(The Professor does)

T HAT swimming is one of the most beneficial forms of general exercise and perhaps the best means of reaching most of your muscles. No other form of exercise uses so many muscles in the body so fully. Other benefits of swimming include means of survival or saving lives in emergencies. and a valuable tool in physical therapy. Swimming's popular-ity has been helped by the fact that many indoor and outdoor swimming polls have been constructed for public use worldwide. In addition, some residences have private pools.

A private pool can be a pain. Like one Englishman said, "I never knew I had so many relatives till I had my own swimming pool"



WIN TK, 2000/-PRIZE BOND

**EVERY FORTNIGHT** 

Sports WHiZZ KID competition-57

✓ Tick the Correct Answers

. 1		mber 22, 1	
1	Who won the Titan Trophy		
	India	S. Africa	Australia
2	Howmany one-day matches has Wasim Akram played to capture 300 wickets?		
	has W	/asim Akra ture 300 w	m played
	to cap	vasim Akra ture 300 w 207	in played rickets?

Who clinched the top position in the 16th national age-group swimming championship? BKSP | American Int'l School | Biman

Which country will host the 1998 Commonwealth Games? Malaysia | England | Hong Kong

...... Roll No. .....

School Address .....

Phone: (If any) .....



## **Mark Taylor**

(Australian captain) "Unruly behaviour like this can put an end to one-day cricket. If this happens next time, we wouldn't want to play." On the crowd behaviour at the Bangalore match.

## Cuba beat China

TOKYO, Nov 14: Olympic champions Cuba on Thursday repeated their performance in the Atlanta final by scoring a four-set victory here over Olympic silver medalists China at the World Super Challenge women's volleyball tournament, reports AFP

The Cuban spikers, without ace attackers Mireya Luis and Magaly Carvajal who retired after the Olympics, needed one hour and 52 minutes to fend off the Chinese challenge for a 11. 15, 16-14, 16-14, 15-2 win.

Hiroshima Asian Games gold medalists South Korea powered past Thailand 15-5, 15-6, 15-7 in 55 minutes, leaving Thailand's coach Wang Seheng-Chuan Lamenting: "The Koreans were so fast that our inexperienced players couldn't follow them.

Cuba, China and South Korea have two wins against one defeat, ahead of winless Thai-

# REB soccer tourney

The annual football tournament of the Rural Electrification Board (REB) begins at the Khilkhet ground in the capital

on November 16, reports BSS. REB chairman Brig, Enamul Huq will inaugurate the eightday meet as the chief guest. Six Palli Bidyut associa-

tions and REB headquarters will take part in the tournament on round-robin league basis. The top two teams will play in the final on November 23 at the Armed Police Battalion Ground at Uttara.



Brothers Union custodian Milan fisting away the ball before Mohammedans Nigerian striker Jedi could pose any threat during their Danish Premier Division football league encounter at the Mirpur Stadium last night. Mohammedans won 3-0. -Star photo

# Lightning strikes thrice

Sports Reporter



Two electrified Nigerians made the shocking difterence between title aspirants Mohammedan Sporting Club and Brothers Union at the Mirpur Sta

dium on Thursday evening. The strikers from the "dark continent" helped the black and whites pull off a flat tering 3-0 in a crucial return leg match of the Danish Premier Division football league.

In an one sided affair Mohammedans Nigerian re cruit Jide struck twice, one in each half, while his compatriot Makino scored the other goal to keep Mohammedans four points clear atop the 10-team elite league. With yesterday's win.

Mohammedans crept closer to regaining the Premier league title having 29 points from 11 outings. Their arch rivals and champions of the past two seasons Abahani have 25 points from as many matches.

On the other hand, the Gopibagh boys, who beat fan cied Muktijoddha Sangsad 1-0 in their previous match last week, remained in the sixth position with 14 points also from

11 encounters. tions down at the Mirpur Stadium, Mohammedans took about quarter of an hour to settle down against the briskness of the their opponents. But for the early period. Mohammedans dominated the proceedings which at times delved into boredom, the goals punctuating the occasional excitement. With Manik, lqbal and Arman controlling the Mohammedans launched numerous offensives through both flanks feeding the two Nigerians and Alfaz up

iront Although, the league leaders took some time to organise themselves, everything went according to their sweet will from the 13th minute when Jide, one of two Nigerians reinforcing the Mohammedans attacking line up from the second leg, put them ahead with a brilhant piece of head work.

