

The African Business GUIDE



Issue No. 3 • Jan/Feb 2010
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Rachid Niang
ENTREPRENEUR OF THE MONTH

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Kenya

RECIPE OF THE MONTH
Nyama na Irio (Steak of Irio)

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Publisher's Letter



Director - Publisher
Pape Omar Diaw

Combating Corruption



One of the greatest obstacles facing development in African nations is corruption. Although corruption occurs all across the globe, it can be argued that developing nations, like those of the African continent, suffer greater than more developed countries. Corruption restricts fair market competition and sustains the under-developed status of many African nations. The African Diaspora community is aware of both the authority of government law and the corruption that plagues it. For that reason, many have united to voice their concerns and demands for change.

We urge political leaders to exert great efforts in ridding internal corruption to ensure the progress of their nations and people; and we ask that leaders of the private sector do their part by promoting just and ethical practices and behavior.

The World Bank reports that over 1.6 trillion USD is used to fund fraudulent operations; it is a shame that this vast amount of money is not used to finance humanitarian initiatives that could help the people of Africa's developing countries. During the 2009 International Anti-Corruption event, leaders and activists maintained that "corruption is a crime against development, democracy, education, prosperity, public health and justice, [which] many consider the pillars of social well being."

The fight against corruption is a tedious task but with a united effort, progress and change is possible.

Pape Omar Diaw
Director Publisher

Vive l'Afrique
Oumar
O. Diaw

The African Business Guide



Director - Publisher
Pape Omar Diaw

Designer:
Juan Alejo

Codesigner:
Pape Omar Diaw

Marketing:

New York • Washington D.C.
Ndiaga Diop El Hadji Camara

Montreal (Canada)
Ibrahima Ngom

Contributor Writer
John Bowman (Welcome to America)

Fashion Reporter
Fatima Jalloh

Contributor:
Sabah Ali

Web designer:
Massamba Ndiaye (COMETIC)

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Directeur :

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CONSUL GENERAL OF SENEGAL



From Hon. Cheikh NIANG
Consul General of Senegal in New York

At the dawning of the New Year, it is my distinct honor to deliver this message of peace to the African Community living in the Tri State Area.

In my capacity as Consul General in New York, I have had the privilege to witness firsthand the outstanding contribution of the African people in this land of opportunity and freedom. Over the years, our community has gained the well earned reputation they deserve, hard-working and constructively engaged in bolstering the economic and social fabric of this country.

As the New Year blossoms, I wish that the Blessings of the Almighty be with our community, so as to enable it to strengthen its contribution to the growth of this country while helping in alleviating underdevelopment and poverty in Africa.

Last but not least, I would like to acknowledge the good work being performed by the ABG MAG and congratulate its promoters for making more visible our community and its economic role in North America and create, at the same time, a true channel of communication among its members.

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RECIPE OF THE MONTH



NYAMA NA IRIYO

Steak and Iriyo
Yield: 8 portions

The Iriyo:

Drain 1 16-oz. can PEAS and measure the liquid.

Put the peas through a vegetable mill or sieve to make a puree.

Drain 1 16-oz. can KERNEL CORN and add the liquid to that of the peas.

In a 2-quart saucepan:

Prepare 4 cups INSTANT MASHED POTATOES following package

directions and using the vegetable liquors as part of the required liquid.

Add: 3 Tbs. BUTTER

1 tsp. SALT

1/4 tsp. PEPPER.

Blend the puree of peas into the mashed potatoes until a smooth green color results.

Fold in the drained kernel corn.

The consistency should be that of firm mashed potatoes.

The Steak:

In a large skillet:

Cut 3 lbs. FILET MIGNON (or any steak) in a 2 x 1/2 x 1/2-inch strips.

Saute in 4 oz. MARGARINE OR OIL, until lightly browned.

Remove the steak from the skillet.

Blend in 6 Tbs. FLOUR to make a roux.

Add 2 cups ONION SOUP made from a packaged mix and cook to medium-sauce consistency.

Correct the Seasoning with salt, pepper, and a little Tabasco.

Return the steak to the sauce.

Make a large mound (about 1 cup) of Iriyo in center of dinner plate.

Form a hole in the center about 2 inches in diameter.

Fill the hole with 1/2 cup of the sauteed steak and gravy.

Smooth around edges of the Iriyo so it looks like a volcano.

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ENTREPRENEUR OF THE MONTH



RACHID NIANG

Founder Of Jacob Restaurant

Brief Description:

Black owned soul food and salad bar restaurants throughout the U.S. are rare. Jacob's Restaurant is located in Harlem. It is New York's first, Black-owned, fully-stocked, 42 menu items soul food and salad bar restaurant; opened seven days weekly,

from 7:00 am to 10:00 pm, Sunday through Saturday, also specializing in catering services for small and corporate clients.

