

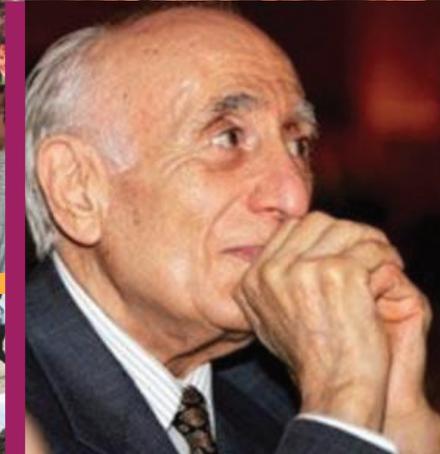
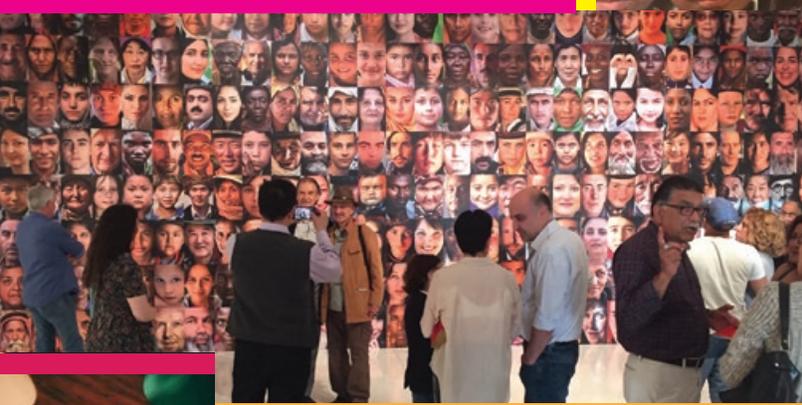
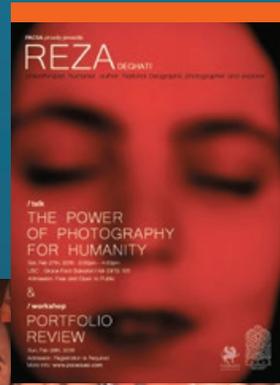
Peyk



Persian Cultural Center's Bilingual Magazine
P.O. Box 500914, San Diego CA 92150

181

May - June 2019
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Reza Deghati in San Diego

- What If?
- I Visited Congress, and This is What I've learned.
- SFSU Held First International Conference on Iranian Diaspora Studies
- ISSD HaftSeen Drawing Competition
- Facts About Gluten
- Home, Belonging and Becoming
- How to Interpret Your Cholesterol Test
- In Memoriam Ehsan Yarshater
Doyen of Iranian Studies



NOTICE

Persian Cultural Center Annual Meeting and Election Sunday May 19, 2019

The Persian Cultural Center will hold its annual meeting and election for members of the Board of Directors on Sunday, May 19, 2019 at the Mt. Carmel High School, from 10:00AM to 12:00 PM. Mt. Carmel High School is located at 9550 Carmel Mtn. Rd, San Diego, CA 92129.

The agenda for the meeting will be as follows:

- Welcome by PCC president
- Annual Board of Directors' report
- Introducing the new candidates
- Election process and results

If you have been a member for the last year and are interested in running for the board, please contact us immediately. If your membership has lapsed or you would like to become a member, this is the best time to do so and join us in our annual meeting. You can find the membership form at our website at www.pccsd.org.

In a few days a list of candidates and instructions will be sent to all PCC members. Thank you for your support. If you are a current member and did not receive the voting package in mail, please contact us immediately.

Thank you
Board of Directors of Persian Cultural Center



Persian Cultural Center seeks part-time and full-time interns for summer.

Required fields: Marketing, Social Media and Research.

Please send your resume to pcc@pccsd.org



What If?

What if I could choose where my tax money goes? What if I could prioritize my dollars to rebuild the country and bring it into the twenty-first century... to be a country that works for all of its citizens? What if this right were given to all who file taxes in our country? This may sound crazy... as often truly innovative proposals seem at first.

While almost everything needed by the populace of this country is becoming outdated, the rift between our elected officials is becoming wider and wider. We need to stop and think seriously how interdependent our lives and our living conditions are, how strongly we depend on each other regardless of our increasingly polarized political views.

While we see the beautiful hills and natural landscapes disappearing to make way for luxury and boxed homes, often viewed during the hours of our daily lives we spend sitting behind other cars on freeways and streets while listening to the news of who was just shot... while we witness our representatives in the halls of Congress in Washington, D.C., or the capitols of each state spinning themselves up in worthless arguments... the infrastructure of this nation has become as old as many in third world countries.

A few weeks ago I put my tax proposal to a group of friends just to see their reactions. I asked, "What do you think if each taxpayer were given the opportunity to choose three priorities at the national level and three at the state level to improve conditions in the U.S., simply by checking off a short questionnaire with their tax-return?" It would be the ultimate democratic way of selection by the will of people. The first answer I got was, "But that is why we have representatives." Indeed, they are supposed to do that! But for decades they haven't had a break from arguing about their own priorities to think about or to implement the actual needs of the people and the nation. Those who try are in a small minority and their voices get lost in the circus.

Imagine, the leading economy in the world, in the twenty-first century, does not have any bullet trains? Cities throughout the nation are plagued with pot holes everywhere, that far too often go unrepaired. Roads, bridges, our highways—our very infrastructure—are far too old to be safe, not to mention the extreme poverty and the societies of people living on the streets in our midst. Who knows when "the chosen representatives" will remember their priorities? The nation is stuck in limbo as the people are mired in the ineffective arguments between political parties.

As a citizen and taxpayer of this nation, I would like to be given the opportunity to express what matters to me. And my voice, once added to all others, should help inform my representatives at the state and national levels as they develop budgets and implement them. This action would truly represent "what the people want."

What if each of us were given the rights to democracy, the rights to be responsible citizens, and the choice of making this nation what it truly deserves to be? What if?

Persian Cultural Center's Bilingual Magazine

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 Financial support is provided by the City of San Diego Commission for Arts and Culture.

Persian Cultural Center

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 A non - profit national corporation
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PCC (Persian Cultural Center):

PCC NEWS

County of San Diego Nowruz Proclamation

On March 12, 2019, representatives of Persian Cultural Center (PCC) and other Iranian-American organizations attended the County of San Diego Board of Supervisors meeting. At this gathering, Supervisor Nathan Fletcher gave a speech about Nowruz and the Iranian-American community in San Diego and presented the Nowruz Proclamation to representatives of PCC and other organizations (House of Iran, Association of Iranian American Professionals, Iranian American Bar Association, Iranian American Life Science Network, etc.). Shahri Estakhry thanked Supervisor Fletcher and the rest of the board on behalf of the Iranian-American organizations.



Nowruz Events

Cheharshanbeh Soori - March 12, 2019

Several thousand Iranian-Americans and friends celebrated Cheharshanbeh Soori on the last Tuesday evening of winter at NTC Park in Point Loma, with D.J. Julius providing the music. Food was provided by Balboa International Market and Atlas Market.



PCC Annual Nowruz Celebration - March 16, 2019

PCC celebrated Nowruz at the La Jolla Marriott, with PCC's Dance Academy performance and musical performances by Sassy and DJ AI. They made a memorable evening for over 500 Nowruz guests. Local officials, including Lorena Gonzales, Nathan Fletcher, and Barbara Bry, also attended.



Sizdehbedar - March 31, 2019

The Iranian American community celebrated Sizdehbedar at NTC Park in Point Loma, with music, dance, and plenty of food. This year several thousand people attended the park for a picnic and enjoyed the music of DJ Julius and delicious food provided by Balboa International Market.



Special Movie Event – *Shivatir* - March 1, 2019

Shivatir, a 40-minute movie written and directed by Hila Sedighi, was screened at PCC on March 1. Based on *Arash Kamangir* by Siavosh Kasraiehas, the movie has been screened in multiple cities in North America and Europe. After the movie, the director participated in a Skype Q&A session, which was hosted by Mahmoud Pirouzian.





Setar Workshop - March 2, 2019

The first session of Setar workshop by Kourush Taghavi was held on March 2, 2019. This is a casual introductory workshop specifically designed for those who have limited or no experience with setar.

Jong-e Farhangi - March 2019

This month's Jong was not held due to conflicts with the Nowruz events.

Jong-e Farhangi - April 12th, 2019

The April Jong was hosted by Ali Sadr. The guest of this event was Mr. Reza Deghati, the world-famous photojournalist and activist. As a fellow with National Geographic, he has travelled to many countries and reported from many unique areas of the planet. His photographs have also been on the cover of many international publications. He has received many international awards in photography. In this event, a short clip entitled "In the eye of the storm" was shown and then Reza showed slides of his trips to different parts of the world along with the stories behind them. At the end, he answered audience questions.



Screening of *Bomb: A Love Story* - February 27, 2019

Bomb, A Love Story (2018), directed by Peyman Moadi and starring Leila Hatami and Peyman Moadi, was screened at Readings Cinema in San Diego. This was a sold out, joint event with SHEED Film.

