

YEMEN TIMES TIMES



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in U.S. accused of undercover work

finding a telephone address book with

Mohammed Al-Moayyad's phone num-

ber. According to the newspaper, Al-

Moayyad is a Yemeni religious scholar

convicted of terrorism and sentenced to

Al-Rawhani's nephew Nashwan

noted that FBI confiscated phone

books, including one containing an old

number for Al-Moayyad, letters and

travel documents belonging to him and

his uncle. However, Nashwan says his

uncle had no connection with Al-

In his view, Hifzallah Al-Rawhani

declares that what the FBI considers spy

documents are merely poems, personal

letters and procedural files sent to the

Yemeni Embassy in Washington, D.C.

Yemeni Embassy media official

70 years' imprisonment.

Moayyad.

Inside:



By: Mohammed bin Sallam

SANA'A, Oct. 7 — The United States

Federal Bureau of Investigation (FBI)

office in Bakersfield, Calif., last week

accused Ameen Al-Rawhani, head of

the Yemeni Expatriates Union, of work-

ing undercover after it arrested him last

month with other two Yemeni expatri-

Quoting the Yemeni Consul in

California, Mansour Al-Muliki, the

Middle East newspaper indicated that

Al-Rawhani has dual nationality, that he

remains under arrest until \$1.5 million

bail is paid to release him and that his

friends are attempting to gather the

Two of Al-Rawhani's relatives con-

firmed that the FBI arrested him after

Ramadan Page: **Worshipping Allah**

Pesticide handling in Yemen

Readers' Voice

Last edition's question:

President Saleh promised to build nuclear reactors to produce energy in cooperation with the U.S. and Canada. Do you think this is possible?

Yes, in the distant future (35%)

7 years (12%)

No (53%)

Yes, in the next



This edition's question:

Yemen is reported to force African illegal immigrants back to their country. Do you think this is against human rights and the Geneva treaty?

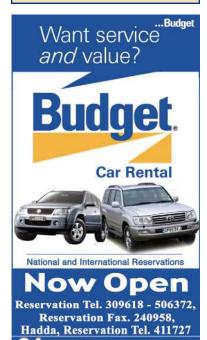
- Yes, they have the right to seek a better life
- No, Yemen's economy cannot accommodate more I don't know

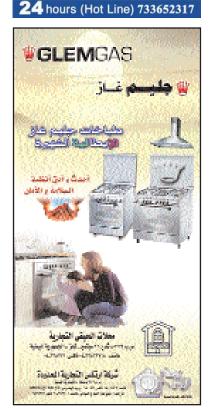
Go to our website at: yementimes.com/#poll andhave your voice heard



And International Land Transportation

anaa Office





2006 Yemeni election observers



Saleh opens new page with opposition

During a Ramadan iftar meal at the presidential palace last Friday, President Ali Abdullah Saleh announced new legal amendments, opening a new page with opposition and the Joint Meeting Parties

By: Mohammed Al-Jabri

SANA'A, Oct. 7 — "Tonight, I'm announcing a great surprise for our citizens in implementing the president's electoral platform and that is to elect governors, district heads and local council secretaries-general via local authority members who are elected by the people," Saleh said.

He added that financial and administrative decentralization will replace the current centralization system, wherein the local authority is authorized with all powers and authority.

Continued on page 2



Saleh announces governors, district heads and local council secretariesgeneral via local authority members.

YT PHOTO BY GLYN GOFFIN

Terrorism plot foiled

By: Raidan Al-Saqqaf

required sum.

SANA'A, Oct. 7 - Intelligence sources have told armed forces newspaper, 26 September, that a suicide bombing plot was arranged to bomb a businessmen's club in the diplomatic area near political security, an Italian restaurant near the World Bank office in Hadda and a health club near the residence of Canadian Nexen employees.



Arm pieces and explosives, which were seized in the suspects' hide-

Intelligence officers rented a house near the terrorist group's Al-Rawdhah area headquarters and monitored their movements, as well as used advanced technology to discover their plans. The plotters had several masks and costumes, as well as fake personal IDs and a license plate of a pickup, which would've been used to carry out the attacks.

More importantly, security officers found 12 50-kilogram packages of explosives, as well as power circuits and equipment to be used in the attack, according to plans found with the plotters. Intelligence forces also learned of other premises terrorist groups use in the Sheraton and Sho'oub areas to plan terrorism plots.

Upon arrest, one group member had a will in his custody, wherein he called on his mother to forgive him and pray for mercy on his soul. He also asked her to buy 50 copies of a tape by Mamdouh Al-Harbi, available from Al-Safa records, and distribute them to the community.



SANA'A, Oct. 8 — Official Ministry of Trade and Industry sources revealed that more than 1,400 price violations have been discovered in local markets nationwide since Ramadan began. Abdulmalik Shaiban, Deputy Minister of Trade and Industry, clarified that the

By: Saddam Al-Ashmouri

reported violations are unjustified price increases by some traders, particularly foodstuff prices, in addition to other violations such as bakers reducing bread weights as well as increased prices for construction materials and "The Ministry of Trade and Industry

Mohammed Al-Basha refused to com-

ment on the incident and the same for

The FBI office previously announced

that it officially had accused three

Yemeni Americans of spying for

unidentified parties in Yemen. Two

were arrested while the third escaped to

The three are convicted of possessing

secret documents, stolen military equip-

ment and bulletproof vests, intending to

send them to Yemen prior to their arrest.

he bought two bulletproof vests as per-

sonal gifts from public stores. Al-Muliki

admitted that the items mentioned in the

indictment were sent to specific individ-

uals but not to the Yemeni government.

Continued on page 2

Al-Rawhani's relatives maintain that

Al-Rawhani's lawyer.

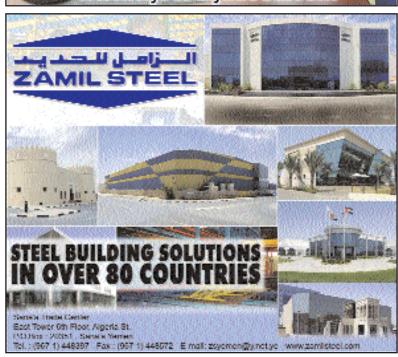
is preparing legal action against violat-

ing traders and bakers," Shaiban confirmed, "Through nationwide branches, the ministry is continuing the process of monitoring and inspecting markets and trade stores.'

ministry began its monitoring cambefore paign Ramadan transferred 350

He noted that the



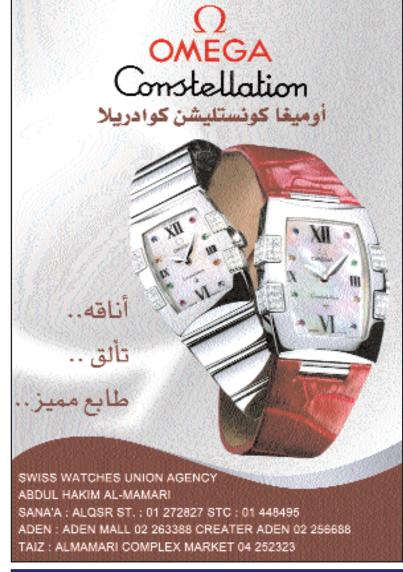


Price violations rise to 1,400 during Ramadan violating traders to Prosecution on

Sept. 15 for raising foodstuff prices for dairy, wheat, ghee, chicken and eggs. Yemeni Association for Consumers Protection (YACP) affirmed there are violations in the prices and specifications of some foodstuffs. In its state-

ment, YACP said the foodstuff prices

for wheat, flour, rice, oil, and sugar have raised by 15 percent. Sent to PM Abdul-Qader Bajammal, the statement states the weights of rice and sugar sacks are reduced by 20 percent. The YACP pointed out that the general prosecution has not responded to the reports on monitoring prices in the market.





In brief

Hajah

Releasing 9 foreign prisoners

Oct. 4 — The secondary Committee of Prisoners and Jails Inspection in Hajah governorate released 9 persons who were arrested when they tried to enter the Yemeni lands illegally through the Haradh path. The committee also approved the release of 27 prisoners arrested on illegal penalties who spent three quarters of their terms. Also a list of 25 prisoners who need help, were sent to the supreme committee of jails to solve their financial problems.

Taiz

Bakeries shut down during in Ramadan

Oct. 7 — Many bakeries stopped work as a result of the increasing of prices of the flour especially after the results of elections and Ramadan month. Some bakeries emphasizes that there are a lack of goods especially the flour in the markets in Taiz and the flour has been sold on the black markets with increasing the price more than three thousands YR for a sack of flour.

Sana'a

Certified accountants review parties' accounts

Oct. 7 — A source at the Parties' Affairs Committee declared that legal accountants will be delegated this October to review the accounts of all political parties for the years 2004 and 2005. The same source said this move is the first time the committee has made such a step. The accountants will review expenses and incomes of all parties according to parties' law. The final statement of parties will be approved according to certified accountants' reports.

Ethiopian and Eritrean border disputes to meet in Sana'a

Oct. 7 — The United Nations moved the meetings of the Ethiopian and Eritrean coordination military committee to Sana'a commencing immediately. The committee is concerned about settling border disputes between Eritrea and Ethiopia. The earlier meetings of the committee were held in Kenya.

UNESCO support teacher's training program

Oct. 6 — UNESCO's latest grant for the modernization of education in Yemen is \$250,000. The grant will finance more training programs for teachers, under the Elementary Education Development, a national strategy that Yemen

is pursuing to revamp the education sector. The grant aims to develop the information fields and the modern method teaching.

Saada

Discussion several social and development issues

Oct. 6 — a meeting was hold to discuss the statement of the governorate and citizens. The meeting discussed the possibility of solving the different social issues as the ravage problems which retard the process of development in the governorate. Many development projects will be run in different fields.

Two killed, others injured in car explosion

Oct. 7 — Two people were reported killed and many others were injured in a car explosion in Damt city, Al-Dhale'e Governorate.

Eyewitnesses said Abdullah Naji Al-Gufaili, 50, and Mohamed Ahmad Al-Abasi, over 50, from Kawlat Bahaj Village, Al-Radhma District were killed when a car, parked near a wheels shop, blew up in Damt city. Causes of the incident still are unclear.

Criminal Investigation Bureau in Damt started probing the incident while a security source told the Yemen Times the incident seemed to be caused by grenades and explosives put inside the car.

Other sources mentioned that the explosion might have been caused by dynamite and provided traces left by the blast as evidence of what they

New migrants detained

By: Amel Alariqi

SANA'A, Oct. 7 — Over the past five days security forces in Shabwa Governorate have detained 964 illegal immigrants, said an official.

The infiltrators were Ethiopian and Somalia nationals, including 155 women and 24 children, according to 26 September web site.

"The 774 Somalis have been sent to refugees camp in the governorate then they will be sent to refugees camp in Kharaz. We also adopted the necessary measures against 96 Ethiopians to send them to their country during the next two days," stated the security director of the governorate, Abdulrahman Hansh. He did not give details for the remaining migrants.

Earlier the UN High Commissioner for Refugees reported that at least 54 people have died and 60 others are missing since the smugglers once again began sailing rickety, overcrowded boats across the Gulf of Aden with the onset of calmer weather at the beginning of September.

UNHCR spokesperson Jennifer Pagonis said Friday that at least 35 smuggling boats carrying more than 3500 people have crossed the Gulf of Aden between Somalia and Yemen since the beginning of September.

"On October 1 alone, a total of 575 Somalis and Ethiopians landed on the Yemeni coast near Bir Ali in five boats," said Pagonis.

The new arrivals said a smuggling crackdown by local militia and police was under way in Bossasso, in the selfdeclared autonomous state of Puntland, north-eastern Somalia. They told UNHCR staff in Yemen that many peo-



A Somali family in yemen after making the dangerous boat journey across the Gulf of Aden.

ple irrespective of nationality, gender or status had allegedly been sent to Mogadishu, Somalia's capital, or detained in Bossasso. They also told UNHCR they were taken to the smugglers by so called "agents" operating in Bossaso and then waited up to a week at various departure points in Puntland. The fees charged for the voyage had dropped by 50 percent in late September, but are reportedly rising again - from US\$50 to \$70 - in the last few days. With the crackdown in Bossasso, boats now appear to be leaving from other departure points along the 700 km Puntland coastline.

The UNHCR has repeatedly cited reports in which smugglers have killed their passengers. Last month refugees on one boat reported that 15 people died during the voyage, 10 of them beaten to death by the smugglers with wooden and steel clubs. The bodies were thrown

Moreover, many reports quote refuges' stories of their suffering during these trips, referring that they are experiencing extreme thirstiness, hungry and tiredness. Some passengers are no longer able to bear the thirst and choosing to jump into the sea. Dead bodies are thrown over board.

UNHCR has repeatedly called for international action and donor support to tackle the root causes of people smuggling in the Gulf of Aden, including protection for the victims and prosecution of smugglers.

"Any crackdown should target the smugglers, not the refugees, asylum seekers and desperate migrants they prey upon," Pagonis told a news briefing in Geneva.

In September, some 526 asylum seekers, mostly Somalis, were transferred to Al Kharaz camp, about 100 km west of Aden. Al Kharaz has more than 9100 Somali and Ethiopian refugees and asylum seekers cared for by

Many of the refugees cite insecurity, drought and economic hardship in Somalia, Ethiopia and Sudan as reasons for leaving their countries.

No new cabinet formation

SANA'A, Oct. 7 — An official source in the ruling General People Congress denied new government reshufflings, pointing out the law doesn't oblige President Ali Abdullah Saleh to reshuffle the current cabinet following his victory in September 20 elections.

The source ruled out any replacement of ministers as the current cabinet was formed only a few months ago and saying that if there is any cabinet reshuffling, it may take place in 2007.

President Saleh issued a Republican Decree last February to reshuffle Abdulqader Bajammal's cabinet. Meanwhile, some media predicted that Saleh is conducting deliberations with his advisors to form a new government to be presided over by a former deputy prime minister, who was dismissed in the most recent cabinet reshuffling, instead of Bajammal. These media project that Bajammal will moved to occupy the post of a GPC Secretary General.

"The current cabinet is less than one year old, and the ruling party, under Saleh, is satisfied with performance of the current government," said Tareq Al-Shami, a GPC Media Sector officer.

