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Thursday, 5 August, 2010

Four political objectives

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

Four economic objectives

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

Four social objectives

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

Political parties submit lists of party members to UEC

NAY PYI TAW, 4 Aug —The political parties have to submit lists of their party members organized in line with the Article 13 (a) of Political Parties Registration Rules to the Union Election Commission within 90 days beginning from the date they are registered.

The National Democratic Party for Development submitted the list of party members to the Union Election Commission today.

Up to date, eleven of 40 parties that have been granted permission to register as political parties have already submitted the lists of their party members to the UEC. —MNA

True patriotism

- * It is very important for everyone of the nation regardless of the place he lives to have strong Union Spirit.
- * Only Union Spirit is the true patriotism all the nationalities will have to safeguard.

Inland Water Transport at the service of people

Article: Ye Win Hsaung (Kyemon); Photos: IWT



Dalla Dockyard seen on Yangon River.

The Inland Water Transport has good reputation for saving cost and transporting larger volume of commodities in the domestic transport sector. Proper water level in the rainy season facilitates proper flow of commodities through water courses.

Therefore, people rely more on waterway transport for trading commodities and travelling. The department ships passengers and commodities by watercraft and vessels along rivers across the nation for ensuring smooth transport in the waterway and for saving expenses.

IWT is constituted with Delta Branch, Ayeyawady Branch, Chindwin Branch, Thanlwin Branch, Rakhine Branch and Commodity Transport Branch.

Delta Branch is located on Mawtin (Lanthit) Street in Seikkan Township, Yangon, and it is oper-

ating waterway transport from Yangon to Pyay and to Delta region along 2292 nautical miles. A total of 80 vessels and 22 pontoons of the branch are providing transport service in three seasons.

Ayeyawady Branch located in Mandalay is giving 2028 miles long transport services from Pyay to Bhamo, Myitkyina and Waingmaw along Ayeyawady River.

The branch uses 48 vessels, 10 pontoons and 15 watercrafts without engines. The vessels can run their trips to Bhamo at proper water level beginning the first or the second week of June every year. In the open season with lower water level, the vessels can dock at Tatkalay Port three miles downstream of Bhamo and Gabani Port five miles downstream of Bhamo.

(See page 8)

Vessel

Bala

Kyaw-

khaung

of IWT

runs in

Delta

region.



PERSPECTIVES

Thursday, 5 August, 2010

Cultural heritage — the National Pride

Myanmar culture has been flourishing throughout the history for years countable by the thousand. Since the origin of mankind, progress could be made in all fields of culture sector. The cultural heritage aboveground and cultural artifacts excavated firmly reflect the high standard of Myanmar culture.

The government is preserving Myanmar cultural heritage systematically. As antiques can be ruined with the passage of time efforts are being made to excavate cultural artifacts and preserve them followed by research.

In preserving cultural heritage Myanmar archaeologists made a giant step towards excavating ancient cities, palaces and walls, gathering historical objects, stone inscriptions, palm-leaf and parabeik manuscripts and renovating religious monuments. Occasionally, experts present their findings of historical evidence at paper-reading sessions.

As a result of making field trips to various regions of the nation and conducting research on cultural heritage, there have been found so many firm evidences that the middle stone age flourished in central Myanmar. The research works are in progress after finding cultural evidences of bronze and iron ages in Meiktila and Yamethin districts.

Staff of the Archaeology, National Museum and Library Department and the Historical Research Department are excavating ancient Pinle city located in Myittha Township of Kyaukse District. In June and July this year, they found the artifacts from mound No. 20 and saw brick works similar to that of ancient Beikthanoe and Srikestra cities.

Cherishing one's own culture means defending the motherland. So, let's preserve the national pride left to us by our forefathers.

Talks on Survival of the Fittest: Adaptation on 8 August

YANGON, 4 Aug—The Biophysiology and Biochemistry Branch of Myanmar Medical Association will organize the talks on Survival of the Fittest: Adaptation at its hall on Theinbyu Street, here, at 9 am on 8 August.

Hydrologist and Meteorologist Dr U Tun Lwin, Prof Dr Myat Thandar of Biophysiology Department of University of Medicine-1, Retired Professor of Psychology Department of Yangon University Daw Khin Aye Win and Professor U Khin Maung Gyi of Mental Care Department of University of Medicine-1 will give talk.

Interested persons may contact Biophysiology and Biochemistry departments of UM-1, UM-2 and Defence Services Medical Academy for attending the talks.—MNA

People's Desire

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

Mandalay Division Traffic Rules Enforcement Supervisory Committee meets



Commander Maj-Gen Tin Ngwe addressing work coordination meeting of Mandalay Division Traffic Rules Enforcement Supervisory Committee.—MNA

NAY PYI TAW, 4 Aug — A work coordination meeting of Mandalay Division Traffic Rules Enforcement Supervisory Committee was held at the meeting hall of the Command on 30 July, attended by Chairman of Mandalay Division Peace and Development Council Commander of Central Command Maj-Gen Tin Ngwe, Chairman of Mandalay City Development Committee Mayor U Phone Zaw Han, departmental heads and officials of Mandalay Division All Bus-line Control

Committee.

First the commander made an address. After hearing reports on traffic rules enforcement measures, the commander made concluding remarks.

Next, the commander delivered an address at the opening of Commander's Shield Football Tournament at Kyauktaing Sports Ground and watched the football match.

MNA

Minister visits breeding farms, feedstuff factory



L&F Minister U Maung Maung Thein at DaikU pig breeding farm.—L&F

NAY PYI TAW, 4 Aug—Minister for Livestock and Fisheries U Maung Maung Thein viewed round poultry breeding farm of Livestock Breeding, Feedstuff and Daily Products Enterprise in Pynmabin of Mingaladon Township yesterday.

At the duck breeding camp in Phayagyi Village of Bago Division, the minister looked into installation of incubation and duck breeding farms.

At DaikU Pig Breeding Farm and Feedstuff Factory in DaikU, the minister inspected sample of pig feedstuff, pig delivery room, piglet farms,

production of natural fertilizers and thriving fruit trees with the use of natural fertilizer and attended to the needs of staff.—MNA

All this needs to be known

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



People check the scene of a roadside bomb at the Shiite bastion of Sadr City in Iraq on 3 July, 2010. —XINHUA

1st LD: Death toll from Russian wildfires rises to 48

MOSCOW, 4 Aug—The death toll from forest fires raging across central Russia has risen to at least 48, as some 400 new blazes broke out over the past 24 hours, the Emergency Situations Ministry said on Wednesday.

“Eight bodies were found under the debris of burnt houses—three in the Moscow region, two in the Nizhny Novgorod region, and one each in the Voronezh, Ryazan and Ivanovo regions,” the ministry was quoted by *Itar-Tass* news agency as saying.

The ministry said that 403 new forest fires had sparked up over the past

24 hours, and so far a total of 813 fires continued burning over an area of 188,500 hectares.

Russian Prosecutor General's Office Wednesday filed a lawsuit on negligence charges against local officials in the Nizhny Novgorod region, where at least 21 persons died and 1,400 others have been left homeless. Temperatures across much of western and central Russia hit 35 degrees Celsius (95 degrees Fahrenheit) in the past five weeks, triggering forest fires and the worst drought in the country since 1972.

MNA/Xinhua

Car bomb kills 15 south of Baghdad

BAGHDAD, 4 Aug—A car bomb ripped through an outdoor market Tuesday in a mainly Shiite city southeast of Baghdad in the deadliest of a series of attacks that killed at least 22 people nationwide, officials said.

The blast in Kut, 100 miles (160 kilometres) southeast of Baghdad, targeted a popular outdoor market that sells food and clothes at about 5.30 pm, killing at least 15 people and wounding 60, according to police and health officials.

The attack came hours after suspected al-Qaeda militants killed five Iraqi soldiers at a western Baghdad checkpoint, planting the terror group's black banner before fleeing. It was the second time in less than a week that al-Qaeda's flag has appeared at the scene of an attack.—Xinhua

An Afghan policeman keeps watch at the site of a blast in Dand district of Kandahar Province on 2 August, 2010. A suicide bomber killed six children and wounded one adult in Dand district of southern Kandahar province, the Interior Ministry said.—INTERNET



US and allies kill, injure Iraqi people

BAGHDAD, 4 Aug—There has been daily casualties in Iraq since the US and its allies have invaded the country.

Casualties of Iraqi people

The total number of casualties as from the day they invaded the country to 4 Aug reached 702682 and the total number of seriously injured people reached 1270919, according to the news on the Internet.

No.	Subject	Number
1.	Death toll of Iraqi people	702682
2.	The total number of seriously injured people	1270919

Internet

Casualties of Afghan people in invasion of NATO troops led by US

KABUL, 4 Aug—The NATO troops led by the US have invaded Afghanistan and they are there for a long time.

A number of Afghan people are killed and injured due to invasion of the NATO troops led by the US.

Casualties of Afghan people

According to the Internet news, a total of 33049 Afghan people were killed and 39646 injured seriously as from the day when the NATO troops led by the US invaded Afghanistan to 4 Aug.

No.	Subject	Number
1.	Number of Afghan people killed	33049
2.	Seriously injured Afghan people	39646

Internet

One New Zealand soldier, two injured in Afghanistan

PORT VILA, 4 Aug—One New Zealand officer was killed and two soldiers were injured in an ambush in Afghanistan, New Zealand Prime Minister John Key confirmed here on Wednesday.

A four-vehicle patrol — part of the New Zealand Provincial Reconstruction Team (NZPRT) — was hit by a substantial IED (improvised explosive device) on Wednesday and then attacked from two positions with accurate small arms fire including rocket-propelled grenades.

The Defence Force could not confirm exactly how Lt Timothy O' Donnell was killed. The NZPRT has been in Afghanistan since 2003.—Xinhua

Ten killed, 30 wounded in triple car bombs in Iraq's Kut city

BAGHDAD, 4 Aug—The death toll of a triple car bomb explosions on Tuesday in Iraq's southeastern city of Kut has risen to 10, while

30 others were wounded, an Interior Ministry source said.

