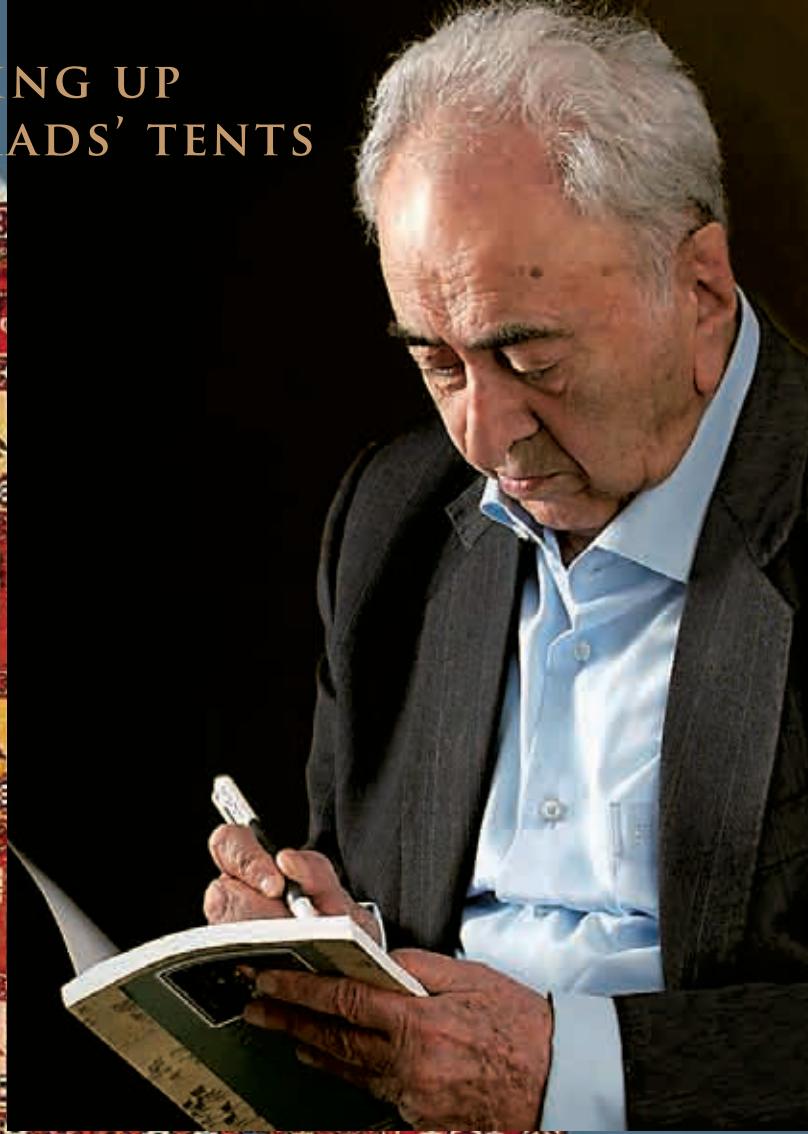




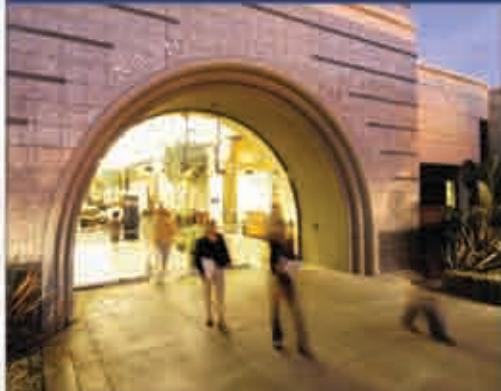
MOHAMMAD BEIGI  
1920-2010

PIONEER OF SETTING UP  
SCHOOLS IN NOMADS' TENTS



# National University

## STARTALK 2010 Free Four-Week Summer Persian Language Program July 6 - 30, 2010



National University, Spectrum  
Business Park Campus  
9388 Lightwave Avenue  
San Diego, CA 92123-1447

### Who should enroll?

*You will benefit from this degree program if you:*

- Want to begin earning high school credits early or add to existing credits
- Are interested in foreign languages and cultures
- Seek skills that will qualify you for interesting career opportunities
- If you are a college student (freshman - senior)

### Earn Credit While Learning Persian This Summer

*Open to students in grades 6-16 (middle school through last year of college).*

*Students in grades 6-16 can earn high school and college language credit while learning a foreign language this summer with National University's free four-week STARTALK Summer Persian Program, offered July 6 - 30, 2010.*

In addition to Persian language instruction, this non-residential day program includes cultural enrichment activities and field trips to enhance language learning. Students will also enjoy follow-up learning opportunities to keep newly acquired language skills sharp, including free use of online language components. Those completing the program are eligible to enroll in National University online Persian language courses, which include high school level courses, degree, and certificate programs.

STARTALK is part of a U.S. government initiative to increase the number of Americans learning, speaking, and teaching critical languages. National University's STARTALK Summer Persian Program provides an interesting and useful learning opportunity for students. Persian is spoken by an estimated 71 million people and career opportunities for Persian speakers have increased steadily in recent years.

*For more information, contact either*

Dr. Azita Mokhtari  
Program Director  
E-mail: [amokhtari@nu.edu](mailto:amokhtari@nu.edu)  
Phone: (858) 642-8598

Dr. Ramin Sarraf  
Instructional Lead  
E-mail: [rsarraf@nu.edu](mailto:rsarraf@nu.edu)  
Phone: (858) 642-8580



*The University of Values*

One-Course-Per-Month Format  
Undergraduate and Graduate Programs

Online Degrees  
WASC Accredited

Year-Round Registration  
Convenient Locations

To enroll call (858) 642-8580 or visit us at [nustartalk.org](http://nustartalk.org)

Accredited by the Accrediting Commission for Senior Colleges and Universities of the Western Association of Schools and Colleges (WASC); the Commission on Collegiate Nursing Education (CCNE) for the Bachelor of Science in Nursing Program; the International Assembly for Collegiate Business Education (IACBE) for the School of Business and Management; and approved by the Commission on Teacher Credentialing (CTU).

National University is nonprofit and does not discriminate in any of its policies or practices on the basis of race, ethnicity, religion, national origin, sex, disability, age, or veteran status.

© 2010 National University

7924\_Startalk Persian 2010 4/10



# Editorial



By: Shahri Estakhry



**Peyk**  
**127**  
**Peyk**

## You Must Be Joking...

Soon after the United Nations (UN) announced its official recognition of Norouz on February 23, 2010, an email written by a San Diego community member was forwarded to me. The email rejected the significance and importance of the nearly 626,000 signatures that constituted our petition requesting that the UN place this important date on the calendars of all UN agencies. All I can say is "you must be joking"!

To deny the importance of these signatures and the effort put forth globally in reaching our goal in such a short time is absolutely unjustified and uncalled for. These signatures were catalysts in not only propelling the official recognition we received from the UN, they also helped push through UNESCO the addition of Norouz and Radif of Iranian music to its important list of Intangible Cultural Heritage of Humanity on September 30, 2009. Undoubtedly, these events were also instrumental in the passing and recognition of Norouz as a cultural heritage by the Congress of the United States.

Today, we are part of a larger global humanity, where technology and communication bring instant knowledge of global news and issues to nearly 2/3 of the world's population. Yes, we have been celebrating the festival of Norouz for several millennia (as mentioned in the circulating email), but how unthinkable to state that we did not need a UN recognition. We live in a world of more than 6 billion human beings; all but 2 nations are official members of the United Nations. Indeed, the importance of the UN's recognition lies in the instant global awareness of a tradition celebrated by nearly 300 million people!

Another complaint stated in the email was that some people who signed the online petition misused the space made available for their names and location. Once a petition is put into circulation it cannot be altered, it needs to take its course and finish. Did some individuals use this space for their own "propaganda"? Probably, but the percentage is far too low to need to be discussed further. Human beings need to vent and when all doors are shut on them to breathe, they will find a hole for air. Perhaps out of 626,000 signatories, a thousand or so also aired their grievances and opinions. Using this to criticize the petition is pointless. Thousands of such personal comments appear daily on walls, internet blogs, emails, newspapers, online news outlets, etc.

The email also raises an issue about the fact that Azerbaijan introduced the UN Resolution. For some reason we fail to recognize the fact that the 300 million celebrants of Norouz come from a number of nations. Azerbaijan is one of these nations and introduced the proposal on the floor of the UN's General Assembly which was then supported on the floor by the other nations. This is a process that is not unique to the United Nations – a member nation or member of legislature, congress, etc. introduces a measure or resolution and other individuals or nations who have worked on the issue come forward in support of the measure or resolution as the measure is heard on the floor of the "house." What, therefore, was inappropriate about Azerbaijan introducing the proposal?

Finally, I do not appreciate the belittling or dismissal of the efforts of over 625,000 global signatories for what their signatures helped accomplish. You may not believe in the United Nations, or some member nation or whatever else you consider to be a problem ...BUT, nearly 626,000 of us came together and in a short period of time we helped raise awareness and achieved a momentous and historical accomplishment that rocked all Norouz celebrants globally with pride. Let us continue to take part in such constructive and unifying efforts – it is much more productive for our community and society than spreading negativity.

Every signature in support of our UN Petition for Norouz mattered and was essential in reaching our goal. Again, thank you all for your positive spirit and determination.