With regard to the most recent reshuffling, Al-Shami said, "The political leadership suggested a new government formation to fight corruption and corrupt officials. And performance of some ministers in the former government was poor and unsatisfactory.'

Political action in Yemen necessitates reshuffling and giving tasks to youthful personalities, according to Al-Shami. He said the current government's performance is good, compared to the previous ones.

Al-Shami criticised some media for publishing incorrect stories and said it is impossible for these media, which want to make themselves prominent, to deter the political and democratic course in

Measures to upgrade tourism

SANA'A, Oct. 7 — Upgrades to tourist services are on way after a meeting involving the Supreme Council of Tourism and the Tourism Promotion Council where the officials discussed changes to tourism and the effects of kidnapping on Yemeni tourism. They denounced kidnappings, considering them terrorist activities and also highway robbery which threaten the society's stability and peace and damage the country's reputation.

The meeting also stressed the importance of strengthening the role of municipal authorities within the governorates to establish tourism councils to develop the tourist activities and environment. improve Additionally, the meeting addressed the issue relating to establishing special tourism units within police stations in districts in order to enhance tourist security.

Other measures aiming to develop tourism sector involve decreasing entry fees to US \$25 from the current US \$50, along with facilitating measures for tourists in airports and providing reception areas and enhancing the services supplied in all ports. New plans demanded the Ministry of Oil to have general facilities at all new petrol stations along highways and making this a requirement for new stations to receive operating licenses. Further, the meeting asked for more space in media for promotional activities and encouraging the establishment of car-renting companies, giving them the same privileges granted to investment projects.

Finally, the meeting also asked preachers, via Friday's sermon and other activities, to guide people on how to deal with tourists. It also asked for expansion, regarding the tourist vocational institutes as well as having more tourism-related specializations in Yemeni universities to provide the market with competent and well qualified cadre.

Two grain mills halt work

SANA'A, Oct. 7 — Two of four grain mills – Al-Rowaishan and Red Sea Mills - have halted work under the pretext of being unable to afford losses resulting from sudden price increases, Trade and Industry Ministry sources reported to media. "Employees of the two mills complained that they received government orders to sell flour at the previous

The sources added that Al-Rowaishan Mill in Aden governorate's Mua'ala city has ceased production since Ramadan began. It previously produced 600-800 tons of flour daily. Other sources closer to the mill mentioned that production halted because the mill's electrical generator caught fire.

Hodeidah's Red Sea Mill, which produced 900-1,000 tons daily, has ceased operations for more than a month due to personal disputes. Local sources in Hodeidah said the mill was handed over to a wheat importer three months ago, but production lasted only a month and a According to reliable sources,

Suwame Al-Ghelal Mills, owned by Hayel Sa'eed Group, continues producing 2,000 tons daily, whereas Al-Habbari Mill has reduced its daily production, estimated between 400-500 tons, by half since Ramadan began.

These sources indicated that the mills which halted production had been meeting 40 percent of the Yemeni population's demand. They added that a government meeting with traders last Sunday agreed that traders must maintain price stability and resume production in their mills. The agreement priced U.S. wheat at YR 2,200 per bag at the port - a YR 100 increase – while flour prices were set at YR 2,630 per bag, a YR 150 increase.

Trade sources confirmed to Al-Nida newspaper that if the agreement regarding the halted mills resuming production is applied, they may resume production two months from now. They pointed out that importing wheat into Yemeni harbors takes 25 days, which means wheat and flour prices are expected to continue skyrocketing until the halted mills resume

Tender authority while businessmen complain

SANA'A, Oct. 7 — There is a new in solving problems like the current Supreme Authority to oversee govern- tender dispute in Hodieda. ment bids and tenders.

The committee in charge of preparing the draft law of government bids and tenders has finished its work and it will be referred to the cabinet next week to finalize the measures and then referred to the parliament during October, " said Rashad al-Rasas, the head of the committee.

The committee, engaging itself in overseeing the government tenders as well as training and qualifying, will include the private sectors and the Non-Government Organizations to ensure society's participation in controlling the bids and tenders.

Expecting the draft law to be discussed by the Parliament following Ramadan's holiday, al-Rasas further declared the new law addresses also complaints of bidders as well as the procedures involved according to the law of local governance.

Having the new authority will assist

complained saving the governmentaffiliated Yemeni Economic Enterprise is violating the law by awarding government contracts without passing through the legal mechanism of tenders. Normally the details of the business transactions should be published and bids accepted, while the winner bid is usually the one which provides and lowest price and highest value. The complaint was filed to the president's office demanding all government tenders to be issued in public to allow competitive offers to bid on the tender.

Sources told Yemen Times that the tender which motivated the businesses to file the complaint is the furnishing of 540 Medical care units in Hodieda by the Ministry of Health without issuing a public tender. The tender was awarded directly to the Yemeni Economic Enterprise in violation of the law. The Minister of Health said

this order was given directly to the Yemeni Economic Enterprise as the Over 20 Business enterprises have ministry did not have the funds required to furnish the Medical care units while Vice President Hadi had issued clear instructions to furnish them within six weeks prior to the national celebration of the May 22 celebrations held in Hodieda.

Economic and Legal experts justified the action of the ministry as they were stuck between two violations, the first is to issue a public tender without the presence of funds to pay for the goods in exchange of the winning offer which would be a breach of contract and a violations of the tender. The other violation is to contract the government-affiliated Yemeni Economic Enterprise to furnish the medical units and delaying the payment until the next year 2007 and until the Ministry is able to fund the furnishing, while clear instructions by the Vice President forced the ministry to commit the second violation.

New archeological discoveries in Ibb's Jabal Al-Awd

IBB, Oct. 7 — Recent exploration activities conducted in Al-Awd Mountain of al-Nadra district. Ibb has resulted in a number of inscriptions for offerings provided to the Sabaen God, Al-Maqah.

Further, the team also found a valued group antiques made of precious minerals, stones and potteries.

"The newfound antiquities, dating back to 3rd and 1st BC centuries, the time of the Hymrite state, were stored in al-Awd museum after restoring them in modern scientific ways," according to Khalid al-Ansi, head of antiquities and museums offices in Ibb.

He further indicated the works of 6th season of 2006, conducted over the period Sept. 8-22 by the German Antiquities Mission with the participation of Yemeni specialists from the General Authority for Antiques and Museums concentrated on restoring their walls.



exploring two collective tombs.

In addition, the works included exploring an old temple, cleaning all buildings and cemeteries previously discovered and

Continued from page 1

Chairman

Bakersfield resident Al-Rawhani, 56, received military secrets from a secret agent and sent them via fax and mail between June 2005 and August 2006 to an unknown party in Yemen, according to the federal plaintiff.

Following the Sept. 11, 2001 terrorist attacks in New York City, which killed more than 2,500 people, U.S. authorities imposed strict measures upon residents and visitors of Arab origin, including official Arab delegations, some of whom refused to be investigated and returned

Several American citizens of Arab origin were killed at the hands of American gangs following the Sept. 11 attacks,

wherein the 19 attackers were Arabs affiliated with Al-Qaeda, which is listed atop the world's terrorist organizations. The most recent instance involved Ziyad Nasser, of Yemeni origin, who was killed by a gang in August at his Buffalo, N.Y.,

Commenting on the issue, Yemeni Foreign Minister Abu Bakr Al-Qirbi confirmed that Al-Rawhani was arrested a month ago and that the FBI accuses him of sending bulletproof vests and night vision goggles to an unidentified party in Yemen. However, his trial hasn't begun yet. He further declared that Al-Muliki will follow up the issue, although the U.S. considers Al-Rawhani an American citizen.

Saleh

Secondly, he announced rotating public employment positions so that government official's stay will exceed four years in any state institution." Affirming his fight against corruption,

Saleh stated that an independent national committee will fight corruption and corrupt individuals. Another independent committee regarding tenders and bidding also will be established, he added.

Lastly, Saleh asserted that a new page will be opened with opposition and the JMP. "Although JMP election address was characterized in a manner of upheaval under the umbrella of democracy, we'll brush that aside and start a new page with them and with opposition parties in general, even those that called for a public coup. We'll do this because our homeland is more precious than any one individual or group,'

Saleh renewed his call for all parties to unite their efforts without exception "We hope opposition will heed this call. If opposition parties had won the majority of local council seats, I don't think they'd show such clemency and draw the curtain on previous events. Instead, they'd settle an account with us," he asserted.

Yemen is one of the world's poorest nations, with a population of more than 20 million. Rampant corruption in all state institutions affects citizens' lives as well as the nation's development.

In most speeches and interviews, Saleh speaks much about corruption and ways to curb it; and he particularly stressed the issue throughout his election campaign. His electoral platform enhances efforts to reduce unemployment and combat poverty and corruption, which is a consistent aim and an ongoing effort.

United Nations presents publications

SANA'A, Oct. 5 — The United Nations Information Center concluded their to present some of the UNDP, UNICEF, UNFPA and WHO publications at the Sana'a Commercial Center.

The publications contain general and annual reports outlining the foundations' goals from halving extreme poverty to halting the spread of HIV/AIDS and providing universal primary education. Add to that such reports focus on the foundations' main activities of 2005 and achievements. Brochures about family health and studies that evaluate the condition of the basic social services sectors in Yemen as well as studies about the ways of educating children in Yemen

are available in the show.

The visitors of the show confirmed its significance since it did focus on numerous issues related to children and women in Yemen.

"I think women's situation is not so bad, but there is much to be done to flourish her condition particularly in rural areas ", says Khalid Al-Majeadi, a student in Medicine College.

"As a member in Life Makers Foundation, such show means a lot and we have to run hand in hand with the objective of achieving social and economic improvement," said Mohammed Al-Hawbani, a student in the laboratory department.

Salah Al-Migaleh, a clerk in Saba'a

Bank, said these presented information cultivate the members of the family as a whole especially the wives; it provides us with information about birth control, pregnancy and the health of the expectant mother.

Most of the visitors to this show had no previous idea about it, but because of the central location they visited the display.

"I wish there was an advertisement to this show to give the chance for more people to visit," said Khalid Al-Majeadi. But, Mohammed Al-Zohairi, the administrative officer of UNIC, said there is no need to advertise since they established the show in a public

Pakistanis mourn on quake anniversary

By: Kamran Haider

MUZAFFARABAD, Pakistan (Reuters) - Pakistan united in mourning on Sunday in memory of about 73,000 people killed in an earthquake exactly a year ago, while survivors vented frustration over the pace of reconstruction.

A week into Ramadan, the Muslim fasting month, Pakistan's mosques have been even more crowded than usual. On Sunday, worshippers prayed in unison for the dead and survivors alike to mark the first anniversary of the nation's worst disaster.

"This day has revived my sorrows because I have lost many loved ones," said Abdul Rahim in Muzaffarabad, one of the worst affected areas. May God give courage to our new generation to rebuild this city," said Rahim, 65, as he waited for a commemoration ceremony to begin at a stadium near the Pakistan Kashmiri capital's ruined university.

Sirens sounded across the nation to start a minute's silence.

The quake struck at 8.52 a.m. on a Saturday morning, at a time when schools and government offices were

With an intensity measured at 7.6, it lasted less than two minutes, yet destroyed the homes of more than 3 million people in North West Frontier Province and Pakistani Kashmir.

Small prayer meetings were held in Balakot, a town in the Frontier province that suffered the most intensive devastation.

The largest group of mourners were in the grounds of a ruined school where 63 children were buried in a common grave. More than 200 were killed there when the walls and ceil-

"Today's no different from the other



A woman prays for the victims of the October 8, 2005 earthquake in Margala Towers, a residential complex which collapsed in the quake killing several people, during a memorial ceremony in Islamabad October 8, 2006.

days, because I haven't been able to forget those terrible scenes for the past year," said Taimur Khan, 22, who had returned to Balakot to pray at the graves of his parents and sister.

Dispute with India

A further 1,500 people were killed across the ceasefire line of the divided region, in Indian Kashmir.

Shared grief has failed to push Pakistan and India toward a solution to their longstanding territorial dispute over Kashmir, the cause of two wars since they won independence from British colonial rule in 1947.

Addressing the commemoration in Muzaffarabad, President Pervez Musharraf promised he would continue to strive for a settlement.

He also gave assurances that the bulk of rebuilding would be completed within two or three years, and that allegations of corruption would be dealt

"With the Grace of God, things are heading toward much improvement," said Musharraf in a speech after laying a wreath at a memorial, following the one minute's silence and prayers.

With a second winter just a couple of months away, and many victims still living in tents or makeshift shelters, critics accused the government authority overseeing rebuilding of dragging its feet in dispensing funds and setting appropriate guidelines for earthquakeproof construction of new homes

In Balakot, leading politicians heard angry complaints and a few hundred people marched in protest. On Saturday, hundreds more had demonstrated outside parliament in Islamabad.

Officials have been accused of corruption, although foreign observers believe any graft is occurring at very local levels rather than at the center.

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Relief agencies seeking funds to keep operations going in a quake zone the size of New Zealand, spread across the western Himalayan foothills, have said that up to 1.8 million people could be at risk of cold and sickness over the

Musharraf says those fears are overblown, and just 35,000 people would pass a second winter in tents in a region where mountain communities endure freezing temperatures and heavy snowfall. But the president says Pakistan

needed a further \$800 million in aid, as 600,000 new homes had to be built. This is 50 percent more than the government had estimated when donors stumped up \$6.5 billion at a conference a month after the catastrophe to cover the cost of emergency relief and reconstruction.

Russia hunts journalist's killer

Russian prosecutors investigating the murder of a prominent journalist say they believe her death could be linked to her investigative reporting.

Anna Politkovskaya was found shot dead on Saturday in a lift at her apartment block in the Russian capital,

Grainy CCTV footage from the building shows a man in a baseball cap following her inside just before the

The 48-year-old mother of two was known as a fierce critic of the

Kremlin's actions in Chechnya. Deputy Prosecutor Vyacheslav Rosinsky said that one theory was that the killing had been "linked to the victim's social or professional duties".

BEIJING (Reuters) — Japanese Prime

Minister Shinzo Abe arrived in Beijing

on Sunday for a summit with Chinese

leaders at which he will seek a thaw in

ties chilled by wartime history and will

consult on North Korea's nuclear

By: Teruaki Ueno

Her own newspaper, Novaya Gazeta, suggests on its front page that she was killed for her reporting on Chechnya.

