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Inside: Interview: Abduljabar Saad speaks to Yemen Times **P5** Business: Ramadan charities in Yemen **P12** The month of Ramadan and the blessings of fasting **P15** Health: Dates, medicinal food of Quraan **P16** Education: Managing English: The Leona Cassiani way **P18**

Mohammed Qahtan urges women to stand in presidential elections

Ruling Party starts election campaign

BY YEMEN TIMES STAFF

Sana'a, Oct. 9—President Ali Abdullah Saleh announced last week in Taiz that the State is intending to amend the law of local authority and that all the local authority leaders must be directly elected by citizens.

The President's declaration included the amendment of the elections law to ensure the expansion of public participation in the Parliament, as well as the amendment of the Shura Council law to stipulate that half of the members should be elected and others appointed.

The President said: "The local authority achieved positive results and this encourages us to give it more powers in return or reducing the central powers. Some specializations and powers of ministries will be withdrawn to the advantage of the local authorities."

Saleh pointed out that he gave orders to the government to leave some powers to the advantage of the local authority including the right of monitoring,

observation, tenders and the supervision over the implementation of projects.

According to President Saleh, the centralization of powers causes great harm to process of supervision over several projects, particularly in the field of services.

The President's speech coincided with circulating news about a plan prepared by the People's General Congress leaders on the future political visions and reforms in Yemen.

This project will be a real rival for the project of political, administrative, economic and financial reforms forwarded by the opposition parties, in addition to other reforms in human rights and public freedoms.

The ruling People's General Congress finished last week the election of leaders in provincial branches, as well as the election of permanent committee members.

The ruling party has conducted its electoral courses and reshuffling over

two phases and appointed new faces to run its permanent committees. These activities have been implemented as part of its preparations for the seventh general congress scheduled to take place next November in the city of Aden. During the conference, the ruling party is due to name its candidate for the coming presidential elections.

It is time for the ruling party to put an end to the sharp controversy between different politicians on who will be nominated for presidency after President Saleh declared not to take part in the upcoming elections.

The ruling party has made replacements in its internal system and appointed new leaders to shoulder the responsibility of accelerating the political and organizational activities of the party.

Ahmad al-Zuhairi, Deputy Chairman of the Executive Committee for PGC Reshuffling, confirmed that the organizational reshuffling of the party is based on establishing the prin-

ciple of democratic practice, thought of as the first partisan experience in the organizational decentralization in the country.

He asserted the democratic experience in any country remains meaningless in case the nation lack the democratic practice with parties and political forces which forms the axis of the democratic activities.

Representatives who partook in the electoral course numbered up to 39600, 29850 of whom are male representatives and 9750 female ones. The number of the PGC leaders who have been elected in different districts all over the republic reached 6361, of whom 3294 are male leaders and 1945 women activists while 1167 is the total number of the student and youth leaders.

The internal elections of the ruling party demonstrated strong competition, as the number of winners in the main permanent committees came at 255 members.

Winners in the local permanent com-

mittees numbered up to 708 in the formula of 2 members in every district all over the republic while 105 is the number of women activists who won elections at the local level.

Scores indicate that 60% is the percentage of the party's new male leadership, 68% is the rate of new women leaders and 85% the rate of student and youth leaders.

In a new initiative, the ruling party announced to enhance the women's role in the coming local elections. The internal elections of the party exposed new women leaders to facilitate the task of the PGC to nominate some of them for the local elections.

On the other hand, the strongest opposition Islah party held a meeting with the main objective of nominating its candidate for the coming presidential elections. Mohamed Qahtan, Chairman of the Islah Political Unit emphasized that a considerable portion of the political reform project of the Joint Opposition Meeting Parties was

devoted to women.

Qahtan did not give clarification on the stance of his party to assigning a portion of seats for women in the local elections that will be conducted simultaneously with the presidential elections in September 2005.

U.S. Ambassador: Yemen's democracy progress stopped

SANA'A - Oct. 8 - Saba News quoted a source on Saturday, saying that the Yemeni Government questioned the latest statements by the U.S. Ambassador, Thomas Krajieski, in which he claimed that Yemen's democracy progress has stopped.

The source added that Yemen is an independent country and democracy in Yemen only concerns Yemeni people themselves and no body else.

According to the source, statements such as those made by the U.S. Ambassador, do not serve the growing Yemeni-US relations.

"We don't know either what the U.S. Ambassador wants from the democracy in Yemen, nor do we know his standards of the democracy progress. Does he want it to be like the democracy of the collation forces in Iraq?", the source exclaimed.

Yemeni detainees go on hunger strike

BY YEMEN TIMES STAFF

SANA'A - Oct. 8 - A number of Yemeni detainees in Guantanamo Bay including Abdussalam al-Hilah and another 30 detainees with different nationalities are continuing their hunger strike from last december.

The 26 September Newspaper said that half of the hunger strikers suffer from bad health and now they are fed through pipes, and the U.S. Administration summoned a number of civil physicians to treat the strikers.

The sources added that Abdussalam al-Hilah, one of the Yemeni detainees has become very thin after he took part

along with another 200 detainees in a hunger strike in protest against their mistreatment and their detention without legal justification.

Sources close to Abdussalam revealed that the U.S. authorities attempted more than once to attract al-Hilah to cooperate and work with them in Yemen under the advocacy of human rights.

Some U.S. attorneys have visited Sana'a recently and met with relatives of Guantanamo detainees. When they returned home, they carried with them letters to the detainees from their relatives.

Al-Hilah's family confirmed that Abdussalam agreed with higher authorities to be responsible for the supervision of deporting some extremists and Arab Afghans from the Yemeni territory.

The U.S. attorneys called for an official letter from the Yemeni Government stating that al-Hilah was working with it, but their request was rejected, said reliable sources.



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A high ranking security source disclosed in the middle of last August that there was a dispute between the U.S. and Yemen over the extradition of a number of Yemenis who, counted by

fingers, are detained by the U.S. authorities.

The Amnesty International urged the U.S. Administration to withdraw from all its demands forwarded to the Yemeni Government and other government concerning the continuity of detaining any person.

The Amnesty International accused Yemen and the U.S. of maltreating three Yemeni nationals who have been transferred recently from Guantanamo Bay in Cuba to Yemen, and under security preservations, they victims are landed in prisons in Sana'a, Aden, Taiz and al-Mahrah.

Several detainees including Walid al-Qadasi Mohamed Faraj Ba Shumaila, Salah Salim, Mohamed Salim al-Asad were handed over to Yemen over the last few months.

This year, a Yemeni committee made up of security leaders paid two visits to Guantanamo Bay for verifying identities of Yemeni detainees.

During its last visit, the committee got acquainted with 86 Yemeni nationals out of 110 people on the U.S. list of terrorists, however the committee found that four of them have no Yemeni citizenship.

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Report: 1030 schools in the form of tents, mosques and makeshift constructions

SANA'A- Oct. 8- An official report on the indicators of education in Yemen revealed that 1030 schools all over the republic are in the form of tents, makeshift dwellings, mosque annexes and thatch-made huts.

The report, which was issued by the Supreme Council for Educational Planning pointed out that 509 schools are made of hay and in the form of tents while 521 schools are placed in mosque annexes, and some students study in the open and exposed to the elements.

According to the report, around 42

schools are in the form of apartments, which are inconvenient places for students to study in.

The Minister of Education, Dr. Abdussalam al-Hila announced last month that his ministry is about to finish construction of around 1000 new schools by the end of 2005. Last year, the Minister of Education stated, saw the establishment of 1000 schools in different parts of the republic.

According to the report, male and female students enrolled in primary and secondary schools numbered up to 6 million.

New UAE Ambassador to Yemen

H.E. Ali Saif Sultan, the U.A.E's newly inaugurated ambassador to Yemen presented himself to the minister of Foreign Affairs Dr.Abu Bakr al-Qirbi.

During the meeting the two sides discussed the relations between Yemen and UAE and the means of strengthening them in order to create a closer relationship to the benefit of both parties.



The close relations are the outcome of the efforts of President Ali Abdullah Saleh and the late Sheikh Zayed bin Sultan. Sheikh Khalefa bin Zayed bin Sultan.

The new ambassador expressed his desire to continue the close relationship between the two countries.

Seven injured in factory fire

BY: MOHAMMED AL-JABRI
YEMEN TIMES STAFF

Taiz, Oct. 8 - A sudden fire broke out last Wednesday in a plastic factory in Taiz governorate. The fire broke out shortly after 9 p.m. in the factory's raw material store and spread rapidly through the whole factory.

Firefighters rushed to the scene and evacuated all the workers, and

managed to bring the blaze under control within two hours.

Security forces sealed off the area around the factory. Seven workers of the factory were injured. They were taken to al-Thawrah Hospital in Taiz.

Police said the fire broke out due to electrical fire in one of the fuel barriers that were close to flammable materials. Still, the cause will remain under investigation.

Executive Secretary Required

A local trading and contracting company located in Sana'a seeks to hire an executive secretary. Candidates must have the following requirements:

1. University/Diploma degree (preferred in accounts)
2. One year experience as a minimum.
3. Fluency in English (speaking and writing)
4. Computer skills (Microsoft's Windows, Word, Excel, PowerPoint, Access, Internet)

Candidates who meet the above requirement shall send their CV to
Fax No. 01 201671 or email: ymar@y.net.ye

Vacancy Announcement

Korean National Oil Corporation (KNOC) invites Yemeni National to apply for the following position with its office in Sana'a

Position : **Accountant**

Qualifications:

- 1- University Graduate-preferable college of commerce.
- 2- Experience minimum 5 years
- 3- Speak and write English and Arabic

Candidate requested to send the CV with picture to the Company
P.O. BOX 16995 before the 15th Oct.2005. Shortlist candidates will be notify for final interview

Yemenis manhandled by Omani authorities

SANA'A-Oct.8- More than 40 Yemeni citizens were beaten by Omani authorities in the Omani boarders. A security source in the boarder cargo Port said, 'We received about 40 Yemeni citizens with clear signs of beating on their bodies.'

The source added that the citizens

had infiltrated into the boarders two days before on foot into the Omani boarders. An Omani boarder patrol spotted them and they were detained for a full day, during which they were beaten, humiliated and then handed over to Yemeni authorities.

Shura net sources said that the Yemenis tried to infiltrate into Oman

accompanied by 17 children and 8 disabled in order to exploit them in beggary during Ramadan month.

The Yemeni labor is not acceptable by Omani authorities. They only allow Maharah people to cross their boarders to work in the Gulf countries. Other governorates citizens are not allowed to pass without a visa.

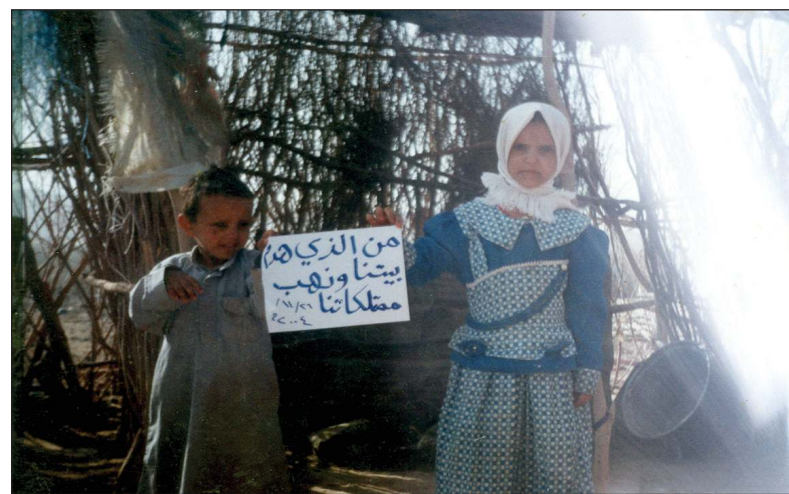
Citizen appeals to President

following his house destruction

MARIB- Yem. - Oct.9- Citizen Aziz Hassan Alzaidi, an inspector in the Ministry of Education, appeals to the president to resolve the case of his house destruction by the military forces, in Sirwah in Marib governorate, three years ago.

In a release to Yemen Times, Aziz said that his house was entirely destroyed with all his possessions, due to the air raids, that took place during the confrontations with the citizens in the area.

Aziz says that he is living in the open with his family since then and he appeals to the president to resolve his case to find shelter for his family.



Sa'ada locals urge for release of detainees

SA'ADA- Oct. 8- Under the presidents amnesty, locals have been demonstrating at a Complex in the northern city of Sa'ada urging for the release of detainees over confrontations between al-Houthi and the government.

Al-Shura Net sources reported that a large rally of relatives and sheikhs have streamed to the Complex since

Wednesday afternoon with the intention of putting pressure on the governor of Sa'ada and the security officials to implement the decision issued by HE President Saleh on Sept. 26 concerning the release of the detainees.

Up until now, only around 100 prisoners have been freed.

Protestors claimed that security

officials were obstructing the Presidents orders and had not released many of those still held. Indeed the only individuals released have been the sick and infirm.

In the same context, people detained in Sana'a prisons over chanting ant-U.S. and Israel slogans were not released despite the fact they were included in the President's amnesty.

Yemeni student detained for lunch bill

SANA'A- Oct. 8- The Egyptian security authorities have detained a Yemeni student for more than 20 days for allegedly not paying the lunch bill in a restaurant in west Cairo.

Friends of the detainee, Tariq al-Ja'adi, who studies at 6 October University, told "News Yemen" that the victim receives inhuman treatment and is subjected to daily attacks by officers, particularly after Tariq exchanged controversy with the prison officers.

A Saudi female national cited the attack on the Yemeni student, reported it to the Yemeni Consulate and asked them to rescue the victim, but they did not show any response.

Other students stated that the consulate demanded them to collect money in order to appoint an attorney to defend their classmate if they want to secure his release. The consulate has apparently said that Tariq deserved detention since he did not pay for what he had eaten.

The 26 September Net mentioned

last Thursday that also the Iranian authorities have deported a Yemeni M.A. student from an Iranian university.

The net sources clarified that the Iranian authorities' decision to deport Muadh al-Hamati and suspending his study, was based on unconfirmed charges against him.

The Yemeni authorities are in contact with the Iran to find out the reasons behind the decision of deporting the Yemeni scholar and suspending his study.

Japan writes off 8.2 \$ million of Yemen's Depts.

Sana'a- oct.5 The Government of Japan decided to write off Yemen's Debts to Japan for fiscal year 2005, amounting to approximately 8.220.000 US dollars. The decision comes in response to a resolution adopted by the Trade and Development Broad of the United Nations Conference on Trade and Development that urged donor countries to adopt dept relief measures for countries which have been facing serious difficulties in serving their depts..

Not Verbales concerning this debt relief measures were exchange today between the Embassy of Japan and the ministry of foreign Affairs of the Republic of Yemen.

The new Japanese dept relief measures, which started in September 2004, is in the form of cancellation of some

of Yemeni debts and gives evidence to the nature of the mutual relations between the two countries that are developing steadily and firmly. When this new debt relief measure started in 2003, 2004 that amount to approximately 17 million US dollars.

The new debt relief measure aims at supporting the strenuous efforts of the Yemeni governments to achieve economic development and to alleviate poverty according to the targets that are embodied in the Yemeni Poverty Reduction Strategy Paper.

Furthermore, the Government of Japan has decided to extend a grant amounting up to 35.425 US dollars to Water and Environment Sanitation Society in Hudaida under the Japanese scheme called " Grant Assistance for Grass-roots Human Security Projects,"

which aims at supporting small-scale community -based projects in basic human needs field, such as primary health care, basic education and welfare in developing countries.

The grant will be used for the construction of elevated reservoir and storehouse to protect the water pump in Mustafa Village, which is located 99 Kilometers south of Hodaidah City. The project aims at providing clean water, reducing sufferings of women and children, encouraging more girls to go to school and improving the health condition of the inhabitants.

Ms. Fatima Janan, Chairwoman of water and Environmental Sanitation Society and Mr. Yuichi Ishii, Ambassador of Japan to the Republic signs the agreement to this effect last Sunday.

Readers' Voice

Yemen Times features "Readers' Voice" a popular way for our readers to interact with us. This is your opportunity to have a say on world and local affairs.

This edition's question:

Do you think that Yemen is seriously insisting on working for the release of Yemeni detainees in Guantanamo?

Yes
No
I don't know

Last edition's question:

Do you think that the President would respond to an appeal by families of Qaida prisoners and order their release?

No 58%
Yes 32%
I don't know 10%

Go to our website at:
yementimes.com/#poll
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Free mobile phones for journalists

SANA'A - Oct. 4th - Engineer Abdumalik Almolami, Minister of Information and IT, has given members of the Yemen Journalist Syndicate (YJS) free Yemen Mobile telephone lines with a unified bill system.

The minister told head of the YJS, Maboob Ali, that this grant will include the syndicate members that were registered in the list of the third syndicate conference as a first group. The minister also declared a deduction of 40 percent in telephone calls for this group, a thing that will lower the cost to three YR for each minute. Another list for those who were registered in the syndicate list after the third conference will follow.

The minister promised that he will consider a 50 percent deduction for their members for the cost of non-mobile phones. This will be in next December after the technical study that is now being carried out by the ministry's experts. The minister also granted the syndicate members a free access through Yemen net services to all internet sites of the partisan and none partisan sites that are licensed by Ministry of Information.

Germany gives Yemen 37 million euro

SANA'A- Oct. 9- A Yemeni delegation chaired by the Minister of Planning and International Cooperation is expected to travel to Germany today to take part in bilateral discussions between the two countries.

Germany is to grant Yemen 37 million euros in support of some projects. 24 million euro of the total amount is allocated to projects relevant to the financial cooperation between the two friendly countries and 13 million euros for technical cooperation.

The Yemeni team is expected to involve representatives from the ministries of health, finance and water and environment, as well as the fund for small enterprises.

The German side is due to include representatives from the foundations of U.T.Z. and K.F.U.

The benefits of Taraweeh Prayers

BY YEMEN TIMES STAFF

Muslims derive therapeutic and spiritual benefits starting from the Wudu to the physical movements in the *Salat - Takbir, Qiyam, Ruku, Sajda, Jalsa, and Tasleems*. Muslims perform five daily contact prayers (*Salat*) and voluntary prayers (*Sunnah, Nafil*) throughout the year and Taraweeh prayers during the month of Ramadan. This results in moderate physical exercise particularly to every muscle in the body. Some muscles contract isometrically (same length) and some contract in approximation or isotonicity (same tension). The energy needed for the muscle during exercise is met by a process known as glycogenolysis. The rate of muscle metabolism increases during the performance of *Salat*, resulting in a relative deficiency of oxygen and muscle nutrients. In turn this deficiency causes vasodilation - an increase in the caliber of blood vessels - thereby allowing blood to flow easily back to the heart. The temporarily increased load on the heart acts to strengthen the heart muscle and to improve the circulation within the heart muscle.