### Persian Cultural Center's Bilingual Magazine

Is a bi-monthly publication organized for literary, cultural and information purposes

Partially Funded By  
The San Diego Commission for Arts and Culture

#### Persian Cultural Center

9265 Dowdy Dr. # 105 • San Diego, CA 92126  
Tel : ( 858 ) 653-0336  
Fax & Message: (619) 374-7335  
Email: pcc@pccsd.org  
Web site: www.pccus.org  
www.pccsd.org

#### May-June 2010

#### Vol. XX1 No. 127

Circulation: 6000

Persian Cultural Center  
A non-profit national corporation  
Established in 1989. San Diego, California

#### Board of Directors:

Fariba Babakhani-Ghazi, Rosita Bagheri,  
Aria Fani, Eamen Hameed,  
Shaghayegh Hanson, Sara Hosseiniyad,  
Maryam Iravanian, Ali Nouri,  
Hamid Rafizadeh, Margaret Rance,  
Ali Sadr, Shahla Salah, Roohangiz Assiri  
and Mohammad Sammak.

#### Editorial Board

Shahri Estakhry, Aria Fani,  
Shaghayegh Hanson, Sara Hosseiniyad,  
Maryam Iravanian, Shahrzad Julazadeh,  
Reza Khabazian, Rachel Tait  
and Mersedeh Mehrtash

**Editor-In-Chief:** Ali Sadr

#### Graphic Design:

Saeed Jalali

Peyk reserves the right to edit all materials at its sole discretion. Materials submitted will not be returned to sender, even if not used, and the contributor will be deemed to have given consent and license for the reproduction and publication of such submission in Peyk magazine and / or the Peyk website

#### PCC Foundation

Charitable Organization  
Affiliate of Persian Cultural Center  
Tel:(858) 653-0336  
Fax & Message: ( 619 ) 374-7335

#### Cover Painting:

Joan Miro  
Painting of Rooster "Le Coq"

#### Cover Design:

Saeed Jalali



## ***Shahri Estakhry a Local Hero***

It is with the utmost pleasure that we share with you the news that Shahri Estakhry, one of the founders of PCC, has been chosen as a local community hero by San Diego's public radio/television station KPBS and Union Bank. She is one of two honorees for Women's History Month. For the past 13 years, KPBS and Union Bank have celebrated Black History Month and Hispanic Heritage Month. This year, due to an expanded Cultural Diversity partnership, they will recognize and pay tribute to 12 San Diegans - local community heroes - who are making a difference by improving their workplace, profession, neighborhood, community, region and the world. Throughout the month of March KPBS radio and television honored Mrs. Estakhry and broadcasted their interview with her about her current passion, Dollar a Month Fund, which focuses on raising money for orphanages around the world.

During the past year Mrs. Estakhry also spearheaded the effort of petitioning the UN to recognize Nowruz on their calendar.

**Thanks to Mrs. Estakhry for raising the profile of our entire community!**

### **Solicitation of Material**

Do you have an opinion on something you see here? Have you written an article that you would like us to publish? If so, we would love to hear from you! For directions on how to submit your piece, please contact PEYK- PCC's office at: P.O. Box 500914, San Diego, CA 92150. You might find your submission printed in the next issue of *Peyk*!

*Peyk reserves the right to edit all materials at its sole discretion. Materials submitted will not be returned to sender, even if not used, and the contributor will be deemed to have given consent and license for the reproduction and publication of such submission in Peyk magazine and/or the Peyk web site.*



### **PCC is the recipient from a grant from PARSA for active participation in Census 2010**

Persian Cultural Center is pleased to announce that PCC and Peyk have been named one of the recipients of PARSA Community Foundation's competitive 2010 Norouz Grant Cycle. A total of \$200,000 was granted to 21 nonprofit organizations, based on focus areas of preserving and advancing Iranian arts & culture, leadership development and encouraging civic participation.

The following is the PARSA CF announcement:

*We are delighted to inform you that a grant to Persian Cultural Center in the amount of \$3000.00 has been approved by the board of Parsa Community Foundation for your Census 2010 awareness project. We are thrilled that you submitted an application during our 2010 Nowruz grant cycle and consider it an honor to support the important work you are doing. Please accept the heartfelt congratulations of the board and staff of PARSA Community Foundation!*

**Persian Cultural Center: Census 2010 Awareness**  
The Persian Cultural Center in San Diego has been serving the Iranian community for many years. Their bi-monthly, bi-lingual publication, "Peyk", now in its 17th year, has a bi-monthly circulation of over 6000 copies to areas including San Diego, Los Angeles, the Bay Area, Texas, Maryland, Minnesota, Chicago, Toronto, and New York. This makes *Peyk* a great vehicle for promoting the Census 2010 and how counting Iranians and Iranian-Americans is important to our community.

Views expressed in the articles herein belong exclusively to the individual authors and are not necessarily the views of *Peyk* magazine or its editors. The content of advertising material, including representations or guarantees regarding quality and fitness for purpose, is the sole responsibility of the purchaser of the advertisement and not *Peyk* magazine.

# Invitation

Persian Cultural Center will hold its Annual Members Meeting and Election of Board of Directors on Sunday May 23 at the Mt. Carmel High School Auditorium from 6 to 8 PM.

**A special members' appreciation** program has been planned which includes a dance performance by Banafsheh Sayyad and music by Kourosh Taghavi, Ali Noori, Ali Sadr and friends.

## Please Join Us:

If you would like to serve on the Persian Cultural Center's Board of Directors please contact the PCC office at 858-653-0336 or email us at [pcc@pccsd.org](mailto:pcc@pccsd.org).

All individuals who have been PCC members for at least one year and are legally residing in the US are eligible to be nominated. Elected board members serve for three years.

-Please see ad on page 16 Farsi-



# Nowruz celebrations around San Diego

The New Year celebrations began with good news of the passage of the Nowruz Resolution by the United Nations and the commemoration of this date on the calendars of all its agencies. This recognition was the result of a campaign effort that started last year by the Persian Cultural Center. We owe this achievement to over 625 thousand people who signed our online petition. The New Year Celebrations continued with the annual egg coloring and growing sprouts festival on March 7th at the Iranian School of San Diego.

On the same day and same location, the Dollar-a-Month Fund organization held its annual Nowruz Bazaar. This was a great opportunity for many visitors to purchase their Haftseen items as well sweets. The proceeds from this event benefit needy children around the world.

Iranian School of San Diego (ISSD) celebrated Nowruz on Sunday, March 14, at the Museum of Contemporary Art. A detailed report can be viewed on the ISSD page.

Chahar Shanbe Soori, featuring DJ Julius, was celebrated at Mission Bay on March 16, sponsored by Association of Iranian-American Professionals (AIAP), Persian Cultural Center (PCC), and the House of Iran (HOI). Balboa Market and Darband Restaurants provided delicious food.

PCC celebrated its 22nd annual Nowruz celebration with AIAP on March 20, at the Hilton Hotel Del Mar. The highlight of the night was the stunning performances by ISSD's Dance Academy students. A beautifully arranged Haftseen was

on display at the event and several booths in the lobby, featuring Census Information, the work of the Network of Iranian-Americans at HP San Diego and the Child Foundation, drew interest from the guests. Mehregan Foundation also celebrated the Persian New Year on March 20, hosting a large number of Iranians.

On March 21, the House of Iran celebrated Nowruz and its 18th annual Ruz-e-Iran Festival at Balboa Park.

In the month of March, leading up to the New Year, Persian Cultural Center provided its annual presentations of the Haftseen along with literary, cultural, and historical exhibits in eleven public libraries throughout San Diego County: Carmel Valley, College- Rolando, Del Mar, El Cajon, La Jolla/Riford, Lind Vista, North University Community, Pacific Beach, Rancho Penasquitos, San Marcos and 4S Ranch.

Mission Bay Park was once again the venue for the big gathering of Sizdeh Bedar picnic on April 2. This year due to the high fees by the Police Department, the organizations that annually organize this picnic were not able to obtain the required permit. However this didn't stop hundreds of families from gathering at the park to celebrate. Perhaps the most memorable part of the day was the 7.2 magnitude earthquake that shook San Diego at 4:40 p.m., and thankfully did not result in any damage.

