

## Column One

## Sports

## WHIZZ KID

COMPETITION FOR SCHOOL CHILDREN

**WIN**  
TK. 2000/-  
PRIZE BOND  
EVERY FORTNIGHT

## Sports WHIZZ KID competition-61

✓ Tick the Correct Answers

Competition closes : 8 pm  
Jan 17, '971 How many teams are taking part in the Bangabandhu Cup football tournament?  
12 13 142 How many new national records were set up in the Sixth Bangladesh Games?  
20 23 273 Which team clinched the gold in the 20th Sher-e-Bangla Cup football competition?  
DU Narayanganj Bangladesh Army4 The skipper of Bangladesh under-16 cricket team visiting Calcutta is  
Imran Tushar Saleh5 The century South African opener Gary Kirsten scored against India in the second Test in Cape Town is his  
4th 5th 6th

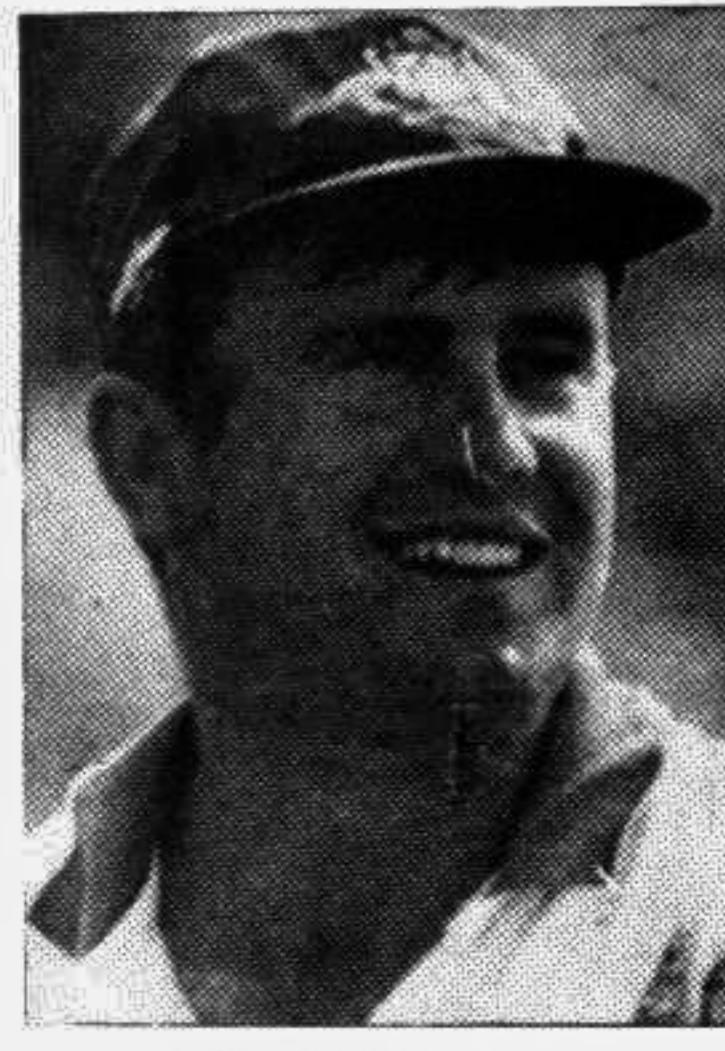
Name .....

Class ..... Roll No. ....

School Address .....

Phone: (If any) .....

## SPORTS TALK



## Mark Taylor

(Australia captain)

The last thing I want from any side is to go into a Test looking to draw it."

Said before the Melbourne Test against West Indies.

## No entry for painted face!

MONTEVIDEO, Jan 9: Security-conscious authorities have banned fans with painted faces from Sunday's World Cup soccer qualifying clash between old foes Uruguay and Argentina, reports Reuter.

"Paint on the face makes identification difficult," said Didier Oppermann, Uruguay's interior minister.

We have had experiences in the past which lead us to the conclusion that whoever goes into the stadium should do so with his face uncovered."

Around 6000 Argentines are expected in the 70,000 crowd at the Centenario Stadium for the match, the first time that Argentina and Uruguay have met in a World Cup qualifier.

Operatives said special security measures would be set up in the jet-set resort of Punta del Este, around 100 kilometers east of Montevideo, where thousands of wealthy Argentines have summer homes.

Special areas would be created for each set of supporters.

