

Red Seas, White Sands, Blue Skies: An American Citizens Services Newsletter

Message from Consul General

Now that school is out and Ramadan has begun, we need to be especially cautious when travelling during sunset and evening hours. More cars are on the roads at these times as people are anxious to get to their destinations to break fast and visit family and friends. This extra travel can bring additional challenges on the roads.

There are quality networks of roads all over the Kingdom, with road lighting and plentiful traffic control instruments such as traffic lights and warning signs. But, there are also a lot of drivers in a hurry who may fail to heed traffic signals and speed limits. Despite traffic measures instituted by Saudi authorities, speeding and jumping red lights still top the list of traffic violations in the Kingdom. Fatigue and loss of concentration resulting from staying up late can also be blamed for many accidents.

Plan your schedule during Ramadan to sleep well, exercise regularly and eat your meals at a consistent time. Allow plenty of extra time to arrive at your destination on schedule. Slow down and exercise extra caution when on the roads. Patience is a virtue! Always wear your seat belt and insist that all your passengers wear theirs as well. Secure all children in appropriate safety seats. Drive defensively, and watch out for the other drivers on the road.

Wishing you a safe and happy Ramadan and summer season,

David Tyler, Consul General

Change in Saudi Work Week

In compliance with the change in weekend schedule proclaimed by King Abdullah, U.S. Embassy Riyadh and Consulates General Dhahran and Jeddah began the Sunday through Thursday workweek July 7-11, and have changed the weekend observance to Friday-Saturday.

Routine American Citizen Services are conducted by appointment only at the following links:

Riyadh: <https://evisaforms.state.gov/acs/default.asp?postcode=RID&appcode=1>

Dhahran: <https://evisaforms.state.gov/acs/default.asp?postcode=dhr&appcode=1>

Jeddah: <https://evisaforms.state.gov/acs/default.asp?postcode=JDD&appcode=1>

Schedule Appointment

Upcoming Holiday Closures:

Thursday-Wednesday – August 8-14 – Eid Al Fitr
Sunday, September 1 – U.S. Labor Day
Monday, September 23 – Saudi National Day

Please see Saudi Arabia's updated Country Specific Information - Jan 2013
http://travel.state.gov/travel/cis_pa_tw/cis/cis_1012.html

Are you or is someone you know a new-comer to Saudi Arabia?

Help newcomers to the Kingdom by reminding them to register with the Embassy or nearest Consulate using **STEP** online at: <https://step.state.gov/step/>

This free service offers registered U.S. citizens updates on important regional issues, travel warnings and alerts, and provides a point of contact for citizens and their families in case of emergency.



CG Message / ACS Appointments	1
FVAP / CDC	2
SSA/Ramadan Health/DOMA	3
Passport Photos/ Kids	4

How to Reach Us

The US Embassy is located in the Diplomatic Quarter, in Riyadh, Saudi Arabia.

Public hours: Sunday through Thursday 1:00pm-3:30pm

Schedule an Appointment: <https://evisaforms.state.gov/acs/default.asp?postcode=RID&appcode=1>

Phone: (966)(11)488-3800

US Consulate Jeddah

Public hours: Sunday/ Tuesday/Wednesday/ Thursday 1:00–3:00pm

Schedule an Appointment: <https://evisaforms.state.gov/acs/default.asp?postcode=JDD&appcode=1>

Phone: (966)(2)667-0080

US Consulate Dhahran

Public hours: Sunday through Thursday 1:00-3:30 pm

Schedule an Appointment: <https://evisaforms.state.gov/acs/default.asp?postcode=dhr&appcode=1>

Phone: (966)(3)330-3200



NEW JERSEY—Special Primary Election

The State of New Jersey will hold a special primary election for U.S. Senate on Tuesday, August 13, 2013, to fill the seat vacated by the death of Senator Frank Lautenberg.

You can register to vote and/or request an absentee ballot by mail, email or fax using the Federal Post Card Application (FPCA) automated tool at <http://www.fvap.gov/request/request-nj.html>. Do not forget to indicate on the FPCA your party preference as well as how you would like to receive your absentee ballot (by mail, fax or email).

