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Secretary-1 Lt-Gen Thein Sein presents souvenir to Leader U Saw Thamu He and Secretary of Mahn Aung Tin Myint of Haungthayaw Special Region. — MNA

The Road Map, the seven-point future political programme is not the policy of an individual person but the State policy laid down by the State Peace and Development Council. Therefore, the government will continue to implement the seven-point future political programme until it succeeds.

Four political objectives

- * Stability of the State, community peace and tranquillity, prevalence of law and order
- * National reconsolidation
- * Emergence of a new enduring State Constitution
- * Building of a new modern developed nation in accord with the new State Constitution

Four economic objectives

- * Development of agriculture as the base and all-round development of other sectors of the economy as well
- * Proper evolution of the market-oriented economic system
- * Development of the economy inviting participation in terms of technical know-how and investments from sources inside the country and abroad
- * The initiative to shape the national economy must be kept in the hands of the State and the national peoples

Four social objectives

- * Uplift of the morale and morality of the entire nation
- * Uplift of national prestige and integrity and preservation and safeguarding of cultural heritage and national character
- * Uplift of dynamism of patriotic spirit
- * Uplift of health, fitness and education standards of the entire nation

Government policy towards national race organizations unchanged

National race organizations urged to participate in efforts for realization of Road Map

YANGON, 13 Nov—Secretary-1 of the State Peace and Development Council Lt-Gen Thein Sein, accompanied by member of the State Peace and Development Council Lt-Gen Maung Bo, Minister for Religious Affairs Brig-Gen Thura Myint Maung, the deputy ministers, officials of the State Peace and Development Council Office, heads of departments, left here for Hpa-an by helicopter yesterday.

The Secretary-1 and party were welcomed by Chairman of Mon State Peace and Development Council Commander of South East Command Maj-Gen Thura Myint Aung, senior military officers,

Chairman of Kayin State Peace and Development Council Col Khin Kyu and officials.

The Secretary-1 and party and Commander Maj-Gen Myint Aung and officials went to Mebaung Monastery in Hpa-an.

The Secretary-1 and party paid respects to State Ovadacariya Sayadaws Mebaung Sayadaw Abhidhaja Maha Ratha Guru Agga Maha Saddhammajotika Bhaddanta Indriya, Sayadaw Agga Maha Kamahtanacariya Bhaddanta Panasami, Chairman of Kayin State Sangha Nayaka Committee Sayadaw of Lumbini Garden monastery Dhammakatika

Bahujanahitadhara Bhaddanta Kavidhaja and asked after the health of the Sayadaws. The Secretary-1 presented the eight requisites and provisions to them.

The Secretary-1 and party went by helicopter to Myaingyingu special region in Hlaingbwe Township, Kayin State. Chairman of Democratic Kayin Buddhist Association (DKBA) U Tha Htoo Kyaw and members, don dance troupes and local people.

They arrived at Gandakuti Taik Sankyaung in Myaingyingu special region and paid obeisance to Baythitza Muni Buddha image.

(See page 16)



Secretary-1 Lt-Gen Thein Sein holds discussions with Chairman of the Democratic Kayin Buddhist Association (DKBA) U Tha Htoo Kyaw and party. — MNA

Emergence of the State Constitution is the duty of all citizens of Myanmar Naing-Ngan.

PERSPECTIVES

Sunday, 14 November, 2004

Strive for sharpening abilities of air strategies

The concluding of the Pilot Course No 66 of No 1 Flying Training School under the Flying Training Base took place at Shante, Meiktila, on the morning of 11 November. On behalf of the Commander-in-Chief of Defence Services, Commander-in-Chief (Air) Lt-Gen Myat Hein gave a speech on the occasion.

The Commander-in-Chief (Air) in his speech said that 'a careful analysis of world aviation technology would show great changes occurring at high speed in the space field, threatening the security of weaker nations. Facing more and more challenges and dangers, world nations including neighbouring countries had to work hard for the development of their own countries, while building stronger defence system, he added. The course of events worldwide are living proof of the fact that only when the Tatmadaw is strong, will the nation be strong, he noted. Now, the Government is making efforts with might and main for transforming the nation into a modern and developed one capable of keeping abreast of the world nations as well as for the emergence of a modern and efficient armed forces.

With the magnificent improvement in science and technology in the world, engines and weaponry installed in the aircraft in use are very sophisticated. In mobilizing the air power, immediate action can be taken to the need of aircraft and weaponry, depending on financial strength. However the same thing cannot be said of the human resources. So, the Government is taking measures for producing human resources equipped with advanced technologies gained from a constant pursuit so as to upgrade the Defence Service (Air) to a stronger force possessing technologically advanced air power.

In the process, training programmes are provided annually to produce pilots who can fly modern aircraft skilfully, alongside material requirements. The pilots of the nation are to take a constant study to be able to catch up with developing strategies concerning sophisticated aircraft and electronic warfare of air power.

We believe that the graduating officers will be capable of safeguarding and defending the nation's territorial waters, land territory and airspace through continued pursuit of air strategies, while trying to further sharpen their abilities.

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All this needs to be known

- * Do not be frightened whenever intimidated
- * Do not be bolstered whenever flattered
- * Do not be softened whenever appeased

People's Desire

- * Oppose those relying on external elements, acting as stooges, holding negative views
- * Oppose those trying to jeopardize stability of the State and progress of the nation
- * Oppose foreign nations interfering in internal affairs of the State
- * Crush all internal and external destructive elements as the common enemy

Ministry of Religious Affairs holds Kathina robes offering ceremony

YANGON, 13 Nov — The 13th communal Kathina robes offering ceremony of the Ministry of Religious Affairs was held at the Maha Theindawgyi on Kaba Aye Hill this morning in conjunction with the reordination ceremony of State Sangha Maha Nayaka Committee Joint-Secretary Abhidhaja Maha Ratha Guru Abhidhaja Agga Maha Saddhama Jotikadhaja Magway Sayadaw Bhaddhata Kumara, SSMNC Vice-Chairman Agga Maha Pandita Agga Maha Saddhama Jotikadhaja Pyay Sayadaw Bhaddanta Kondalajoti and SSMNC member Agga Maha Saddhama Jotikadhaja Minkin Sayadaw Bhaddanta Tiloka.

On the occasion, wellwishers U Aung Khaing and Daw Khin Kyu Kyu Than of Mandaing Workshop do-

nated Kathina robes and provisions to 54 members of the Sangha.

Present at the ceremonies were SSMNC Vice-Chairman Abhidhaja Maha Ratha Guru Agga Maha Pandita Bahan Township Aung Myay Bonsan Monastery Sayadaw Bhaddanta Panñindabhivamsa and member Sayadaws, members of the Sangha, Daw Khin Than Nwe, widow of Lt-Gen Tin Oo, Minister for Social Welfare, Relief and Resettlements Maj-Gen Sein Htwa and wife, Minister for Religious Affairs Brig-Gen Thura Myint Maung, Religious Affairs Department Director-General Dr Myo Myint, International Theravada Buddhist Missionary University Pro-rector (Admin) Dr Myint Kyi, Deputy Directors-General U Htin Myo and U Tun Mya Aung, officials and staff families of the Ministry of Religious



Minister Brig-Gen Thura Myint Maung accepts the donation of K 300,000 from wellwishers. — MNA

Affairs and wellwishers.

Minister Brig-Gen Thura Myint Maung and Minister Maj-Gen Sein Htwa presented Kathina robes and provisions to the Sayadaws while the wellwishers and the congregation offered Kathina robes and alms to members of the Sangha.

U Aung Khaing and Daw Khin Kyu Kyu Than presented K 300,000 to the funds of the Bodhi Gaya pilgrimage and K 100,000 for the 'soon' for the members of the Sangha to the ministers, who presented a certificate of honour to them.

MNA

Buddhists Association of Ministers' Office offers Kathina robes

YANGON, 13 Nov — The 54th communal Kathina robes offering ceremony of the Buddhists Association of the Ministers' Office took place at the Dhammayon of the Office here this morning, attended by members of the Sangha led by member of State Sangha Maha Nayaka Committee Presiding Sayadaw of Yangon Division Abbots Training School Agga Maha Pandita Bhaddanta Kovida, Chairman of the Buddhists Association Minister for Livestock & Fisheries Brig-Gen Maung Maung Thein, Minister at the Prime Minister's Office Brig-Gen Pyi Sone, Deputy Minister for Labour Brig-Gen Win Sein and departmental heads, well-wishers



Minister Brig-Gen Maung Maung Thein and Minister Brig-Gen Pyi Sone offer Kathina robes to a Sayadaw. — MNA

and guests.

After offering 'soon' to members of the Sangha, the ceremony was opened with the three time recitation of Namo Tassa. Next, the congregation received the Five Precepts from the Presiding Sayadaw of Yangon Division

Abbots Training School and members of the Sangha recited parittas.

After that, Minister Brig-Gen Maung Maung Thein, Minister Brig-Gen Pyi Sone and departmental heads presented Kathina robes and essentials to members of the

Sangha. Afterwards, the Presiding Sayadaw of Yangon Division Abbots Training School delivered a sermon, followed by the sharing of merits gained. The ceremony ended with the recitation of Buddha Sasanam Ciram Tithattu three times. — MNA

Commerce Ministry holds 7th Kathina

YANGON, 13 Nov — The 7th communal Kathina robes offering ceremony of the Ministry of Commerce was held at Ariyamandaing Monastery in Mayangon Township this morning.

Present on the occasion were Presiding

Sayadaw of Ariyamandaing Monastery Bhaddana Silacara and sayadaws, Deputy Minister for Commerce Brig-Gen Aung Tun, departmental heads, guests and staff families.

On the occasion, the congregation received the

Five Precepts from the presiding sayadaw. Next, the deputy minister and wellwishers offered robes and provisions to the presiding sayadaw. The deputy minister donated K 1.25 million for the construction of Saddhamavadi Monastery. Afterwards,

the presiding sayadaw delivered a sermon to the congregation, followed by the sharing of merits gained.

After the ceremony, the deputy minister and departmental heads offered "Soon" to Sayadaws.

MNA

22 US troops killed so far in Fallujah

NEAR FALLUJAH, 12 Nov — Twenty-two US troops and five Iraqi soldiers have been killed in the fight for Fallujah, and about 600 guerillas have also died, since the battle began on Monday, officers said on Friday.

"On the US casualties, at this point we have lost 22 coalition warriors, those who made the ultimate sacrifice," Lieutenant General John Sattler told a press conference at the main US military base outside the insurgent enclave.

Sattler said 170 US

troops have been wounded in the fighting, of whom 40 had returned to duty.

At the same time, 40 Iraqi troops had been injured, said Iraqi Major General Abdul Qader Mohan.

US-led forces occupied 80 percent of the city, with

fighting concentrated in the south, Sattler continued, calling this stage three of the assault.

Stage four would be reconstruction, he told reporters.

"There is much cleaning to be done, although we occupy 80 percent of the city as we

speak," Sattler said.

Allawi authorised the launch of the largest operation in Iraq since last year's invasion Monday, prompting more than 10,000 US troops backed by some 2,000 Iraqi soldiers to roll into Fallujah, a guerilla-held city west of Baghdad, to regain control.

Moving house to house through the rubble-strewn streets, marines and soldiers have faced booby-trapped buildings, mortar fire, roadside bombs and snipers as the guerillas resorted to guerrilla tactics to hamper their advance.

Internet



A video grab shows a US Marine checking an injured colleague during a battle with guerillas in Iraq's western city of Fallujah, on 12 Nov, 2004.—INTERNET

Chinese President begins state visit to Brazil

BRASILIA, 12 Nov — Chinese President Hu Jintao arrived here Thursday afternoon to begin his first state visit to Brazil.