The incident took place in the afternoon when three booby-

trapped car bombs went off at the al-Amil district in central Kut, some 170 km southeast of Baghdad, the source told *Xinhua* on condition of anonymity.

Many shops and cars nearby were seriously damaged, and the toll could continue to rise, as ambulances and civilian vehicles are evacuating casualties to the city hospitals, the source added. Columns of black smoke could be seen rising above the scene in central Kut, the source said, citing police reports from the city.

Xinhua



People inspect a destroyed vehicle after a bomb hidden under a car exploded in Baghdad's district of Hurriyah, Iraq, on 3 Aug, 2010. A bomb attached to the car of a police major went off in Hurriyah neighbourhood, seriously wounding him.—INTERNET

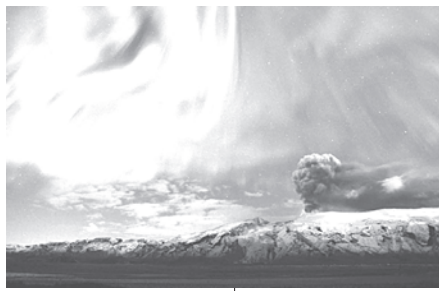
Solar storm to hit the earth, sparking northern lights

BEIJING, 4 Aug—NASA scientists warned that a mighty eruption of superhot plasma blasted out of the sun could hit the earth as early as Tuesday (London time), sparking spectacular displays of the aurora or northern and southern lights, according to media reports on Tuesday.

It appears that the sunspot may have triggered a huge “coronal mass ejection” in which huge amounts of superhot plasma were spurted towards the earth, which then sent a “solar tsunami” racing 93 million miles across space.

Fortunately, the earth’s magnetic field protects us from the blast of radiation like this, which is normally expected to wipe out much of the human race.

The deadly solar plasma is likely to stream down the planetary field



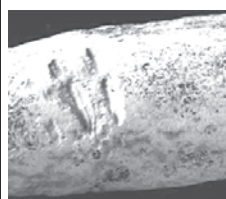
lines towards the poles, crashing into oxygen and nitrogen atoms in the atmosphere and so lighting them up to form aurorae—the so-called Northern Lights.

Scientists warned that a really big solar eruption could destroy satellites and wreck power and communications grids around the globe, after the earth is hit by a once-in-a-generation “space storm”.

The Daily Telegraph disclosed in June that senior space agency scientists believed the earth will be hit with unprecedented levels of

British scientists warned that a mighty eruption of superhot plasma blasted out of the sun could hit the earth as early as Tuesday.—XINHUA

magnetic energy from solar flares after the sun wakes “from a deep slumber” sometime around 2013.—Xinhua



A close-up of the tooth marks gouged in the rib bone of a large dinosaur by a mammal that lived 75 million years ago.

INTERNET

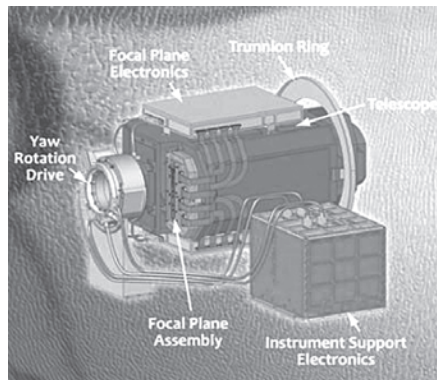
High Resolution Stereo Colour Imager selected for Mars mission

SCIENCE DAILY, 4 Aug—NASA and the European Space Agency, or ESA, have embarked on a joint program to explore Mars in the coming decades and have selected five science instruments—including one from the University of Arizona—for the first mission.

The ExoMars Trace Gas Orbiter, scheduled to launch in 2016, is the first of three joint robotic missions to the Red Planet.

It will study the chemical makeup of the Martian atmosphere with a 1,000-fold increase in sensitivity over previous Mars orbiters.

The mission will focus on trace gases,



including methane, which could be potentially geochemical or biological in origin and be indicators for the existence of life on Mars.

It also will serve as an additional communications relay for Mars surface missions beginning in 2018.

A stereo camera called the High Resolution Stereo Colour Imager, or HiSCI, operated by the UA, will be a part of the orbiter.—Internet

The UA’s High Resolution Stereo Colour Imager, or HiSCI, features an innovative rotation drive for three-dimensional imaging. As the instrument orbits the Red Planet, it snaps pictures once a feature of interest on the surface below comes into view. HiSCI then swings around and takes more pictures of the feature as it passes overhead.—INTERNET

Science



ARS molecular biologist Christian Tobias and his colleagues have published the genetic map for switchgrass, a tool that may speed up development of this native perennial prairie grass as a source of biofuel.

INTERNET

New tool for improving switchgrass

CALIFORNIA, 4 Aug—Agricultural Research Service (ARS) scientists have developed a new tool for deciphering the genetics of a native prairie grass being widely studied for its potential as a biofuel. The genetic map of switchgrass, published by Christian Tobias, a molecular biologist at the ARS Western Regional Research Center in Albany, Calif., and his colleagues, is expected to speed up the search for genes that will make the perennial plant a more viable source of bioenergy.

Switchgrass is now grown as a cattle feed and to restore depleted soils. But interest in using it as a biofuel has intensified in recent years because it can be burned to produce electricity and, like corn stalks, can be converted to ethanol. It also grows on marginal lands, is adaptable to different regions, and—as a perennial—does not need to be replanted each year, which means lower energy costs and less runoff.

To assemble the genetic map, the team crossed a commercial variety of switchgrass known as Kanlow with an ARS-developed variety known as Alamo to produce 238 plants. They extracted DNA from that population and assembled a map based on more than 1,000 genetic markers that could each be attributed to one parent or the other.—Internet

Astronauts to repair cooling system at ISS on Friday



NASA image shows the International Space Station in 2009. A failure of the cooling system on the International Space Station forced astronauts to re-route power Sunday as NASA planned emergency spacewalks to fix the problem.

WASHINGTON, 4 Aug—Two astronauts aboard the International Space Station will conduct the first of two spacewalks on Friday to replace a failed ammonia pump module at the station, NASA said on Tuesday.

The pump failed over the weekend and took down half of the space station’s cooling system, which keeps electronic equipment from overheating.

The spacewalk was originally planned for Thursday. But after continuing to analyze and refine engineering requirements, and reviewing the results of an underwater practice session, NASA rescheduled it.

The second spacewalk is set for Monday. During the spacewalks, astronauts Doug Wheelock and Tracy Caldwell Dyson, both flight engineers, will replace the pump module, hook up electrical connections and fluid lines.—Xinhua

Technology

A satellite dish is seen on the roof of ITV television studios in central London on 3 August, 2010. ITV, Britain’s biggest commercial free-to-air broadcaster, will enter the pay-TV market as part of a wider plan to generate around half of its revenue from sources other than traditional and often volatile advertising.

INTERNET





US actress Sharon Stone arrives for the American Foundation for AIDS Research (AMFAR) "Cinema Against AIDS" benefit dinner in Cannes. Disney is selling Miramax Films for about 660 million dollars to the Filmyard Holdings consortium in a deal that includes rights to dozens of award-winning movie titles.—INTERNET

Are Americans now more honest about their weight?

ATLANTA, 4 Aug—Are Americans becoming more honest about their weight?

That theory could explain why the gap appears to be closing in what people say they weigh and what actual measurements report. A new government telephone survey released on Tuesday puts the adult obesity rate at nearly 27 percent and rising. A more scientific survey has already said the rate is 34 percent and holding steady. Experts believe the 27 percent is probably an underestimate, because it's based on what people say. People tend to say they weigh less than they actually do and say they are taller than they are.

"It is possible people are paying more attention to their weight and reporting it more accurately," said Dietz, director of the CDC's Division of Nutrition, Physical Activity and Obesity.—*Internet*



A panel of experts advising the US Food and Drug Administration voted Thursday against approving for sale a new obesity treatment called Qnexa, citing safety risks. While a high percentage of Americans are overweight or obese, there are few medical treatments.

INTERNET

Sri Lanka to introduce national policy on non-communicable diseases

COLOMBO, 4 Aug—The Sri Lankan government will introduce a national policy on non-communicable diseases shortly, a senior government minister said on Tuesday.

Maithreepala Sirisena, minister of Health told reporters that the government has decided to introduce

national policy for non-communicable diseases as 70 percent of death is caused by it.

"According to ministry surveys, 225 persons die every day by non-communicable diseases such as diabetes, high blood pressure, heart attacks and strokes," Sirisena said, adding that the ministry will create

awareness among people to cut down the death.

He said smoking, taking alcohol, eating unhealthy food and lack of physical exercises have led to non-communicable diseases in Sri Lanka.

Xinhua

Health

Sperm may be harmed by exposure to BPA



WASHINGTON, 4 Aug—In one of the first human studies of its kind, researchers have found that urinary concentrations of the controversial chemical Bisphenol A, or BPA, may be related to decreased sperm quality

and sperm concentration, the University of Michigan said Tuesday in a statement.

The new study suggests that more research should focus on BPA and health effects in adults, says John Meeker, assistant professor of Environmental Health Sciences at the University of Michigan School of Public Health. Meeker is the lead author of the study, along with Russ Hauser, professor at Harvard School of Public Health.—*Internet*



Higher GM and Ford sales point to steady recovery

DETROIT, 4 Aug—Auto sales rose 5 percent in July in an uneven recovery that left Toyota Motor Co (7203.T) and Honda Motor Co (7267.T) sputtering with declines from strong results a year ago.

The two US automakers run through government-funded bankruptcies last summer, General Motors Co (GM.UL) and Chrysler, posted sales gains of 5 percent each.—*Xinhua*

Chinese shares close lower at midday Wednesday

BEIJING, 4 Aug—Chinese equities fell at midday Wednesday, continuing a correction after surging about 10 percent last month.

The benchmark Shanghai Composite Index lost 11.96 points, or 0.46 percent to finish the morning session at 2,615.04.

