

## Column One

### Sports

# WHIZZ KID

COMPETITION FOR SCHOOL CHILDREN

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

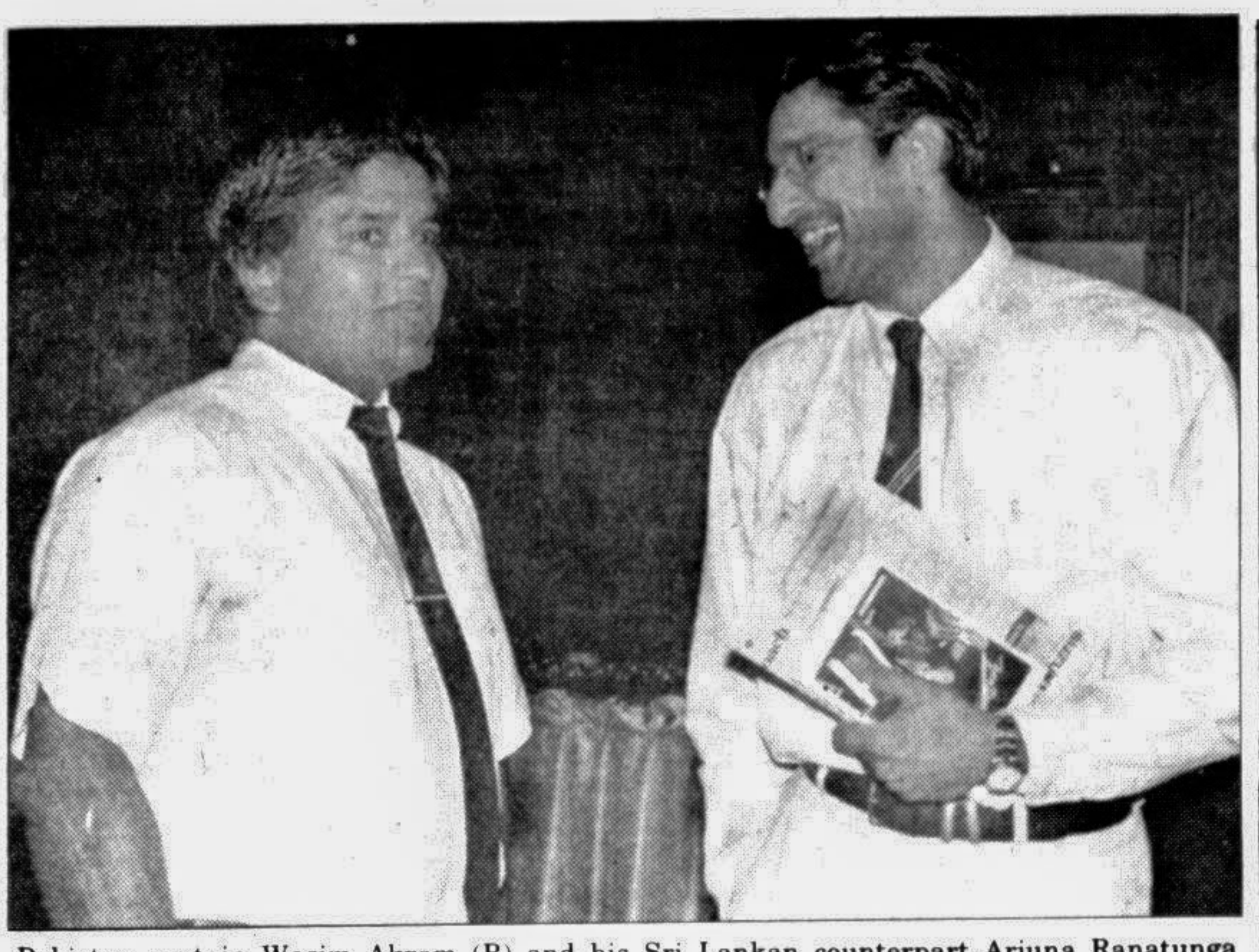
**Sports WHIZZ KID**  
**competition-68**

