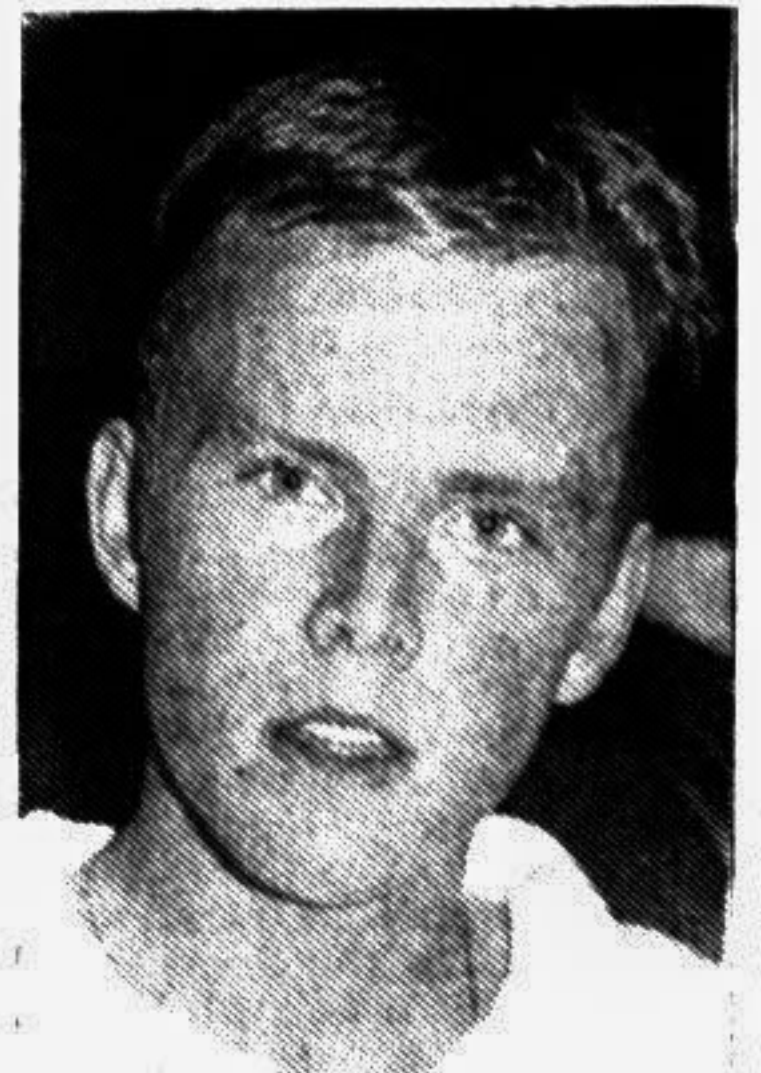


Column One
SPORTS TALK



Peter Nicol
(Scottish squash player)
"It was one of those days when everything I went for worked."

After defeating world number one Jansher Khan to win the Al Ahram International title.

Boost sports WHIZZ KID
COMPETITION FOR SCHOOL CHILDREN
Competition-76

✓ Tick the Correct Answers

Competition closes at 8 pm, August 22, '97

1. The current New Zealand cricket captain is	Planning	German	Thompson
2. Brazilian star Ronaldo's new Italian club is	AC Milan	Inter Milan	Juventus
3. Who scored the golden goal for Abahani against Mohammedan in this year's Federation Cup semifinal?	Mizan	Zakir	Tipu
4. Who is the coach of Kenyan national cricket team?	Patil	Amarnath	Wadekar
5. The 100 metres world record holder is	Greene	Bailey	Fredericks

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

POWERED WITH
EN-VITS
ENERGY RELEASING VITAMINS

Reconciliation?
BEIRUT, Aug 18: Trying to make amends for refusing Iraqi athletes admission to the Arab Games last month, Lebanon on Monday welcomed an Iraqi team for a friendly soccer match, reports AP.

The visitors arrived some five weeks after Lebanon refused visas for Iraqi athletes in advance of the Eighth Arab Games, which were held in Beirut July 12-27.

