# ERITREA PROFILE

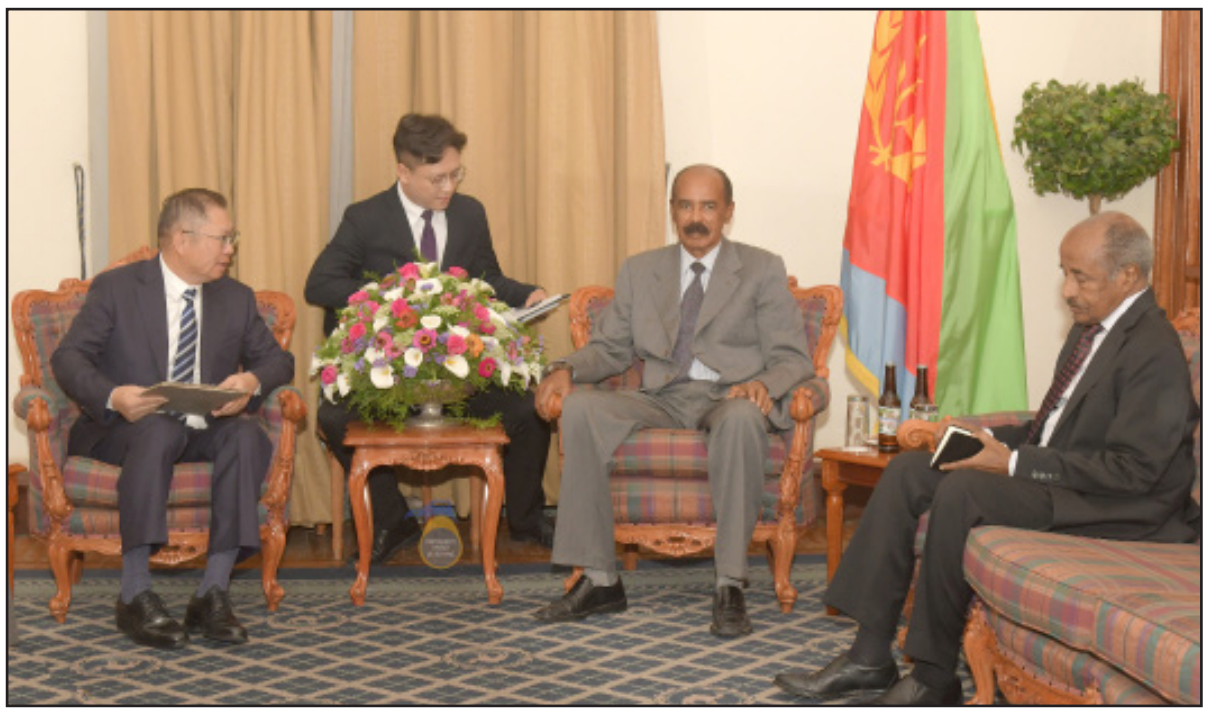
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## PRESIDENT ISAIAS AFWERKI MEETS CHINESE SPECIAL ENVOY

President Isaias Afwerki met Mr. Hu Changchun, China's Special Envoy for Horn of Africa Affairs, at the Denden Guest House in the early evening hours of November 5.

The extensive talks centered on bilateral ties and current developments in the region.

Mr. Hu Changchun reiterated the PRC's position on the imperative of respecting Eritrea's sovereignty and territorial integrity.



## CAPACITY-UPGRADING TRAINING FOR TEACHERS

The Culture and Education Office at the Eritrean Embassy in Sudan organized capacity-upgrading training for directors and teachers of the six Eritrean community schools in Port Sudan and its environs.

The training, provided by pedagogy experts from the Ministry of Education, covered classroom and school management, pedagogy, lesson planning, student performance evaluation, and other topics.

Noting that trained teachers nurture competent students, Mr. Bokretsion Habtemicael, head of Culture and Education Affairs at the Eritrean Embassy in Sudan, commended the interest demonstrated by the trainees during the training program.

The concluding event of the training program, held on 29 October, was attended by heads of Eritrean communities, parents' committees, heads of educational institutions, and dignitaries from Sudan's Red Sea Region.

## OVER 80 YOUTH GRADUATE FROM VOCATIONAL TRAINING IN ADI-TEKELEZAN

Over 80 young trainees who had been attending a three-month vocational training program comprising theoretical and practical courses in the Adi-Tekelezan sub-zone graduated on 31 October.

Mr. Neraeyo Rezene, Head of the National Union of Eritrean Youth and Students (NUEYS) in the sub-zone, said that the training covered water and electrical installation, computer technology, and hairdressing. He indicated that the objective of the training was to develop the capacities of young people.

Lieutenant Colonel Yemane Mebrahtu, Administrator of the Adi-Tekelezan sub-zone, commended the contribution being made by NUEYS in collaboration with its partners to equip young people with vocational skills and enable them to become more productive members of society. He also called on the trainees to put the skills they had acquired into practice and further upgrade their professional competence.

Ms. Shamla Gebrekidan, Head of the Projects Unit at the NUEYS branch in Anseba Region, said that over the past 10 years, in addition to organizing vocational training programs, the union had provided interest-free loan opportunities to encourage trainees and help them establish their own businesses. She also indicated that six women had been provided with beehives and the necessary equipment for beekeeping and called on the trainees to make effective use of the opportunities provided to them.

## DISCUSSION FORUM ON ENSURING QUALITY OF EDUCATION IN SOUTHERN RED SEA REGION





The Ministry of Education branch in the Southern Red Sea Region organized a discussion forum on 3 November in the port city of Assab under the theme "Excellence in Teaching and Administration for Quality Education."

At the forum, which was attended by heads of units, supervisors, heads of education offices in the sub-zones, and school directors, Mr. Feshaye Kidane, Head of the Ministry of Education branch in the region, said that teaching methods are among the major factors determining the quality of education and stressed the importance of conducting self-assessment.

Mr. Feshaye further indicated that students attending boarding and semi-boarding schools are expected to achieve better academic results than those attending other schools and emphasized the need to introduce administrative practices that take this expectation into consideration.

Noting that efforts are being made at various levels to upgrade the capacities of those engaged in teaching and school administration, Mr. Feshaye called on those concerned to make effective use of the opportunities provided and focus on developing their professional competence.

At the occasion, heads of education offices in the sub-zones and units presented views on existing working relations and coordination, as well as delays encountered at the beginning of the current academic year and measures taken to address them.

## MEETING ON STRENGTHENING ORGANIZATION OF WAR-DISABLED VETERANS IN MASSAWA

The National Association of Eritrean War-Disabled Veterans conducted a meeting on 1 November in Massawa sub-zone aimed at strengthening the organization of its members and improving their living conditions.