This is Graf's first

Friday 10th January  
(All programmes are in local time. There may be changes in group programmes)

## BTV

Morning Session  
8:00am Opening Announcement, Al Quran, programme summary  
8:15 Patriotic 8:20 Alor Dhashri  
8:45 TV Coaching 9:10 Prescription  
9:30 Spell Binder  
10:00 The News 10:05 Natun  
Kurni 11:30 Debate 12:30 Programme summary of the evening session, close downEvening Session  
2:30 Opening announcement, Al Quran, programme summary  
2:40 Recitation from the Tripitaka  
2:50 Patriotic Song 3:00 Bengali Feature Film 3:10 News in Bangla  
5:40 Pickle Fences 6:50 Open University 7:00 The News 7:25  
Malaicha: Modern Songs 7:45  
Apanader Chithi Pelan 8:00  
News in Bangla 8:45 Drama of the week: Ohei Parabassey, Script: Morsheh Chowdhury, Producer: Barkat Ulla 10:00  
News in English 10:25 The X-Files 11:30 News in Bangla  
11:35 Saturday's programme

summary 11:40 Close down

BBC

06:00 BBC World News 06:10

BBC Newsnight 07:00 BBC

Newsroom inc. World Business Report/Asia Today 24 Hours

10:00 BBC World Headlines

10:05 World Focus: Troubleshooter Returns : To India

11:00 BBC Newsday inc.

02:00 BBC World Headlines

02:05 World Focus: Troubleshooter Returns: To India

03:30 Time Out: The Clothes Show 04:00 BBC Newsdesk

06:00 BBC World Headlines

06:05 World Focus: Everyman

07:00 BBC World News 07:15

World Business Report 07:30

BBC Newsnight Asia &amp; Pacific inc.

08:30 Time Out: Tomorrow's World Environmental Special

09:00 BBC World Headlines

09:05 World Focus: Troubleshooter Returns: To India

10:00 BBC World News

10:30 Time Out: Holiday 11:30

The World Today inc.

02:00 BBC World Headlines

02:05 World Focus: Troubleshooter Returns: To India

03:00 BBC World News

03:30 Time Out: Film '97

04:00 BBC World Report inc.

World Business Report/24

Hours 05:00 BBC World News

summary 11:40 Close down

CHANNEL V

6:30am Frame by Frame 7:00

Rewind VJ Sophie 8:00 Frame by Frame 9:00 Jumps Start VJ

Alessandra 10:00 Frame by Frame 11:00 The Vibe VJ Luke

12:00 noon Rewind VJ Sophie

1:00 By Demand VJ Trey 2:00

Frame by Frame 2:30 First Day

First Show 3:00 Videocom

Flashback 3:30 Sun Cury 4:00

Planet Ruby 4:30 Big Bang VJ

Alessandra 6:00pm Billboard

US Countdown 6:30 Billboard

Continued lev1 sponsor 8:00

The Vibe VJ Luke 9:00 The Indian Top 10 10:00 First Day

First Show 10:30 The Ticket

11:00 V Spot 12:30mn Big

Bang VJ Alessandra 1:00

Hayashi 2:00 Over the Edge VJ

Sophia 3:00 Big Bang VJ

Alessandra 4:30 Top of The Pops 5:00 The Ride

STAR PLUS

06:30 The Sullivans (New Series) 07:00 Aerobics Oz Style

07:30 STAR News 08:00 SKY News 08:30 STAR News (Eng.)

09:00 SKY News 09:30 Aerobics Oz Style 10:00 The Urban

Hours 05:00 BBC World News

summary 11:40 Close down

STAR SPORTS

6:00am Michael Chang's Highlights 1996 US Open World Cup 7:30 Futbol Mundial 8:00 ISF World Tour H/L 8:30 Water sports World 9:30 Interna-

tional Motorsports News 10:30 ITU Triathlon World Cup 11:30 Discover Card Stars On Ice 12:30noon Greatest Grand Slam Matches of 1996 Agassi vs Muster &amp; Sampras vs Corretja

Gulhan 'Ep-12' 03:00 Hindi Serial: Buviyad 'Ep-36' 04:00 Home and Away (Australian series) Kaily Minogue 04:30 Lost in Space 05:30 Adventure of Black Beauty 06:00 Kate &amp; Allie 06:30 The Urban Peasant (Cooking Show) 07:00 Candid Camera 07:30 STAR NEWS (Hindi) 08:00 Small Wonder (Hindi Dub) 08:30 The Bold &amp; The Beautiful (Hindi Dub)

09:00 Hindi Serial: Kaleyacopaa 09:30 STAR NEWS (English) 10:00 British Comedy: To The Manor Bom 10:30 Picket Fences 11:30 The Bold &amp; The Beautiful 12:00 Santa Barbara 01:00 Chicago Hope (Rpt) 02:00 Backup 03:00 Quincy 04:00 The Oprah Winfrey Show (Rpt) 05:00 Barby Jones

STAR MOVIES

8:00am Family: Harry And Son 15 (Arabic Subtitles) 9:30 Classic: III Met By Moonlight (Arabic Subtitles) 11:30 Family: The Human Pets 12 (Arabic Subtitles) 01:30 Film Club: Mississippi Burning 15 (Hindi Subtitles) 3:30 Western: Bullet For The General 12 (Arabic Subtitles)

5:30 Comedy: Heavenly Pur-

suits 15 (Arabic Subtitles) 7:30 Family: A Touch Of Truth 12 (Hindi Subtitles) 9:00 The Preview 9:30 Gold: Under Siege 11:30 A Match Made In Hell: Poison Ivy 18 (Arabic Subtitles)

1:30 After Dark: Wide Sargasso Sea 18 (Arabic Subtitles) 3:30 Action: Sewers Of Gold 18 (Arabic Subtitles) 5:30 Romance: Kentucky Woman 12 (Arabic Subtitles)

I wish you all a very happy healthy new year for the New Year, let's forget about all the blunders we committed in '96. We learn from experience. Besides nobody is perfect but well try.