The move originated from the left flank with Alfaz passing the ball to Manik who broke through the Brothers Union defence and sent an accurate minus to Jide. Seeing the ball potentially poised for a goal, Jide dodged past his guard and headed the ball home with one bounce putting the Brothers custodian Milon off balance (1-

In the remaining period of the first half. Mohammedans got a couple of opportunities to increase the margin. But, some unpardonable misses by Manik, Jide and Makino, con fined them to only a 1-0 lead in the first half

After the breather, Moha inmedans doubled the margin as early as in the 4th minute when Makino blasted the ball home breaking away from some light making with another crisp display of head work from a right side Mansoor cross (2-0). After the second goal

Mohammedans almost cor nered their opponents in their own half with one oflensive after the other. In the 56th minute, Jide's

power-packed grounder from the top of the box was bril-

# Div I soccer

Police tame Bima Sports Reporter

Police Athletics Club registered a 2-1 victory over Sadha ran Bima Krira Sangstha in a Danish First Division football league engagement at the Army Stadium vesterday afternoon.

After a barren first-half Azad and Babar scored one goal each for the winners in the 59th and 74th minutes while Nasir pulled one back in between for Bima in the 60th minute.

The win raised Police's tally to ten points from 11 matches while Bima had to remain satisfied with their previous collection of 12 points on completion of as many outings.

liantly saved by Brothers Union custodian Milon who went horizontal on his right for a breathtaking moment to parry the ball for a corner.

In the 79th minute Manik. receiving a through inside the Brothers box was almost unguarded, but he sent the ball wide off the near post. Two minutes later. Jide missed a clear chance as his slow grounder from close range was neatly collected by a diving Brothers goalie Milon.

However, Jide put a damper on some late rallies by the Gopibagh boys when he beat Milan five minutes from the long whistle with a powerful right footer placing from a left side loose pass from Ruhul Amin (3-0).

Earlier, the match was stopped for 22 minutes due to power failure after 55 minutes

Yellow cards: Manik (MSC) and Bakhtiar (BU)

### TEAMS

MOHAMMEDAN SC: Ponir Mansoor Ali. Ruhul Amin Jewel Rana, Munna, Igbal Manik, Arman, Alfaz, Makino (Ranjan) and Jide.

BROTHERS UNION: Milon. Bishu (Pijush). Mizau. Govinda, Shahjada, Uttain, Amer Khan (Amin Khan). Bakhuar, Joy. Tipu and Jamal Referee: Subhash Roy.

## MUKTI'S WIN

Earlier in the day's first match at the same venue. Muktijoddha Sangsad Krira Chakra recorded a solitary goal win over Farashgani Sporting

Striker Reaz headed home the all-important match-winner from a Zakir cross in the 21st minute.

With yesterday's victory Muktijoddhas remained in the third spot behind Mohammedans and Abahani with 20 points from eleven matches while the defeat kept Farashganj jointly fourth in the table alongwith Young Men's Club Fakirerpool having 14 points each also from 11 matches.

# fitness royale

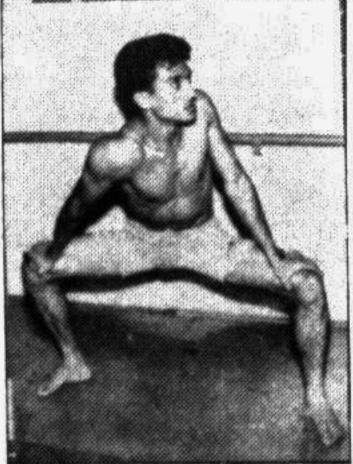
# with rani padamsee





completed one year on the 8th of September and wanted to do so-mething different but it didn't happen Nevertheless I am happy that many of you are religiously following my advice and have benefited. Its my privilege and to be able to be a part of your life and to be of help.

