

Peyk



Persian Cultural Center's Bilingual Magazine
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128

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WHO?

Iran's Path to
Civil Liberties and ...
SUMMER READING LIST

WHEN I WAS AN ILLEGAL...

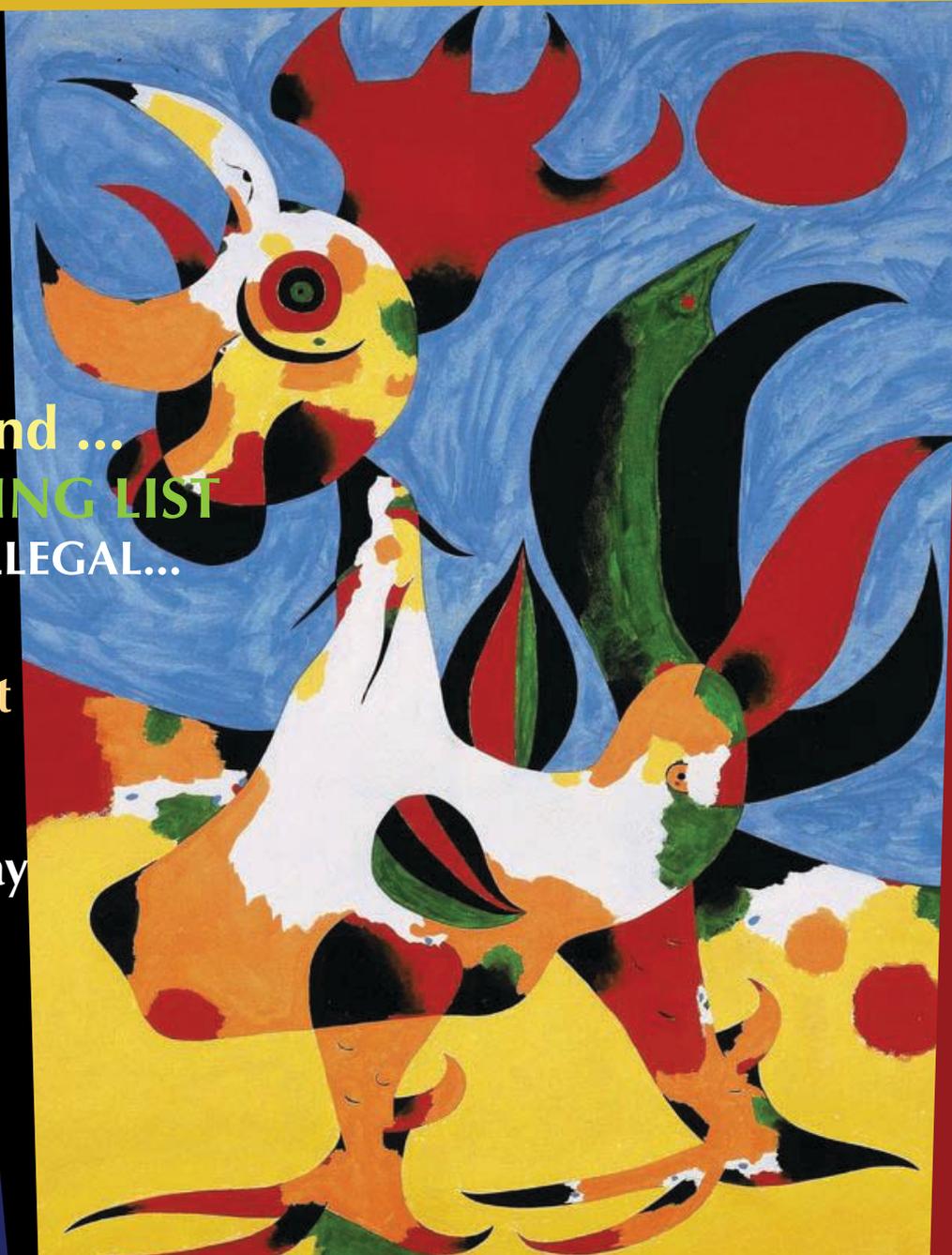
Bullying

Your Healthy Heart

Modern Art Series

Cubism

Iranian Poetry Today



PRSRTD STD
US POSTAGE
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SAN DIEGO, CA
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Editorial



By: Shahri Estakhry



WHO?

I really would prefer to get back to what I love most...my philanthropy/charity work instead of nagging about who, what, why... and on and on. I had planned to write this editorial about the enormous need of over one billion hungry human beings that are struggling for survival but then we were given a gift by an American friend that diverted my thoughts and thus this editorial.

At a gathering, this friend had been “sold” a book of arranged music of well known Iranian songs. I was lucky and happy to receive this book as a gift from this friend. I knew all of the songs and have enjoyed them with different arrangements through the years. Looking through the pages, I began to realize that none of the “arrangements” had the name of the original composers mentioned; only the name of the arranger. It sent a shiver down my spine and it struck the wrong cord with me!

It brings up a question to which we should try to find an answer. What happens to the rights of Iranian artists who don't live here, but whose works are used and rearranged for profit without their consent or knowledge or share of any funds?

I remember having a conversation about this, with the late poet Feridoun Moshiri when he was in San Diego. He was deeply concerned and, through his own experience, felt often enough his work was being used without his consent. He expressed that this concern existed amongst many of his other poet, composer, lyricist friends back home. He was adamant about giving me a power of attorney to represent and protect his work here. I felt it was best for him to have legal representation from the start.

Unfortunately, non-resident artists have no rights to their own creations. Actually, they do under the laws of this country, so perhaps it is best to say that the artists have no representation. This brings forth the question of WHO should look into this problem and protect their rights and interests? Should it be an organization? A legal team? We can't talk about caring about our cultural heritage without protecting its artists who are part of this heritage. I don't want to be just proud of my “past” cultural heritage, I want to hold my head up high because of who we can be now.

We are civilized human beings, surely we can and must recognize the rights of others. If the work of an artist is misused or abused here, you can be certain there will be hell to pay. In America, an artist and generations of his children benefit from his creativity time after time. With laws to protect these rights why can't we do something to protect the rights of our amazing and wonderful artists that have brought so much pleasure and enjoyment for us throughout the years?

I should have been a lawyer; without doubt this would take priority for me! Everything in our lives cannot be for self profit. It is incumbent upon us to find, as a community, a proper solution to this enormous problem. Certainly, this situation is nothing we can be proud of, it has been kept under the rug for much too long! However, it is one that we can remedy by promoting fair play in protecting the rights of all.

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Persian Cultural Center

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Board of Directors:

Fariba Babakhani-Ghazi, Rosita Bagheri,
Abdy Salimi, Shaghayegh Hanson,
Maryam Iravanian, Hamid Rafizadeh,
Ali Sadr and Shahla Salah

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Shaghayegh Hanson, Sara Hosseinizad,
Maryam Iravanian, Shahrzad Julazadeh,
Reza Khabazian and Rachel Tait

Editor-In-Chief: Ali Sadr

Graphic Design: Saeed Jalali

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Report of Persian Cultural Center's 2010 Annual General Meeting and Election

This year PCC's annual meeting was combined with a special program for Member Appreciation. The event took place on May 23, 2010, at Mt. Carmel High School in San Diego, CA. The annual report was presented and was followed by the election process for a new Board of Directors. The past year's activities were presented by Mrs. Shahla Salah, PCC's chair, the Peyk and Iranian School of San Diego (ISSD) reports by Mr. Ali Sadr, ISSD Principal, and the Financial Report by Mrs. Fariba Babakhani-Ghazi, PCC's Treasurer. A summary of PCC's annual report is as follows:

Board of Directors and committee members for the past year were as follows:

- * Shahla Salah (President)
- * Shaghayegh Hanson (Vice-President)
- * Fariba Babakhani-Ghazi (Treasurer)
- * Rosita Bagheri (Secretary)
- * Aria Fani
- * Eamen Hameed
- * Sara Hosseinizad
- * Maryam Irvanian
- * Hamid Rafizadeh
- * Margaret Rance
- * Ali Sadr
- * Roohangiz Assiri (Alternative)
- * Ali Nouri (Alternative)
- * Mohammad Sammak (Alternative)

Advisory Board:

- * Shabri Estakhry
- * Saeed Jalali

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.

The Board had twelve meetings in the past year. At their first meeting, the Board elected its Executive Committee and established the following committees:

Educational Committee: Ali Sadr, Fariba Babakhani and Rosita Bagheri

Arts & Culture Committee: Ali Sadr, Sara Hosseinizad, Maryam Irvanian, Eamen Hameed, Hamid Rafizadeh and Abdy Salimi.

Membership and PR Committee: Shaghayegh Hanson, Fariba Babakhani, Eamen Hameed, and Shahrzad Julazadeh.

Peyk Committee: Saeed Jalali, Shabri Estakhry, Sara Hosseinizad, Merseleh Mehtrah, Shaghayegh Hanson, Maryam Irvanian, Shahrzad Julazadeh, Reza Khabazian, Aria Fani, Rachel Tait, and Ali Sadr.

Grants and Finance Committee: Shaghayegh Hanson, Rosita Bagheri, Fariba Babakhani, Shahla Salah, Margaret Rance and Shahrzad Julazadeh.

