

سر نو ریز
Happy Nowruz
HAPPY PERSIAN NEW YEAR



HAPPY NOWRUZ

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Designed by Saeed Jalali

186

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در آمارگیری سراسری آمریکا شرکت کنید

Persian Cultural Center encourages all members of the Iranian American Community to actively participate in the Census 2020

United States Census 2020

April 1st

هموطنان گرامی:
بخاطر اهمیت نشان دادن تعداد ایرانیان در جامعه آمریکا و بهره برداری از امکانات دولتی لطفاً در سرشماری سراسری که اول آوریل ۲۰۲۰ برگزار میشود به سوال شماره ۹ به صورت زیر پاسخ دهید.

What is this person's race?
Mark ☒ one or more boxes AND your origin.

☐ White - Print, for example, German, Irish, English, Italian, Lebanese, Egyptian, etc. ☐

☐ Black or African Am. - Print, for example, African American, Jamaican, Haitian, Algerian, Ethiopian, Somali, etc. ☐

☐ American Indian or Alaska Native - Print name of enrolled or principal tribe, for example, Navajo Nation, Blackfoot Tribe, Mayan, Aztec, Native Village of Benne Inupat Traditional Government, Nome Eskimo Community, etc. ☐

☐ Chinese ☐ Vietnamese ☐ Cuban Hawaiian ☐ Filipino ☐ Korean ☐ Samoan ☐ Japanese ☐ Chamorro ☐ Other Asian - Print, for example, Pakistani, Cambodian, Hmong, etc. ☐

☐ Other Pacific Islander - Print, for example, Tongan, Fijian, Marshallese, etc. ☐

☒ Some other race - Print race or origin ☐

Iranian-American or Iranian



آینده در دستان ماست
IT'S IN OUR HANDS

- Open the window
- Trump is Right: The Media is Fake
- Importance of Folate and Vitamin B12
- Should You Take Fish Oil?
- Nowruz in classroom
- Economic Outlook 2020
- Iranian American Racial Ambiguity and the 2020 Census



OPEN THE WINDOW

*Open the windows
For, the gentle breeze is celebrating the
birthday of the beautiful flowers
And spring,*

Moshiri

I firmly believe that each of us is a force capable of positive achievements. Not just for ourselves or our families but for our community, humanity and world we live in.

Our New Year celebrates the rejuvenation of nature. It is a celebration of our differences and an opportunity of sharing the beauty of our cultural heritages. It is a time to learn from each other how harmony in joyous times can bring us together in friendship. With the New Year, we should not only hope to improve our own state of affairs, but commit to taking steps to better our environment, eradicate hunger, and support efforts to provide shelter and education for those less fortunate. New Year is the perfect time to celebrate wonderful traditions, to appreciate family and friends, to pay special attention to our elders and to reach beyond our own wants and desires by committing to make a positive difference in our world.

I cherish our New Year celebration and the traditions associated with it. Jumping over the fire on the eve of the last Wednesday of the year...out with the old and in with the new. The egg coloring, the sprout preparation, arranging each item on the Haftseen table, buying new clothes, preparing different sweets for the Haftseen and having guests visit during the first few days of the new year. The family gathering around the Haftseen table for the arrival of the new year (Spring Vernal Equinox) and elders explaining the history and meaning behind all of it. The first prayers of the new year, then greeting each other and wishing everyone well. Thirteen days of holiday celebrations (what a gift for our kids) and last but not least the 13th day picnic, to keep the bad omen of the 13th outside of the home.

In the year that passed, recently we witnessed the loss of many loved ones in the crash of the Ukrainian airline over Tehran. Senseless and destructive. I saw my community in shock and in utter unbelieve. the pain still remains. Life brings us so many just and unjust ups and downs and yet the same life demands of us to keep going. In their memory I will have a lit candle in my Haftseen, for they may rest in peace.

There is no better time to remember fond memories of family and friends. With so many of us located in different parts of the world now, I hope we can keep the wonderful traditions alive for our future generations. This is the time that the earth rejuvenates, it is the first day of Spring. We, too, can celebrate and start a year of well wishes for all mankind.

My friends, open the window to the gentle breeze of spring that brings the promise of many a new hope. Celebrate life, be joyous and happy for blessings bestowed upon you

The editorial team of Peyk joins me in wishing you and your loved ones, a year of blessed friendships, prosperity, good health and happiness.