Mr. Mezekir Girmay, Acting Head of the Association's branch in the Northern Red Sea Region, said that the objective of the meeting was to assess the overall situation of war-disabled veterans and create a conducive environment for strengthening their organization at the administrative area level. He also indicated that strong organization plays an important role in alleviating socio-economic challenges.

Mr. Mezekir further noted that activities focusing on organizing members, covering medical expenses, providing loans and developing capacities have been carried out in Massawa sub-zone, yielding encouraging results. He also expressed appreciation to those who contributed to the implementation of the programs.

Mr. Rezene Feshaha, Director General of the Social Services Department in the Northern Red Sea Region, on his part, called on war-disabled veterans to strengthen their organizational capacity and cooperation with relevant institutions to create favorable conditions for improving their livelihoods and addressing their challenges.

The participants, on their part, called for reinforced efforts to implement programs aimed at improving the livelihoods of war-disabled veterans, giving due attention to challenges associated with age and climatic conditions, addressing shortcomings in the distribution of materials provided by supporting organizations, and resolving problems encountered in the provision of loans. They also presented various comments and recommendations.

The National Association of Eritrean War-Disabled Veterans has 439 members in Massawa sub-zone.





Development

# A Resourceful and Innovative Farmer: Mr. Abdella Mohammed Abni

*Born in 1964 in Agordat, Mr. Abdella Mohammed Abni grew up in the agricultural heartland of the region. Having spent his life as the son of a farming family, he has stayed deeply rooted in agriculture since early childhood. Today, Mr. Abdella is married and the proud father of seven children.*

*"My love for agriculture runs deep in my blood," says Mr. Abdella. "To me, farming is an inheritance. Just as previous generations cared deeply for crop cultivation and livestock raising, I have followed in my ancestors' footsteps to keep advancing our agricultural legacy."*

*Below is an interview conducted with him by Mr. Mebrahtom Gebrehiwot, Public Relations Division Focal for the Ministry of Agriculture in the Gash-Barka Region's Department of Agriculture and Land.*

***How did growing up in a farming environment help shape your life?***

First and foremost, it instilled in me a genuine passion for hard work and nurtured a lifelong devotion to agriculture. It established a strong foundation and gave me practical, hands-on experience early on.

When I came of age to stand on my own feet in 1984, I acquired a pair of oxen and dedicated myself fully to farming. Equipped with a complete set of plows and traditional tools, I developed efficient land preparation methods and soil fertility techniques. As a result, I managed to harvest crop yields previously unseen in our local area. I produced high-quality seeds, and I am proud to say that many local farmers came to acquire seed stock from me.

Later, in 2003, alongside rain-fed seasonal farming, I expanded into irrigated agriculture. Today, irrigated farming is my primary focus—a fulfilling journey that has spanned over 21 years.

***What are you currently cultivating on your farm?***

Initially, I planted over 3,000 banana trees, but they did not thrive as hoped. Shifting gears, I expanded into citrus and planted lemon trees, which



yielded an excellent harvest. I then broadened my focus toward horticulture, producing tomatoes, onions, hot peppers, eggplants, pumpkins, okra, and other vegetables.

Currently, my family and I are actively engaged in land preparation—clearing fields, plowing, and leveling the soil. Out of my 13-hectare farm, 3 hectares are dedicated to lemon orchards, while 10 hectares are under active vegetable cultivation.

Supported by irrigation, I also grow improved seed varieties and green animal forage provided by the Ministry of Agriculture. I have harvested excellent yields from improved maize seed, while the green forage has proven remarkably effective for livestock breeding and fattening.

***What specific agricultural techniques do you use on your farm?***

Land preparation and soil enrichment take top priority. After tilling my fields with a tractor, I refine the soil further using traditional plows to ensure it is thoroughly conditioned, keeping well-prepared oxen ready to plow whenever needed. I rely on pen manure and compost, and strictly observe optimal planting and sowing schedules.

I also place heavy emphasis on crop management—clearing fields, weeding, and protecting crops from pests and diseases. Furthermore, I implement efficient water management and irrigation techniques. In every aspect of my work, I strive to maintain a precise, clean, and systematic operation.

***How is your collaboration with local agricultural extension agents?***

The Ministry of Agriculture operates under the vision of "Safe and Nutritious Food for Everyone, Everywhere!" Believing that food safety requires meticulous care from field to table, we take extensive precautions to ensure our development efforts are grounded in sound agricultural science.

Extension agents and professionals are constantly by our side. Alongside my practical experience, I have learned a great deal through ongoing training workshops, continuously building my capacity and technical skills. Knowledge sharing among fellow farmers also plays a vital supporting role in our success.

***We learned that you possess a unique talent for fabricating farm tools and equipment. Could you tell us about that?***

I entered agriculture out of genuine passion, guided by the belief that desire is the foundation of everything. That ambition drove me to cultivate resourcefulness throughout my career.

Using local scrap metal, I designed and fabricated four distinct implements and one machine. To date, I have built iron plowing attachments, a trenching tool, a soil leveler, and a specialized weeding tool. These innovations have significantly reduced labor costs, physical strain, and operational time.

Additionally, I manufactured a specialized manure-grinding machine. I developed it by visiting local garages and metal workshops, directing the technicians on what to fabricate and weld. I invested over 30,000 Nakfa in its development, and I would like to take this opportunity to thank everyone who assisted me along the way.

***What are the key benefits of your manure-grinding machine?***

This machine has proven incredibly useful for preparing organic fertilizer. Dried livestock manure does not dissolve easily in water, and when buried directly in the soil, it takes a long time to decompose. Grinding it down was the ideal solution—this machine can grind a 50 kg sack of dried manure in just two minutes.

Powered by a single water pump motor that performs two tasks simultaneously, it pumps irrigation water while grinding dung at the same time. I distribute this finely ground manure across the field directly through the irrigation system. Once it settles, I till and blend it directly into the soil.

Using ground manure has led to significantly higher crop yields and extended the post-harvest shelf life of crops like pumpkins. Specifically:

- Tomato yields increased from 250 to 275 quintals per hectare.
- Onion yields increased from 200 to 220 quintals per hectare.
- Pumpkin yields increased from 230 to 245 quintals per hectare.
- Okra production saw a 20% total yield increase.

