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THE GLOBAL NEW LIGHT OF MYANMAR

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State Counsellor inaugurates Tikir Dam, hydropower plant in Thantlang

STATE Counsellor Daw Aung San Suu Kyi, accompanied by Union Ministers Lt-Gen Kyaw Swe, Lt-Gen Ye Aung, U Min Thu and U Aung Thu, and other officials, flew from Nay Pyi Taw to Kalay Township in Sagaing Region yesterday morning. They were welcomed at the Kalay Airport by Sagaing Region Chief Minister Dr. Myint Naing, Chin State Chief Minister Salai Lian Lwal, state and regional ministers, Hluttaw representatives, ethnic traditional and cultural groups, and other officials.

State Counsellor Daw Aung San Suu Kyi visits Tikir Hydropower Plant in Thantlang, Chin State, yesterday. **PHOTO: MNA**

State Counsellor inspects completed Tikir dam

The State Counsellor and entourage then travelled by military helicopter to Thantlang Township in Chin State. They were greeted by Vice President U Henry Van Thio, the state's Hluttaw Speaker, state ministers, Hluttaw representatives, ethnic traditional and cultural groups, and officials.

The State Counsellor and entourage arrived in Tikir Dam project hall where U Kyaw Myint Hlaing, Director-General of the Department of Irrigation and Water Management, reported on the completed tasks and regional development performed during the project period.

> We (the Union government) wish to support the development of our citizens. In this regard, the involvement and participation of the people are of critical importance. Without public participation, no project will ever succeed.

The State Counsellor then attended the inauguration ceremony for Tikir Dam, which was built by the Department of Irrigation and Water Management near Tikir Village in Thantlang Township. The local people sang a song they had composed for the State Counsellor at the ceremony.

State Counsellor speaks at Tikir Dam inauguration

The State Counsellor delivered a speech at the Tikir Dam inauguration.

"I want to wish good health, prosperity, and blessings to everyone here in attendance. First, I want to apologize for not being able to make this wish in the native ethnic language. We are a country with many ethnic nationals who have diverse languages so of course there will be complications such as this. But the important thing is for our hearts to be connected.

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State Counsellor inaugurates Tikir Dam …

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Even if our languages may differ, if the cetana (goodwill) and loving-kindness in our hearts are identical then our country will without a doubt be an immensely joyful and prosperous nation."

"We were welcomed with a song by the local people. The song welcomed me as Bogyoke Aung San's daughter and it reminded me of a similar welcome I received last time I was here in Chin State. This is why I have embedded the loving-kindness and goodwill of the Chin people deep in my heart. While we can say the ThiKi dam project is relatively small, the benefits it provides can be compared to a summary of the essential components of our nation."

State Counsellor Daw Aung San Suu Kyi and Vice President U Henry Van Thio formally open the Tikir Dam. **PHOTO: MNA**

Water is essential, but also a danger

"This project will bring agriculture, drinking water, tap water, and electricity and based on this it will also improve transportation. We will be able to build hospitals and schools will improve. This small project will bring water, electricity, roads, education and healthcare to the local people. This project reflects the necessary components for our entire country and by fulfilling these requirements we have shown the extent of benefits they can bring to our citizens."

"There are five dangers or enemies in Buddhist belief: floods, fire, bad rulers, people who do not appreciate you, and thieves. It won't be too much of a stretch to say ThiKi dam has shown us the way to overcome these five dangers. We managed to find a way to acquire water. When you think about it, having no access to water is a danger in itself too. We must be victorious on all sides against water, one of the five dangers. We must have access to sufficient drinking water, tap water, and water for irrigation. We must also protect ourselves from the dangers of flooding."

Democracy protects us from corruption

"Light used to be associated solely with burning flames but now it can refer to electricity and the light produced from it. Providing light and electricity is also beneficial to the people. Without it, our people's developments are greatly impeded."

"The government are also rulers and a democratic system is important to prevent tragedies befalling on the citizens. The democratic system must be based on the people so that there is commitment from the administration. It is up to each of us to gradually reduce the number of people that do not appreciate others. People who do not have affection towards you are your enemies. But we must spread and radiate love and kindness so that we do not end up as enemies. If all of us have genuine loving-kindness towards each other then we can abolish this, one of the five dangers."

"Thieves here does not just refer to common robbers, it can refer to crooks who steal from the nation and its people. I am of course referring to corruption. We must be free of corruption to remove those who would steal the country's natural resources, and the possessions and wealth of the people. This is also one of the aims of democracy. Democracy presents us with opportunities to eradicate corruption. It is also one of the aims of our Union government."

Tikir Dam is seen at the opening ceremony yesterday. **PHOTO: MNA**

> Please, try to refrain from cutting down trees. Because, on my way here in the helicopter, I could see the enormous extent of deforestation in the area.

"To summarize my points, we want to safeguard our people from all five dangers. We (the Union government) wish to support the development of our citizens. In this regard, the involvement and participation of the people are of critical importance. Without public participation, no project will ever succeed. Even a small project such as this dam could not be accomplished without the local people's participation. It also requires the government's cooperation in the centre, in addition to support from experts and helpers as well. This is why only our collective strength can enable us to implement our dreams and aspirations."

Change is inevitable, but we must protect nature

"I always feel content when I come to Chin State. I feel the warmth and hospitality of the Chin people and see their endurance against the region's difficulties. But I wish to request the Chin people one thing though. Please, try to refrain from cutting down trees. Because, on my way here in the helicopter, I could see the enormous extent of deforestation in the area.I just wanted to let you know, I do not intend to compare with anything."

"When I was recently in Kachin State, I saw the lush green forests growing strong there. I want Chin State's forests to be the same.

Each of the local people here has the strength to make that happen and the responsibility as well. Please make your surroundings green and healthy. We cannot avoid not changing the natural environment. This dam project, for example, did not come out of nature, it is manmade. We must protect the natural environment so that it becomes a better place to live for the people and other living things in the area.

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State Counsellor inaugurates Tikir Dam …

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It is impossible to avoid touching, changing or leaving the natural environment as it is. We will have to make changes for our development and for the successive generations."

"When we make changes, we must watch out for the benefit of everyone, not just the people but also for the wildlife. We have this responsibility to the Earth and the land we live on, and to the water we drink and electricity we use. We must all be accountable to overcome the five dangers and reap the benefits of our hard work."

… The government had been trying to understand the needs and to find the best means in serving the national people …

State Counsellor Daw Aung San Suu Kyi meeting with local people in Thantlang. **PHOTO: THET AUNG**

Tikir small-scale hydroelectric power station

Next, the State Counsellor and Vice President attended the inauguration of the Tikir small-scale hydroelectric power station, constructed by the Department of Irrigation and Water Management. The State Counsellor unveiled the station's memorial stone inscription and sprinkled scented water. Next, the Vice President, union ministers, state Chief Minister, and officials also sprinkled scented water on the memorial.

State Counsellor Daw Aung San Suu Kyi and Vice President U Henry Van Thio posed for a documentary photo together with local people who attended the opening ceremony.

State Counsellor Daw Aung San Suu Kyi met with local people at the town hall in Thantalan. At the meeting, she said she always felt the warm welcome of Chin people every time she visited Chin State, and thanked the Chin people for their everlasting memory of her father and valuing her as his daughter. She then apologized for the delay in arriving to the state due to the weather condition. She said, "I understand well that some of the ethnic people came here from faraway villages." She said she was afraid that the meeting time would be too short for them. But the main thing was not the duration of a meeting time, but the understanding and love generated by the event.

She continued to say that she has witnessed the degree of benefits even a small project could produce for the local people. The most important thing was to nurture Union spirit. She appreciated the degree of benefit the whole country could enjoy if the Union spirit was systematically nurtured. Every time she toured the country, she took lessons from the prevailing situations she witnessed. The government had been trying to understand the needs and to find the best means in serving the national people. Mostly she travelled by helicopter in touring both Kachin and Chin states. But during the time she was not a government dignitary, she visited Chin State by car.

She said travelling by road offered the opportunity to meet with local people all along the route. She could stop at villages and meet with locals. When she visited Chin State in 2002 Chin villagers and Chin people repairing the road warmly welcomed her. They even gave her gifts, although they were poor.

She said the present situation was different from then. However, she thought that the warmness and cordiality of the people remained unchanged. Travelling by helicopter gave her good knowledge. Every time a helicopter landed, it caused some disturbances to the environment. The high wind triggered by the propelling blades sometimes blew the roofs and fences away. Every cause has its own good and bad effects. She promised compensation for the damaged property. They should inform her if compensation was not received.

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Closing remarks

"As I close my speech, I have an apology to make. We were late but we have to work in compliance with the weather. This is a lesson for us. We have not completely mastered the weather yet. We have the technology to predict it but not to deter it. Thus, we have to make these considerations in our future plans. We must make pre-emptive protection. It isn't easy to fix a problem after it has happened.