Persian Cultural Center's Bilingual Magazine

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www.pccsd.org

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PCC (Persian Cultural Center):

PCC NEWS

Jong-e Farhangi - January 10, 2019

January Jong was hosted by Ali Sadr. The first guest was Majid Fadaeian, a painter and researcher who talked about the history of Iran's Royal Library, located at Golestan Palace. Parvin Heydarinasab, calligrapher and sculptor, was the second guest of this event who talked about women's roles in the development and expansion of calligraphy in Iran. The audience and guests participated in a Q&A session at the end of the event.

Solo Concert - January 11, 2020

Nima Janmohammadi's solo concert was held at the Iranian American Center (IAC) in San Diego on January 11. The concert was improvisation on Oud, Setar, and Kamancheh.

Candlelight Vigil - January 12, 2020

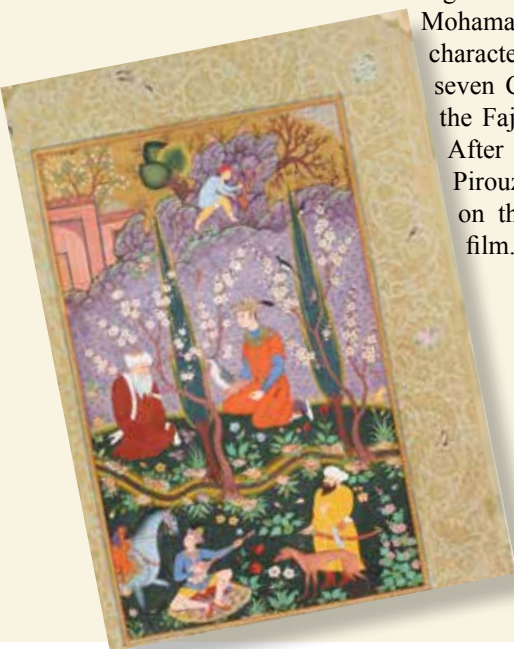
In recognition of the 176 precious lives that perished in the tragic downing of Ukraine International Airlines Flight 752, the House of Iran, along with the Persian Cultural Center (PCC) and Association of Iranian American Professionals (AIAP), held a candlelight vigil in front of the House of Iran at Balboa Park on January 12.

A Night of Poetry and Literature – January 15, 2019

The poetry night was held at IAC on January 15. The poet selected for this month was Forough Farokhzad. The event was moderated by Farshad Babakhani and the Poetry & Literature group.

Movie and Discussion Series – January 17, 2020

The January movie selection was *Life and a Day* (2016), directed by Saeed Roustavi. The movie is about Somaieh, the youngest daughter of a family, who is getting married, and the fear of each and every member of the family regarding how to overcome their difficulties after she is gone. Payman Moadi and Navid Mohamadzadeh played the main characters. The movie was awarded seven Crystal Simorgh awards at the Fajr Film Festival in Tehran. After the screening, Mahmoud Pirouzian facilitated a discussion on the different aspects of the film.





“Barzakh” Art Gallery - January 18 to February 16, 2020

Gallery Yellow, in conjunction with PCC, held an art exhibition under the title of “Barzakh” (“Purgatory”), showcasing the sculptures of Parvin Heidarinassab and the painting/prints of Majid Fadaeian. Many San Diegans and art lovers attended the opening night, January 18. The gallery was open to the public from January 18 to February 16.

Stage Reading of *Orange Garden* – January 25, 2020

Orange Garden by Joanna Garner, is the title of a stage reading which was performed at the IAC on January 25. The play was directed by Mahmoud Behrouzian and performed in English by Shelby Becker, Tony Flores, Babak Shahrokh, Shadi Mohebi, and Ali Pirouzian.

Docunight – February 5, 2020

The documentary *Fight Feast* (prod. 2018), directed by Seyed Vahid Hosseini, was screened in the month of February. This documentary is about the vicissitudes of Iranian music between 1979-1989, focusing on the confrontation between music and politics, and the resulting restrictions and obstacles as told by musicians, composers, and state authorities. After the movie, an audience discussion was moderated by Ali Khorsandian.

Jong-e Farhangi - February 14, 2020

February Jong was hosted by Reza Khabazian, who discussed “Ferdowsi” in the opening section. The second section was a discussion with Dr. Hossein Ronaghi about the crisis of immigration of physicians, and in the third section, Arash Kamalian played a few pieces on tar. The evening ended with a Q&A session.

A Night of Poetry and Literature – February 19, 2020

The poet selected for this month was Omar Khayyam. The event was moderated by Farshad Babakhani and the Poetry & Literature group.