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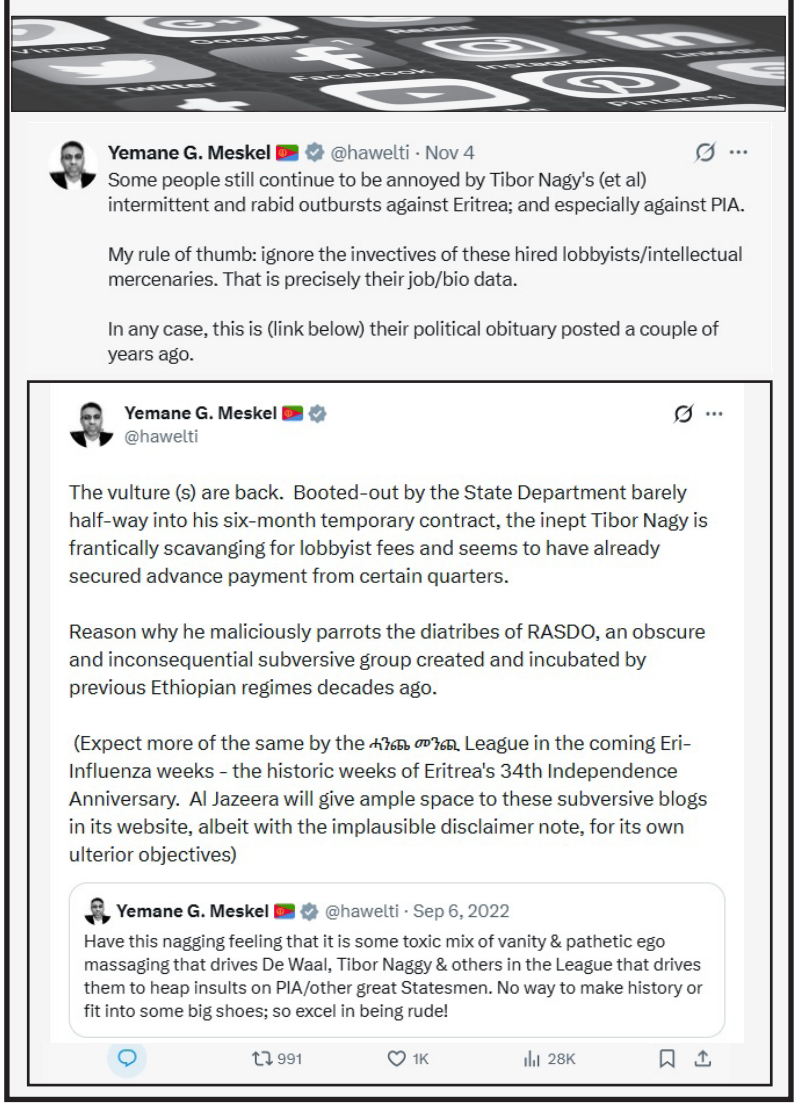
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## From Social Media



SpotLight

# Development Rooted in Independence, Self-Reliance, Social Justice, and Collective Responsibility

*Bana Negusse*

For decades, Eritrea has been the subject of persistent misunderstanding and misrepresentation. While some of this stems from genuine misconceptions and a limited understanding of the country's historical and political context, other narratives have been shaped by deliberate efforts to undermine Eritrea's image within broader geopolitical and politicized campaigns. Over this time period, among the most misunderstood aspects of Eritrea's national experience has been its vision of development – a distinct approach rooted in the country's history, sovereignty, and aspirations for self-reliance. Understanding this vision requires moving beyond prevailing narratives to examine the principles, priorities, and long-term objectives that guide the country's development trajectory.

To begin, Eritrea's development vision has deep roots in the country's modern history. A useful place to start is the decades-long armed liberation struggle. While the immediate objective was national independence, the struggle was also waged in pursuit of social justice, gender equality, poverty eradication, human rights, and shared prosperity. These aspirations did not emerge in response to external agendas; they were integral to the nation's identity and struggle from the outset.

The country's development vision and approach also has been clearly articulated in official documents and declarations. A central example is the National Charter, adopted in February 1994 in the historic town of Nakfa, which continues to serve as a guiding vision for the country. The Charter outlines Eritrea's aspirations to build a prosperous, unified, and just nation in which all citizens, irrespective of background, can fulfill their potential in a peaceful, healthy, and sustainable environment.

Importantly, these aspirations have not remained abstract. Eritrea has consistently sought to translate them into tangible outcomes, particularly through its unwavering commitment to social justice and equity. The country has worked to ensure that historically vulnerable and marginalized groups have equal opportunities to thrive and participate in national development. This commitment is reflected in the provision of free healthcare and education at all levels, alongside a range of social protection measures designed to safeguard disadvantaged citizens and promote a more equitable society.

Notably, Eritrea has pursued these policies despite its status as a young, developing country – a reality that makes such universal commitments particularly ambitious. In doing so, it distinguishes itself not only from many developing countries where comparable services remain inaccessible to significant segments of the population, but also from wealthier, developed states that struggle to guarantee equitable access to essential services. This reflects a deliberate choice to place inclusivity, fairness, and human dignity at the center of national development, even amid considerable resource constraints.



One of the most frequently misunderstood aspects of Eritrea's development model is its emphasis on self-reliance and its approach to foreign assistance. While some critics characterize this stance as "isolationist" or "autarkic," such labels overlook its underlying rationale. To be certain, Eritrea does not reject international partnerships. Rather, it insists that they be genuine, equitable, and complementary to national priorities. External assistance is welcomed when it addresses specific, locally identified needs, helps bridge temporary resource gaps, and strengthens national institutions. It is resisted when it comes with onerous conditionalities or risks fostering structural dependency.

One practical illustration of this approach is Eritrea's cooperation with the United Nations system. The UN Sustainable Development Cooperation Framework for 2022–2026 was jointly developed with the Eritrean government and aligned with national development priorities, including health, education, water and sanitation, food security, and institutional capacity-building. Eritrea has also engaged with regional and bilateral partners, as well as institutions such as the African Development Bank, on initiatives spanning renewable energy, infrastructure, agriculture, and skills development. These partnerships reflect a broader commitment to international cooperation that advances peace, strengthens institutional and productive capacities, and promotes sustainable development. They also underscore Eritrea's conviction that effective partnerships must be grounded in mutual respect, shared interests, and alignment with locally defined priorities.

From Eritrea's perspective, the foundation of development partnerships should also increasingly shift toward investment and trade, rather than debilitating and perpetual aid that becomes an indefinite fixture in recipient countries' annual budgetary calculations. Eritrea's strategic location, natural endowments, and comparative advantages – including its blue economy, tourism, and latent manufacturing potential – underscore the importance of anchoring its development strategy in robust investment and trade policies, within a broad framework of self-reliance.

Unfortunately, Eritrea's approach has sometimes placed it at odds with development partners accustomed to exercising disproportionate influence over funding flows and development strategies. The country also regards the term "donors" as problematic, given the hierarchical relationship it can imply. Yet this stance should not be mistaken for withdrawal from the international community. Instead, it reflects a well-principled determination to safeguard sovereignty, preserve national agency, and ensure that Eritrean citizens remain the primary architects of their country's development.