✓ **Tick the Correct Answers**

Competition closes 8 pm.  
Apr 25, '97

- Who won this year's British Open squash title?  
Janaher Nicol Eyles
- Who won the Lipton Championship tennis title?  
Hings Seles Novotna
- Who lifted the international water polo trophy?  
Army Sri Lanka Navy
- Who clinched the national women's chess crown?  
Nipa Rani Eva
- Which team won the Top Five volleyball title?  
BDR Army Air Force

Name: \_\_\_\_\_  
Class: \_\_\_\_\_ Roll No. \_\_\_\_\_  
School Address: \_\_\_\_\_  
Phone: (if any) \_\_\_\_\_



Pakistan captain Wasim Akram (R) and his Sri Lankan counterpart Arjuna Ranatunga enjoying a light moment after attending a joint press session in Colombo on Apr 15. —AFP/UNB photo

## Students played on opening day

LONDON, Apr 16: Durham's Jonathan Lewis became the second ever batsman to score a first-class century on Tuesday's opening day of the English cricket season, reports AFP.

Lewis hit 210 not out as Durham declared at 353 for two against Oxford University at the Parks with the students limping to 36 for six in response.

In 1994, Lewis stroked 116 not out for Essex against Surrey at the Oval and now joins Peter Bowler in the record books for scoring debut hundreds for two sides.

Bowler performed the feat on his debut for Leicestershire (100 not out) against Hampshire in 1986 and for Derbyshire with an unbeaten 155 against Cambridge University in 1988.

Last year's bottom county launched their innings with an opening stand of 290, just 44 short of the county's first wicket record against the same side last year.

Lewis who joined last season's bottom county from Essex, hit 31 fours in his double century, with fellow opener Paul Colingwood making 107, his maiden ton.

And Oxford's response was dismal with the students showing they still have much to learn at this level by slumping to 10 for four.

The gulf in standards was clear as seamer Melvyn Betts snatched three wickets and Simon Brown the other as the universities top-order fell away.

Betts added a fourth wicket for himself before the close and

Neil Killen took another to leave Cambridge reeling at 36 for six from 17 overs and facing defeat within two days.

Their precarious position is bound to reopen the debate as to whether varsity matches should remain first-class fixtures.

The superb day for Durham was an ideal start for former Australian Test star David Boon who won the toss leading his new county for the first time.

Like Boon and Lewis, Nick

Speak (Lancashire) and Martin Speight from Sussex are also making their Durham debuts after close season moves.

Meanwhile, Derbyshire seamer Phil DeFreitas claimed the first wicket of the new season at Fenner's on Tuesday as Cambridge University struggled to 195 all out in 60.4 overs.

The England bowler had Cambridge opener John Rudge caught by debut-making Andy Hayhurst the former Somerset captain for 12.

Cambridge reached a respectable total courtesy of a spirited 85 from 19-year-old Ed Smith, an innings which followed in the same vein as the century on his first-class debut against Glamorgan a year ago.

DeFreitas finished with three for 53 from 17 overs, but Devon Malcolm was less impressive, recording one for 59 from his 14.1 overs.

Derbyshire found the going easier when they batted their openers Dan Jones and Adrian Rollins enjoying the late evening sunshine.

The pair had reached 102 without loss when captain Jones departed for 58, but his side went on to be a comfortable 115 for one at the finish with Rollins on 38.

Derbyshire were without all-rounder Dominic Cork, who is attending an England get-together, but they did have new signing Vince Clarke from Leicestershire in their line-up.

## SPORTS TALK

**Akram Khan**  
(Bangladesh cricket captain)

"I always had this regret of being a kid in 1971, a fact which did not allow me to join the War of Liberation. But today I am happy for being able to do something for my country and the regret is no longer there."

On returning home after winning the sixth ICC Trophy.