The Shenzhen Component Index dropped 0.63 percent end at 10,762.95 at midday.

Xinhua

Mercosur summit vows to reduce economic inequality in L.America

SAN JUAN, 4 Aug—South American Leaders agreed on an integral approach of development Tuesday at the 39th summit of the Common Market of the South (Mercosur).

They voiced supported for a vision for development that reduces poverty and inequality while placing equality at the center of all the efforts to bring more benefits to the Latin American people, according to a document signed at the summit.

The document, prepared by the

Economic Commission for Latin America and the Caribbean (ECLAC) and titled "The Time of Equality, Gaps to close, roads to open," was signed by Argentine President Cristina Fernandez, Brazilian President Luiz Inacio Lula da Silva, Paraguayan President Fernando Lugo and Uruguayan President Jose Mujica, as well as

Venezuelan Foreign Minister Nicolas Maduro who was representing Venezuelan President Hugo Chavez.

At the 2-3 Aug Mercosur event in San Juan, Argentina, ECLAC Executive Secretary Alicia Barcena stressed the importance of closing the historical gaps of inequality still existing in the region.

Xinhua

Business

Wall Street dips, dollar falls on weak economic data



NEW YORK, 4 Aug—Wall Street dipped on Tuesday as the latest earnings and economic data failed to impress investors.

The Commerce Department reported that personal spending and incomes were flat in June, while the personal savings rate rose to the highest level in nearly a year.

The lack of growth for spending and incomes added to evidence that US consumers were more reluctant to spend

amid high unemployment and an "unusually uncertain" economic outlook.

Meanwhile, another report from the Commerce Department showed factory orders dropped 1.2 percent in June, more than economists had predicted.

Data on housing market continued to disappoint. The National Association of Realtors said pending home sales fell 2.6 percent in June as fewer buyers appeared to be in the market after the expiration of federal tax incentives.

June's figure represented an 18.6-percent drop from the same month a year earlier. Economists had expected a gain of 4 percent.

Xinhua

Data sorting world record falls: Computer scientists break terabyte sort barrier in 60 seconds

SAN DIEGO, 4 Aug—Computer scientists from the University of California, San Diego broke “the terabyte barrier”—and a world record—when they sorted more than one terabyte of data (1,000 gigabytes or 1 million megabytes) in just 60 seconds. During this 2010 “Sort Benchmark” competition—the “World Cup of data sorting”—the computer scientists from the UC San Diego Jacobs School of Engineering also tied a world record for fastest data sorting rate. They sorted one trillion data records in 172 minutes—and did so using just a quarter of the computing resources of the other record holder.

Companies looking for trends, efficiencies and other competitive advantages have turned to the kind of heavy duty data sorting that requires the hardware muscle typical of data centers. The Internet has also created many scenarios where data sorting is critical. —Internet



To break the terabyte barrier for the Indy Minute Sort, the computer science researchers built a system made up of 52 computer nodes. Each node is a commodity server with two quad-core processors, 24 gigabytes (GB) memory and sixteen 500 GB disks—all inter-connected by a Cisco Nexus 5020 switch. Cisco donated the switches as a part of their research engagement with the UC San Diego Center for Networked Systems. The compute cluster is hosted at Calit2.

INTERNET

Two Chinese firms win Nepal Telecom's NGN contract

KATHMANDU, 4 Aug—Nepal Telecom (NT) has awarded a contract to ZTE and Huawei to work on a package basis to supply equipment to install the Next Generation Network (NGN) in the country, according to local media on Wednesday.

The two Chinese firms will start work on 19 million US dollars project soon to make the service available by setting up the necessary infrastructure probably within the next six months. “A board meeting held on Monday decided to award the contract to ZTE and Huawei on a package basis,” said Pramod Kumar Gurung, an NT board member.

“Under Package A, ZTE will work to make the NGN service available in the Kathmandu Valley while Huawei will work elsewhere in the country under Package B.” As many as 10 international firms had submitted proposals to supply equipment for the NGN. However, the bids of only four including ZTE and Huawei had been studied by NT's evaluation committee.

Nepal Telecom is in process to introduce cable television and internet via its landline telephones through the NGN. —Xinhua

6.4-magnitude earthquake hits Papua New Guinea

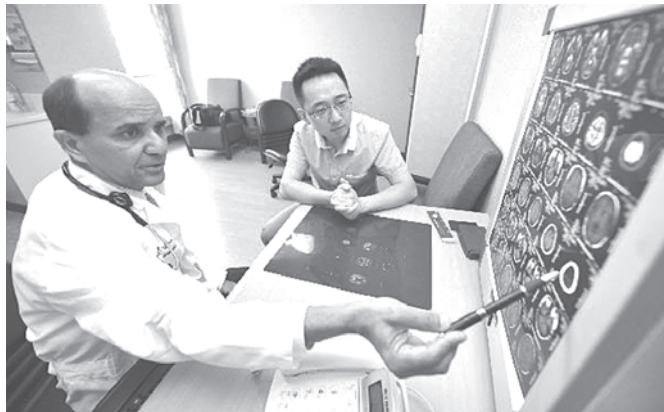
PORT VILA, 4 Aug—An earthquake measuring 6.4 on the Richter scale struck the eastern New Guinean region of the Pacific island nation of Papua New Guinea on Wednesday afternoon, the US Geological Survey said.

No casualty or damages were reported so far. The quake, occurred 05:15 p.m. PNG local time (0715 GMT), was centered 115 km southeast of Madang, and 440 km north of the PNG capital of Port Moresby. It was at a depth of 213.6 km. The Hawaii-based Pacific Tsunami center did not issue any tsunami warning. —Xinhua

Saudi's “Moon Boat,” metaphor of China-Arab friendship, says Saudi Pavilion head

SHANGHAI, 4 Aug — A huge attraction at the Shanghai Expo is a large boat-like structure anchored on stilts that forms the centerpiece of the Saudi Arabia Pavilion. The “Moon Boat” represents “the ancient relations between the Arab world and China” and also the Silk Road, an ancient trade route that stretches from China to the Middle East, said Dr Abdulrahman Al. Shaikh, commissioner general for the Saudi Pavilion at the ongoing Expo.

The “Boat” pavilion, a combined effort by Chinese and Saudi designers, covering a total area of 6,000 square meters, resembles the hull of a boat while also shaped like a half moon. On its deck palm trees grow. The pavilion's 1,600-square-meter IMAX screen, presenting short films, is the largest cinema screen in the world. —Xinhua



Pokhrel(L), an American general medical practitioner, explains a CT scan result to his patient in Sir Run Run Shaw Hospital in Hangzhou, east China's Zhejiang Province, on 3 Aug, 2010. Pokhrel has more than 20 years experience as general medical practitioner, he will work for two months in China to train Chinese medical doctors. —XINHUA

5.9 magnitude earthquake hits south of Fiji Islands

SUVA, 4 Aug —An earthquake measuring 5.9 on the Richter scale struck the south off the



The new BlackBerry Torch 9800 smartphone is introduced at a news conference in New York on 3 August, 2010. —XINHUA

Pacific island nation of Fiji Islands on Wednesday afternoon, the US Geological Survey said. No casualty or damages were reported so far.

The quake, occurred 04:46 pm Fiji local time (0446 GMT), was centered 270 km northeast of Raoul Island, Kermadec Islands. It was at a depth of 23.9 km. The Hawaii-based Pacific Tsunami center did not issue any tsunami warning. —Xinhua



A member of a women's rights group distributes condoms during a protest in front of the Department of Health in Manila in March 2010 expressing support for Health Secretary Esperanza Cabral. A ban on abortion in the Roman Catholic Philippines has caused a human rights crisis, with more than half a million women unsafely terminating their pregnancies each year, a rights group said.

INTERNET

Cambodia bans imports of pigs, fearing spread of disease

PHNOM PENH, 4 Aug — Cambodia authorities on Wednesday imposed ban on import of pigs from neighbouring countries, fearing the spread of disease.

Srun Pov, president of Association of Pigs Raising in Cambodia, said on Wednesday that he had raised the fear of the pig disease spread to Cambodia through the import from Vietnam to the authorities several weeks ago.

According to Srun Pov, Cambodia needs a total of more than 4, 000 pigs for daily consumption, and in Phnom Penh alone it needs between 1,200 to 1,300 pigs.

Cambodia is reported to have imported about one million pigs per year from Thailand alone.

Xinhua

Surgeons performing open heart surgery. Replacing the heart's aortic valve with one's own pulmonary valve rather than the same body part from a donor boosts survival and quality of life, according to a study released on Tuesday.

INTERNET



Japan to fund five new libraries in Colombia

BOGOTA, 4 Aug—Japan will fund the construction of five new libraries in Colombia, the Culture Ministry said on Tuesday.

Under an agreement signed by Culture Minister Paula Moreno and Japanese ambassador Tatsumaro Terazawa, Japan will donate 481,000 US dollars to Colombia to build five libraries in different regions of the country.

The Japanese envoy said he hopes the libraries will help Colombian children “cultivate a reading habit and

enjoy reading.”

Moreno said the government has carried out at least 100 similar projects in recent years, which has helped reduce the country’s illiterate population.

According to Travesia, a website detailing Colombia’s library network, 20 percent of Colombians are completely illiterate partly due to the lack of materials for public reading in urban and rural communities.

Xinhua



File photo shows scenery of Mountain Longhushan in east China’s Jiangxi Province. The World Heritage Committee decided to include China Danxia Landform in the World Heritage List at its 34th meeting being held in Brasilia, capital of Brazil, on 1 Aug, 2010. The six Danxia landform areas are: Mountain Langshan (Hunan Province), Mountain Danxiashan (Guangdong Province), Taining (Fujian Province), Mountain Longhushan and Guifeng (Jiangxi Province), Chishui (Guizhou Province), Mountain Jianglangshan (Zhejiang Province).

