

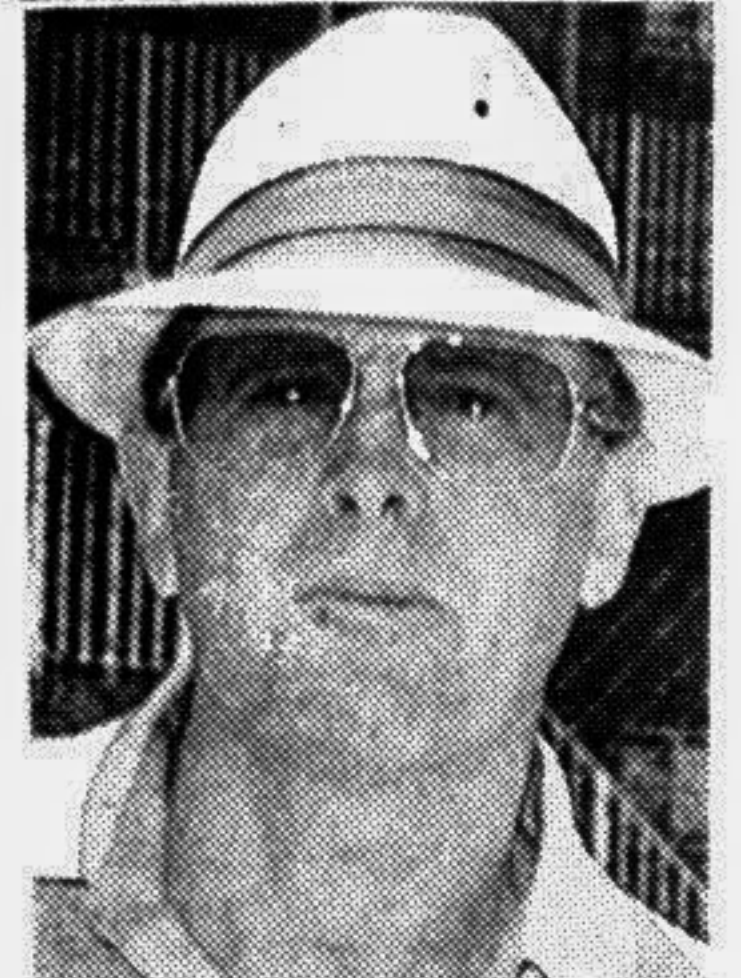
Column One Sports WHIZZ KID

COMPETITION FOR SCHOOL CHILDREN Sports WHIZZ KID competition-66 Tick the Correct Answers Competition closes 8 pm, March 28, '97

Table with 10 questions about sports events and winners.

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

SPORTS TALK



Geoffrey Boycott (Former England opener) You need solid openers with temperament to graft. About the problems facing the Indian team.

WHIZZ KID-65 winner

Md Arefin Ibne Aziz Jamalpur Govt Zilla School (Remember to bring your ID card and a passport size photograph while collecting the winner's prize from the Sports Desk of The Daily Star at 7.30 pm on March 19. Please collect the prize in time).



Action from yesterday's Karnaphuli Garden City Club Cup tournament encounter between Ajax Sporting Club and Mariner Young's Club at the Hockey Stadium. Mariners won 5-2. — Star photo

Div II soccer scores

Sports Reporter Shantinagar Club recorded a solitary goal victory over Frank Kirra Chakra in their inaugural match of the Second Division football league at the Mirpur Stadium yesterday afternoon. Striker Rahel scored the goal 10 minutes into the first half. Earlier, the first match between Eskaton Sabuj Sangha and East End Boys' Club ended in a goalless draw. The day's other match between Dhaka Wanderers Club and Basabo Tarun Sangha also split points in a 1-1 draw at the Army Stadium.

Albanian booter killed in road accident

TIRANA, Mar 14: Albanian international Leter Millo died in a car accident in Greece on Saturday, Albanian television reported, reports Reuters. The television reported the Albanian Soccer Federation as saying that Millo, 31, died in the town of Larissa on Saturday morning. Millo, a midfielder, had played for five years for Greek First Division club Larissa. World soccer's governing body FIFA said on Friday Albania's World Cup qualifying matches against Ukraine and Germany would be switched from Tirana to Grandia in Spain because of the troubled political situation in the Balkan country.

