Workers screened for H1N1

Death toll from seasonal influenza reaches 7

RETURNING Myanmar workers from Thailand are being screened for the H1N1 virus in addition to being provided with health care at migrant worker receiving station in Myawady on Thursday. 

The health measures come as the death toll from this year’s outbreak of H1N1 continues to rise. With another death due to H1N1 influenza reported in Yangon on Friday, the total number of deaths is now 7, or 5.7 per cent of those who have been confirmed to have the virus, the Ministry of Health and Sports said yesterday. The fatalities include two 5-year-old girls who died at a children's hospital in Yangon.

Workers screened for H1N1

Stakeholder Meeting at Peace Center in Yangon

A stakeholder meeting on peace process was held yesterday morning in the National Reconciliation and Peace Center in Yangon.

The meeting was attended by family members of the ethnic delegates who signed the historic Panglong Agreement in 1947 together with General Aung San. The family members have voiced their support for the Union Peace Conference-21st Century Panglong under the leadership of State Counsellor Daw Aung San Suu Kyi in February.

The meeting was also attended by experts from various sectors. At the meeting, the Union Minister for the State Counsellor’s Office U Kyaw Tint Swe and Peace Commission Chairman Dr. Tin Myo Win clarified the current status of the peace process and meeting attendees, including families of the 1947 Panglong Agreement signatories. Experts from various sectors discussed their views about how to achieve peace and future work that needs to be done.

After the meeting, the participants have the documentary photo taken.— Myanmar News Agency
Union Minister visits flood victims in Ayeyawady Region

AS the Ayeyawady River rose above its danger level, flooding several villages in Ayeyawady Region earlier this month, 630 villagers were evacuated to temporary relief camps opened at U Po Shwe Hall in Kyaukhalunpun Pagoda compound, Danuphyu.

Union Minister for Social Welfare, Relief and Resettlement Dr Win Myat Aye and Ayeyawady Region Chief Minister U Mahn Johnny, accompanied by region government ministers, blufaraw representatives and departmental officials, visited the relief camp and encouraged the villagers.

“Natural disasters occur regularly in Myanmar, so in order to face and overcome these disasters, preparations were made together with the people. Preparations were made based on last year’s experience and, despite the water rising above the danger level, there was less damage and loss. Such preparation works will be continued together with relevant ministries, states and regions governments and while staying temporarily in the relief camp, outbreak of contagious diseases could occur and care should be taken to prevent such outbreaks. Currently, there are outbreaks of seasonal flus and those with symptoms of it should take care not to spread it further by wearing maske, washing hands and good personal hygiene”, said the Union Minister. — Myanmar News Agency

Measures to be stepped up for security in Maungtaw

RAKHINE State Chief Minister U Nyi Pu has called for stepping up measures for arresting law breakers in Maungtaw District, expressing his delight for current achievements for the rule of law in the district.

At the coordination meeting for the rule of law and development in Maungtaw District held at the district’s administration department yesterday, he said the Rakhine State government has assigned the security forces to make tour of inspection to the villages as they achieved success in arresting the law breakers as part of efforts for underpinning the administrative and security sectors of the district. The participants of the meeting also discussed security situation and future plans for the rule of law in Rakhine State.

The 3rd meeting also focused on agriculture, livestock breeding, education, health and social affairs sectors. Following the meeting, Chief Minister U Nyi Pu handed over two fire engines to Maungtaw District Management Committee. — A One Soe, Myo Thu Hein

Man in Maungtaw arrested in possession of weapons

A man was arrested with weapons that included several swords in Myoma Kanyintan West Village, Maungtaw Township, Rakhine State on Friday.

Based on information received, security personnel arrested Abdul Hami and found a 5-feet-long pointed iron rod of ¾ inch diameter and several swords hidden in a bush in the compound of his house. Arrangements are underway to open a case according to the law. – MNA

Man missing in Buthidaung

A resident of Chatipyin Village, Buthidaung Township has been reported missing after he did not return from a trip to nearby May Yu Hill.

U Thaw Htay left his home to visit May Yu Hill with two others on Thursday at about 7 am. Although U Tin Maung Win and another man returned to the village, U Thaw Htay did not return home. Security police forces together with residents are investigating the case.—Myanmar News Agency

Nine men arrested, 29 cattle confiscated in Kaladan

Security forces arrested nine people and confiscated 29 cattle in a boat in the Kaladan River in Maungtaw Township on Friday morning while on patrol.

The security forces came upon the boat and gave a signal for the boat to stop. The boat instead tried to get away, forcing authorities to give chase.

Woman killed as express bus overturns on Ygn-Mdy Highway

ONE woman was killed and other passengers were injured after the Arkar Tha Express overturned near Wuntwin Township on the old Yangon-Mandalay Highway at 4:30 am yesterday.

Twenty-eight people — seventeen men, nine women and two monks — were on board when the accident occurred. The injured victims were taken to Mandalay, Kyaukse and Wuntwin Hospitals by highway police forces, firefighters and members of the Red Cross.

The accident was due to reckless driving, police said. At least two drivers have been charged by police.—Than Oo (Lemyathna)
Workers screened for H1N1

FROM PAGE 1

Following laboratory testing from 28th to 29th July, the total number of patients who are H1N1 positive is now 41.

The screenings that began on Thursday at the receiving station did not reveal any new cases of H1N1, also known as swine flu, but officials remain vigilant.

“Health care is a usual service provided, but with the current occurrences of H1N1, the migrant worker receiving station is using temporal thermometers (forehead thermometers) to monitor the returning workers’ temperature”, said Dr. Daw San San Myint of District Hospital child and maternal health department. “If a worker has high temperature and indicates further symptoms of H1N1, he/she will be treated in Myawady Hospital. Arrangements are being made in the hospital to treat patients suspected of having H1N1 while talks and educative works are being conducted in the wards”.

More than 200 returning workers from Thailand, 83 on 27 July, 62 on 26 July and more than 60 on the morning of 29 July were screened and none were found to have H1N1 symptoms. The H1N1 screenings were started under the instruction of Myawady District Hospital Medical Superintendent Dr. Thida Soe on 27 July and will be continued indefinitely, it is learnt.

Meanwhile, three chickens with the H1N1 virus died at a house in Mayangon Township, it was learnt yesterday.

Following the confirmation of the avian flu virus infection by the laboratory of the Livestock Breeding and Veterinary Department, the disease control team of the department cleansed the area and has taken quarantine measures in order to prevent further infection.

Certain strains of the H1N1 virus affect both humans and animals, and are highly contagious.

The Myanmar health ministry has urged the public to follow guidelines that reduce the chance of contracting the H1N1 virus, such as frequent washing of hands, avoiding crowds, refraining from spitting and using disposable tissues when coughing or sneezing.

—Htane Lin Aung (IPRD)

Secondary education curriculum reform discussed

Hmwe Kyu Zin

THE Forum on Myanmar Secondary Education Curriculum Reform was held in Nay Pyi Taw yesterday, attracting MPs of the education committee of Pyithu Hluttaw and Amyotha Hluttaw and educational experts.

The forum focused on plans for reformation of the curriculum of the middle and higher school education levels, including policies on additions to the new curriculum system for the 21st century middle and higher education levels and on teaching and assessment methods.

“We discussed how we can overcome the challenges for secondary education curriculum reform,” said U Ko Lay Win, Deputy Director-General of the Education Research Planning and Training Department, who also participated in the forum.

The forum also sought suggestions from educational experts.

“We also discussed main evidences and reasons for carrying out curriculum reform,” he added.

The major challenges from the forum are an adequate budget and human resources for writing the curriculum, said U Ko Lay Win. He expressed his hope that good results would come out from the forum.

Dr Chris Spohr, Principal Social Sector Specialist, Asian Development Bank, pointed out the current method of learning by memorisation for an examination.

The new curriculum that will hopefully inspire learning should help reduce school dropout rates, he added. ■

Wholesale market meeting global standards to be opened in Yangon

Ko Moe

A wholesale market that meets international standards will soon be opened in Danyingone, said Yangon Region Chief Minister U Phyo Min Thein, yesterday.

“The Danyingone wholesale market is being planned for farmers to come and sell directly. For it to be an international standard, arrangements are made to include modern cold storage facilities,” he said.

Cold storage with modern machineries will be included to preserve vegetables.

In big cities of the world, there is one big wholesale market that supplies the entire region. The wholesale market that is being planned is of this type, said U Phyo Min Thein.

The wholesale market will be located between Insein and Shwepyitha townships on an area of nearly 80 acres. Construction will be in cooperation between Yangon City Development Committee and private businesses.

The Danyingone international standard wholesale market will have shops and selling areas for vegetables, fruits, modern refrigerated rooms, office rooms and living areas. ■

Livelihood and community development projects held in Rakhine

Livelihood and community development projects held in Rakhine State. To start the project, the Rural Areas Development Department and French Partners Myanmar have targeted to spend US$3.659 million on the project.—MMAL ■
75 tractors sold to local farmers in Sagaing Region

The Agricultural Mechanisation Department sold 75 tractors using an installment system of payment to local farmers in Sagaing Region in the first four months of financial 2017-2018, according to a report in the Myawady Daily yesterday.

“The local farmers who are interested to buy the farming equipment can observe and buy them at the regional Agricultural Mechanisation Department. The local farmers have to pay 10 per cent of the total price as a down payment and will be allowed to use the farming implement after making the down payment.

The remaining 90 per cent has to be paid off in six equal installments in three years. Forty-eight tractors were sold to local farmers in financial 2016-2017. But this year; the department sold 75 tractors in the first four months of financial 2017-2018. We still have demand from local farmers,” said an official from the Regional Agricultural Mechanisation Department.

To enable local farmers to buy tractors, the Regional Agricultural Mechanisation Department is seeking contracts with four farming implement trading companies.—GNLM

Garden to be constructed on grounds of Tuyin Taung Pagoda

A garden will be constructed on a 12-acre plot of land in the premises of Tuyin Taung Pagoda in Nyaung U Township, Mandalay Region at the end of this fiscal year, according to a report in the Myawady Daily yesterday.

The land on which the garden will be constructed is located in Kontangi village-tract in Nyaung U township. Mango trees, palm trees, bamboo trees and Ingin flower trees will be planted in the garden. “The garden will be constructed for the pilgrims from the other regions visiting the pagoda. Upon completion, the garden will create job opportunities for the local people who are living near the pagoda,” said an official from the Nyaung U district general administration department.—GNLM

Three hydropower projects to be implemented in Chin State

Three hydropower projects will be built in Chin State this financial year, according to a report in the Myawady Daily yesterday.

To implement the three hydropower projects in Chin State, some of the towns cannot supply the electricity around the clock. Therefore, we will distribute three hydropower projects in Chin State with an aim to attract the FDIs in Chin State,” said U Salai Isac Khin, Chin State minister of Electricity and Industry.

Upon completion of the projects, the electricity will be distributed with the use of the advanced technology from the three hydropower generators.—GNLM

Local bananas to be displayed at international exhibitions

The Myanmar Fruit, Flower and Vegetable Producers and Exporters Association (MFVP) is planning to display locally sourced bananas at international exhibitions, according to a report in the Myawady Daily yesterday.