## Bangladesh Export Processing Zones Authority

222, New Eskaton Road  
Dhaka-1000

Notice for sale of incomplete factory building structures

Sealed quotations are invited from local as well as foreign investors/companies for sale of incomplete factory building structures (Earth work 152.23 M<sup>3</sup>, Brick soling 68.71 M<sup>2</sup>, RCC in foundation 48.23 M<sup>3</sup> and in superstructure 42.53 M<sup>3</sup>, MS work 11.00 M. Ton, 5" thick brick wall 217.96 M<sup>2</sup> and CI sheet 58.32 M<sup>2</sup>) situated on the Plot No. 29 & 30 of sector-4 in Chittagong Export Processing Zone (CEPZ).

**Terms and conditions are as under:**

- Intending buyers shall be required to submit: Proposal for an appropriate project intended to be set up in the building/plots.
- Price offer for the building/structures.
- Acceptance of the project proposal by the Authority is the prerequisite for acceptance of the tender.

Project proposal forms and the tender documents can be procured from the Accounts Department of the BEPZA/CEPZ/DEPZ on payment of Taka 1,000/- (non-refundable). No tender documents will be sold on the opening date of the tender.

Intending buyers are allowed to visit the site and inspect the said incomplete factory building structures at Chittagong Export Processing Zone on any working day between 9:00 AM and 4:00 PM up to 29-4-97.

Tenders must enclose Pay Order/Bank Draft amounting to 25% of the quoted value as earnest money (refundable) from any bank favouring the Bangladesh Export Processing Zones Authority with the offer. Without earnest money tender will be rejected outright.

Successful tenderers are required to make 100% payment of the quoted price within 15 days of the acceptance of the offer by the Authority and thereafter takeover possession of the plots and incomplete building structures in accordance with the procedure of the Authority.

Tenders must be submitted in sealed envelopes in the tender box to be kept in the office of the General Manager, Chittagong Export Processing Zone and in the office of the Bangladesh Export Processing Zones Authority, 222, New Eskaton Road, Dhaka before 12:00 Noon on 30.4.97. It will be opened at 12.15 PM on the same day in presence of the tenderers (if any).

The Authority reserves the right to accept any or to reject any or all the tenders/offers without assigning any reason whatsoever.

**A Z M Azizur Rahman**  
Dy. General Manager  
(Investment Promotion)

DFP-7271-27/3  
G-1083

## Congrats from abroad

Sports Reporter

Various foreign cricket boards have congratulated Bangladesh on winning the sixth ICC trophy and entering the 1999 World Cup in England.

A Bangladesh Cricket Board press release said the United Cricket Board of South Africa, the Board of Control for Cricket in India, the Board of Control for Cricket in Sri Lanka, and the Pakistan Cricket Board had congratulated Bangladesh on its ICC victory and its subsequent inclusion in one-day cricket's premier event.

Former Indian wicketkeeper Syed Mujtaba Hossain Kirmani also congratulated the Bangladeshis for making it to the World Cup.



# Meheroobic

### TAKE TIME FOR STRETCHING

Five to ten minutes is all it takes. Adding a stretching routine to your workout helps to improve flexibility, yet we tend to skip stretching because of time restraints or just plain laziness! Benefits of stretching can be seen immediately and long term if the routine is performed on a consistent basis. Every muscle group needs to be stretched during every workout session. That extra five or ten minutes will be well worth it!

A better understanding of flexibility helps us to understand why a stretching programme is necessary. First of all, flexibility refers to the range of motion possible in the joint where a muscle or group of muscles attach to. The more flexible you are, the better range of motion you have. Range of motion can be limited by a number of factors including age, the bony structure of a joint, the ligament structure of the joint, or the tendon structure of the muscles surrounding the joint. Considering all these factors, the best way to increase your range of motion is to gently stretch the musculotendinous structures that control the movement of the joint.

