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**Inside:**

- 5** Ramadan in Taiz
- 10** The effect of good actions and good words
- 12** Drug intake during Ramadan

**Readers' Voice**

Last edition's question:  
Do you think the Yemeni electoral process could be termed successful despite the few incidences of violence?

This edition's question:  
The General People's Congress and opposition parties argued about Saleh's winning percentage. Do you think that President Saleh has actually won about 78% percent of the votes?

- Yes
- No
- I do not know

Go to our website at: [yementimes.com/#poll](http://yementimes.com/#poll) and have your voice heard

## Saleh wins another term, opposition criticizes results

**By: Yasser Al-Mayasi**

SANA'A, Sept. 24 — At a press conference Saturday, the Supreme Commission for Elections and Referendum (SCER) announced that General People's Congress presidential candidate Ali Abdullah Saleh won another seven-year term. However, opposition parties rejected the vote result.

Based on totals released by the SCER, Saleh won 4,149,673 votes (77.17 percent), while his closest rival, Joint Meeting Parties (JMP) candidate Faisal Bin Shamlan received 1,173,075 votes (21.82 percent).

SCER Chairman Khalid Al-Sharif confirmed that independent candidates Fathi Al-Azab and Ahmed Al-Majidi and National Opposition Assembly candidate Yasin Abdu Sa'eed received

24,524 votes (0.46 percent), 8,324 votes (0.4 percent) and 21,642 votes (0.15 percent), respectively.

According to the SCER, only 6,025,818 of 9,248,456 registered voters cast their ballots in the Sept. 20 presidential and local council elections. Voting turnout was figured at 65.15 percent, with only 5,377,238 of the total votes valid, as 648,580 votes were canceled.

The SCER said voting didn't take place in five of a total 333 districts nationwide, whereas polling or vote counting was suspended at 147 of 5,620 polling centers around the republic.

Al-Sharif declared that in compliance with Article 108 of Yemen's Constitution and Article 70 of the Election Law, Saleh was re-elected to another seven-year term, beginning from when the constitutional oath is

administered.

However, opposition parties refused to accept the vote result, alleging that Saleh won only 68.86 percent of votes, not 77.17. According to an official JMP source, the voting results are "fraudulent and incorrect."

The same source added that the SCER committed several violations and began announcing presidential election voting results only two hours after voting ended Wednesday. Opposition said that starting to announce voting results at such an early time disclosed the SCER's intention to commit voting fraud.

Opposition parties affirmed that they'll contact their leaders to specify their attitude toward the presidential voting result.

Five candidates ran for Yemen's presidency: GPC candidate Ali Abdullah



Saleh casting his vote. Saleh, JMP candidate Faisal Bin Shamlan, National Opposition Assembly candidate Yasin Abdu Sa'eed and independent candidates Fathi Al-Azab and Ahmed Al-Majidi.

## Observers: These elections were a milestone in Yemeni political history

**By: Nadia Al-Sakkaf**

SANA'A, September 21 — The recent presidential and local council elections are a significant and positive development in the country's democratic reform process although there are still some important shortcomings, according to the European Union Election Observation Mission. The mission presented its preliminary report at the Taj Sheba hotel on Thursday. Although prior to the announcement of the results and just one day after the elections, the report highlighted a number of important issues that need to be addressed by the political system.

"So far, this has been an open and genuine political contest that, with the full engagement of the ruling and



Fida Nasrallah, Press Officer of the EU mission, addressing the conference. opposition political parties, has been a milestone in Yemen's political history. The people had a clear choice and, overall, all sides were able to campaign freely at public rallies."

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## In brief

## Lahj

## Man opens fire

Sept. 22 — A gun fire incident took place in Al-Hotta's qat market, injuring two individuals, Mohamed Abdulwadood (20) and Mohammed Rami Saleh (14). The injured were rushed to a nearby hospital, while the perpetrator was arrested by security forces which conducted an investigation to know the incident's involvement.

## Water projects implemented in Lahj

Sept. 24 — Concerned authorities are currently implementing many water projects in Lahj governorate at a total cost of half million Euros, funded by the European Market Countries contributing to implementation of rural areas' water projects. In a statement to Yemen News Agency, Saba, Eng. Anwar Al-Marfadi, General Manager of Rural Water Projects Corporation in Aden and Lahj, clarified that implementation of Khor Amira water project in Al-Madhariba District is underway. He mentioned that other water projects are implemented in Madram and Tawr Al-Baha districts in Aden and Lahj. Al-Marfadi pointed said the corporation is also supervising implementation of water projects funded by local councils.

According to Al-Marfadi, Hayel Sa'eed Group of Companies has contributed to drilling artisan wells in Jawl Madram in Aden. He indicated that water projects help encourage stability of population in rural areas and alleviate their sufferings.

## SANA'A

## Islamic Relief implements Iftar Project

September 24 — Islamic Relief Yemen is due to implement on Wednesday a program for providing Iftar meals for Muslims keeping fast in Ramadan. The projects total cost is 30,000 Euros, and will take place in Da'ar Sa'ad Area in Aden and Taur Al-Baha and other areas in Lahj governorate.

The project targets the poorest families, widows, orphans and people of special needs. The foodstuffs will be distributed to 3,300 families (roughly 23,100 individuals). The foodstuffs cover rice, wheat, sugar, oil and date.

## Costa Rica renews Yemen

September 24 — Costa Rica has resumed diplomatic relations with Yemen, Kuwait and Bahrain after Foreign Minister Bruno Stagno's Friday talks with his counterparts from the three Arab countries in New York, the Costa Rican Foreign Ministry said in a statement.

The diplomatic moves came after the Central American country announced on Aug. 16 that it would move its embassy in Israel from Jerusalem to Tel Aviv.

During a meeting on the sidelines of the 61st United Nations General Assembly, Stagno and Kuwaiti Foreign Minister Sheikh Mohammad Al-Sabah Al-Salem al-Sabah also discussed UN reforms, the race for the next UN secretary general, and other issues, according to the statement.

## Amran

## 12 public and cooperative associations cancelled

September 24 — The Social Affairs and Labour Office in Amran issued the closure of 12 public and cooperative associations on grounds of violating the law. The associations were proved not to follow standard legislations in electing managerial board and not producing annual accounts for many years. The number of established associations in the governorate is 100 since 1998 according to Mr. Hussain Al-Houthi director of the Social Affairs Office at the governorate.

## Hodeida

## 20 technicians trained on development concepts

Sept. 24 — Social Fund for Development (SFD) concluded Saturday a training course on development concepts. The event involved technicians and supervisors in charge of SFD-funded projects.

20 technicians and supervisors were trained on development concepts, its types and how to read layouts, and quantities and specifications tables, as well as how to avoid common errors related with implementation phases. Participants, who attended the course, paid field visits to different areas.

## Elections results claimed rigged in Amran

By: Saddam Al-Ashmori

AMRAN, Sept. 23 — The Sept. 20 elections resulted in an overwhelming victory for the General People's Congress (GPC) in Amran governorate at both the presidential and local council levels.

The party won 15 of the 20 local council seats allocated to Amran governorate, while the JMP won just three and independents won the other two. GPC presidential candidate Ali Abdullah Saleh won with 75 percent of votes, while opposition candidate Faisal Bin Shamlan received 25 percent.

Amran was one of the governorates the JMP had bet on and witnessed heated competition during campaigning, leading to a high alert among the governorate's security forces. Further, armed forces — around 310 armored brigades — reinforced some voting centers.

The voting process in Amran

appeared quiet until about noon, when some voting centers began witnessing infringements.

Refusing to vote publicly for the GPC presidential candidate, the 10th constituency polling center in Bani Qais was closed in front of voters by an influential GPC personality.

In related news, a clash involving small arms between some citizens over elections in Al-Athah area resulted in critically injuring a man, who was rushed to the hospital. Reacting to the incident, security forces fired bullets into the air to disperse the quarreling parties.

Additionally, security forces arrested JMP candidate Nasser Al-Khidri, accusing him of tearing down President Saleh's photo in his area.

Sheikhs and dignitaries from Constituency No. 228 also forced voters to vote publicly in front of committees.

Some observers had bet on Amran governorate to go to the JMP

presidential candidate and they believe the GPC used all possible means to gain the maximum number of votes in the governorate.

Amran Observer Fuad Al-Mahbashi said the electoral process was worse than in past elections, noting that ballots were sent to and distributed in Amran polling centers on the eve of Sept. 20 to educate voters, particularly elderly women, on how to mark them the next day.

He further added that the GPC distributed large sums of money to all Amran voting centers, approaching YR 800,000 for each center.

In a related matter, influential governorate individuals summoned all heads of primary election committees and subcommittees to a meeting, asking them to swear allegiance to the GPC. One such committee head wishing to remain anonymous confirmed that he was called to a government building and asked to swear his support of the GPC.

Teachers also didn't escape threats

and further, were asked when meeting with heads of educational centers to elect GPC candidates or they would lose their jobs.

The Yemen Times visited some Amran voting centers and found that most centers lacked observers, either national or foreign. When attempting to take photographs, some official and security parties prevented us from doing so. Most international observers didn't visit voting centers outside Amran's capital, thus many infringements and violations were committed, according to an observer who refused to give his name. He added that toward the end of the day, extra ballots were marked for GPC candidates in front of election committees, which remained idle.



Security officers struggle to keep eager crowds outside Al-Sabeen voting center in Sana'a. PHOTO BY GLYN GOFFIN.

## Dozens of African immigrants killed in Aden Gulf

ADEN, Sept. 24 — Tens of African illegal immigrants, who passed through Aden Gulf into Yemen, were killed by their traffickers according to a UN High Commissioner for Refugees spokesman. This was declared in Geneva last Friday when he said traffickers killed the African infiltrators and threw them in the sea.

UNHCR spokesman, Roon Redmond, mentioned that since the beginning of September, 35 Africans

died while being in a risky voyage to Yemen on board boats, which are usually overloaded. Meanwhile a report said that 53 Africans still are missing.

Redmond added nearly 2143 people from Somalia, Ethiopia and Sudan were on their way to Yemen. He confirmed that approximately 100 Africans arrive in Yemen territory on a daily basis between April and September, and this period is

described by the UNHCR as the "trafficking season" in Aden Gulf when the weather becomes mild.

Survivors said some of their companions were beaten to death with wood and iron sticks while others died when the boats capsized.

According to UNHCR scores, there are over 88 thousand refugees registered in Yemen, of whom 84 thousand are Somalis.

Yemen's Ministry of Human Rights

announced that the number of African immigrants in Yemen exceeds 750 thousand and UNHCR did not support them nor did it register these refugees in need of help in its lists. Consequently, Yemen faces difficulty meeting basic needs of such large numbers of African refugees.

Kharaz Camp in Lahj governorate involves tens of African refugees while the majority of them are scattered in different Yemeni cities, have

no work and lack legal protection. Most the African refugees in the Yemeni cities have no access to health care or education.

"The annual budget of UNHCR is large, but most of the budget is spent on travel allowances for people in charge of the commissioner in Yemen. Consequently, UNHCR doesn't pay attention to refugees and their basic needs," an observer commented on the UNHCR situation.

## Graduation of Noble Quran memorizers celebrated

TAIZ, Sept. 23 — Holy Quran's Education Administration affiliated to Hayel Sa'eed Anam's Charitable Society celebrated the graduation of the 14th batch of Holy Quran memorizers, 1st batch of the certified memorizers and the 6th batch of memorizers in Aden at Al-Sa'eed Mosque on Thursday, Sept. 21.

The administration also sent 41 students to Egypt to learn the approved 7 readings of Quran from well-known Egyptian memorizers.

The number of schools supported by the society dedicated to teaching Holy Quran reached 228 nationwide, and accommodate around 6,224 students. The society aims to graduate students who perfectly recite and teach the Holy Quran.

The society further supported an illiteracy eradication program through which 837 housewives learned to read and write, while 356 individuals benefited from the society's educational courses last year.



The society educates around 6,224 students nationwide in the Holy Quran.

The administration's efforts in providing good education proved successful in national and international competitions of in Holy Quran as students usually achieved first grades, ranking Yemen among the countries excelling in teaching

Holy Quran.

The celebration was attended by Abduljabar Hayel Sa'eed, Yahya Al-Najjar, deputy minister of endowments, Ahmed Hayel Sa'eed and students' parents as well as many others.