Currently, the local cultivators are trying to increase the yield of the local banana harvest. Also, they plan to export them after cultivating foreign banana seeds. “We are planning to export the banana. Therefore, we are cultivating the banana on an extensive scale. We have also planned to introduce the pedestrian banana in the international exhibitions,” said U Soe Than Min Din, the chairman of the MFVP.

The MFVP is also conducting awareness training courses concerning banana cultivation technology. The courses also involve field trips for practical observation. Local bananas can be cultivated in every region of Myanmar. It is said that the local bananas from Sibwebo and Kyaukse townships are the best.—GNLM
Myanmar exports 25 tonnes of garlic to India, Bangladesh

MYANMAR exported more than 21 tonnes of garlic worth US$5,629 to neighbouring Bangladesh via the Maungtaw border trade camp between 8 and 14 July, according to a report of the Ministry of Commerce released yesterday. During the same period, the country also sent $4,431 worth of garlic weighing three tonnes to India, the second-largest neighbouring country, through the Tamu border entry point. According to the ministry’s statistics, the country earned more than $60,000 from the export of 137 tonnes of onion to other neighbours within the same period — 113 tonnes of onions to China, one of Myanmar’s largest trade partners, from Muse 165-mile trade zone and another 24 tonnes to Thailand from the Myawady border gate. The kitchen crops are predominantly cultivated in Shan State and Salin, Pwintphyu, Yenangyaung and Pakokku townships in Magway Region. A domestic merchant said it is predicted that the prices of onion will continue to increase until the new harvest.—Swe Nyein

Jade export products require mandated documentation for Kachin value assessments

JADE exports must be subjected to an official inspection prior to export, according to a recent announcement of the Kachin State Natural Resources and Environmental Conservation office. The announcement was issued in response to complaints by jade traders that a one-stop service center at the Myitkyina Police Station was refusing to assess their jade because they lacked mandated documentation. Jade traders require business licences, proof of foreign bank accounts, receipts from Myanmar Gems Enterprise, an open general licence and a permit from the Commerce Ministry to receive an official assessment. Once those documents are validated, an assessment can be provided along with a seal of approval at one stop service centre.—Min Min Oo

Hundreds of precious mineral mining licences to expire in July

LICENCES for more than 900 precious mineral mining blocks in Mohmyin, Mongshu, Longkhin, Phakant of Kachin State; Kani, Sagaing Region and Mogok, Mandalay Region will be due this month, according to a report of yesterday’s edition of Myawady Daily. Expiring mining licences include 493 blocks in Mohmyin licenced in 2012, 51 blocks in Mongshu licenced in 2014, 32 blocks in Kani licenced in 2012, 37 blocks in Longkhin licenced from 2010 through 2013 and 293 blocks in Mogok licenced in 2014. Environmental remediation plans are being drafted for those blocks. The licences were revoked, according to the Myawady report, due to excessive exploitation which caused land slides and other hazards. Last month, 291 mining blocks in Phakant, Mongshu, Longkhin, Mogok and Mohmyin areas expired. —GNLM

Export volume of turmeric declined by over 20 tonnes

MORE THAN 90 tonnes of turmeric went to Singapore and Malaysia through shipping routes from 9 and 15 July, a decrease of over 20 tonnes from that of the previous week, the Commerce Ministry recently reported. The Republic of Singapore officially imported 16 tonnes of turmeric, while another 74 tonnes went to Malaysia within the same week by sea. The country earned US$68,025 from the week’s export of turmeric. It sent over 110 tonnes of the same product to its trading partners the previous week. Based on quality, the price of turmeric in Shan State is between Ks1,100 and Ks1,450 per viss. In Yangon, a viss of turmeric has been sold for Ks1,460.—Shwe Khine

A vendor removes the skin of garlic. PHOTO: REUTERS
North Korea tests another ICBM, claims all of US in strike range

SEOUL/WASHINGTON — North Korea said on Saturday it had conducted another successful test of an intercontinental ballistic missile (ICBM) that proved its ability to strike America’s mainland, drawing a sharp warning from US President Donald Trump and a rebuke from China.

North Korean leader Kim Jong Un personally supervised the midnight launch of the missile on Friday night and said it was a “stern warning” for the United States that it would not be safe from destruction if it tries to attack, the North’s official KCNA news agency said.

North Korea’s state television broadcast pictures of the launch, showing the missile lifting off in a fiery blast in darkness and Kim cheering with military aides.

“Because the ICBM test-fire reconfirmed the reliability of the ICBM system, demonstrated the capability of making a surprise launch of the ICBM in any region and place any time, and clearly proved that the whole US mainland is in the firing range of the DPRK missiles, (Kim) said with pride,” KCNA said.

DP RK is short for the North’s official name, the Democratic People’s Republic of Korea.

The launch comes less than a month after the North conducted its first ICBM test in defiance of years of efforts led by the United States, South Korea and Japan to rein in Pyongyang’s nuclear weapons ambitions.

The North conducted its fourth and fifth nuclear tests last year and has engaged in an unprecedented pace of missile development that experts said significantly advanced its ability to launch longer-range ballistic missiles.

“By threatening the world, these weapons and tests further isolate North Korea, weaken its economy, and deprive its people,” Trump said in a statement. “The United States will take all necessary steps to ensure the security of the American homeland and protect our allies in the region.”

China, the North’s main ally, said it opposed North Korea’s “launch activities that run counter to Security Council resolutions and the common wishes of the international community.”

A foreign ministry statement added: “At the same time, China hopes all parties act with caution, to prevent tensions from continuing to escalate, to jointly protect regional peace and stability.”

Early on Saturday, the United States and South Korea conducted a live-fire ballistic missile exercise in a display of firepower in response to the missile launch, the US and South Korean militaries said.—Reuters

Six-nation counterterrorism talks, eyeing Marawi, open in Indonesia

MANADO, (Indonesia) — A six-nation meeting on the threat posed by potential terrorists returning home from Middle East conflict zones opened Saturday, focusing on the situation in the southern Philippine city of Marawi, where Islamic State-inspired militants are battling government forces.

Indonesia and Australia are co-hosting the Sub-Regional Meeting on Foreign Terrorist Fighters and Cross-Border Terrorism taking place in the North Sulawesi provincial capital of Manado, located about 500 kilometers south of the Philippines’ restive island of Mindanao. Brunei, Malaysia, the Philippines and New Zealand are also taking part.

Opening the meeting, Indonesian Coordinating Minister for Political, Legal and Security Affairs Wiranto said that as no single country is free from terrorist threats, the threats must be faced together bilaterally, regionally and internationally.

“We can’t stand still while the terrorism problem becomes a real threat to humanity,” he said, voicing hope that the meeting can be “well used” to discuss various issues related to terrorism eradication, particularly in dealing with threats in the southern Philippines.

Touching on the conflict in Marawi, Australian Attorney General George Brandis said in his opening speech that the conflict “reminds us, in the most immediate possible way, of the urgency and the proximity of the threat that is faced by all of us.”

“And it is appropriate, therefore, that a principle focus of this meeting will be on cross-border terrorism and foreign fighters’ threats dramatized, as it has been, by recent events in the southern Philippines,” Brandis added.

Besides Marawi, which is the main agenda item, the forum will hear discussions of ways to enhance intelligence-sharing among security agencies in the region to enable them to detect cross-border movement of potential terrorists in the sub-region and to disrupt terrorist networks.

The participants will also explore effective practices of de-radicalization and counter-violent extremism, focusing on holistic government responses and the involvement of civil society and affected communities.

To stop terrorist financing flows, collaborative approaches to track capital flows into the region will also be determined.

A report issued by the Jakarta-based Institute for Policy Analysis of Conflict last week revealed that funds for the Marawi operation came both directly from Islamic State in Syria as well as local sources, with money laundered through Indonesia.

“Tracing the local funds may provide clues to one aspect of the fighting that has been all but ignored by the Philippine authorities – the degree of local support beyond traditional clan ties,” the report says.

The report also warns that the Marawi battle, which has lifted the prestige of Filipino fighters in the eyes of Islamic State in Syria, has inspired young fighters in the region to join the network.

“Many of those recruited were reportedly devout youths from well-off families with the ability to contribute substantially to the cause,” the report says.—Kyodo News
China urges ROK, US to stop THAAD deployment

BEIJING — China on Saturday strongly urged the Republic of Korea (ROK) and the United States to respect China’s concerns and stop the deployment of the Terminal High Altitude Area Defense (THAAD) system.

Foreign Ministry spokesperson Geng Shuang made the remarks in response to reports that ROK President Moon Jae-in on Saturday ordered his aides to consult with their US counterparts about the deployment of four more THAAD mobile launchers after the Democratic People’s Republic of Korea’s (DPRK) test launch of a ballistic missile.

“The Chinese side is deeply concerned about the situation,” Geng said, noting that China’s position on THAAD is clear and consistent.

The deployment of the missile system by the United States and the ROK will not address the security concerns of the ROK nor contribute to the denuclearization of the Korean Peninsula, Geng said.

The deployment will severely damage the regional strategic balance and harm the security interests of countries in the region, including China, Geng said. —Xinhua

China urges DPRK to abide by UN resolutions after ICBM test

BEIJING — China on Saturday urged the Democratic People’s Republic of Korea (DPRK) to abide by UN Security Council resolutions and stop any moves that could escalate tensions on the Korean Peninsula.

Chinese Foreign Ministry spokesperson Geng Shuang made the remarks in response to reports that the DPRK had fired a second “Hwasong-14” intercontinental ballistic missile on Friday.

“The Chinese side is concerned about the current situation,” Geng said, noting that relevant resolutions of the UN Security Council had explicit stipulations on launches conducted by the DPRK using ballistic technology. He said the Chinese side opposed DPRK launches in violation of UN Security Council resolutions and the will of the international community.

China hopes that relevant parties can act prudently, avoid taking actions that could escalate tensions, and maintain regional peace and stability, Geng said. —Xinhua

South Korea to deploy more THAAD units after North Korea ICBM launch

SEOUL — South Korea said on Saturday it will proceed with the deployment of four additional units of the US THAAD anti-missile defence system after North Korea’s latest launch of an intercontinental ballistic missile.

The deployment of the additional Terminal High Altitude Area Defence (THAAD) units had been delayed after the initial two units, after South Korea’s President Moon Jae-in ordered an environmental assessment.

China has been notified of the move to speed up the deployment, the South’s presidential Blue House said.

China has angrily objected to the THAAD deployment, saying it does little to deter the North’s missile threat while destabilising regional security balance. It believes the THAAD’s radar can penetrate deep into its territory.

—Reuters

New US envoy eager to visit Okinawa to learn about base issues

WASHINGTON — New US Ambassador to Japan William Hagerty expressed his eagerness Friday to visit Okinawa after his posting to Tokyo around mid-August so as to “better understand” issues involving US military bases in the southernmost island prefecture.

Speaking at his first news conference since securing Senate confirmation on 13 July, Hagerty said, “I indeed intend to go to Okinawa and to visit all of our military installations. I have a great fondness and appreciation and gratitude for the communities that host our military and make our military a fabric of their community life.”