During the month of Ramadan, additional prayers are performed after *salatul Isha*, called Taraweeh prayers which vary from 8 *rakat* (unit of prayer) to 20 *rakat* with a few minutes break after every 4 *rakat* for chanting and extolling the Majesty of Allah. After *Iftar* (breaking of fast) the blood glucose level continues to rise from the food ingested. Just before the *Iftar* meals, the blood glucose and insulin levels are at their lowest level. After an hour or so after the *Iftar* meal, the blood glucose begins to rise and also plasma insulin. Liver and the muscles take up the circulating glucose. The blood sugar reaches high levels in an hour or two and the benefits of Taraweeh prayers come into effect. The circulating glucose is metabolised into carbon dioxide and water during the Taraweeh prayers.

Hence the Taraweeh prayers help in expending the extra calories and improve flexibility, coordination, reduce stress-related autonomic responses in healthy persons, and relieve anxiety and depression.

Physical and Emotional Well-Being

The gentle exercises performed in Taraweeh prayers improve physical fitness, emotional well-being and increase the longevity of the *Namaz* (one who performs the *Salat* or *Namaz*). When a little extra effort is made, as in performing the Taraweeh prayers, there will be a betterment in the endurance, stamina, in flexibility and strength. It was noted that the five daily prayers (*Salat*) produce the same physiological changes without any undesirable side effects as those produced by jogging or walking at about three miles per hour. Recent research studies performed on 17,000 Harvard alumni who entered college between 1916-1950 give strong evidence that only moderate aerobic exercise, equivalent to jogging about 3 miles a day, promotes good health and may actually add years to life. Men who expended about 2000 kcal of energy on a weekly basis (equal to a daily 30-minute walk, run, cycle, swim, etc.) had one-quarter to one-third lower death rates than classmates who did little or no exercise. In addition to the health-boosting qualities of the *Salat*, the *Namaz* will be trained to be ever ready for any unexpected physical exertion such as sudden lifting of children, chairs, or catching a public transportation vehicle. The elderly will accomplish this more securely and efficiently. Hence this is an advantage for the elderly to maintain their physical fitness for a longer period of time. It has been observed that those who fast and perform the Taraweeh prayers report feeling much convalescing and robust.

The Elderly

As human beings grow older, their physiological activity diminishes, as a result their bones become thinner and if not taken care of will suffer from osteoporosis (which causes the fractures of the bones when they fall in the elderly due to a loss of bone mineral content and consequent sponginess of the bones. The bone then becomes structurally unstable, brittle and susceptible to fractures). Primary osteoporosis is most common among postmenopausal (due to reduction in oestrogen) women or those who have undergone a bilateral oophorectomy (both the ovaries removed). Women are six times more likely than men to develop Type I osteoporosis. The three major prevention strategies of osteoporosis are a high dietary intake of calcium and vitamin D, regular exercise and oestrogen replacement in postmenopausal women. The skin also becomes fragile and wrinkled. The repair processes of the body become slower and immune responses are decreased. In the elderly their physical activity is reduced as a result they have lower levels of Insulin Growth Factor 1. Reserve functions of all vital organs decrease and the elderly are more susceptible to mishaps and ailments. Because of repeated and regular movements of the body during *Salat* the muscle strength, tendon power, joint flexibility and the cardiovascular reserve are improved. Hence



Salat and Taraweeh prayers enable the elderly to enrich the quality of life and to meet with unforeseen difficulties such as falls which could injure their bodies. Therefore Taraweeh prayers will improve their endurance, self-respect and self-confidence in being self-reliant.

Adrenaline is secreted even by minor activity. The secretion outlasts the incitement. Even after the Taraweeh prayers are over the effects of adrenaline and noradrenaline are manifest. (Adrenaline also called epinephrine is produced by the adrenal glands. The middle part of these glands, the adrenal medulla, secretes the hormone, which is chemically almost identical to the transmitter substance noradrenaline produced at the ends of sympathetic nerves. Adrenaline secretion into the bloodstream in stress causes acceleration of the heart, constriction of arterioles, and dilation of the pupils. In addition, adrenaline produces a marked increase in metabolic rate thus preparing the body for emergency.) Even the thought or the intention of performing the Taraweeh prayers is sufficient to activate the sympathetic nervous system. Sympathetic nervous system (thoracolumbar nervous system) is one of the two division of the autonomic nervous system, which supplies motor nerves to the smooth muscles of internal organs and to the heart muscle. Sympathetic nerve fibers arise via spinal nerves in the thoracic and lumbar regions. Their endings release mainly adrenaline, which increases heart rate and breathing rate, raises blood pressure, and slows digestive processes, thereby preparing the body for "fight or flight" and antagonizing the effects of the sympathetic nervous system. The adrenaline would redistribute the blood in the body to the active muscles, would mobilize liver glycogen if necessary in order to provide glucose for the active tissues, would diminish fatigue in skeletal muscles and would facilitate alveolar ventilation relaxing bronchiolar muscle, and would initiate cardiovascular changes. Exercise induces a more effective functioning of beta-adrenoreceptors located on cell membranes.

Beneficial effects of Gentle Exercise

The Taraweeh prayer is considered to be gentle exercise. The beneficial effects of gentle exercise on the body are many which are elaborated here.

Effects on Skeletal Muscle

Once muscles atrophy in spite of the availability of ample proteins. During the *Salat* and Taraweeh, every muscle in the body contracts isotonicity and others isometrically. This gentle exercise also enhances endurance and diminishes tiredness. It helps the incapacitated to make the most of their remnant capabilities. The blood flow in strung muscle is low. During the prayers the blood flow is greatly increased to the muscles. Blood flow sometimes increases even before the start of Taraweeh prayers, with just the thought of performing the Taraweeh prayers. In addition to needing fats, proteins, and carbohydrates, the human body requires minerals such as Potassium for nerve and muscle activity. It is found in fruits, meats, seafood and milk. Potassium deficiency leads to muscular and neurologic disorders. Potassium is also important in the transmission of nerve impulses and is a major positive ion in intracellular fluids. Potassium is involved in cellular enzyme activities, and it helps regulate the chemical reactions by which carbohydrates are converted to energy and amino acids are converted to protein. Also Potassium ions cause vasodilation of arterioles. During the Taraweeh prayers, systolic Blood pressure may rise (the larger number in B.P.) a little and the diastolic Blood Pressure (the lower number in B.P.) may remain unchanged or even fall. However after the Taraweeh prayers are over, the B.P. may drop to just below normal levels which is a welcome sign. Taraweeh prayers improve respiratory efficiency; circulation in the capillaries surrounding the alveoli, or air sacs, is increased, and this brings about enhanced gas exchange and deeper breathing. The increase in the maximal consumption of oxygen is what makes the *Namaz* feel better. Those who perform the Taraweeh

may be an important factor as to why the skin of those who fast regularly during Ramadan and perform the Taraweeh prayers do not get wrinkled, even when they grow old.

Mental Health

It is a known fact that exercise improves mood, thought and behaviour. Exercise improves the quality of life, induces greater sense of well-being and energy, reduces anxiety and depression, influences mood favourably and contributes to self-esteem and an aura of confidence; improves memory in the elderly especially with constant repetition of the Ayaat (verses) from the Glorious Quran and other Ayaat which exalt His Glory. This constant repetition of the Quranic Ayaat would help to screen the mind from the incoming thoughts. It has been found by a Harvard University researcher, Dr. Herbert Benson that repetition of a prayer, Ayaat

of the Quran or remembrance (*Dhikr*) of Allah or muscular activity coupled with passive disregard of intensive thoughts causes a "relaxation response" that leads to the lowering of Blood Pressure and decreases in oxygen consumption and a reduction in heart and respiratory rates. All these are combined in the Taraweeh prayer which is an ideal condition for "relaxation response." It combines repeated muscular activity with repetition of *Salat*, chanting of words of glorification of Allah and of supplications. The Taraweeh prayer puts the mind in a relaxed state. This calm state of the mind may be partly due to the release of encephalins, beta-endorphins (endogenous morphines) and others into the blood circulation. Endorphins are any one of the neuropeptides composed of many amino acids, elaborated by the pituitary gland and acting on the central and peripheral nervous systems to reduce pain. Endorphins are categorised as alpha-endorphin, beta-endorphin, and gamma-endorphin which produce pharmacologic effects similar to morphine. Beta-endorphin found in the brain and GI(gastro-intestinal) tract is the most potent of the endorphins and is a powerful analgesic (pain killer) in humans and animals. For example during childbirth many women release endorphins reducing a woman's sensation of pain. The release of endorphins is associated with an euphoria. During childbirth, women who give birth with little or no medication sometimes label this euphoria a "birth climax."

Conclusion

Islam is the only religion where physical movements of *Salat* and Taraweeh prayers are combined with spiritual exercise. When *Salat* and Taraweeh prayers are practised throughout a person's life, recurring every few hours or so, trains a person to undertake the difficult task of meditation during physical manoeuvres of *Salat* and Taraweeh prayers, so that the *Namaz* (one who performs the *Salat*) benefits both from spiritual as well as physical exercise. *Salat* and Taraweeh prayers are unique in that tension builds up in the muscles during physical manoeuvres on the one hand, while tension is relieved in the mind due to the spiritual ingredient, on the other hand. The following benefits have been noted among those who perform the Taraweeh

prayers, apart from the prescribed *Salat*, are more alert and active than those who do not perform the Taraweeh prayers, even after the age of retirement. Taraweeh prayers improve physical strength and joint stability and reduce the risk of injury to the tendons and connective tissues. After age 40, the bone mineral density falls with age. Taraweeh prayers increase bone mineral density in both menopausal and in elderly women and prevents osteoporosis and maintains normalcy in bone structures. Osteoporosis results in hip fractures in women after menopause and in elderly men. The risk of osteoporosis is substantially reduced by regular *Salat* and Taraweeh prayers. The prayers improve lubrication of joints, movement, and maintain flexibility. Deep vein thrombosis (the most common cause of ulceration of the legs in the elderly) is prevented by performing *Salat* and Taraweeh prayers.

Metabolic Effects

Salat improves body weight control and expend calories without proportionate increase in appetite. A combination of moderate dietary restriction, both at the *Iftar* and *Sahur* (early morning breakfast before the start of fast) meals, accompanied by the Taraweeh prayers, should achieve weight reduction. This will also reduce both fat and body weight, but fat-free weight will remain constant or may even increase slightly. Hence during Ramadan one should not overeat at the *Sahur* and *Iftar* meals and continue to perform *Salat* and Taraweeh prayers in order to lose some of the excess weight.

It is well known that exercise prevents coronary heart disease (CHD), increases high density lipo-proteins (HDL or healthy Cholesterol), increases maximum oxygen uptake, slows the heart, lowers the B.P. slightly, decreases ventricular ectopic activity, enlarges the lumen of the coronary arteries and increases cardiac output. Exercise also improves carbohydrate tolerance and improves late-onset diabetes, and helps cases of chronic respiratory diseases. Beneficial changes have been recorded in the lipid profile, B.P., clotting factors, weight reduction and insulin sensitivity of muscles and other tissues in persons who exercise regularly. Growth Hormone secretion is elevated by fasting and it is further elevated by Taraweeh prayers. As Growth Hormone is necessary for collagen formation, this

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prayers: burning off calories and losing weight, maintaining muscle tone and body composition, joint flexibility (stiff joints are often the result of disuse, not arthritis), increasing metabolic rate, improving circulation, improving heart and lung function and aerobic capacity, decreasing heart disease risk profile, increasing your sense of self-control, reducing your level of stress, increasing your ability to concentrate, improving your appearance, reducing depression and resistance to depression, helping you sleep better and suppressing your appetite. Evidence is also accumulating that those who perform regular *Salat* along with voluntary prayers can conserve and actually retard the loss of bone mass in the elderly, thus staving off the ravages of osteoporosis that afflicts both

men and women. It is also possible to retard the aging process and confer some protection to health in later life. Those who have performed *Salat* (*Fard* and *Wajib*), *Sunnah* and *Nafil* and Taraweeh prayers throughout life get protection and a positive effect in terms of health and longevity. They reverse the life-shortening effects of cigarette smoking and excess body weight. Even people with high blood pressure (a primary heart disease risk) reduced their death rate by one-half and their risk of dying from any of the major diseases is reduced. They also counter genetic tendencies toward an early death.

Hence *Salat* (*Fard*, *Wajib*), *Sunnah*, *Nafil* and Taraweeh prayers are necessary for Muslims to preserve life and their desirable qualities into old age.

Announcement

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In the Name of Almighty God, The Compassionate

Republic of Yemen
Before the Seera Court of 1st Instance
Civil suit No. 146 of 1426 Hij.

Plaintiff Shadab Mohamed Shafi A. Karim
Represented by his Attorney Mohamed Abdulla Zaid, of Crater, Aden, Republic of Yemen

V/S

Defendants 1. Heirs of the Late Nooruddin F. A. Nakhoda, Mumbai, India
2. Heirs of the Late Mohsen F. A. Nakhoda, Mumbai, India.
3. Muneera A. Ghaffar, Dolphin Square, Maalla, Aden governorate, Republic of Yemen
4. The High Commission For Remuneration, Crater, Aden, Republic of Yemen.

TO 1. Heirs of the late Nooruddin F. A. Nakhoda, deceased,
2. Heirs of the late Moshin F. A. Nakhoda, deceased, all residing in Mumbai, Republic of India.

The Seera Court of 1st Instance No. 146 of 2005, lodged by Mr. Sadab M. S. A. Karim for performance of a sale deed ratified between you, (Shadab and your selves) related to premises situated in street No. 6 Haddadin Bazaar, section B, Crater, Aden, Republic of Yemen, comprised under Grant Nos. 786 and 787.

You Are therefore summoned and asked to put up your written statement and defence either in person or through an attorney on the forthcoming session of 21st November, 2005, failing which, this Court shall hear the case in your absence according to the law.

Given under the hand and the seal of this court, this 25th Day of September 2005.

Presiding Judge of Seera Court of 1st Instance
Gamal Mohamed Omer

Abduljabar Saad to Yemen Times:

“There are corruption lobby in the Ministry of Finance and the government.”

By MOHAMMED BEN SLAM

Abduljabar Saad said: ‘There is a corruption lobby in the Finance Ministry; examining the tremendous failure of the government, in levying petroleum, customs and tax revenues.’

Though many don't share Abduljabar Saad's point of view, it is widely agreed that he is a man of ideals. He lately became (deputy ministry for the Levy sector in the Ministry of Finance). Though he spent thirty years in large levying positions, he boasts that all he owns is house that costs YR (30,000,000) \$ 150,000. He says that one third of that sum is still being repaid in a loan.

He doesn't think that he is an angel, and any one who knows any bad conduct concerning him should declare it so that he can set the record straight.

Abduljabar has recently initiated what is thought to be an exposition of corruption in the Ministry of Finance, by a petition that he submitted to the vice PM and Minister of finance, Alawy Al-salami. The petition was published and a reply to it was also published. He sent a copy to the President together with a resignation, so we met him, in order to shed more light on this subject.

Q: What do you mean by this row?

A: Thank you for contacting me, and I don't agree that what I said was a row. It is a revelation of a real situation.

I wanted people to know the truth. I found myself in a position in which I should either work with integrity or leave for good and I would like the people to know why I left. I couldn't continue my work in the levy sector because of deliberate obstacles set by the Minister of finance and his deputy. I find myself compelled to clear to



Abduljabar Saad

corruption lobby in the Ministry of Finance and the government. All reform efforts are being isolated and economic cases are being treated in a random manner. He confirmed that if the state's capacities were well managed they will solve all the country's problems. He suggested thoughts for increasing revenues of petroleum, customs and taxes. ‘what I said together with that of the Central organization for reform and audit has the strength of its coming from within.’

Q: What was the response?

A: The reply was simply that it was not true

Q: What did you do then?

A: I believe that I have presented all the facts in details. As a small employee no one takes heed of what I say. Then I found that the deputy PM says what I say is wrong without giving any material evidence. So I decided to resign.

Q: What roles have the IMF and The World Bank got in this respect?

A: The IMF and the World Bank have been here for decades now. They present us and other countries with consultancies. We are supposed as economists to make use of their advices and engineer our own plans according to the country's needs. As a matter of fact our economists and the key officials take what others suggest for granted. This contributed to bringing about the destruction of our economic structures. Ironically the World Bank disclaimed responsibility of the recent

economic reforms.

Q: How is the country run then?

A: Things are going without planning and officials -as it was once put by Europeans- play the botched role of ‘god in the market place’ and not doing it very well. They don't like criticism and they deliberately destroy all skilled employees.

Q: You used to be one of the fans of Mr. Alawy Al-salami and used to describe him as one of the efficient administrators, what made you change your mind?

A: Nothing changed. Mr. Alsalami's skills can't be denied but lately he fell in the hands of a number of cliques who isolated him from all others. They did him great harm to the extent that necessitated the president's interference to tell him to set things right. It seemed that he didn't respond because the president himself made the changes in the customs department and then in the Ministry of finance. He could have saved himself all that and behaved in an indignant manner. An instance of this is his admittance to the recent changes but instead of giving a chance to the new deputies, and I am one of those, he reinstated the ousted ones and let them do all the work. This is one of his queer new behaviors.

Q: What is the President's reaction towards that?

A: He knows every thing and he often points to it in his speeches, but there are many considerations, concerning the changes to be made with the internal and external pressures that are often exerted, but one believes in the President's wisdom to tackle things.

Q: You depend greatly on the President's role in setting things right when others think that it is the president who is the source of the power of the corrupted.

A: I believe that the President is different, but there are certain situations that make him act slowly, but it won't be long before he will take the right steps. I can strongly defend this point of view.

Q: What will you do next?

A: I will go home and wait for something better to happen. I have made things clear and intellectuals also voiced their points of view. Now it is the part of steak-holders to live up to their duties.

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Iran strong enough to stand sanctions: cleric

TEHRAN (Reuters) - A senior hard-line Iranian cleric said on Friday Iran was strong enough to withstand possible sanctions over its nuclear ambitions, as thousands rallied in support of the country's right to a peaceful atomic program.

Officials declined to comment on the award on Friday of the Nobel Peace Prize to the International Atomic Energy Agency (IAEA) and its head Mohamed ElBaradei.

But a source close to the government said awarding the prize to the body that had been investigating Iran's nuclear program for three years was a "political move directed at Iran."

The head of the powerful Guardian Council constitutional watchdog, Ayatollah Ahmad Jannati, said during prayers at Tehran University that Iran would not cave in to Western pressure over its nuclear ambitions.

"We can stand firm and insist on our rights until we obtain them," Jannati said during the sermon broadcast live on state radio. "We are not as weak as they (the European Union and United States) think we are."

Iran insists its nuclear program is purely for electricity generation, not bomb making. But Washington and the EU want it sent to the Security Council, where it could face sanctions, for failing to disclose the full extent of its atomic activities in the past.

"Sanctions impose hardship and struggle on us, but at the end of the day, they will benefit us even more than they harm," Jannati said. "We have never lost anything because of sanctions."



Iranian worshippers during a protest in support of Iran's Nuclear programme in front of the British embassy after Friday prayers ceremonies in Tehran Oct. 7. REUTERS

More than 1,000 people gathered in a central Tehran square after Friday prayers and chanted: "Nuclear energy is our right" and "Death to America, Death to Israel."

They carried placards which proclaimed: "Iran will never accept bullying" and "We are ready to sacrifice our lives if the Supreme Leader orders."