Club Cup tournament Mariners in last 4

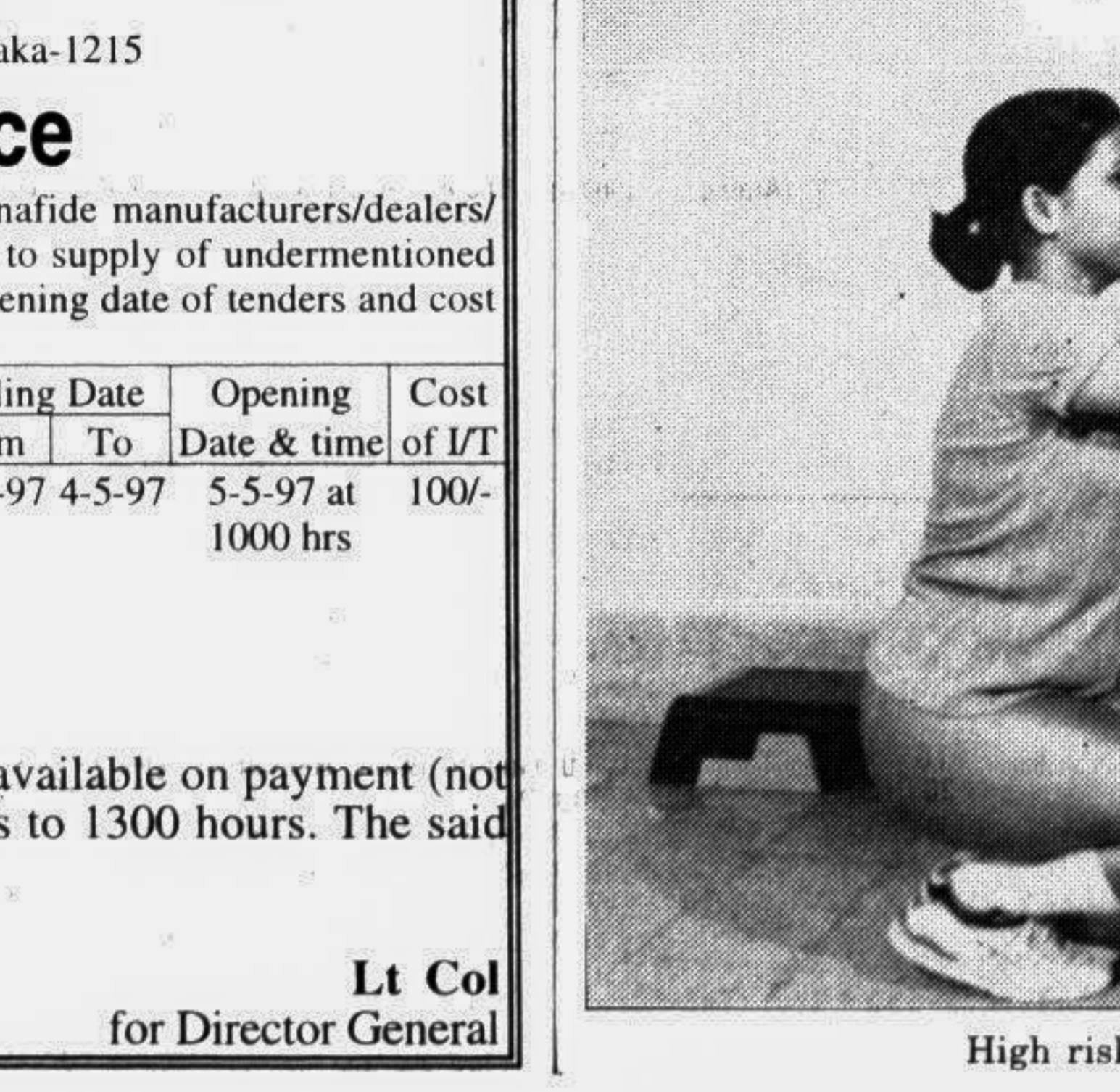
Sports Reporter Mariner Young's Club moved into the last four of the Karnaphuli Garden City Club Cup tournament with a convincing 5-2 victory over Ajax Sporting Club in their last first round Group D clash at the National Hockey Stadium yesterday. Centre forwards Musa Miah and Giasuddin Rubel netted two goals apiece while midfielder Fazal added the other one. Shuvo and Ponty reduced the margin for Ajax scoring one goal each. The winners led the first half 2-1. In an up and down first half, Ajax took the lead in the 11th minute thanks to Shuvo's brilliant field effort. However, Mariners equalised four minutes later through Rubel's nice field goal. Musa then sealed the first session 2-1 in the 22nd minute. Spurred by first half lead, Mariners earned the Group D top slot with full nine points from three matches. They will now meet favourites Abahani, the Group B champions, in the first semifinal scheduled to be held at the same venue tomorrow afternoon. The first semifinal between Mohammedan Sporting Club and Usha Kirra Chakra, will start this afternoon at 3:30 pm. TEAMS MARINER YOUNG'S CLUB: Shaheen, Mehdi, Isa, Kanchan, Amirullah, Fazal (Palash), Moinuddin, Blaka Lusat, Musa, Javed, Rubel (Jewel). AJAX SC: Russel, Adnan (Shiplu), Junoon, Jahid, Rana, Mukta, Ponty, Shuvo (Rapon), Shyamol and Khwaza. Umpires: Mir Munawar Ali and Mir Munawar Islam.