Screening of *Columbus* - April 4, 2019

The movie *Columbus*, directed by Hatef Alimardani, was also screened at Readings Cinema in San Diego and was another joint event with SHEED Film. Farhad Aslani, Saeed Poursamimi, Shabnam Moghadam, and Hanieh Tavasoli all starred in the movie. The director was present for the Q&A session after the movie.

Docunight

Docunight is an organized program that facilitates the screening of documentaries concurrently on the first Wednesday of the month in more than twenty cities across North America. The documentaries are either made by Iranian filmmakers or are about Iran and Iranians.

Docunight event 54 - March 6, 2019

Ali Agha (2016), another documentary from Kamran Heydari, was selected for March. Heydari's third documentary focuses on a 70-year-old man who is obsessed by pigeon fancying. His passion is at odds with his wife and family, which is causing constant frictions between them. There was an audience discussion after the screening.

Docunight event 55 - April 10, 2019

April's documentary, *October 13, 1937* (2018), was directed by Abtin Baktash, and focuses on Iranian-Armenian maestro Loris Tjeknavorian, a world-famous classical composer and conductor who has led international orchestras throughout the world. A discussion session followed the documentary.



Dornob Collective Concert - April 3, 2019

To celebrate new year and the start of spring, Dornob Collective concert was held at the Escondido Arts Center on April 3, 2019. Dornob is a cross-cultural and cross-generational Persian music group, led by Farhad Bahrami, that plays Persian classical and folk music with jazz influence. Dornob's goal, in addition to friendship, crossing cultural bridges, learning music, and having fun playing music, is to make Persian music accessible to young and non-Persian audiences. This program was cosponsored by the Center for World Music and Escondido Arts Center.

PCC's Board Meetings

PCC's board of directors held its meetings on March 13 and April 17, 2019. If you are interested in PCC's activities, please renew your membership or become a member. You can find the membership form on our website at www.pccsd.org.



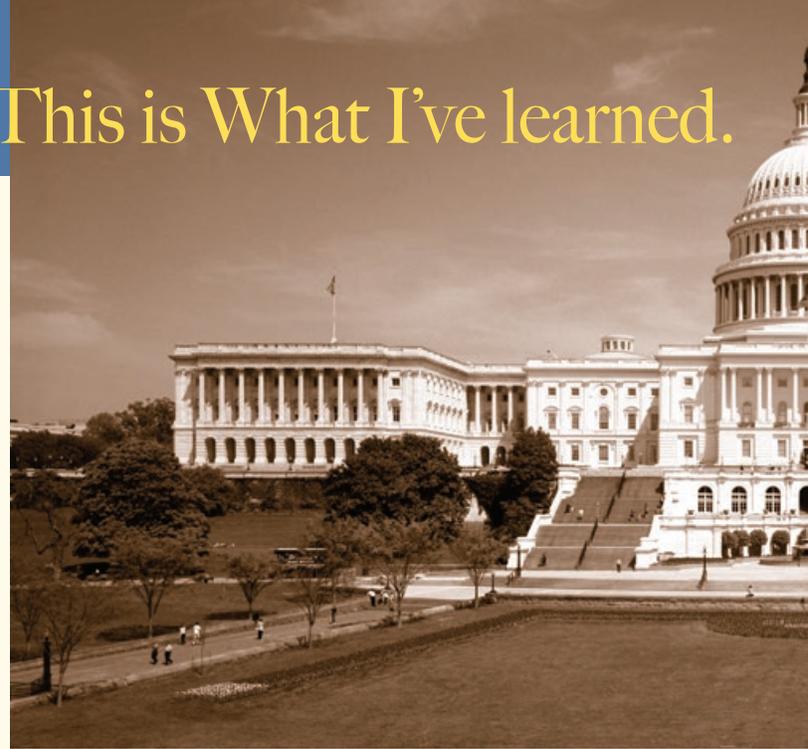
I Visited Congress, and This is What I've learned.

Aria Fani

On February 9, I accompanied a delegation from the San Francisco Bay Area headed to Washington, D.C., to urge lawmakers to support a pathway to residency for Temporary Protective Status (TPS) holders. TPS is a provisional designation given to 320,000 people from thirteen countries (later reduced to ten countries) who cannot return to their home countries due to natural disasters, violence, or other extraordinary circumstances. TPS has been canceled by the Trump administration as part of a much larger and methodically-executed plan to overhaul U.S. immigration laws. This is a clear abuse of presidential powers since the administration has by and large circumvented Congress, where immigration laws are debated and decided. This is precisely why we have seen so many legal challenges, some of which have reached the Supreme Court. The fate of TPS is also currently being fought in federal courts while the lives of more than a quarter million people and their families hang in the balance.

The cancellation of TPS has led to an incredible wave of civic mobilization on local and national levels. TPS holders, along with hundreds of their American allies, have formed dozens of local committees and come together on the national level to advocate for the rights of all TPS and Deferred Action for Childhood Arrivals (DACA) holders. This year, they organized the second "People's TPS Summit" in Washington, D.C. In the U.S. capital, we joined more than 40 other TPS committees as part of an impressively well-planned series of workshops and cultural events designed to familiarize participants with the process of lobbying lawmakers. The summit had two main outcomes. The first was a march from the White House to Congress attended by 5,000 people which gained the support of freshmen lawmakers like Alexandria Ocasio-Cortez (New York) and Ayanna Pressley (Massachusetts). Concurrently with the march, each TPS committee met with its representatives in Congress.

Our delegation met with six representatives from California. They had the opportunity to hear the heartfelt testimonies of TPS holders speaking about how this program has allowed them to live and work in the U.S. legally for more than twenty years, how its cancellation would rip them apart from their American-born children, and how deporting a people so well integrated in the U.S. would put a huge economic burden on taxpayers. Facilitators who were in the meeting, such as myself, could have provided any set of statistics backing up those claims, but it was important for constituents to look their representatives in the eye and say: "I have been living in your district for two decades, I have paid taxes and abided by laws, I have worked hard and created a family here. Living in the U.S. is not a matter of preference for me; it is a matter of security and safety. I have flown three thousand miles to remind you what you are fighting for." Each testimony was a powerful moment and we were all privileged to witness it.



These personal testimonies, each pushing back tears and dark fears, gave representatives the collective dignity and moral clarity they need to fight for legislative justice for a group of non-citizen Americans who have lived among us for twenty years with no permanent status. If construction workers with no background in community organization can put together such an impressive, non-violent, and well-attended summit (while working full time), then our representatives can do what they were elected to do. And credit to them, these representatives listened empathetically and lauded the efforts of their constituents in channeling their energy into civic engagement and social advocacy. No democracy will remain functional if its corridors of power are only trafficked by lawmakers and politicians. It is upon us as Americans, with or without status, to pour into these corridors our energy for positive change, to raise our collective voice to give all politicians the impetus to fight for social justice.

The main slogan of the People's TPS Summit ushers a rising wave of an all-encompassing systemic reform in Washington, D.C.: Nothing About Us, Without Us. In 2016, millions of Americans cast their vote to reject establishment politics by voting for a candidate that posed as an outsider who would disrupt a system rigged against them. Instead, they got a





self-serving administration that is destroying the system instead of disrupting it. More Americans are now raising their collective voice against powerful lobbying groups, be it the gun lobby or big pharma, that are fighting hard to keep the status quo because it is designed to advantage them. Through corporate personhood, lobbies have methodically removed the American people from the table and instead have put them on the menu. The outcome? Our planet is being damaged for the gain of a select few companies. Our citizens are being gunned down and no action has been taken by our lawmakers so that gun manufacturers continue to hear the deafening rings of their soaring sales. Stagnant wages have broken the middle class because unions have very little power to fight for workers. These fights are interconnected by a single most dignified slogan: Nothing About Us, Without Us.

Fighting for TPS is all but one front of a much larger battle for economic and racial justice in this country, and the American people understand that very well. In D.C., I met a Salvadoran TPS holder from Omaha. When he told me he lived in Nebraska, I immediately sighed and proclaimed that he, unlike California TPS holders, must have no allies. His answer delighted me. He replied that his boss, a Trump supporter, told him he would do anything to get his employee a permanent status. When he told

his boss that he was considering heading to D.C. to participate in the People's TPS Summit, his boss encouraged him to go and even offered him financial support. We might have seen this man on TV in a rally cheering and chanting for the President. He might agree with this administration's stance on immigration. But he still had the practical wisdom to support an immigrant whom he has come to know as a human being, a hard-working and honest worker.

Instead of having a humane and reasonable debate about the need for comprehensive immigration reform, this administration has created an echo chamber where asylum seekers, documented TPS holders, gang members, and drug traffickers are all seen as a single (racial) group. This group is then strategically and shamelessly blamed in rallies for increasing economic disparity and crime. The formula is hardly subtle: turn mob mentality into political victory. But it is deeply heartening that even during such a dark climate, this Nebraskan employer has risen above politics of demonization to value the labor and dignity of an immigrant from El Salvador. This encounter complicated my assumptions. It also taught me that echo chambers can be dangerous because so many voices get overshadowed by a single loudmouth in the room.