The Iraqi soccer players were invited by the Lebanese Football Federation for a game Thursday that has been dubbed the "Arab Solidarity Meet." It will be the first contest between the two national teams since 1971.

The Iraqi team of 38 players and coaches flew into Beirut International Airport from Amman, Jordan, where they had traveled by land from the Iraqi capital Baghdad.

Government of the People's Republic of Bangladesh
Selected Private Secondary Schools
Renovation & Development Project
Directorate of Secondary & Higher Education
Bangladesh, Dhaka

Tender Notice
No. SHE/RDP/Chem/15/97/2091 Dated: 10-08-97

Sealed tenders in prescribed form are invited from bonafide agents/distributors/dealers/suppliers for purchase of chemicals for schools under "Selected Private Secondary Schools Renovation & Development Project" under implementation of the Directorate of Secondary & Higher Education, Shiksha Bhaban, Dhaka.

Biology tender schedule can be purchased on application by the tenderer to the Project Director, "Selected Private Secondary Schools Renovation & Development Project", Directorate of Secondary & Higher Education, Shiksha Bhaban (6th floor), Dhaka/ Assistant Secretary, Development Section, Building No. 6, Room No. 1801/1, Ministry of Education, Bangladesh Secretariat, Dhaka and cash payment of Tk 750/- (Seven hundred fifty) only during office hours from 25-08-97 to 28-08-97.

Earnest money Tk 1,20,000/- (one lakh twenty thousand) only in the form of Bank Draft/Pay Order from any scheduled bank in favour of Project Director, "Selected Private Secondary Schools Renovation & Development Project" must be attached with each tender and submitted.

Bids will be received at the office of the undersigned, Shiksha Bhaban, Dhaka/Assistant Secretary, Development Section, Building No. 6, Room No. 1801/1, Ministry of Education, Bangladesh Secretariat, Dhaka on 13-10-97 from 10:00 AM to 1:30 PM and opened on the same day at 2:30 PM in presence (if any) of the bidders.

The certificates/papers to be submitted with the tender document will be mentioned in the schedule as per tender. The authority is not bound to accept the lowest bid and reserves the right to accept or reject any or all bids without assigning any reason.

DFP-18118-12/8
G-1995

Reina Noor
Project Director

Cameroon's third in a row

HARARE, Aug 18: Cameroon's "Indomitable Lions" qualified for their third straight World Cup final on Sunday, earning Africa's fifth and final berth for the quadrennial championship with a 2-1 victory over Zimbabwe, reports AP.

Striker Patrick Mboma scored a pair of goals in the first 16 minutes of the second half to give Cameroon a 2-0 lead, and eventually send the West Africans to their fourth appearance in soccer's ultimate spectacle since 1982.

The victory gave Cameroon a 4-2-0 record and 14 points atop Group 4 of the final round of African qualifying. Angola entered the day two points behind Cameroon, but needed a victory by already eliminated Zimbabwe (1-1-4) and then had to beat Togo later Sunday to get to France.

Mboma beat reserve goalkeeper Ernest Chirimbade in the 48th and 61st minutes. Chirimbade was playing in place of regular keeper Bruce Grobbelaar, who served as coach for Zimbabwe after being declared unfit because of a knee injury.

Grobelaar, who recently was cleared of match-fixing charges in Britain, refused to speak with reporters after Sunday's match.

British-based Coventry City striker Peter Ndlovu threatened Cameroon's goal several times, but it was Edibel Dinah who finally scored for Zimbabwe in the 86th minute.

In Tunis Tunisia ended their African Zone World Cup Group 2 campaign with a convincing 4-0 win over Namibia.

Tunisia had already clinched a spot.

Zoubeyr Beya scored twice for the winners. He opened the scoring in the 19th minute then added another in the 57th.

Eskander Souayah scored in the 31st minute to make it 2-0 at halftime then Jamel Limam ended the scoring with 18 minutes left in the game.

Tunisia finished with a record of five wins and a draw. Namibia ended with a 1-4-1 mark at the bottom.