Hu said in a written speech upon arrival at the airport that his current visit aims to "push forward bilateral cooperation as well as the relations of strategic partnership" between China and Brazil.

Hu visited Brazil 10 years ago. The current visit is his first trip to south America after becoming President of China last year.

During his stay in Brazil which will last until next Tuesday, Hu is expected to confer with Brazilian President Luis Inacio Lula da Silva and leaders of the National Congress of Brazil.

"I believe that the visit will strengthen our mutual political trust, promote mutually-beneficial cooperation and push forward the relations of strategic partnership between China and Brazil," he said.

China and Brazil established full diplomatic relations 30 years ago. The two countries decided to

build the "relations of strategic partnership" in the 1990s.

President Lula visited China earlier this year with a large number of business people. Brazil is the largest trading partner of China in Latin America while China is Brazil's third largest trading partner and export market.

Total trade volume between China and Brazil reached 7.989 billion US dollars last year, and the figure for January-September this year

topped 9.296 billion US dollars, up 58.4 per cent from the same period last year.

Statistics from China show that by September this year, China's investment in Brazil amounted to 130 million US dollars and Brazil's investment in China was about 120 million US dollars.

Brasilia is the first stop of Hu's visit to Brazil. He will also visit Rio de Janeiro and Sao Paulo.

MNA/Xinhua

China, Uzbekistan pledge to increase trade, investment

BEIJING, 12 Nov — Chinese Vice-Premier Wu Yi and her Uzbekistani counterpart Elyar Ganiev met here on Thursday, pledging to further trade cooperation and increase dual-track investment. "China and Uzbekistan boast traditional friendship and maintain frequent high-level exchanges, through which mutual understanding and political trust is enhanced," Wu told Ganiev during their meeting in Zhongnanhai, the compound of China's central government.

The two countries rendered support to the other and kept close cooperation in

regional and international organizations, including the Shanghai Cooperation Organization and the United Nations, she said. "We share common interest in safeguarding regional stability," Wu said. She particularly mentioned the strike against terrorist, separatist and extremist forces in the region, which is also include the East Turkistan terror group.

The Chinese Government attaches importance to its relations with Uzbekistan. China will make active efforts to implement the agreements inked during Chinese President Hu Jintao's visit to Uzbekistan last June, she said.—MNA/Xinhua

ထုတ်ကုန်နှစ်ဆ တိုးမြှင့်ခြင်း

Third US helicopter shot down in 24 hours

BAGHDAD, 12 Nov — A Black Hawk helicopter was shot down northeast of Baghdad on Friday afternoon, injuring three of the four crew members, a US military spokeswoman said.

"A UH-60 Black Hawk helicopter was shot down by anti-Iraqi forces," she said, using army terminology for guerillas. Meanwhile, a US soldier was killed when guerillas attacked their patrol in southern Baghdad, the military said in a statement.

"The unit came under attack by improvised explosive devices, small arms fire and rocket-propelled grenades," it said. Two other soldiers and their Iraqi interpreter were also wounded. Another US soldier was shot dead in the northern Iraqi city of Mosul on Thursday, where US forces had conducted air and ground attacks on suspected rebel targets, the military said on Friday.

"A soldier assigned to Task Force Olympia was killed by small arms fire during combat operations in Mosul," it said in a brief statement.

The US military said on Thursday it attacked suspected rebel targets in Iraq's third city, Mosul, with air and ground fire following a spike in unrest.

Internet

1,169 US troops killed since beginning of Iraq war

BAGHDAD, 12 Nov — As of Friday, 12 Nov, 2004, at least 1,169 members of the US military have died since the beginning of the Iraq war in March 2003, according to an Associated Press count. At least 903 died as a result of hostile action, the Defence Department said. The figures include three military civilians.

The AP count is three higher than the Defence Department's tally, which was last updated Friday at 10 am EST.

The British military has reported 74 deaths; Italy, 19; Poland, 13; Spain, 11; Ukraine, nine; Bulgaria, seven; Slovakia, three; Estonia, Thailand and the Netherlands, two each; and Denmark, El Salvador, Hungary and Latvia have reported one death each.

Since 1 May, 2003, when President Bush declared that major combat operations in Iraq had ended, 1,031 US military members have died, according to AP's

count. That includes at least 794 deaths resulting from hostile action, according to the military's numbers.

The latest deaths reported by the military:

One soldier was killed Friday in an attack on a patrol in southern Baghdad. One soldier was killed Thursday by small arms fire in Mosul.

Internet



A Soldier from 2nd Battalion, 5th Cavalry Regiment, 2nd Brigade Combat Team, 1st Cavalry Division, moves through the rubble of a building in Fallujah, Iraq, during Operation Al Fajr (New Dawn), on 9 Nov, 2004. —INTERNET

Under-fire guerillas mount show of strength in Mosul

MOSUL, 12 Nov — Guerillas invested the streets of Iraq's northern capital, but the US military insisted the city of more than a million people was still in its control despite ordering air strikes the previous day.

An AFP correspondent saw masked guerillas brandishing rocket-propelled grenade launchers across the heart of Mosul.

The only police or national guard in evidence were dead.

Three police and one national guard were among five corpses seen by AFP on the streets.

The fifth was a security contractor, whose nationality was not

immediately clear.

Gunmen, some on foot and others in vehicles, stood guard around some of the city's main public buildings and booby-trapped the access roads to the provincial governor's office and police headquarters.

Guerilla commanders said their show of strength was a calculated effort to provide some respite for their embattled stronghold of Fallujah amid a

relentless four-day-old assault by US and Iraqi government troops.

"We opened this new front to relieve the pressure on Fallujah," one guerilla told AFP declining to give his name.

Pick-up trucks loaded with militants poured into the city overnight, most of them Sunni Arabs, but some from the minority Turkmen community who share the ousted elite's fears about Kurdish calls for an

expanded autonomous region in districts immediately bordering the northern metropolis.

The withdrawal of US troops from bridges across the Tigris River which bisects the city facilitated the guerilla advance.

The guerillas said they were now the last line of defence for Arabs in the city after police deserted their posts and their top commander was relieved of his post.

Gunmen killed special branch chief Muaffak Mohammed Dahlam in his home along with two bodyguards, before torching the building in the southeast of the city, police Colonel Ali Jburi said. —Internet



Iraqi guerillas take the streets of Mosul on 12 Nov, 2004. Guerillas roamed the streets of Mosul. — INTERNET

China holds "active attitude" to develop ties with Albania

BEIJING, 12 Nov — The Chinese military held "active attitude" in developing cooperation with Albanian Armed Forces and will make efforts to further military relations in line with mutual respect, equality and mutual benefits, said Chinese Defence Minister Cao Gangchuan here Thursday.

Cao, also vice-chairman of the Central Military Commission and state councillor, made the remarks in the official talks with Albanian Defence Minister Pandelt Majko.

Cao said that the China-Albania relations have withstood the test of history and witnessed smooth growth with frequent high-level exchanges in recent years.

Amidst the smooth advancement of the relations between the two

nations, he said, the bilateral military relations, which is an important part of the state-to-state ties, also enjoyed a steady development.

Cao also briefed the guests on China's domestic situation and defence policy, and reiterated China's prin-

ciplined stance on the Taiwan issue.

The Albanian Government will, as always, continue to adhere to the one-China policy, Majko said, adding the Albanian side hoped to enhance contacts and cooperation with China in the long run.

MNA/Xinhua

Uganda to get \$370m from Global Fund

KAMPALA, 12 Nov — Uganda is to get 370 million US dollars from the Global Fund to fight AIDS, TB and malaria in next three years, local Press *The New Vision* reported on Thursday.

The announcement was made by Executive Director of Global Fund Richard Feachem who met Ugandan Minister of Health Jim Muhwezi in Kampala on Wednesday. Feachem said the money was for the next three years and a small percentage of it had been disbursed. He hailed Uganda as one of the few countries in Africa, which had made a mark in the fight against HIV/AIDS.

"The leadership of President Yoweri Museveni and outstanding track record in fighting the worsening state of AIDS in Africa, have endeared Uganda to the world," he said, calling for a more aggressive campaign.

MNA/Xinhua

ဝက်ဖွမ်းအား ခေတ်ကျော်လွှား

Dutch to withdraw troops from Iraq in March

AMSTERDAM, 12 Nov — The Dutch Cabinet has decided to bring home the 1,350 Dutch troops in Iraq in March next year, confirming a decision first made in June, the Dutch news agency ANP cited Defence Minister Henk Kamp as saying on Friday.

The Netherlands first sent troops to Iraq in August 2003 and won parliamentary approval this summer to extend their stay until March 2005.

Iraq's interim administration wants to hold elections in January despite mounting violence, and the Netherlands has come under increasing US and British pressure to keep its troops there after March.

Foreign Minister Bernard Bot recently suggested that might be possible in unforeseeable circumstances, but Kamp said the Cabinet had ruled that out.

The Netherlands is a strong ally of the United States, but public opinion is divided on its mission in Iraq. Two Dutch soldiers have died in Iraq, one in May and one in August. The Dutch troops are based at Samawa in southern Iraq with orders to help with reconstruction and provide security and stability in a region where Japan has sent 550 non-combat troops to help rebuild the country. —Internet

Dire humanitarian crisis brewing in Fallujah

BAGHDAD, 12 Nov — Aid agencies have called on US forces to allow them to deliver food, medicine and water to Fallujah's besieged citizens, calling the situation in the city a "big disaster".

The Iraqi Red Crescent Society, which receives support from foreign agencies including the Red Cross and UNICEF, said on Friday it had asked US forces and Iraq's interim government to let them deliver relief goods to Fallujah and establish medical centres there.

But it said it had received no reply. "We call on the Iraqi government and US forces to allow us to do our humanitarian duty to the innocent people," said Firdus al-Ubadi, Red Crescent spokeswoman.

"This is their responsibility," she said, adding that judging by reports received from refugees and pictures broadcast on television, Fallujah was a "big disaster".

Luai Mansur Abd al-Karim, a Fallujah resident who fled his home to a nearby suburb, told Aljazeera about the plight facing citizens of Fallujah. "The majority of them have stayed in the streets, in the open air," he said. "They have no food, no shelter. Life necessities are very little."

"Humanitarian organizations cannot reach these families as all roads leading to the city and its suburbs are closed," Abd al-Karim said. "Anyone who walks in the streets exposes his life to danger and his vehicle to being bombed."

"US forces have cordoned off the city and all its suburbs. They are conducting group killings and eliminations in Fallujah and its suburbs. These families cannot go any where," he added. —Internet



A video grab shows US tanks firing at guerillas in Iraq's western city of Fallujah, on 12 Nov, 2004. US-led troops battling to take control of Fallujah ran into pockets of fierce resistance on Friday. — INTERNET

Mosul police stations set ablaze by guerillas

MOSUL, 12 Nov — Guerillas set police stations ablaze, stole weapons and brazenly roamed the streets of Mosul on Thursday as Iraq's third largest city appeared to be sliding out of control, residents said.

Explosions and fire from assault rifles and rocket-propelled grenades echoed across the city and columns of smoke rose from at least two police stations set alight. At least seven police stations have been attacked in the past 48 hours. The US military issued a statement admitting that local security forces had been overrun in several areas and said local authorities were doing what they could to restore order.

"It's crazy, really, really crazy," said Abdallah Fathi, a resident who witnessed one police station being attacked. "Yesterday, the city felt like hell, today it could be the same or worse." The northern city of Mosul has seen frequent outbreaks of violence, but residents and reporters said the past two days were the worst since the end of the war last year. As US forces battle to suppress guerillas in the city of Fallujah, west of Baghdad, it appears many fighters may have fled to other cities where they are launching new attacks.

