

Column One

Sports WHIZZ KID

COMPETITION FOR SCHOOL CHILDREN

Sports WHIZZ KID competition-60

Tick the Correct Answers

Competition closes : 8 pm Jan 3, '97

- Who won the Danish Premier Division football league title this season?

Mohammedan	Abahani	Muktadaha
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- Which team won the Bijoy Dibash Cup hockey title?

Usha	Ajax	Bangladesh Army
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- Which country won the Champions Trophy hockey title recently?

Pakistan	Holland	Germany
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- Who is the top scorer in this season's Premier Division football league?

Nakib	Mizan	Alifaz
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- Former Italian national soccer coach Arrigo Sacchi now coaches

Inter Milan	AC Milan	Florentina
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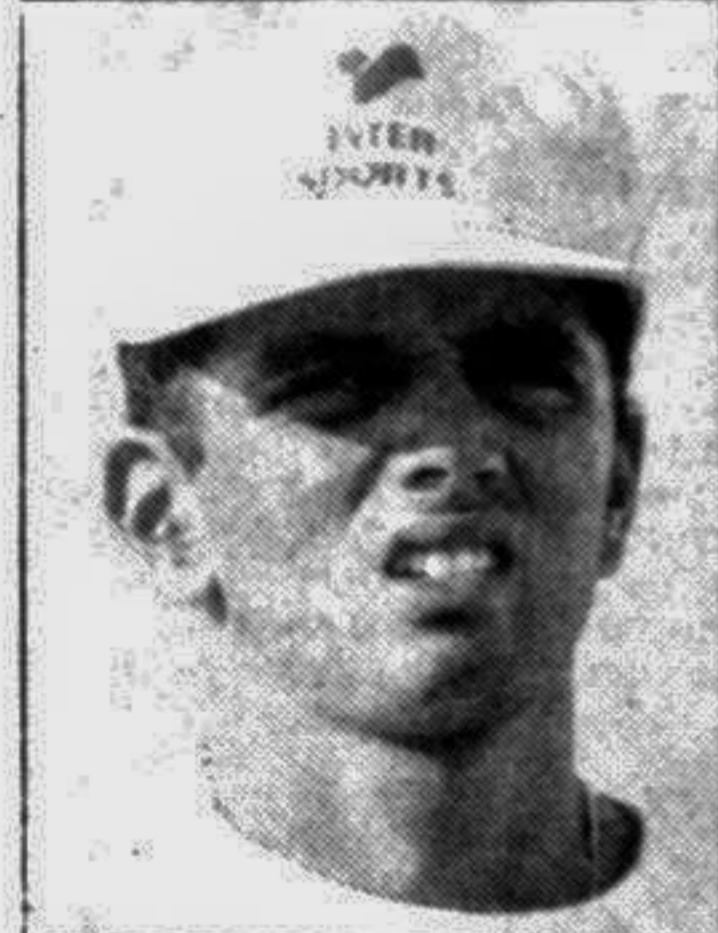
Name

Class Roll No.

School Address

Phone: (If any)

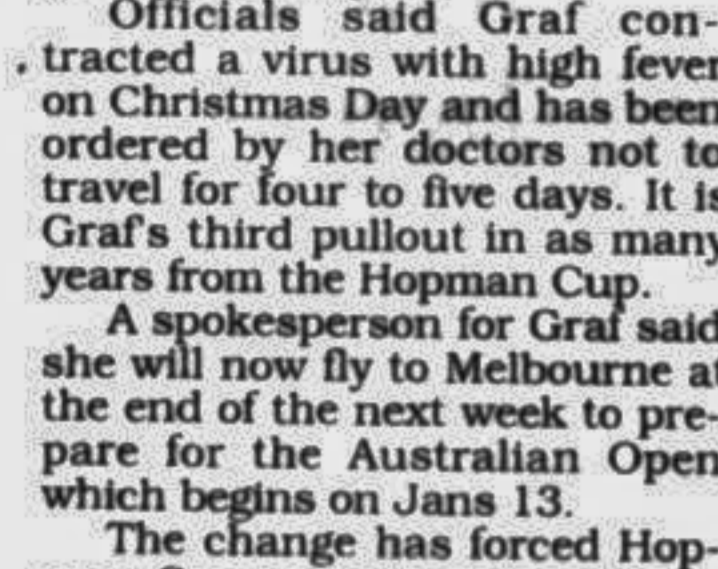
SPORTS TALK



Rahul Dravid
(Indian Test cricketer)
"We chose to field first. That helped to ease the tension. Then Sarav's magnificent effort was really inspiring. When I went in to bat I was not overawed. I knew it was going to make or mar my career. I was determined to excel and, in the company of Anil, Srinath and Mahambrey, I went as far as 95." About his feelings in the debut Test and Lord's.

