



Memorial complex of Brest Hero Fortress

# Make responsible choices

Seven most significant cultural-historical sites to be chosen in Belarus

By Alexey Danilin

The First Deputy Head of the Presidential Administration, Alexey Radkov, has announced the *Seven Miracles of Belarus* project, during a seminar of ideological activists, in the Vitebsk Region. Among the most discussed topics were the forthcoming elections to Local Councils of Deputies, the development of regional media and the victories of our Olympians in Sochi.

Exchange of experience and dialogue is vital, as emphasised by Alexander Radkov. He notes, "Even if you are diligently standing at your machine, you understand that your work must be of the highest quality: you are responsible. It is an ideology of responsibility." Patriotism pervades every aspect of life, encompassing respect for own history and national traditions. In this sense, *Seven Miracles of Belarus* bears great significance.

Public opinion will be used alongside that of experts to select the list of important places. "We may include Brest



St. Sophia Cathedral in Polotsk

Hero Fortress, the St. Sophia Cathedral in Polotsk, Buinichi Field, or the castles of Mir or Nesvizh. In choosing, it's desirable that we have not only religious sites but places of heroic glory: relics of our people which each resident and visitor feel obliged to visit," Mr. Radkov explains.

Youngsters in the Orsha District recently gathered to discuss freedom of choice and responsibility, in readiness for the forthcoming elections to

Local Councils of Deputies. "Elections are always a moment of truth: a moment of responsibility for each person, since our choice defines the future of citizens, families and the country. Everyone making a decision needs to act consciously and responsibly," asserted Mr. Radkov, addressing the young people.

Speaking of the role of the regional media in public life, the first Deputy Head of the Administration of the Presi-

dent noted that local regional newspapers have an important role to play. He believes that their steady circulation needs to be encouraged, alongside regional television, since both reflect events affecting local residents. Naturally, this inspires interest, since the news features issues affecting their region and the people they know.

Mr. Radkov notes that three-time Olympic champion Darya Domracheva is to become a Hero of Belarus. He asserts, "As soon as Darya had skied, and we saw that she had won a gold medal, we at once said that she was a hero of Belarus. Her success is the result of much wearisome work; such victories are not spontaneous, being the result of intense effort from sportsmen, trainers, all those involved in preparing competitions and children's sports schools. Medals are a joint victory, bringing happiness and inspiring so many people. In winning a gold medal, and then more, Darya has inspired everyone. We are sure that new and no less great victories lie ahead."

Advice from Dr. Zhukova

## Meal should gladden

Lent is adhered to strictly by many believers, who give up a number of 'luxuries' throughout this time, to help them gain spiritual focus.

Candidate of Medical Sciences, gastroenterologist Tatiana Zhukova, tells about how to 'survive' Lent without suffering any negative consequences — and how to resume your usual diet afterwards.



Lent is the time of strictest fasting. During Pancake Week, meat is put aside, although people can still eat eggs and dairy products — including cheese. However, as Lent begins, all products of animal origin are 'forbidden': meat, fish, dairy products and eggs, rich white bread and sweets. Even mayonnaise is taboo, being made with eggs. Instead, believers enjoy a diet of dried and fresh fruits, nuts, fungi, cereals such as porridge (made with water), dark bread, and vegetables — including sauerkraut and pickles. Tea is permitted: alcohol is certainly not!

Porridge and legumes (lentils and kidney beans) are a source of protein, which can partly replace meat (ignore express-porridges found in supermarkets — since these lack whole oat grains). Frozen vegetables are a good alternative to fresh (since the nutrients are preserved well) and cabbage, beetroots and carrots are all acceptable sources of carbohydrate, to give you energy. You can also eat pasta.

Anyone suffering from allergies must be careful in their choices. Many switch to shellfish during Lent, which can aggravate existing problems — especially relating to the liver.

*The church distinguishes four degrees of fasting during Lent: 'dry' — bread, vegetables and fruit; 'cooking without anointing oil' — jam and vegetables without vegetable oil; 'permission for wine and anointing oil' — wine for strength; and 'permission for fish' — allowed only on Annunciation Day and Palm Sunday.*

Children, the elderly, pregnant women, and those who are unwell are all 'exempt' in the church's eyes. Gastroenterologists would also advise that anyone suffering from stress, recovering from surgery or performing hard physical work refrain from fasting. Needless to say, those suffering from anaemia, renal problems, gastritis, duodenal or gastro-duodenal ulcers, cholecystitis, pancreatitis or diabetes should also maintain their usual, advised, diet. Perhaps a third (if not half) of urban residents are likely to be affected, so it's wise to consult a gastroenterologist before beginning your fast.

Moderation and gradual change is essential. In bygone times, people phased out food-stuffs in stages: first meat (eating ever smaller amounts — and usually just boiled), then fish. Since it's impossible to gain all the proteins, vitamins and minerals you need from a dairy, fish and meat free diet, I recommend taking multivitamins, especially containing such microelements as calcium and iron. We gain most of our iron from meat but apples, nuts and pomegranates do contain a small amount. In truth, you'd need to eat a mountain of them to match the protein in meat.

Drink as much liquid as possible — water and juice — throughout your fasting and afterwards. On ending your fasting, always switch back to your normal diet gradually, to allow your body time to adjust.

Candidate of Medical Sciences, gastroenterologist **Tatiana Zhukova**

# Five visits over five years

5 years — 5 visits photo exhibition dedicated to memory of former President of Venezuela Hugo Chávez opens at Rakurs Gallery — at National Library of Belarus

By Vladimir Samsonov

As part of the 'Following Chávez' international campaign, marking the first anniversary of the death of the President of the Bolivarian Republic of Belarus, the exhibition recalls his visits to Belarus. He toured Belarusian enterprises and visited institutions of science and culture, with his visits well-documented by photographers.

Americo Diaz Nunez, Ambassador Extraordinary and Plenipotentiary of Venezuela to Belarus, tells us that the photos 'reflect not only particular events but the spirit of friendship between our two countries' and 'honour the memory of Hugo Chávez'. He adds that the photos celebrate 'the brotherhood that exists between our countries and which will continue to develop'.



Exhibition attracts attention of visitors