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## The Government strongly condemns Somalia MPs and Puntland officials for their aggressions and flagrant violations of Somaliland's territorial borders.

The Somaliland Government is also deeply concerned about Al-Shabaab's presence in Lasanod.



The Government of the Republic of Somaliland condemns the recent visit to Lasanod, the capital city of Somaliland's Sool region, by Federal Somalia MPs and other government officials. This visit is a clear provocation and a breach of

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### Equipment and experts brought in to revitalize the main national radio station



Mohamoud Walaaleye  
The Minister of Information of Somaliland inspected the old radio station, which is being revitalized with new equipment and expat technicians. Minister Koore who was accompanied by the Deputy

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### Former Somaliland foreign minister lauds ties with Taiwan



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### The Mogadishu delegation in Lasanod is not impactful, says Eng Feysal



By M.A. Egge  
Chairman of the UCID Party Eng. Feysal Ali Warabe has stated that the arrival of large delegation at Lasanod from Mogadishu is not impactful nor has

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### Somaliland is deeply concerned about the flow of terrorist groups, government tells the International Community



By M.A. Egge  
The Government of the Republic of Somaliland, which is closely following the flow of terrorist groups that are constantly arriving in the towns of Lasanod and Buhoodle, has once again warned the international

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### Somaliland National Exams for Primary and Secondary Schools Out



Guled. A. Mahir  
Ministry of Education has announced the national examinations for primary and secondary schools. Somaliland national examination

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We always stand by our national forces, says UCID chair



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## The Government strongly condemns Somalia MPs and Puntland officials for their aggressions and flagrant violations of Somaliland's territorial borders.



Somaliland's territorial integrity. The Sool region is an integral part of Somaliland and the recent visit by Federal Somalia officials is a flagrant violation of Somaliland's sovereignty and undermines the region's peace and stability. The Government of the Republic of Somaliland has repeatedly stated that the Las'anod conflict has been

used by external forces to incite violence and destabilize Somaliland's Sool region by exploiting clan sentiments. The recent visit of a Somalia delegation fueled these sentiments further, as officials openly propagated and encouraged the adoption of ancestral tribal borders, undermining Somaliland's clearly

defined international borders. These provocations against the Republic of Somaliland endangers the overall stability of the Horn of Africa region and the Somaliland Government will continue to take all necessary measures to protect its people, the integrity of its sovereignty and the sustenance of peace in the region. Furthermore, the Government of Somaliland is gravely concerned about the threats posed by Al-Shabaab and its allies who expand their reach and increase their presence in Las'anod city as they are reportedly planning to establish a new operational base in the Sool region. This would present a significant threat in allowing terrorist organizations to further enhance the spread of extremist ideology and influence in the region. The Government of Somaliland reaffirms its commitment to protect the security and stability of the Republic of Somaliland against all who threaten Somaliland and the Horn of Africa.

## Equipment and experts brought in to revitalize the main national radio station

Minister of Information, the Director General and sectional directors detailed about the delivery of new equipment to the main radio station in an effort to operationalize it. A team of experts from China has been brought in to repair the country's main radio station.

"It is an honor for us to come together at the Ministry in order to reactivate the old radio station that potentially reaches all over the world", he said.

Minister Koore said that experts from the company that assembled the old radio station have come to the country for the repairing and reactivating of the old radio station. "The National Radio was financed from the national budget, and the president gave special priority to the



reactivation of the radio station today the equipment and the experts have come to do it", he said. Minister Saleban announced that the people of Somaliland and those overseas will have the opportunity

to listen to the national radio station once again. "We deliver apt news to the community of Somaliland and the people of East Africa and beyond", he said.

## The Mogadishu delegation in Lasanod is not impactful, says Eng Feysal



any semblance whatsoever in as far as the country's national borders are concerned.

He at the same time said that the nation of Somaliland will, sooner

rather than later, secure its whole borders.

The sentiments by the opposition leader were posted as a message on his Twitter account on Friday. It

also said that the victories claimed by the allied groups in Sool will in fact soon end in defeat.

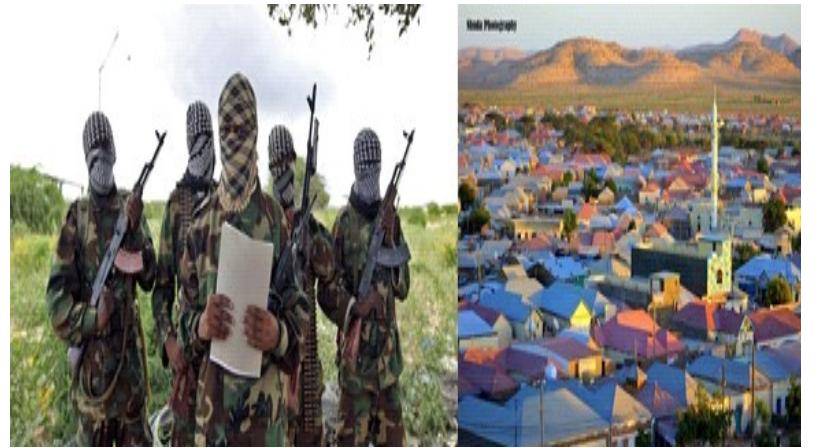
"The Mogadishu delegation that came to Lasanod will not change anything about Somaliland's borders. Drama and excitement will soon turn into tears and dreams", said the tweeter message by Eng. Feysal.

He added, "Somaliland will soon rid the country of the barbaric invasion of Lasanod."

The statement comes shortly after a time when he dispelled the claims of the allied groups of Sanaag, Sool and Ayn (SSC) as an entity existing in Somaliland.

