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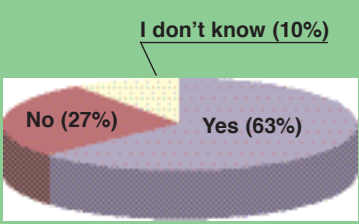
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Readers' Voice

Last edition's question:
The Joint Meeting Parties have declared that the presidential election results were imposed by force and not by the people's will. Do you think the JMP claims are true?



This edition's question:

In light of high school results of the recent years, girls seem to outperform boys. Do you think that schoolboys don't work hard or they are frustrated?

- Schoolboys don't work hard
- Schoolboys are frustrated
- I don't know

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and have your voice heard

Security investigates French tourists' kidnappers

By: Amel Al-Ariqi

SANA'A, Oct. 1 — Police began questioning five arrested tribesmen Friday about the kidnapping of four French tourists, a state-run web site reported Sunday.

Quoting a security source, the Defense Ministry's Sept. 26 newspaper reported yesterday in its web edition that an anti-terrorism unit is interrogating two of the arrested, who will be prosecuted, adding that two suspects remain at large.

At 5:30 p.m. Friday, security forces raided the Abdullah tribal settlement in Shabwa province, arresting five suspects but injuring a 2-year-old child and a 60-year-old woman, local reports confirmed. However, the security source denied that there were any victims during the raid.



Two Abdullah tribesmen arrested and accused of involvement in kidnapping four French tourists in Shabwa.

The five tribesmen are accused of kidnapping the four Frenchmen Sept. 10. The tourists were released safely last Monday and airlifted from the kidnappers' hideout to Sana'a. They flew home Wednesday.

According to tribal sources, the tourists' release followed lengthy negotiations with the kidnappers, who



Two of the four Frenchmen (right and background) arrive at an airport north of Paris.

sought the release of jailed relatives in Abyan governorate. A group of sheikhs and parliamentarians involved in the negotiations brokered an agreement between the kidnappers and the gov-



A 2-year-old child Al-Ayyam newspaper reports was injured during a raid on the kidnappers' hideout.

ernment to free the hostages safely. Under the deal, the abductors received government promises that five jailed Abdullah tribe members being held by authorities in a running vendetta with another tribe will be transferred to a capital jail and released in late October after Ramadan.

Continued on page 2

Police kill two Al-Qaeda terrorists, arrest another

SANA'A, Oct. 1 — Following the hunt for Fawaz Al-Rabeyi, an Al-Qaeda leader sentenced to death, security authorities discovered the terrorist's hideout on the outskirts of Sana'a, an official Interior Ministry source affirmed.



Fawaz Al-Rabeyi

Al-Rabeyi was sentenced to death for killing a policeman at an Abyan checkpoint. Security authorities also considered him the main plotter in assaulting oil installations in Hadramout and Marib and attempting to attack foreign interests in the capital.

Security authorities besieged his hideout and raided it after Al-Rabeyi refused to surrender and began hurling grenades and firing at policemen. Police then returned fire and shot him dead.

Security stormed another neighborhood hideout, where they found terrorist Mohammed Al-Dailami, an Al-Qaeda element who escaped from a political security jail.

Al-Dailami was killed in confrontations with police while a third terrorist, an aide of Al-Rabeyi, was arrested and imprisoned. In raiding the two terrorist hideouts, policemen discovered arms, hand grenades and other explosives, in addition to numerous books, documents and Al-Qaeda publications.

Security authorities still are investigating the captured terrorist to learn more information about the terrorist cell, which was seized in mid-September in Sana'a with quantities of arms and explosives.

A safe haven for animals in Yemen

For the first time in Yemen, an initiative is underway to create an animal welfare association. Invited by the Dutch embassy in Yemen, representatives from the World Society for the Protection of Animals (WSPA) visited Yemen to conduct required research to assist in making this project a reality.

By: Nadia Al-Sakkaf

SANA'A, Sept. 28 — "I love animals and I thought such a project shouldn't be difficult," explains 17-year-old Yasmine Ashurai, initiator of the Animal Shelter and Awareness Program, speaking during a small meeting attended by the Dutch embassy's Olyhoock Olyhoock and Laurens Jacobs, WSPA's Trevor Wheeler and Alistair Findlay and Dr. Ghaleb Al-Iryani, Director General of the Ministry of Agriculture's Livestock and Animal Resources.

Two years ago, Ashurai approached numerous places and organizations in a quest to find support for her project. She wrote a 10-page proposal detailing

the creation of the Animal Shelter and Awareness Program — or Safe Haven A.S.A.P., as she calls it. The only positive feedback was from the British and Dutch embassies.

The British Embassy said it would fund approximately 13 percent of the total cost, provided the rest was managed, while the Dutch Embassy offered technical and personal support. Among others at the Dutch embassy, Olyhoock and Jacobs took a personal interest in the ASAP program before the embassy officially approved it. "It's the common love of animals that brought us all together in this project," Olyhoock says.

Continued on page 2



Yemeni camels standing at the side road in Mokha. Camels are a wild life natural resource in Yemen.

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High school exam results announced

By: Yemen Times Staff

SANA'A, Sept. 28 — Prime Minister Abdulqader Bajammal last Thursday inaugurated a ceremony announcing secondary education results for the 2005-2006 academic year. The Ministry of Education held the event at the Youth Palace in Sana'a.

Out of 163,955 students taking them, 135,171 passed the science and art exams, with an 83.5 percent success rate in science and 79.6 percent in arts. Female students achieved great success on the exams, as indicated by their domination in the top ranks. The highest score by this year's students was 99.12 percent, which exceeds previous years' highest scores.

Al-Saleh Charitable Organization announced that it will award a personal computer to the 117 top students, while the Minister of Higher Education indicated that the top students will be trained and awarded scholarships to continue their education overseas in various countries and disciplines to become trained in skills needed in Yemen.

In the ceremony, Bajammal gave a speech congratulating the students on their success, wherein he noted that educational development is one of the most fundamental objectives toward a more prosperous future, adding that the future of nations is made by their citizens through education and knowledge.

Continued on page 2

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In brief

Sana'a
Al-Alwani presents credentials
in Vienna

Sept. 30 — Dr. Ahmed Alwan Al-Alwani presented his credentials to Antonio Maria Costa, general manager of the United Nations office in Vienna, as a permanent Yemeni ambassador to the U.N. and its affiliate organizations there. During the meeting, the two parties discussed various aspects of relations between Yemen and U.N. organizations, as well as ways to boost such relations in the future.

**Studies to discuss Sana'a
development**

Sept. 30 — Concerned authorities are due to begin implementing plans and studies regarding the capital's National Strategy for Economic and Social Development for 2006-2030 in coming months.

Sponsored by the World Bank, the Cities Coalition Authority and the Organization of Arab Capitals and Cities, such activities aim to issue a general plan for comprehensive urban development of Sana'a and its outskirts.

The studies are due to specify required supplies and needs from the service and infrastructure sectors, in addition to land usage in order to improve the economic and social situation in Sana'a.

**Republic's top 10 students
honored today**

Oct. 2 — In collaboration with the Ministry of Education and the Ministry of Technical and Vocational Education, Al-Saleh Charitable Association for Development is holding a celebration today to honor the republic's top 10 secondary school students, as well as top vocational and technical education students. According to Shayf Al-Ansi, chairman of the association's media and public relations, the top students will receive computer systems.

Aden**Aden Free Zone licensed
projects number 56**

Sept. 30 — Licensed investment projects in Aden Free Zone implemented since the beginning of 2005 through August numbered 56 at a total cost of \$447.75 million. Projects were distributed throughout the industrial, tourism, trade, service and housing sectors and according to Aden Free Zone scores, implementation of such projects is underway. Numerous investors, businesspersons and firms from Britain, Jordan, India, China and South Korea, as well as Gulf and Arab investment firms, have requested and were granted licenses to implement investment projects in Aden Free Zone.

Family violence course wraps up

ADEN, Oct. 1 — A family violence course involving 30 women affiliated with the health and education sectors, as well as foreign affairs and women's development organizations in Aden, wrapped up last Saturday, Sept. 30 in Aden. The General Administration for Developing Women organized the four-day course, which sought to identify passive aspects related to family violence, as well as the phenomenon's psychological, physical and social consequences.

Taiz

Sept. 30 — Fire completely destroyed a house in Taiz's Al-Dhabu'ah zone. Media sources mentioned that no residents were present when the fire started from a lit candle. The city recently has witnessed a number of similar incidents due to continuous electricity cuts.

Shabwa

Sept. 30 — An unidentified ship last week overflowed more than a hundred Somali refugees offshore from Shabwa's Arqah area and Abyan's Rida' of Ahwar area.

Three Somalis who had fainted were found in Rida' area and rushed to the hospital; however, one died en-route.

The refugees indicated that the ship had boarded 350 Somalis attempting to escape war circumstances in their country. They further mentioned that they'd spent four days on the open sea without food or water. Ultimately, they were thrown into the sea, with some reaching the coast, though with difficulty.

Raymah

Oct. 1 — A training course involving 30 participants and affiliated with the Illiteracy Eradication and Adult Education Program launched Sept. 30. Organized by the Adult Education Program and the Primary Education Development Program, the course aims to teach participants constitutional and legal concepts, as well as educational planning, organization and administrative control.

Life Makers activities are off
the starting blocks in Ramadan

At its weekly administrative meeting, Life Makers Charity Foundation decided on several promising projects.

By: Nisreen Shadad

SANA'A, Sept. 28 — "We'll move heaven and earth, if that's what it takes to change our reality and make a better life in Yemen," says senior Life Makers Foundation member Mohammed Al-Shami speaking about the group's mission.

To make this a reality, Life Makers works in a number of areas divided into seven groups: future protectors, technology, medicine, religious awareness (liqa' Al-ahiba), a health forum, an orphanage and a painting on glass group.

An administrative group meets weekly to discuss activities accomplished and

future plans. Among its future plans, Life Makers is about to launch its Ramadan Bag initiative, wherein bags containing basic commodities like sugar, oil, rice and flour are distributed to the poor during Ramadan. Last year, they gave bags to 600 families, while 100 families received Eid clothes and 60 families received YR 5,000 on Eid eve.

The group also decided on a day to host an iftar meal for orphans at the Government Social Orphanage. "On Friday, the 14th day of Ramadan, the orphanage group will break the fast with approximately 600 orphans," says activities officer Adnan Al-Washali. The orphanage group consists of 50

people, mostly women, who visit the orphanage two days a week to educate children between first and sixth grade. They provide math and Arabic tutoring on Sundays, while using Tuesdays to bond with the orphans and show they care by offering tender hands to wipe their tears and give them a glimmer of hope.

Instead of children washing their clothes by hand, Life Makers gave the orphanage a washing machine and continuously provides the orphans with clothes and personal hygiene items. It also brings in barbers to give haircuts. Headed by Mohammed Naser, the health forum organizes a daily "Child Health Care" course, which began the first day of Ramadan and will continue until the 15th day. Lectures are given by Dr. Arwa Baidar, head of the Ministry of Health's Mother and Child Program, and Dr. Abdullah Al-Dhiley, a Ministry of Health doctor.

Additionally, the forum regularly organizes first aid and general health care lectures at its premises to help individuals recover from accidents and injuries on their own before needing to be transported to hospitals for treatment. The foundation's administrative meeting also discussed details of an income-generating project launched by the technology group, which includes providing computer and peripherals maintenance at the foundation's premises for a nominal fee.

A number of Yemeni activists established Life Makers Foundation in March 2005 following a trend begun by a program on Iqra Channel conducted by famed preacher Amr Khalid, which aims to empower youth and provide them the means to enhance society.



Ramadan bags were distributed last year.

Three Yemenis arrested
and another jailed in Iraq

BAGHDAD, Sept. 30 — Tribal leaders have arrested three Yemenis in Iraq, while a fourth has been sentenced to 15 years in prison.

From Sept. 8-14, Iraq's Central Criminal Court issued judgments upon 22 prison detainees, including a Yemeni named Abdullah Hussein Ahmed Saleh, convicted of infiltrating and illegal passing of borders.

Iraqi police and tribal leaders in Al-Ramadi said Iraqi sources promised

to wage war on Al-Qaeda organization there and managed to arrest five Al-Qaeda affiliates last Friday, including three Yemenis.

According to police officer Salam Obeed, the five men were arrested without incident below a bridge in Al-Ramadi in Al-Anbar province.

Occupying approximately one-third of Iraq's total area, Al-Anbar is the stronghold of Sunni Arabs and one of the most dangerous areas for

U.S. forces, according to Sattar Al-Baza'i, a sheikh of one of Al-Anbar's tribes.

Media sources previously have mentioned that more than 500 Yemenis have gone to Iraq since the end of last year and this year. However, the same sources didn't mention the specific party or nation behind sending them to Iraq, nor the country or countries through which they passed.

Lack of gas on Socotra is
causing environmental damage

SOCOTRA, Sept. 30 — Due to lack of gas in the markets, a local source is warning of an impending environmental disaster on Socotra Island. Considered one of the world's protected natural areas, the island is rich in unique and rare plants.

According to 26September.net, Socotra locals have begun collecting firewood and cutting down trees to compensate for the lack of gas, thus damaging vegetation biodiversity. The web site further indicated that the gas portion allotted to the island no longer is enough due to population growth. Lack of gas will push locals to seek alternatives to meet their needs.

The island source pleads with Yemeni Oil Company and the local authority in Hadramout to preserve its environment by providing Socotra with sufficient gas supplies, particularly during Ramadan when demand increases.