Similar state-sponsored rallies were held in cities across the country, state media reported.

Iranian officials contacted by Reuters declined to comment on the Nobel prize award.

The IAEA has been investigating Iran's nuclear program for almost three years, and last month its board of governors passed a critical resolution

which could see Tehran's case referred to the Security Council for punitive action.

Iran's foreign minister, Manouchehr Mottaki, reiterated that Iran would curtail its implementation of what it calls voluntary confidence-building measures, such as permitting snap inspections of its nuclear plants, if its case was sent to the Security Council at the IAEA's next board meeting in November.

"We hope that the political resolution ratified by the board of governors of the IAEA gets corrected in the next meeting of the board of governors," he told state television.

"Iran cannot accept any commitments beyond the law."

IAEA, ElBaradei share Nobel Peace Prize

OSLO (Reuters) - The U.N. nuclear watchdog and its head Mohamed ElBaradei, who clashed with Washington over Iraq, won the Nobel Peace Prize on Friday for fighting the spread of nuclear weapons.

The Nobel Committee praised the International Atomic Energy Agency (IAEA) and ElBaradei, a 63-year-old Egyptian, for their battle to prevent states and terrorists from acquiring the atom bomb, and to ensure safe civilian use of nuclear energy.

In Vienna, ElBaradei said the \$1.3 million Nobel award, widely viewed as the world's top accolade, would give him and the agency he has led since 1997 a much needed "shot in the arm" to tackle nuclear crises in Iran and North Korea.

Many governments, including Washington, publicly praised the award. Pyongyang and Tehran were silent.

ElBaradei said he had been sure someone else had won because he did not receive a traditional advance telephone call from the Committee, which has been worried by media leaks. He learned of the prize at home while watching television with his wife, Aida.

He said he jumped to his feet and hugged and kissed her in celebration. The Vienna-based IAEA had been a favorite from a list of 199 Nobel candidates in a year marking 60 years since the U.S. atomic bombings of Hiroshima and Nagasaki in 1945.

And the five-member Nobel Committee expressed hope that the award would spur work to outlaw atomic weapons.

"At a time when disarmament efforts appear deadlocked, when there is a danger that nuclear arms will spread both to states and to terrorist groups, and when nuclear power again appears to be playing an increasingly significant role, IAEA's work is of incalculable importance," it said in a statement.

Set up in 1957, the IAEA polices a U.N. nuclear Non-Proliferation Treaty (NPT), conducting inspections to ensure that nuclear facilities and materials intended for peaceful purposes cannot be diverted to produce weapons.

Despite past differences over Iraq's weapons, U.S. Secretary of



State Condoleezza Rice phoned to congratulate ElBaradei and plaudits came from world leaders including Britain's Tony Blair and France's Jacques Chirac, who said he was "delighted".

US opposed reappointment

The United States played down suggestions that the award was a slap at Washington, which initially opposed ElBaradei's reappointment to a third four-year term this year because of fears he was too lenient on Iran.

Asked if the award was a rebuff, the No. 3 State Department official, Nicholas Burns, said: "On the contrary ... we have great respect for him (ElBaradei) and we are genuinely pleased that this very important international institution is being recognized ... it's well-deserved."

U.N. Secretary-General Kofi Annan, the 2001 peace laureate, said the award should be a wake-up call.

At last month's U.N. summit "We couldn't even agree on a paragraph on non-proliferation or disarmament. It was a disgrace. I hope that this award will wake us all up," he said.

ElBaradei came to prominence before the U.S.-led invasion of Iraq in 2003 by challenging Washington's argument that Saddam Hussein had weapons of mass destruction. No such weapons were found after Saddam's overthrow.

Some experts say the IAEA has achieved too little in Iran or North Korea to merit the 2005 prize. But ElBaradei was unbowed.

"The award sends a very strong message: 'Keep doing what you are doing - be impartial, act with integrity', and that is what we intend to do," ElBaradei said after applause from U.N. staff.

North Korea expelled IAEA inspectors on December 31, 2002 and pulled out of the NPT before announcing it had nuclear weapons.

And the IAEA has been probing Iran's nuclear program for 2-1/2 years to determine whether its aims are peaceful as Tehran says or aimed at producing atomic weapons as Washington

charges. In Tehran, thousands rallied on Friday to back the country's right to an atomic program for electricity production. While officials declined comment, a source close to the government said the prize was a "political move directed at Iran".

Few others voiced disagreement with the prize.

A Japanese group representing aging survivors of the 1945 bombs expressed regret that they had not won. Environmental Greenpeace said it was shocked by the prize, saying the IAEA spreads technology that has military uses.

The award, named after Sweden's Alfred Nobel, a philanthropist who invented dynamite, was first awarded in 1901 and is due to be handed out in Oslo on December 10. Contenders had ranged from presidents to Irish rock stars Bono and Bob Geldof.

The 2004 prize went to Kenyan environmentalist Wangari Maathai. ElBaradei was the first Egyptian winner since President Anwar Sadat in 1978.

Nobel Committee chairman Ole Danbolt Mjoes rejected suggestions that the prize was anti-American.

"This is not a kick in the legs to any country," he told a news conference. A former chairman described the 2002 prize to ex-U.S. president Jimmy Carter as a "kick in the legs" to U.S. President George W. Bush's policies in Iraq.

The 2005 award seemed to confirm an anti-nuclear trend on major anniversaries of Hiroshima. In 1995 the prize went to late British bomb scientist Joseph Rotblat and his Pugwash group and in 1985 to International Physicians for the Prevention of Nuclear War.

US soldiers kill 29 in Iraq offensive

BAGHDAD (Reuters) - U.S. soldiers killed at least 29 guerrillas in western Iraq, the military said on Friday, after U.S. President George W. Bush vowed not to waver in his campaign against global Islamic extremism.

In all, the military said, it had killed more than 50 al Qaeda fighters in the six days of an offensive - Operation Iron Fist - which ended on Friday on the Syrian border at Si'ida.

A second push against guerrillas in the Euphrates valley, a key transit route from Syria to Baghdad, continued. Residents reported a fourth day of clashes around Haditha, where Marines said they had found ready-made improvised bombs inside a mosque.

Military officials also said six more Marines had died in attacks by such bombs planted on roads - raising the U.S. death toll since the 2003 invasion of Iraq to at least 1,948.

Iraq is struggling through a stepped-up campaign of insurgent bombings, suicide attacks and kidnappings before a vote on a new constitution in a week's time.

The October 15 constitutional referendum and an election for a new parliament in December have fired tensions between the Shi'ite majority and the Sunni Arab minority which dominated Iraq under Saddam Hussein but now fears political eclipse.

Many Sunni leaders share the goals of some insurgents - ending U.S. occupation and curbing the power of Shi'ite majority rule. One prominent Sunni on Friday said U.S. forces and the militants should agree a ceasefire during Ramadan, which started this week, as a prelude to direct talks.

"The fighting should stop," Saleh al-Mutlak, who represents the National Dialogue movement, told Reuters.

"We have fought for two-and-a-half years and the problem is it doesn't work," he said in an interview.

Mutlak's comments came as U.S. officials said the campaign near the Syrian border in western Iraq was scoring successes with about 1,000 troops fighting to shut what they say is a key route for arms and foreign extremist fighters into the country.

At least 20 militants were killed on Wednesday when U.S. aircraft bombed



a hotel that militants had commandeered in the town of Qusayba, while nine other fighters died in other exchanges with U.S. forces, the military said.

Major General Stephen Johnson said that around Si'ida his forces faced mostly local people, not foreign Islamists.

Permanent posts had been set up in the town, unlike after previous such offensives this year when guerrillas were able to move back into towns after U.S. forces pulled out.

"We will never back down"

The military said two Marines died when a roadside bomb exploded near Qaim and four more were killed by a car bomb near the central city of Falluja, a stronghold of Sunni Arab opposition to the U.S.-backed Baghdad government.

Bush, in a major speech on the Iraq war on Thursday, told Americans the fight was central to blocking militant plans for a radical Islamic empire stretching across the globe.

"We will never back down, never give in and never accept anything less than complete victory," he said in a speech in Washington, saying the United States and its allies had disrupted 10 al Qaeda plots since the September 11, 2001, attacks.

Iraq's government is now distributing copies of the new constitution which both Washington and Baghdad see as key to democratic transition. But many Sunnis remain fiercely opposed, and some clerics used Friday prayers to urge a "no" vote.

The death toll in Iraq's sectarian vio-

lence rose as police said 22 bodies were discovered in Wasit province near the Iranian border, some of the victims apparently from Baghdad.

Relatives said many of the victims were Sunnis. Some Sunni leaders have accused pro-government Shi'ite militia of attacks against Sunnis as revenge for the insurgent strikes.

"Why were they killed? What did they do?" one man yelled as grieving relatives carried coffins through Baghdad streets.

In the southern Shi'ite city of Basra British troops arrested 12 men, including members of the police, on suspicion of attacks on foreign troops. Some were suspected of links to hardline nationalist cleric Moqtada al-Sadr, whose followers have fought U.S. and British forces twice over the past year.

New al Qaeda threats emerged as an audio tape attributed to the militant group's leader in Iraq, Abu Musab al-Zarqawi, said it was justified under Islam to kill non-Muslim civilians.

"Muslim blood must be spared ... but it is permissible to spill infidel blood," the speaker said.

Mutlak conceded that any ceasefire would not involve foreign al Qaeda fighters who he said were intent on a Sunni Islamic state. But within a week or so, several groups would meet to formalize the proposal, he said, declining to name them.

"Our political program is close to the resistance," Mutlak said. "The only difference is we don't carry guns ... So if the Americans can reach an agreement with the Iraqi National Dialogue, that will be close to the resistance demands."

Earthquake shakes subcontinent

ISLAMABAD (Reuters) - A major earthquake shook cities and villages across the south Asian subcontinent on Saturday, "wiping out" several villages in Pakistan and causing scores of casualties.

Officials said heavy damage was expected in the north of Pakistan, but details were difficult to obtain because telephone lines were down and mobile networks overwhelmed.

The earthquake, with a magnitude of 7.6, struck at 0350 GMT. It was centered about 95 km (60 miles) northeast of Islamabad, near the Indian border, and was followed by a series of four aftershocks of magnitudes between 5.4 and 5.9.

They were felt across the subcontinent and shook buildings in the Afghan and Indian capitals, Kabul and New Delhi.

"We have reports that several entire villages have been wiped out," Pakistan Interior Minister Aftab Ahmed Khan Sherpao told ARY One television.

He did not estimate the population of the villages nor say where they were located.

Scores of people were feared killed or trapped in two 12-storey apartment blocks reduced to rubble in Islamabad.

Reuters correspondents saw the bodies of at least three people being pulled out, as well as six injured people plucked alive from the debris. Residents struggled to shift heavy concrete with their bare hands.

Officials told Reuters the two blocks had contained 75 apartments.

Toll could be in hundreds

"I just cannot say how many people are still under there and we are trying

to evacuate them. Over 75 apartments were affected, so the number of people is in the hundreds," said Mohammad Ali, a government official in Islamabad.

Geo TV said 25 people had been killed in Pakistani Kashmir and around 30 in the Hazara area of North West Frontier Province. Pakistan state television said an Egyptian diplomat had also been killed.

"The quake jolted me awake and I saw people running down the staircase," said Sabahat Ahmed, a resident of one of the blocks.

"By the time the second tremor hit, the building had already started to collapse."

"As the building was collapsing people were still coming out from it. I heard and saw various people in a state of panic and many stuck under the collapsed building."

The U.S. Geological Survey (USGS) described the quake as "major", saying it took place at a depth of 10 km (6.2 miles).

"We can say that it was one of the strongest earthquakes (ever) felt in Islamabad," said Mohammad Hanif, an official at the Pakistan Meteorological Department.

Witnesses and Reuters correspondents could hear people screaming in fear inside their houses in Islamabad during the initial quake, which lasted for about a minute. Car and house alarms were set off by the shaking.

Minutes later sirens could be heard as emergency vehicles began racing through the city of close to a million people. An army spokesman told CNN troops were helping in rescue efforts.

Watching the crows

The situation was still tense, witnesses said, with residents listening and watching the crows - which are believed to fall silent immediately before an earthquake.

In the eastern city of Lahore, at least nine people were injured, police said. They included eight officials of the paramilitary rangers caught when their office roof collapsed.

At least 16 people were killed and scores injured in Indian Kashmir and the earthquake damaged hundreds of houses and caused landslides blocking highways, officials and media reports said.

"Sixteen deaths have been reported, all from Jammu and Kashmir. There are also unconfirmed reports from other areas," an Indian interior ministry official told Reuters.

Witnesses and officials in Indian-administered Kashmir said several buildings had been damaged in the northern districts of Uri, Baramullah and Kupwara. Strong tremors triggered landslides, blocking the 300-km (190-mile) Jammu-Srinagar highway.

A young girl was killed in eastern Afghanistan when a wall collapsed, but authorities said the country appeared to have escaped the worst of the quake.

"Thank God there doesn't seem to have been any serious damage, although it's very difficult to get information immediately as our communications are not strong enough," said Fatima Gailani of Afghanistan's Red Crescent.

The area where the quake took place is known for its frequent seismic activity and experts have long predicted an imminent major earthquake in the Himalayan region.



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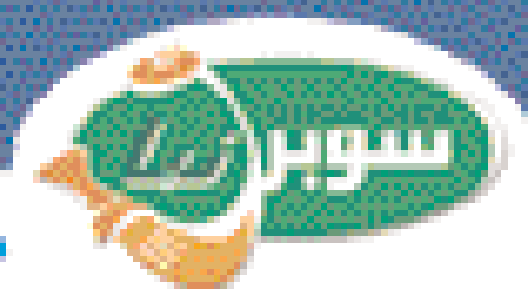
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New York subway threat seen for Sunday

NEW YORK (Reuters) - U.S. authorities warned New York officials that a team of "terrorist operatives" planned to attack the subway on Sunday with remote controlled bombs hidden in briefcases or baby strollers, documents show.

The FBI and Department of Homeland Security sent a bulletin to state and city officials on Thursday, the same day that New York Mayor Michael Bloomberg announced the threat but withheld details, saying they were classified.

Reuters obtained a copy of the bulletin after it had been reported by the New York Daily News on Saturday. The source of the bulletin asked to remain anonymous because it was still meant for official use only.

Federal authorities "have doubts about the credibility of the threat" and passed it along "to provide increased awareness out of an abundance of caution," the bulletin said.

Bloomberg took it seriously enough to warn the public.

"A team of terrorist operatives, some of whom may travel to or who may be in the New York City area, may attempt to execute an attack on



Men in hazardous material suits clean up a part of the floor at Penn Station in New York City Oct. 7. REUTERS

FBI/Homeland Security bulletin said.

The bulletin said bombers may have planned to hide explosives in briefcases, suitcases or baby strollers — the same items Bloomberg warned New Yorkers not to take on the subway or risk being searched by police.

The threat alert was based on an uncorroborated claim to Iraqi authorities that prompted raids by U.S. and Iraqi forces and resulted in two suspects being taken into custody in Iraq, U.S. officials told Reuters on Friday.

A third was being sought, and the New York Times reported on

Saturday that he had been detained, also in Iraq.

U.S. officials said the claim that spurred the raids came from an informant who suggested there was an operation involving more than a dozen operatives in Iraq and the United States.

"There were a lot of unanswered questions about what these people knew," said one official, who asked not to be identified because the information was classified.

A U.S. counterterrorism official said authorities were forced to act because the intelligence was unusually specific, came within months of the July 7 London bombings and involved a U.S. city known to be a target for Islamist militants.



New York City police vehicles are seen in the rain at Times Square in New York Oct. 8. REUTERS

the New York City subway on or about October 9, 2005," the joint

Letter shows Cheney aide was prodded in leak probe



File photo shows New York Times reporter Judith Miller walking towards U.S. federal district court in Washington, July 6, for a scheduled hearing on her refusal to provide the identity of her confidential sources to a prosecutor investigating the Bush administration's leak of a CIA officer's identity. REUTERS

WASHINGTON (Reuters) - A top aide to Vice President Dick Cheney got a push from a prosecutor before telling New York Times reporter Judith Miller that he wanted her to testify in a probe into the outing of a CIA operative whose diplomat husband was an Iraq-war critic.

The prosecutor's encouragement, in a letter obtained by Reuters, has prompted some lawyers in the case to question whether Cheney's aide was acting completely voluntarily when he gave Miller the confidentiality waiver she had insisted on.

The investigation has spotlighted free-press issues and the Bush administration's aggressive efforts to defend its Iraq policy against critics.

Miller maintains she only agreed to testify — after spending 85 days in jail — because she received what she describes as a personal and voluntary waiver of confidentiality from her source. She dismissed an earlier waiver by Cheney's chief of staff, Lewis Libby, as coerced.

But Libby offered a new waiver that Miller accepted after he received a September 12 letter in which the prosecutor, investigating a possible White House role in the leak, repeatedly encouraged him to do just that.

"I would welcome such a communication reaffirming Mr. Libby's waiver," prosecutor Patrick Fitzgerald told Libby's lawyer, Joseph Tate.

"It would be viewed as cooperation with the investigation," Fitzgerald said.

Some lawyers in the case called the letter a thinly veiled threat seeking

Libby's cooperation, and said it raised questions about whether Libby's waiver was as voluntary as Miller and her lawyers had described.

Others said it was not coercive.

"Is that pressure? Absolutely," said Richard Sauber, a Washington lawyer who represents Time magazine's Matt Cooper, who has also testified to the grand jury. But he added, "It is not unfair and it is not unduly coercive."

Fitzgerald has been investigating Libby, President George W. Bush's top political adviser Karl Rove and other administration officials over the leak of CIA operative Valerie Plame's identity, and lawyers involved in the case said there were signs Fitzgerald might be preparing to bring charges.

Plame's husband, Joseph Wilson, has accused the administration of leaking her name and damaging her ability to work undercover in retaliation for his criticisms of Bush's Iraq policy.

Wilson had investigated for the CIA an administration charge that Iraq was seeking nuclear materials in Niger and concluded it was unsubstantiated, then he publicly accused the administration of twisting intelligence on Iraq.

Fitzgerald said in the September 12 letter that he was not seeking to compel a more-explicit confidentiality waiver.

"Mr. Libby, of course, retains the right not to so reaffirm his waiver ... if he would prefer that the status quo continue and Ms. Miller remain in jail rather than testify about their conversations," Fitzgerald wrote.

A lawyer in the case, speaking on condition of anonymity due to the sen-

sitivity of the matter, said, "It's coercive to have the prosecutor, at end of his investigation, say: 'Unless you take this additional step, I'm going to draw a negative inference against you.'"

Jane Kirtley, director of the Silha Center for the Study of Media Ethics and Law, said Fitzgerald's letter sounded reasonable on the surface, but the reference to cooperation could be taken either way.

"If you think you might be a target of an investigation, being cooperative could be viewed as a desirable thing to be," Kirtley said.

Marvin Kalb of Harvard University's Kennedy School of Government said, "Libby took the hint."

Three days after Fitzgerald's letter, Libby on September 15 wrote directly to Miller urging her to testify. The New York Times has released copies of Libby's letter, but not Fitzgerald's.