Preventing Injuries

Recent studies suggest that 10 per cent of physically active people suffer one sports related injury per year. Injuries do come with the territory, but you can prevent many of them with a little planning. Prepare for exercise: Research which muscle group you will use when you undertake the new program, and slowly start conditioning them. Consider visiting a doctor to check your blood pressure and cholesterol levels to determine which exercises will be appropriate. Stretch out before and after exercising: Like an automobile, muscle and joints need to warm up before being used. They also need to cool down after heavy use. Use the right equipment: Buying decent shoes for running, for example, will provide the best support that a foot needs for that activity. A shoe suited for football or soccer won't provide the same support. Don't force the body to move in unnatural ways: If an exercise feels uncomfortable, you probably aren't doing it properly. Planting the foot improperly when running, for example, often feels unnatural and painful. It can also lead to foot and ankle injury. By planting the foot in a way that feels more natural, you can avoid injuries. Don't overdo it: The body is a machine that you can push only so far. When you start to feel pain or feel faint, stop immediately. You can always resume the routine when you feel better. Don't exercise when you're sick or injured: Exercising when injured forces you to cut corners to avoid further pain. Often these preventative measures escalate the existing injuries, or cause new ones. Take time off: Particularly for those who exercise strenuously every day, the body enjoys at least one day of rest per week. Cross-train: Instead of running every day, try swimming or riding a bike. This change will work a different set of muscles while still giving you a decent cardiovascular workout. Regularly rotating the type of workout prevents soreness and injuries associated with overuse of muscles. Pay attention to the weather: Check for humidity, heat, cold, lightning and wind before exercising. Adjust your activity to the climate. Playing tennis on a sweltering day, for instance, can lead to heatstroke. High risk exercise: Full squats adversely affect the knee joint by stretching it to a fully opened position that supports the entire body. This position puts extreme stress on the supporting ligaments of the joint, weakening it over time and possibly causing chronic degenerative problems in the knee. Quarter or half squats (keeping the knees at a 90° angle or the hamstring parallel to the floor) are much safer and are a good way to condition the thigh muscles. Never have less than 90° angle at the knees when performing squats.

Quarter squat safe for knee



Youth cricket Barisal make 255 for nine

Sports Reporter A brilliant century of Siddique enabled Barisal to reach 255 for nine in the stipulated 80 overs on the first day of the two-day Zone B final of the Gazi Tank 17th national youth cricket championship held yesterday at the Chandpur Stadium. Ibrahim and Babul were the other leading run-getters with 45 and 40 runs respectively. For Sylhet, Lalul captured four wickets for 42 runs while Ruhul took three wickets for 43 runs. In reply, Sylhet were 48 without loss in 25 overs at stumps.