Police sources quoted by Russian media say Ms Politkovskaya was shot three times in the body and once in the

A Makarov pistol and four cartridges were reportedly found near her body. Life of risk

Ms Politkovskaya often wrote about human rights abuses in Chechnya and her last published article in Novaya Gazeta attacked pro-Moscow militia

A new article about torture was in the pipeline, according to deputy editor Vitaly Yaroshevsky.

"We were expecting material for

Monday's issue," he said on Russian

"She said she would do it and was meant to write this, and perhaps already had. It was about torture in Chechnya."

Ms Politkovskaya had received death threats in the past and suspicions were immediately raised that her death was a contract killing.

Ms Politkovskaya became ill with food-poisoning on her way to report on the Beslan school siege in 2004, which some believed to be an attempt on her

In 2001, she fled to Vienna, Austria, after receiving e-mail threats claiming a Russian police officer she had accused of committing atrocities

against civilians wanted to take his revenge.

'Brave defender' Tributes have been pouring in for the campaigning journalist.

Former Soviet President Mikhail Gorbachev described her killing as a savage crime, and a blow to the independent democratic press in Russia.

The US state department said America was "shocked and profoundly saddened by the brutal murder of independent Russian journalist Anna Politkovskaya".

The director of the Moscow-based Centre for Journalism in Extreme Situations, Oleg Panfilov, said: "Whenever the question arose whether

there is honest journalism in Russia, almost every time the first name that came to mind

Politkovskaya. "Russia has lost a

brave and dedicated human rights defendsaid Nicola Duckworth from the rights group Amnesty International which called for a thorough

investigation. Sense of duty

Russian political analyst Anna Zelkina was doubtful there would be results.

"There is this series of politically motivated murders like hers," she told the BBC.

"I'm afraid that there will be less and less people who would be taking the risk to report... [she's] a very difficult person to replace."

Terry Davis, secretary-general of the human rights watchdog The Council of Europe, suggested she may have fallen victim to "self-appointed executioners... silencing voices of protest".

In an interview two years ago with the BBC, Ms Politkovskaya said she believed it was her duty to continue reporting, despite receiving death

"I think the duty of doctors is to give health to their patients, the duty of the singer to sing - the duty of the journalist is to write what this journalist sees in reality," she said.

Source: BBC



Abe, on his first overseas trip since But mending ties is seen as key to taking office on September 26, was to addressing North Korea's threat to conmeet Chinese President Hu Jintao, duct a nuclear test, an issue certain to Premier Wen Jiabao and parliament be high on the agenda at the two sumchief Wu Bangguo. He flies on to Seoul

President Roh Moo-hyun. "Prime Minister Abe is expected to stress the importance of building not only friendly ties, but also strategic, reciprocal relations between the two countries," a Japanese official traveling with Abe told reporters.

on Monday for talks with South Korean

Beijing and Seoul refused summits with Abe's predecessor, Junichiro Koizumi, because of his pilgrimages to Tokyo's Yasukuni Shrine, seen by critics as glorifying Japan's past mili-

But Abe's visit, less than two weeks into his tenure as prime minister, is seen as a chance for a fresh start.

"The change of government gives an opportunity for both sides to build a new relationship regardless of what has happened up to now," an aide to Abe told reporters in Beijing.

Abe, at 52 the first Japanese premier born after World War Two, is a conservative who wants to restore Japan's sense of national pride, and has defended Koizumi's visits to Yasukuni. Abe has also paid his respects there

in the past, and has declined to say whether he would do so again while in

mits. The first official said Abe would call for closer cooperation with China in dealing with the North.

Abe, Hu and Roh are expected to urge North Korea not to go ahead with a nuclear test, but behind the scenes they could well differ over how to persuade Pyongyang to hold back.

Japan and the United States prefer a hard line that would include tightening sanctions in the event of a test, while South Korea and China lean toward negotiation and incentives.

U.S. officials have said Pyongyang could detonate a device as early as this

Abe has laid the groundwork for the summits by softening his public statements on history, although experts warn the diplomacy could backfire in Beijing and Seoul if he later visits



Yasukuni.

Japan's Abe in China for ice-breaking summit

No one expects the meetings to erase bitter memories of Japan's wartime aggression and colonization, end mutual mistrust, or settle disputes over territory and energy rights.

But Abe is hoping his summitry will win plaudits from mainstream voters at home, and ease concerns in Washington and elsewhere about regional tensions.

Japanese business executives wor-

ried about economic fall-out from chilly diplomatic ties have pressed Abe to improve relations with its neighbors. And with their vital trade and investment links, China and South Korea are also keen for better relations with Tokyo.

In a sign of Beijing's eagerness for rapprochement, its leaders will be meeting Abe despite Sunday's opening of a key gathering of senior Communist Party officials.



Car for Sale

Embassy of India, Sana'a wishes to sell a Mercedes Benz E-240 Model 2000, Black, 1,40,900 Kms.

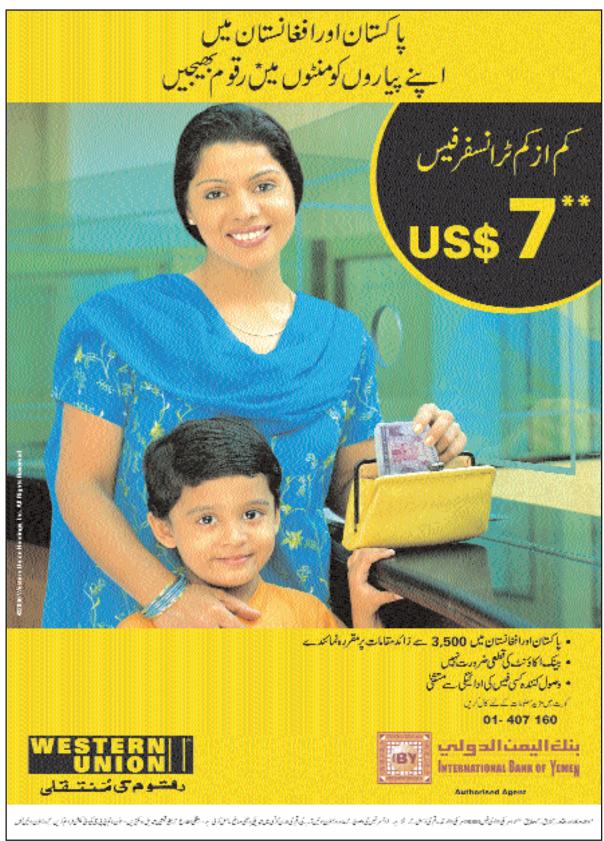
Politkovskaya had often received threats

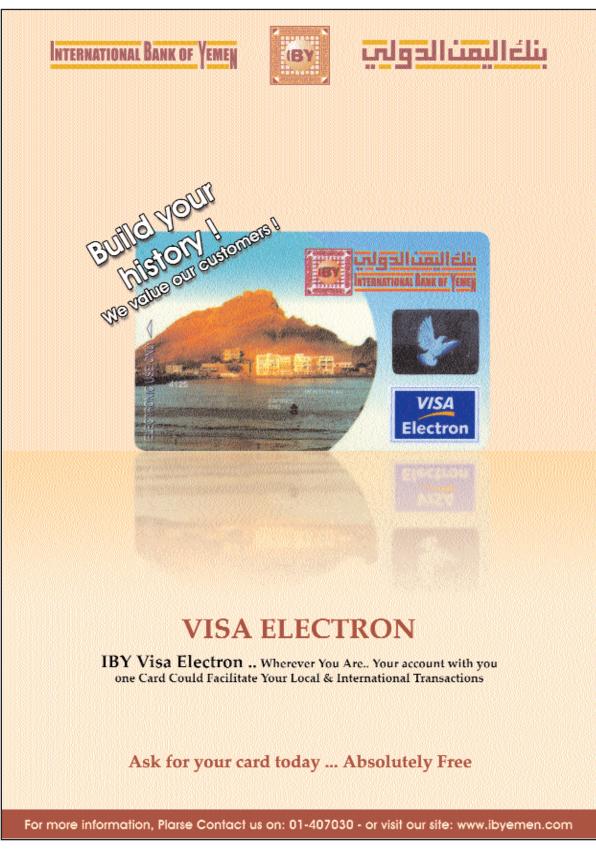
The car is available for inspection at the Embassy premises at No 12, Djibouti St. Off Haddah St., Sana'a on any working day (Saturday to Wednesday) from 0930 hrs. to 1700 hrs.

Genuine offers for purchase may be submitted in a sealed envelope, addressed to Ambassador of India, Sana'a, on or before 12th Nov. 2006 with the following words written on the top of the envelope "Offer for purchase of car" to facilitate easy identification. Open letters or open covers with amount quoted will not be accepted.











Ramadan in Raimah: Life with everlasting bliss

By: Saleh Al-Ba'dani

amadan preparations in Raimah governorate begin two days before the monthlong holiday actually begins, as residents start painting mosques and some parts of their houses, as well as clean their homes, roads and entrances to residences and vil-

Raimah is different from other governorates because it doesn't have a large city. Also, souks (markets) and a collection of stores outside villages are scattered here and there. Every tribe has a centrally located main souk in its area so villagers can reach it easily.

Locals go to these souks in the morning on specific days of the week and return in the afternoon. But the situation is different during Ramadan, as citizens go to the souk either at dawn or in the afternoon, buy their items in less than two or three hours and then return home to relax.

During Ramadan, Raimah women

often go out at dawn with their staff to bring grass for their cows, sheep, goats and other animals, followed by preparing food in the afternoon. At night, they sit with family members or women in their

Children spend much of the daytime with their fathers shopping and reciting the Qur'an. At night, children gather in one place, e.g., in a nearby field, and play various traditional games like hide and seek, mock weddings, etc.

Men are accustomed to shopping, reciting the Qur'an and inviting friends and relatives during the day. After dinner, some remain to chat and watch TV with their families, while others gather at one house, chew qat together and discuss past Ramadans and local affairs. In most cases, individuals come together and try to help each other solve their problems and make future plans.

Citizens face many difficulties throughout the year, but especially at Ramadan due to high living expenses and things they want to buy for the month. As a result, the majority of men work nearly

the entire month in other governorates to make money to purchase Ramadan and eid requirements.

This year's Ramadan in Raimah certainly is better than last year's. Most roads connecting Raimah with other governorates are prepared and paved so users easily can reach the area at anytime. Travelers previously spent much time traveling to their villages and only on specific days, whereas cars now come and go anytime. Moreover, Raimah's capital of Al-Jabin now has electricity, so for these reasons, the area's atmosphere is better than before.

Moreover, even though the recent presidential and local elections are over, locals remain in a political spirit, feeling like they did something great in their life and awaiting their hopes' fulfillment.

What also distinguishes Ramadan from other months are the types of food and beverages people buy when they shop during the last week of the previous month, Sha'aban. Raimah and other governorates share nearly the same kinds of foods during Ramadan.

Raimah are dates, soup, shafoot and sambousah for the iftar meal and fattah (breadcrumbs with ghee and honey), salta, rice, chicken or beef, spaghetti, salad, vegetables and sweets for dinner.

Citizens celebrate Ramadan's arrival because they are happy and anxious to welcome the month, considering it a time of mercy, forgiveness and cooperation, especially for simple individuals. They spend the month praying, reciting the Qur'an and visiting friends, relatives and other families.

Rich citizens provide the poor with various types of food, sweets and clothes, especially at the end of Ramadan. So for the wealthy, the month is a time for charity as they do their best to relieve life's pressures upon the poor. For this reason, the poor don't suffer as much during Ramadan and temporarily find solutions to their needs and problems.

People have mixed feelings as Ramadan draws to an end. On one hand, they're happy because they did their best to fast, pray, recite the Qur'an, help others and do good works. But on the other, they're sad and depressed because the month and its blessings are ending and they must wait another year until it comes again. Such is life day after day, month after month and year after year - happiness and sadness.

After experiencing such a spiritual time, in the last three days of Ramadan, people recognize that they must return to reality again. They recognize that the eid is coming and friends and relatives from different cities will join them in sharing eid happiness, so they begin preparing necessities to make their family and guests happy and comfortable.

Most citizens, especially those with good fortune, buy goats and sheep to slaughter during the eid. The poor depend on souks and buy meat there according to their ability. People also buy clothes for their family members. Women begin preparing eid sweets while also trying their best to beautify their hands and legs with either henna or naksh. Children buy various toys and games, as well as receive many gifts from family and

Ramadan goes.

After being part of Sana'a governorate, Raimah was established in 2003. With an area of approximately 2,000 km. and an estimated 395,000 inhabitants, the governorate consists of six districts divided into 66 communities.

Raimah is simply a range of mountains overlooking the west toward Yemen's Tihama strip. Its mountains ascend gradually from 150 meters above sea level to approximately 3,000 meters. Several wadis criss-cross the governorate, with Wadi Ramma'a in the south and Wadi Seihan in the east. However, Wadi Al-Bulbul, Mazhar and Dhumah are the most significant.

Raimah governorate also is famous for its agricultural and livestock wealth as well as its honey.

Saleh Al-Ba'dani is a Yemeni student studying in the United States. A graduate of Sana'a University's Faculty of Languages, he currently is pursing a Master of Arts in English studies.

2006 Yemeni election observers

By: Dina Al-Ameena

emen's Sept. 20, 2006 presidential and local council elections were conducted under the watchful eyes of numerous local and international observers. According to Yemen's Supreme Commission for Elections and Referendum (SCER), as many as 45,000 NGO and political party members were accredited to observe the elections, including the National Democratic Institute (NDI), IFES, Sisters Arabic Forum for Human Rights, the Yemen Election Monitoring Team (EMT) and many others.

One of the most prominent observation groups is the European Union Election Observation Mission (EU EOM), which contracted with the Yemeni government and the SCER for the first time to send a team to observe the elections - from the pre-campaign period until after the final results are tallied and announced.