In a TV interview over the week he quipped, "Sanaag, Sool and Ayn do not exist in the Republic of Somaliland".

## Somaliland is deeply concerned about the flow of terrorist groups, government tells the International Community



community about the movements. The government has sad through a press release issued over the week that the terrorist groups came from the Golis mountains especially around the Somali region of Puntland.

The press release issued by the Ministry of Internal Affairs of Somaliland has been presented to the Somaliland community and the international community where the terrorist groups came from in Lasanod and Buhoodle.

It highlighted the leader of the Al-Shabaab group in the area, Abdi Madobe, who has imparted on many young people about the ideology of extremism and trained them in areas such as the frontline places in Lasanod and Buhoodle.

The government of Somaliland has confirmed that Abdi Madobe has been the leader of the terrorist wars that he participated in and had also been once injured in the battles.

On the other hand, the government of Somaliland has promised to free its people from Buhoodle and Lasanod from the terrorist groups that invaded them.

The complete press release of the Ministry of Internal Affairs reads as follows:-

"The Government of the Republic of Somaliland is proving once again to its people and the international community that terrorist groups are constantly flocking to the city of Lasanod.

As already stated by the Ministry of Foreign Affairs and International Cooperation of Somaliland, more than 600 members of terrorist groups, entered the city of Lasanod after the 25th of August.

The Ministry of Internal Affairs is clarifying to the members of the public and the world on where the terrorist groups entered the city of Lasanod, whose major goal is to destabilize the Horn of Africa.

1- The terrorist groups that reached the town of Lasanod and Buhoodle came down from the mountains of the Golis range, especially the mountains around the Puntland Regional Government of Somalia, which are called GALGALA, and are known strongholds of Al-Shabaab and Daesh.

2- The second part of the terrorist groups that arrived in Lasanod, are those who moved from the Central Regions of Somalia, such as the

Lower Shabelle, the Middle Shabelle and other parts of southern Somalia, some of which have since been defeated in the ongoing wars in Somalia.

3- The third group, which is the vastest, came out of a training camp run by Abdi Madobe, who is the representative of the Al-Shabaab group in Buhoodle. These training camps are located in the Horufadi area of Buhoodle and Shululuh area, where Abdi Madobe trained hundreds of youths and convinced them of the extremist ideology of Al-Shabaab.

Abdi Madobe is the representative of Al-Shabaab organization in Buhoodle and Lasanod areas for Islamic and group leaders in Mogadishu. He used to be amongst the personal guards of al Shabaab leader Adan Hashi Ayro and was known to have sustained injuries in fights between the Islamic Courts union and warlords in Somalia.

Abdi Madobe and other terrorist groups are planning a war against the entire stability of the Horn of Africa.

The government of the Republic of Somaliland is taking measures to ensure the security of the people of Lasanod and Buhoodle, which have been invaded by terrorist groups, the allies and the Puntland Regional Government of Somalia; hence the government of the Republic of Somaliland is determined to end the invasion of its

borders and its people. Abdi Madobe is the representative of Al-Shabaab organization in Buhoodle and Lasanod areas for Islamic and group leaders in Mogadishu. He used to be amongst the personal guards of al Shabaab leader Adan Hashi Ayro and was known to have sustained injuries in fights between the Islamic Courts union and warlords in Somalia.

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## Somaliland National Exams for Primary and Secondary Schools Out



and certification board (SLNECB) also announced the top 10 schools in the country. The announcement was made in Sheikh town by the minister of education Hon. Ahmed Direye Toorno. Somaliland National Examination and Certification Board (SLNECB) chairman Mr. Daud Ahmed Farah confirmed the number of candidates who sat for the primary examination. He stated that 20950 students attempted the exams while

177 were absent. He confirmed that 19,441 pupils passed the primary school examination whereas 1,332 candidates failed. Addressing journalists in Sheikh town the examination board chairman stated that 14,039 students sat for the secondary exams across the country. He reported that 108 candidates did not sit for the examination and 357 students failed to get the required

grades for university.

The minister of education announced the names of top schools in the country. They are as follows:

- 1-Pharo Secondary School in Sheikh town, Sahil region
- 2- Imam Malik Secondary School in Erigavo, Sanaag region
- 3- Dabayl-wayne Boarding School in Berbera, Sahil region
- 4- Haji Salah Secondary School in Ood-wayne, Daadmadhedh region
- 5- Sheekh Modern School in Sheekh Sahil region
- 6- Dayaha Boarding School in Erigavo, Sanaag region
- 7- Ina Sanwayne Secondary School in Burao, Togdheer region
- 8- Dayaha Boarding School in Erigavo Sanaag region
- 9- M. Shireh Gab Secondary School in Sheikh, Sahil region
- 10- Salwa Sabah Boarding School in Sheikh, Sahil

The minister sent congratulatory messages to all students who sat for the examinations and urged them to continue with their quest of attainment of knowledge.

## Ministry of Finance reshuffles top revenue officials

By M.A. Egge

The Ministry of Finance has appointed new directors to head the departments of the customs and land revenues.

The Director General of Finance Mr. Mohamed Hussein (Mu'adinka) said that the new director of Customs is not new to the job, but previously worked in the revenue department, and now he is the deputy of the Inland Revenue.

As he oversaw the changes of guard at the departments he noted that none was indeed sacked.

The DG called on the revenue departments to work together as a family.



## Deputy speaker meets Somaliland Ambassador to Kenya



By M.A. Egge

The 1st Deputy Speaker of the House of Representatives Hon. Syed Mirre Farah (Girre) who is on a business trip to the capital of Kenya, Nairobi, met with the officials of the country's embassy in Kenya.