XINHUA



A girl poses with a cartoon panda at the Panda Painting and Sculpture Exhibition in Shanghai, east China, on 3 Aug, 2010.—XINHUA

Record rainfall hit China’s NE border river basins

CHANGCHUN, 4 Aug— China’s border rivers with the Democratic People’s Republic of Korea (DPRK) and Russia have received record-high rainfall, and more rains forecast would worsen the flooding, the weather bureau in northeast Jilin Province said Wednesday.

The Yalu and Tumen rivers have received the highest precipitation in local meteorological history, reaching 256.5 millimeters and 147 millimeters, res-

pectively, in the past two weeks. The figures were 213 and 230 percent more, respectively, than normal years, said the weather station.

More rains would further inundate the river basins over the next two days.

Floods since July 20 have left 74 people dead and 71 missing in Jilin. Torrential rains have disrupted the lives of nearly 4.6 million people in the province, forcing the evacuation of more than 784,000 people.

Xinhua



Nigerien artists perform at the ceremony celebrating the National Pavilion Day for Niger, in the 2010 World Expo in Shanghai, east China, on 3 Aug, 2010.—XINHUA

Al-Qaeda-linked group claims tanker attack in Gulf

CAIRO, 4 Aug—An obscure al-Qaeda-linked group says a suicide bomber attacked a Japanese oil tanker in the Persian Gulf last week.

There have been conflicting reports about what happened to the M Star supertanker, which was damaged in the Strait of Hormuz — a transit point for about 40 percent of tanker-shipped oil worldwide.

The Brigades of Abdullah Azzam has claimed responsibility for attacking the vessel in an Internet statement posted on Wednesday.

A crew member was injured and the tanker sustained a square-shaped dent on the rear side of the hull.

The militant group gave no details. The statement has a picture of the purported bomber pointing to a photograph of the tanker on a laptop.

The ship’s owner Mitsui O.S.K. Lines says it’s investigating the claim.—Internet

At least five die in truck-bus collision in east China

NANJING, 4 Aug— At least five people have been confirmed dead and six others injured in a truck-bus collision on a highway in east China’s Jiangsu Province on Wednesday morning, local police said. The accident happened at about 6:30 am in the outskirts of the provincial capital of Nanjing, when a truck bumped head-on with a mini bus. The injured have been sent to hospital, police said. All of the casualties occurred on the bus.

Xinhua



The ‘M. Star’ oil supertanker anchors offshore Fujairah port in the United Arab Emirates on 29 July, 2010. The chief official at the port where a Japanese tanker was docked a day after it was damaged at the mouth of the Persian Gulf said Thursday investigators now believe the ship was involved in a collision, backing away from an earlier theory that natural causes were to blame.

INTERNET

Thousands affected by floods in S Philippines

COTABATO, 4 Aug— Thousands of people have been displaced following a flash flood caused by heavy downpour over the past few days in southern Philippines, a local official said on Wednesday.

Over 14,000 people have evacuated in the town of Pagalungan as floods caused by continuous heavy rains hit their villages, said mayor Norodin Matalam.

“As of Now, there were no reported casualties. Farm crops in some regions were destroyed. The Department of Social Welfare and Development have already provided people with relief assistance,” Matalam said.

Earlier this week, at least 8,200 families were also affected by floods in Sultan Kudarat town.

The local disaster control department is closely monitoring the situation and preparing for mass evacuation of the affected residents if the situation worsens.

Xinhua

Two campers play Dominoes in Beijing, capital of China, 1 Aug, 2010. Organised by Sony ExploraScience, the summer camp invited masters of Donimoes to teach some 50 students and their parents to learn about Donimoes and set a pattern with 20,000 Donimoes together.

XINHUA



Information Minister meets officials, staff of IPRDs, Bilin Township Retransmission Station, Mawlamyine MMPE in Mon State



Minister for Information
U Kyaw Hsan meets officials and staff of IPRDs, TV re-transmission station and Myanmar Motion Picture Enterprise of Mawlamyine.

MNA

NAY PYI TAW, 4 Aug — Minister for Information U Kyaw Hsan visited Thaton District Information and Public Relations Department Office in Mon State today. The minister viewed wallpapers and posters, and heard reports on work progress presented by staff officers and service personnel of Mon State IPRD, Thaton District IPRD, Thaton, Kyaikto, Bilin and Paung Township IPRDs and officials of Bilin Retransmission Station and Myanmar Motion Picture Enterprise in Mawlamyine at the meeting hall of the office.

The minister urged them to strive for development of village self-reliant libraries constantly, to deliver one newspaper to every village and to cover TV retransmission to surrounding areas. —MNA

Deputy Minister meets health personnel at Central Women's Hospital

NAY PYI TAW, 4 Aug—Deputy Minister for Health Dr Mya Oo on 31 July met rectors, medical superintendents, officials and staff at Central Women's Hospital (Mandalay) and urged health personnel to give priority to providing health care services to the patients to be free from undesirable effects, gear up health care of maternal and children and combat malaria, TB and HIV as a national duty.

He inspected patient wards and extended construction of labour room.

On 1 August, the deputy minister met doctors, nurses and health staff at Hsinywagyi Training School and Rural Health Centre in Patheingyi Township.

He visited the delivery room, medical store, lecture hall, kitchen and hostels of the rural health centre.—MNA

Inland Water Transport at the service of people

Article: Ye Win Hsaung (Kyemon); Photos: IWT



Vessel Thalawady (6) of Chindwin Branch berthing at Kalewa Port.

(from page 1)
Chindwin Branch based in Monywa is controlling the runs of vessels along 1055 nautical miles of Chindwin River to Hkamti.

The branch has 30 vessels. At the lower water level from February to the end of May every year, the Monywa-

Homalin and the Monywa-Hkamti runs are suspended but Monywa-Kalewa trip is in operation.

Thanlwin Branch in Mawlamyine provides its transport service with the use of 24 vessels and five pontoons along Thanlwin, Gyaing and Attaran rivers covering

total length of 216 nautical miles.

In Sittway, Rakhine Branch manages waterway transport with the use of 26 vessels and two pontoons along 1006 nautical miles of Rakhine coastal region, Kaladan and Laymyo Rivers. It is reliable transport facility for Rakhine and Chin States.

At present, IWT has 261 vessels, 165 wa-

tercraft without engine and 41 pontoons, totaling 467. All the watercraft can transport 66,877 tons of commodities and 60,093 passengers for short trips and 42,386 passengers for long trips along 9,102 nautical miles one time. IWT is a reliable transport service for the public.

With the aim of improving the water transport service to enable the people to enjoy the secure

and smooth transport at lower expenses, the department is building new vessels at home and carrying out major repair of vessels. The government also buys new watercraft from foreign countries for the IWT. The Inland Water Transport will stand tall as a reliable water transport service being for the people.

Translation: TTA
Kyemon: 30-7-2010



Cargo vessels of IWT seen at Tatkalay Port in Bhamo.



Shan State (East) PDC Chairman's Cup Women's Football Tourney kicks off

NAY PYI TAW, 4 Aug — The opening of Shan State (East) Peace and Development Council Chairman's Cup Women Football Tournament took place at the sports ground of the state in Kengtung on 29 July attended by Chairman of Shan State (East) Peace and Development Council Commander of Triangle Region Command Maj-

Gen Kyaw Phyto, senior military officers, commandants of regiments and units, teachers and students, football teams and local people.

On 30 July, the commander delivered an address at the coordination meeting of Shan State (East) Police Force at the hall of Kengtung Township Development Affairs Committee.

Then the commander attended the prize presentation ceremony of Commander's Shield Football Tourney at the hall of the Command Headquarters and presented Championship Shield and duplicate shield to the first prize winning team. Officials also awarded outstanding athletes.

MNA

Muse Police Station files charge against female human trafficker

NAY PYI TAW, 4 Aug — The Anti-Human Trafficking Special Squad in Muse Township questioned members of a team on their way to Kyegong of other country, at Nandaw checkpoint of border region on 31 July. According to the investigation it was reported that Ma San San Thwe of Mingaladon Township of Yangon Division was married to a man of Henan Province of other country in 2008 and she returned home once every year. On 18 July, she came back to the house of her parents in Mingaladon Township and she persuaded two women that if they are married to men of other

country, they will enjoy a prosperous and a better life and took them by providing transport charge for them.

A human trafficking victim woman informed the information centre of her experience that although the human traffickers exaggerated if the victims are married to persons of other country, they would enjoy convenient lives; actually the victims do not have life safety; the victims will face difficulty in relationship due to language barrier and cultural differences; the victims would be put under atrocity, hard labour, provision of insufficient food and suppression daily; and

only a few women who were married to the persons of other country may enjoy higher living standards. Moreover, she shared her experience to young women not to believe enticement of human traffickers for escaping from the present troubles and to make money in own country.

Muse Police Station opened a file against Ma San San Thwe who persuaded two women to be married to persons of other country and the authorities counseled the two women of Mingaladon Township and are making arrangements to hand over them to their parents.

MNA

Mandalay Mayor inspects sanitation tasks in Mandalay moat, Kandawgyi region

MANDALAY, 4 Aug — Chairman of Mandalay City Development Committee Mayor U Phone Zaw Han on 27 July inspected the sanitation

and beautifying tasks in Mandalay moat and Kandawgyi region.

He inspected the nursery in the public recreation park in

Mandalay Kandawgyi region. The mayor called for extended growing of 500 herbal plants and attended to the needs.

NLM



Mandalay Mayor U Phone Zaw Han views nursery in Kandawgyi region in Mandalay.—NLM

Talk on Information Security on 7 Aug

YANGON, 4 Aug — Myanmar Computer Professionals Association, with an aim of amping up information and communication technology, will give an educative talk on "Information Security" at Room No. 205, main hall of Myanmar Info-Tech in Hline Township, Yangon from 2 pm to 5 pm on 7 August. The talk will cover importance of security system and cyber threats behind the present ICT and Internet age, and fundamental security concepts for all Internet

users.