Fundraising Committee: Shahla Salah, Fariba Babakhani and Rosita Bagheri.

Charity (Iranian Foundation): Shahla Salah, Rosita Bagheri and Shabri Estakhry.

Governance and Nominating Committee: Shaghayegh Hanson, Rostia Bagheri, Ali Sadr and Margaret Rance.

Finance Committee: Fariba Babakhani, Shahla Salah, Rosita Bagheri, and Shahrzad Julazadeh.

Summary of Cultural Activities

2009-2010 was a fruitful and busy year for PCC. During this time, PCC sponsored and co-sponsored the following programs:

A-PCC:

- 1- May 28: Dastân Ensemble and Homayon Shajarian
- 2- September 18: Ode to Hope: A Melodic Epiphany
- 3- October 12: Mehregân Celebration in collaboration with the First Unitarian Universalist Church of San Diego
- 4- October 16: Shams Ensemble, A night of the Dynamic Devotional Sufi Music.
- 5- October 15-29: San Diego Asian Film Festival (Arusi Persian Wedding)
- 6- December 21: Yaldâ Celebration
- 7- January 16: Global Village and International Festival
- 8- January 23: Passage to Dawn (A Concert of Persian and Âzari Music)
- 9- February 27: Self (the remix)
- 10- March 7: Nowruz Preparation at the Iranian School of San Diego.
- 11- March 14: Nowruz Celebration at the Iranian School of San Diego.
- 12- March 16 : Chahârshanbeh Soori with AIAP and HOI.
- 13- March 20: Nowruz Celebration at the Iranian School of San Diego.
- 14- Presentation of Haft-Seen along with literary, cultural, and historical exhibitions in ten public libraries throughout San Diego.
- 15- March 24: Film Screening Football Under Cover
- 16- April 8: Naghâli by Gord Âfarid
- 17- April 12: PCC co-sponsoring Shâhnâme Reading with City Library
- 18- Daf classes with Ali Sadr at the PCC office.
- 19- Setar Classes with Kourosh Taghavi.
- 20- Târ Classes with Ali Noori

- 1- The passage of the Nowruz Resolution by the United Nations and the commemoration of this date on all on calendars was the

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result of a campaign effort that was initiated last year by the Persian Cultural Center. We owe this achievement to over 625 thousand supporters who signed our petition.

- 2- In the past year the Persian Cultural Center promoted the 2010 Census to the Iranian community with the help of other non-profit organizations in San Diego. Our bi-monthly & bi-lingual publication "Peyk," now in its 19th year, has a circulation of over 6,000 copies to areas including San Diego, Los Angeles, the Bay Area, Texas, Maryland, Minnesota, Chicago, Toronto, and New York. This has made Peyk a great vehicle for promoting Census participation to include recognition of Iranians and Iranian-Americans in our community.

B-ISSD:

The academic year 2009-10 was ISSD's 21st year of operation. More than 250 students attended both branches of ISSD in the past year. The School's Nowruz program was held on March 16, 2010, and was attended by 500 parents and family members. A variety of dance presentations, plays, music recitals, and songs were presented. Students received awards for their academic achievements. ISSD's end of the year event will be held on June 13, 2010. This year both branches of ISSD were held at Mt. Carmel high school.

ISSD's first branch offers 11 classes on Sunday mornings, which are separated into three levels: Beginner, Intermediate and Advanced. ISSD offers Beginner and Intermediate Persian classes for adults. Extracurricular classes such as Dance and Theatre have been offered as well. The second branch is held on Thursday evenings and has a total of seven classes, which are also separated into three levels: Beginner, Intermediate and Advanced. ISSD is honored to announce that the Persian language program at ISSD has been accredited by the San Diego Unified School District and the San Dieguito School District, which means that high school students can fulfill their second language requirements by taking Persian language courses at ISSD. This year, the PTA of both branches worked very hard and cooperated successfully with the teachers and administrators on issues such as curriculum and extracurricular activities. The PTA was also instrumental in helping to raise funds for the school.

C- Persian Dance Academy:

More than 60 students under the supervision of Mrs. Hengameh Ayari of the Persian Dance Academy met on Sundays at ISSD branch I. The dance students performed in the following programs:

- 1- PCC and AIAP Nowruz Event
- 2- ISSD's Nowruz Event
- 3- City of San Diego Nowruz Celebration
- 4- UCSD Nowruz Celebration
- 5- City Library (Shâhnâmeh Reading and Dance)

For the second half of the year the dance classes were under the supervision of Ms. Banafsheh Sayyad.

D- Public Relations and Community Outreach:

During the 2009-2010 operating year, PCC used its bi-monthly publication, "Peyk," to reach thousands of readers. Peyk is a bilingual publication published in Persian and English. Its circulation includes San Diego, Orange and Los Angeles Counties, the Bay area, Washington DC, Maryland and Dallas. Peyk is also available and read via the Internet on PCC's website (www.pccus.org/peyk or www.pccsd.org/peyk).

Membership: During the 2009-2010 the Persian Cultural Center started placing advertisements in Peyk magazine; the goal was to increase our membership. PCC issued a membership card to its members. PCC also managed to get discounts from various Iranian businesses for its members.

Public Outreach: In the past year, a number of PCC events were featured on KPBS, in San Diego, and KIRN, in Los Angeles on radio stations, and on the San Diego Arts and Sol website. These programs not only reached the Iranian-American community, but other communities who attended our featured programs.

Website: Thousands of people all over the world view the Persian Cultural Center Website, www.pccsd.org, and www.pccus.org. PCC web site provides quick access to our bi-monthly, bi-lingual magazine, our ongoing programs and activities, as well as other cultural information and events. Persian Cultural Center is in the process of developing a more advanced website. Please refer to our website to read about PCC's many activities and to renew your membership and make your tax deductible contributions on line.

E- The PCC Foundation- a charitable organization:

This organization provided needed assistance to an Iranian family.

F- Other: PCC's governance committee continues to review and improve PCC's existing corporate documents in line with the most current best practices for nonprofit organizations.

G- Pirouzan Trust

Dr. Amir Pirouzan, a dear friend of ISSD and PCC, passed away two years ago. In his will, he left a number of properties for ISSD. These properties included his own residence in Spring Valley, a house located in the town of Jacumba, and undeveloped parcels located in Spring Valley. Unfortunately, due to the high cost of maintenance and upkeep of the above properties as well as the fall of the Real Estate market, Persian Cultural Center had to sell two of these properties and bear a loss.

H- Special Thank You In closing, we would like to take this opportunity to thank the following board members who are leaving us. We are grateful for the time, energy, and talents they generously gave to PCC and our community. We look forward to having them back on the PCC Board again. The members who are leaving are: Aria Fani, Sara Hosseimzad, Ali Nouri, Margaret Rance, Roohangiz Assiri and Mohammad Sammak. Board members Shaghayegh Hanson and Hamid Rafizadeh were re-elected. Abdy Salimi was newly elected to join the board and the following members were announced as alternate members:

Bahar Bagherpour
Golsa Soraya

At the first meeting of the Board of Directors held on June 2, 2010, the following members were elected to serve as the executive committee of PCC for one year.

President- Shahla Salah
Vice President- Shaghayegh Hanson
Treasurer- Hamid Rafizadeh
Secretary- Rosita Bagheri

Other members of the BOD will be leading various committees, such as: Arts and Culture, Events, Education(ISSD), Publications (Peyk), Grants, PR, Membership, and Finance.



Nush-e Jan



Morasah-Polow (Jeweled Rice): Serving 4

Roxana & Farzin Mokhtarian
F.Mokhtarian@ee.surrey.ac.uk

Ingredients:

- basmati or long-grain rice, 500 grams
- chicken, 800 grams
- cooking oil
- butter, 2 spoons
- barberries (dried), 80 grams
- almonds, 50 grams
- pistachios, 50 grams
- raisins, 50 grams
- orange peel, 100 grams
- sugar, two spoons
- large onions, two
- saffron, 1/2 teaspoon
- salt
- black pepper



Directions:

Morasah-Polow is an elaborate rice dish which means *jeweled rice* and is usually made at celebrations and weddings.

Soak rice in warm water for 2 hours. Wash chicken. Peel and thinly slice onions. Fry in oil until slightly golden. Add chicken pieces and fry until color changes. Add a glass of hot water, salt and pepper and cook over medium heat for about 20 minutes. Add more hot water during cooking if necessary. About 1/2 glass of water should be left at the end. Remove chicken bones.

Wash barberries and raisins with cold water and drain. Fry separately in oil over medium heat for a few minutes. Add some sugar to barberries during frying. Thinly slice almonds and pistachios. Soak almonds in cold water for an hour. Thinly slice orange peels. Boil for a few minutes, drain and repeat. Soak in cold water for an hour, drain, and repeat. Finally, boil for a few minutes with a few spoons of sugar, and drain.

Prepare rice using the recipe for [chelow](#) (Peyk 101 & 107 at www.pccus.org). When rice is rinsed, pour a bit of oil and hot water in a pot, and add 1/2 of rice. Spread chicken pieces over the rice, and cover with 1/2 of remaining rice. Spread half of almonds and orange peel over rice and cover with remaining rice. Pour chicken-juice and a bit of oil over rice. Dissolve saffron in a bit of hot water and also pour over rice. Cover and cook over low heat for about 30 minutes. Add remainder of almonds and orange peel, raisins, barberries, and pistachios, and mix well. Pour two spoons of melted butter on top, and serve.