ABG: What was the inspiration behind starting Jacob's Restaurant?

R N: Ten years ago, during the first year that I started working for another long-established Harlem based salad bar and soul food restaurant chain. My fascination led to imagine owning my own salad bar one day. That same year, I met Kim, my wife, who also worked there at the time and is now a partner in Jacob's Restaurant. During the nine years I worked for that other Harlem salad bar chain, my wife often heard me say, "One day I'll own my own salad bar and soul food restaurant."

ABG: How difficult or expensive was it to create Jacob's Restaurant?

R N: The restaurant businesses are typically considered the most extremely difficult business to operate, due to the detailed tedium, labor and compliance with various New York City and State regulations, building and zoning permits, fixtures, supplies, licenses, etc. However, I love how it all works out well, each day, at Jacobs. It is worth the hard-work.

ABG: What is the great challenge of operating a restaurant?

R N: To maintain high quality food preparation and food services; proper employee training; obtaining maximum efficiency; having adequate food inventory and supplies inventory; identifying customer's food preferences and cleanliness.

ABG: What in your opinion are the elements that are keys of being a successful entrepreneur?

R N: I like people. I like helping people feel comfortable and relaxed. Along with the customers, I give my employees the importance they deserve because they are very respectful and pleasant people. It is also important for a restaurant to prepare, organized and maintains proper records. We also advertise and promote our business. Since October 4, 2009 Bonnie Lewis, a Broadway Musical's "Bubbling Brown Sugar" and "Ain't Misbehavin'," sings at Jacob's each Sunday. She's talented. During the last six weeks before New Year's Eve, 2009, we had live jazz and holiday music on Fridays and Saturdays.

ABG: What makes African Food the best food of the world?

R N: African food is well prepared, seasoned and cooked.

ABG: What is the great reward of operating a restaurant?

R N: Having trustworthy, reliable and productive employees, who are kind and punctual is quite rewarding. Kim and I are very pleased by many of our loyal customers enjoying their nourishing meals. Nearly every day we hear compliments and positive feedback about Jacob's.

ABG: How did you come to selecting this location?

R N: I am a Harlem resident. Jacob's Restaurant is located on Malcolm X Boulevard and 129th Street, a location which I consider Harlem's Broadway. We could not have chosen a better 3,000 sq. ft. corner location.

ABG: How do you compete with local restaurants in the area?

R N: I am not consciously competing. I am more interested in providing the best food and service in a bright, clean and safe environment. It is why I have two sanitizers that my customers use to sanitize their hands, before they begin putting food in their containers. Jacob's has developed community support programs. And We have made other



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contributions to non-profits.

My wife and I, will never forget our November '09 Holiday Thanksgiving Feast, when the Grammy Award Winner Robert Flack, arrived with her back-up singer, Andre Smith, the host of the Sugar Bar's "Open Mic" nights. Ms. Flack actually came to serve, which was hard to do with our salad bars. She autographed about a 100 of her free Robert Flack Christmas Carols CD'S given to our customers. By 10:00 pm, Thanksgiving Day morning, though some people said too few people would arrive, my associate and I stood outside in front of the door, as people walked across the red-carpet entering Jacobs. About 300 meals were given out by 1:00 pm. Our cash register were removed to show people that they need not to pay, but they could eat as much as they chose, including seconds. A lot of people could not believe we did that, and you should have heard some of their grateful comments. We had local, Black men's church group come, New York's battered women project and so many other organizations and influential people. It was just so busy that I could not talk to most people.

ABG: How do you manage to retain some balance in your life? How many hours do you dedicate to the restaurant?

R N: I devote approximately 14 hours a day to Jacob's. Some days, my wife comes in, giving me some time off. I am grateful, thankful and so much, in terms of my three months old daughter, Mama Soda. She is our only child, whom I spend a little time holding and learning how to raise her in a few hours a week.

ABG: I noticed everyone was smiling today. Tell me about your employees:

R N: Jacob's has a great working environment and our employees are very friendly towards one another. I have 16 employees which include chefs, cooks, bus boys, delivery men, maintenance men, and Kim and I perform all administrative tasks. Since we opened in late May 2009, Jacob's has not experienced any employee conflicts.



ABG: What are your plans for the future?

R N: To help others become capable of managing Jacobs, which include employee promotions; and possibly expansion, because several customers have asked us to open a Jacob's Salad Bar and Soul Food Restaurant in their neighborhood. We're considering entrepreneurial seminars, and maybe a scholarship competition this year, for one or two college-bound students in June 2010.

ABG: Advice for the readers of the ABG MAG?