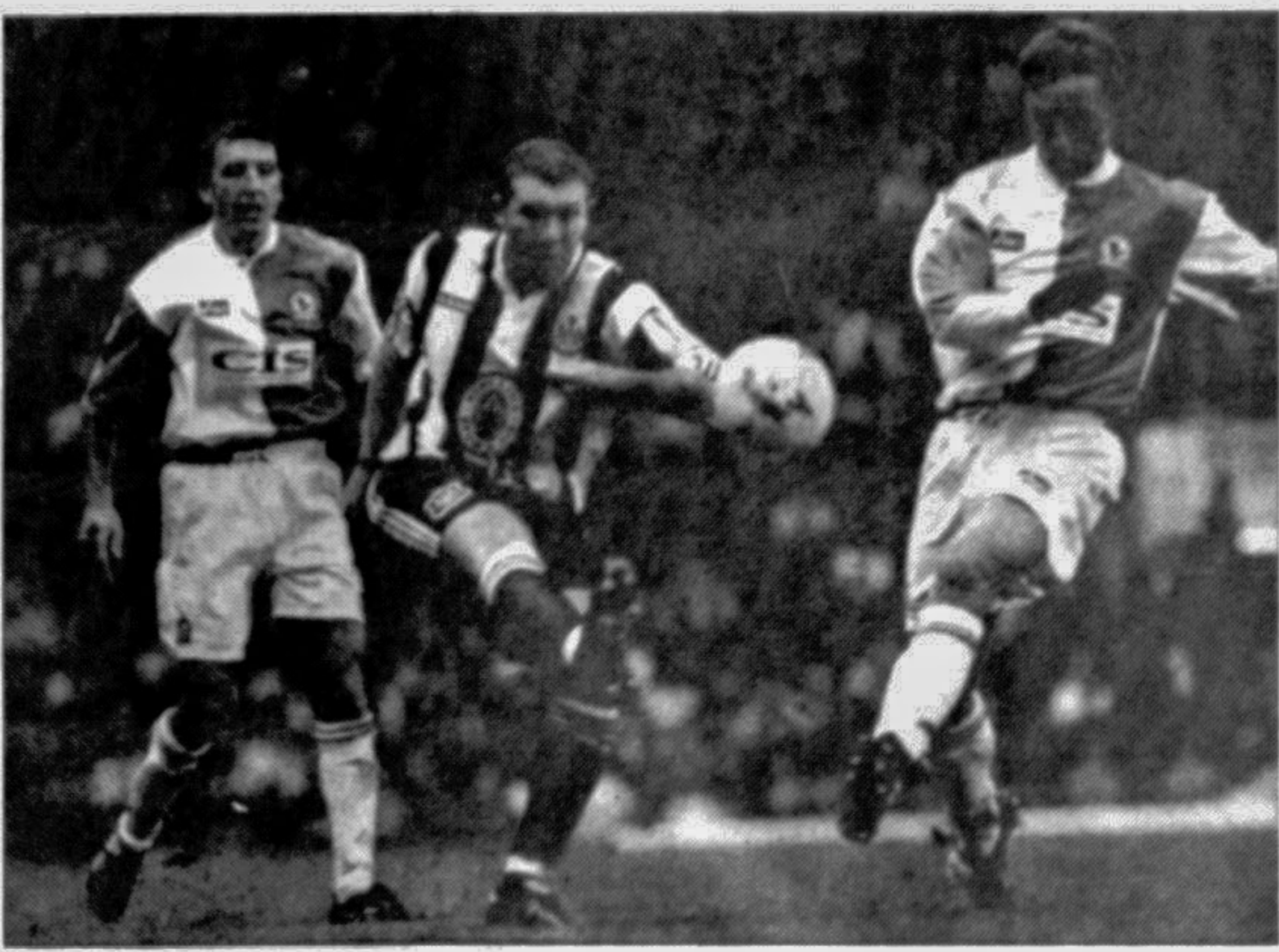
Graf skips Hopman Cup

PERTH, Australia, Dec 27: Germany's Steff Graf has withdrawn from the Hopman Cup mixed team tennis event due to a virus, tournament officials said Friday, reports AP.
Graf will be replaced by Petra Begerov, 21, who is ranked 63rd in the world. Begerov will team with Bernd Karbacher in the Hopman Cup event that begins on Sunday.
Officials said Graf contracted a virus with high fever on Christmas Day and has been ordered by her doctors not to travel for four to five days. It is Graf's third pullout in as many years from the Hopman Cup.
A spokesperson for Graf said she will now fly to Melbourne at the end of the next week to prepare for the Australian Open which begins on Jan 13.
The change has forced Hopman Cup organisers to replace Germany as their third seed with South Africa. Top-seeded Croatia, represented by Goran Ivanišević and Iva Majoli, and fourth-seeded France will play in Group A with Australia and the United States.
Second-seeded Switzerland and South Africa will play with now unseeded Germany and Romania in Group B.
Australia play Croatia and France take on the United States in opening matches Sunday.
Balbo, upon returning from Argentina where he played a World Cup qualifying match against Chile, told Rome's daily II Messaggero for Thursday's editions that his decision was "sad but irrevocable."
"I realised that every time I play with Argentina, I cause a damage to my club and to my image as a player," Balbo said.
In Buenos Aires, Argentine Football Association President Julio Grondona said he thanked Balbo "for services rendered," the usual formula employed here when accepting a resignation.
"Each one knows what he wants, and if Balbo left the national team, I thank him for services rendered," Grondona told reporters.



For Balbo club comes first

ROME, Dec 27: Argentine striker Abel Balbo, blaming the stress of trans-Atlantic flights and commitments to his Italian club AS Roma, says he won't play again with his national team, reports AP.
Balbo, upon returning from Argentina where he played a World Cup qualifying match against Chile, told Rome's daily II Messaggero for Thursday's editions that his decision was "sad but irrevocable."
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Action from an English Premier league match between Newcastle and Blackburn at Ewood Park on Dec 26. Blackburn won 1-0. —AFP/UNB photo