## Japanese Traditional Handicrafts

SANA'A, Sept. 23 — Japanese traditional handicrafts are in display at the Cultural Center in Sana'a until the beginning of October. The Japanese exhibition introduces handcrafted objects, which are made from traditional materials with traditional techniques from all over Japan. Representative objects designated as traditional crafts under the Japanese law form the core of the exhibition, supplemented by works of craft artists.

Traditional materials and techniques, rooted in the climate and landscape of different region of Japan have produce both utilitarian craft objects made by the seasoned skills of artisans and art works richly imbued with the creativity of craft artists. Artisans and artists have influence each other. This mutual influence has contributed to the depth

and high quality of Japanese crafts as a whole. Ceramics, textiles, wood and bamboo crafts have played an intimate role in daily lives of people in Japan.

## Ceramics

In Japan, dishes of various colors and shapes are used in making table arrangements. Earthenware production began 13,000 years ago. The number of people engaged in making ceramics is higher than that of artisans in any other Japanese craft.

## Textiles

Textile decoration can be broadly divided into two types, yarn-dyed textiles, in which the yarns are first dyed and woven into a pattern; and surface-dyed textiles, in which per-woven, undyed cloth is dyed using various techniques. In Japan, both dyed textiles existed from the eighth century onward.

## Wood and Bamboo Crafts

The history of both wood and bamboo crafts is ancient and both have been excavated from sites dating to the fourth century B.C.

## Paper, Writing Implements, ETC.

Papermaking is said to have been introduced to Japan from the continent earlier than the sixth



Shaft and ribs are cut from a single piece of bamboo, the ribs are covered by handmade paper and those to be painted are coated with per-simmon and lacquer

century, spreading throughout the country in the eighth century.

## Glassware

Glass beads have been produced in Japan since the eighth century, but it was not until the second half of the 1600's that glass-making techniques were introduced from Europe and glass vessels began to be manufactured in this country. Production began in Nagasaki and eventually spread throughout Japan.

## Thunder storms claim 24 lives

SANA'A, Sept. 22 — Recent thunder belts claimed the lives of 24 individuals nationwide, among them were six ladies. The highest percentage was registered in Sa'ada with 6 death cases. Five individuals met their fate last week, following to thunder storms accompanying rains in some districts of Al-Dhala'e, Hajjah, Sa'ada and Al-Baida governorates. Official sources mentioned that three of dead individu-

als belong to Juban district, Al-Dhala'e governorate, and the other two belong to Bani Qais district in Hajjah. The same sources indicated that there were no injuries.

Five more cases were registered in Taiz as well as eight injuries. Three death cases were also registered in Raymah and eleven injuries. In Al-Mahweet, a man and three women died and other four were injured.

## Continued from page 1

## Saleh wins

As for local council elections, 1,612 candidates at the governorate level vied for 431 seats, while 18,901 candidates at the district level competed for 6,896 seats, Al-Mutammar Net reported.

Both local and international observers participated in monitoring the Sept. 20 presidential and local elections, with more than 45,000 local observers and 400 international observers representing more than 15 organizations.

GPC local council candidates at the governorate level in Ibb won an overwhelming majority, leaving only two seats for other political party candidates.

With voting suspended at three polling centers, as well as vote counting at five other centers in Ibb, 390 GPC candidates won local council seats at the district level, compared to only 62 seats

for other political party and independent candidates.

SCER delivered a merit of winning presidential elections, to President Saleh yesterday the 24th September. Winning the overwhelming majority of votes, President Saleh held a press conference on the occasion.

"This year presidential and local council elections were a great success. These elections never result a winner or a loser, the fact is democracy and the country are the real winners," Saleh said.

He thanked all Yemeni citizens, whether those who voted for him or those who supported other candidates, pointing out that the September 20 elections established a true democratic experience.

## Observers

"Generally, we saw that voting procedures were conducted very well in 82 percent of the polling stations we visited countrywide. We shall now be observing the counting and tabulation process before we make our final assessment," said Baroness Emma Nicholson, Chief Observer of the European mission.

"However, the elections were negatively affected by a number of important issues and it is essential that these are tackled with all seriousness and urgency," said Nicholson.

Some of the problems Nicholson pointed out include the amount of state resources used by the ruling part and a perception of partisanship within the decision-making of the election administration.

There is also a lack of equality in the political forum, according to Nicholson.

"It is crucial that Yemen addresses the secondary status given to women and the low levels of literacy that exclude so many people in this country from the political process," she added.

Female candidates could not compete in the presidential elections because a

low says candidates need a five percent endorsement from the parliament and Shoura Council and no women were endorsed. Nicholson believes the law needs to be changed to allow female presidential candidates.

Other observations were highlighted such as low accuracy, arrests of opposition supporters and pressure on female candidates running for local council. The mission also reported seeing visibly underage voters, violations of voters' secrecy and there were problems of crowding in many of the women's centers.

Some Yemeni activists questioned the coverage of the mission, but Richard Chambers, deputy chief observer, said the mission's performance in Yemen was standard to that in any other country. During the mission they covered 174 rural centers and 147 urban centers during the preparation and had people present during the counting and tabulation of results, he said.

"There is no place that we would not have gone and security issues did not deter us from observing the electoral process," added Chambers.

# No evidence bin Laden is dead: Saudi Arabia

By: David Morgan

WASHINGTON (Reuters) - Saudi Arabia said on Sunday it had no evidence that Osama bin Laden had died, shedding further doubt on a secret document leaked in France that said Saudi secret services believed he had died last month.

France and the United States said on Saturday they could not confirm the report in French regional daily L'Est Republicain which quoted France's DGSE foreign intelligence service as saying the Saudi secret services were convinced the al Qaeda leader had died of typhoid in Pakistan in late August. Time magazine separately posted an



An image taken from an internet posting by al Qaeda's media arm, al Sahab on September 11, 2006, shows Osama bin Laden speaking in an unknown location.

article on its Web site citing an unidentified Saudi source, who claimed bin Laden was stricken with a water-borne disease and may already be dead.

The Saudi Embassy in Washington, however, issued a statement saying: "The Kingdom of Saudi Arabia has no evidence to support recent media reports that Osama bin Laden is dead. Information that has been reported otherwise is purely speculative and cannot be independently verified."

French President Jacques Chirac told reporters bin Laden's death "has not been confirmed in any way whatsoever and so I have no comment to make" and that he was surprised a confidential note had been published.

France has launched a probe into how the document was leaked.

U.S. Secretary of State Condoleezza Rice told reporters in New York, "No comment, no knowledge," when asked about the French article.

A U.S. intelligence source separately said Washington, which has made capturing bin Laden a priority in

its war on terrorism, had no evidence the report was any more credible than earlier rumors of his demise.

"We've heard these things before and have no reason to think this is any different," said the U.S. intelligence official, who asked not to be named.

## Typhoid

L'Est Republicain, published in Nancy, printed what it said was a copy of the report, dated September 21, and said it had been passed to Chirac and Prime Minister Dominique de Villepin the same day.

"According to a usually reliable source, the Saudi services are now convinced that Osama bin Laden is dead," it read.

"The information gathered by the Saudis indicates that the head of al Qaeda fell victim, while he was in Pakistan on August 23, 2006, to a very serious case of typhoid that led to a partial paralysis of his internal organs."

Time magazine said its source claimed Saudi officials have received a number of reports in recent weeks that

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bin Laden had been struck by a water-borne illness and was likely dead but had no solid proof.

There was skepticism about whether Riyadh was well-placed to be the first to pick up on such a development.

"If anyone was in the picture, I doubt it would be Saudi intelligence," a Western diplomat in Riyadh said.

"Even if Saudi Arabia had information, they'd pass it on to the United States, not France. It doesn't ring true."

A senior Pakistani government official said Islamabad had received no information from any foreign government that would corroborate the story.

The Saudi-born bin Laden was based in Afghanistan until its Taliban government was overthrown by U.S.-backed forces after al Qaeda's September 11 attacks on the United States.

Since then, U.S. and Pakistani officials have regularly said they believe bin Laden is hiding somewhere on the rugged border between Afghanistan and Pakistan.

Bin Laden is rumored to have been suffering from kidney ailments and receiving dialysis treatment. His last videotaped message was released in late 2004 but several low-quality audio tapes have been released this year.

Source: BBC

### VACANCY ANNOUNCEMENT

The United Nations Development Programme (UNDP) invites **Yemeni Nationals** to apply for the following position with its project **"Masila Community Water and Sanitation"**

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- Should have some project management experience.
- Proven Leadership qualities.

**Interested candidates are requested to visit our website at: <http://www.undp.org/ye/undp-vacancies.htm> for detailed term of reference of the position and may submit their applications indicating the title of the post applied for by mail to Human Resources Unit and response will only be made to short listed candidates.**  
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- Application Form could be obtained from our Website by choosing the following path: <http://www.safer.yemen.com/download.html>, then click on download application under "Legal Counsel Qualification Program for Work at SAFER Co."
- A member of our recruitment team will call you if you are selected for a test and interview.
- Selection will be **based on the most qualified applicants**.
- Please make sure that your application contains all the needed personal, contact and qualification information.
- Any application that doesn't meet the minimum requirements will **Not be considered**.
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# Ramadan in Taiz

By: Ansam Al-Saqqaf

The collective fasting by Muslims in countries around the world indicates Islam's vigor and majesty.

Ramadan in Taiz is no different than Ramadan in Aden, Damascus, Saudi Arabia or Iran because there's a common factor and one conduct by all. Everywhere in the Arab and Islamic world, the month-long annual guest is welcomed warmly.

However, Ramadan has a special flavor in Taiz that's different from all other Yemeni cities. Nice weather and residents, as well as varied public rituals, prompt many to prefer spending Ramadan there.

Ramadan's coming creates a change within individuals, who receive it with special cheerfulness and joy. Further, their relations with each other improve and enemies reconcile as they exchange greetings and shake hands with friends and neighbors.

Anticipation of Ramadan new moon (Hilal) and mawlid Toward the end of the month of Sha'ban, both young and old patiently await the advent of Ramadan signaled by the new moon (Hilal). In many areas of Taiz, residents receive it with welcoming hymns mostly associated with Sufi spiritual and mystic poetry.

During Ramadan, a chanter beating a tambourine will recite a poem with attendees repeating after him. Most poems chanted are those of famed Sufi poet, Ahmed Bin Al-Wan.

## Ramadan cannon

Although everyone knows the time of iftar (breaking the fast) – announced via mass media, radio, television and mosques – Yemenis still consider Al-Qaherah Fort's iftar cannon one of the most distinguished features of Ramadan. Prior to Iftar, people gather in mosques or on the streets awaiting the cannon's sound.

Breaking the fast begins with eating something light – usually a date and some water – and then performing the maghrib prayer. Later, shafout (a meal of lahof containing corn and milk) is served.

Soup (shorbah) made from wheat and lentils is an important part of the iftar meal and is made differently from one place to another.

The main meal, consisting of various types of foods, will be postponed until completing the prayer. During Ramadan, housewives exert great effort to serve a large number of dishes, including sambousah and bagih. Following dinner, desserts such as rowani are served.

## Mosques and collective iftar

Unlike other times of the year, mosques are filled with men and women racing to perform their prayers during Ramadan. Mosques become so crowded to the point that one can't find a place to per-

form prayers, particularly in Taiz's eastern parts (Al-Mudhafar).

In Ramadan, those overwhelmed by business and other earthly worries can find ample opportunities to indulge in spiritual activities, do more prayers and recite the Qur'an. Thus, Ramadan is a chance to return to Allah.

When people – particularly youths – go to mosques for iftar, they take with them all iftar requirements and sit in a circle, mostly in the countryside. In cities, charitable societies are responsible for providing iftar and dinner for those belonging to marginalized groups, including workers, the poor and the akhdam.

## Daytime lack of movement

During the first part of the day, except for students and employees, streets are free of pedestrians and vehicles. Later in the day, residents venture out to shop, filling vegetable and food markets.

## Al-Shanini's markets

Following the aser prayer, Al-Shanini's markets – famous for Ramadan foods like dates, sambousah, zalabiah and rowani – are filled with shoppers coming to buy such Ramadan favorites.

## Qat

However, the one bad aspect about Ramadan in Taiz is qat. Most people go



Al-Shanini's markets are filled with shoppers coming to buy Ramadan favorites. YT PHOTO

to buy qat toward the end of the day and before the iftar, thus causing problems, accidents and traffic jams due to hastiness.