Movie and Discussion Series – February 21, 2020

The February movie selection was *Sound and Fury* (2016), directed by Houman Seyyedi. The movie is about Khosrow, a famous married singer involved with a troublesome affair and the consequences of fame. Tannaz Tabatabaei and Navid Mohamadzadeh played the main characters. The movie received the Crystal Simorgh award in the Fajr Film Festival for cinematography and directing. After the screening, Rana Salimi facilitated a discussion on the different aspects of the film with attendees.

PCC’s Board Meetings

PCC’s board of directors holds its meetings every second Wednesday of the month at IAC. The last two meetings took place on January 8 and February 12, 2020.



IRANIAN AMERICAN RACIAL AMBIGUITY AND THE 2020 CENSUS

Analyzing the complexities of Iranian American racial identity and ensuring an accurate representation of the Iranian American community on the census.

By Shaghayegh Hanson and Lily Mojdehi

To be questioned, to be questionable, sometimes can feel like a residence: a question becomes something you reside in. To reside in a question can feel like not being where you are at. Not from here, not? Or maybe to become not is to be wrapped up by an assertion. To be asked “Where are you from?” is a way of being told you are not from here. The questioning, the interrogation, can stop only when you have explained yourself. –Sara Ahmed


“What are you?” is a question many Iranian Americans are quite used to answering. It is a subtle way of asking, “I can’t figure out where you are from, just by looking at you, what is your ethnic or racial background?” Many of my friends and I could list all the different ethnicities people have asked or assumed we are, such as Mexican, Russian, Italian, Hawaiian, Black, or Spanish, and the list goes on. Not only are many people uncertain about what racial features constitute a person from the Middle East, but also “Middle Eastern” is not an official legal racial category. These two factors cause confusion for both the outsiders who view Iranians, and for the insiders of the Iranian American community.


This year, the United States Census will turn the answer to the question of who we are into an official mandate, which is again stirring up the debate about “whiteness.” The census questionnaires will begin arriving in our mail in March and will contain the following answer categories:


The choice, then, for Iranian Americans appears to be “white” or “other.” Historically, first-generation Iranian Americans have been comfortable identifying as white. Most Iranian Americans successfully integrated into American white hegemonic society by accessing education, which led to economic prosperity and, therefore, social capital. Also, many Iranian immigrants—mostly first generations—self-identify as Aryan. The Pahlavi regime in Iran (1925 to 1979) was motivated to compete with powerful Western forces and had therefore established laws and policies promoting a culture of secularization and modernization. In order to support and propagate the idea that Iran was a powerful nation, the Pahlavi regime required all schools to teach a history which states that European people originated from the Persian Empire and Iranians used to look like fair skinned and light eyed Europeans. The regime’s narrative—that Iranians are all descendants of the Aryan people, an idea that was disseminated for 54 years—could have possibly been ingrained in the first-generation Iranians who immigrated to the U.S. conceiving of their racial identity as nothing but “white.”

However, in the last decade, more studies, articles, and books have catalogued the growing dissatisfaction Iranian Americans, especially younger generations, feel about being categorized as “white.” The evolution of this sentiment can be traced through political events that have contributed to the racialization of Iranian Americans and other Middle Eastern communities in the U.S., such as The Iran Hostage Crisis in 1979, the September 11 attacks in 2001, President George W. Bush identifying Iran as the “axis of evil” in 2002, and the most recent travel ban targeting Muslim countries by President Trump (of which Iran was one of the seven named countries). The result has been a stigmatization of Middle

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☐ American Indian or Alaska Native – Print name of enrolled or principal tribe(s), for example, Navajo Nation, Blackfeet Tribe, Mayan, Aztec, Native Village of Barrow Inupiat Traditional Government, Nome Eskimo Community, etc. 


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☐ Other Pacific Islander – Print, for example, Tongan, Fijian, Marshallese, etc. 

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Easterners and a perception of them as a threat to American society. Increasingly, Middle Easterners have experienced discrimination based on their appearances, the way they dress (for example, hijab for women and beard for men), or by simply being Muslim—the perception being that they are crazy, barbaric, irrational, fundamentalist, and violent people.