Today, as the international community increasingly scales back development assistance in many parts of the world, Eritrea's approach appears not only principled but also prescient. Countries that have become heavily dependent on external aid face significant challenges as support diminishes, with potentially severe consequences for essential services and long-term development objectives. By contrast, Eritrea's emphasis on building domestic capacity, minimizing reliance on external handouts, and prioritizing self-reliance, investment, and trade has helped reduce its vulnerability to such global shifts.

Rather than relying exclusively on external resources, Eritrea continues to pursue development through domestic capacities, institutional resilience, social solidarity, and the mobilization of investment. This approach underscores the potential durability of a development strategy grounded in national ownership and the strengthening of internal capabilities.

Crucially, complementing this emphasis on resilience is Eritrea's strong tradition of solidarity, generosity, mutual support, and community. These values are reinforced by both tradition and faith, particularly Christianity and Islam. Christianity emphasizes charitable giving, while Islam enshrines Zakat, or almsgiving, as one of its five pillars. Across the country's diverse ethnolinguistic communities, collective responsibility is likewise deeply valued.

From an early age, Eritreans are taught that although communities are composed of individuals, individual well-being and flourishing depend in significant measure on the strength of the collective. This principle is evident in rural villages and urban neighborhoods, where people routinely come together to cultivate fields, plant crops, build homes, and undertake community projects. Several years ago, during the COVID-19 pandemic, this spirit of solidarity played an important role in mobilizing resources, sharing burdens, and helping communities navigate hardship.

Underlying these traditions is a profound sense of duty and mutual obligation. In many respects, this can be understood as a social contract within an all-stakeholder society. Supporting those in need is widely regarded not merely as an act of kindness but as a moral responsibility. Nowhere is this more evident than in the enduring support extended to war veterans, the families of martyrs, and the contributions of the Eritrean diaspora. The immense sacrifices made for independence and sovereignty have fostered a collective responsibility to honor those who gave their lives or livelihoods and to preserve their legacy through continued acts of generosity and solidarity.

Overall, Eritrea's development story has too often been misunderstood, reduced to external frameworks, or mischaracterized through superficial labels. The reality is that the country's policies and aspirations reflect a deep, historically grounded vision rooted in independence, self-reliance, social justice, and collective responsibility. Far from being isolationist or merely reactive, Eritrea's approach represents an effort to pursue sustainable development on its own terms – one that is indigenous, resilient, and deeply connected to the lived experiences of its people.

SpotLight

# Political Consciousness in the Age of Information Warfare

*Kidanemariam Feday*

Political consciousness is often discussed as a matter of speeches, seminars and public mobilization. Yet the more important question is institutional: how can a country develop organizations that steadily build public knowledge, cultivate responsible leadership and turn collective experience into lasting benefit? For Eritrea, the answer begins with its own history, combined with a renewed commitment to learning, listening and practical action.

During the liberation struggle, the Eritrean People's Liberation Front (EPLF) treated political education as an essential responsibility, even under exceptionally difficult conditions. Classes continued between battles. Fighters studied Eritrean history, nationhood, political economy and international developments, sometimes comparing liberation struggle experiences in other parts of the world. Issues were explained in accessible language and discussed collectively. Education helped participants connect their sacrifices to a wider understanding of their country's future. It was a sustained effort, not an occasional lecture.

Publications such as Mahta (**ማሕታ**) and Merih (**መሪሕ**), along with an educational material on health, Chura Tiena (**ጩራ ጥዕና**), and a magazine on military matters, Teatek (**ተዓጠቐ**), reinforced that learning. Cadre schools prepared individuals who returned to their units to teach their comrades; knowledge was not confined to a small circle but passed on to all members of the front. Political education has continued in different forms after independence. The enduring lesson is to recognize the value of trained educators, purposeful materials, continuity and institutions that take learning seriously.

Patriotism and valuing country above all remain a powerful civic value when translated into service, integrity, solidarity and responsibility. The willingness to identify problems, develop critical thinking capacity, ask difficult questions and offer constructive solutions can strengthen national unity. Political consciousness should cultivate judgment, not merely familiarity with approved answers.

Today, the challenges have changed. We are living in a world where regional tensions, competing political narratives and rapidly evolving communication technologies create an environment in which rumors, misleading headlines, recycled footage and AI - Artificial Intelligence- generated images or voices can influence public opinion. An alarming video may appear convincing while showing an event that never occurred. Some falsehoods are deliberate; others arise from error or carelessness while sharing. Citizens therefore need to cultivate the habit of asking who made a claim, when some news originated, what evidence supports it and whether independent sources confirm it.

National media have a central responsibility in this effort. Eri-TV, radio, newspapers, satellite television programs and emerging digital outlets should do more. They can explain developments in clear language, examine difficult economic and social questions, host informed discussions and help audiences understand regional and global events. Regular fact-checking segments, media-literacy programs and accessible explanations of manipulated images and videos would serve the public. Their credibility depends on accuracy, timely reporting, transparency and willingness to correct mistakes. Bloggers, online journalists, activists and other social media contributors can play a constructive role by investigating suspicious claims, identifying deceptive edits and exposing demonstrably false or defamatory material through verifiable evidence. The most effective response to information warfare is a population able to distinguish fact from opinion and persuasion from proof, including when a claim comes from a familiar or trusted source.

This responsibility extends to schools, colleges, libraries and families. Young people need opportunities to study history, citizenship and current affairs while practicing debate, research and source verification. Parents and teachers can encourage curiosity rather than treating every question as a challenge to authority. Printed books, community libraries, radio and offline learning materials remain particularly important. Political understanding must not become a privilege reserved for university graduates or urban residents.

National organizations have an opportunity to turn these principles into continuing programs. The National Union of Eritrean Youth and Students (NUEYS), National Union of Eritrean Women (NUEW), National Confederation of Eritrean Workers (NCEW), Eritrean National War Disabled Veterans Association (ENWDVA) and related organizations reach different sections of society. Their effectiveness should be assessed not by the number of seminars held or attendance figures alone, but by what members learn, how actively they participate and whether useful initiatives emerge.

A practical methodology begins with listening. Each organization should regularly consult members through small discussions, simple surveys and visits to local branches. What issues are poorly understood? Which subjects interest members? What obstacles prevent participation? The answers should guide realistic annual learning plans with clear objectives. Qualified facilitators can then prepare short reading materials, moderated discussions, workshops and practical assignments. Instead of relying on one-way lectures, organizations should encourage questions, comparison of evidence and respectful disagreements.

NUEYS could establish youth reading circles, research groups and media-literacy clubs that examine national history, science, economics and international affairs. Young participants could practice checking the authenticity of a widely shared image, interpreting a news report or developing solutions to a local problem.

NUEW could connect civic learning with women's rights, economic literacy, health information, leadership and community development. Rural women and those with limited formal schooling should help shape programs and share practical knowledge, rather than be treated only as audiences.