All computer enthusiasts may free take part in the talk. For further

information, please phone up 652276 at Room No. 4, Building No. 4 of the association.—MNA

Computer Journal for August on stands

YANGON, 4 Aug — Computer Journal coming out since 1994 is now in circulation for August. With a lot more interesting facts than that of previous months is ready for all readers.

Today, computer is running as an essential device in all spheres. The journal carrying staff selection and assignment for IT jobs is also good news for computer-run organizations and offices. The journal includes an interview with IT expert U Thaug Tin about importance of IT.—MNA



Photo shows an aerial view of Yazudaing Bridge No. 1 across Yazudaing River which is an invaluable transport facility for local people in Mawlamyinegyun Township, Ayeyawady Division.—MNA



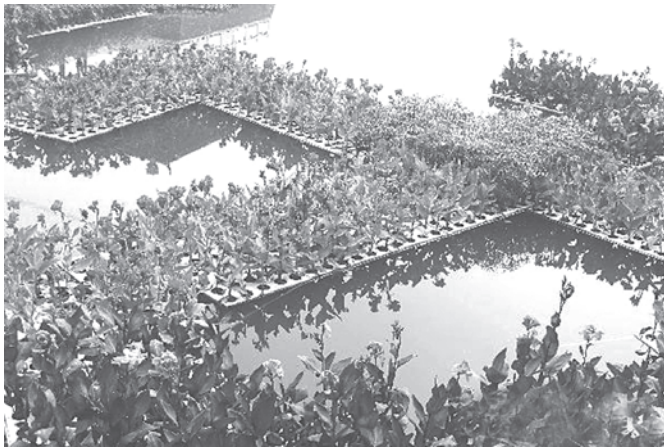


Photo taken on 3 Aug, 2010 shows flowers planted on the bio-floating bed of XuFu canal in Xuchang, central China's Henan Province. Such experiments are taken to fix plants on the bio-floating bed to purify water and beautify the canal in Xuchang. —XINHUA

Cargo train derails in Canada

OTTAWA, 4 Aug—A cargo train has derailed north of Airdrie, Alberta, and evacuations have been ordered, Canadian Broadcasting Corporation (CBC) reported on Tuesday.

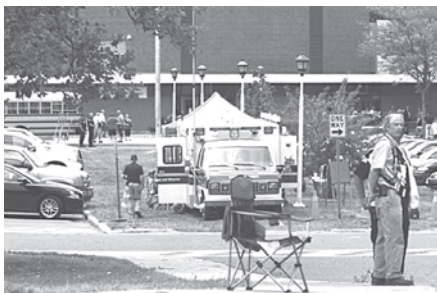
The south-bound train with tankers carrying hydrogen ammonia as well as grain cars derailed on Monday about 1.6 km north of Airdrie, CBC quoted fire officials as saying.

A hazardous materials team has been dispatched from Calgary, about 20 km south of Airdrie, over concerns about leaks from the overturned cars, fire officials said, adding that there were no reports of injuries. Officials were evacuating the area within 1.6 km of the accident and were monitoring the air quality to the south.—Internet



Chinese Foreign Minister Yang Jiechi (L) talks with Fidel Castro, first secretary of the Cuban Communist Party's Central Committee, in Havana, capital of Cuba, on 1 Aug, 2010. XINHUA

Shooting in US state of Connecticut leaves eight dead



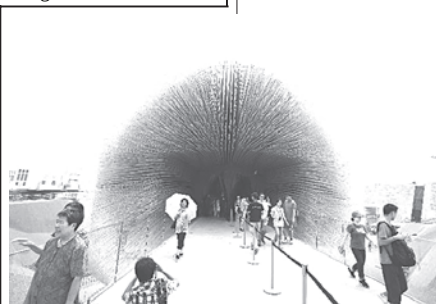
Friends, family and co-workers of shooting victims gather outside Manchester High School after an employee of family-owned beer wholesaler Hartford Distributors opened fire on his co-workers, killing eight before killing himself on 3 August, 2010 in Manchester, Connecticut.—XINHUA

WASHINGTON, 4 Aug—A shooting at a beer distribution business in the US state of Connecticut has left at least 8 dead, local media reported on Tuesday.

The shooting took place on Tuesday morning. Omar Thornton, 34, a driver for the Hartford Distributors Inc in Manchester, Connecticut,

opened fire at co-workers, killing at least eight people including himself, according to the Chicago Tribune.

Local newspaper Journal In-quirer said Thornton had been asked to resign. He shot several people outside the company's building and inside the warehouse starting soon after 7 o'clock this morning.—Xinhua



New Confucius Classroom launched in Melbourne

MELBOURNE, 4 Aug—A new Confucius Classroom was jointly launched here on Tuesday by the PenLeigh and Essendon Grammar School and the Shanghai Datong High School.

The programme, which is designed to teach and promote Chinese to foreigners, is supported by Hanban, the executive body of the Chinese Language Council International, and authorized by the Confucius Institutes Headquarters. Shen Weilian, Chinese consul general in Melbourne, said at the opening ceremony that, with China's opening-up and increasing engagement with the outside world, the practical and potential value of Chinese as a business language was on the rise.

Learning Chinese had become increasingly popular in many countries, Shen said.

The new Confucius Classroom would serve as a place both for learning Chinese and spreading the Chinese culture, he said.

The consul general hoped the classroom would work as a bridge for both peoples to communicate and boost their traditional friendship.

More than 1,500 students are studying Chinese at the PenLeigh and Essendon school.—Xinhua

Road accident kills four in S France

PARIS, 4 Aug—A traffic accident in the southern region of Hérault killed four and seriously wounded a little girl, local media reported on Tuesday.

A truck, carrying glass, hit cars coming from the opposite direction after crashing into the security barriers, the report said, adding that there are two kids among the four deaths.

The severely injured girl has been hospitalized while the truck driver and the rest were unharmed but under accident shock.

According to preliminary information, the accident was probably a tire burst though there is no report on the definite cause.—Xinhua

Russian warship repels pirates attack in Red Sea

MOSCOW, 4 Aug—A Russian Black Sea fleet's warship repelled pirates' attempt to seize an oil tanker with 15 Russian crew members onboard, RIA Novosti news agency reported on Tuesday.

The vessel SB-36, with anti-terrorism troops aboard, counter-attacked two pirate boats carrying 14 pirates. The boats were trying to approach Dafna tanker by cutting its course, a Russian Navy official told the news agency.

The vessel crew opened fire at the approaching boats, forcing the pirates to withdraw.

The incident happened in the area where Russian warships have been patrolling the Red Sea and Aden Gulf.—Xinhua

Moderate quake hits southern Philippines

COTABATO, 4 Aug—A 5.1 magnitude earthquake hit several parts of southern Philippines on Wednesday morning, the United States Geological Survey (USGS) said.

But, there were no reported damages so far.

The tremor, with a depth of 66.4 km, occurred at around 08:43 am local time. The epicenter was traced 155 km southeast of southern city of Davao.

The quake was also felt in the city of General Santos.

The Philippine Atmospheric Geophysical and Astronomical Services Administration (Pagasa) said that the Moro Gulf earthquakes were the result of the sinking of the Molucca plate.—Xinhua

Briton jailed over stolen Shakespeare text



A portrait of William Shakespeare. A court jailed a British antiques dealer for eight years Monday for smuggling a stolen William Shakespeare manuscript to the United States and then trying to sell it to pay for his playboy lifestyle.

INTERNET

LONDON, 4 Aug—A court jailed a British antiques dealer for eight years on Monday for smuggling a stolen William Shakespeare manuscript to the United States and trying to sell it to pay for his playboy lifestyle. Raymond Scott, 53 — described by the judge as a “fantasist” — was found out after taking the book to staff at the world-renowned Folger Shakespeare Library in Washington DC in 2008 and asking them to verify that it was genuine. The First Folio, a collection of Shakespeare’s plays worth around a million pounds, was taken from Durham University in 1998 but Scott was cleared of stealing.

Internet



Torrential water runs through the township of Donglan, a county of southwest China’s Guangxi Zhuang Autonomous Region, 1 August, 2010. A rainstorm attacked the county on Sunday, which have caused streets and farmlands in parts of the county submerged and damaged.

INTERNET

DR Congo militants release nine hostages

KINSHASA, 4 Aug—The Mai Mai militants of the Democratic Republic of Congo (DR Congo) have released nine hostages including an Indian copilot after mediation, according to the Congolese Press Agency (ACP).

The nine hostages were handed over to the authorities in Goma, the capital of North Kivu province, after seven days in captivity, ACP said on Monday.

Thanks to mediation by notable

personages in the territory of Walikale, under the provincial government, the militants agreed to free the captives, including an Indian copilot of the regional air company Goma Express, a young girl and a colonel of the government forces FARDC.

The copilot and the other eight people were taken hostage on July 24 in Kilambo by Mai Mai militia.

Xinhua

Food safety officials in Britain are to investigate a claim that milk from the offspring of a cloned cow was on sale for public consumption.

INTERNET



3,000-year-old Canaanite bracelet found in Israel

JERUSALEM, 4 Aug—The Israel Antiquities Authority (IAA) on Tuesday announced the discovery of a unique bracelet in an excavation

in northern Israel, dating back to the Late Bronze Age.

The “extraordinarily well preserved” ancient bronze bracelet is decorated with engravings and the top of it is adorned with a horned structure, said Karen Covello-Paran, chief archaeologist of the dig. “At that time, horns were the symbol of the

storm-god and they represented power, fertility and law,” she said.

This is the first time that a 3,500-year-old village has been excavated and exposed in the north of Israel, according to the IAA. To date, only the large cities have been excavated in the region, such as Tel Megiddo or Tel Hazor.—Xinhua

China to launch military exercise in central provinces

JINAN, 4 Aug—A total of 12,000 soldiers and officers from China’s air defence force are scheduled to conduct a five-day military exercise in two provinces from Tuesday, a source from the the People’s Liberation Army (PLA) Jinan Military Command said on Monday.

The military exercise, code-named “Vanguard-2010”, will be carried out in the provinces of Henan and Shandong and is an important part of annual joint military exercises between different military commands, according to the source.

