

May is National Family Month, offering all families a perfect opportunity to take a closer look at your eating and activity habits and start making any changes you need to get and stay healthy.

Your first stop should be www.mypyramid.gov, where you will find information and interactive tools that will help your family follow the key recommendations of the government's new Dietary Guidelines for Americans. MyPyramid for adults and older children and MyPyramid for Kids for younger children each offer personalized and practical ways to create an eating and activity plan that is best for each member of your family.

Kuwait Chamber Philharmonia to present gala concerts



Witold Wnuk, director of Kuwait Chamber Philharmonia (left), Jan Petter Eilertson, general manager of Radisson Blu Hotel (second from left), Janusz Swedo, ambassador of Poland (third from left) and Cezary Owerkowicz, chairman of Kuwait Chamber Philharmonia (right) at a press conference in Radisson Blu Hotel on Tuesday, March 9, 2010. (Al Watan)

Sheeba Madan
Staff Writer

KUWAIT: The Ambassador of Poland, Janusz Swedo, announced Tuesday at a press conference that the Kuwait Chamber Philharmonia will present gala concerts by the National Polish Radio Symphony Orchestra at Radisson Blu from March 17-18 to mark the International Chopin year. The events are being organized by the Polish Ministry of Culture and National Heritage and the Embassy of Poland and are being held under the patronage of the Minister of Amiri Affairs, Sheikh Nasser Al-Ahmad Al-Sabah.

"The year 2010 has been proclaimed as the Chopin year across the world on the occasion of the bicentennial anniversary of the composer's birthday," Ambassador Swedo said.

The Ambassador added that the Kuwait Chamber Philharmonia is presenting something very Polish. He said Chopin's father was a French expatriate and his mother was Polish. According to the Ambassador, Chopin's music had a Polish as well as a European influence. The Ambassador described Chopin's music as the quintessence of the Polish soul.

"The International Chopin Year 2010 creates a very good occasion to offer Chopin's music to Kuwait and other Gulf countries, to their societies as a share of international friendship and understanding between peoples of the world," the Ambassador noted.

Witold Wnuk, director of the Kuwait Chamber Philharmonia, said the events are part of world celebrations of Chopin's birth as well as the regional tour of the National Polish Radio

Symphony Orchestra. He added that the winners of the Chopin competitions, Krzysztof Jablonski and Phillippe Giusiano, will present Chopin's piano works with the orchestra.

He mentioned that the regional tour of the orchestra will start in Doha on March 16 and will end in Abu Dhabi on March 20.

Cezary Owerkowicz, chairman of the Kuwait Chamber Philharmonia said that Chopin is a unique composer popular all across the world. He referred to Kuwait as the Golden Gate of the Gulf. He encouraged young people to participate in Chopin competitions. He noted that it is a challenge for Kuwait musicians and young musicians in the Gulf to follow Chopin.

Owerkowicz encouraged Kuwaitis and expatriates to buy tickets since music promotes a message of understanding and is a language that speaks to people of all cultures. He said it is a positive sign that the Gulf countries are encouraging music competitions and holding concerts. Chopin year committees have been set up in many countries and celebrations started simultaneously in Warsaw, Beijing, Tokyo, New York and London. International celebrations have included concerts, competitions, exhibitions, seminars and opera, ballet and theater spectacles inspired by Chopin music jazz festivals.

The National Polish Radio Symphony Orchestra is the leading Polish orchestra and represents Polish on the international art scene. The orchestra has presented Polish works of art in concerts across Europe and has cooperated with some of the greatest composers of the 20th century and presented the first performances of their works.

World champion free style runner Ryan Doyle to judge 'Urban Jump' competition

After being practised on the streets of Kuwait, this sport will be brought to the public for the first time as a competition.

Ricky Laxa and Agencies
Staff Writer

KUWAIT: Twenty six years old Ryan Dole, winner of 2009 Red Bull Art of Motion World Championship held in Austria will judge the very first "Parkour" and "Freestyle" running competition in Kuwait on March 12 at 6:30 in the evening in eXtreme Skate Park of Marina Crescent. Doyle is scheduled to perform in three major universities namely; Australian College of Kuwait, Kuwait University and Gulf University for Science and Technology on Thursday.

In a press release handed out by Red Bull stated that forty competitors have already signed up for the event and ninety percent are Kuwaiti nationals. Applicants are expected to increase towards the day of the event. Doyle is expected to perform prior to the announcement of the winners and a huge crowd is expected to arrive and witness the event.

Competitors fall in two different categories that include "Parkour" (Art of moving) which require participants to run along a route attempting to negotiate obstacles in the most efficient way possible, as if one moves in an emergency situation. Skills such as jumping

and climbing or the more specific moves are employed. The object of Parkour is to get from one place to another using only the human body and the objects in the environment. The other category is called "Free running." It is a form of urban acrobatics which participants, known as free runners, use the city and rural landscape to perform movements through its structures.

It incorporates efficient movements from Parkour, adds aesthetic vaults and other acrobatics, such as tricking and street stunts, creating an athletic and aesthetically pleasing way of moving. It is commonly practiced at gymnasiums and in urban areas that are cluttered with obstacles. Challenging obstacles

are being built for this event such as plateaus, walls and wooden boxes. The participating athletes will perform breathtaking flips, spins and jumps from walls as well as somersaults over car roofs. The participants are expected to reach their limits in a safe and competitive environment.

Doyle said: "I am very excited to come to Kuwait and help the scene to develop; this is an amazing new sport which shows lots of skills and acrobatic moves. I am very positive that the guys will perform an excellent show for the audience. From what I have seen on the internet, the level in Kuwait looks very promising."