THE HIGHEST PRICE OF OIL YET

When BP filed its plan for the Deepwater Horizon well with the Minerals Management Service (MMS), the plan stated it was “unlikely that an accidental surface or subsurface oil spill would occur from the proposed activities.” The plan also minimized the impact that such a scenario would have by arguing that “due to the distance to shore and the response capabilities that would be implemented, no significant adverse impacts are expected.” (www.dispatch.com.)

Unfortunately, the scenario BP dismissed as virtually impossible took place on April 20, 2010, when a large explosion on the offshore rig at Deepwater Horizon killed 11 workers and created a giant crude oil spill that, at the time of this writing, is now bigger than the size of Wales and Belgium and growing. (www.guardian.co.uk.)

As it turns out, BP’s declarations of the impossibility of disaster, were quite bold coming from a company who has been called “a recurring environmental criminal” who does “not follow U.S. health and safety and environmental policy.” (Jeanne Pascal, former EPA lawyer quoted in www.propublica.org.) BP’s history is riddled with a slew of accidents, including the largest spill on Alaska’s North Slope that resulted in a 200,000-gallon Pipeline spill in 2006. Several EPA inquiries uncovered that the company was neglecting key emergency shut down equipment such as shutoff valves and gas and fire detectors similar to those that could have helped prevent the current disaster. The company was also reported as intimidating workers who raised safety or environmental concerns and that management reduced costs by using aging equipment. In 2005, a BP refinery in Texas City, Texas, exploded, killing 15. An investigation found that a warning system failed, and independent experts found that “significant process-safety issues exist at all five (of BP’s) U.S. refineries, not just Texas City.” BP spokesman Odone said that after the accident, the company adopted a plan to update its safety systems worldwide. But last year, the Occupational Safety and Health Administration fined BP \$87 million for not improving safety at Texas City. (www.propublica.org.)

Despite such transgressions, the oil industry has generally received federal support for its deep water drilling. In 2001 President Bush signed an executive order speeding up the search for oil and in 2005 a new Energy Policy Act was passed through both houses on the strength of bipartisan support (including Barack Obama’s vote in favor). The Act not only provided for tax and royalty relief (fees due when a company extracts resources from U.S. government property) to encourage drilling for oil and gas in the Gulf of Mexico and other offshore areas but it also earmarked \$50 million annually for the industry to support technical research.



Other benefits to the industry include:

- Construction bonds at low interest rates or tax-free
- Assuming the legal risks of exploration and development in a company’s stead
- Below-cost loans with lenient repayment conditions
- Income tax breaks, (criticis point to those featuring obscure provisions in tax laws designed to receive little congressional oversight when they expire)
- Sales tax breaks - taxes on petroleum products are lower than average sales tax rates for other goods
- Giving money to international financial institutions (the U.S. has given tens of billions of dollars to the World Bank and U.S. Export-Import Bank to encourage oil production internationally, according to Friends of the Earth)
- The U.S. Strategic Petroleum Reserve
- Construction and protection of the nation’s highway system

Some argue federal policies have cost the Treasury tens of billions in lost revenue and led to a reckless search for oil in fragile environments such as the deep floor of the Gulf of Mexico where emergency response plans were inadequate. They say the current tragedy can be directly linked to oil-friendly legislation over the past two decades. Industry officials, however, contend that the incentives have resulted in gains in domestic production, additional fees paid to the Treasury, and many jobs created in gulf state oil communities. And they say there is no connection between the industry incentives and the explosion on the Deepwater Horizon rig.

No one would question that since the government began aggressively issuing offshore drilling permits under President Ronald Reagan, the industry has received tens of billions of dollars in tax breaks and subsidies, including exemptions from royalty payments on leases to drill on federal land. The royalty waiver program was established by Congress in 1995, when oil was selling for around \$18 a barrel and drilling in deep water was seen as unprofitable without a subsidy. Today, oil sells for about \$70 a barrel, but the subsidy continues. The Government Accountability Office estimates that the deep-water waiver program could cost the Treasury \$55 billion or more in lost revenue over the life of the leases, depending on the price of oil and gas and the performance of the wells.

The cost to the environment, wildlife and to our own health is not so easily measurable and continues to increase.

Resources for this article:

- www.guardian.co.uk
- www.propublica.org
- www.environment.about.com
- www.newyorktimes.com
- www.dispatch.com

IRAN'S PATH TO CIVIL LIBERTIES AND HUMAN RIGHTS

Ali Sadr

Translated by *Aria Fani*

The burst of events and protests following the Iranian presidential elections on June 12, 2009 led to the formation of a civil rights movement, known as the Green Movement, which remains the most significant series of events not only in the past three decades, but also in the history of contemporary Iran and the Middle-East. With its multidimensional and non-violent nature, the Green Movement has written a new political vocabulary in the history of civil rights movements around the globe. Sociologists, political and current affairs analysts will analyze and write about this movement for years to come. The most distinct features of the Green Movement are its profound resistance against violence and brutality, its non-ideological framework, and its lack of leadership. Who would have envisioned millions of Iranian citizens marching *silently* in Tehran, displaying their exceptional genius by holding their "Where Is My Vote?" placards? Miraculously, they did not give in to the belligerence and brutality of the regime, and never counter-responded with aggression. The world witnessed, time and time again, that peaceful protesters rushed to protect an entrapped and disarmed group of riot police from protesters who, in self-defense, had resorted to violence. Their level of maturity and tolerance inspired and moved us. One has to admit that in such situations, the quickest reaction is to retaliate. For our generation, *aggression* has been the counter-response to aggression. In the past three decades, and as long as Iran's history bears witness, civil rights movements have been silenced by violence, breeding more violence in a cyclical manner.

We did not believe that the peaceful and non-violent philosophy of Martin Luther King and Mahatma Gandhi, at the heart of their respective civil rights movements, could be put into practice in Iran. Thus we had dismissed their ideas, even though we were in complete agreement with their non-violent approach. It was Malcolm X's aggressive approach that we found practical. We strove to emulate the path taken by the Cubans and Algerians. Guns were sacred. The slogan of the rebellious, the exhausted dissident, the exuberant revolutionary was: Where is my gun? They would all sing in unison: Give me my gun, let the journey begin! ...and a million other variations of the same song. Indeed, there were many young activists who sacrificed their lives to awaken the masses and call them to join the cause. But how was "Where Is My Gun?" transformed into "Where Is My Vote?" Isn't this a tremendous evolutionary shift? It is due to the virtue of the Green Movement's non-violent uprising that the people of the world have been watching in solidarity. Not only has their peaceful movement gained international witness and sympathy, but has also inflicted irrevocable damage to the body of the regime by questioning its legitimacy. The world is finally able to make a clear distinction between the Iranian people and their regime. A politician is no longer the image



of an entire nation. Iran has a new face, a new image. Now, what political leader dare wage war on Iran following the tragic death of Neda Âghâ Soltân on the streets of Tehran? The world has bowed down to the courage displayed by the Green Movement.

There are myriad factors that have contributed to the tremendous shift in the way Iranians demand their civil rights today. The election of President Obama, a shift from the international politics of intimidation to diplomatic dialogues, has undoubtedly been an important factor. The importance of women's participation in propelling this movement can never be emphasized adequately. In recent years, the women's equal rights campaign has persistently established itself as one of the world's largest nonviolent civil rights movements. Women's rights activists have been integral to the progress and maturity of the Green Movement. In addition, the movement's youthful exuberance and resistance towards ideologies, and its iconoclastic nature, have also been vital factors in its survival and development. The movement's most fundamental demand, give me back my vote, has gradually engendered other basic human rights demands such as freedom of speech, freedom of assembly, and freedom of press. These demands are often sought within the framework of the constitution, underlining the fact that the Green Movement does not strive to overthrow the regime. Another feature of this movement has been its creative usage of Internet networks and other communication tools to



connect to the world outside as well as to those active inside Iran. Formerly created as social networks, where friends stayed connected and shared photographs, the Green Movement has redefined and revolutionized Facebook and Twitter. Today, these networks have become interactive and popular platforms for the circulation of news. Iranian protestors rapidly post the most recent news via their cell phones. As a result, the traditional structure of journalism has drastically changed, and for the most part, “citizen” journalism has courageously taken over. Ordinary citizens have had to fill the void of professional journalists by documenting injustices. Oppressive forces within the regime now have to concern themselves with blocking and censoring the information posted on the Internet. But once the regime has imposed a blockade, protesters immediately find a way to circumvent the restrictions.

Many different countries and non-Iranian organizations therein have offered their expertise on making technological knowledge and communication tools accessible to Iranians, an idiom of their collective solidarity. Such movements and gestures have been absolutely unprecedented. Currently, many universities are conducting analytical studies on the ways the Iranian youth have communicated with the world; each Iranian citizen has been an independent agent through posting a picture, circulating news, writing protest language on the currency, and drawing political graffiti on street walls. The Iranian Diaspora has also been an influential bridge in connecting the voices of Iranian protesters to the international community. Its support has helped further isolate the Iranian regime and gain global witness for the movement. Today, the Green Movement’s social visibility may have plummeted, leading a few to believe that this movement, akin to many other movements, has been successfully silenced by the oppressive regime. But we have to bear in mind that peaceful, non-violent movements never succeed overnight. The Green Movement is a path, a transition to democracy and pluralism. This transition will inevitably undergo ups and downs. Civil rights movements in India and in the United States bear witness to this time-consuming, transitional process. In both cases, the battle against social injustices still continues to this day. Consistent activism matures these movements, moving them forward, preventing them from receding; the Green Movement alike is alive and well.