Faraj Mubarak, manager of Yemen Oil Company's Commercial



Kids from Socotra.

Department, says the company, under government directives, pays close attention to Socotra, monthly supplying it 6,088 gas bottles via trader Mohammed Saleh Al-Eisi, who has three gas shops on the island.

The gas price on Socotra is similar to that in Sana'a, despite the fact that transportation costs exceed YR 1,200 per bottle, which is paid by the govern-

ment, according to Mubarak. This leads one to say that gas arrives on Socotra for free, as Al-Eisi hasn't paid any transportation fees since 2002.

"This fact proves that gas is available on Socotra, while those living in primitive villages use firewood to cook meals because they can't afford the cost of gas due to their harsh living conditions," Mubarak adds.

Mass media freedoms to
increase, information minister says

SANA'A, Sept. 30 — In an interview with Middle East Newspaper last week, Yemen's Minister of Information Hassan Al-Lawzi stated that he has presidential instructions to raise the ceiling of freedom for all mass media and further, make Aden television a satellite channel very soon.

The ministry also intends to give equal time slots in this channel to political parties and civil society organizations, as well as allow differences of opinion. The new policy

declares non-interference in Arab nations' affairs, as well as aims to treat problems in a civilized manner and dispense with insults.

Al-Lawzi further pointed out that Yemeni opposition can attain power only when it presents a positive platform.

According to Al-Lawzi, canceling information ministries in developing countries is baseless because information is a development tool, adding that it's difficult to achieve development without information ministries.

He hoped Arab ministers soon will approve satellite broadcasting standards, but said no one had requested establishing any private channels.

When asked about giving the General People's Congress candidate more time during the electoral campaign, Al-Lawzi maintained that all candidates were given equal time to present their platforms. However, he noted that presidential activities were allotted more time, which doesn't conflict with the Yemeni Constitution.

Yemeni Cabinet
admits price hikes

SANA'A, Sept. 25 — At its weekly meeting last Monday, the Yemeni Cabinet admitted to price hikes of basic commodities. It attributed the increases to merchants who exploit the advent of Ramadan to raise the prices of highly demanded commodities.

According to Al-Shoura.net, economic indicators point out that the recent price hikes were accompanied by significant monetary inflation due to General People's Congress (GPC) political expenditures amounting to YR 10 billion, which will result in

price increases at the far end of the scale and further devalue the Yemeni Riyal against free currencies like the U.S. Dollar.

Due to government expenditures on the GPC candidate's recent electoral campaign, some economic observers expect price increases of between 50 and 100 percent on all commodities. Further, such expenditures have resulted in significant monetary inflation to the degree where a YR 1,000 bank note is more available than a YR 100 bank note.

Majority of Yemenis
depend upon animal wealth

SANA'A, Sept. 30 — According to 26September.net, a nationwide field survey has revealed that Yemen has 18 million head of cows, sheep, goats and camels, with Ministry of Agriculture statistics indicating that more than 75 percent of Yemenis economically depend upon such animal wealth.

The web site further noted, "A project involving expanding the Central Veterinary Lab will be implemented soon. At a cost of more than YR 200 million, the new building will be estab-

lished according to international specifications."

A \$1.5 million World Bank loan will be used for furnishings and equipping the center with necessary requirements, as well as training specialized staff.

The site also added that according to a primary study, costs for the second phase will arrive at \$750,000. Following phase two's implementation, the lab will be one of the safest at both the regional and international level.

Continued from page 1

French tourists' kidnappers

Al-Ayyam newspaper reported that leading Abdullah tribesmen said that the military raid violates the agreement with the kidnappers in return for releasing the hostages.

Abdullah is the same tribe that kidnapped and held a German diplomat, his wife and three sons and four Italian tourists for several days in December 2005.

President Ali Abdullah Saleh previously has pledged to crack down on kidnapping,

a tactic tribesmen frequently employ to win concessions from the government.

Scores of tourists and foreigners working in Yemen have been kidnapped within the past decade by tribesmen demanding better schools, roads and services or the release of prisoners. Most hostages have been released unharmed; however, three Britons and an Australian seized by Islamist militants were killed when security forces stormed their hideout in December 1998.

A safe haven for animals in Yemen

However, it took two years to start moving due to lack of adequate funding and support. Jacobs explains that the ASAP program wasn't seen as a high priority in the beginning. Also, its usefulness to Yemenis and development wasn't realized at that time.

"We had many debates about this project. In a country like Yemen where there's so much to be done for the people, a project to care for animals seems less important," he says.

Olyhoock adds that she was into the ASAP project because she felt awareness was a key factor in it. "People sometimes view pets raised at home differently than street animals, like they're different species and deserve different treatment. We should learn to be kind to animals because they're part of our world and play an important role in keeping our nature in balance," she urges.

Undeterred, Ashurai next contacted the UK-based WSPA. "Yasmine approached us and it was a great opportunity for us because there were only two Middle Eastern countries where we weren't present — Saudi Arabia and Yemen. We were preparing for a trip somewhere else but when the Dutch embassy invited us for this visit, we jumped at the chance, left everything else we were working on and came!" Wheeler enthusiastically recounts.

The WSPA works through a worldwide network of nearly 700 member societies, 13 of which currently are in the Middle East region with a number of successful programs. The organization now hopes to be able to work with Yemen's central government, as well as local municipal authorities to identify animal welfare needs and then provide necessary training and direction to implement and manage associated programs.

Ashurai is surprised by public acceptance of her initiative, whose purpose she describes as: "The idea is to provide a shelter where dogs and cats can receive care and medical treatment and save them from wandering the streets. Some hotels have even offered to give me the cats and dogs on their premises."

And why wouldn't they? Especially given that stray dogs and street cats are a constant problem for places like restaurants and hotels, where food is generated and dumped out. Stray dogs often form packs and start visiting such places, marking their territory.

"It's actually the municipality's job to take care of stray animals, especially given that there are approximately 150 contagious diseases transmitted between human beings and animals. Rabies has spread very seriously in many governorates like Taiz and Hodeidah and I'm sure the picture is even scarier in Sana'a and Amran," says Dr. Ghaleb Al-Iryani, a veterinarian and member of the Yemeni Veterinarian Association.

According to Al-Iryani, there are only 200 veterinarians in the entire country. "Such a project is important, not just from a health point of view but also from a humanitarian point of view. Through such a program, we

can help citizens improve their society and environment — and animals are an integral part of the environment."

Quoting famed Russian physiologist Ivan Pavlov, Al-Iryani adds: "Medicine is for treating people and veterinary is for treating humanity."

Indeed, there's much to be done. In this regard, the Dutch embassy arranged for Wheeler and Findlay to visit Al-Mokha and Taiz during their three-day stay in Yemen. "We went to see cattle when quarantined and the circumstances surrounding long-distance livestock transport," Wheeler explains. While in Taiz, the pair visited the Yemeni-Swedish Hospital, which handles many rabies cases.

In Sana'a, they visited the city's main slaughterhouse and the UNDP de-mining program, which uses trained dogs to explore mines, as well as spent time at the city zoo.

Dr. Amin Saif Obaid, health supervisor at Sana'a Zoo Park, and who has a masters degree in Animal Surgery met the team during their visit to the zoo. "I have been working here for two years so far, and I can say health of the animals generally is ok. But we face problems regarding space and feeding. Animals are kept in small cages with very less room to move about and meat eater animals are constantly feed cheap donkey meat. Not only does this affect the nutritious value of the food but it also endangers donkeys and might cause them to become instinct especially that Taiz zoo does the same," Dr. Obaid commented.

The zoo also requires more attention in terms of plantation and greenery. Dr. Obaid was happy with the attention the zoo received from the Dutch embassy and the WSPA team. "They promised to send us wildlife magazines, vaccinations and tools used in handling animals. They said they would come back again." He said.

Working in 140 countries worldwide, the WSPA coordinates in each country with local organizations and institutions, which they call member societies. "In countries where citizens rely on animals, we encounter no resistance to our work because they understand the importance of animals. Yemen is one of those places," Wheeler notes.

Indicating that the WSPA team was happy with its welcome from Yemenis, Wheeler adds, "Wherever we went, people talked to us openly. They were eager to share information and their concerns with us. I might add that the slaughterhouse we visited in Sana'a is very good. This is the best one we have seen in the Middle East-region. We are contemplating to arrange visits for other countries as the Sana'a slaughterhouse is exemplarily to others."

The biggest problem the ASAP program now faces regards land. Ashurai explains that Al-Forosia Horse Club offered the project a piece of land upon which to establish itself, but unfortunately, it was unsuitable. Thus, the search continues for individuals, groups and/or charities to fund ASAP.

High school exam results announced

He further instructed the Minister of Education to step up measures to qualify human capital suitable with labor market needs. Bajammal added that the high school curriculum continues to develop on a regular basis in order to improve the content and context of learning

and education for students.

In addition to the prime minister, the ministers of education, higher education, health and population and civil service, as well as numerous other government officials, attended the ceremony.

Abdul Jabbar Sa'ad:

"It's obvious that seriously tackling corruption is atop Saleh's priority list."

By: Mohamed Bin Sallam

The new term for President Ali Abdullah Saleh raises several questions about what might (or might not) change. Among other development issues, Saleh's electoral platform included poverty reduction, tackling corruption and unemployment.

The Yemen Times interviewed controversial Yemeni writer and political analyst and Deputy Minister of Finance, Abdul Jabbar Sa'ad, who spoke about the political economy of the upcoming Saleh term of office and his theory about what the future might have in store for Yemen.

Post-election, what are your expectations for Yemen's future, specifically, the challenges and risks President Saleh will face in his new term?

(Laughing) Although the election competition was sincere and serious in accordance with opposition testimony, I think Yemenis realize that the most capable person to lead this nation is President Ali Abdullah Saleh, despite the widespread corruption linked to his governance.

He himself has admitted that corruption has increased under his governance; therefore, it's obvious that his first task during the new term is to seriously tackle and eliminate corruption, followed by improving citizens' living standards.

You can see that the nation's financial resources are being channeled through and to corrupt individuals, who spend it shamelessly and manically, despite the fact that most Yemenis live in poverty.

The risk comes from insincere opposition, which has one simple aim – to bring the current regime to an end in line with the greater Middle East project being administered by the United States and Israel. This project's Yemeni chapter is via the current insincere opposition, which is spreading anti-Saleh propaganda by spreading half-truths and false accusations against him, saying he's still Yemen's dictator.

The current democracy remains in great danger and human rights violations are escalating. Such allegations don't include a sincere will to develop Yemen; rather, they're part of a bigger plot to demolish whatever progress the nation is realizing.

This is most evident, as the opposition knows where corruption lies and those involved in it; however, we've never seen opposition take any stand toward combating it. In fact, they promote several corrupt individuals working to serve them; therefore, they never take a stand against corruption by presenting anti-corruption programs or using their well-established pressure groups in Parliament or the Shoura Council.

They threaten to withdraw from Parliament, the Shoura Council and local councils if their anti-corruption programs are ignored. In fact, doing so would validate their claim that the regime sponsors corruption, but this isn't their aim, which is to overthrow the president, not end corruption.

Even in Parliament, one can see that all comments against and investigations into corruption always are initiated by ruling party members and detected by government agencies like the Central Organization for Control and Audit (COCA). In fact, unlike the opposition, some have resigned their posts because they feel the government isn't serious enough when it comes to tackling corruption.

Having said that, what are the sources threatening Yemen's development and stability?

The real source of danger is Yemen's own version of 'Mohammed Faal.'

Who's that?

I'm referring to Mohammed Faal of Yemen. Haven't you seen how Mohammed Faal of Mauritania overthrew the regime there? In Yemen, we have our own Mohammed Faal, who's being put together and endorsed by



Abdul Jabbar Sa'ad

U.S. intelligence agents operating in Yemen. In fact, according to sources, these agents suggested that Mohammed Faal be nominated for president and this suggestion was prior to President Saleh's decision to run for another term.

Therefore, Yemen's Mohammed Faal is the candidate to compete against President Saleh, Mohammed Faal is the one working on a plan to overthrow the regime and it's Mohammed Faal who forbids anyone to talk about corrupt individuals and tempts people to talk about the president.

The risk comes from insincere opposition, which has one simple aim – to bring the current regime to an end in line with the greater Middle East project being administered by the United States and Israel.

Journalist Jamal Aamer was punished for talking about corrupt figures but he wasn't punished for similar talk about the president, thus drawing my own conclusion that those corrupt figures are untouchable, whereas the president isn't.

You see, Mohammed Faal is the one assigning ministers and all government officials and he's the one supervising and directing them. Mohammed Faal also is chairman of the authority to combat corruption, as well as chairman of the authority to combat terrorism, adding that foreign experts review all reports prior to deciding which ones reach President Saleh and which don't. Therefore, in close collaboration with foreign parties, Mohammed Faal is the actual one in charge of running Yemen.

President Saleh knows about all of this?

He knows very well.

Then why doesn't he do anything about it?

On most occasions, President Saleh knows when to fire his shot. He undoubtedly has intelligence about what's going on around him and he does his calculations while taking advantage of the links 'his friend' has with the U.S. You don't know what they have in mind for 'the friend,' even though you now know what they have in store for the president and he knows it as well.

If President Saleh knows about this corruption and those participating

Before unification, I believe corruption never exceeded 20 percent, while these days, reform doesn't reach 20 percent. The post-unification period, which witnessed conspiracies and coalitions, directly caused the poor situation the president himself most dislikes.

in it and also about this conspiracy against him, what's stopping him from seriously reforming and improving his public image, as well as protecting himself from the threats you mentioned?