The Namibian team players were threatening a strike after not receiving payment for earlier wins. The Federation responded with threatening to send an under-23 team to the match but the main team backed down and played.

Following teams have qualified for the 32-team 1998 World Cup finals to be held in France from June 10 to July 12. The host nation and defending champions Brazil earn automatic places.

AFRICA (5): Cameroon, Morocco, Nigeria, South Africa, Tunisia.

ASIA (3 or 4): None.

CONCACAF (3): None.

EUROPE (14): None.

OCEANIA (0 or 1): None.

SOUTH AMERICA (4): None.

Note: () indicates number of places allotted to the continent

MehherobicS

How many calories do I need? Caloric needs and expenditures are a mystery to many people. Here's a few tips to help you determine how many calories you need to maintain, lose, or gain weight.

First determine your basal metabolic rate: Divide your weight in pounds by 2.2 to get your weight in kilograms. Multiply the answer by 0.9 for women and 1.0 for men. The answer is how many calories you need per hour just to stay alive. Multiply this by 24 hours to get calories needed per day.

Calories consumed above your basal metabolic rate are either burned during physical activity, or converted to fat and stored. In general, a sedentary person needs a caloric intake 30 per cent above the basal metabolic rate, 50 per cent above for moderate activity and 90 per cent above for heavy activity. Here's an example:

You determine your need 1400 calories per day just to exist (basal metabolic rate). You have a desk job and you walk for 20 minutes a few days a week. This is a sedentary lifestyle. Multiply 1400 by 30 per cent and you get 420. Add these figures and you get 1820: the number of calories per day to maintain your weight. So if you exercise more and eat less, you will lose weight.

Another quick-and-easy, while less scientific, way to determine caloric needs is as follows:

Determine your ideal weight. Multiply that weight by one of the following figures: multiply by 12 if you have a sedentary lifestyle; multiply by 15 if you have an active lifestyle; multiply by 18 if you have an athletic lifestyle. The answer is the number of calories needed per day to obtain the ideal weight.

Lunge Dips: This move will trim the annoying bulges and flab you may find around your hips, thighs and buttocks. This one will definitely give your buttocks a lift, and help you look your best from behind. Start with your feet about shoulder width apart. (You can use a chair back or counter for balance). Weight are optional. Place one foot forward. Bend your back knees and lower yourself toward the floor, so your tail bone moves straight down. Balancing your body weight over your front heel and your back toes. Keep knees at 90-degree angles. Straighten your legs and raise yourself back up. Keeping your legs in the lunge position, repeat the dip's up and down movement, like an elevator. After you have completed one set (8-12 dips down and up), alternate legs and repeat the exercise with the other leg.

Image: A person performing a lunge dip exercise.

Johnson bites the dust

LONDON, Aug 18: Labouring to an embarrassing fifth place in the 200 metres, Michael Johnson wasn't very quick around the track. He was pretty swift leaving the stadium, report agencies.

Reportedly paid 60,000 dollars to compete at Sunday's Crystal Palace meet, the Olympic champion and world record holder was beaten by three British runners and a Latvian in the 200 metre race and trailed home in 20.87 seconds, 1.55 outside his world mark.

Then he failed to take part in a 1,600 relay and left the stadium along with his agent, Brad Hunt, without stopping to explain his poor performance.

"He looked to me that his heart just wasn't in it," said Welshman Doug Turner, who won the race in 20.73. "I think he was just running for the money and to keep the people happy."

The performance was another nose-dive for an athlete who has had a roller-coaster year.

Johnson started the season as if he was on course to break Butch Reynolds' 400-metre world mark of 43.29 when he ran 43.75 in April.

On June 1, he pulled up with a leg muscle injury while taking part in a head-to-head 150-metre race against Canadian 100m world record holder Donovan Bailey. Johnson was trailing at the time and didn't look like winning the race.

He made his comeback too early on 400 in Paris on June 25 and, for the first time in eight years and 59 races over that distance, he lost. Coincidentally he finished fifth in that race too.