On Sept 30, Miller testified before the grand jury about two conversations with Libby in July 2003.

Fitzgerald has summoned Miller again for a meeting on Tuesday after she found notes from an earlier, previously undisclosed conversation with Libby. The Times reported the conversation was on June 25, 2003.

Those notes could help Fitzgerald establish that Libby and other White House officials took an early interest in the backgrounds of Wilson and Plame, and talked to reporters, as reports of Wilson's investigation were surfacing but before he went public in a July 6, 2003, opinion piece in the Times.

New U.S. proposal on N. Korea nuclear programs: Kyodo

TOKYO (Reuters) - The United States has drafted a proposal on North Korea's nuclear weapons programs that would call on the secretive state to declare all weapons and programs within six months, Kyodo news agency said on Saturday.

At six-party talks last month, North Korea agreed to give up its nuclear activities in return for aid, security guarantees and increased diplomatic recognition.

The next round of talks grouping the two Koreas, China, Japan, Russia and the United States is scheduled for November.

According to U.S. administration sources quoted by Kyodo, the

proposal would require North Korea to declare its nuclear activities through a two-stage process — a move that would allow the two nations to build up mutual confidence through a more prolonged verification period.

The draft proposal calls for Pyongyang to make a preliminary declaration once agreement was reached at the next round of talks, focusing on its current nuclear activities such as uranium enrichment and plutonium-based nuclear development.

Based on this declaration, North Korea would immediately shut down all related facilities and halt all development activities, while related

nuclear materials would be brought under international administration, Kyodo quoted one source as saying.

North Korea would then be required to make a "comprehensive" declaration, involving all of its nuclear facilities, related materials and equipment, within three to six months.

The proposal is also expected to call for securing the right for challenge inspections, Kyodo said.

The November round of talks is expected to move from principles to an implementation plan in which North Korea sets a timetable for disarmament, and the other five states outline how they will then provide it with aid and other assistance.

Ramadan Mubarak

رمضان كريم

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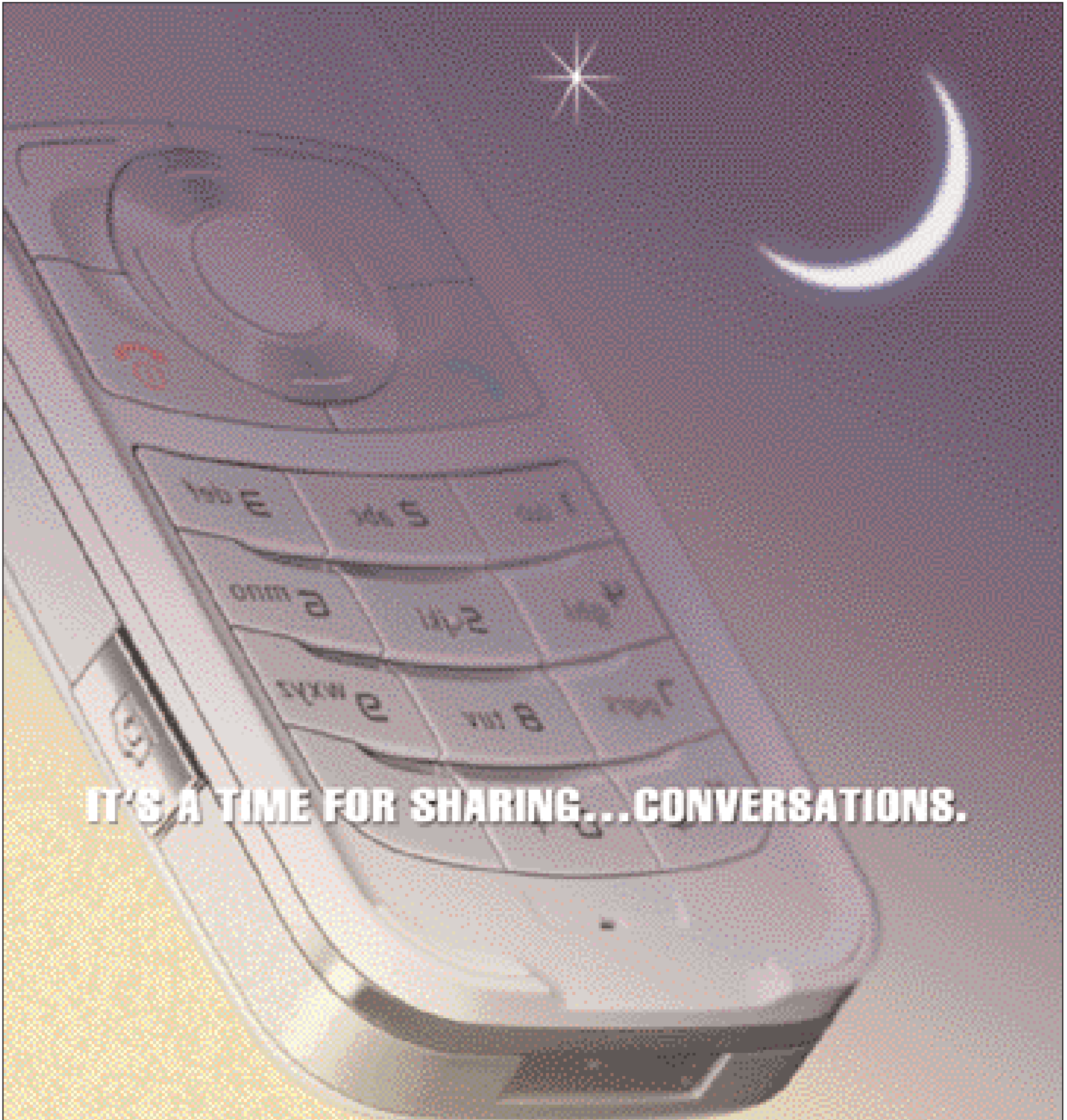
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Words of Wisdom



The fall-out from technology advances, notably globalization, is clearly ahead of us. We need to grapple with this and the sooner we assess the issues and decide on what we need to do, the better prepared we will be. A main component of globalization is liberalization.

Prof. Abdulaziz Al-Saqqaf,
(1951 - 1999)
Founder of Yemen Times

OUR
OPINIONNever-ending
bureaucracies

One of the diseases that developing countries – Arab countries in particular – have in common, is an agonizing bureaucracy. How many times have you experienced waiting in a long queue to process your paper work, while governmental employees are chatting with each other and sipping their morning tea?

How many times have you tried to have an employee hurry up in signing the papers as you still have plenty of other work to do, and see this employ looking over the papers of another file and laughing with his fellow employee and eventually tells you, "I guess you will have to come tomorrow?"

Some Arab countries have developed an extremely slow habit of piling files, delaying the work of others, and taking citizens for granted.

Once upon a time, I noticed an old man going to the cashier of a private bank and rightfully asking to withdraw an amount from his account. But during the whole process, he would pray for the cashier and say "May God protect you, may God help you as you helped me. Thank you my son, I am so grateful..." and so on. This was happening as the cashier was busy doing some other stuff and didn't even look into the old man's face. In fact, the more the old man pleaded, the more the employee expressed arrogance and kept on doing other things. Until I then told the cashier, why don't you do your work and look into the old man's request? Then the man said, "OK, I'm coming. Who are you to talk any way?" I was shocked at the behavior of this employee but I realized that our private business sector still has a very long way to teach employees how to be friendly towards customers and speed up their processes.

I thought to myself, if this is happening in a private enterprise, how would things be in the government?

Indeed, the Arab world in particular still has to take many steps to rid itself of bureaucracy that kills potential. Investors need facilities and quick responses to establish businesses. People who can contribute positively to the development of the Arab world should be given a priority by relaxing bureaucracy that prevents them from working in an atmosphere conducive to the creation of ideas and initiatives.

If there is one thing that we need to focus on to develop our countries, it should be developing a respect for the value of time and commitment. It is unfortunate that on many occasions, officials do not value time of their own, but also the time of those who deal with them. This consequently leads to inefficient utilization of energies and skills. Again, this has a negative impact on the overall productivity of Arab nations justifying the low ranks of our countries in various issues such as contribution to global culture, politics, and science.

The developed world is now speeding up processes in government and private circles. You may have noticed the e-government services in Singapore or the express immigration entry in airports using biometrics and smart card solutions.

By such actions, they aim to enable their individuals and establishments to do more work in a shorter time. This is a recipe for success because hard work, efficiently and the proper utilization of time is the essence of prosperity and progress.

Will our countries understand what they are doing wrong in this respect?

I hope so!

The Editorial Board



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by Dr. Abdulaziz Al-Saqqaf

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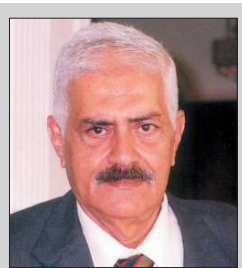
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Forget about Algiers Summit,
Think about Khartoum
Summit (PART 2/2)

The question, most important, that bewildered me whenever I attended an Arab summit or listened to its deliberations is: Who designs the region's agenda and consequently its summits' agenda, are they the Arabs with their originally non-existent regional system, or their alienated and disputing regimes or are they dictated on them by others? The answer has always been that the summits resolutions were nothing but lagging behind and pallid and rather defeatist however hard they tried to wrap them with realism. They are so because time has advanced far away the moment they were issued.

It seems there is a weighty agenda imposed on the region and its countries in the year 2005 but the Algiers summit was unable to cope with and instead of that it had chewed over in its resolutions. It had come out with consumed and frivolous stands lacking necessary seriousness to encounter what the Algiers summit's declaration had with little shyness called "challenges implying many dangers". Do the Arabs this time have an alternative or parallel agenda?

Paradoxically, the present agenda is not completely dictated from abroad but there are toots in the Arab reality. No sooner the Arab League general secretariat staff and delegates of the member states have returned to their headquarters that they saw demonstrators at the Tahrir Square downtown Cairo raising political slogans abridged in one word Kifayah 'Enough'. They had to realize that it was a resounding cry from the heart of the Arab world directed to the entire region. In their summit statements and addresses they have feigned forgetfulness or ignored a new spirit emerging from the people in all of the Arab cities that began to get impatient with applause to speeches void of any meanings and refuse ambiguous drafting and



By Prof. Dr.
Abdulaziz al-Tarb

attempts of the regimes to maintain playing with essence of the great issues as well as hampering the march of hopes whose horizons are opening before them.

There is another relevant comparison, i.e. the qualitative change that occurred in the relations between the Arab regimes and the United States, in particular and the west in general as a result of ramifications of 9/11 events and the new American and European political orientations towards the region. Stability and security of the Arab regimes are no longer the priority of the American and European strategy regarding the region, but rather it is the American and European security that they consider as threatened because of factors and sources emerging from the region. They think it possible to achieve through promoting or rather imposing the new agenda on the region, including the focus on reform, fighting terror and reaching peaceful settlement with Israel. That stance was expressed in addresses of foreign guests attending the summit and who wanted their message, which is based on the new international agenda, to be direct and strong. On the other hand, documents and leaders of the Algiers summit had repeated the old equation that considers political reforms hostage of the peace process with Israel and evaluate efforts of fighting terror on basis of barter.

This means the matter is not only a difference between concepts, aims and priorities submitted by two agendas, one adopted by the Arab regimes and another is an American supported by the world. It is really a contradiction, clear and deep in the vision among them on the core of the submitted issues in the region. According to the American agenda there is nowadays an organic connection between democratic reforms and the efforts of fighting terror and establishment of peace. In other words it

is a complete deal offered to the region and not accepted to be rejected or dividing it. What is more important from all that is the collapse of that old strategy of America and Europe that has leaned on supporting the Arab regimes and protecting them, also the ignoring of their violations as long as there are common interests. That is the strategy which the west sees that has now failed in protecting it against terror and strengthened enmity of the region's peoples against it. What is happening nowadays is similar to what happened between the west and the socialist bloc leadership of the former Soviet Union at the end of the eighties of the last century, without passing by an operation similar to Helsinki operation or resorting to the same mechanisms of dismantling the communist regimes in Eastern Europe.

Have the Arab regimes learnt the lesson? The results of Algiers summit certainly say No. there is an emergency summit called by Egypt under preparation and there is the ordinary summit to be convened in the Sudanese capital Khartoum and may be the last opportunity before us (The Arab regimes) for drawing up an agenda especially for the region coordinating requirements and aspirations of its peoples. Many would remain pessimist on the possibility that would happen. Let this be a kind of challenge to be facing the Khartoum summit lest that the participants in it in 2006 should come after it has been too late in history. The summit should remember the Warsaw pact and the COMECON organization that had much forgot their dates with history until they have now become outside history and maybe in its trash bin.

I think we have to prepare and draw up the required agenda while we read what is happening in each Arab capital of results of elections or preparing for them along with the economic and social situation, deficit in the budget, rise in oil prices, increase of unemployment, inflation, imported ideas on human rights, sustainable development and empowerment of the woman in participation.

Will human rights survive
Africa's latest oil boom?

BY MBALLE M. ALONGE

Who says that Francophone Africa can't thrive? The Central African Economic and Monetary Union (CEMAC), with six countries and an estimated 30 million people, is taking off. Equatorial Guinea and Chad, now the CEMAC's leading lights, have risen out of oblivion into the top ranks of oil exporters. Add to them the two old regulars, Congo and Cameroon, and the CEMAC zone shapes up as an increasingly attractive market for foreign investors and local businesses alike. But will rapid development exact an excessively high toll on human rights?

The region's economic stature was bolstered in 2003 with the advent of the Chad-Cameroon oil pipeline, a \$4.2 billion project brokered by the World Bank that is expected to boost exploration and output in Chad and at offshore sites in Equatorial Guinea, while spreading the benefits more widely. For example, with the pipeline crossing 890 kilometers of its territory, Cameroon will net \$540 million annually in fees and royalties for the next 25 to 30 years.

All of this was made possible by what has been, by historical standards, an exceptional period of political stability. Oil was discovered in Chad's southern Doba region in 1975, with 300 wells drilled so far. But none of the reserves could be exploited until 1988, when Chad's protracted civil war finally ended.

With the subsequent oil boom, one would have expected the fortunes of Chadians and Cameroonians to improve at the individual, local, and national levels. But instead we see a landscape of widespread poverty set against a backdrop of endemic corruption and official mismanagement. So far, the governments in neither Chad nor Cameroon have been willing to publish any earnings records concerning the pipeline project.

This lack of transparency is not surprising. Indeed, the Chad-Cameroon pipeline – the biggest such project yet realized in

sub-Saharan Africa, covering a 1,070-kilometer trajectory from Doba to Cameroon's Atlantic port of Kribi – was launched amid considerable controversy regarding its benefits for ordinary citizens.

For this reason, the World Bank imposed stringent conditions on Chad and Cameroon. Both countries were required to deposit 10% of the expected oil income in a blocked foreign account intended for future generations. At least 80% was to be invested in schools, healthcare, roads, electricity, and provision of potable water, while 5% would be allocated to the oil-producing areas and to settlements along the pipeline's route. Periodic audits of oil accounts also were to be carried out.

Moreover, Chad and Cameroon were each to contribute \$140m to the project, although this sum was paid entirely by the World Bank and the European Investment Bank. During its 20-month construction period, the project promised business opportunities for subcontractors, compensation to communities and individuals for properties destroyed, 435 kilometers of road, and more than 7,000 jobs.

Oil started to flow through the pipeline in July 2003, 16 months ahead of schedule, with the flow peaking at 225,000 barrels per day by the end of that year. Now, 30 months later, interested groups and the larger public are angrily asking about the oil wealth that is yet to touch their lives. Much attention is being focused on the terms of the so-called "host government agreements" concluded by the ExxonMobil-led financing consortium and the governments of Chad and Cameroon to govern the construction and operation of the Doba oil fields and the pipeline.

According to a new report published in September by Amnesty International, *Contracting Out of Human Rights: The Chad-Cameroon Pipeline Project*, the pipeline risks freezing human-rights protection for the multitude of Chadians and Cameroonians who live along its path. The report finds that the host government agreements place a price tag on protecting human rights by imposing large financial

penalties if the operation of the oil fields or the pipeline is interrupted – even to enforce valid laws. This constitutes a powerful disincentive for Chad and Cameroon to act against company malfeasance or to defend individuals adversely affected by the project.

That conclusion is no mere abstraction. The project's realization has already led to alleged human rights abuses against poor farmers in the region, who claim that they have been denied access to their land. Similarly, villages have reportedly been denied access to their sole supply of potable water, while the pipeline has seriously threatened the livelihoods of Kribi's fishermen. The host government agreements open the door for further abuses, without effective redress, throughout the lifetime of the project – up to 70 years.

Moreover, the agreements lack transparency, as they were considered commercially confidential – and were thus shielded from public scrutiny – until they were passed into law. Amnesty International argues that human rights are more likely to be respected when the legal agreements behind major infrastructure projects are known in advance, and it apportions some of the responsibility for the dangers posed in Chad and Cameroon to the World Bank and its private-sector lending arm, the International Finance Corporation.

The Chad-Cameroon pipeline project is one African project that wasn't strangled in the cradle, and it cannot be allowed to fail. For example, Chad's yearly oil earnings, at \$2 billion, now account for 40-50% of its annual budget, and small-scale business, indirect investments, human-resources development, and other incidental benefits are likely to follow.

All of this is to be welcomed. But ignoring people's fundamental rights might well lead the region back to a time when none of it was possible.

Mballe M. Alonge is a writer and editor at Cosmos Publishers, Limbe, Cameroon.

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COMMON
SENSE

By Hassan Al-Haifi

Update on the Global
War On Terror

About the only beneficiary of the GWOT seems to be Mr. George W. Bush, or his speechwriters, who seem to find terrorism about the only subject by which they can supposedly show "feelings" and "guts". However, this war for the sake of rhetoric is being used to disguise a continuing parade of blunders that seem to have been about the only consistent characteristic of the Bush Administration, with the biggest blunder in fact being in GWOT itself. What significant accomplishments has the Bush Administration achieved in its GWOT? It does not even have a clear perception of what would entail a victory or defeat in such a war. However, there is no definitive clue that would help bring assurances to those who have found the GWOT rhetoric convincing that indeed the terrorists are on "the run" or have been put to dormancy. In fact, while the rhetoric is expansive and "tough", the battle on the ground is no where reflecting a genuine effort to terminate this "threat" or even to put it out of operation. The more tougher Bush speaks against "terrorism" and brings back the reminders of "9/11", the more Bush is really looking for cover for so much ineptitude in managing the affairs of state of a great superpower. Oh sure, terror must be confronted, but to simply consider it a one man's war against "evil Islamic radicalism" is really drawing illogical courses that in the end do not reveal a real sense of awareness about your "enemy" nor the significance of involving others, not as lackeys but as partners. The war on terror need not necessarily be a war of guns and diatribes. The war on terror is best conducted when the motivations that lead many frustrated young Moslems to resort to such "non Islamic" acts are dealt with in a demonstratively prudent and logical approach. Furthermore, the war on terror did not need the War in Iraq, nor an illogical animosity against Syria, nor an ongoing assault against Iran for alleged WMD possession. All these irrational approaches have absolutely nothing to do with taming terrorists or even "hitting terror" at the source. Yet the Bush Administration is seeking to justify the Israeli inputs into US foreign policy as part and parcel of its GWOT. The truth of the matter is that as long as these Israeli inputs continue to get the upper hand in policy formulation in the White House, the more fuel will be added to the hypocrisy that most Moslems and Arabs are seeing in American policy towards the Middle East in particular and the Moslem World in general.