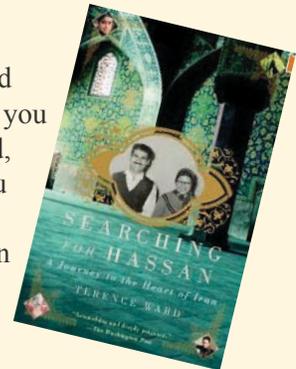
SUMMER READING LIST



Last year Peyk started a tradition in its July/August edition to recommend books for summer reading. Once again this year we have some editors’ picks that may suffice for all the companionship you’ll need at the beach or wherever you lay your suitcase for the next few weeks. Enjoy!

Shaghayegh Hanson:

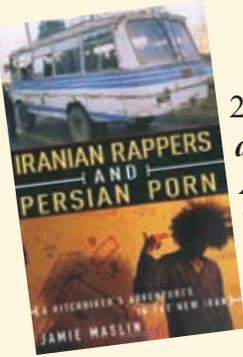
Last year I recommended books that I had already read. This year I’m sharing with you the books that are on my short list to read, and perhaps review for Peyk... unless you beat me to it! If you are especially taken by one of these recommendations, send in your review and it may get published!



1. Ward, Terence. *Searching for Hassan: A Journey to the Heart of Iran*. New York: Anchor Books, 2002.

Amazon review:

In 1998, Ward, his parents and three brothers returned to Iran to track down Hassan, a warm, thick-mustached chef and dispenser of folk wisdom who had looked after their family when they lived in Tehran during the 1960s. Ward skillfully draws readers into his family’s state of heightened anticipation, especially since their only tip was the vaguely remembered name of Hassan’s hometown. “Toodesht,” Ward’s mother remembered. “Well, just a minute.... Maybe it was... Tadoosht. Or... Qashtood.” Aided by a 30-year-old photograph, the Wards traveled to Tudeshek and eventually found Hassan’s mother-in-law, and later, Hassan’s wife, Fatimeh, who is so taken aback that she dropped the receiver. Using the trip as his main narrative thread, Ward weaves Iranian history, culture, politics and religion in and around it.



2. Maslin, Jamie. *Iranian Rappers and Persian Porn: A Hitchhiker's Adventures in the New Iran.*

New York: Skyhorse Publishing, 2009.

Reviews:

Like a postcard home, Maslin's debut entertains... The author went to Iran against the better advice of nearly everyone he knew and discovered a country full of hospitable people who seem to want nothing more than to get him another cup of tea. Publishers Weekly

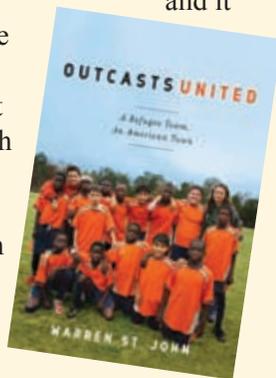
"Bill Bryson meets Jack Kerouac." --Simon Van Booy, author of *The Secret Lives of People in Love* and *Love Begins in Winter*

"A timely and valuable book by a young Westerner who decides to see Iran for himself. Maslin is naive upon his arrival--having no idea what to expect--but keeps an open mind and invites the reader along on his fascinating and colorful adventures. His experiences reveal the lies that mainstream media are telling us about the country. Having read this book, I may visit Iran in the near future." --Richard Kendrick, author of *Déjà Vu*

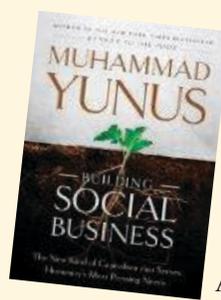
"Jamie Maslin's book is Iran from the ground up, and a total surprise to those who only know the media version of that country. A fascinating likeness of a complicated people." --Anthony Brandt, editor of the *Journals of Lewis and Clark* and *The National Geographic Adventure Classics* series

Shahri Estakhry:

St. John, Warren. **Outcasts United.** New York: Spiegel & Grau, 2009. This book has been recommended by KPBS as One Book--One San Diego and it is appropriate for all ages. This is the story of a refugee soccer team and a small American town in Georgia. "It is about a Jordanian women who with much courage and fortitude coaches, mentors, mothers and inspires some remarkable boys". The results are an inspiration for all.



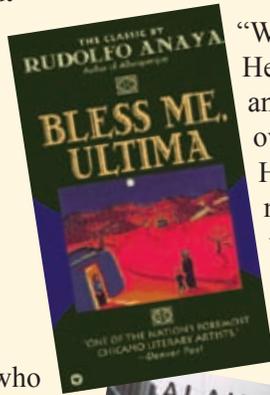
Yunus, Muhammad. **Building Social Business.** New York: Public Affairs Books, 2010. Better known as "Banker to the Poor", in his new book Yunus addresses a new kind of capitalism that serves humanity's most pressing needs. "Social Business is a visionary new dimensions for capitalism, developed by Yunus, the practical genius who



pioneered microcredit and with Grameen Bank, won the 2006 Nobel Peace Prize."

Aria Fani:

Anaya, Rudolfo. **Bless Me, Ultima.** Berkeley: Warner Books, 1994. Age: Young Adults & Up.



"Why does evil go unpunished? Why does He allow evil to exist?" Antonio Márez is an inquisitive and thoughtful young boy, overwhelmed by moral and religious questions. He asks questions about justice, morality, and the nature of God. He deeply searches for different ways of viewing the world. When Antonio is seven, Ultima, a respected spiritual curandera, a healer, comes to live with them. Ultima teaches him the language of nature, opening his eyes to a world filled with meanings. Growing up, Antonio encounters many tragedies that further complicate his pursuit for religious morality and justice. "Bless Me, Ultima" is a coming-of-age story, in which everything is constantly evolving and growing, including old rituals and conventions: "I went to confession every Saturday and on Sunday morning I took communion, but I was not satisfied. The God I so eagerly sought was not there."



De Button, Alain. **Essays In Love.** Grove Press: New York, 1993. Age: Young Adults & Up.

The chances that our narrator would be on the same plane to London as Chloe were 1 in 164.9555. The probability that he should be seated next to his future love was even less. The feelings of utter bliss and tormenting questions that will at once accompany the lover's journey begin in the first moments of this chance – or was it predestined? – meeting. Documenting the rise and fall of the narrator's love for Chloe, De Button uses wit and humor to decode each smile, touch, and argument along the way. Why is the gap between her teeth so endearing? The way she yawns so irresistible? And why does her bad taste in shoes bother me beyond reason? De Button guides the reader through the countless questions surrounding the intricacies of everyday romance; he applies the philosophies of the likes of Plato, Hegel, and Freud to his analyses, making them accessible to the common lover. A novel that is at once endearing, hilarious, and thought provoking, *On Love* is an absolute joy and speaks to the newly in love, the lovesick, and the experienced romantic alike.

WHEN I WAS AN ILLEGAL IMMIGRANT....



By Shaghayegh Hanson

When I was an illegal immigrant, I was 10 years old. I was at the top of my class for English writing and grammar even though I had never spoken or read a word of it until I was 6. I loved singing hymns during assembly at school and saying the Lord's prayer, even though I was a Muslim. I sang carols in the choir to the old English folks at the local retirement facility at Christmas. They reminded me of my Mamanbosorg in Iran and I felt sorry for them because I thought they had no family. They cried to watch us sing to them. They cried because these City kids, these immigrants to their land, reminded them of youth, of life, and of family members they only saw in pictures pasted to their walls. They held our black and brown hands in theirs and were thankful we came.

When I was an illegal immigrant, I did not have fancy clothes or toys. I did not participate in after-school activities. I did not "do" play dates. I tied the key to our flat on a string around my neck and ran home after school, locking the door behind me, answering the door to no one, until my parents returned from work. My parents were always tired, they always worked and studied. That was the lesson they taught because they could not help with my homework. But I was not unhappy. I had my books and the future.

When I was an illegal immigrant, John Travolta was hot! "Grease" was the first album I ever bought and I knew every lyric to every song that was on it. In the playground at school we would recreate the singing and dancing scenes from the movie and I was always the Danny Zucko to my friend, Mitra Hakhamaneshi's Sandy. Man, we were good! If we weren't doing that, we were pretending to be Charlie's Angels; I was always the sensible Sabrina which, to this day, I begrudge. And if we weren't doing that, we (me and Mitra) were playing cricket with the boys. We were the only girls the boys would allow to play 'cos we weren't sissys.

When I was an illegal immigrant, my brother was born. I was so happy to finally have a sibling. He was cute and I adored him from the very first moment I saw him. I was a good help to my tired parents. I took care of my brother. I fed him and changed his diapers. We played and laughed. We looked forward to the future.