Now you are going to think positively and create a new lifestyle and live it to the best of your ability. Positive thinking can recharge yours batteries to take on the world. One effect of changing yours habits and diet and the way you feel a act will improve your confidence, you will know for a fact that you can do whatever you want with yourself.

The great thing about continuous self healing is that many techniques can be used at

times when you need them most relaxing when you're stuck in traffic jam, or thinking positively when you're tired vulnerable, pushing yourself to do the last ten site up, ignoring the dessert, literally avoiding late night and odd time snacking.

Regardless of our situation our state of health or our background, there's always something we can do to head and improve our lives.

Why not do it in time with the new years and every day after that?

A few pointers for a new you.

\* Drink plenty of clean fresh water all through the day at night.

\* Go for morning &amp; evening walks in beautiful surround-

ings to raise your energy levels. The weather is perfect for it.

\* Avoid smoking, learn to breathe deeply &amp; till your lungs with fresh air not pollute them. It can improve the quality of your life.

\* Exercise regularly or join some classes. Exercise actually reduces hunger. After workout, hunger is suppressed for upto almost an hour because exercising releases certain hunger diminishing chemicals.

\* Fibre is a great appetite suppressant: fresh peas, whole wheat bread, spinach, prunes, pears, who at porridge, bran flakes, wheat germ, fresh fruits &amp; vegetables are FIBRE RICH FOODS.

\* Go for natural sugar found in fruits. Avoid sugar &amp; honey. Honey is a mixture of glucose, fructose &amp; water is as good or bad as sugar.

\* Try &amp; go easy on white rice, potatoes, carrots, honey bananas, noodles, white bread, mangos and corn flakes. (especially if you want to lose weight because these are insulin producing &amp; appetite increasing foods)

\* Cut down on all forms of sugar. Within fine minutes of consuming sucrose (table sugar) blood sugar levels start rising as the rapid absorption of sucrose causes a sudden spurt of insulin which consequently causes hunger due to a rapid fall in the blood sugar level.

\* The amino acid found in bananas, beef, ground nuts, egg yolk, mutton, almonds, cheese and milk is an appetite suppressant. Eat everything in moderation never fill your self up.

\* Use liquor sparingly, don't let it use you. What it generally gives is a high, not happiness.

\* Think positive. THINK: "There's a whole new year ahead of us." Think you can face anything rather than turn off with I'm too tired routine. Imagine a whole new year you can plan out according to your wishes. Good Luck!

Excellent exercise for legs of stomach. Breathe out as you butt the legs up &amp; beneath in as you lower them. Do ten or 20 without touching the ground. Slowly increase number as your resistant grows. Try not to put pressure on your arms &amp; neck. Isolate the stomach &amp; leg muscles &amp; use them for lifting of lowering &amp; keep your back flat at all times.

Models: Alia and Sweety of Bengal School of Shotokan.

## Sport

## Aussie Open

## seedings

MELBOURNE, Jan 9 (AP): Seedings for the Australian Open tennis championships issued Thursday by tournament officials:

1. Pete Sampras, United States

2. Michael Chang, United States

3. Goran Ivanisevic, Croatia

4. Yevgeny Kafelnikov, Russia

5. Thomas Muster, Austria

6. Boris Becker, Germany

7. Thomas Enqvist, Sweden

8. Wayne Ferreira, South Africa

9. Marcelo Rios, Chile

10. Alberto Costa, Spain

11. Jim Courier, United States

12. Magnus Gustafsson, Sweden

13. Jan Siemerink, Netherlands

14. Felix Mantilla, Spain

15. Michael Stich, Germany

16. Alberto Berasategui, Spain

WOMEN

1. Steffi Graf, Germany

2. Arantxa Sanchez Vicario, Spain

3. Conchita Martinez, Spain

4. Martina Hingis, Switzerland

5. Anke Huber, Germany

6. Iva Majoli, Croatia

7. Lindsay Davenport, United States

8. Irina Spirlea, Romania

9. Karina Habsudova, Slovakia

10. Brenda Schultz-McCarthy, Netherlands

11. Judith Weisner, Austria

12. Amanda Coetzer, South Africa

13. Elena Likhovtseva, Russia

14. Mary Joe Fernandez, United States