I've already answered your question, indicating that the opposition isn't helping in this process and that it isn't pressuring via sincere anti-corruption programs, which could be very helpful in illustrating what must be done. Unfortunately, the opposition aims at backstabbing and eventually destabilizing the nation.

In reaching those ends, they take

advantage of corrupt individuals within the regime like Mohammed Faal, presenting him misleading facts to be used to formulate decisions for purposely bad consequences; therefore, resulting in manipulating President Saleh in coordination with corrupt individuals within the regime and the opposition, as well as in coordination with foreign entities.

What do you project for Yemen's future following the elections?

I can say that the masses who supported the opposition don't belong to the opposition itself; rather, they are masses of the regime through Mohammed Faal.

Is this really believable?

Why shouldn't one believe this, as he's the U.S. candidate to be an alternative to President Saleh? The process must begin from now. People first see public masses confronting the president and then will compare these masses with the voting result Saleh received. They'll say there was vote fraud and Mohammed Faal will do this by providing a pretext and evidence for those claiming it.

He'll instigate protests, overthrow the regime and neutralize the army with a U.S. threat. And Mohammed Faal will come. This is the U.S. scenario for Yemen and we don't know where this will take us. It's the public that encourages, makes Mohammed Faal prominent and helps him move here and there.

Many say Yemen is bound to suffer seven hard years and that during this period, poverty, unemployment, illiteracy and corruption rates will run high. Do you agree?

No...no, I don't agree with this expectation, but it may happen if the above U.S. scenario succeeds. I hope this won't happen because it'll be the beginning of numerous collapses, which no one knows their end.

But if such a scenario doesn't happen, I think our situation will maintain the minimum limit of evil unless such situations improve in the short term. In the medium and long terms, prospective regional and world changes will help liberate the Western-controlled will, as well as help us get rid of enemies.

Do you fear any consequences from suggesting these viewpoints, which nobody dares suggest?

If I fear no one other than Allah, this means I must kneel before him and worship him. In such a world, nothing is fearful except death. I think death is the ultimate end every strong believer seeks, particularly when enemies and their allies come.

Betting on the U.S. project's failure, do you think you bet on something you can't achieve?

Perhaps, but if you deduce it from facts of the world situation, you'll agree with me and therefore, I want you to consider the following:

- The U.S. is failing in Afghanistan while the Taliban has resumed offensives, which the superpower hasn't seen since it occupied Afghanistan. Therefore, unhealthy situations in Pakistan don't go in favor of the U.S.
- The U.S. is failing to fight terrorism, despite the fact that it's turned the whole world into colonies, jails and barracks for its armies.
- The U.S. lied to the world about Iraq and ousted a regime that has never been accused of corruption, nor did it violate any international legitimacy.
- The U.S. hasn't provided Iraq democracy, nor has it respected democracy in Palestine or international conventions. The superpower is using the United Nations to attain its goals.
- The U.S. failed to cause Israel to defeat Hezbollah; however, it expended strong efforts to support Israel during its most recent confrontation with Hezbollah in southern Lebanon.
- The U.S. has failed to market its project in Egypt, Syria and Sudan. It also has failed to deal with Iran.
- For the first time in its history, the superpower has lost control of South America, particularly as the continent's states one by one have begun to rebel against it.
- The U.S. is suffering a racial and economic crisis, as revealed by the New Orleans catastrophe following Hurricane Katrina. More than 40 million Americans have no access to health care. Additionally, the U.S. budget mostly is spent on futile things at the expense of U.S. citizens' living standards.

All of these points take us to one judgment – that the U.S. won't survive as an emperor to rule the world and control the fate of Muslims in the Middle East. When the U.S. collapses, Israel won't survive.

Despite the fact that you studied in the U.S., why do hate it?

I have no animosity toward the U.S. as a nation or a civilization. I have to respect it since I studied there and benefited from my presence there. I wouldn't know well the reality of being a Muslim except for being in the U.S. But for the time being, the U.S. has turned to become the real enemy of Islam and Muslims. The U.S. is the aggressive George W. Bush, Donald Rumsfeld and Condoleezza Rice.

Some accuse you of backing President Saleh and standing against change and peaceful transfer of power, despite the fact that you seem

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convinced that no reform will be implemented under Saleh's umbrella. How do you react to this?

First of all, please don't create a connection between me and the president. I didn't meet the president except after I stood trial last year and was suspended from work. Even, when I met Saleh, he directed concerned parties to return my property to me, but such didn't happen. I never expect justice from a tenure of corruption, which has destroyed the entire nation.

Secondly, until the president appointed me Deputy Minister of Finance for the revenue sector last year – a post I deserved 25 years ago in compliance with the law – I couldn't restore any rights accrued to me while I was general manager at the Hodeidah Customs Authority.

I don't oppose change or peaceful transfer of power. I respect peaceful transfer of power, which Saleh has provided with my faith that he's the eligible one to lead the nation in the meantime. But I think this election, which featured strong competition and unification of all opponents, shows us that only the people have the ultimate word in choosing for Saleh to remain in power.

Those who say that nothing has been achieved during the past 28 years are denying the facts. I was a Customs Authority officer and customs used to contribute more than 70 percent to state

revenues. Before unification, I believe corruption never exceeded 20 percent, while these days, reform doesn't reach 20 percent. The post-unification period, which witnessed conspiracies and coalitions, directly caused the poor situation the president himself most dislikes.

Saleh's reign is a period of achievements. As you know, until the end of [President Ibrahim] Al-Hamdi's reign – which marked real development and reform – there were no good hotels or hospitals in Sana'a and the road network only connected the three main cities.

Finally, can you brief us on any changes the Ministry of Finance has witnessed in the past few months and was there any reform?

I hope you forward this question to another because I left the Ministry of Finance, but I'll talk about the part that concerns me, which is revenues. Nothing was achieved and nobody benefited from what my report mentioned; therefore, the president won't get this report.

Having learned that Mohammed Faal made the most recent changes, you must bear in mind that such changes were meant to increase corruption prior to the presidential election. What is happening is merely a desire to increase corruption and frustrate citizens according to the U.S. scenario.



Ministry of Oil & Minerals
Yemen Petroleum Training Center

Vacancy Announcement

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The Yemen Petroleum Training Center (YPTC), is committed to providing excellence in the fields of language, technical and professional training. With the ability to attract talented people excited by the challenges and opportunities of teaching and training, YPTC is striving to enhance its position as Yemen's foremost training center.

Due to increased student enrollment, YPTC is seeking qualified EFL native/fluent teachers. Applicants should have at least 1 YEAR teaching experience in a reputable institution. Additional training such as TEFL/TESL degrees will certainly be a plus.

To apply please send your CV by fax to 202619 or by email to yptc_recruitment@yahoo.com

Application Deadline: October 11th, 2006

Yemen Airways inaugurates new office

SANA'A, Sept.18 — Yemen airways, Yemenia, celebrated last Monday the inauguration of a new regional office in Djibouti.

On the occasion, Abdullah Lof Al- Mutareb, Deputy Managing Director for Commercial Affairs gave a speech in which he welcomed ministers, ambassadors, prominent personalities and all those who attended the event.

Al- Mutareb gave a detailed explanation of the new developments and expansion of Yemen airways network and talked on the new aero planes and new services offered by the company.

Yemenia was activating this line under the management of an agent prior to opening its own office managed by the



company officials.

This step is part of a plan aimed at expanding the operation network to increase its revenues and offer super services for its customers.

'The company approved inaugurating the branch in Djibouti to establish a stronger bond between immigrants and their homeland.' Al- Mutareb said. "For the time being, we have four flights a week to Djibouti and we have a plan to increase the number of weekly flights to seven.'

According to Al -Mutarreb, the company has changed the ticket-booking system from SITA-Gabriel to Mercator which belongs to Emirates Airlines. The company signed an agreement with Sabre

Company to activate revenue management system which will help increasing returns of

all seats offered on each flight.

The company also signed an agreement with Hitit Company concerning distinguished passenger. This agreement will help Yemenia observe the miles for each passenger and if the passenger has more than one flight on Yemenia, he will be treated with the Frequent Flyer Program (FFP) where he can receive free tickets or be entitled to upgrade to first class.

There are a lot of agreements the company signed to activate and moderate the styles of work. Nowadays the company is working on two major projects. The first project is to purchase smaller capacity aero planes to

increase the number of domestic flights which insure easy transport within internal airports.

Second, a contract is to be signed by Air Cargo Company. Air freight flights will be regularly set for different destinations starting from Sana'a to destinations in the Horn of Africa as a preliminary phase, and then flights will be extended to include other destinations

E-ticketing

Electronic tickets will start by the end of October 2007 and paper tickets will not be used at all. Also, passengers will be able to make telephone calls on board. Calls are either to be prepaid or via credit cards.



Republic of Yemen Ministry of Public Health & Population (Third time notice) "SERVICE PROCUREMENT NOTICE" Management & Operation services for the President Hospital Marib

CONTRACT SPECIFICATIONS

- Description of the contract**
Management & Operation services for the President Hospital Marib.
- Procedure of the tender**
International Open Tender.
- Contracting authority**
The Government of the Republic of Yemen, represented by the Ministry of Public Health & Population.
- Source of Funding**
A grant from the USDA (416 B) to the Ministry of Public Health & Population.

TERMS OF PARTICIPATION

- Eligibility**
Participation is open on equal terms to all natural and legal International Consultancy Firms or Organizations of reputation in the field of management and operation of hospitals.
- Number of tenders**
Tenderers (including firms within the same legal group, or other members and sub-contractors) submit only one tender. An entry fee of US \$ 500 is applicable.
- Tender guarantee**
Tenderers must provide a "tender guarantee" of 2.5 % of their offer for the contract when submitting their tender. This guarantee will be released to unsuccessful tenderers once the tender procedure has been completed.
- Performance guarantee**
The successful tenderer will be asked to provide a performance guarantee of 15 % of their offer before countersigning the contract. This guarantee must be provided within 15 days of notification by the Contracting Authority.
- Information meeting and/or site visit**
Site visits could be organized by the Ministry of Public Health & Population, with no costs incurred on the Ministry.
- Tender validity**
Tenders must remain valid for a period of 120 days after the opening date of tenders.
- Maximum period for the initiation of the service**
Within two weeks from the signature of contract.

SELECTION CRITERIA

- Selection criteria**
Compliance with technical specifications and capacity to execute similar contracts specified in the "Terms of Reference" for the (Management & Operation services for the President Hospital Marib).
a) Economical and Financial Capacity.
b) Professional Capacity.

TERMS OF REFERENCE & TENDERING

- How to obtain the "Terms of Reference"**
The "Terms of Reference" for the (Management & Operation services for the President Hospital Marib) is available from the following internet address: <http://moh.gov.ye>. The "Terms of Reference" is also available for collection from the Ministry of Public Health & Population at the address shown below. Tenderers with questions regarding this tender should send them in writing to the Ministry of Public Health and Population, Ministers Office, P O Box: 299, Sana'a, Yemen. Tel + 967 1 252 198 / + 967 1 257 775, Fax: + 967 1 252 247 (Mentioning the following; Management & Operation services for the President Hospital Marib) at least 3 weeks before the deadline for submission of tenders. The Contracting Authority would reply to all tenderers' questions at least 1 week before the deadline for submission of tenders.

- Deadline for submission of tenders**
The deadline for submission of tenders is the 29/10/2006. Any tender received after this deadline will not be considered.

- Tender opening session**
The public tender opening session will take place at 11:00 am local time on the 29/10/2006 at the Ministry of Public Health and Population, Ministers Office, Sana'a, Yemen.



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JOB VACANCIES

ISLAMIC RELIEF YEMEN

Islamic Relief Yemen (IRY - A British INGO) is announcing the following vacancies for National Professional Personnel based in Sana'a

- Position: Disaster Preparedness and Response Coordinator**
Reference: DPRC/IRY/3009

Responsibilities:

- Assist IRY to develop and strengthen its disaster preparedness capacity to respond to disasters in an effective and efficient manner
- Assist to reduce the impact of disasters on people / communities most at risk through capacity building and organizational development activities
- Coordination and liaison with stakeholders, and, policy/program development
- Design, implement, coordinate, develop, monitor and evaluate IRY's disaster activities in line with IRY strategy
- Provide direction and support to programme staff
- Establish linkages with GO, NGOs and other institutional donors
- Prepare project related narrative and financial reports for IRY and donors

Requirements:

- Graduate in Development studies or any other Social Science
- Minimum of 3 years experience in development and emergencies
- Proven experience in participatory assessment, programme planning and effective management.
- Excellent command of the English and Arabic languages (written and spoken)
- Ability to write proposals and develop linkages with INGOs and GO
- Skills in financial, time and management are essential together with working knowledge of Microsoft Word, Excel and Internet applications
- Database use, and advanced Internet search engine tools

- Position: Administrative Officer**
Reference: AO/IRY/3009

Responsibilities:

- Oversee purchasing inventory, transport and procurement of project material

Please send a copy of your CV latest by 14th October 2006.

Admin Department
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P O Box 15088, Sana'a, Republic of Yemen
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Applicants should be sympathetic to the values and principles of Islamic Relief
Islamic Relief is an equal opportunities employer. Only short-listed candidates will be contacted.