R N: I wish ABG MAG's staff and readers well. Although the economy is not as great as we'd like it to be, look around Harlem and New York City in general. I call this the breakthrough "U.S. President Barack Obama era." Many new businesses are arriving and their owners are determined to succeed. I think success begins with righteousness. Education is so important...regardless of what field any one endeavors to be in. People should be educated or obtain proper training. No matter how large your goal or vision is, becoming successful also means seeking the Creator's guidance and striving for decency. Right judgment also includes helping others, or being polite, as much as possible, because young people also learn from adults. As a man from Senegal, I am pleased that my wife and I have been welcomed into the community, in order to help build and best serve the Greater Harlem, New York City community. What my wife and I are learning and experiencing may one day be exposed to our native countries, to assist in the development and progress of Senegal, and Trinidad and Tobago. As a near-mid 30's couple we know that the Creator is responsible for all.





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WELCOME TO AMERICA

John Bowman

THE RULES OF THE ROAD

Learning the Rules of the Road can save you 2000 dollars a year. I am a critic of USA. Of course, I was born here so I take all the good for granted. I see our streets and complain about pot holes. I pay my taxes and I complain about each and every tax. I hate sales tax. I don't like income tax. But I like our grand roads. I love the public transportation. I drive a car and I complain about the cost of the tags, licenses, inspections, and my insurance bill. I am a typical American whiner. But I have seen the alternatives. So I don't complain so loudly about any of the fees here. I avoid traffic fines like they were the plague. My secret method for avoiding traffic fines, you ask? I obey the law. Nokidding! Our police are serious. So if you follow my advice, just pocket half that money I save you and you can send the rest home. I cannot say how much money my African friends have paid in fines. All I know is that it is a lot of money. For the sake of argument, I estimate that every African, who drives here for more than a year, pays 2000 dollars in fines and unnecessary fees before he learns that our traffic enforcers are serious. We have police and other enforcers everywhere. We have red light cameras that generate a ticket for you automatically. We have speed cameras that do the same thing. If you drive in this country, do not be fooled. Freedom does not come cheap. You are free to drive as long as you obey the law. You are not free to drive at any speed you please. You are not free to run that red light just because you see it as an inconvenience. Disobey our traffic laws at your own peril. The price is not limited to the fines you pay. Your insurance will cost you some extra amount for years. If you think you can move to another state and ignore the fees think again. Most of our states have mutual agreements and a fine will follow you (and double) until you pay it. The source of that traffic ticket wants their money and they are serious.

I have an advantage. I grew up knowing how serious a traffic ticket is. I also have seen what happens when the enforcers are not serious. I prefer the USA method. I always thought that our traffic was chaotic but I have learned better. I have given it a new descriptor now. American traffic is "controlled chaos." We know to take turns at four-way stops. We know to stop at a broken red light. We even know not to get too fast on the Interstate. There are counter examples but enough of us know to obey the law enough of the time that our traffic system works beautifully.

So slow down and enjoy the view when you are driving. Do not curse our red lights! If you will just pay attention and forget the thought that the laws are for everyone but you, then you will save 2000 dollars in traffic fines and you will enjoy your stay here with one less stress in your life. But if you get a ticket, pay it early. You will still save money compared to throwing that ticket in the trash. How do you interact with a policeman here if you get stopped for any reason? Here are the rules:

- 1) Never argue with him (or her).
- 2) Never insult him.



3) Never ask the obvious (like why did you stop me when you were driving 70 mph in a 50 mph zone).

4) He is not holding court, he is doing you a favor, so be polite. OK, I know. You need me to explain how he is doing you a

favor. It is very simple. A ticket is written to a motorist to avoid arresting him, taking him to jail, and making him pay a bond to get out of jail. The ticket is for the "convenience" of the motorist. Of course if you get nasty with the police, he can change his mind at any time and decide that he doesn't really want to do you that favor of writing you a ticket. So you see, the ticket is a gentleman's agreement to take care of business later.

5) If you really have a need to have a conversation with the policeman, you can wait for him to finish and leave, then just carry on both sides of the conversation with yourself. You'll be much better off.

What is the purpose of traffic court? The purpose of traffic court is to convince anyone who does not already know, that it is simpler and easier to pay a fine than to take a day off from work, to go sit in court, and then to learn that you have a different court date for contesting the 75 dollar ticket you just got.

How do you deal with the pain from paying a big traffic ticket fine?