I always practise whatever preach. So you cannot say 'easily said than done." What ever I have advised you. I have tried it on myself. Everything does not work for everyone. You have to have patience and perseverance. Nothing is so easy like many people claim with their gimmicks.



Over the year, I have used my students to demonstrate for you the various postures and exercises. Some are from my ladies fitness class, some from men's exercise class and the rest from the karate classes. In other words all of them are working out 3 to 4 times in a week sometimes even more. They were not so fit when they first joined. They used to get fascinated by me and I told them they will be able to do it even better and faster 'cause they are younger.

Remember you must always have a goal or a target that's why I always used people whom you can envy and compete with. If you accept your faults and take it easy then you'll only go downhill. Wake up and take the challenge! You can do it better. You have to truly believe and give it your best shot.

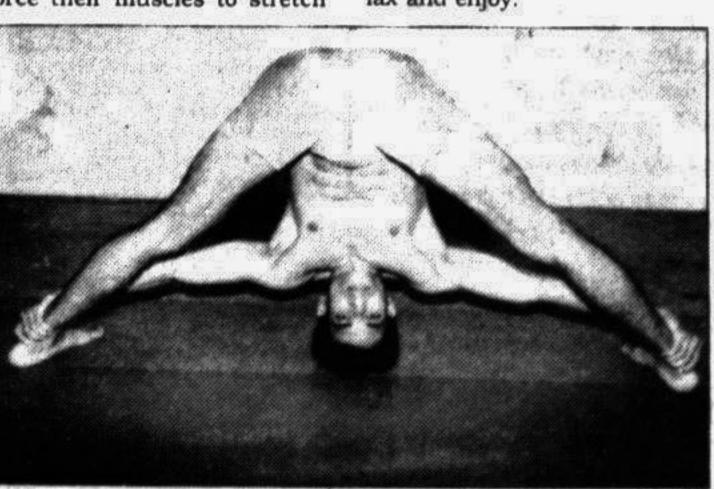
This is just the right weather. Its nice and cool in the morning and evening. Wear proper sneakers and start with brisk walking and then jogging or do cycling or skipping. Indoors if the temperature is cold, spend an extra little time to warm up. Otherwise five to ten minutes is sufficient. While the temperature of the muscles and joints increases, so does the overall body temperature.

The heat increases the elasticity of these muscles which makes more energy available for your workout because less energy is being wasted internally. Once you feel your body's temperature is raised, it is advisable to slowly start stretching your muscles. Many people force their muscles to stretch

more than they can by bouncing and pulling but this can actually cause severe damage. A muscle will stretch well when it is relaxed, not tense.

1) Get in the squat position like lemon. You will twist your torso. Bend your left elbow and push with the right arm keeping it straight. Turn your head and torso towards the left. Repeat to the right. Breathe normal. It gives a twist to your spine and stretches your inner thighs, shoulders, arms, waist and neck. Can be done anytime you need to relax and stretch. Does not need warming up.

2) Unlike the above stretch. This one should only be done once you have properly warmed up and better to be done under supervision. This is the advance posture. Initially you should put your hands on knees and let the head hang down. Slowly and gradually as your balance and stretching improves you go down to the final position. Head on the floor and keep a good hold on your ankles. It's a very good stretch. Relax and enjoy.



Model: Lemon of Bengal School of Shotokan.

- Star photo

# **Brolin in depths**

STOCKHOLM, Nov 14: The career of Leeds United's want away Swedish striker Tomas Brofin hung in the balance Wednesday, a day after Serie A side Sampdoria ditched plans to buy him because of an old

Brolin told reporters at a press conference in Stockholm it would be "very difficult" for him to find a new club with Sampdoria's doctors ruling that the 26-year-old's ankle injury is too serious to allow a transfer.

there is evidently a problem with my foot," the former Parma star explained.

Doctors said a metal clip at

the base of Brolin's left fibula would have to be removed prior before they could review their position on his chances of returning to fitness.

