

Sport

Column One

Sports WHIZZ KID

WIN TK. 2000/- PRIZE BOND EVERY FORTNIGHT

Sports WHIZZ KID competition-67

Tick the Correct Answers Competition closes 8 pm. Apr 11, '97

1	Who lifted the Nirman schools cricket title?	Scholastica	N ganj High	Maple Leaf
2	Who won the 17th national youth cricket championship?	Khulna	Comilla	Rajshahi
3	Who clinched the title of the Club Cup hockey tournament?	Abahani	Mohammedans	Usha
4	Who became champions in the five-nation hockey tournament in Pakistan?	Germany	Holland	Australia
5	Pete Sampras has won all except one Grand Slam singles title. What is that one?	Wimbledon	US Open	French Open

Name

Class Roll No.

School Address

Phone: (if any)

SPORTS TALK



Ronaldo
(Brazilian star footballer)
"I would like to stay here but I'm a professional and I must choose what is best for me. Circumstances could make me go." About the speculation that he is leaving Barcelona for Lazio of Italy.



Spaniard Sergi Bruguera makes a backhand return against top seeded Pete Sampras of the United States during their semifinal engagement at the Lipton Championships in Florida on Mar 28.

Florida faces freak fact

KEY BISCAYNE, Florida, Mar 29: When it comes to hard-courts, Spain's Sergi Bruguera and Austria's Thomas Muster no longer have feet of clay. Just ask upset victim Pete Sampras.

Unseeded Bruguera shocked world number one Sampras 5-7, 7-6, (7-2), 6-4, while second-ranked Muster ousted hometown hero Jim Courier 6-3, 6-4, here Friday to reach the final of the ATP Lipton Championships, reports AFP.

"It's one of the best feelings you can get in tennis," 35th-ranked Bruguera said. "I played an unbelievable match. I played just to fight and play my best and I think I did it."

Sampras suffered his second 1997 loss against 20 triumphs on his favourite footing by a man who has never won an ATP event outside Europe, has never won before the April start of clay play and has won no ATP title since 1994.

"It's a match I should have won," Sampras said. "On hard courts it's a match I should win nine times out of 10. I just played a bad match."

Clay-court master Muster, the 1995 French Open champion, and Bruguera, the 1993 and 1994 Paris Red Clay king, meet for 360,000 dollars in today's best-of-five final at the 2.45 million-dollar event.

Bruguera has won one hard-court title in nine pro seasons. Muster claimed his second hard-court crown in a 12-year career last month in Dubai. Sampras has won three hard-court titles this year, including the Australian Open.

"Even though I wasn't playing well, I had opportunities," Sampras said. "I usually convert my opportunities. I'm the one that should be setting the tone, being aggressive. I didn't have my game. That is disappointing."

Muster, off to a career-best 20-3 hard court start, had not reached a US final since he did

so here in 1989, only to be hit by a drunken driver's car at Trendy nightspot byside after his semi-final triumph.

Muster was out six months with torn left-knee ligaments. Ivan Lendl won the final in a walk-over.

"Being in the finals eight years later is the biggest justice I could have," Muster said. "It's worth more than a million dollars. I'm definitely not going to byside tonight."

Muster has an eight-match win streak over Bruguera, who has lost 11 of 14 career meetings with Muster, the most recent in the third round of last year's US Open. Bruguera has not beaten Muster since 1993.

Atlanta Olympic silver medalist Bruguera is 4-6 when playing a top-rated foe. Three of those victories were over Sampras, the other two coming in 1993 on clay.

"It was more difficult to beat Pete playing on his nest surface in his home country," Bruguera said. "He was killing everybody in this tournament. I was very proud."

Bruguera, snubbed for Spain's Davis Cup tie next week, fell to 81st last year due to an injured right ankle that is finally healed.

"It feels unbelievably good to play without pain," Bruguera said. "I'm moving much better. I started the years till having pain, now it has disappeared."

Now that has enabled Bruguera to use a more aggressive style. "That's maybe the key why I am doing so well," Bruguera said. "I was playing too defensive, you have to attack, but not



Meherobic

Does Low Calorie Diets Make You More Fatter?