Anti-Israeli sentiment is not at all "terror" inspired radicalism, unless one is speaking of Israeli terrorism, which has been around far longer than "Islamic Jihadism ala Bin Laden style. Ignoring the legitimate gripes that the Palestinians have against Israeli transgressions and to continue patting Israel on the back is the anti-thesis of any GWOT. Taking guidance from Israel's own perceptions of the "threats to peace", is in fact falling into the trap of fomenting understandable hatred and distrust of the United States and fueling more suspicion among Moslems in general and Arabs in particular that the United States is now a bona fide puppet in good standing of the International Zionist Establishment. This kind of blind support to a state that was criminally created and continues to rely on its ability to transgress against every God ordained or human instituted codes and principles is the cause d'être of terrorism and all the fiery rhetoric of Mr. Bush against terrorism that does not take that into consideration is no more than beating around the bush and covering up for the real roots of terrorism: the ability of Israel to carry on as its chauvinistic whims dictate.

Mr. Bush is right when he says that Islam is innocent of terrorism and that terrorists may be abusing Islam to promote their own designs. But the truth of the matter is that the designs that are most likely backed by these fly by not gangs are those of the international Zionist Establishment and their newly found friends in the American Neo-Con Establishment. The structure and modus operandi of the terrorist gangs have so far not shown any real coherent systematic approach to gain political momentum or power. Thus, it is not discernible to view them as a newly established "empire seeker". Moreover, they are not really seeking to rally grass roots support, which is essential for any political movement to succeed, at least in the initial stages. Terrorists seem to operate according to dictates that are not necessarily in line with their own declared goals or with a view towards achieving strategic successes. What seems to be obvious is that terrorists are seeking to create a venue that will help the more organized and more goal oriented bosses that direct them from a clandestine network to achieve their own narrow interests. What we are seeing in the world these days is a world that will gradually be deprived of the centuries of work on human rights and civil liberties, as the GWOT allows dictators to harness the muscles of statecraft to tighten the noose against their constituents. In such a venue, it is usually the self-centered, egotistical and oppressive lot of human beings who thrive and the distinction between right and wrong becomes ever so fuzzy. In such a venue, ideals with values have no avenues to be disseminated, because the ambitious and the greedy have distorted the operations of government and international affairs to block all attempts to restore good and kindness into the hearts of mankind. In the GWOT, good and kindness are drawbacks in the fight against terror and thus, human beings are expected to erase hundreds of years of progress in man's interaction with his own species, not to mention the readiness to destroy the environment and let profit prevail as the guiding inspiration for all socio-economic-political orientations. We are truly living in a scary world that does not show any signs of hope in the future. The strong are dictating terms to the world that are not consistent with the promotion of world peace and coexistence based on mutual respect, equal opportunities and respect for the rights of all human beings to live free from the terror of the terrorists and the far worse terror of hegemony.

Yemen Press Review

Review By Mohammed Khidhr

Al-Wasat weekly,
5 Oct.2005.

Main headlines

- Yemeni opposition elements close to Saudi Arabia activate their political action
- The GPC re-elects its leaderships with intervention of military and executive leaderships
- The criminal court acquits the Iraqis and ensures their residence in Yemen
- The president emphasizes following up the pardon decree despite reservation of some military leaderships
- America protects Yemen's coasts against terror with \$18 million
- In a symposium on initiatives of political reform, unanimity on the necessity of comprehensive reform and parliamentary system
- Demands by opposition parties for presenting candidate for presidential elections

Editor in chief of the newspaper has said in his article if this holy month represents a genuine time for reconsideration and evaluation, it is surely an opportunity the leadership of the country should seize to re-think about its present policies that led the public to loss and lack of hope.

It is no doubt that the president's decision of issuing pardon for those having political issues is a matter to be praised and appreciated and would have its beneficial impact on the country. However, what could be a criticism to such decisions is the offhandedness and not subjecting them to enough study to understand their impact and consequences. In going back to the amnesty decision for the accused in the incidents of Saada and even that decision of compensations for the Al Hamedudin family, there should not be exception of others who are also victims of the political conflict. The regime is facing many complicated issues the escape from which remained a policy of the successive regimes since the post-revolution up until now. There are victims of wars and conflicts whose files have not been open yet. There are victims of the state security and the political security before the unity. There still persons abroad, either of self or forced exile, both of the cases represent failure of the regime's political administration.

We are approaching presidential elections and what concerns us most is that these elections should not be an occasion of a slogans markets or promises in order to deceive the citizen to bring them to voting.



Al-Mithaq weekly,
organ of the
General People's Congress (GPC),
3 Oct. 2005.

Main headlines

- The GPC calls on political parties to bear their responsibilities and the Islah party admits: the woman is a problem
- 200 thousand gas cylinders, stock of the capital secretariat, providing reserve quantities of liquefied gas for Ramadan in the governorates
- A court and police specialized for preservation of waters
- Large numbers of al-Houthi followers released

Columnist Dr Abdulaziz al-Maqaleh writes saying no sooner the Israeli withdrawal from Gaza Strip had taken place than the citizens of the strip were surprised by return of the Zionist occupation forces to it and the attack on buildings and business shops, the attempt to kill the people and destruction of everything in the city. The people of the city of Gaza and the world have been deceived in thinking that the city has become free. The question is that whether by withdrawing from Gaza Sharon was intending to begin a step for the peaceful solution and that he wants peace and by that action he was showing preparedness to respond to the world's call for putting an end to suffering of the Palestinian people or was he deceiving the all and preparing for a war of annihilation of the population of Gaza? A number of observers were skeptical of the step of withdrawal and view it was an exposed introduction, proceeding in their view from several considerations and most important of which is that Sharon was never in any day a man of peace and would never be. He is the notorious killer who had built his reputation on killing and destruction and the massacres of Sabra and Shatilla against the Palestinian children was his passport to the Israeli political arena and his credentials to be the prime minister of this entity. The massacres of the past days have disclosed that Sharon is the

same Sharon and some of the Arab and Islamic states that unconsciously rushed run behind his deceit; it has become clear that they were too hasty in their optimism and in the measures they had taken for being closer to the Zionist entity.

Certainly, the war launched by the Zionist occupation on Gaza and the large-scale arrests in the West bank were not a surprise but for those who were mistaken in thinking the withdrawal an indication of good will and a beginning of a new stage preparing for the establishment of the Palestinian free and independent state.



Al-Wahda weekly,
organ of the
Nasserite Unionist Organization,
4 Oct.2005.

Main headlines

- Yemeni and Saudi forged currencies I the central bank
- 25 dead bodies of infiltrators at coasts of Shabwa and Abyan
- Somali infiltrators into Saudi Arabia seized
- Political security officer opens fire inside a hospital in Taiz
- Three persons drowned at Aden port
- Iraqis accused of trying to attack the American and British embassies in Sana'a, released

Columnist Ahmed Said discusses in his article the problem of smuggling children and role of the government in solving this problem. He wonders when would the authority be aware of its role and duties towards the society whose thousands of its children fall victims to organized gangs smuggling them to neighboring countries where they are exploited in begging and in most times trading with their bodies. Although disclosure of this phenomenon has been declared for two years now and some international organizations played a good role in that discovery and in giving accurate statistics of this trade that violates human rights, our government kept silent and abstained from watching those crossings and deterring those gangs. Those gangs usually use the children in unsightly acts contradicting values of religion and morals.

Reports by civilian organizations reported statistics on smuggling fifty thousand children last year of ages ranging between five and sixteen and

they are exploited in works of begging and others incompatible with their ages. With the advent of Ramadan activities of this trade expand from various border crossings to enter the Saudi territories focusing especially on children suffering from inborn deformations and physical handicaps to be used in begging particularly in this month. This trade with children is not confined to Saudi Arabia but rather include other countries. This matter requires a serious attitude regarding this calamity of trading with humans.



Al-Wahda weekly,
5 Oct. 2005.

Main headlines

- GPC praises seriousness of the dialogue with the YSP
- Cabinet confirms there must be better use of grants offered to the country
- Disputes rage the journalists syndicate
- Al-Najjar warns against begging in the name of Zakat
- The committee entrusted with release of Saada insurgency detainees held its meeting
- The central bank has no information on banning the deal with expatriates' remittances by checks
- Japan writes off \$8 million of Yemen's debts
- Yemen maintains negotiations for its accession of the WTO
- Monitoring of water excavators via satellites

Columnist Mohammed al-Zubaidi writes on food security saying it is an important and old issue and the human have thought of ways of storing food and how to do that. Food burying places was one of the ways human have thought of in stocking food to protect it against insects that may destroy it. After the revelation of the Koran people got the scientific information that was mentioned by prophet Yousuf while explaining the dram of the then Egypt's ruler in storing of grains with their spikes with validity of seven years, in addition to many other means. It is thought that the idea of grain silos was based on the burying places for grains, for instead of storage inside the ground it was replaced by silos built on the ground surface and of course the idea of silos is based on a kind of technology as the

When? When will the Republic of Yemen ever reach the shore of Safety?

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By Samer A.

most modern container for storage.

Exaggeration in consumption of food is one of the phenomena that our society is blamed for and I may claim that the United States of America may consume a quantity of food in one year equal to what we do in one month. This could be seen by tourists to our country who see green meadows especially in the month of September which in our country is considered the month of good yield and local and foreign tourism.



Al-Tagamou weekly,
organ of the
Yemeni Unionist congregation Party,
3 Oct.2005.

Main headlines

- \$ 18 million to protect coasts against terror
- A government acknowledgement of the difficulty of realizing development in Yemen
- The political reform a popular demand
- The regional conference

announces: conclusion of the forum on Arab democratic dialogue

- A workshop on the parliament role in protecting the child

Dr Abdullah Aweel writes that continuation of talk about programs of reforms is no longer arousing interest of the political street in Yemen. The citizen has not found something useful on the ground. He has not tangibly seriousness on part of the authority in taking practical measures paving the way for real reforms and the opposition has not agreed upon serious steps to push forwards towards reforms. He writer proposes that to get out of his crisis there must be practical steps towards gradual reforms according to the present availability as long as there is at present no political will for comprehensive reform on part of the political administration and the constitution and laws. We are in need of scheduling the various issues of reform, defining its priorities and directing the society's energy towards the firs of those priorities.

Iraq's bullets and ballots

By EDWARD N. LUTTWAK

When the Iraq war started in 2003, the Bush administration had very ambitious plans: as in post-1945 Germany and Japan, a long and peaceful occupation was envisaged, during which expanding oil production would assure rising prosperity as democratic structures were built piece by piece. The foundation was to be a liberal, even post-modern constitution, complete with a guarantee of 25% of parliamentary seats for women.

In today's Iraq, there is no peace and no prosperity. The constitution that will be voted on October 15th includes that 25% rule, but otherwise is far from liberal. The key provision (article 2) that no law may contradict "the undisputed rules of Islam" violates the basic principle of parliamentary sovereignty, and will prevent legislation from meeting international standards.

For example, the age of sexual consent for girls cannot be set above nine, because Muhammad himself had a nine-year-old wife. It follows that nine-year-old girls are also adults in criminal law, and subject to capital punishment for, say, converting to another religion. More broadly, the Shias can use this provision to place their ayatollahs over the elected parliament, as in Iran, because they alone are authorized to determine the "rules" of Islam.

Outsiders and the few Iraqi liberals worry mainly about this Islamic provision, but the widespread Sunni opposi-

tion to the constitution is aimed at other provisions: the exclusion of the "Saddamist Ba'ath Party" from political life and government, and the federalist provisions that grant autonomy to the 18 Iraqi provinces and allow them to combine into regional governments.

The exclusion rule is a personal issue for elite Sunnis - including thousands of businessmen, professionals, even artists - because, with few exceptions, they were all Ba'ath members. In theory, the constitutional prohibition could be interpreted as applying only to the future. But in practice administrative rules are now being applied to exclude so-called "high-ranking" Ba'ath members from any form of government employment, and thousands are affected.

The Sunnis would probably accept the federalist provisions if they applied only to the Kurds. They know that the alternative is not a return to centralism, but secession by the three Kurdish-majority provinces of Dahuk, Arbil, and As Sulaymaniyah to form an independent Kurdistan, with its own treasury, army (the Pesh Merga), and oil production around Kirkuk - the second-largest reserves in Iraq.

Sunnis reject the same federalism for the Shias because they view them as fellow Arabs who have always accepted Sunni rule in the past, and will do so again - unless they have their own government. That is what the new constitution would allow, because the Shia-majority provinces in the south - which contain the greater part of Iraq's oil reserves - could form their own regional government.

In the usual style of the Middle East, disappointed Sunni leaders, unhappy with the constitution, now threaten violence. But federalism is not the reason why Sunni supremacists and Islamists launch deadly attacks. Their opposition is more elemental: they do not accept the principle of democratic majority rule. Instead, they seek to restore Sunni minority rule. For the Islamists, all Shias deserve death anyway, as apostates.

One Shia leader, Moqtada Sadr, also vehemently opposes federalism. His followers are the largely illiterate, poorest, and most violent Shias of the slums of Baghdad and beyond, whose "Mahdi militia" fought American troops in 2004, even while the Americans were protecting Shias from Sunni attackers.

As a very junior priest who derives his authority from his dead Ayatollah father - himself a populist - Sadr is opposed by Iraq's living Ayatollahs, who despise his ignorance and violence. Sadr cannot possibly compete with them in religious authority, so he takes an Arab-nationalist stance against them, often recalling that the highest Shia cleric, Ayatollah Sistani, is a Persian, not an Arab. Similarly, he reminds his followers that the El Hakims, who head the Supreme Council for the Islamic Revolution in Iraq (SCIRI), and their "Badr" militia were subsidized exiles in Iran - many fighting for Iran in the long and bitter Iran-Iraq war - until the Americans "brought them back."

Sadr opposes federalism because a Shia regional government would obey his enemies, Sistani and the SCIRI, and, he says, fall under Iranian influence. To

underline his message, Sadr sent his men to attack the Badr militia, succeeding in Baghdad, where the Mahdis are numerous, but failing in Najaf, where Sadr is hated after the destruction caused last year - until his men were massacred by the Americans.

It was bad enough to deal with Sadr as a bandit; simple political arithmetic now dictates that he will likely be the central figure deciding the outcome of October's vote on the constitution. To reject the constitution and force new elections for a constitutional assembly, opponents need a two-thirds majority in at least three provinces. The Sunnis are only likely to win in two provinces, but if Sadr orders his followers in Baghdad's slums to vote "no" alongside local Sunnis, that would probably flip the capital to the constitution's opponents, ensuring its defeat.

As a political thug, Sadr is, of course, willing to be bought. Last year he was wanted for murder. Now he wants recognition as a statesman, money, and, at least implicitly, Sistani's and the SCIRI's humiliation. He might receive offers, and perhaps the bargaining has already started. But some of the Shias whom he attacks with words and bullets have thousands under arms, and think that he should be offered only bullets.

Edward N. Luttwak, a Military Strategist and Consultant, is a Senior Fellow at the Center for Strategic and International Studies, Washington, D.C.

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SILVER LINING
By Mohammed Hatem al-Qadhi
mhalqadhi@hotmail.com

Al-Zindani & Newsyemen: Media Professionalism Challenge

Last week, the office of sheikh Abdulmajeed al-Zindani attacked newsyemen.com for publishing a report on the US accusation of al-Zindani financing terrorism. Al-Zindani accused the website run by our colleague Nabil al-Sufi of targeting him and contributing to the Western campaign against him. He also claimed that the report is fabricated and lacks professionalism.

The problem did not stop here, because what comes out of al-Zindani's mouth is considered religious fatwa or edict by his supporters. This is why we find that some mosques' preachers started attacking the website and its staff even without knowing how to pronounce its name. Some people even started threatening al-Sufi by sending text messages to his mobile. Therefore, al-Zindani's statement has already had consequences for the website and its staff.

The issue demonstrates a true misconception concerning the role of the media. The website has done nothing wrong that deserves the ruthless attack of al-Zindani's office. It just reported the implications of listing him among world terrorist financiers and presented the arguments of the US and UN Security Council. The website could not have done the report in a professional way without presenting all the arguments. And I believe that it is not the website's job to defend al-Zindani against such accusations. That is a job for the government or al-Zindani himself.

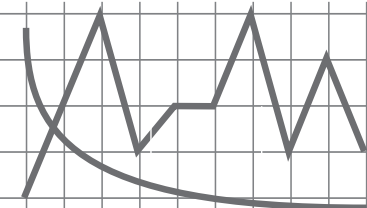
Al-Zindani's statement is similar to that of the political regime in Yemen. I remember that some months ago the

same website showed reports published by some international organizations about the dangerous economic and political situation which is likely to lead into the cracks of the political system in the country. Hell broke loose in the political regime and the website was accused of abusing Yemen, working against its interest and damaging its reputation. Very funny, is it not? If you reproduce reports written by some people or agencies about Yemen, you are supposedly damaging it and destabilizing the general situation.

Why attacking the website instead of analyzing the data presented in such reports and refuting them with facts and figures if the accusations can be proven wrong. I doubt, however, they can do that as these reports are factual and credible and this is why they hurt the people in charge. The same thing has been done by al-Zindani. He could have replied to the website, refuting what the report said about him point by point. This could have shown al-Zindani as a man who respects freedom of speech and who differentiates between the job of politicians and journalists. His statement talked about the website lacking professionalism. But, what he has done also lacks professionalism.

Such issues demonstrate the real challenge that journalists are facing if they want to work professionally. Professionalism means reporting objectively without being biased. It means sticking to the facts. This, of course, hurts some people. I think newsyemen.com should not be discouraged, but instead continue its wonderful job that commands the respect of us all.

YT Business



Ramadan charities in Yemen,

Religious ceremonies in mosques, assistance in kind to the needy

MAHYOUB AL-KAMALI
YEMEN TIMES STAFF

Phenomena of social solidarity in Yemen society are countless in the holy month of Ramadan. Some of them take in form of giving iftar (fast breaking) banquets in mosques or charitable centers on public squares and some are in the form of assistance in kind or sums of money distributed to the poor and the needy. This phenomenon is attributed to the numerous non-governmental charitable organizations spread nationwide.

The main centers and branches of charitable foundations and societies amount to 2220 of various cultural, professional, scientific, social, friendship organizations and forums. Despite of the large-scale changes Yemen has

witnessed since the unity on 2 May 1990, the march of charitable action began offering its services and developed until it reached a level of influential presence. But activities of charitable societies have begun to decrease during the past two years for various reasons.

Charitable societies in Yemen use beforehand promotional advertisements on their Ramadan charity projects which reflect a new kind of expressing awakening of conscience of those philanthropists in the Yemeni society away from demands from authorities. But this orientation did not achieve its goals either because of some flaws in the societies activities or the incompleteness of legal criteria of their foundation and mostly due to receipt of huge sums of money from the rich and not conveying them to

those who deserve them.