## Nighttime in Taiz

Most motion in Taiz and crowds occur at night, particularly in public markets and cafés. Al-Shaabi Café – famous for its special tea – in Al-Bab Al-Kabeer, remains one of the distinguished features related to Ramadan, with youth overcrowding the café after the Aysha prayer. Most residents spend their time chew-

ing qat and some flock to Taiz streets, particularly 26th Street (also known as Love Street). Others go to mosques to perform night prayers (traweh) or attend Allah glorification meetings and fiqh courses.

## Women

Contrary to other months, women in Taiz don't go out except for important things like obtaining the requirements of home. Additionally, during Ramadan, women pay no attention to appearance or adornment.



During Ramadan, people spend much time in mosques. YT PHOTO

# Disabled children shine at celebration

Nothing can stop them. Although they're handicapped – some deaf and/or mute and some physically and/or mentally disabled – they all came out with a splendid performance telling the whole world that they can.

By: Nisreen Shadad

Approximately 150 people gathered to attend the Special Requirements Association's annual celebration, which took place Sept. 18 at the Cultural Center. Families, friends and organizers put forth great efforts to enhance the performance of the handicapped and help them be productive society members.

The association embraces 94 full-time students, who were the stars of the celebration. Moreover, the association takes partial responsibility for more than 900 children with different disabilities, in addition to its full-time students.

At the entrance to the celebration hall, a small exhibition was held displaying beautiful handicrafts and dolls for sale,

student products which they'd been taught to make at the association.

Jamila Ghalib Al-Sharie, projects program director at Al-Saleh Foundation for Development, noted, "This ceremony means a lot to many. It's the fruit of the association after working hard the whole year. Moreover, it makes the handicapped proud of who they are and empowers them to face and live in their communities and environments."

During the ceremony, performers went all out to please attendees – they sang and acted in a socio-political play with a message reflecting their convictions and awareness of political rights such as voting. Athletic students amazed the crowd with their stunts and acrobatics.

The celebration included a fashion show wherein boys and girls wore traditional costumes representing various Yemeni governorates and then happily danced. Lastly, with hearts full of hope and heads raised high, they came onstage carrying flags from all Arab nations, dreaming to be united one day.

The student performers might as well have been walking on air with delight. "I'm so happy! I hope to be a doctor in the future," enthused Mohammed Al-Nahari, a mentally disabled student at the association.

Faiza Al-Mutawakil, an air flight engineer and mother of a disabled child, commented,



The celebration included a fashion show where boys and girls wore traditional costumes representing various Yemeni governorates and then happily danced.

"My son is a student at this association and he's really getting better and better. My advice for every family with a disabled member is to be patient, realizing that empowering their handicapped child isn't going to be easy. In my point of view, the most important way the association can improve is through adequate staff training."

Riham Al-Ariqi, a teacher at the association, agreed, "We need training courses to improve ourselves and deal with our students' individual cases."

Association director Mona Salem Bashraheal stated, "The association aims to reflect the disabled person's abilities and talents, which need to be refined."

"For a long time, we lacked psychological experts, but now the Educational and Psychological Counseling Center supports us, dedicating certain days to giving lectures and advice to association students' families on how to deal with their disabled children. They also provide professional counsel and assist in some difficult cases," she explained.

Bashraheal continued, "However, we lack our own suitable premises with in-

built disability facilities. Every year, we have to move to a different place due to high rent and increasing numbers of students, so we keep wandering around to find a suitable place. Adequate educational materials also aren't available in Yemen and even if they are, they cost an arm and a leg."

Attendees – both guests and students' families – were quite satisfied with the association ceremony. Najeeb Mohsin Al-Amri, a handicapped actor working at the Cultural and Tourism Ministry, said such celebration is very important for the disabled. "It's important for me as well because it gives us a feeling of delight at the things disabled people can do, mixed with a sense of dignity and honor."

According to attendee Ibrahim Al-Shaiha, a student at the National Institute for Vocational Training, "The significance of such a ceremony lies in its impact on the entire society. It encourages everyone to realize the fact that disabled people are creative and productive and we must help them when they need it."



Najeeb Mohsin Al-Amri



The attendees were pleased with the performance and singing.



A small exhibition was held where beautiful handicrafts and dolls were displayed for sale.

## VACANCY ANNOUNCEMENT

The United Nations Development Programme (UNDP) invites **Yemeni Nationals** to apply for the following position with its project "Masila Community Water and Sanitation".

**Post Title: Community Development Associate (G-7)**

**Duration: Full Time-06 months (renewable)**

**Location: Field (Ressib village project office)**

### Responsibilities

- Assist the Team with gaining access to, and an understanding of, the Project communities while serving as the Team's main liaison with Project communities.
- Provide the Team with community development insights, socio-economic and cultural knowledge, and language skills.
- Provide insight and linkages to related projects and/or development agencies in the Project area.
- Ensure continuous Project liaison with all stakeholders, particularly those within the Governorate of Hadhramaut, and maintain similar liaison with UNDP Sana'a.
- Prepare and implement a field-based communication strategy to provide on-going Project information/awareness to stakeholders and the public in general. Contribute material to UNDP Sana'a based communication activities addressing the wider national and international audience.

### Qualification

- University Degree in Community Development or Social Sciences or any related field of study.
- At least three years experience in the field of Community Development.
- Excellent command of Arabic and good command of English.
- Good communication and writing skills in both languages.
- Proven Leadership qualities.

Interested candidates are requested to visit our website at: <http://www.undp.org/undp-vacancies.htm> for detailed term of reference of the position and may submit their applications indicating the title of the post applied for by mail to Human Resources Unit and response will only be made to short listed candidates.

UNDP, P.O.Box 551 Sana'a/Fax: 448892/E-mail: [hr.ye@undp.org](mailto:hr.ye@undp.org)  
The deadline for receiving applications is Thursday, 12th October 2006

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## VACANCY ANNOUNCEMENT

The United Nations Development Programme (UNDP) invites **Yemeni Nationals** to apply for the following position with its project "The Decentralization and Local Development Support Programme (DLDSP)".

**Post Title: Field Operations Manager (SC-A)**

**Duration: 6 months (renewable)**

### Responsibilities

- Lead, manage, observe, analyse and guide all field operations of the Mobile Team (MT) and ensure that they are responsive and constructive to the technical backstopping needs of the DFTs as well as the district Local Authorities in the DLDS pilot areas.
- As a member of the small DLDS management team, prepare and provide regular written (at least monthly) and verbal reports on activities, outcomes, issues and recommendations concerning Mobile Team (MT) and the District Facilitation Teams (DFTs). It is expected that these reports are substantive in nature.
- Assume a substantive and leadership role in the development and improvement of DLDS manuals and materials on the public expenditure management cycle prepared for the Local Authorities.
- Undertake a significant role in the facilitation of training of trainers of other MT members and the DFTs, as well as DLDS's formal and informal capacity development sessions.
- Lead the effort to ensure that the district institutions (Divan departments and Executive Organs) are fully staffed and operational through lobbying of governorate leadership for additional/suitable staff and through guiding the development and implementation of capacity development activities to ensure their activation.
- The Field Operations Manager (FOM) will work closely with the DLDS Donor Program Monitoring Officer to track donor interventions in DLDS pilot areas as well as initiate contact with implementation units at the local level and devise a mechanism for coordination to ensure that such interventions are aligned with pilot district development plans and fully complimentary to their investment programs.
- Perform any other duties as directed by the Chief Technical Advisor (CTA).

### Qualification

- A Master Degree in a related field to Public Administration, International Relations, Business Administration or other related disciplines.
- At least 5 years of relevant experience in the implementation of local development, decentralization and local governance.
- Strong communication, leadership and management skills, training and facilitation skills as well as analytical and writing abilities.
- Good computer skills (MS Office software).
- Fluency in Arabic and English (written, spoken and reading).
- Ready to spend a large percentage of his/her time in the field and between districts in various governorates.

Interested candidates are requested to visit our website at: <http://www.undp.org/undp-vacancies.htm> for detailed term of reference of the position and may submit their applications indicating the title of the post applied for by mail to Human Resources Unit and response will only be made to short listed candidates.

UNDP, P.O.Box 551 Sana'a/Fax: 448892/E-mail: [hr.ye@undp.org](mailto:hr.ye@undp.org)  
The deadline for receiving applications is Tuesday, 10 October 2006

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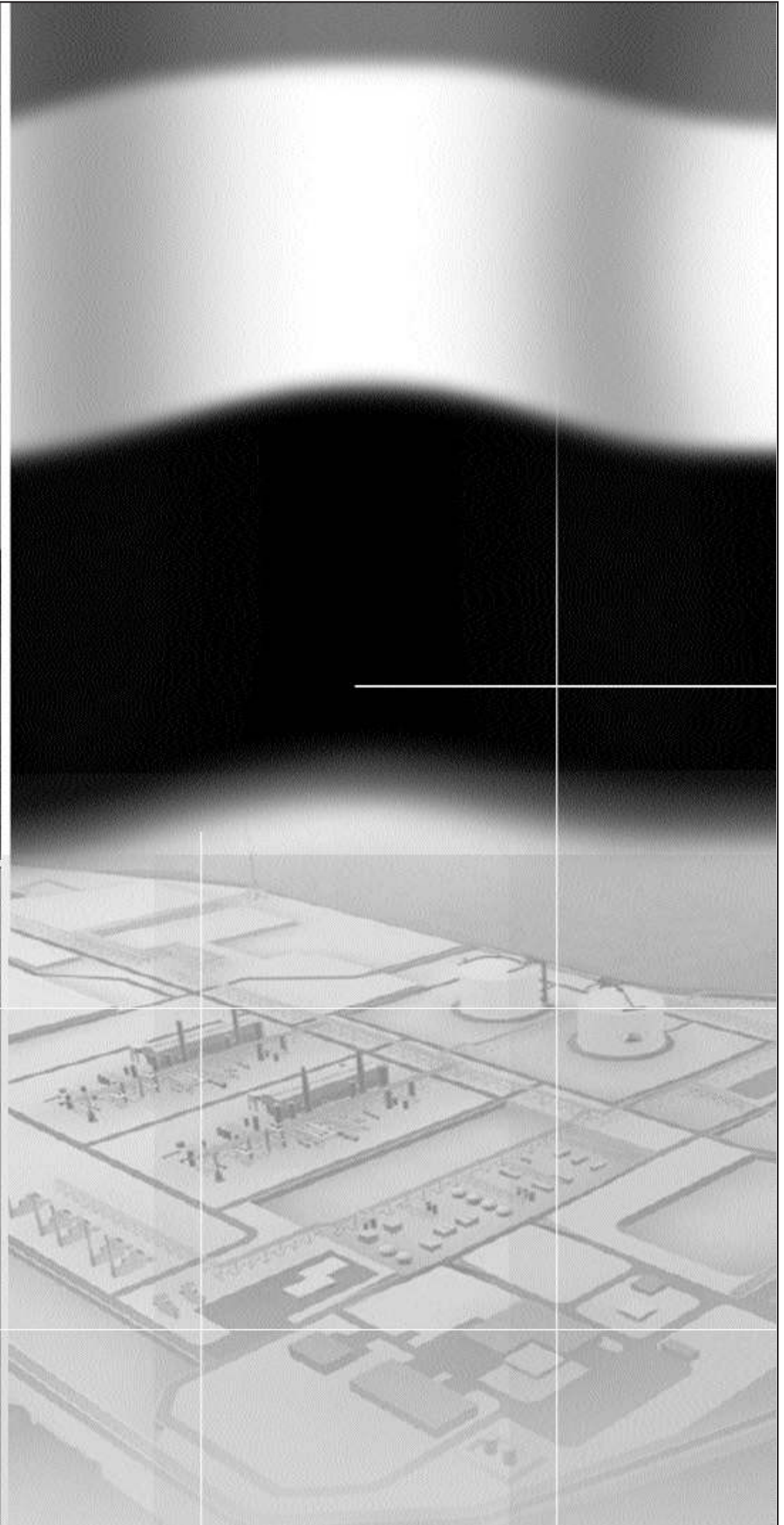
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Prof. Abdulaziz Al-Saqqaq,  
(1951 - 1999)  
Founder of Yemen Times

OUR  
OPINIONNow that all is  
said and done...

The entire recent electoral process, from the nominations to the announcements of the results, had the all Yemeni people living in a whirlwind. The Yemeni environment was so open and rich with politics and there were soaring spirits and optimism. Everyone felt these elections were going to be different; some even anticipated there would be acts of violence accompanying the change. Fortunately it passed relatively peacefully and now Yemen has removed the 99.9 percent victor stereotype.