Headed by Chief Observer, Baroness Emma Nicholson of Winterbourne, a Member of the European Parliament (MEP) and its vice chairwoman, the mission involves three sub-groups: a 12member Core Team, 40 Long-Term Observers (LTOs) and 40 Short-Term Observers (STOs). An additional 30 members from the diplomatic corps of EU member states were involved on election day, making a grand total of 120 EU observers

The EU observers belong to 22 countries from the 25 EU member states, with only Cyprus, Luxembourg and Sweden not contributing members. Each observer has substantial election observation experience, with a minimum of three observation missions per person. They hail from various professional backgrounds, includ-

ing lawyers, judges, professors, MPs, etc. The 12 Core Team experts also have their own specializations, including law, elections and electoral systems, democracy, voter education/advocacy, political science, constitutional law, media, research/academia, security, the Middle East, peacekeeping, women's and human rights and international relations.

According to EU EOM press officer Fida Nasrallah, all EU observers are compensated by the European Commission, with funds coming from the European Initiative for Democracy and Human Rights.

As for timing, the Core Team arrived first, more than a month before the election, followed shortly thereafter by the LTOs in order to observe election preparations and finally, the STOs arrived the week before the election to increase the mission's observation capacities during voting, counting and tallying results.

Methodology

Such staged deployment of observers permits in-depth analysis and thorough assessment of the entire election process: its legislative framework, administrative preparations (including ballot printing and distribution), campaigning and related human rights issues, as well as voting, counting and aggregating results.

"EU EOM methodology doesn't rely on simply observing election day," Nasrallah explains, "EU EOMs use a long-term methodology that aims to observe the entire electoral cycle, beginning with voter registration and ending with the declared election results."

According to the SCER, Yemen has

5,620 polling centers and 27,000 polling stations and subcommittees, as men and women have separate polling stations and

"[The EU's] proven methodology doesn't require the presence of observers in all polling stations, as we're able to observe the pattern of voting and fraud, if there is one," Nasrallah explains, "Other observation missions use a methodology that only relies on what happens on election day and as such, their presence and coverage needs to be extensive.

"Our methodology is vastly different one in which election day is one day among many, although a special day, nevertheless. In the context of EU EOMs, the mission to Yemen is a very large one," she

The observation mission has a mandate only to collect and verify information concerning the election process, analyze its observations and publish its findings following the elections. The EU EOM's purpose worldwide is to support the development of a nation's democratic institutions and procedures and assist its partner countries in their objective to conduct elections at a high standard.

The EU has adopted various criteria to assess elections, including the degree of impartiality shown by the election administration, the degree of freedom for political parties and candidates to assemble and express their views, fairness of access to state resources made available for the elections, the degree of media access

In addition to Yemen, EU EOMs have observed Middle East regional elections in Lebanon, the Palestinian territories, the West Bank and Gaza

Observers

EU LTOs were sent to every Yemeni governorate in pairs of one male and one female observer. Nasrallah explains the reason for this: "The EU is committed to equal opportunity and attempts whenever it can to deploy an equal number of men and women. In Yemen, male observers won't be allowed to enter female polling stations, even if they're allowed. This is in order to be true to the gender methodolo-

This exclusion also applies to any opposite gender Arabic translators, which accompany the observers as necessary. "Translators may enter polling stations, but no men in female polling stations – even if they're translators," Nasrallah clarifies. Security personnel also accompany some LTOs, but only where needed in certain Yemeni regions and not into polling stations.

Once STOs arrived in Yemen, they were paired with LTO teams already in place throughout Yemen's governorates. Core team members also go into the field

to conduct their own research, request certain data be checked on the field, answer questions and provide support to field observers and receive daily reports from them.

Observer teams, as well as Chief Observer Baroness Nicholson, have met with various candidates and officials, both from the opposition and the ruling party. "We meet with everyone from the entire political spectrum, including President Ali Abdullah Saleh, and we've been welcomed by all," Nasrallah notes.

All EU observers must abide by an election observers code of conduct, which includes maintaining strict impartiality in conducting their duties, conducting such duties in an unobtrusive and non-disruptive manner, refraining from making personal or premature comments about their observations to media or other interested persons, keeping records of all polling stations, etc., visited and basing all conclusions on well-documented, factual and verifiable evidence.

While in the field, observers clearly distinguish between complaints, rumors, accusations and verified facts, as only facts witnessed or observed by the EU's own international observers will be used in the mission's report. Nasrallah emphasizes, "We do not operate on rumors. If the allegations are proven, then we take them into account in our evaluation."

Further, "We do not cooperate or coordinate with any other observation mission, whether domestic or foreign," she

A few days after the elections, the Chief Observer issues a public preliminary statement based on LTO and STO observations of the entire election process. Approximately one month after the elections' final results, the mission issues a more comprehensive report, which may include recommendations for improvements to the overall electoral process and democratic environment.

Election day

Observer teams in every Yemeni governorate visit polling stations to observe procedures regarding opening, voting, counting and aggregating results. According to Nasrallah, observers fill out lengthy and detailed reporting sheets with numerous questions regarding respect for polling center opening procedures, ballot counting and ballot box handling proce-

Factors considered during the actual voting process include whether there was any intimidation or disruption/disorder outside the polling center, whether any campaigning activities occurred in the vicinity of the polling center, whether there were any breaches of secrecy involving the vote, the presence of any underage voters, if any voters were using pre-marked ballots, if any registered voter was excluded or prevented from voting and if women voters were unveiling themselves for identification.

The EU has adopted various criteria to assess elections, including the degree of impartiality shown by the election administration, the degree of freedom for political parties and candidates to assemble and express their views, fairness of access to state resources made available for the elections, the degree of media access particularly state media - for political parties and candidates, any other issue concerning the elections' democratic nature (campaign violence, rule of law, legislative framework), voting conduct and vote



EU EOM visited abut 1000 electoral centers nationwide on election day.

Media monitoring

The EU EOM's final report also will include an overall analysis of Yemeni media conduct during the election process obtained by monitoring state radio and television stations and gathering data from daily and weekly newspapers. For this purpose, the EOM in Yemen is relying upon Italian media expert, Giuseppe Milazzo, and his team of trained media monitors.

Such media monitoring focuses on factors like coverage of candidates, political subjects and groups, quality of coverage, any bias in coverage, campaign issues, civic and voter education materials produced for voters and compliance with laws regulating media election coverage, including granting free broadcast time and honoring the campaign silence period

As the EU mission's media expert, Milazzo and his team were to meet government officials, journalists, editors and executives of both public and private media outlets, as well as national and international NGOs working in this field. He also sought to gather information to assess any complaints made by parties about quantity or quality of media coverage and how competent authorities dealt with such complaints.

National Democratic Institute NDI is a U.S.-based nonprofit organiza-

tion working to strengthen and expand democracy worldwide, including in Yemen. The group calls on a global network of volunteer experts, many of whom are veterans of democratic struggles in their own countries and able to share valuable perspectives, to provide practical assistance to civic and political leaders to advance democratic values, practices and institutions. It seeks to build political and civic organization, safeguard elections and promote citizen participation, openness and accountability in government.

It does this via two main programs: political party capacity building (conflict resolution, group facilitation, election campaign planning, professional conduct, strategic planning, computer and skills training) and women candidate trainings (strategic planning, campaign tactics and techniques, campaign resources and materials, time management, communication, skills training, training trainers). For the past two years, NDI has conducted numerous workshops for Yemeni men and women in these two areas.

During Yemen's most recent elections, NDI partnered with several organizations

and called in national Yemeni observers to assist in the election monitoring process. According to its web site, "International cooperation is key to promoting democracy effectively and efficiently. It also conveys a deeper message to new and emerging democracies that while autocracies inherently are isolated and fearful of the outside world, democracies can count on international allies and an active support system."

"Our methodology is vastly different - one in which election day is one day among many, although a special day nevertheless. In the context of EU EOMs, the mission to Yemen is a very large one."

In safeguarding elections, political parties and governments have asked NDI to provide technical assistance to parties and civic groups to conduct voter education campaigns and organize election monitoring programs. "NDI is a world leader in election monitoring, having organized international delegations to monitor elections in dozens of countries and helping to ensure that polling results reflect the will of the people," its web site states.

Another U.S.-based international nonprofit organization dedicated to building democratic societies, IFES, is providing technical advice to the SCER during these

According to a Sept. 22 statement on the organization's web site, IFES Chief of Party Paul Harris said the SCER made some key strides in this election, but there's still much more to do to. He cited SCER's ability to influence state-run media to give opposition candidates more coverage as a positive step.

The SCER estimated that 58 percent or more than 5 million of Yemen's 9 million registered voters – turned out to vote in presidential, governorate and local

According to a Sept. 19 web site statement, IFES advised the SCER as it prepared to hold the three elections simultaneously for the first time. "One of the key challenges was that Yemen has both single-member and multi-member districts within the same constituencies. In other words, some voters will choose one representative for their local councils while voters in a neighboring district will choose up to three representatives.'

As a result, the SCER had to print ballots for more than 5,600 different races within about 10 days and then deliver them to an estimated 27,000 polling stations throughout Yemen's rugged countryside. Additionally, voter education efforts had to be tailored to individual constituencies, instead of a one-size-fits-

However, Harris said the "complex and difficult exercise" appeared to have been completed in time.

In addition to its advisory work with the SCER, IFES encouraged Yemen to provide more polling sites accessible to voters with disabilities. As a result, the SCER tested tactile ballots allowing blind or visually impaired voters to vote independently and secretly for the first time. The United Nations Development Program (UNDP) printed the ballots.

Harris stated that the elections' low number of female candidates was disappointing. Yemen's political parties had agreed to nominate women for at least 15 percent of candidate slots, but in reality, the figure was less than 1 percent. There were no female presidential candidates and only 149 women ran for local councils, as compared to more than 20,000 male candidates.

"I think the parties will be coming under scrutiny from the international community on how they allowed that to happen," he added.

Election day violence was also an issue, Harris noted, although the level of violence appeared to be less than during the 2003 parliamentary elections, with the SCER reporting at least three individuals killed in election-related violence, including at least one opposition local council

Sisters Arab Forum

The Sisters Arab Forum will hold a workshop this Wednesday afternoon to hear from various human rights groups and organizations, who will report their election monitoring their findings regarding any electoral violations involving women and women candidates.

www.eueom-ve.org www.ndi-yemen.org







Yemeni Nationals Only

Canadian Nexen Petroleum announces the following vacancy:

Legal & Contract Assistant

Sana'a

Minimum Requirements:

- 1. Bachelor degree in Business Administration or equivalent.
- 2. 6 years' administrative experience. Strong computer skills necessary including use of Word, Excel, PowerPoint and Oulook.
- 3. Excellent knowledge of written and spoken English.

For further information or to apply for this position please visit our website:

http://www.nexeninc.com/Careers/Yemen/

Application Criteria:

- All applications must be submitted through our online application
- Online Applications must be submitted No later than November 4th,
- A member of our recruitment team will call you if you are selected for a test and interview.
- Selection will be based on the most qualified applicants.
- Applicants can check the status of their application online using the above URL.
- Please make sure that your Application contains all the needed personal, contact and qualification information.
- Faxed or Handed-in CV's will **NOT be considered**.



General Tender Announcement Number (11) Year 2006

Yemen Radio and TV Corporation announces tenders for the following:

Supply and hand-over of the antenna systems and required prapherial equipments for one FM broadcasting station of medium wave of 600 kilo watts.

Interested specialized and manufacturing companies in this field are to come to the Corporation's premises- engineering sector, projects department in Sana'a near the Ministry of Public Health and Population during official working hours in order to obtain the tenders documents.

Tender fees: Non-refundable US 500\$ an additional 100\$ is charged for optional postal delivery.

General conditions:

- 1- Primary guarantee of 2.5% of the total tender cost and valid for 120 days from the date of opening the envelopes
- 2- Valid tax card for 2006
- 3- Valid commercial registration card for 2006
- 4- Valid Insurance card for 2006
- 5- Valid Alms (Zakat) card for 2006
- 6- The envelopes are to be sealed in red wax
- 7- Commitment to the general and special conditions stated in the tender documents

Place and date for opening the envelopes:

The envelopes are to be opened at 11 AM on Wednesday morning 8/11/2006 at the corporation premises