The delegation of the deputy Speaker held meeting Ambassador Dr. Mohamed Ahmed (Barwani) who was flanked by his deputy Sharmake Geele and other staffers at the embassy.

Governor Giire encouraged the ambassador and the heads of the embassy to continue to improve their work and service to the nation and the citizens of Somaliland.

## Communications ministry trains the 5th batch of IT experts at the National Innovation Center



By M.A. Egge

The Ministry of Communication and Technology has started training for young people who have completed the technology skills used on the Internet.

The young people who number 285 students are from the employees of Somaliland government ministries and agencies, the country's universities, as well as women journalists.

Students who have completed the study of modern technology skills have received training at the National Innovation Center which is intended to promote and improve skills related to technology so that the nation can adapt to the modern world.

They will be the 5th batch of students studying at the National Innovation Center in conjunction with the trade and investment office of the Embassy of Taiwan, (ICDF). The training ceremony for the students was attended by Minister of Communications and Technology Abdiweli Sheikh Sufi, Deputy Minister of Information Said Hassan Habane, Taiwan's Ambassador to Hargeisa, and members of the Trade and Investment Office of the Taiwan Embassy.

Others in attendance were the Director General of the Somaliland Ministry of Information, Abdikarin Aden Adde, the Director General of the Ministry of Technology, and Communication, the Director of the National Innovation Center of Somaliland Innovation Zone, Sulekha Isaaq, and other officials. During the training, the students were taught the skills of optimization and development in the field of modern technology, according to Sulekha Isaaq.

She talked about the benefits of the center, and the role it played in improving the skills of young people. She said that the students have learned skills that are needed in the Somaliland market, and they can contribute a lot to the country.

"During the training, these students were taught the skills of improvement, and development in the field of modern technology, they were benefited by government workers, university students, female

journalists, and community organizations.

"These students have learned skills that are needed in the Somaliland market, and they can add more to our market, instead of employing more foreigners", she said.

Hon. Abdiweli Sheikh Sufi thanked the national innovation center, and the trade and investment office of the Tawian embassy in Hargeisa, who cooperated in this training.

He said, "The courses taken are related to skills of technology. We would like to thank the National Innovation Center and the Trade and Investment Office of the Tawian Embassy in Hargeisa for their cooperation in this training. Anyone who wants to learn technology skills should rest assured that the center is ready to do everything in its power to educate the community, especially the youth, who are currently in universities, and those who have graduated, to take advantage of these opportunities." Hon. Said Hassan Habane also thanked the embassy of Taiwan in Somaliland for the multifaceted support provided by the Somaliland community, especially the youth.

"The world is competing now according to how it advances in IT, or Technology. The biggest stores in the world today are online, created on the Internet", he said.

He continued, "We want to take advantage of such an ocean, and squeeze our young people's brains and brains, and let them contribute to the hilt. The more we use technology, the easier our work and the more effective and efficient it is". He urged those who have benefited from the program to impart them at their work places s appropriately a expected of them.

The Taiwanese representative said that the relationship between Somaliland and Taiwan is related to many aspects, and that the program, which is one of them, should increase the knowledge of technology among Somaliland youth.

The Director General of the Ministry of Communications, said that this batch is the fifth to graduate from the center, which has been in existence for two years with students churned out being in hundreds.



## Women Traders at Hodan Market in Hargeisa Donate Food Stuffs to the Army



Guled A. Mahir

Women Traders at Hodan Market in Hargeisa have shown their support to the national Army fighting in the front line at Oog. The Market

Traders donated foodstuffs and other items to the army as a solidarity gesture in their quest to rid Somaliland of Alshabab elements masquerading as freedom fighters

in Las Anod town.

The government of Somaliland is trying to weed out some terrorist who had set camp in Sool region of the country.

Addressing the press at the market the women traders at Hodan Market said "Today we stand united as a nation to support our army. We are sending these donations comprising different items. We congratulate our army for their bravery and resilience in securing our country borders from infringement by terror cells"

They sent a stern warning to the president of Puntland Mr. Saeed Deni for funding the terrorists fighting in Las Anod. They told him that Somaliland army will conquer Garowe if he does not cease from meddling in Somaliland territorial borders.

## Former Somaliland foreign minister lauds ties with Taiwan

Dr. Edna Adan Ismail, the former Somaliland foreign minister, praised ties with Taiwan in a meeting with Foreign Minister Joseph Wu on Friday (Sept. 15).

Ismail, who also founded Edna Adan University and its affiliated hospital, is visiting the nation with a delegation consisting of Edna Adan University Vice President Mustafe Hassan Dahir and lawyer Ayan Aden, according to the Ministry of Foreign Affairs (MOFA).

Wu congratulated Ismail on receiving the Chou Ta-kuan Cultural and Educational Foundation's Global Love of Life medal. The two discussed the shared values of democracy and human rights between Taiwan and Somaliland and relations between the two countries.

Ismail praised Taiwan's achievements in politics, economics, women's empowerment, and also expressed gratitude for Taiwan's support and assistance to her country. Both sides said they remained committed to deepening cooperation.

Ismail and her delegation later attended a luncheon hosted by Deputy Minister of Foreign Affairs Chen Li-guo.

Ismail is a prominent women's rights activist in Somaliland and has held important positions such as Minister of Foreign Affairs and Minister of Family Welfare and Social Development, MOFA said. She came to Taiwan at the invitation of the Chou Ta-kuan Cultural and Educational Foundation to participate in its "Light Up Life,

Illuminate the Earth" series of charity events.

"Somaliland is an important friendly country for Taiwan in the East African region, and the foreign ministry will continue to promote various exchanges and cooperation with Somaliland to deepen the friendship between the two countries," MOFA said.