Uniformed Services personnel, their spouses and dependents, and U.S. citizens residing overseas must submit an FPCA to request an absentee ballot. **Please note you will not automatically receive a ballot, even if you voted in the November 6, 2012, General Election.**

Your voted ballot must be received **before 8 PM EDT on August 13, 2013.**

If you are concerned about not receiving your ballot in time to vote, use the Federal Write-In Absentee Ballot (FWAB, SF-186). The FWAB automated tool is available at <http://www.fvap.gov/request/request-nj.html>. The FWAB is also available at military installations around the world.

Important Dates

FPCA registration deadline	July 23
FPCA request deadline	August 6
Voted ballot received by election authority	Before 8 PM EDT, August 13

To determine the status of your absentee ballot request, contact your local election office. You can find contact information for your voting jurisdiction at <https://voter.njsvrs.com/PublicAccess/servlet/com.saber.publicaccess.control.PublicAccessNavigationServlet?USERPROCESS=PublicSearch>.

The special general election will be held Wednesday, October 16, 2013.

Go to www.FVAP.gov to fill out and print your forms today! Additional information on the completion and submission of these forms is available, along with New Jersey voter-specific information. Find a list of county contact information at <https://www.fvap.gov/r3/jurisdictions/NJ>.

Saudi Ministry of Health launched an emergency service number **937** dedicated to health services on an emergency basis.



FVAP UPDATES TO KEY FORMS READY FOR

REVIEW: The redesign of the Federal Post Card Application (FPCA) (SF-76) and Federal Write-In Absentee Ballot (FWAB) (SF-186) forms is nearly complete. Thanks to all those who commented on both the content and design of the draft forms during the 60-day comment period. The feedback helped optimize the forms' usability and intuitiveness.

All comments are posted in the current 30-day Federal Register announcement, which is the last notice prior to final review and approval by the Office of Management and Budget. The June 2013 draft versions of the FPCA and FWAB can be found at the links below under "Supporting/Related Materials" (lower right side of the page):

FPCA: <https://federalregister.gov/a/2013-14041>

FWAB: <https://federalregister.gov/a/2013-14042>

To submit comments and suggestions:

Online: Feedback must be submitted on the Federal eRulemaking Portal. Use the links above or <http://www.regulations.gov>.

Mail: Ms. Jasmeet Sehra
Desk Officer for DoD
Office of Management and Budget
New Executive Office Building, Room 10236
Washington, DC 20503

Please do not send comments directly to FVAP.

MERS-CoV:



Information about the Middle East Respiratory Syndrome Coronavirus (MERS-CoV) in the Arabian Peninsula has been posted on the CDC Travelers' Health website at <http://wwwnc.cdc.gov/travel/notices/in-the-news/coronavirus-saudi-arabia-qatar.htm>.

The linked page contains more detailed information about the new coronavirus, tips for travelers, and useful links to other sources of information. At this time, CDC does **not** recommend that travelers change their travel plans to or from Saudi Arabia.

CDC does recommend that U.S. travelers to countries in or near the Arabian Peninsula monitor their health and see a doctor right away if they develop fever and symptoms of lower respiratory illness, such as cough or shortness of breath.

See our June 8 message: http://photos.state.gov/libraries/saudi-arabia/768382/yoderja/corona_june.pdf



Social Security Announces New Mobile Site for Smartphone Users

Social Security Administration announced the creation of a new mobile optimized website, specifically aimed at smartphone users across the US. People visiting the agency's website, www.socialsecurity.gov, via smartphone (Android, Blackberry, iPhone, and Windows devices) will be redirected to the agency's new mobile-friendly site. Once there, visitors can access a mobile version of Social Security's Frequently Asked Questions, an interactive Social Security number (SSN) decision tree to help people identify documents needed for a new/replacement SSN card, and mobile publications which they can listen to in both English and Spanish right on their phone.

In addition, visitors to the new mobile site can learn how to create a personal *my SocialSecurity* account to get an online Social Security *Statement*, learn more about Social Security's award-winning online services, and connect with Social Security on Facebook, Twitter, YouTube, and Pinterest. For people unable to complete their Social Security business online or over the telephone, the agency also unveiled a new mobile field office locator. The new mobile office locator has the capability to provide turn-by-turn directions to the nearest Social Security office based on information entered by the person. For more information, please go to www.socialsecurity.gov.