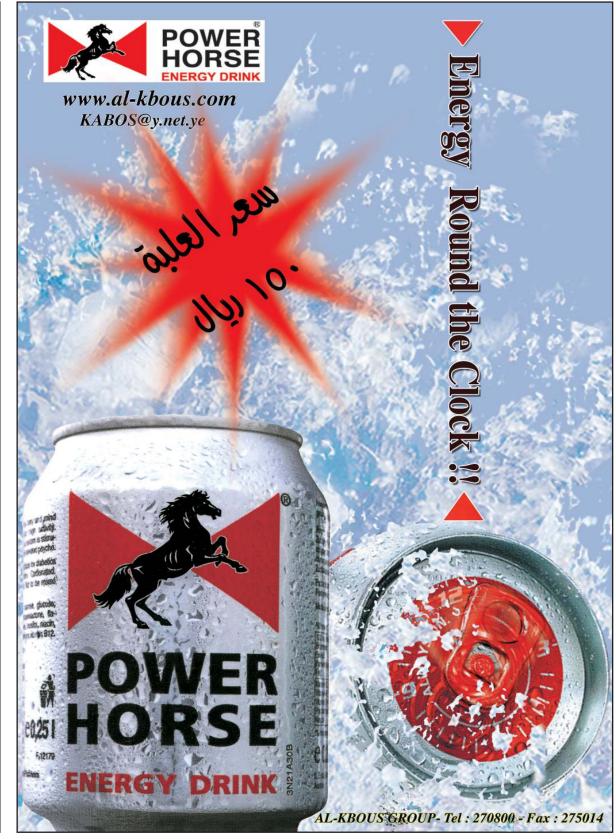


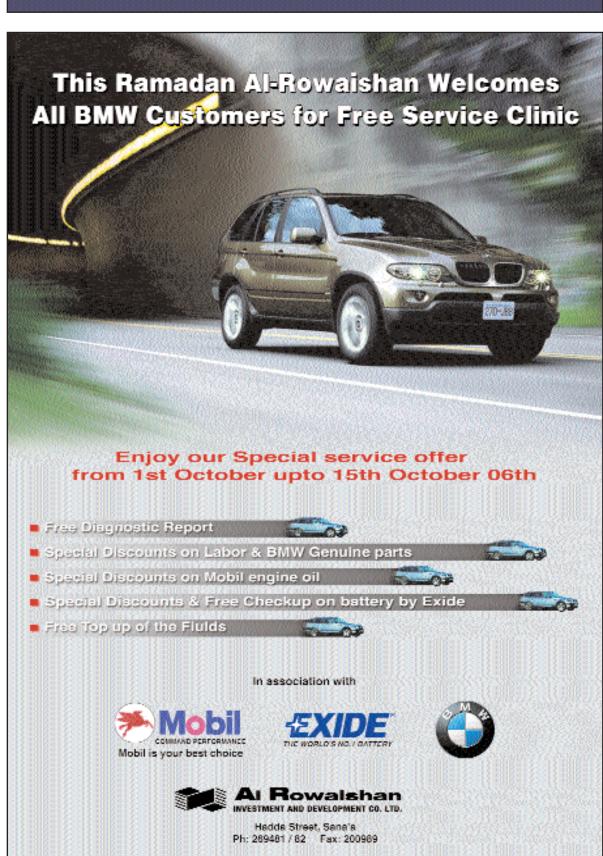
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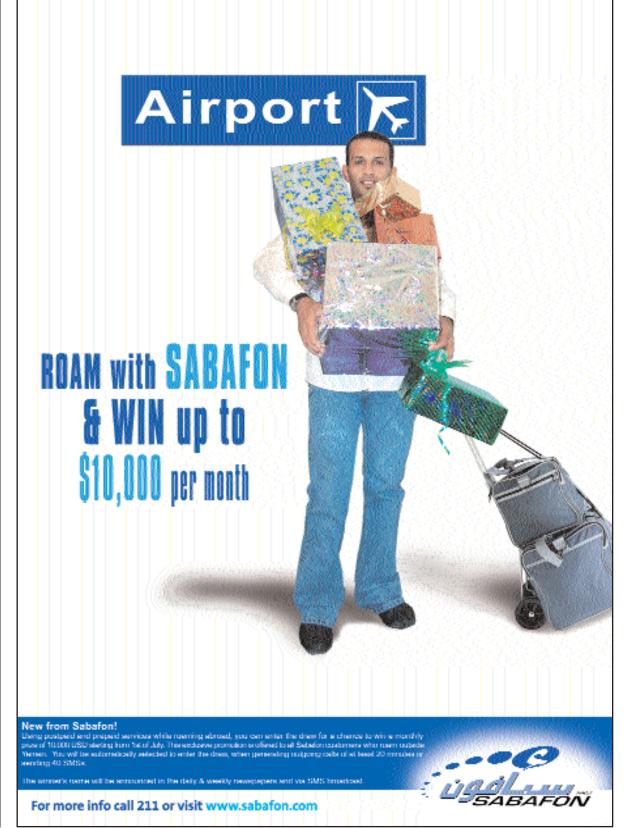
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الموقع على الإنترنت: www.uicyemen.com

An F5300







Words of Wisdom



The Republic of Yemen cannot afford to develop on the basic of the traditional snail-pace growth rate. We need a strong force and zeal to address such grave issues as excessively high population growth rates, rapid depletion of water resources, corruption mismanagement, etc.

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



OUR OPINION

A beautiful country called Yemen

s Yemenis, our perception about Yemen is so different from non-Yemenis, whether Arabs or foreign. We know our country and its potentials and to a great extent we have are used to what it looks like and that is taken for granted. However, when tourists visit Yemen, they have so much to say and in a way their experience is an eye opener for us. I am saying this because recently my mother in law, who is a Jordanian, came visiting for four weeks. During her stay, we took her to shops, malls, and to tourist places.

All the time she was amazed our country has reached "this" extent of development. We kept hearing comments like: "I never thought you had such good stuff in Yemen" or "This is so interesting" or "Why did we never hear about this place before.'

At first I was a little angry thinking why do foreigners have such a negative impression about my country? Do they think Yemen is a desert where there is nothing interesting? Then it occurred to me that maybe it is not their fault. Maybe it is because we as Yemenis have not done our job in promoting our country.

Lately the Ministry of Tourism placed a series of commercials on international TV channels about Yemen. Also there are attempts to hold conferences, exhibitions and fairs inside Yemen to attract attention towards our beautiful country. It seems this is not good enough, because Yemen is still severally underestimated. Many Yemenis who go abroad, especially for medical treatment do not pay attention to the way they dress and behave do not create a positive image of our country. So many times they are taken as a representation of Yemen as if since they are Yemenis then this is what Yemen is all about. Another problem is our embassies and delegations abroad - including students, businessmen and activists who keep travelling outside Yemen. They have a huge responsibility in correcting the false image and promoting Yemen.

Interestingly enough, there is another dimension to the issue. The general manager of Raha Taxi Company was complaining a few days ago in a friendly conversation that some Yemenis especially in tribal areas cannot accept foreigners. He said that two of their cars were kidnapped in Marib simply because the tribes thought there were foreigners in the taxis. It seems some of us wouldn't allow tourism to prosper in Yemen. Although when tourism flourishes in a country everyone benefits including the simple people in tourist attractions who work as guides or in food business or those sell traditional items to tourists.

There are many factors influencing our country's reputation and image abroad. Yemen deserves more attention from the outside world. Only those who have been here know that. This is an invitation to let those who have not yet visited Yemen to give this beautiful

> Nadia Al-Sakkaf Editor-in-Chief

Prison is preferred

By: Mohammed Sadiq Al-Udaini

"There is no pillow so soft as a pure conscience." -A French proverb

ne day during my second imprisonment in Ibb Central Prison, I had read a witticism in an Arab publication; it makes one laugh and cry at the same time especially for someone whose situation looks similar to the joke. It relates a dialogue between a judge in court and a prisoner, inspired by the present general reality with regard to social, political, economic and press

The judge, addressing the prisoner standing inside a box behind bars, said we have decided to release you from prison. We want you to go out and face government corruption, public loss, disasters of GPC's doses, presidential panic speeches, groups of self-seekers; down to the end of the list of bitter vexations overwhelming the heart of my country, smearing with blood half of its present and its future entirely.

In such a way the painful joke diagnosed the miserable reality in various walks of life to an extent where prison has become one of the amenities bestowed by the Creator, one of the ways of deliverance from claws of freedom associated with all tragedies and annoyances of life. I wondered if imprisonment and living behind bars have become at this bad time a safe haven or commuted punishment, whereas life outside the walls of prison represents fiercer and harsher punishment especially throughout the period of my imprisonment when I was publicly writing criticism of corruption and its sym-

Presently, and with every passing day I am in this deformed homeland, I recall this painful witticism accompanied by that painful wonder, though metaphorically I am free and away from walls of the prison where I stayed behind bars nearly two years. It is as if the judge who decided to release me wanted - after they discovered the idea of imprisonment had proved its failure and could not change me into a mute Satan or extoller of the sultan- to punish me with the severest punishment by granting me my freedom in a homeland where the human no longer entertains any value and live conscience, honor, decency and truthfulness have become accusations causing one to be pursued and fought against even the breaths of air he breathes and also threatened. What kind of a homeland is this that does not give its sons anything except humiliation and loss? What homeland is this where gangs act freely and as they wish and tamper with its destinies and life of its sons, a handful of thieves and highwaymen hiding behind the state institutions and security organizations? The citizen eats but fear and throws up bits of glass and nails.

The people in my country, with a downtrodden majority, are simple, miserable partners in concern and poverty whose proportion is witnessing horrible escalation that may exceed 13 million poor persons out of the country's population of 20 millions. This population possesses more than 60 million pieces of various caliber weapons, heavily armed with illiteracy- over 70 percent among men and more than 80 percent among women, added to that the political illiteracy, spread of psychological diseases, cases of hysterical madness, disability and catastrophes of spread corruption, continued borrowing and its sad effects on them and misfortunes of the approaching danger of depletion of water and oil wells.

The real problem may lie in that ruling "Horse," which kicks bodies of its victims here and there, continues its exhaustion of the state treasury, employs all the state property to satisfy its unlimited whims in achieving false victories in imaginary battles and wars, sweeping majorities in drama-filled elections and comic referendums whose results are attached with tragedies. It does not realize poverty is the match of ignorance and

illness and the grouping of the three of them pushes the people to disbelieve the state and kills in the souls all national feelings. When we are not assured our living and future of our sons, relinquishing formalities will be an easy thing for the homeland is the place where we feel dignity and homelands that do not offer respect to

their citizens are not homelands. We are therefore in need of a big crematory, the size of this homeland, in which we burn desperate past and a present burdened with humiliation, highly admired idols, dervish politicians and reproduced deformed political parties. I visited he field and there I found a coward who attacks and the brave who flees the field and victims chanting with remaining of their blood and spirit for the one who sucked their blood and spoiled their living and stole hopes of their future and comfort of their present.

As long as purity has its high price the free person pats it with a satisfied conscience. That is why the soul yearns for sacrifice for the sake of a nobler goal. What enhances this spirit is the worry dwelling the souls of those who panic the word fact and therefore they change their sins to judiciary sentences and corrupt decisions and accusations signed by shaking fingers in targeting the honorable, thinking they can score victory by imprisoning anyone who disagrees with them in opinion. What consolidates the spirit of courage is to make the soul get used to facing hardships. Thus the warden becomes more worried then the prisoner and the executioner becomes more pained than the executed. For all that let me cry loudly the prison is preferable for me.

Finally, I quote the poet Mahmoud Darwish and repeat with him: "Be the hymn of the one deprived of a song, when you go to bed this evening I tell you wake up on a homeland on the back of a galloping horse and my friends I whisper you will not be like us: a mysterious hangman's rope."

Mohammed Sadiq Al-Udaini is the chairman of Center of Training and Protection of Journalists' Freedoms

SILVER LINING

Media and the postelections challenges

e noticed that the per-formance of the media during the presidential and local elections last September had improved a lot. Part of the reason why the elections campaigns were heated is the open coverage of the elections rallies by the staterun broadcast media. It played an instrumental role in influencing the public opinion as the people felt for the first time in their lives that they can hear and listen to people of different positions, despite all irregulari-



By: Mohammed Al-Oadhi

ties of the media coverage, voting and counting processes. This is an excellent experience which has shown clearly how broadcast media is influential in a society that is still plagued with a high rate of illiteracy.

Some might argue that the airing of the speeches of the candidates helped accelerating the concerns and worries of the people. However, it has been a good step for a genuine and open contest. I understand the time space and quality of coverage given to the candidates is not balanced. But, the people were able to listen to different opinions and to some people criticizing for the first time and through these media outlets the government and its policies.

This demonstrates the tremendous influence of the broadcast media that is always voicing only one opinion. It is the government's voice that is always heard. This monopoly of the state over broadcast media does not go in line with Yemen's attempts to democratize. Liberation of media is at the core of any true democracy. I guess we can not claim to be democratic while the most important form of media is controlled by the state. It is the right of the people to operate and run radio and TV stations where the public can take their decisions on the basis of good knowledge and information.

The government always shows concerns that such liberation of broadcast media will not help unite the people and will help incite religious and sectarian conflicts. This concern is not justified as all these media outlets have to respect laws and regulations.

Another relevant point is the question of the print media, mainly the independent newspapers which are very few. Some of these newspapers did a wonderful job during elections and even before elections. In fact, some of these newspapers including the party ones have played an excellent role in widening up the scope of freedom, encouraging the opposition coalition to heighten opposition to the government.

During the elections, some of these print and online newspapers could not resist the lures of the politicians and easily fell into the trap of political containments. Yet, some could resist and cling to professionalism. They did a good job and have to continue.

Despite of the substantial difficulties these newspapers are facing, some of them have been influential enough to get the response of the people in charge. However, the most important challenge ahead them is their ability to widen their outreach and influence the general public. I know that illiteracy is a real headache, but even among the literate people, the newspapers are not influential enough. It is still restricted to the elites which is not enough. They have to turn into a public journalism where the readers can have a proactive role with and be part of the editorial staff of these newspapers.

The question of the draft press law which is stuck at the Shoura council at the moment is another challenge that awaits all the journalists and the gov-

It is true that the elections have put the journalists apart due to the political polarizations. And their upcoming challenge is to stand together and fight for a better press law as they did before.

The government is confronted with its commitments to the journalist and international community to not respect media freedom and not to pass any law that would put more restrictions to media.

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

By: Abdul Aziz Ahmed leading to refined spiritual growth. Likewise, one should protect one's Fasting establishes a complete and slam calls to the divine; in all stomach from consuming anything its aspects, it guides human balanced human being, one that realizes the divine and noble essential Likewise, the fasting person should preserve his limbs from situations role he plays in life, it encourages the

beings on the path to perfection and excellence. Fasting is one of the main pillars that Islam is built upon. It helps the individual conquer his lowly desires, to redefine his basic self needs, to refine his perception and tune in his spirit with the creator of existence.

When Muslims fast Ramadan they not only abstain from basic human desires and pleasures such as eating, drinking, and intimate relations from dusk till dawn, but they also develop elegant qualities and lofty inward meanings that are formulated in the

hearts that go through the experience, practice of good character traits and moral discipline, it also reminds us of the difficulties of those who live in constant hunger and deprivation. Those who stop at the physical aspects of fasting miss its essence.

The etiquette of Ramadan

'Among the most important etiquettes of fasting', speaks the great Imam Al-haddad of Hadramaut (Died 1132 AH), 'is to protect one's tongue from lies, backbiting and falling into that which does not concern you. Speak truthfully and honor commitments and your promises. Beware of arguments and wrangling, for they cast rancor into the breasts of men, alienate hearts and lead to enmity and hatred. If anyone argues against you and has right on his side, accept what he says for truth must always be followed.

Renounce all joking, if very occasionally you do joke to assuage someone's heart, then speak only the truth. The Prophet (peace and blessings be upon him) has said: "Neither argue with your brother nor quarrel, and do not make him a promise and then

He also said, 'fasting is a shield and so if one of you is fasting one should not swear or abuse or do any of the acts of ignorance. If someone comes to abuse or fight you say 'I am

Also among the etiquettes is to protect the eyes and ears from looking at or listening to that which does not rectify the state of the heart and that

which is superfluous.

associated with sin and from excess. By this, the fast will be perfected and purified. How many people fast, tiring themselves with hunger and thirst yet allow their limbs to transgress and thereby spoil their fast and waste that effort? As the Prophet Muhammad (peace be upon him) mentioned, 'how many fast and attain nothing from the fast but hunger and thirst?