Bilateral relations have grown since the two countries set up representative offices in Taipei and Hargeisa in 2020. Taiwan has helped Somaliland in healthcare, education, and information and communication technology.

In late April, a Taiwanese business delegation arrived in Somaliland to seek cooperation opportunities in the areas of minerals, livestock, and fisheries.

## The president of Taiwan to present an international award to Edna Adan



By M.A. Egge

Lady Edna Adan Ismail is expected to receive a Chou Ta-Kuan Cultural and Education Foundation award from the President of the Taiwan, Mrs. Tsai Ing-win.

Dr. Edna is scheduled to meet with President Tsai, during an event which will see her being awarded

the 26th Fervent Global Love of Life Award, also known as the Life-Nobel Prize, by Chou Ta-Kuan Cultural and Education Foundation.

She was seen off Hargeisa airport by the Ambassador of Taiwan Allen C. Lou, while was received in Taiwan by Somaliland Ambassador to Taiwan Mohamed Haji.

## Parliamentary select committee on election rules harmonization has held over a dozen meetings

By M.A. Egge

The Committee on Harmonization of Election Rules of the House of Representatives of the Republic of Somaliland, which continues its consultative meeting meetings has so far held over a dozen.

The committee met at their 12<sup>th</sup> and 13<sup>th</sup> sessions at the council headquarters with the Committee for the Registration of Associations and the approval of national partners and also the top echelons of the judicial officials.

The President of the Supreme

Court and the Chairman of the Justice Committee of the Republic of Somaliland Chief Justice Adam Haji Ali Ahmed, together with his deputy Jusice Mohamed Omar Geele and Judge Abdirahman Hassan Noor, met parliamentary elect committee charged with the task led by their Chairman hon. Abdinassir Yusuf Osman (Qodah) who are continuing their consultations with all stakeholders in trying to harmonize the election laws in addressing disputes that arose.

## Berbera corridor development committee meets on utilization aspects



By M.A. Egge

Ministerial members of the committee for the development of the Berbera Corridor their coordination meeting on the utilization aspects of the Berbera strait.

The Berbera Strait has always been of great importance to Somaliland and connects Africa, Asia and Europe. The world has been interested in it since Somaliland

entered into an international agreement with the DP-WORLD company.

The Berbera Corridor Development Committee held its coordination meeting today to discuss the utilization of the corridor under the chairmanship of the Minister of Trade and Tourism Hon. Mohamud Hassan Saad. Present were his colleagues of the foreign and transport ministries.

## We always stand by our national forces, says UCID chair



By M.A. Egge

Chairman of the opposition party UCID Eng. Faisal Ali Warabe said that Somaliland is always committed to its right to protect its borders.

Eng. Feyal pointed out that the border of Somaliland along the Puntland regional administration of Somalia is similar to the borders of other countries in Africa, all of which have their borders mapped out by the European colonial powers.

Governor Faisal Ali Warabe, who had an interview over the week at the office of the UCID party with Universal television, discussed

various issues regarding the situation in the country, the elections, the conflict between the allied groups in Sool region, and other issues.

Eng. Faysal, while reporting on his recent trip to the frontline of the JSL national army deployment in Oog, while wearing the uniform of the Somaliland national army, said, "The army, whether in Oog or Tukaraq, is the national army. They are the ones we are indebted to in safeguarding security protection and UCID has all along stood by them".

On the security along the national

borders he said, "Every country has the right to has to protect his borders. The borders of Djibouti, and the border of Italian-colonized Somalia, the NFD of Kenya, the DDS of Ethiopia, were all established by the European powers in 1885, and ours is no different".

He noted that the Charter of the African Union states that the borders inherited from the European colonialists are sacred and "so our border is similar to those".

He called upon Somalilanders abroad to play a major role in the defense of the nation.

He pointed out that his party supports the efforts of the mediation committee in addressing disputes arising from the elections.

"That is why we need even more to restore the glory of Somaliland and secure the borders of the country", he said.



# Today's top news: Libya, Morocco, Sudan, Ukraine



civilians as attacks continue across the country.

Ms. Nkweta reminded the Sudanese Armed Forces and the Rapid Support Forces that four months ago, on 11 May, they both signed the Jeddah Declaration and committed to put the interests and the well-being of the Sudanese people as their top priority and to protect civilians.

Sunday's attack on a crowded market in Khartoum killing dozens, and the ongoing killing of civilians in Nyala, Al Fasher and other areas underscores the fact that the parties to this conflict are not honouring their pledges. People of Sudan have suffered far too much already, said Ms. Nkweta, calling the Sudanese Armed Forces, the Rapid Support Forces and all armed actors participating in the conflict to respect international humanitarian law and take immediate steps to safeguard civilians.

## Ukraine

Early today, there was yet another attack hitting Ukraine's ports in the Odesa Region.

The attack damaged the areas of Reni and Izmail Ports, close to the Romanian border, reportedly injuring several civilians.

The Humanitarian Coordinator for Ukraine, Denise Brown, said the pattern is especially alarming due to its catastrophic implications for the people of Ukraine and for 345 million people facing hunger worldwide.

## Libya

Search-and-rescue operations in the wake of Storm Daniel in Libya continue, led by national agencies, military, the Libyan Red Crescent and local volunteers.

As of yesterday, according to the International Organization for Migration, more than 2,000 have been killed and at least 5,000 people are missing.

The UN is responding to calls for assistance and is providing aid in the affected areas.

The Resident and Humanitarian Coordinator in Libya, Georgette Gagnon, has tasked an emergency response team to support local authorities and partners.