Bishop dropped

PORT-OF-SPAIN, Trinidad, Mar 14: West Indies won the toss and chose to bat against India in the second cricket Test at Queen's Park Oval here today, reports AFP. India named an unchanged side for the match while the West Indies made one change to their team that contested the drawn first Test at Sabina Park in Kingston, Jamaica. Fast bowler Ian Bishop's hamstring had not recovered sufficiently and he was replaced by Trinidad and Tobago compatriot Mervyn Dillon, who became the 13th fast bowler West Indies have tried in the last four years.

WEST INDIES: Courtney Walsh (captain), Sherwin Campbell, Stuart Williams, Shivnarine Chanderpaul, Brian Lara, Carl Hooper, Roland Holder, Junior Murray, Curtly Ambrose, Franklyn Rose, Mervyn Dillon. INDIA: Sachin Tendulkar (captain), Venkata Laxman, Navjot Sidhu, Rahul Dravid, Saurav Ganguly, Mohammad Azharuddin, Nayana Mongia, Anil Kumble, Sunil Joshi, Abey Kuruvilla, Venkatesh Prasad.

WHIZZ KID-65 correct answers

- 1. Who won the three-nation cricket tournament held in South Africa recently? A. South Africa
- 2. How many Tests will Sri Lanka play in their New Zealand tour? A. 2
- 3. Who is the top-ranked woman tennis player at the moment? A. Steffi
- 4. Who lifted the boys' singles title in the BEXIMCO junior championships? A. Danai
- 5. The BCB XI team touring Pakistan is skipped by A. Liton

Kiwis dismissed for 222

HAMILTON, New Zealand, Mar 14: Sri Lanka used a mixture of spin and swing to dominate the opening day of the second cricket Test against New Zealand here today, reports AFP. New Zealand had reason to rue their decision to bat first when they were dismissed for 222 eight minutes before the scheduled close. On a pitch offering generous movement for the spin bowlers, off-spinner Muttiah Muralitharan picked up three for 43 while 18-year-old left-arm fast bowler Nuwan Zoysa collected three for 47. Zoysa swung the ball in the air after lunch to pick up his three wickets in the space of 22 deliveries while Muralitharan at times extracted significant turn. The New Zealand batsmen all struggled on a pitch where slow bounce made free scoring difficult, an only opener Blair Pocock showed the patience and perseverance demanded by the conditions as he slaved 286 minutes over a Test-best score of 85. Extras were the second top score — 30. New Zealand won the first Test by an innings and 36 runs in Dunedin earlier this week. New Zealand's decision to bat seemed to be vindicated when they reached lunch adjournment on 67 for the loss of only Bryan Young who was run out for four. But nine wickets then fell in less than two sessions as Zoysa and then Muralitharan got into their stride. Zoysa, playing in only his second Test, captured three wickets for five runs to reduce the home side to 100 for four. At 125 for six the New Zealand innings was in rapid decline but Adam Parore, who made 25, helped a watchful Pocock put on 46 for the sixth wicket before he was run out. Four balls later Pocock joined him in the pavilion after Muralitharan had him caught Hashan Tillekaratne to a delivery which struck his pad before flicking a glove on its way to the fieldman. Any hopes the Kiwis had of topping 250 disappeared as Pocock left the ground, unlucky not break through the three-

figure barrier for the first time in a Test match. SCOREBOARD First day of the second cricket Test between New Zealand and Sri Lanka on Friday. NEW ZEALAND: First innings Pocock c Tillekaratne 85 b Muralitharan 4 Young run out 4 Horne b Zoysa 21 Fleming c Mahanama b Zoysa 2 Astle lbw b Zoysa 0 Cairns c Ranatunga b Dharmasena 10 Parore run out 25 Patel c Dharmasena b Muralitharan 13 Vettori b Muralitharan 20 Doull c de Silva b Vaas 30 Davis not out 28 Extras: (b-11, lb-9, nb-10) 30 Total: (90.4 overs) 222 Fall of wickets: 1-67; 2-88; 3-96; 4-100; 5-125; 6-172; 7-172; 8-178; 9-203. Bowling: O M R W Vaas 12.4 1 32 1 Zoysa 18 3 47 3 De Silva 15 4 36 0 Dharmasena 22 7 39 1 Muralitharan 22 4 43 3 Jayasuriya 1 0 5 0