In the past three days, there has been a step up in

guerilla activity in Samarra, Baiji, Baquba, Tikrit, Ramadi and parts of Baghdad — across the Sunni Muslim heartland.

In Mosul, a city of about three million people, guerillas attacked a group of Iraqi National Guardsmen blocking a bridge in the city centre, killing five of them and destroying three vehicles, witnesses said. A cameraman working for Reuters filmed groups of militants emerging from a police station carrying police-issued AK-47s and bullet-proof jackets before setting the building on fire.

A photographer working for Reuters covering the aftermath of one attack was shot in the leg and taken to hospital. His injuries were not life-threatening.

Doctors said one civilian had died and at least 25 had been wounded by crossfire in the past two days of fighting. In a statement, the US military said it had launched offensive operations in southern Mosul to try to quell the rampaging insurgency after a request from the governor. — MNA/Reuters

Allawi extends closure of Baghdad Airport

BAGHDAD, 12 Nov — Iraqi interim Prime Minister Iyad Allawi extended the closure of Baghdad Airport by 24 hours on Wednesday under emergency rule imposed ahead of an assault on the rebel city of Fallujah.

"The Prime Minister has decided to extend the closure of Baghdad international airport by another 24 hours," a statement from his spokesman Thaeer al-Naqib said.

"As before, this applies to civilian aircraft only."

Allawi announced the closure of Baghdad Airport for 48 hours on Monday as part of a state of emergency declared to help the government crush a bloody insurgency ahead of January elections.

Two days into the ground offensive on Fallujah, US and Iraqi forces have reached the centre of the Sunni Muslim city.

MNA/Reuters



US Marines drive their military vehicle as they push into the center of Fallujah, Iraq on 12 Nov, 2004. — INTERNET

Tanzanian lawmakers okay EAC Customs union

DAR-ES-SALAAM, 12 Nov — The Tanzanian Parliament on Wednesday ratified a protocol on the establishment of the East African Community (EAC) Customs union to step up the regional economic integration.

Local newspaper *Daily News* on Thursday quoted Finance Minister Basil Mramba as saying that Tanzania will benefit from the Customs union that is aimed at cutting transaction costs, boosting trades, wooing foreign investment and enhancing industrial effectiveness.

The protocol, signed by the three EAC member countries of Kenya, Uganda and Tanzania earlier this year, was submitted to both Houses of Parliament for ratification in October.

Under the pact, the Customs union, expected to be effective in January next year, is to set up a three-band common external tariff with duty rates ranging from 0 per cent to 25 per cent on imported raw materials, intermediate and finished goods into the region and to lift all the inter-union tariffs during a five-year course.

However, some lawmakers showed their worries about whether the country's germinating domestic industry would survive the competition without the protection of tariffs and about what a Customs union would bring into Tanzania in view of its poor infrastructure and low industrialization. — MNA/Xinhua

Minister says Nigeria to introduce new tariff next year

ABUJA, 12 Nov — Nigeria is to introduce a new tariff structure next year that will include harmonization with the West African sub-regional tariff regime, the country's Commerce Minister said Thursday.

The purpose is to enable Nigeria and the United States to review progress on trade, investment and other economic issues, including some of the challenges that may affect bilateral relations between both countries, Alhaji Idris Waziri said.

Waziri made the remarks at the third meeting of the Trade and Investment Framework Agreement Council in the Nigerian capital of Abuja.

The new tariff structure will consist of four tariff bands of 0 per cent for necessities, 5 per cent for primary products, 15 per cent for intermediate goods and 20 per cent for finished products, he said. According to the minister, all products except banned items will phase into this new regime by the end of June 2005 while banned items would be phased into the tariff bands with effect from January 2007. — MNA/Xinhua

China, Brazil pledge to promote bilateral cooperation

BRASILIA, 13 Nov — Visiting Chinese President Hu Jintao and his Brazilian counterpart Luis Inacio Lula da Silva pledged Friday that China and Brazil will make joint efforts for expanding bilateral cooperation.

During their talks in the Brazilian capital of Brasilia, President Lula said that relations between China and Brazil have developed steadily in recent years and bilateral cooperation in the fields of politics, economy, trade, culture and international affairs has been fruitful.

He expressed his hope that the Sino-Brazilian strategic partnership would be strengthened further.

The Brazilian leader reaffirmed that his country will firmly maintain the one-China policy. In response, Hu spoke highly of the fruitful cooperation

between China and Brazil since the two countries established diplomatic ties 30 years ago.

The Chinese leader also praised the Brazilian Government for sticking to the one-China policy.

During the talks, Hu made four proposals for strengthening bilateral ties.

Firstly, Hu said, the two sides should continue the exchanges of high-level visits and increase bilateral consultations.

Secondly, Hu said, the two countries should tap potentials for expanding mutually beneficial cooperation. He expressed his hope that the annual trade between the two countries could reach 20 billion US dollars in three years.

Thirdly, he said, the two sides should coordinate and cooperate in the work of international organizations, such as the

Three US soldiers' trials shifted from Baghdad to US

BAGHDAD, 12 Nov — The courts martial of three US soldiers over the abuse of Iraqi prisoners have been transferred from Baghdad to a base in the United States, the military said on Thursday.

It gave no reason for shifting the trials after earlier rejecting such requests from some of the accused.

The trials of reservists Specialist Charles Graner, Sergeant Javal Davis and Specialist Sabrina Harman would now be heard at Fort Hood in Texas, a military statement said. Graner's trial is due to open on January 7 and Davis' on February

1. No date has yet been set for Harman.

The courts martial relate to the abuse of Iraqis at Baghdad's Abu Ghraib Prison in late 2003, a scandal that outraged the world when photos of naked, hooded and bound prisoners being taunted and humiliated were published in April. One of the photos showed a military police-woman, Private Lynndie England, holding a naked prisoner on a leash.

England, who military investigators say named Graner as the father of her baby born last month, has also been charged. In all, seven military police and an intelligence soldier have been charged over the affair

MNA/Reuters



US Marines of the 872 Company from Fort Bragg, South Carolina walk towards their barracks on 12 Nov, 2004. — INTERNET

US military says 11 US soldiers killed in Fallujah

BAGHDAD, 13 Nov — The US military confirmed on Wednesday that 11 US soldiers and two Iraqis have been killed so far after the Americans launched a military offensive against Fallujah.

"Reports from field commanders confirmed that in the third day of operations, multinational and Iraqi forces had suffered 11 multinational and two Iraqi casualties since fighting began to retake the city," said in a US military statement.

In addition, nine Iraqi soldiers were wounded, according to the statement, without giving figures of the injured US soldiers.

There was no information on the exact number of guerillas killed in Fallujah since the US Marines backed by Iraqi

forces kicked off the all-out assault on Fallujah on Monday night.

The latest deaths brought to over 1,140 the number of US soldiers killed in Iraq since the US-led invasion last March.

Fallujah, some 50 kilometres north of Baghdad,

lies in the Sunni Muslim heartland in central Iraq.

The US military and the Iraqi interim government vowed to retake the key guerilla stronghold to pave way for the general elections slated for January.

MNA/Xinhua

မြို့ခြံခွေတာ၊ ထိန်းပါးလေလွင့်၊
ထုတ်ကုန်ခြင်း

40-day mourning declared in Palestinian territories

RAMALLAH, 12 Nov — A 40-day general mourning was declared Thursday in the Palestinian territories for the death of leader Yasser Arafat.

Flags were flown at half mask at Palestinian institutions in the West Bank and

Gaza. Government institutions, shops and schools were closed, while dozens of militants opened gunfire in the air.

Many Palestinians were seen crying for the great loss. Tayeb Abdel Rahim, chief of Arafat's office in the West Bank city of Ramallah announced the death. "Yasser Arafat planted the seeds of love among his people. This great love is giving us the strength to say to him farewell as he is leaving," Abdel Rahim said.

He said that the Palestinians would follow him.

"You and your great history will be the light that would lighten the road for your people to continue your road that you had chosen." — MNA/Xinhua



US Marines from the 3/5 Lima company arrest a man while conducting a house-to-house search in the Jolan district of the restive city of Fallujah, 50 kms west of Baghdad. — INTERNET

Iraqi militant group holds US-Lebanese hostage

BAGHDAD, 13 Nov — An Islamic militant group in Iraq has kidnapped a US national of Lebanese origin who works as a manager at Baghdad Airport, Qatar-based al-Jazeera satellite channel reported on Friday.

Al-Jazeera said it received a video tape from his kidnappers who called themselves the 1920 Revolution Brigades, a group which has previously kidnapped foreigners working with US forces.

The Arabic television aired the video tape showing the man holding up his passport and an identity card identifying himself as Dean Sadek.

The channel said the man worked at Baghdad Airport for a company called Skylink and called on foreign contractors to stop working for his employer.

A US-Lebanese man working for Iraq's Transport Ministry was kidnapped on November 3 from his house in Baghdad.

MNA/Xinhua

Roadside bomb explodes in Samarra

SAMARRA, (Iraq), 12 Nov — A roadside bomb exploded near a police car in the Iraqi city of Samarra on Wednesday, killing one policeman and wounding two, police said.

They said gunmen fired on the rapid reaction force police car with rocket-propelled grenades just after the explosion, leading to an exchange of fire.

US forces sealed off the area and took out the dead and wounded.

Guerillas bent on undermining Iraq's US-backed government frequently target its fledgling security forces. — MNA/Reuters

New Palestinian leader sworn in

RAMALLAH, 12 Nov — Rawhi Fatouh, Speaker of the Palestinian Legislative Council (PLC) sworn in on Thursday as the new temporary president of the Palestinian National Authority (PNA) and replaced late Palestinian leader Yasser Arafat.

After the sworn-in ceremony, Fatouh said that Palestinian leader Yasser Arafat led his people in a long precession of struggle in order to establish the independent Palestinian state. "Arafat devoted all his life for the Palestinian cause and for reaching a peaceful permanent agreement that would guarantee getting back the legitimate rights of his people," said Fatouh. Earlier, the PLC held an emergency meeting in Ramallah to nominate Fatouh as the temporary President of the Palestinian National Authority (PNA).

Hassan Khreisha, deputy speaker of the PLC, noted that while the place of the PNA president would be vacant in case the president dies or resigns, the speaker of the PLC would replace him for 60 days until general elections are held according to the basic law.

MNA/Xinhua

Latin American leaders discuss mechanisms to fend off eco crises

MEXICO CITY, 12 Nov — Leaders of Latin American countries met Thursday to work out effective mechanisms to fend off economic crises.

Latin America's economy has been extremely vulnerable to external shocks as shown in the crises in the 1980s and 1990s crisis, said Jose Machinea, executive secretary of the Economic Commission for Latin America and the Caribbean (CEPAL).

Therefore, "adequate mechanisms" should be established to defend countries in the region against possible dangers, he told a conference called "Economic Integration and Social Cohesion: Lessons and Perspectives".

Regional investment banks, such as the Andean Promotion Corporation, the Central American Economic Integration Bank and the Caribbean Integration Bank, could play an active role in safeguarding the region's economy, he added.

MNA/Xinhua

Russian, Kyrgyz leaders hail military cooperation

MOSCOW, 13 Nov — Russian President Vladimir Putin and his Kyrgyz counterpart Askar Akayev on Thursday hailed military cooperation as well as closer overall bilateral relations.

"Our relations are developing at a rapid pace, quite intensively in all directions," said Putin, who welcomed Akayev to his presidential residence outside Moscow.