In reference to reports of the ministry of social affairs and labour the number of civil society organizations and societies working in Yemen has reached at 4461 but only a little of this large number work on the arena and has tangible activity. The remainder is deeply inactive, though it is supposed that civil society organizations are supposed to play a prominent role parallel to the governmental role and both try to create a kind of humanitarian communication with the citizens and those organizations are almost closer to the citizen.

As the pluralist political activity in Yemen was associated with permission of free charitable action, the political problems Yemen have been facing throughout the post-unity years, led to the emergence of the humanitarian role

of charitable societies but that was affected with the terrorist attacks on the United States of America.

Specialists mention that the painful economic doses Yemen has taken in its bid to reform economic failures have dealt a strong blow to the Yemeni person and created a general situation of poverty as a result of decline of the national currency, continuous rise of prices and spread of unemployment. Nonetheless, those interested in social solidarity view that charitable action should contribute to spreading of cultural, scientific and knowledge radiation in the country via the encouragement of the tendency of research and reading by organizing competition in reciting the Koran and the prophet's biography course and to support the excellent ones in this field.

Despite the huge number of charita-

ble societies in Yemen there are many differences between them. Most of those societies make the sphere of their activity rather narrow and confined to one of the big mosques or a certain residential area or district and few of them are active nationwide. These are very little in number. Nationwide activity societies extend to other aspects as education, medicine and offering in kind assistance as well as supporting mass marriage projects.

Among these societies is the Al-Saleh Social Society, a pioneering one in siding with the needy and the poor, competing with the Charitable Social Reform Society which until recently was the sole one in various huge activities in all Yemeni governorates. Beneficiaries from the latter society's charitable services since its foundation in 1990 amounted to more than six mil-

lion families. There are other second-place societies that active mainly in Ramadan such as the Popular Charitable Society and the societies of Al-Hikma and Al-Ihsan.

Specialists in this regard view that a big part of the charitable work is based on Islamic bases like the social solidarity and offering help to widows, orphans and the poor. Thus the whole question is not immune against partisan auctioning and bickering. It is often that some political forces point their accusations at the charitable societies as being non-innocent facades for political profit and their real purpose is buying loyalty of citizens, but their acts indicate that the degree of extension of their charitable action and variety and continuity of their fields confirm correctness of those societies charitable projects aimed at the social solidarity.

Denmark resumes assistance for Yemen

BY YEMEN TIMES STAFF

Discussions held lately in the Danish capital Copenhagen between the Yemeni deputy premier, the minister of planning and international cooperation, Ahmed Mohammed Soufan and the Danish foreign minister focused on horizons of enhancing bilateral relations and expansion of fields of joint cooperation of the two friendly countries. The two officials also discussed aspects of future Danish support for development in Yemen. The support falls as part of assistance offered by donor countries and organizations in a manner consolidating government efforts exerted for encountering Yemen's

developmental challenges and also for enhancing successes achieved by the program for economic, financial and administrative reforms and realization of the goals of the third five-year plan and alleviation of poverty.

Mr. Soufan expressed Yemen's appreciation for the Danish government resumption of its support for development projects in Yemen after a halt for more than ten years, pointing to the importance of doubling efforts for the enhancement and development of cooperation and realization of goals of the program of partnership supported by Denmark in Yemen. That program focuses on supporting and strengthening the democratic approach and the political participation of the woman as well as programs for enhancement of

human rights and role of civil society organizations and development of media role in Yemeni political life.

Mr. Soufan had during his present visit to Denmark met at the Danish parliament with chairman of the foreign policy committee and the committee of external assistance where he discussed with them means guaranteeing enhancement and development of bilateral relations, including parliamentary relations. The talks also dealt with economic, social and developmental changes in Yemen and aspects of required support from donor countries and organizations for development projects, besides the studying of the possibility of enlisting Yemen on the list of countries enjoying priority in the Danish support.

Hollywood's favorite villains

BY KENNETH ROGOFF

Once upon a time, Cold War enemies, white supremacists, and evil geniuses reigned supreme as Hollywood's favorite bad guys. No more. Today, it is multinational corporations that are increasingly being cast as the über-villains of our globalized world. For all their subliminal paid promotions and subtle product placements, corporations are getting drubbed in the main story lines of our popular culture.

This treatment goes far beyond documentaries like Michael Moore's polemical *Fahrenheit 9/11* or *The Corporation*, an earnest if somewhat paranoid portrayal of multinational companies' role in globalization. It extends to mainstream hits like *The Constant Gardener*, in which the ideal-

istic protagonists do battle with a malicious global pharmaceutical company that is bent on exploiting Africa's misery to test experimental drugs.

To be sure, sociopathic corporations have populated books and films for more than a century. But corporate villains, typically multinational companies, have never been so ubiquitous as today.

Is it unfair? Most corporations, after all, are merely convenient mechanisms for ensuring that scarce global capital is used at maximum efficiency, to the benefit of all. Are famously liberal Hollywood film directors spending too much time going to anti-globalization rallies? Perhaps. But I would submit that Hollywood's misgivings, however untutored, represent only the tip of a growing iceberg of resentment against the perceived injustices of globalization.

The simple truth is that corporations represent capital, and capital – in the form of factories, equipment, machines, money, and even houses – has been the single biggest winner in the modern era of globalization. Corporate profits are bursting at the seams of investors' expectations in virtually every corner of the world. Even in moribund economies like Germany and Italy, where employment security is vanishing, corporations are swimming in cash.

This phenomenon comes as no surprise to economists. Add two billion Indian and Chinese workers to the global labor force, and the value of other means of production – particularly capital and commodities (for example, gold and oil) – is bound to go up. And so it has, with capitalists everywhere gaining an ever larger share of the economic pie. (In theory, capitalists in labor-abundant China and India could end up as losers, but in practice they, too, have benefited thanks to their governments' success in simultaneously liberalizing and globalizing.)

Many policymakers seem to be under the impression that surging profits are a purely cyclical phenomenon, as economies continue to grow out from the depths of the 2001 recession. Wait a bit, they predict, and wages will fully catch up later in the cycle.

Not likely. Capital's piece of the pie has been getting bigger for more than 20 years, and the trend looks set to continue. Indeed, corporations' growing share of income has been a major driver behind the long, if uneven, bull market in stocks that began in the early 1990's. At the same time, inflation-

adjusted wages for rich-country unskilled workers have barely budged over the last two decades.

Some of these trends also have to do with the nature of modern technological change, which seems to favor capital and skilled workers disproportionately. But, regardless of their cause, rapidly growing inequalities are a powerful force for instability everywhere, from wealthy America to rapidly growing China to reform-challenged Europe. "A rising tide lifts all boats," conservatives like to say. Fine, but what happens to people, like the poor of hurricane-struck New Orleans, who don't own boats?

Growing inequality would not be such a problem if governments could simply raise taxes on the rich and strengthen subsidies to the poor. Unfortunately, any country that taxes capital too aggressively will only succeed in chasing it to regions where the tax burden is lighter. In a globalized world, national governments' ability to tax potentially mobile factors of production is sharply circumscribed. The same mechanism that pours profits into the pockets of global corporations also prevents governments from claiming a larger share of the spoils.

Unfortunately, the long-term trend towards ever-lower income shares for unskilled workers is likely to continue over the coming decades, as modern technology permeates the globe, and as emerging markets like China, India, Brazil, and Eastern Europe continue to integrate into global production. This is not to say that unskilled workers are actually being made worse off by globalization in absolute terms; the vast majority are actually breaking even or better. But unskilled workers' incomes are not keeping pace with overall economic growth, and the resulting social strains are a ticking bomb.

If so, then Hollywood's cartoon-like caricatures of evil multinational corporations may some day seize mainstream consciousness, leading to political upheavals that shatter today's social contract. That won't be good for profits, or for the poor. Governments – and corporations – must find better ways to provide equal opportunity through improved education, broader financial markets, and other channels. Otherwise, globalization's storyline may not proceed according to the script.

Kenneth Rogoff, a former chief economist of the IMF, is Professor of Economics at Harvard University.

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At al Takamul Foundation for Development, Yemeni women acquire sewing machines maintenance skills

By MOHAMMED KHIDR
YEMEN TIMES STAFF

Twenty-five woman trainees had on the 3rd of October celebrated a graduation ceremony after wrapping up a course on maintenance of sewing machines organized by the Al Takamul Foundation for Development in Sana'a. The ceremony was sponsored by the Islamic Conference Organization while the training course was funded by the International Community Services Organization.

Over twelve days of intensive theoretical and practical training the woman trainees acquired some useful knowledge and skills on fixing some common malfunction tailors and seamstresses may face during their work on their sewing machines. The course provided training for the trainees on fixing simple and commonly occurring breakdowns of sewing machines as well as qualification of women capable of fixing such failures in return for reasonable fees and to be a source of income for those women.

At the beginning of the graduation



Women trainees at work

ceremony, chairwoman of the foundation Hana Hassan Shamsan delivered a welcoming speech to the audience, mentioning that her foundation is one of those organizations shouldering the task of development in the Yemeni society by providing an effective role for the woman.

On the training course in sewing machines maintenance, chairwoman of

the foundation said it was a course the first of its kind aimed at fixing simple breakdowns of sewing machines. The graduates from the training course could depend on themselves in fixing those failures, saving expenses and effort in this field as well as providing a source of income for themselves.

The graduation ceremony was attended by Mr Abdulmalik al-Radhi undersec-



Chairwoman of the Al-Takamul Foundation delivering her welcoming address at the ceremony

retary of the capital secretariat, Mr Drew Whitson representative of the International Community Services organization in Yemen and other representatives of government and private sector organizations. It was also attended by some press and other media correspondents.



Woman trainees who passed the course on maintaining sewing machines and attendees of the graduation ceremony.



Panel of the graduation ceremony

The challenge for Yemen's women

By ESHRAQ AL-BODIGI
FOR YEMEN TIMES
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Society is changing and in modern times Yemen has faced many challenges. To traditional sensibilities these changes often appear as deviations from a moral antiquity, when society was pure and women knew their place.

However, women consistently illustrate their intelligence, vivacity, determination and competence in raising families, educating children and generally providing the bedrock of society. Recently, women have taken on more

roles, as professionals and decision makers. These predictable innovations have predictably outraged a retarded male culture of machismo, which found self definition in the disempowerment of women. Indeed, traditional male gender roles were highly dependant upon the assumption of female inferiority and incapacity as women were reduced to illegitimate and incomplete failures of a male ideal. When women resist these gender stereotypes, it naturally calls into question what it means to be male, in other words, the legitimacy of a dependant identity.

Much of the tension in contemporary Yemeni gender relations originates in a fundamental contradiction. The modernization of society will necessarily trans-

form the role of women, their expectations and ambitions, (what they will be satisfied with), but what will it do to Yemen's men? To allow women to change, men are forced to renegotiate their roles, something most Yemeni males are loathe to consider. But to contain women in traditional roles either involves social disenfranchisement or oppression, two things which would relegate Yemen to the dark ages. Not only would this deprive the country of 52% of its human capital, but such draconian sexual relations are difficult to justify in the modern world.

Its not surprising that sexual relations in Yemen are going through substantial trauma as the nation becomes increas-

ingly open to the west and the world. Nor is Yemen's experience unique. Every country entering the modern world has gone through generations of sexual combat, as women were integrated, rejected, limited, disenfranchised and empowered by their respective society's. But there was a clear winner in this social arm wrestle. We might retrospectively say it was all of us, as the involvement of women in our societies, businesses, governments and space programs attest. There is no rational reason for their exclusion. Perhaps the men of Yemen should consider what they are losing by excluding women, before they think of what they are losing by their inclusion.

Sheraton Celebrates the Champions week & Ramadan Festival

The spirit of the Sheraton Sana'a Hotel has been highlighted again through the Champions Week between 24th and 29th September 2005.

The Management team carried out a series of complimentary visits to their prestigious clients and asserted the strength relations between them and the hotel.

During the Sales blitz Mr. Tony Goubran

General Manager (8th from the right) has given his full support in order to promote and explore the Ramadan Festival at Layali Tent which is well prearranged with Iftar, Sahour buffet and Tobbaz Music Band.

Same time Mr. Tony Goubran shared his thoughts with team mission in attaining excellence in client relations and positive results.



Literary Corner

By: Abu Al-Kalmah Al-Tayyibah

Fifty Years Amidst Shifting Sands (2-5)

Author: Mohsin Al-Ainy, Former
Prime Minister of Yemen
Language: Arabic & English
Publisher: Dar Al-Nahar, Beirut
Year Published: August 2004
Number of Pages: 384 pages

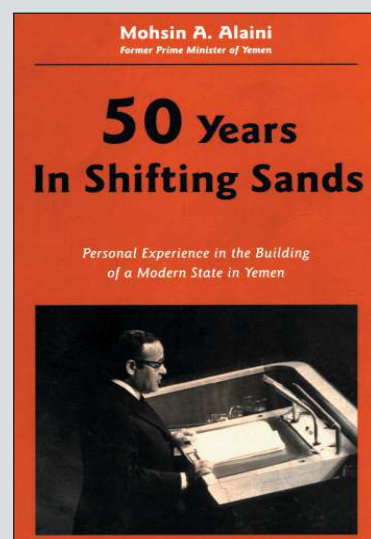
One of the interesting aspects of the memoirs of Mohsin Al-Ainy is that they provide vivid insights into life in Yemen over a considerable span of time. This covered the pre-Revolutionary period, the period when the Revolution was struggling to implant itself amidst paradoxical circumstances and later on when the Republic became firmly in place. But before going into the nitty gritty of the text, Mr. Al-Ainy, in his preface, explains the motivation for writing the book.

He shrugs of any claims of the book being a history of any political movement or even of developments in Yemen or the rest of the Arab World. He considers the effort as merely an accounting of the author's life story, which by coincidence or otherwise just happened to cross with many of the events that were of significance in the modern history of Yemen. The effort should be viewed as a motivation for future Yemeni generations to delve into the history of the patriotic movement and its prominent personalities as there are very few books that give a vivid and objective record of all that transpired in this period. The author makes note of the fact that he has been spared a lot of misery and agony that many in the patriotic movement faced, although there were some very close calls.

The life story of Mr. Mohsin Al-Ainy begins in the small village of Al-Hamami, some 15 kilometers southeast of Sana'a, where he was born in the 1930s. He was an orphan (along with seven children, later six) as both his parents died before reaching his teens. The early life was one of destitution and eventually he and his brothers ended up in an orphanage school, set up by Imam Yahya (1904 - 1948) to produce future government clerks.

Mr. Al-Ainy describes the sad plight of Yemenis in that period, who were suffering from starvation, poor health conditions and drought. Mr. Al-Ainy had his first view of political repression as he saw Mohammed Mahmoud Al-Zubeiri and Mohammed Abu Taleb, being taken to prison on mule back for their outspoken criticisms of the Government. The author then describes Sana'a before modernization was introduced into the urban metropolis, which now has a population of some 1.4 million. At the time of his early schooling and up to the Revolution of 1962, the population of Sana'a did not exceed 50,000. He then proceeded on with his educational journey by going to Intermediate School, where some teachers from other Arab states were already being used. At that time the first signs of political activism had begun to appear, and Al-Ainy was drawn into some of the talks that some of the foreign personalities and local activists were giving and began to feel inspired by their calls for an end to tyranny and backwardness.

He then became one of forty students to be sent for studies in Lebanon. On his way to Lebanon, Al-Ainy describes their first encounters with some of the amenities of modern life: western suits, cars, trains, and the use of knives and forks. There is a great deal of humor in these descriptions. At the same time, Mr. Al-Ainy notes the beginning of the Palestinian tragedy and the start of the disillusionment at the way Arab



official bulletins misled the general population with false reports of victories. Al-Ainy got his Elementary School Certificate in a ceremony that was attended by then Lebanese Prime Minister Riadh Al-Solh. In the meantime, back in Yemen, the assassination of Imam Yahya triggered an attempted revolt against the Hamid Al-Din family.

But the coup was soon confronted with opposition from within, by the self proclaimed Crown Prince (and later Imam) Ahmed, and from the rest of the Arab World then, which was not yet ripe for Revolutionary fever. The Imam Ahmed was able to quickly mobilize a large tribal force to avenge his father's death and within a short time Sana'a was besieged, taken and looted. The coup leaders were quickly rounded up and sent to the Hajjah prison, where many were beheaded.

The students were then moved to Egypt, when one of the rebel leaders landed in Beirut (the Algerian Al-Fadheel Al-Wirtalani), which aroused the displeasure of the Imam. In Egypt, students like Mohsin Al-Ainy, began to formulate political, social and cultural aspirations and an interest in political affairs began to take shape. With the exposure to the active cultural enlightenment that was then brewing in Egypt, the Yemeni students began to collectively expose themselves to modern political ideas and organized themselves to take part in political demonstrations in Cairo for such causes as the Algerian Revolution.

Enrolling in Cairo University, Mr. Al-Ainy then began to take prominence as an active member of the Free Yemenis Movement when Mohammed Mahmoud Al-Zubeiri finally landed in Cairo after having been wandering for a safe haven in exile, since he was able to escape from imprisonment for taking part in the 1948 coup. The Egyptian Revolution against King Farouk provided a new venue of political activism by Al-Ainy and his fellow Yemeni students in Egypt.

In 1954, Al-Ainy returned to Yemen, for a visit and soon found himself accompanying the son of Imam Ahmed on his trips abroad. Egyptian interest in Yemen also began at this juncture with the first Egyptian military mission. The wheels of the Egyptian plane that carried the mission, which Al-Ainy also accompanied landed in Hodeida Airport, which was no more than a dirt runway, and its wheels sank in the sand.

The efforts to try to get the plane out provided a light moment in the memoirs, as Al-Ainy described the efforts of many people to rescue the plane with ropes ended up in failure. The plane could only be pulled out by another Egyptian plane that followed later to Hodeida. The 1955 attempted coup against Imam Ahmed soon brought on more challenges to the Free Yemenis Movement and our author's life took on new directions.