A 12-person UN Disaster Assessment and Coordination (UNDAC) team has been deployed to support the response and relief operations.

The Under-Secretary-General for Humanitarian Affairs and

Emergency Relief Coordinator, Martin Griffiths, announced yesterday an initial allocation of \$10 million from the Central Emergency Response Fund (CERF) to support people affected by the floods.

## Morocco

Five days after the devastating earthquake that hit Morocco, the country's authorities confirm the loss of nearly 3,000 lives and the injury of more than 5,500 people.

The Government has mobilized all necessary capabilities.

A small UN team has been deployed to enhance the existing UN capacity, while the UN continues close communication with the national authorities and stands ready to support in the assessment, coordination, and response to the situation.

## Sudan

In a statement today, the Humanitarian Coordinator in Sudan, Clementine Nkweta-Salami, called on all parties to the conflict to spare

## Hidden high blood pressure in young people revealed



**A "considerable" number of young people in England - about 170,000 aged 16 to 24 - unknowingly have risky high blood pressure, experts are warning.**

That is about five in 100 young men and one in 100 young women, says the **Office for National Statistics (ONS)**.

Although it may not cause symptoms or problems to begin with, it puts extra strain on the heart and blood vessels.

High blood pressure, or hypertension, is responsible for about half the heart attacks and strokes in the UK.

It can develop at any age, which is why doctors say all adults should have regular blood pressure checks and take steps to avoid long-term harm.

Chris Shine, from the ONS's analytical hub, told the BBC that they had carried out the new analysis to identify the groups most at risk of having undiagnosed high blood pressure.

"We see that there are considerable numbers of younger, healthier people who are undiagnosed. It may be that this group are unaware they have the condition because they are less likely to access healthcare if they are otherwise well," he said.

"These results will provide valuable insight for health services and those seeking to improve outcomes for what is one of the most common causes of premature death, especially as we know that the sooner hypertension is identified, the more effectively it can be managed and treated among all ages."

About a third of adults in the UK have high blood pressure, but many are not aware of it, experts say.

Being overweight, eating an unhealthy diet, not being active, drinking too much alcohol and smoking can all raise blood pressure.

According to the ONS, young men were particularly likely to be undiagnosed - 66% of males and 26% of females aged 16 to 24 years, and 55% of males and 44% of females aged 25 to 34 years, compared with 17% of males and 21% of females aged 75 years and over.

The data comes from the **Health Survey for England**, which carried out at-home blood pressure measurements on 20,000 people - including 1,500 young people -

taken by a nurse on a few different occasions to obtain an average reading.

It suggests:

- 4% of women (about 110,000) and 7% of men (about 210,000) aged 16-24 in England have high blood pressure

- Of those, 26% of the women (about 30,000) and 66% of the men (about 140,000) were undiagnosed

Dr Pauline Swift, from the charity Blood Pressure UK, said while some risk factors, such as ageing and ethnicity, are unavoidable, others are within people's control.

"In recent years we have seen an increase in younger patients with high blood pressure, often as a result of poor diet, consuming too much salt and lack of exercise leading to weight gain," she said.

"If you start making small changes to your lifestyle when you are young, such as eating less salt, more fruit and vegetables and taking more exercise to maintain a healthy weight, then you are more likely to stay healthier and prevent strokes, heart disease and chronic kidney disease."

"High blood pressure kills thousands of people every year in the UK and is almost entirely preventable."

"Everyone needs to take control of their health by checking their blood pressure either at home, at a pharmacy or with their practice nurse. This could save your life."

Prof Bryan Williams, President of the International Society of Hypertension, and a specialist at University College London Hospitals NHS Foundation Trust in London, said: "I just don't think people realise just how dangerous untreated high blood pressure can be."

"It is estimated that high blood pressure causes 10 million deaths every year across the world. To put this in perspective, that is more deaths globally every year than the total number of global deaths caused by Covid over three years."

"The good news is that once high blood pressure is properly diagnosed, for most people it is easy to treat and control, especially if it is diagnosed early."

"If I have a simple message it is, get your blood pressure checked and don't ignore it if it is high."

Blood pressure is measured in millimetres of mercury (mmHg). The healthy range is between 90 over 60mmHg and 120 over 80mmHg

## Meditate to beat stress blood pressure, say guidelines

**People should try to meditate for around 45 minutes every day to cut stress-related high blood pressure, say new guidelines.**

Other tips from the International Society of Hypertension include taking time out to listen to music, doing yoga and practicing mindfulness.

Established medical advice - quit smoking and cut down on salt - still stands.

But experts say newer "body and mind" lifestyle goals can be recommended.

According to the position paper which is published in the **Journal of Hypertension**, there is enough scientific evidence for some less conventional approaches.

One of the authors, UK blood pressure expert Prof Bryan Williams, said in an exclusive interview with the BBC: "It all sounds like it is a bit soft and fluffy and not as dynamic, for example, as taking drugs but these things make such an important contribution to reducing the effects of stress on the cardiovascular system and the evidence is accumulating."



"There's so much people can do for themselves. All of us need to take a step back and say, actually, I should be able to find half an hour in my day to have a little bit of time to myself and decompress and just relax - whether it's listening to music, going for a walk or going to the gym and doing some exercise."

What can help lower blood pressure?

High blood pressure is a leading cause of premature death.

It puts strain on the heart and blood vessels which, in the long term, can lead to heart disease, heart attacks and strokes.

More than a billion people or one in four adults worldwide has high blood pressure.

The panel of experts from 18 countries advise:

- Try daily stress-busting strategies like meditation, deep breathing, yoga and mindfulness

- Consider practising gratitude by focusing on positive things you can

be thankful for, and doing acts of kindness to gain a sense of wellbeing

- Chill out to some calming music for at least 25 minutes, three times a week

Taking your mind off the daily grind has an important and cumulative stress-busting effect on your mind and heart, says Prof Williams.