The key benefits of improving flexibility are to relieve delayed muscle soreness and to decrease the chance of injury while exercising or performing daily tasks. Acute muscle injuries such as muscle pulls or tears are more likely to occur if the muscle fibers or surrounding tissues are so taut and inflexible that a sudden stretch or any type of movement could cause tissue injury. Stretching exercises performed after the muscle tissue is warmed help to prevent soreness and relieve it when it does occur. Studies show that a warmer muscle responds much better to a stretch that a cold one, so make sure a light warm up is performed or stretch after your workout is finished.

Upon completing a workout, stretching a muscle helps it return to its original state. Many people stretch incorrectly or for too short of a time period. All stretches should be done in a slow, static manner—take that bounce out of the stretch! Stretching exercises should be held for at least 30 seconds; the muscle needs enough time to lengthen. Holding for longer than 30 seconds is often encouraged and will result in more of a permanent length change in the muscle. Other noticeable benefits from stretch-

ing include improved coordination, better body awareness, increased circulation, and relaxation of the entire body. So put a stretch into your workout!

**How's Your Flexibility?**

How flexible should you be for your age and gender? The ACSM Fitness Book endorses this test. Warm up before you begin; walk slowly and increase your pace until you feel warm. Do some gentle stretches to loosen your back and leg muscles.

**The Test:**

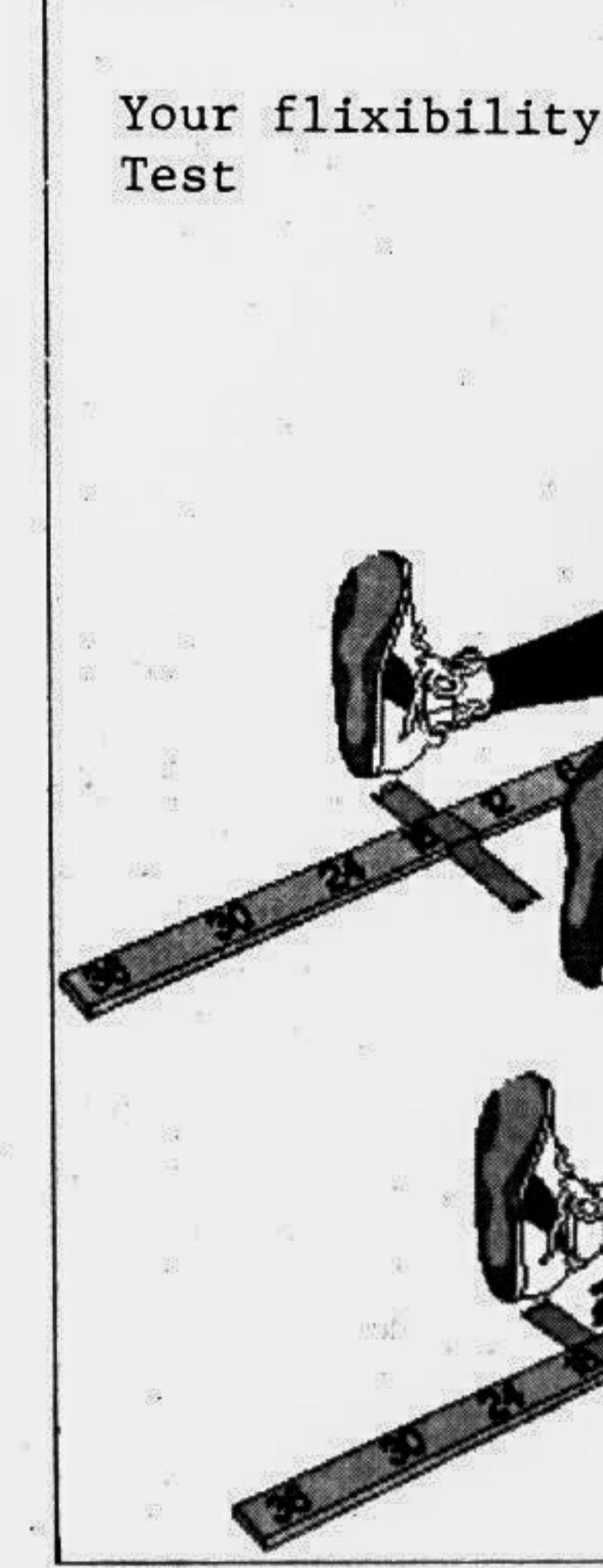
1. Place a yardstick on the floor with the zero mark closest to you. Tape the yardstick to the floor.