- 1) You can go home, whine to family.
- 2) You can talk about how rude the cop was at work the next day and how he didn't understand anything about how urgent your trip to the meat market was.
- 3) You can keep quiet, and take pleasure in the fact that no one will ever know unless you tell them about the whole thing, so they can't laugh at you for getting a ticket.
- 4) Maybe you can use it as an excuse to avoid fulfilling that next request from home for some urgent need from some cousin-in-law who tracked you down so he could ask you to send him some money. Gee, I would be so happy to help you if I had not been robbed by these awful traffic police here. By: John Bowman



African Safari



Austino S. Lewis

Host **Austino S. Lewis** is from the West African state of Liberia, a country founded in 1847 for the resettlement of free slaves. 5 percent of Liberians are African American.

Austino graduated from the Ohio Center for Broadcasting (O.C.B.) with a special emphasis on radio and television. He has 6 months experience in Internet radio and is the host of "Good Morning Africa" a television show on Channel 4 and 24 on Time Warner Cable.

Austino is currently pursuing a degree in Organizational Management at Wilberforce University. He is the Vice-president of the Liberian Association in Greater Cincinnati and a contributing reporter for the Cincinnati Herald newspaper.

He has received the Tony Sands Award in television.

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We should start by giving our businesses the respect and consideration they deserves.



Souleymane
From Togo

Many of us are here working hard and sending money back home while living in hardship. Wouldn't it be better if we start by investing here, build up financial stability first and, then expend the investments to our home countries. Even though this country (The United States) has a lot of business opportunities, there is a price in money and time to pay for any success.



Tory
From Togo

Some African businesses lack satisfactory customer service. For example, a few months ago, my sister and I went to an African Salon for women to pick up my cousin because she was getting her hair done. When we entered the salon, no one greeted us nor offered us a seat. We decided to just stand there and wait until my cousin was done. While we were standing there, two American girls came into the salon to get their hair done. Not only were they greeted by most of the salon's workers, they were also offered a seat and a magazine while they waited. I was very offended by this action. Customer service is very important in every business and it should be for everyone, not just a selected group. I have seen such things many times in some African businesses.

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Hair Braiding

An African Art

African hair braiding originated in West Africa, it started out as a fashion art that was specifically used in cultural ceremonies and celebrations. Many African women use their hair braiding skills to start out as working women when they first arrive to the United States.

According to Ms. Kwamie a business woman from Ivory Coast, who established her own hair braiding business in 1997, hair braiding is an art that keeps her and many others in this field closer to the community. They love meeting people and doing a work that affects different lives. Ms. Kwamie also states that hair braiding pays better in other states than it does in New York.

Hair braiding is very time consuming. Different hair styles take different amount of time to finish. Such hair styles include Micro Braiding can take up to seven hours, Box Braiding can take up to 5 hours, Corn Rows can take up to 3 hours, and Flat Twist and Fish can take up to 1 hours. Box Braiding is one of the most popular styles for the summer time. With prices ranging from \$80.00 and higher depending on the amount of time it consume, the hair braiding business is a great investment.

Kadija, a customer who had just finished getting her hair done at Kwamie Hair Braiding Salon, said that “This is the first time I actually got my hair done without crying. I feel good”.

By: *Fatima Jalloh*



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DIABETES: FROM ONSET TO COMPLICATIONS

By: Ndiaga Diop, graduate student in exercise science and rehabilitation @cuny brooklyn college

Diabetes is a worldwide problem. The disease spreads and increase every day. Approximately 17 millions in The United States of America have diabetes. Diabetes is a serious threat for African people too. Africans and other with African ancestry are among people with high risk. The number of diabetes increase every year. This is probably related to the increase of sedentary lifestyle, ethnic problem, and aging. In developing countries like US, millions of dollars are spent every year to fight diabetes. In spite of everything it is one of the greatest causes of death.

What is diabetes?

Diabetes is a disease called by African people the “disease of sugar”. There are many types of diabetes: type 1, type 2, gestational diabetes, and other forms of diabetes. Type 1 is characterized by a deficiency of insulin (substance from the pancreas need to convert sugar into-energy for daily use). This type of diabetes is often seen in young people (less than 30 years of age). The consequence of internal actions is a lack of sugar in the circulating blood. In this case, insulin must be supplied by injection or any other appropriate form.

Type 2 diabetes is the most common form (90% to 95% of all those with diabetes) and can lead to several health complications. Its onset usually occurs after 40 years of age. Even sufficient, the substance regulating the sugar (insulin) cannot be used properly resulting in an abnormal increase or high concentration of sugar in the circulating blood. We have also gestational diabetes usually diagnosed during pregnancy and other specific types called third category.

Who is at risk?

Most of diabetes cases are direct result of poor eating habits, high body weight, and lack of exercise. The following people are at risk to develop diabetes:

- 45 years and older
- Overweight
- Not physically active
- Have a family history of diabetes
- Women who had gestational diabetes
- Have high blood pressure or high cholesterol

Diabetes warning signs.