The Iranian American community has worked hard to develop its own studies and data to properly represent and advocate for Iranian Americans in the United States. For example, in 2013, Professor Maboud Ansari published a study entitled “The Iranian Americans,” wherein he monitored and interviewed various generations of Iranian Americans in the United States over multiple years. In his book, Professor Ansari discussed the generational divide between first and subsequent generations of Iranian Americans. While newer generations continue to embrace their Iranian identity, they are foremost American, and reject the more traditional set of social standards held by the first generation. (See review in *Peyk* #151.) More recently, in 2017, Professor Neda Maghbouleh published her empirically-based study, entitled “The Limits of Whiteness: Iranian Americans and the Everyday Politics of Race.” Professor Maghbouleh addressed head-on the identity dilemma faced by Iranian Americans who are at once technically classified as “white” by the federal government but seen as “not white enough” by mainstream society. (See review in *Peyk* #179.) Her conclusion is that in everyday life—at schools, in airports, in their neighborhoods, and at their workplaces—Iranian Americans are not treated as white and often experience intolerance and hate for being of Iranian descent.

Despite some progress, Iranian Americans remain an understudied group, especially in the social sciences. Whether this is because social scientists consider Iranian Americans to be “Honorable Whites” based on their light skin tone, high education, and socioeconomic status or due to a general lack of interest, such research is important to address subjects such as racial discrimination, political inclusion, mental health, cultural shock, queerness, religious segregation, and more. And it is especially significant in how Iranian Americans are identified in the census.

The census helps determine how approximately \$800 billion of federal funds will be allocated and the number of seats each state receives in the U.S. House of Representatives. These funds are apportioned to Medicaid, Medicare, food stamps, Section 8 housing, Pell Grants, our schools, other public buildings, roads, transportation, protection services, and community programs, among others. Census data is also used by some private companies to determine where they invest and which customers to target. Additionally, being given the “white” label puts Iranian Americans at a disadvantage when applying to universities and companies that

use census information for their diversity and inclusion programs. As a remedy to making Iranian Americans and others suffering the same disconnect with being identified as “white,” some have suggested using the University of California’s SWANA category which has been successfully implemented for almost a decade. SWANA stands for “Southwest Asian/North African,” which includes those from the Middle East (but because the term “Middle East” has colonial and Orientalist origins, it has been disfavored).

For now, Iranian Americans will have to make-do with the census questionnaire as it stands. Representatives of the 2020 census are working hard this year to include all communities in San Diego County. Many Iranian Americans have a sense of distrust with the government gathering information about their racial identity, particularly after the travel ban. However, it is vital to remember that census records are protected by federal law, namely Title 13 of the U.S. Code. This law ensures the confidentiality of the information gathered and prevents use of the data to identify individuals. Additionally, the United States Supreme Court has shown a willingness to protect the privacy rights of individuals by recently rejecting the Trump administration’s attempt to add a citizenship question to the questionnaire. If the government really wanted to target the Iranian American community, it has multiple other ways of doing so than violating federal law by misappropriating census data. But if Iranian Americans do not stand up and be counted, they have a lot more to lose.

Sources:

Why Does the Census Matter, <https://www.cfr.org/background/why-does-census-matter>

Census FAQ, <https://www.prb.org/u-s-2020-census-faq/>

Checking White, Feeling Brown: Iranian-American Racial Ambiguity in Relation to Whiteness and Blackness by Lily Yasmin Mojdehi Bard College, https://digitalcommons.bard.edu/cgi/viewcontent.cgi?article=1294&context=senproj_s2019

Are Arabs and Iranians white? Census says yes, but many disagree,

<https://www.latimes.com/projects/la-me-census-middle-east-north-africa-race/>

Shaghayegh Hanson is an attorney working in San Diego. She is a member of the Advisory Board of the Persian Cultural Center of San Diego (PCC).

Lily Mojdehi is an Iranian American woman from San Diego who grew up dancing at the PCC. Majoring in sociology, she recently graduated from Bard College in New York and now works as a Middle Eastern outreach coordinator for Breaking Down Barriers, a county-funded program aiming to reduce the stigma of mental health through education and prevention programs. Contact: lilymojdehi@gmail.com

درآمارگیری سراسری آمریکا شرکت کنید

Persian Cultural Center encourages all members of the Iranian American Community to actively participate in the Census 2020

United States®
Census
2020 April 1st

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کانون فرهنگی ایرانیان

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Events in San Diego

Persian Cultural Center

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

Friday, March 6, 2020, 5 to 8 PM

Music Performances and Dance, celebrating Spring

On the Steps, San Diego Museum of Art
Free admission

Saturday, March 21, 2020

PCC Nowruz Gala with Faramarz Assef
Marriott Hotel, La Jolla

Tuesday, March 17, 2020, 6 to 10 PM

Charshanbehsoori at NTC Park
with Sandy and DJ Julius
Cooperation with AIAP and HOI