From the etiquettes of fasting is not to sleep much during the day or eat much at night but to be balanced so that one feels the hunger and thirst and trains one's self, weakens one's desires and enlightens one's heart for that is the secret and purpose of one's fast. The fasting person should avoid lavishness in following one's desires and tastes as previously mentioned. The minimum level should be to have the same level of luxury as one is used to outside of Ramadân, but self discipline and avoidance of the desires of the self will have a great impact on the enlightenment of the heart. This is what is required from fasting. Those who accustom themselves to greater luxury during Ramadân than at other times are in a state of deception. They bare themselves from the fruits of the fast and deprive themselves from the manifestations of it which include lights and unveilings, humility and meekness before God, tasting the pleasure of His intimate discourse and remem-

It is appropriate for the fasting per-

son not to eat much. This is so that the effects of the fast can manifest themselves and that he may take a portion of the secret and purpose of the fast, which the weakening of desire is among them. For surely fasting and emptiness of the stomach have a great effect in illumination of the heart and the energizing of the limbs for worship. Satiety is the origin of hardness of the heart, negligence and laziness in worship. The Messenger of God, upon him be peace, said, 'the son of Adam has not filled a vessel worse than his stomach. A few morsels would suffice for him to be able to stand straight but if he is unable to make do with that, then a third for his food, a third for his drink and a third for air'. Some have said, 'if the stomach is satiated, the other limbs go hungry, if the stomach is hungry the limbs will be satiated'. Among the etiquettes of fasting is

to not busy oneself with worldly affairs during the month of Ramadân. One should free oneself from them and concentrate on worshipping God and his remembrance as much as possible. One should not enter into worldly preoccupations except what is absolutely necessary to fulfill one's duties or the rights of one's family and dependents and such like.

Also from the highly recommended acts is the feeding of fasting people

at the time of their breaking of fast even if it is only by providing dates or a drink of water. The Prophet Muhammad (upon whom be peace), said, 'who ever provides for a fasting person to break his fast will receive the reward of the fasting person without diminishing anything from the reward of the fasting person.' This reward is only achieved by providing the actual food he breaks his fast with even if it is only a date or a drink of water. As for one provides him with a full meal later in his home or somewhere else, he will not receive this reward, however, he will receive the reward of feeding someone, which is itself a mighty reward'.

It is from the tradition of the Prophet, upon him be peace, to break one's fast with dates and if you are unable to, then with water. He, upon him be peace, used to break his fast before praying the Maghrib prayer.'

Besides fasting, Muslims regard Ramadan as one of the holiest months of the year, a month of mighty status and rank.

Abdul Aziz Ahmed is a scholar at the religious institution Dar Al-Mustafa of Tarim, Hadramout. Selected excerpts in this article are from Imam Al-Haddad's book 'The Book of Assistance' and 'Al-Nasâih al-Dîniyâh'

K Ε T C Н Е D O By: Samer (samer_art@maktoob.com)

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Al-Omari, Moneer

Interns Al-Khaubari, Khalil Goffin, Glyn Shadad, Nisreen

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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By: Mohammed Khidhr



Ath-Thawri weekly, organ of the Yemen Socialist Party (YSP), 5 Oct. 2006.

Main headlines

- Dr. Yassin to the Emirates al-Bayan newspaper: We are not sorry for taking part, the elections singled out new political reality
- To make up for what the ruling party spent on its propaganda and buying voter voices, The government collects Zakat from foreign oil companies
- JMP's election challenges in Dhalie rejected
- JMP reveals to the society the ruling party's electoral crimes, renews its clinging to peaceful struggle
- Cheating in specifications, rise in prices, Collapse of Yemeni currency and warnings of inedible foods

In his front-page article writer Khalid Sultan says the political vivacity is not a product of the instant or a resounding explosion for change. The political activity, according to the Yemeni electoral scene is larger than confining it to two de3scriptions of absolute defeat or the sweeping victory it is mobility I whose context we read what ability it owns to lay the foundation stone of the upcoming

The elections whose results had been plundered and were violated during the stages of holding them are not the end of a course but a point for clinging to and a start. The elections managed to unmask ugliness of the governance face and mentality and its obsession for staying in power despite of the people will, defying the laws of change. The elections succeeded in

awakening the hidden awareness of the people, dropped the backward concepts of unilateralism and laid more than one brick on a long and costly road, but with happy endings and plenty of results in the direction of rectifying the failures in the criteria of choosing the ruler and reconsideration of concepts of presidency as a post and a job and election as a right and the people's will as basic and decisive player in drawing the shape of Yemen.



As-Sahwa weekly, 5 Oct. 2006.

Main headlines

- Arrests of members of electoral committees continue
- JMP discloses GPC's tendencies for changing results of Ibb local councils elections
- Al-A'nisi: The public opinion not satisfied over results announced by the authority, JMP will focus on reforming the election process
- Journalist accompanied the president in his election campaign discloses the elections "black file" Arrests and pursuits against JMP
- Gunmen led by a GPC sheikh

threaten deputy chairman of election commission Writer Zaid al-Shami says in his article there are still many leaders,

including those from the ruling party, who want competition being forced and to trespass the limits, forgetting that our political system is based on political pluralism. The constitution stipulates that competition is a condition for the selection of president to the republic and the parliament has to recommend at least

three candidates for the post, the direct elections will not be proper unless there are two candidates at least. It is a must to publish this culture to be part of the awareness of all. This culture is activation of the principle of consultancy, right of the citizen and a contract that must be implemented by the ruler and the ruled subjects, thus what is wanted is reducing of damage of competition and its ramifications.

The ruling party and parties of the opposition will ponder and consider results of the elections for the purpose of studying and rectifying so that each will work for avoiding shortcomings. I want to point out here that the results are bigger than the proportion of votes or number of local councils seats. and rush of the public was not the end of the distance. Parties of the JMP were not able to preserve voices of their supporters whose votes had been confiscated in a way or another and they were unable to stop violations that observers had seen and recorded. in addition to that representatives were not able to limit them and some exposed to beating or expulsion.



Al-Wasat weekly, 4 Oct.2006.

Main headlines

- Before attacking and killing al-Rabie, al-Dailami was killed with a shooting from helicopter
- Deputy head of the US diplomatic mission Khouri praises the interior ministry's operation and expresses fears of future terror
- Saudi authorities suspends granting visas to Umra for 50 thousand Yemenis

Evaluation of performance and defending the masses rights, the main future tasks of the JMP

Editor in chief of the newspaper writes saying that the change in the president's address after the lections is focused on talking on dwarfing the criticizers, purging establishments of the corrupt, which is a matter inspiring hope especially when it comes from the highest official in the state. All this can evaporate and become no more than heritage added to previous ones merely when the citizen finds himself face to face before the ghoul of high expensiveness against which the government sufficed itself to the role of conciliator and the head of the government has just met with heads of companies and industrialists, as if the subject is an object of discussion and not as a state having the power to deter and return thing to their proper

The wave of high cost of living is justified by simple-minded people as an attempt by traders to restore what they have spent on the elections, and this is the real test of the a head of state who has become the first one concerned with his subjects' problems, who have developed the idea that they his main support rather than the corrupt who have acted with the help of the state potentials to prove the connection of the track with him in the next stage.

For sure the president has not triumphed by virtue of the corrupt of his aides but by the help of the ordinary people who have not known any other one except him. They voted for him for fear that the country might be drowned in its sons' blood. The talk here is not about a percentage that is higher or lower. That has become history after recognition by the opposition of the new legitimacy.

Now it is a talk on a future full of promises that will solve all the

problems and put an end to the negatives. This necessitates following up the implementation of such promises and not to confine that to just waiting what the government officials will grant.

Presently, the opposition and the citizen are required to deal with the new situation hat produced a new legitimacy of the regime considering that what governs their relationship is a social contract based on an election program that must be implemented.



Al-Wahdawi weekly, organ of the Nasserite Unionist Organization (NUO), 3 Oct. 2006.

Main headlines

- NUO secretary general says September revolution represented salvation from despotism
- Killing of Rabie and Dailami came
- after return of FM from Washington Organization branch in Taiz demands sending the killer of martyr Shamsan to court holds the interior and the SCER responsible for what happened
- British prisons places for extremism promotion
- Saudi-Yemeni differences behind non-granting of visas to more than 35 thousand Yemenis
- Delay in announcing results of local elections for not completion of final statements
- A call for opening the file of torture in Yemeni prisons

Writer Ahmed Saeed says in his article surely there is a political vivacity that accompanied the elections held in the country lately and the opposition has contributed to them with a major role through its

participation in serious constitutional right and its acceptance of competing for the first post in the state by presenting the patriotic figure the engineer Faisal bi Shamlan as candidate for the Joint Meeting Parties opposition alliance.

All are aware that elections of the last month, regardless of shortcomings and failures that helped domination of the ruling party, are considered a step on the right path by breaking taboos that give a halo of sacredness to the post of the president of the republic and managed to subject that post to competition.

Surely, those elections have resulted in tragic events the world has observed and reached the extent of targeting lives of citizens and crushing the will of electors by allurement and terrorization. The elections revealed that the competition was between the state potentials and the opposition rather than between the ruling party and the JMP. In my view they revealed practices showing ugliness of the ruling party's clinging to power and using whatever violates the law and the constitution to attain that end. the experiment of 20 September elections needs more peaceful struggle and sacrifice because it cannot be granted by political speech but by more work for increasing consciousness of the importance of squeezing out the rights and preserving them. it is not true that a real and comprehensive change has taken place in Yemen in the wake of elections but it is sure that the wheel of democracy is set to motion and it is difficult to stop it and the journey before it is composed of stages that can be more difficult and less trivial of what happened in the presidential elections. Consequently happened is not the end of the journey and it is sure as swell that the experiment is in need of objective evaluation by the JMP and to think of it with a sense of responsibility.

Islam and the Pope

By: Thomas L. Friedman

need to stop insulting Islam. enough already. No, that doesn't mean the pope should apologize. The pope was actually treating Islam with dignity. He was treating the faith and its community as adults who could be challenged and engaged. That is a sign of respect.

What is insulting is the politically correct, kid-gloves view of how to deal with Muslims that is taking root in the West today. It goes like this: "Hushhh! Don't say anything about Islam! Don't you understand? If you say anything critical or questioning about Muslims, they'll burn down your house. Hushhh! Just let them be. Don't rile them. They are not capable of a civil, rational dialogue about problems in their faith community."

Now that is insulting. It's an attitude full of contempt and selfcensorship, but that is the attitude of Western elites today, and it's helping to foster the slow-motion clash of civilizations that Sam Huntington predicted. Because Western masses don't buy it. They see violence exploding from Muslim communities and they find it frightening, and they don't think their leaders are talking honestly about it. So many now just want to build a wall against Islam. It will be terrible if Turkey is blocked from entering the European Union, but that's where we're heading, and the only thing that will halt it is honest dialogue.

But it is not the dialogue the pope mentioned — one between Islam and Christianity. That's necessary, but it's not sufficient. What is needed first is an honest dialogue between Muslims and Muslims.

As someone who has lived in the Muslim world, enjoyed the friendship of many Muslims there and seen the compassionate side of Islam in action, I have to admit I am confused as to what Islam stands for

last year a Sunni Muslim suicide bomber blew up a Shiite mosque in Hilla, Iraq, in the middle of a memorial service, killing 25 worshipers. This year on the first day of Ramadan, a Sunni suicide bomber in Baghdad killed 35 people who were lining up in a Shiite neighborhood to buy fuel. The same day, the severed heads of nine murdered Iraqi police officers and soldiers were found north of Baghdad.

I don't get it. How can Muslims blow up other Muslims on their most holy day of the year - in mosques! - and there is barely a peep of protest in the Muslim world, let alone a million Muslim march? Yet Danish cartoons or a papal speech lead to violent protests. If Muslims butchering Muslims - in Sudan, Iraq, Egypt, Pakistan and Jordan produces little communal reaction, while cartoons and papal remarks produce mass protests, what does Islam stand for today? It is not an insult to ask that question.

Muslims might say: "Well, what about Abu Ghraib, Guantanamo or Palestine? Let's talk about all your violent behavior." To which I would say: "Let's talk about it! But you'll have to get in line behind us, because we're constantly talking about where we've gone wrong." We can't have a meaningful dialogue if we, too, are not self-critical, but neither can

Part of the problem in getting answers is that Islam has no

hierarchy. There is no Muslim pope defining the faith. There are centers of Muslim learning, in Egypt and Saudi Arabia, but their credibility with the masses is uneven because they're often seen as tools of regimes. So those Muslim preachers with Why? On the first day of Ramadan authenticity tend to be the street legitimacy by spewing hatred at both their own regimes and the Western powers that support them. As a result, there is a huge body of

disenfranchised Sunni Muslims, who are neither violent fundamentalists nor wannabe secularists. They are people who'd like to see a marriage between Islam and modernity. But right now there is little free space in the Sunni Muslim world — between the firebrand preachers and the "official" ones — for that synthesis to be discussed and defined.

I had hoped Iraq would be that space. Whenever people asked me how I'd know if we'd won in Iraq, I said: when Salman Rushdie could give a lecture in Baghdad. I'm all for a respectful dialogue between Islam and the West, but first there needs to be a respectful, free dialogue between Muslims and Muslims. What matters is not what Muslims tell us they stand for. What matters is what they tell themselves, in their own languages, and how they treat their own.

Without a real war of ideas within Islam to sort that out — a war that progressives win - I fear we are drifting at best toward a wall between civilizations and at worst toward a real clash.

Thomas L. Friedman is an American journalist, columnist, author and three-time winner of the Pulitzer Prize, currently working as an op-ed contributor for The New York Times. Source: www.pekingduck.org.