Asked about the impasse over the planned relocation of US Marine Corps Air Station Futenma within the prefecture, he said, “My objective is to get to Japan and better understand the conflict that may exist.”

“I think that the United States should play a constructive role,” the 57-year-old businessman-turned-envoy said.

Many Okinawa residents oppose a Japan-US plan to move the Futenma airfield from a crowded residential area of Ginowan to the less populated Henoko coastal area of Nago. Okinawa Gov. Takeshi Onaga has demanded that the base be moved outside the prefecture.

Hagerty condemned North Korea’s test-launch of its second intercontinental ballistic missile earlier Friday, saying the United States and Japan “stand resolutely to confront any threat” facing the two allies, especially that posed by Pyongyang.

“‘As ambassador to Japan, I will focus on deepening and continuing our partnership with Japan and our resolve to defend one another against all enemies,’ he said.

Asked how he will assist President Donald Trump’s efforts to reduce a hefty goods trade deficit with Japan, Hagerty said, “I’m actually very optimistic about our economic relationship.”

Hagerty said the Commerce Department is working hard to identify on which sectors the United States should play a constructive role,” the 57-year-old businessman-turned-envoy said.

“We’re very excited about coming to Japan,” he said. “For me, it’s a return to the country that I lived in a couple of decades ago, a country that I love and enjoy so much.”

Hagerty built ties with Japan through a three-year posting to Tokyo from the late 1980s to early 1990s while working for Boston Consulting Group, and in his work as commissioner of economic development for Tennessee from 2011 to 2015.

The new ambassador will succeed Caroline Kennedy, who served under President Barack Obama’s administration before leaving Tokyo in January.

—Kyodo News
Economic policies being implemented with a greater momentum

Ashin Adiccaavamsa
State Pariyattisasana University (S.P.S University)

The meaning of Bramavihara

The word ‘Bramavihara’ consists of two words: ‘Brama’ meaning ‘Sublime or noble’ and ‘Vihara’ meaning ‘Living or State’. Therefore, it can be translated as ‘Sublime State or Noble Living’. The another meaning of ‘Bramavihara’ is ‘Living the same as Brama’. It is because the one endowed with ‘Bramavihara’ lives with pure mind just as Brama (The Higher Celestial Beings). Bramavihara is also translated as ‘Sublime Abode, Holy Dwelling and Divine Abiding’ by some scholars. All these are, indeed, the nearest translations of ‘Bramavihara’. There is no equivalent for ‘Bramavihara’ in English. In Mahagayana Sutta, ‘Bramavihara’ is mentioned as ‘Bramacarya’ meaning ‘Noble Practice’. In Abhidhamma, it is also termed as Appamannas (Illinatables). It is because there is no limit or barrier and should be extended towards all beings without exception. Bramavihara are of four kinds: Metta, Karuna, Mudita and Upekkha.

Metta

Metta, mostly known in English as ‘Loving-kindness’, is anger less Mental State/Adosacetasika which is caused when the balanced mind onto all beings. Wishing for the genuine welfare of all living beings is the nature of Metta just as a mother wishes for the welfare of her child. The cessation of Byapaada (Ill Will) is the completeness of Metta. Love between man and woman is the cessation of Metta. Lust (Raga) is the near enemy of Metta. The far enemy is ill will (Byapaada). ‘Good Will, Loving-Kindness, Benevolence, and Universal Love’ are suggested as the best and the nearest rendering for the Pali term Metta. There is no proper equivalent for Metta.

The characteristic of Metta is welfare-promotion. Welfare-prefering is the function of Metta. The removal of hatred is the manifestation of Metta. Seeing the beings positively is the proximate cause of Metta. The way of contemplating Metta is as follows:

- Sasse Sattha Bhavantu Sukhitattayaya: May all beings be happy and healthy. It can be contemplated mentally, verbally, and bodily.

Karuna

Karuna is merely Compassion Mental State (Karunacetasika). It can be rendered as ‘Compassion’ in English. Just as a mother wish her child to recover from illness, wishing to be free from suffering of beings is the nature of Karuna. The opposite of Karuna is Vihimsa (Dosa-Anger). Vihimsa has the nature of cruelty whereas Karuna has the nature of wishing to be free from suffering. A feeling very similar with Karuna usually occurs on seeing and hearing of having troubles of one’s relatives and neighbours. It is not real Karuna. It is merely Domanasa (unpleasant feeling or bodily irritation). Karuna is merely compassion (unpleasant feeling or mentally painful feeling). The near enemy of Karuna is home-life grief (gehasitadomanasa). The far enemy of Karuna is cruelty (Vihimsa).

Getting rid of suffering is the characteristic of Karuna. Not bearing other’s suffering is the function of Karuna. Non-cruelty is the manifestation of Karuna. Seeing helpless person is proximate cause of Karuna. The way of contemplating Karuna is as follows:

- Sasse Sattha Dukkhada Muccantaya: May all beings be free from suffering. It can also be contemplate mentally, verbally, and bodily.

Mudita

Mudita is a kind of Mental State (cetasika) called ‘Sympathetic Joy (Mudita)’. It is also rendered as ‘Sympathetic Joy or Altruistic Joy’ in English. It is also rendered as ‘Appreciative Joy or Unselfish Joy’ by some scholars. Wishing not to lose one’s present possessions and wishing to last long of one’s properties is the nature of Mudita just as a mother wishes her child to last long in young age. Mudita is a cause to eradicate one’s boredom (Arati). The cessation of boredom (Arati) is the perfection of Mudita. However, rejoicing the progress and success of one’s neighbours and relatives is not real Mudita. It is only Lobhamula soma nassa sabagata citta (A kind of consciousness with pleasure rooted in Attachment) caused by Piti (Delight). The near enemy of Mudita is home-life joy (Gehasita-somanassa). The far enemy is boredom (Arati).

Gladdness is the characteristic of Mudita. No jealousness of one’s progress and success is the function of Mudita. Cessation of aversion is manifestation of Mudita. Seeing being’s success is proximate cause of Mudita. The way of contemplating Mudita is as follows:

- Sasse Sattha Uttaladhasaptamitta: May all beings be able to retain their wealth and prosperity which they acquired, without diminution, and be happy as before.

Upekkha

Upekkha is merely Taratamajjatatacetasika (Equanimity). It is also the balance state of mind amidst all vicissitudes such as praise and blame, pain and happiness, gain and loss, repute and disrepute. Having the balanced mind onto all beings who can complete the action without the help of other is the nature of Upekkha, just as a mother has a balanced mind on her child who can complete the action without the help of others. The cessation of love and hatred is the completeness of Upekkha. The near enemy of Upekkha is home-life bogs (gehasita annanupakkha). The far enemy is lust and resentment (Raga and Patigha). Neutrality is the characteristic of Upekkha. Equality is the function of Upekkha. Quietening of hatred or resentmen is manifestation of Upekkha. Seeing beings as Kammic (Kamma caused) is proximate cause of Upekkha. The way of contemplating Upekkha is as follows: Sasse Sattha Kamma-sakalaya: All living beings have only kamma as their own property.

The benefits of Contemplating Bramavihara

Happiness in Insight Meditaition (vipassanani), Richness in life (Ravassampatti), and immediately getting happiness in living present life (Ditthagammasukha-vihara) can be gained by contemplating of Bramavihara. Furthermore, the following benefits can also be gained:

1. Pleasant sleeping,
2. Pleasant waking,
3. No bad dream,
4. Loved by human,
5. Loved by celestial beings,
6. Safeguarding by celestial beings,
7. Protecting from fire, poison, and weapon,
8. Getting concentrated easily,
9. Clear complexion,
10. Peaceful dying,
11. Reaching into Higher Celestial Realm (Bramaloka) after death.

Conclusion

These four kinds of Bramavihara should always be contemplated because it can destroy anger(Dosa), cruelty(Vihimsa), jealousy (Issa), and Lust (Raga) and Aversion (Patigha). Anger (Dosa) is powerful destructive vice in man. It is also the opposite of Metta. Cruelty(Vihimsa) is another vice that is responsible for many horrors and atrocities prevalent in the world. It is the opposite of Karuna, too. Jealousy (Issa) is another vice that poisons one’s life. It is also the opposite of Mudita. Lust (Raga) and Aversion (Patigha) are the enemies of Upekkha. Indeed, Bramaviharas tend to elevate man. They make man sublime in this life. They can transform man into superman. Everybody can contemplate these Bramaviharas. If all try to contemplate them, irrespective of creed, colour, race or sex, the earth can be transformed into paradise where all can live in perfect peace.
Slug slime inspires new kind of surgical glue

LONDON — Scientists have developed an experimental surgical glue inspired by the mucus secreted by slugs that could offer an alternative to sutures and staples for closing wounds.

While some medical glues already exist, they often adhere weakly, are not particularly flexible and frequently cannot be used in very wet conditions.

To get around those problems, a group of scientists from Harvard and other research centers decided to learn from slugs, which—as well as making slime to glide on—can produce extremely adhesive mucus as a defense mechanism.

The slugs’ trick is to generate a substance that not only forms strong bonds on wet surfaces but also has a matrix that dissipates energy at the point of adhesion, making it highly flexible.

The man-made version of this tough adhesive is based on the same principles and in a series of experiments reported in the journal Science on Thursday it was shown to adhere strongly to pig skin, cartilage, tissue and organs. It also proved non-toxic to human cells.

In one test the new glue was used to close a wound in a blood-covered pig’s heart and successfully maintained a leak-free seal after the heart was inflated and deflated tens of thousands of times.

In another case it was applied to a laceration in a rat’s liver and performed just as well as a haemostat, a surgical tool often used in operations to control bleeding.

“There are a variety of potential uses and in some settings this could replace sutures and staples, which can cause damage and be difficult to place in certain situations,” said researcher David Mooney, professor of bioengineering at Harvard.

Mooney and colleagues envisage the new adhesive will be made in sheets and cut to size, although they have also developed an injected version for closing deep wounds. The injection would be hardened using ultraviolet light, like dental fillings.

It is not the first time that scientists have taken inspiration from nature to devise a better medical adhesive.

Four years ago, another research group developed a glue inspired by the underwater sticking properties of mussels, but Mooney thinks slugs win hands-down in terms of stickiness and flexibility.

The scientists are applying for patents, although it will require a commercial company to then license the technology and take it into the next phase of human clinical trials.

—Reuters

Scientists find sunscreen potential in Antarctic plants

SANTIAGO — Scientists in Chile have discovered molecules in two species of Antarctic flowers that protect the plants from solar radiation and could potentially be used in products such as sunscreen for humans and protection for vulnerable crops.

Researchers at the University of Santiago investigating the properties of Antarctic plants grown under controlled conditions found that Colobanthus quitensis (pearlwort) and Deschampsia antarctica (hair grass) could tolerate high levels of ultraviolet radiation.

According to the British Antarctic Survey, these are the only two flowering plants found in the icy polar region, growing around its more temperate edges. But climate change and melting ice are increasing their range, the Chilean researchers said.

The scientists have identified a group of molecules in the flowers, particularly Colobanthus, that acts as a solar filter and prevents radiation damage, said project leader Gustavo Zuniga.

The university is seeking commercial partners to develop spin-off products from the research, he said.