We have to make changes in our plan in accordance with the weather, and we have to make sure there are no losses on any sides."

"Our meeting may be short but if we can establish genuine goodwill and loving-kindness within that period then it will become more valuable in the long-run. Again, I wish good health, prosperity and great blessings on all of you. Thank you."

The State Counsellor then formally opened the Tikir dam with Vice President U Henry Van Thio, Union Minister Dr. Aung Thu, and the state Chief Minister by cutting ceremonial ribbons. They then took a documentary photograph together with the attendees.

State Counsellor Daw Aung San Suu Kyi is welcomed by local ethnic people in Haka. **PHOTO: THET AUNG**

State Counsellor inaugurates Tikir Dam …

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State Counsellor Daw Aung San Suu Kyi meeting with local people as she visits the Rhi Lake in Reedhorda. **PHOTO:MNA**

The State Counsellor said while the helicopter was descending, she saw the collapse of the archway. From the sky, she saw the people waiting for her behind the archway. They were singing and holding her portrait. Although the archway collapsed, the portrait never fell. This meant that everything which was under the protection of the people never became feeble or falls. No government could be successful, without public support. A government, without any public support, could not truly represent the people or serve the people.

She said they were welcoming her with a song. She could know the meaning of the song as its verses were translated to her. The song meant that they were welcoming her, with trust, as the daughter of Bogyoke. Her mission was not accomplished even if she ended poverty and the pains of the people. All must make inclusive efforts to free the entire country from poverty, worries and pains.

She said the country was now in its early stage of development. She would refer to one of the post-World War II quotes of her father, saying, "Our country is reduced to ashes, so if others are walking, we must run to catch up with them." Now we must do the same.

She said as the country lagged behind development, all must run faster than their neighbours and advanced countries to catch up with them. All the people must have the desire and resolve to run while others were walking. All must make a resolve to strive hard with endurance. All need power and capability to realize the resolve.

All the people must combine their strength to generate energy. No one gained or lost in generating energy, as everyone has his own value and weaknesses and advantages. All should know this. Pointing a finger at others' weaknesses, without realizing his own, is not a good habit. All must build self-confidence based own their own strength. National development does mean financial prosperity, it really means the happiness of the people.

> Whatever growth the GDP is gaining and figures are showing, the real indicator is the degree of happiness and the mental and physical security of the people.

She said development of a nation depends only on intellectual and physical strength and the degree of security felt by the people. Whatever growth the GDP is gaining and figures are showing, the real indicator is the degree of happiness and the mental and physical security of the people. A person must strive for his own happiness as it is not for granted. So, each and every one of the brethren of the Union has his own duty. They must nurture themselves. The most important requirement for a government to successfully serve its duties is to listen to the public voice. It must know the public desire. People must have trust in the government to express their wishes. If they think that punishment will come for expressing something that the government dislikes, they would never voice their feelings again. Right or wrong, the people should express their wish. Some thought that the government would do everything, that they are already dutiful just by the casting the vote in favour of the government. The government as well as every person must be dutiful.

She said her main wish was to listen to the people's voices. So she wanted to hear their voices after her speech. She wanted to hear their questions, worries, hopes, problems. But she could not settle them all at once. In fact, public discussion, debates and coordination are the foundation of the national force. She trusted that the people attended the meeting with the spirit to serve the country. Fatherly figures of Chin people were also included in the persons who greeted her before the meeting. She valued their goodwill and cordiality. Nothing was more valuable than the love and goodwill of the people. Although Myanmar was rich in natural resources, she placed greater trust in human resources. The country was formed with citizens. She would give more time for the public to express their voices and requirements. She would look into the requirements to the most possible degree. If an immediate response could be made, she would seek the way to solve it later. They should present their voices from the bottom of their hearts. They should not present their voices with the intention of criticizing or hurting others. Discussions or questions should lead to the betterment of their condition and the community.

Then local people presented requirements for development. Union ministers and officials looked into their requirements sector wise.

The State Counsellor presented 100 rice bags and 100 viss of cooking for the local people through a townselder. She also cordially conversed with the attendees.

At the Pyidaungsu villa in Reedhorda, she presented 100 rice bags and 100 viss of cooking for the local people through the officials.

Hwangol ethnic people entertained her with a Chin traditional dance during the visit to Reed Lake in Ward 1. She cordially greeted the ethnic people.

Reed Lake near Reedhorda in Chin State is located 2997 feet above the sea level. Its width is about two miles. Discovered in about AD 1500, the lake is an internationally renowned priceless tourism destination and a sacred place. At a public meeting in Haka, the State Counsellor explained the government's endeavours for national development in detail. The Chief Minister of the State and officials looked into the sector-wise requirements presented by townselders and local people. She presented 100 rice bags and 100 viss of cooking for the local people through the officials, and cordially conversed with locals who attended the meeting. — MNA (Translated by TMT, Zaw Htet Oo) ■

Rhi Lake. **PHOTO: MNA**

Senior General attends Founding Anniversary commemorative military parade in Laos

THE Myanmar Tatmadaw goodwill delegation led by Commander-in-Chief of Defence Services Senior General Min Aung Hlaing attended the military parade held in commemoration of the 70th Anniversary of the Founding of the Lao People's Armed Forces at a military academy in Vientiane province yesterday morning.

The delegation is visiting Laos at the invitation of Minister of National Defence of Laos General Chansamone Chanyalath.

Present on the occasion were President of Laos Mr. Bounnhang Vorachit and cabinet members, Minister of National Defence of Laos General Chansamone Chanyalath, senior military officers of Lao armed forces, invited high level officials of China, Viet Nam, Russia, Cambodia, Thailand, ambassadors of foreign missions in Laos, military attaches and invited guests.

Dance troupes give performances at the military parade held in commemoration of the 70th Anniversary of the Founding of the Lao People's Armed Forces. **PHOTO: OFFICE OF THE COMMANDER-IN-CHIEF**

The ceremony was opened with dance performances of the cultural troupe of Lao armed forces. The Lao national flag was raised and the national anthem sung. Then Major General Sonthong Phommalavong of Lao Armed Forces presented the brief account of the history of the Lao Armed Forces.

President of Laos Mr. Bounnhang Vorachit delivered an address. He then inspected the troops and military equipment of the parade, who later marched past the President.

After the aerial show of helicopters flying the Lao State Flag and the flags of the armed forces, jet fighters and men and women paratroopers, Major General Sonthong Phommalavong declared the conclusion of the parade. In the evening, the delegation led by the Commander-in-Chief of Defence Services Senior General Min Aung Hlaing attended the dinner held in commemoration of the founding anniversary, according to the news released by the Office of the Commander-in-Chief.—MNA ■ *(Translated by TMT)*

Union Minister U Min Thu meets GAD staff in Chin State

U Min Thu, Union Minister for the Office of the Union Government, who is in Haka Township, Chin State, met with staff of the General Administration Department (GAD) from township, district, and state level offices, yesterday.

Firstly, the head of the Chin State GAD introduced the Union Minister to everyone in attendance. He then explained about the State GAD's processes and performances. Union Minister U Min Thu then delivered a speech.

Union Minister U Min Thu addresses the meeting in Hakha, Chin State yesterday. **PHOTO: MNA**

Speech by Union Minister U Min Thu

The Union Minister said since assuming office as the Union Minister for the Office of the Union Government he has met with staff of the General Administration Department (GAD) in Kachin and Kayah states. He said meeting with GAD staff in Chin State makes the third visit of this nature. He said it is first and foremost a joyous and honorary occasion to meet all the GAD staff.

The Union Minister said the General Administration Department has been agreed to be transferred to the Ministry of the Office of the Union Government during Union Government Meeting No. (23/2018). He explained that the reason for the transfer is to establish an administrative mechanism that is in line with the political system the country is working towards, and for the emergence of good governance.

He mentioned that President U Win Myint said he will undertake government reforms and decentralize institutions in his speech on Myanmar New Year in April 2018.

Undertaking reforms, decentralization

The Union Minister said reforming governance requires adherence to the following principles:

- To start from the grassroots
- To work with collective strength of the people
- To emphasize the will of the people
- To make changes in areas not coherent with reforms

He added that decentrazation needs to be carried out in accordance with the following:

- To change what is needed
- To implement changes without jeopardizing stability
- To work for the transition process based on the standards of transparency, openness, accountability and responsibility at all levels.

Union Minister U Min Thu said his ministry is tirelessly working towards reforming the administrative mechanism in accordance with the President's guidelines, for greater cooperation with the state and region governments, and implementing decentralization. He said they will listen to advice from advisory groups comprising of professionals and implement them into the practical operations underway. He instructed GAD staff to adhere to the policies and guidelines set by the Ministry of the Office of the Union Government.