A tour around Stockholm

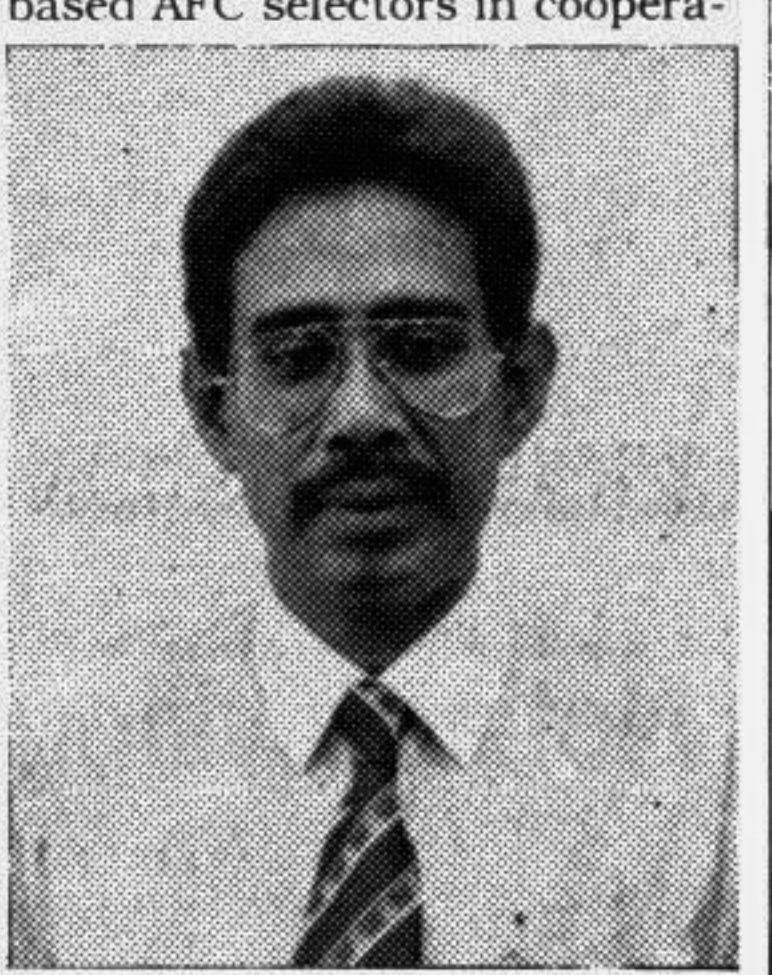
STOCKHOLM, Mar 14: Stockholm Olympic bid organisers have successfully fought a wave of public apathy and even downright hostility to stay in the race for the 2004 Games, reports Reuters. Early polls had suggested most Swedes were against the bid but the organisers publicity campaign turned it around and helped Stockholm clinch their place on the shortlist of five cities contesting the final selection in September. The success prompted delegation leader Olof Stenhamner to abandon traditional Swedish reserve. "It is a very emotional moment. I have not been this nervous since I got married," he said. The Swedish capital's modest size, with 718,000 inhabitants perched at the edge of the Baltic Sea, means 75 per cent of sports arenas are within a range of 1.5 km. According to bid committee spokesman Finn Persson, if Stockholm is selected, the Olympic Village and the Olympic stadium would only be 600 metres apart, closer than they have even been. The Olympic outdoor stadium for 70,000 spectators is scheduled for construction at Hammar by Backen, just south of the city centre. Next to it the Olympic Village will consist of a housing area, Hammarby Sjostad, which the local authorities had already planned to build. From the village a five-minute ride on a tram would bring competitors to Stockholmssmassan, a large and sprawling conference trade centre where boxing, wrestling, fencing and judo would be held. Basketball supporters would face a 35-minute commuter train ride to the neighbouring town of Sodertalje. Soccer fans, interested in the early rounds, will have to be more adventurous going 640 kms to Malmö in the very south, to nearby Helsingborg, to Gothenburg in the west and to Norrköping 165 kms south of Stockholm. Neither transportation nor housing will be a problem, according to Persson. "During the (annual) water festival, the city can handle 450,000 people moving around on one night and during the Olympics there will be 300,000 people," he said. The city will be able to offer 33,000 hotel rooms, 9,500 spaces at camping grounds or chalets, 2,500 beds at hostels and 40,000 in private homes. The media will be housed in 10,000 university students' rooms. Sweden's Olympic Committee expects 155,000 visitors a day, including spectators, sports teams and media. Spectators from abroad are expected to total 40,000. Persson also believes Sweden's climate will be in Stockholm's favour, with around 19 hours of daylight during the height of the summer. Not everybody shares Persson's enthusiasm. Swedes, squeezed by cuts in the traditionally generous welfare state and rising unemployment, are worried about potential losses. Critics point to the World Athletics Championships held in Gothenburg in 1995, which proved a successful sports event but bankrupted organisers who were unable to control runaway costs and low attendances. Last November only 30 per cent of Swedes supported the bid but within three months the majority were behind it. Among the most outspoken critics is the environmental party, with 18 of the Parliament's 349 seats. It dismisses the ideas too tough on the environment and, above all, too costly. "We are against the economic concept, which means that Stockholm city taxpayers are liable to pay all eventual losses," Eva Larsson, a Green Party Parliament Member dealing with the issue, said. The Swedish Parliament has ruled that the government will guarantee a 2.5-billion-crown lottery, which is part of the 12 billion crown budget. In addition, the central government will cover possible losses, which the city of Stockholm then will have to pay. Larsson also pointed out that a court case is still pending about whether the city's government has a legal right to pledge to cover the losses.