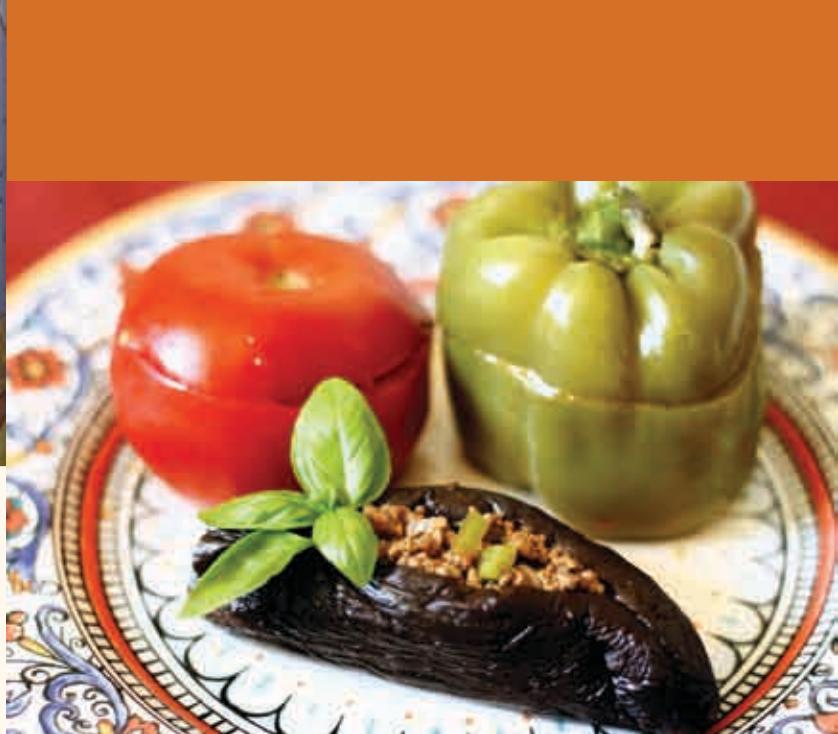


# Noush-e Jan

## Stuffed Eggplants (Dolmeh-yeh Baadenjaan )

### Ingredients: (4 servings)

- 8 small eggplants
- 400 grams ground lamb or beef
- 100 grams of long-grain or basmati rice
- 2 medium onions, finely chopped
- cooking oil
- 2-3 teaspoons of tomato paste
- fresh lime juice, 3-4 teaspoons
- sugar, 2-3 teaspoons
- salt
- black pepper
- 1/2 cup parsley, finely chopped
- 1/3 cup mint, finely chopped
- 1/2 cup spring onions, finely chopped
- 1/3 cup garlic chives, finely chopped
- 1/3 cup tarragon, finely chopped (optional)



### Directions:

Fry onions in cooking oil over medium heat until golden. Add ground meat and fry further until meat changes color. Add 1/2 cup water, salt, pepper and tomato paste. Mix and cook further until water boils off.

Fry prepared vegetables in cooking oil over medium heat until wilted. Boil two cups of water in a small pot. Add 1 teaspoon of salt and rice and boil further until rice softens. Drain the water and let cool slightly.

Peel eggplants and cut a circle at the tops, then remove insides without creating any holes at the sides or the end. Sprinkle some salt inside the eggplants. Mix prepared meat, vegetables and rice well. Fill the eggplants with the mix and close the tops.

Fry eggplants in cooking oil for 5-10 minutes over medium heat, then place in a pot side by side (avoid stacking them). Dissolve one teaspoon of tomato paste in a glass of hot water and add to eggplants. Add salt, black pepper, lime juice and sugar and simmer for 5-10 minutes until water boils off.

**By visiting [iranfood.webng.com](http://iranfood.webng.com) you will find variations of other stuffed vegetables e.g. peppers, tomatoes, grape leaves...**





**ECO**

## HOW LONG OUR TRASH LASTS IN A LANDFILL (Still Not Reducing, Reusing or Recycling? Read this!)

### TERMS:

“Decompose” means a break down of something into its smallest natural elements.

“Biodegrade” means decomposition through the use of micro-organisms.

Why does trash take so long to decompose in a landfill? Because all the necessary catalysts, that is, moisture, air (oxygen), and sunlight, needed for decomposition are blocked out of the landfill. Moisture can carry harmful chemicals from the trash into the groundwater below. Air takes up space that can be filled with trash so that the landfill will last as long as possible. Sunlight is blocked from the landfill when new garbage arrives everyday.

Length of time it takes for the following to **decompose**:

- glass and styrofoam: **Never** (but can recycle)
- banana peel: 3-4 weeks
- paper bag: 1 month
- cardboard: 2 months
- wool sock : 1 year
- aluminum can: 200-500 years
- disposable diapers: 550 years
- plastic jug: 1 million years
- plastic bottles: 70-450 years
- piece of paper: 2-5 months
- plastic bag: 500-1000 years
- tin can: 80-100 years
- leather shoes: 25-40 years
- thread: 3-4 months
- cotton: 1-5 months
- rope: 3-14 months
- orange peel: within 6 months
- cigarette: 1-12 years
- milk packet (tetra) covers and drink packets: 5 years
- nylon clothes: 30-40 years
- sanitary napkins: 500-800 years

The EPA estimates the bulk of our garbage is made up of items that can be recycled or composted—40 percent of it is paper, 17 percent is yard waste, 8 percent is plastics, and 7 percent is food waste. We can make a huge difference if we make throwing trash into the trash bin an exception rather than the rule!

*Via Kamran Khavarani*

On the evening of March 17, 2010, the Nowruz Commission held its inaugural event at Thomas Jefferson’s Great Hall at the Library of Congress.



Representative Ed Royce and Representative Howard Berman of California presided over the event together with Mr. Nasser Kazeminy, Chairman and Gissou R. Kian, President of the Nowruz Commission along with Ambassadors and senior diplomats of eight nations.

**Dr. Kamran Khavarani**, the creator of “Abstract Romanticism” pledged a special painting titled “**The Bird of Freedom**” presented to the spirit of Thomas Jefferson.

This pledge was accepted by Dr. James Hadley Billington, the Librarian of Congress. This pledge and acceptance was witnessed by nearly 400 people of **Iranian, Iraqi, Turkish, Kazakh, Kyrgyz, Tajik, Russian, Ukrainian and Kurdish** origins at the Coolidge Auditorium.



This is the first time in history that an Iranian American artist pledges a painting to the spirit of Thomas Jefferson, the man whose gift of books provided the beginning for the Library of

Congress. This historic pledge is worthy of mention in the congressional records for the coming generations to know about the greatness of our nation, the contribution of immigrants from Iran and other corners of the world, the unique gift by **Dr. Kamran Khavarani**, the Iranian born architect and father of “Abstract Romanticism” and the Nowruz Commission, whose mission is to bring people of many cultures and creeds together with a bond of love, peace and friendship on this day, the first day of Spring, Nowruz, on March 20, in the year of, two thousand and ten at Washington, DC.

# REMARKS OF PRESIDENT OBAMA MARKING NOWRUZ

Today, I want to extend my best wishes to all who are celebrating Nowruz in the United States and around the world. On this New Year's celebration, friends and family have a unique opportunity to reflect on the year gone by; to celebrate their time together; and to share in their hopes for the future.

One year ago, I chose this occasion to speak directly to the people and leaders of the Islamic Republic of Iran, and to offer a new chapter of engagement on the basis of mutual interests and mutual respect. I did so with no illusions. For three decades, the United States and Iran have been alienated from one another. Iran's leaders have sought their own legitimacy through hostility to America. And we continue to have serious differences on many issues.

I said, last year, that the choice for a better future was in the hands of Iran's leaders. That remains true today. Together with the international community, the United States acknowledges your right to peaceful nuclear energy – we insist only that you adhere to the same responsibilities that apply to other nations. We are familiar with your grievances from the past – we have our own grievances as well, but we are prepared to move forward. We know what you're against; now tell us what you're for.

For reasons known only to them, the leaders of Iran have shown themselves unable to answer that question. You have refused good faith proposals from the international community. They have turned their backs on a pathway that would bring more opportunity to all Iranians, and allow a great civilization to take its rightful place in the community of nations. Faced with an extended hand, Iran's leaders have shown only a clenched fist.

Last June, the world watched with admiration, as Iranians sought to exercise their universal right to be heard. But tragically, the aspirations of the Iranian people were also met with a clenched fist, as people marching silently were beaten with batons; political prisoners were rounded up and abused; absurd and false accusations were leveled against the United States and the West; and people everywhere were horrified by the video of a young woman killed in the street.

The United States does not meddle in Iran's internal affairs. Our commitment – our responsibility – is to stand up for those rights that should be universal to all human beings. That includes the right to speak freely, to assemble without fear; the right to the equal administration of justice, and to



express your views without facing retribution against you or your families.

I want the Iranian people to know what my country stands for. The United States believes in the dignity of every human being, and an international order that bends the arc of history in the direction of justice – a future where Iranians can exercise their rights, to participate fully in the global economy, and enrich the world through educational and cultural exchanges beyond Iran's borders. That is the future that we seek. That is what America is for.

That is why, even as we continue to have differences with the Iranian government, we will sustain our commitment to a more hopeful future for the Iranian people. For instance, by increasing opportunities for educational exchanges so that Iranian students can come to our colleges and universities and to our efforts to ensure that Iranians can have access to the software and Internet technology that will enable them to communicate with each other, and with the world without fear of censorship.

Finally, let me be clear: we are working with the international community to hold the Iranian government accountable because they refuse to live up to their international obligations. But our offer of comprehensive diplomatic contacts and dialogue stands. Indeed, over the course of the last year, it is the Iranian government that has chosen to isolate itself, and to choose a self-defeating focus on the past over a commitment to build a better future.

Last year, I quoted the words of the poet Saadi, who said: "The children of Adam are limbs to each other, having been created of one essence." I still believe that – I believe it with every fiber of my being. And even as we have differences, the Iranian government continues to have the choice to pursue a better future, and to meet its international responsibilities, while respecting the dignity and fundamental human rights of its own people.

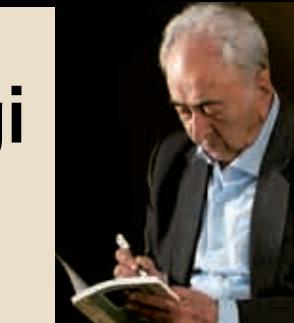
Thank you. And Aid-e-Shoma Mobarak.