I returned home from Washington understanding that this is the beginning of our fight. Should there be no legislative solution to this humanitarian crisis, nearly three hundred thousand American-born children may get ripped apart from their families starting this September. Inflicting this unnecessary cruelty on immigrant communities will not make Americans feel safer or more prosperous. It leaves a quarter million Americans with the false choice of following their parents to crime-infested countries that they have never known or staying behind with no family. This policy change makes our communities significantly less safe and less prosperous. Without building a single mile of his promised wall, this President has already separated thousands of families seeking asylum in the United States and now he is hellbent on tearing families apart here at home. The People's TPS Summit gives us a noble cause to fight for. You do not need to travel to Washington, D.C., to understand that our immigration system is broken. It is designed to abuse and hurt the people who have carried this country forward and, alternatively, to work perfectly for a select few self-serving investors who have no loyalty to the U.S. or its people. It is unsurprising that our immigration system is not remotely in lockstep with the views of ordinary Americans, Democrat or Republican.

Please call your representatives and urge them to support a pathway to residency for DACA and TPS holders by voting yes on any of the following bills: the Dream and Promise Act of 2019 (H.R. 6), the SECURE Act (S. 2144), and the Dream Act of 2019 (S. 874)

Images: The TPS National Alliance Delegation at the U.S. Congress

Aria Fani is an immigration rights advocate at the East Bay Sanctuary Covenant in Berkeley, California.





Aria Fani

SFSU Held First International Conference on Iranian Diaspora Studies

We know who studies Iran, its history, culture, languages, and literature. By ‘we’ I mean the Iranian community in California. Most of us have at least heard of such names as Ehsan Yarshater, Amin Banani, and Ahmad Karimi-Hakkak, and have come across scholarly projects like the Encyclopedia Iranica. UCLA, UCI, and UC Berkeley all have dynamic programs in Iranian Studies while students studying in most universities across California can take Persian-language classes and Iran-related courses. But what about Iranians who live outside of Iran? Has Iranian diaspora, in the past four decades, become a scholarly object worthy of careful study? By that I mean, is our global community sizable enough and do we produce enough art and literature to warrant a focused academic study? If so, then who studies us?

If you were at San Francisco State University’s International Conference on Iranian Diaspora Studies on March 29th and 30th, you would have received clear answers to all those questions and left with questions that you did not even have from the beginning. Let me give you some background. In 2016, SFSU received a gift of million dollars from its alumna, Neda Nobari, an Iranian philanthropist, in order to establish a center for the study of Iranian diaspora. SFSU selected Dr. Persis Karim, previously a professor of English and Creative Writing at San Jose State University, as the chair of the newly-established Center. If you have been reading *Peyk* for the past fifteen years, you may remember Zohreh Ghahremani’s review of Karim’s edited anthology *Let Me Tell You Where I’ve Been: New Writing by Women of the Iranian Diaspora*, published in 2006.

The Center for Iranian Diaspora Studies is the first of its kind anywhere in the world. It provides a scholarly platform for academics who study the Iranian immigrant condition, perspective, and experience from within a multitude of disciplines ranging from sociology to refugee studies. The Conference on Iranian Diaspora Studies was the Center’s first major project. If you take a look at its program (available at: cids.sfsu.edu/content/conference-program), you will notice a number of exciting factors. This emerging field is led by young female scholars who are not just contributing to a new scholarly domain, but are redefining what it means to be Iranian. They are highly conscious of race, gender, sexuality, and socio-economic status, and their critical awareness is fully reflected in their works.

Take Neda Maghbouleh’s newly-published book *The Limits of Whiteness: Iranian Americans and the Everyday Politics of Race* (2017), which was also reviewed in *Peyk*. In her study, Dr. Maghbouleh confronts the question of race, a less commonly discussed subject among most Iranians, in a way that is critical, fully conversant with scholarly conversations in other fields and disciplines, and refreshingly aware of its moral stakes in the real world. Maghbouleh was one of many keynote speakers at the conference.

Another factor you would notice is how diverse the scholarly inquiries in Iranian Diaspora Studies are, reflecting training in various fields: anthropology, sociology, literary studies, theatre, art history, refugee studies, and so many more. What I find extremely exciting is that these scholars are not merely pursuing these inquiries within the bounds of their discipline’s received wisdom and scholarly conventions. They are challenging the type of questions and assumptions an anthropologist or sociologist is expected to make of his or her object of study, and in so doing, they are actively expanding and changing their own disciplines, beginning with the fact that no discipline in the twenty first century can pose as self-contained. All disciplines are necessarily in conversation with one another and those conversations are fundamental to how they define and redefine themselves. Lastly, I was struck by the multiregional scope of the talks presented at the conference. Speakers gave a loud nod to the fact that Iranians do



not just live in Los Angeles, Toronto, and Stockholm, but also in Dubai, Lima, and Kuala Lumpur.

Since Persis Karim obtained her Ph.D. from the University of Texas, Austin, in 1998, the study of Iranians in diaspora has come a long way, in no small part thanks to her pioneering efforts and mentorship of young scholars who are now leading the field. Iranian Studies may be a more longstanding scholarly field, but it can certainly learn so much from the emerging field of Iranian Diaspora Studies when it comes to critically integrating ongoing debates in race, gender, and sexuality studies. I am also very happy as a proud alumnus of the California State University system that the new Center is housed at SFSU, which has a long tradition of social justice that dovetails well with a generation of Iranian-American scholars who have made it their mission to create a language surrounding Iran and Iranians that affords more complexity and nuance.

Aria is *Peyk*’s self-designated NorCal correspondent.

Events in San Diego

Persian Cultural Center

Tel: (858) 552-9355 Fax & Voice: (619) 374-7335
www.pccsd.org



Reza Deghati's Photographic Exhibition

at UCSD, Art Gallery April 9 through May 9, 2019

Limits of Whiteness,

Wednesday, May 1, 2019, 7 PM, at IAC
Lecture and Book Signing by Dr. Neda Maghbouleh of the University of Toronto, Canada

Talk on Tanbur by Ali Akbar Moradi

Thursday May 2, 2019
UCSD Conrad Prebys Music Center



Iranian & Jazz Music Night

Saturday, May 11, 2019, 8:00PM
At Dizzy's, 1717 Morena Blvd, San Diego, CA 92110

Docunight

Wednesday 8 May and June 4, 2019, at IAC

Jong e Farhangi

Friday May 10 and June 14, at 7:30 PM, at AIC

Movie and Discussion

Friday May 17 and June 21, at 7:30 PM at AIC

Setar Workshop with Kourosh Taghavi

Saturday May 18 from 11am- 2pm at IAC

PCC Annual Meeting and Election

Sunday, May 19, 2019 at ISSD/
Mt. Carmel High School 10am to 12noon

Setar Concert Students with Kourosh Taghavi

Saturday, June 1, 2019 at IAC

K-Von, Comedy Show

Sunday June 2, 2019 at IAC

4th Tehran Book Fair June 1, 2019, from 10 AM to 5 PM at IAC

Morgh Sahar, a play, Director: Mahmoud Behrouzian, Saturday
June 8 and June 16, 2019 7:30 pm at IAC

Art Exhibition Open to Public

From 9:00 am to 3:00 pm (Monday to Friday)
Iranian-American Center • 6790 Top Gun St. #7, San Diego, CA 92121
Info: 858-552-9355

Setar Class by Kourosh Taghavi

Registration and info: (858) 717-6389

Tar & Guitar Class by Farhad Bahrami

Registration and info: (619) 318 1286

Tombak Class by Milad Jahadi

Registration and Info: (858) 735-9634

Iranian School of San Diego 858-552-9355

ISSD End of the Year Party

Sunday June 2, 2019
at ISSD/ Mt. Carmel High School 10am to 12 noon

Branch I Classes, Sundays from 9:30am-1pm

Mt. Carmel High School

Branch II Classes, Thursdays from 6-8pm

Mt. Carmel High School
Mount Carmel High School
9550 Carmel Mountain Road • San Diego, CA 92129

Persian Dance Academy of San Diego

Dance classes for all ages at the location of Iranian School
10:00 AM to 1:00 PM
(858) 552-9355 www.pccsd.org



Dollar a Month Fund

Tel: 858-552-9355 • www.dmfund.org
www.facebook.com/DollaraMonthFund



AIAP (Association of Iranian-American Professionals)

Tel: (858) 207 6232 • www.aiap.org
Last Wednesday of each month at 6:30 PM
at Sufi Mediterranean Cuisine
5915 Balboa Ave, San Diego, CA 92111



ISTA (Iranian Student Association at UC San Diego)

www.istauscd.org



House of Iran House of Iran Balboa Park

House of Iran at Ethnic Food Fair
at the Balboa Park, Sunday May 26, 2019
10am to 5 pm Tent/Food
Open to public Sat. and Sun. from 12-5pm
www.thehouseofiran.com



Iranian-American Scholarship Fund

Tel: (858) 552-9355 • www.iasfund.org
www.facebook.com/Iranian-AmericanScholarshipFund



Mehrgan Foundation

www.mehrganfoundation.org Tel (858) 673-7000

PAAIA www.paaia.org

Public Affairs Alliance of Iranian-Americans



NIAC www.niac.org

National Iranian-American Council



IABA Iranian-American Bar Association

www.iaba.us/chapters/san-diego

Book Club Meeting

Last Saturday of each month
Iranian-American Center (IAC)
6790 Top Gun St. #7, San Diego, CA 92121
Tel (858) 552-9355

Iranian-American Life Science Network (IALSN)

www.ialsn.org

For latest events in San Diego visit:

www.chekhabar.com

Reza, A Dream of Humanity, Photo Exhibition

April 9, through May 9, 2019, T, W, Th Noon to 4:00 PM
at UCSD, University arts Gallery.