"I was shocked. I just don't know what's going to happen.

the possibility of surgery to remove the clip in a bid to keep alive his chances of a return to Italy

Earlier in Italy. Sampdoria president Enrico Mantovani said that as Brolin faced at least two months out. "the player does not interest us at the mo-

Brolin signed for Leeds in a 4.5 million pound deal from Italian club Parma a year ago. but became involved in a feud with former manager Howard Wilkinson and has been unable to reach an agreement with new boss George Graham.

The Swede threatened to retire after Graham sought to prevent him playing anywhere but Leeds.

Leeds threatened legal action over his refusal to return to Elland Road when a recent loan spell ended at Zurich in

### Smah kabaddi

Maniknagar Kabaddi Club emerged group champions to reach the quarterfinal of the Smah Metropolis league out playing Bangladesh Bank Club by 54-15 points at the kabaddi court of Outer Stadium yesterday, reports UNB.

CITY CLUB: 212 in 49.5 overs The winners, who earned (Babar 59, Santosh 42, extra 43; Tariq 5/16) DHAKA WANDERERS: 170 However, the losing in 44.4 overs (Sizan 29, Tariq

Bangladesh Bank Club booked a 33; Sakil 4/26) seat for the quarterfinal as the after the fall of two quick wick-

also moved into the quarterfinal beating Sreejani Sangsad by 42-38 points after leading the first half by 20-16 points at the same venue.

# Khagrachhari football

KHAGRACHHARI, Nov 14: Senior football league '96 began here at the Khagrachhari Government High School ground today, reports UNB. Seven teams from different

parts of the district are taking part in the tournament. In the opening day, Khelowar Kalayan Samity beat

Young Star by 4-2 goals with a hattrick by Apu Chakma. Earlier, Chairman of the

# Big booster for British sports

sport is set to receive a financial boost to the tune of 40 million pounds (about 65 million dollars) in the wake of the nation's dismal performance at the Atlanta Olympics, reports AFP.

Games in 1952. and the issue of Britain's

But today the Sports Council

will unveil world class performance programme which will involve direct funding for potential medalists, enabling them to train without having to worry about paying bills.

It will provide more fulltime coaches, identify young talent and enable Britain to host major championships. The cash comes from the na-

which previously was allowed to be used only for 'bricks and mortar' projects like leisure centres and swimming pools. "The programme offers sport

"For the first time it will allow young performers to train and compete full-time should

# TODAY'S MATCHES

Venue: Mirpur Stadium

YMC Fakirerpool vs Aram-

Wari Club vs PWD SC (3 pm)

(Venue: Army Stadium)

ball league:

Dhanmondi Club (CCG) Biman vs Wari Club (DS) Ajax SC vs Uttara SC (DCG)

# of despair

A bitterly disappointed

"I have failed a medical, so

Brolin said. He added he would discuss

Switzerland

five creditable lonas, led the first half by 18-4 points.

group runners-up. Arunadaya Jubo Sangha

Khagrachhari Local Government Council Samiran Dewan opened the tournament organised by District Sports Associa-

LONDON. Nov 14: British

Rowers Steve Redgrave and Matthew Pinsent won Britain's only gold in Atlanta. the team's lowest haul since the Helsinki A national outery ensued

sporting failure was even raised in parliament. British athletes did not receive enough financial support, it was argued.

tional lottery sports fund.

the opportunity to plan for, and expect, world class achievements," says the council.

### they choose and create genuine career opportunities in sport."

**Danish Premier Division** football league:

East End Club vs Bangladesh Boys (3:30 pm) bagh KS (5:30 pm) Danish First Division foot-

17th Damal Smriti cricket tournament: Sadharan Bima KS vs

the ground.

nine runs.

103 deliveries.

Zakir, playing in the shadow of two national stalwart pacers contender for a slot in the national team.

with 4/24 in his ten miserly overs while skipper Saiful Islam took two scalps for only 11 runs in his five overs. batsmen tail-ender Munna

join defending champions Mohammedan as Group C -Star photo

Former Pakistan international Shahid Saeed pulls one off the hip during his swashbuckling century for Kalabagan yesterday.