Akayev, who just turned 60 Wednesday, praised the military cooperation between the two countries, particularly in the fight against terrorism.

Last year, Moscow opened an airbase in Kant,

its first new military base abroad since the Soviet Union collapsed in 1991.

Kant had become "a reliable shield against threats of international terrorism", Akayev said, adding that the base has become "fully operational".

Russia has recently increased its military presence at Kant, a base used by Moscow under a Central Asian security pact. It

is located close to an airbase used by US forces, at Manas, with some 1,000 troops.

Trade between Russia and Kyrgyzstan grew 55 per cent in the first nine months of 2004, and the two countries are also close to an agreement on the construction of two hydroelectric powerplants in southern Kyrgyzstan, Akayev said.

MNA/Xinhua



US soldiers move tactically as they enter and clear objectives in Fallujah, Iraq recently. — INTERNET

Hepatitis-B Vaccine Factory enhancing the National Health level

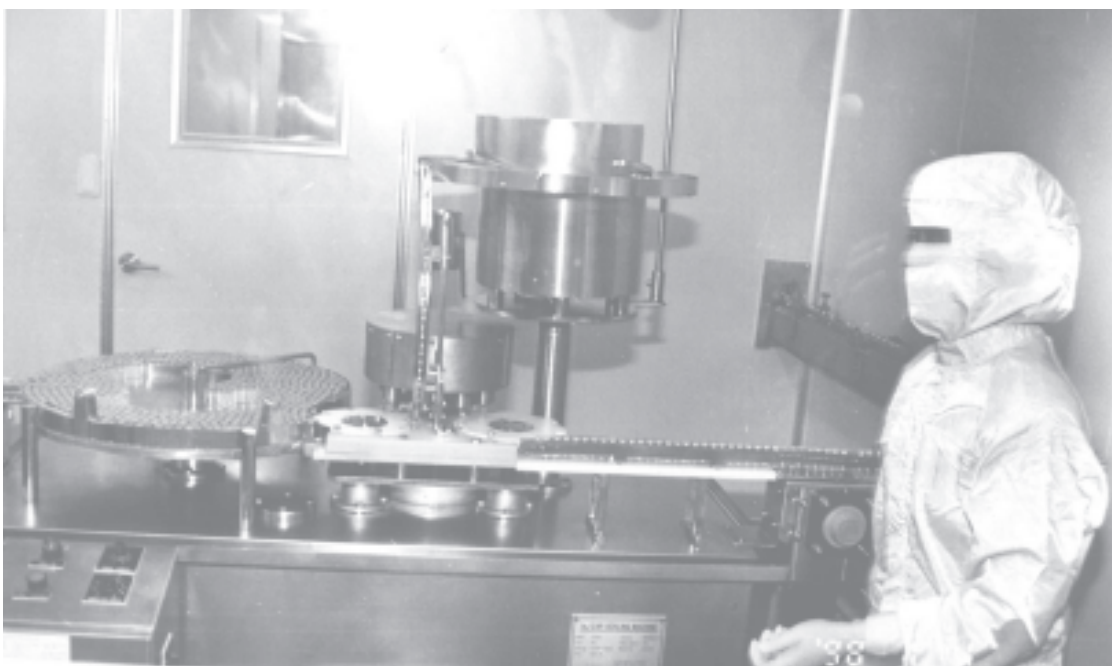


Location — Hlegu Township, Yangon Division

Kinds of medicine — (1) Hepatitis-B vaccines developed from serum
(2) Genetically-produced Hepatitis-B vaccines

Quality — Quality control has been successfully examined.

*Hepatitis-B
Vaccine Factory of
the Medical
Research
Department under
the Ministry of
Health in Hlegu
Township.
MNA*



*Vaccines against
hepatitis-B being
developed at the
Hepatitis-B Factory
of the Medical
Research
Department
(Lower Myanmar)
in Hlegu Township,
Yangon Division.
MNA*



Secretary-1 Lt-Gen Thein Sein offers requisites to State Ovadacariya Hpa-an Mebaung Monastery Sayadaw Abhidhaja Maha Rattha Guru Agga Maha Saddhammajotika Bhaddanta Indriya. — MNA



Secretary-1 Lt-Gen Thein Sein offers alms to Sayadaw Bhaddanta Sujana of Myainggying Special Region, Hlinebwe Township, Kayin State. — MNA

Government policy towards...

(from page 16)

The Road Map, the seven-point future political programme, is not the policy of an individual person but the State policy laid down by the State Peace and Development Council. Therefore, the government will continue to implement the seven-point future political programme until it succeeds, he said.

race organizations on their part, are to work together with the government within the framework of law in peace for achieving progress in economic and social sectors.

Next, Chairman of DKBA U Tha Htoo Kyaw said that the DKBA in collaboration with the Government has been engaging in regional security and peace and

Myainggying Special Region to the DKBA Chairman and members.

Next, DKBA Chairman U Tha Htoo Kyaw and members presented gifts to Secretary-1 Lt-Gen Thein Sein and members and the ceremony ended. After the ceremony, Secretary-1 Lt-Gen Thein Sein cordially greeted the DKBA Chairman and members and local people.

Afterwards, Secretary-1 Lt-Gen Thein Sein

legal fold in keeping with the national policy of the State based on further cementing the national solidarity and perpetuation of the Union and the Government will continue to cooperate with the national race groups which have returned to the legal fold. The seven-point future policy programme of the State is not the policy of an individual people but the policy of the State laid down by the State Peace and Development

Council. Therefore, the government on its part will make continued efforts for successful realization of the seven-point future policy programme of the State, he stressed. The National Convention, the first step of the seven-point future policy programme of the State and the most important one, is being held with the participation of the representatives from the national race groups which have returned to

the legal fold, he noted.

Secretary-1 Lt-Gen Thein Sein called on the national race groups which have returned to the legal fold to strive for regional development and enhancing the social standard of national races in accord with laws, rules and regulations laid down by the Government and reiterated that the Government on its part will fulfil all the necessary requirements.

(See page 9)



Secretary-1 Lt-Gen Thein Sein meets Chairman of Phayagon Region Peace Group Phado Aung San and party for regional development. — MNA



He spoke of the need for national race organizations that returned to the legal fold to participate in the efforts for realization of the seven-point future political programme hand in hand with the government.

He urged them to make continued efforts for acquiring knowledge and providing assistance for education, health and transport sectors in the region.

He said the government will also provide necessary assistance for agriculture and industrial development of national race organizations and border trade.

He said the national

regional development for over ten years, adding that they will make continued efforts together with the Government for regional development. He also reported on requirements to be fulfilled for regional development.

In response to the report, Secretary-1 Lt-Gen Thein Sein fulfilled the requirements and presented clothing, foodstuff and gifts to DKBA Chairman U Tha Htoo Kyaw and members.

Later, member of the State Peace and Development Council Lt-Gen Maung Bo and Commander Maj-Gen Thura Myint Aung presented gifts for people of

and party proceeded to Nyeinchanyay Hall of Phayagon Village, Hpa-an Township where they were welcomed by Head of Phayagon Region Peace Group Phado Aung San and members and local people.

Secretary-1 Lt-Gen Thein Sein presented clothing, foodstuff and gifts to Head of Phayagon Region Peace Group Phado Aung San.

After explaining the latest developments of the nation, Secretary-1 Lt-Gen Thein Sein said that there will be no change in the Government's policy towards the national race groups which had returned to the



Secretary-1 Lt-Gen Thein Sein and party pose for a documentary photo together with Chairman of Phayagon Region Peace Group Phado Aung San and family. — MNA



Secretary-1 Lt-Gen Thein Sein meets Leader U Saw Thamu He and Secretary U Mahn Aung Tin Myint of Haungthayaw Special Region. — MNA

Government policy towards...

(from page 8)

Head of Phayagon Region Peace Group Phado Aung San reported on development of the whole Union including Kayin State owing to the grati-

gether with Phado Aung San. After greeting the local people of Phayagon Village, Secretary-1 Lt-Gen Thein Sein and party left by helicopter and arrived in Mawlamyine at 4

on Leader of Haungthayaw Special Region U Saw Thamu He and Secretary U Mahn Aung Tin Myint to make efforts for development of agriculture, livestock breeding and industrial sector in the region, to conduct border trade in accord with laws, rules and regulations, to strive for enhancing knowledge and education of local people and to organize members of the national race group and their families to abide by laws, rules and regulations laid down by the State. Next, Secretary-1 Lt-Gen Thein Sein presented clothing, foodstuff and gifts to Leader of Haungthayaw Special Region U Saw Thamu He.

U Saw Thamu He reported on regional development, agriculture and livestock breeding and re-

tude of the Government and measures such as agriculture and livestock breeding being taken for regional development.

Phado Aung San next expressed thanks to the Government for its assistance for regional development. After the meeting, Secretary-1 Lt-Gen Thein Sein and party had a group photo taken to-

pm. Secretary-1 Lt-Gen Thein Sein met Leader of Haungthayaw Special Region U Saw Thamu He and Secretary U Mahn Aung Tin Myint at Annawa Yeiktha of South-East Command at 4.30 pm today. After explaining the Government's attitude towards the national race groups which had returned to the legal fold, Secretary-1 Lt-Gen Thein Sein called



Secretary-1 Lt-Gen Thein Sein presents gift to Vice-Chairman of New Mon State Party Naing Htaw Mon. — MNA



Secretary-1 Lt-Gen Thein Sein presents souvenir to Chairman of Democratic Kayin Buddhist Association (DKBA) U Tha Htoo Kyaw. — MNA

quirements to be fulfilled to Secretary-1 Lt-Gen Thein Sein who then attended to the needs.

The Secretary-1 received New Mon State Party Vice-Chairman-1 Nai Htaw Mon, Vice-Chairman-2 Nai Raw Sa and party at Annawa Guest House of South-East Command at 7 pm. At the call, the Secretary-1 explained then current developments in the country, saying that the government would not change its attitude to national races groups and continue to render assistance to them.

He also said the Head of State assigned duty to him to give advice and urge the national races groups to undertake agriculture and livestock breeding on an extensive scale, to establish small-scale industries, and to operate border trade businesses according to law, rules and regulations so that they could earn their living in convenience.

He continued the country had bright prospects of development as it was blessed with a wealth of natural resources. He called for the cooperation of the national race groups in the tasks for bringing about human resources that can help build national development by making the most of natural resources.

It is necessary for the national races groups to promote the education

level of the youths in their respective regions, the Secretary-1 said.

As has been made public, the seven-point Road Map will be implemented phase by phase so as to establish a modern, developed, discipline-flourishing democracy, the Secretary-1 said, pledging that the National Convention, which is the very first step of the Road Map as well as being most crucial, will continue as scheduled without interruption.

The Secretary-1 called on the leaders of the national races groups to join hands with the government so as to carry out meas-

with the government's assistance, and the role they will play in the implementation of the seven-point Road Map under the leadership of the State. He also spoke of difficulties they encountered in their tasks.

Next, the Secretary-1 fulfilled the requirements for education, health, transport and regional development through coordination with departments concerned. Later, the Secretary-1 presented gifts to New Mon State Party Vice-Chairman Nai Htaw Mon and party and then cordially greeted them individually. In the evening,

The Head of State assigned duty to Secretary-1 to give advice and urge the national races groups to undertake agriculture and livestock breeding on an extensive scale, to establish small-scale industries, and to operate border trade businesses according to law, rules and regulations so that they could earn their living in convenience.

ures for the development of their own regions and social advancement of their people, to give protection to their people under the umbrella of laws promulgated by the State, and to earn their living and do economic and social tasks with peace of mind.