Despite the fact that plethora of low fat, non-fat, reduced fat, and low calorie alternative type foods becoming so readily available, people are getting fatter. So how can a food that has had some, if not all its fat (and therefore has fewer calories) removed, actually make it more fattening?

Let's first look at how food is processed by the body (for reasons of simplicity we'll just look at fat and carbohydrates). Any carbohydrate when ingested (eaten) are, through the process of digestion, broken down into glucose molecules which enter the blood stream, ready for use as: 1. Energy, 2. Glycogen storage, 3. Fat storage.

Regulation of sugar levels is carried out entirely without our knowledge through the use of two hormones produced in the pancreas, namely insulin and glucagon. A level of blood sugar, which if too high, will result in insulin being released to 'shut it away' therefore lowering this level. A level too low — glucagon is released which breaks down (catabolises) cells to give up their stored glycogen thus raising it. They work together in maintaining a balance. But what does insulin do with all this glucose?

Try to think of insulin as an employment exchange official and the glucose molecules as people who want work (energy production). As the people (glucose) turn up in the employment building (blood stream) they are met by this employment official (insulin). (Obviously he'll only come out when there's people in the building).

When approached by someone who wants work, the official will either: 1. If there is work available: Employ them (energy production). 2. If there is no work available: Not employ them but put them on a short list (glycogen storage) for a quick source of energy should work suddenly increase (extra activity i.e. exercise). 3. If there is no work available: Not employ them and, once the short list becomes full, put them on file (fat storage) for work when the short list is unable to meet demand.

This process works very well as long as these two conditions are met: 1. The unemployed arrive, and are processed, in a slow, steady stream. 2. There are enough officials to deal with the demand of processing.

In this analogy it becomes obvious that if (a) everyone turns up at once or (b) there are not enough officials even if there is work available they cannot be dealt with in an orderly manner. The result being that since 'putting them on file' (storing them as fat) is the quickest and easiest option to our official then this is what he will tend to do. Remember since his primary responsibility is to make sure the building doesn't become overcrowded (maintain glucose level), energy requirements and 'short lists' are now of secondary concern! If we are to avoid having all the glucose



Alami, Schaller reach semis

CASABLANCA, Mar 29: Top-seeded Karim Alami and 1995 champion Gilbert Schaller won their quarterfinal matches Friday at the King Hassan II tennis tournament, reports AP.

Moroccan Alami defeated Vicente Fernandez of Spain, 6-7 (2-7), 6-1, 7-5 to gain his second semifinal at Casablanca.

Fourth-seeded Gilbert Schaller of Austria topped sixth-seeded Tomas Carbonell of Spain, 6-4, 6-4. Schaller advanced to his first semifinal since last year's tournament.

Hicham Arazi, seeded second, eliminated Emilio Alvarez of Spain 6-2, 6-1 and Franco Squillani of Argentina beat Younes El Aynoui 6-4, 6-1.

Boris invited to teach 'em 'zennis!

NEW DELHI, Mar 29: German tennis star Boris Becker was invited today by the followers of a deceased Indian guru to teach them 'zennis', reports AFP.

A statement from the organisation, which follows the teachings of Osho in the western Indian city of Pune, said: "Boris is welcome to Pune, where I am sure he will be fascinated by Osho's vision of combining sport and meditation."

Ma Deva Anondo, a woman heading the commune's "dub meditation" complex, said he would be fascinated by 'zennis', played daily at the commune.

"Boris is one of the world's greatest tennis players and



maybe it's time for him now to experience the deeper layers of the game," she said, adding that "zennis" made people "play better" and allowed them to "delight in the sport for its own sake."

Osho, formerly known as Rajneesh, advocated a philosophy combining eastern mysticism with free sex which earned him several thousand followers across the world until his death in the 1980s.

Becker recently denied rumours he was planning to leave Germany permanently for the United States following a raid on his house last December by German income tax investigators. There have also been reports he was set to leave the country because of racist insults aimed at his wife.

Martina's awaited Monday

KEY BISCAYNE, Florida, Mar 29: Sixteen-year-old Swiss sensation Martina Hingis moves past Steffi Graf on Monday to become the youngest world number one in tennis history, and no one is likely to dethrone her soon, reports AFP.