Now the ruling party understands there is reasonable opposition with strong public support. Despite the question of tampering the ballots the opposition gained considerable votes in both presidential and local council elections. Composing one third - at least - of the people, the opposition's point of view should be taken seriously within the new government program. Today Saleh is a president and the GPC is the ruling party for all of Yemen and both must be concerned about including the various ethnicities, political affiliations and demographic divides. Moreover, the new government should identify a decision-making system by which all parts of the Yemeni society are adequately represented.

Primarily indicators show the majority of women and youth voted for the GPC. Therefore, it should be important for the GPC not to let those two vital groups down.

One fear voiced by activists during the campaign was that if the GPC wins it would lash out on the opposition and independents and create a more oppressive regime. I believe the government will be very ignorant if that idea was at all true. The public support for the opposition did not come from void and it would easily be regenerated again if the government does not live up to its promises.

Now that all is said and done, maybe this is a time to think about the interesting experience. It was an occasion for many international observers, media and activities to be introduced to Yemen. From what I heard, many will return to Yemen. We should work together as Yemenis regardless of our orientation to make Yemen a good world citizen and a country to be proud of.

Ramadan Kareem to all.

Nadia Al-Sakkaf  
Editor-in-Chief

Arab media and elections:  
The triumph of politics  
over professionalism

By: Moataz El-Fegieri

Increasing calls for media independence are part of the new political reality in the Arab world; such calls have been particularly strong regarding media coverage of elections. In response, some governments have tolerated the emergence of privately owned newspapers and television stations and have regulated the role of government-owned media in elections in order to ensure opportunities for candidates to present their platforms. But Arab media still suffer from partisanship and a lack of professionalism in many respects, and it is difficult to assess to what extent their coverage affects public opinion and voting.

This article stems from observation over the past two years by Arab civil society organizations of newspaper, television, and radio coverage of elections in Tunisia, Palestine, Lebanon, and Egypt. In each case, observers assessed the overall space or time allocated to stories on candidates, the tenor (positive, negative, neutral) of the coverage, and whether (in the case of radio or television) candidates or representatives of competing parties had the opportunity to speak directly to the audience or were presented through the eyes of broadcasters.

On the whole, media coverage in Lebanon was the most balanced, due to diversity in private media ownership in comparison to other Arab countries, but it still suffered from shortcomings in terms of professionalism and objectivity. Meanwhile, media partisanship prevailed in Palestine, Egypt, and Tunisia to varying degrees, with media conduct in Palestine being the most balanced among the three. Media conduct during the 2005 presidential election in Egypt showed some positive developments in contrast to previous such contests, in which the media were

wholly partial. In particular, new independent Egyptian newspapers distinguished themselves by professional, objective coverage of opposition candidates and platforms and greater criticism of the government than has been seen in half a century. In Tunisia, on the other hand, there was little attempt to conceal government control over public and private media, who blatantly favored government candidates.

Media in all four countries suffered from the lack of a legal framework regulating their role during elections. In some cases (such as Egypt's parliamentary elections), the electoral law is silent on the role of media coverage, in which case the matter is outside the authority of the electoral commission and therefore left to the Ministry of Information. In other cases, electoral laws contain loose, vague standards whose interpretation is left to administrative committees, which use them as tools of preemptive censorship to limit critical coverage of government candidates and electoral campaigns. All four countries also lack regulations for paid advertising, with no supervision of advertising expenditures and no unified price structure for campaign advertisements.

Government media in Egypt, Palestine, and Tunisia gave all candidates free air time to present their electoral platforms, an unprecedented and positive development. Still, the larger picture favored government candidates. First, outside the framework of this free time most public media outlets showed concealed partiality toward government candidates on news broadcasts and talk shows. Second, despite the quantitative balance in presentation of the candidates on public television, at the qualitative level coverage was characterized by monotony and repetition as well as deliberate avoidance of controversial issues. Third, for the most part electoral

committees either had no way to stop media-related violations during election campaigns or did so inconsistently. In Egypt, for example, media and electoral standards were applied exclusively to registered parties, thereby handing an advantage to unregistered groups such as the Muslim Brotherhood.

Subordination of media to politicians more than to professional standards was a problem observed in all four countries. Government officials are accustomed to treating media as institutions for political propaganda and readily use them to defame electoral opponents; for example Ghad Party leader Ayman Nour and the Muslim Brotherhood in Egypt, as well as Hamas in Palestine, were heavily criticized in government media. The privately-owned Lebanese media tended to be subordinate to the interests of individual politicians or factions, and their coverage reflected the state of sharp polarization among factions. Most media outlets, especially television channels, lacked objectivity in their take on events. Furthermore, opportunities for media coverage of independent candidates were nearly nonexistent.

Among the useful lessons from the parliamentary elections in Palestine and Egypt is that political movements cannot rely on media to build constituencies. Despite the fact that secular movements had a greater presence in the Egyptian and Palestinian media and Islamic movements were widely defamed, the Islamists made impressive electoral gains in both countries.

Moataz El Fegieri is Programs Director at the Cairo Institute for Human Rights Studies and a member of the Executive Committee of the Euro-Mediterranean Human Rights Network. This article was translated from Arabic by Kevin Burnham.

## Yemen between two scenes

By: Abdulaziz Al-Hayajim

News reports in various Arab and international media talk about the electoral scene in Yemen and they focus on the rallies, propaganda campaigns and the status of the woman regarding the local councils elections. The image of Yemen abroad is now no longer dark or confused because this country is no longer held responsible

for harboring terrorist elements and groups, as some foreign countries were saying. Rather, the Republic of Yemen is bearing the responsibility of spreading democratic dialogue in the world, as member of a tripartite committee including Yemen, Turkey and Italy. The committee emerged from the G-8 summit held in the United States of America in 2004.

What I have already mentioned above is meant to hold a comparison between the situation of Yemen during and after the events of 9/11 in the United States in 2001 and its state nowadays.

Five years before in the wake of those events Yemen was in the forefront or in the muzzle. We used to read daily reports by western officials, or reports by centers of research and studies and intelligence offices as well as leakages, backed with some facts and a huge amount of wrong information casting Yemen as an incubator of terror and liken Yemen to the Torabora Mountains in Afghanistan and classifying some Yemeni areas as strongholds for terrorist groups. According to those reports Yemen was considered the next country after Afghanistan to receive a military strike.

Against all that we remember the intensive movements of the Yemeni political leadership and the government to rectify the image and dissipate fears of the international community and the influential powers. It was imperative to convince the international community that Yemen is not incubator of terror but rather among the first countries which suffered from terror and sustained polit-

ical and economic damage from terror acts that happened on its territories, prominent of which the incident of the American destroyer Cole. Consequently Yemen is keen to be an active partner in the international war on terror. Yemen in this regard managed to achieve big successes by virtue of its adoption of two parallel and sticking together pursuits in fighting terror based on security measures on the one hand and ideological dialogue that resulted in the return of many deceived youth to the road of right and reason and their abandoning of violence and extremism.

Thus, while we observe the fifth anniversary of 9/11 we remember the success we have achieved to prove we are capable of being an example to be followed in discarding violence and adoption of the democratic choice and peaceful work to realize goals and ambitions of the people of Yemen.

It is now the duty of longstanding democracies and the active powers fighting terror and the call for political and democratic reforms to support Yemen's efforts intended to enhance the course of reforms by offering the necessary support for the achievement of big rates of growth and improve the economic situations as well as providing job opportunities as a way for ending unemployment and poverty that form fertile environment to produce extremism and violence.

Abdulaziz Al-Hayajim is a Yemeni journalist working at the news department at Al-Thawra Newspaper.

## SILVER LINING

The post-elections  
challenges

Now, the game is over. We have all experienced an excellent exercise that is likely to set the foundation for a better democratic practice in the future.

The elections campaigns period was really splendid and manifested an interest in boosting this emerging democracy. The televised and on camera rallies were substantially a genuine exercise of a true democracy where people were having a real choice for the first time. I, like many others, were concerned of violent election but surprisingly, it was the most peaceful election, adding one more credit to this exciting experience.

However, what happened during the last few days of the elections campaigns and the voting day has distorted the beautiful image we were making. The ruling party manipulated the security and terrorism question to unfairly attack its rival. These elections, according to the European Union Election Observation Mission, were marked with a number of irregularities including the major use of state resources by the ruling party during the election campaign, reports of violence including five deaths in election-related incidents as well as problems with the voter register resulting in a high number of duplicate entries and ineligible names. The mission also noted breaches of secrecy of the vote, illegal assistance of voters and underage voters. There were also a number of irregularities that were not jotted down by the European mission in remote villages where voting lasted only for two hours and the poll boxes were filled by the elections commission workers and influential figures instead of the voters who were scared or manipulated by different means.

Of course, we should not expect a perfect election. However, such irregularities have negatively affected the results and the democratic process at large. I have heard many people complaining that elections in such environment can never be fruitful. I do not mean to refute the whole process but the interference of some influential figures, as one foreign observer told me, was ridiculous. The overall aim of any election is to demonstrate the people freedom to choose. Unfortunately, it was not respected in some areas.

Some people have been upset with the opposition rejection of the initial results. I guess this is something good that they continue fighting for their rights despite all sorts of pressures. I do not think the opposition declaration to ask their supporters to take to the streets to denounce the results will mean an inclination to violence. I do not think the opposition will fulfill their pledge to incite protests. But, it is an exercise of pressure on the ruling party to not control everything. The opposition does not object the victory of Saleh but the 80% score given to Saleh.

But, as many people have voted for the ruling party, their choice should be respected. Veteran president Ali Saleh has come to office now with difficulty. His regime has been lashed out at during the elections campaigns and corruption of his cronies was the major setback. The man has promised to crack down the corrupt crooks, as a major task he has to carry out.

Saleh is truly facing a great challenge now. The man has been in power for 28 years now and is to complete another seven years. This new term puts him in a fix, either to unleash his cronies or start a real war on corruption, the country's real headache. The man has to challenge this issue and many others if he is really keen about his legacy when he is gone.

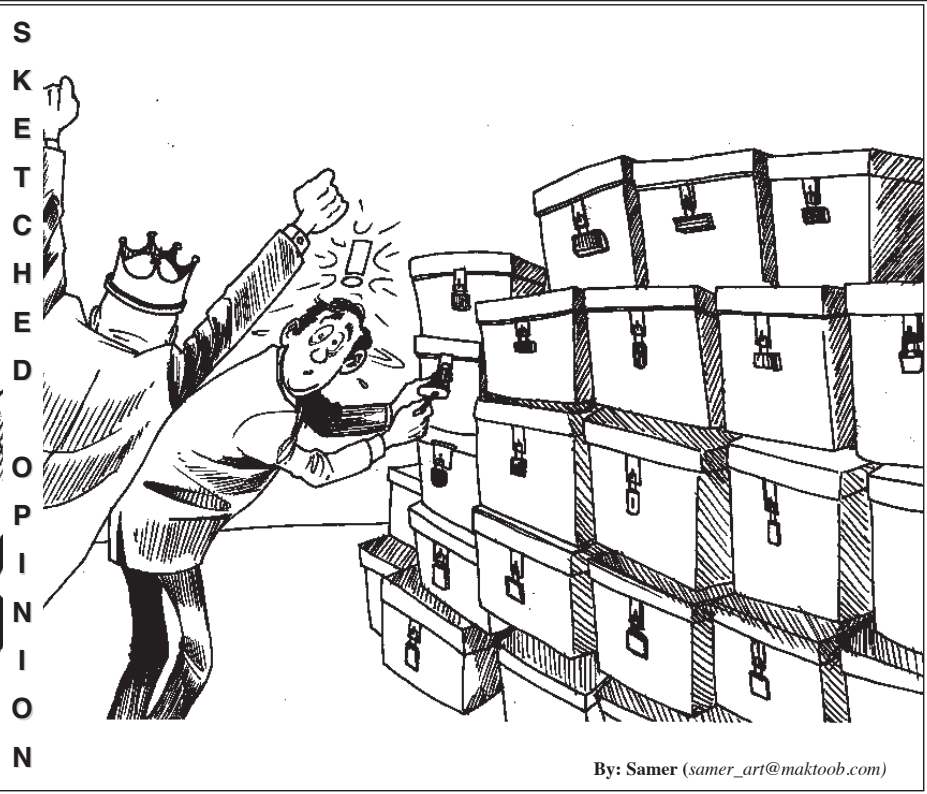
At the same time, the opposition coalition parties are facing a similar challenge which is to keep their alliance together, maintaining the momentum of the pre-elections period. They should not be frustrated that their dream of a fair play is shattered. No, they have done a good job by the decision to challenge Saleh and what matters is that they should keep it up.