Ambrose, McGrath reign

MELBOURNE, Dec 27: Fast bowler Glenn McGrath tore through most of the West Indies batting lineup Friday in reply to Australia's 219.
The West Indies, resuming on 29 for one, collapsed after a 50-run second wicket stand to be struggling at 107 for five midway through the day.
McGrath — the highest wicket-taker in the series for both teams with 18 wickets — removed Brian Lara, Shivnarine Chanderpaul, Junior Murray and Ian Bishop to add to his overnight dismissal of Shervin Campbell.
He also had a hand in running out Carl Hooper after the batsman had almost holed out to him at mid-on off leg-spinner Shane Warne.
While Adams ground out his unbeaten innings, Murray, who replaced Courtney Browne, got off to a carefree start but settled down to put on an invaluable 90 runs for the sixth wicket.
Adams, with just 37 runs before the Test, played a typically subdued innings — 228 minutes for his precious 54 runs with just two boundaries.
McGrath finished the day with five for 40 — his fifth such haul and leaving him just two wickets short of 100 wickets in his 23rd Test.
Bishop became his 200th first-class wicket in his 48th match.
McGrath ended the menacing partnership, inducing Murray to hook a well-judged catch to Paul Reiffel all long leg.
McGrath dismissed Lara for the fourth time in five innings in the series as the West Indian left-hander's nightmare tour continued.
Lara, world record holder of highest Test and first-class scores, managed just two and survived only four balls from McGrath before gliding a simple catch to Warne at gully.
Lara has scored 75 runs — for an average of 15.00 — with his

highest score 44. Three times he has failed to reach double figures.
The overnight pair of Robert Samuels and Chanderpaul started the morning carefully as the first hour realised only 21 runs.
The pair took the total to 62 when Warne drew first blood for the day claiming the wicket of a struggling Samuels.
Chanderpaul, promoted to number three in the order ahead of Lara, responded well to the challenge by scoring 58 in a resilient innings before scooping a return catch to McGrath.
Murray adopted a more aggressive approach to score 53 before becoming another McGrath victim.
SCOREBOARD
Scoreboard at the close on