- Handle petty cash
- Assist in management; follow up, monitoring and carrying out different tasks related to custom clearance, vehicles, visas, etc...
- Assisting in different secretarial, clerical, administration and general services, like management and monitoring of stationary and other material in office, driver log books, compiling driver reports on car conditions, filling, etc...
- Maintain smooth office operations including provision and operation of equipment
- Perform other duties as deemed necessary

Requirements:

- University Degree in Business Administration or related field
- Minimum of 3-5 years of related experience
- Excellent command of the English and Arabic languages
- Experienced in using computers including (Word processing, Excel and PowerPoint)

- Position: Secretary**
Reference: SEC/IRY/3009

Responsibilities:

- Provide secretarial duties for the office
- Produce accurate correspondence, answering queries, diary management and maintenance of office records
- Develop and maintain filing system
- Communicate with other departments, local and international NGOs and other official agencies and governments
- Be responsible for the initiation, maintenance and update of a computerized data system to include all information about donors, other NGOs, government departments and different services within Yemen, and if necessary in some overseas countries
- Perform other duties as deemed necessary

Requirements:

- University degree
- Minimum of 3 years experience in secretarial work
- Experience in computer skills including (Word processing, Excel and PowerPoint)
- Excellent command of English and Arabic language

Ramadan in Sana'a: Full of activities and a new lifestyle

By: Fatima Al-Ajel
Fatima_fnjr@yahoo.com

In the evening on the last day of the month of Shawal, a cannon's echo is heard as the first sign of Ramadan. At that moment, Sana'a residents go out to congratulate each other and welcome the generous guest, which is Ramadan, while children sing Ramadan songs like: "Ya Ramadan, ya bo al-hamahim, idi il abi buqsha darahim."

Some Sana'a citizens have their own way of welcoming Ramadan. For example, in some villages around Sana'a, men burn large fires called *tansear* atop mountains by collecting numerous tires two days before Ramadan. All villagers then go out to watch the fire and exchange congratulations.

Features of Ramadan in Sana'a
Sana'a residents generally don't feel

that it's Ramadan until they hear the two famous Yemeni Qur'an readers, Sheikh Mohammed Hussein Amer and Hussein Al-Qaridi, especially before the fajr and magrib prayers.

While the streets are empty during Ramadan mornings, some children under age 9 exploit this fact by playing and enjoying time in their neighborhood without any interruption from cars, pedestrians, etc.

On the other side of the neighborhood, old women wearing the *sitarah* sit together, discussing what they did the day before. In fact, they go out to take care of their great-grandchildren because they can't change their lifestyle like others who sleep until noon. They awaken as usual in the early morning and take their great-grandchildren, silently going out without bothering anyone at home.

Before the noon prayer, they prepare themselves to go to the mosque. Unfortunately, the phenomenon of old women going out on Ramadan morn-

ings has begun to lessen in Sana'a society.

Ramadan youths and sports

Youths are more conscientious about going to the mosque during Ramadan and perform the five prayers there. Following the aser prayer, many youths gather to play sports, especially in public spaces. Some play football while others play volleyball. Their audiences are old men and children because girls aren't allowed to play or even watch the matches with men. However, some women hide behind kitchen windows to watch.

Before al-fitr, players stop the matches and go to break the fast together with others at the mosque. Everyone brings something with him, such as dates, shafout or salad.

Women's activities during Ramadan

Women spend more hours in the kitchen during Ramadan than the rest of the year cooking various types of Ramadan food. What's different in Ramadan is that most Sana'ani women like to listen to Sana'a radio and its programs while they prepare dinner because Ramadan programs are distinct.

Ramadan meals are rich with varied foods; thus, like other Yemeni women, Sana'ani women are professionals at preparing Ramadan dishes. Some foods are known only in Sana'a like *al-mateet* and *al-fattah* for the *sahour* meal, while *al-hareesh*, *al-hamdah* and others are for dinner.

Many Sana'ani women also go to the mosque to pray the taraweeh prayer, as well as on Friday and at the *isha* prayer. Following the taraweeh prayer, women expect visits, so they visit their relatives, friends and neighbors, exchanging special Ramadan



The hustle and bustle of the market intensifies as the Iftar time draws near.

YT PHOTO BY SADDAM AL-ASHMOURI

foods and sweets like rawani, qatayif and juices like qadeed, karkady, etc.

A child's life during Ramadan

Children are the happiest ones during Ramadan, even if they know little about it. They just know they can play for a long time in the mornings on the empty streets, as well as go out and play in the evenings. All sweet shops are open, zones are lightly-filled with people and everything is safe.

Children over age 9 begin practicing the fast. Their parents encourage them by giving them two choices: either fast until noon, eat lunch and then continue fasting until the magrib prayer or fast one day until noon, do the same the next day and then combine the two half days of fasting to

make one full day. Children are happy with this choice because it makes them feel that they're like the older youth who can fast.

Ramadan markets

Both men and women are more interested in shopping during Ramadan. Food and vegetable markets are filled with customers during the first part of the day, while Jamal and Hayel Street markets, or *souks*, are full in the evening. Only Bab Al-Yemen and Al-Zomer markets are full all day long because they're where customers and visitors can find whatever they want mixed between old and modern goods.

Bab Al-Yemen merchants begin opening their shops at noon. Some

talk to their partners while others busily read the Qur'an until the souk becomes crowded with customers. Ramadan markets are crowded with men and women until midnight.

Elderly Al-Zomer merchant Al Hajah Jomah Al-Thaneaf says, "I've worked as a seller for 40 years and I can see the differences in Ramadan's features from the past up until now - everything's changed. In the past, people didn't find much food to eat but they were satisfied and happy. However, many people now are rich and many, many things are available, but there's no happiness or comfort."

During the last 10 days of Ramadan, people are busy with Eid requests, so markets will be crowded with even more customers then.



Ramadan is a great opportunity for old Sana'ai women to get together.

PHOTO BY ARWA OTHMAN

Housewives help with Ramadan food

JEDDAH, 30 September 2006 — For those people tired of having fast food, Saudi housewives are joining the Ramadan rush by selling quality prepared home cooked meals at extremely reasonable prices.

All across Jeddah, women are advertising their cooking expertise by word-of-mouth, which is gaining popularity.

Housewives of middle-income families and female university students are joining the competition to sell food and taking advantage of the month to attract as many people as possible.

According to housewives, Ramadan, Eid and other family occasions are times when home cooked meals are in exceptionally high demand.

Unofficial statistics show people spend approximately SR140 million in the month of Ramadan on buying cooked food. To meet the growing demand, the number of women turning their kitchens into businesses to sell food has increased in the last two years in Jeddah.

The phenomenon can be gauged simply by the number of signs that women leave around in supermarkets and on lampposts advertising the different delicacies they cook.

Arab News met some housewives who explained that cooking was an easy way to earn some extra cash. Many of these women reinvest their profits into cooking more food and ultimately make more money.

"I initially spent SR5,000 on purchasing foodstuff to start the business. The costs increase when we get the maids to help us prepare food. Maids are important especially when the business begins to grow," said one housewife whose business is thriving.

Many housewives say that the main problem they face is in marketing their fresh food items. "Some shops

charge huge amounts of money to display food. Another problem is with advertising. The main way to advertise food is by word-of-mouth. Most of the customers are regulars and the



ones that are new have usually learned from other people," said Um Fatima. Um Muhammad, a housewife and mother of five, said, "Preparing food depends on the demands of customers. Some Ramadan recipes take more than seven hours to prepare. We usually start cooking after 12 noon so we are able to deliver by 5 p.m."

She added, "I decided to get in this line of business to generate another source of income to help meet house expenses. I have to earn money to pay for my kids' education and meet their daily needs. The business is increasing and I am looking for help to keep up with the increase in demand."

According to many housewives, daughters who are studying at college and university help in the kitchen to prepare meals for sale.

The main challenge that many housewives face are restaurants that are able to cook en masse in a short time using the latest technology. Housewives rely on their cooking experience and expertise to meet the stiff competition from well-established restaurants.

Meanwhile, the Jeddah Municipality is providing rented kiosks for Saudi women to sell food in downtown Jeddah. The municipality has already issued more than 400 permits for the month of Ramadan.

Source: Arab News

Women juggle all and more during holy month of Ramadan

By: Pakinam Amer

When Omniyah Mohammed comes home from her day job as a teacher in Cairo during Ramadan, she is glad that at least the school day is over early.

Still ahead of the middle-aged mother of four is the job of cooking the sumptuous evening feast which ensures much of the fun spirit of the Islamic holy month. Following Muslim tradition, her family often invites relatives, neighbors and friends to share it.

For Mohammed, as for many Muslim women across the world, Ramadan means not just a month of spirituality but also a lot of extra work - with constant juggling between day job, household, preparing the feasts, and observing the religious rituals which include fasting during the day and praying all through the night.

The challenge for Mohammed, she explains, is to get closer to God during Ramadan amid all this clamor.

"I love reading Koran, it really raises my spirit. I really love going to the Tarawih prayers (prayers of comfort) every night," she says. But throughout the month, she has to struggle to pray as much as she wants or take 'spiritual quality time' for herself, she adds.

"I really wish they would give us a break during the month, so we (women) can fully abide by the religious ritual," she says.

During Ramadan, the woman is usually the unsung hero. And cooking for the whole family is often not even her only concern. Doing good for others - for Muslims an act greatly rewarded by God especially during Ramadan - is usually a task also handled mostly by women.

Many women, often with their children in tow, attend to visitors in mosques in poor areas. Others enlist in charity activities and community work in hope 'of gaining more thawab', the reward of blessing' for doing good.

Noora Khorshid has both a day job and a community service duty during Ramadan. Together with her friends - also in their early twenties - and relatives they have set up what they call a

'food bank for the poor.'

Beginning weeks before Ramadan, they first visited poor areas to do a rough social assessment, and then set up a plan for the holy month and began to collect money and other donations.

"We distribute food everyday among the fasters in these poor areas, and in the streets. We do it ourselves, sometimes we have men to help. Sometimes, we have to rent a small truck to carry the food for us," Khorshid says. "We also buy water dispensers and set them in different places."

Despite the vast amount of pressure, juggling work, worship and charity efforts, there usually is 'a beautiful spirit', Korshid says: "We laugh as we work together. It's fun."

Basma, who did not want to disclose her family name, is another example. A mother of two, a pharmacy owner who gets no help during Ramadan, she manages to cook for everyone including several of the poor in her area.

"I start preparing before Ramadan, because for me what is important is not just to feed those close to me but also

to feed the needy and the poor," she told Deutsche Presse-Agentur, dpa.

By contrast, Heba Hassan, a 23-year-old stay-at-home wife, says she decided not to follow her family's tradition and hold grand feasts. She doesn't even want to be invited herself, she said. Her husband also has no time to help her because of his work as a medical doctor, she said.

"I choose to enjoy Ramadan instead. In general, there is more religious awareness now. I don't waste Ramadan in setting up meals, but in getting closer to God," she says.

Nevertheless, Hassan says her duties during Ramadan have changed dramatically since she got married less than a year ago. Before, she would spend most of her day studying, watching television and occasionally helping with setting the Ramadan table.

"Now my day routine is different. I am in charge of a household, so I take care of everything," says Hassan. Being on her own most of the day, Hassan gave more attention to worship and to the kitchen.

"I would wake up at noon, after

spending most of the night and dawn praying and reading Koran, and go straight to the kitchen," the young woman tells dpa as she sits with her legs crossed on the floor of one of Cairo's biggest mosques.

She also has become more observant of Ramadan. "During Ramadan, I have the Koran on all the time (on radio) especially while I'm working? Either this or I open an Islamic channel to listen to religious sermon."

Many women agree that - despite the extra commitments, the running-around, and also the sleepless nights - Ramadan is a unique experience for them.

"Despite the endless work, no one can imagine how thrilled I am during Ramadan," says Khorshid, the active charity volunteer. "I feel peaceful. With what I am doing, I'm not focusing on me, for once, but on the people and on making them feel good during Ramadan."

"The worship of Ramadan is what gives me the spiritual push for the months to come," says Hassan.

Source: Deutsche Presse-Agentur

Words of Wisdom



Parents and family elders are not providing good role models, either. Many adults spend their time chewing qat and watching satellite TV programs that represent the lowest common denominator, the children's recreational needs are mostly neglected, leaving them to wander off into the streets and mix with bad company.

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

OUR
OPINIONThe oath, the hammer
and the throne

This title might sound like a famous legend, yet it is just a personal narration of a very important hour in Yemen's political history.

On the 27th of this month, Wednesday at one in the afternoon, to be precise, journalists gathered at the Ministry of Information to attend the swearing-in of the old/new president of Yemen.

Among high security measures, we were transported and admitted into the parliamentary building and seated at the balcony. A view from which, all the commotion and excitement beneath could be felt vividly. Shortly, the most powerful man in the country will take the presidential oath inaugurating another 7 or 5 years presidential term.

Ministers, ambassadors, military and civil officials sat along with MPs and members of Al-Showra council awaiting the arrival of Saleh. He is a man with a lot of charisma, as he entered, everyone stood up and clapping and acknowledging the grandeur. He smiled briefly and saluted the audience before taking his place at the podium. He did not require the least of gesturers to direct him where to sit, smoothly he eased himself into the most prominent seat, the speaker of the parliament's chair at center stage.

Starting the ceremony with the national anthem, everyone stood up again and shortly a member of the parliament's administrative body took the microphone and launched on a 15 minutes praise of the man, the achievements and the moment. President Saleh was partially listening to the familiar words, when he started fidgeting with the speaker of parliament's hammer while scanning the attendees. I wonder what was going on his mind that made him repeatedly slap the hammer on his palm while reviewing the people's faces who's starring eyeballs followed the swings of the hammer. Was it a message to be sent at the start of a new era, I hope not.