Other good habits are staying physically active and getting enough sleep - you might want to use fitness gadgets and apps to track your steps, sleep and progress, the advice says.

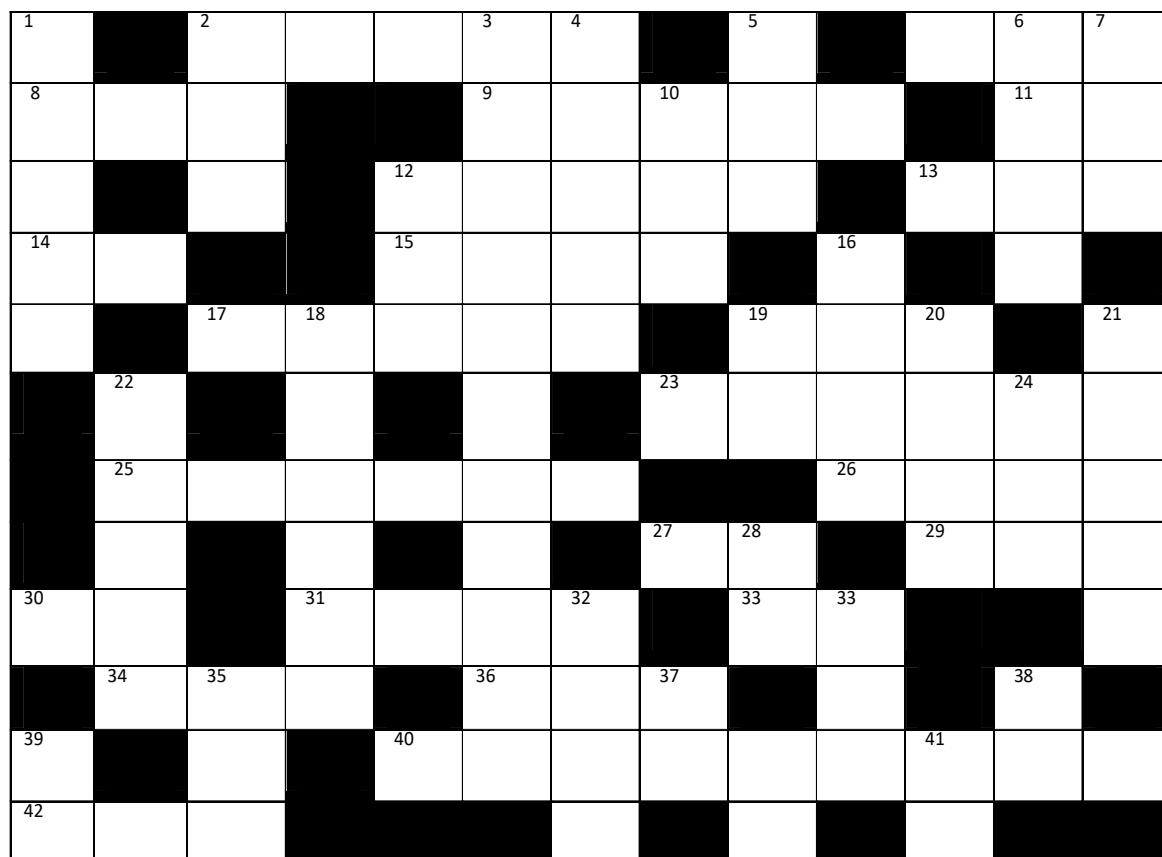
Prof Williams, a specialist at University College London, said: "It's not just the duration of sleep but it's also the quality of sleep. And the evidence suggests that most people should be trying to achieve seven hours of good quality sleep to try and reduce the effects of the stress of not sleeping and not decompressing."

TikTok trends

He said the guidelines were designed to emphasise is a more holistic approach to controlling blood pressure.



**By: Abdillahi Said**



1 swear blind.  
2 shed tears  
3 Layout or planning  
4 ceasefire  
5 Freeze  
7 Shortly  
8 Ending or finishing  
11 Action  
13 Drink  
17 Opposing  
19 Cause  
20 DOCTOR  
21 Helps  
22 Government  
23 Beverage  
25 Ocean  
29 ATOP  
33 Collections  
35 Out cold  
37 Sick  
38 We  
39 Go  
41 To

2 Inexpensive  
6 Utilize  
9 Fighting  
10 Achieve  
12 Atop  
13 Find  
14 Supernatural being/ Allah  
15 As per  
16 Opposite of West  
18 Stretch out/ machinery  
20 genetic material  
24 Painter  
26 Person who reads  
27 Brainstorm  
28 Leave  
30 Rested  
31 CUTTING-EDGE/ in smth  
32 1s  
34 Certainly not  
36 Kith and *kin*  
38 Brand new  
42 Notice  
44 Apply oil

M <sup>1</sup>	A	D <sup>2</sup>	E		E <sup>3</sup>			P <sup>4</sup>	R <sup>5</sup>	E	S	S <sup>6</sup>
A		E			A <sup>7</sup>	G	R <sup>8</sup>	E	E			E
L <sup>9</sup>	O <sup>10</sup>	A	D		R		E <sup>11</sup>	N	S	U	R	E
L <sup>12</sup>	I	D		G <sup>13</sup>			F		T			D
	L			A <sup>14</sup>	R	G	U	E		A <sup>15</sup>	S <sup>16</sup>	S
W <sup>17</sup>	E	T		N			G		S <sup>18</sup>		Y	
	D		A <sup>19</sup>	G	E <sup>20</sup>		E <sup>21</sup>	A	T		S	
N <sup>22</sup>		U <sup>23</sup>	N		S <sup>24</sup>	E	E		A <sup>25</sup>	R	T	S
O <sup>26</sup>	K <sup>27</sup>		T		C		S <sup>28</sup>	E <sup>29</sup>	T		E	
	I		I		A <sup>30</sup>	M		T <sup>31</sup>	E	A <sup>32</sup>	M	S <sup>33</sup>
	N			U <sup>34</sup>	P			C		I		O
U <sup>35</sup>	G	L	Y		E <sup>36</sup>	N	D		A <sup>37</sup>	R	M	S