# Mohammad Bahman-Beigi

## The Narrative of the Life of a Legend

“As a nomad I was expected to choose guns over books. But I chose education, became a teacher, and I set forth to educate the nomads. In this path, a few encouraged me, while most viewed the cause as trivial and unimportant,” writes Mohammad Bahman Beigi in his educational memories. Bahman Beigi was born in 1921 to a Qashqâi family in the province of Fârs, south of Iran. In accordance with the policies of Reza Shah, tribal migrations were restricted and controlled by the army; ultimately the Bahman Beigi family, along with many other tribes, was exiled to Tehran. Mohammad Bahman Beigi earned a degree in law from the University of Tehran, where he also studied English, German, and French. After Reza Shah was deposed, the Bahman Beigi family returned to their beloved tribe after eleven years of struggle and exile. However, Mahmoud Khân Bahman Beigi had different plans for his college-educated son; he demanded that Mohammad return to Tehran and continue his professional pursuits. The decision had not been one without pain and regret, but Mahmoud Khân firmly believed that the tribe no longer offered any place for progress.

Mohammad Bahman Beigi left the vast meadows, tall mountains, and fragrant pastures of his tribe, he left the songs of quails for the chaos and pollution of an office-bound, urban life. With a background in law, he sought work in the Department of Justice. Having worked as an attorney for a few years, he settled for a different position at Iran’s National Bank. His tribe took pride in his new position and enthusiastically followed his progress. But away from the family, Bahman Beigi had grown restless and weary of Tehran. He finally abandoned “progress” for the song of quails, for his tribe, for his *Bokhârâ*. He found his exuberance and joy once more. But was he to settle down? The illiteracy of his tribesmen and women deeply troubled him, so he left the tribe again, this time for Shiraz and in search of a solution. Bahman Beigi knocked on every door, tried every path, and used every connection to convince the authorities of the importance of nomadic education. But listening ears were not to be found; in governmental offices he had received nothing but a cold shoulder and hopeless apathy. Bahman Beigi was



not a man of failure, but of determination. So he continued his mission...

The idea to create a mobile school for the nomads had already been tested in the past, and failed. Teachers had to be brought from the city, they could not endure the harsh nature of nomadic life. They would grow restless and yearn for the city. They’d soon give up and return to their urban lifestyle. What Bahman Beigi was about to establish was an educational grass-roots movement within the tribe, with tribal teachers and trainers, and in the service of the rich and poor alike. How he overcame the ups and downs of starting that movement is very much an epic tale in and of itself. In 1951, Bahman Beigi went on to create an educational establishment for nomadic communities, a movement that spread under his supervision to numerous other tribes in Iran, and benefited the tribes of Kurds, Arabs, Lors, Balochis and Turks. Bahman Beigi was profoundly concerned with gender discrimination amongst the nomads. From his personal interactions with tribesmen, he tirelessly attempted to convince them to send their daughters to school. As a result, countless girls were educated, and were later trained as teachers. For all his dedication, leadership, courage, and amazing accomplishments, Mohammad Bahman Beigi was recognized with UNESCO’s education award.

“The key to our problems reposes amongst the alphabet, in between letters. I have firmly reached this conclusion after years of traveling, studying, and working, thus I invite you all to participate in a holy uprising to end illiteracy, a movement to educate the nomads.”

In 2003, Kamran Heidari directed *White Tents*, a film on the life of Mohammad Bahman Beigi. In 2005, the Iranian Academy of Arts held a “commemoration ceremony” in honor of his life and works. In addition to many other activities, Bahman Beigi was also a prolific writer. He has contributed to several literary publications and has written extensively on the rituals and traditions of nomads. Bahman Beigi’s Persian prose is uniquely known for its imagery, brevity, articulation and fantastic elaborations. His most famous works are *The Customs and Traditions of Nomads*, *My Tribe, My Bokhârâ* (a collection of stories from tribal life), and *Be Ojâghet Ghasam* (his educational memories). In recent years, Bahman Beigi suffered from insomnia. Over the years, he had lovingly trained several generations of teachers who took turns to travel to Shiraz to spend the night with their beloved teacher. On May 1<sup>st</sup>, 2010 Mohammad Bahmanbeigi bid farewell to all his students following a lungs infection. He lived for the love of education, abandoned his lucrative career in Tehran, traveled from one remote village to another to propel his “holy movement against illiteracy,” and wholeheartedly embraced the austerity of nomadic life for the future of all nomads.

He had not returned to his tribe empty-handed after all, he had migrated the Spring with him too.



# DEATH AND DYING AS A BUSINESS- WHAT YOU NEED TO KNOW.

By Katayoun M. Goshtasbi

My dear father passed away on September 24, 2009 at the age of 75. His death was partly expected, as he had a heart condition. Mourning his loss has been the most difficult challenge in my life thus far.

Adding to the difficulty my family and I faced in mourning the loss of my wonderful father was the difficulty involved with the burial process. No one ever told us that dealing with the arrangements surrounding a loved one's loss is almost as unbearable as the actual death itself.

I write this article in loving memory of my father. I know he would have wanted to educate and inform you about the ordeal we went through. I know no one wants to deal with this topic of death and disposing of a loved one's remains. However, it is a topic we will all sadly face one day. It is better to know what to expect and be prepared than to have to go into the process blindly while grieving. This article is not necessarily about the costs associated with dying, but about the aftermath of someone's death. My aim here is to get you thinking about what needs to be done before your loved one or you pass on.

While my father's estate was accounted for properly in the eyes of the law, the details of his burial was another story. First of all, my father passed away in an emergency room where there was no holding facility for dead bodies (i.e., a morgue). State law will not allow the emergency room to keep the body. Thus, in the middle of the night in the midst of our grief my mother and sister had to decide in the emergency room what to do with his body. My mom and sister picked a funeral home close to the emergency room. The funeral home was listed in a book of services that the emergency room gives out for those who have lost a loved one. It was listed as being "compassionate" in our time of grief.

Adding to the complexity of the situation, the mortuary in which we chose to bury my father was not in the same town as the "compassionate" funeral home that initially took possession

of his body the night he passed away. The "compassionate" funeral home kept insisting that they had already started the process of getting my father's body prepared for burial and that the body should stay with them. My husband was the one who had to deal with this issue. At the end of the first night (after the first 12 calls) my poor husband looked completely dismayed and confused- were people really fighting over keeping my dad's body and thus, our business? It took something like 25 calls back and forth between the two funeral homes before the first one agreed to release my father's remains to the other - for the price of an extra night's holding fee.

So now that we had my father's body at the right funeral home, we thought we would deal with the burial arrangements and finally be left alone to grieve and comfort one another. Little did we know that there were more difficult issues to face surrounding the burial process.

Thankfully for us, we were advised about what to expect at the mortuary by two of our family friends who had recently gone through the process of burying a loved one. We made an appointment to go to the mortuary and make my father's burial arrangements. Yes, everyone has to have an appointment time to make funeral arrangements. It is much like making an appointment to go get our haircut or get our teeth cleaned.

My husband and I drove with my sister and her husband to the mortuary for our "appointment" time. As we pulled into the mortuary parking lot, my brother-in-law said he felt like a lamb going to be slaughtered. Yes, that is exactly what it felt like. We had been prepped for what was to come- the sales pitch at the mortuary. Not only were we sick with grief at my dad's passing, now we had to endure hours of high pressure sales at the mortuary.

The mortuary business is just that- very much a business. The mortuary we employed performs an average of 110 funerals a day. All mortuaries know they have a captive, grieving and disoriented audience that needs their services. After all, no one wants to disrespect their loved ones and not give them a proper farewell.

While the staff was very kind and offered their condolences (they are well trained to pretend to feel your loss and pretend to grieve with you), they were very professional and got down to business. First we were taken by van to see my dad's funeral plot. Lucky for us, our church had already purchased plots for us. If not, then plot selection would have been another nightmare. We would have had to select "real estate" for the plot and review tons of different pricing structures based on "views" from the plot. Please, try to pick out your plot in advance.

Next, we were escorted by our grief counselor to conference room "F" of what seemed like rooms "A" to "Z". What followed were three hours of choices and selections and packages of burial arrangements. We had to pick out styles and materials of coffins, coffin liners, flowers for the outside of the coffin, the concrete that holds the coffin, the style of the guest book and guest announcements, whether we wanted my father embalmed or not, whether we wanted open casket or not, the type of headstone, the date and hour of the ceremony and burial, who would be the contact person for the arrangements, etc. It just went on and on.

Continue on page 17

# GETTING OLDER... IS A BEAUTIFUL THING



By Shaghayegh Hanson

My mother's age is like a closely-guarded state secret; I challenge the best of spies to uncover the truth of it. When I was little I would ask why it was rude to ask a woman's age and people would respond that I would understand when I grew up...well I think I qualify as a grown-up now but honestly I still don't fully understand the stigma attached to this topic.

However, just because I don't understand what upsets other people doesn't mean I shouldn't respect it, so this is not a diatribe on oversensitivity directed at those of you who find age-asking distasteful or offensive. I just want to present the other viewpoint. I'm constantly volunteering my age because I'm actually enjoying growing older... mostly speaking. There are some physical drawbacks, thanks to the pull of gravity, the slowing of metabolism, and the deterioration of bones, but the mental and spiritual maturity I've gained has easily overcome all that.