GATOR BY THE BAY-ZYDECO, BLUES & CRAWFISH FESTIVAL

619-234-8612 May 9 - May 12, 2019

2019 SAN DIEGO ROCK 'N' ROLL MARATHON SERIES

JUNE 1-2, 2019 Rock 'N' Roll Marathon Series Jun 1 - Jun 2, 2019

2019 SAN DIEGO COUNTY FAIR

Del Mar Fairgrounds 22nd DAA 858-755-1161, May 31 - Jul 4, 2019

2019 ANNUAL OVER THE LINE TOURNEY

Jul 13 - Jul 14, 2019



Visit Our web site at www.pccsd.org

ISSD HaftSeen Drawing Competition

Last February we asked all ISSD students to join a drawing competition for Nowruz. The students were supposed to submit their “haft seen” drawings before the Nowruz holidays. We promised to choose the best ones and print them in Peyk. We had a few early submittals and we used some of them in Peyk 180. Those were not a part of the competition. A total of 86 students participated. The artworks were all great and made it extremely difficult for us to choose just a few. We placed all the drawings on large boards and exhibited them at school on April 14 for parents and teachers to vote for their favorites. To be fair, we divided them into three categories:

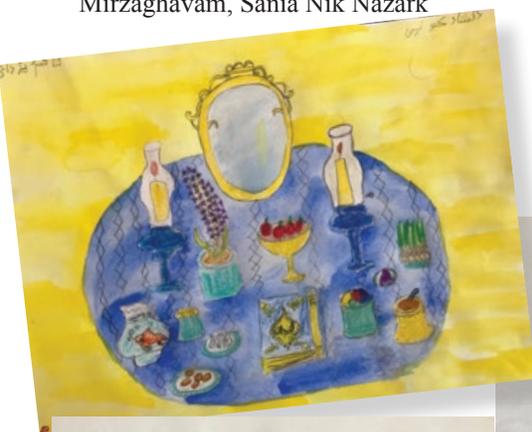
- 1- Pre-K and K students (under 6 years old),
- 2- Artwork quality and
- 3- All the rest.

The following are the top three or four students in each category that received the most votes. We wish that we could print them all but due to the limited space, we can just print the ones received the most votes. All participants will receive extra credit for their participation.

Pre-K and K students: Lia Javaheri, Kian Khadem, Vida Cote Vahidi

Artwork: Samin Khatibi, Mana Vaziri, Shadi Conan, Delshad Conan

6 years and older: Bardia Zahiri, Hajar Satarzadeh, Arian Mirzaghavam, Sania Nik Nazark





Modern Financial Planning

Cash Flow and Financial Balance

In the first three articles of financial literacy series published in *Peyk Magazine* modern financial planning and the modern balance sheet as well as its four domains of Protection, Assets, Liabilities, and Cash Flow were introduced. Also, the Protection, Assets, and Liabilities domains were discussed in more detail in the said articles. In this piece, the Cash Flow domain is first elaborated and subsequently the overall advantages of using the modern balance sheet for financial planning are indicated.

To reiterate, the following modern balance sheet structure was introduced in the previous articles:

Protection (acts as the “umbrella” that shelters the Asset, Liability, and Cash Flow domains)

Assets – Liabilities = Net Worth

Cash Flow (displays the sequential money flows)

Cash Flow

The Cash Flow Domain of the modern balance sheet displays the sequential money flows in the critical areas of Gross Income, Protection or Insurance Costs, New Savings into Assets, Liability Payments, and finally Net Income.

Gross Income – Protection Costs – Savings – Liability Payments = Budget for Life Style

Understanding the proper relationship and priority of where money flows often affects the amount of protection that is maintained, how much is saved regularly, and the opportunity to enjoy a financial life that is well balanced and on budget. Unfortunately, most Americans inadvertently develop an improper and inefficient cash flow strategy early on in their adult lives. Often, when they get their first “real” job after completing school, they will tend to direct their gross income first to lifestyle to build a standard of living. Next, many will begin to develop short term debt resulting from buying things they cannot yet afford to own outright. As a result, the flow of their income now goes first to lifestyle and then to the payment of liabilities. When they eventually begin to try to save, there is little income left to direct to assets. And finally, because their cash flow is misdirected, they are forced to make protection decisions that are often expensive, inefficient and insufficient.

This modern planning approach could help households and business owners re-evaluate the flow of their money and how it impacts both the accumulation and distribution of wealth. Through efficient cash flow management across the four critical domains of the modern balance sheet, the users will have the opportunity to both increase the ultimate value of their balance sheet and improve their distribution options and opportunities.

To make the most of your cash flow, choose maximum protection for minimal cost, save a minimum of 15-20% of your gross income to prepare for increasing cost of living, pay off bad debt, keep house and car payments manageable, minimize taxes, and live within a realistic budget.

Achieving Financial Balance

Understanding how various financial pieces can effectively be integrated helps create peace of mind and breeds a high level of financial confidence. As it was discussed in the first article, long term financial needs are impossible to predict. Stress testing is a much more important financial goal. Rather than focusing on hard to predict financial goals or targets, the modern balance sheet stresses the value of following the game rules in the four financial domains of Protection, Assets, Liabilities, and Cash Flow. Each domain has a specific role in achieving overall financial balance and success. Every product or financial instrument that exists, or that might be created in the future, can be placed into one of these four domains.

Achieving financial balance and success requires special attention in all four domains that makeup the modern balance sheet. Overemphasis in one domain while neglecting one or more of the other domains may lead to disappointing financial outcomes. This is because of the “interdependent relationship” that exists between each domain.

Often financial plans do not fully consider all aspects of finances in such a holistic manner. As a result, there will be deficiencies in the plans that make them unbalanced and therefore create undesirable financial symptoms such as inadequate protection, insufficient annual savings, low overall rate of return, unnecessary high risk, high debt balances, and not living within a budget.

To avoid those deficiencies, the modern balance sheet has four essential steps that act as the root system to maintaining and building wealth. These steps are: 1- protect your todays, 2- high rate of savings, 3- life event preparedness, and 4- living debt-free.

Bottomline

In these four articles an uncommon method for household and business financial planning was presented. Unlike traditional financial planning, this modern approach uses a wide-angle view of a person’s or an entity’s entire financial picture for financial planning. It does not simply rely on math to attempt to map out a specific path for achieving one’s financial goals. Instead, because the future is so unpredictable, it focuses on the pursuit of overall “financial balance” as the key objective.

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The Science of

Nutrition

FACTS ABOUT GLUTEN

By: Mohammad Ahrar, PhD



1- Introduction

According to the Burdock Group, which specializes in food market research, the use of gluten-free products by Americans is on the rise; “gluten-free products have grown to represent a \$9 billion market in 2014” and the market is growing. Such facts haven’t stopped the food industry from taking advantage of the trend, and the label “gluten free” appears on everything from craft beer to cat food. Reports show that millions of people give up gluten in hopes of losing weight, improving mood, and getting healthier. Still, you may wonder whether these methods are backed by science. A short description of gluten was mentioned in *Pejk* #162. In this article, we will discuss the nutritional value of gluten and the pros and cons of gluten-free foods. I hope our readers find it useful.

2- What is gluten?

Gluten is a complex protein found in some grains such as wheat, barley, rye, triticale (a cross between wheat and rye), and kamut (an Egyptian wheat, also referred to as Khorasan wheat). Gluten is also found in some varieties of oats, plus all the products derived from these grains. Of the gluten-containing grains, wheat contains the most amount of gluten and is by far the most commonly consumed grain for human consumption. The proteins in corn and rice are sometimes called glutens, but they differ from true gluten in wheat. The term ‘gluten’ or true gluten encompasses two primary families of proteins; mainly gliadins and glutenins. About 80% of the wheat protein is gliadin and glutenin. Of the two proteins, gliadin is responsible for most of the negative health effects.