The Union Minister said that as Heads of the GAD in respective states and regions and Nay Pyi Taw council area assume the task of executive secretary of the respective cabinet, they must ensure the administration system is smooth, fair, just, free of corruption, and operates with transparency.

The Union Minister said changes in the government agencies are merely peripheral, and it requires change, in line with national policies, to be initiated from the staff themselves for there to be substantial reforms. He instructed all GAD staff from township, district and state level to actively participate in the reforms. He said it is natural to speculate and worry about what might go wrong when initiating change. He said these worries will give way to success if we band together in open and transparent discussions.

No need to worry change

The Union Minister concluded by laying down two points he wished for GAD staff to consider.

The first point is to cast away any worries concerning the General Administration Department's transfer to the Ministry of the Office of the Union Government, said the Union Minister. He said the administrative system needs to be stable first before initiating reforms. He told the staff to continue working as normal, fulfilling their duties, while adhering to the law, rules and regulations in place. He instructed them to carry out reforms in line with any changing policies and instructions.

The second point, said the Union Minister, is to carry out reforms and changes while considering the goodwill and benefit of the people. He said the GAD needs to bring about visible change in their convictions and spirit so that the public increases their trust in the GAD. He told them to consider themselves service providers to the public's needs and to be ready to fulfill that role at all times. He said we will all need to work together to be closer to the public, lister to their voices, and actively cooperate with them in order to become a trustworthy and reliable management system with good administration.

The Union Minister said to stabilize the administrative mechanism first, and then follow through with implementing reforms. He concluded his speech by expressing his sincere desire for GAD staff to cooperate in bringing about swift reforms.

Afterwards, GAD staff in attendance submitted requirements to the Union Minister, who gave necessary suggestions and directions.—MNA ■ *(Translated by Zaw Htet Oo)*

Children's Literature Festival inaugurated at Myitkyina University

Union Minister Dr. Pe Myint addresees the opening ceremony of the Children's Literature Festival in Myitkyina yesterday. **PHOTO: MNA**

Union Minister for Ethnic Affairs Nai Thet Lwin.

Kachin State Chief Minister Dr. Khet Aung.

Deputy Minister U Win Maw Tun.

THE Children's Literature Festival and book sales began at the Myitkyina University, yesterday morning, with traditional ethnic dances and songs by school children.

The festival was formally opened by Union Minister for Information Dr. Pe Myint, Union Minister for Ethnic Affairs Nai Thet Lwin, Kachin State Chief Minister Dr. Khet Aung, Speaker of Kachin State Hluttaw U Tun Tin, Deputy Ministers U Aung Hla Tun and U Win Maw Tun, and outstanding students.

The festival was jointly conducted by the Ministry of Information, the Ministry of Education, and the Kachin State Government.

After the inauguration, the second session of the event was held at the Convocation Hall of the University, with theme songs by school children from the No.1 Basic Education High School.

"The festival is being held with the aim of helping children develop the reading habit and find happiness in literature. Games are included at each children's literature festival so that children also learn the spirit of cooperation," said Union Minister Dr. Pe Myint. "Encouraging children to develop the habit of reading helps turn them into lifelong learners. Children who love reading and have the spirit of cooperation will go on to make up the intelligentsia that can ensure a bright future for the country," said the Union Minister.

The Union Minister expressed thanks to the ministries concerned, and the region and state governments for their cooperation in holding the Children's Literature Festival, which has been organized since 2016 in various cities and towns across the country. Afterwards, Union Minister Nai Thet Lwin, Kachin State Chief Minister Dr. Khet Aung, and Deputy Minister U Win Maw Tun also delivered opening remarks. — MNA ■ *(Translated by Kyaw Zin Lin)*

Ethnic literature, culture attract visitors at Myitkyina Children's Literature Fest

BOOTHS on ethnic literature and traditional culture at the Children's Literature Festival at the Myitkyina University were crowded with visitors yesterday.

"We are very interested in ethnic literature and traditional culture displayed at the booths. Other booths also attracted our attention, and we gained general knowledge from them," said Ma Wut Yi, a visitor.

It was unusual for visitors to see the traditional attire of ethnic people, which are colourful and adorned with valuable things.

"When I see the traditional dresses of ethnic people, I feel pride in their culture, because I see their culture has been rich since yore," said Ma Wut Yi.

Visitors also enjoyed looking at traditional utensils and took photos with ethnic people dressed in traditional attire at the booths.

Ethnic tribes from Kachin State, including Tailong, Tailay, Tailai, Taisar, Taikhamti, Jinphaw, Lisu, Yawan, Zaiwah, Larchid, and Lawwaw, are showcasing their literature and culture at the three-day festival.

"I was delighted to see children observing the ethnic people's culture and literature. I could see they took pride in and valued the culture of ethnic people," said Ma Nan Myint Khaw from the Tailay booth.

Old and modern literature of Tailay, traditional tools used for writing, fishing equipment, and cooking utensils are being displayed at the booth.

Speaking about the Tailay ethnic tribe, Ma Nan Khaw said men and boys wear the same dresses, but women dress differently depending on their age.

"Schoolgirls wear short pants and short sarongs; adolescents wear turbans and colourful dresses; and, married women wear turbans, and white and grey dresses. Ornaments are made of silver," she said.

A traditional weaving demonstration at the Lisu booth was packed with visitors.

Traditional bags made of bamboo and cane at the Yawan booth attracted children. Students took note of traditional hairstyles adorned with massive canines of wild pigs. Old and modern traditional dresses of the ethnic tribe are also being displayed at the booth.

The Children's Literature Festival will be held from 20 to 22 January at the Myitkyina University. — Shin Min ■ *(Translated by Kyaw Zin Lin)*

A child takes part in the colour painting contest in the Children's Literature Festival in Myitkyina yesterday. **PHOTO: HTEIN NAN NAW**

Students observe the Shan traditional muscial instrument showcasing in the booth of the festival. **PHOTO: HTEIN NAN NAW**

THE CENTRAL

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No. 7-8, Kabar Aye Pagoda Road, Yankin Township, Yangon, Myanmar.
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Export outlook poor in short term, but we shall overcome

THERE have been repercussions from the decline in rice exports at the Muse gate, illegal trade, and the recent withdrawal of the EU's Generalized Scheme of Preferences on Myanmar's export sector. As a result, we see some difficulties in the short term.

While Myanmar's economy may suffer some short-term losses with main buyers restricting or delaying exports in accord with their economy and other circumstances, if the government and private businesses work to improve the quality of finished products and explore new markets, Myanmar's exports and commerce will gradually rise again in the long run.

The EU has made multiple changes to its policies concerning Myanmar, depending on the political landscape. Recently, the EU announced it will reintroduce import duties on Indica rice from Myanmar and Cambodia, stating that a significant increase in imports from both countries has hurt farmers from an EU member state. The initial request for trade safeguards on rice imports was tabled by the Italian government in February, 2018 and supported by all other EU rice-growing member states (Spain, France, Portugal, Greece, Hungary, Romania, and Bulgaria).

> We believe that by improving the quality of our finished products and exploring new markets, we will succeed in boosting Myanmar's economy again.

Currently, 350,000 tons of rice has been exported to EU countries, which makes only 10 per cent of Myanmar's total rice exports. Of that, only 50,000 tons constitute high-quality rice, while the remaining exports comprise broken rice. Myanmar exports rice to China, Africa, Indonesia, the Philippines, Bangladesh, and the EU, with China being the largest market.

The recent market instability in the European Union has been felt on a global scale and the blockade on Myanmar's rice exports to EU involves only 10 per cent of its total exports, therefore, there will be no major losses to our country.

However, we must accept that there will be repercussions from the decline in rice exports at Muse, illegal trade, and the withdrawal of trade preferences by the EU. We must be wary that this will likely influence other foreign buyers to reduce prices.

Myanmar has always been a rice-growing country. Currently, Myanmar exports 1.8 million tons of rice around the world. Our exports reached over 3 million tons in the previous years, but given the current climate, we may see exports of around 2.6 million tons.

Although a decline in exports seems inevitable, if the government and private businesses unite then we can overcome these challenges. We believe that by improving the quality of our finished products and exploring new markets, we will succeed in boosting Myanmar's economy again.

Mindfulness Practice to quit smoking

Professor Dr Maung

Poisonous-roll alias Double-Headed snake

The name 'cigarette' is the misnomer.

In fact, there is nothing medicinal inside. The finger size paper roll is full of poisons in it. It should be called 'Poisonous roll'.

A snake has only one head which is poisonous. A cigarette, though, is poisonous at the smoking end as well as at the burning end because of releasing poisonous gas for those who is smoking and for those who are nearby inhaling the smoke. It is really like a double-headed snake.

WHO says in its Tobacco Key facts in 9 March 2018 as "Tobacco kills more than 7 million people each year. More than 6 million of those deaths are the results of direct tobacco use while around 890 000 are the result of non-smokers being exposed to second-hand smoke".