NCEW could promote informed discussion of workers' rights and responsibilities, productivity, changing technologies, economic conditions and constructive workplace problem-solving. ENWDVA could combine veterans' historical experience with accessible lifelong learning, mentoring, disability rights and community initiatives. The practical circumstances of each membership differ; so must the methods, schedules and materials. Yet all four organizations can share trained educators, educational resources and opportunities to exchange lessons.

Professional organization requires more than goodwill. A six-month pilot in selected branches could begin with a simple assessment of participants' knowledge, followed by regular learning sessions and small community projects. Members should be invited to propose topics and evaluate activities. At the end, organizers should examine what was understood, which ideas were put into practice and what needs improvement. Successful approaches could then be adapted more widely. Continuous feedback, transparent reporting and trained staff would make education an institutional habit rather than a campaign that fades after a conference.

For such programs to survive changes in leadership, organizations need modest but dependable budgets, qualified education coordinators and shared libraries of trustworthy materials. Branches should document questions raised by members and provide clear answers or explain why an issue remains unresolved. Cooperation among unions, schools, libraries and the media can avoid repeated efforts and widen access to reliable information. Leadership should welcome constructive assessment from members and independent specialists rather than treating criticism as an inconvenience. Consistent follow-up shows that participation matters, builds trust and gives younger members a reason to remain involved in the life of their organizations.

One underused resource is the knowledge of Eritrean professionals at home and abroad. National organizations could develop voluntary databases recording expertise, languages, availability and preferred forms of contribution, with consent and protection of personal information. The purpose would be to connect skills to real educational and development needs, not merely accumulate names. Experienced teachers, farmers, technicians and community organizers should be valued alongside academics and specialists; practical wisdom is also expertise.

Professional and intellectual associations in North America, Europe, Scandinavia and elsewhere could support this work through mentoring, curriculum preparation, research cooperation, translation, remote workshops and technical advice. Their most lasting contribution may be helping institutions learn how to train facilitators, document experience, evaluate programs and prepare successors. Such partnerships need clearly assigned responsibilities, communication, local ownership and measurable results. Occasional fundraising or a visiting lecture has value, but durable cooperation builds capacity that remains after the visitor leaves.

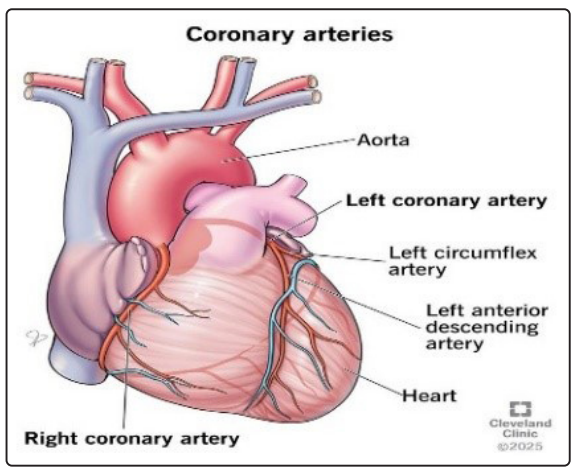
Institutions alone, however, cannot create politically conscious citizens. Individual effort matters. Reading enlightening books, regularly following credible news from different sources, discussing issues in small groups and revising opinions when evidence changes are habits anyone can cultivate. Academic qualifications do not automatically produce political understanding; nor does limited schooling prevent thoughtful judgment. The essential qualities are curiosity, humility, respect for evidence and readiness to learn throughout life.

Ultimately, strengthening political consciousness means strengthening the relationship between informed citizens and responsive institutions. Leaders must be willing to hear concerns, explain decisions and judge programs for the public's benefit. When people can question intelligently, recognize manipulation and give constructive ideas, patriotism becomes practical and political consciousness serves peace, national resilience and long-term development.

# OPINION

# Coronary Artery Calcium (CAC) Score can Help Estimate a Person's Risk of Future Cardiovascular Disease – Heart attack or Stroke

Even though the heart pumps blood to the rest of the body, it needs its own blood supply to function properly. It is a pump and the coronary arteries, blood vessels




that supply oxygen-rich blood to the heart muscle (myocardium), are the "fuel lines" that keep the pump working. If one of the fuel lines gets blocked or a coronary artery becomes narrowed or blocked by calcium and fatty deposits, part of the heart muscle can be damaged because it doesn't get enough oxygen and nutrients. This condition is called Coronary artery disease and a complete blockage can cause a heart attack.

**Coronary Artery Calcification**

Calcium from the bloodstream combines with phosphate and is deposited within the coronary arteries to form a plaque, and this is called calcification. The calcium comes from the normal calcium circulating in our blood, not from excess calcium that we eat. Blood calcium levels are tightly regulated by hormones, and our body draws calcium from our diet and bones as needed to keep those levels stable. Calcium buildup in the arteries, called coronary artery calcification, is a result of the body's response to injury in the artery wall. It is not simply calcium from your diet getting "stuck" in the arteries. The process of calcification takes place as follows:

**a) Damage to the artery wall**

Over many years, the inner lining of an artery can be damaged by factors such as: High LDL (low density lipoprotein), "bad" cholesterol, high blood pressure, smoking, diabetes, chronic inflammation, and aging.

**b) Formation of a plaque**

Cholesterol, fat, calcium, and other materials accumulate on the artery wall. LDL cholesterol enters the damaged area and becomes trapped. Immune cells called macrophages move in to clean it up, but they can become filled with cholesterol, forming "foam cells". Over time, this creates a fatty plaque inside the arteries and narrows them, creating less space for blood to flow. As a result, the heart gets less oxygen causing chest pain, and this condition is called Angina pectoris.

**c) A plaque can rupture**

If the plaque breaks open, the body forms a blood clot over it, with the aim of repairing it, and completely blocks the artery. The clot stops blood flow entirely, part of the heart muscle begins to die, and this causes a myocardial infraction (heart attack).

The common symptoms of a heart attack are chest pain, pressure, tightness, or heaviness; pain that spreads to the left arm, shoulder, neck, jaw, or back; shortness of breath; cold sweat; nausea or vomiting; and light headedness or fainting. The risk factors for heart attack, among others, are smoking, high blood pressure, high cholesterol, diabetes, obesity, lack of physical activity, family history of heart disease, and old age.

**Coronary Artery Calcium Score**

A coronary artery calcium (CAC) score is a measure of the amount of calcium (calcified plaque) in the walls of the coronary arteries, obtained from a specialized, noninvasive CT (Computed Tomography) scan of the heart. Calcium in these arteries is a marker of atherosclerosis (plaque buildup), which increases the risk of heart attack and other cardiovascular events. The test, which does not require injections or contrast dye, exposes the examinee to a relatively low dose of radiation, and it takes only about 10–15 minutes. The test produces a score called the Agatston score, named after its developer Arthur Agatston.