Mohammed Al-Qadhi is a Yemeni journalist and columnist.  
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## Letters to the Editor

**A mission to Mars**  
I am writing you from Brussels, capital of Belgium. I am a 28 years old Belgian film director and I am going to write a new film script. I am strongly looking for 3 Yemenis people called Adam Ismail, Mustafa Khalil and Abdullah al-Umari. In 1997, these three people went to a courtyard in Sanaa to urgently ask the end of the NASA operations on planet Mars, claiming that the planet was their property. Because I don't speak a word in Arabic, it is very hard for me to find them from here. So could you please tell me any tip or advice for improving my chances to contact them? If any of the Yemen Times readers have information that could be helpful for me in my quest please contact me at my email below

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By: Samer (samer\_art@maktoob.com)

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# Yemen Press Review

By: Mohammed Khidhr



Al-Wasat weekly, 20 Sep 2006.

**Main headlines**

- President of the republic: I have tolerated many pressures because of the Muslim Brotherhood and I am not sorry for what I offered
- Saleh: The change includes all institutions; the people will inflict hard defeat on the JMP's tensioned elements
- Bin Shamlan: Tribalism little in Hadramout
- Director of Bin Shamlan's campaign in Ibb resigns
- GPC candidate concludes his campaign with a millionth festival

The 20<sup>th</sup> of September is the Yemeni day we are proud of and after us our grandchildren if it will go peacefully and result in compliance to the will of the masses who at last are destined to be the maker of their choice in who to govern them, says the editor in chief of the newspaper in his article.

Undoubtedly, the parties of the political action these days are in a mood of tense nerves and there are some who want the elections to be washed with blood and each has his own motives and reasons. This dictates on the leaders in government and opposition to control the rhythm of election tune so that not to change to a project of fratricide and dismemberment of a state. What motivates such a mention are statements unleashed here and there threatening an advance what could happen upon accusations that might not be true. Two days will be a dividing line in the history of Yemen, the boat we are all on board and there is nothing

deserves to drown all for.

Also, the behavior of all on the day of elections and their keenness that the picture and content of elections will not be deformed in addition to dealing with their results will draw a picture of Yemen and its people.

The image of Yemen and its people is determined by the kind of that behavior and above that the event will grant us a forward position among democratic nations .in case we succeeded in our experiment and sidelined those who want to bruise this experiment. The interest rendered to Yemen for just a serious competition will be intensified more when all the political parties give the results of elections their prestige and did not change their course, which we hope.



Al-Nidaa weekly, 20 Sep 2006.

**Main headlines**

- Massive internal mobilization, regional alert and American anxiety
- A day different in the life of the Yemenis, not void of dangers
- Towards the end point. Variations between the two racing camps
- Crisis of the French hostages kidnapped in Shabwa continues

Writer Mohammed al-Ghubari writes on the elections in Yemen saying today around 9 million Yemenis go to poll boxes to select a new president of the republic in an experiment the first of its kind in the Arab world and in Yemen in particular Yemen has not seen such a contest which if it continues in the same current rhythm we will

achieve victory and with us man the people will choose to manage their affairs.

Since the Joint Meeting Parties (JMP) decided to run for the presidential elections and Bin Shamlan has accepted this historical responsibility, it has been known that the opportunity is not equal to that of president Ali Abdullah Saleh, either with regard to personal abilities, this must not be a yardstick in this regard because managing the state must exceed the person to the institution, but regarding material potentials and influence. Saleh possesses huge financing sources and he is armed with authority able to grant and prevent the supporters and rivals.

Whatever president Saleh says he is confident of winning the fact he recognizes and we with him is that there is no guarantee against convictions of voters and surprises of ballot boxes. The same applies to candidate of the opposition for he does not possess assurances of winning outside the will of electors. In both cases the fair and free elections whose results are defended by all are what we are interested in, as the secretary general of the Yemen Socialist Party Dr Yassin Saeed Nouman says.

In Yemen's experiment it is not wanted to repeat the Arab famous drama, and I is no longer for the Yemenis to bear results that are doubted with regard to their credibility whether by doctoring or fabrication of violent events to rob the ballot boxes. The result of elections will not cancel the winner commitment, definitely if it is the present president, to effect genuine reforms delivering al from the state of political congestion and returning the prestige to political pluralism as well as achievement of institutionalism in managing the public affair instead of individual performance and to embark on practical measures to curb corrup-

tion and elevation of the value equal citizenship.



Al-Wahdawi weekly, organ of the Nasserite Unionist Organization, 19 Sep 2006.

**Main headlines**

- Tomorrow the will of the people triumphs in the change
- Demanded the masses to protect their votes from fraud, the NUO secretary general says: the ruling party in impasse, the Yemeni street heads for the change
- Abdullah Nouman: Corruption in Yemen not an extraordinary situation
- Nine million electors go poll boxes, Massive rally in al-Baidhaa

The newspaper's political editor wrote saying that the Yemeni people will express their will and say the decisive word that determines the next president who will be obliged before the people to fulfill what he mentioned in his election platform, an he knows that democracy will not end in side the ballot box. It will continue with it and accompany it step by step. Whatever has come through democracy must be accomplished by democracy, means the platform, victory of the new president will not exempt him from competition of other platforms that did not succeed. The other platforms will continue in competition by converting into monitoring him, to cooperate with the positives and successes and observe the negatives and failures in preparation for another election round where they will be more scientific and accu-

rate in their competing political and electoral address. Their address is to overcome mistakes of a previous electoral period and give room to the constitution and the law and civilized conduct.

All that we have mentioned is not a kind of dream or illusion. It is a fact on the ground and since we have chosen democracy no one is any longer capable of evading its responsibility and accountability. it is a national action destinies put on its shoulder the burden of establishment for the following and pressures of correcting what was previous above all we have to realize clearly that the most important and most dangerous of the stages of democracy is that of reaching correct results possessing a slid base imposed by opportunities of fairness, confirmed by conditions of accordance and supported by legitimacy of the constitution and the law.



26 September weekly, organ of Yemen Armed Forces, 21 Sep 2006.

**Main headlines**

- The Yemeni people draw world administration by their democratic consciousness
- Great enthusiasm of electors, great women turnout in elections
- Primary results of presidential elections show Saleh ahead with more than 2 million votes against 464 thousand for Shamlan
- Recession of security incidents, the citizens praise efforts of security men
- The Vice-president: 20 September a memorable day in Yemen's history

- After casting their votes, The president: The first and last winners in elections are the people
- Bin Shamlan: 20 September will lead Yemen to a better future
- Foreign media: Yemeni elections the first true competitive elections in the Arab world
- New road projects in Ibb governorate
- PM: Democracy in Yemen genuine and historic
- Chairman of the Shoura Council: The people of Yemen write a new chapter in their glorious history

The newspaper's editorial hailed the people of Yemen who exercised on 20 September both the presidential and local councils elections. It praises the matchless turnout of men, women and elderly people at the election stations in all the country's constituencies to elect a new president of the country and representatives of the governorates local councils. By this practice the Yemeni people confirm anew that they are civilized people able to understand the international changes and their reflections on the tracks of their development and positively deal with world changes data in a way meting requirements of speeding up the movement of keeping pace with them to be active partner in world achievements.

On 20 September the world has seen the people of Yemen heading to poll stations since the early hours of the morning in a democratic festival demonstration of presidential and local councils elections rarely to be seen in another country in the region the people have practiced transparent and fair competitive elections laying the firm foundations of their democratic experiment and establishing better life for their present and future and for the coming generations.

## Islamic fundamentalism

By: Nader Hashemi

Evanson, Illinois - How can one rationally explain the rise of Islamic fundamentalism today? Why in the age of reason, rationality and secularism have large numbers of people in the Muslim world gravitated and embraced a religious fundamentalist conception of the world? From radical fundamentalist groups such as Al Qaeda and the Taliban to more mainstream organisations such as the Muslim Brotherhood (in Egypt) and the Jamaat-e Islami (in Pakistan), the Muslim world seems to be dominated by fundamentalist Muslims. Where can we search for answers? History and sociology, rather than ideology, provide a lens to grapple with this growing social phenomenon.

Throughout human history during times of great social transformation and political turmoil, a natural concomitant has been the revival of religion. This is an observable sociological and historical phenomenon that transcends borders, ethnicities and civilisations. During the Mongol occupation of Russia (1237-1480), for example, the Orthodox Church experienced one of its greatest periods of growth. A similar phenomenon occurred in the United States in the mid-nineteenth century with the onset of the Industrial Revolution. Stated simply, social upheaval engenders a reaction where one seeks stability and security by a return to the basic and the familiar. This often means religion. Muslim societies are no different in this regard.

James Piscatori has perceptively noted that "religion, precisely because in the past it answered questions about life and death and provided its followers with moral links to each other, becomes the means by which individuals hope to answer the new question of what it is to be modern,

and, in so doing, to gain perhaps a reassuring, common world-view. In this respect, born-again Christians and veiled-again Muslims are responding to the same broad phenomenon." The upheavals associated with modernity, as Piscatori suggests, are central to understanding the rise of religious fundamentalism.

Modernisation, it should be emphasised, is a traumatic process. In the Western experience it took several hundred years to develop its secular and democratic institutions, much of it through a process of trial and error. The historic intra-Christian wars of religion, political persecution, genocide, the Industrial Revolution, the exploitation of workers, the rise of nationalism, and two world wars, resulted in a profound change in all spheres of life - political, economic, intellectual and religious. Today we are witnessing a similar process of transformation in developing countries with concomitant destabilising affects. One comparative difference is that these changes are taking place more rapidly in the Muslim World (in the last half of the 20th century) than they did in the Western experience which unfolded over the course of hundreds of years.


It is important to appreciate that the modernisation process in the Muslim world has been very different in many respects. Unlike in Europe where it was largely an indigenous process, in the case of Muslim societies, modernisation began as a direct result of the colonial encounter with Europe. Instead of innovation, the Muslim experience was one of imitation in an attempt to play catch up with the West. Muslim countries in the post-colonial era have been split unhealthily into two camps: the elites, who have received a Western-style education and internalised secular values and a large majority that has not. Many regimes are ruled by a gerontocracy of aging men while the majority of their populations are under the age of 30.

Most political change since the era of formal independence has been forced top-down on society in an accelerated manner, not bottom-up via an indigenous process of social evolution and democratic negotiation.

In 1935, for example, Reza Pahlavi (the father of the last Shah) ordered his troops to go into the streets of Tehran to forcibly remove - at bayonet point - the veil from women's heads. These policies were matched in neighbouring Turkey by Mustafa Kemal Atatürk's harsh secularisation and Westernisation of Turkish society. Two generations later, in the same authoritarian way that the Pahlavi monarchy forcibly removed the veil, Ayatullah Khomeini and his Islamic revolutionaries imposed it on Iranian women with equal determination and rigor. Similarly, the rise of political Islam in Turkey can partially be explained as a counter reaction to Kemalist secularist policies that were imposed on a religious society - 99.8 % of which are Muslims - in a top-down manner to the exclusion of Turkey's Islamic character. It is against this backdrop that we should situate and explore the emergence of Islamic fundamentalism as a historical phenomenon.

It is tempting to seek easy answers to complex social phenomenon. In the context of the debate on Islamic fundamentalism, an explanation has often been sought by focusing on the doctrinal character of Islam and its alleged anti-modern ethos. While it is tempting to do so, especially in our post-September 11th world, focusing exclusively on ideology at the expense of sociology and history limits our understanding and clouds our judgment of this important and emotionally charged topic.

Nader Hashemi is a post-doctoral fellow in political science at Northwestern University. This article is distributed by the Common Ground News Service (CGNews).