Tobacco users are those who inhale the smoke of the tobacco in the form of cigarettes, pipes, cigars or cheroots. Betel nut chewing and snuffing tobacco are the smokeless ways of using and results in same consequences.

According to the American Lung Association, there are 7,000 chemicals in the cigarette smoke, 60 of which are capable of causing cancer and many have harmful effects on health. Nicotine is the principal chemical causing these effects, which is also highly addictive.

In Myanmar, 65 651 people are dying due to tobacco which contribute 17.6 % of all deaths, according to WHO report in FACTSHEET 2018 MYANMAR. Majority of deaths are due to cardiovascular diseases. Cancers and lung diseases in combine cause more than half of all deaths.

Let's quit smoking

It is hard to quit smoking as nicotine dependence is the combination of behavioral, psychological and physiological phenomena.

The very first thing required to quit smoking is the deep understanding on adverse effects of smoking. Based on the deep understanding, a firm and committed decision should be made. Then the best working method should be looked for. After having the best method to quit, with the practice of mindful perseverance, nicotine dependence can be overcome.

Deep understanding

Almost everybody knows that smoking is the bad habit. But that much amount of knowledge is superficial and is not enough to quit.

A real deep understanding is needed.

Understanding is the kind of wisdom and cannot be achieved by itself. It needs effort and study.

It requires to read, discuss, argue, think and learn on smoking and its ill-effects. Newspapers, books, talks, and journals are the sources of information.

Information technology nowadays is very much helpful for this purpose. Those who are quitting smoking all over the world can be met on-line via Blogs and Forum and share the experiences and knowledge.

Knowledge obtained from the real-life events is much vivid and lasting. It is better to meet the persons who are suffering from the smoking-related diseases to learn their lessons. Those who have successfully quit the smoking can also give ideas and methods.

There are evidences that deep understanding is crucial for cessation of smoking.

Dr Walter Mischel was a professor in psychology at Harvard and then at Stanford Universities, USA, in the nineteen-fifties and sixties. He was a three-packs-a-day smoker, supplemented by a pipe. It was not until one day, when he saw a man with lung cancer in the hall of Stanford's medical school, chest exposed, head shaved and green 'x' marks all over his body, marking the points for radiation. The image of this patient touched him. From then on, he started to explore all about smoking and its consequences. Not long ago he hasn't had a smoke. As he described, "I changed the objective value of the cigarette. It went from something I craved to something disgusting".

> ... there are 7,000 chemicals in the cigarette smoke, 60 of which are capable of causing cancer and many have harmful effects on health.

A brain imaging study using fMRI done in Duke University School of Medicine supports the importance of intelligent control over craving for smoking. The Duke neuroscientists published their finding in Neuropsychopharmacology Journal in April 2015, that people who were able to give up smoking showed greater connectivity between the 'insula' (the area of brain from which the desire for smoking originates) and somatosensory cortex (the area of brain that helps with the processing of sensory input and higher order thinking).

Mindfulness Practice to quit smoking

Nicotine dependence is a tough addiction to beat.

For now, there are three standard methods for cessation of smoking.

The first one is by using nicotine substitute such as nicotine plaster, nicotine gum, nicotine spray and nicotine inhaler. These can help reduce withdrawal symptoms by slowly decreasing the amount.

The second method is by using drugs having nicotine like action, such as bupropion or varenicline.

The third method is quitting without nicotine replacement or drugs.

However, with all these methods, the success rate hovers around only 4% to 7%.

But a promising news emerged. A group of researchers from Yale University School of Medicine, USA, led by Dr Judson Brewer reported in Drug Alcohol Depend journal in December 2011, the 36% success rate by using Mindfulness Training.

Mindfulness is paying non-judgmental attention to examine the craving to accept this moment. By giving mindfulness training to notice and pay attention to the emotional states and the cravings, the smokers learn to let these feelings pass over. They also learn to control rather than act impulsively. Moreover, the article described that continuing mindfulness practice at home significantly reduce smoking behavior. The authors also found that the nonjudging aspect of mindfulness is the unique aspect of this method that makes it successful.

Dr Judson Brewer suggests that mindfulness is successful over smoking cessation because standard treatments only focus on the surface level, whereas Mindfulness Training really gets to the root of the problem. He used the acronym R A I N:

- **Recognize** the craving that is arising, and relax into it.
- **Accept** this moment. Don't ignore it, distract yourself, or try to do something about it.
- **Investigate** the experience as it builds. Ask yourself, "What is happening in my body right now?"
- **Note** what is happening. As you note pressure, dullness, tightness, or whatever, it becomes clear that these are nothing more than body sensations. You can simply ride out the sensations until they subside.

By teaching smokers to be present with their suffering and cravings, they learn to ride them out

instead of impulsively acting upon them. Mindfulness Training for smoking cessation is having greater success rate than traditional methods.

That Mindfulness Practice is nothing new to Myanmar culture. The practice of mindfulness, called it as Satipathana Vipassana was the well- known discourse of the Buddha, delivered well over 2500 years. The Buddha declared thus: "This is the sole way for the purification of beings, for the overcoming of sorrow and lamentation, for the destroying of pain and grief…" .

This form of meditation may be practiced with benefit by all, Buddhist and non-Buddhist alike, because its aim is simply to expand the practiser's consciousness and bring him face to face with whatever is having in his mind.

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Myanmar Daily Weather Report

(Issued at 7:00 pm Sunday 20 January, 2019)

BAY INFERENCE: Weather is generally fair over the North Bay and partly cloudy to cloudy over the Andaman Sea and elsewhere in the Bay of Bengal.

FORECAST VALID UNTIL AFTERNOON OF THE 21 January, 2019: Weather will be partly cloudy in Bago, Yangon and Taninthayi Regions, (Southern and Eastern) Shan, Kayah, Kayin and Mon States and generally fair in the remaining Regions and States.

STATE OF THE SEA: Sea will be slight to moderate in Myanmar waters. Wave height will be about (3-5) feet off and along Myanmar Coasts.

OUTLOOK FOR SUBSEQUENT TWO DAYS: Slight Decrease of night temperatures in Upper Myanmar areas.

FORECAST FOR NAY PYI TAW AND NEIGHBOURING AREA FOR 21 January, 2019: Generally fair weather.

FORECAST FOR YANGON AND NEIGHBOURING AREA FOR 21 January, 2019: Generally fair weather.

FORECAST FOR MANDALAY AND NEIGHBOURING AREA FOR 21 January, 2019: Generally fair weather.

Invitation to young writers for Sunday Special

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 work to the **Global New Light of Myanmar** at No. 150, Nga Htat Kyee Pagoda Road, Bahan Township, Yangon, in person, or by email to **ce@globalnewlightofmyanmar.com** with the following information: **(1)** Sector you wish to be included in (poetry, opinion, etc.), **(2)** Own name and (if different) your penname, **(3)** Your level of education, **(4)** Name of your School/College/University, **(5)** 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, **(6)** A color photo of the submitter, **(7)** Copy of your NRC card, **(8)** Contact information (email address, mobile number, etc.).— **Editorial Department, The Global New Light of Myanmar**

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THE GLOBAL NEW LIGHT OF MYANMAR
www.globalnewlightofmyanmar.com

DEPUTY CHIEF EDITOR
Aye Min Soe
dce@globalnewlightofmyanmar.com

SENIOR EDITORIAL CONSULTANT
Kyaw Myaing

SENIOR TRANSLATORS
Zaw Min
Zaw Htet Oo
Win Ko Ko Aung

INTERNATIONAL NEWS EDITOR
Ye Htut Tin,
editor1@globalnewlightofmyanmar.com

LOCAL NEWS EDITORS
Tun Tun Naing (Editor),
intlnews@globalnewlightofmyanmar.com
Nwe Nwe Tun (Sub-editor),
nwenwe9131@gmail.com

TRANSLATORS
Khaing Thanda Lwin,
Hay Mar Tin Win,
Ei Myat Mon
Kyaw Zin Lin
Kyaw Zin Tun

REPORTER
Nyein Nyein Ei,
reporter1@globalnewlightofmyanmar.com

PHOTOGRAPHER
Kyaw Zeya Win @ Phoe Khwar

COMPUTER TEAM
Tun Zaw, Thein Ngwe,
Zaw Zaw Aung, Ye Naing Soe,
Hnin Pwint, Kay Khaing Win,
Sanda Hnin, Thein Htwe

EDITORIAL SECTION
(+95) (01)8604529,
Fax – (+95) (01) 8604305

CIRCULATION & DISTRIBUTION
San Lwin, (+95) (01) 8604532,
Hotline - 09 974424114

ADVERTISING & MARKETING
(+95) (01) 8604530,
Hotline - 09 974424848
marketing@globalnewlightofmyanmar.com
subscription@globalnewlightofmyanmar.com

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gnlmdaily@gmail.com
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Due to limitation of space we are only able to publish **"Letter to the Editor"** that do not exceed 500 words. Should you submit a text longer than 500 words please be aware that your letter will be edited.

