

Twitter



## Tom Cruise

We're havin' such a good day that we've decided its time to dance like Les Grossman! pic.twitter.com/af4vHrb2E



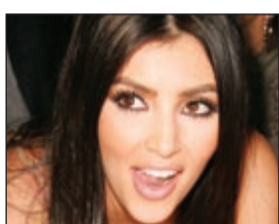
## Neil Patrick Harris

Neil Patrick Harris Celebrates Birthday & Father's Day, Shares Adorable Photo of Twins <http://eonline/1bK1cKO>



## Frankie Delgado

The Hills Star Frankie Delgado Marries Jennifer Acosta <http://eonline/10nva7Q>



## Kim Kardashian

Kim Kardashian's BFF Britney Gastineau Visits Her at Hospital <http://eonline/1bJaAhL>



## Kanye West

Kanye West and More First-Time Dads Celebrating Father's Day <http://eonline/1bJBWEC>



## Kate Middleton

Pregnant Kate Middleton Stuns at Queen Elizabeth's Birthday Parade <http://eonline/1bHD5fP>



## Tamra Barney

Real Housewives' Tamra Barney Marries Edie Judge! <http://eonline/10mfce8>

## International

# OBAMA, PUTIN FACE TOUGH TALKS ON SYRIA AT G8 SUMMIT

Reuters -- President Barack Obama was expected to seek the help of Russia's Vladimir Putin, Syria's most powerful ally, to bring Bashar al-Assad to the negotiating table and end a two-year civil war.

At their first private face-to-face meeting in a year, Obama was to try to find common ground with Putin on the sidelines of a G8 summit in Northern after angering the Kremlin by authorising U.S. military support for the Syrian president's opponents.

During talks with British Prime Minister David Cameron in London on the eve of the summit, Putin renewed his criticism of the West's position in startling tones, describing Assad's foes as cannibals.

"I think you will not deny that one does not really need to support the people who not only kill their enemies, but open up their bodies, eat their intestines, in front of the public and cameras," Putin said at a joint news conference with Cameron.



"Are these the people you want to support? Is it them who you want to supply with weapons?"

Cameron conceded London and Moscow remained far apart.

Russia does not buy the West's assertion that Assad's forces have used chemical weapons and crossed a red line in doing so, saying U.S. military support for Syrian rebels would only escalate violence.

Washington said on Saturday it would keep

F-16 fighters and Patriot missiles in Jordan at Amman's request, prompting Moscow to bristle at the possibility they could be used to enforce a no-fly zone inside Syria.

Putin's rhetoric has become increasingly anti-Western since he regained the presidency last year but he appeared upbeat in London, stressing several areas of cooperation between Russian and Britain.

At the Lough Erne golf resort in Northern

Ireland, Cameron will bring together leaders of the United States, Japan, Canada, Russia, Germany, France and Italy - representing just over half of the \$71.7 trillion global economy.

Syria will inevitably dominate the Monday-Tuesday talks but persistent worries about the global economy will also be central to the discussions.

Japanese Prime Minister Shinzo Abe, German Chancellor Angela Merkel and other leaders will likely discuss the role of central banks and monetary policy.

They are likely to say they are not content with progress so far in fixing their economies in the wake of the global financial crisis, according to a draft communique seen by Reuters.

The leaders of the European Union and United States are likely to announce the start of formal negotiations on a free trade deal that could be worth more than \$100 billion a year to each economy.

## Health

# Tai chi: getting there more slowly, but gracefully and intact



Reuters -- For modern, hurried lifestyles focused on getting and spending, fitness experts say tai chi, the ancient Chinese slow-moving exercise, can be an ideal way for anyone to stay fit.

A staple in senior citizen centers and a common dawn sighting in public parks, the practice can offer long-term benefits for all age groups.

"In this high-tech world that's all about speed, greed and instant gratification, tai chi is the antidote to bring us back to balanced health," according to Arthur Rosenfeld, a tai chi master and the author of a new book called "Tai Chi — The Perfect Exercise: Finding Health, Happiness, Balance, and Strength."

"It doesn't mean you can win the marathon or clean and jerk 750 pounds or win a cycle sprint," said the South Florida resident, 56. "It's not about getting there sooner." Tai chi is more about how the body works than how it looks, and is about aging gracefully and "with less drama."

"The last time I looked, there were some 500 studies about the various physical benefits of tai chi, from improving balance and attention span to boosting the immune system to beating back the symptoms of arthritis, asthma and insomnia," said Rosenfeld.

An estimated 2.3 million U.S. adults have done tai chi in the past 12 months, according to a 2007 National Health Interview Survey.

The practice is not perfect. Tai chi "does not supply the cardiovascular component that we'd be looking for in a well-rounded routine," said Jessica Matthews, a San Diego, California-based exercise physiologist. "The exertion level, while challenging, is not going to increase your heart rate."

Tai chi ch'uan, as it is formally known, derives from a form of Chinese martial arts. Explaining the slow, circular movement of the practice, Rosenfeld said tai chi is a philosophical term that means the harmonious interplay of opposing forces.

When nature encounters a strong force, the way it answers that force to maintain harmony in the world is with a spiral, he said. "Astronomers see galaxies moving in spirals, water goes down the drain in a spiral, tornados form as a spiral. We spiral in tai chi because the most effective way to move fluid through solid is a spiral."

Hawaii-based personal and group-fitness trainer Jordan Forth, who has studied tai chi since 2006, said one translation of tai chi is "grand ultimate motion."