Johnson, didn't run competitively again until the Aug. 1-10 World Championship in Athens where he held on to 400-metre his title yet looked far below his best form. He won again in Zurich on Wednesday but said he was disappointed with his time.

Troubled by leg injuries in Athens, it's possible Johnson arrived in London short of training and speed, especially for his first 200 race since May. He appeared to run it at little more than 400 pace and never looked like winning.

Johnson was slow out of the blocks and into his stride and had only two runners behind him as he came off the bend.

Although he made a strong finish, it was too late for him to catch the leaders.

Turner dipped to win, another Briton, Marcus Adam, placed second ahead of Julian Golding, a member of the British quartet that won the 400-metre relay bronze in Athens. Sergei Isakov of Latvia also finished ahead of Johnson, who now is scheduled for races at Malmoe, Sweden, Wednesday and Brussels on Friday.

While Johnson flopped, Bailey powered to an easy victory in the 100 despite being hampered for several weeks by injuries and a virus.

The Canadian was quickest away and was at least a stride clear in 10.13 seconds with American sprinter Vince Henderson second in 10.22.

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DFP-18118-12/8
G-1995

Reina Noor
Project Director

Dhaka Club Orion bridge champs

Dhaka Club made a dramatic comeback and convincingly won the Orion national team bridge championship Sunday night by beating Kamal and Partners by 58.83 International Match Points (IMP), reports BSS.

Dhaka Club in the first two of the six-session final had been trailing by 50 IMPs.

The winners were represented by AK Feroze Ahmed, Faruq Sobhan, Walid Huq, Azizul Huq and Moazzem Hussain Khokan. The runners-up were represented by Shamsuzzaman Kamal, Shujauddin Rafique Huq Siddiqui, Ghulam Faruque, Tutul and Mamin.

The championship began here on August 8 with 36 teams from the capital and other towns of the country participating. Twelve teams qualified to play in the robin league from where four teams — Dhaka Club, Kamal and Partners, Partizan White and Aces Alpha reached the semifinals and two of them entered the final played in six sessions of 16 boards each.

Ponytail cut off!

BLOGGNA, Italy, Aug 18: The most famous ponytail in world soccer has been given the chop, reports Reuter.

Roberto Baggio turned up for training this weekend with his hair cropped short, his trademark style a thing of the past.

The ponytail which made its debut seven years ago and reached the height of its fame during the 1994 World Cup, lies quietly in a drawer in Baggio's house in Caldogno, northern Italy.

"I was tired of having long hair," the Italian striker told astonished reporters after training with his new club Bologna. "My family agreed and my wife Andreina, gave it the final snip."

Italy's newspapers were stunned. Roberto Baggio brings an era to a close," proclaimed Gazzetta Dello Sport in a front page headline on Sunday.

Image: Roberto Baggio with a short haircut.

ROBERTO BAGGIO

"We are talking about a new epoch," said La Repubblica.

"We are not talking about something done out of necessity. As in the cases of Andre Agassi or Gianluca Vialli, who shaved their heads before anyone noticed they were going bald."

"This is something much bigger than when Ruud Gullit thinned out his dreadlocks ... the ponytail became a part of literature," the paper gushed.

Baggio, who grew the tail after converting to Buddhism in the late 1980s, vowed to remain crop-headed for the rest of his career.

"It would take too long to grow back," he said. "From now on you'll just have to call me 'The Marine.'"

Tafi wins

LONDON, Aug 18: Italian rider Andrea Tafi sprinted to win the Rochester international classic cycling race, the seventh leg in the World Cup Series on Sunday, reports Xinhua.

Image: A cyclist (Andrea Tafi) in action during a race.

Pilot Pen Kafelnikov's

NEW HAVEN, Connecticut, Aug 18: Yevgeny Kafelnikov capped a solid and taxing week of tennis by outdueling Patrick Rafter in straight sets to win the Pilot Pen International tournament, his second title in three months, reports AP.

The top-seeded Kafelnikov on Sunday beat No. 8 seed Rafter 7-6, 6-4, his baseline style overcoming the net-crashing Australian for the third time in as many tries.