“It could be used in the not too distant future,” he said. “For example, for a crop that doesn’t tolerate increasing levels of radiation, that genetic information could be used to make the crop respond better.”

Natural sunscreens or creams could also be developed incorporating the molecules to protect human skin from damage from ultraviolet radiation, he added.—Reuters

Scientists edit human embryos for first time in US

WASHINGTON — Scientists have genetically engineered human embryos for the first time in the United States, according to a report in the MIT Technology Review.

The effort, led by Shoukhrat Mitalipov of Oregon Health and Science University, involved changing the DNA of a large number of one-cell embryos with the gene-editing technique CRISPR, the report which was released Wednesday said.

Ma Hong, a staff scientist at Mitalipov’s lab, told Xinhua on Thursday that their paper is about to be published and that, for the moment, she cannot reveal any information about the research.

Although none of the embryos were allowed to develop for more than a few days—and there was never any intention of implanting them into a womb—the experiments are a milestone on what may prove to be an inevitable journey toward the birth of the first genetically modified humans,” said the report in the MIT Technology Review, a magazine published by the Massachusetts Institute of Technology.

“To date, three previous reports of editing human embryos were all published by scientists in China,” it said.

Scientists like Mitalipov believe they can eradicate or correct genes that cause inherited disease and even cancer by altering the DNA of human embryos.

Critics, however, said that it could open the door to the world of “designer babies,” where people choose the traits they want in a child.

According to the report, the earlier Chinese publications have found CRISPR caused editing errors that lent weight to arguments that the technique “would be an unsafe way to create a person.”

Currently, any effort to turn an edited human embryo into a baby in the United States is banned by Congress.

But in February, a report from the US National Academy of Sciences and the US National Academy of Medicine said that clinical trials for gene editing of human reproductive cells “could be permitted in the future, but only for serious conditions under stringent oversight.”

Frances Flinter, professor of clinical genetics at Guy’s and St. Thomas’ NHS Foundation Trust in Britain, who was not involved in the study, said it’s impossible to comment on a reported scientific development that has not been peer-reviewed and published in a reputable scientific journal.

—Xinhua
Trump asks US Congress to help in fight against gangs, illegal immigration

BRENTWOOD, (New York) — US President Donald Trump on Friday painted a dark and brutal portrait of American communities he said had been ravaged by gang violence as he pressed Congress to help him stop illegal immigration and boost deportations.

Speaking to law enforcement officers in Brentwood, New York, on Long Island, Trump highlighted his push to crack down on members of the Mara Salvatrucha gang, better known as MS-13, whose existence the White House blames on lax enforcement of illegal immigration from Central America.

“They don’t like shooting people because it’s too quick. They like to kneel and cut them because that way it’s more painful,” Trump said, flanked on stage by about 100 uniformed officers. He repeatedly referred to gang members as “animals” and “thugs.”

Critics blasted Trump for using language that they said dehumanized immigrants and for seemingly advocating rough treatment of people arrested for crimes. “Please don’t be too nice,” Trump told the officers. “Like when you guys put somebody in the car and you’re protecting their head, you know, the way you put their hand over ... I said, you can take the hand away, OK?”

Jeffrey Robinson, deputy legal director at the American Civil Liberties Union, said that Trump’s remarks run counter to the American ideal that a person is “innocent until proven guilty.”

“By encouraging police to dole out extra pain at will, the president is urging a kind of lawlessness that already imperils the health and lives of people of colour at shameful rates,” Robinson said in a statement.

Friday’s trip gave the president an opportunity to showcase some progress on his agenda even as his push to overhaul healthcare failed in Congress and some respite from a power struggle among his senior staff that blew up on Thursday.

Trump urged Congress to appropriate more money for immigration agents and judges, and to give them more authority to quickly deport people from Central America who cross the border illegally. While Trump thanked various administration officials and local lawmakers for their work on the gang issue, he did not mention his attorney general, Jeff Sessions. Sessions was in El Salvador to promote the administration’s fight against gangs.

The MS-13 gang first took root in the United States in Los Angeles in the 1980s in neighbourhoods populated with immigrants from El Salvador who had fled its civil war. The Justice Department has said MS-13 has more than 10,000 members across the United States.

In Brentwood, about 30 miles (50 km) east of New York City, MS-13 was behind the murders of two teenage girls last September and four young men in a park in April, authorities said.

There have been 17 murders on Long Island tied to the gang since January 2016, according to the Suffolk County Police Department.

Under Trump, Immigration and Customs Enforcement has targeted the gang, deporting more than 2,700 criminal gang members in fiscal 2017, up from 2,057 in the entire previous fiscal year, the White House has said.

Trump made concerns about illegal immigration a centrepiece of his campaign. His administration is taking a harder line on Central American youth who have crossed the border illegally without guardians — a group that law enforcement has said has been targeted for recruitment by MS-13. —Reuters

Senior Iraqi Kurd seeks to allay concerns on independence bid

WASHINGTON — An Iraqi Kurdish leader sought on Friday to allay concerns an independen
cence referendum would hurt the fight against Islamic State, after the US State Department said the planned vote would distract from “more urgent priorities” like the defeat of the militant group.

Speaking in Washington, Masrour Barzani, head of the Kurdish government’s Security Council and son of President Barzani, said the government was committed to fighting “ter-
rorism regardless of the politi-
cal relationship with Baghdad.”

Barzani cited the Kurds’ role in fighting Islamic State. The Kurds play a major role in the US-backed campaign to defeat the ultra-hardline Sunni Islam-
list group that overran about a third of Iraq three years ago and also controls parts of Syria.

The 25 September vote could turn into another regional flashpoint and is likely to strain Iraq’s frayed federal unity. Neighbours Syria, Turkey and Iran, who also have sizable Kurdish populations, are all op-
posed to an independent Kurd-
istan in northern Iraq.

Germany, a major Euro-
pean ally for the Iraqi Kurds, has said it was concerned the referendum could exacerbate tensions in Iraq.

“Those opponents who say this is not the right time, my question to them is when is the right time? ... When ISIS invad-
ed parts of Iraq and attacked

Kurdistan, once again we were
told it’s time of war so it’s not the right time. Now that ISIS is on the verge of collapse we are again being told it is not the right time,” he said.

While saying it appreciated the “legitimate aspirations” of the people of Iraqi Kurdistan, the State Department said last month it supports a “unified, federal, stable and democratic Iraq” and had voiced its con-
cerns to Kurdish authorities.

The Kurds have been seek-
ing an independent state since at least the end of World War One, when colonial powers di-
vided up the Middle East, but

their territory ended up split between modern-day Iraq, Syr-

ia, Turkey and Iran. —Reuters

District police chief killed in Afghan’s Ghazni Province

GHAZNI, (Afghanistan) — The po-
lice chief for Gilan District of eastern

Ghazni Province was killed and two policemen wounded in a clash with the Taliban militants on Saturday, according to officials said.

Spokesman for the provincial police Fahim Amarkhil said the incident took place early Saturday, when Abdul Mateen Hemmat, police chief of Gilan District, had been called for help to the policemen clashing with insurgents in Gilan District of the province. —Xinhua
Hamburg attacker was known to security forces as Islamist — Mayor

BERLIN — The 26-year-old migrant who killed one person and injured six others in a knife attack in a Hamburg supermarket on Friday was known to German security forces as an Islamist, the city’s mayor said.

Olad Scholz said during a news conference on Saturday that an initial investigation found that the man, an asylum seeker who could not be deported because he had no identification papers, is also believed to have psychological problems.

Hamburg police chief Ralf Martin Meyer said that while initial findings showed the attacker had acted alone it could not be completely ruled out that he had accomplices. —Reuters

Suspected Boko Haram militants issue video of three kidnapped oil survey team members

BAUCHI, (Nigeria) — Suspected Boko Haram members released a video on Saturday that shows three kidnapped members of an oil exploration team in northeastern Nigeria, one of whom asks the government to reduce the use of force against the jihadists.

The team, which included university staff and employees from Nigeria’s state oil firm, was kidnapped by suspected members of the Islamic militant group while searching for oil in the conflict-ridden northeast on Tuesday.

A rescue attempt on Wednesday ended in the deaths of at least 37 members of the original prospecting team and the rescuers, including Nigerian military and armed vigilantes, according to officials and military sources.

It prompted a change of tactic by the government amid a spate of attacks by the group whose bid to create an Islamic state in the northeast led to the deaths of at least 20,000 people and forced some 2.7 million to flee their homes since 2009.

In the video, seen by Reuters, the men are seen seemingly unharmed and sitting crosslegged on a red floor in front of a patterned wall. The video was obtained by Sahara Reporters, a US-based journalism website.

The University of Maiduguri confirmed the three men in the video were their staff members. It also released a photo of them late on Friday.

“I want to advise that the use of excessive force is not the solution. “We want to call on the federal government to meet this demand and, as promised, they will release us immediately,” said one of the men, who identified himself as a lecturer at the university.

The jihadist group split last year, with one faction led by Abubakar Shekau operating from the Sambisa Forest — a vast woodland area in the northeast — and the other, allied to Islamic State and led by Abu Musab al-Barnawi, based in the Lake Chad region where the search for oil took place.

“I want to call the acting president, Yemi Osinbajo, to come to our rescue to meet the demand of soldiers of caliph under the leadership of Abu Musab al-Barnawi,” said the same man in the four-and-a-half minute video.

Acting President Yemi Osinbajo on Thursday dispatched military chiefs to the northeast to help regain control of the situation after insurgents have launched attacks with renewed zeal in the past few months.

The state oil company, which contracted university staff, has for more than a year supplied the men with food and water.

The video shows how the men were able to escape while being searched by the group.

The UN missing person report in 2018 said that at least 35 people were kidnapped by Boko Haram in northeastern Nigeria.

The state-run Nigerian National Petroleum Corporation (NNPC) headquarters are seen in Abuja, Nigeria, on 28 July, 2017. —PHOTO: REUTERS

Iran says new tensions between Revolutionary Guards and US Navy

BEIRUT — The Iranian Revolutionary Guards said on Saturday that US Navy ships came close to their vessels in the Gulf and shot flares.

The USS Nimitz and an accompanying battleship in the area and the aircraft carrier vessels, continued their mission without paying attention to this unconventional and unusual behaviour from the American vessels, continued their mission in the area and the aircraft carrier and accompanying battleship left the area.”

There was no immediate official comment from Washington on the Revolutionary Guards’ statement.

Last Tuesday, a US Navy ship fired warning shots when an Iranian vessel in the Gulf came within 150 yards (137 metres) in the first such incident since President Donald Trump took office in January, US officials said.

In a statement, US Naval Forces Central Command said the patrol craft, named Thunderbolt, fired the warning shots in front of the Iranian vessel after it ignored radio calls, flares and the ship’s whistle.

The vessel belonged to the Revolutionary Guards, the statement said, adding that it stopped its unsafe approach after the warning shots were fired.

A US official, speaking on the condition of anonymity, said the Iranian boat was armed but that the weapons were unmanned.

The Thunderbolt was accompanied by a number of other vessels, including those from the US Coast Guard.

Years of mutual animosity had eased when Washington lifted sanctions on Tehran last year as part of a deal to curb Iran’s nuclear ambitions. But serious differences remain over Iran’s ballistic missile programme and conflicts in Syria and Iraq.

