

Entertainment focus



Dmitry Lovetsky / The Associated Press
Crowds gather to watch the 4,335 strong choir of St. Petersburg perform a mass choir program.

Russian choir of 4,335 performs

More than 4,000 Russian singers have performed outdoors in St. Petersburg with the aim of setting a world record for the largest choir.
The 4,335 singers of all ages and from nearly all of the city's professional and amateur choirs sang from the steps of St. Isaac's Cathedral before thousands of spectators under an intermittent rain.
The spectators, who closed their umbrellas with the start of Sunday's performance, sang along during the one-hour concert. The 14 songs performed included some of the most popular and patriotic songs of Russia and the Soviet Union, including a hymn celebrating the country's victory in World War II.
Yulia Alshenina, whose daughter sang in the choir, said the concert was so moving she could not hold back her tears.

- The Associated Press

Health focus

Be sure you're eating the right kind of fats

Not all fats in foods are created equal. Saturated fat and transfat have been associated with heart disease, cancer and possibly type 2 diabetes. Saturated fats are found in meats, milk, cheese, butter, lard and coconut oil.
Transfats are found in foods such as margarine, baked goods, salty snacks and fried foods, said Dr. Lauri Wright, registered dietitian and USF professor in the college of public health.
The more "healthful" fats - unsaturated fats - are found in

fish, walnuts, olive and canola oil, avocados, olives, peanut butter and soy milk.
The American Heart Association recommends that only 25 to 35 percent of daily calories come from fat.
Here are Dr. Wright's trips on how to improve your fat intake:
■ Eat less red meat (beef, pork, lamb) and more fish and chicken.
■ Try to eat fish rich in omega-3, such as salmon or tuna.

- Bake, broil or grill instead of frying.
 - Avoid breaded meats and vegetables as well as deep-fried foods.
 - Choose fruits instead of baked goods.
 - Use liquid vegetable oils such as olive or canola oil instead of lard, shortening or butter.
 - Use healthier salad dressings such as oil and vinegar rather than creamy dressings.
- Kayla Stirzel,
Daily Sun staff writer



Useless knowledge

- Golf was banned in England in 1457 because it was considered a distraction from the serious pursuit of archery.
- Before 1859, baseball umpires were seated in padded chairs behind home plate.
- Butterflies taste with their hind feet.

Celebrity focus



Less than two weeks after Angelina Jolie revealed she'd had a double mastectomy to avoid breast cancer, her aunt died from the disease Sunday.
Debbie Martin died at age 61 at a hospital in Escondido, Calif., near San Diego, her husband, Ron Martin, told The Associated Press. Martin was the younger sister of Jolie's mother, Marcheline Bertrand, whose death from ovarian cancer in 2007 inspired the surgery that Jolie described in a New York Times op-ed.

- The Associated Press

Inside

- Advice Columns . . .
- Entertainment . . .
- Goren Bridge
- Health
- Puzzles
- Recreation Schedul
- TV Grid
- Villages News

Comics D6