



Yalda Celebration
Dinner and Music
at Sufi Mediterranean Cuisine
Friday, December 16



- LIFE ON THE SCREEN: HOW REAL IS IT?
- **BUILDING THE DREAM**
- REFLECTIONS OF A DISPLACED PERSIAN
- RECIPES FOR NON-TOXIC CLEANING
- WHAT THE TEACHER SHOULD KNOW
- **THE COLD AND FLU VIRUSES**
- IRANIAN ART IN THE MIDDLE AGES
- **PERSPECTIVE**



**ART OF RESISTANCE:
GRAFFITI ART & POETRY
IN PALESTINE**



Editorial



By: Shahri Estakhry



V. Life on the Screen: How real is it?

We continue with our extensive research on Children and Television - A Primer for Parents, with the segment on the reality factors of what is seen on a screen.

According to Google, television was introduced in the US in the late 1920s to mid – 1930s. In these early years the world of television was mostly white, middle-or upper-class and male. This was tremendously different than what the world of television is all about now. Just think of it, imagine it, summon up a visual screen of the growth of the imaginable and unimaginable in terms of the world of television that exists today. “Today’s programming shows a diversity not typical of TV and its primary years,” according to Dr. Joyce Sprafkin of the State University of New York at Stony Brook.

The overall picture that TV presents, however, is far different from the real world, and this may have serious consequences for our children. In the televised world, according to the University of Pennsylvania’s Dr. George Gerbner, “crime occurs many times more often than it does on the streets, where men still outnumber women, where the young and the elderly are still a small proportion of the population and where children often fail at the things they attempt to do.”

In their research on Children and Television authors Dr. John Murray and Barbara Lonnberg (Peyk 130) say “a number of studies show that if viewers do not have direct experience with what they see on TV, they tend to believe whatever is portrayed. As a result, heavy-viewing children are more likely to think that stereotypes of ethnic groups and people who hold certain jobs are true. They also believe the world is more violent than it actually is. Distinguishing between reality and fantasy may also be troublesome. Not only may young viewers mistake fictitious characters and events for real ones, but their lack of understanding about TV production techniques, the use of stunt people, camera zooms, flashback or dream sequences, may cause confusion.”

However, a study by Dr. Aimee Dorr while at Harvard University found that “children as young as kindergarten can be taught the difference between fantasy and reality on television if they were told what was ‘real’ and what was ‘pretend’ and how TV producers made something make-believe look real.”

Finally, keep in mind that in our world of technology, television is one of the major means of bringing topics such as drugs, abuse, alcoholism, sex and violent behaviors to our children’s attention. It’s a difficult era to be a parent. It really demands lots of love, understanding and discipline. As parents, we can’t bring beautiful and innocent children to this world and leave them without guidance and supervision.

After nearly forty years of being in the field of education, the best result that I have seen in different communities with diverse backgrounds, are the children whose parents have been lovingly and patiently by their side, every step of the way. Each child is truly a miracle and a gift, the least we can do as a parent is to help pave the road with knowledge, loving supervision and time shared with them.

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PCC NEWS

In the last several weeks PCC has received more donations to the "Building the Dream" fund. Our thermometer is rising. PCC thanks everyone who has donated generously to this fund and encourages all of you to spread the word and approach others to help us with this campaign. We still have a lot of money to raise. There are some exciting fundraising events coming up in the next few weeks. Look out for Persian Karaoke in November!

In September, PCC hosted the performance of "Half Yellow Half Red," by a group of young and talented musicians from right here in Southern California. They played traditional Persian songs using instruments such as the setar, santur, and daf. They surpassed our expectations with their ingenuity and skill in bringing this ancient souvenir of Nakisa and Barbad to us. Let us hope that by persisting on promoting such shows we can each and every time attract a yet larger audience to this extraordinary genre of music art.

The bell at the Iranian School of San Diego (ISSD) rang once more to announce the start of the 2011-2012 school year and our classes are now filled with the dear and familiar sound of our teachers' lessons and the faces of over 245 students. PCC is conscious of making school an affordable resource for all. At \$400 for language classes, supplies, and textbooks for an entire school year, ISSD is the best deal in town for what it provides. In addition, high school students of the San Diego and San Dieguito School Districts receive foreign language credit for their courses at ISSD.

ISSD students recently celebrated *Mehregan* (Harvest Festival) and will be gearing up for *Yalda*, the celebration of the winter solstice. PCC will be sending information about the venue and date of this year's *Yalda* celebration soon. For more information on the meaning of *Yalda*, please refer to *Peyk* # 130. You will also find sample presentation information on *Yalda*, on the PCC website, for schoolchildren to use should they want to "show and tell" the celebration to their classes at school.

PCC has begun working with KPBS and the San Diego Public library in promoting their One Book, One San Diego pick for next year, "Sky of Red Poppies" by Zohreh Ghahremani, a former contributor to *Peyk*. We were thrilled to see that KPBS used Shaghayegh Hanson's review of the book from *Peyk* # 131 on their website. Look out for events to come!



The PCC Foundation has been providing assistance to two Iranian families struggling as new immigrants. More and more there seems to be a need in our community for specially tailored resources. PCC is in the early stages of creating a resource clinic for those who are forced to seek help or advice outside of their families. We are actively seeking volunteers who can devote up to 3 hours of their time per month to anything from translation work or computer skills assistance to help with filling in forms and applying for benefits. If you are interested in volunteering, please send us an email at pcc@pccsd.org and address it to Gity Nematollahi.

On October 25, 2011, PCC in conjunction with the Asian Film Festival, presented the movie, *White Meadows*, an exceptional film by Mohammad Rasoulof weaving together poetry, mythology, metaphor, and the absurd to tell the fable-like story of Rahmat, who sails from island to island on salt-filled Lake Urmia to collect tears as people unburden their sorrows into glass jars.