**(Part 19)**

**1) Expenses:** Expenses paid by business for the purpose of earning, securing and maintaining the business income.

**2) Losses:** E.g. partial destruction of the company property.

**3) Operating deficit:** Not exceeding three subsequent years.

4) **Depreciation:** Tearing and wearing of company property.

**5) Gratuities:** Amount of money given to somebody provided s

a Company.

### B. Not Allowed Deductions

### 1) Private/personal expenses

2) Any withdrawal of capital

3) Any losses/expenses which is recoverable under insurance or indemnity.

4) Rent of any building not paid for the purpose of producing the income.

### Example

**Example:** Ahmed and Layla are married and have ABC company. They have earned SL Shillings 50 million for the year ended 2019.


**Requirement:** How much tax should Ahmed and Lavla pay from their business income?

**Solution:**

Net profit of the ABC company	SL Shillings 50,000,000
Tax year of income	2019
Tax on income amount	10%
Administration tax	2%
Stamp tax	2.5%
Tax to be paid SL Shillings	$5,000,000 + 1,000,000 + 1,250,000 =$ SL Shillings 7,250,000

**Figure 11: Somaliland Tax Calculator**

## Somaliland Tax Calculator



- Select tax type in yellow cell
- Fill in the cells in white
- Calculator will work out the tax and due date

### Details of tax return

Tax type	<b>Business Income Tax</b>	
Tax year (YYYY format) <small>(MMII-YY format)</small>	2021	Year in which income earned
Currency (slsh or \$)	slsh	
Taxed amount	slsh 20,000,000	Taxable income for the year
	Tax amounts	Tax rates
Tax on taxed amount	slsh 2,000,000	10% of taxed amount
Administration tax	slsh 400,000	2% of taxed amount
Stamp tax	slsh 60,000	2.5% of taxes on taxed amount
Total tax	slsh 2,460,000	
Due date for filing and payment	30-04-22 Last day for filing & paying without penalty	

## Activity

Ali has XYZ Company located 26 District. He has earned SL Shillings 70 million for the year ended 2020.

**Requirement:** How much tax should Ali pay from his business income?

#### 4.2. Rental Income Tax

If you receive income from renting out a property this qualifies as rental income and it is taxable **at 10%** under Section 56 of the SRA.

Apart from rental income there are other sources of Property Income and Section 71 SRA

2016 provides for the taxation of these. Such property income includes:

any natural

resource payments, rents, royalties etc.

### Example

**Example :** Mohamed owns three properties in Hargeisa in 26 June, Ahmed Dhagah, and Koodbuur Districts. The 26 June property is rented for business purposes where \$25,000 is earned, the Koodbuur property is a residential building where \$10,000 is earned while Ahmed Dhagah property is a guest house rented for \$12,000.

**Requirement:** How much rental tax shall Mohamed have to pay for his properties?

**Solution:**

Gross rent income	\$47,000
Tax on amount	10%
Administration tax	2%
Stamp Tax	2.5%
 Tax Liability	 \$4,700+\$940+\$1,175 = \$6, 815

*To be continue next issue*

Compiled by: Yusuf Omar Hindi

# Scientists discover how brain cells die in Alzheimer's



**Scientists in the UK and Belgium think they have figured out how brain cells die in Alzheimer's disease.**

It has been a mystery and a source of scientific debate for decades. But the team, writing in the journal Science, connect the abnormal proteins that build up in the brain with "necroptosis" - a form of cellular suicide. The findings have been described as "cool" and "exciting", as they give new ideas for treating the disease. Long-awaited clues It is the loss of brain cells, called neurons, that lead to the symptoms of Alzheimer's, including memory loss. And if you look inside the brains of people with the disease you'd see the build-up of abnormal proteins called amyloid and tau. But scientists have not been able to join the dots between these key traits of the disease. This is what the researchers - at the UK's Dementia Research Institute at University College London and KU Leuven in Belgium - now think is happening.

They say abnormal amyloid starts to build up in the spaces between neurons, leading to brain inflammation, which the neurons do not like. This starts to change their internal chemistry. Tangles of tau appear and the brain cells start producing a specific molecule (it's called MEG3) that triggers death by necroptosis. Necroptosis is one of the methods our bodies normally use to purge unwanted cells as fresh ones are made. The brain cells survived when the team were able to block MEG3. "This is a very important and interesting finding," researcher Prof Bart De Strooper, from the UK's Dementia Research Institute, told the BBC. "For the first time we get a clue to how and why neurons die in Alzheimer's disease. There's been a lot of speculation for 30-40 years, but nobody has been able to pinpoint the mechanisms. "It really provides strong evidence it's this specific suicide pathway." The answers came from experiments where human brain

cells were transplanted into the brains of genetically modified mice. The animals were programmed to produce large quantities of abnormal amyloid. There has been recent success in developing drugs that strip amyloid out of the brain and they mark the first treatments to slow the destruction of brain cells. Prof De Strooper says the discovery that blocking the MEG3 molecule can hold off brain cell death could lead to a "whole new line of drugs development". However, this will take years of research. Prof Tara Spire-Jones, from the University of Edinburgh and the president of the British Neuroscience Association, told me "that is a cool paper". She said it "addresses one of the fundamental gaps in Alzheimer's research... these are fascinating results and will be important for the field moving forward." However, she stressed that "many steps are needed" before knowing whether it could be harnessed as an effective treatment for Alzheimer's. Dr Susan Kohlhaas, from Alzheimer's Research UK, said the findings were "exciting" but still at an early stage. "This discovery is important because it points to new mechanisms of cell death in Alzheimer's disease that we didn't previously understand and could pave the way for new treatments to slow, or even stop disease progression in the future."