Glutens, especially wheat protein, have unique properties, which give dough its elasticity, helping it rise when baked and giving bread a chewy texture. (4-4)

Gluten is insoluble in water and has a glue-like and elastic property. These properties, and its relative low cost, are the reasons why gluten is so widely demanded by the food industry and for non-food uses, such as many cosmetics and personal care products. Although the U.S. Food and Drug Administration mandates that all ingredients in a product should be on the label, if the percentage of an ingredient is less than the federal guideline, the producers don’t have to mention all the ingredients on the label. (Note: you may find the terms prolamins, gliadin, hordeins, secalins, and avenins on some labels; all of these are a variety of glutens from different grains.)

3- Is gluten bad for you?

Worldwide, gluten is an important source of food protein, both in foods prepared directly from grains with gluten in them or added to other foods to enhance protein content. Wheat protein, which is mainly comprised of gluten, has been the main food source for millions of people all over the world. In most countries, bread is

made with wheat and constitutes the major food on the table, if not the only food.

Some vegetarians prepare burgers with wheat gluten in the following manner: when flour is mixed and washed with water, the starch granules will be removed, leaving the sticky insoluble gluten as an elastic mass which is then fried before being eaten.

Most people tolerate gluten just fine, and never show any symptoms of gluten sensitivity or wheat allergy. However, it can cause problems for people with certain health conditions. These include celiac disease, gluten sensitivity, wheat allergy, and some other diseases.

There is confusion over whether gluten is problematic for everyone or just those with certain medical conditions. Studies have shown that people who have been diagnosed with celiac disease or gluten intolerance should avoid foods or any product that contains gluten because of severe adverse conditions.

A review in *The New England Journal of Medicine* listed 55 “diseases” that can be caused by eating gluten in individuals who have celiac disease or are allergic to gluten. These include osteoporosis, irritable bowel disease, inflammatory bowel disease, anemia, cancer, fatigue, canker sores, rheumatoid arthritis, lupus, multiple sclerosis, and almost all other autoimmune diseases. Gluten is also linked to many psychiatric and neurological diseases, including anxiety, depression, schizophrenia, dementia, migraines, epilepsy, and neuropathy (nerve damage).

4- What is celiac (coeliac) disease?

Celiac disease is a genetic, autoimmune disease that causes a person’s own immune system to damage the small intestine when gluten is consumed. The term “coeliac” is from the Greek word for “abdominal” and was introduced in the nineteenth century. In celiac disease, the immune system responds abnormally to gluten as a foreign protein in the digestive system. In a healthy individual, the inner lining of the small intestine consists of millions of small fingerlike projections called villi and microvilli, which provide a large surface area for the effective absorption of nutrients from digested foods. In those who suffer from celiac disease, however, the lining of the intestine loses most of its villi and microvilli and flattens out; therefore, it can no longer absorb nutrients effectively.

Research shows that upon exposure to gluten, the immune system in patients with certain medical conditions produce abnormal antibodies that cause inflammation in different organs including the small intestine which negatively affects the absorption of nutrients. This can have serious health consequences such as anemia, osteoporosis, joint pain, depression, and anxiety.

Celiac disease is most common among genetically susceptible people of European descent. The most recent estimates suggest that, in the U.S., less than 0.8% of the population have been diagnosed



with celiac disease. The gliadin and glutenin proteins found mainly in wheat are the major cause of sensitivity in people with celiac disease. (3)

5- Is gluten intolerance the same as celiac disease?

Gluten intolerance or non-celiac gluten sensitivity is not the same as celiac disease and does not appear to involve the immune system or damage to the gastrointestinal (GI) tract. However, individuals with gluten intolerance can experience similar symptoms, such as stomachaches, diarrhea, bloating, abdominal pain, fatigue, nausea, and occasional constipation if gluten is consumed, but the symptoms of gluten intolerance are less severe. Many of these symptoms occur shortly after consuming gluten. Much less is known about gluten intolerance than celiac disease.

6- What is a wheat allergy?

Although many people eat wheat and wheat products as their main source of food without showing any problem, unlike many other foods, wheat and wheat products can produce allergies in some people. Someone who is allergic to wheat may or may not be allergic to other grains such as barley or rye. Symptoms related to a wheat allergy will usually begin within minutes or a few hours after consuming wheat range from mild to very severe. Symptoms of wheat allergy include nausea and vomiting, diarrhea, irritation of mouth and throat, nasal congestion, eye irritation, hives, and rash. If you experience any of these symptoms, you must consult with your doctor because there are many other health complications that show similar symptoms.

7- Are gluten-free foods healthier than normal foods?

Nutritionally, gluten is a poor-quality protein because it does not have balanced amino acids, as found in meat and egg whites. Gluten-free diets do not cause any imbalanced protein, provided all other major nutrients are supplied in the diet. Health professionals also suggest that cutting out wheat and other gluten-containing grains or products will not cause adverse health effects, so long as these products are replaced with nutritious foods.

However, substantial research shows that going gluten-free does not automatically equate to good health. Most grains provide basic nutrients and are the main source of food for many people to survive and stay healthy. According to a study published in the *British Medical Journal*, people who eat whole grains are less likely to be overweight or have diabetes, heart disease, or even many cancers. A 2010 comprehensive review in *Nutrition Research Reviews* showed that whole grain cereals can protect the body against disease and the aging process caused by oxidation because oxidation is involved in most major chronic diseases: metabolic syndrome, obesity, diabetes, cancers, and cardiovascular disease. Whole grains

contain 31 different antioxidants, which are beneficial in several ways. For example, the whole grain's structure and rate of digestion increases the feeling of fullness—helpful for weight management—and releases blood sugar slowly, recommended for those with type 2 diabetes. Dietary fibers in whole grains improve gut health, and the antioxidant and anti-inflammatory properties found in most grains can help prevent cancer and cardiovascular disease.

8- Why go on a gluten-free diet?

While it's safe to follow a gluten-free diet, it's important to know that processed gluten-free products are not any healthier than gluten-containing products. Some researchers suggest that promoting gluten-free diets among people without celiac disease should not be encouraged. Many people fall into the trap of replacing grains with too many starchy foods such as corn, potato, tapioca, etc. Too much starch can cause an insulin surge that creates inflammation resulting in fat deposition and weight gain. Some studies indicate that gluten increases endorphins that create a sense of well-being and may be addictive, so people crave whole breads and enjoy the smell of baked bread. Consequently, many companies market gluten-free cookies, cakes, and other highly processed foods as healthier than their gluten-containing counterparts.

Medical studies, however, show that gluten-free products are proven to be beneficial for those who need them, such as celiac people, and that is the only remedy for celiac people so that their digestive tract won't be affected by the proteins gliadins and glutenins found in wheat.

It is interesting to realize that gluten-free foods, especially refined foods processed to make them gluten-free (many made with potato starch or rice starch), cheat the consumer out of the many health benefits of whole grains—such as wheat, barley and rye—and can be seriously lacking in critical nutrients such as fiber, iron, zinc, folate, niacin, thiamine, riboflavin, calcium, vitamin B12, and phosphorus. All of these nutrients can easily be supplied by a well-balanced diet consisting of vegetables, fruits, healthy fats, and nutritious protein sources.

Please see your physician if you have any questions regarding wheat allergies and gluten sensitivity.

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Home, Belonging and Becoming

By Marriam Zarabi

This narrative is a reflection of my experience at an art exhibit at the San Francisco Arts Commission.

In March, I attended an art exhibit titled *Part and Parcel*, curated by Taraneh Hemami, at the San Francisco Arts Commission. The exhibition, which was the opening reception for “Forty Years & More: International Conference on Iranian Diaspora Studies” hosted by the Center for Iranian Diaspora Studies at San Francisco State University, featured contemporary Iranian diaspora art from artists Tannaz Farsi, Gelare Khoshgozaran, Sahar Khoury, and Minoosh Zomorodinia. The artists celebrated an interdisciplinary perspective that illuminated the complexity of identity, home, belonging, and becoming; systemic structures, time, and history; and identity.

I am pulled toward a floor structure of geometric shapes that remind me of the tapestry hanging on my dining room wall. The intricate shapes function independently while simultaneously creating a synthesis that encourages your eye to move first along the perimeter before re-navigating to the center. I resist my curiosity for exploration and push down my desire to step inside the floor-mounted structure, perhaps the same way I explored my curiosities as a child playing on playground equipment.

Hanging near the floor sculpture is a horizontal piece that resembles a list of names, and reads horizontally. The line movement reminds me of the framed calligraphy in my childhood home. The shapes blur and I become disoriented if only for a second, before my eyes readjust. My mind plays tricks—for a second, I believe I distinguish a letter, or even a name—and I am certain I see my mother’s name, my grandmother’s name, and even Neda—Neda Agha-Soltan. I am looking at an art piece by Tannaz Farsi. *The Names* is a collection of names of women artists, poets, writers, martyrs, and translators, in a handmade English alphabet created by Farsi. The piece represents the ways in which women “stand upon each other, screen like, creating solidarity built on the vertical and the horizontal axis both in visual form as well as in time” (Tannaz Farsi). She explains that “[my] gesture attempts to set these women as a cultural and intellectual standard that is not always collectively visible” (Tannaz Farsi). I spend a long time here, reflecting on the women in my life. I spend a long time here, thinking about what it means to be an Iranian-American woman. I spend a long time here, giving thanks to all the women in my life.