**Men's Score by Age**

	20-29	30-39	40-49	50-59	60+
High	19 and up	18 and up	17 and up	16 and up	15 and up
Avg	13-18	18 and up	17 and up	10-15	9-14
Below Avg	10-12	12-17	11-16	7-9	6-8
Low	9 or less	11 or less	10 or less	6 or less	5 or less

**Women's Score by Age**

	20-29	30-39	40-49	50-59	60+
High	22 and up	21 and up	20 and up	19 and up	18 and up
Avg	16-21	15-20	14-19	13-18	18 and up
Below Avg	13-15	12-14	11-13	10-12	12-17
Low	12 or less	11 or less	10 or less	9 or less	11 or less



## Arjuna, Wasim for fewer one-dayers

COLOMBO, Apr 16: Sri Lankan skipper and world champion captain Arjuna Ranatunga and his Pakistan counterpart Wasim Akram Tuesday called for a scaling down of matches saying players needed more rest, reports AFP.

Akram said there would be a bigger break between one-day internationals to allow players adequate rest between matches rather than go for one match after the other please spectators and sponsors.

"We are also human beings," Akram told reporters here shortly after arriving in the Sri Lankan capital for a two-Test series with Ranatunga's world champion side.

Ranatunga said he was also strongly backing the reduction of matches to allow players more rest to remain in good form.

Both skippers said they felt there was too much cricket and will press their case for fewer encounters at a meeting of captains some time in July.

They said they were awaiting details of the meeting from the ICC.

Sri Lanka returned home shortly after last week's thrilling victory in a one-day series beating Pakistan at Sharjah but Akram said he was confident of winning the Test matches.

"I think we have a better Test side and our fielding is stronger," Akram said, adding the Sri Lankan side was better at one-day matches but not in Tests.

Arjuna agreed that Test matches were a "different ball game" but said that Sri Lanka was facing Pakistan with confidence.

"It is not going to be easy, they have a good bowling line up but our batting should be able to take care of it," he said.

Sri Lanka had a disastrous Test series in New Zealand last month but Ranatunga said that was "all history now, we are looking forward to doing well in the future."

## Thankful Quader

State Minister for Youth and Sports and Cultural Affairs Obaidul Quader has expressed his gratitude to the cricket fans and jubilant people for their cordial cooperation in holding the grand civic reception to the cricket heroes at Manik Mia Avenue and the victory rally in the city on April 14, reports BSS.

In a message yesterday the State Minister also lauded the role of journalists, print and electronic media, specially Bangladesh Betar in disseminating the news of great achievements of our cricket heroes.

# Taylor defies critics

SYDNEY, Apr 16: Australia's cricket captain Mark Taylor today said he would not stand down because of a personal form slump despite calls for his sacking, reports Reuter.

But Taylor said he was unsure whether he would still have his job when selectors name a 17-man squad on Thursday for the forthcoming six-Test Ashes Series in England.

Taylor's failure to score a Test 50 since late 1995 has prompted widespread calls at home for his dismissal despite Australia's emergence as unofficial world champions in Test cricket under his leadership.

Speaking on his return from South Africa, where Australia won the Test series 2-1 following its victory over the West Indies, the left-handed opener said selectors supported his decision to defy the critics by making himself available.

"The Australian selectors told me not to stand down and I won't be standing down," Taylor said.

