots often landed on the line, broke Graf in the ninth game of the decider and was serving for the match on an advantage point in the following game...

Date, ranked seventh after her fourth Japan Open victory a week ago on the same Ariake Coliseum Centre Court, said she had taken pain-killers for an injured left leg and could not move well in the first set.

mere 20 minutes, but it was the beginning of the long, grueling three-hour, 24-minute affair, in which a total of 11 games went against serves with Graf converting six out of 23 breakpoints and Date winning five of 19 chances.



German ace Steffi Graf executes a backhand pass against Japanese Naoko Swamatsu during their Federation Cup first round match in Tokyo on Apr 27. Graf easily won 6-1, 6-3.

fitness royale with rani padamsee

GETTING fit means more than simply rushing into exercise or dieting. It means knowing your body shape, setting realistic goals, and changing lifelong habits gradually. Food and fitness go together. Along with exercise, you need to eat well. Starving doesn't make you lose weight - it can cause long-term damage. Quick weight loss prevents absorption of essential vitamins and minerals, causes headaches and exhaustions, and upsets your hormones. With good food and regular posture is that strain in one area sets off a chain reaction in another. Always be conscious of how you are standing or sitting. At rest, sit or stand tall with relaxed shoulders and chest. Lift your rib cage; as you do, you will feel your back straighten, pull your abdomen in - this may seem strange at first but will gradually become automatic. If you are standing at rest, tilt your pelvis slightly forward. When you are on the move, poor posture is very obvious. more slowly you should take it at first. Whether you're walking, cycling, doing aerobics or strength training, you should not work so hard that you are breathless or unable to hold a conversation. If that happens, ease up so that you are breathing comfortably, but your exercise should still take a little effort. If you warm up gradually and resist temptation to go too fast, you will get through and, you will enjoy your exercise sessions.

CROSSWORD By Eugene Sheffer. 1 Across: Jongg lead-in. 2 Down: Lay. 3 Across: Partner in crime. 4 Down: Dying. 5 Across: Ignominy. 6 Down: Mommy kissing. 7 Across: Part of "SNL". 8 Down: Go full speed. 9 Across: Valhalla. 10 Down: Double-entendre. 11 Across: Intellectual. 12 Down: Facility. 13 Across: One of Donald's nephews. 14 Down: Willy Loman's field. 15 Across: Barrett of "Star Trek". 16 Down: Cornfield commentary. 17 Across: Towit! Boo! 18 Down: Film director. 19 Across: Rep's rival. 20 Down: Liligant. 21 Across: Kerigan's milieu. 22 Down: The purpose. 23 Across: Colors. 24 Down: Convince. 25 Across: Method. 26 Down: Pinnacle. 27 Across: Hack-neyed. 28 Down: Picnic hamperers. 29 Across: "Monopoly" corner. 30 Down: Robbery locales? 31 Across: Height: prefix. 32 Down: Approach. 33 Across: Wan. 34 Down: Mourning. 35 Across: Quatrain rhyme scheme. 36 Down: See 30. 37 Across: School-zone sign. 38 Down: Stash. 39 Across: Hertz rival. 40 Down: Lab assistant? 41 Across: Stolen. 42 Down: How Can I Sure? 43 Across: Card game. 44 Down: Meter-candle.