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# Ramadan 2006 (Part I)

*I have left with you that which, as long as you uphold it, shall never let you stray after me: Allah's Book, a Rope extending from heavens to Earth, and my Ahl al-Bayt. (Tirmidhi)*



By: Harun Yahya  
[www.harunyahya.com](http://www.harunyahya.com)

*We have brought them a Book elucidating everything with knowledge, as guidance and a mercy for people who believe. (Qur'an, 7:52)*

## The effect of good actions and good words

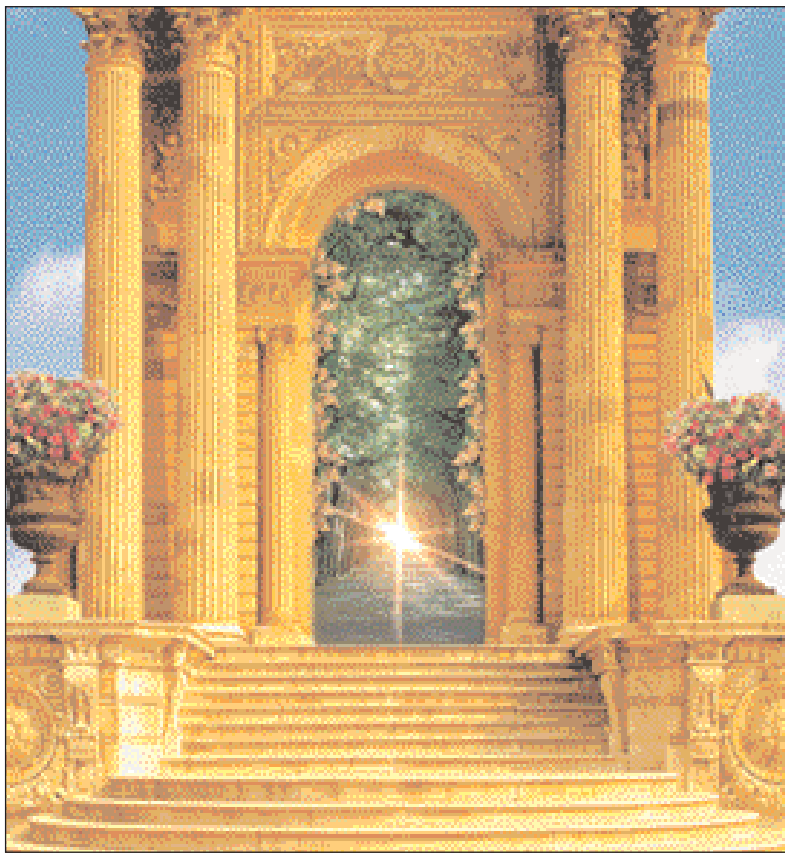
People are in a relentless search for peaceful environments where they can live in safety, have joy and cherish friendship. Despite this longing, however, they never put forth an effort to foster these values, but rather they become themselves the causes of conflicts and misery.

Often people expect others to provide peace and safety and be friendly. This applies to family relations, relations among employees of a company, to social peace as well as to international affairs.

Yet, maintenance of friendship, peace and safety demand altruism. Conflict and restlessness cannot be avoided when people insist on having the last word, when they consider only their own comfort and are unwilling to make any compromises or sacrifices. However, believers who fear God act differently.

They are unselfish, forgiving and forbearing. Even when they are wronged, they renounce their own rights, regard the peace and safety of the society and happiness of others over their own self-interest, and display courteous behaviour.

This is a noble attribute that God commands believers to have: A good action and a bad action are not the same.



Repel the bad with something better and, if there is enmity between you and someone else, he will be like a bosom friend. None will obtain it but those who are truly steadfast. None will obtain it

but those who have great good fortune. (Surah Fussilat: 34-35) Call to the way of your Lord with wisdom and fair admonition, and argue with them in the kindest way.

Your Lord knows best who is misguided from His way. And He knows best who are guided. (Surat an-Nahl: 125) As stated in the verses, in return for this good act of believers, God changes their enemies into "bosom friends".

This is one of God's secrets. After all, all hearts are in God's hand. He changes the heart and thought of whomever He wills. In another verse, God draws our attention to the effect of good and gentle word. God commands the Prophet Moses and Aaron, peace be upon them, to go to Pharaoh and to speak to him gently.

Despite Pharaoh's unfairness, insolence and mercilessness, God has commanded His messengers to speak to him with gentle words. God has explained the reason in the Qur'an: Go to Pharaoh; he has overstepped the bounds. But speak to him with gentle words so that hopefully he will pay heed or show some fear! (Surah Ta Ha: 43-44) These verses inform believers about the type of attitude they should assume towards disbelievers, their enemies and insolent people. This surely encourages patience, will, modesty and wisdom.

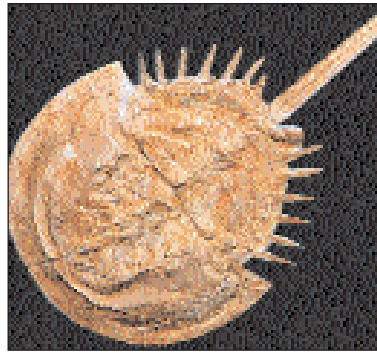
God has revealed as a secret that He will render the acts of believers effective and will change their enemies into friends when they obey His commands and act in compliance with good morals.

## Living fossils refute evolution

### The Horseshoe Crab

The first fossil records of the horseshoe crab go back 425 million years, yet this living fossil still lives along presentday shores.

Its tail, which allows it to walk with ease across the sand and which



is used for steering, its two eyes with their exceedingly complex structures, and all its other unique features have remained unchanged over the last 425 million years.

A 450-million-year-old horseshoe crab is no different to specimens alive today. It has possessed the same complex features and equipment for the last half billion years or so.

Clearly, at a time when—according to Darwinists—living things should have been evolving, no evolution actually took place.

### The Cockroach

The cockroach, the oldest winged insect in the world, first appears in fossils some 350 million years old, from the Carboniferous period.

This insect—with its various feelers and hairs that are extremely sensitive to the slightest movement, even to air currents, its perfect wings, and its resistant structure capable of withstanding even radiation—is identical now to how it was 350 million years ago.

A 300-million-year-old cockroach, with exactly the same features as cockroaches today. This fossil, which lived 300 million years ago, definitively refutes Darwin's theory of evolution.

[www.living-fossils.com](http://www.living-fossils.com)



## Signs of Allah's creation

### Birds that deactivate poison: Macaws

When a person is infected with poison, his only recourse is to take a drug to counter the effects of the poison or to remove the poison from his body through medical intervention.

Otherwise, a person who lacks specialized knowledge about poisons will be unable to cure himself through using a plant or some other kind of counteractive substance.

Yet, some creatures innately have this knowledge that most people must learn through education. Certain animals, which do not possess minds to be educated, any intelligence and, in short, any consciousness at all, can cure themselves very easily.

The striking feature about the methods animals use to cure themselves is that they know what to do very well and have determined what is good for each particular illness. Is it really the animals themselves who have determined these things?

How have animals come to possess such knowledge? Evolutionists claim that most animal behavior such as this is instinctive. However, they cannot explain the origin of these behaviors or how they originally came to exist. First of all, it is not possible for creatures to



learn these behaviors over time. An animal that is poisoned, for example, will die right away.

In this case, it is not possible for it to imagine how it might remove the factor that caused it to be poisoned. Besides, we should by no means forget that animals lack the consciousness capable of thinking up such a solution.

Let us see, by giving an example, how animals display conscious behavior while curing themselves. Macaws, which are a kind of parrot, are found in the tropical regions of Central and South America.

One of the most striking feature of these creatures, besides their truly daz-

zling colors, is that they feed on poisonous seeds. These birds, who can break even very tough shells with their hooked beaks, are experts on the subject of poisonous seeds. This is a somewhat surprising situation because, when the bird eats a poisonous seed, normally it should suffer harm.

Yet, amazingly, this does not happen. Immediately after the bird eats the poisonous seeds, it flies directly towards a rocky place and begins to gnaw and swallow the clayey rock pieces there.

The reason for this behavior is that the clayey rock pieces absorb the toxins in the seeds, and so neutralize the effects of the poison. In this way, the birds can digest the seeds without experiencing any harm. It is certainly impossible for macaws to know on their own how to neutralize or counteract the poison found in the seeds they eat.

It is evident that such conscious behaviors in creatures do not originate from themselves, and that their origin cannot be sought in some other force or factor that exists in nature either.

An invisible power controls the behavior of all creatures and, in other words, inspires them with what to do. This matchless power belongs to Allah. Allah, Who is the owner of a superior knowledge, is the Preserver of all things. [www.allahexists.com](http://www.allahexists.com)

### Light-producing sea dwellers

Many undersea creatures have systems, like fireflies, through which they can produce light. Generally, they use this ability in order to confuse or scare their enemies. Comb jellies are delicate creatures just like jellyfish and sea anemones. They generally feed on microscopic plants and tiny sea animals. Some catch their prey using their sticky tentacles which move in the water like fishing lines. Other varieties have very wide mouths that can swallow many creatures, including other comb jellies. Comb jellies have tiny hairs on their bodies which they use to move forward in the water. In addition, nearly all comb jellies have special light-producing cells along the seam-like ridges of their bodies. Some species have their own interesting characteristics. For example, the red comb jelly flashes when it is touched. At the same time it pours sparkling luminous particles into the water as a protective method to repel its enemies.

Creatures like starfish, sea urchins, and featherstars are called "echinoderms." Most of the surface of their skins is covered with sharp spikes



which they use for self-defense. They live on the seashore among coral reefs and on the sea bed. These creatures produce their own light to protect themselves from their enemies. They may have luminous arms or spines or be able to pour clouds of light into the water when attacked by a predator.

We can cite a starfish species as another example of creatures that produce light for self-defense. This starfish lives 1,000 meters (3,280 feet) below the surface of the sea. The ends of its arms gleam with a greenish-blue light. With this luminous warning, it

tells potential predators that it has a bad taste. The brittlestar, another luminous marine animal, flashes brightly when attacked and may throw off the tip of one of its arms to send the predator away. This is an important defense tactic. As the tip continues to flash, it attracts the predator, thus giving the brittlestar a chance to make a getaway.

As seen above, the light-producing mechanisms of creatures, too, are examples of the magnificence in Allah's creation. Allah is the Originator, the Incomparable.

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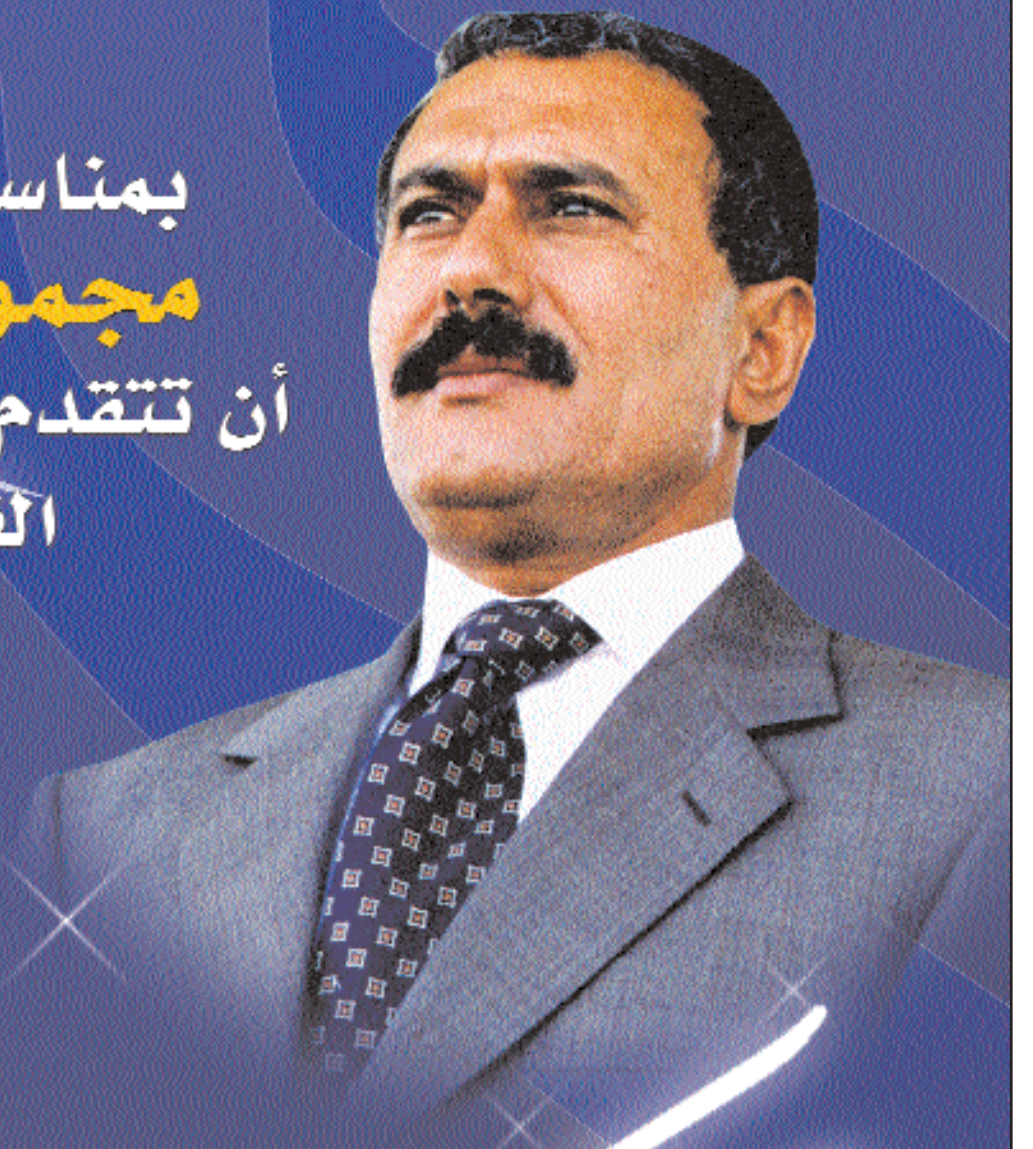
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رمضان كريم

# Drug intake during Ramadan

By: Dr. N. Aadil, Dr. I. E. Houti  
& Dr. S. Moussamih

**D**uring Ramadan, the ninth month of the Islamic lunar calendar, adult Muslims are required to refrain from taking any food, beverages, or oral drugs, as well as from sexual intercourse, between dawn and sunset. Ramadan can occur in any of the four seasons, and the hours spent fasting vary accordingly from 11 hours to 18 hours a day. Rhythms of life and habits during this fasting period differ from one country to another. In Morocco, two to three meals daily are eaten within a short overnight span during this month. The first meal might be taken immediately after sunset (Iftar) and the second one around three hours later (dinner); the last meal might be taken shortly before dawn (Sohour). Intake of drug doses is therefore not easy, and its adjustment to the life rhythm of Ramadan is often not rational.