Escaping George Bush's future

always comes back to oil. The continuing misguided interventions in the Middle East by the United States and the United Kingdom have their roots deep in the Arabian sand. Ever since Winston Churchill led the conversion of Britain's navy from coal

to oil at the start of the last century, the Western powers have meddled incessantly in the affairs of Middle Eastern countries to keep the oil flowing, toppling governments and taking sides in wars in the supposed "great game" of energy resources. But the game is almost over, because the old approaches are obviously failing.

Just when one is lulled into thinking that something other than oil is at the root of current US and UK action in Iraq, reality pulls us back. Indeed, President Bush recently invited journalists to imagine the world 50 years from now. He did not have in mind the future of science and technology, or a global population of nine billion, or the challenges of climate change and biodiversity. Instead, he wanted to know whether Islamic radicals would control

Whatever we are worrying about in 50 years, this will surely be near the bottom of the list. Even if it were closer to the top, overthrowing Saddam Hussein to ensure oil supplies in 50 years ranks as the least plausible of strategies. Yet we know from a range of evidence that this is what was on Bush's mind when his government shifted its focus from the search for Osama bin Laden to fighting a war in Iraq.

The overthrow of Saddam was the longstanding pet idea of the neoconservative Project for a New American Century, which was already arguing in



By: Jeffrey D. Sachs

run-up to the Iraq War, claiming that Saddam Hussein was building a massive arsenal of weapons of mass destruction to "take control of a great portion of the world's energy supplies.' Cheney's facts were obviously wrong, but so was his logic. Dictators

likely to achieve a strangle-

supplies."

erated these fears in the

like Saddam make their living by selling their oil, not by holding it in the ground. Perhaps, though, Saddam was too eager to sell oil concessions to French, Russian, and Italian companies rather than British and US companies. In any event, the war in Iraq will not protect the world's energy supplies in 50 years. If anything, the war will

threaten those supplies by stoking the very radicalism it claims to be fighting. Genuine energy security will come not by invading and occupying the Middle East, or by attempting to impose pliant governments in the region, but by recognizing certain deeper truths about global energy.

First, energy strategy must satisfy three objectives: low cost, diverse supply, and drastically reduced carbon dioxide emissions. This will require massive investments in new technologies and resources, not a "fight to the finish" over Middle East oil. Important energy technologies will include conversion of coal to liquids (such as gasoline), use of tar sands and oil shale, and growth in non-fossil-fuel energy sources.

Indeed, there is excellent potential for low-cost solar power, zero-emitting coal-based technologies, and safe and reliable nuclear power. Solar radiation equals roughly 10,000 times our current

the 1990's that Saddam was energy use. We tap that solar power in many fundamental ways - food produchold over "a significant tion, wind power, hydroelectric power, proportion of the world's solar heating, solar-thermal electricity, Vice solar panels – but the possibilities for President Dick Chenev reitgreatly increased use of inexpensive. widely available, and environmentally friendly solar power are huge.

Coal, like solar energy, is widely available. It is already inexpensive, but it is a solid rather than a liquid, a major pollutant, and a source of greenhouse gas emissions. Yet all of these problems can be solved, especially if we make the needed investments in research and development. Gasification of coal allows for the removal of dangerous pollutants, and coal can already be converted to gasoline at low cost; a South African company is beginning to bring that technology to China on a large

Nuclear power, both fission-based and fusion-based, is vet another possibility for vast, reliable, secure, and environmentally safe primary energy. Here, too, there are technological obstacles, but they seem surmountable. Of course, there are also major political, regulatory, and security considerations, all of which need to be addressed prop-

It is ironic that an administration fixated on the risks of Middle East oil has chosen to spend hundreds of billionspotentially trillions—of dollars to pursue unsuccessful military approaches to problems that can and should be solved at vastly lower cost, through R&D, regulation, and market incentives. The biggest energy crisis of all, it seems, involves the misdirected energy of a US foreign policy built on war rather than scientific discovery and technological

Jeffrey D. Sachs is a professor of Economics and Director of the Earth Institute at Columbia University. Source: Project Syndicate.

Ramadan 2006 (Part V)

As for him who gives in charity and guards against evil and confirms the Good, We will pave his way to ease. (Qur'an, 92:5-7)



By: Harun Yahya www.harunyahya.com

Worshipping Allah alone

ne of the most important goals of a Muslim in this life is to spread the Qur'anic morals all over the world, so that people can serve God as they should. In the Qur'an, God has shown believers the way to achieve these aims and commanded as follows:

God has promised those of you who believe and do right actions that He will make them successors in the land as He made those before them successors, and will firmly establish for them their religion with which He is pleased and give them, in place of their fear, security. 'They worship Me, not associating anything with Me.' Any who are disbelievers after that, such people are deviators. (Surat an-Nur: 55)

In accordance with a secret God reveals to believers, God will secure the establishment of the values of the Qur'an all over the world if believers only worship God, without ascribing partners to Him. This is a very important secret, because, it indicates that it is the responsibility of every believer to spread the guidance of the Qur'an among all people.

Since this is the case, every believer of conscience should strictly avoid associating partners with God and worship only Him. Before all else, associating partners with God is a sin that God does not forgive and which sends man to hell. However, it may well be that a majority of people relate this concept to pagans who worship idols. Mankind should also be wary of the "hidden idolatry".

In this form of idolatry, one can



readily express his faith in God, acceptance of God as the one and only God and creator and obedience

But, fearing any being other than God, considering the approval and support of other people more important, considering trade, family and ancestry more important than God and striving in His way, are outright idolatry. The true sense of faith as explained in the Qur'an God wills, He restores a sick person would ascribe an attribute of God to deems the good pleasure of God to health by the hand of a doctor. In above and over anything else.

beings other than God, can only be Because, no doctor can cure a patient other than God.

means to earn God's pleasure. Those who feel indebted to people for a blessing given to them, who regard them as their protector are, in fact,

This is because, the One who bestows various kinds of sustenance to people is God; the One who feeds, protects and shelters every living being and restores them to health when they are ill is God alone. If

unless by the Will of God.

A person whose health is improved should see his doctor as a person by whose hands God restores him to health and, accordingly, show the due respect to the doctor. However, knowing that it is actually God who heals, it is God to whom he should be grateful.

Otherwise, he would be associating partners with God and man. All Muslims should strictly this sense, it is illogical for someone avoid hidden idolatry, and making The affection displayed to all to pin his hopes only on the doctor. friends, confidents or protectors

"Fear Allah wherever you are; if you follow an evil deed with a good one you will obliterate it; and deal with people with a good disposition." (Tirmidhi)

Signs of Allah's creation

Weaving experts in nature

s it possible to say that a creature which builds strong nests made up of interlocked plaits on twigs using very systematic movements, cutting long, thin strips out of fresh, green leaves, has "learned to do this through chance"? Certainly, the claim of "learning by chance" would be a somewhat insufficient explanation for such skills.

As you will see in the example we are about to give, many features present in animals openly expose how irrational and unreasonable are the claims of the evolutionists. The weaver bird first collects the material it will use. The bird either cuts long, thin strips out of fresh, green leaves or it makes use of the middle vein of the leaves. Surely, it has a reason for using these fresh leaves.

It would be difficult for the bird to handle material from dry leaves and to use them in weaving, whereas such processes are carried out very easily with fresh leaf fibers. The bird begins the work by first of all wrapping the end of a long strip, torn from a leaf, around a

Holding one end of the strip against the twig with one foot, it works the other end with its beak. In order to prevent the fibers from falling down, it attaches them creatures, act through the together by tying a knot. First, the inspiration of Allah is an evident bird makes a loop.

This is the entrance to its nest. consciousness can easily see.

Then, using its beak like a shuttle, it passes the leaf fibers over and under the other fibers in an orderly way. The bird must calculate how taut it should pull each strip during the process of weaving because, if the weaving is loose, the nest will collapse away. In addition, it must envisage the final shape of the nest so it can decide

when the walls of the nest should be curved or be given an outwardprojecting shape. After weaving the entrance, the bird begins to weave the walls of the nest. To do this, it hangs downwards and continues to work from inside the nest. With its beak, it pushes one fiber

under another and then holds the free end of fiber and pulls it tightly. Thus, very orderly weaving is formed. As noted above, the weaverbird always works by following certain steps while building its nest. First, it collects the most appropriate material for the nest. It does not begin to weave its nest from a randomly chosen point but first makes an entrance and continues to build the walls from

It is certainly impossible to claim that the weaverbirds have acquired these skills by unconscious coincidences. The fact that the weaverbirds also, like all other fact that every man of reason and

Man's inner self commands evil acts

an's inner self is the commanding power inside him and knows both depravity and how to avoid it. In other words, it is the inner self which inspires evil and wicked deeds. God relates these two features of the inner self in the Qur'an as follows:

And the innerself and what proportioned it and filled it with both its debauchery and its sense of duty, he who purifies it has succeeded. (Surat ash-Shams: 7-9)

The inner self is mentioned in the verses as the source of all depravities and wrong acts of people. Having such a feature, the inner self is among the most avowed enemies of mankind. The inner self is arrogant and selfish; it always wants to satisfy its own desires and vanity. It cares only about its own needs, interests and seeks only pleasure. It resorts to every means to

tempt mankind since it is not always possible to fulfill its wishes through legitimate ways. The words of the Prophet Joseph explains this fact in the Qur'an as follows: I do not say I free my self was from blame.

The innerself indeed commands evil acts-except for those whom my Lord has mercy on. My Lord, He is Forgiving, Merciful.' (Surah Yusuf:

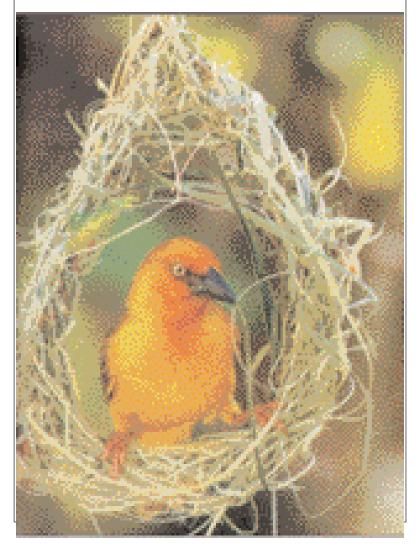
That one's inner self vigorously inspires evil and wicked deeds is a very important secret revealed to believers having fear of God. This way, they know that the devices of the inner self will never cease, not even for a single moment. Through temptations, it continuously tries to lead man astray from God's way. In accordance with this secret, the inner self will never remain silent; it will justify its deeds under all circumstances, will love itself more than all others, will grow arrogant, will

desire to possess everything good and will desire to lead a life of pleasure. In brief, it will resort to any means to make a person display the type of an attitude contrary to the morality which would please God.

Indeed, the behaviour and manners of disbelievers, which do not comply with the morals of the Qur'an, are shaped completely by their innerselves. Having no fear of God, disbelievers cannot demonstrate the will to obey their conscience but rather follow their inner-selves. Quarrels, conflicts of interests and unhappiness raging in societies in which religion is cast aside, have their roots in individuals' plunging into their innerselves and their own interests and consequently, losing all their humane attributes such as true love, respect and

That is why this secret revealed by God is of great importance. As long as one keeps this secret in mind, he can take precautions against his inner self and assume the correct way of conduct. The inner self can be disciplined by doing just the opposite of what it commands. For example, when the inner self commands laziness, one must work harder. When the inner self commands selfishness, one must become more selfsacrificing. When the inner self commands stinginess, one must become more generous.

Apart from the wicked side of the soul, from Surat ash-Shams, we know that God also inspired in the soul a conscience which makes a person restrain his soul from fulfilling lower desires. That is to say, next to an inspiration instigating the soul to evil, the soul is also open to instigation of righteousness. Every man is aware of these whispering voices and recognises the evil and the righteous one. Yet, only those who fear God follow the voice of their conscience.





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Pesticide handling in Yemen is uncontrolled

By: Anwar Moghram

emen began using pesticides in 1935 and continued in limited use until the early 1950s, when the country began using chlorinated hydrocarbons to fight locusts, cotton blight and palm diseases. Pesticide use increased in the 1960s due to joint agricultural projects between the Agriculture Ministry and

Processes involving importing, using, selling and storing pesticides grew in the 1990s, but with complete absence of law to organize such processes. Therefore, Yemen became an open market for various types of pesticides, including herbicides (for weed control), insecticides and fungicides.

In 1999, concerned authorities issued Law No. 25 regulating pesticide handling for plant pests. The law was followed by other laws and regulations, but they didn't change the

Although the law was issued seven years ago, 50 percent of stores selling and storing such pesticides continue to operate without licenses. Additionally, Yemen has no manual regarding banned imported pesticides. According to information from the General Department of Plant Protection (GDPP), one-third of the pesticides in Yemen are considered banned varieties.

Absence of monitoring

Most Sana'a stores selling and storing

A lab in General Department of Plant Production.

such chemical toxins are located on the same street as the GDPP, which is responsible for arranging marketing and handling procedures for such

"The 1999 law gave the GDPP the authority to arrange, observe and pesticide circulation. However, the agriculture minister issued a resolution authorizing governorate agriculture offices to license such stores and conduct the monitoring process. The aim of this decision was to reduce centralization and facilitate obtaining of licenses," GDPP general manager Abdulqawi Abduljalil explained.

"Unfortunately many such offices neglected their role so that 50 percent of pesticide stores nowadays are operating without licenses. Additionally, many stores don't comply with industry standards and conditions. Moreover, we also experience pesticide smuggling. All of these factors create a bad pesticide situation in Yemen," he continued, describing the reasons for the nation's random pesticide handling.

Abduljalil confirmed that the 1999 law will be implemented in the near future by conducting regular surveillance campaigns of such pesticide stores, adding, "We'll close any store without a license or that doesn't follow standards."

Internationally banned pesticides

While there's no fixed data on the amount of banned pesticides in Yemeni markets, Abduljalil assesses that they comprise 30 percent of the total



Pesticides stored improperly may lead to biohazards affecting humans and plants.

market. He states, "There are 335 internationally banned pesticide compounds. In the future, we're going to confiscate these materials and prevent them from entering Yemen."

However, pesticide trader and engineer Hamza Omer Ali places the number higher, proposing that as much as 80 percent of pesticides on the Yemeni market are banned internationally.