I enjoy my time in silence and reflection. As the reception comes to a close, the security guard politely encourages guests to make their way toward the exit. I scan the exhibit and join the other attendees, creating a bottleneck formation in our effort to navigate the exit.

As we slowly exit the exhibition space, I find myself with a small group of women my age. We engage in spontaneous conversation about the art pieces, sharing interpretations and the ways in which the art represents the diaspora community. Similar to the ways in which a goodbye at the end of a *mehmoon* sparks a long conversation, the same encounter unfolds here, as we stand under the exit sign of the museum. Our conversations touch on philosophy, gender, literature, politics, and tradition—specifically, ways in which generations uphold and practice traditions carried by their



parents and grandparents. *I have become very skilled at making tahdig*, shares one woman. *Oh, do you know the doon-ing anaar trick? There is a great YouTube tutorial—I will send it to you!* We embrace in laughter as we exchange tips and tricks for traditions that encourage family gathering and communality—mostly around eating, of course. I smile as I think about Farsi’s collection of names, and the ways in which the women expanded traditional gender roles to acknowledge and celebrate characteristics like independence and empowerment. I think about the ways I navigate two cultures, two value systems and, ultimately, two identities. In conversations on values and self-identity with my mother, she will often reflect *you are American because you were born here*, but sometimes, I feel so strongly, as I did during *Part and Parcel*, I feel very much Iranian.

What traditions are important to me? What do I hope the next generation continues to practice? In what ways do complex intersections shape and shift my values? Time, developmental milestones, and experiences shift my values, but at the core a few things remain: fall-e Hafez; celebrating Nowruz; seeking the advice and guidance of grandparents; exploring what it means to identify as Iranian-American in a Western society; and *embracing* the ways in which complex intersections shape and shift with time, with every developmental milestone and through experience.

These values are most important to me, and these values create the foundation of my Iranian-American identity. These values help me understand the evolving feeling of home, the sense of belonging, and the beauty of becoming. At least today.

Citations

Brochure, San Francisco Arts Commission Galleries, *Part and Parcel*, San Francisco Arts Commission, San Francisco, CA.

The San Francisco Arts Commission Galleries. *Part and Parcel artists of the Iranian diaspora examine geographies of belonging*. January 2019. San Francisco.

Marriam is a graduate student studying clinical psychology. She explores her dual identity through narrative and written prose, often writing about her personal experiences as a first-generation Iranian-American.

Questions? Comments? Story ideas? Please send me an email: marriamzarabi@gmail.com



Nush-e Jan

Persian Cuisine

From “Cooking in Iran – Regional Recipes,” a new 700-page cookbook by the guru of Iranian cuisine, Najmeh Batmanghelij, we take a culinary trip to the Caspian Sea region (northern Iran). “The provinces of Gilan and Mazandaran are spectacular, from the mild-weathered beaches of the Caspian Sea to the snow-capped Alborz Mountains and the plains in between. This is where rice, tea, sturgeon and caviar come from. The most exotic and medicinal wild herbs of any region in Iran are also to be found here. This is where you will encounter the most delicious yet simple vegetarian dishes of the Iranian kitchen. Two distinguishing marks of what’s popular are the use of garlic and the love of sour rather than sweet dishes. Every meal has a little rice and fish, whether salted, smoked, fried or roasted.”

I am learning so much from this book, be it the history of different regions, as well as the diverse and wonderful recipes. This book deserves to be in our kitchen.

STURGEON KABAB WITH SOUR ORANGE

Serves: 4 Prep: 10 minutes + 8 hours of marinating
Cooking: 6 minutes

“Sturgeon does not have small bones and its flesh is firm and uniquely tasty. It’s a perfect fish for kababs. But the skin is very tough and must be removed for any kind of cooking. Be sure not to overcook it, as with shrimp and tuna it can quickly become tough and dry.” Now is the best season for sour oranges.

Fish: 2 lb. sturgeon, skin removed, rinsed, and cut into 2-inch cubes

Marinade: 2 medium onions, sliced; 1 cup fresh lime juice; 2 tsp. fine sea salt; ½ tsp. freshly ground black pepper; 1 tsp. ground Persian hogweed seeds/golpar (optional); ½ cup oil

Baste: ½ cup sour orange juice; 2 Tbsp. butter; 2 Tbsp. tomato paste; ½ tsp. fine sea salt

Garnish: ½ cup chopped fresh parsley; 1 sour orange, cut in half

Skewers: 6 flat ½-inch wide, sword-like skewers

1. *To make the marinade:* In a mixing bowl whisk together all the ingredients for the marinade. Add the fish, toss well, cover, and refrigerate for at least 8 hours and up to 24 hours.
2. Start a bed of charcoal 30 minutes before you want to cook and let it burn until the coals are glowing evenly. Meanwhile, thread the cubes of fish onto the skewers.
3. *To make the baste:* In a saucepan, combine all the ingredients for the baste and bring to a boil. Keep warm.
4. *To grill the fish:* Once the coals are evenly lit, grill the fish for 1 minute on each side (do not overcook). The fish should be seared on the outside, juicy and tender on the inside. Transfer to the serving platter, sprinkle parsley on top, and add a squeeze of fresh sour orange. Serve hot with rice/kateh and garlic pickles.



Public Announcement



Need help with your energy bill?

SDG&E has several assistance programs to help lower your monthly energy bill while keeping your home comfortable.

California Alternate Rates for Energy (CARE) Program: Save 30% or more every month on your bill. Eligibility is based on participation in certain public assistance programs, or household income and how many people live in your home. sdge.com/CARE

Family Electric Rate Assistance (FERA) Program: If you don't qualify for CARE, you may for FERA. You could receive a 12% discount on your energy bill. FERA is only open to households with three or more people. sdge.com/FERA

Medical Baseline: This program has helped over 30,000 people, who have a qualifying medical need or medical device, to lower their energy costs. Household income isn't a qualifying factor. sdge.com/medicalbaseline

Energy Savings Assistance (ESA) Program: You may receive free energy-saving improvements for your apartment, condo, house or mobile home; such as lighting, furnace repair, weather-stripping, attic insulation and select appliances like a refrigerator. sdge.com/ESAP

For details about SDG&E's programs, visit sdge.com/Assistance, call 1-800-411-7343 or email billdiscount@sdge.com.

Reza Deghati in San Diego

By Ali Sadr



I have followed renowned Iranian photographer Reza Deghati's work for many years, always admiring his artistic and humanitarian approach to his subjects. I became a member of the National Geographic Society when I first moved to the U.S., and naturally received and collected the magazine. I have marked and separated the issues that covered Reza's works, not just because he is probably the most famous Iranian photographer, but for his vision, his stories and, of course, his art. Therefore, when I heard from Professor Shahrokh Yadegari of UCSD that Reza had been invited to come to San Diego for a lecture and teaching along with exhibiting his works at UCSD, I was beside myself. I contacted Reza's office to invite him to attend our Jong e Farhangi at PCC. He graciously accepted and was my guest on Friday, April 12, 2019.



At the start of his presentation, Reza showed a video that covered over forty years of his work. He then showed his slides and spoke about the stories behind each shot. During his forty-year career, he has travelled to over 100 countries as a photojournalist and covered many trouble centers and humanity conflicts. He has also published 30 books and participated in many documentaries for the National Geographic Channel. His work has also featured on the covers of *Time Magazine*, *Stern*, *Newsweek*, *El País*, *Paris Match*, among others.



Since 1983, Reza has been a volunteer committed to the training of youths and women from conflict-ridden societies in the language of images, to help them strive for a better world. He has done extensive work in Afghanistan, including publishing a magazine and creating a radio station for women. Reza has also established Reza Visual Academy and has been giving workshops on the language of images to children and youth in refugee camps and urban disadvantaged youth in Europe. He even provides them with cameras and teaches them to document their own stories.



Reza's works have been publicly shown in Paris, London, Luxemburg, Doha, Toulouse, Brussels, New York, Azerbaijan, Corsica and overall over 250 exhibitions throughout the world since 1998. During the summer of 2015, giant photos of his work—and that of some of his students—were featured along approximately 400 meters of the banks of the Seine. The showing, entitled "Dream of Humanity," exhibited portraits of refugees from around the world. Some of these photos were taken by refugee





children in Iraqi Kurdistan who were trained as “camp reporters” at the workshops organized by Reza Visual Academy.