Army b'ball

RANGPUR, Mar 14: The Chittagong Area clinched the title of the basketball championship of the Bangladesh Army which concluded at Rangpur Cantonment yesterday, reports BSS. The Chittagong Area won the title defeating the Air Defence Artillery by 91-85 points. Naik Abdur Rahim of the Chittagong was adjudged the best player-of-the-meet.

AFC honours Azam Mahmood

Sports Reporter Azam Mahmood sports editor of the weekly Jai Jai Din, has been adjudged as the sportswriter-of-the-year by Asian Football Confederation (AFC). A panel of Kuala Lumpur-based AFC selectors in cooperation with the national associations have selected Azam for the prestigious award which will be distributed at the AFC's annual award ceremony scheduled to be held on April 3.



tion with the national associations have selected Azam for the prestigious award which will be distributed at the AFC's annual award ceremony scheduled to be held on April 3.

গণপ্রজাতন্ত্রী বাংলাদেশ সরকার নির্বাহী প্রকৌশলীর কার্যালয় স্থানীয় সরকার প্রকৌশল অধিদপ্তর গোপালগঞ্জ

তারিখ : ১৩-৩-৯৭

দরপত্র বিজ্ঞপ্তি নং ১২/৯৬-৯৭

এতদ্বারা স্থানীয় সরকার প্রকৌশল অধিদপ্তরের অধীনে আরডি-৪ প্রকল্পের ৯৬-৯৭ অর্থ বৎসরের পূর্বযোগ্যতা সম্পন্ন তালিকাভুক্ত নবায়নকৃত সেতু ক্যাপ্টেপারী ঠিকাদারদের নিকট হইতে গোপালগঞ্জ জেলায় ২টি সেতু নির্মাণ কাজের জন্য বাংলাদেশ ফরম নং ২৯১১ তে সীলমোহরকৃত খামে দরপত্র আহবান করা যাইতেছে যাহার প্রাক্কলিত মূল্য ১,১১,৬৭,৯৩২/- টাকা। দরপত্র দলিলাদি বিক্রেয়ের সর্বশেষ তারিখ ২৪-৩-৯৭ইং এবং দরপত্র গ্রহণের তারিখ ২৫-৩-৯৭ইং। দরপত্র দলিলাদি বিভাগীয় কমিশনার, ঢাকা বিভাগ, ঢাকা/ভট্টাবধায়ক প্রকৌশলী (রক্ষণাবেক্ষণ), এলজিইডি, ঢাকা/প্রকল্প পরিচালক, আরডি-৪, বদরপুর, ফরিদপুর/জেলা প্রশাসক, গোপালগঞ্জ/নির্বাহী প্রকৌশলী, এলজিইডি, মাদারীপুর/ ফরিদপুর/ শরিয়তপুর/ রাজবাড়ী এবং অত্র জেলার সকল থানা প্রকৌশলীর দপ্তরসহ নিম্নস্বাক্ষরকারীর দপ্তর হইতে ক্রয় করা যাইবে এবং উল্লিখিত তারিখে য-য ক্রয়কৃত অফিসে রক্ষিত দরপত্র বাস্তবে দরপত্র দাখিল করা যাইবে। এই বিজ্ঞপ্তি সংক্ষিপ্ত বিবরণ দরপত্র সংক্রান্ত বিস্তারিত তথ্যাদি ও অন্যান্য শর্তাবলী অফিস চলাকালীন সময়ে জানা যাইবে।