PCC will also be selling tickets for an amazing night of dance and music on November 19, 2011 at the Mandell Weiss Forum, UCSD, for the *Scarlet Stone*, based on a poem by Siavash Kasrai and *Shahnameh* by Ferdowsi, composed by Shahrokh Yadegari and choreographed by Shahrokh Moshkin Ghalam. These talented and highly acclaimed artists are not to be missed!

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*!

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“BUILDING THE DREAM”

After 23 years of service to the community, the Persian Cultural Center (PCC) sees this as the perfect time to rally around our community's long-time dream of creating a physical Center to house our current activities and provide further, much needed, community services and programming for the Iranian-American Community.

The conditions have never been so favorable and the need never so compelling. Here are just a few reasons why this dream is so important:

- **Members of our aging population and their families need support**
- **The younger generation needs structure, guidance and language skills**
- **Parents will be helped by increased resources and networking**
- **The current real estate market is absolutely encouraging**

Abolmaali, Arya & Darya
 Aghassi, Sarah. E
 Akashian, Costance
 Akbari, Elham
 Akbarnia, Behrooz & Nasrin
 Akbarnia/Jester, Halleh & Stewart
 Amini, Mojgan
 Assadian, Dr. A. R.
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 Hamasian, Kamran & Haleh Javidi
 Hanson, Mary & Jay
 Hanson, Shaghayegh
 Hanson, John
 Hekmat, Reza
 Hojabri, Fredun
 Jaff, Saryas
 Jalali, Saeed and Roxana
 Jalali, Shila
 Jessen, Bart & Katayoun
 Julazadeh, Shahrzad
 Kalantar, Hamid & Anahita Babaei
 Katbab, Abdollah

Khorvash, Piruz & Madiha
 Malek Khosravi, Behnam & Noushin
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 Morgan, Robert B
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 Nahavandi, Dr. Afshin
 Naraghi, Mehdi M. & Parisa F. Amini
 Nazari, Ghazaleh
 Nematollahi, Gity
 Nourbakhsh, Farhad & Raquel S. Otis
 Nourbakhsh, Farhad
 Pirozan, Dr. Amir
 Pirouzian, Mohammad Ali
 Piryesh, Parisa & Ebrahim
 Promaster Auto
 Radsan, Ramin
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 Sabouri, Faramarz
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 Salah, Shahla
 Sagheb, Mina
 Salimi, Abdy & Molok
 Salimi, Rana
 Samimi, Fereidoun & Marie Akbar
 Sammak, Massoud & Pueh
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 Shamlou, Benny
 Soraya, Golsa
 Smith, Homa
 Tahriiri, Hamid & Mataneh
 Zayer, Bijan & Sholeh



All donors' names will be recognized prominently on a plaque posted at the entrance of the Center and entitled, "Founders' Circle." In addition, at certain donation levels special recognition applies as indicated.

This Center will not only serve you, your loved ones, and the community, but it will also benefit future generations and those who want to reach out and learn about Iranian Culture and the Persian language. As an established and respected community, we owe it to ourselves, our children, and the survival of our heritage to achieve this goal.



One Book

ONE SAN DIEGO

2012 FEATURED BOOKS



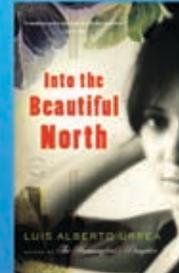
Zohreh Ghahremani
Sky of Red Poppies

JANUARY - MARCH



ALAN BRENNERT
MOLOKA'I

APRIL - JUNE



LUIS ALBERTO URIBE
Into the Beautiful North

JULY - AUGUST

KPBS and the San Diego Public Library invite you to participate in discussions and activities throughout our community.

Visit kpbs.org/onebook or sandiegolibrary.org





Major support for One Book comes from the Linden Root Dickinson Foundation. Addition support comes from Lloyd Pest Control and Cubic Corporation.

By Shaghayegh Hanson



I made my *Peyk* debut in the May/June edition of 2007! I cannot believe it has been almost 4 and a half years since that first article. It has been an extremely exciting and fulfilling journey despite all the hard work that goes into producing a publication of this caliber. With every issue, the editorial team, the writers, our amazing graphic artist, and our editors strive to improve on everything we have done before. *Peyk* is the best it has ever been. It is also one of the Persian Cultural Center's most visible and consistently tangible achievements. I am a better writer for having practiced on these pages, with your indulgence. KPBS recently used the book review I wrote for Zohreh Ghahremani's book, *Sky of Red Poppies*, on their One Book One San Diego website. Ms. Ghahremani herself wrote for *Peyk* once upon a time and I am so thankful to be a part of the exceptional work this "little magazine that could," does. In this issue, I wanted to take you back to that first article I submitted. I remember how excited I was to have found, through PCC, ISSD (Iranian School of San Diego), and *Peyk*, a creative, vibrant, forward-looking, and inspiring Persian community in San Diego. Little did I know then, how much I would grow to love my work in all aspects of the community, and that I would become President of PCC. Whatever hopes and thanks you see in this first article, be assured that these years later PCC has engendered in me even more love for my culture and has given to me and my family more than I could possibly give back to it. So, back to 2007!

Reflections of a Displaced Persian

Education at the Iranian School of San Diego Means More than Just Learning Persian

Like a lot of San Diegans, I am a transplant from another place, actually, two other places. I was born in Iran, grew up in London, married an American and moved to the U.S. Identity crisis has been a way of life for me. But recently I decided to reconnect with my roots and took up adult reading and writing classes at the Iranian School of San Diego. After a few short months, and thanks to a great teacher, I am thrilled to be reading children's books in Persian to my daughter. I consider this to be a reawakening which has been a long time coming.

At times, when I was growing up in England, being Iranian seemed like a hardship rather than an honor. For example, I have lost count of the many different ways in which the public-at-large was able to butcher my first name. Iranians would always say, "Oh, Shaghayegh, what a beautiful name!" Yet my friends called me "Shaggy" all the way from second grade through the end of high school. You think that's bad but really it was a blessing when faced with the alternatives; "Shagufta," "Shagrea," "Shahag," "Shagdog"

(oh yes, it's true!)... so on and so on. Apparently, the beauty of my name was quite lost on the inhabitants of London.