The Trump administration, which has taken a hard line on Iran, recently declared that Iran was complying with its nuclear agreement with world powers, but warned that Tehran was not following the spirit of the accord and that Washington would look for ways to strengthen it.

During the presidential campaign last September, Trump vowed that any Iranian vessels that harass the US Navy in the Gulf would be “shot out of the water”. —Reuters
Drought-hit Rome narrowly avoids water rationing

ROME — Rome narrowly avoided water rationing on Friday after a deal between the regional government and the city’s water company defused a row over drawing water from a drought-affected lake.

Taps had been due to run dry for 1.5 million Romans for up to eight hours a day from Monday, and Mayor Virginia Raggi urged the central government to intervene. Authorities had banned utility firm from drawing water from nearby Lake Bracciano, which is running low following weeks of minimal rainfall and unusually high temperatures.

But a new, late order allowed the company to keep drawing from the lake, which provides about 8 per cent of the city’s water, at progressively reduced quantities that must be completely phased out by 1 September.

“We avoided 1.5 million people ending up without water. It is good news for everyone! But we will not let our guard down,” Raggi, a member of the anti-establishment 5-Star Movement, wrote on Twitter. Rome’s water woes have taken on a political edge, with Raggi’s opponents accusing city hall — the biggest shareholder in ACEA — of ignoring the building drought crisis.

Nicola Zingaretti, the president of the Lazio region around Rome, said Raggi had avoided responsibility. By keeping water running in one of Europe’s most popular tourist cities, Rome had avoided “making a dreadful impression internationally”, Environment Minister Gian Luca Galletti said.

But now, he said, the city must fix its decayed and ruptured pipes, which leak about 40 per cent of the water they carry. “We cannot waste any more time.”

Even though rationing has been averted, the government could still consider declaring a state of emergency for the area, in response to a direct request from Raggi, Galletti added.

Wildfires have torn across parts of southern Italy and reached Rome’s coastal fringe earlier in July, a month in which rainfall has been 72 per cent down on normal levels, according to Sky Italia’s weather TV channel. Lake Bracciano, about 30 km (19 miles) north of Rome, has dropped by about one meter, revealing dry sand spits.

The government has already declared a state of emergency because of drought in the northern provinces of Parma and Piacenza, freeing up 8.65 million euros ($10 million) to buy drinking water tanks and invest in infrastructure.

With opposition absent, Venezuela socialists vie for assembly seats

CARACAS — One candidate is the son of Venezuelan President Nicolas Maduro, and another is his wife. A third is a socialist militant who later socialist leader Hugo Chavez once said should be jailed for issuing death threats.

But the 6,120 candidates in Sunday’s election for a 545-member legislative super body, none are from Venezuela’s opposition — which is boycotting what it calls a rigged ballot meant to consummate a dictatorship.

Critics say Maduro is less interested in rewriting the constitution — which already provides generous powers to the executive branch — than he is in obtaining the near-absolute powers that the new legislative body would have.

It would be able to dissolve state institutions and its decisions could not be overruled by any other government agency.

The absence of the opposition, which won a landslide victory in 2015 legislative elections, means the pool of aspirants for the all-powerful assembly is a mixture of well-known ruling Socialist Party leaders and rank-and-file pro-government activists.

Two-thirds of them will vie for seats distributed via municipalities and state capitals. The remainder are running for seats allocated to specific demographic groups, ranging from students to fishermen and farmers.

The son of Nicolas Maduro, who has the same name, is running as a candidate for public sector workers. In an interview with local media, he said he is qualified because he led a presidential inspection team created by his father to monitor public works, giving him valuable information to protect workers’ rights.

“We visited hospitals, public works, social programmes — it was very advanced,” the younger Maduro, 27, told local television station Venevisión this week.

On the ballot to represent Caracas, the capital, is First Lady Cilia Flores, a Socialist Party power broker who has been widely accused of installing family members in positions of power. —Reuters

Venezuela’s President Nicolas Maduro delivers a speech during the closing campaign ceremony for the upcoming Constituent Assembly election in Caracas, Venezuela, on 27 July 2017. The banner reads “Power”. PHOTO: REUTERS

Man says he killed wife on Alaska cruise ship because she laughed at him

SAN FRANCISCO — A man killed his wife on an Alaska-bound cruise ship because “she would not stop laughing” at him, reports said Friday.

Kenneth Manzanares, 39, was charged with murdering his wife after he was found with blood on his hands and clothes, and with blood spread throughout the cabin on a Princess Cruises ship Tuesday night, according to a criminal complaint by the FBI.

Kristy Manzanares, 39, had a severe head wound, but authorities have declined to release other details.

The couple planned to celebrate their wedding anniversary on the 3,080-passenger Emerald Cruise that left Sunday from Seattle to Alaska for a seven-day trip. Kristy was found dead Tuesday night when the cruise ship was travelling between Ketchikan, Alaska, and Juneau, capital of Alaska.

Passengers went into the couple’s cabin before medical workers and security officers had arrived and saw the woman on the floor covered in blood, according to court documents.

Someone asked Manzanares what happened and he said: “She would not stop laughing at me,” according to the FBI complaint.

A ship security officer handcuffed Manzanares while and the FBI searched him, he said: “My life is over,” said the complaint.

Manzanares made his first court appearance Thursday by teleconference from Juneau, where he is in custody, said an AP report.

He appeared to be crying at times before the hearing, the report said.

Bail has not been set and a preliminary hearing was scheduled for Thursday.

Manzanares has no criminal history, according to online Utah court records. Kristy, who was a real estate agent in St. George, Utah, was “a dedicated and loving mother who juggled her business schedule to make her children the top priority,” according to a statement from her company. —Xinhua
Conservationists strive to protect Lebanon’s sea turtles

EL MANSOURI, Lebanon — On Lebanon’s beaches, endangered sea turtles have a human ally to help them in the face of myriad threats.

Mona Khalil, 77, founded The Orange House Project in 2000 to protect sea turtles on the south Lebanon beach in El Mansouri from predators, pollution and encroaching humans. “I am teaching and encouraging the new generation how to take care of the environment and as I am getting old I want the new generation to continue what I am doing now”, she said.

With sea turtles returning to the same beach where they were born to lay their eggs, Khalil relocates nests threatened by agriculture and installs metal grids to protect them from predators.

She also raises the eggs by hand at the group’s facility and released the first of this year’s baby turtles earlier this month.

Every time there are new hatchings and turtles released she invites groups of families and school children to watch.

“I didn’t know we had sea turtles who came to this beach here to lay their eggs here,” teacher Fat-en Chalhoub, 34, who was there with her nieces told Reuters.

“When I saw them for the first time it brought me great happiness, I loved them. I fell in love”, she added.

There are some in the town who feel differently about Khalil’s work. Her activism was responsible for banning dynamite fishing in the area, which resulted in her house being shot at and attempts to burn her farm down.

There are two species of sea turtle that breed in Lebanon, the green turtle, which is an endangered species and the loggerhead turtle, which is classed as a vulnerable species.

The exact number of turtles in the eastern Mediterranean is uncertain. An estimate cited by the World Wildlife Fund suggested that there were 60,000 nesting female loggerhead turtles worldwide.

Khalil is determined to carry on with her work, despite any hostility, “I fought for 17 years, so why not, 18, 19, 20 more. As long as God gives me life, I am a fighter”, she said.—Reuters

Floating threatens US Mid-Atlantic, central Appalachians

WASHINGTON — Heavy rains will drench the US Mid-Atlantic and central Appalachians on Saturday after flooding overnight closed roadways and forced water rescues across the region, forecasters said. A swath of land from eastern North Carolina up through Washington D.C. and southern Pennsylvania could expect an additional 2 to 5 inches (5 to 13 cm) on Saturday after more than 4 inches (10 cm) fell in parts of the region, the National Weather Service said in advisories.

“Flash flooding from heavy rain will cause a potentially life threatening situation overnight,” the National Weather Service said early on Saturday morning in flash flood warnings and watches it issued for the region. Numerous people were rescued from vehicles stuck in flooded roadways across the region in southwestern Pennsylvania including Pittsburgh and in the Washington DC metro area on Friday night, according to Accuweather.com. The storm system will bring gusty winds of up to 45 mph (75 kph) to the region, causing rough surf, beach erosion and strong rip current, Accuweather said in its forecast.—Reuters

CLAIM’S DAY NOTICE

MV KOTA RATANA VOY. NO ( )

Consignees of cargo carried on MV KOTA RATANA VOY. NO ( ) are hereby notified that the vessel will be arriving on 30.7.2017 and cargo will be discharged into the premises of H.P.T where it will lie at the consignee’s risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

Damaged cargo will be surveyed daily from 8 am to 12 am and 12 noon to 4 pm to Claim’s Day now declared as the third day after final discharge of cargo from the vessel.

No claims against this vessel will be admitted after the Claims Day.

SHIPPING AGENCY DEPARTMENT
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LOS ANGELES — George Clooney on Friday said he would take legal action against a French magazine that published the first photos of his newborn twins.

The “Ocean’s Eleven” actor said photographers from Voici magazine “scaled our fence, climbed our tree and illegally took pictures of our infants in- side our home.”

Clooney said in a statement that the photographers and the magazine “will be prosecuted to the full extent of the law. The safety of our children demands it.”

Clooney and his human- itarian lawyer wife, Amal, announced the arrival of the twins — a boy and a girl called Alexander and Ella — in June but have given no details, photos or interviews about them.

Voici on Friday published grainy photos of Amal and George Clooney, dressed in swim wear, each carrying one of the babies in their arms.

They appear to be walk- ing in a garden in what the magazine said was the Clooneys’ villa near Lake Como in Italy.

Voici magazine did not im- mediately respond to requests for comment.

The babies are their first children for the couple, who married in Venice, Italy in 2014 in a big celebrity ceremony but who have tried to keep their personal lives private since then.—Reuters

George Clooney and his wife Amal pose on the red carpet as they arrive for the screening of the film “Money Monster” during the 69th Cannes Film Festival in Cannes, France, on 12 May 2016. PHOTO: REUTERS

Racially charged ‘Detroit’ is story that needed telling, Bigelow says

LOS ANGELES — As a white filmmaker from Northern Cal- ifornia, Oscar-winning director Kathryn Bigelow was aware she may not be the “perfect person” to bring the racially charged sto- ry behind the 1967 Detroit riots to the big screen.

But the resonance of Bigelow’s “Detroit” with the present- day Black Lives Matter movement, fueled by police slaying’s of unarmed black men and women in the last three years, was too powerful for her to ig- nore.

“Am I the right person to tell the story? Absolutely not. Am I the perfect person to tell this story? Absolutely not. But it’s a really important story that needs to be told, and that was my overriding motivator,” Bigelow told Reuters on Wednesday.

“Detroit,” which opens in major US cities on Friday and the rest of the country next week, follows events in the summer of 1967 when tensions between black Detroit residents and a predominantly white police force erupted into major riots.

It focuses on the lit- tle-known events of one night at the Algiers Motel, where white police officers shot three young black men after hours of psycho- logical and physical abuse of a wider group of black men and two white women.