# Saeed trounces Tarun

Sports Reporter

But Saeed and Zakaria, the discarded national middle-order bat, in an exhibition of brilliant batsmanship virtually set the field afire playing some astute shots all around

Saeed, the more aggressive campaigner among the two. clouted two sixes and a quartet of fours in his 116-ball unconquered innings while a portly Zakaria scored a polished 70 off

In reply, Surjo Tarun, facing a daunting task of scoring more than five runs per over, were shot out for only 131 in the face of some fired up bowling from Zakir Hossain.

Saiful Islam and Anisur Rahman, with a four-wicket haul marked his grade as a serious The right-arm seamer, who has natural in-swingers in his

sleeves, ripped through the

Surjo Tarun top-order to finish

Among the Surjo Tarun scored a gritty 35 to save his

side from a complete humilia-With this win Kalabagan entered the speteam second round

champions with three wins

### from as many matches. MR SUNDRIES' DAY

Meanwhile, away at the City Club ground in an insignificant affair hosts City Club recorded a convincing 42-run win over Dhaka Wanderers. But the 86 runs came as extras was the most eye-soring aspect of the af-

aided by an 81-run stand for the first wicket between Santosh and Babar, built a fighting total of 212 before being all out with one ball to spare in the 50-overa-side match. Babar top-scored with a patient 90-ball 53, lacing with

Batting first, City Club.

seven hits to the fence, while Sontosh hammered 42 off 66 deliveries, featuring five fours. Rokon with 21 was the other notable run-getter while Mr Sundries with a staggering 43 including a lavish 23 wides

stood third to the contribution of the City Club total Dhaka Wanderers skipper Tareq, who fought a lone battle with the cherry, finished with five for 16 in his ten overs. The wily Wanderers skipper also scored a dazzling 33 with the bat. But his brilliant effort eventually went down the drain as his side was skittled out for

170 in the 45th overs. Tariq apart, 43 extra runs featured as the highest contri-

bution to the losers' total. Shakil Ahmed notched up four wickets for 26 runs for the City Club, who backed by some superb fielding effected three successive run-outs.

# MSC close Leonine gap



in this season

Defending champions Mohammedan Sporting Club reduced their gap with frontrunners Leonine Chess Club to half a point with a 4-0 victory over Sheikh Russel Chess Club in

Pakistani Shahid

gan romped into the final round

of the 17th Damal Smriti cri-

cket tournament, inflicting a

mammoth 129-run defeat on

Surjo Tarun at the Dhaka

bat, coming in at number four

BRIEF SCORES

KALABAGAN KC: 260 for 3 in

50 overs (Shahid Saeed 104

Zakaria Imtiaz 70, Atiar 38

SURJO TARUN CLUB: 13

all out in 46.1 overs (Munna

34; Zakir 4/27, Saiful 2/11.)

ets, shared an unbeaten 197

runs for the fourth wicket with

Zakaria Imtiaz to help the

Dhanmondi outfit piling up a

huge 260/3 in their share of 50

overs - the highest total so far

openers Harun-ur Rashid Liton

(36) and young Atiar Rahman

(38) putting on 68 runs for the

first wicket. Kalabagan sud

denly got cold feet, losing three

wickets for the addition of only

After a brisk start with

Liton 36, Ehsan 2/39)

The Kalabagan middle-order

Stadium vesterday.

Saeed celebrated

the first ton of the

season with a bla-

zing 104 as title

aspirants Kalaba-

at the MSC chess room yester In vesterday's round, Mohammedans Russian GM Mikhail Krasenkov beat Ahmedul Hague, GM Dibyendu

their eighth round engagement

### Barua of India defeated Kajal Sheetal handball

Kendriya Kishore Kafela and Shatirtha Club won their respective matches in the Sheetal Second Division handball league at the Outer Stadium yesterday, reports UNB.

In the day's first match.

Kendriya Kishore Kafela heat

Pallabi Club by 11-7 goals after leading the first half by 4-3 goals. Reza scored five goals for the winners while Babul netted three goals for the losers.