WEST INDIES: First innings (29 for one overnight)
Campbell lbw b McGrath 7
Samuels c Taylor b Warne 17
Chanderpaul c and b McGrath 58
Lara c Warne b McGrath 2
Hooper run out 7
Adams not out 54
Murray c Reiffel b McGrath 53
Bishop lbw b McGrath 0
Ambrose b Warne 8



McGRATH..... 40 for 5

PAKISTAN: First innings (29 for one overnight)
Campbell lbw b McGrath 7
Samuels c Taylor b Warne 17
Chanderpaul c and b McGrath 58
Lara c Warne b McGrath 2
Hooper run out 7
Adams not out 54
Murray c Reiffel b McGrath 53
Bishop lbw b McGrath 0
Ambrose b Warne 8



AMBROSE..... 55 for 5

the second day of the third cricket Test between Australia and the West Indies at the Melbourne Cricket Ground on Friday.
AUSTRALIA: First innings
Taylor b Ambrose 7
Hayden c Hooper b Ambrose 12
Langer run out 0
M Waugh lbw b Ambrose 58
S Waugh c Murray b Bishop 62
Blissett run out 62
Realy c Hooper b Ambrose 36
Reiffel c Samuels b Benjamin 0
Warne c Campbell b Bishop 10

Benjamin b Reiffel 11
Walsh not out 2
Extras: (lb-4, lb-7, nb-3) 14
Total: (9 wks, 103 overs) 233
Fall of wickets: 1-12; 2-62; 3-71; 4-86; 5-107; 6-197; 7-197; 8-215; 9-230.

Bowling

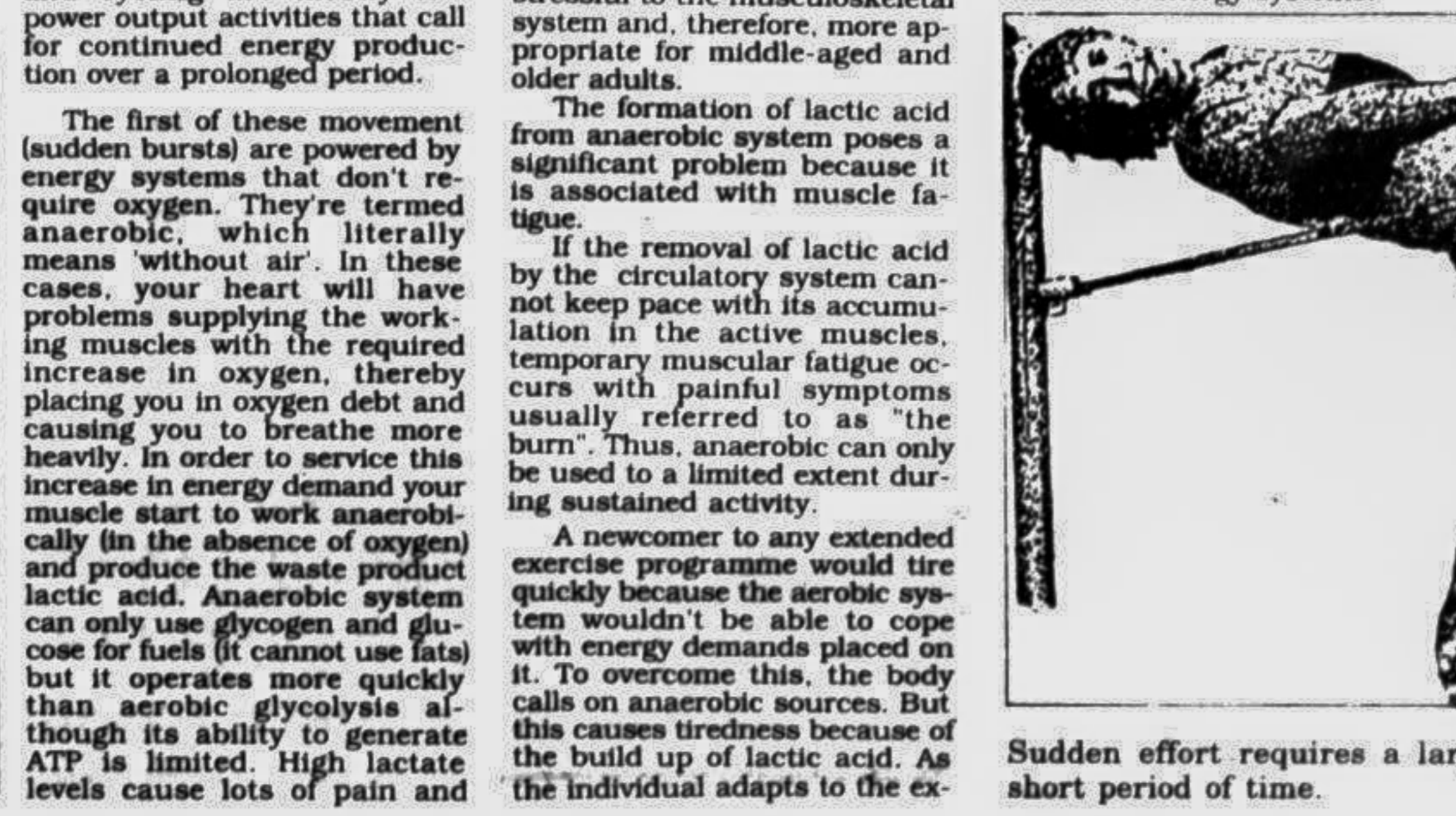
	O	M	R	W
McGrath	27	10	40	5
Reiffel	29	8	76	1
Warne	25	3	60	2
Gillespie	3	2	5	0
Blissett	9	3	19	0
S Waugh	10	5	22	0