The director said she wanted “to invite an audience to engage with this on a human scale,” putting people right in side the palpable tension and fear within the hotel.

Bigelow, 65, was the first woman to win an Oscar for di- recting with her 2008 Iraq war movie “The Hurt Locker.”

Her take on “Detroit” has earned strong reviews and praise, with many movie critics calling it timely but painful to watch.

Official details of the killings inside the Algiers Motel do not exist, so Bigelow relied heavily on accounts of the survivors, especially a woman named Julie Delaney, who was on the film set every day.

“I was able to feel fairly con- fident that there was a height- ened degree of authenticity and it closely aligned with her mem- ory of the situation, even though it was very emotional,” she said.

She first heard about the Algiers Motel incident in 2014, during civil unrest in Ferguson, Missouri, after unarmed black teenager Michael Brown was fatally shot by a white police officer. Brown’s death sparked nationwide marches and the Black Lives Matter movement that protests police treatment of minorities.

Though the events in “De- troit” occurred a half-century ago, “it certainly speaks to the severity of the situation because we still have yet so far to go in order to somehow see a mean- ingful conversation about race in this country,” Bigelow said.

She welcomes the positive reaction to the film so far, saying it is “almost a relief” that the Algiers Motel incident has been brought to light.

“This story, this tragedy, this atrocity, the executions of these three young men — their deaths are no longer a secret,” she said.—Reuters

Director and producer Kathryn Bigelow is interviewed at the premiere of “Zero Dark Thirty” at the Dolby theatre in Hollywood, California in 2012. PHOTO: REUTERS

I grew up with my daughter: Reese Witherspoon

LOS ANGELES — Actress Reese Witherspoon feels like she grew up with her daughter, Ava, and can’t believe she is turning 18 in September.

The “Big Little Lies” star says she finds it “weird” that her daughter will be an adult within a matter of months, reported Entertainment Tonight.

“It’s so weird. I can’t believe she’s 18. But she’s great, and we did it together. I feel like we grew up together, it’s great,” she says.

Reese also has Deacon, 13, with her ex-husband Ryan Phillippe and Tennessee, four, with her current spouse Jim Toth.—PTI

Former Oasis frontman Liam Gallagher to ‘roll with it’, says would love a reunion

SANTA MONICA — There is “nothing more” Liam Gallag- her would love than to have a reunion of Oasis, the British rock band he once fronted with his older brother Noel.

“I would love for us to be speaking about Oasis music, rather than a Liam solo album or a Noel solo album,” Gallag- her said during an interview in Santa Monica this week to pro- mote his upcoming solo album, “As You Were”.

Formed in Manchester in 1991, Oasis had its heyday at the height of Britpop fame in the 1990s, with hits such as “Don’t Look Back In Anger” and “Wonderwall”.

But the brothers’ famous feuds led to a split-up in 2009, after tempers flared at the Rock en Seine festival in Par- is, prompting Noel to quit the group.

“He thinks he’s the man and I think I’m the man, do you know what I mean?” Gallagh- er said, shedding light on the reasons for the breakup with a tag referring to the group’s 1997 album.

Gallagher held out hope for fans keen on reconciliation, however, saying: “Maybe one day when we get back to being brothers...the natural thing would be to make music.”

“I do love him, without a doubt. He’s my brother.” —Reuters
BERLIN — More than 70 years after Adolf Hitler committed suicide in his Berlin bunker in the final days of World War II, an exhibition in the capital examines how he became a Nazi and what turned ordinary Germans into murderers during the Third Reich.

For decades it was taboo in Germany to focus on Hitler, although that has begun to change with films such as the 2004 “Downfall,” chronicling the dictator’s last days, and an exhibition about him in 2010.

The exhibition “Hitler — how could it happen?” is set in a bunker in Berlin that was used by civilians during World War II bombing raids — close to the bunker where Hitler lived while Berlin was being bombed and which is not accessible to the public.

It examines Hitler’s life from his childhood in Austria and time as a painter to his experience as a soldier during World War I and his subsequent rise to power. Other exhibits focus on concentration camps, pogroms and the Holocaust that killed 6 million Jews.

It ends with a controversial reconstruction of the bunker room where Hitler killed himself on April 30, 1945 - replete with grandfather clock, floral sofa and an oxygen tank. The exhibit is behind glass and is monitored by camera, with visitors forbidden to take photographs.

Exhibition curator Wieland Giebel, 67, said he had been accused of “Hitler Disney” for putting the room on show. But he defended the decision, saying the exhibition focused on the crimes carried out by Hitler’s regime, adding: “This room is where the crimes ended, where everything ended, so that’s why we’re showing it.”

He said he had been asking how World War II and the Holocaust came about ever since playing in the rubble of post-war Germany as a child, and said the exhibition attempted to answer that question.

“After World War I a lot of Germans felt humiliated due to the Versailles Treaty,” Giebel said, referring to the accord signed in 1919 that forced defeated Germany to make massive reparation payments.

“At the same time there was anti-Semitism in Europe and not just in Germany ... and Hitler built on this anti-Semitism and what people called the ’shameful peace of Versailles’ and used those two issues to mobilize people,” he added.

Giebel, who has a personal interest in the topic because one of his grandfathers was part of a firing squad while the other hid a Jew, said he also wanted the exhibition to show how quickly a democracy could be abolished and make clear that undemocratic movements needed to be nipped in the bud.

He said the exhibition showed some Germans became Nazis as they stood to gain personally when the property of Jews was expropriated, while others were attracted to the Nazis because they were unhappy about the Versailles Treaty and “followed Hitler because he promised to make Germany great again.”

The exhibition, which features photographs, Hitler’s drawings, films portraying his marriage to longtime companion Eva Braun, and a model of Hitler’s bunker, has attracted around 20,000 visitors since opening two months ago.

—Reuters

Polish street artists out to revive sleepy Bulgarian village

STARO ZHELEZARE, (Bulgaria) — A group of young Polish artists are bringing a splash of colour to a sleepy village in southern Bulgaria with large outdoor murals, featuring locals alongside some of the world’s famous politicians and celebrities.

Eye-catching works, including portraits of Britain’s Prime Minister Theresa May, in the village of Staro Zhelezare, Bulgaria, on 28 July 2017. PHOTO: REUTERS

Local villager Lazar, walks past murals on the wall of his house, depicting him and Britain’s Prime Minister Theresa May, in the village of Staro Zhelezare, Bulgaria, on 28 July 2017. PHOTO: REUTERS
Kenya names London lineup after meeting anti-doping deadline

NAIROBI — Kenya announced the final list of competitors heading to next month’s world athletics championships in London, with double Olympic 800 metres gold medallist and world champion David Rudisha flying the flag.

The announcement came after Kenya failed to meet two deadlines to submit anti-doping materials, under a strict new testing regime, because some athletes were racing in the Diamond League circuit.

They were given a final deadline of Saturday, according to the Anti-Doping Agency of Kenya.

“We are happy to announce that all the doping procedures have been completed today and we are ready to depart for London on Tuesday,” Jackson Tuwei, Athletics Kenya chairman, told reporters.

Kenya's reputation for middle and long distance running has been tarnished by failed doping tests among its elite athletes, including former three-times Boston and Chicago marathon winner, Rita Jeptoo, and Jemima Sumgong, the first Kenyan female to win an Olympics marathon gold medal.

Middle-distance runners Ferguson Rotich, Kipyegon Bett and Emmanuel Korir will be heading to London but Michael Saruni will not.

“Technical officials have advised us that his form is wanting,” Tuwei said.

Another to miss the trip is Nicholas Bett, the defending 400 metre hurdles champion who was ruled out due to injury.

—Reuters

Russians take triple gold in Budapest; Manuel beats Sjostrom

BUDAPEST — Russia took triple gold across the 200-metre events at the world championships on Friday, thanks to Anton Chupkov and Yuliya Efimova in a breaststroke double and Evgeny Rylov in the backstroke.

They upstaged Simone Manuel, who claimed the top prize for the United States in a breaststroke double and Evgeny Rylov in the backstroke.

They upsetted Simone Manuel, who claimed the top prize for the United States in the women’s 100m freestyle. She had shared Olympic gold at the Rio Games last summer, but took the medal outright this time, beating top-ranked Sarah Sjostrom of Sweden.

Sjostrom had gone under the 52-second barrier in the 4x100m relay and was again under world-record pace at the turn. But Manuel, a 20-year-old Texan, clawed her way level with 25m left and with her final five strokes clocked an American record time of 52.27 seconds.

“My legs were burning but I just really had to dig deep,” said Manuel, who was aged two when the US won its last women’s gold in the blue ribbon event in 1998.

“My path to swimming has just been a progress forward and a drop in time and trying to get better.”

Sjostrom finished 0.04 seconds back. Denmark’s Pernille Blume took bronze.

“I am really disappointed, it is so sad when I can’t do it the whole way,” said Sjostrom.

Among the Russians, Chupkov overhauled his Japanese rivals to claim men’s 200m breaststroke gold in two minutes 06.96 seconds.

Yasuhiro Koseki and Ippei Watanabe, the world record holder, had traded leads throughout before Chupkov produced a winning burst in the final 50m.

—Reuters

Myanmar team in friendly versus Japanese team

Shine Htet Zaw

The Myanmar U22 team will play a friendly match with Ryutsu Keizai University team from Japan at Thuwana Stadium today. This is the first of two matches in final preparation for the 2017 Southeast Asian Games, also known as the SEA Games. A second match will be played on 2 August.

The final roster of players to compete in the SEA Games Kuala Lumpur, Malaysia will be determined after these two matches.

In preparation for the SEA Games, the Myanmar U22 team has played two international matches, three international friendly matches and a friendly match at home. The two matches with Ryutsu Keizai University are the last competitions before leaving for Kuala Lumpur.

The Myanmar U22 team started off with around 30 players in middle of June and is now down to 26 players.

In the upcoming SEA Games that begin on 19 August, Myanmar is in Group A with Malaysia, Singapore, Laos and Brunei.

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The Importance of English

English is sometimes called the international language of business due to the expansion of international trade every year and bringing contact to new countries; therefore, not learning English would leave us disadvantaged in economy. Moreover, English is important for learners of Science as most of the technical terminologies are English words. Besides, English is essential in the event of following international news online resources before they study of their topics by using interviewees even if the interview is in their own language; for writers, they can do a careful study of their topics by using online resources before they actually write an article. Lastly, English can make communication easier in travelling as it is an expansion of international trade.

Furthermore, worldwide writers and top journalists require to have a good command of English. As for them, excellent English skill is analogue to swimming skill: they can find what they need in the electronic pool of information very well like the way a good swimmer can swim in a pool skillfully. For instance, for journalists, they can find background information of interviewees even if the interview is in their own language; for writers, they can do a careful study of their topics by using online resources before they actually write an article. Lastly, English can make communication easier in travelling as it is an international language. If your career is in tourism industry, English is extremely important in communicating with your clients, and as a result, you can efficiently finish your work faster.