# Millions are dying from drug-resistant infections, global report says

**More than 1.2 million people died worldwide in 2019 from infections caused by bacteria resistant to antibiotics, according to the largest study of the issue to date.** This is more than the annual death toll from malaria or Aids. Poorer countries are worst affected but antimicrobial resistance threatens everyone's health, the report says. Urgent investment in new drugs and using current ones more wisely are recommended to protect against it. The overuse of antibiotics in recent years for trivial infections means they are becoming less effective against serious infections. People are dying from common, previously treatable infections because the bacteria that cause them have become resistant to treatment. UK health officials recently warned antimicrobial resistance (AMR) was a "hidden pandemic" that could emerge in the wake of Covid-19 unless antibiotics were prescribed responsibly. Particularly deadly The estimate of global deaths from AMR, published in the Lancet, is based on an

analysis of 204 countries by a team of international researchers, led by the University of Washington, US. They calculate up to five million people died in 2019 from illnesses in which AMR played a role - on top of the 1.2 million deaths it caused directly. In the same year, Aids (acquired immune deficiency syndrome) is thought to have caused 860,000 deaths and malaria 640,000. Most of the deaths from AMR were caused by lower respiratory infections, such as pneumonia, and bloodstream infections, which can lead to sepsis. MRSA (methicillin-resistant Staphylococcus aureus) was particularly deadly, while E. coli, and several other bacteria, were also linked to high levels of drug resistance. Using patient records from hospitals, studies and other data sources, the researchers say young children are at most risk, with about one in five deaths linked to AMR being among the under-fives. Deaths from AMR were estimated to be: ● highest in sub-Saharan Africa and South Asia, at 24 deaths in every 100,000 ● lowest in high-income countries, at 13

in every 100,000 Prof Chris Murray, from the Institute for Health Metrics and Evaluation at the University of Washington, said the new data revealed the true scale of antimicrobial resistance worldwide and was a clear signal immediate action was needed "if we want to stay ahead in the race against antimicrobial resistance. Other experts say better tracking of resistance levels in different countries and regions is essential. Dr Ramanan Laxminarayan, from the Centre for Disease Dynamics, Economics and Policy, in Washington DC, said global spending on addressing AMR needed to rise to levels seen for other diseases. "Spending needs to be directed to preventing infections in the first place, making sure existing antibiotics are used appropriately and judiciously, and to bringing new antibiotics to market," he said. Much of the world faced the challenge of poor access to affordable, effective antibiotics - and that needed to be taken seriously by political and health leaders everywhere, Dr Laxminarayan added.

# France sets out plan to ban disposable vapes

**France is set to ban disposable e-cigarettes - known locally as "puffs" - because of the danger they pose to the environment and public health.** Speaking recently on RTL radio, Prime Minister Elisabeth Borne said the measure was part of a new anti-smoking plan being drawn up by the government. It should be in force by the end of the year, campaigners said. Several other countries in Europe, including Germany, Belgium and Ireland, have announced similar bans. The UK is also said to be considering one.

Sold over the counter by tobacconists, disposable vapes in France cost around €9 (£7.70) - less than a packet of 20 cigarettes. They are supposed to offer around 600 puffs - the rough equivalent of 40 cigarettes. But France's National Academy of Medicine described them as a "particularly sly trap for children and adolescents". According to Elisabeth Borne, "they create a reflex, a gesture, which children get used to, and then end up being drawn to tobacco".

## CAUTIONARY NOTICE TRADE MARK (in the territory of SOMALILAND)

NOTICE IS HEREBY GIVEN that **Luckin Coffee Group Co., Ltd.** of 28th Floor, Building T3, Haixi Jingu Plaza, 1-3 Taipei Road, Siming District, Xiamen City, Fujian Province, **China** Is the owner and sole proprietor of the following trademark:



The above trademark is used in the international classes 30 and 43 in respect of the following products:

**Class 30:** coffee; coffee-based beverages; coffee beverages with milk; instant coffee; roasted coffee beans; cocoa; tea; iced tea; tea-based beverages; sugar; confectionery; bread; cereal-based snack food; biscuits; popcorn; pasta; essences for foodstuffs, except etheric essences and essential oils; fruit vinegar; seasonings; coffee flavourings.

**Class 43:** canteen services; bar services; coffee and catering services; café services; teahouse services; snack-bar services; take-away restaurant services; cafeteria services; accommodation bureau services [hotels, boarding houses]; providing of food and drink via a mobile truck; food sculpting; rental of transportable buildings; rental of tableware; rental of chairs, tables, table linen, glassware; rental of cooking apparatus; rental of drinking water dispensers; rental of robots for preparing beverages

**NOTICE IS ALSO GIVEN** that legal proceedings will be taken against any person or company who uses the said trademark any imitation thereof, or against anyone that violates this trademark ownership rights.

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**Inventa**  
**Email: info@inventa.com**

## CAUTIONARY NOTICE TRADE MARK – SOMALILAND

### CAMRY

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