"It's nice to finally win a title after so many long trips here," said Kafelnikov, who has played at the Connecticut Tennis Centre every year since 1992, reaching at least the semifinals three times.

In the doubles final, Mahesh Bhupathi and Leander Paes, the fifth-seeded team from India, defeated Sebastian Lareau of Montreal and American Alex O'Brien, the No. 3 seeds, 6-4, 6-7, 6-2.

Kafelnikov's steady path to the final started with American qualifier Cecil Mamiit, followed by wins over Slava Dosedel of the Czech Republic, No. 7 seed Tim Henman of Britain and No. 5 seed Petr Korda of the Czech Republic.

It was the 13th career title for Kafelnikov, who also won at Halle, Germany in June, and the fourth time Rafter has lost in a final this year. His lone tournament win came in 1994 at Manchester.

Rafter, who climbs to No. 14 in the world to become the top-ranked Australian, past doubles partner Mark Philippoussis, said he is "sort of a bit sick and tired of coming in second place, but I guess it's better than coming in 56th, isn't it?"

The first-place prize of 150,000 dollars pushed Kafelnikov's 1997 winnings to 980,327 dollars, and the title moves him up three spots to No. 3 in the ATP rankings, returning to the highest spot he has ever reached.

Kafelnikov's matches in this tournament, including his semifinal in suffocating heat against Korda, were played in the daytime. Rafter, on the other hand, played his last three matches under the lights before Sunday's daytime finale.

"He never was facing hot weather and humid weather," Kafelnikov said. "And maybe today he was getting tired, I'm just seems not to use up any energy at all."

Kafelnikov didn't face a break point until the first game of the second set and was on course to serve out the match when he lost his service for the first time and left Rafter in position to force at least a tiebreak.

Down 5-3 on Kafelnikov's service, Rafter, desperately needing a break, used a backhand pass to go up 30-15. Then, after an unforced error by Kafelnikov, he took the game with a forehand down-the-line.

But Kafelnikov had a couple of nice shots to come right back and break Rafter to win the match, including a forehand lob that Rafter couldn't chase down after a charge, and backhand cross-court pass.

"He tried to come in on every single shot possible, and you know, for quite a few moments, he did it successfully," Kafelnikov said. "Fortunately I was able to pass him in the last game ... that was the key. If he would have held his game, it would have been 5-all, and you never know what can happen. Because when I was serving for the match, he played a marvelous game ... For a second I started feeling a little bit shaky."

The contrasting styles of Kafelnikov and Rafter neutralised each other throughout the first set, as Rafter was able to counter Kafelnikov's steady groundstrokes with his constant charges, slicing some nifty drops well out of reach.

Although the first set was played on serve, Rafter had to dig himself out of more trouble, saving two break points in the opening game and once more in his fourth service game.

Both played solid throughout most of the tiebreak, with Rafter's double-fault at 2-2 leaving him at a disadvantage.

"It was definitely costly," Rafter said. "I went for it ... probably went for it a little bit too much, I suppose."

Seles maintains streak

TORONTO, Aug 18: Top-seeded Monica Seles won her third Canadian Open in a row on Sunday with a 6-2, 6-4 victory over eighth-seeded Anke Huber of Germany, reports Reuter.

Seles earned the first prize of 150,000 dollars in extending the string of Canadian Open titles she began two years ago when she made a triumphant return to tennis after her April 1993 stabbing in Hamburg, Germany.

"That was the first tournament when I came back after the stabbing," Seles answered when asked to compare her victory this year with 1995. "I remember everything like where my family was sitting in the stands. It's hard to have that same kind of nervousness and excitement again because I've been back on the tour for two years now."

This year, her mother is at home in Sarasota, Florida, with her father, who is battling cancer.

The victory was her eighth in a row over the eighth-ranked Huber — all without losing a set — and it moved the 23-year-old Seles from third to second in the rankings behind top-ranked Martina Hingis of Switzerland.