Later, New Mon State Party Vice-Chairman Nai Htaw Mon elaborated on tasks being carried out for regional development

the Secretary-1 and party arrived at Thanlwin Bridge (Mawlamyine), where senior engineers reported on progress of bridge construction. With 26,466 feet in length, the bridge will be the biggest, longest, most valuable one ever constructed in the time of the present government. The Secretary-1 and party arrived back in Yangon from Mawlamyine this morning. — MNA



Secretary-1 Lt-Gen Thein Sein holds discussions with Vice-Chairman of New Mon State Party Naing Htaw Mon and party for regional progress. — MNA

Let's do our bit for the success of the seven-point Road Map

Maung Maung Myint Sze



Over a decade has passed that the Union Solidarity and Development Association came into existence. It was founded on 15th September, 1993, with the aim of serving the interests of the country and the people.

The members of the USDA are making concerted efforts to instill national inspiration, patriotism and Union Spirit into the general public as part of bringing about national unity and carrying out nation-building tasks.

With its correct objectives and promising future programmes, the USDA has gained in number. Now, it is providing training for millions of youths at the courses opened by its branches at different levels.

The courses opened nationwide cover the merit of good citizenship, culture and morality, international affairs, vocational training, languages, and technologies. The courses could equip youth members with necessary skills applicable in their respective

fields of career.

The course on public relations and management and the course on Myanmar development studies were also conducted. The Myanmar development studies courses for instructors have produced many instructors. A lot of such courses have been opened across the nation.

Thus, there emerged a youth force filled with such endowments as balanced thought, wider national outlook, and firm conviction to build a peaceful, modern and developed nation.

The USDA is doing so with the sense of duty in the creation of the well-rounded human resources by putting first the interest of the country.

USDA Patron, State Peace and Development Council Chairman, Commander-in-Chief of Defence Services Senior General Than Shwe, in his address to the USDA Annual General Meeting 2003, said the USDA with its youth force was able to play an energetic role in the nation-building endeavours.

The members of the USDA are doing their every bit in the drive for national development and stability, especially in the tasks for rural water supply, road construction, agriculture and livestock

breeding, maintenance and repair of basic education schools, school enrolment and health activities. Moreover, they help implement the five rural development plans.

They also render concerted cooperation in the drive for the establishment of a modern and developed nation that can keep abreast of the international community, while keeping in the fold Our Three Main National Causes: non-disintegration of the Union, non-disintegration of national solidarity, and perpetuity of sovereignty.

Furthermore, the USDA follows the twelve political, economic and social objectives laid down by the State for the emergence of a peaceful, modern and developed nation by making them its principle.

Now the seven-point Road Map is being implemented phase by phase to shape a modern, developed, discipline-flourishing democratic nation.

The members of the USDA are thus rendering cooperation in all seriousness with the full sense of Union Spirit in the drive for the establishment of a peaceful, modern and developed nation, which is the goal of the entire national people.

Translation: KTY



Members of NDA Armed Group who exchanged armed for peace. — MNA

24 armed group members...

(from page 16)

Next, the armed group presented their arms and ammunition to the commander. Col Myint Tun presented a gift and K 300,000 to group leader U Ohn Thwin. Layhnya Village Peace and Development Council Chairman U Nyunt Kyi and families

of Layhnya Station also presented K 200,000 and K 100,000 respectively to the group.

U Ohn Thwin expressed thanks and pledged their active participation in the development of the state.

The 24-member armed group including leader U Ohn Thwin,

company commanders Shweni and Kape-ei, deputy company commanders Ye Tun and Shwe Hla and organizer U Hmon surrendered two M-72 launchers, three AK-47s, three magazines and 289 rounds of ammunition, two M-79 rocket launchers, 28 24 mm projectiles, four mines, and six hand grenades. — MNA



Small arms entrusted by the 24-member group led by U Ohn Thwin of NDA Armed Group. — MNA

PBANRDA Minister discusses regional development in northern, eastern Shan State



Minister Col Thein Nyunt inspects Thanlwin Bridge (Tar-kaw-ek). — PBANRDA

YANGON, 13 Nov—Minister for Progress of Border Areas and National Races and Development Affairs Col Thein Nyunt discussed regional development with national race leaders of Wa special region-2 led by U Li Zi Yu in Pangsang, Northern Shan State on 10 November.

Wa national race leaders reported on efforts for total eradication of cultivation of poppy in Wa region in 2005 under the leadership of the government and requirements.

On 11 November, the minister went to Nan Pan Creek Sonphu hydro-electric power station, the main power station for Wa region. It generates 8.5 megawatts and supplies power to Pangsang and Mongpauk.

The minister met Headmaster U Aung Maung and teachers of Weinkaung Basic Education High School and service personnel and presented school uniforms, exercise books and TV to the teachers and students.

The minister and party proceeded to Weinkaung Hill Missionary Monastery and presented copies of Tri Pitakat

Myanmar version and offertories to Sayadaw Bhaddanta Ottama.

The minister also inspected telegraphs and post offices, renovation of 16-bed hospital and MRTV retransmission station there. He presented gifts to service personnel.

The minister and party inspected upgrading of Tangyang-Pangsang Road and presented gifts to local people working in the project. They also inspected paving of Naungkhit-Pangsang section, Mongpak-Naungkhit section.

The minister and party presented school uniforms, exercise books and TV sets for primary schools in Manmasai, Pankyone, Panphain and Mankan Villages.

They inspected MRTV retransmission station in Lwepanlon and Tar-kaw-ek Bridge. In Tangyang, the minister presented offertories to members of the Sangha of Wailuwun Pariyatti Sathintak and 180 nuns of Shwemaung Nunnery.

The minister inspected Border Areas and National Race Youth Development Training School and he presented offertories to members of the Sangha of Kaigon Pariyatti Sathintak in Tangyang. — MNA

Let's Fight Obesity

Dr Paing Soe

In developing countries, obesity is more common in middle-aged women, people of higher socioeconomic status and those living in urban communities. In more affluent countries, obesity is not only common in the middle-aged, but is becoming increasingly prevalent among younger adults and children. In some developed countries, obesity is affecting approximately more than 30% of the adult population and around 10-15% in the developing countries.

Obesity can be identified by various means but the simplest and most predictive measures (Gold Standard) are body mass index and waist circumference)

1. Body mass index (weight in kg/(height in meter)²)

(Normal = between 18.5 - 24.99; overweight 25.00 -29.99;

obese - 30.00 and above)

2. Waist circumference (men) 102 > cm; women > 88 cm).

Obese individuals with excess fat in the abdomen are at particular risk of the negative health consequences of obesity. Therefore measurement of waist circumference provides a simple and practical method of identifying overweight patients at increased risk of obesity-associated illness.

The **health consequences** of obesity are many and varied, ranging from an increased risk of premature death to several other diseases like diabetes, ischemic heart disease, gall bladder diseases, psychosocial disturbances and certain types of cancer (endometrial, ovarian, cervical, breast, prostate, colorectal, gallbladder, pancreatic, liver, renal). These diseases are chronic diseases and serious health consequences can occur, which shorten the life span. Long-term complications of diabetes include—cataract and retinopathy, neuropathy, renal failure, atherosclerosis etc. Ischemic heart disease can lead to myocardial infarct and sudden death.

Dietary habits that favour development of obesity are:

- * Regular (high-fat) snacking
- * Additional eating during nights
- * Increased away-from home consumption of high fat food items
- * Increased consumption of meat
- * Executives dining extravagantly with business colleagues
- * Frequent intake of fast foods which are usually rich in fat
- * Frequent consumption of beverages containing substantial amount of sugar—soft drinks,
- * High consumption of alcohol
- * Consumption of foods that are fried or cooked/prepared with too much oil—fried foods, “sepyan hin”, “Mandalay Nangyi”, “Laphet with too much oil”, “Htow mont”, etc.

Lifestyles that favour development of obesity are:

- * Spending too much time in television viewing, reading, working at computer
- * Spending much time in talking with friends on the telephone
- * Habit of using lift and escalators to go up
- * Having maids at home and not doing household chores
- * Car ownership
- * Using vehicle to go to the market or shopping etc instead of walking
- * Lack of doing exercise or sports, other recreational activities that involved physical activity.

The total amount of energy expended depends on the characteristics of the physical activity (mode, intensity, duration and frequency) and of the indi-

vidual performing the exercise (body size, level of habituation and fitness).

For **obesity prevention**, we should

* **Promote an active lifestyle:** using own hands for doing household chores, taking stairs instead of lifts and elevators, refraining from using remote controls, walking to school or markets, mowing the grass, watering flowers, gardening, playing with children etc.

* **Limit television viewing** and playing computer games, talking on telephone

* Promote the intake of fruits and vegetables

* Restrict the intake of energy-dense, micronutrient-poor foods (e.g. packaged snacks, ice-cream, donuts, chocolate, cream etc)

* Restrict the intake of sugars-sweetened soft drinks

* Restrict the intake of fried foods and curries that put too much oil

* Modify the environment to enhance physical activity in schools, communities

* Limiting the exposure of young children to heavy marketing practices of energy-dense, micronutrient-poor foods

* Providing necessary information and skills to make healthy food choices

* Engaging in sports activities and games involving physical activity

Treatment of obesity

A wide variety of therapies are available for the treatment of obesity. These include dietary management, physical activity, behaviour modification, pharmacological treatment and surgery. However, there is a need to control the promotion of dangerous and deliberately deceptive approaches to weight loss/control, such as special weight-loss aids and equipment, “miracle cures”, and certain drugs and treatments often offered through nonmedical professionals.

Dietary restriction represents the most conventional “treatment” for overweight and obesity. The goal is a moderate reduction in caloric intake to achieve a slow but progressive, weight loss. Diets with very low calorie diets (VLCDs) (only soup with vegetables and onion for whole day meals, packaged powdered weight reducing foods for whole day) are to be avoided

Regular physical activity is an important part of effective weight loss and weight maintenance. It can also help prevent several diseases and improve the overall health. For the greatest health benefits, it is recommended to do 20-30 minutes of aerobic activity three or more times a week and some type of muscle strengthening activity three or more times a week. Examples of aerobic activities are jogging, bicycling, swimming, aerobic dancing, rowing, using aerobic equipments. If unable to do this level

of activity, one can gain substantial health benefits by accumulating 30 minutes or more of moderate-intensity physical activity a day at least five times a week. For most obese patients, physical activity should be initiated slowly, and the intensity should be increased gradually. Reducing sedentary lifestyle is another approach to increasing activity.

Pharmacotherapy: in carefully selected patients, appropriate drugs can augment low calories diets, physical activity, and behaviour therapy in weight loss. Weight loss drugs should be taken only under medical doctor's prescription. Most of the drugs available and advertised do not have FDA approval and should not be taken. Some of the drugs have severe side effects with long term and should avoid using them.

The following are the important facts in obesity management

- * To consult with medical doctors
- * To reduce weight only 1-2 lbs in a week
- * To reduce energy intake only about 500-1000 kcal/day of requirement and avoid taking very low calorie diets
- * To restrict consumption of high-fat foods like butter, cheese, cream etc and too much sweetened foods
- * To avoid cooking by frying, putting too much in curries and adopt healthy cooking ways like boiling,
- * To remove skin and fats on meat in cooking
- * To reduce time spent in television viewing, computer games, talking on telephone
- * To use stairs instead of lifts and escalators
- * To prevent the habit of eating meals and foods while TV viewing, and playing computer games
- * To help in household chores
- * To walk when go out to nearby places
- * To do moderate intensity exercise (eg. brisk walking) for an hour a day
- * To perform those types of exercise 4-6 days/week
- * To take prescribed weight losing drugs under medical supervision only when body weight cannot be reduced by dietary and lifestyle modification and there is an indication to lose weight
- * Not take weight losing drugs told by the persons from beauty saloons, drug shops, friends, relatives, overhearing from use by some famous actresses or models or through media advertisement
- * Not to employ rapid weight losing methods.