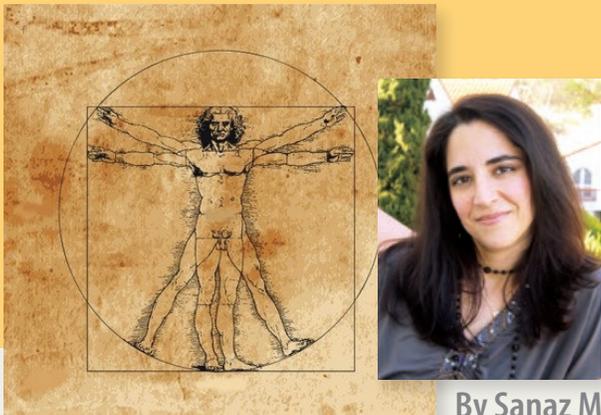
Reza Deghati is a Fellow and Explorer of the National Geographic Society, and a Senior Fellow of the Ashoka Foundation. His work has been recognized by World Press Photo; he has also received the Infinity Award from the International Center of Photography, the Lucy Award, an honorary medal from the University of Missouri, and the honorary degree of Doctor Honoris Causa from the American University of Paris. France has also appointed him a Chevalier of the National Order of Merit.

On Sunday, April 14, 2019, Reza attended the Iranian School of San Diego (ISSD) and spoke to our leadership class and other students about the art of photography for telling stories. He also introduced them to the photo competition that he organizes annually for children and youth for the environment (www.childrenseyeonearth.org).

Reza’s visit to San Diego was made possible with a grant from Roghieh Chehre-Azad Distinguished Professorship at the college of Arts and Humanities of UCSD. His works are on exhibit at the University Art Gallery (UAG) at UCSD until May 9, 2019.

Please visit Reza’s website:
<http://www.rezaphoto.org>





By Sanaz Majd, MD

How to Interpret Your Cholesterol Test

Ever wonder what those cholesterol numbers in your blood test really mean? Let's review each major cholesterol type and discuss when a medication may be necessary. If you have a copy of your last test results, retrieve it and let's review it together.

Note that a lab's normal ranges may differ slightly, depending on the lab.

TOTAL CHOLESTEROL:

The "total" cholesterol is often the first one reported in the blood test panel, but perhaps the least clinically useful. 200 is often the normal cut-off value. However, there is no need to panic if this number is elevated, especially if the other cholesterol values in the panel are at goal. The total is a reflection of all of the various cholesterol types, and takes into account your "good" cholesterol (the HDL), as well. Therefore, if the good cholesterol is elevated, it will drive up the total. For this reason, the total cholesterol is often not as valuable as the individual components in the cholesterol panel.

LOW DENSITY LIPOPROTEIN (LDL):

This is the "bad" cholesterol that contributes to plaque formation in the blood vessels and the cholesterol type that has been most linked to the development of heart disease. For most people, the goal is less than 130. However, doctors may be more aggressive in lowering cholesterol in those with diabetes, heart disease, or chronic kidney disease. Note that "statin" cholesterol-lowering drugs specifically target the LDL.

HIGH DENSITY LIPOPROTEIN (HDL):

This is the "good" cholesterol that transports the "bad" cholesterol away from the blood vessels back to the liver. A higher HDL (NOT lower) is desirable, preferably over 40. Exercise can help increase it. However, there are a few recent studies that suggest that a *very* high HDL (cited as over 60) may represent a poorer *quality* of HDL that may actually increase heart disease risk in some people. Further research is necessary in order to shed light on this topic, however.

TRIGLYCERIDES (TGs):

TGs are also "bad." Normal values are typically below 150. Values over 400 have been associated with acute pancreatitis and are more worrisome. Interestingly, many people may not be aware that the TGs are the only value in the entire cholesterol panel that will change if you're not fasting. Therefore, a non-fasting cholesterol test is not necessary for most people without a history of significantly elevated TGs.



Alcohol, high carb consumption, and uncontrolled DM can increase TGs, as can some genetic disorders. For those people with these risk factors or a history of elevated TGs, consider a blood draw after a 12-hour fast in order to obtain a more accurate value. For the rest of you, there is no need to inconvenience yourselves by fasting.

CHOLESTEROL-LOWERING TREATMENT:

When is a cholesterol-lowering treatment necessary? Elevated cholesterol values alone do not necessarily warrant drug treatment. Besides the cholesterol values, your risk factors for the development of heart disease determine the need for a medication.

Doctors often use a formula called a "Framingham Score" to determine a patient's risk of developing heart disease in the next 10 years. This formula takes into account your age, sex, and your risk factors for heart disease (such as diabetes, hypertension, and cigarette smoking). Here is a link to an online calculator to determine your personal score: <http://www.cvriskcalculator.com/>.

Truthfully, your cholesterol will not change much from one year to the next, unless you gain significant weight or change your diet. Therefore, for most healthy patients without risk factors for heart disease, there is no need to routinely check cholesterol levels every single year—screenings are recommended about once every five years.

To view the video version of this article, check out: www.youtube.com/MajdMD.

Sanaz Majd, MD, is a board-certified family medicine physician who hosts a patient-education YouTube channel (@MajdMD), sharing home treatment tips for common medical conditions. You can also follow her on Facebook, Twitter, or Instagram: @SMajdMD.



PCC Student Committee

The Persian Cultural Center of San Diego recently formed a student committee, consisting of members Anahita Emami, Armeta Fazel, Navid Ghazi, Behrad Hafezi, Shakiba Mahmoudi, Shadi Mohebbi, and Nick Taha. This committee has been behind the planning of many different PCC events. They are in charge of organizing the Family Fun Night event every other month. The committee has helped in planning for the Nowruz celebration and worked behind the scenes on putting together the gifts and display tables. In addition, they helped to organize the files and to clean out the library at the Persian Cultural Center office, the committee has helped different charity organizations such as “A Dollar a Month Fund” in raising money. On behalf of PCC, these students have collected over 40 pounds of food for the San Diego Food Bank. They are passionately working on several upcoming events! If you would like to join this committee, please contact Fariba Babakhani at fbabakha@yahoo.com or the PCC office.

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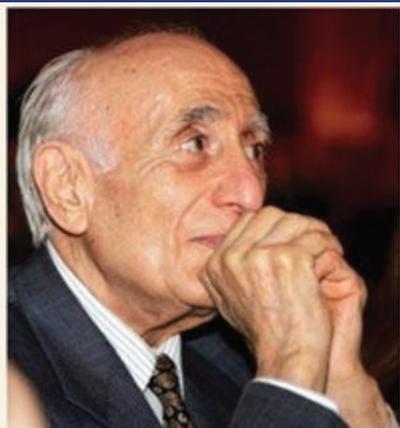
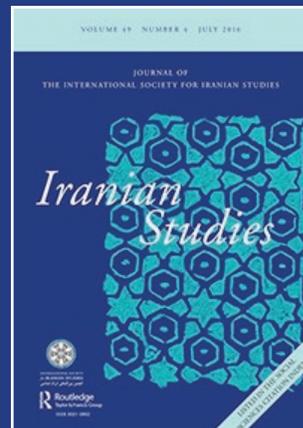


Ali Gheissari

Editor-in-Chief, *Iranian Studies*

In Memoriam

Ehsan Yarshater (3 April 1920-2 September 2018): Doyen of Iranian Studies



Ehsan Yarshater, the Hagop Kevorkian Professor Emeritus of Iranian Studies, a longtime director of the Center for Iranian Studies at Columbia University, and the founding editor of the *Encyclopaedia Iranica*, passed away in Fresno, California, on 2 September 2018. A human being of outstanding qualities and a scholar with exemplary erudition and attention to detail, he was instrumental in spearheading and persevering large scale and long term projects relating to broad aspects of Iranian studies throughout his life.

Ehsānollāh Yārshāter was born on 3 April 1920 in Hamadan, Iran, to Hāshem Yārshāter, a merchant, and Rowhāniyeh Misāqiyeh from a family of physicians, both of whom originated from Kashan. In early 1930s Yarshater lost both of his parents within one year of each other and subsequently moved to Tehran and lived with his maternal uncle. Upon completion of his secondary education in 1934, he received a scholarship to study at the Normal School (Dānesh-sarā-ye Moqaddamāti). From there a second scholarship took him to the Teachers' Training College (Dāneshsarā-ye 'Āli), where he studied Persian language and literature.

Upon his graduation in 1941, he was employed by the Ministry of Education as a teacher at the 'Elmieh High School and two years later he was appointed deputy director of the Normal School. At the same time, Yarshater also attended the Faculty of Law at Tehran University and received his second BA in 1944. During these years he also continued his studies in Persian literature at the University of Tehran and received a doctorate in this field in 1947. His dissertation was on "Persian poetry in the second half of the 15th century," supervised by the noted scholar and statesman 'Ali-Asghar Hekmat (1892-1980); subsequently, and with some revisions, it was published in 1955.

At Tehran University, Yarshater studied more closely with a number of outstanding scholars of Persian literature, including Ebrāhim

Pur-Dāvud (1886-1968), Mohammad-Taqi Bahār (1886-1951), Ahmad Bahmanyār (1884-1955), Badi' al-Zamān Foruzānfar (1904-1970), Sayyid Mohammad-Kāzem 'Assār (1884-1975), and 'Abbās Eqbāl Āshtiāni (1896-1956). In 1948, he was a recipient of a scholarship from the British Council and studied Old and Middle Iranian philology at the School of Oriental and African Studies, London University, under the supervision of the renowned German Iranologist, Walter Bruno Henning (1908-1976). This association had a long-lasting influence on his subsequent scholarly direction.