When I was an illegal immigrant, I was a good kid, a devoted sister and an obedient daughter. I was no trouble at school. I loved Fish and Chips. I loved Selfridges at Christmastime. I thought Dr. Who was the best show on the planet. My Dad and I supported



the local football (soccer) team, Queens Park Rangers. My favorite snacks were Walkers salt and vinegar crisps (chips), and my favorite condiment was Heinz ketchup. We went on the best school trips: Tower of London, Hampton Court, British Museum, Madame Toussaud's....

When I was an illegal immigrant, a nice London "bobby" came to our house and told us we had to leave...not just the house but the whole country! I got scared and then I cried because I thought I had done something wrong. My parents found a lawyer because we wanted to stay. Events had brought us, brought me, to this place and to this moment and to this destiny. We were living our lives, we were not unhappy, and we were looking forward to the future. They said this was wrong and I was confused and felt unwanted.

Our lawyer saved us. We were allowed to stay. I wanted to be that lawyer so that I could save others like us.

When I was a legal immigrant, I was 11 years old. I was the same inside and outside. Nothing changed in my life except that I was free to live it. I had never thought that was too much to ask. And I will never think it is too much to ask from anyone. Events bring us to our places in life, to our destinies, and we all deserve the dignity to be able to live them.



By: Sheiveh Nakhshab Jones



Bullying Part II

There is a tremendous amount of information out there about bullying and sometimes it is simply too overwhelming to even know where to begin. As you might know from my last article, I have decided to dedicate this year to a discussion about bullying in hopes of helping other parents who feel as helpless as we have felt trying to help our son cope with bullying and the challenges that come with it. Bullying can be verbal, physical, emotional, and electronic (cyber-bullying). In all cases, it is aggressive behavior that affects victims who cannot defend themselves. If they cannot defend themselves, how can we arm our children with the proper tools to deal with their aggressors?

I came across a great resource in my quest for information on bullying. The U.S. Department of Health and Human Services sponsors a website called Stop Bullying Now! (www.stopbullyingnow.hrsa.gov) This website has resources for children, parents, educators, law enforcement, counselors, and mental health providers. It is broken up into two categories: What Kids Can Do and What Adults Can Do. The section for children has “webisodes” in which cartoons show situations of bullying and how children handle them. These “webisodes” also come with discussion guides to be used following each viewing. These social stories are a great way to help children understand how to cope with and handle bullying. The children page also has games and suggestions for children on what to do if they are being bullied, bully others, or observe others being bullied.

The adult page provides tip sheets, webisodes, a guide for how to select antibullying programs and materials, and materials to aid in starting a campaign against bullying. A particularly helpful tip sheet is “What to Do If Your Child Is Being Bullied.” This sheet explains that children often do not tell their parents about bullying out of fear and shame, so if your child shares bullying experiences with you, it is important to take it seriously and respond swiftly, because the effects of bullying are serious for a child. They can include depression, loneliness, anxiety, low self-esteem, feeling sick, and suicidal thoughts. The guide provides three simple tips for parents that are broken down into specific details:

- **Tip #1: First, focus on your child. Be supportive and gather information about the bullying.** Telling your child to ignore the problem sends the message you are ignoring the problem. It also allows the problem to become worse. Do

not blame your child or ask what he/she did to aggravate the other child. Listen carefully and ask who was involved and how and when it occurred. Be empathetic and remind your child it is not his/her fault. Even if you disagree with how he/she handles the bullying, do not criticize your child or encourage retaliation. Lastly, keep your emotions in check.

- **Tip #2: Contact your child’s teacher or principal.** Remember to keep your emotions in check and stick to the facts (who, what, when, where, and how). Be clear that you want to work together for a solution that will be good for all children. Do not contact the bully’s parents directly. Check in regularly with your child and the school’s staff to see if the bullying has stopped as it should. If not, contact the school again.
- **Tip #3: Help your child become more resilient to bullying.** Help build your child’s confidence by getting him/her more involved in music, sports, and art. Help him/her identify a friendly student to stay in contact with. This may require a teacher’s help. Give your child opportunities to meet friends outside of school for a “fresh” start. Teach safety strategies, such as how to report bullying to an adult. This can be done through role-playing. Explain that reporting bullying is not the same as tattling. Think about whether your child is being bullied due to learning problems or poor social skills. Though there is never a justification for bullying, understanding its causes may help you decide what resources to tap into (i.e., a counselor). Provide an emotionally and physically safe environment at home.

As I personally utilize this website as a tool in helping my own child, I hope to share successes and experiences that will be helpful in guiding you to ensure your child’s physical and emotional well-being.

Calendar of Events

Dar Shahr Cheh Khabar?

Visit Our web site at www.pccus.org

Persian Cultural Center

Tel: (858) 653-0336 - Fax & Voice: (619) 374-7335
Web site: www.pccus.org



Setar Classes by Kourosh Taghavi (858) 717-6389
Tar Classes by Ali Noori (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

Registration

Branch I: Sunday Sept. 12, 2010
Branch II: Thursday Sept. 9, 2010



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



Association of Iranian American Professionals (AIAP)

Tel: (858)207-6232 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 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

PAAIA

Public Affairs Alliance of Iranian American
www.paaia.org



PARSA Community Foundation

www.parsacf.org
Email: info@parsacf.org



NIAC

National Iranian American Council
www.niac.org



08/20/10 7:00 P.M.

Senegal: Sene Africa

This concert will mark Senegal's Independence Day.
\$15/10

The Neurosciences Institute
10640 John Jay Hopkins Dr.
(760) 845-9480

08/28/10 8:00 P.M.

Mastan Ensemble: Persian Classical Music

Sherwood Auditorium, Museum of Contemporary Art San Diego
700 Prospect Street, La Jolla
(619) 688-0688, (800) 306-4957

Point Loma Summer Concert

Point Loma Association

Price: Free

Description: Free family-friendly outdoor summer concert in Point Loma Park.

Address: Point Loma Park, 1049 Catalina Boulevard, San Diego

Phone Numbers 619-523-3787

7/16/10 Free family-friendly outdoor summer concert in Point Loma Park

Painting World War II: The California Style Watercolor Artists

Oceanside Museum of Art 4/18/10 – 7/17/10

Price: \$0-\$8

Description: Come experience the distinctive work by California Style watercolor artists during WWII.

Heroes: Mortals and Myths in Ancient Greece

San Diego Museum of Art 5/22/10 – 9/05/10

Location: Balboa Park

Price: \$12 adults, \$9 seniors, \$8 students, \$4.50 ages 6 – 17

Description: Heroes: Mortals and Myths in Ancient Greece

Dinosaur Sundays

San Diego Natural History Museum 6/27/10 – 8/29/10

Location: Balboa Park

Price: 10-16

Description: Join us for 'Raw'ing good time all summer long on Dinosaur Sundays at the San Diego Natural History Museum!

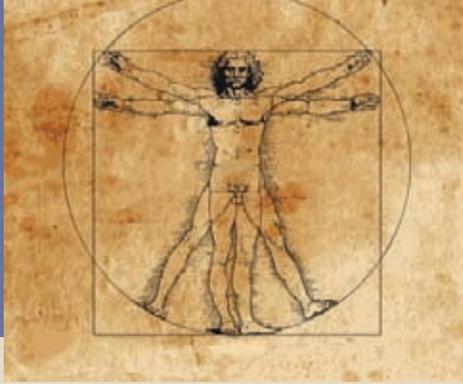
Robin and the 7 Hoods

The Old Globe 7/14/10 – 8/22/10

Location: Balboa Park

Price: \$52-\$89

Description: This World Premiere musical comedy, featuring classic tunes by Sammy Cahn and Jimmy Van Heusen with a book by Tony Award winner Rupert Holmes, turns the Robin Hood tale on its head.



How to Keep Your Heart Healthy

by Sanaz Sara Majd, M.D.

Heart disease is the number one killer of both men and women in the United States, causing one million deaths per year. Every thirty-four seconds someone in the U.S. has a heart attack, and every minute someone *dies* from a heart attack. Every adult, healthy or not, should know about heart disease and how to prevent it from happening. More likely than not, you or someone you care about will be affected by this disease.

You may have heard of the term “coronary artery disease,” which is the fancy medical term to describe the clogging of the arteries that feed blood and oxygen to the heart. If these blood vessels are plugged, the heart will not obtain enough oxygen, and you may experience symptoms of chest pain. The arteries form what is called a “plaque,” made up of cholesterol and your body’s natural response to patch up any damage made to the lining of the blood vessels. This damage can be made from high blood pressure, high blood sugar levels, and cigarette smoking. This can lead to a heart attack if severe enough, and can even cause death.