In conclusion, the author would like to stress the point that adopting healthy eaten and lifestyle is of utmost importance in prevention and management of obesity and with that let's welcome the World Diabetes Day by fighting against obesity!

ကျေးဇူးတင်၍ ကိုယ့်အားကိုယ်ကျင့်စားကြည့်တိုက်များ ထူထောင်ဖို့၊
ပိုင်းဝန်းကူညီဆောင်ရွက်ဖို့။

၂၀၀၄-ခုနှစ်၊ နိုဝင်ဘာလ (၉)ရက်နေ့ထိ နိုင်ငံအဝန်းတွင်
ကျေးဇူး ကိုယ့်အားကိုယ်ကျင့်စားကြည့်တိုက် (၁၀၀၀၁) တိုက် ဖွင့်လှစ်ပြီး ဖြစ်ပါသည်။

ကျေးဇူးကိုယ့်အားကိုယ်ကျင့် စားကြည့်တိုက်များအတွက် သုတ/ရသစာအုပ်များကို
ပြန်ကြားရေးနှင့် ပြည်သူ့ဆက်ဆံရေး ဦးစီးဌာန ခရိုင်/မြို့နယ်ရုံးများသို့ လှူဒါန်းနိုင်ပါသည်။

ပြန်ကြားရေးဝန်ကြီးဌာန
ပြန်ကြားရေးနှင့် ပြည်သူ့ဆက်ဆံရေးဦးစီးဌာန

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LL.B, DOL

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Road accident kills 19 in Brazil

RIO DE JANEIRO, 12 Nov— A head-on crash between a cargo truck and a bus with rural workers aboard killed 19 people and injured two others in the early hours of Wednesday in Maurilandia, south of Goias State.

The accident took place on the BR-452 highway near Maurilandia. Most of the dead were killed instantly.

The truck loaded with metal gas tanks lost control and left its lane before crashing head-on with the bus with 20 workers from the opposite direction, said highway patrols.

The truck driver and a peasant in the bus survived the crash, but were seriously wounded. They were rushed to a nearby hospital.

The 500 gas tanks on the truck, which scattered over the road, blocked the traffic for nearly three hours.

MNA/Xinhua

Vatican praises Arafat as charismatic leader

VATICAN CITY, 12 Nov— The Vatican praised Yasser Arafat on Thursday as a charismatic leader who struggled to win independence for his people, and repeated its support of a sovereign Palestinian state alongside Israel.

Pope John Paul prayed for Arafat when he was told of the death of the Palestinian leader earlier on Thursday in Paris, a Vatican source said.

A Vatican statement called Arafat an "illustrious deceased" and asked God to grant eternal rest to his soul and peace to the Holy Land.

"The Holy See joins the pain of the Palestinian people for the passing of Chairman Yasser Arafat. He was a leader of great

charisma who loved his people and tried to guide them towards national independence," a statement said.

"May God in His mercy receive the soul of the illustrious deceased and grant peace to the Holy Land with two independent and sovereign states in full reconciliation between them," the statement from chief spokesman Joaquin Navarro-Valls said.

MNA/Reuters

COMESA members chart way forward on monetary cooperation

LUSAKA, 12 Nov— Financial experts of the Common Market for Eastern and Southern Africa (COMESA) met here on Thursday to chart the way forward on monetary cooperation among member states.

The meeting is expected to consider the progress made in the implementation of the monetary harmonization programme, progress on the establishment of the regional payment and settlement system and the draft investment framework agreement on the regional common investment area among other issues.

COMESA Secretary-General Erastus Mwencha said during the official opening of the meeting Thursday that in spite of slow movement toward fiscal convergence, governments in the region were taking steps to improve their fiscal balances by taking measures to strengthen tax administration and expand revenue base.

"This trend is supported by the use of indirect monetary policy in-

struments. I would therefore urge member countries to exert more efforts to implement the phased monetary harmonization programme," he said.

This, he said, was crucial for realizing the full benefits of the free trading area arrangement the region is currently implementing and the Customs union and common investment area the region is moving toward.

According to the secretary-general, the achievement of financial sector development and monetary integration requires the creation of conditions to achieve the agreed upon convergence policies and has since called for political commitment.

"Enhancing the implementation of our monetary integration agenda is indeed very important in a world economy which is



China welcomes foreign banks to involve its economic progress

BEIJING, 12 Nov— Vice-Premier Huang Ju said here Thursday that China welcomes foreign banks to take an active part in its economic development and banking reform, increasing cooperation with it in the banking, insurance and securities sectors.

Huang made the remarks during a meeting with Baudouin Prot, chief executive officer (CEO) of the BNP Paribas, the largest French banking group and the first European bank which set up a representative office in Beijing back in 1980.

At present, Huang noted, China's economy still maintains a good mo-

mentum for growth, reform in the banking sector has further sped up, and substantial progress have been made in the reform of state-owned commercial banks, all these provide important business opportunities for foreign financial companies, he said.

China and France share a very great potential for banking cooperation along with continuous opening-up and expanding of Chinese financial sector, Huang acknowledged, adding that

it will contribute to the growth of Sino-European economic and trade ties.

Baudouin Prot appreciated China for the achievements it had made in its economic development and financial reform, saying that the BNP Paribas confides in exploring further in the Chinese market.

Huang is also member of the Standing Committee of the Political Bureau of the Communist Party of China (CPC) Central Committee. — MNA/Xinhua

Back half of train plunges into ravine in central Philippines

MANILA, 12 Nov— The back half of a train plunged into a ravine in the central Philippines on Friday, killing four people and injuring 80, disaster officials and radio stations said.

Rescuers smashed windows to rescue many of the 300 passengers from the wreckage of the overnight train service from Naga City in the south of Luzon Island to the capital, Manila.

"There are still people down there. We're trying to get them out," the police officer directing rescue operations said from the scene.

Five of the eight cars derailed near Padre Burgos Town, he said. Earlier reports said four had been derailed.

Police said it was too early to pinpoint the cause but noted people in the area had been arrested for

stealing railway tracks to sell as scrap metal.

A conductor on the train, Melquiades del Pilar, said there were at least 150 people in the last car, which shuddered as the train rounded a bend.

"It was very quick. I felt like we were being pulled over," del Pilar said on radio. The derailed cars were in a ravine that could be 3100 feet deep, one national disaster official told a radio station.

Disaster officials said the first report of the crash of the Philippine National Railways train came at about 3.30 am (1930 GMT on Thursday).

MNA/Reuters

HK, Harbin seek win-win cooperation

HONG KONG, 12 Nov—Harbin, a hinge on Asia-Europe communication route in northeast China's Heilongjiang Province, is expanding its cooperation with Hong Kong to realize win-win development.

Shi Zhongxin, Mayor of Harbin, said at a seminar on reform of the old industrial base Harbin here Thursday that Harbin has entered a new development stage as its economic system is being improved and the opening-up is deepened.

He said that Hong Kong has convenient business environment, perfect legal system, free trade policies and information,

and fair competition. The two sides can share their business opportunities and benefit each other.

Shi said that Harbin has abundant tourism resources. It is international ice and snow festival and summer concert was famous both at home and abroad. Harbin and Hong Kong may jointly develop the tourism resources to build a travel route connecting the northern and

southern ends of China.

So far, nearly 1,000 Hong Kong companies are doing business in Harbin with an investment of 1.18 billion US dollars. At the seminar, Harbin brought more than 160 projects to invite Hong Kong companies' investment, involving machinery, high-tech industry, green food, pharmaceutical, tourism and logistics sectors.

MNA/Xinhua



Flying fit: Women participate in the European Championship Sport and Fitness Aerobics in Rotterdam.—INTERNET

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CIA analyst resigns

WASHINGTON, 13 Nov — A CIA analyst who wrote a book that criticized the US war on terror has resigned from the spy agency after it effectively banned him from publicly discussing his views, his publicist said on Thursday.

Michael Scheuer, whose book *Imperial Hubris: Why the West Is Losing the War on Terror* was signed as “anonymous” and published this summer, will resign effective on Friday after 22 years at the Central Intelligence Agency. In a statement, Scheuer said the CIA had not forced him to resign, “but I have concluded that there has not been adequate national debate over the nature of the threat posed by Osama bin Laden and the forces he leads and inspires, and the nature and dimensions of intelligence reform

needed to address that threat”. He intends to speak to the media over the next several weeks, including an appearance on the CBS show “60 Minutes” on Sunday.

Scheuer’s statement said senior leadership had allowed the intelligence officers working against al-Qaeda leader Osama bin Laden to be made scapegoats for pre-September 11 failures.

Scheuer was chief of the CIA Counterterrorist Center’s unit which focused on bin Laden from 1996 to 1999 and remained a CIA analyst after that. — MNA/Reuters

Andean countries to bridge gaps before new FTA talks

QUITO, 12 Nov — Delegations from Ecuador, Colombia and Peru will meet in Bogota next week to bridge gaps over sensitive issues before the sixth round of talks on a free trade agreement with the United States.

The new round of talks is scheduled to be held between November 30 and December 4 in the US city of Tucson, Arizona. The three Andean countries will try to iron out their differences over the controversial issues like agriculture and intellectual property in order to gain more benefits when talking with the United States, said Cristian Espinosa, chief

negotiator of Ecuador.

But he also said they did not expect much progress for the Arizona talks, as was the case for the fifth round of negotiations in Guayaquil, Ecuador, in October. The United States wants the agreement to be ready by January 2005, when seven rounds of negotiations would have been completed. — MNA/Xinhua

Tourist arrivals in Philippines up 26.7% in first nine months

MANILA, 13 Nov — Tourist arrivals rose 26.7 per cent in the first three quarters of the year compared to the same period last year, the Philippine Government said on Friday.

The increase in arrivals clearly proved that the perception that the Philippines is a dangerous destination was “misplaced,” said Philippine Tourism Secretary Joseph Durano.

“Foreigners, particularly Americans and Japanese, are security-conscious and yet they continue to come in large numbers despite negative travel advisories that have been issued by their or other countries,” Durano said in a statement.

From January to September 2004, American visitors reached 352,132, accounting for 20.9 per cent of total arrivals, which rose by 32 per cent year-on-year; while Japanese arrivals rose 22.7 per cent year-on-year, registering 290,592, or 17.2 per cent of the total.

South Korean tourists came next, followed by the Chinese. The Philippine Government is trying to attract more Chinese to come to the Philippines with its enhanced and re-focused marketing strategy.

Last month, Durano announced that the Philippine Bureau of Immigration and Department of Foreign Affairs of the Philippines has agreed to extend the privilege of visa-on-arrival to Chinese tourists in order to boost their numbers. The validity of the visa will be extended from seven to 14 days.

Only one of every 600 tourists from China visited the Philippines last year, totalling about 30,000 in contrast to more than 600,000 from Japan and South Korea, according to official figures.

MNA/Xinhua

Hundreds evacuated after propane fire near Toronto

OTTAWA, 12 Nov — A series of massive explosions in a small community east of Toronto forced the closing of Canada’s busiest Highway 401 and the evacuation of about 100 people late Tuesday night, reports reaching here said Wednesday. A huge fireball lit up the sky in the community of Port Darlington Tuesday as the fire began around 8:30 p.m. local time. Explosions were heard for about 40 minutes in the area.