In 1953, Yarshater received an MA in Old and Middle Iranian from the School of Oriental and African Studies, London University, and returned to Iran. In the same year in Tehran he commenced a soon-to-be highly regarded publishing foundation, Bongāh-e Tarjomeh va Nashr-e Ketāb (BTNK) (Institute for the Translation and Publication of Books), that spearheaded the publication of a remarkable list of scholarly works, both authored and translated, in a wide variety of fields including Persian classical texts, Iranian studies, translations of world classics, and works for young readers and also books for children, among others. It is estimated that by the time of the 1979 revolution in Iran BTNK had published some 500 titles, each of which was highly praised for the choice of topic, textual quality, editorial care, and the overall elegance and production layout. On his return to Iran in 1953, Yarshater was appointed at Tehran University, first as an Assistant Professor of Persian Literature and, in the following year, of Old Iranian. In 1958, in collaboration with a number of Iranian scholars such as Iraj Afshār (1925-2011), he founded Anjoman-e Ketāb (the Book Society) and helped launching its periodical *Rāhnāmā-ye Ketāb* (Book Guide) and guide it for the next twenty years.

In 1958 Yarshater was invited by Columbia University as Visiting Associate Professor of Indo-Iranian for a two-year appointment. In 1960, he completed his doctoral dissertation for London University on "The Tati Dialect Spoken to the South of Qazvin." His examiners were the noted scholars W.B. Henning, the French linguist Émile Benveniste (1902-1976), and the Iranologist Ilya Gershevitch (1914-2001). In that year Yarshater returned to Iran and succeeded Pur-Dāvud as Professor of Ancient Iranian Culture, at Tehran University, a position that he held for one year only, before returning to New York in 1961 to fill the inaugural Chair of Iranian Studies at Columbia University that was endowed by the philanthropist Armenian art collector Hagop Kevorkian (1872-1962). Yarshater retained this position for the rest of his academic career. It was also in 1960 and in Tehran that Yarshater married Latifeh Alvieh (1926-1999) who was involved in various educational and cultural activities mostly for women. They had

initially met in 1956. At Columbia University, in 1968 Yarshater became the Director of the Center for Iranian Studies which soon became a widely recognized platform for excellence in scholarship on various aspects of Iranian studies.

As attested by all biographies written about him, Yarshater did things with determination, effectiveness, and excellence. In form and in substance he believed in the merits of institutional operation and support, either working with existing institutions or grafting his own initiatives to a larger framework. This can be seen in almost everything that he touched, from his early career, to several publication and research initiatives in 1950s in Tehran, to his lasting legacy at Columbia University. In early 1970s, Yarshater succeeded to secure funding from the Pahlavi Foundation for what later became the *Encyclopaedia Iranica*—this support was given in 1974 and ended by the Revolution in 1979. Also in 1979 he persuaded the Iranian Plan Organization to contribute to the funding for the *Encyclopaedia* but this too was interrupted by the Revolution. Eventually in early 1980s Yarshater presented the National Endowment for the Humanities (NEH) a funding proposal to revive the *Encyclopaedia Iranica* at Columbia University with himself as the founding Editor. In 1990, he also initiated the founding of the Encyclopaedia Iranica Foundation (EIF) in order to provide long-term support for the production of the *Encyclopaedia* as a unique research tool for all aspects of Iranian studies.

Over the years, Professor Yarshater created *Bibliotheca Persica* Press as a vehicle for the publication of many significant works in the field. Under its imprint several important book series appeared, beginning with the Persian Heritage Series, which effectively began in 1960 and continued throughout later decades—around 33 volumes alone were produced in this series till 1980. This followed by Persian Studies Series (began in late 1960s), Modern Persian Literature Series (in late 1970s), Persian Art Series (also in late 1970s), and the Persian Texts Series (in late 1980s). Adding to these was the Columbia Lecture Series on Iranian Studies (in late 1980s).

In 1983, Yarshater established the Persian Heritage Foundation (PHF) to support ongoing scholarly, artistic, and cultural work and funding major book awards on a wide range of areas relating to Iranian studies and Persian culture. Drawing on PHF support, Yarshater was also the General Editor of *A History of Persian Literature*—a projected 22-volume undertaking, began in 2009 with many volumes already in print, this series is an extensive up-to-date survey of Persian literature which includes samples of poetry and prose with translations and commentary by distinguished scholars.

Yarshater used his skills and his stature to secure necessary funding to support these initiatives, and whatever funds that he raised he rerouted to his many scholarly and publication plans—from supporting young and established scholars in the field to supporting cultural programs and research projects. He was unique in terms of raising substantial funds, yet he was also unique in his frugal personal lifestyle. He dedicated all his resources to the advancement of scholarship on Iran and the Persian heritage.

During his lifetime, Yarshater was the recipient of several prestigious awards and recognitions including the Thirteenth Giorgio Levi Della Vida Medal for Achievement in Islamic Studies from UCLA in 1991, and the Eighth Annual Bitá Prize for

Persian Arts from Stanford University in 2015. He was a former President (in 1997) and an elected Honorary Member (in 2000) of the Association for Iranian Studies (AIS) and a recipient of its Lifetime Achievement Award (in 2006). He was also an Honorary Member of the Societas Europaea Iranologica, member of the Executive Committee of Corpus Inscriptionum Iranicarum, and of the Institute of Central and West Asian Studies in Pakistan.

His final years (September 2015 to September 2018) were spent in Fresno, California, among his close family and enjoying visits by friends, admirers, and former students and colleagues from near and far. Ehsan Yarshater is survived by his niece Mojdeh Yarshater and her husband Tony Jebian.

In August 2018, Columbia University received a substantial gift from the Persian Heritage Foundation and endowed the Ehsan Yarshater Center for Iranian Studies.

Professor Yarshater left behind an impressive corpus of authored and translated as well as edited works of high scholarship. For additional biographical information and a full bibliography of his publications up to 1990, see M. Boyce and G. Windfuhr, “Foreword,” in D. Amin, M. Kasheff, with A. Sh. Shahbazi (eds.), *Iranica Varia: Papers in Honor of Professor Ehsan Yarshater*, Textes et Mémoires volume XVI, Acta Iranica 30, Leiden: E.J. Brill, 1990, pp. ix-xxxii.; and up to 2018 see: <https://cfis.columbia.edu/>

Further biographical information is also given in Ehsan Yarshater and Mandana Zandian, *Ehsan Yarshater in Conversation with Mandana Zandian*, in Persian, Los Angeles, CA: Ketab Corp., 2018.

Few representative publications would include:

Ehsan Yarshater, Avicenna’s *Five Treatises (Panj Resāla)*, annotated edition, Tehran: Anjoman-e Āsār-e Melli, 1953.

—, Avicenna’s *Theorems and Remarks (al-Ishārāt wa ’l-tanbihāt)*, annotated edition, Tehran: Anjoman-e Āsār-e Melli, 1953.

—, *Persian Poetry under Shahrokh* (the second half of the 15th century), Tehran: Tehran University Press, 1955.

—, *Legends of the Epic of Kings (Dāstānhā-ye Shāhnāma)*, Tehran: Iran-American Joint Fund Publications, 1957, 1958, 1964; 2nd ed. 1974, 1982 (awarded a UNESCO prize in 1959).

—, *A Grammar of Southern Tati Dialects, Median Dialect Studies I*, The Hague and Paris: Mouton & Co., 1969.

— (ed.), *Iran Faces the Seventies*, New York: Praeger, 1971.

— and David Bivar (eds.), *Inscriptions of Eastern Mazandaran*, Corpus Inscriptionum Iranicarum, London: Lund and Humphries, 1978.

— and Richard Ettinghausen (eds.), *Highlights of Persian Art*, New York: Bibliotheca Persica, 1982.

— (ed.), *Encyclopaedia Iranica*, vol. 1, New York: Routledge, 1982, ongoing publication; online edition: <http://www.iranicaonline.org/>

— (ed.), *Cambridge History of Iran, Vol. III: Seleucid, Parthian and Sassanian Periods*, Cambridge: Cambridge University Press, 1983.

— (ed.), *Persian Literature* (ed.), New York: State University of New York Press, 1988.

— (General ed.), *History of al-Tabari*, 40 volumes, New York: State University of New York Press, 1989-2009.

—, “The Persian Presence in the Islamic World,” in Richard Hovannisian and Georges Sabagh (eds.), *The Persian Presence in the Islamic World*, based on the 13th Giorgio Levi Della Vida Biennial Conference, Cambridge: Cambridge University Press, 1998, pp. 4-125.

— (Founding ed.), *A History of Persian Literature*, 22 projected volumes, London: I.B. Tauris, 2009 to the present.

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