

Eye on World & Local

TERRORISTS STRIKE MOSCOW, RUSSIA ONCE AGAIN

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For Russia, specifically its capital city Moscow, it's become all too familiar. For the fourth time in the past 6 years, terrorists targeted and struck the Moscow Metro, the second busiest metro line in the world, with explosives. The latest attack came on the morning of March 29th when two female suicide bombers riding on two separate trains on the metros "Red Arrow" line detonated their bombs when their trains reached their stations. A total of 40 people perished from the attacks with nearly 100 other passengers reporting serious injuries.

"It is well known that today a terrible crime against civilians in its effects and disgusting in its character was carried out," spoke Russian Prime Minister Vladimir Putin. "I am sure that police will do their best to find and punish the criminals. The terrorists will be destroyed," say Putin according to Ria Novosti Newswire, a Russia news and media agency.

The two female suicide bombers wore explosives around their waist and stood by the doors on the train and detonated the explosives as the doors opened at the stations. The first bomb was detonated at 7:56am at the Lubyanka station, with the second bomb detonating at 8:38am at the Park Kultury station. The attacks were done in the morning rush hour which is the peak of occupation for the Moscow Metro.

Almost immediately, rebels from the North Caucasus region, specifically Chechnya, were suspected to have carried out the attacks. This due to the fact that Russia's previous attacks were all carried out by natives and loyalists to the North Caucasus. Ramzan Kadyrov, Chechnya's president, spoke on the attacks. "Again ter-

rorism bids defiance to the state, [to the] society. The organizers and executors, whoever they are, are trying to spark chaos, drive Russia into the abyss of fear, distrust, undermine its economy," spoke Kadyrov. "During this difficult day for Russia's peoples, we declare with all responsibility that [we] will fight against terrorists until they are completely destroyed," he says according to Ria Novosti.

In the weeks since the attack, responsibility of the attack has been claimed. Dokka Umarov, an Islamist rebel leader who is the self proclaimed Emir (prince) of Russia's North Caucasus, has claimed he is the man who organized and sent the female attackers to Moscow.

He has been linked to many terroristic plots and is wanted by Russia for treason, kidnapping and murder. The bombers have been identified by Russian authorities as Dzhanelt Abdullayeva and Maryam Sharipova both of Dagestan in the North Caucasus region. Abdullayeva (17) is believed to be a widow of a senior Caucasus militant whom had been killed by Russian forces. Sharipova (28) was a school teacher and the wife of an Islamist rebel commander who was identified by her father who had seen her picture on the news and internet.

Russia's president Dmitry Medvedev also commented after the bombings, in a quote from Xinhua News Agency he says, "It is difficult to prevent such terrorist attacks and to provide security on transport. It is necessary to tighten what we do, to look at the problem on a national scale, not only relating to a certain populated area but on a national scale. Obviously, what we have done before is not enough."

German Researchers: A Delicious Way To Be Heart Healthy

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Researchers now say that eating chocolate can actually lead to a heart healthy life. (photo courtesy of AFP)

Christmas, Halloween, Easter, Valentine's Day and even Mother's Day – what do they all have in common? Chocolate. Delicious, delectable chocolate that most of us can't say "no" to. Obviously, we're exposed to chocolate several times throughout the year. Despite its sweet and savory taste, we still end up feeling guilty after each a piece of a Hershey bar we eat because of the high fat and calorie content.

However, recent studies of chocolate's health benefits may allow us to ease up on our chocolaty guilt.

After researchers followed almost 20,000 people over the course of eight years through questionnaires on their diets and exercise habits, 39 percent of them had a lower risk of either a heart attack or stroke. Although the study has not indicated what kind of chocolate the participants were given, dark chocolate is the "healthiest" type of chocolate because it can lower blood pressure and LDL (bad cholesterol) cholesterol levels. Dark chocolate can also stimulate endorphin production which works as "natural pain relievers" and it contains serotonin which can act as an antidepressant.

Of course, dark chocolate and other kinds of chocolate should be consumed in low quantities because otherwise too much chocolate could lead to weight gain, which would contradict chocolate's health benefits when eaten in smaller amounts.

The study's lead author, Brian Buijsse, explains that there hasn't been enough research done to issue recommendations for daily doses of chocolate, "but if people replace sugar or high-fat snacks with a little piece of dark chocolate, that might help." He is a nutritional epidemiologist at the German Institute of Human Nutrition in Nuthetal, Germany.

These studies don't suggest pigging out on chocolate, but if you do eat chocolate, make sure to omit other sweets from your diet and replace them with chocolate to balance out your caloric intake. Only 1/3 of the fat in dark chocolate is harmful, but on average, one bar of dark chocolate is about 400 calories, so try not to eat the whole bar in one day.

- Information in this article was used courtesy of the Associated Press -

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