ALL human movements require energy. Energy for activity is provided in the muscles in the form of an energy rich molecule known as adenosine triphosphate (ATP), which is the basic energy currency for muscle contraction. The method by which the body generates energy is determined by the intensity and duration of an activity. Activities that require sudden bursts of effort such as jumping and sprinting need a large production of energy over a short period of time. At the other extreme, activities like distance running and cycling are mostly low power output activities that call for continued energy production over a prolonged period.
The first of these movement (sudden bursts) are powered by energy systems that don't require oxygen. They're termed anaerobic, which literally means 'without air'. In these cases, your heart will have problems supplying the working muscles with the required increase in oxygen, thereby placing you in oxygen debt and causing you to breathe more heavily. In order to service this increase in energy demand your muscle start to work anaerobically (in the absence of oxygen) and produce the waste product lactic acid. Anaerobic system can only use glycogen and glucose for fuels (it cannot use fats) but it operates more quickly than aerobic glycolysis although its ability to generate ATP is limited. High lactate levels cause lots of pain and lower the pH of the muscle which shuts down the energy. Sprinting, jumping, throwing and weight training are examples of brief, high-intensity movement.
Most extended activities like jogging and cycling require a supply of oxygen to produce continued activation of muscle. Hence these are called aerobic (with air) activities. Generally, continuous exercise at lower levels of intensity is safer and more specific to the goals of general health enhancement and physical fitness.
Continuous training is less stressful to the musculoskeletal system and, therefore, more appropriate for middle-aged and older adults.
The formation of lactic acid from anaerobic system poses a significant problem because it is associated with muscle fatigue.
If the removal of lactic acid by the circulatory system cannot keep pace with its accumulation in the active muscles, temporary muscular fatigue occurs with painful symptoms usually referred to as "the burn". Thus, anaerobic can only be used to a limited extent during sustained activity.
A newcomer to any extended exercise programme would tire quickly because the aerobic system wouldn't be able to cope with energy demands placed on it. To overcome this, the body calls on anaerobic sources. But this causes tiredness because of the build up of lactic acid. As the individual adapts to the exercise routine, the aerobic system becomes more efficient, hence muscle don't have to rely as much on anaerobic sources of energy. In lay terms, this means the individual is getting "fitter".
General programmes for the development of cardiovascular fitness do not require an aerobic development but should rely primarily on aerobic activities. Most activities and sports call on energy from a combination of the aerobic and anaerobic system. An intermediate exercise to music class utilises a combination of the aerobic and anaerobic energy systems.
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Gillespie in doubt

MELBOURNE, Dec 27: Australian paceman Jason Gillespie is in doubt for his hometown Test in Adelaide after straining a side muscle Friday on the second day of the third cricket Test against the West Indies, reports AP.
Gillespie strained his intercostal muscle while bowling his second over of the day and immediately left the field and took no further part in the day's play.
Australian physiotherapist Errol Alcott said Gillespie would definitely not bowl again in the Melbourne Test and would be out of action for a minimum of two weeks but possibly up to six weeks.
The Adelaide Test is scheduled for Jan 25 to 29.