**A high coronary calcium score may indicate:**

**a) Cardiac risk factor:** a high coronary calcium score may be associated with other cardiac risk factors, such as high blood pressure, diabetes, and high cholesterol.

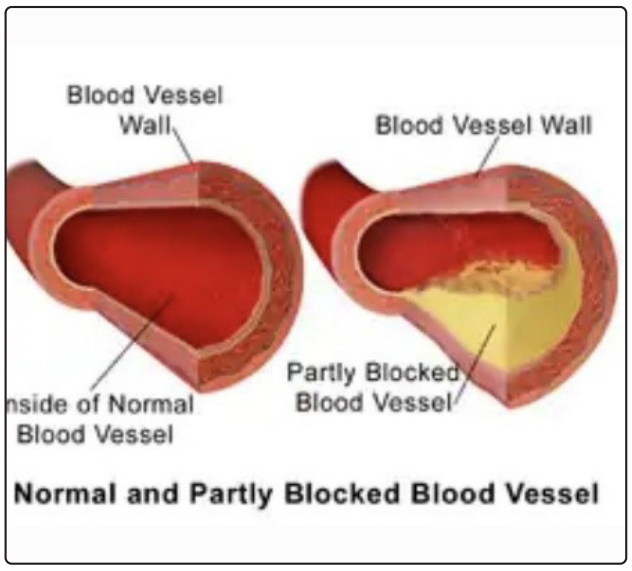
**b) Atherosclerosis:** the presence of calcium deposits in the coronary arteries may indicate atherosclerosis, a condition where the arteries become narrowed and hardened due to plaque buildup, which may lead to severe heart diseases.

**c) Increased risk of cardiac events:** higher scores may suggest a higher risk of heart disease and cardiac events, including heart attacks, strokes, and cardiac arrhythmias (abnormal heart rhythms).

**How can the CAC Score help?**

A CAC score can help estimate future risk of heart disease even if a person feels well and has no symptoms. It can help us and our healthcare providers decide whether to start or continue a statin, a medication that lowers cholesterol. It can also help us to be more aggressive about controlling our blood pressure or diabetes. Moreover, it helps people make lifestyle changes, such as improving diet, increasing exercise, or quitting smoking and avoiding medication in some people if the CAC score is 0 and their overall risk is otherwise low.

Myocardial infraction (MI), commonly called a heart attack, occurs when blood flow to part of the heart muscle is blocked for too long. Without enough oxygen, that part of the heart muscle begins to die. The most common cause is a blockage in one of the coronary arteries due to a blood clot that forms on a ruptured fatty plaque (atherosclerosis). A heart attack is an emergency that requires immediate medical treatment. Restoring blood flow quickly can save heart muscle and reduce the risk of complications or death. A stroke, on the other hand, is a medical emergency that occurs when the blood supply to the brain is interrupted or reduced, depriving the brain of oxygen and nutrients. This can cause damage to the brain tissue, leading to a range of symptoms and disabilities.




In general, however, a CAC score doesn't prevent heart disease by itself, but it helps identify whether hidden plaque is present so that you and your healthcare provider can make more informed decisions about reducing your risk of a future heart attack or stroke.

**Who may benefit from a CAC scan?**

The CAC test is most useful for people who are 40–75 years old; people who do not have known heart disease; those that have an intermediate (or sometimes borderline) risk of cardiovascular disease based on factors like age, cholesterol, blood pressure, diabetes, and smoking; and those who are uncertain whether they should start a cholesterol-lowering medication such as a statin.

If you have a first-degree relative (parent or sibling) who developed heart disease at a younger age, your lifetime cardiovascular risk increases even if your other risk factors are well controlled. Thus, you need to take proper care and attention of your case in consultation with your physician.

In general, we can reduce the risk of cardiovascular diseases by maintaining a healthy weight; exercising regularly; managing our blood pressure; quitting smoking; eating a healthy and balanced diet rich in fruits, vegetables, and omega-3 fatty acids; getting sufficient sleep; monitoring and managing our cholesterol levels; and keeping our teeth and gums healthy.

***Tadesse Mehari***
***(Professor)***
***(Source: AI–ChatGPT, Claude, PocketPal)***

**The Coronary Artery Calcium Score and its interpretation**

| | |
|---|---|
| 0 | No detectable calcium. This suggests a very low risk of a heart attack the next several years though it doesn't completely rule out plaque. S therapy (cholesterol medication) can be delayed safely. |
| 1–99 | Small amount of calcium buildup. There is evidence of coronary a disease, but it is usually mild, and statin therapy can be started: age ≥ |
| 100–299 | Moderate calcium buildup. This indicates a higher risk of future h disease, and statin therapy is highly recommended along with aggres management of other cardiovascular risk factors. |
| ≥300 | Extensive calcium buildup. This is associated with a significantly incre risk of heart attack and other cardiovascular events and, thus, close regular monitoring is recommended. |

## A Resourceful and Innovative Farmer . . .

*Continued from page 2*

I personally visited the Agordat Sub-Zone Agricultural Office to share these positive results with our local officers.

***How do you view agriculture's role in improving community livelihoods?***

Engaging in agriculture has been deeply rewarding. Through the income generated from our crops and livestock, our family lives comfortably. Agriculture has the capacity to sustain everyone—it allows you to provide for your immediate family, support relatives, and extend a hand to neighbors in need.

We also generate local employment. Dried manure that used to sit abandoned across the plains is now purchased by the sack from local residents to feed our grinding machine, creating an extra source of income for community members. Above all, knowing that our produce contributes directly to local food security brings us immense personal satisfaction.

ADS

*ASMARA MINING SHARE COMPANY*
*Abo Street, No. 178, House No. 16*
*Gejeret, P.O. Box 10688*
*Tel. ++291-1-153986*
*Asmara, Eritrea*

# VACANCY ANNOUNCEMENT

**Asmara Mining Share Company is inviting applicants for the following position.**

**Senior Supply Chain Supervisor**
**Number required – (01)**
**Type of contract – Indefinite**

## Major Duties and responsibilities

- The Senior Supply Chain Supervisor is Responsible with all the functions within the Supply Department including Purchasing, Contracts, Logistics, Expediting.
-

TASK DESCRIPTION EXPANDED TO CORE PERFORMANCE AREA

- Responsible with all functions within the Supply Chain including Purchasing, Contracts, Logistics, Expediting.
- Daily manage the workflow through each section; from the End-users, Procurement, Expediting and Logistics AND liaising and coordinating with Warehouse to confirm receipt of materials.
- Manage all aspects of logistics to determine the most cost-effective or efficient means of transporting products or Supplies considering delivery times, routing, shipping modes, transport costs, safety, and efficiency
- Resolve problems concerning transportation, logistics systems, imports, or exports.
- Resolve any issues or discrepancies in the supply chain process.
- Negotiate contracts and agreements with suppliers and service providers
- Ensure accurate record-keeping of all supply chain activities.
- Review supplier performance against delivery expectations and quality, Support and implement new product sourcing.
- Ensure compliance with industry regulations and company policies.
- Ensure the business gets the best terms possible from vendors and service providers
- Manage internal resources and third parties/vendors for the flawless execution of tasks, ensuring timely and accurate delivery within budget.
- Monitor import and export processes to ensure compliance with regulatory and legal requirements.
- Establish effective methods of managing the Expediting of highly critical and shut down items to ensure that supply chain related risks are minimized
- Manage Service Level Agreements for Major Site End Users to ensure required service levels are maintained or exceeded.
- Ensure good safety practices in all workstations.