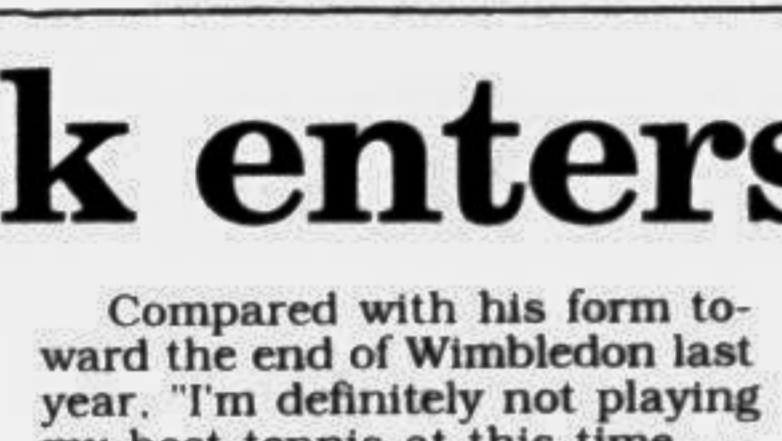
"I will find out tomorrow (Thursday), along with the rest of you, whether I'm in the

team," he said.

Taylor received support from Australian vice-captain Ian Healy, who said all the players backed Taylor.

"Everyone knows that he needs to make runs and he needs to bat better," Healy said. "But the team really hasn't got a problem with it and we're all hoping and praying that he'll come out of the slump pretty soon."

Taylor rejected recent comments by former Test bowlers



MARK TAYLOR  
Dennis Lillee and Terry Alderman, calling for his removal because of poor batting form. Lillee said Australia should

stick to the tradition of picking the best players for each position on current form and then choosing a captain from within their ranks.

The fast bowler, Australia's record Test wicket-taker with 355 victims in 70 Tests, argued that Taylor should lose his place as opener and captain on that basis.

"They (Lillee and Alderman) are also bowlers and blokes who haven't captained Australia," Taylor told reporters.

Taylor, who has also been troubled by a back complaint this season, stood down for several limited overs internationals against South Africa, leaving wicketkeeper Healy in charge.

Taylor said he was disappointed by the focus on his own position in recent weeks, claiming the speculation had overshadowed his team's performance in beating South Africa in both the Test and one-day series.

Australian leg-spinner Shane Warne said selectors could pull a few surprises for the Ashes tour, adding: "I think it's probably going to be a tight series and from us there will probably be a few surprise selections."

