

Jalalabad Clear 21°C 7°C	Ghazni Partly Cloudy 11°C -2°C	Kandahar Clear 20°C 4°C	Mazar Partly Cloudy 10°C 0°C	Herat Partly Cloudy 13°C -2°C	Bamayan Partly Cloudy 5°C -7°C	Kabul Clear 12°C -2°C
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Over-Consumption of Meat can Lead to Health Problems: MoPH

KABUL - Minister of Public Health (MoPH) Ferozuddin Feroz said on Monday the over-consumption of beef and mutton and other meat can result in various diseases - including heart disease in young people. "The increase of meat alongside other problems also causes heart attacks even for people in the age group of 30 to 40," he said. Kabul butchers also said they sell lots of beef and mutton daily and that the consumption of meat has increased considerably among the people. "I sell 70 to 90kg of meat every day," said Mohammad Salim, a butcher. Consumers however have said meat on the table was a sign of respect to guests but it has now become common-



place in Afghanistan. "It is a type of tradition that when there is a guest, we should have meat on our table to show respect to the guest. Now I have come here to buy a sheep, to cook its meat with rice for my guest," said Mohammad

Shams, a Kabul resident who had been purchasing mutton. A number of vegetable sellers meanwhile said although there are numerous types of vegetables available at markets, people prefer to buy meat instead of vegetables. "Although people know that meat can cause some health problems... they usually use meat instead of using vegetables," said Kochi, a vegetable seller. MoPH says that eating too much meat and meals that do not include enough vitamins and minerals are the main reasons for malnutrition among children. The ministry also said it is working on a law that will ban food from being imported if the product lacks vitamins and minerals. (Tolnews)

MoI Orders Arrest of Zari District Police Chief

KABUL - The Ministry of Interior has ordered the arrest of the Zari district police chief of northern Balkh province and one of his bodyguards after an investigation into allegations of kidnappings and sexual assaults against them. Mohammad Zia, a resident of Zari district, told Pajhwok Afghan News that he along with two other people had complained to the Balkh police headquarters against Zari police chief, Mohammad Akram, one of his bodyguards and some other individuals linked to him, but their complain went un-addressed. He then traveled to capital Kabul and shared the issue with the Presidential Palace, the Wolesi Jirga and the MoI, he said. "It was August 6 and midnight when Mohammad Akram Zari, the Zari police chief and a number of his companions broke into my house in Mazar-i-Sharif and took away my wife and my



son who is one and a half years old and threatened me with elimination if I did not divorce my wife," he said. Maryam, 19, another resident of Zari district, said, "It was June 4 when a bodyguard of the district police chief named Dadmir, entered our house at night and took me to another house and then sexually assaulted me, my father was in hospital for treatment of my brother in Mazar-i-Sharif when the incident happened." Then she reached the district police headquarters to register her complaint, but the district police chief was there and he again raped her. ... (More on P4)... (8)

Kabul Condemns Assassination of Russian Envoy



KABUL - Afghan government has strongly condemned the assassination, calling it a clear act of terrorism and against Islamic principles and diplomatic ethics.

The Afghan government on Tuesday joined numerous countries in condemning the assassination of Russian ambassador to Turkey Andrei Karlov.

Karlov had been opening an embassy-sponsored photo exhibition called "Russia as seen by Turks" on Monday evening in Ankara when he was shot dead by Mevlut Mert Altintas, 22, an Ankara policeman apparently protesting at Russia's involvement in Syria's Aleppo. Meanwhile, the Afghan government has strongly condemned the assassination, calling it a clear act of terrorism and against Islamic principles and diplomatic ethics.

In a press release issued by the Afghan Ministry of Foreign Affairs it was stated that terrorists were against international peace and security, suggesting more effort should be made at an international level to curb the horrific trend. Following the assassination, the Russian government announced that it is beefing up security measures for its diplomatic institutions and embassies abroad.

Alongside Afghanistan, many other countries have also condemned the murder, including the United Kingdom, U.S, Germany and the UN Security Council among others.

Outgoing UN Secretary-General Ban Ki-moon said he was appalled by "this senseless act of terror". (Tolnews)

19 Abductors Awarded Death Penalty in Herat: Governor

HERAT CITY - Governor of western Herat province on Tuesday said of 76 detained kidnapers, 19 have been sentenced to death by the court.

Mohammad Asif Rahimi told reporters here the 76 abductors were detained by the National Directorate of Security (NDS) personnel. The detained kidnapers were active in five groups in different parts of the province. He said the groups of abductors had detained 34 people over the past eight months, including one Iranian national, in separate incidents. Of the hostages 32 were released by the NDS personnel in Herat,



however, two were missing. NDS members' efforts were ongoing to release the two, including Iranian national, he added. He said the court sentenced 19 kidnapers to death and the cases of the

remaining were being investigated. Meanwhile, 278 different kinds of weapons had also been seized from kidnapers, terrorists and Taliban in the province, Rahimi said. (Pajhwok)

Ghani's Remarks on Ensuring Justice are Just a Bluff: Akbar Bai

KABUL - Mohammad Akbar Bai, head of Turkmen Tribal Council of Afghanistan, on Tuesday criticized President Ashraf Ghani's recent remarks on setting justice and implementing the law equally on the people, and said that these remarks are untrue and are just a bluff.