Yoma Yangon International Marathon 2019 held

THE 7th Yoma Yangon International Marathon (YYIM) 2019 took place at the National Indoor Stadium-1 early in the morning on 20 January.

The Deputy Minister for Health and Sports, Dr. Mya Lay Sein, Yangon Region Hluttaw Deputy Speaker U Lin Naing Myint, Rakhine Ethnic Affairs Minister U Zaw Aye Maung, Sports and Physical Education Department deputy director general U Kyaw Hsan, YSH/FMI/SPA Chairman U Thein Wai, Mr. Melvyn Pun, Yangon City Development Committee Chairman U Maung Maung Soe, and secretary Daw Hlaing Oo Maw opened the event by flagging off the 42-km Full Marathon and the 21-km Half Marathon.

Participants competed under two more categories – the 10-km Challenge, and the 3-km Fun Run/Walk. All the competitions were flagged off at the Thuwunna National Indoor Stadium-1.

The race lay along significant landmarks in Yangon, such as the Botataung Pagoda, the Shwedagon Pagoda, and the Inya Lake. More than 8,000 people participated in the race. There were 660 participants from countries such as Japan, Singapore, Thailand, China, Malaysia, France, UK, and Hong Kong. The race ended with the Deputy Minister and other officials giving out awards.

The Marathon participants takes part in the Yoma International Marathon 2019 in Yangon yesterday. **PHOTO: MNA**

In the men's Full Marathon, Kenya won the first, second, and third places. In the women's Full Marathon, Kenya won the first and second places, while Myanmar won the third place. The winners were awarded US$2,700, second-place winners $1,400, and third-place winners $900.

In the men's Half Marathon, Kenya won the first, second, and third places. In the women's Half Marathon, Kenya won the first, second, and third places. The winners were given $1,600, second-place winners $900, third-place winners $500.

In the men's 10-km challenge, Kenya won the first and second place, while Myanmar won the third place. In the women's 10-km Challenge, Myanmar won the first, second, and third places. Winners of the 10-km challenge were awarded $800, second-place winners $400, and third-place winners $250.

YYIM is jointly organised by Yoma Strategic Holdings Ltd., First Myanmar Investment Public Company Limited and Yangon City Development Committee. —MNA ■ *(Translated by Hay Mar)*

Women seafarers must be issued proper documents: Amyotha Hluttaw MP

By Aye Yamon Oo

TO enable Myanmar woman seafarers to work legally on board passenger liners, the authorities must first issue them seafarer identity documents as a pilot project, said Amyotha Hluttaw MP U Maung Maung Ohn.

He made the remarks at the 2nd co-ordination meeting at the Department of Marine Administration (head office) in Yangon on 18 January. The meeting discussed matters relating to the issuance of Seaman's Books and Seaman's Passports to women seafarers.

"We aim at helping woman seafarers get work on board passenger liners. Currently, we don't want them to work on cargo liners. Our country is not developed yet. If we want to send them to work on board cargo ships, we will have to conduct proper training courses during which, they will get the chance to practice within the country first to gain experience," said U Maung Maung Ohn, the Amyotha Hluttaw MP for Myan Aung, Kyangin, and Ingapu townships.

"The issue of handing out Seaman's Books and Seaman's Passports to woman seafarers has attracted criticism on social networking websites. Therefore, we need to protect women seafarers with the enactment of necessary laws. Additionally, we need to negotiate with international shipping lines first to be able to send them woman seafarers," he said.

"At the moment, we only intend to send women to work on board passenger-carrying ocean liners because foreign shipping lines are offering jobs not only to men but also to woman seafarers," he said.

The German ambassador to Myanmar had offered seafarer jobs to Myanmar women legally when Her Excellency met with Myanmar officials. "In relation to this matter, we've already urged the authorities concerned to launch a pilot project first. We've just finished the 2nd co-ordination meeting. We are not sure when this project will be implemented. During the ninth session of the Pyithu Hluttaw, the officials concerned had answered that they needed time to implement the project. We have requested the officials to issue Seaman's Books and Seaman's Passports to those who are currently working on board ocean liners," said U Maung Maung Ohn.

"The process of issuing Seaman's books and Seaman's passports to woman seafarers will be conducted every six months. Woman seafarers are being invited by Southeast Asia shipping lines, especially those from the Philippines. India has also made job offers to woman seafarers for both passenger and cargo liners," he said.

"The necessary laws, rules and regulations, as well as procedures will be enacted so as to be in line with the international maritime law and the respective sea laws and seafarers laws. If the existing seafarers' law needs to be amended, we will amend it. We want to implement this plan systematically. If we start the project, it must be done according to the norms. Also, we need to think about how to issue the passports according to the law. The organizations that issue them must have responsibility and accountability. There can be errors if we rush," said U Ye Win Tun, the joint general secretary of the Myanmar Maritime Worker's Federation (MMWF).

Woman seafarers are faced with many difficulties because they do not have the Seaman's Identification and Record Book (SIRB). They currently hold only work visas. Therefore, the Myanmar Seafarer Employment Services Federation has submitted a proposal for the issue of SIRB certificates to woman seafarers at the 16th regular meeting between Vice President 1 and Myanmar entrepreneurs.

"We also need to inform woman seafarers who are currently working on board ocean liners to register so that we can issue them Seaman's books and passports. At present, there are more than 10,000 woman seafarers registered in other countries," said U Ye Win Tun. ■ *(Translated by Hay Mar)*

Working committee on Bogyoke Aung San Biopic holds 8th meeting

THE Bogyoke Aung San Biographical Film Production working committee held its eighth meeting at the National Theatre on Myoma Kyaung Street in Yangon yesterday.

At the meeting, committee chair Thura U Aung Ko, who is also Union Minister for Religious Affairs and Culture, said: "The production team is stronger now, after passing through different stages."

He said up to 116 parts of the script have been compiled — enough for the whole movie.

"The assistance provided by historians must be acknowledged. The movie should be based on authentic facts, without decreasing its artistic value. It is believed that the movie team is working with technicians. As the movie is a historical documentary, it must have an excellent script based on real events. Its success also depends on superb performances, screening, and background music. The film needs standard subtitling as it is meant for international distribution," he said.

The vice chair of the working committee and the Deputy Minister for Culture, U Kyi Min, also spoke at the meeting. Later, Secretary U Tun On and Joint Secretary 2 U Lu Min presented a report on the progress of work and future programs. A general round of discussions then followed. The Union Minister made the concluding remarks.—MNA ■ *(Translated by TMT)*

Union Minister Thura U Aung Ko addresses the meeting for Bogyoke Aung San Biographical Film Production in Yangon yesterday. **PHOTO: MNA**

Union Minister Dr. Win Myat Aye provides over K 78 mln to philanthropic works in Zigon Tsp

Union Minister Dr. Win Myat Aye meets with children in Zigon, Bago Region yesterday. **PHOTO: MNA**

UNION Minister for Social Welfare, Relief and Resettlement Dr. Win Myat Aye provided cash assistance to the social organizations, philanthropic organizations and elderly in Zigon, Bago Region, yesterday.

At the Zigon Township General Administration Department, the Union Minister, together with Deputy Minister U Soe Aung and Bago Region Kayin Ethnic Affairs Minister, presented a total of K78.7331 million to the related officials at the ceremony.

At the meeting, the Union Minister presented K3.756 million to Shwe Sal Wati Home For The Aged, K3.609 million to Natlalin Home For The Aged, and K3.168 million to Zingon Home For The Aged through officials concerned.

He also handed over K23.799 million for Min Kyaung Youth Development Center, K11.448 million for Thinkha Rai youth development center and K4.035 million for Letpadan youth development center to the officials.

Under the social pension scheme, the Union Minister presented K8.88 million for 296 disabled persons, social pension provision K16.5 million for the 550 elderly aged above 85 and K3.578 million for opening Mother Cycles (day nurseries) to the officials.