Under scattered clouds at the National Tennis Centre, Seles lost the opening game of the match as she looked a little slow afoot. But she quickly picked up her game and won the set by simply outlasting an erratic Huber.

She led 3-1 in the second set but then appeared to tire as Huber rallied. At 3-all, Seles won the first point and then lost six in a row with a string of uncharacteristic unforced errors.

But Huber in turn, leading 4-3, 30-love, made five consecutive unforced errors to allow Seles back into the set. Seles capitalised on the chance and ended up winning the 75-minute match when Huber hit her fifth double fault at match point.

"She's always there and she doesn't miss, especially on the important point," the 22-year-old Huber said.

"It's hard if you've never beaten someone," Huber added. "Because it's always in the back of your head even if you don't want to think about it."

"I didn't play the big points very well. I tried to overpower the ball too much."

Commenting on Huber's second set comeback Seles said, "I got a little tired and a step or two shot but she also started playing better."

Though Huber led 4-3, 30-love on her serve, Seles said she wasn't overly concerned. "I'd made two unforced errors so I just tried to stay calm and take it point by point," she said. Even if I'd gone down 3-5, it's no big deal."

Seles will play in at the WTA Tour event in Atlanta this week, her fifth tournament in as many weeks and then move on to the US Open which begins August 25.

"It's always a grueling two weeks," she said about the US Open. "I do probably like to serve a little better and be more consistent."

"Monica is mentally stronger than she was two months ago," said Huber, who will play doubles with Seles at Flushing Meadows. "She will be tough to beat at the US Open."

Sampras tops earners' list

MONACO, Aug 18 (Reuter): Leading Prize-money winners (in dollars) issued by the ATP Tour today:

1. Sampras	1,860,078
2. Chang	1,143,920
3. Kuerten	1,119,958
4. Muster	1,074,190
5. Woodbridge	1,054,218
6. Corretja	1,049,922
7. Kafelnikov	984,792
8. Rios	919,555
9. Brugnera	913,808
10. Woodforde	890,697
11. Mantilla	880,383
12. Ivanisevic	813,747
13. Costa	775,929
14. Rafter	748,784
15. Philippoussis	710,481
16. Bjorkman	694,560
17. Moya	691,578
18. Medvedev	655,364
19. Krajicek	608,831
20. Pioline	608,831

CROSSWORD By Eugene Sheffer

ACROSS

1. Mentor	33. Ritzy fiddle	51. — de mer	8. Print squares
5. Post-Yule event	34. Score	52. Congregational cry	9. Grouch
9. Comedian	36. Their efforts	53. "— sana in corpore sano"	10. Allen Ginsberg poem
12. Contributor to "Barlett's"?	37. Verily	54. Picnic pest	11. Act robotically
13. Sound of impact	38. Pinkerton Agency logo	55. Aggregate	20. Resolving Russell movie
14. Laura Petrie's hubby	39. Mystic discipline	1. Star	22. "Beau—"
15. Galvanizing stuff	42. Josh	2. Monad	24. Dangerous
16. Young demons	43. Floss	3. Jaffe or structure	25. 12.5 cents
17. Reverential reaction	44. Spoon-bender	4. Chekhov play	26. Line
18. List-ending abbr.	45. Geller	5. Play-ground equipment	27. Had lunch
19. Some people cruise there	46. Prima donna	6. "Alas!"	29. Exist
20. With competence	50. Adam's son	7. PC type	30. Pitch
21. Potential puffin			31. Commercial
22. Tula sch.			35. Washing-ton city
25. 1996 World Series losers			36. Closed cars
26. Party animal?			39. Arizona city
32. Titles			40. Stopover en route to Casablanca

Solution time: 27 mins.

CRYPTOQUIP

Z O I O W Q C Z O G P T
O F C X G O F W I G B C C R O G B G
P G U Z I O , " T G R ' O X Q U B C I "
Yesterday's Cryptoquip: A HIPPIY BAKER OFTEN LIKED TO POINT OUT THAT, BASICALLY, HE'S A FLOUR CHILD.

Today's Cryptoquip clue: U equals G

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.