About four skills

There are no languages in the world that do not have four skills: listening, speaking, reading and writing. English is no exception, but Mathematics is although it is the language of Science. By the sense of Abstract Mathematics, four skills can be separated into two sets: first pair = (listening, Speaking) and second pair = (Reading, Writing). Since First pair n second pair = Ø, they are independent and hence learning can be done paralelly or separately. This means that you can learn reading and writing while you are practicing listening and speaking or after you have competent listening and speaking practice. Therefore, skills should be arranged in this order: listening, speaking, reading and writing.

About listening and speaking

Generally, people draw an analogy between their brain and baby brain: when babies are born into this world, they are unable to speak as they have no language, and they have to learn speaking through listening. Therefore, listening should be the initial point where you should start to develop speaking skill. When you listen enough, you can speak. This analogy is only suitable for young teenagers, who are younger than twelve years. As for learners older than twelve years, they need to have the knowledge of the followings for easier learning: about their brain and the states of mind as well as the main types of learning:

Brain is a mysterious organ in human body. In general, it has left and right hemispheres: of two, left hemisphere is responsible for language. When your ears receive words, whether unfamiliar or familiar, they are transformed into electric pulses, and then moving up along the nerves to the brain. Whenever a current of electric pulses, a sulcus appears in the brain.

Invitation to young writers for Sunday section

The Global New Light of Myanmar is accepting submissions of poetry, opinion, articles, essays and short stories from young people for its weekly Sunday Next Generation Platform. Interested candidates can send their works to the Global New Light of Myanmar at No. 150, Nga Htat Kyee Pagoda Road, Bahan Township, Yangon or by email to dec@globalnewlightofmyanmar.com with the following information:

1. Sector you wish to be included in (poetry, opinion, etc.).
2. Real name and (if different) your penname.
3. Your level of education.
4. Name of your School/College/University

A written note of declaration that the submitted piece is your original work and has not been submitted to any other news or magazine publishing houses.

A color photo of the submitter.

Copy of your NRC card.

Contact information (email address, mobile number, etc.) – Editorial Department, The Global New Light of Myanmar news office.
Comprehension: Food and diets

PREVIEW
Read the title of the article. Do you know what a diet is? Is it just about weight-loss? Are there different kinds of diets? Check three statements that you think are true about this article.

a. A diet is a kind of food.
b. Only western countries have diets.
c. You can make your own diet.
d. Diets work better with exercise.
e. A diet is when you control what you eat.

Now read the article.

What is a diet?

Does the word diet immediately make you think of a weight-loss program? If it did, you are not alone. In marketing food, “diet” usually describes foods low in calories, e.g. diet soda.

Diet also means the food and drinks a person consumes daily. Every person’s diet is different depending on their nutritional needs. Someone who is overweight may need to eat less carbohydrates and oily food while a person with diabetes may need to avoid sugar.

Here is a short guide to some diet choices:

- **Organic:** Organic foods are grown with no pesticides or herbicides. There are also no GMOs (genetically modified organisms) in organic food.
- **Vegetarian:** They don’t consume meat for ethical reasons, which means they think you shouldn’t kill other animals for eating. Vegetarians don’t eat meat, fish and poultry but some may eat eggs. They usually eat grains, pulses, nuts, seeds, vegetables and fruit. They may also consume dairy products like cheese, milk and yogurt.
- **Vegan:** Vegans don’t eat meat or any other by-products from animals including dairy products and eggs. They may also not use any items that are in some way derived from animal parts. For example some beer brands contain fish bladder and some plastics like shopping bags are made with animal fat.

Local: Any food that is made within 100 miles of where you live can be called local food. The idea is that locally grown crops are mostly fresh since they are usually picked within 24 hours of your purchase. Money spent on local food goes to the consumer. Farmers in the area and they in turn spend in on other businesses in the area thus supporting the local economy.

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Local: Any food that is made within 100 miles of where you live can be called local food. The idea is that eating local food reduces pollution from cars and trucks where you live can be called local food. The idea is that eating local food reduces pollution from cars and trucks that would have to travel long distances to transport food to other areas. Locally grown crops are mostly fresh since they are usually picked within 24 hours of your purchase. Money spent on local food goes to the farmers in the area and they in turn spend in on other businesses in the area thus supporting the local economy.

A healthy diet mainly consists of fruits, vegetables, unsaturated fats and lots of water. Also eat less “junk food” like fries, burgers, pizza and other food cooked in deep oil.

MAIN IDEAS

1. Look at the statements you checked in the preview. Did they help you understand the article?
2. Read each statement. Decide if it is true or false. Write T for true and F for false next to it.
   
   1. Every person’s diet is the same.
   2. Organic food is grown within 100 miles of the consumer.
   3. Vegetarians and vegans don’t consume animals.
   5. Local food helps reduce pollution.

3. Give short answers to the questions.

1. How many diet choices were mentioned in the article and what are they?

2. Describe some food vegetarians usually eat.

3. What is one other thing vegans don’t do with animals?

4. Why are local foods usually fresh?

5. Name some junk food.

VOCABULARY

A. Here are some adjectives to describe types of food.

1. **Acidic**- foods that taste sharp or contains a lot of acid (e.g. lemons, limes)
2. **Bitter**- food with a sharp taste (like broccoli, almonds and bitter gourd)
3. **Burnt**- food that has been cooked for too long (like barbequed food)
4. **Creamy**- Soft, smooth food that contains cream (like yogurts and mousses)
5. **Crispy**- food that is fresh and firm but also breaks easily (like potato chips)
6. **Crumby**- food that breaks to the touch (like biscuits and cheese)
7. **Greasy**- food that has been fried in oil (fried foods like burgers)
8. **Juicy**- food that contains a lot of juice (like watermelon and oranges)

B. Fill in the blanks with the correct adjectives from the previous list.

1. Potato chips make a sound when you chew them because they are ________.
2. Most ________ fruits, like oranges, have a lot of juice in them.
3. Yogurts are smooth and ________
4. Fried, ________ food is bad for you so don’t eat too many burgers.
5. Bitter gourd tastes ________ that is why it is named that!
6. When food has been cooked for too long, it is ________.
7. Lemons and limes have a sharp taste so they are called ________.
8. Biscuits easily break away when you press on them so they are ________

PRONUNCIATION

Try saying this classic tongue twister to practice your pronunciation.

Betty Botter bought some butter
But she said the butter is bitter
If I put it in my batter
It will make my batter bitter
But a bit of better butter
Would make my batter better
So she bought a bit of better butter
And she put it in her batter
And the batter was not bitter
So that was better Betty Botter
Bought a bit of better butter

- The answer to today’s exercise will be included in next week’s Sunday Special.

See you next time
Zaw Htet Oo
Lingua Franca

FROM PAGE A

The state of mind is the status of consciousness. There are two states of mind: conscious and unconscious mind. With regard to the state of mind, there are two types of learning. They are active learning and passive learning: active learning is any learning with conscious mind, whereas passive learning is any learning with unconscious mind.

Active learning is not enough for the adolescent; additionally, they need to learn passively. Roughly paying attention to other people’s speaking in crowded areas, taking a lap in lectures, playing radio while sleeping at night, listening to speeches of the famous while taking a shower or cooking, watching videos without subtitles and listening to slow songs without comprehending their lyrics are all English listening practice through passive learning. Passive learning can only help with listening skill only, but implicitly with speaking skill.

When you have had enough listening practice through both passive learning and active learning, it has taken one step closer to acquiring fluent speaking. Speaking has four elements: pronunciation, speaking grammar, accent, stress and intonation. It is helpful to study phonetic keys for the sake of correct pronunciation, but it is unnecessary to do so if you strongly practise listening through passive learning. The proficient understanding of phonetic keys will help you pronounce words that you have never seen before by looking at their symbols in dictionary. Conversely, the weakness of passive learning is that there always is a bigger deviation of pronunciation of words from native speakers’ than pronouncing with phonetic keys; this is because passive learning encourages to imitate what you heard and speak.

Learning speaking grammar will help you speak informally rather than formally, which means you can have a natural conversation. Nevertheless, it is not the end of the world if you use formal grammar in conversations. It depends on the choice of your language style at the end of the day.

Oxford Advanced Learner’s Dictionaries define accent as ‘a way of pronouncing words of a language that shows which country, area or social class a person comes from.’ Different nationalities have different accents. Some learners are worried about their accents as theirs are not even similar to native speakers’. For this reason, a lot of learners miss out other important skills to develop while trying to acquire native speakers’ accent. Accent is hard to change instantly. It takes ages to fix your accent unless you start speak English when you were a kid or you move to an English-speaking country. Even if one can fix successfully, the accent of mother tongue will remain constantly.

Oxford Advanced Learner’s Dictionaries define stress and intonation as: stress is an extra force used when pronouncing a particular word or syllable, and intonation is the rise and fall of the voice. The proficient use of stress and intonation can balance out the natural weakness in accent. Thus, not having the accent of a native speaker is not the end of the world, but the weak practice of stress and intonation is.

About reading and writing

As for reading and writing skills, active learning is at your disposal. Both skills need the proficient manipulation of eight parts of speech, namely noun, verb, adjective, adverb, preposition, proposition, conjunction and interjection. It is the lifeblood of both skills. In addition to this, a rich pool of vocabularies is essentially required. This will further be discussed in the following section. Composition and vocabulary are all required for reading, and also the overlapping elements of both skills.

Another two elements of writing are grammar and style. Excellent grammar will help you to have the good command of language; no grammatical errors throughout a long text will leave impression on readers. Impression is very important in conveying author’s idea to readers. Another noteworthy benefit is that perfect grammar can show author’s credibility, and to convince readers that conveyed ideas and facts are reliable and trustworthy.

Before you write, there is the first thing that you must do: it is choosing the style of your writing. Initially, based on what you want to write, you should consider a type of writing, such as formal writing, informal writing, descriptive writing, argumentative writing and letter writing, and then you have to follow the style of the type of writing that you chose. Any writing with its wrong style is not appealing enough to judge the credibility of an author – whether he is educated, scholar, reliable or trustworthy.

About vocabulary

The richest source of vocabularies is dictionary. Having a rich pool of vocabularies will help you read and write faster. Nonetheless, the pool of vocabularies for reading and listening should be larger than that of for writing and speaking. The reason is that you have the control on the choice of words; you can make readers and listeners understand in any way you can. On the contrary, writers and speakers will not pay attention to whether you would know words they use because they do not know the pool of your vocabularies.

Biggest Hindrances

The biggest hindrance in learning English is not thinking in English. Most learners think in their first language to speak or to write; they translate their first-language words into English words, and then they build up a sentence. It is worse when they are having trouble with choosing grammar patterns. Most native speakers find it hard to understand as it is not conveyed as English sense. Similarly, they are translating into their first language while listening or reading; they do not understand unless they can find words in their language. However, whether you would interpret or translate is your choice while reading or listening as long as you can respond fast enough to communicate and you can comprehend well enough at least not to misunderstand texts.
Boats sailing on the Kaladan river.