"I recommend it to everybody," said Forth. "It teaches people to move well in multiple planes of motion with a state of awareness not cultivated in everyday fitness. Most people check out on a treadmill or during high-intensity activity."

Forth said tai chi improves mobility, movement and flexibility and can be even more dynamic than yoga, which the 35-year-old has studied since he was a teenager.

"With tai chi you're grounded the entire time," he said. "For me, it translates more into functional everyday movement."

Matthews, who is also a spokeswoman for the American Council on Exercise, said because tai chi is slow motion and low impact, many assume it's just for older people or not a viable means of exercise.

Not so, she said: Research studies have found that the practice increased mineral bone density, boosted endurance, strengthened the lower body, and eased depression.

## Science

# TO EASE SHORTAGE OF ORGANS, GROW THEM IN A LAB?

AP — By the time 10-year-old Sarah Murnaghan finally got a lung transplant last week, she'd been waiting for months, and her parents had sued to give her a better shot at surgery.

Her cystic fibrosis was threatening her life, and her case spurred a debate on how to allocate donor organs. Lungs and other organs for transplant are scarce.

But what if there were another way? What if you could grow a custom-made organ in a lab?

It sounds incredible. But just a three-hour drive from the Philadelphia hospital where Sarah got her transplant, another little girl is benefiting from just that sort of technology. Two years ago, Angela Irizarry of Lewisburg, Pa., needed a crucial blood vessel. Researchers built her one



in a laboratory, using cells from her own bone marrow. Today the 5-year-old sings, dances and dreams of becoming a firefighter — and a doctor.

Growing lungs and other organs for transplant is still in the future, but scientists are working toward that goal. In North Carolina, a 3-D printer builds prototype kidneys. In several labs, scientists study how to build on the inter-

nal scaffolding of hearts, lungs, livers and kidneys of people and pigs to make custom-made implants.

Here's the dream scenario: A patient donates cells, either from a biopsy or maybe just a blood draw. A lab uses them, or cells made from them, to seed onto a scaffold that's shaped like the organ he needs. Then, says Dr. Harald Ott of Massachusetts General Hospital, "we can regenerate an organ that will not be rejected (and can be) grown on demand and transplanted surgically, similar to a donor organ."

That won't happen anytime soon for solid organs like lungs or livers. But as Angela Irizarry's case shows, simpler body parts are already being put into patients as researchers explore the possibilities of the field.

Just a few weeks ago, a girl in Peoria, Ill., got an experimental windpipe that used a synthetic scaffold covered in stem cells from her own bone marrow. More than a dozen patients have had similar operations.

Dozens of people are thriving with experimental bladders made from their own cells, as are more than a dozen who have urethras made from their own bladder tissue. A Swedish girl who got a vein made with her marrow cells to bypass a liver vein blockage in 2011 is still doing well, her surgeon says.

In some cases the idea has even become standard practice. Surgeons can use a patient's own cells, processed in a lab, to repair cartilage in the knee. Burn victims are treated with lab-grown skin.

## Analysis

# ROWHANI 'TONE' MAY REOPEN DOORS FOR IRAN

AFP — New President Hassan Rowhani's experience as Iran's nuclear negotiator will go a long way toward changing the "tone" of talks with major powers and could lead to an easing of sanctions, analysts say.

His negotiating skills won him the respect of his European interlocutors and the moniker "diplomat sheikh".

But his policies under reformist president Mohammad Khatami were abandoned in 2005 when President Mahmoud Ahmadinejad was elected and Rowhani quit his post over differences.

"Rowhani cannot change the core of Iran's

nuclear strategy, which is determined by the supreme leader," Ayatollah Ali Khamenei, Ali Vaez, the Brussels-based International Crisis Group's senior analyst on Iran, told AFP.

"But what he can alter is the tone and the team," while easing Tehran's isolation, he said.

"Adopting a more conciliatory rhetoric and engaging more experienced negotiators could have a positive impact on nuclear negotiations with the P5+1," UN Security Council permanent members, Britain, China, France, Russia, the US, plus Germany.

Afshon Ostovar, a Mid-

dle East and Iran analyst in the US-based CNA research centre, also believes that Rowhani's success would depend on Khamenei.

"Above all, what Rowhani is able to accomplish will depend on how much support he receives from Khamenei," he said.

Rowhani is a representative of Khamenei on the Supreme National Security Council, Iran's top security body, and was its secretary for 16 years until 2005, and has played up his ties with Khamenei.

Tehran has been engaged since 2006 with the P5+1 over its contro-

versial nuclear work, but with no breakthrough. It has as a result come under mounting international sanctions and isolation.

In his first statement after his win was confirmed, the moderate conservative cleric urged world powers to treat Iran with respect and recognise its rights, an apparent allusion to its nuclear policy.

Following Rowhani's victory, the United States itself said it was prepared to engage Iran directly over its nuclear programme, which the West suspects is aimed at building a bomb, despite Tehran's constant denials.

Such engagement would be aimed at reaching a

"diplomatic solution that will fully address the international community's concerns about Iran's nuclear programme," said the White House.

And whereas Ahmadinejad stirred international outrage with his outspoken anti-Israeli rhetoric and doubts over the Holocaust, Iran's image around the world under Rowhani will change, said an Iranian analyst.

His predecessor was "the face of Iran in the world. This image will now change. From now on, it be that of a level-headed, calm ... man with a moderate tone," he told AFP, asking not to be named.