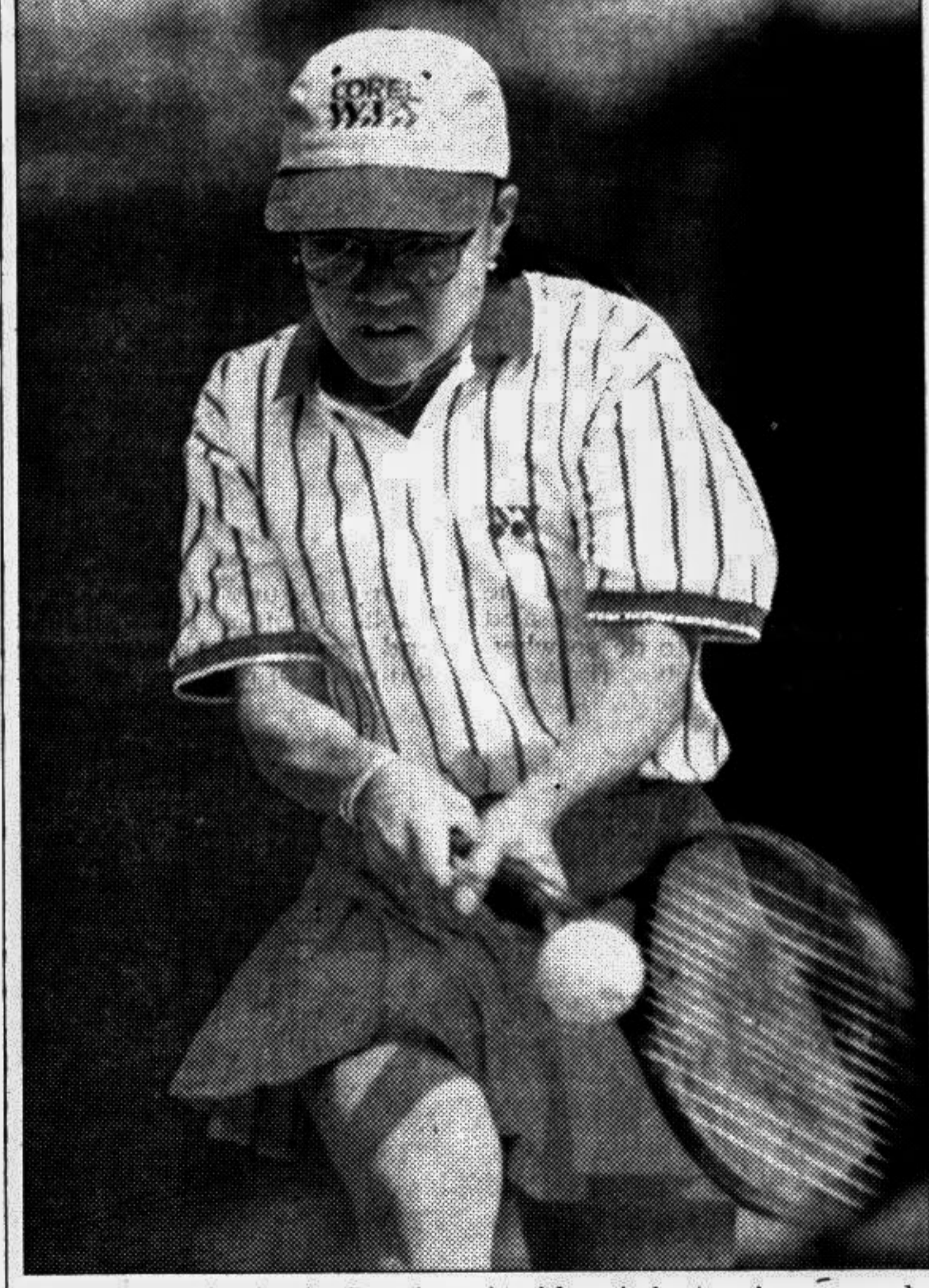
# Krajicek enters last 16

TOKYO, Apr 16: Top seed Richard Krajicek, struggling with the wind and a pesky opponent, beat South African Neville Godwin 6-3, 6-4 Wednesday in the second round of the Japan Open, reports AP.

Krajicek, the 1996 Wimbledon champion, ended impressively with a 216 kph ace and a 201 kph service winner, but was proudest of keeping his cool on a day "when there were a lot of things to be upset about."

Compared with his form toward the end of Wimbledon last year, "I'm definitely not playing my best tennis at this time. ... But the most important thing is to keep winning. Slowly but surely I think I can get into the right groove," said Krajicek, who now is 6th in the ATP rankings.

In the round of 16, he faces No. 15 seed Magnus Norman of Sweden, a 6-4, 6-2 winner over American Justin Gimelstob. Meanwhile, Henrik Holm, back in action this year after 10



American Kimberly Po plays backhand during her second round Japan Open clash against local Jolene Watanabe in Tokyo on Apr 16. Po won 6-2, 6-2. —AFP/UNB photo

Sweden beat Canada's Daniel Nestor 6-4, 6-4, advancing to a meeting with Shuzo Matsuoka, who upset Gold Flake runner-up Alex Radulescu of Germany on Tuesday and beat Japanese compatriot Hideki Kaneko 7-5, 6-1 Wednesday.

No. 6 Pat Rafter of Australia, the Salem Open runner-up to Michael Chang in Hong Kong Monday, ousted Eyal Ran of Israel 6-0, 6-4 and next faces Holm.

Czech player Martin Damm, seeded seventh, battled past French qualifier Olivier Delaitre 7-5, 4-6, 6-4. He next meets Russian Andrei Cherkasov, a 6-1, 4-6, 7-5 winner over German qualifier Carsten Arriens.