"Justice is served if Dostum has been arrested, jailed and his job suspended," he said. Ghani earlier this week said that no one is above the law and that the law will prevail over everyone regardless of their position.

"First implement the law on me and then on other Afghans. No one is above law and that is what Afghans want," Ghani said.

Akbar Bai said Afghan government discriminates when bringing justice and implementing the law and stressed illegal actions by people should be supervised regularly.

"Law should be equally implemented against the president ... (More on P4)... (10)

Mayor Help Strongmen Encroach Baghlan Pastures

PUL-I-KHUMRI - A number of provincial council members and residents of northern Baghlan province on Tuesday accused the provincial capital, Pul-i-Khumri, mayor of helping land usurpers in illegally occupying green areas.

Over the past one year, more than 10 acres of green land was usurped by strongmen in Tapa Farhat, Shashad Koti and Shahr-i-Naw areas of the provincial capital, claimed Haji Shah Lala, a resident of Pul-i-Khumri. He told Pajhwok Afghan News the municipality had given land ownership documents to the illegal occupants. He alleged Mayor Safar Mohammad had illegally given recreational parks and residential areas to land grabbers, creating problems for people. Mohammad Hanif Kahgadari, the provincial council secretary, said: "Usurping pastures in Baghlan by strongmen ... (More on P4)... (12)

Taliban Return to the Warmth of Pak Madrasas as Fighting Season Ends



WASHINGTON - As the fighting season comes to an end with the onset of winter, the Taliban militiamen return to the warmth of madrasas in Pakistan so that they can prepare for the next fighting season, Afghanistan's top diplomat to the UN Security Council said Monday.

"Winter is about to start in Afghanistan. In the calendar of the Taliban and that of their supporters in our neighborhood, this usually marks the "official" end of their so-called "fighting season." Most Taliban militiamen return to the warmth of madrasas in Pakistan for an R&R (rest and recuperation) and to refuel for the next "fighting season".," the Afghan Ambassador to the UN, Mahmoud Saikal, told members of the Security Council.

Participating during an open debate on Afghanistan, Saikal said that often around this time of the year,

the regional orchestrator of violence in "our country reverts" to the notion of peace talks.

"Thus, their seasonality and tactical use of war and peace continues, leaving little room for genuine peace efforts. Nevertheless, we once again urge all Afghan Taliban groups and their foreign supporters to enter into genuine peace talks with the Government of Afghanistan. In this endeavor we recognize the importance of the role of neighboring countries, in particular Pakistan, and other regional partners," Saikal said.

The Ambassador said Afghanistan has made some progress towards the implementation of the peace agreement signed with Hizb-i-Islami (Hekmatyar) on 29 September.

"The cessation of violence with former belligerent members of the group has held for nearly three months. Their ... (More on P4)... (11)

New Taliban Video Shows Captive Foreign Family



KABUL - The Taliban have released a fresh video of an American-Canadian family and two children born in captivity with the notorious Haqqani network, a media report said on Tuesday.

The report by Reuters news agency said senior Taliban members had confirmed releasing a new video of the kidnapped foreign family, including two young boys born in captivity while held by the

feared Haqqani network. The video shows for the first time the two sons of Canadian Joshua Boyle and Caitlan Coleman, a US citizen. Coleman, 31, was pregnant when the couple was abducted in 2012 inside Afghanistan while on a backpacking trip. In the video, Coleman begs for an end to their "Kafkaesque nightmare" and is critical of both the American and Canadian governments ... (More on P4)... (9)

Dozen Killed, 48 Hurt as Truck Hits Public Gathering in Germany



KABUL - At least 12 people have been killed and scores others wounded when a lorry rammed into a busy Christmas market in Berlin, the capital of Germany, a media report said on Tuesday.

The incident which police termed it a suspected terror attack happened late on Monday in a square popular with tourists. The horrific scene recalled memories of July deadly truck attack in the French Riviera City of Nice.

A lorry ploughed into a busy Christmas market in Berlin on Monday, killing at least 12 people and injuring dozens more in what police said was a suspected terror attack. Ambulances and

heavily armed police rushed to the area after the vehicle mounted the pavement of the market.

"I don't want to use the word 'attack' yet, although there are many things pointing to one," Interior Minister Thomas de Maiziere told public television. As witnesses described scenes of panic and carnage, police said at least 12 people were killed and 48 others were injured in the incident which comes less than a week before Christmas.

Australian Trisha O'Neill told the Australian Broadcasting Corporation she was only metres from where the truck smashed into the crowded market. "I just saw this ... (More on P4)... (13)