Soon enough President Saleh was called to take the oath. There he stood casually and read the words he spoke at least twice before, "I will materialize the will of the people, respect the constitution and the law... I promise to adhere to the principle of peaceful transition of power." In less than two minutes, what we all came for was over. But then he took another 5 minutes to tell us more. With one hand in his pocket, he stood there telling us how he will make sure the new term will be full of development and achievements. "We will provide jobs, eradicate poverty, fight terrorism and encourage investment," Saleh spoke, and clapping followed after almost every sentence with everyone listening to their dreams been woven from promises. Eventually we all stood up again to the national anthem and then the ceremony was over. We saw him exiting while waving to the still standing crowd and nodding his head to familiar faces, and we thought to ourselves, there goes our ruler.

Nadia Al-Sakkaf
Editor-in-Chief

September Revolution,
Will of a homeland

Talking about the revolution has remained to be associated with two impressions, sticking together in the mind of whoever remembers the time and knows the reality of what happened on the 26th of September, 1962. The first impression is associated with pain and grief as well as anger against a period of time that raped the will of the Yemeni human of a free and dignified life. A time dragged him onto courses of humiliation at the hands of those kings who made of themselves divine gods affecting every individual of the powerless people under the yoke of hunger, poverty, illness and ignorance with their curses. Tribal wars destroy every beautiful dream in eyes of children and upcoming generations to nip it in the bud before it could grow and get closer to reality.

The second impression is embodied by the feeling of self-esteem. The power of people's will and willingness to sacrifice led the revolutionaries of the 26 of September to conquer the legend of the imamate nightmare. It is a feeling that still creates pride of that historic day. This feeling increases our enthusiasm in order to convey these two impressions to our children to realize what kind of a nation is our Yemeni one and with what will our men had destroyed the strongholds of tyranny and sacerdotalism.

With 43 years passing since the revolution we find ourselves wondering why the regimes choose tyrannical and despotic systems whereas among other systems we preferred justice, and respect of human rights. We ask why some rulers do intentionally starve their people when they are able to help them earn their living with dignity.

We may tackle these matters through their humanitarian and conscientious perspective but the political meaning will however impose itself in any way and situations. When the talk broaches the imamate period we find ourselves indulge in talking about the story of a family that inherited governance of Yemen throughout years, their good and bad. All that family's goal was to preserve its own interests



By: Dr. Ibtihaj
Al-Kamal

in keeping the rule inside the family of Al-Hamidudin. Their interests had priority to the rest of the Yemeni people, which means the family would inevitably get confronted by others whose interests are in contradiction with that family, but the Al-Hamidudin family may not go beyond protection of the monarchy rule.

Tribal dispersion, consolidated throughout historic periods and the continued mutiny against the authority led to double the feeling of danger among the ruling family but instead of thinking of cleaver and good solutions to remove danger via peaceful political means and ways the imamate authority rushed towards options of oppression and killing the opponents and imposition of collective punishments which worsened the situation an increased insistence of those against the rule to go ahead in resistance and struggle and confrontation.

The major problem that toppled Yemen's situations during the imamate rule and led to the ruling system was the system was unable to establish its suitable political institutions with which to manage the rule. The harsh methods some imams used to practice had made the people tolerant without taking into consideration the size of sacrifices or the consequences that may affect them as a result of hat they were doing. This explains the succession of rebellious movements and revolts in the middle of last century.

The collective punishments made the Yemeni people loose all sources of their livelihood and put them in severe poverty in a way some people were forced to tie stones to their abdomens out of hunger. Therefore the economic activity came to a halt and the world began to hear about death creeping to different aspects of the Yemeni life. Thus the Yemeni's were not caring to live or die with the sword of the imam for both of them meant the same pain and suffering. The Yemeni motives of values and norms, preferred to meet a dignified death in struggle fields with a feeling of optimism that the day would come when they would get rid of those tyrannous burdens they were suffering

from under the rule of the imam and injustice of its acts, and so was the choice of revolt.

The recollection of the meanings of the 26 of September revolution may lead us to a fully similar remembering of both the revolutions of 14th of October and 30th of November led by our Yemeni people in the southern parts of the country which were groaning under the British occupation for under a century and a half.

If the imams had found in suppression a means with which they thought they would muffle the voices of those opposing their policies, the British were not different in this choice and so they practices various types of tyranny against the our people there to extinguish the fires of their wrath that was rejecting colonialism so they faced the same shameful destiny of defeat and leaving behind them a country confronted with challenges of poverty, backwardness and ignorance and disease as we as a completely collapsed infrastructure and the worst economic situation.

Remembering the revolution is a lesson with which the Yemeni people will be renewed, that will of protecting their national gains and defending them with whatever dear and also to work with all possible energies to consolidate this great revolution's principles which delivered our Yemen and people from the abyss, and led them up the steps of their human glory under which it is now practicing democracy, enjoying human rights and various types of freedom as a natural deserve for the people struggle and sacrifices they offered in all their revolutions.

I believe all the present political forces have to realize the great difference between the two periods, before and after the revolution. They need to be aware of their responsibilities and not to stop at the boundaries of celebration protocol on the anniversary. They have to ponder long the revolution's political implications stressing how negligence of political dialogue could lead to estrangement and then to conflict which always leads to partition of our homeland.

Dr. Ibtihaj Al-Kamal is a female political activist and the general manager of the national medicine supplies program.

Source: Nabaneews.net

Increase working hours the solution

The green leaves of qat have become the main preoccupation of the Yemenis since it was introduced in the third century. Consumption of this tree has created a negative social habit and the expansion of its plantation at the expense of other crops. Daily it leads to the decrease of trade exchange of Yemen. This situation is reflected negatively on the level of the individual income especially the

process of development.

Economic analysts believe the reason of the low level of the individual income in the third world is a result of decreased production because of a vicious cycle where the cost for financing the process of production rises and leads to deterioration in the level of the individual income.

Yemen suffers from an additional impediment. It's the addition of qat as an endemic habit that must be confronted with resolution and fighting qat has to be the strategic factor for the new government until it manages to put an end to this wicked habit dominating our society.

I think we can overcome this problem by issuing a system increasing the daily working hours to eight hours at an average of 40 hours a week, as other countries do, and to prevent employees at state and private sector institutions from chewing qat during the working hours.

The prevention should be characterized by persistence and stability until qat-related concepts and impressions dwelling in the minds are changed. It should be backed up with a persistent and regular media campaign, including the religious address, as we are considered a



By: Mohammed
Al-Ghazali

religious society. Other measures in this regard have to include levying progressive taxation on the growing and selling of qat, continuously encouraging of sport and cultural clubs and libraries, preventing officials and frequenters of those clubs from chewing qat, continuous

encouragement of farmers to plant profitable crops and organization of their marketing, exportation and buying so that it would not reflect negatively on farmers who plant these crops other than qat.

We are all certain the time we stop gatherings or sessions of qat-chewing then the country's backwardness for tens of years and to be replaced by additional working hours, which is a first of priorities, we will take long steps to raise the level of economic growth and by that we may traverse long distances towards development. If otherwise we will not change our present state the coming generations will be living in a state of deadly loss.

Mohammed Al-Ghazali is a Yemeni journalist at the military magazine "Al-Huras" and a sergeant at the army.

(alshikhm@yahoo.com)

SILVER LINING

Islah and the two
Sheikhs challenges

Last week, I talked about the challenges of the post-elections era, mainly those of the winner.

Here I want to discuss the main challenges awaiting the opposition coalition. I believe nobody can neglect the important role Al-Lika Al-Mushtarak played in the recent elections. They should be proud they put a serious challenger up to President Saleh, giving the people of Yemen the right to have a real choice for the first time in their life. This is a great achievement despite all the irregularities and shortcomings. I think Faisal Bin Shamlan is the man who should command the respect of everybody as he has given the country and the people a real sense of pride.

One important issue which has to do basically with the Islah and their two Sheikhs: Abdullah Al-Ahmer and Abdulmajed Al-Zindani. The two men are holding the most important positions in the party. However, during the elections they worked against the interest of their party and its political platform. They violated its rules. It is ridiculous to find a leading politician supporting the rival of his party. Sheikh Al-Ahmer backed the GPC candidate which definitely affected the position of the opposition. Even if this is personal view, it is unacceptable in the culture of politics.

Similarly, Sheikh Zindani supported Saleh, abusing the position of his party. Although, he did not declare openly his support of Saleh, he never showed any support for Bin Shamlan or attended any of his elections rallies. And by such failing, the two Sheikhs contributed to the failure of their party. I wonder why these two people should continue to lead a party to which they are not loyal. They are really a heavy burden on Islah whose leaders have to discuss their future position in the party very seriously.

Another important issue is that the opposition should address their shortcomings and substantially scrutinize the reasons of their defeat. The most important challenge is to keep their coalition together.

There are now rumors Islah feels its coalition with the Socialist and the Nasserite parties contributed into its defeat, particularly in the local elections. I think such allegation is not true. The coalition of these political parties with different political ideologies is impressive. The presence of Islah in this coalition has helped the party to go beyond its Islamist agenda into a real political party with a genuine platform. The ruling GPC will continue trying to attract other parties, mainly the Islah and the Socialist, in an attempt to split their coalition. The protection of this coalition will guard the democratic experience.

The opposition defied Saleh to the last moment and challenged him seriously during the elections. Therefore, their supporters expect to see improvement in the work of these parties. They want to see these parties more involved in the lives of the people, challenging the wrong policies of the GPC.

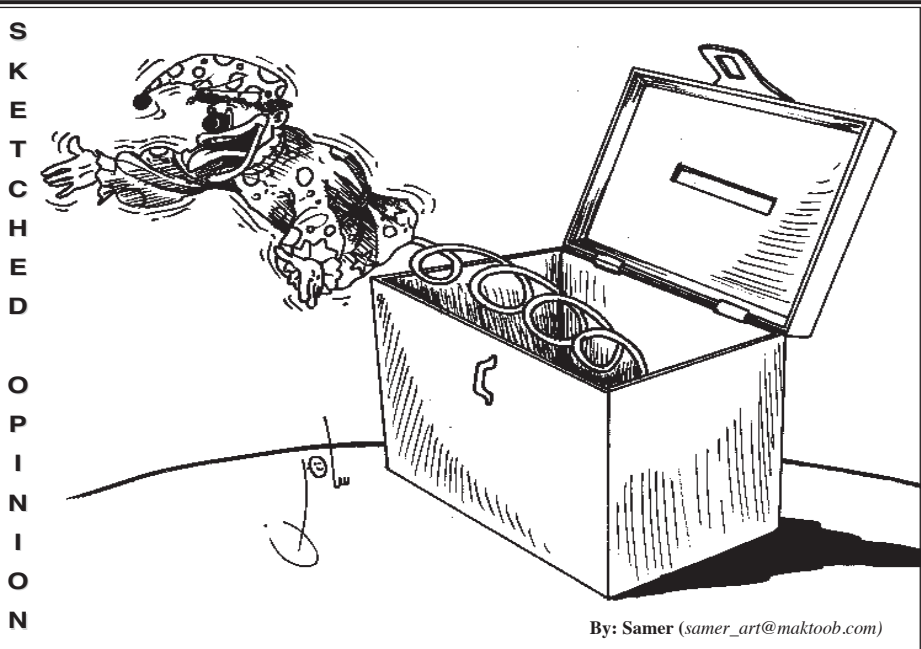
By and large, the existence of a strong opposition is also in the interest of the GPC as it will truly boost the democratic experience. It was a serious and real contest in the recent elections by the opposition that invited the respect and praise of everybody.

The French embassy and media

Some of the Western embassies always underscore the right of the people to be informed and criticize the Yemeni government policies on access to information. But, when these embassies become the source of this information, they act even worse.

Let us take the latest kidnapping of the four French tourists. The French embassy refused to talk to local journalists, but did talk to French media. When the tourists were freed and brought back to Sana'a via a military helicopter, a pack of journalists like hungry wolves were waiting at the gate of the airport. We waited hours but we told they went through a military airport. Then we were told they were at the interior ministry and then at the French ambassador's residence. We could not talk to them. The same thing took place during their departure the other day. We waited at the airport more than three hours in the cold weather with no avail. They escaped secretly. I do not really why the French embassy did not want them to talk to the media in Yemen while they had a press conference upon their arrival in Paris. It is ridiculous of the French embassy and the interior ministry to behave in such a way with the media. We want our interior minister to learn something from these Western embassies that they can never ignore the right of their people to know and without reluctance give information to their local media. Our minister promised to set up a media center and facilitate the flow of information but the promise is stuck. Will this guy show one day any respect to his people and their right to know?

Mohammed Al-Qadhi is a Yemeni journalist and columnist.
(mhalqadhi@hotmail.com)



By: Samer (samer_art@maktoob.com)

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Tel: +967 (1) 268-661

Fax: +967 (1) 268-276

P.O. Box 2579, Sana'a, Yemen

E-mail: editor@yementimes.com

Advertisement: ads@yementimes.com

Letters: letters@yementimes.com

Publisher & Editor-in-Chief
Nadia Abdulaziz Al-Sakkaf

Managing Editor
Dr. Hamdan Zaid Dammag

Head of News Dept.
Mohamed bin Sallam

Head of Design Dept.
Ramzy Alawi Al-Saqqaf

Editorial Staff

Al-Ajel, Fatima
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Al-Mayasi, Yasser
Al-Omari, Moneer
Al-Saqqaf, Raidan
Khidhr, Mohammed
Patterson, Dana

Offices

Aden Bureau:
Ridhwan Alawi Ahmed
Tel: +967 (2) 347-057, 346596
Fax: +967 (2) 347056
Email: ytaden@y.net.ye

Taiz Bureau:
Imad Ahmed Abdullah
Tel: +967 (4) 217-156,
Telefax: +967 (4) 217157
P.O.Box: 5086, Taiz
Email: yttaiz@y.net.ye

Ibb correspondent:
Nashwan Dammaj
Mobile: (+967) 733840609,
Email: naschuan2000@yahoo.com

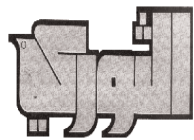
Hadramout Correspondent:
Saeed Al-Batati
Mobile (+967) 7783733
Email: albatati88@yahoo.com
Fax: +967 (05) 360303

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Yemen Press Review

By: Mohammed Khidhr



Ath-Thawri weekly, organ of the Yemen Socialist Party (YSP), 28 Sep 2006.