The Union Minister and party then inspected the construction of Thayawady District Disaster Management Department in Thayawady.—MNA ■

(Translated by Kyaw Zin Tun)

Ministry of Transport and Communications
Myanma Port Authority
Invitation to Open Tender

1. Myanma Port Authority is planning to construct the following two vessels by foreign currency, USD (United States Dollar) only within for the 2018-2019 and 2019-2020 fiscal years. Therefore, interested Tenderers are cordially invited to submit complete project proposal for the following project-

Particular	Currency	Tender closing date and time
5000 BHP, 65T ASD Tug (2-units)	USD only	5th March, 2019 13:00 hrs

2. Tender Forms can be purchased at the Planning Section, Theinbyu Dockyard, Mechanical Engineering Department, No.557/559, Strand Road, Seikkan Township, Yangon, Myanmar of during office hours starting from 21 Jan 2019.
3. Tender to be performed by one tender two sealed envelopes system, Prequalification Bid and Price Bid to be submitted with each sealed envelope. We will explain about the Prequalification Bid at 13:00 hrs. on 4 Feb 2019 at the Meeting Room-No.1 of Head Office, Myanma Port Authority, No-10 Pansodan Street, Kyauktada Township, Yangon, Myanmar.
4. If you need more detailed information, please can be inquired at telephone no. 951-8610218, 951-8610225. Webmail: amhr1@mpa.gov.mm

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Russia's T-72 tanks take part in military parade in Laos

T-72 tank. **PHOTO: TASS**

MOSCOW—Russia's T-72 tanks and BRDM-2M amphibious armoured patrol cars were featured in a parade on occasion of the 70th anniversary since the founding of the Lao People's Armed Forces, the Russian Defence Ministry told reporters.

"The military parade on occasion of the 70th anniversary since the founding of the Lao People's Armed Forces featured the Russian military equipment, which was put into service in the Lao People's Democratic Republic. Among the represented items were T-72 modernized tanks and BRDM-2 M armoured vehicles," the statement said.

Russia is supplying military equipment to Laos in accordance with the agreements reached during the visit to the country of Russian Defence Minister Sergey Shoigu in January 2018.

Under an agreement between the two countries' governments, a representative office of the Russian Defence Ministry was opened Laos' capital of Vientiane. The opening ceremony was attended by Laotian Defence Minister Lieutenant General Sengnuan Xayalat and Maj Gen Alexander Kshimovsky, the chief of the Main Directorate for International Military Cooperation, who heads Russia's military delegation that is currently on a working visit to Vientiane.

Earlier, Laos handed over to Russia 30 vintage Soviet tanks T-34, which will be used in Victory Day parades across Russia, in museum expositions and also for making films about the Great Patriotic War (1941-1945).—Tass ■

World's oldest living man, 113-year-old Nonaka from Japan, dies

SAPPORO—Masazo Nonaka, a 113-year-old from Japan who was recognized by Guinness World Records last year as the world's oldest living man, died on Sunday, his family said.Nonaka, who was born in the northern Japanese town of Ashoro on 25 July, 1905—the year Albert Einstein published his theory of relativity —died in the early hours of Sunday at his home, according to his family.Japan is one of the world's top countries for longevity. The record holder for the oldest man ever is also Japanese, Jiroemon Kimura, who died at the age of 116 years and 54 days on 12 June, 2013, according to Guinness World Records.

The British organization confirmed that Nonaka was the oldest living man on 10 April, 2018.—Kyodo News ■

Masazo Nonaka, 112, poses in Ashoro on Japan's northernmost main island of Hokkaido on 10 April, 2018, **PHOTO: KYODO NEWS**

PTTEP

Scoping of EIA Study for Exploration Drilling Campaign in Offshore Block MD-7 by PTTEP SA

PTTEP South Asia Limited (PTTEP SA), successfully completed 2D and 3D Seismic Acquisition at Block MD-7 in 2014 and 2016 respectively. PTTEP SA is now planning to conduct a drilling campaign in order to explore petroleum potential in Block MD-7. This drilling campaign consists of 1 exploration drilling well located Offshore Block MD-7 in Andaman Sea, Myanmar. The tentative plan for commencement of drilling will be end of 2019.

Under Environmental Impact Assessment Procedure of the Republic of the Union of Myanmar, PTTEP SA is required to undertake an Environmental Impact Assessment (EIA) Study to obtain an Environmental Compliance Certificate (ECC) for the proposed activity. PTTEP SA with third party EIA/SIA consultants Environmental Resources Management (ERM) and Sustainable Environment Myanmar (SEM) are currently undertaking Scoping of EIA Study to define project description, study area, potential environmental and social impacts and relevant stakeholders. The Scoping will be conducted in accordance with the Myanmar EIA Procedure (2015).

More information about the proposed activity can be found on PTTEP's website as follows: www.pttep.com

Questions and comments can also be submitted to PTTEP SA in writing by contacting the following e-mail address: TinNilarSoe@pttep.com

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Damaged cargo will be surveyed daily from 8 am to 11:20 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.

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Climate change a national security 'issue': Pentagon

WASHINGTON (United States)—Many of the US military's key installations are facing increasing difficulties due to climate change, the Pentagon said on Friday in a report critics slammed as understating the scope of the problem. The 22-page document looked at 79 "priority" facilities around the US and found many vulnerable to flooding and wildfires, as well as the impacts of desertification, drought and melting permafrost. "The effects of a changing climate are a national security issue with potential impacts to Department of Defence missions, operational plans and installations," the document states.

The military "must be able to adapt current and future operations to address the impacts of a variety of threats and conditions, including those from weather and natural events."The report found about two-thirds of the 79 installations are or will be vulnerable to recurrent flooding, and more than half are vulnerable to current or future drought.At Fort Greely, an Alaskan facility that is a key component of America's missile-defense system, melting permafrost will impact cold weather testing and training.But critics blasted the report for skimping on detail, noting it did not mention several recent hurricanes that destroyed or damaged US military facilities.

Hurricane Michael, for instance, last year wrecked Tyndall Air Force Base in Florida. It will cost more than $5 billion to rebuild.

President Donald Trump has openly dismissed claims—backed by the vast majority of important scientific bodies -- that greenhouse gases caused by human activity are responsible for a rapidly warming planet, triggering ever more extreme weather.

He once claimed climate change is a Chinese hoax, and has rolled back American environmental regulations aimed at curbing the problem.

"Under current leadership, the (Defence) Department is treating climate change as a back burner issue," said Senator Jack Reed, the top Democrat on the Armed Services Committee.—AFP ■

Thousands protest in Berlin against industrialised agriculture

Protesters reenact the dying of bees and insects due to the use of pesticides during a rally for climate justice, animal welfare, low impact farming and good food on 19 January, 2019 in Berlin. **PHOTO: AFP**

BERLIN (Germany)—Thousands of protesters, backed by a procession of farm tractors, marched in Berlin on Saturday for environmental protection and against the industrial agriculture lobby. Police put the number of demonstrators at over 12,000, while organizers said 35,000 turned out. While the "Grune Woche" international agricultural fair was taking place in the German capital, the protesters took aim at government policy which prioritised large-scale farming, deemed damaging to health and the environment, to the detriment of small farmers and bio-growers. "This protest... shows that the desire for a different agricultural policy is now undeniable," said Green party co-leader Robert Habeck, who took part in Saturday's demonstration.Conservative Agriculture Minister Julia Kloeckner has received "an unequivocal message" from the street, said Saskia Richartz, spokeswoman for the protest organizers."We can't feed the whole world if we reduce industrial agricultural production," the agriculture minister responded, while admitting that the sector needs to be "more efficient and respectful of the environment".

More than 100 organizations took part in Saturday's colourful march, with 171 tractors descending on Berlin from several parts of the country. The ministerial quarter around Brandenburg Gate remained partially blocked for several hours before the protest broke up peacefully.—AFP ■

Global ocean temperature breaks record in 2018: study

NEW YORK—Continued record heat was measured in the Earth's climate system in 2018, setting a new record for ocean heating, according to a recent study.Total ocean heat anomaly in 2018 for the upper 2000 metres of the world's oceans surpassed the 2017 data, making the past five years the warmest years on record. In the article published online in Advances in Atmospheric Sciences on Tuesday, researchers listed the heat content data of oceans in the world, which showed increasing thermal energy in the vast majority of regions.The result proved that ocean warming continues and has been accelerating since the 1990s compared with 1960 to the 1980s, as vast majority of global warming heat ends up deposited in the world's oceans. The ocean heat increase in 2018 "resulted in a 29.5 mm global mean sea level rise above the 1981-2010 average," an increase of 1.4 mm compared with that in 2017. The increased sea temperature is changing the planet's weather systems by raising air temperatures and supplying more moisture, and could indirectly aggravate natural disasters like drought, heat waves and wildfires, the study warned.—Xinhua ■

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(Reg. No. – 11386/2018 in Classes 21, 30, 32, 35 and 43)

Class 21: Hand operated coffee grinders and coffee mills, insulated coffee and beverage cups, non-paper reusable coffee filters, non-paper coasters, insulated vacuum bottles, coffee cups, tea cups and mugs, glassware, dishes, plates and bowls, trivets, storage canisters, non-electric drip coffee makers, non-electric plunger-style coffee makers, and decorative storage containers for food, non-electric tea kettles, tea infusers, tea pots, tea strainers, candle holder (not of precious metal), candlesticks not of precious metal, ceramic figurines, porcelain figurines.