I'm not saying that I finally have all the answers or that I can't do extremely stupid things anymore. But the frequency of personal stupidity in my life has definitely decreased and I know enough to enjoy life *as it is* rather than postpone appreciation for life as I wish it to be. And it's really the little day-to-day routines that bear witness to this maturity. For example, I remember when make-up and clothes held equal status in the rush to get out of the door in the mornings—I would feel naked without my make-up on. However, soon after I had my first baby I began congratulating myself for managing to change out of my PJs before heading into the light of day. In those days I would be doing especially well if I got to shower or brush my hair or even brush my teeth before sunset. So, over time, leaving the house without make-up has become a non-issue. My mother endearingly refers to this as "letting myself go." I think of it as exactly the opposite; letting the real me in. Yes, clothes are essential, but make-up is an option. How ironic that as a little girl I thought wearing make-up was a sign that a girl had really grown up...but now I see that the real test of growth lies in being able to NOT wear it. Symbolically, it's all about being comfortable in your own skin and being able to focus on well-being and beauty from the inside out.

My teens are the best example of tumultuous years I'm glad are over. When I look back at those years I barely recognize myself. I distinctly remember scaring my Dad to death one lazy Saturday morning when I was eighteen, as I peered



out the window to see who had rung the bell. My Dad was about to open the door when I screamed, "Nooooooooo, don't open that door until I'm upstairs and out of sight!" I was breathless, as if all our lives depended on it. He looked up at me startled and asked why, since the visitor was only the son of a family friend (who happened to be my age and whom I had secretly been dating). "Pleeeeease," I begged as I ran up the stairs. I then disappeared for half an hour as my poor Dad entertained our guest while also minding my 2-year-old sister and eight-year-old brother. Guess what I did in that time: showered, shaved my legs, plucked my eyebrows, blow-dried my hair to perfection, and plastered on the make-up. Wow, who was that silly girl!

Heading into my 43<sup>rd</sup> birthday this May 31, I've never been happier. It's not because I have any more money, or because I have less worries, or because I have been assured by some soothsayer that the rest of my life will be blissful. It's because I'm making peace with myself as I am and with my life as it is. I'm drawing lines in the sand between people who connect from the inside out and those who construct elaborate facades, between people who really make me feel bad about myself and the world, and those who are nurturing and compassionate, between giving with all my heart and giving despite my heart. If all that comes with a few wrinkles and some strands of gray hair, so be it. Cheers to growing older!

# EDUCATION



By: Sheiveh Nakhshab Jones



## Bullying

Recently, there has been a lot of press coverage regarding school bullying following 15-year-old Phoebe Prince's suicide in Massachusetts. School bullying affects 30 percent of all school-aged children who are either bullies, victims of bullying, or both. As a parent, it is important you understand your child's rights to a safe school environment regardless of age. When you send your child off to school, you expect you are sending her/him to a safe environment, but is it really?

Like many of my articles, this one is near to my heart because my own son has fallen victim to bullying so much that we have discontinued his attendance within the school district. As a result of our unfortunate experience, I ended up doing a lot of research on the various laws regarding school safety and bullying. As I reflect on my research, I wonder what would have happened if I cited California's Education Code statutes regarding school safety every time I spoke with the leaders at my son's school. Would their response have been more swift and would they have worked to provide an effective solution, knowing that I knew my child's rights? Based on my experience, I have decided it is my mission to ensure you are armed with the information necessary to protect your child and work collaboratively with your child's school to make sure students are safe from bullying.

Several California Education Code sections address school violence, safety, and safety plans. They can be found on the California Department of Education's website, [www.cde.ca.gov](http://www.cde.ca.gov). These statutes explain a school's responsibility to develop and implement a school safety plan with parents, students, teachers, administrators, counselors, and community agencies. The focus of a school safety plan is to support student development, while proactively addressing issues such as bullying, gang activities, violent behaviors, weapon possession, substance abuse, and racial conflict. The plan should also accommodate students with disabilities. Lastly, schools should include after-school programs and extracurricular activities that give students a sense of belonging in their plans.

According to the California State Board of Education, each school safety plan must provide a positive learning environment through the implementation of:

- Appropriate rules, regulations, and disciplinary policies that are well publicized, consistently enforced, and nondiscriminatory, and that take into consideration the due process all students are entitled to receive.

- Appropriate professional development that emphasizes the importance of treating students, parents (guardians), and coworkers respectfully.
- Student handbooks that explain codes of conduct, including information on such topics as student rights and responsibilities, unacceptable behavior, and procedures for due process and appeals.
- Plans for dealing with potentially disruptive conflict situations, including procedures for referrals to law enforcement agencies for serious offenses.
- Processes for continually examining the factors in school life that influence behavior and modifying those factors to bring about desired behavior.
- Programs and strategies that develop a student's sense of family and school connectedness, self-esteem, personal and social responsibility, character, and ability to resolve conflict in a positive, constructive way.

(Taken from a partial list retrieved from the California State Board of Education Policy #01-02, 2001.)

Schools are obligated to provide a safe learning environment that is conducive to learning. If your child is fearful, then nothing else will matter, as a preoccupation with fearfulness will prevent your child from concentrating on learning. Preventing such fear is the goal of California's required school safety plans.

As there is a tremendous amount of news and information about school bullying in our schools, this article is the beginning of a series I will continue throughout this year. In the meantime, if you suspect your child is being bullied, I would encourage you to ask your child's school's administration for a copy of the school safety plan to see if it addresses bullying and teacher training on such issues. I would also encourage you to visit the California Department of Education's website, provided above, and investigate California's Education Code to find out more about school safety requirements. Most importantly, you can glean a lot of information from simply talking to your child and taking the time to listen to their experiences.

# Calendar of Events

## Dar Shahr Cheh Khabar?

Visit Our web site at

[www.pccus.org](http://www.pccus.org)

### Persian Cultural Center

Tel: (858) 653-0336 - Fax & Voice: (619) 374-7335

Web site: [www.pccus.org](http://www.pccus.org)



### Persian Cultural Center Annual Meeting A Spacial Program

**Members Appreciation with Banafsheh Sayyad  
Kourosh Taghavi, Ali Nouri, Ali Sadr and Friends**

**Sunday May 23**, 2010, 6 PM

at ISSD location (Mount Carmel High School)

This program is for members only and it is free of charge

**Setar Classes** by Kourosh Taghavi (858) 717-6389

**Tar Classes** by Ali Nouri (858) 220-3674

**Daf Workshop** with Ali Sadr,  
Tuesdays 6 to 7:30 PM at PCC office.

### Iranian School of San Diego (858) 653-0336

#### Iranian School of San Diego Presents, **PARENTING, a seminar by Dr. Cyrus Nakhshab** **Sunday May 16, 2010 from 9:30 to 11:30**

at ISSD (Mt. Carmel High School) Room C-3

\$15 per person, \$20 per couples

All proceeds go to ISSD general fund.



#### End of the Year program

**Sunday June 13**, 2010, 10 AM to 12 PM

At . Mt. Carmel High School

9550 Carmel Mt. Rd, San Diego, CA 92129

### Persian Dance Academy of San Diego

(858) 653-0336

Every Sunday at Dance Company, Mira Mesa, from 1:00 to 4:00 PM  
858-653-0336



### Dollar a Month Fund

Tel: (858) 653-0336

[www.dmfund.org](http://www.dmfund.org)

### Association of Iranian American Professionals (AIAP)

Tel: (858)207-6232 [www.aiap.org](http://www.aiap.org)

Last Wednesday of each month at 6:30 PM



### Kamal Cultural Foundation

Tel: 951-665-8342 <http://www.kamaal.net>



### House of Iran

Tel: (619) 232-Iran Balboa Park, Sundays 12:00-4:00pm

### Iranian-American Scholarship Fund

Tel: (858) 653-0336



### Mehrgan Foundation

[www.Mehrganfoundation.org](http://www.Mehrganfoundation.org) Tel (858) 673-7000

### Iranian Women's Study Group of San Diego

Meets: First Sunday of the month • Contact: (858) 952-6713

### Association of Iranian American Network of Services

(760) 729-9979 [www.niabo.org](http://www.niabo.org)

### PAAIA

Public Affairs Alliance of Iranian American



[www.paaia.org](http://www.paaia.org)

### PARSA Community Foundation

[www.parsacf.org](http://www.parsacf.org)

Email: [info@parsacf.org](mailto:info@parsacf.org)



### NIAC

National Iranian American Council



[www.niac.org](http://www.niac.org)

### Center for World Music

**6/12/10**

#### Pakaraguian Kulintang Ensemble

This concert will mark the Philippines Independence Day.

The Neurosciences Institute

10640 John Jay Hopkins Dr. \$15/10

For more information or to purchase tickets please call (760) 845-9480.