Reflections on Ramadan

The month of Ramadan and the blessings of fasting

The month of Ramadan is one of abundance, described in the Qur'an, itself sent down as a guide to all of mankind, as "better than a thousand months" (Surat al-Qadr: 3) and which contains the Night of Power. Throughout this month all the Muslims of the world carry out their fasting obligation as one and thank their Lord for the blessings He has given them. In Surat al-Baqara, Allah proclaims the following about the month of Ramadan:

The month of Ramadan is the one in which the Qur'an was sent down as guidance for mankind, with Clear Signs containing guidance and dis-

And the self and what proportioned it and inspired it with depravity or taqwa, he who purifies it has succeeded, he who covers it up has failed. (Surat ash-Shams: 7-10)

crimination. Any of you who are resident for the month should fast it. But any of you who are ill or on a journey should fast a number of other days. Allah desires ease for you; He does not desire difficulty for you. You should complete the number of days and proclaim Allah's greatness for the guidance He has given you so that hopefully you will be thankful. (Surat al-Baqara: 185)

In one of his sayings our Prophet (saas) emphasizes the importance of Ramadan as follows:

"Oh people! A great month has come over you; a blessed month... month in which Allah has made it compulsory upon you to fast by day, and voluntary to pray by night. Whoever draws nearer (to Allah) by performing any of the (optional) good deeds in (this month) shall receive the same reward as performing an obligatory deed at any other time... It is the month of patience, and the reward of patience is Heaven. It is the month of charity, and a month in which a believer's sustenance is increased..." (narrated by Ibn Khuzaymah)

Regarding the rite of fasting, which God has made a religious obligation observed during the month of Ramadan, the following is revealed:

"You who believe! Fasting is prescribed for you, as it was prescribed for those before you—so that hopefully you will have taqwa" (Surat al-Baqara: 183) and

"That you should fast is better for you, if you only knew." (Surat al-Baqara: 184)

Fasting is a duty that brings countless benefits to Muslims. This obligation, fulfilled by all Muslims together, further increases the enthusiasm of and solidarity between Muslims, who are dispersed all over the world. The fact it is observed en masse further increases its spiritual nature.

One of the many instances of wisdom in fasting is that thanks to this act of worship people are better able to understand the blessings they enjoy.

When a good deed becomes a source of pleasure for you and an evil deed becomes a source of disgust for you, then you are a believer. (Tirmidhi)



By HARUN YAHYA
www.harunyahya.com

Even for a sincere Muslim there is a danger of taking the blessings he enjoys for granted. That prevents a person from giving thanks for the blessings given him by Allah in the way he should. In a number of verses, however, Allah has told people they should give thanks to Him for the blessings He has imparted, and that those who do so will be given still greater blessings. A person who fasts is protected from the danger of being led by Satan to forget these things and take the blessings given to him for granted. Someone who has never thought deeply before, begins to consider how many things Allah has given him, and what great blessings all things are. He therefore gives thanks again and again for all the opportunities and health he enjoys. In short, as Bediuzzaman Said Nursi has said, fasting in Ramadan is "the key to a true, sincere, extensive, and univer-

sal thankfulness." (The Risale-i Nur Collection, Letters, The Twenty-Ninth Letter, The Second Section, Second Point)

God desires not difficulty but ease for His servants, and determined as their religion those values that best conform to their needs, wishes and manner of living. In a verse of the Qur'an, our Lord commands as follows:

...Today disbelievers have despaired of overcoming your religion. So do not be afraid of them but be afraid of Me. Today I have perfected your religion for you and completed My blessing upon you and I am pleased with Islam as a religion for you... (Sura al-Ma'ida: 3)

FASTING AND MODERN DAY ASSUMPTIONS

There are those who live by modern-day as well as social standards, who accept the rules applied by the majority as absolute facts and use them to try and interpret the Qur'an. People like this make up the majority of those who try to object to the Qur'an, even though they are the least educated and cultured. It is possible to come across such people in every profession and part of society. They make up a majority, who do not think too deeply or possess a certain world-view, and are obsessed only with worldly pursuits and are only focused on their livelihood. Since they seek simple pleasures, small calculations and profits, they perceive the Qur'an as a threat that would limit their so-called freedom, alter their simple lifestyles or expectations, and the order to which they are accustomed. Therefore, they try to oppose the Qur'an with their primitive logic.

Members of this group make the same comments about the Qur'an that they have heard from others, ideas originally not their own. They usually make unreasonable and ignorant remarks about the Qur'an using sentences that begin with such words as, "In the 21st century...", "In our day and age...", "In the space age...", "In the West..." , and so on.

They propose that the lifestyle described in the Qur'an and that of our own time are incompatible, and that the former is in fact outdated. From that perspective they subsequently make false claims concerning the Qur'an. For example, they claim that such things as fasting and prayer interfere with the pace of the modern lifestyle, that the Islamic ban on interest cannot be practiced under current economic conditions and even that the prohibition of adultery in this day and age is evidence of the impossibility of applying the Qur'an to our daily lives.

They apply superficial logic and display great ignorance when addressing the topics of the prayers, commands, and prohibitions in the Qur'an. They introduce arguments about the wisdom in some commands which they do not understand or the verses that they cannot comprehend. Worse still, they defend their illogical claims with great ferocity. This stems in part from the fact that what they are defending with such eagerness is based on the ideas of the majority, rather than on logic or reason.

They accept society's general lifestyle and world-view, which they refer to as "the facts of life," as the absolute truth and seek errors and discrepancies in the Qur'an by taking them as a point of reference. The notions they use as criteria have no actual scientific or logical worth. The concepts that they assume to be the absolute truth, "the facts of life" or the requirements of the modern age, are in fact illusions with which they only deceive themselves and provide psychological support for one another.

We are informed, in the Qur'an, of the twisted path of these people, who gather all their strength from being part of the majority and think that they are on the right path since they are in harmony with everyone else:

If you obeyed most of those on earth, they would misguide you from God's Way. They follow nothing but conjecture. They are only guessing. (Surat al-An'am: 116)

To purchase the works of Harun Yahya, please visit
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Ramadan Kareem

Upper hand and pricked conscience

Worshippers of Ramadan

Mosques are not wide and abundant enough to embrace all those worshippers. Now, mosques are very crowded, although we have quite profuse number in every Yemeni area.

Throughout the rest of the year, those "Ramadan worshippers" rarely visit or go to mosques for prayers. They mostly perform their prayers at home. However, they might do the Juma (Friday congregation prayer) at the mosque.

Though only few believers go to do it at the mosque in the rest of the months, al-Fajr prayer is done by lots of worshippers during Ramadan. When you see them scrambling at mosque gates, you believe that all of them hold the faith that the future of this Ommah is their responsibility. Others may think that the Last Day is approaching.

Yet, as soon as Ramadan leaves us, "Haleema clings to her old habits afresh," as the Arab proverbs says. In fact, those who have not been influenced by the great sense of fasting are destined to such eventuality.

Fruitful senses:

Forgoing eating, drinking, smoking and sexual intercourse is "fasting". The goal of fasting is never testing your capacity to put up with the above four most compulsory fast conditions. Fearing Allah now and then is the destination, however.

The Indian who wondered that some practices do not apply to genuine believers of Islam was true. Anyhow, if the prayers do not create real improvement in the mind, soul and spirit of the believer, his prayers would be in vain. This is also true with fasting.

Shoes stolen:

Though some fasting people seem to be angels in Ramadan, I believe that wicked persons and evil souls are not always tied up at the bottom of the sea, as some assert.

Tale 1: I still remember that lady (may Allah forgive her) whose husband was in Saudi Arabia and had five children. Once on a Ramadan day, she set her house to fire as well as herself and the neighbor's son.

Tale 2: I was preoccupied with breaking (having Iftar) and seizing the opportunity to do praising and prayers to Allah, my newly bought pair of shoes didapper as soon as I closed my eyes. I delved deep into the relief of prayers.

Many have had similar experiences. Neither Ramadan nor "Muharram" (another Muslim month) can predominate over those wicked characters. The reason is quite clear: it is because they themselves do not change what is in their hearts.

Beggars everywhere:

Recently, Yemen has witnessed a terrible surge of a wide scale begging phenomenon. Not only from the marginalized segment of the society (Akhdam) but also from the common laity.

In Ramadan, the rate of begging got increased. Almost all main streets in Yemen are full of beggars. Sometimes, all members of the family are lying on street pavements with blanket over them, milk bottles, etc.

Conscience pricked:

I have come across a family/families who don't have bread. I swear that I found a lady moaning of hunger. In fact, she had fainted down to the ground before I came. She whimpered, "I go to sleep and get up hungry." She had seven children all of whom were ill and very thin.

Lots of tragedies exist almost in every neighborhood in here, and this is also well known to people in positions of responsibility.

Another experience:



By Mohammed al-Hakimi
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For the Yemen Times

Hundreds of little girls and boys below the age of ten carrying their toddling brothers and sisters going from one village to another to catch the people who give charity and zakat.

A: We have already given those children a charity in the village we passed by an hour ago.

B: Oh, yes. This is almost right.

A: But why do you think should they do this, Mr. Abdul-Jabbar?

B: It's but the need Mr. Khazragi. See how poverty and destitution humiliate people of the community!

A: How sad and painful! It is actually something pricking the conscience.

Little charitable Abdul-Jabbar:

I was deeply impressed by the way a little boy from the Hayel Sa'eed An'am family (a family known for its industrial group of companies in Yemen and worldwide) is directed to do the good to other poor children and taught to give charity lavishly to poor families in the remote areas of Taiz province.

Charity to most people of Taiz:

Hayel Sa'eed An'am group of companies does the good to all people in Yemen. A month before Ramadan, those people was giving charity and zakat to almost all people of Taiz province which is the third most populous and among the most important areas in Yemen.

They themselves struggle hard to visit most villages and give charity to the poor and needy families. All our countrymen bear witness to Hayel Sa'eed An'am group of companies in doing the good around the year.

More charitable societies:

A number of charitable societies appear more serious in Ramadan. Their role lies in offering Iftar meals to fasting people, distributing versions of the Holy Quraan to mosques and doing funding medical treatment for the poor people. They give charity and clothes to the orphaned and poor and give meat to the needy families especially on the last day of Ramadan, right before Eid al-Fitr (the happy religious festival).

Eid meal from charity:

In some villages, rich people give honey and natural ghee bottles to the poor the last day of Ramadan, the month of charity and bounty.

Boosting belief and achievement:

It seems that we ourselves do not want to be typical. Why should not we be straightforward? And why shouldn't we be the ever best Ommah?

We have proven to neglect each other and one another. In fact, we believe how shamefully big is the rate of destitution, unemployment and illiteracy. However, we don't really aspire to any improvement. We have been in the habit of boasting about exploits of the past and lying to each other and to the world as a whole.

We must adhere to our belief and be men of higher most remarkable goals in life. We should make use of our potentials and start at the soonest. Otherwise, none will provide us with change!



مدارس

الملكية أروى الدولية

تعلن

عن فتح باب القبول والتسجيل للعام الجديد ٢٠٠٦/٢٠٠٥ في مدارسها المعتمدة النظم البريطانية والنظام الوزاري في مراحل الدراسة المختلفة

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Dates, medicinal food of Quraan

DR. QAZI SHAIKH ABBAS BORHANY

Dates are served with breakfast, lunch, dinner, coffee, and snacks, any day and every day. Date can be classified as food, drink, fruit, sweet, nutrient and medicine. Prophet Mohammed compared a good Muslim to the date palm and said: "Among trees, there is a tree like a Muslim. Its leaves do not fall."

Dates in the Primary Sacred Literature:

Dates and date palms have been mentioned in the Quraan some 20 times, indicating their significant position. Dates significance could also be restarted by looking few life experiences of the Prophet Mohammed (God pleasing and peace be upon him) . There are some examples that mentioned by Prophet Mohammed's followers of his habits of eating dates:

• 1. Abdullah Ibn Jafar said " The Prophet Mohammed. ate Qiththaa (cucumbers) with dates." (Cucumber has a cold effect and dates have a hot one. By combining the two it becomes mild. From this Prophetic tradition we gather that it is recommended that the effect-hot or cold- of things eaten should be taken into consideration. Cucumber is insipid and tasteless, and dates are sweet which results in the cucumber also tasting sweet). The Prophet Mohammed said, "The cold effect of one removes the heat of the other, and the heat of one removes the cold effect of the other, (Tirmizi)."

• Anas said: "I saw Prophet Mohammed eating together musk-melon and dates." (Some Ulama (scientists) have translated this also as watermelon' instead of musk-melon, the reason being as in the first narration, here also the cold effect is intended. But it is clear that musk-melon is meant here. The reason for eating dates is also that it gives the



God) ! You will certainly be questioned about this bounty on the Day of Qiyamat(Day of Resurrection) . Hunger brought you out of your house and you did not return until this bounty came to you. ("Saheeh Muslim", Kitaab Al Ashribah, chapter 22, Book 22).

• prophet Mohammed came to visit me, accompanied by Ali who was convalescing. We had some ripe dates hung up. Prophet Mohammed got up and began to eat from them. Ali also got up to eat, but prophet Mohammed said repeatedly to Ali: Stop, Ali, for you is convalescing, and Ali stopped. She said: I then prepared some barley and beer-root and brought it. Prophet Mohammed then said: Take some of this, Ali, for it will be more beneficial for you. (Book 28, No.3847: Narrated Ummul Mundhar bint Qays al Ansariyyah).

• One of the wives of prophet Mohammed said that my mother intended to make me fat to send me to the (house of) Prophet Mohammed . But nothing which he desired benefited me till she gave me cucumber with fresh dates to eat. Then I became chunky and curvy (as she desired).

The best food for Iftaar (fast breaking) :

Prophet Mohammed used to say:

• " break your fast by eating dates as it is purifying."

• "The date that is from high (branches) is a cure". (Muslim & Ahmad.).

During the month of Ramadan, every nook and corner of the Muslim world are filled with varieties of dates. The best reason of it is a basic food of fast breaking . Prophet Mohammed instructed emphatically, "If any one of you is fasting , let him breaking his fasting with dates. In case he does not have them, then with water. Verily water is a purifier." Prophet Mohammed used to break his fasting by eating dates and if ripe dates were not available, he would substitute them

with dried ones. When even these were not available, he used to have a few sips of water, according to some accounts. Dates contain sugar, fat, and proteins, as well as important vitamins. The attachment of the Muslims with dates is nothing but the recommendation of the Quraan and instruction of Prophet Mohammed al Quraan. As dates move faster to the liver and are converted more quickly than any other nutrients, particularly if they are moist, the liver accepts their contents more readily and hastens their distribution to the rest of the body, which is thirsting for energy. Without any doubt, Dates are the perfect food for fast breaking , since they quickly supply the body with the energy it needs. Dates are also rich in natural fibers and therefore the eating of them helps to fight many of the ailment with which we commonly suffer today. Dates also surpass other fruits in the sheer variety of their constituents. They are the most wholesome food among fruits because of their hot and moist substance. Prophet Mohammed used to eat all varieties of dates, but he had a special liking for the Ajwah (pressed dates) . Many who break the

fast with dates afterwards don't feel much desire for more. It would seem that taking dates after Fasting helps one avoid overeating.

Medicinal Benefits of the Dates:

1- The great worth of dates is also indicated in the Quraan," And shake towards you the trunk of the palm tree, it will drop on you fresh ripe dates", so eat and drink and be comforted". (Surat Mariyam, Ayaat 25-6). According to Medical studies, the ripe date contains a substance that urges uterine spasms and increases contractions especially in the time of delivery. This substance resembles 'oxytocin' that is secreted by the interior lobe of pituitary gland, which encourages contractions of the uterus. Dates contain some stimulants which strengthen the muscles of the uterus in the last months of pregnancy. This helps the dilation of the uterus at the time of delivery and reduces post-natal bleeding. This was the sacred prescription, for the mother of Messiah at the time of delivery, to make the delivery trouble-free and easy.

2- It enhances the manhood; remove the weakness, if taken with milk, before sleep.

3- Dieticians consider Dates the best food for breast-feeding mothers. This is because Dates contain elements that assist in alleviating depression and enrich the breast milk with the nutrients needed to make the child healthy and resistant to disease.

4- Another factor making dates the ideal food is their digestibility. Within half an hour of eating them, the tired body regains new vigor. The reason for this is that low blood sugar is the main cause of hunger, not an empty stomach as is often assumed.

5- When the body absorbs the nutritional essence of a few dates the sensation of hunger is abated.

6- Eating dates in the morning on an empty stomach kills intestinal worms and other parasites, for dates have an antidotal potency which restrains their growth.

7- Dates contain calcium, sulphur, iron, potassium, phosphorus, manganese, copper, magnesium, volatile oils, Vitamin-B6, folic acid, Potassium, Iron and Magnesium, proteins, sugars, vitamins and are rich in natural fibers.

8- Magnesium is very important element to the pregnant women and is hard to find as natural source.

9- We shall recommend that they try dates for the new born for the relief of pain. It is important to the function of the heart and blood circulation. (1- "Clin Obstet Gynecol":1999Dec; 42(4):802-19, 2-"Controversies in Tocolytic Therapy". Katz VL, Farmer RM, 3-, Center for Genetics & Maternal-Fetal Medicine, Sacred Heart Medical Center, Eugene, Oregon 97401, USA).

10- Placing a sugary substance inside the mouth of a new-born baby .it also radically reduces pain sensation and heart rate. An interesting scientific medical study proved beyond any doubt the benefit of giving a new-born child sugar, in order to reduce the feeling of any painful procedure like heel pricking for a blood sample or before circumcision, (British Medical Journal, No. 6993, 10th June 1995, 2- "The analgesic effect of sucrose in full term infants", by Nora Haouari, Christopher Wood, Gillian Griffiths & Malcolm Levene, Leeds General Infirmary, England). Abu Buradah

reported from Abu Musa, who said: I had a new-born baby; I took him to Prophet Mohammed , who called him Ibrahim. He chewed a date then he took it and rubbed the inside of the baby's mouth with it.

11- The date contains a very high percentage of sugar (70-80%); it has both fructose and glucose which have high calorific values, it is easily and quickly digestible, and very helpful to the brain.

12- The date contains 2.2% protein, vitamin A, vitamins B1, B2 and nicotinic acid (against Pellagra) it has traces of minerals needed for the body.

13- Potassium, of which the percentage is very high, has been found to be very effective for cases of bleeding, such as the occasions of birth or circumcision.

14- Dates are recommended for removal of dizziness. It is now well known that low blood sugar and low blood pressure are among the causes of dizziness.

15- While the level of trace elements in the body falls, the health of the blood vessels is affected, that leads to increased heart rate and a consequent inability of the heart to perform its functions with normal efficiency.

16- As dates are rich in calcium, they contribute to healthy bones. For this reason it is recommended that children and older adults, especially women, eat plenty of dates to strengthen their bones.

17- Dates are also important in maintaining good vision and are effective in guarding against night-blindness.

18- It is highly recommended for those who have any kind of hear problem. It is a sacred medicine to treat respiratory disorder, as well as a salve and a heart stimulant. In the early years of Islam, dates were served as food for Muslim soldiers. As the best stimulant of the muscles, it is a best tonic for one about to engage in battle.

19. Dates are also rich in natural

fibers.

20- Modern medicine has shown that Dates are effective in preventing abdominal cancer.

21- In short words, one date satisfies the minimum requirements of a balanced and healthy diet.

Selected varieties out of uncounted range:

There are approximately 552 different varieties of dates; the best dates are very rare. Orange-brown, very transparent with a caramel taste. It is an Iraqi Date, from the oasis of Mandali, east of Baghdad. In Iraq, Dates are sometimes filled with clotted cream." Nubut Saiyf, which is a long date, shaped like a sword (Sayf), from the Riyadh region on the Najd plateau in central Arabia; Sukkari, meaning "sweet one," from the Qasim region north of Riyadh; the rare and very expensive Anbar or Anbara date from the Madinah region; and finally, the Khlal (quintessence), of Al Hasa. "Khalal, Busr and Saraban are different names, from different parts of the Arabia. The most popular Dates of Hijaz include Khunaizi, Bukayyirah, Gharr, Shaishi and Ruzaiz, Sufri, Barhi, Sullaj and Khudhairi. People of Madinah mainly loved Anbara, Ajwah, Rothanah, Baidh, Rabiha, Barhi, Hilwah, Hulayyah, Safawi, Shalabi, Khlal and considered them as "the perfection of the Date."