Main headlines

- Described the results of the ruling party victory as direction imposed on the people, Bin Shamlan: the elections changed from democratic festivity to mourning
- Dr. Yassin: the SCER played down the wills of the masses and the change
- The general secretariat calls on the JMP and the YSP's to maintain peaceful struggle for the effect of change
- The JMP: The declared results lack the people's support

In his front-page article, writer Khalid Salman says when we took part in the elections we were aware enough of the imposition characteristic of the regime and its hostile essence to the extent of bloodshed versus the idea of change.

When hundreds of thousands and millions cast their sight towards embracing the ideas of the change we were certain that an authority refusing to allow using the Sabeen Square to be used for holding the JMP rally would not hand over for whatever consequences the presidential palace or step down from the decision.

While knocking at the door of change and writing for the people the most beautiful days on the page of tomorrow which they have not experienced yet, we were not ploughing the sea. We were aware of consequences of this option and that the introspective thought and besieged behind the place walls with illusions of grandeur and absolute leadership, will not give in to peaceful options void of the smell of

powder or plots of jumping over to power. We realized that this thought handover the rudder of Yemen's ship; it would not resort to a polling box or announce that the election card is more sacred than a coup tank. We were and still are aware that the change is more complicated than toppling a regime with a knock out hit. The change is a continuous action, accumulation of experiences, refining of wills and ripening of ideas and mechanisms, of which reins we have now taken hold.

Now time has come to re-read the scene and pave the road of change with clear visions and to go together; people and opposition towards achieving it.



Al-Nidaa weekly, 27 Sep 2006

Main headlines

- Report on performance of the press during the electoral campaign period: Visual and audio media biased to the GPC, "al-India" the most independent newspaper
- In Shamlan promises to maintain peaceful struggle for the change
- Electors cast their votes to Nassralah and Bin Laden, others recalled the slogan of the Houthis
- The GPC captures local councils seats; the Islah loses its seats in the major cities

Writer Mohammed al-Ghubari queries about what would be after conceding results of the presidential and local councils elections, affirming that should be answered by the parties of the Joint Meeting Parties (JMP).

Eng. Faisal Bin Shamlan scoring of a proportion of 22%, which is close to that which the Islah gained in the previous parliamentary elections in 2003, it is less than what the 30% the JMP

gained in those elections.

Before entering the presidential race it was obvious that the betting was on two matters in the confrontation. The first of them is that president Ali Abdullah Saleh is not capable enough to vie the Islah which owns a strong organizational structure and the latter is not able to bear a decision of not participating in the elections and subsequently taking out legitimacy from a man allied with it for more than two decades because that will be an introduction of a vertigo none knows its end.

Now the elections have come to end, what has clearly appeared is that the president wanted to subordinate the Islah and leaderships in the JMP that he saw they have reacted to his attempts to conciliate with rejection. Therefore he has mobilized all power of the state and its institutions and invested his personal abilities for the realization of that end. Maybe the force with which the opposition appeared with the beginning of the electoral campaign has increased fears of the man that the situation will become more serious and to find that his competitor has won the presidency.

The opposition has retained the same asset it had in the latest parliamentary elections but in the ground it lost a large portion of local councils seats. It was also incapable of winning around 600 thousand electors the election commission has cancelled their votes because they were not convinced in the opposition address, or it did not reach them. It has also been clear that the opposition could not convince around 4 million voters who did not vote in these elections for many reasons, among them maybe their non-confidence in effecting a change of the ruler via ballot boxes and of less importance the rumored fear of the possibility that acts of violence may happen in the day of election.

The after elections period the JMP is required to evaluate its performance and study its failures and its successes.

It has also to ask why the ruling party has managed to restore its self-confidence in the last week of the election campaign and to change from the state of defense to offensive.



Al-Wahdawi weekly, organ of the Nasserite Unionist Organization (NUO), 24 Sep 2006.

Main headlines

- To study developments of the election process, the JMP calls its leading bodies to a meeting
- Al-Yazidi: 20 September, a partisan battle but not electoral
- Democracy of the ruling party, killing, aggressions, plunder, besiege, fraud
- Violations of the ruling party delay announcement of local councils elections results
- The international mission criticizes the ruling party's assailing of the JMP

Writer Ahmed Saeed discusses in his article impressions on the recent elections in Yemen saying the impressions I could gather on the experiment of the presidential and local councils elections that took place in Yemen at the end of last week put all before a group of doubts regarding information the supreme Commission for Elections and Referendum had derived with respect to results it announced on the elections.

That has made it loose credibility of its work and the scientific ability to administer the electoral process and consequently led to confuse the recipient of that information including citizens, the press and other media. In the work of the commission it was clear there was contradiction in the information given by it, which is supposed to

be field information affirmed by statements of vote-counting signed by concerned committees.

Responsibility as a value and feeling as conscience dictate that all are Yemeni but seems to have been lost among members of elections commission. Bias to the side that is more powerful in influence and potential prevailed at the expense of the other party that represents part of the people. The result of that stance was violation of the law and the constitution and resulted in many fears especially after rigging of figures concerning results of voting and insistence on announcing beforehand the victory of certain candidates.

Because of these violations wouldn't the election commission be an object of skepticism and one of the cases of violations and mistakes that the law must pay attention to in order to change he status and style of the commission's work as a first step concerning all of the violations the democratic experiment has faced?



Al-Wasat weekly, 27 Sep 2006.

Main headlines

- After its threat to call people to take to the streets, the JMP recognizes results of elections and Bin Shamlan describes elections as mourning
- Following weeks of kidnapping French, the government concedes to kidnapers demands
- Al-Mutawakil calls the opposition for evaluation of the electoral process and to work on the program of political reform
- SCER announces completion of local councils vote-counting
- Ten people die in fire in Aden

Sudden rise in prices of foodstuffs

Editor in chief of the newspaper says that anxiety of elections ramifications has overshadowed the joy in the advent of the holy month of Ramadan and preparations for it. It seemed as if the Ramadan advent has surprised the people who amidst their preoccupation with the elections have forgotten providing requirements of this holy month.

Several occasions gathered in this holy month. In addition to the fact that the month itself is a great occasion it happened that its advent to be coinciding with announcement of the results of the presidential elections, which is an important event for which we seize the opportunity to congratulate the president on his victory and also in this holy month we are celebrating two dear occasions: the 26 September revolution and the revolution of 14 October.

No doubt, after the local councils elections and the presidential elections that witnessed a real competition, has conveyed a message of great importance to the president who I think has understood fully. What happened during the electoral campaigns is that they were not all gatherings declaring allegiance to him, but in some governorates they were permeated with stances refusing him which the president received with open-minded. I believe the president has perceived the gist of that rejection, of course it was not for his person but rather a refusal of policies and behaviors of officials who have not added something to the governorates and areas they have been responsible for.

In his speech delivered at the 44th anniversary of September revolution the president pledged to implement what has been stipulated in his election and political platform. This is a matter implying confidence and insistence on carrying out such promises that have become representing a contract between him and the people who voted for him.

Tony Blair's long goodbye

In early 1999, Paddy Ashdown, then the leader of Britain's Liberal Democratic Party (and since then, as Lord Ashdown, Europe's envoy in Bosnia), was found with a woman not his wife and forced to resign his post. In his diaries, he describes calling on Prime Minister Tony Blair to inform him in advance of his intention to quit:



By: Christopher Hitchens

"Blair said: 'Going is the most difficult thing to do in politics. Too many people stay for too long. I would rather stop when people said, "Why is he going?" than when they said, "Why isn't he going?" Or, even worse, "When is he going?" I hope I will be able to do it the same way.'"

This leaves us with an enduring mystery. Britain's most adept and skillful politician has evidently known for years exactly what not to do about arranging his departure, and yet he has chosen to ignore his own advice.

The mystery deepens when we recall that this consideration has been a part of Blair's calculations ever since he became leader of the Labour Party in 1994. At a dinner in a London restaurant named Granita, in what has since become the best-known coffee-stage chat in British history, Blair made a proposal to Gordon Brown, his rival for the leadership. That proposal fell in two parts. He, Blair, was demonstrably more "electable," and should lead Labour in deposing the ramshackle Tory regime of John Major. Then, with Labour in power, Brown could expect in due time to receive the mantle. On this condition, Brown agreed to give Blair a clear run.

That was three elections ago. What has kept Blair going? When I called on him in January this year, his press officer advised me not to bring up the obvious question. (I readily agreed,

since an unanswerable question is a waste of time.) But no sooner had I asked the Prime Minister how he was than he replied with a grin: "It's nice to know one doesn't have to fight another election."

So there was the topic, inescapably, right in the middle of the room. For the rest of the conversation, and on the trip to the outskirts of London that I also took with him, Blair talked and acted as if he had a full Prime Ministerial agenda on everything from global warming to the reconstruction of Afghanistan. He also behaved, when talking to voters and citizens, as if he was tirelessly running for office for a fourth time.

Some of the motivations for this are purely human: he likes being Prime Minister and is good at it. Moreover, next year he will have been Prime Minister for a decade, longer than any previous Labour leader. A little longer, and he would outlast Margaret Thatcher's record-breaking tenure, which must have been a temptation.

But Blair inexplicably chose to compound the mistake he had made with Brown, by announcing publicly, after having defeated the Tories for the third straight time, that he would not stand again. From then on, there was really only one question on peoples' minds, and it was the third - the worst - of the three questions he had mentioned to Ashdown: "When is he going?"

Blair ought to have known that politics is a pitiless business. For years, his backbench members of parliament kept quiet because they knew that they owed their seats, and their majority, to him. Now, with the country insisting on an answer to the question he posed, they see him as a liability. And the trade unions, whose power he has done so much to reduce, have been

open in saying that they want a new party leader. Thus, his announcement that he will leave Downing Street next year is no more than a reluctant acceptance of what has been reality for some time.

No politician is free from a sense of destiny, and I think that Blair's got the better of him. In the decision to send British forces to defend Sierra Leone from a barbaric invasion from Liberia, he faced down all those who warned of disaster and won great moral credit. In deploying soldiers to Afghanistan and Iraq, he was convinced that he was both morally correct and politically right to stand by Britain's main historic ally, the United States. (It is reasonably certain that he would not have trusted Brown to do any of these things in the face of any serious opposition, and also reasonably certain that he was correct to think so.)

When I first interviewed Blair, as newly elected Labour leader in 1994, he answered my question about the role of his Christianity in his politics by saying, "I can't stand politicians who go on about religion." If I had to date the moment when my own misgivings about him began, it would be the time - starting after September 11, 2001 - when he began to emphasize his own "faith" as a motivating factor in his moral stand.

A saving element in British politics is that such appeals are usually considered embarrassing. They may also suggest a slight tendency, on the part of those uttering them, to believe in some kind of supernatural endorsement. So Blair's concession that he must leave office, a decision so long postponed and so disastrously protracted, represents among other things a triumph of the mundane over the permanent temptation to believe that politics is about anything else.

Christopher Hitchens is an author, journalist and literary critic.
Source: project-syndicate.

The U.S. must look to its own Mideast interests

By: Robert Malley and Aaron David Miller

Washington - Once a fatal attraction for Ariel Sharon, Lebanon has become a fatal distraction for his successor. Ehud Olmert's capacity to take action has been severely undermined, and his options for moving forward have been dramatically reduced.

A weak Israeli prime minister is not good for U.S. policy and bad options for Israel generally have meant bad options for the United States. But America has its own vital interests in this region and, Israel's constraints notwithstanding, must attend to them now.

Lebanon has proved once again that it is a morass for anyone foolish or unlucky enough to get caught up in its embrace. This summer's war has damaged Olmert's personal credibility, undermined his ability to govern, and led to a politically torturous process of internal examination that could shorten the life of his coalition and government.

Lebanon's weak central authority and Hizbullah's effectiveness ensure that U.N. Security Council resolution 1701 will never be fully implemented and that Olmert will continue to be judged by the unachievable goals he set for Israel when this operation began.

Lebanon will also take its toll on the principal issue on which Olmert campaigned and was elected: disengagement from parts of the occupied West Bank. For now, Olmert's agenda has taken the unlikely shape of a drive to rebuild the war-damaged north, a laudable goal no doubt, but hardly a cause that

can fill the yawning political vacuum.

For a U.S. administration that has essentially deserted the Arab-Israeli arena and in effect followed Israel's lead, this does not bode well. Yet it should be seen and seized as an opportunity for the United States to define policies in the region that will promote its interests and can at last begin to undo the harm inflicted by six years of diplomatic neglect. None of this need come at the expense of Israeli interests; indeed, most of it would in fact serve Israeli peacemaking options over time.