নির্বাহী প্রকৌশলী ডিএফপি-৫৪৪৬-১২/৩ স্থানীয় সরকার প্রকৌশল অধিদপ্তর জি-৭২৫ গোপালগঞ্জ

Directorate General Defence Purchase Ministry of Defence New Airport Road, Tejgaon, Dhaka-1215

Tender Notice

1. Sealed tenders are invited in local/foreign currency from bonafide manufacturers/dealers/suppliers/indentors (enlistment with DGDP is not necessary) to supply of undermentioned stores for use in Bangladesh Army. Name of stores, selling/opening date of tenders and cost of I/T are given below:

Sl No	Name of stores	Selling Date From To	Opening Date & time	Cost of I/T
MT DRIVING SIMULATOR		24-3-97	4-5-97	5-5-97 at 100/-
a.	Auto Tutor, Model ST A3-338A, UK.			1000 hrs
	or			
b.	Interactive Driving Simulator by Environmental Tectonics Corp, USA (ETC) with accessories and spares worth 7.5% on FOB value.			

2. Tender schedule with detailed specification will be available on payment (not refundable) on any working day between 0800 hours to 1300 hours. The said tenders will be opened in presence of all tenderers.

ISPR/Misc/97/241 DFP-5523-9/3 G-712 Lt Col for Director General

CROSSWORD By Eugene Sheffer

ACROSS 1 Backpack part 6 Having neck hair 11 Swindle 12 Under a spell 15 Gregarious 16 Peculiar 17 Created dust? 19 La-la lead-in 20 Sent back: abbr. 22 Fleur-de- 23 Rope fiber 24 Succumb to gravity 26 Walks vigorously 28 "Alley" 30 Run up the phone bill 31 Hurdles for trick skaters 35 Bacteria 39 Cry of woe 40 DDE's rival 42 Leeway 43 Steal, old-style 44 Lieu 46 -Mag-

battlers 5 Go bicycling 6 Splendor 7 Like two peas in - 8 Western st. 9 Left 10 "Goodness" 11 Scandina-vian bay 13 Sarcastic rebukes 18 Northern st. 21 Morrison's band 23 Country- 34 Envision 36 Space-ship 37 Swamp 38 Young salmon 41 White's companion 44 Unforeseen problem 45 "Nuts!" 48 Actress Thurman 50 Le dernier

TUCKS EFT MOM ASYOU SACHOB TYPHOON PLECKON LOCATHE ARTE APO NEE CREED IONS TREAD MEN DIETER BREMEN ADAM S BROVIE TEEMS YES NAG URG ANNUALS TORNADO PIOUS ODIE WEBS EMOTE REIT NINE RIENEW

Cryptogram puzzle grid and solution.

CRYPTOQUIP

F B Y T Y M J W D X Z E F P R F

Z E W T X R Y E A M P W D Y Q

B Y T R Y H Y E P T B P D Y Q

X J B W T A X R H W A F W X R T

Yesterday's Cryptogram: THE MECHANIC SADLY LAMENTED, "THEY SURE DON'T MAKE CARS LIKE THEY AUTO."

Today's Cryptogram clue: H equals V

The Cryptogram 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.