Aslam et al surveyed 81 patients to determine the alterations they made to their drug regimens during the fasting period of Ramadan. They found that 42% of the patients adhered to their usual treatment, and 58% changed their intake pattern. Among the second group, 35 patients stopped their treatments, eight changed the administration schedule, and four took all the daily doses in one intake. Another survey of 325 outpatients in a Kuwaiti hospital found that most of them changed their drug regimens during Ramadan. Sixty four per cent of the patients changed their therapeutic scheme during the month; 18% took their daily medicines in a single intake, either before the first meal (sunset) or straight after the last one (before dawn). The authors warned about the high risk of drug interactions in such cases. In fact, a 57 year old woman with heart failure experienced side effects of digitalis after being treated with both a thiazide diuretic and a digitalis compound. According to the authors, the concomitant intake of those two drugs induced a drop in potassium following a diuretic induced decrease in water retention, which led to an increase in sensitivity of heart muscle to digitalis.

Wheatly and Shelly reported that two patients with chronic reversible respiratory disease were admitted to an intensive care unit two weeks after the start of Ramadan. Both patients subsequently admitted to not having taken their treatment, including inhalers, during daylight hours. A prospective study evaluated the changes in frequency of seizures during Ramadan in 124 patients with idiopathic epilepsy. Seizures occurred in 27 patients during this month; 20 of them did not use any antiepileptic drugs from dawn to sunset. The author concluded that withdrawal of drugs was the most important cause of recurrence of epilepsy during Ramadan.

The main emphasis of the authors of these studies was that most of the patients did not receive any particular information about changing their treatment during Ramadan. In the face of this arbitrary use of drugs during Ramadan, drug intake needs to be adapted according to the prescription components—the route of administration, the rhythm and schedule of administration, and interaction with food intake. In this paper we review current knowledge on this subject.

## Route of administration

The compatibility of fasting with the various drug administration routes and their choice during Ramadan remain a matter for the doctor's own judgment. To settle dif-



Fasting from dawn to dusk during Ramadan could cause problems with drug dosage regimens for Muslim patients.

ferences in point of view and standardise the choice of routes, a religious-medical seminar entitled "An Islamic view of certain contemporary medical issues" was held in Morocco in June 1997; one of the main topics discussed was the substances and actions that nullify fasting. The participants—distinguished Muslim jurists and religion experts, medical practitioners, pharmacologists, and specialists in other human sciences—agreed unanimously that the following administration routes do not nullify fasting:

- Eye and ear drops
- All substances absorbed into the body through the skin, such as creams, ointments, and medicated plasters
- Insertion into the vagina of pessaries, medical ovules, and vaginal washes
- Injections through the skin, muscle, joints, or veins, with the exception of intravenous feeding
- Oxygen and anaesthetic gases
- Nitroglycerin tablets placed under the tongue for the treatment of angina
- Mouthwash, gargle, or oral spray, provided nothing is swallowed into the stomach. A majority of participants added:
- Nose drops, nose sprays, and inhalers
- Anal injections
- Surgery involving general anaesthesia, if the patient decided to fast.

## Dosing schedule

Dosing schedules have to be altered during Ramadan. In fact, drug doses can be taken only between sunset and dawn, and the time span between them is shorter than outside Ramadan. Two different types of dosage schedule are commonly used during Ramadan.

## Single daily dose

The easiest situation is that of patients who have a usual evening dose. Their therapeutic scheme remains unchanged during Ramadan, as it does not interfere with fasting. When the usual intake is in the morning or during the day, the doctor must be careful when delaying the intake to the evening that this will not alter the efficacy of treatment or the tolerance of the drug.

The efficacy and toxicity of many drugs can vary depending on the time of administration in relation to the circadian rhythms of biochemical, physiological, and behavioural processes. Thus, circadian time has to be taken into account as an important factor influencing a drug's pharmacokinetics or its effects or side effects.

Few studies have investigated this

subject in relation to Ramadan. A comparative study of the pharmacokinetics of theophylline before and during Ramadan in healthy volunteers showed a significant decrease in the amount of drug absorbed for the 8 pm intake (two hours after Iftar) compared with the 4 am intake (immediately after Sohour). This result was mainly explained by the changes in the circadian variations of the gastric pH and by the modifications of rhythms and quality of meals during Ramadan.

A similar study on the pharmacokinetics of valproic acid in healthy volunteers showed a significant influence of the alterations to life rhythm and administration schedule on the pharmacokinetic parameters of this drug. In addition to the delayed absorption phase for the 8 pm intake during Ramadan, the main impairment was a significant decrease in the plasma elimination half life for the 5 am intake compared with the same intake time outside Ramadan. As this parameter determines the administration schedule, it would be relevant to monitor the use of this antiepileptic drug during Ramadan.

Studies on antihypertensive drugs have not shown any significant effect on their efficacy from either the Ramadan life rhythm or the changes in administration schedule. These studies were done in patients with high blood pressure and treated by once daily preparations, before and during Ramadan. All patients in these studies continued their drugs during Ramadan. The results of ambulatory blood pressure monitoring in the first study did not show any significant differences between the periods before Ramadan and during Ramadan in systolic pressure, diastolic pressure, 24 hour pressure, diurnal pressure, or nocturnal pressure. However, the authors observed that during the month of Ramadan the peak of the awakening is delayed by two hours and the nocturnal trough is delayed by one hour. The administration schedules in this study were not the same in the two time periods. The patients took their drugs at 8 am outside Ramadan and at the break of fasting (7-8 pm) during Ramadan. Perk et al reported similar results of 24 hour blood pressure monitoring before Ramadan and during the last week of Ramadan in 70 hypertensive patients, all of whom continued their once daily antihypertensive drugs during Ramadan. No significant differences were found between mean blood pressure or blood pressure load before and during Ramadan. The authors of both studies concluded that in patients with essential hypertension without complications, fasting during the month of Ramadan can be safely undertaken with continuation of previous drug

treatment.

Saour et al evaluated, over a period of five years, the efficacy and tolerance of a long acting oral anticoagulant in two groups of patients. During this period, the 106 patients in the first group made the Ramadan fast, whereas the 183 patients in the second group did not fast. All the patients in the first group took their drugs at night rather than during the day. The incidence of thromboembolic events and haemorrhagic complications did not differ significantly between the two groups. The authors concluded that Ramadan fasting has no adverse effects on the efficacy and safety of long term oral anticoagulant treatment.

## Two or more daily doses

During Ramadan, accurate distribution of drugs prescribed twice a day is difficult to achieve between the break from fasting and the beginning of fasting. Refraining from fasting according to the Islamic rules could be a wiser prescription. Nonetheless, patients with two doses could take the first one at the break of fasting and the second one before the beginning of fasting, in which case the dosing time and the time span between the doses are both altered. These alterations could affect the drug's plasma concentration profile and, therefore, its efficacy and tolerance. This is even more relevant for drugs with a narrow therapeutic index as the risk of toxicity is higher.

In fact, Daghfous et al reported an influence of fasting on the pharmacokinetics and side effects of a sustained release preparation of theophylline taken twice a day. The study included 12 patients with current stable asthma and was done in two stages—the first stage was during Ramadan, and the second stage was four weeks after the end of Ramadan. In both periods, the patients received two oral doses of theophylline, one just before dawn (3 am) and the second at sunset (7 pm) for five days. Outside Ramadan, only four out of 12 patients reported adverse events of minor nausea. During the fast of Ramadan, eight out of 12 patients reported adverse effects of abdominal pain and nausea. Six of them had also vomiting; fasting was then interrupted. In these patients, the blood theophylline concentrations were moderately, but not significantly, higher than in the patients without marked gastrointestinal problems. The authors concluded that a longer acting preparation taken in a single daily dose, preferably at the end of the night, would be a solution for asthmatic patients during Ramadan.

In the event of therapeutic problems during Ramadan, the number of doses should be reduced by using,

when available, slow release formulations or chronotherapeutic formulations. Verapamil hydrochloride (Verelan PM, Covera-HS), propranolol CR (Innopran XL), diltiazem hydrochloride (graded release diltiazem) and tulobuterol (tulobuterol transdermal therapeutic system), are some of the new chronotherapeutic formulations available. Otherwise, a drug with a longer elimination half life should be used. Such drugs will have a longer duration of action and can therefore be taken at longer intervals, such as once a day. This is the case with non-steroidal anti-inflammatory drugs that are used for joint disease such as arthritis: ibuprofen (half life 2-3 hours), flurbiprofen (3-4 hours), naproxen (12-15 hours), and piroxicam (26-38 hours) are some examples. Patients who are prescribed drugs such as ibuprofen or flurbiprofen need to take doses three or four times a day to maintain a concentration of the drug in the body tissues sufficient to provide adequate pain relief. These doses could be replaced by a single daily dose of piroxicam, which is more suitable for the fasting patient

## Interaction with food intake

Generally, drug-food interactions may result in reduced, delayed, or increased systemic availability of a drug. The degree of

interaction, and whether it positively or negatively affects drug absorption, depends on several factors, including the physical and chemical nature of the drug, the formulation, the type of meal, and the time interval between eating and dosing. The last two factors could have an enhanced effect during the month of Ramadan, as the rhythm and composition of meals are modified. In Morocco, an average of three meals are served between sunset and dawn. The first one is taken immediately after sunset and contains an important amount of fat and carbohydrates; the second one, containing mainly animal proteins, is taken three to four hours later. The last meal is taken between 30 minutes and one hour before sunrise and is a breakfast-like meal. Thus particular care should be taken when using drugs that have to be administered on an empty stomach, such as furosemide, rifampicin, and erythromycin.

The quality of the food eaten during the fast breaking meal could also have an influence on the absorption of some drugs. Beverages such as tea, coffee, and orange juice can increase gastric acidity, which increases the absorption of weak acids such as salicylates, dipyrindamole, sulfamides, and some antibiotics and hypnotics; the action of pethidine, amitriptyline, and antihistamines may be inhibited. The high concentration of fat and carbohydrates at this meal could alter the bioavailability of drugs, but this alteration depends on the formulation used. For example, the intake of free acid phenytoin, as Hydantol powder, with a high fat meal increased its bioavailability, whereas the intake of an extended release phenytoin sodium formulation (Phenytek) with a high fat meal decreased its bioavailability.

The clinical impact of such interactions depends on the narrowness of the drug's therapeutic index. An alteration in bioavailability as a

result of these interactions could have a substantial effect on the plasma concentration of a drug, particularly a drug with a narrow therapeutic index, leading to reduced efficacy or increased side effects.

## Extensive misuse of prescribed drugs

During Ramadan may lead to therapeutic failures. The lack of survey data on this subject impairs effective evaluation of the problem. This lack of information is a problem for doctors, as they cannot give unbiased advice. Further studies should be carried out to provide more guidelines about the ways in which the administration of drugs should be modified. In the meantime, doctors and scientists in the Muslim world should be encouraged to follow up their patients with chronic diseases during Ramadan, in order to establish optimal dosage regimens.