## Profile: Qualifications and Experience

| | |
|---|---|
| Formal Education, Certifications or Equivalents | • Bachelor's degree in business or supply chain & Logistics |
| Working Experience – Nature & Length | • 5 years in Supply Chain and Logistics |
| Technical Skills | • Minimum 5 years as a Senior or Supervisor or higher.<br>• General understanding of mining and processes to offer effective supply management<br>• Other skills and abilities - Behavioral Skills<br>•<br>• Communication (English & local language)<br>• Analytical and problem shooting mindset.<br>• Results oriented<br>• Ability to work toward strict deadlines<br>• Assertiveness<br>• Strong Interpersonal skills<br>• Discretion<br>• Integrity<br>• Self-discipline<br>• Ability to work in multi-disciplinary environment |
| Behavioral Skills | • Strong leadership and mentoring skills<br>• Excellent communication and presentation skills<br>• Practical problem-solving ability<br>• Patience and cultural sensitivity<br>• Strong analytical and problem-solving skills.<br>• Excellent organizational and time-management skills.<br>• Ability to work independently and as part of a team. |

**General Information and other requirements:**

- **Place of Work**: AMSC Sites
- **Type of contract:** Indefinite Period
- **Salary:** As per the Company salary scale

**Additional requirements for Nationals:**

- Having fulfilled his/her National Service obligation and provide evidence of release paper from the Ministry of Defense.
- Present clearance paper from current/last employer.
- Testimonial documents to be attached (CV, work experience credentials, a copy of your National Identity Card, etc.).
- Only shortlisted applicants would be considered as potential candidates for an interview.
- Application documents will not be returned to the sender.
- All applications should be sent through the post office.
- Deadline for application: 7 days from the day of publication in the Newspaper.

- **Address: Please mail your applications to:**
  **Asmara Mining Share Company,**
  **P. O. Box 10688 Asmara, Eritrea**
- **Applicants shall be required to send a copy to:**
  **Mineral Resources Management**
  **P.O. Box – 272**
  **Asmara**
- **Note to Eritrean applicants:**
  **Please send a copy of your application to**
  **Aliens Employment Permit Affairs,**
  **P. O. Box 7940 Asmara, Eritrea**

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Asmara, Eritrea

# VACANCY ANNOUNCEMENT

**Asmara Mining Share Company is inviting applicants for the following position.**

**Senior Process Training Officer**
**Number required – (01)**
**Type of contract – definite (2 years)**

## Major Duties and responsibilities

- To coordinate process operations and plant specific training programs and activities at Asmara Mining Share Company.
- Establish a solid team, develop training plans for team members and coordinate the development of their skills. Provide a competency-based process training and assessment system in the areas of process plant.

TASK DESCRIPTION EXPANDED TO CORE PERFORMANCE AREA

Health and Safety Management

- Communicate all Health and Safety procedures and protocols to Process department.
- Accept personal responsibility for the health and safety of every employee under or assigned to his/her supervision.
- Abide by and support others in adhering to safe and efficient practices to prevent damage to equipment, structures and injury.

Training Planning and Analysis

- Contribute to the provision of an appropriately trained and skillful workforce for process operations.
- Develop annual training session plans, as well as associated schedules, in consultation with the process management team to make provision for ongoing and expected training.
- Liaise with process management to conduct training needs analysis investigations to create development plans for all process staff in their current roles.

Training Module Development

- Research, plan, and develop training modules to meet training needs, as per the competencies required; schedule and socialize training sessions.
- Contribute to the conceptualization, development and update of process learning solutions.
- Secure external vendor training, if required.
- Supervise, coach and develop the activities of all process trainees.

Training Execution

- Coordinate and provide cost effective competency-based training and assessment programs to employees to develop required skills and values.
- Conduct both technical and competency-based training for Process Department to enhance operators' skills to meet equipment availability.
- Support Process Department in the process of recruiting workforce to be appointed into Process Operations roles.
- Coordinate both classroom and on-the-job practical scheduling and arrangement of Process Operations training for both employees and contractors in alignment with approved training session plans.

Training Evaluation and Maintenance

- Confirm that all training and assessment procedures are followed and all competencies; standards and/or regulations met before signing for the issue of certificate and permit.
- Evaluate trainees performance and develop Process Operations trainees to impart the required technical skills and knowledge, in accordance with prescribed curriculum, programs and standards.
- Oversee all training document controls by forwarding updated and changed content for review and approval.
- Support the development of a continuous improvement culture to ensure training and development remains a top priority for improving operations work quality.
- Record training data and oversee the effective storage of such records via electronic and hard copy means.

## Profile: Qualifications and Experience

| | |
|---|---|
| Formal Education, Certifications or Equivalents | • Bachelors' Degree in Metallurgy, Mineral Processing, Chemical Engineering or related fields.<br>• Workplace Trainer and Assessor IV |
| Working Experience – Nature & Length | • Minimum of 6 years' generalized experience in Process Plant Operations, with previous facilitation experience, of which 2 – 3 years should be in a supervisory and/or coordinating capacity.<br>Previous training experience in the mining industry is essential. |
| Technical Skills | • Leadership skill in multi-disciplinary environment.<br>• Advanced mine equipment simulator skills.<br>• Strong training needs analysis skills.<br>• Strong analytical and problem-solving skills.<br>• Strong communication (written and verbal) and interpersonal skills.<br>• Advanced computer application skills<br>• Strong facilitation skills.<br>• Strong stakeholder engagement skills.<br>• Strong coaching and mentoring skills.<br>• Ability to manage multiple tasks, data and crews.<br>• Plan, organize and execution skills<br>• Valid Driver's License |
| Behavioral Skills | • Approachable \| Assertive \| Continuous Learning \| Dedicated \| Goal Oriented \| Influential \| Initiative \| Leadership \| Pro-Active \| Reliable \| Results Driven \| Safety Conscious \| Technically Inclined \| Organized |