DOMA: Now that the Supreme Court has found key aspects of the Defense of Marriage Act (DOMA) unconstitutional, the President has directed the Attorney General to work with other members of his Cabinet to review all relevant federal statutes to ensure this decision, including its implications for Federal benefits and obligations, is implemented swiftly and smoothly.

The Department of State is working with the Departments of Justice and Homeland Security to review all relevant federal statutes and regulations that affect visa processing and immigration benefits. We will keep resident U.S. citizens informed of updates and procedural changes as soon as we have been notified of them.



According to news reports, the Saudi Ministry of Interior has called on non-Muslim residents to respect the sanctity of the Holy Month of Ramadan by refraining from eating, drinking and

smoking in public places, streets and work places. Furthermore, it warned that violators may be receive punishment to include termination of work and deportation from the Kingdom.

HEALTH TIPS FOR RAMADAN

Consult your doctor on how to adjust the medication you are taking while you are fasting.

Plan your meals, life and work schedules ahead of time in order to make sure you get the nutrients, hydration, and proper rest that you need. Organize your schedule so that you get enough sleep.

Do not skip the morning meal prior to dawn. Breakfast in general is considered the most important meal of the day, and that is all the more so when you are fasting. Remember not to overeat. For your morning meal, look for foods that are rich in complex carbohydrates and protein, and for fruits or vegetables. Drink plenty of water! Some examples of good choices for your morning meal are: eggs on whole-grain toast, a few crackers with peanut butter, some orange slices or other fruits, and several glasses of water.

Plan your day so that during the hottest part of the day, you can stay in cool areas (indoors or in shade) and can limit your physical activity.

Avoid eating too much when breaking the fast at sunset. Start with a few dates and water. After a long period of fasting, you will need to gradually bring your fluids and blood sugar level up slowly without overdoing it.

During the early evening (after Maghrib), have a healthy and balanced dinner. Do not overeat, and be sure to drink a few more glasses of fluids. Avoid fried and heavy foods, as they may cause heartburn or indigestion.

During the evening hours, resist the temptation to drink tea, coffee, and soda – those beverages do not help you get the hydration you need before fasting. When visiting friends or family, ask for water.

Serve yourself, your family, and guests a "dessert" of fresh fruit and nuts. There are many choices available this season, and they are much healthier than chocolates and candy.

Sip on water throughout the evening. Aim for 8 glasses by bed time. To help you keep track, fill and refill a water bottle with a measured amount of water, and be sure to finish it.

Light exercise, such as walking for 15-20 minutes, is best done in the evening hours.

Continue to brush and floss your teeth several times a day.

Wash your hands regularly, and avoid those who cough or sneeze. This is important to prevent the spread of viruses (such as seasonal flu and other viruses) and bacteria which may cause illness.

Stop smoking!

For Health Regulations for Umrah and Hajj pilgrims, please visit the [Saudi Ministry of Health](http://www.moh.gov.sa/en/Hajj/Pages/HealthRegulations.aspx) website: <http://www.moh.gov.sa/en/Hajj/Pages/HealthRegulations.aspx> and see [CDC](http://www.cdc.gov/features/HajjAndUmrah/) advice at: <http://www.cdc.gov/features/HajjAndUmrah/>.

For specific Hajj information, please visit the [Saudi Ministry of Hajj](http://www.hajinformation.com/)'s website: <http://www.hajinformation.com/>

PHOTO REQUIREMENTS FOR U.S. PASSPORTS:

Your passport photo must be:

- In color
- Printed on photo quality paper
- 2 x 2 inches (51 x 51 mm) in size
- Sized such that the head is between 1 inch and 1 3/8 inches (between 25 and 35 mm) from the bottom of the chin to the top of the head. View the [Photo Composition Template](#) for more size requirement details.
- Taken within the last 6 months to reflect your current appearance
- Taken in front of a plain white or off-white background
- Taken in full-face view directly facing the camera with a neutral facial expression and both eyes open (even in infants)
- Taken in clothing that you normally wear on a daily basis:
 - Uniforms should not be worn in your photo, except religious clothing that is worn daily.
 - Do not wear a hat or head covering that obscures the hair or hairline, unless worn daily for a religious purpose. Your full face must be visible, and the head covering must not cast any shadows on your face.