Pressed dates(Ajwah) , the Gift of Heaven :

The word Ajwah is a noun from the verb Aja, which means to pacify an infant who is still being breastfed, but who is in the process of being weaned. "Al Dawau Bil Ajwah" is very famous phrase in Arabia, which means treat diseases through Ajwah. It was a common practice among mothers in Arabia to use dates—especially the dry, chewy types, one of which is Ajwah—to wean their infants. They would let their babies chew on the date to pacify them, strengthen their gums

and overcome their teething pains. Most likely, Ajwah got its name from this use, as it has the right texture and sweetness for the purpose." Prophet Mohammed took all varieties of dates, but preferred the Ajwah. "Ajwah date, from Madinah, was the favorite of Prophet Mohammed because of its chewy texture and flavor". Cured dates are called Ajwah in Arabi.

1- "Ajwah date is an excellent remedy". (Bukhari & Muslim).

2- "Ajwah date is certainly an excellent and sufficient food."

3- "Ajwah is from Jannat (heaven) and contains an antidote against poison" (Tirmizi).

4- I suffered from an illness. Prophet Mohammed visited me. He put his hands between my nipples and I felt its coolness at my heart. He said: You are a man suffering from heart disease. Go to Al Haris Ibn Kaladah, brother of Saqif. He is an expert who gives medical treatment. He should take seven Ajwah dates of Madinah and grind them with their kernels, and then put them into your mouth. (Sunan Abi Dawood, Book 28, No. 3866: Narrated Saad).

Chocolate of the Heavens :

Is it not a ripe time to correct our wrong approach and forgo the habit of chocolate eating, which is noting but self invitation of several diseases? Is it not a ripe time that not only we but our children should enjoy with the benefits of the sacred chocolate, Dates? Millions of Muslim across the world destroys their wealth as well as health through eating chocolate. The conclusion is that we should try and eat this precious fruit throughout the year and not only in Ramazan, which prescribe divinely.

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melon a sweeter taste. It is not necessary that one's benefit be gauged everywhere. It is possible that this is due to some other benefits. The eating of watermelon with dates has its own benefit and that is to create evenness in the effect of both, so that it becomes mild. The eating of musk-melon with dates has its own benefit and that is that if the melon is insipid and tasteless, many a time, due to it being insipid sugar is mixed before it is eaten. Therefore it is not necessary to give the same reasons for both watermelon and musk-melon).

• When the Ansari came and he saw prophet Mohammed and two of his followers, he said"... no one has more honorable guests today than I (have)." He then went out and brought them a bunch of ripe dates, some dry dates and fresh dates, and said: Eat some of them. He then took hold of his long knife (for slaughtering a goat or a sheep).Prophet said to him: Beware of killing a milking animal. He slaughtered a sheep for them and they ate of it and of the bunch of dates and drank. When they had taken their fill and had been fully satisfied with the drink, Prophet said Wallah (I swear by



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Managing English: The Leona Cassiani way

The English Departments seem to have taken another beating from their hard-nosed brothers - not the Sciences this time, but the Business Schools and the Institutes Management. Perhaps this is happening globally, but given the extremely uneven spread of English in India, is more noticeable in this country. The situation is like this: while people in the English Departments are out to throw the category of literature overboard under the pernicious influence of Cultural Studies, the B-school guys are doing great things with it, albeit in the mundane field of communication, which is their new found mantra. They have found a new use for Shakespeare, using him to gain insights into the darker sides of human nature to be avoided while doing business, not to mention the more regular practice of judiciously using the Shakespearean to liven up corporate communication.

The reason why literature is enjoy-



By HIMANSU S. MOHAPATRA

ing such a high profile in such an unlikely area is simple. The R & D people have suddenly realized that in the matter of success in life in general and in clinching that all-important business deal in particular, the so-called 'hard skills' - 15% in their estimate - play a decided second fiddle to the 'soft skills.'

So the gurus of Management are turning to what they call 'liberal arts literacy', the perspective from literature and art. They are sober, astute and realistic enough to see that literature has long since foreshadowed their own new-fangled ways of getting past the 'rational model' through 'emotional intelligence' and 'lateral thinking.' We thus have the curious phenomenon of the 'product champions' at Hewlett & Packard insisting on the pleasures of language and literature, of Ken Adelman, an ex-arms dealer turned management consultant, teaching company CEOs the dos and don'ts of business via Shakespeare; of

Tom Peters recommending a literary regimen as part of his package for excellence; of E.H. McGrath asking his students at XLRIs across India and us in his hugely popular *Basic Managerial Skills for All* to 'make every word tell' in the manner of our best known writers of prose such as V.S. Naipaul, Graham Greene and E.M. Forster.

And what are the real custodians of English in India doing in the mean time? It is hard to believe this, but they seem to have abandoned their forte, literature, altogether. Whether it is high theory of the metropolitan kind or the hack work of the moffusil kind, English in India in both its avatars of Cultural Studies (C.S) and Communicative English (C.E) have entailed the rejection of literature. If the first rejects it as an ideologically tainted baggage, the latter rejects it as an impractical, high minded pursuit.

The consequences of this rejection are for all of us to see. C.S. uses literature as little more than window-dressing and C.E. is plain commodifying. Moreover, heavy duty theorising has led to abstruse and arrogant jargon in the name of radicalisation, while the Brahminical mindset of the teachers of English is keeping them insulated from the real democratisation of English that is going on around us in the form of English and other fascinating forms of Indianisms such as 'preponing', 'air-dashing' and 'history-sheeting', to name some of the colourful ones. It is this which has led an astute commentator, Gurcharan Das, to observe somewhat sardonically and rightly that 'the biggest impediment to the spread of English in India is the English teacher.'

When they should have taken the lead in teaching the rest of us to manage the world by manipulating the language in course of simply doing what is their bread and butter, they are aping, and, hence, falling behind, others. To adapt an expression from Marx, they, the owners, have been evicted from their own premises by their hard-nosed brothers who now market their produce better.

It is time then that they showed their brothers the door and came home to roost. It is time they took over the management of English. And it is time they took the cue from their subject, litera-

ture. Literature has always shown the way both to manage and to inspire through its fine art of verbal management. A charming anecdote from Gabriel Garcia Marquez's *Love in the Time of Cholera*, a great novel now being shaped on the Hollywood anvil, shall show us this way, which I shall call the Leona Cassiani way.

I pick on Cassiani advisedly, because, though a minor character in the novel, Garcia Marquez uses her to make the major point that when it comes to managing she is far ahead of Florentino Ariza, the novel's hero. The lovelorn Ariza, it will be recalled, never manages to learn the 'mundane simplicities of mercantile prose', because no matter how hard he tried, he found it difficult 'to wring the neck of the di-hard swan.' He does not, of course, need to be embroiled in the inanities of earning a living. Leona Cassiani, a mulatto clerk in the same commercial establishment where Ariza works, is able, on the contrary, to display the highest level of managerial wisdom by the simple expedient of suggesting the closure of the company's General Section. The G.S., as she pinpoints, has become the happy dumping ground of the unsolved problems of other Sections and, in its labyrinthine operation, resembles the Dickensian Circumlocution Office or the modern-day State Secretariat inhabited by, to quote from Richard B. Taub, 'bureaucrats under stress.'

If Florentino Ariza behaves like the old-style litterateur, the lotos-eater, Cassiani is the figure of the modern-day manager. In shifting from the one to the other and in encompassing both through a verbal economy of the most exacting kind, the novelist outlines the figure of the astute new litterateur-cum-manager which, it will be the supreme privilege and duty of the English teacher, to protect and nurture in the very act of earning his bread and butter without having to look either left to C.S. or right to C.E.

(The author is a professor of English at Utkal University, Bhubaneswar. The trigger for this article was Gurcharan Das's thought-provoking piece on "The English Teacher", published in *Times of India* dated October 31, 2004.)

A letter to the teachers of English: 96 Prewriting, writing and rewriting (2)

Dear Fellow teachers,

Writing, according to a lot of researchers, consists of three stages: prewriting, writing and rewriting. Additionally, revision or editing of what we write can be the fourth stage. Though these three stages are unconsciously followed by most of the writing teachers, bringing them to consciousness and practicing them is one of the aims of this letter.

Prewriting is the stage in which the student develops ideas for his writing and lists them down as they appear in her mind in order to create a mental map of what she is going to write. The ideas for a piece of writing may be developed through brainstorming or discussion in the whole class, group, with friends, family members etc. As the name indicates, brainstorming is storming your brain so that the ideas flow from it. This is an opportunity to think of the theme and related ideas which may constitute the piece of writing to be done.

As some experts suggest, the ideas may spring at any point of time and in any place; one may get a brilliant idea when she is having a bath or eating her breakfast; it is always a good idea to jot down the ideas in their raw form in a small scrap book as and when they appear. Another important technique associated with prewriting is journaling, which means that students can be trained to develop the habit of maintaining what experts call 'think books' or 'learning logs' or diaries, in which they jot down whatever comes to their mind, relevant or irrelevant to the topic of writing. As this helps them generate ideas, they can be advised to develop this as a habit, not necessarily as a prewriting activity; they can put down pieces of information about their visit to an interesting place, their meeting an interesting person, their reading an interesting book etc. In my personal



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view, students can be advised to keep diary and write briefly every-day events in it; this can be a precursor to journaling.

In the second stage of writing, students can be asked to make

the first draft on the topic of their choice putting down some of the relevant ideas they have already collected through brainstorming or journaling. This drafting can be done individually or in small peer groups. Students should be made to understand that this is not the final draft and they are free to put down whatever they think relevant, without worrying much about the grammatical correctness at this stage. This freedom may bring the best out of them. As this is not the final piece of writing, they can be encouraged to write with a pencil, with enough space between lines so that they may correct their writing later.

The third stage, rewriting, is what most of our students never engage themselves in. Every composition should be accepted only when there are two drafts - the first and the final - for it. Even in the examinations, we can ask them to the first draft and then the final draft on the topic of writing. Most often, the students reproduce the first draft as the final draft, because they hardly understand the difference between the two. They should be taught how to correct their own errors, grammatical as well as organizational. Proof reading can be taught as a part of the writing course at some level. We should pay special attention to teach them how to rewrite their pieces of writing. Rewriting can be a group task also. Let's try. Good luck.

Yours fraternally,
Dr.M.N.K.Bose.

Poetry Corner

Salam, the antiquary

(Seiyun, 10 April 2005)

The night was very pleasant.
The spring in Seiyun is unique
It treats you to a rich fare
Of lovely embraces of cool winds
Cooler and softer, a sensation
More sensational than the
Timid embraces of a coy love
The caresses of a devoted wife
The spontaneous hug of a selfless
Mother when she sees
A heavy depression of
Tech savvy times descending on you.

The walks are ideally laid
On the edges and at the centre.
Shara Al Jessair boasts of very
Nice walks. I simply love them.
I go for strolls in the nights.
Ideal time. You're neither alone
Nor interminably intruded.
An occasional passerby or
A man behind a wheel greets:
"Dr. Aruna! Salaam alaikkum...
Khaif Halak? ... Thamam?"

They greet, enquire, no mere
Rhetorics. Just wave a hand,
Throw a smile and proceed.
Not much nuisance.
Very affectionate people.
There are cars, cars, and cars.
But they don't interrupt your
Contemplations. Yes, cars...
This brings to my mind
Mr. Salem Al Habshi.
What great sacrifices!
How much suffering!
To build up that private collection.
How much it might have cost!
Buying all those antique machines.
Right from former British Governor,
To former Sultans; vintage cars,
Battle trucks of the First War...
From Yemenis, Indians, Americans,
Germans,

But I think that man is sad
Disillusioned today.
No appreciation,
No recognition,
Love's labour lying idle...
Wasted like rain on dessert?

A nation's past is its strength
Enables us to look from past
To present to future.
The relics of the past are not
Mere trinkets or memorabilia
Of a bygone civilization.
They teach us values, guide
Us in our future endeavours.
They're constant reminders
Of an era of thralldom under aliens.

Public museum Salem's cars
Must be preserved in for
Future generations.
The public, young and old,
Students, tourists, antiquaries -
All will be enthused.

Every human endeavour needs
A boost, encouragement, impetus.
Seiyun spring entices my stroll;
Salem's soul is his antique cars.
They shall not go unnoticed.
Lest man will lose his roots,
Let government do something.
But who can blow the conch?



DR. ARUNACHALAM
ASSOCIATE PROFESSOR OF
ENGLISH
UNIVERSITY SEIYUN
HADHRAMOUT

What has Gone wrong with Today's Youth?

ABDU TALIB
ENGLISH DEPARTMENT
FACULTY OF EDUCATION
TAIZ UNIVERSITY

Most people would agree that the youth are the real wealth of a country and the pillars of strength and power. They are the potential shapers of tomorrow. However, in our society, things tend to go in the opposite direction. A large segment of our youth have become prone to many types of roughish behaviour. These shameful behaviours smear the foundation of our deep-rooted values and beliefs.

In many countries responsible parents make sure that their children are provided with as much learning and

culture as possible: to open the minds of the youth, to raise their sense of awareness and to imbibe in these future leaders a sense of principles and values. We on the other hand, provide our children with both the means and desire to kill or be killed. We allow our youth to grow up ignorant, conceited and reckless. We equip our future strength with the tools of failure while telling them they can have whatever they want. We must remember that pride goes before fall. Yet, many parents are proud that their sons wear a pistol on their right hip, a pager on the left and a mobile strung around the neck! All they need is a lolly pop stuck in their mouth to make the picture complete. Our shapers of tomorrow are full of sound and fury but signify in reality, nothing of any lasting value. Simple

statistics and obvious facts bear witness to these truths. Far too many murders and accidents occur at the hands of our youth. Weapons and cars in the hands of adolescents constitute a danger to our society as a whole, while ignoring any real moral or ethical training or our youth guarantees another generation of hopelessness.

The deteriorating condition of today's youth apparently can be noticed in their daily activities and pastimes. Streets can be seen teeming with guys of different ages, slouching around from one place to another until the cows come back home. These undisci-

plined groups of youth seem to have nothing better to do than to sit around, wasting time, troubling passers by, harassing girls and just generally indulging in trivial matter. Others sit for long hours watching base TV channels or pursuing sex sites on computers in the internet cafes. Add to these the costly and time wasting habits of qat chewing and smoking. Are these the type of youth we are training who will one day be responsible to lead the ambitions of our country and push the wheel of progress and development? I don't believe they will.



YOUTH FORUM



Under day's cover

Under day's cover
I see alot of things
Under year's cover
Are buried alot of things
Under the darkglases
There lurks a kind heart
Under the sun shine
People's prnlems are a legion.

Under the moon light
Stars are dancing with clouds
Under the love mask
There is a murderous weapon
Under people's masks
You find their real faces .

by Rania Ali Hagag
Department of English
Faculty of Education and Arts,
Khawlan

Surrender

O Allah
I have asked you many things
But I haven't got everything that
would make me happy.
On the other hand
Some times some undesirable things
come to me.
Yet, I am not angry for that
Because I trust in You.
Allah never gives bad thing to us.
O Allah, what ever you give us, your
servants, we will accept it happily and
gratefully.
Your servant Fatima prays that you
be with her always. Don't let her
alone
Support her and grant her peace and
good health.

Marsilia Al-Dilamy
Department of English, Level 3
Faculty of Education
University of Science and
Technology, Sana'a

We wish our readers
Ramadan Kareem

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ADEN: City of commerce and economy

By YASSER AL-MAYASI AND
ESHRAQ AL-BODIGI
YEMEN TIMES STAFF

Aden is located at the southwest tip of Yemen some 430 km away from the capital Sana'a. As it is on the mid-way between Europe and the Far East, Aden lies on major world trading route between Europe and Asia, which goes through the Suez Canal. It is one of the largest natural harbors in the world with an area of about 70 km² of sheltered water surrounded by Shamsan Mountain, Khoremakser district, and the shore, which extends to the hills of Little Aden.

The port of Aden consists of the Inner Harbor, the Oil Harbor serving Aden Refinery and the anchorage and approach channels of the outer harbor.

God has endowed it with splendid and attractive nature, beginning with a long strip of clean sandy shores and a clear blue bay, which are suitable for all kinds of recreation and hobbies. Moreover, a chain of protective volcanic hills, with a variety of contours, well suited for climbing and adventures. The climate is moderate and fine most of the year and the costal landscapes allure birds and abundance of fish.

Gold Mohur

Gold Mohur is situated in Tawahi at Elephant Bay and the tip of Hail Mountain, thus distinguished for its beautiful location and its warm water.

Al-Ghadir Shore

Al-Ghadir Shore is situated in Little Aden city (Al-Buraika), which is distinguished for its beautiful location. Tourists and citizens go to a swimming club, especially during holidays & weekends.

The National Museum

Situated in Crater, the old part of the city, the museum was once a sultan's palace and contains many interesting archaeological finds, and the Ethnographical Museum.

Defensive Fortifications:

Sira Fort

Sira Fort was the guard post of Aden city and a symbol of its safety. It rises on top of a mountain at and overlooks the old port. It is more than one thousand years old.

Forts and Towers:

Several forts and towers surround the city of Aden. They are more than one thousand years old and were built by several different dynasties, the oldest being Banni Zurai and the most recent the



British. Aden Gate was until recently the most important of those fortifications. It was demolished during the Sixties of this century.

Aden Cisterns or Reservoirs:

Cisterns and reservoirs are located at the head of Attawila Wadi at the Southwest of Crater, and are considered as one of the great historical engineering works in Yemen. It was built in ancient times and is mentioned in the Al- Musnad inscriptions.

The tank system developed throughout the successive stages of history from Banni Zurai

order to protect the city in case of heavy rains and sweeping floods. Of the amounted 53 tanks, only 13 have remained.

Al-Tawahi Port

The British built Al-Tawahi port, which is remarkably different from Aden's old port near Sira Citadel. From the terminal building in Al-Tawahi port, one can see the "Big Ben" clock, which sits on one of the surrounding hills.

The Governorate of Aden has many beautiful and clean beaches, among others some small ones by the Aden Gulf, and the coasts

The highest and greatest mountain near Aden is Shamsan, known in the past as Irr Mountain.

Sirah Fortress

The Guard post of Aden is located at the Entrance of Sirah and from there one can see the ancient port of Aden. It is a round fortified fort and one of the most ancient Yemenite forts in defending the Yemenite Coasts against invaders and raiding freebooters across the sea.



Resulides and Tahrides. They were then buried, but discovered by the British in the middle of the 19th century.

The need of water made the Brits attempt to modify the tanks' original design. The British failed and gave up. The tanks were designed to collect the scarce amount of rain, but also to divert water from Aden in

around little Aden, Ras Amran vilage and Abyan beach.

There are many small medium isles around Aden, for example the islands in the Arabian Sea, of which the most important is Socotra and the archipelago that surrounds it.

The most Famous Mountains and Forts in Aden Governorate:



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