Parkour was developed in France by

French soldier Raymond Belle. The main aim was to develop clever way of escaping from war. David Belle his son later developed it. The current form emerged in 1988 and was combined with the gymnastics and martial arts. Its philosophy lies on physical obstacle course that not only prepares one physically but also prepares one mentally to face all the obstacles of life. A parkour practitioner takes the challenge and tries to overcome it. The philosophy of freedom is inherent in it, as it can be practiced at any time and place.

One cannot categorize it being an extreme kind of sport. The movements are few and it all depends on individual style, speed, physics, approach etc. the body as well as the mind is

trained, one needs guts and immediate instinct to conquer the obstacle. All this also largely depends of how the energy of the body is rapidly distributed and absorbed.

The weight of the body, speed of jumping, rolling and landing has to be precise and accurate. The landing has to be very accurate with minimum impact over the spine and the legs. Some of the basic movements in parkour are drop, gap jump, landing, cat leap, lache, diving Kong, roll, tic tac, spring jump, dash vault etc.

2007 and 2009 in Vienna were among the most recent freestyle running and Parkour competitions organized and sponsored by Red Bull and the first one in Kuwait and the Middle East.



Ryan Dole performs techniques and tricks of Freestyle running and Parkour



Eggs should be considered 'superfood' - study

LONDON: Eggs should be considered a 'superfood' because they can boost health and tackle obesity, researchers said Tuesday. Nutritionists say eggs are one of the most nutrient-dense foods and are recommending one a day for the maximum benefit.

The study, released today and to be published in June in the journal Nutrition and Food Science here, analyzed 71 research papers and reference documents that examined the nutritional composition of eggs and their role in diet. They discovered that, despite being low in calories, eggs are a rich source of protein and are packed with nutrients thought essential to good health, particularly vitamin D, vitamin B12, and selenium.

The report confirms that among protein foods, eggs contain the richest mix of essential amino acids - crucial for children, adolescents and young adults since a balance of them is required for proper growth and repair. The high levels of antioxidants found in eggs mean they could even help prevent age-related macular degeneration - a leading cause of blindness. The research

team highlighted data from research in the U.S. which found that people who ate eggs had higher intakes of nearly all nutrients compared with non-egg eaters. Dr. Carrie Ruxton, an independent dietitian and lead author of the report, said "The health benefits of eggs would appear to be so great that it's perhaps no exaggeration to call them a superfood - they are one of the most nutrient-dense foods available." The study identified specific groups which could benefit from eating more eggs, including the young, heavy meat-eaters and those who shun milk.

One of the key findings was that eggs are an important dietary source of vitamin D and could significantly help to boost daily intake of it. Just one egg provides more than 20 per cent of the recommended daily allowance. The latest findings, funded by the British Egg Industry Council, suggest that one or two eggs a day have no effect on total cholesterol levels for most people. Meanwhile, the Daily Mail newspaper said files released recently showed that in 1979 Margaret Thatcher lost weight on a short-term diet of 28 eggs a week. -KUNA

Malaysia invites animal right groups to World Halal Forum

KUALA LUMPUR: Malaysia called on animal rights organizations to participate in the Fifth World Halal Forum (WHF) to be held here on June 21 and 22 to learn about the humane Muslim way of slaughtering animals.

In statements to Kuwait News Agency (KUNA), WHF Founder and Managing Director Jumaatun Azmi said she expected several non-Islamic countries to take part in the forum.

The forum aims to set international standards for Halal products, she said, noting that the concept of "commercial Halal" was new.

She praised the efforts of the Malaysian government in seeking to widen its partnership in the international Halal market and in making the country an important economic center for Halal products and services. She emphasized that Malaysia was playing a great international role in setting joint standards for Halal food. Malaysia had adopted the idea of implementing joint standards for Halal food at the Fourth World Halal Forum that was held here last May. WHF, which was held for the first time in 2006, is sponsored by the Malaysian company of KasehDia. Economic, academic, scientific, and social researchers will be taking part in the event. -KUNA

UN says mother-child HIV can be eliminated by 2015

GENEVA: The United Nations says mother-to-child HIV transmission can be eliminated by 2015 if health programs receive increased investments as planned. Michel Sidibe, the head of UNAIDS, appealed to government and private donors to keep investing in the Global Fund to Fight AIDS, tuberculosis and malaria. Michel D. Kazatchkine, the Global Fund's ex-

ecutive director, said Monday "it is also now possible to imagine a world with no more malaria deaths." The Global Fund is meeting in The Hague, Netherlands, on March 24 to examine how it can meet its goals eliminating or reducing instances of the three diseases by 2015. It estimates that between \$13-20 billion are needed for the period 2011-2013. -AP

Qatar hosts European-Arab human rights convention

DOHA: A Qatari official affirmed on Monday Doha's distinguished concern at women rights and care and staunch opposition to gender discrimination.

Chairman of the Qatari Human Rights National Committee Dr. Ali Al-Marri said in a statement, inaugurating the fifth conference for the program of European-Arab human rights dialogue for the national human rights association on women rights, that the Gulf state has signed international treaties against gender discrimination.

The Qatari Constitution affirms protection of motherhood, childhood, equality principle of the rights and duties as well as "equality in front of the law," said Al-Marri.

He indicated that the national associations should play a greater role for the promotion of the women rights, noting that this level of the dialogue between the Arabs and Europeans, since its launch in Jordan, is aimed at establishing partnership and fruitful cultural interaction between the two nations.

For his part, the head of the consultative council in Morocco, Ahmad Harazni, said success of such dialogue depends on active participation of the national authorities and associations in the Arab and European worlds. The conference coincided with the Woman Day, celebrated throughout the world. -KUNA