Sudden effort requires a large production of energy in a short period of time.

South Asian h'ball Bangladesh eyes in final

JAIPUR, Dec 27: Indian women will meet their Bangladesh counterparts in the final of the inaugural South Asian handball championship tournament at the Swal Man Singh Stadium here on Sunday, reports PFI.
Bangladesh defeated Nepal 15-6 in the semifinals today after leading 9-3 at half-time.
For Bangladesh, Saleha scored the highest of nine goals including a hat-trick.
In another match, Pakistan (men) overwhelmed the Nepal 34-13 and will meet Bangladesh in the semi-finals.
In the other semi-final, India will meet Nepal this evening.
India entered the women's final defeating Nepal yesterday.

Wasim wants reinforcement

SYDNEY, Dec 27: Pakistan's weak batting lineup could be reinforced by two late additions — including Salim Malik — for the remainder of the three-country World Series limited-overs cricket tournament, reports AP.
With paceman Mohammad Zahid (hand injury) and opening batsman Saad Anwar (virus) unfit, tour management has only 12 healthy players to choose from for Saturday's day-night limited-overs match against Australia A at the Sydney Cricket Ground.
Pakistan, who have a 1-1 record in the World Series, next play Australia on New Year's Day at Sydney.
Captain Wasim Akram said Friday he expected to learn by Saturday morning whether Salim would be fit to join the squad.
"We are going to have a meeting to see who we call. It will be a batsman, definitely," Akram said.
The squad was already one short after Salim withdrew just before their departure for Australia after straining an ankle in a match against New Zealand.
Pakistan's batting has failed in their two most recent outings being dismissed for 67 in the second innings to lose a four-day match to Tasmania, then falling for 123 Thursday night to lose a limited-overs match to Queensland.
Anwar on Thursday made an unsuccessful attempt to resume training and Akram said a decision on whether the opener returns home would be made in the next few days.
"His blood pressure is high and he's looking very, very weak," said Akram. "He had a checkup and the doctor said he had something in Adelaide, water or a bug or something."
The virus is making him weak from walking, running or even standing. You can see him shaking, that's what's happening to him."

Streak fined
HARARE, Dec 27: Zimbabwe pace bowler Heath Streak has been fined 15 per cent of his match fee for making an unauthorised press statement after the first Test, reports Reuters.
Match referee Hanumant Singh of India said in a statement at the end of the first day of the second Test on Thursday: "This (press) statement is in breach of section eight of the ICC (International Cricket Council) code-of-conduct."
Streak made his comments when he gave an informal news conference at Bulawayo airport the day after the first Test ended in a draw with the scores level on Sunday.
Streak was quoted in British papers saying that he felt he was fortunate to have got away with a number of wide deliveries as Zimbabwe fought to save the game by using negative tactics in the field.

Arsenal, Liverpool held

LONDON, Dec 27: Arsenal and Liverpool were held to frustrating draws on Thursday while champions Manchester United crushed Nottingham Forest 4-0 to move into an ominous third place in the English Premier league, reports Reuters.
Arsenal drew 0-0 at Sheffield Wednesday in a disappointing evening match. They remain second, three points behind leaders Liverpool with one game in hand.
Earlier in the day Liverpool fought back from a goal down but still only managed a 1-1 draw at home to unfancied Leicester.
In contrast, United took their goal tally from their last two games to nine with an emphatic win in Nottingham which rekindles their hopes of claiming their fourth English title in five years.
David Beckham gave the visitors the lead after 21 minutes, stealing in at back post where he latched onto at left-wing cross from Ryan Giggs and beat Forest goalkeeper Mark Crossley with a delightful lob.
United, who thrashed Sun-

derland 5-0 on Saturday and look to have put a faltering spell behind them, increased their lead through Nicky Butt before halftime and then dominated the second half against a Forest side languishing in bottom place despite their 2-1 win over Arsenal last weekend.
Norway's Ole Solskjaer made the score 3-0 with his 10th goal of the season and Andry Cole, making his first appearance since cracking a bone in his leg earlier this season, came off the substitutes' bench to score United's fourth.
It all made for a miserable return to the Forest line-up for Nigel Clough, back after a three-and-a-half-year absence at the club managed for so long by his father Brian.
United move into third on 34 points, two points behind Arsenal and five points behind Liverpool, who were seriously out of sorts against Leicester.
Roy Evans's side fell behind to a second-half goal from Steve Claridge before-in-form Stan Collymore saved the home side's blushes with an equaliser three minutes later — his seventh of the season.
Relegation-threatened Blackburn, who conquered the