Class 30: Ground and whole bean coffee; coffee-based beverages; cocoa; chocolate-based beverages; tea and herbal tea; tea and herbal tea-based beverages; coffee-based beverage mix; espresso-based beverage mix; chocolate-based beverage mix; tea-based beverage mix; herbal tea-based beverage mix; frozen confections, namely, ice cream, ice milk, frozen yogurt, frozen confections with tea, herbal tea and/or fruit flavoring; flavorings, other than essential oils, for beverages; powdered chocolate; vanilla flavoring; chocolate and candy confections; baked goods, namely, muffins, scones, biscuits, cookies, pies, cakes, pastries, quiches and breads; sandwiches; pizzas; prepared meals consisting primarily of pasta; prepared meals consisting primarily of rice; prepared meals consisting primarily of grains; chocolate-based spreads; processed cereal-derived food product to be used as a breakfast cereal; oatmeal; grain-based snack foods; crackers; popcorn; sugar; honey; agave syrup; sauces, namely condiments to add to beverages; salad dressings.

Class 32: Water, mineral water, sparkling water, and other non-alcoholic drinks, soft drinks, fruit drinks and fruit juices, fruit drinks and soft drinks containing fruit juices, liquid and powdered beverage mixes; sauces; flavoring syrups for making beverages; flavored and unflavored bottled waters, sparkling waters, mineral waters, fruit juices, sparkling fruit and juice based beverages and soda beverages; frozen fruit beverages and frozen fruit-based beverages

Class 35: Business administration; business management assistance; franchising, namely providing commercial assistance in the establishment and/or operation of restaurants, cafes, coffee houses, tea houses, and snack bars; retail store services in the field of coffee, tea, food, beverages, coffee and espresso makers, tea makers, tableware, kitchenware, books, musical recordings, wallets, travelling bags, shopping bags, handbags, jewelry, clothing and hats, toys, including stuffed toys; wholesale distribution (excluding the transport thereof) of food, beverage, housewares, and kitchenware; on-line retail store services featuring food, beverage, housewares, and kitchenware; administration of incentive award program through the issuance and processing of discounts in the nature of loyalty points for purchase of a company's goods or services.

Class 43: Restaurant, cafe, cafeteria, snack bar, coffee bar, tea bar, tea house, and carry out restaurant services; bar services; catering services; preparation of food and beverages; contract beverage services; restaurant services featuring a customer loyalty program that provides restaurant benefits to reward repeat customers.

Our client has secured registrations/ filed applications for the above marks worldwide including but not limited to United States of America, European Union, Australia, Denmark, Canada, Mexico, Iceland, Indonesia, Chile, Singapore, Malaysia, New Zealand, Viet Nam, Tunisia, Morocco,

Our client has instructed us and wishes to bring to the notice of the trade and public that by virtue of use as well as registrations/ applications, our client's aforementioned trademarks have acquired international fame, reputation, goodwill and are exclusively associated with our client. By virtue thereof **our client has exclusive rights to use the said trademarks and reserve its rights to initiate appropriate legal action against any party found using any of the said trademarks or any other deceptively or confusingly similar trademarks or name which is in violation of the rights of our client**.

S.S. Rana & Co. Advocates
317, Lawyers Chambers, High Court of Delhi, New Delhi -110003, India.
Phone: 91-11-40123000,
Fax: 91-11-40123010. Email: trademarks@ssrana.com, foreign@ssrana.com

Myitkyina's Children's Literature Festival packed with visitors

Visitors observe traditional swords and machetes displayed at the booth of the ethnic lierature and traditional culture at the Children's Literature Festival in Myithkyina on 20 January, 2019. **PHOTO: MNA**

A student competes in the poetry recitation contest at the Children's Literature Festival. **PHOTO: MNA**

Ethnic people's traditional fishing equipment and houshold utensils made of bamboo have attracted the children at the Children's Literature Festival. **PHOTO: MNA**

Students entertain the attendees with dance at the opening ceremony of the Children's Literature Festival in Myitkyina. **PHOTO: MNA**

Students play football as part of the Children's Literature Festival's sports activities. **PHOTO: MNA**

The booth of ethnic literature and culture is packed with visitors. **PHOTO: MNA**

Launch of Delta IV Heavy with US spy satellite successful — ULA

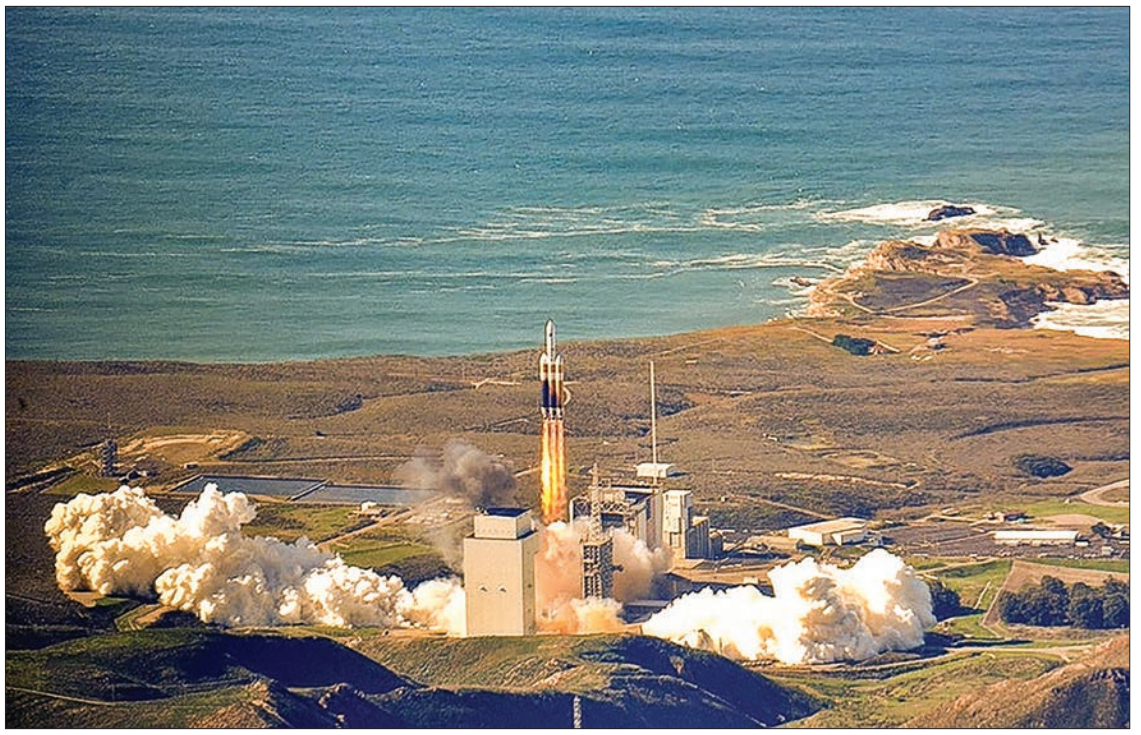
NEW YORK—A Delta IV Heavy rocket has successfully put into orbit a secret payload for the US National Reconnaissance Office (NRO), the United Launch Alliance (ULA) said on its website on Saturday.

"Congratulations to our team and mission partners for successfully delivering this critical asset to support national security missions," Gary Wentz, ULA vice president of Government and Commercial Programmes, was quoted as saying in a company statement.

The launch took place at 11:10 local time (22:10 Moscow time) on Saturday, with a five-minute delay caused by strong winds. The weather conditions were only 40% favourable for the launch. The live broadcast of the launch on ULA website was concluded six minutes after the blastoff, following the separation of the rocket's payload fairing, at the request from NRA.

No information is available about the payload, known under the codename NROL-71.

Delta IV Heavy is the heavy modification of the Delta IV rocket. It features two additional boosters, adjusted to the sides of the main segment. The rocket is capable of taking the payload of up to 14.2 tonnes to the geostationary orbit and up to 28.8 tonnes - to the low-earth orbit.



ULA's next Delta IV rocket launch is the WGS-10 mission for the US Air Force on 1 March. **PHOTO: TASS**

ULA, a joint venture of Boeing and Lockheed Martin, was founded in 2006 and is headquartered in Centennial, Colorado. Saturday's launch was the company's 132nd successful launch overall, the 38th launch of Delta IV since 2002 and 11th launch of Delta IV Heavy. ULA's next Delta IV rocket launch is the WGS-10 mission for the US Air Force. It is scheduled to take place on 13 March, 2019 from Space Launch Complex-37 at Cape Canaveral Air Force Station, Florida.—Tass ■

Scientists make breakthrough to manage most common infection associated with organ transplants

SYDNEY—A team of Australian scientists have made breakthrough to manage the most common viral infection associated with organ and bone marrow transplants, following groundbreaking research which was published on Friday.