Concerning methods used to distinguish between fatal toxins and allowable pesticides in Yemen, Abduljalil notes that the GDPP doesn't have laboratories for this purpose. "In recent years, we didn't even have a list of banned pesticides, but now we're close to preparing a list and announcing it," he adds.

Environmental risks and diseases

Regarding pesticides' negative impacts and risks and their affects upon living organisms, plant protection expert Abdulgawi Abdulaziz savs such compounds are considered the most dangerous chemical toxins because they don't break down easily.

"Many banned pesticides are on the Yemeni market due to random marketing, as well as expanded crossborder smuggling operations," he notes. Such pesticides leave behind hazardous waste, thereby killing insects, plants, fungi and other organisms, Abdulaziz explains.

"Random and widespread pesticide use causes environmental imbalance, since such pesticides also destroy natural biological enemies. Such imbalance will turn plant disease into a plant epidemic and thus create new breeds with stronger resistance to such pesticides," he warns.

Abdulaziz points out that pesticide use also is negatively impacting agricultural lands and wells and contaminating water. He also referred



Abdulqawi Abduljalil Fifty percent of pesticide stores nowadays are operating without licenses. Additionally, many stores don't comply with industry standards and conditions.

Nadeem Sa'eed Thirty percent of Yemeni cancer patients have mouth on the Yemeni market are

and gum cancers due to banned internationally. pesticides sprayed on qat and vegetables.



Hamza Omer Ali Eighty percent of pesticides



Saleh Al-Dhubiani Yemen's largest crop, qat, receives 70 percent dose of pesticides, whereas fruits and vegetables receive 30 percent.

to other pesticides, whose dosages include lethal amounts, which cause accidental poisonings and death.

According to Abdulaziz, the most dangerous pesticide on the Yemeni market is methyl bromide used to sterilize plastic greenhouses that keep vegetables like cucumbers, tomatoes, and sweet green peppers because such houses are randomly and massively treated with insecticides.

"Such crops become like a toxin sandwich because the insecticide remains on the crops, which are picked before the toxins break down," he

Abdulaziz accuses farmers of being greedy because they don't follow instructions regarding picking their crops for marketing, but rather ignore the importance of allowing crops time after pesticide spraying to ensure it

Pesticides seller, Saleh Al-Dhubiani points out that Yemen's largest crop, qat, receives 70 percent dose of pesticides, whereas fruits and vegetables receive 30 percent. Abduljalil agrees, but notes that such estimate is based upon personal

evaluation as no studies exist to prove

National Cancer Center general director Dr. Nadeem Mohammed Sa'eed says many pesticides are toxic and have a fast and direct impact, while others have long-term impacts and cause diseases like cancer. "Thirty percent of Yemeni cancer patients have mouth and gum cancers due to pesticides sprayed on qat and vegetables. This is one of the world's highest rates," he notes.

According to Sa'eed, some patients have entered the hospital after chewing experience jaundice, and a coma, which may lead to death.

Farmer Saleh Al-Bahri recounts that another farmer he knows sprayed his crops with a certain pesticide three years ago, but didn't use any type of protection, so he experienced peeling of the skin on his face, hands and other

Awareness campaigns implementing law

Regarding farmer awareness and training, Abduljalil says the GDPP is

offering training courses to farmers, agricultural advisors and pesticide

However, Al-Bahri denies that farmers in his region have received any type of training, but the farmers inquire about agricultural matters from agricultural guides when they visit the area for campaigns to fight certain plant diseases.

Al-Dhubiani says the GDPP only organized one training course three years ago. "But we [agriculture guides] do our best to explain to farmers how to use pesticides properly and safely. Some farmers respond to us while others pay no attention to such instructions," he adds. Ali also blames farmers, saying many use pesticides not to fight blights but to grow and ripen crops faster to sell on the market.

While Sa'eed insists on the importance of training courses and awareness campaigns, he also admits that such activities aren't enough. "Rules and laws must be applied, monitoring must be conducted regularly and any dissenter or lawbreaker must be punished," he emphasizes.

Fasting for chronic patients: How and when

octor, I have a cardiac problem, but I want to fast during Ramadan. How can I do it properly?" This is a very common question asked not only by cardiac patients, but by many other chronic patients. However, the answer is sophisticated.

Ramadan fasting is one of the Islamic faith's basic pillars. One first should look at the positive and negative effects of fasting upon the human body. The body needs food to provide energy for immediate use by burning carbohydrates; that is, sugar. Excess carbohydrates that can't be used immediately are stored for future use as fat tissue in muscles and as glycogen in the liver. Insulin, a hormone secreted

from the pancreas, lowers blood sugar and diverts it to other forms of energy storage; that is, glycogen.

Pesticides are sold randomly and without keen supervision by authorities.

When one fasts (or drastically decreases carbohydrate intake), blood glucose and insulin levels are lowered, which causes breakdown of glycogen in the liver to provide glucose for energy, as well as

breakdown of fat in adipose tissue also for energy.

Total fasting reduces or eliminates hunger and causes rapid weight loss. In his book "Fasting as a Way of Life," Allan Cott noted, "Fasting brings a wholesome physiological rest to the digestive tract and central nervous



Cardiovascular Surgery

metabolism.'

Department at Hamad General Hospital part of Medical Corporation in Qatar investigated whether Ramadan fasting has any effect on patients with heart disease. Studying

system and normalizes

A study conducted in

the Cardiology and

465 outpatients with various heart diseases who fasted during Ramadan from Oct. 24 to Nov. 24, 2003, they concluded that the effects of fasting during Ramadan upon stable cardiac disease patients are minimal; thus, most patients with stable cardiac disease can

Suggested fasting guidelines for medical patients Diabetic patients: Diabetics who

control their condition by diet alone can fast and hopefully, with weight reduction, their disease may even be cured or at least improve.

However, those diabetics who supplement their diet with oral hypoglycemia agents should exercise extreme caution if they decide to fast. These patients should reduce their dosage to one-third and not take the medication in the morning, but rather with the evening iftar meal. Also, if they develop low blood sugar symptoms during the day, they should break the fast immediately.

Diabetic patients who take insulin shouldn't fast. However, if they do so at their own risk, they should be closely supervised and drastically change their insulin dosage. For example, such patients should eliminate short-acting insulin altogether and take only NPH or Lantus after the iftar meal or before the sahoor meal.

If diabetic patients fast, they still should observe a diabetic diet during iftar, sahoor and dinner, checking their blood sugar both before breakfast and after ending their fast. Also, sweet snacks common during Ramadan aren't good for their disease.

Hypertensive and cardiac patients: Those who are overweight with mild to moderate high blood pressure should be encouraged to fast, since it may help lower blood pressure. They also should see their physician to adjust their

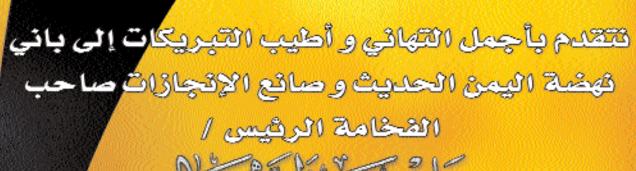
medications. For example, the water pill

(diuretic) dosage should be reduced for fear of dehydration and long-acting agents can be taken once a day before sahoor. Such patients also should avoid pickles and salty foods at iftar. However, those with severe hypertension or heart disease shouldn't

Coronary heart disease patients with heartbeat irregularities (arrhythmia) should be careful and consult their cardiologist before making any medication changes. Also, it's strongly advised to avoid iftar foods containing lipids (fat) and, needless to say, they should stop smoking and avoid chewing

Dr. Bahaa Lotfy is a cardiology specialist at Saudi-German Hospital,





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National football team arrives in Jeddah



National football team

Yemen's National Football Team arrived in the Saudi city of Jeddah on Friday to meet its counterpart on Wednesday. The game is part of the Asian Cup of Nations' qualifiers. Japan and India are the two other countries competing in Group A.

The Yemeni team started its training camps under its national coach, Captain Ahmad Al-Ray'e, to select the best formation of players to play Saudi Arabia.

The team held an internal weeklong training camp on following its match with Japan in Sana'a that ended with a narrow 1-0 victory for Japan over host Yemen. Such a narrow victory guaranteed Japan's qualification for the Asian Cup of Nations Finals due to be hosted by four countries:

Yem
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to guaranteed Japan's qualification for the Asian Cup of Nations Finals due to be hosted by four countries:

Indonesia, Malaysia, Thailand and Vietnam in next summer.

Yemen's meeting with Saudi Arabia will no have any bearing on the Asian Cup. Yemen has no chance to qualify for the finals after both Saudi Arabia and Japan guaranteed their own qualification. Yemen and India were eliminated from the finals

Yemen's Karate Team prepares for Mid East Championship

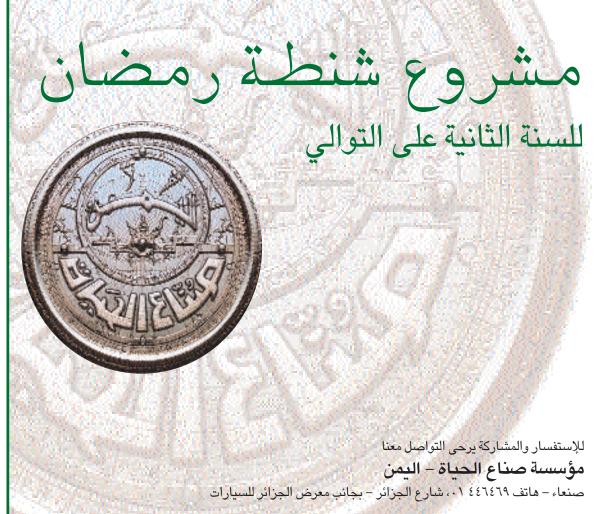
Yemen's National Karate Team is continuing its internal training to prepare for the Middle East Karate Championship, due to take place in the Jordanian capital Amman October 26 – 30 and then the Fifth Round of Asian Games in Doha.

The team's coaching staff, headed by Captain Ahmad Al-Radaye, Technical Supervisor at Yemeni Karate Federation, administered many tests and training programs for more than 50 players, who have been selected from different karate clubs nationwide.

The internal training camp is due to last until October 10 and then the players will head for the Syrian capital Damascus for an external training camp, due to be staged for 15 days in cooperation with the Syrian Karate Federation.

These practice camps aim to prepare players for the competition and improve their karate skills to perform well in international participation.







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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!

Salta:

Ingredients:

One cup of meat broth One tbsp Fenugreek powder Warm water for making the Hulba Meat broth

kilo minced meat

One onion

3 garlic cloves grounded

2 spoons of oil One cup of chopped fresh leak leaves

20 grams (around three spoons) of chopped coriander leaves Four red tomatoes One spoon tomato paste

Procedures:

Salt and spices

Making the Hulba:

- 1. Soak the fenugreek in cold water for 4 fours at least (the longer the
- 2. Drain the old water and add new cold
- 3. Blend the fenugreek with hand or

with blender for 10 minutes then soak for five minutes

4. Repeat step three until mixture is white and creamy

Making the minced meat:

- 1. Heat the oil
- 2. Finely chop the onion
- 3. Dice the onion with the grounded garlic in the oil and fry until golden
- 4. Meanwhile finely chop the tomatoes 5. Add salt and spices
- 6. Add the minced meat and let cook with one cup of water for half an hour or until the meat is cooked

Making the Salta:

- 1. Heat the madarah until quiet hot
- 2. Add the meat broth
- 3. Make the minced meat mixture into small balls and put inside the broth while continue heating
- 4. Finally four the Hulba on top of the mixture and serve immediately

Note: you can substitute the meat with



for ready made bread

vegetables such as potatoes, ladyfingers or white beans. You can add one egg at the beginning by frying it in the heated Madarah.

Malouj:

3 cups wheat 1 cup flour

Warm water for making the dough Salt for taste One tspn yeast

One spoon fenugreek Black cumin seeds

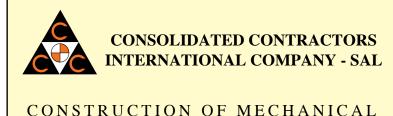
Procedures:

- 1. Make the dough by mixing the
- ingredients together for 10 minutes 2. Let it relax for one hour until the veast starts working
- 3. Meanwhile soak the fenugreek in half a cup of water for half an hour
- . Heat the traditional oven (Tanour)
- and let heat for 10 minutes Take a part of the dough and wipe the
- front with the fenugreek batter 6. Smooth the dough and expand it by
- . Immediately slam it into the Tanour keeping the side with fenugreek
- 8. Spray the while the bread is still cooking



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Salta is a spicy stew meat-based spiced with fenugreek Photo By Fatima Al-Ajel 9. Serve hot with the Salta

Health benefits of Salta with Malouj

The Salta is almost known as Sana'a's national dish. It is a spicy stew meatbased spiced with fenugreek and generally served at the end of the main course. The taste is quite unlike any Western dishes, which may take newcomers by surprise, but it is a taste well worth acquiring.

ntaining fenegreek (discussed in an earlier issue) and wheat (also discussed in an earlier issue) and

Black cumin:

Iron for Energy and Immune Function Cumin seeds, whose scientific name is Cuminum cyminum, are a very good source of iron, a mineral that plays many vital roles in the body. Iron is an integral component of hemoglobin, which transports oxygen from the

of key enzyme systems for energy production metabolism. and Additionally, iron is instrumental in keeping your immune system healthy. Iron is particularly important for adolescents have increased needs for iron, as do women who are pregnant or lactating.

Seeds of Good Digestion

noted to be of benefit to the digestive system, and scientific research is cumin may stimulate the secretion of more farther reaching. pancreatic enzymes, compounds Source: whfoods.com

lungs to all body cells, and is also part necessary for proper digestion and

Cancer Prevention

Cumin seeds may also have anticarcinogenic properties. In one study, menstruating women, who lose iron cumin was shown to protect each month during menses. laboratory animals from developing This dish has many benefits for it Additionally, growing children and stomach or liver tumors. This cancerprotective effect may be due to cumin's potent free radical scavenging abilities as well as the ability it has shown to enhance the liver's detoxification enzymes. Yet, since Cumin seeds have traditionally been free radical scavenging and detoxification are important considerations for the general beginning to bear out cumin's age-old maintenance of wellness, cumin's reputation. Research has shown that contribution to wellness may be even