There are several risk factors that you can control that contribute to coronary artery disease formation. In order to make sure to decrease your risk for developing heart disease, you need to know what those risk factors are:

1. **Physical Inactivity:** Physical inactivity is a major risk factor in the development of heart disease. Studies show that getting regular physical exercise decreases the risk of dying from heart disease, and also helps to decrease cholesterol and blood pressure. It also decreases your risk of developing diabetes. Physical activity fosters healthy bones and muscles. It decreases body fat and helps you gain more lean muscle. Doctors recommend that most people perform at least thirty minutes of moderate-intensity exercise, such as brisk walking or biking, for at least five days out of the week.
2. **Overweight/Obesity:** Being overweight or obese can significantly increase your risk of developing heart disease. It elevates your cholesterol and blood pressure, and can cause

diabetes. Those who are overweight or obese also have a higher risk of death from heart disease. You can figure out if you are overweight by determining your Body Mass Index (BMI), which is a tool often used by physicians using a special ratio of your weight to your height. You can calculate it yourself using this formula:

$$\text{BMI} = (\text{Weight in Pounds} / (\text{Height in inches}) \times (\text{Height in inches})) \times 703.$$

Once you find your number, refer to Table 1 below to see whether you are overweight. Or, you can go to the Centers for Disease Control’s website for a handy BMI tool to determine your score: http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html.

Table 1: Body Mass Index

Classification	BMI
Underweight	Less than 18.5
Normal	18.5 to 24.9
Overweight	25.0 to 29.9
Obese	Greater than or equal to 30.0

3. **Tobacco:** Smoking is another major risk factor in developing heart disease. The toxic ingredients in cigarettes cause damage to the lining of the blood vessels, and promote the formation of those plaques that clog the arteries. It is so powerful that even those inhaling the smoke second-hand have a 25-30% higher risk of developing heart disease.

4. **Elevated Cholesterol:** Bad eating habits and being overweight can contribute to cholesterol levels; however, genetics may also play a role. When cholesterol levels are high, they can also help clog those arteries that feed the heart and contribute to heart disease. There are three major types: LDL, which is the bad cholesterol. Ideally, this LDL should be below 130, but in those with diabetes and kidney disease the goal is less than 100. HDL is the good type of cholesterol that helps combat heart disease, and this number is ideally *over* 40. Triglycerides are also another type of bad cholesterol that should be kept below 150. Fish oil supplements have been shown to decrease triglycerides in some people and promote better heart health.

5. **Diabetes:** Elevated sugars for a long period of time also damage the lining of the blood vessels and clog the coronary

arteries. If you have diabetes, make sure to see your physician on a regular basis and work with him or her to control your sugar levels. If you do not have diabetes, getting regular exercise and keeping a healthy diet and weight can prevent you from getting diabetes in the future.

6. **Hypertension:** Elevated blood pressures tend to damage the lining of the vessels. Think of it as a garden hose. If you increase the pressures greatly, over time it can damage the inner tube lining. The only difference is that the human body has a mechanism to try to repair those damages by patching it up. The problem is that your body may patch up the damage so well that it can actually “clog the hose” eventually. Make sure your blood pressure is normal, and if not, please see your physician to learn how to better control your blood pressure.

Nine out of ten people with heart disease have at least one of the above risk factors. Now that you have learned the major risk factors associated with heart disease, you can start your own personal plan to reduce your risk of developing it. Your personal plan should also include exercise and a nutritional plan to eat a more heart healthy diet. The most studied diet that has been shown to improve heart health is the Mediterranean diet, which is not too different from the typical Persian diet. In general, it is most consistent with the dietary guidelines suggested by physicians for those seeking to reduce their risk of heart disease, or for those with prior heart disease wanting to prevent further damage. The Mediterranean diet has these basic heart principles, which you can apply to your Persian meals at home:

1. **Less saturated fat:** The Mediterranean diet does not promote cutting out fat completely like many other diets. Instead, its focus is more on selecting the healthier types of fat. Saturated fat tends to raise blood cholesterol levels. The Mediterranean diet typically gets over half of its calories from monounsaturated fats, instead of the bad saturated fats. They obtain their fat calories from healthier sources, such as olive oil, seeds, nuts, and avocados. It is important to remember, however, that even though they are healthier fat choices, they should still not be consumed in excess.

2. **More fiber:** One of the main staples of this diet is fiber. This means at least five servings of fruits and vegetables a day. Bread and cereal is often whole wheat or grain, instead of white. Fiber tends to fill you up faster, decreasing your risk of overeating. It regulates your bowel movements. And it is high in antioxidants that combat cancer.

3. **More leaner protein sources:** Instead of red meat, eat more fish and poultry. The Mediterranean diet is almost a vegetarian diet, however, with more lean protein choices. Fish is often the main protein source, and is high in omega-3 fatty acids. Omega-3 fatty acids decrease triglyceride cholesterols, and are heart protective. Eat fish at least once a week.

4. **Minimal or no processed foods:** Limit your intake of refined sugars and saturated fats by selecting more fresh, non- processed foods.

5. **Minimal alcohol:** Consume little alcohol, which can often be high in calories. Instead, drink a limited amount of wine, preferably red. One small glass of red wine at night with dinner may be heart protective, but anything more may actually do the opposite.

6. **Limit high fat dairy:** Instead opt for 1% or non-fat milk and low/non-fat yogurt and cheeses.

Now you have the knowledge to change your lifestyle into a more heart healthy one. You can decrease your chances of dying from the number one killer in the U.S. You can do this by losing weight, exercising appropriately, keeping a heart healthy diet, stopping smoking, drinking alcohol at a minimum, and controlling your diabetes and high blood pressure. Do not contribute to the statistics. These numbers are expected to rise, with the rising childhood obesity rate in this country. There are more children diagnosed with diabetes and high blood pressure than ever before. You can change your family’s lifestyle and habits, and prevent your precious loved ones from developing this potentially fatal disease.

Dr. Sanaz Majd has a medical blog called “Jill of All Trades, MD” <http://jillofalltradesmd.blogspot.com/> that you can refer to for your medical questions.

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.

Save The Date: Sunday, August 8, 2010

BREAKING TABOOS;
CANCER & THE IRANIAN AMERICAN COMMUNITY

SEMINAR & BONE MARROW DRIVE
10:30AM to 4PM



Panel:
Dr. Afshin Bahador, MD
Dr. Farzaneh Khazrai, Ph.D.
Mrs. Hoori Sadler, Founder PACI

Join us for a day of education, awareness and action with a panel of experts, lunch, music and much more...

Ronald McDonald House of Charities
2929 Children's Way, San Diego, CA 92123

For more info, email: Mersedeh@GMail.com

THE TWENTIETH CENTURY: MODERN ART SERIES

Cubism

Our second article in the Modern Movements of the Twentieth Century series covers the significance of Cubism from its emergence in 1907 to its late stages in 1921. In a Cubist painting, objects are broken up into little pieces and rearranged abstractly in the composition. The painting is fragmented. It is as if the Cubist artist does not have a fixed point of view. It seems that the object is fixed and the artist is moving around it. A Cubist artist aims to break the perspective and move beyond the two-dimensional picture plane. After Cubism was recognized as an art style in 1907, it grew into two branches: Analytical Cubism and Synthetic Cubism.

It is always interesting to know how and why an art movement got its name. Stories behind the naming of different art movements often help us to understand their historical origins and enable us to recognize the different forms within one art movement. For Cubism, the story is most interesting, for the style got its name from Matisse's description of a landscape painting by George Braque. Matisse, a modern painter of the Twentieth Century himself and the founder of Fauvism, described the painting as nothing but "little cubes," for the foreground and the background were mixed together in little fragments with no sense of direction and Braque's landscape had no strong sense of color. Color was always very important for Matisse and other Fauvists. For Cubists, form is the most important element of the painting. Also, it is important for us to note that in the Twentieth Century, with art movements changing frequently, individual artists frequently change their style. An artist can be considered the founder of a style or a movement, when his latter works are in another style. Recall that in the first article in this series we recognized "change" as the essential quality of Modernism, both in art and society.

In historical texts, Picasso, Braque, Juan Gris, and Fernand Leger are recognized as the true masters of Cubism. They broke objects into little pieces and, although the pieces were not like cubes, the name Cubism stuck. Leger described Cubism as a style that "consists of inventing and not copying." Cubism took away the sense of direction--forward and backward, up and down--from the picture plane. It broke the sense of background and foreground, and in this Cubism was unique.



*Pablo Picasso, Ma Jolie
1911-1912.*



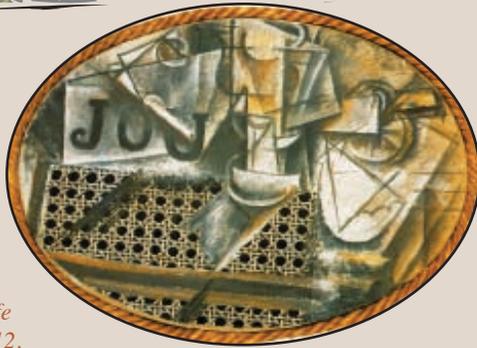
*Georges Braque,
Woman with a
Guitar, 1913.*

Analytical Cubism:

The first phase of Cubism was called Analytical Cubism because it analyzed the form of objects by breaking them into fragments, which are then spread out on the canvas. For example, in the Analytical Cubist painting, *Woman with Guitar* by Braque (1913), our eyes recognize bits of body parts here and there and little details of a guitar, but the object as a whole cannot be viewed. Picasso's *Portrait of Ambroise Vollard* (1910) is one of the best examples of Analytical Cubism. Notice all these pieces have a monochrome palette only using brown, green, and gray. One of the purposes of using minimal color is to analyze the form without any distraction.



*Pablo Picasso,
Portrait of
Ambroise Vollard,
1910.*



Pablo Picasso, *Still Life with Chair-caning*, 1912.