## General Information and other requirements:

- **Place of Work**: AMSC Sites
- **Type of contract:** definite Period (2 years)
- **Salary:** As per the Company salary scale

## Additional requirements for Nationals:

- Having fulfilled his/her National Service obligation and provide evidence of release paper from the Ministry of Defense.
- Present clearance paper from current/last employer.
- Testimonial documents to be attached (CV, work experience credentials, a copy of your National Identity Card, etc.).
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Q and A

# "My Personal Success Is My Country's Success": An Interview with Yafiet Fitsum

By: Kidane Shimendi

***Eritrean youth living in the diaspora continue to acquire valuable skills and knowledge to contribute to national development programs. Yafiet Fitsum, a young Eritrean from the Netherlands, is among those who recently chose to celebrate his academic graduation in his homeland, Eritrea, with a firm vision to take part in nation-building efforts. Eritrea Profile invited him to share his upbringing, educational journey, strong attachment to his homeland, and aspirations to apply his expertise for Eritrea's progress.***

***Please introduce yourself to our readers.***

I was born in Khartoum, Sudan, in 2002, and moved to the Netherlands when I was just ten months old. I grew up in a patriotic family that strongly upholds Eritrean traditions, values, and cultural identity. These principles played a pivotal role in shaping my upbringing and personal development.

Regarding my education, I hold a Bachelor's degree in Industrial Engineering and Management and recently completed a Master's degree in Sustainability.

My undergraduate studies in Industrial Engineering and Management took four years. What drew me to this field was its blend of technical knowledge and business administration. It focuses on understanding business processes, improving efficiency, and optimizing operations.




*Yafiet & His Family in Asmara*

During my final year of undergraduate studies, I completed an internship at SPIE, where I worked on a sustainability-focused project. I found the experience particularly eye-opening because sustainability is not simply about improving commercial performance; it is equally about delivering positive social and environmental impacts.

This experience inspired me to pursue higher studies in the field. I subsequently secured a scholarship at the University of Twente in the Netherlands, where I completed a two-year Master of Science program in Sustainable Business and Innovation.

During my Master's studies, I completed internships at the European Commission in Brussels and at another institution in The Hague. My work focused on food systems and exploring ways to render European food systems more sustainable. I thoroughly enjoyed this experience as it bridged the gap between scientific research and policymaking.

Having completed my studies, I am now looking forward to the next chapter of my professional journey and putting my knowledge into practice.

***Your command of Tigrinya is impressive. How have you managed to maintain such fluency while growing up in the Netherlands?***

As I mentioned, my parents are the foundation of many of my achievements. They raised us immersed in Eritrea's rich traditions, norms, and values—instilling in us our country's history, cultural diversity, traditional cuisine, clothing, and, of course, our mother tongue.

Since my parents belong to the Tigrinya-speaking community, they ensured that we spoke Tigrinya at home. In fact, speaking foreign languages at home was strictly discouraged; everyone was expected to communicate in Tigrinya. As a result, my sister and I developed a strong command of the language.

Whenever I visit Eritrea and interact with relatives, friends, and locals, they are often surprised by my fluency in the language and my familiarity with our history and culture. Moments like those make me feel deeply connected to my homeland and immensely proud of my parents and heritage.

Tell us about your passion for sports, particularly track athletics.

I have always loved sports—it is one of my greatest passions. I initially played football before transitioning to track athletics. During my current visit to Eritrea, I have been training alongside local athletes in preparation for a half-marathon competition scheduled for this Sunday. Looking ahead, I also plan to participate in a full marathon next year.

Training here has given me the privilege to run alongside several accomplished Eritrean athletes. It is a true honor to share the track with them and learn from their experience.

***Following your Master's graduation, you traveled to Eritrea to celebrate. How did this idea come about, and what did it mean to you?***

The idea originally came from my mother. When she suggested celebrating my graduation in Eritrea, I embraced it with great enthusiasm. I wanted to share this significant milestone with my extended family in the homeland. For me, graduating is not merely an individual accomplishment; it is an opportunity to express gratitude to the roots and values that have built who I am.

As I often say, "My personal success is my country's success." Celebrating my graduation in Eritrea made the milestone profoundly meaningful. It served as a reminder that whatever I achieve in life remains intertwined with my family and my country.

***You have visited Eritrea several times since your first trip in 2010. How have these visits shaped your character and perspective?***

My parents have always been my main motivation for visiting Eritrea. Reconnecting with family, visiting our ancestral village, and spending time among our people have always been priorities for me.

In the Netherlands, close community bonds can sometimes be difficult to maintain due to the fast-paced lifestyle. In Eritrea, however, I experience a warm and cohesive community life. Neighbors maintain close ties, share meals, walk together, converse, and support one another unconditionally. There is a deep-rooted sense of belonging and solidarity.




*Yafiet During his First Degree Graduation*

This environment has profoundly influenced my mindset and reinforced my commitment to give back. It has deepened my national identity, clarified my vision, and underscored my responsibilities to my community. I strongly believe that individual achievements should ultimately reflect back as a source of pride for the nation.

***With your academic foundation in Industrial Engineering and Sustainability, how do you plan to contribute to Eritrea's development?***

I believe that every skill and piece of knowledge I have acquired ultimately belongs to the Eritrean people. Growing up in a household grounded in Eritrean values guided my ambitions toward service.



For this reason, I feel a clear duty to give back. On my next return to Eritrea, I plan to explore opportunities with the Ministry of Agriculture, where I hope to apply my expertise in sustainability and sustainable business models to support national development initiatives. I see this as a practical opportunity to translate academic training into tangible benefits for our people.

***What message would you like to pass on to Eritrean youth living in the diaspora?***

My message to fellow Eritrean youth in the diaspora is to never forget the heavy sacrifices our parents and previous generations made for our survival and opportunities today. We must recognize the privileges we enjoy and consider how we can channel our knowledge, professional experience, and skills toward the prosperity of our homeland.

I encourage every young Eritrean, wherever they reside, to remain rooted in their identity, take pride in their heritage, and actively seek meaningful ways to contribute to the nation's growth. Our education and professional milestones should serve a purpose beyond personal ambition—they should open doors to serve our country.

***Do you have any final thoughts to share?***

I want to express my deepest gratitude to my parents and the Eritrean people for their unwavering love, confidence, encouragement, and warmth throughout my life. Their support has been central to my journey.

I reaffirm my commitment to bringing my knowledge and skills back to Eritrea's development efforts. When young people recognize their responsibilities and pool their skills together, they can shape a bright future for their country.

***Mr. Yafiet, thank you very much for sharing your inspiring journey, and we wish you every success in your future endeavors.***