Premier league in the 1994-95 season thanks largely to the goals of Alan Shearer, ruined the England striker's return to Ewood Park by beating his current club Newcastle 1-0.
The match swung Blackburn's way deep into the second half when Kevin Gallacher grabbed a vital winner for the Lancashire side after a goal-mouth scramble.
To add to the glee of the majority of a 30,000-strong crowd, Shearer was booked for a clumsy tackle on Jeff Kenna.
Two second-half goals from Italy's Gianfranco Zola gave Chelsea a 2-0 victory at Aston Villa, who had beaten Wimbledon 5-0 on the same ground on Saturday.
Everton lost 4-2 at troubled Middlesbrough while Coventry chalked up their third straight victory, beating Leeds 3-1 at Elland Road thanks in part to a penalty goal from former Leeds favourite and Scotland captain Gary McAllister.
Tottenham beat Southampton 3-1 earlier in the day while third-placed Wimbledon's match against West Ham was postponed because of a frozen pitch.

Government of the People's Republic of Bangladesh Office of the Executive Engineer Facilities Department, Ministry of Education Jessore Zone, Jessore

Tender Notice

Tender Notice No-05/PSC&M/Tubewell/ADB/JZ/96-97 Dated: 14-12-96 (30-08-140385)

Name of work: Installation of Shallow Tubewell (of ADB school & madrasa) under "Secondary Education Development Project".

Sealed tenders are hereby invited in Bangladesh Form No 2911 from Facilities Department A/2 (two) and A/3 (third) class enlisted contractors for installation of 2 (two) Shallow Tubewells each at educational institutions (ADB school & madrasa) under "Secondary Education Development Project".

Group No	Name of district	Name of thana	SI No	Name of educational institution	Estimated cost for 2 (two)	Earnest money	Time limit for completion of work
01 (one)	Jessore	Sadar thana	1	Doud Publica Sec School	12,326/-	1,480/-	60 (sixty) days
			2	Panchbaria Girls' Sec School	12,326/-		
			3	Pragati Girls' Sec School	12,326/-		
			4	New Town Girls' Sec School	12,326/-		
			5	Chhatiantala KI Da Madrasa	12,326/-		
			6	Bhaturia Secondary School	12,326/-		
				Taka = 73,956/-			
02 (two)	Jessore	Keshebpur	1	Mulgram Secondary School	12,326/-	740/-	30 (thirty) days
			2	Mangalkot Sec School	12,326/-		
			3	Ramchandrapur Is Da Madrasa	12,326/-		
				Taka = 36,978/-			
03 (three)	Jessore	Manirampur	1	Khajura Kathaltala Sec School	12,326/-	987/-	40 (forty) days
			2	Danga Mahishdia Pariali Girls' Sec School	12,326/-		
			3	Chandipur Secondary School	12,326/-		
			4	Patan Dakhil Madrasa	12,326/-		
				Taka = 49,304/-			
04 (four)	Jessore	Jhikargachha	1	Toura Azhar Rahman Sec School	12,326/-	987/-	40 (forty) days
			2	Jhikargachha Girls' Sec School	12,326/-		
			3	Sammilani Sec School	12,326/-		
			4	Al-Huj Rafiquddin Da Madrasa	12,326/-		
				Taka = 49,304/-			
05 (five)	Jessore	Sharsha	1	Sharsha Secondary School	12,326/-	987/-	40 (forty) days
			2	Buruz Bagan Sec School	12,326/-		
			3	Paklshia Secondary School	12,326/-		
			4	Beundia Aminia Da Madrasa	12,326/-		
				Taka = 49,304/-			
06 (six)	Jessore	Chougachha	1	Shukhpukuria Secondary School	12,326/-	987/-	40 (forty) days
			2	Narayapur Secondary School	12,326/-		
			3	Singhajhuli Aminia Dakhil Madrasa	12,326/-		
			4	Durgapur Islamia Dakhil Madrasa	12,326/-		
				Taka = 49,304/-			
07 (seven)	Jessore	Bagharpara	1	Shukdebpur Secondary School	12,326/-	1,233/-	50 (fifty) days
			2	Narikbaria Sebasangha G. S.	12,326/-		
			3	Raipur Secondary School	12,326/-		
			4	Jamdia Secondary School	12,326/-		
			5	Durgapur Girls' Dakhil Madrasa	12,326/-		
				Taka = 61,630/-			
08 (eight)	Jessore	Abhaynagar	1	Naoapara Model Sec. School	12,326/-	1,233/-	50 (fifty) days
			2	Naoapara Girls' Sec. Sch.	12,326/-		
			3	Jairabad Sammilani Sec School	12,326/-		
			4	Mohakal Secondary School	12,326/-		
			5	Noapara Hizbullah Da Madrasa	12,326/-		
				Taka = 61,630/-			
09 (nine)	Narail	Sadar	1	Dariapur Secondary School	12,326/-	740/-	30 (thirty) days
			2	Chaukhada Girls' Secondary School	12,326/-		
			3	Narail Islamia Dakhil Madrasa	12,326/-		
				Taka = 36,978/-			
10 (ten)	Narail	Lohagara	1	Amadaha Secondary School	12,326/-	987/-	40 (forty) days
			2	Lohagara Laxmipasha Girls' Sec School	12,326/-		
			3	Laxmipasha Ideal Secondary School	12,326/-		
			4	Shrusuna Dakhil Madrasa	12,326/-		
				Taka = 49,304/-			
11 (eleven)	Narail	Kalia	1	Chachuri Purulia Secondary Sch.	12,326/-	740/-	30 (thirty) days
			2	Kalia Praisamkar Girls' Sec School	12,326/-		
			3	Bousonakamshia Girls' School	12,326/-		
				Taka = 36,978/-			