Synthetic Cubism and Collage:

Synthetic Cubism was the second main style within Cubism. It was developed mainly by Picasso, Braque, and Juan Gris between 1912 and 1914. Synthetic Cubism synthesizes the object to its essential structure by using collage technique. Strong colors are also used. Some historians consider Analytical Cubism and Synthetic Cubism (from 1907 to 1914) the “pure forms” of Cubism. Of course the later developments in cubism and other modern movements of the Twentieth Century greatly shows influences of pure Cubism.



Georges Braque, *Mandolin*, 1914.

Cubism introduced collage to the fine arts. The word collage is derived from the French word “coller” (to glue), first coined by Braque and Picasso. Collage is an assemblage technique that employs different textures and surfaces, such as colored paper, cardboard, newspaper cutouts, fabric, etc., along with paint and other material to create an image. Picasso’s *Still Life with Chair-caning* (1912)



Juan Gris, *Still Life with Fruit Dish and Mandolin*, 1919.

and Braque’s *Mandolin* (1914) are good examples of collage technique. In his work, Picasso uses an oval canvas and cloth to form a chair. He uses rope to frame the picture and the large painted letters that read “JOU” are cut out from a newspaper entitled “Le Journal.” The lettering also is a play on other French words, “jeu” (game) and “jouer” (to play.) Braque’s *Mandolin* uses different cardboard and newspaper, based on white paper with pencil drawing.

Cubism freed painters from the two-dimensionality of a flat surface. The game here was to break free of conventional representations. Cubism has grown out of the ambivalence between exact representation of an object and the abstraction that was about to take over Modern art. Cubism dissolves an object to its component parts where a suggestion of the object



Fernand Leger, *The City*, 1919.

(a guitar or a figure or a coffee table) sparkles. It is another view of reality which requires the viewer’s willingness to participate in its discovery. About Cubism Picasso said, “It is not a reality you can take in your hand. It’s more like a perfume, the scent is everywhere but you don’t quite know where it comes from.”

It is important to note that the focus of Cubism is not “subject” and “subject matter,” but “object.” This new focus is an important element in Modern art. Subject matter is no longer important; instead, the manner, the technique, and the form in which an object is being depicted became important in the Modern art movements of the Twentieth Century.

Iranian Poetry Today

A snapshot of “post-modern” Iranian poetry

Having been born in Iran, raised in Pakistan and Denmark, and educated in the United States, Sheema Kalbâsi is a unique poet. She voices out her passionate and unequivocal advocacy for women’s rights and ethnic and religious minority rights. Kalbâsi’s voice is sincere and compassionate; she creates her own identity in the midst of raging against marginalization and oppression in the world and discovering a degree of consolation and optimism in the universality of self-expression. She constantly remains in dialogue with other cultures through generating and directing projects dedicated to the works of international poets. Kalbâsi is one of the first poets to have coauthored poetry with poets of other cultures. She has joint-poems with Roger Humes and Ron Hudson (American poets), Alessio Zanelli (Italian poet), Yahia Lababidi (Egyptian-Lebanese poet), Naanaam (Iranian poet), and Lekshmy Rajeev (Indian poet). She writes of her vision, “I believe in the universality of human experience. That’s the general framework and the reason why we can read each other’s poems and enjoy them. But there is also a particular element at work here and that’s my individuality. I experience life in a particular body, in a particular age, and in a particular culture. In a sense, when I talk about ‘me’ I am talking about us and when I talk about ‘us’ I am talking about me.”

Kalbâsi has also been active in translation; she has translated *Seven Valleys of Love*, a bilingual anthology of women poets from Medieval Persia to contemporary Iran. Recently, Kalbâsi edited *The Poetry of Iranian Women*, a contemporary anthology devoted to the works of more than 65 Iranian women poets. Her anthology recognizes the voices that have never been adequately or bias-less-ly presented in the Persian media; it is also a meaningful protest to the systematic elimination of Iranian women writers since the establishment of the Islamic Republic in 1980. Kalbâsi is currently producing a feature documentary on the Iranian women’s movement, one of the world’s largest nonviolent civil rights movements. Kalbâsi is concerned with the appalling gap between the West and the Middle East, and through the translation and publication of new writings from the Muslim world, she attempts to break “the cycle of partisanship, apathy and long-distance observation” that has been a severe hindrance to the understanding of the Middle East and its multiple identities perceived by the West. In an age where voices that speak of moderation, tolerance and world peace are not found newsworthy, Kalbâsi’s poetry and vision offer the kind of compassion, self-reflection, and evolving consciousness that humanity seeks.

I am a Woman

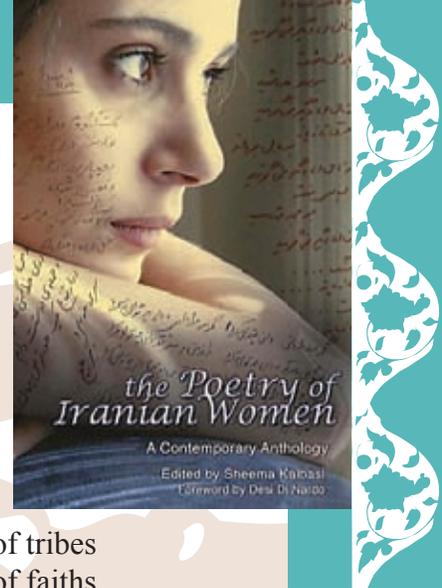
I am woman
coming from the desert
coming from the long line of tribes
coming from the long line of faiths

They called me mad
They chained me to the wall naked
yet I broke free the bonds
and ran through the pain of my existence
in search of the innocence that was denied me
and they called me mad
and they called me the evil spawn of Satan
yet I broke free the bonds
and ran towards our freedom
where I knelt
before the Mother and the Son
and I called them Salvation
and they named me Nation
and I tore loose the chains of captivity
only to fall once more into bondage
when I was raped by a Mongol
married a Jew
gave birth to a Muslim
watched the child convert to Buddhism
watched the child marry a Bahâ’i
live as a Christian
die as a Hindu

I am a woman
I am the river
I am the sky
I am the clouded covered trees upon the mountain
I am the fertile earth whose song the plants drink deep
I am the long line of tribes
I am the long line of faiths

Don’t try to convert me
into something I am not
for I am already all
that humanity will ever be.

– Coauthored with *Roger Humes*



Good Night, Baby Girl

I open the window
so that she can hear the sound of the night,
so that she can smell the fresh scent,
and when the rain starts
she will hear her mama again
walking quietly as a breeze of air
to cover her from the cool of the storm.

Watch her gently as she stirs slightly,
amazed by the face, so small
and innocent, that reflects the generations
back through untold time, that moves
toward a future shaped and molded
by who we are, by from where we came,
by the question mark of where we are today.

Notice the little hand
that clutches the blanket, so perfectly
formed, sculpted by love and
the grace of God, the hand which someday
perhaps will cover with a blanket
her own baby girl and remember the moments
when she was young and knew
even in her sleep that mama was there.

Reach down and the fingers so tiny,
so fragile yet so strong in their quiet slumbered love,
unconsciously wrap around mine
and transmit pulse through my body,
circling, snaking, dancing through me
with a warmth that runs from my heart
to my womb, and reminds me of the bond
that will connect us for as long as she lives.

Tip-toe from her room and return to mine,
slip between the blankets lest I rouse him
from his rest, although I wouldn't mind,
for at this moment it would be wonderful
to disappear into a small nested universe
where twined beneath the lullaby of the rain
we would remember the miracle
from which she came.

– Coauthored with Roger Humes

Necessity

I wear your perfume on my skin
Don't be unkind
Like wild flowers shy under the sun

Don't seek the truth,
I tell you none exists
Everything has an expiration date
Love, life, identity, even abnormality.

We are travelers,
Some of us just leave the suitcase at home
So that our hands won't suffer the weight of our guilt.

Good night, Baby Girl retrieved from *Iranian.com*: *I am a Woman* retrieved from *art-arena.com*: *Necessity* retrieved from the website of *The Other Voices International Project*: www.otherevoicespoetry.org.

Share with us your views on *Peyk's* poetry page

fani@rohan.sdsu.edu



Sheema Kalbâsi was born in 1972 in Tehran. She is a human rights activist, an award winning poet, and a literary translator. She is the director of the Other Voices International project which promotes international poets to an English speaking audience; *Other Voices* is listed in the journal section of the World Poetry Directory of UNESCO: <http://othervoicespoetry.org>. Kalbâsi is

the author of two collections of poetry, *Echoes in Exile* (English), and *Sangsâr* (Stoning) in Persian. She has worked for the United Nations and the Center for Non-Afghan Refugees in Pakistan, and in Denmark. Her work has appeared in numerous magazines, literary reviews, and anthologies, and has been translated into several languages. She currently lives with her husband and two daughters in the United States. Follow her blog at: <http://www.howitgoesnaked.blogspot.com>.



The New Dirty Dozen: 12 foods to eat organic and avoid pesticide residue

By Dan Shapley

Posted Wed Apr 28, 2010 from The Daily Green News blog

Fruits and veggies are an essential part of a healthy diet, but many conventional varieties contain pesticide residues.