What would such a retooled policy look like? There is a temptation in Washington to focus primarily on Lebanon. It is understandable, but it would be wrong. Dealing with Lebanon to the exclusion of all else contributed to the latest crisis, and could fuel the next.

Instead, the United States should broaden its diplomatic reach. This would entail engaging Syria, with eyes open and expectations low, on the subject of Lebanon, of course, but also on bilateral issues and an eventual resumption of negotiations with Israel, which President Bashar al-Assad reiterated was his wish as recently as this week.

The Israeli-Palestinian conflict, which remains the core issue in the region, also requires a fresh approach.

A national unity government between Fatah and Hamas appears within reach, and the Europeans seem prepared to resume assistance to such a government once it takes shape. Should this happen, America shouldn't stand in the way -- regardless of whether Hamas recognizes Israel or formally renounces violence.

Instead, the United States should see this as an opportunity to achieve what is achievable: a Palestinian cease-fire involving all armed organizations, a halt to all Israeli offensive military actions, and the resumption of normal economic life for the Palestinian government and people.

Though there may well be no possibility for a negotiated solution of the Israeli-Palestinian conflict by the end of this administration's term, the United States must, together with European and Arab countries, put forward an inspiring, detailed vision of a comprehensive settlement. For years, a debate has raged in Washington over the desirability of such a move, with powerful arguments marshalled against it: the time is not ripe; Israel will object; failure to implement the vision will discredit it.

All true, but at this point superseded by an overriding concern -- the dizzying collapse of America's reputation and standing in the region at a time when Washington is more heavily invested in it than ever.

It's hard to imagine the U.S. administration embarking on any, let alone all of these steps. Yet all are desperately needed. And one can always hope.

Robert Malley, former special assistant to President Bill Clinton for Arab-Israeli affairs, directs the Middle East program at the International Crisis Group. Aaron David Miller advised six secretaries of state on Arab-Israeli negotiations. He is a public policy scholar at the Woodrow Wilson Center. This article is distributed by the Common Ground News Service (CGNews)

Ramadan 2006 (Part II)

We did not create heaven and earth and everything in between them as a game. If We had desired to have some amusement, We could have found it near at hand.
(Qur'an, 21:16-17)



By: Harun Yahya
www.harunyahya.com

“When the heart of a believer is filled with these two feelings of hope and fear, Almighty Allah fulfils his hope and saves him from what he fears.”
(Ibn Majah)

God obscures the comprehension of disbelievers

That some people cannot understand the Qur'an is one of the most important secrets revealed in the Qur'an. This is indeed an important secret, because the Qur'an is a very clear, easy and straightforward book. Anyone who wishes can read the Qur'an and learn about God's commands, the good morals that He is pleased with, the attributes of paradise and hell, and about many secrets some of which are presented in this book. However, as an immutable law of God, some people cannot understand the Qur'an despite all its clarity. Furthermore, these people can be atomic engineers or professors of biology, can understand very complicated branches of science such as physics, chemistry or mathematics, can grasp Buddhism, Hinduism, Shintoism, materialism or communism, and yet fail to understand the Qur'an. These people who adopt the complicated structures of non-



Qur'anic systems somehow cannot grasp God's clear and easy religion, and fail to understand even the most evident subjects therein.

Their being unable to grasp even the most evident facts is a miracle in itself. By showing that they have such a serious deficiency in understanding, God explains that some people possess a different nature. On the other hand, this provides evidence to the fact that all hearts, reason and comprehension

is in God's hands. God declares that He will cover the hearts and comprehension of those who are seized by feelings of grandeur, that is who do not submit to God. The fact that they understand anything but the Qur'an reveals that God has diverted them from His signs, and they are debarred from the Qur'an because of their insincerity.

Some of the verses pertaining to this are:
When you recite the Qur'an, We place an

obscuring veil between you and those who do not believe in the hereafter. We have placed covers on their hearts, preventing them from understanding it, and heaviness in their ears. When you mention your Lord alone in the Qur'an, they turn their backs and run away. (Surat al-Isra': 45-46)

Some of them listen to you but We have placed covers on their hearts, preventing them from understanding it, and heaviness in their ears.

Though they see every Sign, they still have no faith, so that when they come to you, disputing with you, those who are disbelievers say, 'This is nothing but the myths of previous peoples!' (Surat al-An'am: 25)

Who could do greater wrong than someone who is reminded of the Signs of his Lord and then turns away from them, forgetting all that he has done before? We have placed covers on their hearts, preventing them from understanding it, and heaviness in their ears. Though you call them to guidance, they will nonetheless never be guided. (Surat al-Kahf: 57)

As revealed in the verses, the secret why disbelievers cannot understand the Qur'an is that God has placed a barrier to their comprehension and set a seal upon their hearts because of their denial. This is a great miracle displaying the grandeur of God and that He is the possessor of hearts and thoughts of every man.

Signs of Allah's creation

The unique artistry of fruits and vegetables

Fruits and vegetables spring from the same soil and are watered with the same water, yet they come in a dazzling variety. When we consider the multitude of different tastes and smells of fruits and vegetables, the question of how such a variety ever came about in the first place comes to mind.

What causes this miscellany of the tastes and fragrances of grapes, melons, kiwis, pineapples and the like, using the same water and minerals for centuries on end, yet without ever mixing them up with each other and without ever getting them confused? Allah gives them their matchless tastes and appearances.

Both animals and humans obtain the energy they need to survive through nutrition which is produced by plants. In other words, plants have been created as a blessing to benefit all living things.

Most of these blessings have been designed especially for humans. Let's take a look at our surroundings, at what we eat, and then think. First let's look at the bone-dry stalk and very thin roots of a grape vine. This bone-dry structure, one that seems so fragile that it could be broken with the slightest pull, can produce dozens of kilos of juicy grapes whose color, smell and taste have been designed especially to give pleasure to man.

Now let's think about watermelons. This juicy fruit, which again comes out of dry soil, develops precisely in the season when people begin to feel the need for it, that is, in summer. Let's think about the marvelous smell of the melon that has been provided since it first came into existence, without any deterioration in its quality, and about its famous taste.

When fragrances are produced in factories, people use complex quality controls and take great pains to produce a uniform odor that mimics nature; but there is no need for quality checks to preserve the natural odor of fruits.

In addition to their enticing smells, each fruit also contains ingredients that are suitable to the season. In winter, for example, we have tangerines and oranges, which are full of vitamin C and energy. Vegetables also possess any and all kinds of vitamins and minerals that living things may need.

By thinking in this manner, we could examine in turn all the plants present in nature. And at the end of this examination, we would have learned that the plants around us have been especially designed for human beings and all other creatures, in other words they have been created.

Allah, Who is the Lord of the worlds, has brought into existence all nutrition for living things and has created them in such a way that the taste, smell and use of each one of them is wonderfully varied. This reveals His might and matchless artistry in creation. He informs us of this in the Qur'an:

And also the things of varying colors He has created for you in the earth. There is certainly a Sign in that for people who pay heed. (Surat an-Nahl: 13) **The invalidity of the theory of evolution is clearly revealed by "living fossils"—today's creatures whose form has remained unchanged for eons of geologic time. These present-day creatures possess exactly the same traits and complex features as their counterparts did then—in some cases, hundreds of millions of years ago.**



Living fossils refute evolution

Insect, fly, and wasp fossils from some 50 million years ago represent a major challenge to Darwinism. According to the theory of evolution, these creatures went through an imaginary process of evolution and should have acquired intermediate-form characteristics. Yet they are identical to members of the same species today. This is definitive proof that living things never

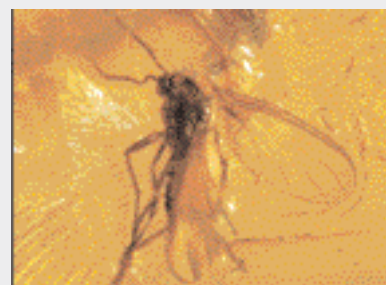
underwent evolutionary changes.

“When the heart of a believer is filled with these two feelings of hope and fear, Almighty Allah fulfils his hope and saves him from what he fears.” (Ibn Majah)

We did not create heaven and earth and everything in between them as a game. If We had desired to have some amusement, We could have found it near at hand. (Qur'an, 21:16-17)



Spider, 50-35 million years old.



Fungus gnat, 50-35 million years old.

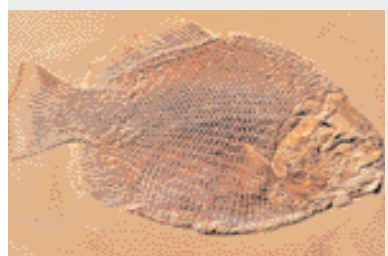
A 50-Million-Year-Old Herring

This herring, also found in Green River in Wyoming and dating back to the Eocene (50 million years ago), possesses a mouth structure

unique to surface-feeding fish. This type of herring has also been found in Cretaceous strata in South America. Over the last 50 million years, these fish have undergone no changes at all.



The invalidity of the theory of evolution is clearly revealed by "living fossils"—today's creatures whose form has remained unchanged for eons of geologic time.



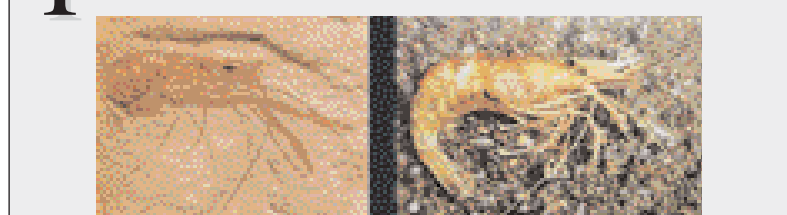
A 208-to 146-million-year-old fossil fish.

These present-day creatures possess exactly the same traits and complex features as their counterparts did then—in some cases, hundreds of millions of years ago.

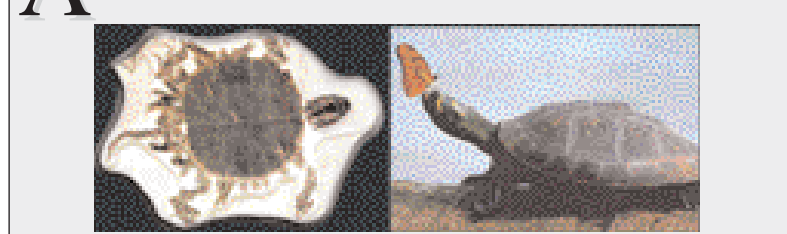


A tree fern that lived 365-290 million years ago, which is no different from present-day specimens.

There is no difference whatsoever between this 195-million-year-old fossil shrimp and present-day shrimps.



A 50-million-year-old tortoise fossil and a modern-day tortoise whose form has remained unchanged for millions of years.



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Al-kiba replaces wood in Yemeni villages

By: Nawal Zaid

Many rural populations in Yemen still rely on wood, coal and/or agricultural waste to meet their basic fuel needs for cooking and heating. However, in some regions that lack wood, residents use Al-kiba, sometimes called Al-Dhamaj.

Al-kiba is made from the dung of animals like cows and goats that live in villages. It's used as a fuel for stoves without chimneys that are used for cooking. Although Al-kiba was used many years ago, many Yemenis still prefer using it for cooking, particularly



Rural people rely on woods and dung to get household energy.

to make bread.

"I dislike bread cooked by gas. I prefer the tasty bread cooked by Al-kiba," notes 70-year-old Mohammed Al-Matari.

Women and children mostly are responsible for making Al-kiba, collecting dung from the animals and placing it in a deep hole dug outside and far from the house to avoid the sharp, unpleasant smell. Next, they pour water on the dung, continuing to pour approximately two liters on it every morning for seven days.

After this, women trample on the mixture by foot to produce a soft, thick paste. The trampling process sometimes can take two days. Afterward, they remove the paste from

the hole, cut it into small pieces and form them into circular shapes. One paste mixture can make 50 circles.

"I find no difficulties in making Al-kiba. I consider it a duty like any other I must do at home," says 50-year-old Mahdia Al-Marani, adding, "Its smell doesn't bother me. I also try to store and save pieces from year to year."

"Making Al-kiba is an inherited tradition and it's very easy. I'm used to the smell so it doesn't bother me," says 30-year-old Khadija Al-Badwi adding, "My friends and I spend our afternoon leisure time making Al-kiba and we enjoy it."

However, not everyone finds making Al-kiba as attractive as Al-Badwi. Many believe cooking with gas is easier, faster and produces less smoke than cooking with Al-kiba.

"I don't like Al-kiba. I don't even like to see it and I hate its smell," says 20-year-old Aisha Al-Nsari, confirming that many young women nowadays refuse to make Al-kiba because they want to protect their health and their skin from dryness and chapping.

Young women usually try to avoid the smell by veiling their faces while kneading/trampling. They also wear leather gloves and boots in attempts to protect their hands and legs from



Women are in charge of making A-Kiba

chapping.

"I experiencing coughing and eye allergies due to the smoke produced from Al-kiba," says Fwazia Ali, noting that there are no other options but to make Al-kiba because wood rarely is found in her village. She adds that fire produced from wood isn't strong like that produced by Al-kiba, whose

flames remain until it's extinguished by water or dirt.

Dr. Adel Al-Haj of the Yemen German Hospital in Sana'a confirms that smoke is the main reason for the spread of serious diseases among rural Yemenis, noting that the hospital receives more than 100 cases monthly involving diseases related to smoke's

impacts on the respiratory system.

"This smoke, which contains carbon monoxide, leads to inflammation in the chest, loss of appetite and impairs the immune system. The stomach and brain also are affected by constant exposure to the smell and the smoke, which sometimes leads to cancer," he adds.