"It feels great to be number one, especially at my age. It's what I was working for all my life," Hingis said. "I have so much motivation. I have never enjoyed playing tennis as much as I do right now."

Australian Open winner Hingis reached only the French third round. Wimbledon fourth round an US open semifinals last year. Any improvements in 1997 will increase her lead.

"Martina doesn't have great results so she is going to gain a lot of points Seles said. "She is playing more tournaments than Steffi. I'm not sure how open number one will be until pretty

difference you just become number one. Everybody wants to beat me now, it what I wanted to do when I wasn't on top. It doesn't make a difference to me."

Hingis won her first 28 matches this year, claiming her first Grand Slam title in Melbourne plus winning in Sydney, Tokyo and Paris and reaching the final here Sunday against Seles in her return after a four-month layoff.



MARTINA HINGIS

"Martina has really improved so much the past six or seven months," Seles said. "A year ago she lost here in her first round. A lot of players have the talent but Martina is there and the other ones have to get there."

Most expect Graf, Hingis and Seles to battle for number one if they can all stay healthy long enough.

"If Steffi is healthy, it will be a great challenge for her toward the end of her career to try to over take Martina," Novotna said. "I would like to give Martina and Steffi a hard time."

Graf beat Hingis in their most recent meeting, a five-set thriller at the WTA Championship final last November. Rivalries see little difference in them.

"Maybe with Steffi you see her backhand is a little weaker," Seles said. "Martina is all-around really good. She plays the key points great."

"It's a difficult question," 10th-ranked American Mary Joe-Fernandez said. "Martina has the legs to run down Steffi's big serve. You can maybe out-hit her for a while on her forehand side. I can't say one is better than the other."

But the thought of adding a healthy Seles into the mix excites Fernandez. "If Monica is on, it's tough," Fernandez said. "She opens the court with her angles. She has the strength and power to play well. If Martina plays well, it's a tough battle. Monica for sure is capable of beating her."

Japan remains in the race

KUALA LUMPUR, Mar 29: Japan has not given any indication that it will withdraw its bid for an executive seat in the International Football Federation (FIFA), officials said today.

JFA's vice-president Saburo Kawabuchi's name is on the ballot paper. There is no indication of any official request to withdraw from the race, an Asian Football Confederation (AFC) official told AFP.

It was reported Friday that Japan's attempt for an executive seat in FIFA was in a jeopardy.

Takanori Nomura, a board member of the Japanese Football Association (JFA) was quoted as saying that it was possible that Kawabuchi would withdraw his candidacy.

The AFC is scheduled to fill a newly-created fourth FIFA executive seat for the far-flung region at its extraordinary congress in Kuala Lumpur next Wednesday.

They would choose between Thailand's Worawi Makudi, who is the general secretary of the Thailand Football Association and Kawabuchi.

Bangladesh and Brunet are leading a campaign to distribute FIFA executive seats equally among Asia's sub-regions, Nomura had said.

There is strong interest from ASEAN, Sri Lanka and India that the executive seat must go to a Southeast Asian country," the official said.

The official said, in this context the feeling in Thailand should represent the interest of this sub-region.

At present, the three seats are occupied by South Korea, Saudi Arabia and Qatar.

Injury-hit Austrians

VIENNA, Mar 29: Injury ruled three players out of Austria's squad today for next Wednesday's important World Cup Group Four qualifier against Scotland, reports Reuter.

Werder Bremen forward Heimo Pfeifenberger is nursing a broken toe, 1860 Munich's Harald Cerny injured his right ankle in Thursday's Bundesliga match against VfB Stuttgart while Linzer Ask defender Goran Kartalija has calf pains.

Coach Herbert Prohaska has replaced Pfeifenberger with Austria Vienna striker Andreas Ogris, Remy with Casino Graz's Dieter Ramusch while Sturm Graz's Roman Maehlich will replace Kartalija.