Tender and documents of tender can be purchased on cash payment of Tk 400/- (four hundred) only (non-refundable) from the office of the undersigned, office of the Deputy Commissioner, Jessore, office of the Assistant Engineer of this district and office of the Executive Engineer of this Department of Khulna Division up to 5-1-97 during office hours.
Tenders will be received in the tender box kept at the abovementioned offices up to 12:00 Noon of 6-1-97 and the tenders will be opened on the same day at 12:30 PM before the tenderers (if any) present. Amount of Earnest Money mentioned in the tender document must be submitted through BDCD from any scheduled bank of Bangladesh in favour of the Executive Engineer, Facilities Department, Jessore Zone, Jessore.

- Conditions:**
- Copy of enlistment renewal for 1995-96, current year VAT registration, Income Tax Certificate have to be produced at the time of buying tender document and attested copies of these documents should be submitted with the tender.
 - Tender will be cancelled outright if the quoted price is more than 5% (five per cent) below the estimated cost.
 - Bill will be paid to the contractors subject to receipt of allotment. But the contractor will be found to complete the work within the prescribed time.
 - VAT will not be deducted from the bill. But the contractors shall have to pay the amount of VAT through challan.
 - Name of educational institution may be cancelled at any time. Contractor cannot claim any additional monetary compensation for that.
 - 1 in place of 2 (two) tubewells or not even one can be installed in the educational institutions contractor cannot claim any additional financial benefit for that.
 - Contractor must have to apply for purchasing tender in their own pad before purchasing tender. There is no need of mentioning any group in the application. Only mentioning of number will do contractors have to mention Group No at the time of submitting tender.
 - Bill will not be paid until handover of tubewell after installation to the school authority.
 - After supply of materials at site by the contractor, that should be used, with certificate from Head of the Institutions that it is as per schedule & specification, on approval of the Divisional Engineer.
 - The final installation of pipe of tubewell should be completed in presence of the Sub-Assistant Engineer of the thana concerned & the Head of the Institution and the contractor should receive certificate from both on the Depth of installed tubewell & submit it with the bill.
 - Bill will be paid after submitting certificate from the head of the institution to the effect that clear & optimum capacity water is being supplied after installation of tubewell.
 - Contractor cannot claim any additional financial benefit if any pipe is damaged during tubewell installation.
 - Other terms & conditions of the tender are given in the schedule.
 - The authority reserves the right to reject tender in part or full without assigning any reason.

DPP-29768-19/12 Md Rabiul Haq Executive Engineer G-2006