No injuries have been reported as police ordered more than 500 people to leave their homes in the community, 80 kilometres east of Toronto.

MNA/Xinhua

421 villages in Turkey have no clean drinking water

ANKARA, 12 Nov — About 421 villages in Turkey do not have access to clean drinking water, according to a study carried out by a parliamentary deputy for the ruling Justice and Development Party (AKP), Turkish private NTV reported on Wednesday.

The study, which was conducted by the AKP’s Deputy Selahattin Beyribey, said 59,438 people were without clean drinking water, and the drinking water shortage was not only an issue in the underdeveloped southeastern Turkey but also a problem in the western province of

Mugla, and parts of the southern provinces of Mersin and Antalya.

However, the southeastern province of Diyarbakir recorded the worst, with 142 villages lacking water resources, which were followed by 57 in Urfa and 48 in Mardin. — MNA/Xinhua

About 45,000 Mozambican children die of malaria annually

MAPUTO, 12 Nov — Malaria kills about 45,000 children in Mozambique every year, local media reported on Wednesday.

The Anglican bishop of Mozambique’s Libombos Diocese, Dinis Sengulane, was quoted as saying here on Tuesday that malaria remains the greatest single cause of

death, responsible for about 60 per cent of deaths in the southern African country.

Sengulane was addressing a meeting, as part of the action week to combat

malaria in southern Africa with the theme “less words and more action—heading towards a malaria free Southern African Development Community”. — MNA/Xinhua

Singapore faces “AIDS” epidemic

SINGAPORE, 12 Nov — Singapore faces an AIDS epidemic, with the number of new infections diagnosed expected to hit a rate of 1,000 a year by 2010, a health official said.

Homosexuals and heterosexual men who have casual sex in other countries were two groups that needed attention, said Senior Minister of State for Health Balaji Sadasivan.

The number of new cases of HIV/AIDS in Singapore has been increasing and is set to cross 300 a year in 2004, he said in a speech. If this continues unchecked, Singapore may have 15,000 people with HIV/AIDS by 2010.

“The number of new (HIV/AIDS) cases diagnosed appears to double every 3 to 4 years. At this rate of increase, we can

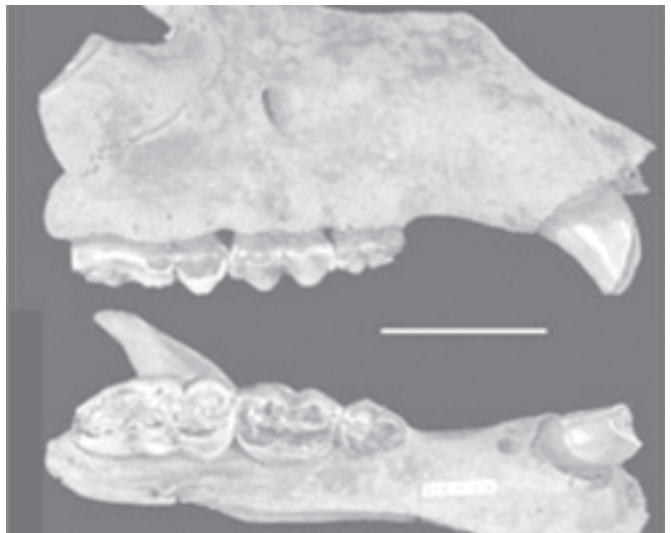
expect more than a thousand new cases to be diagnosed in the year 2010,” he said. According to the World Health Organization (WHO), there are about 4,000 people in Singapore with HIV, and less than half of them have been diagnosed, he said. Sadasivan pointed to the sharp rise in new AIDS infections among homosexuals, from 54 cases last year to 77 in the first 10 months of this year.

“This recent explosion of cases is due to the promiscuous and unsafe lifestyle advocated and practised by some gays,” he said.

He urged the Communi-

cable Disease Centre (CDC) to draw up measures to tackle the problem, including border screening of people in high-risk groups.

“If the CDC can screen high-risk Singaporeans at our borders when they return, we may be able to protect Singapore women from catching AIDS from these men,” he added. Most HIV and AIDS patients are treated at the CDC. As at the end of September, there were 972 reported HIV patients and 1,334 reported AIDS cases in the city-state, a Ministry of Health spokeswoman said. — MNA/Reuters



The fossil jaw and skull fragments of an ancient brown bear found near Edmonton on 11 Nov. 2004. The white bar is 3 centimetres long. The fossilized jaw found in an Alberta gravel pit appears to have cleared up a mystery for researchers wondering how brown bears made it across North America. The findings are discussed in Friday’s issue of the *Journal Science*. —INTERNET

SPORTS

FIFA ratifies seven-month ban on Mutu

BUCHAREST, 13 Nov — FIFA has extended the seven-month ban on ex-Chelsea striker Adrian Mutu for drug abuse worldwide.

The Romanian international was banned by the English Football Association (FA) and sacked by Premier League Chelsea last month after testing positive for cocaine.

The Romanian soccer federation had asked world body FIFA to clarify whether the 25-year-old could train in Romania during the ban with his former club Dinamo Bucharest.

FIFA said he could train but he could not play for another club or his country.

"This suspension covers all matches including domestic, international, friendly and official fixtures," FIFA said. Mutu has held talks with Juventus this week.

Mutu's suspension started on October 25 and expires on May 18, 2005.

MNA/Reuters

Ferguson delighted to have Nistelrooy back

MANCHESTER (England), 13 Nov — Manchester United manager Alex Ferguson is delighted to have Ruud van Nistelrooy back as he looks to end his side's barren run in front of goal at Newcastle United on Sunday.

Van Nistelrooy returns after completing a three-match domestic ban and is set to lead an attack that has failed to score in three of the last four league games.

"His strike rate as a centre forward is amazing, and it's an area which is frustrating us at the moment," Ferguson told a news conference on Friday.

"With the amount of possession we had last week (against Manchester City) we did miss a lot of chances, and although we had two shots cleared off the line and two penalty-kicks turned down it is frustrating not to get the

ball in the net."

Van Nistelrooy, who is likely to start his 100th league game for United at St. James' Park, has scored nine times this season, though only two have come in the Premier League and both of those were from the penalty spot.

Wayne Rooney has scored only one league goal since his arrival from Everton, while Paul Scholes is yet to score and Louis Saha claimed his first goal of the campaign in the League Cup against Crystal Palace on Wednesday.

However, Scholes does have an impressive record

at Newcastle, where he scored the winner last season, and Ferguson believes the goals will come for the former England midfielder.

"He's like a lot of what is happening at the club at the moment, he's just not getting the breaks near the goal," Ferguson added.

"Every striker wants that goal to change their fortunes, just like Louis Saha on Wednesday.

"It just changed his game and we're all delighted for him and hopefully we're saying the same thing about Scholes on Sunday."

United, who are seventh in table, could be 14 points behind leaders Chelsea by the time they face Newcastle, whose bright start under new manager Graeme Souness has faded with three defeats in their last three domestic league and cup games.

But Ferguson, who has a fully fit squad to choose from, insists he is not thinking about the London duo of Chelsea and Arsenal, who are heading the title race.

MNA/Reuters

Leeds close to selling Elland Road stadium

LONDON, 13 Nov — Leeds United, one of the great names in English soccer, said on Friday they were close to selling their Elland Road stadium after ending takeover talks with a British-American consortium.

Leeds, who are still discussing a proposed investment by a "local" consortium, plan to sell Elland Road and lease it back.

"We are in the final stages of completing a sale and leaseback of Elland Road," said chairman Gerald Krasner.

"As I have repeatedly stated, football will continue to be played at Elland Road and the deal will include a commercial buy-back clause."

The club bought back the stadium in 1998 after it had been under the control of Leeds City Council for 13 years.

The Yorkshire club,

who had debts estimated at over 100 million pounds last year, came close to financial collapse before being sold to a consortium led by Krasner in March last year.

Krasner told a news conference on Friday that a deal to sell the club to Nova Financial Partners had fallen through.

The consortium led by Sebastian Sainsbury, great-grandson of the founder of the British supermarket chain that bears his name, had been set a deadline of 1300 GMT on Friday to complete the deal.

"Nova has failed to meet numerous self-im-

posed deadlines in terms of providing proof of funds," said Krasner.

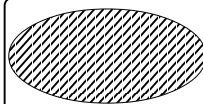
"At 1300 today, despite various requests, Nova's solicitors remain unable to confirm they have received funds."

On that basis, the Leeds United board has been advised... that negotiations have now ceased."

Leeds, relegated from the Premier League in May, have offloaded their big-name players in a bid to ease debts.

They also sold their Thorp Arch training ground in October and signed a 25-year lease to keep using the facilities.

MNA/Reuters



Human hurdle : Al-

Arabi's Ahmad Fares

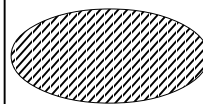
jumps over al-Sadd's

Wisam Rezzq during

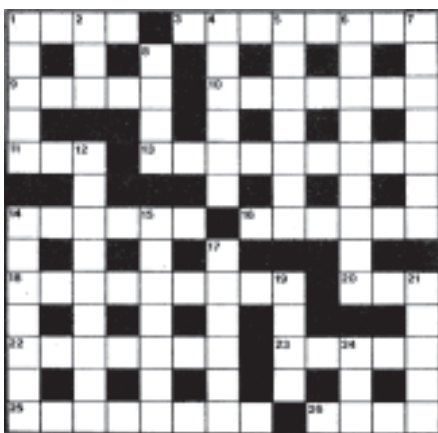
their Qatar championship

match in Doha.

INTERNET



CROSSWORD PUZZLE



ACROSS

- 1 Propagated
- 3 Boiled sweets
- 9 beneath
- 10 Moved
- 11 Short swim
- 13 Magnitude
- 14 Go-between
- 16 Crawls
- 18 Unwelcome visit
- 20 Propitiatory gift
- 22 Intense desire
- 23 Hurl
- 25 The weather
- 26 Asterisk

DOWN

- 1 Tied
- 2 Finish
- 4 Loose overcoat
- 5 Fishing-boat
- 6 Lacking in vigour
- 7 Lovers of cruelty
- 8 Rugged rock
- 12 Prone
- 14 French spongecake
- 15 Learned
- 17 Move restlessly
- 19 Memorandum
- 21 Strength
- 24 Rodent

David Moyes signs new contract with Everton

LONDON, 13 Nov — Everton manager David Moyes committed his long-term future to the Premier League high-flyers on Friday by signing a new contract until 2009.

The Merseysiders, expected to struggle after flirting with relegation last season and selling prize asset Wayne Rooney to Manchester United, are

third in the standings — six points behind leaders Chelsea. Scot Moyes has put aside the distraction of a close-season boardroom power struggle and the sale of England striker Rooney to knit together a gritty, resilient side who have won seven and lost just three of their 12 league matches.

Their good start has been built on the back of a miserly defence, conceding only seven goals in 11 games since a 4-1 drubbing by Arsenal on the opening day of the season.

"The opportunity to sign a second contract at Everton doesn't come around very often, who-

ever you are," Moyes told the club's website.

"I also feel that we have made progress in the past two and a half, three years and I now see a much better future for Everton."

Moyes took charge at Goodison Park in 2002 following the sacking of Walter Smith and guided Everton, who have not won a major trophy since 1995, to seventh place in his first full season in charge.

He could not repeat the feat the following season as Everton endured a miserable campaign to finish 17th, avoiding relegation by one place.

