



Tourists admiring the 'Jalur Gemilang' in George Town yesterday.

Merdeka celebrations scaled down

KUALA LUMPUR: The Merdeka Day parade is a significant part of the celebrations for the country's 57 years of independence which, according to public opinion, should be held on a reduced scale this year.

This was the feeling of several people interviewed yesterday at Dataran Merdeka where the parade is to be held on Aug 31.

Architecture student Tan Jia Yi, said that having the parade would display the nation's spirit of unity and harmony.

She added that while doing so "we should also not forget the sentiments of the victims of the two MAS tragedies and their families".

Another student, Wong Luh Yi, said that the parade would also help Malaysians to commemorate the sacrifices made by those to



(from left) Emma and her friend Yassamin, Tan and Luh Yi at Dataran Merdeka yesterday.

ensure the country's independence.

For 21-year-old Emma Wong, she felt that it would be appropriate if a moment of silence could be held before the parade begins as a mark of respect for the victims of the MAS tragedies.

"This would let the families of the victims know that we have not forgotten them," she said.

Rural and Regional Development Minister Datuk Seri Mohd Shafie Apdal had earlier stated that the parade would go on but on a moderate scale.

No major change in dam levels

> Despite recent downpours in Selangor, the increase was a minimal 0.07% from last Saturday

BY **ADRIAN PHUNG**
newsdesk@thesundaily.com

PETALING JAYA: The recent heavy rainfall in the state did not have any major impact on the water level in the Sungai Selangor dam which supplies water to 60% of households in the Klang Valley.

According to the Selangor Water Management Authority (LUAS) website, the current water level was 32.10%, which is the same as on Saturday. However, it was an increase of 0.07% from Tuesday's reading of 32.03%.

It also showed that the dam only received 1.98mm of rainfall on Tuesday.

Meteorological Department scientist Mohd Hisham Mohd Anip said although there was heavy rainfall over the past few days and more was expected until this weekend, it might not provide much assistance in increasing the dam's water level.

"This is because the rainfall during the southwest monsoon is mostly isolated and closer to the coastal areas while our dams are mostly located at inland areas. To have a major increase in the dam's water

level, we have to rely on the rainfall during the inter-monsoon period expected next month or during the northeast monsoon," he added.

Meanwhile, Selangor Youth and Sports, Infrastructure and Public Amenities committee chairman Dr Ahmad Yunus Hairi said the rainfall volume at the Sungai Selangor dam's catchment area was the highest in the past two months.

"Through the cloud seeding activities using the sodium chloride method, which we conduct twice a day at the Sungai Selangor dam's catchment area, we managed to receive a total of 181.65mm of rainfall from Aug 1-12.

"This is a positive development considering that we only managed to receive 69.52mm of rainfall in June and 73.05mm of rainfall in July at the dam's catchment area," he added.

He said other mitigation methods would continue, including reducing the water release from the Sungai Selangor dam to 700 million litres per day (mld) and Sungai Tinggi dam to 500mld.

He said this reduction, together with the cloud seeding activities and the increase of water pumped from alternative ponds, would help sustain the dam's capacity until the arrival of the northeast monsoon in October, which was expected to bring heavy rainfall.

On water rationing, he said for the time being the state government has no such plans.

Roasters Health Watch 2014 launched

BY **AIEZAT FADZELL**
newsdesk@thesundaily.com

KUALA LUMPUR: In this fast developing era, today's generation needs to eat healthy as many young adults take their bodies for granted.

"Exercise alone is not enough as people need to eat well to stay healthy," said Sports Toto Fitness Centre club manager Jonathan Tan.

He noted that people lose the ability to manage their own time and often neglect having a healthy eating habit.

He said those especially in their 20s tend to grab food within their reach without considering what impact the food would have on the body.

"One must remember that as we age, our muscles and joints deteriorate in both strength and flexibility," he told a press conference yesterday to announce the Roasters Health Watch 2014 (RHW) programme organised by Kenny Rogers Roasters and Sports Toto.

Started in 2005, RHW is an eight-week health management

programme that combines a specially-tailored exercise regime by qualified fitness personnel with a healthy and balanced diet to encourage healthy living.

This year's theme is 'Healthy Twenties' and is aimed at getting young adults, aged between 20 and 29 years, to participate in a health challenge where they stand a chance to win prizes.

Eight individuals will join two local celebrities - Figrie, a DJ at Red.fm and singer Ke Qing - and will be placed in two groups for the health challenge which will include weight training, flexibility and cardiovascular exercises.

Berjaya Roasters (M) Sdn Bhd brand manager Christina Thong said each contestant would be required to eat at least three meals a week at any Kenny Rogers Roasters' outlet.

Those interested can get the forms at Kenny Rogers Roasters outlets or download from www.krr.com.my.

RHW 2014 will be held from Sept 25 to Nov 27.

BRIEFS

PENANG OKAY WITH KEDAH AIRPORT

GEORGE TOWN: Penang has no objection to Kedah having its own international airport if the new facility does not jeopardise the Penang International Airport (PIA). Chief Minister Lim Guan Eng said Kedah residents have the right to ask for development in their state and that would be respected. He, however, stressed that his administration will oppose any move to replace the PIA with the Kulim International Airport.

VETERAN COMEDIAN MAIDIN IBRAHIM DIES

ALOR STAR: A veteran comedian, renowned for his role in the film *Anak Mami*, Maidin Ibrahim, 76, died at 2pm yesterday. According to a member of his family who declined to be identified, Maidin succumbed to a heart attack at his house in Kampung Pokok Tai, Gurun. The late Maidin, who was popular with the name Mamu Maidin, leaves his wife Habirah Ibrahim, five children and 13 grandchildren. - Bernama

THREE MILLION E-BOOKS

KUALA LUMPUR: The World e-Book Library features about three million e-Book collections in 200 plus languages which can be accessed through the internet. Access Dunia Sdn Bhd marketing executive, Bismayazan Abu Bakar Shedeq, said the e-Book collection library is loaded with hundreds of the finest e-Books and e-Documents.

Extra RM27 million to eradicate dengue

PUTRAJAYA: The Cabinet has approved an additional allocation of RM27 million to intensify the fight against dengue fever for two months, said Health Minister Datuk Seri Dr S. Subramaniam.

"It will enable us to increase staff, use the private sector to assist in fogging operations, provide assistance to local authorities and the Department of Health at the state level.

"I hope in this two months, the number of dengue cases will go down," he told reporters before chairing a post-cabinet

meeting yesterday.

He said the ministry will also provide 100,000 dengue diagnostic kits to public and private health clinics in the Klang Valley. However, the kit is only available to private clinics that conduct early dengue detection tests.

"It is free as no fee will be charged for the test. Those found to be charging to make a profit will be blacklisted."

Ministry records show that from January to Aug 9, a total of 59,790 cases were reported nationwide, resulting in 123 deaths. - Bernama

'Avoid visiting Ebola-hit countries'

PETALING JAYA: The Foreign Ministry has cautioned Malaysians against travelling to the Western African region in view of the outbreak of Ebola virus disease (EVD).

Wisma Putra, in a statement yesterday, urged Malaysians to avoid travelling to the countries, including Sierra Leone, the Republic of Guinea and Liberia and exercise caution when travelling to other

parts of the region, Bernama reports.

"However, for those who have to travel to the such countries, it is highly advisable to strictly adhere to the guidelines provided by the Health Ministry in its recent press statements as a precautionary measure and to minimise the risk of infection," it said, adding that the advisory will be in force until further notice.



Singer Ke Qing (left) and Red.fm DJ Figrie will head the two groups for the RHW 2014 challenge.