June 15, 2010, 6:00 PM

#### Staged Reading of Sila By Chantal Bilodeau

The Tuesdays at The 10th series takes place at:

The 10th Avenue Theatre

930 10the Ave, San Diego, CA 92101

Admission is free for both staged readings, with a suggested donation of \$5 at the door. Space is limited. RSVP at [tickets@mooolelo.net](http://tickets@mooolelo.net) or 619-342-7395

#### SDAI: Museum of the Living Artist

SDAI: Museum of the Living Artist

Price: \$3 **4/10/10 – 5/23/10** Southern California Regional Awards Exhibition

San Diego Art Institute: Museum of the Living Artist is proud to present

The Southern California Regional Awards Exhibition

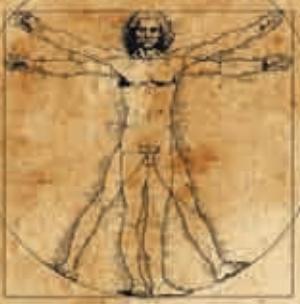
The San Diego Art Institute is located in Balboa Park, House of Charm, and 1439 El Prado. Hours: Tuesday - Saturday 10 am - 4 p.m. Sunday 12 - 4 p.m. Requested Gallery Donation: Adults \$3. Senior Citizens, Military and Students \$2. Children under 12 admitted free

#### State of Mind: A California Invitational

Museum of Photographic Arts **2/06/10 – 6/06/10**

Location: Downtown

Price: \$6 Adults, \$4 students, Free to Members



# Diabetes

by Sanaz Sara Majd, M.D.

Twenty three million people living in the United States are currently diagnosed with diabetes, which is nearly eight percent of our population. The rate of diabetes has doubled in the last 15 years, and it is expected to reach 48 million by the year 2050. It is also the 7<sup>th</sup> leading cause of death in America, accounting for about 233,000 deaths *per year*. These numbers are still underestimated, with approximately 5.7 million people in the US who are likely walking around with diabetes without even knowing they have it. These statistics seem to also mimic the eight percent of the population affected by diabetes in Iran as well; although this number is likely also well-underestimated due to a lack of screening programs, most especially within the rural regions of Iran.

So what is diabetes, really? Your body uses sugar (or “carbohydrates”) from the food you eat for energy. This sugar is then absorbed into your blood stream, and your pancreas “senses” this presence of sugar and releases insulin in response to it. Insulin is released to help keep your blood sugar within a “normal” range in your blood stream, not too high and not too low. In diabetics, there are two possibilities for why this process malfunctions. Either the pancreas is not able to make enough insulin, or your body is not able to *respond* properly to the insulin released (called “insulin resistance”). In both cases, the sugar levels remain elevated and cause damage to the body long term if left untreated.

There are numerous consequences of chronically elevated blood sugars. Diabetes is the leading cause of blindness, leg amputations, kidney disease, and nerve damage. Sixty five percent of those with diabetes die from a heart attack or stroke, making what is called “cardiovascular disease” the leading cause of death in the United States in both women and men. The consequences of diabetes are immense if not treated aggressively.

How can you tell if you have diabetes? Some people may have symptoms of excessive thirst or excessive urination, the two most common symptoms of diabetes. However, most people don’t have *any* symptoms. That is why it is called the “silent killer”; many people have no symptoms until one day they may experience a heart attack or stroke, unfortunately. If you have a family history of diabetes, you are at a greater risk

of getting diabetes. If you were diagnosed with gestational diabetes during your pregnancy, you have about a 25% chance of developing diabetes later in your life. If you have any symptoms or any of these risk factors, you should ask to be screened for diabetes by your primary care physician.

If you are already diagnosed with diabetes, there are some things you should know. First of all, the importance of diet and exercise cannot be emphasized enough. If you eat less sugar, then you don’t need to depend on your body to metabolize it with insulin in the first place. Therefore, learn how to “count” carbohydrates by learning to limit your intake of them by reading food labels and counting the number of grams that the most common foods contain while planning your meals. Understand which foods have a better “Glycemic Index” (GI) a term used to describe a particular food in regards to how high it raises your blood sugar. For instance, a food with a high GI raises the blood sugar more than one with a low GI. Refer to the website from the American Diabetic Association (ADA) for tips on how to do the above and on how to eat properly as a diabetic at: <http://www.diabetes.org/food-and-fitness/>.

Second, if you are a diabetic above the age of 40, there are three medications you should discuss with your primary care physician. The first is a medication used to help protect your kidneys from protein loss, which is an abnormal process that can occur in diabetics and lead to kidney damage, and possibly even dialysis one day. This medication belongs to the group of medicines called the “ACE Inhibitors,” and often in “-pril.” For instance, Lisinopril, Captopril, etc... This will help decrease your risk of progression towards kidney disease. The next two are medications used to protect the heart and blood vessels from developing plaques that help clog the arteries. One is a baby aspirin, and the other a medication belonging to the group called the “statins,” which also happen to lower your cholesterol as an added bonus at the same time. These last two medications lower your risk of heart attacks and strokes. If you are not on these 3 medication groups currently, you may want to consult your physician to discuss their risks and benefits for your personal health.

You should also know that your threshold for what is “normal” in regards to your cholesterol and your blood pressure is actually *lower* if you are a diabetic older than age 40. Your “bad” cholesterol, called “LDL,” should be at a goal of below 100; whereas for those individuals without diabetes, normal LDL may be below 130. Your blood pressure goal should be below 130/80; whereas the general population is not treated until they reach 140/90. That means that your physician may be more aggressive in treating your cholesterol and your blood pressure than they may be with someone who doesn’t have a diagnosis of diabetes. Why is that? Because we know that diabetics have a higher risk of cardiovascular disease, as mentioned above, and we want to decrease your risk of having a heart attack and stroke by decreasing *other* risk factors that may contribute to it also, such as high cholesterol and high

blood pressure. And if you smoke, you should quit. Smoking is also another contributing risk factor to heart disease.

Also, at every visit to your physician, you should make sure to bring two things with you: your medication bottles (not just a “list”), and your blood sugar log. This will help your physician assure that no mistakes are made regarding your medications, and they can then review your blood sugar numbers in order to make any necessary changes to your medications. Every three months, you should have a diabetes follow up with your physician with a possible fasting blood test, unless you are instructed otherwise by your physician. Your physician may order a test called the “A1C,” which will tell him/her your *average* blood sugars for the past 3 months. Every year, you should have a foot exam and a special eye exam to look for complications and changes brought on by your diabetes. You should also have a yearly flu shot, and a pneumonia shot once before and once after age 65.

Remember to ask your doctor your questions if you don’t understand something. Also, ask your doctor for a referral to attend a diabetes class, which is often offered through most insurance plans. There are often free classes being taught in your communities as well, and your doctor may know of them.

I often wish that my patients knew even half of what you know now, before they come in to see me for the first time. Go prepared, and go motivated!

#### **YOUR PERSONAL DIABETES CHECKLIST:**

- Controlled blood sugars
- Quit smoking
- LDL less than 100
- Blood pressure less than 130/80
- Flu shot every year
- Pneumonia shot before and after age 65
- Foot exam every year
- Eye exam every year
- Bring my medicine bottles to every doctor visit
- Bring my blood sugar log to every doctor visit

---

**Dr. Sanaz Majd** is a family medicine physician who graduated from Drexel University College of Medicine in 2004. She has been working at the Department of Public Health for three years, practicing everything from pediatrics to geriatrics. She is a faculty member of Riverside Regional Medical Center’s Family Medicine Residency Program, and teaches residents at her clinic three times a week. Her special interests are writing, patient education, and teaching. She has a column on “OC Family’s” website, where you can ask her your own personal health questions. She is originally from Carlsbad, where her family currently resides.



Continued from page 12

## **DEATH AND DYING AS A BUSINESS- WHAT YOU NEED TO KNOW.**

The only thing we knew for sure was that my father didn’t like open caskets. We did not have instructions on anything else and had to make a decision based on what we thought our father would have liked. While our counselor was very nice, there were several times during the selection process that I wanted to yell out that none of this really mattered since my father was gone.

Nonetheless, it all does matter. Death is a business to the mortuaries and profit is key. Did you know that in order to be able to watch your loved one be actually physically placed into the ground and covered with dirt during the funeral costs an extra \$445 to do? I was so offended at some level by this fact, I could not even breath. And did you know that for every original of the death certificate, the mortuary charges you an extra \$12? Or how about if you want Farsi writing on the headstone, you have to pay extra? Simply put, mortuaries nickel and dimes you at a time when you are most vulnerable while they give you a sympathetic smile.

The moral of this sad and somewhat morbid story is not about cost, but to please take some time to deal with this subject before you and your loved ones die. My father and my family thought we had done so when we drafted our trusts to deal with our estates. That was not enough.

After you have established a trust or done what you legally need to do with your estate, then please spend time letting your loved ones know your desires upon death. Do you want to be buried or cremated? Should your ashes be spread out over the ocean or put in a mausoleum? Do you want your body donated to science? Do you want a particular plot next to your spouse or another loved one? These are just some items to think about. You don’t have to have all the details decided, but any decision is better than no decision to help out your loved ones and make sure your wishes are respected. Because in the end, the mortuary is not going to make this a fun nor easy process and you will be better off if you have some answers to their numerous questions.

---

**Katy Goshtasbi** has been a practicing securities attorney for thirteen years and is president of KG Consulting Group, Inc. Katy is also owner and president of Puris Image & Style, where she serves as image strategist to large companies, start-ups, law firms and individuals. Here Katy works on the creative process around building a successful image and style for businesses to help them increase revenue, productivity and motivate employees.

# MODERNITY & ART: MOderNISM

What is Modernism? What qualities make a piece of art a *modern* piece? This is the first article in a series of four articles on Modernity & Art, which aims to explain four important art styles of the Twentieth Century: Cubism, Futurism, Dad-ism, and Surrealism. This introductory article focuses on the meaning of Modernism.