And tapers towards the south, taking on the
in the north, curves eastwards in the middle
by the Bay of Bengal on the west and a
western-most part of the country, bounded
Republic of the Union of Myanmar.
place. It is also known as
the western out of India during the
life-time of the Buddha. It is convic-
tively thought by this corruption, that the
contact between Rakhine and India might
go back to the time of the Buddha. Today
Sittwe, Thandwe and Kyaukpyu have ports
where ocean liners from overseas countries
flock to undertake maritime transactions.
The Sittwe port was one of the greatest
rice-exporting harbours in Asia some years
ago. The Kyaukpyu port is one the nearest
water is the deepest in South-east Asia. So
the ocean-liners and canoes of any size can
land at it without any worry for being
grounded! There are some mountain passes
that link Rakhine and Central Myanmar viz.
the Blu ywa-mo-ma-ko pass, the Sittwe pass,
the Taung-gok pass and the Gwa Ngah pass.
The Blu ywa-mo-ma-ko pass connects Blu ywa-mo-ma valley
with the Rakhine coast, the road is
unlike the climate is moderate for its nearness to the sea, it is
premature to storms at the advent of the rains.
Due to heavy rain, even green forests thrive
in mountainous regions, covering an area
of 400 square miles with tall forests in the
tidal-affected areas.

Furthermore, a pipeline to undertake maritime transactions.
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The Blu ywa-mo-ma-ko pass connects Blu ywa-mo-ma valley
with the Rakhine coast, the road is
SUNDAY COMICS

Mi Chua

HTOO

WATCH WHERE YOU'RE GOING!
MY KITE IT'S FLYING AWAY!
WHERE DO YOU THINK YOU'RE GOING?
I'D OUGHT TO THROW THIS ROCK... ROCK.
A FROG!

SUNDAY JOKE

Maung Maung Aung 2017

YOUR PROBLEM IS MY PROBLEM.
I WILL SHARE ANY DIFFICULTIES YOU'RE FACING.
WELL, I HAVE THE HINI FUL.
OH NO!

PEOPLE WILL BE PEOPLE

Cartoon
Maung Shwe Win

PEOPLE JUST GOING ABOUT THEIR LIVES.
BUT THEN...
Cough cough spits

HEY, DON'T SPIT IN A PUBLIC PLEASE!
SPITS... PTOOEY

WHY NOT?

IF YOU DO THAT IN PUBLIC, YOU'RE SPREADING DISEASE.

WHY THE LONG, SAD FACE?

I WATCH YOU LIKE A MIRROR, TELL ME WHAT'S WRONG?
I'LL DO ANYTHING.
Federalism is a critical process for the peace process

A wide-ranging interview with Australian Ambassador Mr. Nicholas Coppel by the Global New Light of Myanmar and MRTV touched upon democratic and economic reform, peace process and bilateral relations between Australia and Myanmar.

Q: Myanmar and Australia established diplomatic relations since 1952 and became closer after 2011 because of Myanmar’s political and economic reforms. Can you give your reflections on the progress of the two countries’ diplomatic relations?
A: You’re right, the diplomatic relations began since 1952 but we continued right throughout the military regime as well. At no stage did we close the embassy or withdraw the Australian Ambassador, we kept it open. And nor did Australia have the complete trade embargo that some of the other countries imposed against Myanmar. So Australia has taken a slightly different approach from many other countries over the course of Myanmar’s history. And the reason for that is while we were not happy necessarily with the government, we also felt very sorry for the people of Myanmar and we didn’t want to have measures in place which would hurt the people who were already suffering a lot under the regime.

So we didn’t have the full trade embargo but of course we restricted exports of military equipment and contact with the military. That was the limit of our sanctions against the regime. So in 2011 after the reforms, we were able to relax even further but more in relation to contact with the government and we started early on in delivering our aid program through the Myanmar government ministries rather than working through bilateral partners. We started to slowly build up our experience and our confidence as the changes were real.

The bilateral relationship has always been there and it is now at a period where its much warmer and much closer than it has been for many years.

Q: Please share your impression on progressing federalism, democratization, peace and reconciliation process in Myanmar.
A: Federalism is a critical process for the peace process. Australia is a federal system of government, so are the United States and Canada and so on, but no two are exactly the same. So what is important for Myanmar is to go beyond just saying federalism. What type of federalism is important? And the different ethnic organisations and the government need to reach a consensus on the way forward on the type of federalism which Myanmar wants for Myanmar’s situation. And this is going to be an essential question for the peace process.

Q: What is your impression on the ongoing reform process?
A: Both political and economic reforms began under the previous government and both types are important. Political reforms give a voice to the people but the economic reforms are also about giving a voice to the people, where people can choose what they buy; businesses can choose what they make so there’s much more freedom and free enterprise and they support each other. The political reforms are not the end by any means but a very critical point with the first fully contested election in November 2015. Economic reforms had begun before then and continuing, we’ve seen a new investment law, a new company’s law is soon to be released and these are very complex types of reform. I think some of the early ones are the easier reforms but now we’re getting into the more difficult phase. The business community has to understand that they need a little bit of patience because these are big tasks. But the decisions are for the parliament and the people to make.

Q: Australia has normalized trade and investment relationship with the appointment of a trade commissioner to Myanmar. What is your impression on Myanmar as it strives for political reforms in parallel with economic reforms?
A: We have put in place a trade commissioner in the Australian embassy who is here to promote Australia’s business and commercial interest in Myanmar, both in trade and investment. To be honest, Australia doesn’t export a lot to Myanmar. At the moment the two-way trade is around $200 million a year. Our main export item is grain and wheat which is made into flour and then into noodles and bread. We hope to grow into the interest Myanmar has in getting an education in Australia. Another area we’re keen on is broadly called the extracting industry like oil and gas and mining as it’s well known Myanmar has a lot of potential in offshore gas. Several Australian companies want to explore for gas and hopefully if they’re successful it will contribute to Myanmar’s energy needs as well as to Myanmar’s export income.

We also have companies involved mostly in the services sector concerning the construction industry. Agriculture is a strong feature of the Australian economy with some similarities with the geography of Myanmar. We both have a dry interior and a tropical north so many types of the agriculture you see in Australia are very suitable for Myanmar. So there are opportunities for us to export the seeds and the technologies to Myanmar.

Q: The government is now emphasizing exporting raw products rather than quality export products. I think the technologies for processing these are very important.
A: I think there are two areas of importance. One is the technology for the value adding by further processing the raw material. The second is to improve the quality of the seeds, the pulses and the rice so that you can command a higher price for the product.

Q: Myanmar is also facing the challenge of the ASEAN economic community. So for that kind of thing we have to produce quality value-added products so that we can be parallel with the market economy. I think we need a lot of technical support in this area.
A: The opening up of Myanmar is very good for the economy and very good for the people but it also puts new pressure on the businesses. With products coming in from other countries, Myanmar businesses have to become more competitive. If they want to take advantage of the opportunities from the ASEAN economic community or the Free Trade Agreement with ASEAN and Australia, they have to be very competitive offering a quality product at a good price.

The business community has to understand that they need a little bit of patience because economic reforms are big tasks.

The Global New Light of Myanmar 30 July 2017

PHOTO: GNLM/ AYE MIN SOE

Australian Ambassador Mr. Nicholas Coppel speaks during the interview at the Embassy of Australia in Yangon.
FROM PAGE G

For many years, Myanmar was largely a closed economy and not subject to those normal commercial pressures so the business community now has to become a little faster in adopting new technology, new ideas, new products and new designs. Even the packaging, the marketing and the advertising system needs to be a little more sophisticated.

But this is part of where growth comes from. It comes from companies and individuals adopting better processors, techniques and having greater productivity and being able to take advantage of the opportunities that are out there.

Q: We want to learn more of Australia’s development assistance to Myanmar. We've learned that the presence of the Australian Aid and the Australian-Myanmar Business Taskforce, so please elaborate about these.

A: The Australian Aid program is not new; we've been providing development assistance of a variety of types for many decades. At the moment it consists of what we call a bilateral program and it is roughly AUD 75 million or USD 59 million in value.

Our largest investment is in Myanmar's education sector. We believe that education is the critical ingredient for Myanmar's success. Education is needed not only for government, for NGOs, for business and for everything for Myanmar to be able to take advantage of the opportunities coming its way.

It is also a sector that has suffered a lot in Myanmar's history. Expenditure on education had declined year after year for many decades. Universities were split up or closed and it's really suffered with a small budget from the government. And we see that today the younger generation is not as well educated as their grandparents were. In most countries, today's students are better educated than their grandparents were. For example, in the area of medicine and education, women dominate Myanmar but there are almost no women in the military. What that means is that in senior levels of government where, traditionally, retired military officers have moved into senior government positions, they have been exclusively male. We also see a number of women who are prominent in business and that's very encouraging.

Q: Gender equality is another challenge our governments face.

A: Among the elected representatives, there are not a large number of women in Myanmar's parliament but there are twice as many now than there were before. We too don't have anywhere near 50 per cent female representation in Australia's parliament. Equally important is creating a greater demand for women, so it's not just the supply. That's important in politics because it's an elected office but in business, it's your own business so you can do as you please.

Q: Please share your experience in tackling issues like trans-border crimes, human trafficking and drug trafficking.

A: These issues are important ones and they don't respect borders so they are also problems for your neighboring countries and also for Australia.

Myanmar today is still the second largest producer of opium and heroin and it's the largest source of opium coming into Australia.

Human trafficking are a human rights concern. They're putting people on boats and their lives are at risk. They are sold a promise of a good life and have work somewhere but really they have a treacherous journey and many lose their lives at sea. These are not problems that one country can solve by itself so it needs regional cooperation. We have a Federal Agent from the Australian Federal Police working in the embassy since 1990 and primarily focused on assisting the Myanmar Police Force in countering drugs.

We have also appointed another person at the embassy from the Australian Department of Immigration and Border Protection and we're providing assistance to customs and the border force on border control issues. It's a small contribution but it's recognition that these problems are not unique to Myanmar and they are not problems that can be solved by one country alone.

Q: Terrorist is a global issue, can you give some comments?

A: That's right and terrorism is like drugs and human trafficking which doesn't respect borders. No country is immune from terrorism so the governments of the world need to work together. They need to cooperate and share information and assist each other to combat terrorism.

Q: Is there any capacity building for customs or immigration or border defense force?

A: We have ongoing programs in all of those areas. It's not a large amount of assistance but it's very much appreciated. It's primarily assistance of knowledge and methods and methodology; some resources and equipment too.

Q: Please share any future plans for strengthening bilateral relations between our two countries.

A: We've got big plans for the bilateral relationships. We're hoping to grow the bilateral trade and investment relationship. We're trying to boost in particular the people-to-people connections either through education.

The new Colombo Plan is about Australian students coming to learn in Myanmar either by being enrolled in Myanmar universities for a semester program or for short courses or study tours. It's important that the youth of Australia become more aware of and have a better understanding of all of Southeast Asia and North Asia.

It's important for the members of the Australian parliament to have an understanding of the situation here so that they become more supportive of what their government is doing in terms of government assistance in Myanmar.

Q: I think the new Colombo plan is about recruiting young ambassadors to understand more about Myanmar.

A: This is not a volunteer program, it is an education program.

Q: Anything else you want to share for our MRTV audience?

A: Well, Australia has been a long term friend of Myanmar and I think we will continue to be. The political and economic reforms have only enabled us to do more in Myanmar. We hope to cooperate more with the government and the people and to build a brighter and better future for Myanmar.