An unidentified number of scouting planes, combat aircraft and helicopters will join the exercise, according to the source. —Xinhua

At least 26 injured in balcony collapse in US state Texas

HOUSTON, 4 Aug—Fire department officials said investigators will continue on Monday their review of what happened to the second-floor balcony of the apartment in Texas’

capital of Austin, according to Fox news.

A preliminary investigation found that when the collapse took place at 4 am local time, about 30 party goers were on the 400-square-foot balcony, exceeding the structure’s weight limit, officials said.

Most of the injured had broken and fractured bones and jaws when the balcony gave way and threw them screaming down to the ground. The balcony was attached to a three-story townhouse. Authorities were also investigating if the owner had the permit to construct the balcony, officials said.—Xinhua

Somali pirates hijack Panama-flagged ship

MOGADISHU, 4 Aug—Somali pirates hijacked a Panama-flagged ship with 23 crew members on Monday, maritime official confirmed.

Xinhua

A Baja Airventures guest enjoys a morning swim with a juvenile whale shark near Las Animas Wilderness Lodge, Sea of Cortez, Baja California, Mexico.—INTERNET



Local villagers try to tame a wild horse during the annual “Rapa Das Bestas” event in the village of Cuspendrinos in northwestern Spain’s Galicia region, 1 Aug, 2010.

XINHUA



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Bids are to be reached the above offices on or before the closing date.

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(For. Domnrm Somgiat & Boonma,Attorneys at Law, Thailand.)
Dated.05 August,2010.

Pakistani flood survivors salvage little they have

AMPKOROONA, 4 Aug —Relief efforts in Pakistan's flood-ravaged northwest picked up pace on Monday, but survivors complained about gov-

ernment inaction — a worrying sign for authorities seeking public support for the fight against militants in the region.

Around 300 people

blocked a major road in the hard-hit Nowshera district to protest at receiving little or no aid, witnesses said. Other survivors returned to devastated villages, wading through waist-high water to salvage chairs, plates and other possessions — a wall clock, a battered fridge — from beneath mud and debris.

"We have nothing, we are just depending on the mercy of God. Nothing left except this wet wheat," said Marjan Khan, sorting through piles of the grain laid out on wooden beds.—*Internet*



A Pakistan army soldier helps people affected by floods walk over a temporary make-shift bridge.

INTERNET

We're No. 1! UGA tops party schools ranking

ATLANTA, 4 Aug—The University of Georgia won a national title this year — top party school.

The Princeton Review announced on Monday that Georgia is the No. 1 party school on its now infamous annual ranking. The school of about 30,000 students has been on the list 10 times since the ranking was created in 1992, but this is the first time the university has taken the top spot.

For the campus — surrounded by nearly 100 bars in tiny downtown Athens — parties are just part of life from August to May each year. Many students gear up for the weekend on Thursdays and sometimes don't rest until Monday morning.—*Internet*



The file photo shows Uga VII, the seventh English bulldog mascot for the University.

INTERNET

Duo found guilty in JFK fuel tanks bomb plot

NEW YORK, 4 Aug—Two men, including a former parliamentarian from Guyana, were found guilty on Monday of plotting to bomb fuel tanks at New York's John F Kennedy Airport.

The duo face the possibility of life in prison after the jury's verdict in a Brooklyn federal court, a spokesman for the US attorney's office said. Sentencing was set for 15 December.

Russell Defreitas, 67, a former airline cargo worker, was accused of hatching plans in 2006 for the attack to avenge what he saw as US oppression against Muslims. He was found guilty on all counts.

His co-defendant, former Guyanese parliament member Abdul Kadir, 58 was found guilty on five of six counts.

The six-week jury trial heard that Defreitas and Kadir had begun preparations to explode fuel tanks and the fuel pipeline under JFK International Airport.

Internet



Tanks are seen at John F Kennedy Airport in 2007 in New York City.—INTERNET

**Conductor Mitch Miller
dies at age 99**

Conductor Mitch Miller is seen at the Billy Rose Theatre.—INTERNET

NEW YORK, 4 Aug—Mitch Miller, the goateed orchestra leader who asked Americans to "Sing Along With Mitch" on television and records and produced hits for Tony Bennett, Patti Page and other performers, has died at age 99.

His daughter, Margaret Miller Reuther, said on Monday that Miller died on Saturday in Lenox Hill Hospital after a short illness.

Miller was a key record executive at Columbia Records in the pre-rock 'n' roll era, making hits with singers Bennett, Page, Rosemary Clooney and Johnny Mathis. As a producer and arranger, Miller had misses, too, famously striking out on projects with Frank Sinatra and a young Aretha Franklin and in general scorning the rise of rock.—*Internet*

Gulf seafood declared safe; fishermen not so sure

VENICE, 4 Aug—Seafood from some parts of the oil-fouled Gulf of Mexico has been declared safe to eat by the government, based in part on human smell tests. But even some Gulf fishermen are questioning whether the fish and shrimp are OK to feed to their own families. Some are turning up their noses at the smell tests — in which inspectors sniff seafood for chemical odors — and are demanding more thorough testing to reassure the buying public about the effects of the oil and the dispersants used to fight the slick.

"If I put fish in a barrel of water and poured oil and Dove detergent over that, and mixed it up, would you eat that fish?" asked Rusty Graybill, an oysterman and shrimp and crab fisherman from Louisiana's St Bernard Parish. "I wouldn't feed it to you or my family. I'm afraid someone's going to get sick."

Now that a temporary cap has kept oil from spewing out of BP's blown-out well for more than two weeks, state-controlled fishing areas in Louisiana, Florida and Mississippi have slowly begun to reopen.—*Internet*



Plaza performance : Traditional dancers perform in the main plaza of Arequipa City, 1,600 km south of Lima.— INTERNET

Coast Guard intercepts 323 migrants from Haiti

MIAMI, 4 Aug—The US Coast Guard repatriated 323 Haitian migrants on Monday after intercepting them aboard two overloaded sailboats in Bahamian waters, northwest of Haiti's northern coast, a Coast Guard officer said.

The operations since Friday were the largest interceptions at sea of would-be migrants from the poor Caribbean state since it was devastated by an earthquake on 12 January that wrecked the capital Port-au-Prince and killed up to 300,000 people.

Attempts by Haitians to reach the United States illegally in small unseaworthy boats had appeared to drop off following the earthquake, both because of the impact of the disaster and because of the presence of US military warships supporting a huge international relief effort during several months.—*Internet*

Germans to swim 500 km to North Sea with pet ducks

Two Germans set out on an unusual summer holiday, beginning a 500 km (311 miles) swim down a river from central Germany to the North Sea with seven pet ducks.

Starting in the town of Kassel, 33-year-old Pia Marie Witt, 58-year-old Wilfried Arnold and their ornithic companions will swim down the Fulda and Weser rivers, hoping to reach the North Sea port of Bremerhaven by mid-September.

The pair says that the journey is about self-fulfilment.

"It's our version of the pilgrimage to Santiago," Arnold told German radio network Hessische Rundfunk.

Witt and Arnold aim to swim 10 to 15 km per day — an order too tall for the seven runner ducks, which will swim for about 20 minutes a day, following by car or boat when exhaustion kicks in.



A woman feeds a parrot with a piece of watermelon in Fuzhou, capital of southeast China's Fujian Province. While the highest temperature in Fuzhou reached 37 degrees Celsius on Sunday, the zoo also provides animals with various means to escape the heat.

Two men tried to sell wood blocks as laptops

Investigators in Mississippi say two men wrapped blocks of wood in duct tape and bubble wrap, attached Toshiba labels and tried to pass them off as laptops. Hinds County authorities charged the men with trademark infringement and selling goods with counterfeit labels. WLBT-TV in Jackson reports the men were caught Thursday when they tried to sell the fake laptops to an off-duty state trooper.

Hinds County Sheriff's Lt Jeffery Scott says authorities also found binders filled with paper being passed off as computers. However, no one actually bought the fakes.

Sharp curve in Maine nets another big fish spill

There's something fishy in Whiting, Maine.

For the third time, a fish truck has accidentally dumped its load in Esther MacLaughlin's front yard, located on a sharp turn near the intersection of Route 189 and Route 1.

Maine State Police say a truck carrying at least 22,000 pounds of lobster-bait herring overturned on the curve Saturday, spilling its cargo and injuring the driver.

Trooper Andrew Foss tells the Bangor Daily News the driver blew a tire as he drove through the curve, causing the truck to flip on its side. The driver was hospitalized with leg injuries. The truck sustained \$25,000 in damage.

Robin McPhail says her mother lives near a bad intersection, calling it "a really bad corner" with many accidents.



World's largest soap bubble

News Album



Four white tiger cub are pictured during a medical examination at the 'Serengeti' Safari Park in the northern German village of Hodenhagen on 3 August, 2010. Four tiger cubs, who are yet to be named, were born on 14 July, 2010 at the private safari park.



Country music recording artist Jimmy Wayne raises his arms in jubilation as he crosses the finish of his 'Meet Me Halfway' solo walk halfway across America in Phoenix, on 1 Aug, 2010. Wayne's 1,700 mile walk, which began in Nashville, Tenn on 1 Jan, 2010, and ended at HomeBase Youth Service in Phoenix, was to raise awareness for at-risk kids and homeless youth.

INTERNET

Susan Boyle, music of Paul McCartney to be featured on "Glee"

BEIJING, 4 Aug — British TV talent star Susan Boyle will play a character while songs of Sir Paul McCartney will be featured in the new season of hit Fox TV show "Glee."

"Glee" co-creator Ryan Murphy said that Boyle would feature in a Christmas-themed episode. He made this remark while meeting press at the Television Critics Association's summer meeting of ABC on Monday.

Murphy also found that that the Beetle legend is a fan of the hit musical series. McCartney sent a mix of some of his tunes, including "Michelle," and asked Murphy to consider using them on the series. "I was gobsmacked. I grew up with that guy. So, of course, we are going to do something," Murphy said.