Symptoms may develop gradually and it can be years before severe symptoms appear. The common signs and symptoms are:

- Increased thirst
- Frequent scant urination
- Sweet
- Weakness
- Fatigue, nausea, vomiting
- Visual disturbance (blurred vision, soft eyeball)
- Unexplained weight loss
- Dizziness, poor coordination
- Infections and cuts that fail to heal in normal time.

How to prevent diabetes?

- Get more physical activity. Physical activity can help to lose weight and lower blood sugar.
- Eat food with high fiber as fruits, vegetables, beans, whole grains, nuts

and seeds. -It may prevent weight loss by helping you feel full and lower risk of heart disease.

- Take plenty of whole grains or food made from whole grains
- Lose extra-weight using exercise or exercise and diet combined
- Avoid meals with a lot of sugar or fat
- Test the blood sugar for people of age 45 and older with normal weight and younger than 45 but overweight.

How to treat diabetes?

The treatment options for diabetes are medical, nutrition therapy, and exercise. Diabetes treatment depends on the type and the severity of the disease.

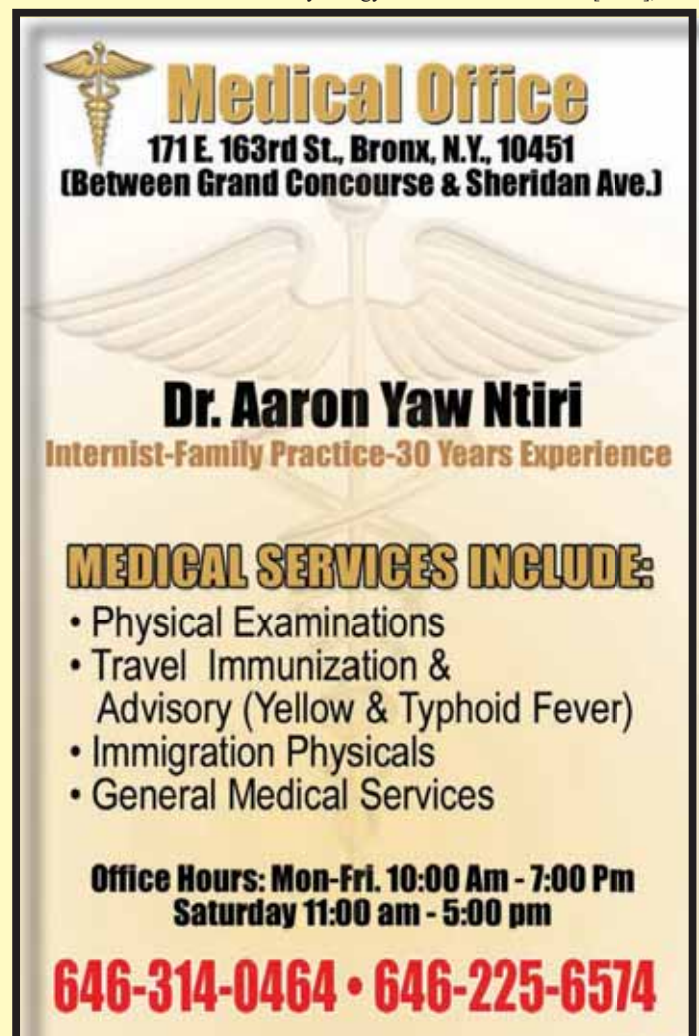
Fight diabetes include but not limited to:

- Treat lower or high blood sugar levels
- take medication (insulin or other form of pills)
- involved in regular exercise program at least three time a week for a minimum of 30 minutes
- control the diet by making balanced meals to prevent blood sugar from becoming very high or very low
- reduce symptoms
- prevent diabetes-related complications (blindness, kidney failure, nerve damage, amputation of limbs, and heart disease).

NOTE: Continuation in the next issue (complications and exercise management)

References: - www.medicinenet.com

- en.wikipedia.org
- Clinic Exercise Physiology/Jonathan K. Ehrman... [et al.], 2003



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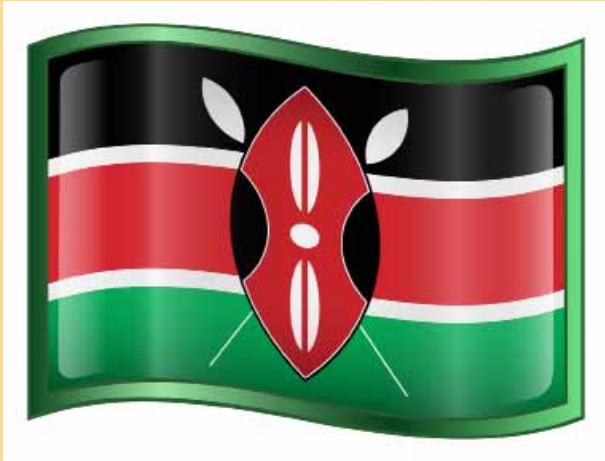
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Information at a Glance