Let's not forget the clash of cultures. British people-shy, reserved, quiet, untactile--would come to my parents' house for dinner and end up in therapy. I mean how else did they cope with the onslaught of human touching: the hugging, the kissing of cheeks, the slapping of backs. Or the endless filling up of their plates with food after their conscientious efforts at leaving a clean plate. Or just when they thought they could sit back and let their food digest, they would be dragged to a makeshift dance floor and ordered to wriggle their hips to Persian disco music in front of the assembled guests. Well, the British are good sports, even if they haven't realized the potential of their hips, and they always tried. Then they would be sent home, dripping with sweat, their ears ringing with foreign music, and the sugar from Bakhlava and the caffeine from endless cups of tea coursing through their veins. They would stagger past the BMWs and Mercedes to their practical Peugets wishing they were already in bed with a good book. In their cars, on the way home, I could imagine them saying things like, "I think I ate too much . . . pull over!" Then, "Well, if you hadn't jiggled yourself all over that Lahle and her hips!"

Then there were all those mortifying, messy picnics in perfectly tidy and manicured English parks and gardens. While most people sat quietly on the benches munching on tiny crust-less cucumber sandwiches, we would noisily descend upon the park, en masse, cordoning off a good portion of land, practically knocking over the "Keep off the grass" signs. Out came the pots of still-hot food, the multitudes of oversized blankets and towels, the games and thermoses of hot tea. In effect, we would have an outdoor feast that made cucumber sandwiches seem like bird seed. And we would stay . . . and stay . . . until the sun went down . . . until we had amused, annoyed and entertained the entirety of London.

Oh, and what about the mother of all hardship in a country where fair hair and skin is the norm, the battle against noticeable facial hair seemed endless. I realize that at some point in our history eyebrows that met in the middle were considered pleasing (evidently eye care was hard to come by in ancient Persia) but by

Continued on Page 19



ECO



non-toxic cleaning

Recipes for non-toxic cleaning

Has your throat and nose ever burned at the smell of bleach or other household cleaners? Well, trust your senses because most of the cleaners you buy in the stores contain toxic chemicals. There are recipes, using all natural ingredients, for all types of cleaning. Here are just a few.

Basic ingredients:

- Baking Soda** - Cleans and deodorizes. Softens water to increase sudsing and cleaning power of soap. Good scouring powder.
- Borax** - Cleans and deodorizes. Excellent disinfectant. Softens water. Available in laundry section of grocery store.
- Soap** - Biodegrades safely and completely and is non-toxic. Available in grocery stores and health food stores. Sold as liquid, flakes, powder or in bars. Bars can be grated to dissolve more easily in hot water. Insist on soap without synthetic scents, colors or other additives.
- Washing Soda** - Cuts grease and removes stains. Disinfects. Softens water. Available in laundry section of grocery store or in pure form from chemical supply houses as "sodium carbonate."
- White Vinegar or Lemon Juice** - Cuts grease and freshens.

Household Cleaner

Mix together:

- 1 tsp. liquid soap (castile, peppermint)
 - 1 tsp. borax
 - Squeeze of lemon
 - 1 qt. warm water
- OR**
- ¼ c. baking soda
 - ½ c. borax
 - ½ c. vinegar
 - 1 gal. water

For surfaces that need scouring, try moist salt or baking soda and a green scouring pad.

Window Cleaner

Mix together:

- 2 tsp. vinegar
 - 1 qt. warm water
- OR**
- 2 tbsp. borax
 - 3 c. water

Rub dry with newspaper to avoid streaking.

Disinfectant

Mix together:

- ¼ c. borax
- ½ gal. hot water

Toilet Bowls

Pour: ¼ c. baking soda into bowl and drizzle with vinegar.

Let sit for ½ hour. Scrub and flush. Add borax for stains.

Basin, Tub, and Tile

Mix together: ½ c. baking soda
2-3 tbsp. liquid soap (castile, peppermint)

Floors

Mix together: ½ c. white vinegar

- 1 gal warm water
- Polishing with skim milk after floor is dry will make the floor glow!

Furniture Polish (Wood Surfaces)

- **Rub toothpaste** on wood furniture to remove water marks.
- **Polish wood** with 2 tsp. lemon oil and 1 pint mineral oil in spray bottle. Spray, rub in and wipe clean.
- Mix two parts olive oil to one part lemon juice. After rubbing the mixture in, let stand for several hours and then polish with a soft, dry cloth.
- Melt 1 tbsp. carnauba wax into two pints mineral oil. Use sparingly and rub hard.

Source: www.ecocycle.org

Art of Resistance: Graffiti Art & Poetry in Palestine

*step gently
a nation is
dreaming...*

The construction of the Israeli barrier that isolates the West Bank from the outside world began almost a decade ago. It is now 450 miles long—the distance from San Diego to San Francisco—and stands 26 feet tall, three times higher than the Berlin Wall. It has been called both the anti-terrorist fence and the racial separation wall. No words come to mind, however, as you walk on the streets of Bethlehem, Palestine. You do not need to delve deep; the Wall's impact is visible in people's faces, faces that still smile at you as they pass by and go on with their lives.

Contemplating the soul-numbing injustices with which these people live, an urge to commit your life to the cause of Palestinian independence dominates you. But most likely you will move on too. It is only the Wall that stays—it has uprooted olive trees, thwarted access to health care, cut through farmlands and villages, separated brothers and sisters, grandparents and grandchildren. It has been built to stay, to rise and stand tall, to cast its shadow on our humanity. Ironically, it is also on the streets of Bethlehem where a more just world is most imaginable. It is in Palestine that your heart dares to dream of peace, not in the long corridors of the United Nations headquarters where “peace” is a resolution yet to be passed.