R&H Tender Invitation Notice

- Tender Invitation Notice No : 224/EE/1996-97.
 - Name of work : Supply of materials for manufacturing fan & pin of different ferries of (R&H) Ferry Division, Bogra under R&H, Workshop Division, Dhaka.
 - Estimated cost : Taka — as per schedule.
 - Earnest money : 2% (two per cent) of estimated cost to be submitted through BD/TC/Sanchayapatra/CD from any scheduled bank of Bangladesh Bank in favour of Executive Engineer, R&H, Workshop Division, Dhaka.
 - Time for completion : 15 (fifteen) days from the date of issuing work order.
 - Eligibility of contractor : As per eligibility & rules — R&H, Directorate enlisted 'A' to 'E' class contractors.
 - Offices where tender & schedule will be available from : Can be purchased at Tk 510/= per set including Bangladesh Form No 2908 (non-refundable) from Workshop Division, Dhaka/Executive Engineer, R&H, Workshop Division, Mymensingh up to the day before the date of receiving tender.
 - Officers & offices where tender & schedule will be received at : Superintending Engineer, R&H, Workshop Circle, Tejgaon, Dhaka/Executive Engineer, R&H, Workshop Division, Tejgaon, Dhaka/Executive Engineer, R&H, Workshop Division, Mymensingh.
 - Last date of selling tender : 5-04-97.
 - Last date & time of receiving sealed tender : 6-04-97 up to 12-00 Noon.
 - Date & time of opening sealed tender : 08-04-97 up to 12-30 PM.
 - Date of lottery (if necessary) : 09-04-97.
 - Head of expenditure : T&R.
- Md Humayun Rashid Khalipha
Executive Engineer, R&H (Mechanical)
Workshop Division, Tejgaon, Dhaka
- DFP-6968-23/3
G-859

Government of the People's Republic of Bangladesh Office of the Executive Engineer Facilities Department Madaripur Zone, Madaripur

Tender Notice

No 23/FDMZ/96-97 Dated: 12-3-97

Sealed tenders in Bangladesh Form No 2911 are hereby invited from Facilities Department's A/1 & A/2 class enlisted contractors for development work of the undermentioned private secondary schools under GOB head of Secondary Educational Institution Development & Rehabilitation (Govt & Private) Project.

Estimated cost of each group : Tk 8,01,589/41.

Group No	Name of district	Name of thana	Name of institution	Time limit for work	Description of project
01	Madaripur	Sadar	Maddha Hausdi High School	3(three) months	GOB-9
02	Gopalganj	Muksudpur	Josimunnesa High School	3(three) months	GOB-10
03	Gopalganj	-do-	Nonikhir High School	3(three) months	GOB-10

Tender document can be purchased on cash payment of Tk 400/- (four hundred) only (non-refundable) from the office of the undersigned as well as office of the Executive Engineer, Facilities Department, Dhaka/Faridpur/Mymensingh/Tangail/Narayanganj/Kishoreganj/Savar/Narsingdi Zone and office of the Assistant Engineer, Facilities Department, Gopalganj/Shariatpur during office hours on all working days up to 6-4-97.

Tenders will be received at the office of the undersigned, office of the Executive Engineer, Facilities Department, Dhaka/Faridpur/Mymensingh/Tangail/Narayanganj/Kishoreganj/Savar/Narsingdi Zone and office of the Assistant Engineer, Facilities Department, Gopalganj/Shariatpur up to 12-30 PM of 8-4-97 and will be opened on the same day at 1-00 PM in presence of the tenderers (if any present).

Tk 17,000/- as earnest money must be submitted with the tender through BD/Pay Order from any scheduled bank of Bangladesh Bank in favour of the Executive Engineer, Facilities Department, Madaripur Zone. The authority reserves the right to accept/reject any/all tenders without assigning any reason.

- Instructions:**
- Contractor can purchase the tender from the abovementioned offices subject to production of 1995-96 financial year's renewal fee submitted original registration book.
 - Tender will be treated as cancelled outright if rate quoted by any contractor is more than 5% (five per cent) below the estimated cost.
 - Bill will be paid to the contractor subject to receipt of allotment. But the contractor will be found to complete the work within the prescribed time.
 - VAT and income tax will be deducted as per govt rules.

Abdus Salam Khan
Executive Engineer
Facilities Department
Madaripur Zone, Madaripur.

DFP-6345-17/3
G-864

REGRETS
Due to space constraint our regular item **CROSSWORD** could not be accommodated.
— Sports Editor