Sunday, March 29, 2020, 11 AM to 6 PM

Sizdehbedar, with DJ Julius
at NTC Park

Saturday April 4, 2020 7 PM

Mystery of Tanbur, Ali Akbar Moradi Concert

Conrad Prebys Music Center with UCSD Art and Humanities

Jong e Farhangi, (Cultural Variety Show)
April 10, 2020

Docunight (Documentary films about Iran or by Iranians)
March 4 and April 1, 2020 at 7pm at IAC

Movies and Discussion,
April 17, 2020 at 7pm at IAC

Sunday, April 26, 2020

Afghan Music Concert at IAC at 7-9 PM

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

Sunday, March 8, 2020, from 10 AM -12 noon

Nowruz Preparation, Sabzehkari and Egg coloring

Nowruz Celebration

Sunday, March 15, 2020, from 4:30 to 7:30 PM
at Mt Carmel HS, auditorium

Branch I Sundays 9:30 am to 1:00 pm

Branch II Thursdays from 6:00 to 8:00 pm

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

Saturday, March 14, 2020, from 11 AM to 3 PM

Nowruz Annual Bazar at IAC

6790 Top Gun Street #7

Tel: 858-552-9355 • www.dmfund.org

www.facebook.com/DollaraMonthFund



AIAP (Association of Iranian-American Professionals)

Tel: (858) 207 6232 • www.aiap.org

Nowruz Celebration

March 21, 2020, at Hilton Hotel Del Mar

Meetings: 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

Open to public Sat. and Sun. from 12-5pm

Nowruz Celebration

Sunday, March 22, 2020

at Balboa Park, House of Nations

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



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were

TRUMP IS RIGHT: THE MEDIA IS FAKE

From now until the November presidential election, the mainstream media will constantly play their favorite hit: we are a divided nation searching for a candidate who will march us toward unity. Their single hit will be followed by hours of career pundits (oxymoron?) speculating about presidential candidates through the undefined rubric of “electability” (and for female candidates, of course, the question of likability!). CNN will put on a panel of 12 pundits, only 4 of whom actually fit within the frame, to ask abstract questions like: What candidate will reach across the aisle and engage in bipartisan politics? Who will restore civility to American politics and mitigate our political divisions? This is the embodiment of this line by Sohrab Sepehri: “I saw a train carrying politics—and how empty it went.” The media’s obsession with national unity is ironically happening at a time when many Americans say they have lost faith in the media. So why are many Americans unimpressed with the media’s call for unity? In short, it is unmistakably a function of growing inequality. Let’s begin in the 1980s.

Four decades ago, we entered the age of neoliberal economics as Ronald Reagan (term 1981-1989) and Margaret Thatcher (term 1979-1990) rose to power on either side of the Atlantic. Thatcher infamously said in an interview with Douglas Keay in 1987 that people “are casting their problems at society. And, you know, there’s no such thing as society. There are individual men and women and there are families. And no government can do anything except through people, and people must look after themselves first. It is our duty to look after ourselves and then, also, to look after our neighbours.” Reagan and Thatcher’s brand of neoliberalism dictated that poverty was not a lack of cash (how could that be?), but decidedly one’s lack of character. They proclaimed that public problems do not have public solutions, only private, individual solutions. They proclaimed that economic competition was the only organizational principle of human interaction (what else could we be on this planet for?).

Neoliberal politicians since then, very much including democratic presidents, love talking about equal opportunity, but they never address the ways in which the government must build a social system that will produce not only equal opportunity but also equal outcome. Four decades later, the results of neoliberalism are in: workers’ unions have been crushed, wages have remained stagnant for decades, corporate money absolutely runs politics locally and nationally, antitrust laws have been weakened and given way to massive corporate monopolies, tax laws have been rigged in favor of corporations, campaign finance laws have been changed to remove any obstacle in the path of dark money’s influence in Washington, our warming planet is edging ever closer to the precipice thanks in part to the government subsidizing the fossil fuel industry, and education has been under institutional assault for decades (a good indicator of that is the fact that too many Americans disbelieve the climate crisis). Overall, we have a government that has no interest in governing, only to sell our labor and natural resources to the highest bidder available. No wonder why so many Americans want smaller government in their lives.