The streets of Palestine are where free-spirited activists and artists have come to change the face of apartheid, to add the bright colors of their vision to the monochrome gray of the Wall. Through graffiti art and poetry, Palestine now owns the longest “living canvas of resistance and solidarity.” The Persian-language verse of Ahmad Shamlu is found alongside Mahmoud Darwish's poignant poems in Arabic. “Nations United” written in English is right next to “This wall will fall, and I will return to claim my piece,” in Spanish. Story after story of suffering is present, displaying the profound universality of the human condition. From a tombstone of the world imagined by the politics of “separate but equal,” the Wall has been turned into a monument that summons, in every one of us, a sense of affinity and shared vulnerability, a monument that insists on the presence of lost lives.

The art of resistance is an act of storytelling which creates an openness and a sense of sympathy, revealing our own weaknesses and vulnerabilities. Paul Ricoeur, the French philosopher, writes, “From the suffering Other, there comes a giving that is no longer



drawn from the power of acting and existing, but precisely from weakness itself. What the suffering Other gives to he or she who shares this suffering is precisely the knowledge of shared vulnerability and the experience of the spontaneous benevolence required to bear that knowledge.”

The following selection includes work by Palestine's most celebrated poet, Mahmoud Darwish (1941-2008), as well as graffiti art and writing captured on the Wall. What do these latter expressions add to the discourse of Palestinian rights and suffering? They beautify a despised structure that some locals would prefer be left in its naked, repressive form. Where formal texts often distance us from the Palestinians' predicament and Israel's policies, graffiti art speaks to us with the same warmth and intensity one encounters in conversation with people on the streets of Hebron, Bethlehem, and Ramallah. Art may not change the reality on the ground in Palestine, but it is potent enough to turn an inhuman barrier into a living narrative that mirrors the best of a nation that still dares to dream.

Selections from the Poetry of Mahmoud Darwish Translated by Fady Joudah

The soldiers measure the distance between being
and nonbeing
with a tank's scope...

Siege is the waiting
the waiting on a ladder leaning amid the storm

Do we harm anyone? Do we harm any
country, if we were stuck, even if from a distance,
just once, with the drizzle of joy?

We store our sorrows in our jars, lest
the soldiers see them and celebrate the siege...



In Damascus:
 the traveler sings to himself:
 I return from Syria
 neither alive
 nor dead
 but as clouds
 that ease the butterfly's burden
 from my fugitive soul



Selections from the Wall

to exist
 is to resist
 --Zapatista Army, Mexico

a country is not
 what it does
 but also what
 it tolerates

you look at me
 and I look at you

what is this
 teaching our children?

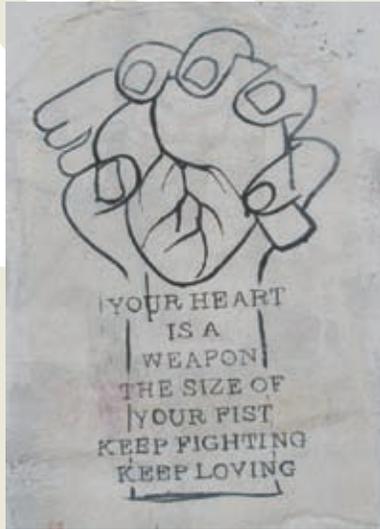
dream
 as if
 you will
 for ever

If I sit silently
 I have sinned
 --Mohammad Mosadeq, Iran

I have come to your land
 and I have recognized
 shades of my own
 my land was once
 one where some people
 imagined that they could build
 their security on the insecurity of others
 --Faris Esack, South Africa

let never-smiling people rise
 let them rise
 --Ahmad Shamlu

Berlin 89
 Palestine ?



our revenge
 will be the laughter
 of our children
 --Bobby Sands, Northern Ireland



an eye
 for an eye
 leaves the
 whole world
 BLIND

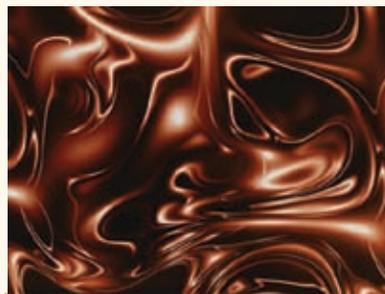


• **Banksy.co.uk:** A British graffiti artist and political activist whose artwork has brought international attention to the world's slums and war torn cities.

• **Against the Wall: The Art of Resistance in Palestine.** William Parry, Lawrence Hill Books: A stunning book of photographs that captures the impact of the Wall on Palestinians.

Please direct your questions and views to af@ariafani.com





Pomegranate Butternut Squash

With special thanks to Simin Soroush for this recipe

Ingredients:

1 medium butternut squash (1 lb) - peeled and cut into 1 1/2" cubes
 2 tablespoon cooking oil
 1/2 cup water
 1 cup (approx) pomegranate sauce
 1 cup chopped walnuts

Directions:

Place butternut squash in a medium size saucepan - add oil and sauté over medium heat for about 5 minutes
 Add water and bring to a boil, then simmer until slightly tender in the center - do not overcook
 Add pomegranate sauce, stir and cook uncovered over medium heat until all juices have evaporated
 Arrange in shallow dish and sprinkle with chopped walnuts



This one is for Chocolate Lovers and it's a good one... Here is to your chocolaty good health!

Double Chocolate Cheesecake:

Makes 16 servings – Preparation time: 30 minutes

Ingredients:

18 crème-filled chocolate sandwich cookies, crushed (about 1 1/2 cups), 2 Tbsp. butter or margarine melted, 4 pkg. (8oz. each) Philadelphia cream cheese, softened, 1 cup granulated sugar, 2 Tbsp flour, 1 tsp. vanilla, 8 oz. semi-sweet chocolate melted, cooled slightly, 4 eggs, 1/2 cup blueberries, 1 Tbsp. powdered sugar

Directions:

Heat oven to 325 F. Mix cookie crumbs and butter, press onto bottom of 9-inch springform pan. Bake 10 min. Beat cream cheese, granulated sugar, flour and vanilla with mixer until well blended. Add melted chocolate; mix well. Add eggs, one at a time, mixing on low speed after each just until blended. Pour over crust. Bake 55 min. to 1 hour or until center is almost set. Run knife around rim of pan to loosen cake, cool before removing rim. Refrigerate 4 hours. Top with berries just before serving, sprinkle with blueberries and powdered sugar.