In the days second match

Shatirtha Club beat Farashgan

SC by 19-13 goals after dominating the first session by 8-7 Saidul contributed six and Shafigul four for the Shatirtha Club while Munir and Abed net

ted three each for Farashganj

subject

39 Macabre

41 Skywalk-

45 Michael

Caine

movie

47 Glutton

52 Choppe

53 The little

55 Author

57 Tarzan

54 Scott Jop-

lin's style

er's mentor

38 Entreat

ACROSS

1 Barracks

arm or

7 Furlough

13 Mind-read-

ing ability

Harrison

upper's

event? 18 Lingerie

buy 19 Comman-

deers

20 Window

22 Just out

23 Heming-

27 Peculiar

29 Atlantic

31 Basil-and-

recipe

34 Terra ---

Buffalo

Bill's show

35 Star of

37 Kinsey

sobriquet

game fish

12 Gorilla

15 Actor

16 Fixer-

CROSSWORD By Eugene Sheffer

monogram DOWN

portrayer 17 Sala-

1 Starches 23 Substitute

and sugars, 24 Suitable

for short 25 Cauldron

2 Phantom's 26 Literary

5 Marooned 31 Burst

8 Conclusion 37 Back-

10 Examine 40 Blazing

11 Previous to 42 Iridescent

3 Ewings'

4 Arrears

one's

7 Young

9 Khan title

DUB PAPAL 48 Touch

58 Prepared 21 With

mander

28 Anony-

30 Expert

32 Com

heel 33 Reggae-

gems 43 The Con-

45 Competent

mous John

Sports Reporter Mahmud, GM Niaz Murshed

tamed Enayet Hossain while

national junior champion Ab-

dullah Al Rakib outplayed Tanima Parveen. The win kept Mohammedans firm on course in the title race as they earned 27.5 points so far, half a point less than leaders Leonine Chess Club who have 28 points to their account

on completion of yesterday's round. In their eighth round clash, Leonine registered a 3-1 win over Konica Sangskritik

Sangsad. Leonine's Indian IM Parameswaran, and two locals Sheikh Nasir Ahmed and Farid Ahmed won their boards against Nurul Mannan, Ahmed Jahangir and Nuruddin while Indian Joydev Sharma recorded the lone victory for Konica against Leonine's

Rafigul Islam.

Last veai's runners up Biman were in the third spot with 25 points after trouncing Fire Service 4-0. In the day's other matches, Dhaka University beat Anushilon Daba Krira Chakra 3-1. Mahakhali Prodeep

Sangha defeated Narayangani

Daba Khelowar Kalyan Samiti

3-1. Touch Stone Chess Club

outplayed Avijatrik Chess Club

3-1 while BTMC and Ansars

shared points with Farashganj

Sporting Club and Narayangani

Chess Club respectively after

their engagements ended in 2-2

**STANDINGS** Leonine CC

28 points Mohammedan SC 27.5 Biman Prodeep Sangha 18.5 Ansars Konica CC Farashgani SC 14.5" Narayangani DKS Narayangani CC 13" Touch Stone CC 12 Dhaka University 10.5 " Sheikh Russel CC 9.5" Anushilon DKC

### Avijatrik CC Kiwis call up Hart

Fire Service

WELLINGTON, New Zealand, Nov 14: All rounder Matthew Hart was Thursday recalled to the New Zealand cricket team for their tour of Pakistan, reports AP

Hart, 24, a veteran of 14

training squad named in August but has been called up because of a hand injury to fellow left-armer Mark Haslam Hart will leave for Pakistan

Tests, was a surprise omission

from a 26-man New Zealand

on Friday puzzled by his sudden elevation. "I was surprised, totally stunned," he said. "I left home thinking it was going to be just

another day at the office."

Yesterday's Cryptoquip: THIS ORTHOPEDIC SUR-GEON HAD BEEN PRETTY LUCKY: HE GOT ALL THE

The Cryptoquip 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.

CRYPTOQUIP IVUP IUPH CKPG INCU AVUJR MGJHUM

BREAKS. Today's Cryptoquip clue: A equals C