Co-creator and director Ryan Murphy participates in the panel for "Glee" during the Fox summer Television Critics Association press tour in Beverly Hills, California on 2 August, 2010.

XINHUA

It was reported that songs of Britney Spears will be also featured in the new season, following the huge success made in the last season of Madonna and Lady Gaga-themed episodes.

Xinhua

Michaels, Morales set to co-host 'Miss Universe'

NEW YORK, 4 Aug — Rocker Bret Michaels and TV correspondent Natalie Morales are hosting this year's Miss Universe Pageant.

The Miss Universe Organization announced on Tuesday that Michaels, the musician and reality TV star, and Morales, who reports for NBC's "Today," will be presiding when the pageant airs live from Las Vegas on 23 August on NBC.—Internet



In this photo, recording artist Bret Michaels leaves a taping of 'The Late Show with David Letterman' in New York.—INTERNET

Charlie Sheen gets one-month rehab for wife assault

BEIJING, 4 Aug — US actor Charlie Sheen was sentenced to accept 30-day-long rehabilitation after he pleaded guilty to a misdemeanor assault charge on Monday, according to reports of people.com.

The "Two and a Half Men" star was also given three months probation and must complete 36 hours of anger management.

In exchange, two more serious charges were dropped in a plea bargain. Sheen was very pleased with the case's outcome. "I'm very grateful to the court and to the people of Pitkin County. I look forward to complying with the court's decision, getting on with my life and putting this behind me," he said.

"Charlie got a great sentence, and I am privileged to have been



Charlie Sheen (R) and his wife Brooke Mueller

able to do this for him." Yale Galanter, Sheen's lawyer said.

Sheen was arrested for an alleged assault on his wife Brooke Mueller Sheen during Christmas holiday last year. Mueller, 32, told police her husband had pinned her down and threatened her with a knife.

As reports say, the couple agreed to reconcile earlier this year.

Xinhua

Torres pledges future to Liverpool

LIVERPOOL, 4 Aug—Spain striker Fernando Torres pledged his immediate future to Liverpool on Tuesday, ending speculation that the World Cup winner could be heading out of Anfield.

"I am really happy to be back, really happy to stay with all my teammates," the 26-year-old told the club website.

"My commitment and loyalty to the club and to the fans is the same as it was on my first day when I signed. I am looking forward to the challenge ahead."

Since the end of last season when Liverpool's disappointing seventh-placed finish led to the sacking of coach Rafael Benitez,



Spain striker Fernando Torres (seen here on 7 July) pledged his immediate future to Liverpool on Tuesday. —INTERNET

Torres has been the subject of any number of transfer rumours with cash-heavy Manchester City and Chelsea circling Anfield like vultures.—Internet

Money can't buy the title, Kalou warns City

LONDON, 4 Aug—Chelsea forward Salomon Kalou on Tuesday warned rivals Manchester City that their spending spree will not guarantee them the Premier League title.

City boss Roberto Mancini has spent over 70 million pounds (84 million euros) on signing Yaya

Toure, Jerome Boateng, Alexander Kolarov and David Silva as he looks to take the league title from Chelsea.

Kalou thinks City will improve on their fifth place last season, but insists their new arrivals will take time to find their feet before the team can win the championship.

"It doesn't mean because you bring in 10 new players that you will be top of the table," the 24-year-old said on chelseafc.com.

"There are teams like Man United, Chelsea and Arsenal who will always be near the top.

"Manchester City will do great because they have brought some good players in but at the end of the day it's what happens on the pitch, and having new players doesn't guarantee a win."—Internet



Chelsea's Ivorian striker Salomon Kalou celebrates scoring during a Premier League match. —INTERNET

Williams and Henin head impressive Hopman Cup field

PERTH, 4 Aug—Reigning Australian Open champion Serena Williams and Belgian champion Justine Henin head an impressive list of talent for the mixed teams Hopman Cup next January.

Tournament director Paul McNamee on Tuesday confirmed the first five teams for the unique

eight-nation event starting on January 1 with a field that looks set to be best ever to contest the 22-year-old tournament.



Reigning Australian Open champion Serena Williams.—INTERNET

Bayern hit by Robben injury blow

BERLIN, 4 Aug—German champions Bayern Munich suffered a major blow on Tuesday when star Dutchman and Bundesliga player of last season Arjen Robben was ruled out for two months because of a left thigh injury.

Bayern could seek compensation as they believe it is an aggravation of the injury the 26-year-old suffered prior to the World Cup finals playing in a friendly for Holland against Hungary—though he recovered sufficiently to play a decisive part in the Netherlands' march to the final.

"This diagnosis came as a shock," said Robben, following the diagnosis by team doctor Hans-Wilhelm Muller-Wohlfahrt which along

with an IRM revealed a hole of about five centimetres in the muscle.

"I felt in really good shape, I played in four matches at the World Cup and I never felt the slightest pain."—Internet



German champions Bayern Munich suffered a major blow on Tuesday when star Dutchman and Bundesliga player. —INTERNET

Baggio eyes role at Italy's football federation



Former Italy international footballer Roberto Baggio answers journalists' questions.—INTERNET

ROME, 4 Aug—Roberto Baggio, one of Italy's finest ever players, is set to return to football, joining Italy's football federation (FIGC) after the national team's disastrous exit from the World Cup, the local press re-

ported on Tuesday.

"I have said I am fully available to fill the role of president of the technical sector," Baggio said, adding that he would have to wait for a FIGC board meeting on Wednesday for his nomination to become official, daily Il Messaggero reported.

Along with Baggio two other Italian football legends are set to join the FIGC.

Former Italy coach Arrigo Sacchi, 64, will co-ordinate the youth national teams, while Gianni Rivera, the first Italian player to win the "Ballon d'Or" or European Footballer of the Year trophy, will preside over the teaching and youth sector of the federation.

Baggio, 43, retired from football in 2004 after playing for Fiorentina, Juventus and AC Milan and starring for Italy in three World Cups, but leaving each one empty-handed.

—Internet

Seven-time Tour de France winner Lance Armstrong.
—INTERNET

Ben Haim loaned to West Ham

LONDON, 4 Aug—Portsmouth defender Tal Ben Haim has been loaned to Premier League rivals West Ham until January, the two clubs announced on Tuesday.

The 28-year-old, who has been reunited with former Pompey manager Avram Grant, is the Hammers' fourth summer signing.

Ben Haim joins German midfielder Thomas Hitzlsperger, Mexican winger Pablo Barrera and French forward Frederic Piquionne in moving to Upton Park.

West Ham have promised their summer spending is not over.

The club hope to complete the signing of a

"young international who represented his country to distinction at the World Cup" this week.

—Internet



Portsmouth's Israeli defender Tal Ben Haim in action during the Premier League football match. —INTERNET

SPORTS

International club friendlies results 3 August

Bochum	2 - 2	Palermo
Werder Bremen	2 - 0	Rad Belgrade
Cartagena	1 - 1	Almeria
Freiburg	1 - 4	FSV Frankfurt
Top Oss	0 - 2	FC Eindhoven
Hearts	0 - 2	Wolverhampton W.
Forfar Athletic	1 - 4	Dundee United
Milton Keynes Dons	2 - 3	Birmingham C.
Benfica	0 - 1	Tottenham H.
Brechin City	2 - 2	Aberdeen
Bristol R.	1 - 2	Stoke C.
Inverness C.T.	0 - 0	Valladolid
Deportivo La Coruna	0 - 0	Newcastle U. *
Napoli	2 - 1	Wolfsburg

Doping scandal may hurt Lance Armstrong foundation

NEW YORK, 4 Aug—Lance Armstrong has overcome cancer, rival cyclists and nagging allegations of doping to become one of the world's best-paid athletes and a sought-after pitchmen.

He's also turned the Lance Armstrong Foundation, better known as Livestrong, into one of the top 10 groups funding cancer research in the United States.

The Armstrong brand is one of the best in sports. All of that is being threatened by a new opponent: federal investigators probing allegations that Armstrong used performance-enhancing drugs and tried to cover it up. Philanthropy experts say the foundation could lose future donations if its name-sake and chairman is dragged down in scandal.

—Internet



ASLEEP IN JESUS DAW AYE (AGE 90)

Daw Aye (age 90) Director (retd) Department of Social Welfare, Myanmar, Former Program Officer/ OIC UNICEF, Yangon, Retired Senior Regional Program Officer, ESCAP, BANGKOK, beloved wife of (Dr.Hla Thwin, Professor of Psychology), beloved mother of U Mya Thwin-Daw Khin Khin Oo (USA) and Dr Aye Aye Thwin (USAID Bangkok) - Mr Ngudup Paljor and Grandmother of (4) Grandchildren fell Asleep in Jesus on August 1-2010 in Bangkok, Thailand. Cremation will be held on August 5-2010, evening in Bangkok.

Diarrhoea claims 29 in mid-western Nepal

KATHMANDU, 4 Aug—At least 29 people died of diarrhoea in eight districts of the mid-western Development Region in Nepal in last four days, The Rising Nepal reported on Wednesday.

According to regional office of Informal Sector Services Center (INSEC) in Nepalgunj, the outbreak of diarrhoea in the eight district including Banke, Bardiya and Dailekh Jajarkot, killed 29 persons within the last four days from 30 July.