- Headphones, wireless hands-free devices or similar items are not acceptable in your photo.
- If you normally wear prescription glasses, a hearing device or similar articles, they may be worn for your photo.
- Dark glasses or non-prescription glasses with tinted lenses are not acceptable unless you need them for medical reasons (a medical certificate may be required)
- Glare on glasses is not acceptable in your photo. Glare can be avoided with a slight downward tilt of the glasses or by removing the glasses or by turning off the camera flash.

We will no longer accept the photograph if the baby's eyes are closed.

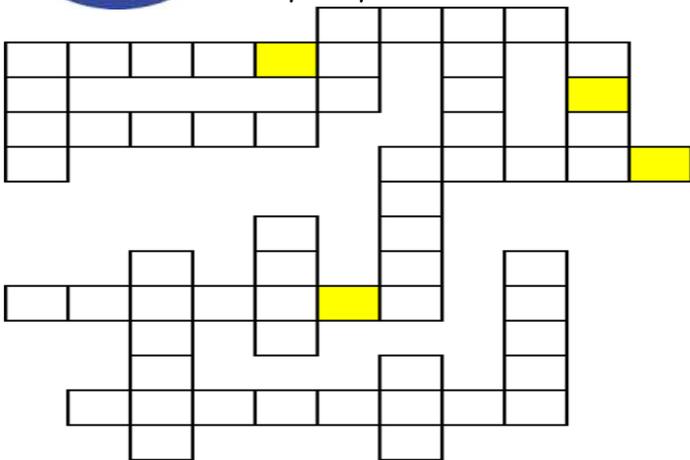
The following are a few tips for photographing your baby:

- You can lay the baby on a white sheet or place the baby in a car seat with a white sheet;
- The baby's eyes must be open and looking straight ahead;
- No-one else should be visible in the photograph



MYSTERY- WORD

Can you enter the words correctly into the grid? The letters in the shaded boxes will spell out the name of the mystery word.



- | | | | | | |
|--------------------------------|--|---|--------------------------------------|-----------------------------|------------------------------|
| 3 letters
BAY
SEA | 4 letters
POND
POOL
SURF
WAVE | 5 letters
CANAL
CREEK
OASIS
OCEAN
RIVER | 6 letters
LAGOON
PUDDLE | 7 letters
CHANNEL | 8 letters
FOUNTAIN |
|--------------------------------|--|---|--------------------------------------|-----------------------------|------------------------------|

Fun facts about summer

Fact #1 - Watermelon is a vegetable. As the air heats up, so does the consumption of watermelon. This vegetable is part of the cucumber, squash and pumpkin family. Americans eat 15 pounds each year!

Fact #2 - Ice cream is sold the most in July. In July, Americans celebrate National Ice Cream Month. U.S. citizens consume about 5.5 gallons per year (on average). Higher temperatures affect sales.

Facts #3 - Frisbees were invented by accident. If you visit the park in the summer, you probably enjoy tossing a **Frisbee**. This toy was created in the 1870s as a pie plate. (Yum!) Students started throwing them around in 1940s changing the use to a form of entertainment.

Fact #4 - An educator invented summer vacation. His name was **Horace Mann**. In 1837, he was elected as Secretary of the Massachusetts Board of Education. Mann used this platform to reform the school system from adding a break and developing uniform training for teachers.

Fact #5 - Summer breaks vary around the globe. Children in industrialized countries go to school for more hours in a day and more days per year. Summer Breaks are shorter as well. Be grateful if you reside in a high-tech environment.

Fact #6 - The first day of summer has a name. The summer solstice kicks off the season. This day usually falls on June 20 or June 21. The term solstice is Latin for sun stand still.

Fact #7 - The Eiffel Tower grows in summer. This historic structure is made of iron. Metal expands with heat. As a result, the Eiffel Tower can grow more than six inches in hot weather.