And not all the pesticides used to kill bugs, grubs, or fungus on the farm washes off under the tap at home. Government tests show which fruits and vegetables, prepared typically at home, still have a pesticide residue.

You can reduce your exposure to pesticides by as much as 80% if you avoiding the most contaminated foods in the grocery store.

To do so, you need the latest information from the Environmental Working Group's "[Dirty Dozen](#)" [list of foods most likely to have high pesticide residues](#)". Since 1995, the organization has taken the government data and identified which type of produce has the most chemicals.

This year, celery takes the number one spot and both blueberries and spinach make an appearance (displacing lettuce and pears).

The best way to avoid pesticide residue on foods is to buy organic produce -- USDA rules prohibit the use of pesticides on any crop with the certified organic label.

Here's a closer look at the 2010 Dirty Dozen:

1. Celery

Celery has no protective skin, which makes it almost impossible to wash off the chemicals ([64 of them!](#)) that are used on crops. Buy organic celery, or choose alternatives like broccoli, radishes, and onions.

2. Peaches

Multiple pesticides (as many as [62 of them](#)) are regularly applied to these delicately skinned fruits in conventional orchards. Can't find organic? Safer alternatives include watermelon, tangerines, oranges, and grapefruit.

3. Strawberries

If you buy strawberries, especially out of season, they're most likely imported from countries that have less-stringent regulations for pesticide use. [59 pesticides](#) have been detected in residue on strawberries. Can't find organic? Safer alternatives include kiwi and pineapples.

4. Apples

Like peaches, apples are typically grown with poisons to kill a variety of pests, from fungi to insects. Tests have found

[42 different pesticides](#) as residue on apples. Scrubbing and peeling doesn't eliminate chemical residue completely, so it's best to buy organic when it comes to apples. Peeling a fruit or vegetable also strips away many of their beneficial nutrients. Can't find organic? Safer alternatives include watermelon, bananas, and tangerines.

5. Blueberries

New on the Dirty Dozen list in 2010, blueberries are treated with as many as [52 pesticides](#), making them one of the dirtiest berries on the market.

6. Nectarines

With [33 different types of pesticides](#) found on nectarines, they rank up there with apples and peaches among the dirtiest tree fruit. Can't find organic? Safer alternatives include, watermelon, papaya, and mango.

7. Bell peppers

Peppers have thin skins that don't offer much of a barrier to pesticides. They're often heavily sprayed with insecticides. (Tests have found [49 different pesticides](#) on sweet bell peppers.) Can't find organic? Safer alternatives include green peas, broccoli, and cabbage.

8. Spinach

New on the list for 2010, spinach can be laced with as many as [48 different pesticides](#), making it one of the most contaminated green leafy vegetable.

9. Kale

Traditionally, kale is known as a hardier vegetable that rarely suffers from pests and disease, but it was found to have high amounts of pesticide residue when tested this year. Can't find organic? Safer alternatives include cabbage, asparagus, and broccoli.

10. Cherries

Even locally grown cherries are not necessarily safe. In fact, in one survey in recent years, cherries grown in the U.S. were found to have three times more pesticide residue than imported cherries. Government testing has found [42 different pesticides](#) on cherries. Can't find organic? Safer alternatives include raspberries and cranberries.

11. Potatoes

America's popular spud reappears on the 2010 Dirty Dozen list, after a year hiatus. America's favorite vegetable can be laced with as many as [37 different pesticides](#). Can't find organic? Safer alternatives include eggplant, cabbage, and earthy mushrooms.

12. Grapes

Imported grapes run a much greater risk of contamination than those grown domestically. Only imported grapes make the 2010 Dirty Dozen list. Vineyards can be sprayed with different pesticides during different growth periods of the grape, and no amount of washing or peeling will eliminate contamination because of the grape's thin skin. Remember, [wine](#) is made from grapes, which testing shows can harbor as many as [34 different pesticides](#). Can't find organic? Safer alternatives include kiwi and raspberries.



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

Shahzad 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

Parsian Market

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

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

North Park Produce

12342 Poway Road
Poway, CA 92064-4243

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

UCSD FIRST U.S. CAMPUS TO PASS RESOLUTION RE IRANIAN MOVEMENT

The following is a press release: ASUCSD Passes Resolution in Solidarity with Iranian Protesters on Eve of Election

The Students for Civil Rights in Iran (SCI) at UC San Diego, on the eve of the one year anniversary of the June 12th elections in Iran, put forth and passed a Resolution to the Associated Students of UC San Diego in solidarity with the Iranian non-violent student movement for democratic reform in Iran, condemning the human rights violations that have occurred by the Iranian government. The resolution was placed forth through ASUCSD council during their meeting held on 2nd of June 2010 at 5pm at UC San Diego, in the Forum. The resolution was passed unanimously, 15-0.

UC San Diego is the first University Campus in the United States to pass a resolution condemning the human rights violation in accordance with the UNHDR. The resolution also calls for the release of prominent student leaders such as Majid Tavakoli and Bahareh Hedayat who are illegally imprisoned. The resolution expresses UC San Diego student solidarity with the upcoming protests in Iran on June 12th 2010, the one-year anniversary of the protested elections in Iran as well as the beginning of the Green Movement.

Students for Civil Rights in Iran (SCI) is a diverse group of students, faculty, staff, and community members centered at the University of California, San Diego and organized in accordance with democratic principles to promote human and civil rights in Iran. SCI condemns economic sanctions and any possible overt or covert foreign operation against Iran. SCI is in solidarity with the Green Movement in Iran.

A Copy of the Passed Resolution

A Resolution in Solidarity with the Iranian Non-Violent Student Movement for Democratic Reform in Iran

WHEREAS, the Associated Students of the University of California, San Diego (ASUCSD) is an institution dedicated to promoting peace in all aspects of student experiences; and

WHEREAS, on 13 January 2010 the ASUCSD passed a "Resolution in Support of the Victims of the 12 January 2010 Earthquake in Port-au-Prince, Haiti" stating that the ASUCSD "as global citizens are obliged to play a role in concurrent world events"; and

WHEREAS, on June 8, 1989 the ASUCSD unanimously passed a resolution which expressed solidarity with the protesting students and the victims of the Tiananmen Square massacre. The Resolution, "Protesting Chinese Students Solidarity Resolution", expresses support for the democratic reform movement in China. We site this as precedent for UCSD student government to show support for non-violent protest movements around the globe; and

WHEREAS, student activists in Iran have been on the forefront for advocating for reforms in Iran and respect for their civil rights, many have been arrested, imprisoned, or even killed for voicing their opinions:

a. Majid Tavakoli, a student at Amirkabir University of Technology in Tehran, was arrested 7 December 2009 during a protest for democratic reforms, is currently being held in the notorious Evin prison without charges, or a proper trial according to the Iranian constitution, he participated in a hunger strike to protest his solitary confinement, and continues to be a leader in the movement,¹

b. Sohrab Arabi disappeared 15 June 2009 during a democratic reform protest, was shot during the protest and his body was kept by the government for a month to cover up the incident,².

c. In the past week, two more students, Bahareh Hedayat and Milad Asadi, have been sentenced to 9 and a half and five years respectively in prison for speaking out against the government, which is a violation of their rights under the Iranian constitution and the Universal Declaration of Human Rights (Articles 18, 19, and 20);³ and

WHEREAS, in the last nine months, there have been numerous violations of Iranian citizen's right to free expression as guaranteed by the Iranian constitution, including:

a. the banning of reformist political parties,⁴

b. show trials of prominent politicians, activists, and students,⁴.

c. many newspapers and web sites have been closed in violation of free speech rights, and over 65 writers imprisoned,⁵.

d. hundreds of thousands of web sites and blogs have been hacked or shut down,⁶.

e. cell phones and emails were monitored to arrest prominent activists;⁷. and

WHEREAS, Nokia Siemens provided surveillance and censorship technology that has been instrumental in the persecution and arrests of Iranian dissidents;⁹. and

WHEREAS, the Iranian government has cracked down further on women's rights since the June election, especially:

a. restrictive mandatory dress codes for women such as the veil;¹⁰.

b. women's rights activists targeted for imprisonment;⁸. and

WHEREAS, Since 12 June 2009, the date of the presidential election in Iran, thousands of citizens have been arrested for participating in or supporting the non-violent protests, known as the Green Movement, against voter fraud and speaking out for their civil rights, as well as hundreds who have been killed, raped, tortured, and beaten by government police forces;¹¹. and

WHEREAS, there are Iranian Americans and Iranian national students at UCSD with family and friends in Iran, and they are concerned with the civil and human rights violations occurring there; and

WHEREAS, US congress, EU parliament, Amnesty International, Human Rights Watch, and the venerable President of the United States Barack Obama all express their solidarity with the Iranian Green Movement;^{12,13,11,14,15}

THEREFORE, BE IT RESOLVED, the ASUCSD expresses its solidarity with the Green Movement in Iran, noting their struggles for human and civil rights; be it further

RESOLVED, the ASUCSD condemns the oppression of students, activists, and protesters by the government and security forces of Iran;

BE IT FINALLY RESOLVED, the ASUCSD recognizes the importance of civil and human rights for all peoples.

[Students for Civil Rights in Iran](#) at UCSD

E-mail: ucsd.iran@gmail.com

Facebook: <http://www.facebook.com/ucsdsci>