According to the data that are available, patients arbitrarily modify the times of doses, the number of doses, the time span between doses, and even the total daily dosage of drugs during the month of Ramadan, often without seeking any medical advice. Recommendations are not easy to make as the reliability of the available results remains questionable. In fact, most of the studies carried out during Ramadan were

retrospective, and small samples were often used. Other methodological errors were also seen, such as incomplete descriptions of the therapeutic schemes observed before and during Ramadan. In order to make an objective comparison of the results obtained before and during the month of Ramadan, the administered doses, the number of daily doses, and the administration times need to be shown for the two periods studied. For patients with chronic diseases, the new dosage regimen to be used during Ramadan needs to be established beforehand. Patients must also be informed about when they should take their drugs (before, during, or after food intake), particularly when they are treated with drugs of which the absorption could be impaired by food intake.

The best reference period for comparison with Ramadan would be the period before Ramadan rather than that immediately afterwards. Ramadan is characterised by repeated fasting and altered life habits that last four weeks, and its influence on chronobiological parameters can last beyond the end of the month of Ramadan.

The choice of drugs to be studied during Ramadan could be determined by surveys evaluating the therapeutic problems encountered during this month of fasting. Focus should be on drugs for chronic diseases, and especially on those with a narrow therapeutic index. Wide dissemination of research results, as well as achievement of consensus on relevant clinical and therapeutic issues, would allow health professionals throughout the Muslim world, and in countries with an important Muslim population, to provide accurate and standardised advice on the appropriate use of drugs during the holy month of Ramadan.

The authors are assistant professors in Laboratory of Pharmacology and Toxicology, Faculty of Medicine and Pharmacy, Morocco. Dr. N. Aadil had the original idea for the article. All three authors contributed to the literature search. Dr. N. Aadil and Dr. I. E. Houti wrote the review.

Dr. N. Aadil, Dr. I. E. Houti  
Source: www.bmj.com

**Ramadan, a month of fasting, is a daily abstinence from any food, beverage, or oral drug from dawn to sunset.**

**Patients with acute diseases would similarly be allowed to stop fasting and make up for it after Ramadan.**

**This behaviour could alter the pharmacokinetics and pharmacodynamics of drugs, especially those with a narrow therapeutic index, and consequently their efficacy and tolerance**

**Several studies have shown that patients arbitrarily change the intake time and dosing of drugs without taking medical advice.**

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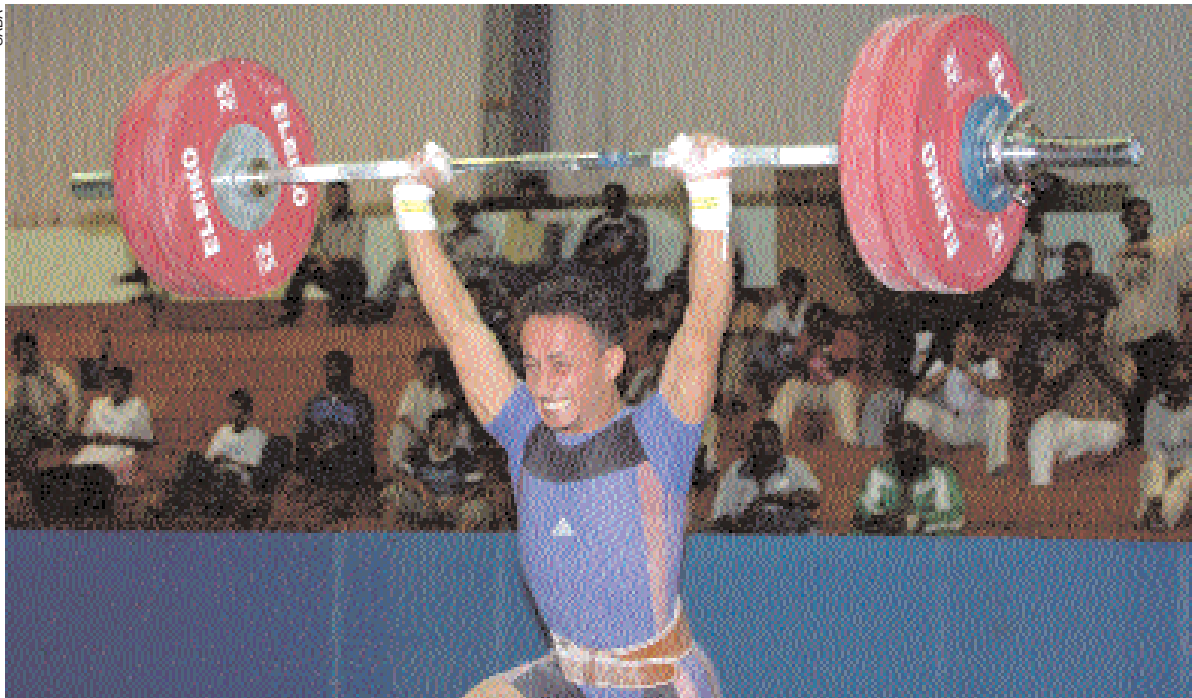
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## Arab Weightlifting Championship concluded



The championship was considered the biggest weightlifting competition ever hosted by Yemen.

SANA'A Sept. 20 — The Arab Weightlifting Championship, which took place in Aden wrapped up last week. Men and women competed in different age groups from nine Arab countries: Iraq, Libya, Algeria, Yemen, Jordan, Qatar, Oman, Syria and Sudan.

Yemen powered their way to the top-placed in the female competition with Algeria ranked second and Syria

third. In the men competitions, Iraq clinched the top place and Libya stood second with Algeria in third place.

In the junior competition Yemen took top place with Algeria in second and Syria third.

The 5-day championship was organized by Yemen Weightlifting Federation and supervised by the Arab Weightlifting Federation. It gained recognition from the International

Weightlifting Federation and is considered the biggest weightlifting competition ever hosted by Yemen.

By playing the role of host Yemen was able to have their biggest contribution in the country's history.

The championship was named the "Event of Dignity" to symbolize the power of the weightlifters and pay tribute to the Lebanese resistance's victory over Israeli aggression.

## Football experts demand promoting U17 team



The Yemeni junior football team preparing to take to the field.

SANA'A Sept. 23 — According to sport analysts in Yemen, the modest performance of the under age 17 football team in the Asian Cup of Nations Finals had not been expected. They said Yemen had a strong junior team capable of reaching unique achievements.

These analysts declared that Yemen was matched up with strong teams in the championship and this had its nega-

tive impact on performance of the players.

Despite the good performance of the under age 17 team in the Asian Nations Cup's Finals, players faced harsh criticism by media and fans. Such reactions negatively affected performance of the team in its concluding game against Tajikistan.

In its match with Tajikistan the team ended the first half two goals ahead and

demonstrated dominating possession of the ball. But in the second half, the team gave up four goals in less than 15 minutes and scored only one goal.

Critics and sport officials held Yemen Football Federation accountable for failure of the under age 17 team in the Asian Cup of Nations' Finals, which took place in Singapore. They think the coach and players did their best and should not be blamed for the failure.

## Lead-up to 18th Arabian Gulf Championship

SANA'A Sept. 23 — The Arabian Gulf Football Championship is scheduled to take place in the United Arab Emirates in January. Yemen's national team hasn't reached any commendable achievements in the previous

championships. Last year the competition was held in Qatar.

"We have new things to add to our record in terms of organizing the event," said Abdulmun'em Al-Dawsari, member of the championship

organizing committee.

The draw for the championships mated Yemen with UAE, Kuwait and Oman in the first group while the second group involves titleholder Qatar, Saudi Arabia, Iraq and Bahrain.

## Ramadan Football Round kicks off

SANA'A Sept. 23 — The Organizing Committee has finalized arrangements for Ramadan Football Round, due to kick off Monday at Al-Ahli Club in Sana'a. The event takes place during the holy month and involves teams of trade companies and establishments, clubs, popular zones and foreign communities in the Yemeni capital.

Sixteen teams, due to participate in the round, were divided into four

groups and the first and second placed teams will qualify for the second round.

The first group includes the Military Academy, Al-Shahid Al-Zubeiri, Al-Nasr and Al-Kaboos Group while the second group consists of Al-Emad, Succour Police, Al-Za'eem and the Iraqi Community.

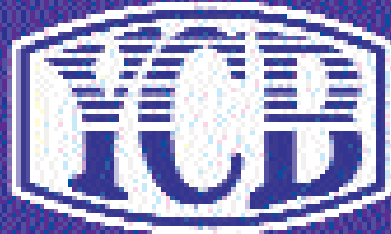
The third group involves Marsalis Group, Vatican, 22May and Al-Jouba while the fourth group is composed of

Ohayo, Security Police and Al-Saqour, in addition to the host team.

The competition will kick off Monday and is due to last throughout Ramadan. There will be two games everyday, and each game will last for two halves of 20 minutes each.

The Military Academy is due to play Al-Kabous Group in the opener and Al-Nasr will meet Al-Shahid Al-Zubeiri in the second game of the first group.

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## Made in Yemen - Ramadan delicacies

Ramadan has a special flavor for Yemenis especially when it comes to food. Housewives make it a point to start preparing delicacies ahead of Ramadan so that the whole family enjoys coming together around the Iftar table celebrating the holly month.

Every issue, we will bring you recipes of a number of Yemeni traditional foods made especially during Ramadan. We will also provide you with health tips regarding some of the food items for your benefit. **Bonn appetite!**

### Hamidha - (Sour chutney)

**Ingredients:**  
One tbsp Fenugreek powder  
Two spoons sugar  
1/2 cup vinegar

### Procedures:

1. Soak the fenugreek in cold water for 4 hours at least (the longer the better)
2. Drain the old water and add new cold water
3. Blend the fenugreek with hand or with blender for 10 minutes then soak for five minutes
4. Repeat step three until mixture is



Hamidha is usually served with radish. PHOTO BY FATIMA AL-AJEL

5. white and creamy
6. Add half vinegar and sugar and mix well
7. Serve with radish

### Rawani:

**Ingredients:**  
7 eggs  
3 cups of flour  
one tbsp baking powder  
one tbsp oil  
2 glasses of syrup \*

### Instructions:

1. Prepare syrup and let cool
2. Heat the oven to 200 degrees
3. Separate white eggs from yolk
4. Blend egg whites in blender very well for five minutes
5. Blend yolks separately
6. Mix the two ingredients together with baking powder and stir
7. Add flour one spoon at a time while stirring continuously
8. Spread oil in the backing plate and pour batter
9. Back in oven for 5-7 minutes until golden
10. Make small holes with fork on the



Rawani cut in star shapes. PHOTO BY FATIMA AL-AJEL

11. cake and pour syrup
12. serve cold

### \* Syrup:

Mix two glasses of water with three cups of sugar and \_ lemon juice and two cardamom and two cloves and boil until mixture is thick and yellowish.

## About Fenugreek

### What is it?

Fenugreek is commonly found growing in Mediterranean regions of southern Europe, where both the seeds and leaves are used primarily as a culinary spice. The seeds of the fenugreek herb are an effective nutritional supplement and have also been used by herbalists for many centuries for the health benefits it provides.

### Health Benefits of Fenugreek

The active constituents in fenugreek are alkaloids, lysine and L-tryptophan. It also contains steroidal saponins (diosgenin, yamogenin, tigogenin, and neotigogenin) and mucilaginous fiber

which are believed to be responsible for many of the beneficial effects fenugreek exhibits.

The chemical compounds found in fenugreek have the ability to aid the digestive process. Consequently, when taken with meals it is believed that fenugreek is able to slow down the rate at which sugars are absorbed into the body, whereby regulating blood sugar levels.

Additionally, studies indicate that 4-hydroxyisoleucine (an amino acid) found in fenugreek may induce or promote the production of insulin when blood sugar levels are elevated. In studies of animals and humans with both diabetes and high

cholesterol levels, fenugreek appeared not only to regulate blood sugar levels but also lower levels of harmful cholesterol. However, in studies of those who did not have diabetes, a similar effect was not reported

As mentioned previously fenugreek contains a substantial amount of mucilaginous fiber. The mucilage found in fenugreek does not dissolve but instead swells when mixed with fluids. Since the body cannot digest the mucilage from fenugreek it is believed to be an effective laxative

As an external application fenugreek may soothe irritated skin and relieve surface aches and pains.

Source: nutrasanus.com

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