Researchers from Western Australia's Lions Eye Institute along with investigators from Queensland medical research institute QIMR Berghofer, established a cross country collaboration with the potential to dramatically reduce risk to transplant patients. Their method, which has so far proved successful in mice, helps to combat infection caused by the reactivation of cytomegalovirus (CMV), a virus which exists and remains dormant in 80 percent of all people.

The CMV will reactivate in up to two thirds of patients post-transplantation, and up to 10 per cent of those will develop life-threatening end-organ virally-mediated disease.

The team discovered that by injecting mice with their own antiviral antibodies, they can stop the CMV reactivation from happening, a result which they believe will transfer to human subjects.

"Together we created a novel model of CMV reactivation in the mouse which we used to dissect the components of the immune system required to keep CMV from reactivating and causing disease," Lions Eye Institute head of experimental immunology Professor Mariapia Degli-Esposti said."We have found that protection from reactivation is achievable using passively acquired antibodies."Degli-Esposti said she hopes this simple but effective strategy can help take some of the risk and cost out of life saving transplant operations.—Xinhua ■

US scientists find potential treatment of osteoporosis in older women

SAN FRANCISCO—Scientists from two US universities have found a potential new treatment for older women who suffer a medical condition in which their bones become weak and break easily, suggests a new study published recently in the journal Nature Communications.

Life scientists from University of California Los Angeles (UCLA) and University of California San Francisco (UCSF) have found a handful of brain cells deep in the brain may play a surprising role in controlling women's bone density.

During experiments on mice, the researchers discovered that female mice, instead of male mice, witnessed their bones growing extraordinarily strong when a particular set of signals from a small number of neurons in their brain were blocked, and their super-strong bones could maintain in old age.

The study suggests "we may have uncovered a completely new pathway that could be used to improve bone strength in older women and others with fragile bones," said senior author of the study Holly Ingraham, professor and vice-chair of cellular and molecular pharmacology at UCSF.

The study's co-author Stephanie Correa, a UCLA assistant professor of integrative biology and physiology, observed in her past experiment that genetically deleting the estrogen receptor protein in neurons in a brain region called the hypothalamus caused altered mice to gain a slight amount of weight. Her surprising laboratory results showed that the heavy mice became large-boned as their bone mass had increased by as much as 800 per cent.

"We knew right away it was a game-changer and presented a new, exciting direction with potential applications for improving women's health," Correa said in a UCLA statement.

More than 200 million people worldwide suffer from osteoporosis, a weakening of the bones that easily causes fractures as a result of falls or even minor stresses like bending over or coughing.

Women are at particularly high risk of osteoporosis after menopause, and nearly one-thirds of post-menopausal women in the US and Europe suffer from weakened bones, according to a UCSF report.

The US scientists hope that if more experiments prove that a brain-released novel circulating factor triggers enhanced bone growth, they might have a chance of developing a drug for treating osteoporosis in older women.—Xinhua ■

NASA: length of one Saturn day litter longer than 10 hours

LOS ANGELES—Researchers have used new data from NASA's Cassini spacecraft to find out the length of a day on Saturn, which is 10 hours, 33 minutes and 38 seconds.The answer was hidden in Saturn's rings, said a release from the NASA Jet Propulsion Laboratory on Friday.

Time on Saturn has eluded planetary scientists for decades, because the gas giant has no solid surface with landmarks to track as it rotates, and it has an unusual magnetic field that hides the planet's rotation rate. During Cassini's orbits of Saturn, instruments examined the icy, rocky rings in unprecedented detail. Christopher Mankovich, a graduate student in astronomy and astrophysics at University of California, Santa Cruz, used the data to study wave patterns within the rings.

According to Mankovich's research published on Thursday by *Astrophysical Journal*, he developed models of Saturn's internal structure that would match the rings' waves. It allowed him to track the movements of the interior of the planet and its rotation, offering evidence for more scientists to discover the length of one Saturn day.His work determined that the rings respond to vibrations within the planet itself, acting similarly to the seismometers used to measure movement caused by earthquakes.—Xinhua ■

Local hope Barty stuns Sharapova to reach Open quarters

MELBOURNE (Australia)—Ashleigh Barty stunned five-time Grand Slam winner Maria Sharapova in a three-set thriller to reach the Australian Open quarter-finals on Sunday.

Roared on by a packed Melbourne Park crowd, the 15th seed defeated the Russian 4-6, 6-1, 6-4 to become the first Australian to make the last eight of the tournament in a decade.

After losing a tight first set, Barty went on a nine-game winning streak to take the second before holding off a Sharapova fightback late in the third.

"That was a little bit close, wasn't it?" the 22-year-old said after sealing the win with an ace.

"I gave myself opportunities in the third set and couldn't take them. I had to take a deep breath and trust the work that I've done with my team. Go up and hit my spots."

Her next opponent is Petra Kvitova, who is on a nine-match winning streak including defeating the Australian in a tight three-setter to decide the final of the Sydney International warm up.

Barty praised the fighting qualities of Sharapova, who appeared to have wilted in the Australian sun before giving her opponent some nervous moments late in the match.

"She is an absolute champion," Barty said of the 31-year-old, who dumped defending champion Caroline Wozniacki from the tournament in the previous round.

"She was never going to go away. I knew I had to keep chipping away." Sharapova, seeded 30th this year as she tries to rejoin the game's elite after returning from a 15-month doping ban in 2017, struggled with her serve for much of the match.

She committed 10 double faults and made 51 unforced errors.

Barty lost her only previous meeting with Sharapova in Rome last year but has won seven of her eight matches in 2019.—AFP ■

Australia's Ashleigh Barty celebrates her victory against Russia's Maria Sharapova during their women's singles match on day seven of the Australian Open tennis tournament in Melbourne on 20 January, 2019. **PHOTO: AFP**

MFF Amateur League concludes with rise of two local champions

The champion team of Mandalay's competition zone of the MFF Amateur League 2018, Kyel Sin Su FC celebrates the victory in Mandalay yesterday. **PHOTO:MFF**

THE Myanmar Football Federation's Amateur League concluded with victories for two teams — the Mon F.C. in the Yangon Region competition zone and the Kyel Sin Su F.C. in the Mandalay Region competition zone.

In the final match of the Mandalay competition yesterday at the Bahtoo Stadium in Mandalay, Kyel Sin Su won the title by beating the Ayeyarzar team by 3-1.

In the Yangon competition, the Mon F.C. was crowned the champion, scoring more points than second-placed New Light F.C.

Award-giving ceremonies were held in both cities as part of the conclusion of the MFF Amateur League's 2018 season.

The winning teams were awarded K 3 million each, while the second placed teams received K 2 million, and the third place teams K 1.5 million.

Consolation prizes of K 900,000 , K 700,000, K 500,000, and K 300,000 were also given based upon the teams' ranks in both cities.—Lynn Thit (Tgi) ■

AFF Championship: Myanmar's chances look promising in group stage

THE Myanmar U-22 national football team is likely to have an easy ride in the group stage in the 2019 AFF U-22 Youth Championship being held in Phnom Penh, Cambodia, from 17 February to 2 March.

A total of nine teams will be participating in the tourney, with five teams in Group (A) and only four teams in Group (B).Team Myanmar has been placed in Group (B) with host Cambodia, Malaysia, and Indonesia. With just three teams to compete against, Myanmar's chances of sailing through the group stage look promising compared with its opponents in Group (A).

Thailand, ASEAN giant Viet Nam, the Philippines, Laos, and Timor-Leste teams have been placed in Group (A).

Thailand, the winner of the 2005 AFF U-23 Youth Championship, are the current defending champions, as there were no competitions held from 2006 to 2018.

Myanmar will play against Indonesia on 18 February, host Cambodia on 20 February, and Malaysia on 22 February.

The 2019 AFF U-22 Youth Championship is the second edition of the AFF U-22 Youth Championship, organised by the ASEAN Football Federation. The championship is also known as the pre-SEA Games tournament, as it is a preparatory tournament for nations competing in the Manila SEA Games in November the same year. —Lynn Thit (tgi) ■

Basket case!: Mourinho admits he hid in laundry to skirt ban

LONDON (United Kingdom)—Jose Mourinho admitted on Saturday that he once got round a two-match ban by hiding in a laundry basket so he could give a team-talk before a Champions League match.

Mourinho, sacked by Manchester United in December, told BeIN Sports how he skirted a touchline suspension on the eve of the 2005 quarter-final against Bayern Munich by getting the Chelsea kit man to help him stow away in the basket. "I go to the dressing room during the day so I was there from midday and the game is seven o'clock. I just want to be in the dressing room when the players arrive," the 55-year-old recalled. "I went there and nobody see me. The problem was to leave after. And the kit man put me in the basket. It was a little bit open so I could breathe.

"But when he is taking it outside the dressing room, the UEFA guys were following and desperate to find me so he closed the box and I couldn't breathe. When he opened the box I was dying."—AFP ■