In general, Modernism is a term applied to a set of artistic strategies that have close and essential connections to the elements and forces of social modernity. The responses of modernists to modernity range from victorious celebration of modernity to harsh condemnation of it. Modernism differs in mode from direct depiction of the impacts of modernization to purely abstract and artistic assumptions and practices. Modernism in art cannot be fully understood without an understanding of the meaning of social modernity.

Oxford Art Online explains Modernity as a term applied to the cultural condition in which the necessity of innovation becomes a primary fact of life, work, and thought. Modernity appeared first in Europe in the Sixteenth Century and became dominant in the mid-Nineteenth Century, with enormous consequences for colonized non-European countries. Modernity is more than merely the state of being modern or the opposition between old and new. The pre-modern societies were largely agricultural, based on using renewable resources in restorable conditions. But modern societies, in a quest for greater productivity, profits, and the spread of “well-being,” are built around machine-processing of nonrenewable resources. Change becomes central to cultural experience. Of course, the agenda for change is not in the hands of everyone; it is concentrated in the hands of a few, but has an impact on many. Modernity is the accumulating impact of the forces of modernization on individuals, societies, and environments.

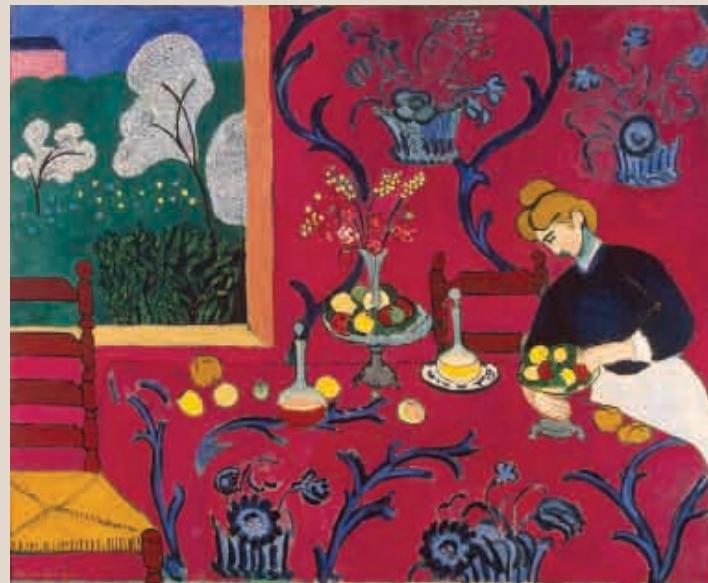
New ideas and modes of expression have occurred in many societies throughout history. The sense of being modern—that is, being up-to-date, “of today,” and the sense of being part of the present or recent past—has accrued so many times before. But the essence of Modernity is much more active, engaged, and widespread than occasional and circumstantial modernizing occurrences in the past. Modernity is what



*A Burial at Ornans*, Gustave Courbet, 1849.

happens to both everyday and exceptional experiences when large sections of a society are undergoing modernization in the ways of production.

Modernity is an active process of change in all areas of life; Modernity separates itself from accepted traditions and moves closer towards utopian futures. It is experienced as a constant encounter with *the new*, as a constant set of challenges, and therefore demands a reorientation of one's sense of self. Modernity is living in, and with, perpetual change.



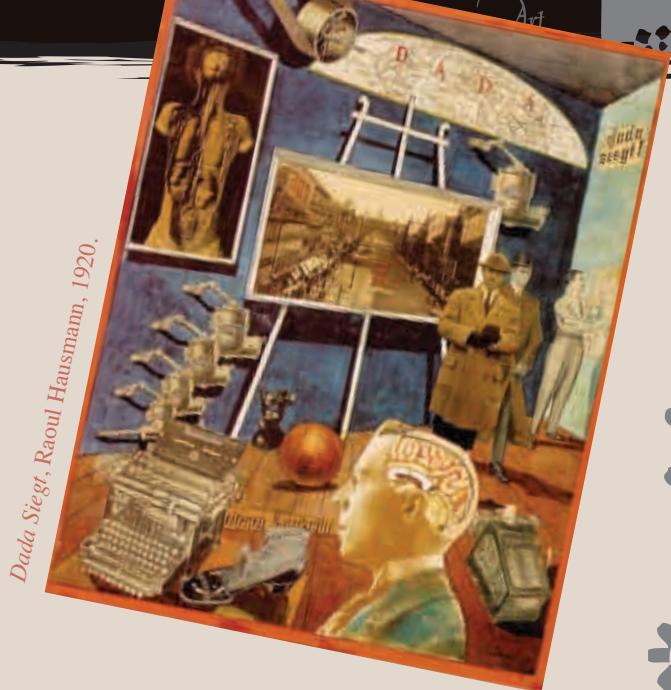
*The Dessert: Harmony in Red*, Henri Matisse, 1908.



*The Studio*, Pablo Picasso, 1928.

Modernism is a *response* to Modernity. In the Twentieth Century Modernism developed in all of the arts, although in distinctive forms and varying historical trajectories. Within the fast-changing context of Modernity, certain moments in the history of the visual arts stand out as definitely Modernist movements. In the Twentieth Century, art was rapidly changing, with styles constantly replacing each other. Throughout this dizzying era, one theme was constant: art concerned itself *less* with exterior visual reality and *more* with interior vision. Picasso explained that in the modern period, the artist paints “not what you see, but what you know is there.”

Compared to other historical moments of stylistic change in the arts, Twentieth Century Modern art provides the most



Dada Siegt, Raoul Hausmann, 1920.

definitive break with the past. Twentieth Century art took to the extreme what Courbet began in the Nineteenth Century, a portrayal of everyday life and subject matters rather than historical and biblical events.

Modernism opens the door to all subject matters, with equal importance—whether it is Fauvism with its wild use of colors, Cubism with its quest to depict the 3-dimensional reality on the 2-dimensional flat surface of a canvas, or abstract art from the early Twentieth Century. In the next issue, we will focus on Cubism as the first Modern Art moment of the Twentieth Century.

Modernism freed form from its traditional rules. It freed color from being a slave to representational accuracy of an object. The essence of Modernism in art is the rejection of past styles and all accepted formal traditions and values. In a way, Modernism is a quest for freedom of expression, a quest that started with Courbet’s Realism and went beyond Dali’s Surrealism.



*Unique Forms of Continuity in Space*, Umberto Boccioni, 1913.



*Les Valeurs Personnelles* (translation: *Personal Values*), Rene Magritte, 1952.

# Iranian Poetry Today

A snapshot of “post-modern” Iranian poetry

Since the Iranian Revolution in 1979, Mina Assadi has been living and working in Sweden as an exiled poet and writer. Her poetry and essays mainly deal with oppression against children and women. The Iranian people's struggle against dictatorship is constantly present in her works and artistic consciousness. Through her poetry, Assadi shares an egalitarian vision of the world. In “Renewing a Promise,” she writes: “Shut up Sir! Madam, be quiet! / Only for a few seconds to listen to the cries of the world's starving children / While YOUR spoiled children throw up their extra vitamins / and the deafening clamor of your egotism hits the sky / Shut up Sir, and Madam, bite your tongue please!” Many critics have noted a degree of harshness and “vulgarity” in her poetry, but Assadi's works embody a spectrum of voices and tones, in “Yearning for Sâri 1,” there is a tangible sense of longing for the poet's birthplace, and in “Sketch 4,” “Colorful Poems,” and “Wednesday In March” there is a profound feeling of tenderness, a pathos-offering by the poet. In “Bombardment” and “Waking Dreams,” she cries out humanity's common loss. In the longer piece, “To Me A Ring is Bondage,” Assadi shares her world-view and vision with the reader. Assadi's unflinching stance against inequality and injustice transcends political boundaries; she protests censorship and patriarchal forces in Iran, refugee laws in Sweden, and the foreign policies of the United States.

## Yearning for Sâri 1

Oh you wet weeds  
growing on the riverbanks  
of my homeland,  
tell the breeze  
that so lovingly passes through you,  
Someone on this side  
of the world is also enamored  
of the scent of your bodies!

—Translated by Niloufar Talebi

## Sketch 4

I was not a sacrificial lamb  
I loved  
and even gave birth  
to ones who loved.

—Translated by Niloufar Talebi



## Colorful Poems

A case of green colors  
and a vase of red flowers  
Invited me to experiment  
When love loosens to the swarming sparrows

—Translated by Sheema Kalbasi

## Wednesday In March

Love goes up  
breath-taking staircase.

Daffodils bloom  
from your hands.

And the dead goldfish  
caught in the glass jar  
inside the frame of the still-life painting  
begins to swim again.

Love goes up  
the breath-taking staircase  
You  
blossom  
in my hands.

—Translated by Ahmad Karimi-Hakkak

## Bombardment

The child could not  
drink the rest of his tea, could not  
put his tiny shoes on, could not  
place his homework in the schoolbag, could not  
re-live his playful summer days, could not  
grow up to be a teenager, abruptly  
a flash lit the early morning sky  
a massive noise put a stop on time  
on life

Now, tiny shoes  
by the doorway, hanging

tea cup, overturned  
schoolbag, tattered  
homework, all testify  
only minutes before this deadly  
silence, the passion of life  
shined over this rubble.