By Sheiveh N. Jones, Ed.D.



What the Teacher Should Know

Every year, students have new teachers. And every year, we expect our students to do well in this new environment. But how often do we think about what we need to do on our part as parents without making assumptions about what the teacher may or may not know?

Teachers have access to a tremendous amount of data about your child, such as standardized test scores, previous grades, and possibly attendance and behavioral records if your child is at the same school as the previous year. This data is a great place for teachers to begin in their quest for information on how best to serve your child. I am now finding more and more frequently that because standardized test scores and previous grades are available on districts' network drives, teachers often take advantage of the accessibility and really look at this data to get a good idea of how they can best meet their students' needs.

The data, however, only provides so much information. Do you want your child's teacher to rely only on that data and first impressions from the first weeks of school? Sometimes our children's experiences bespeak of more than the data can truly depict. For instance, if there are any issues at home that may throw your child's normal routine off, your child's behavior at school may be affected. This is not information one can find in the data of standardized test scores or even previous grades.

One of the key components in my work with beginning teachers is this emphasis on getting to understand students and their backgrounds. Without this knowledge, how can one expect to effectively modify his or her lesson delivery to meet the needs of all students? As a parent, you can provide a great service to both your child and the teacher by sharing key information that may help that teacher best meet your child's needs. I am not saying you should "air out the dirty laundry" and share your whole life with the teacher, but rather share key information that may help the teacher understand what works with your child.

Just today I had a parent/teacher conference with several of my son's teachers and the school counselor to explain some personal issues that have recently affected our family. One teacher stated, "That makes a lot of sense,"

referring to what she had observed in him. The end result was a tremendous team effort to understand the best way to support him in transitioning to middle school. It was helpful to simply express concern and reach out to all these teachers, because now they know if there is any fluctuation in our son's performance, we expect to be notified. This is significant particularly when students reach middle school and their teachers have at least one hundred students on any given day.

My parent/teacher conference provided a context for the teachers. They understand my son and his needs a little better; they know we are involved and concerned parents, and they realize we will make their job easier if there is a mutual feeling of support.

کانون فرهنگی ایرانیان تقدیم می کند
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BAHRAM BEYZAIE

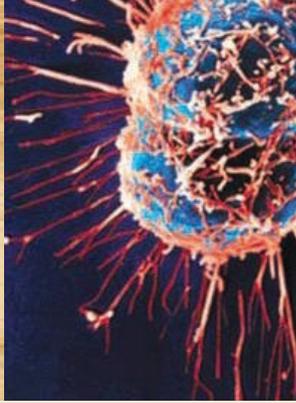
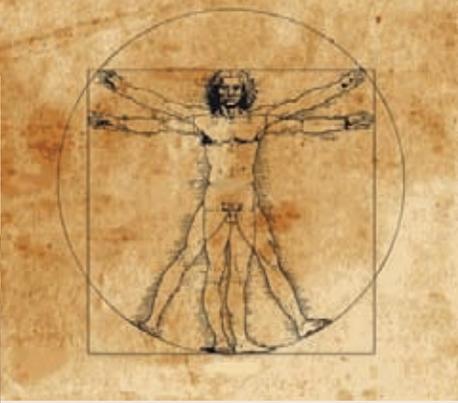
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By Sanaz Majd, MD

The Cold and Flu Viruses

It's that time of the year once again, where you can't enter any public spaces without hearing the sounds of snot and hacking coughs permeate the premises. Yes, it is cold and flu season once again, where doctors' offices are often packed with virus-infected patients yearning for relief. What can you do to protect yourself from such an illness? And how do you treat it once you are infected?

Before we answer such important questions, let's find out a little more about cold and flu viruses.

What Exactly are the Cold and Flu Viruses?

The cold and flu illnesses are both caused by viruses, *not* bacteria. Viruses are highly contagious, and often get passed from family member to family member, or even more rampantly among school-aged children with developing immune systems. If you have a child in day care (aka, "a germ fest"), you know exactly what I am talking about.

The cold and flu illnesses can produce a fever (yes, even a high one), cough, body aches, fatigue, and sore throat. However, the one key feature of viral illnesses is nasal symptoms. If you have acute onset of nasal congestion and/or runny nose during an illness, it is a good indication that you are plagued with a virus, and not bacteria.

The Typical Viral Course

The typically viral illness lasts seven to ten days, and the very first four to five days are the worst, with each day progressively worse than the previous. After the fourth or fifth day peak, however, most patients start to feel slightly better as each new day arrives. Most patients have some relief by the seventh day.

It is important to learn about this typical viral course because, unfortunately, once it begins there really is not much you can do to completely abort the progression of it, like you can with a bacterial illness. But if there is no relief after the seventh day, there is a possibility that it is complicated by something other than a virus, and that is when you need to make an appointment to see your doctor.

What is the Role of Antibiotics in Viral Illnesses?

There is no role. First of all, it is important to know that there is simply no cure for the cold and flu viruses. Once they begin, you have no choice but to ride out the illness. Antibiotics do not work for viral illnesses -- they only work for bacterial illnesses, whose presentation and symptom profile are very different.

Second, viral illnesses self-resolve with the tincture of time whether or not you take any medications. It is important to refrain from taking unnecessary antibiotics in your lifetime, because they do have the potential to be harmful. Besides causing allergic reactions that can range from mild to extremely severe, with even the occasional fatal consequences, antibiotics are also linked to a severe colon infection called "C. Diff Colitis" caused by an overgrowth of bad bacteria named "*C. Difficile*." This bacteria sets up shop in the colon when antibiotics kill off the good bacteria living there that normally keep the colon well-balanced and in harmony. This colitis can be so severe that patients are sometimes even hospitalized.

Also, doctors are worried about excessive and unnecessary antibiotic use because of a huge global medical problem arising due to "resistance." This means that, more and more, we see patients who do not respond to antibiotics because their immune systems have built such a resistance to these antibiotics due to prior overuse. Such overuse is becoming a global issue because there may come a time when antibiotics will no longer cure a patient, and that is a scary thought.