MNA/Reuters



Vera Zvonareva (news) of Russia reaches for a return during her 6-4, 7-5 loss to Maria Sharapova (news) of Russia at the WTA Championships in Los Angeles, on 12 Nov, 2004. — INTERNET

Kathina robes offered to members of the Sangha of Bangladesh Monastery

YANGON, 13 Nov—The Eighth Kathina robes offering ceremony of the Bangladesh Monastery was held at the Kyaungtaik in Natchaung Ward, Tamway Township, this morning.

It was attended by members of the Sangha led by Secretary of State Sangha Maha Nayaka Committee Abhidhaja Maharaththa Guru Abhidhaja Agga Maha Saddhammajotika Magway Sayadaw Bhaddanta Kumara, Presiding Sayadaw of the Bangladesh Monastery Saddhammajotikadhaja Bhaddanta Pannajota, Attorney-General U Aye Maung, Director-General of Department for Promotion and Propagation of the Sasana U Sann Lwin, guests and well-wishers.

The ceremony was opened with the three time

recitation of *Namo Tassa*, and the congregation received the Eight Precepts from the Magway Sayadaw.

Next, members of the Sangha recited parittas, and Attorney-General U Aye Maung presented Kathina robes and offertories to the Magway Sayadaw.

After that, Director-General U Sann Lwin presented Kathina robes and offertories to members of the Sangha.

Afterwards, the Magway Sayadaw delivered a sermon and the congregation shared the merits gained.

The ceremony ended with the three time recitation of *Buddha Sasanam Ciram Titthatu*.

After the ceremony, 'soon' was offered to members of the Sangha.—MNA

Culture Minister tours Bagan Ancient City

YANGON, 13 Nov—Minister for Culture Maj-Gen Kyi Aung, together with Director-General of the Department of Archaeology U Nyunt Han, made an inspection tour of Bagan Ancient City on 10 November.

The Minister inspected renovation of pagoda No.1499 Meenyeingon Pagoda. Deputy Director-General of the Archaeology Department (Upper Myanmar) U Aung Kyaing and engineers reported on future plans for the pagoda to get back its original position. The Minister gave necessary instructions to the officials.

Next, the Minister inspected the mound of pagoda No 62 near Kyansitha Cave in NyaungU. Officials gave an account of renovation of the ancient building and future tasks.

The Minister held a meeting with engineers for maintenance of Dhammayamgyi Pagoda and gave instructions.

On the morning of 11 November, the Minister inspected the remains of Zeyabom Palace of King Kyansitha in Bagan Ancient City and instructed officials to maintain the building for its durability and to construct circular paths of the building for convenience of the visitors.

He also inspected maintenance of the remains of the palace of King Anawrahta and gave instructions on building of circular and drains.

Next, he inspected the site for reconstruction of Arimaddanapura Bagan Palace of King Anawrahta. An architect reported on traditional artistic works to be installed in the Palace.

Afterwards, engineers reported on progress in reconstructing Pyinsapathada Palace and future tasks. The Minister instructed officials to supervise the construction tasks and inspected the Palace and its compound.

MNA

Essay and poem competitions to mark 57th Anniversary Independence Day to be held

YANGON, 13 Nov — As a gesture of hailing the 57th Anniversary Independence Day, the TV Quiz and Computer Art Competition Organizing Subcommittee announced today to hold essay and poem competitions in accord with the national objectives of the 57th Anniversary Independence Day.

The contests are divided into three categories -university, college and institute level, BEHS level and BEMS level.

The essay competitions of university level will be held on 4th December starting from 9 to 11 am and poem competitions on the same day from 12 to 2 pm.

In the competitions of university, college and institute level, the students from the universities, colleges and institutes under the Ministry of Health, the Higher Education Department, the Ministry of Science and Technology and the Education Planning and Training Department, University of Agriculture, University of Veterinary Science, Institute of Forestry, Universities of Culture, Myanmar Maritime University, Myanmar Aerospace Engineering University, the University of Development National

Races, the Nationalities Youth Resource Development Degree Colleges and Cooperatives Degree Colleges, may take part in it.

The essay competitions of BEHS level will be held on 4th December starting from 9 to 11 am and poem competitions on the same day from 12 to 2 pm in their respective schools. The students of 8th, 9th and 10th standards may take part in it.

The essay competitions of BEMS level will be held on 5th December starting from 9 to 11 am and poem competitions on the same day from 12 to 2 pm in their respective schools.

The students of 5th, 6th and 7th standards may take part in it.

The contestants can write not more than 5,000 words for essay competitions and not more than 300 stanzas for poem competitions. The entrants are to enlist at their respective schools, universities, colleges and institutes not later than 3rd December.

Handsome prizes will be awarded to 18 winners who will stand first, second and third in the competitions. — MNA

Myanmar ranks top in third Asian Archery Championship-2004

YANGON, 13 Nov — Myanmar archery team has bagged three gold, three silver and two bronze in the third Asian Archery Championship-2004 being held in Hanoi, Vietnam.

Ten countries, from Asia and Southeast Asia participated in the competitions. In the man's compound event yesterday, Myanmar won one gold with 2002 scores. In the man's recurve event,

Myanmar stood first with 1841 scores. In the women's recurve event, Myanmar won one silver with 1715 scores and Malaysia gold with 1851 scores.

Two Myanmar archers won one silver and one bronze in the single compound event. In the women's compound event Myanmar stood second with 1857 scores. In that event the Philippines won one gold with 1954 scores. — MNA

Asleep in Jesus

Rev. Khant Gyi

Age (94) years

Rev. Khant Gyi fell asleep in Jesus at 4:20 pm on 13th November, 2004 at No 127, Cherry Road, PyinOoLwin.

Funeral service will be conducted at (1) pm on (16-11-2004) Tuesday at Kayin Baptist Church and thence proceed to 8th mile cemetery in PyinOoLwin for burial.

Bereaved Family

Arafat's coffin back in Ramallah compound

RAMALLAH, 13 Nov—Late Palestinian leader Yasser Arafat's coffin was flown back to his battered compound in the West Bank city of Ramallah at 2.15 pm (1215 GMT) Friday.

At least 5,000 Palestinians have burst into the compound to await the return of their beloved leader's body from Cairo

where a military funeral was held for the Palestinian leader earlier in the day. Arafat's coffin was carried out of the helicopter onto a car.

The crowd then pushed their way to touch the coffin. Arafat's burial was due to take place here at about 4 pm local time (1400 GMT).

MNA/Xinhua

Weather Map of Myanmar and Neighbouring Area



WEATHER

Saturday, 13 November, 2004

Summary of observations recorded at 09:30 hours MST: During the past 24 hours, weather has been fair in the whole country. Night temperatures were (3°C) to (4°C) below normal in Kachin, Chin and Kayah States, upper Sagaing, Magway and Bago Divisions, (5°C) below normal in Ayeyawady Division, (3°C) to (4°C) above normal in Mon State and Taninthayi Division and about normal in the remaining areas.

Maximum temperature on 12-11-2004 was 98°F. Minimum temperature on 13-11-2004 was 65°F. Relative humidity at 9:30 hrs MST on 13-11-2004 was 70%. Total sunshine hours on 12-11-2004 was (8.2) hours approx. Rainfall on 13-11-2004 was nil at Yangon Airport, Kaba-Aye and central Yangon. Total rainfall since 1-1-2004 was (112.24 inches) at Yangon Airport, (106.77 inches) at Kaba-Aye and (109.64 inches) at central Yangon. Maximum wind speed at Yangon (Kaba-Aye) was 10 mph from West at (17:05) hours MST on 12-11-2004.

Bay inference: Weather is cloudy in South Andaman Sea and South Bay and fair elsewhere in the Bay of Bengal.

Forecast valid until evening of 13-11-2004: Weather will be partly cloudy in Ayeyawady and Taninthayi Divisions and fair in the remaining areas.

State of the sea: Seas will be slight to moderate in Myanmar waters.

Outlook for subsequent two days: Generally fair weather in the whole country.

Forecast for Yangon and neighbouring area for 14-11-2004: Fair weather.

Forecast for Mandalay and neighbouring area for 14-11-2004: Fair weather.

Government policy towards national...

(from page 1)

The Secretary-1 and party paid respects to Myainggying Sayadaw Bhaddanta Sujana and presented the eight requisites and offertories to the Sayadaw. The Secretary-1 and party met the Chairman of DKBA and members at the guest house of Myainggying special region.

The Secretary-1 explained developments of the State. Regarding the armed groups that had returned to the legal fold, he said they returned to the legal fold not because of an individual person or an organization but because of the belief in national policy based on consolidation of national solidarity and perpetuation of the Union.

He said national race groups returned to the legal fold and they are participating in the efforts for development of the entire Union including their own regions under the leadership of the government.

He assured that there will be no change in the Government's attitudes towards the national race groups. He also pledged that the government will continue to cooperate with them.

(See page 8)



Secretary-1 Lt-Gen Thein Sein has a cordial conversation with local national people after meeting with Phayagon Region Peace Group Chairman Phado Aung San and party. — MNA

Commander tours Htantabin Township

YANGON, 13 Nov—Chairman of Yangon Division Peace and Development Council Commander of Yangon Command Maj-Gen Myint Swe, accompanied by No 3 Military Region Commander Col Tint Hsan and Departmental officials, supervised the arrangements for meeting the sown acreage target in cultivating summer paddy and water supply for agricultural purpose at Htantabin Township, Yangon North District, here, this morning.

At Pandaing Sluice Gate near Pandaing Village, the Commander heard a reports by officials concerned on supply of water from Kukko River via Pandaing Sluice Gate for growing summer paddy in Tetthitkyun Region,



Commander Maj-Gen Myint Swe inspects progress in digging Yogwa canal in Htantabin Township. — YGN COMMAND

Htantabin Township, salient points about the Sluice Gate, and maintenance of the facility.

Officials reported on efforts being exerted to exceed the target in cultivating summer paddy on the irrigated area of Tetthitkyun Region.

Next, The Commander inspected preparations for cultivation of summer paddy near Thanpayakhon Village, Htantabin Township, and progress in digging canals. Director of the Irrigation Department U Kyaw Thein gave an account of conditions on

the sluice gates and canals in Htantabin Township and measures for construction of more sluice gates. The Commander gave instructions on implementation of Kogyi Creek Sluice Gate Project in the township.

Maj-Gen Myint Swe proceeded to

Kyunngu Water Pumping Station. Officials of Division Water Resources Utilization Department reported on steps for supply of water for cultivation of summer paddy. The Commander instructed the officials to supervise tasks for supply of sufficient water,

renovation of canals, and maintenance of power lines and pumps for ensuring cultivation of summer paddy on targeted areas.

So far, Htantabin Township has grown 1,784 out of 4,500 acres of summer paddy.

MNA

24 armed group members exchange arms for peace

YANGON, 13 Nov—The State Peace and Development Council upholding Our Three Main National Causes, is striving for national reconsolidation and making concerted efforts for development of the

entire nation. Armed groups have been exchanging arms for peace after realizing correct endeavours and genuine goodwill of the government and understanding their destructive acts. A 24-member NDA armed group led by U Ohn Thwin exchanged arms for peace at the briefing hall of Layhnya Bridge construction project site in Kawthoung, Taninthayi Division, on 10 November. On the occasion, Tactical Operations Commander Col Myint Tun and military officers, departmental officials,

members of social organizations and local people warmly welcomed members of the armed group. In his welcoming speech, Col Myint Tun said he welcomed the armed group members who returned to the legal fold after they had understood their destructive acts. Next, he urged them to work together with departmental personnel and local people for regional development. And the government will also provide necessary assistance, he added.

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U Ohn Thwin of NDA Armed Group hands over a small arm to Tactical Operations Commander Col Myint Tun. — MNA

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