—Translated by *Aria Fani*

## ***Waking Dreams*** (a series)

When you were asleep,  
a turtle mailed your letters,  
a rabbit woke up and  
swept the city

When you were asleep,  
a pig pissed in the sheep's pasture  
a wolf devoured a lamb  
and a fox took the raven's hat

When you were asleep,  
the dead protested INJUSTICE  
in cemeteries

When you were asleep  
I pitied you.

—Translated by *Aria Fani*

## ***To Me A Ring Is Bondage***

I don't think of prayer-mats,  
but I do think of a hundred paths  
passing through a hundred gardens  
planted with silk-tassel trees,  
*Garrya*.

I know the direction of Mecca:  
it has its place in Contentment,  
and I say daily prayers  
on the Silk Roads,  
to the music of passerines.

I do not know what Affection means,  
nor the difference  
between one foreign land and another.  
Happiness is what I call my solitude,  
my home is called Desert  
and Love is whatever makes me sad.

To me any currency-note means Wealth,  
I designate Blind anyone who picks a flower,  
and in my eyes the net  
that separates fish from water  
is an Instrument of Murder.

I look at the sea with envy  
and feel  
how insignificant I am.  
(Maybe the sea  
feels the same  
when it joins the great ocean.)

I do not know what Night is,  
but Day I understand well.  
To me a flowering bush is a Village,  
and a short walk in the Memorial Gardens  
is Freedom,  
and any vapid, meaningless smile is Joy.

Anyone who has a key  
is a Gaoler to me,  
and I view any thought  
ungerminated in my mind,  
as a Wall.

To me a ring is Bondage.

I don't think of prayer-mats,  
but I do think of a hundred paths  
crossing a hundred gardens  
full of silk-tassel trees.

—Translated by *Anthony Weir*

Retrieved from *Strange Times, My Dear: The Pen Anthology of Contemporary Iranian Literature*, Nahid Mozaffari (2005), *BELONGING: New Poetry by Iranians Around the World*, Niloufar Talebi ed. (2008) & *The Poetry of Iranian Women, A Contemporary Anthology*, Sheema Kalbasi ed. (2009).

Share with us your views on *Peyk's* poetry page  
[fani@rohan.sdsu.edu](mailto:fani@rohan.sdsu.edu)



Born in 1943 in Sâri, Mâzandarân province, Iran, **Mina Assadi** began her career as a journalist at several well-known Iranian publications. Her political views and her opposition to the monarchical regime led her to leave Iran in 1976 for Sweden, where she continues to live and work. She is still forbidden from entering Iran. In 1996, she won the *Hellman/Hammett Grant* from the Human Rights Watch, New York. She is the author of several books of poetry and essays, including *Eve and I; The Sea Is Behind Your Doubts; Without Love, Without Eyes*; and a collection of love poems called *I Want to Return to Your Shoulders*, most of which have been only published outside of Iran. She has also published various studies on Iranian children living in Sweden, and on immigrants and racism. A selection of her writing and poetry is accessible on her website, in Persian and Swedish:

<http://www.minaassadi.com>



## Network for Iranian Americans (NIA)

By: Dr. Savka Stoeva

The month of March is my favorite time of the year. I celebrate my birthday and I enjoy one of the most cherished Bulgarian holidays related to welcoming the upcoming spring. This year March brought new exciting experiences for me. As a young member of Hewlett-Packard's community and as a representative of the Network for Iranian Americans (NIA) within HP, I was fortunately invited to the celebration of the wonderful Iranian holiday, Norouz. Norouz marks the first day of spring and the beginning of the year in Iranian calendar. I was happy to learn that this year Norouz was officially recognized by UNESCO as part of the Intangible Cultural Heritage of Humanity. At the gala event, I and several colleagues from HP (Fereshteh Khorrami, Ali Khorsandian, Behrang (Barry) Khorsandian, Sergiy Peleshanko, Kimberly Zargarian, Tayo Yolemi, Hamid Montazer, and Kim Elizabeth) had opportunity to introduce NIA and present some of HP's versatile products to Iranian families. I was impressed by the number of people who expressed genuine interest in NIA's role within HP. Also for me as an ink chemist, it was very rewarding to see people's interest in the capabilities and wide range of consumer products HP provides. In a friendly way, families became acquainted with a variety of possibilities to print personal pictures, create photo albums, scrap books and personal calendars. People were happy to learn that they can print easily at local Wal-Mart stores or at Snapfish online. Iranian families enjoyed wonderful pictures of Iranian heritage printed and donated by HP to Persian Cultural Center and Association of Iranian American Professionals. Norouz party continued till late night with memorable traditional dances of Iranian children in opulent attire, followed by cheerful blend of Iranian and American dance music. For me the event was a unique opportunity to get in touch with the rich Persian culture and present to families great HP products. As Fereshteh promised, we had a blast.

By Ali Khorsandian and Fereshteh Khorrami

It was a pleasure to represent HP as a NIA member and it is great to hear from Dr. Stoeva about her impression of festivities.

The mission of the Network of Iranian-Americans HP Employees Resource Group (ERG) is to support diversity awareness within HP, enhance individual career development, and encourage group networking, hence, contributing to the success of both its members and HP as a whole. It is also to be involved in the Persian community, to promote HP's philosophy, company, products, and culture along with outreach to the Iranian community. Some of our activities are listed below:

- **HP Events**

- Speakers such Mr. Hossein Eslambolchi
- History & Culture
  - Rick Steve's Iran
  - Seven Faces of Civilization
- Nowruz Celebrations at HP site

- **Community Events**

- Monarch Philanthropy
  - HP Clothes and Shoes collection
  - Dinner Sponsorship
- Casa Cornelia Philanthropy
- King-Chavez High School Philanthropy
- Persian New Year
  - 2009 Norouz celebration at HP San Diego
  - 2010 PCC/AIAP Participation

Our ERG has about 100 members and it is open to ALL HP employees. About 80% of our membership is not of Iranian-American heritage, which brings great perspective to our activities and outlook on the mission. We are looking forward to our further collaborations with Persian community.

محمد رضا شفیعی کدکنی

طفلی به نام شادی، دیریست گمشده است

با چشمها روشن برآق

با گیسویی بلند به بالای آرزو

هر کس از او نشانی دارد

ما را کند خبر

این هم نشان ما:

یک سو خلیج فارس سوی دگر خزر



# Peyk Distribution Centers

## California

**Persian Center**

2029 Durant Ave  
Berkeley, CA 94704

**Super Irvine**

14120 Culver Drive., Ste B,C,D  
Irvine, CA 92604  
Tel: 949-552-8844

**Wholesome Choice**

18040 Culver Drive  
Irvine, CA 92612  
Tel: 949-551-4111

**International Market & Grill**

3211 Holiday Court., Ste 100  
La Jolla, CA 92037  
Tel: 858-535-9700

**La Jolla Library**

7555 Draper Ave  
La Jolla, CA 92037

**Sahel Bazaar**

7467 Cuvier Street # A  
La Jolla, CA 92037  
Tel: 858-456-9959

**Sherkate Ketab**

1419 Westwood Blvd  
Los Angeles, CA 90024  
Tel: 310-477-7477

**Crown Valley Market Place**

27771 Center Drive  
Mission Viejo, CA 92691  
Tel: 949-340-1010

**Swedish Royal Bakery**

12222 Poway Rd  
Poway, CA 92064  
Tel: 858-486-1114

**Saffron Market**

4444 Auburn Blvd.  
Sacramento, CA 95841  
Tel: 916-978-7978

**Shahrzad Restaurant**

2931 Sunrise Blvd. Suite 125  
Sacramento, CA 95742  
Tel: 916-852-8899

**Balboa International Market**

5907 Balboa Ave  
San Diego, CA 92111  
Tel: 858-277-3600

**Carmel Valley Library**

3919 Townsgate Dr  
San Diego, CA 92130  
Tel: 858-552-1668

**Darband Restaurant**

Authentic Persian Restaurant  
1556 Fifth Ave  
San Diego, CA 92101  
Tel: 619-230-1001

**Kabob House (Star of Persia)**

16761 Bernardo Center Drive  
San Diego, CA 92128  
Tel: 858-485-5883

**Parsian Market**

4020 Convoy St  
San Diego, CA 92111  
Tel: 858-277-7277

**Saffron Persian Cuisine**

15817 Bernardo Center Drive #109  
San Diego, CA 92127  
Tel: 858-673-2223

**Soltan Banoo**

Eclectic Persian Cuisine  
4645 Park Boulevard  
San Diego, CA 92116  
Tel: 619-298-2801

**Persepolis Market**

327 S. Rancho Santa Fe Rd  
San Marcos, CA 92078  
Tel: 760-761-0555

**Rose Market (Bay Area)**

14445 Big Basin Way  
Saratoga, CA 95070

**Maryland**

Ms. Firoozeh Naeemi

**Ohio****Dublin**

Ms. Haeideh Afaghi

**Las Vegas****Zaytoon Inc.**

Mediterranean Market & Kabob  
3655 S. Durango Dr. 314  
Las Vegas, NV 89147  
702-685-685-1875

**Palm Mediterranean****Market & Deli**

8866 S. Eastern Ave #104  
Las Vegas, NV 89123  
702-932-5133

**Massachusetts****Super Heros**

509 Mount Auburn St  
Watertown, MA 02472-4118  
(617) 924-4978

**North Carolina**

Ms. Nazi A Kite

**Virginia****Saffron Grill**

1025-A Seneca Rd, Great Falls, VA 22066  
Tel: 703-421-0082