WHO: Indoor air pollution from solid fuel use responsible for 1.6 million deaths

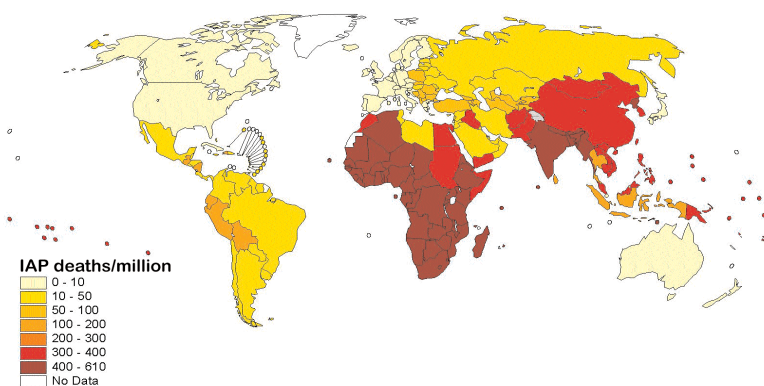
More than three billion people worldwide continue to depend on solid fuels, including biomass fuels (wood, dung, agricultural residues) and coal for their energy needs, the World Health Organization (WHO) states in its report, "Indoor air pollution and health."

The report says cooking and heating with such solid fuels on open fires or stoves without chimneys leads to indoor air pollution. "This indoor smoke contains a range of health-damaging pollutants including small soot or dust particles that are able to penetrate deep into the lungs."

In most societies, women are in charge of cooking and - depending on the demands of the local cuisine - they spend between three and seven hours a day near the stove preparing food. Thus, 59 percent of all indoor air pollution-attributable deaths fall on females.

Also, young children often are carried on their mother's back or kept close to the warm hearth. Consequently, infants spend many

Deaths from indoor smoke from solid fuels



hours breathing indoor smoke during their first year of life when their developing airways make them particularly vulnerable to hazardous pollutants. As a result, 56 percent of all indoor air pollution-attributable deaths occur in children under age 5, according to the report.

WHO assessed the contribution of a range of risk factors to the burden of disease, revealing indoor air pollution as the eighth most important risk factor

and responsible for 2.7 percent of the global disease burden.

Globally, indoor air pollution from using solid fuels is responsible for 1.6 million deaths due to pneumonia, chronic respiratory disease and lung cancer, with the overall disease burden (in Disability-Adjusted Life Years or DALYs, a measure combining years of life lost due to disability and death) exceeding the burden from outdoor air pollution five-fold.

In high-mortality developing countries, indoor smoke is responsible for an estimated 3.7 percent of the overall disease burden, making it the most lethal killer after malnutrition, unsafe sex and lack of safe water and sanitation.

WHO says there's consistent evidence that exposure to indoor air pollution increases risk of pneumonia in children under age 5 and chronic respiratory disease and lung cancer (related to coal use) in adults over age 30. Evidence for a link with lung cancer from exposure to biomass smoke and for a link with asthma, cataracts and tuberculosis was considered moderate.

Based on the limited available studies, there's tentative evidence for an association between indoor air pollution and adverse pregnancy outcomes, particularly low birth weight, ischemic heart disease and nasopharyngeal and laryngeal cancers.

"While the precise mechanism of how exposure causes disease remains unclear, it's known that small particles and several other pollutants in indoor smoke cause inflammation of the

airways and lungs and impair the immune response. Carbon monoxide also results in systemic effects by reducing the blood's oxygen-carrying capacity," the report mentioned.

The report confirmed that women exposed to indoor smoke are three times as likely to suffer from chronic obstructive pulmonary disease (COPD), such as chronic bronchitis, than women who cook and heat with electricity, gas and other cleaner fuels.

Among men, exposure to this neglected risk factor nearly doubles the risk of chronic respiratory disease. Consequently, indoor air pollution is responsible for approximately 700,000 of the 2.7 million global deaths due to COPD.

Dependence on such fuels is both a cause and a result of poverty because poor households often don't have the resources to obtain cleaner, more efficient fuels and appliances. Reliance upon simple household fuels and appliances can compromise health and thus inhibit economic development, creating a vicious cycle of poverty.

According to the International Energy Agency's 2004 assessment, the

number of individuals relying on biomass fuels like wood, dung and agricultural residues for cooking and heating will continue to rise. Reliance upon such biomass fuels appears to be growing as a result of population growth and unavailability of or increased prices for alternatives like kerosene and liquid petroleum gas.

Tackling indoor air pollution in the context of household energy is linked to achieving Millennium Development Goals, particularly reducing child mortality (goal 4), promoting gender equality and empowering women (goal 3), opening up opportunities for income generation and eradicating extreme poverty (goal 1) and ensuring environmental sustainability (goal 7).

WHO reports that the "proportion of the population using solid fuels for cooking" is an indicator for assessing progress toward integrating principles of sustainable development into national policies and programs. "Yet, the central role of household energy currently isn't reflected in the political responses to achieve Millennium Development Goals," the report concludes.

Diabetes Mellitus and Ramadan fasting

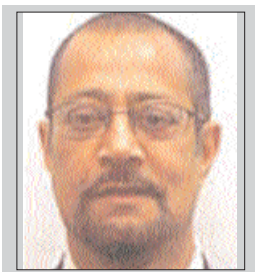
Diabetes Mellitus affects people of all faiths. Muslims are no exception. Many diabetic Muslims have a desire to fast during the month of Ramadan, although if they cannot for health reasons, they have a valid exemption. The dilemma for physicians and Muslim scholars is whether or not Muslim diabetic patients (1) should be allowed to fast if they decide to; (2) can fast safely; (3) can be helped to fast if they decide to; (4) can have their disease monitored at home; and (5) are going to derive any benefit or harm to their health. Fasting during Ramadan by a Muslim diabetic patient is neither his right nor Islamic obligation, but only a privilege to be allowed by his physician, at the patient's request, knowing all the dangers and assuming full responsibility in dietary compliance and glucose monitoring, with good communication between the physician and the patient.

Psychological State of Diabetes Patients during Ramdhan Fasting
Diabetes mellitus itself adversely

affects patients' psychological states by changes in glucose metabolism, blood and CSF osmolality, needs for discipline and compliance, fear of long term complications and threat of hypoglycemic attacks and the possibility of dehydration and coma.

On the other hand, fasting during Ramadan has a tranquilizing effect on the mind, producing inner peace and decrease in anger and hostility. Fasting Muslims realize that manifestations of anger may take away the blessings of fasting or even nullify them. Diabetics know that stress increases the blood glucose by increasing the catecholamine level and any tool to lower the stress; i.e., biofeedback or relaxation improves diabetic control. Thus, Islamic fasting during Ramadan should have a potentially beneficial effect with regard to diabetic control.

Educational Program for Diabetics during Ramdhan
It should be directed toward



By: Shahid Athar

(a) diabetic home management;
(b) preparing them for Ramadan;
(c) recognizing warning symptoms of dehydration, hypoglycemia and other possible complications. Patients should be taught home glucose monitoring, checking urine for acetone, doing daily weights, calorie-controlled diabetic diet, need for sleep and normal exercise. They should be able to take pulse, temperature, look for skin infection and notice changes in the sensorium (mental alertness). They should be on special alert for any colicky pain, a sign for renal colic, or hyperventilation, a sign of dehydration, and to be able to seek medical help quickly rather than wait for the next day.

Criteria Allowing Diabetics to Fast during Ramdhan

1. All male diabetics over age 20.
2. All female diabetics over age 20 if not pregnant or nursing.

Ethical questions from fasting Muslim patients:
a. Can we have finger stick blood draw for blood sugar? (answer: yes)
b. Can we use mouth wash during fasting? (answer: no)
c. Can we take medicine during fasting? (tablet - no, patch -yes, inhaler -yes, injection-no)
d. When a diabetic break his fast before iftaar? (When blood glucose is less than 60 or over 400)

3. Body weight normal or above ideal body weight
4. Absence of infection or co-existing medical conditions, ie, coronary artery disease, severe hypertension (B/P 200/120), kidney stones, COPD or emphysema.
5. Stable Diabetic on oral hypoglycemic or selected cases of

Insulin
6. Fasting blood Glucose under 120, after meal blood sugar under 160 and HbA1c under

For patients with mild to moderate obesity, hypertension and hyperlipidemia which constitute Metabolic Syndrome, Ramadan Fasting gas a therapeutic effect

Who Should not fast in Ramdhan

- A. JUVENILE Type 1 brittle and unstable Diabetic.
- B. HbA1c over 12 or history frequent hypoglycemia
- C. Presence of infection, sever heart disease, gall bladder or kidney disease, renal colic, emphysema unless certified by a Physician experience in treating such patients

Check up of Diabetic patients before and during Ramdhan

1. For three months before Ramadan, he should have a monthly visit which will include physical exam, blood pressure, blood sugar, HBA1c, cholesterol. BUN AND CREATININE
2. During Ramadan he should have

weekly visit to show hid log book. A1c, BUN And cholesterol can be done after fast is over.

Diabetic Medication and fasting

Oral agents: Glypizide can continue in half the dose taken before sahoor and immediately after Iftaar. Metformin should be stopped. Drugs like avanda and actos can continue

Insulin: Do not recommend NPH or Regular insulin. Low dose Lantus (Glargine) would be the best. Low means 1/3 of pres Ramadan dose given after dinner. Supplemental Humalog or Novolog before iftaar and sehoor ie 6-12 units depending on response and post prandial hyperglycemia would be appropriate. Use of new drugs Byetta and Symlin had not been studied in Ramadan fasting though Byetta seems to be promising.

Shahid Athar M.D. is Clinical Associate Professor of Internal Medicine and Endocrinology, Indiana University School of Medicine Indianapolis, Indiana, and a writer on Islam.

Source: www.raceforhealth.org

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Made in Yemen - Ramadan delicacies

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!**

Ginger Coffee (Qishr)

- Ingredients:**
4 glasses water
6 teaspoons of qishr (roasted coffee beans shells) partially grounded
6 teaspoons sugar
2 teaspoons ground ginger
1 teaspoon cinnamon, or canella

Instructions:
Boil all ingredients together and let boil for a couple of minutes, serve hot.

Minced meat Sammosa

- Ingredients:**
Ready made Sammosa dough enough to make 20 Sammosas
_ kilo minced meat (lamb or beef)
One onion finely chopped
3 garlic cloves finely chopped
Salt for taste
_ cup hashed fresh parsley
Mixed spices (ready made)
_ cup hashed fresh leek leaves
4 tbsp oil
2 tbsp flour
Oil for frying



Qishr, Ginger and Cinnamon are main components of Yemeni coffee.

PHOTO BY FATIMA AL-AJEL

Procedures:

- Put the minced meat to cook without adding water until dry stirring continuously
- When the meat changes in colour and is completely dry add oil and stir
- Cook on medium heat for 10 minutes until meat almost done
- Add chopped onions and garlic and fry together until onion is golden
- Add the parsley and leek and continue cooking
- Add the spices and salt and mix well
- When mixture is homogenous turn off and let cool
- Mix flour with _ cup water and stir until dissolved well
- Take one sheet of sammosa and fold the tip to make a cone shape
- Stuff in some minced meat mixture and fold in a triangular shape until the end of the sammosa sheet
- Apply some of the flour batter on the open tip of the sammosa sheet and seal the sammosa
- Meanwhile heat oil in deep pan,

when sammosa ready and oil is hot fry until colour is golden
13. Serve hot.



Minced meat Sammosa.

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Health benefits of Ginger Coffee

Traditionally, ginger coffee has been used to provide relief when faced with the onset of a cold or flu, or for warming in cold nights. It is valued in as Traditional Chinese Medicine, for its warming qualities in energy-based medical systems. Not only does consuming this coffee improve the body's ability to utilize blood sugar, resist diseases and warm up the body, but just smelling the wonderful odour of this sweet spice boosts brain activity!

Ginger coffee contains essentially contains two very useful herbs, ginger and cinnamon.

Ginger
Historically, ginger has a long tradition of being very effective in alleviating symptoms of gastrointestinal distress. In herbal medicine, ginger is regarded as an excellent carminative (a substance which promotes the elimination of

intestinal gas) and intestinal spasmolytic (a substance which relaxes and soothes the intestinal tract). Modern scientific research has revealed that ginger possesses numerous therapeutic properties including antioxidant effects, an ability to inhibit the formation of inflammatory compounds, and direct anti-inflammatory effects.

It is used in eliminating gastrointestinal distress. It is a safe and effective relief of nausea and vomiting during pregnancy. Ginger contains very potent anti-inflammatory compounds called gingerols, and Ginger can not only be warming on a cold day, but can help promote healthy sweating, which is often helpful during colds and flus.

Cinnamon
Cinnamon's unique healing abilities come from three basic types of

components in the essential oils found in its bark. These oils contain active components called cinnamaldehyde, cinnamyl acetate, and cinnamyl alcohol, plus a wide range of other volatile substances.

The cinnaldehyde in cinnamon helps prevent unwanted clumping of blood platelets. Cinnamon's essential oils also qualify it as an "anti-microbial" food, and cinnamon has been studied for its ability to help stop the growth of bacteria as well as fungi, including the commonly problematic yeast Candida. Cinnamon may significantly help people with type 2 diabetes improve their ability to respond to insulin, thus normalizing their blood sugar levels.

In addition to its unique essential oils, cinnamon is an excellent source of the trace mineral manganese and a very good source of dietary fiber, iron and calcium.

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