So How Can You Treat the Cold and Flu?

Just because there is no cure does not mean that you cannot treat a viral illness. There are various treatment modalities used to alleviate the symptoms of the typical cold and flu viruses. Here are some ways to help you fight through those first four or five days of misery:

1. **Drink Hot Liquids:** The key to alleviating any infection is to drain the phlegm and congestion. A minimum of eight glasses a day of hot liquids, such as herbal tea, will help to loosen up the mucus and clear your nasal passages. Avoid liquids with caffeine

and alcohol, however, as they are diuretics that can cause dehydration. Sip on something hot all day long.

2. **Use a Vaporizer:** You have probably experienced some relief when stepping into a hot shower, right? A vaporizer (or a self-made one using a pot of hot water and a towel draped over your head) can do the same thing. Again, this helps loosen up the mucus and phlegm, hence draining the congestion.

3. **Take a Decongestant:** Over-the-counter decongestants, such as phenylephrine, also assist in the drainage process by opening up the sinus and ear/nose/throat passages. They do not cause drowsiness, but they can cause insomnia in some if taken at nighttime. Avoid antihistamines (and the combination decongestant/anti-histamine products) that can actually dry you out and cause further congestion in some patients.

4. **Sore Throat Relief:** Besides drinking hot liquids that loosen up those throat muscles, you can try sugar-free throat lozenges and sprays can help numb your throat. Anti-inflammatories, such as ibuprofen, can also help decrease the swelling and inflammation in the back of the throat (but check with your doctor to make sure you have no personal contraindications to taking anti-inflammatories first).

5. **For Fever and Body Aches:** Ibuprofen also works well for both fevers and body aches, and often works better than acetaminophen in these instances.

6. **Stop Smoking:** Studies show that cigarette smoke actually inhibits the clearing of mucus secretions. This is why cigarette smokers sometimes get ill more often, and their viral illnesses may last a tad longer than nonsmokers.

How to Prevent Transmission of the Cold and Flu Viruses?

With the cold and flu season at our doorsteps, it is important to take certain precautions to help prevent the transmission. First of all, wash your hands frequently. Most infections are transmitted by hand-to-hand contact. Avoid touching your face, as this is how the virus typically enters our bodies. Carry and frequently use antibacterial hand gel and rub for thirty seconds each time, especially after handling doorknobs, money, gas station pumps, or after shaking hands. Second, get your yearly flu shot – especially if you have diabetes, any lung or kidney disease, any chronic illness, or are over the age of 65. Many health insurance programs vaccinate their patients without a co-pay or cost. Lastly, if you yourself are virally infected, please cover your mouth and nose when you cough or sneeze using your arm sleeve (not your hands) and wash your hands immediately.

Hope you have a healthy winter season!

To contact Dr. Majd please visit: <http://girlfriendmd.quickanddirtytips.com>





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IRANIAN ART SERIES: IRANIAN ART IN THE MIDDLE AGES

In Iran and the northern Indian peninsula, the Tahirids, Samanids, Ghaznavids, and Ghurids struggled for power in the Middle Ages, mainly in the tenth century. In this power competition, art became an important factor. Great cities were built (Nishapur) and the construction of the Great Mosque of Isfahan was initiated. The Seljuks, nomads of Turkic descent from today's Mongolia, played an important role in Islamic history and art toward the end of the tenth century.

Popular patronage expanded because of a growing economy and new urban wealth in the Seljuk empire. Seljuk art grew in two main domains—monumental architecture and mass-produced common objects. Inscriptions in architecture tended to focus more on the patrons of the piece. For example, sultans, viziers, or lower ranking officials would often receive mentions in inscriptions on mosques. Meanwhile, growth in mass-market production and sale of art made it more commonplace and accessible to merchants and professionals. Because of increased production, many relics have survived from the Seljuk era. This is an interesting development in the study of Iranian art because, in contrast, the dating of earlier works is more ambiguous. It is, therefore, easy to mistake Seljuk art as a new development rather than a heritage from classical Iranian and Turkic sources.

The Seljuks became the new rulers of the eastern Islamic lands following their defeat of the powerful Ghaznavids at the Battle of Dandanakan in AD 1040. By AD 1055, the Seljuqs had reached and taken over Baghdad, which put an end to Buyid rule, and established themselves as the new protectors of the Abbasid caliphate and Sunni Islam. Within fifty years, the Seljuks created a very vast but relatively short-lived empire, encompassing all of modern Iran, Iraq, and much of Anatolia. Due to the cohesion of the Seljuk empire, we can today detect comparable trends of art in such a vast geographical territory.

By the close of the eleventh century, as the Seljuk realm became troubled due to internal conflicts and the division of the realm among heirs, the empire dissolved into separate territories governed by different branches of the dynasty. The main branch of the Seljuk house, the so-called Great Seljuks, maintained control over what is modern Iran. Under the Seljuks, Iran went through a period of material and cultural affluence, and the inventiveness in architecture and the arts

during this period made a notable impression on later artistic progress.

One of the most known improvements contributed to the Seljuks is the art of inlaying bronze or brass objects with precious metals such as copper, silver, and gold. These bronze objects are mostly



Painted stucco, AD 1200; Seljuq, Iran.

decorated with Arabic inscriptions written in animated script (the letters were transformed into human and animal figures). The same shapes known in metalwork were also produced in Seljuk pottery. Pottery works produced in Kashan, in the luster and mina'i techniques, are noteworthy.

The Seljuqs were great supporters of architecture. One of the most important buildings of this period is the Madrasa Nizamiya, founded in Baghdad by the great Seljuk vizier Nizam al-Mulk (r. 1063–92) to support Orthodox Sunni education (AD 1067). In mosque architecture, the design of a courtyard with four vaulted halls (iwans) on each side became widespread. The transformed congregational mosque in Isfahan whose additions were commissioned by Nizam al-Mulk and Taj al-Mulk, two Seljuk administrators, for Sultan Malikshah (r. 1073–92) and his wife Terkan Khatun, was the most celebrated and influential Seljuk monument.