Kenya is a country rich in wildlife, culture, history, beauty and friendly, welcoming people. Kenya is geographically diverse, from snow-capped mountain peaks to extensive forests to wide-open plains. Key geographical attractions include the Great Rift Valley, which features extinct volcanoes and hot springs, and Kenya's coastline, complete with reefs and magnificent beaches. Combine all this with a well-developed tourist infrastructure of hotels, lodges, campsites and a variety of activities, and its no wonder Kenya is a popular tourist destination attracting millions of visitors each year.

Geography

Area: 582,646 sq. km. (224,960 sq mi.); slightly smaller than Texas.

Cities: Capital--Nairobi (pop. 2.9 million; 2007 est.). Other cities--Mombasa (828,500; 2006 est.), Kisumu (650,846; 2005-6), Nakuru (1.3 million; 2005-6), Eldoret (193,830; 1999).

Terrain: Kenya rises from a low coastal plain on the Indian Ocean in a series of mountain ridges and plateaus which stand above 3,000 meters (9,000 ft.) in the center of the country. The Rift Valley bisects the country above Nairobi, opening up to a broad arid plain in the north. Highlands cover the south before descending to the shores of Lake Victoria in the west.

Climate: Tropical in south, west, and central regions; arid and semi-arid in the north and the northeast.

People

Nationality: Noun and adjective--Kenyan(s).

Population (June 2007 est.): 37.9 million.

Major ethnic groups: Kikuyu 22%, Luyia 14%, Luo 14%, Kalenjin 11%, Kamba 11%, Kisii 6%, Meru 5%.

Religions: Christian 80%, Muslim 10%, traditional African religions 9%, Hindu/Sikh/Baha'i/Jewish 1%.

Languages: English (official), Swahili (national), over 40 other languages from the Bantu, Nilotic, and Cushitic linguistic groups.

Education: First 8 years of primary school are provided tuition-free by the government. In January 2008, the government began offering a program of free secondary education, subject to some restrictions. Attendance--92% for primary grades. Adult literacy rate--74%.

Health: Infant mortality rate--57.4/1,000. Life expectancy--55.3 yrs

(2007 est.).

Kenya has six full-pledged public universities: University of Nairobi, Jomo Kenyatta University of Agriculture and Technology, Egerton University, Moi University, Maseno University, Masinde Muliro University (most of these universities also have constituent colleges); and approximately 13 private universities, including United States International University. Public and private universities have a total enrollment of approximately 50,000 students with about 80% of these being enrolled in public universities (representing 25% of students who qualify for university admission). In addition more than 60,000 students enroll in middle-level colleges, where they study career courses leading to certificate, diploma, and higher diploma awards. International universities and colleges have also established campuses in Kenya where students enroll for distance learning and other flexible programs. Other Kenyan students pursue their university education abroad.

Government

Type: Republic.

Independence: December 12, 1963.

Constitution: 1963.

Branches: Executive--president (chief of state, commander in chief of armed forces), prime minister (head of government), and two deputy prime ministers. Legislative--unicameral National Assembly (parliament). Judicial--Court of Appeal, High Court, various lower and special courts, includes Kadhi (Sharia) courts.

Economy

GDP (2008 est.): \$30 billion.

Annual growth rate (2008): 1.7%.

Gross national income per capita (2008): \$770 (Atlas Method).

Natural resources: Wildlife, soda ash, land.

Agriculture: Products--tea, coffee, sugarcane, horticultural products, corn, wheat, rice, sisal, pineapples, pyrethrum, dairy products, meat and meat products, hides, skins. Arable land--5%.

Industry: Types--petroleum products, grain and sugar milling, cement, beer, soft drinks, textiles, vehicle assembly, paper and light manufacturing.

Structure of economy (% of GDP): Services--58.2%; industry and commerce--19%; agriculture--22.7%.

Work force: Formal sector wage earners--1.95 million (public sector 30%; private sector 70%). Informal sector workers--6.4 million.

Trade (2008): Exports--\$4.4 billion: tea, coffee, horticultural



products, petroleum products, cement, pyrethrum, soda ash, sisal, hides and skins, fluorspar. Major export markets--Uganda, United Kingdom, Tanzania, Netherlands, United States, Egypt, and Pakistan. Imports--\$9.9 billion: machinery, vehicles, crude petroleum, iron and steel, resins and plastic materials, refined petroleum products, pharmaceuticals, paper and paper products, fertilizers, wheat. Major suppliers--United Arab Emirates, India, China, South Africa, and Japan.