Hundreds of patients were undergoing treatment in those districts and there was a shortage of health workers and medicines in most of the places, said INSEC.—Internet

MYANMAR INTERNATIONAL Programme Schedule (5-8-2010) (Thursday)

Transmissions

Times

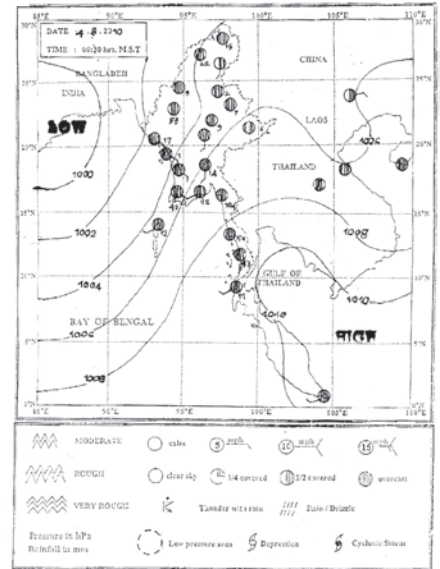
Local - (09:00am~11:00am)MST
Oversea Transmission - (5-8-10 09:30 am ~ 6-8-10 09:30 am) MST

Local Transmission

- * Opening
- * News
- * Being Young (Youth and Fashion)
- * News
- * Nay Pyi Taw Pyinmana-Pinlaung Road
- * Coconut Jaggery
- * The Origin of Htainmathein
- * News
- * Myanmar's Significatn Waso
- * Full Moon Day
- * News
- * Memorable Visit to Pyay or Sri-Keshtra Ancient City
- OverseaTransmission**
- * Opening
- * News

- * Being Young (Youth and Fashion)
- * News
- * Nay Pyi Taw Pyinmana-Pinlaung Road
- * Coconut Jaggery
- * The Origin of Htainmathein
- * News
- * Myanmar's Significatn Waso
- * Full Moon Day
- * News
- * Memorable Visit to Pyay or Sri-Keshtra Ancient City
- * News
- * Romantic Shocks
- * News
- * The Richly Blessed Gem Land
- * Music Gallery
- * News
- * Travelogue "Mawlamyaing"
- * Useful Variety of Bamboo
- * A Collection of Rakhine Cultural Heritages
- * News
- * A Day In Yangon (Myanmar's Shwedagon)
- * A Myanmar Tapestry
- * Myanmar Movies "Night Walker"
- * Amazing Myanmar Hotel (Lucky Dragon Hotel)

Weather Map of Myanmar and Neighbouring Areas



WEATHER

Wednesday, 4th August, 2010

Summary of observations recorded at 09:30 hr. M.S.T. During the past 24 hours, rain or thundershowers have been isolated in Kayah State, scattered in Shan State, Mandalay and Magway Divisions, fairly widespread in Kachin, Chin and Rakhine States and lower Sagaing Division and widespread in the remaining areas with locally heavy falls in Mon State and isolated heavy falls in lower Sagaing, Mandalay and Magway Divisions. The noteworthy amounts of rainfall recorded were Nay Pyi Taw (Lewe) (0.19) inch, Kanbalu and Mawlamyine (4.25) inches each, Paung (4.02) inches, PyinOolwin (3.82) inches, Mudon (3.62) inches, Ye (2.87) inches, Thaton, Kyaikkhami and Chaungzon (2.60) inches each, Zaungtu (2.41) inches and Aunglan (1.74) inches.

Nay Pyi Taw Weather

Maximum temperature on 3-8-2010 was 90°F. Minimum temperature on 4-8-2010 was 76°F. Relative humidity at (09:30) hours MST on 4-8-2010 was 85%. Rainfall on 4-8-2010 was (Nil).

Yangon (Kaba-Aye) Weather

Maximum temperature on 3-8-2010 was 91°F. Minimum temperature on 4-8-2010 was 75°F. Relative humidity at (09:30) hours MST on 4-8-2010 was 92%. Total sun shine hours on 3-8-2010 was (0.2) hours.

Rainfall on 4-8-2010 was (0.97) inch at Mingaladon, (1.34) inches at Kaba-Aye and (0.59) inch Central Yangon. Total rainfall since 1-1-2010 was (42.95) inches at Mingaladon, (49.80) inches at Kaba-Aye and (58.42) inches at Central Yangon. Maximum wind speed at Yangon (Kaba-Aye) was (7) mph from Southwest at (18:30) hours MST on 3-8-2010.

Bay Inference: Monsoon is strong in the Andaman Sea and Bay of Bengal.

Forecast valid until evening of 5th August 2010: Rain or thundershowers will be scattered in Kayah State and Magway Division, fairly widespread in Kachin and Shan States, Mandalay and Bago Divisions and widespread in the remaining States and Divisions with likelihood of isolated heavy falls in Kayin and Mon States and lower Sagaing Division. Degree of certainty is (80%).

State of the sea: Occasional squalls with rough seas will be experienced off and along Myanmar Coast. Surface wind speed in squalls may reach (40) mph.

Outlook for subsequent two days: Strong monsoon.

Forecast for Nay Pyi Taw and neighbouring area for 5-8-2010: One or two rain or thundershowers. Degree of certainty is (80%).

Forecast for Yangon and neighbouring area for 5-8-2010: Some rain or thundershowers. Degree of certainty is (80%).

Forecast for Mandalay and neighbouring area for 5-8-2010: Isolated rain or thundershowers. Degree of certainty is (80%).

Myanmar



Thursday, 5
August
View on today

7:00 am

1. တောင်တန်းသာသနာပြု ဆရာတော်ဘုရားကြီး၏ ပရိတ်တရားတော်

7:25 am

2. To Be Healthy Exercise

7:30 am

3. Morning News

7:40 am

4. အံ့ဝံ့မယ်လဲ (ယဉ်ပေယံထွန်းတေးရေး-ဝိတစာဆိုမျိုးနွယ်ဆွေ)

7:50 am

5. Nice & Sweet Song

8:00 am

6. Dance Of National Races

8:10 am

7. အဆိုပြိုင်ပွဲ

8:20 am

8. Dance Variety

8:30 am

9. "စီးဆင်းပါစေမေတ္တာရည်"

8:40 am

10. International News

8:45 am

11. Musical Programme

4:00 pm

1. Martial Song

4:10 pm

2. Cuite Little Dancers

4:20 pm

3. အတီးပြိုင်ပွဲ

4:35 pm

4. "ငါးရစ်မျိုးငါးတို့မစား"

4:45 pm

5. Musical Programme

4:50 pm

6. အဝေးသံတက္ကသိုလ် ပညာရေးရုပ်မြင်သံကြား

သင်ခန်းစာ-ပထမနှစ်

(မြန်မာမှုအထူးပြု)

(မြန်မာမှုဗဟု)

5:15 pm

7. Songs To Uphold National Spirit

5:20 pm

8. မူတန်သွယ်သွယ်ဆိုကြမယ်

5:35 pm

9. နှစ်စဉ်နွဲ့ပွဲ

ဝါဆိုခြင်းပွဲတော်

6:00 pm

10. Evening News

6:15 pm

11. Weather Report

6:20 pm

12. ပျော်ရွှင်စေသောနေ့ရက်များ

"အချစ်ကော်မီ"

(ပြင်းချင်းသုလင်း၊

နန်းဆုရတီးစိုး၊

ယုနုရိုလ်မြင့်) (ဒါရိုက်တာ-

အောင်ကျော်သူရ)

6:40 pm

13. ထူးဆန်းထွေလာများကို

သိပ္ပံမြင့်ချင်းကပ်ခြင်း

7:00 pm

14. "နိုင်ငံခြားဇာတ်လမ်းတွဲ"

"ဆူးလွင်းသောချစ်နှင်းဆီ"

(ဒုတိယတွဲ) (အပိုင်း-၂၂)

8:00 pm

15. News

16. International News

17. Weather Report

18. တို့အိမ်ကလေး

(နေရဲမာန်တေးရေး-

Ovation အဖွဲ့)

19. "နိုင်ငံခြားဇာတ်လမ်းတွဲ"

"ချစ်သူနယ်နိမိတ်"

(ပထမပိုင်း) (အပိုင်း-၉)

20. "နိုင်ငံခြားဇာတ်လမ်းတွဲ"

"ချစ်တေးသံသာ"

(အပိုင်း-၆၆)



- ★ Only with stability and peace will the nation develop
- ★ Only with stability and peace will democratization process be successful

- ★ Anarchy begets anarchy, not democracy
- ★ Riots beget riots, not democracy
- ★ Democracy can be introduced only through constitution

People's Desire

- We favour peace and stability
- We favour development
- We oppose unrest and violence
- Wipe out those inciting unrest and violence

- ★ VOA, BBC-sowing hatred among the people
- ★ RFA, DVB-generating public outrage
- ★ Do not allow ourselves to be swayed by killer broadcasts designed to cause troubles

Pre-monsoon Ngwechi-6 cotton thriving in Wetlet township



Thriving Ngwechi-6 cotton plantations at Thamantha village-tract in Wetlet Township.

TOWNSHIP IPRD

WETLET, 4 Aug—Shwebo District Manager of Myanma Agriculture Service U Thein Win and officials together with Principal Daw Yi Yi Tin and

teachers of Shwebo Institute of Agriculture visited thriving pre-monsoon Ngwechi-6 long staple cotton plantation on 76 acres of farmlands in Thamantha

Village-tract in Wetlet Township on 3 July.

Chairman of Wetlet Township Peace and Development Council U Aung Myint, Township Manager U

Hla Myint of MAS and local cotton growers explained thriving cotton plantations and use of cultivation methods.

Township IPRD

Weather Report

NAY PYI TAW, 4 Aug—The Department of Meteorology and Hydrology announced today that according to the observations at 5.30 pm today, a low pressure area occurs at northwestward of the Bay of Bengal.—MNA

Chili peppers may come with blood pressure benefits



SCIENCE DAILY, 3 Aug — For those with high blood pressure, chili peppers might be just what the doctor ordered, according to a study reported in the August issue of Cell Metabolism, a Cell Press publication. While the active ingredient that gives the peppers their heat – a compound known as capsaicin – might set your mouth on fire, it also leads blood vessels to relax, the research in hypertensive rats shows.

“We found that long-term dietary consumption of capsaicin, one of the most abundant components in chili peppers, could reduce blood pressure in genetically hypertensive rats,” said Zhiming Zhu of Third Military Medical University in Chongqing, China.

Those effects depend on the chronic activation of something called the transient receptor potential vanilloid 1 (TRPV1) channel found in the lining of blood vessels. Activation of the channel leads to an increase in production of nitric oxide, a gaseous molecule known to protect blood vessels against inflammation and dysfunction, Zhu explained.—Internet