Our next column will cover the glorious art of Safavid. Until then, enjoy the colorful autumn!



پایا آب داد
ماهان نان داد

Reflections of a Displaced Persian



Brass ewer (raised, repoussé, inlaid with silver and black compound), Seljuk period (AD 1040–1196), circa AD 1180–1210; Iran, Khurasan.



Incense burner (cast bronze with openwork decoration), AD 1181–1182; Seljuk, Khorasan, Iran.



Stonepaste bowl with astronomical and royal figures (polychrome in glaze and overglaze painted and gilded on opaque monochrome glaze [mina'i]), Seljuk period (AD 1040–1196); central or northern Iran.

modern day standards anyone sporting such classic beauty would be thought of by that cruel epithet of “hairy.” And what about the taboo subject of upper lip hair? A boyfriend of mine (yes, I managed to have one despite near-imprisonment as a teenager) once told me that his friend had asked him when I was going to start shaving. Of course, I have been scarred for life ever since and spend a substantial portion of my income on a variety of depilatory products, bleaching creams and waxing services (there’s this great little place in La Jolla). I try not to think of how many African nations’ debts I could have paid off by now if I had just learned to live with one eyebrow or a little bit of soft wispy hair on my upper lip.

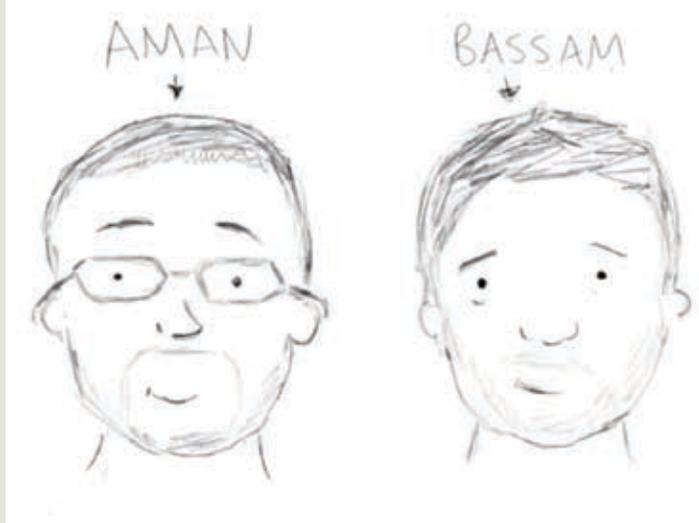
Well, as the years have gone by I have truly begun to feel the honor and pride in my heritage (I have even begun to embrace my nose). Whatever the politics of the day, the rich history and depth of Persian culture will always endure and claim its rightful place in the development of human civilization. And we are a warm, fun-loving, open-armed community (just ask the Brits who came to my parents’ house in London . . . or their therapists).

I wish now that I had spent less time feeling embarrassed about being different and more time basking in the warm rays of my sunny culture. As I have grown older, I have seen family members pass away or move away, I have moved myself, and over time everyone has become much more westernized and some things, like the elaborate picnics in the park, just don’t happen with the same fervor anymore. All of a sudden, when I started to have children, I worried that they might never know what it means to be Iranian because I couldn’t teach them on my own. If it “takes a village” to raise an American child, it also takes an Iranian village to raise an Iranian child.

I joined the adult classes at the Iranian School of San Diego because I felt it was high time I realized the full potential of my heritage. I need to fill out the skin I’m in and I have the duty and privilege of passing my culture onto my children. Learning to read and write Persian, improving my spoken Persian, celebrating traditional holidays, and watching my 5-year-old begin dance and kindergarten classes at the school is like coming back home to me. It’s like reconnecting to that 6-year-old fresh off the plane in London from Mashad, speaking nothing but Persian. What happened to her? She almost got lost trying to find her way back home.

PERSPACTIVE:

Mithaq Kazimi



You may have seen these guys on CNN, FOX, BBC, NBC, ABC, CBC or even Al Jazeera. Or perhaps you are one of the one hundred thousand visitors who have been stalking them via their blog. Regardless of your previous knowledge about the stand-up comedian (Aman) and the advertising guru (Bassam), you'll get to know everything about *what they did last summer*.

Beginning August of this year, they took a cross-country trip from Alaska to their home-town of New York City, stopping each night at a different mosque, in a different state, to visit the locals. Interesting? It gets better:

Mithaq Kazimi: How did it all start?

Aman Ali: It was an impulsive idea that started in 2009. I and my friend Bassam Tariq found out that there were one hundred Mosques within the ten-mile radius of where we live; one told the other “Dude, wouldn’t it be crazy if we went to thirty mosques in the thirty days of Ramadan?”

So after doing so – visiting each mosque every night to break the fast – and receiving a great response, we realized that there were many other communities around the country that could be explored.

As a stand-up comedian myself and Bassam being in advertising, we had traveled around the country on our own and knew there were many ‘cool’ communities out there that we wanted to visit and that’s how the idea of “30 days in 30 mosques” came about.

What motivated you guys to embark on this project?

Given the socio-political climate about Muslims in America last year, I was a bit pessimistic that Muslims were not doing enough to tell the world who we actually are. But this year, I feel very optimistic and inspired to learn that Muslims *are* doing great

things as a collective Muslim community.

When we speak about Islam in American history, very vague stories come to mind. Growing up, I learned that maybe there was a Muslim that Thomas Jefferson met, but during this trip we realized that Muslims have lived in Iowa since the early 1800s.

What was different this year?

This year we focused on personal narratives, asking people what is the relevance of Islam in your life, or the importance of faith in general. We realized that Islam means so many different things to different people, so our journey was about highlighting exactly that.

It is so inspirational to meet such people and hear their stories. I realized that we are all blessed in our own respective lives in one way or the other.



A mosque in Hawaii

Was this year a continuation of last year’s efforts?

Yes, we had gone to thirty states last year, so we covered the other twenty this time around.