Nairobi, the capital of Kenya, is located in the southwest. Other major cities include Mombasa (situated on the coast), Nakuru and Eldoret (found in the west-central region), and Kisumu (located in the west on the shores of Lake Victoria).

Mount Kilimanjaro, Africa's highest mountain, is located along the border between Kenya and Tanzania. Breathtaking views of Kilimanjaro can be seen from **Amboseli National Park**. The second highest mountain - **Mount Kenya** - can be found at the country's center.

Tourist Attractions in Kenya

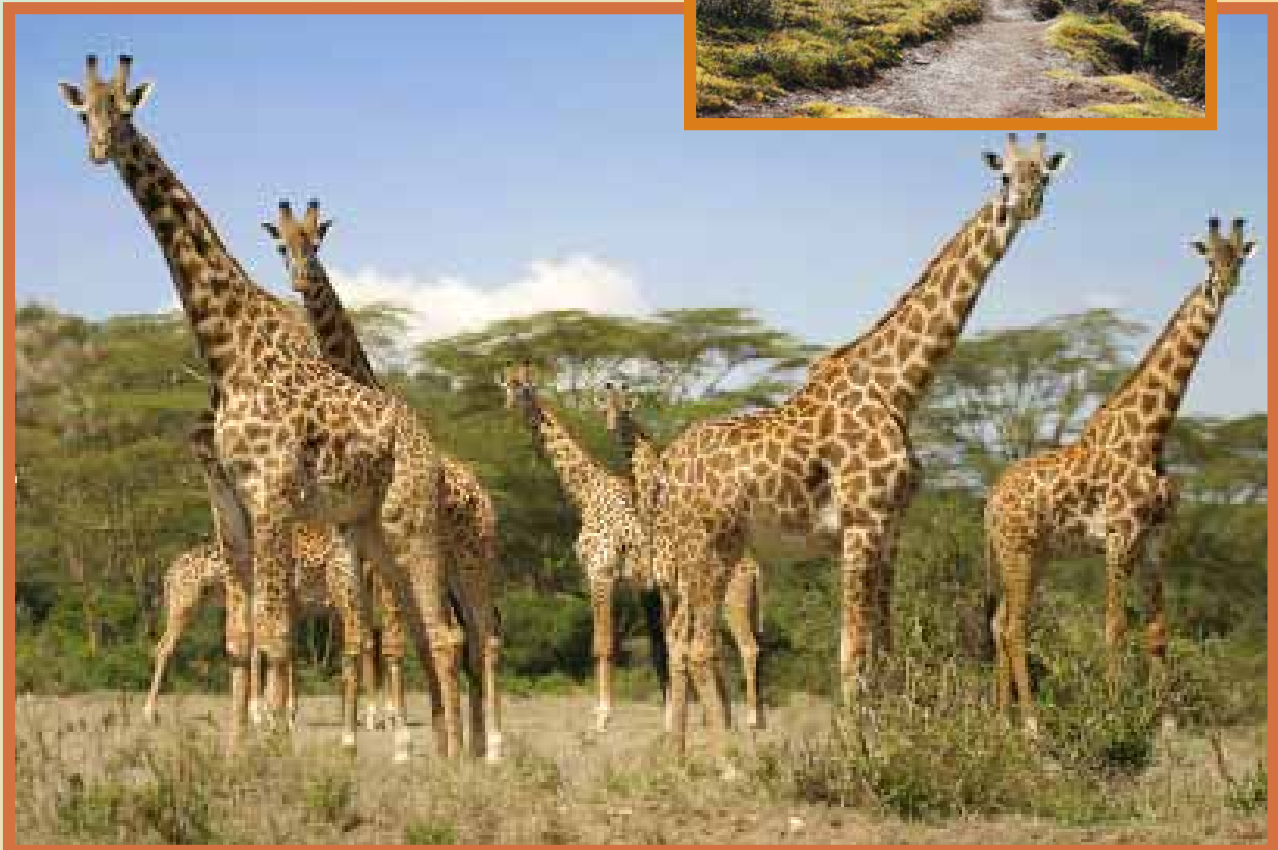
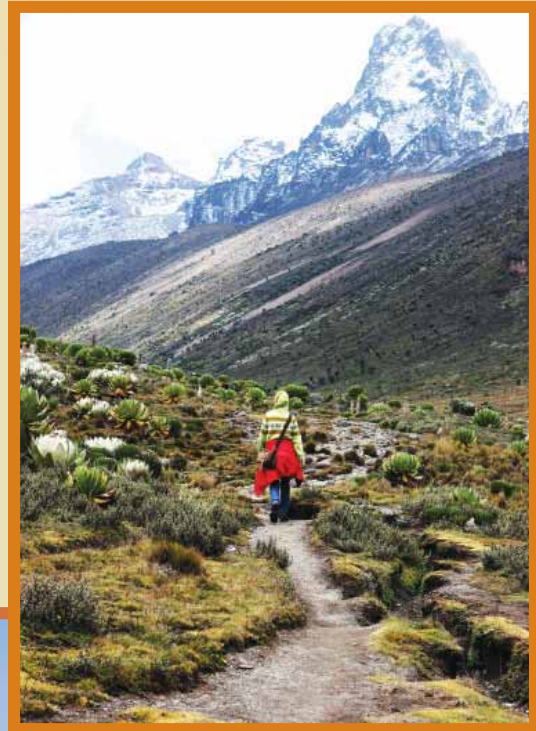
Game Safaris and **wildlife tours** are Kenya's biggest attractions, drawing many visitors to the country each year. Kenya manages more than 20 **national parks and national game reserves**, where visitors can view some of the country's most spectacular wildlife, including the "**Big Five**" animals. In fact, the "Big Five" are the central focus of the majority of safari tours and wildlife expeditions offered within the parks. Kenya's most popular game park is the **Masaai Mara**, which borders the Serengeti plains in Tanzania. Between