Americans Jonathan Stark, seeded 10th, and Jeff Tarango, seeded 14th, reached the last 16. Stark rebounded for a 4-6, 6-3, 7-5 victory over Denmark's Frederik Fetterlein, and Tarango beat Japan's Takao Suzuki 6-3, 6-2.

Stark next plays Germany's David Prinosil, the No. 8 seed, and Tarango plays Australian Todd Woodbridge, No. 4.

No. 16 Lionel Roux edged French compatriot Jean-Philippe Fleurian 7-6 (7-3), 6-4, setting up a meeting with No. 2 Boris Becker, playing his first tournament, after two months out with a wrist injury.

In women's action, American Kimberly Po, Amy Frazier, Janet Lee and Cornia Morariu all advanced to the quarterfinals.

No. 2 Po, the top-seed following the withdrawal of Mary Joe Fernandez with a back injury, lost the first two games and had trouble with her first serve but beat another American compatriot, Jolene Watanabe, 6-2, 6-2.

No. 3 Frazier defeated Japan's Yuka Yoshida 6-4, 6-3, Morariu upset No. 7 Naoko Kimura of Japan 6-4, 7-6 (7-2), and Lee beat Japan's Miho Sasaki 6-3, 6-1.

No. 4 Ai Sugiyama of Japan defeated American Mellen Tu 6-2, 6-2. No. 5 Wang Shi-ting of Taiwan beat Austrian Karen Kschwendt 6-2, 6-4. No. 6 Naoko Sawamatsu beat Japanese compatriot Mana Endo 6-1, 4-6, 6-4 and No. 9 Annabel Elwood of Australia ousted Japan's Rika Hiraki 6-0, 3-6, 6-4.

## Muster stays on course

BARCELONA, Spain, Apr 16: Defending champion and world No. 2 Thomas Muster was pushed to three sets to defeat Italian Renzo Furlan in the second-round of the Barcelona Open men's tennis tournament on Tuesday, reports AP.

In two upset results Tuesday, Morocco's Karim Alami beat No. 3 seed Goran Ivanisevic of Croatia 6-2, 6-3 while Spain's Albert Martin eliminated No. 6 seed Wayne Ferreira of South Africa 4-6, 6-2, 7-5 in other second-round games.

## CROSSWORD By Eugene Sheffer

Solution time: 24 mins.

**ACROSS**

- Remark from Jack Benny
- One of the Greats
- Colorado
- In due time
- Foot levers
- Troop group
- Bambi's aunt
- 17-year locust
- Fireplace tool
- Laboratory find
- In the thick of
- Picking up the check
- Diego
- Wooden wedges
- With Down, disco trio
- Long, detailed essay
- Pinky and the Brain,

**DOWN**

- Acress Susan Spume
- Drenched
- Slip up
- Goller's concern
- Containing tetraethyl
- Compo-ner Styne
- Packed away
- 1965
- Erstwhile Peruvian
- Calligrapher's supply
- Unforceable pier
- June bug
- Nest-egg
- 21 History
- Mr. Sharif
- Cattle
- 24 Britle
- 26 Desired
- 27 Wading bird
- Giraffe's stand
- See
- 32 Across
- Bedazzle
- 34 Tolerates
- 35 Range portion
- 37 Soon-Yi's mom
- 38 Arab judge
- 39 "Eden" character
- 40 Swindle
- 41 Say it isn't so
- 44 Caviar
- 45 Important numero
- 46 G.E. merger co.
- 47 Sweet potato

## CRYPTOQUIP

K C T B G U R D G T R X  
E D Z R X A X B N Q Z X R A Y  
U R D X K C N B Z R C D B D E Q T B R Q  
Yesterday's Cryptoquip: DO YOU THINK THE CONCERNED CLOCKMAKER WAS SIMPLY ALL WOUND UP?  
Today's Cryptoquip clue: Z equals P

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.