Also, going into the project this year, everyone recognized us when we walked into a mosque and there was a greater amount of support from the communities. This time we didn’t really stay in hotels and instead were invited to people’s houses. So no matter where we went, we felt at home.

Even last year, without knowing about us much, there was this warm hospitality in the community. This is probably a testimony to the characteristics of the Muslim, and the American community in general.

What did each of these individuals have in common?

I think what a lot of people had in common was this idea of love – whether love for God, the community or their own lives. But it was love that drove these communities and these individuals on daily bases.

Although there were many different individual stories, but what made them all similar was this idea of connecting with God and a higher power.

What do you think Muslims share in common with other religious groups?

On a day-to-day basis, regardless of our backgrounds, we believe in the idea of serving the broader community and thus serving God. This idea of giving and helping the unfortunate, this is the idea that binds us all.

What are some “hot” and “binding” topics at the mosques?

We live in this country just like everyone else. They talk about general daily life issue. Topics such as life under this hard economic times, relationships, house renovation, quality of education, break-ups with women, taxes and Facebook status updates.

How did the media catch on with you?

Last year it was the whole controversy around the Ground Zero Mosque and people were interested in learning what really goes on in a mosque. This year it was a bit different because our mission was not to counter any anti-Islamic views or respond or run a PR campaign about Islam, but rather “tell stories” about who Muslims are.



A Native American Muslim

And were you successful?

I would say so. There has been so much of a positive response from around the country and even from abroad.

We recently met Charles Barkley, the basketball athlete, who knew about us. Many journalists that didn't even interview us knew what we were up to.

For example, plenty of non-Muslims may feel nervous about asking a Muslim about Islam and what goes on in a mosque, so this project gave them the freedom to read about it from the comfort of their home.

Who are these people, your audience?

I would say about sixty percent are Muslims and around forty percent everyone else. And since the core element of our project was to build buzz through the social networks, you could say the age group is around 20-35.



Aman and Bassam

Who were your supporters, how did you fund the project?

The money was raised through online contribution and individual donations.

There is only so much credit I and Bassam can get for this project; it's really people who donated and suggested what we should do with our project and everyone else who has made it as big and beautiful as it is.

Will you do this next year?

We were asked the same question last year and we said “no.” But sure, we'll do this if it only makes sense. We're not going to do it, just for the sake of doing. Many organizations have approached us about doing a more global journey, perhaps 30 countries, but we'll only do it if we feel the need for it.

What keeps you guys busy post the project?

We're doing a cross-country tour in universities and organizations and talking about this project and [what we learned].

We've realized that people want to learn more and we want to learn more, so we'll keep on exploring.

Any developments inspired by the project?

There were two filmmakers who followed us and there will be a documentary which will air on PBS in the coming years.

We're in the process of writing a book. We have an Apple and Android app out in the market. And we continue to implement [what we learned] in our lives and profession – on my stand-up comedy shows.

And lastly?

One thing that we took away was there was so much we hadn't covered. But on the other hand, we benefited so much personally and we really enjoyed the journey.

If you haven't yet, check out Aman and Bassam's blog at 30mosques.com and videos at kdkfactory.com/perspective/30mosques

About the Columnist:

Mithaq Kazimi is a filmmaker residing in San Diego, California. He holds a degree in the field and is the current program director of Dawn Breakers International Film Festival. He has recently started interviewing a number of unique and prolific individuals on his personal blog, *Perspective* : kdkfactory.com/perspective



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On September 30th, 2011 many friends and supporters of Dollar a Month Fund gathered for an evening of fundraising in support of several global projects. It was our annual Casino Night for charity, Fourth Poker Championship and Second Backgammon Championship. It was a fun night of enjoying good food, playing games and helping to support much needed funds for the educational and nutrition/health needs of over 1400 children in three continents benefiting from our partnership with other organizations. By visiting www.dmfund.org you can see our new powerpoint that will introduce our projects, as well as our global children - the recipients.

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Congratulations to Our 2011 Champions

Fourth Annual Poker

From Left to Right:

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Champion: Zohreh Ghahramani

Dear Readers:



As a part of our community services, we have approached some of the Iranian medical specialist in various fields to send us their information to share with the community. We appreciate the work of Dr. Reza Shirazi who spearheaded this effort. The following list is not complete by any means. If you are a Medical Doctor and would like to be added to this list, please send your information to Dr. Shirazi or directly to *Peyk*.

Kamron Mirkarimi, M.D.

Board certified Internal Medicine/Hospitalist
Clairemont Family Medical Group
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Phone. 858-483-5570
Fax 858-483-5572

Morey Mirkarimi, M.D.

General Practice
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Alborz Hassankhani, M.D., Ph.D.

Cardiology and Cardiac Electrophysiology
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La Mesa, CA 91942
(619) 668-0044
(619) 668-0889 (fax)

Reza Shirazi, MD, DABR, MS, EE

Radiation Oncologist
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Office (858)505-4100 Fax (858)751-0601

Kaveh Bagheri, MD, FACP, FCCP

Internal Med, Pulmonary Med,
and Critical Care Med.
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619-589-2535

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Bijan Razi M.D.

Cardiologist
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San Diego, CA 92120
Phone 619/265-0200
Fax 619/287-2825

Mehrnoosh Majd, M.D.

Family and Cosmetic Dentistry
Location: Poway, CA
858-336-5326

Majid Shahbaz, M.D.

Internal Medicine
5555 Reservoir Drive, Suite 312
San Diego, CA 92120
619/583-1174

Hossain Ronaghy, M.D.

Internal Medicine
3023 Bunker Hill Street, Suite 106
San Diego, CA 92109
619-275-2700

Maryam Hekmat, M.D.

Scripps Clinic - Rancho Bernardo
Internal Medicine
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Irvine, CA 92612
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International Market & Grill

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

Soltan Banoo

Eclectic Persian Cuisine
4645 Park Boulevard
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Persepolis Market

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San Marcos, CA 92078
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702-932-5133

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Saffron Grill

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