July and September, visitors can witness the remarkable annual **wildebeest migration** which takes place at the Mara.

Kenya's many beaches along the Indian Ocean are the country's second biggest tourist attraction. Visitors can enjoy clean beaches lined with palm trees and studded with luxury resorts, with coral reefs located just offshore. The City of Mombasa is the entry point to the coast, with beaches extending south to Malindi and north to Lamu Archipelago, a world heritage site.

Sources: * kenya-information-guide.com

*Travel.states.gov



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The ABG MAG staff is proud to introduce to you M. Abid Dieng, one of the most dedicated social workers to the African community. Those who know Mr. Dieng know what a great man he is. He has been in the United States for more than a decade and has spent most of that time volunteering and working with those who are less fortunate.

Mr. DIENG is an honest man. He has a great sense of righteousness. He knows his duties towards humanity and tries his best to follow it to the fullest. He spends his time and resources in helping others, whether in their daily lives or in the greater world at large. He has a sense of giving back.

Mr. DIENG is a living example for every African. We urge every member of the African Community to join us in asking the President and his Government to open discussions with Mr. DIENG in how to put in place a social office or department that will assist the Diaspora community.

Mr. Dieng's many social actions throughout the community reflect his greatness in his everyday life. We wish him a long life and healthy life full of prosperity and happiness.

By: Pape Omar Diaw



Abib DIENG
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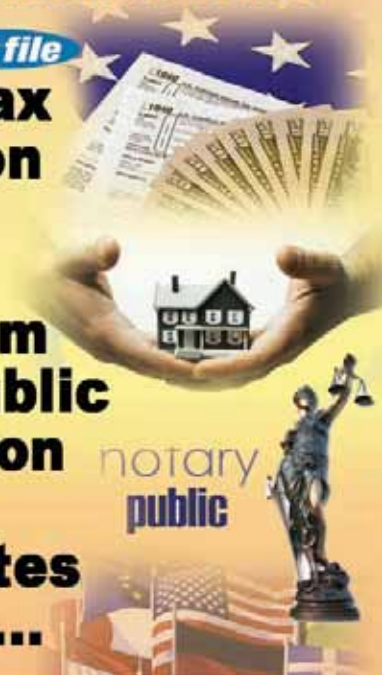

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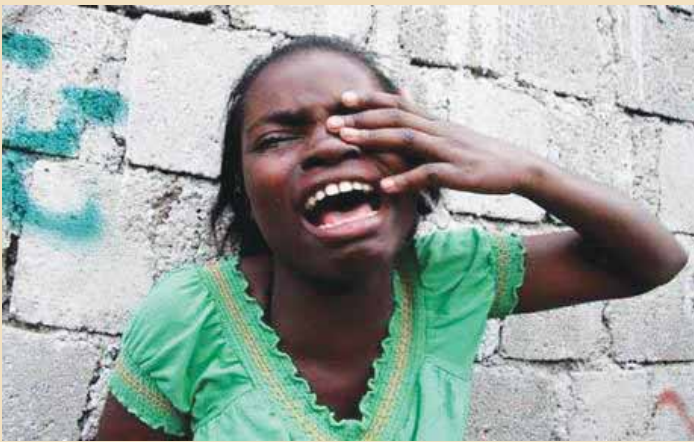


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ABGMAG INC.

1162-sheridan Ave.

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Bronx, NY 10456 USA



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