The ideological offspring of Reagan and Thatcher has grown



into a predatory system programmed to exploit and grow ever more barbaric. There could be no harsher indictment of Reagan’s neoliberalism with its globalist approach to corporate-building than the rise of Donald J. Trump. A globalist himself, Trump rode the waves of discontent with neoliberal politics (dubbed establishment politics) all the way to the White House, with no small help from the winds of bigotry and race-baiting rhetoric (to quote senator Lindsey Graham, in 2015, of course). If Reagan were to come back to life today, he would be radically at odds with his own party. In the 1980s, “tariff” was an ugly word. In 2016, economic protectionism helped sharply distinguish Trump from Hillary Clinton. Trump cynically pitted working class Americans against undocumented immigrants, both of whom had been left out of the greedy calculations of corporate treaties like NAFTA that auctioned their collective dignity.

Bernie Sanders’ popularity on the one hand and Trump’s rise to power on the other poked giant holes in the media’s elitist narrative of an establishment candidate like Hillary Clinton easily winning the White House on the back of the good ol’ “electability” rubric. But somehow, the corporate-owned media still has not learned the lessons of 2016. How do we know that? Because it still attempts to spin Trump’s unexpected victory as anything but a harsh indictment of neoliberal predatory capitalism in the U.S. Some pundits yearn for a return to the bygone days of Barack Obama—you know, the president who cut a massive check out of our tax money to bail out Wall Street and argued that the best way to combat corrupt banking practices would be less—and certainly not more—government regulations. Reasonable-sounding pundits like David Brooks may be unhappy with Trump’s assaults on every democratic norm imaginable, but they sheepishly admit the economy is doing too well for most Americans to care. But these pundits rarely mention the fact that economic growth—the stock market, unemployment rates, etc—is not the sole indicator of people’s quality of life and livelihood. In fact, in today’s reality, it is a bad indicator.

We must always ask: For whom exactly is this economy doing well? Consider this data: “In 2018, the richest 10% [in the U.S.] held 70% of total household wealth, up from 60% in 1989. The share funneled to the top 1%’ jumped to 32% last year from 23% in 1989,” reported by *Forbes*. There are so many more troubling statistics related to income inequality and wealth gap in the U.S. The media would tell you that these statistics are hallmarks of failed socialist projects. But no, in this case, they come out of the U.S., a country that confidently asserts its brand of neoliberal capitalism on every corner of the world. The mainstream media uncritically repeats the Trump administration’s claim that unemployment is the lowest it has ever been and that the economy is doing better than it ever has. Given the widening wealth gap and lack of health care coverage, it is indeed no surprise that Americans are working multiple jobs in a corporate world that has stripped workers of their most basic human rights. This economy is working for the global elite, the rest are merely staying afloat.

Neoliberal capitalism has utterly broken our social system (but Thatcher might take issue with my using the word “social”). Voter turnout in this country is abysmal (65 percent for women and 68 percent for men) and those who did participate in 2016 voted for a candidate who promised them not to safeguard but to disrupt the status quo (as it turned out, he’s destroying it). Yet, the mainstream media has manufactured a bogus tool with which to measure a presidential candidate’s electability on an abstract spectrum of “too far left” and “moderately center.” The following question always gets left out: left in relation to what? Certainly not in relation to the obscene levels of wealth hoarded by corporations and the troubling depth of poverty that many working class Americans have been plunged into. What we consider as left-wing policies, like Healthcare for All, are considered mainstream policies in most developed countries. The media knows that, but keeps on selling you a fake narrative.

Where do we go from here? First, we need to fix our broken electoral system that operates based on non-representation. Almost everything in our electoral system is designed to discourage people from voting: it expects that you are free on a working day (Tuesday) and it trusts that you have disposable income to support a candidate whose policies are aligned with yours. If both boxes check, then you best not be a person of color in a state with a well-documented history of voter suppression. Because of the electoral college, an archaic institution, our presidential elections come down to some 500,000 votes in a handful of swing states. And a certain political party has perfected the art of winning elections through voter suppression, gerrymandering, and the proliferation of misinformation (thank you Facebook!). Our electoral system is deeply flawed, but it is our best shot at fixing our government and turning it into a political institution that has any moral investment in governing. We, the citizens, must begin by building a coalition of engaged voters centered on a set of shared social vocabulary: economic justice instead of equal opportunity; public solutions to public problems instead of reliance on corporate charity; one person, one vote instead of Citizens United; climate justice instead of fossil fuel subsidies; community-care instead of self-care, and equal access to reproductive rights for all women, and nothing less.

When the mainstream media floats the idea of bipartisanship and national unity in the abstract, they do a lot of damage to our social discourse. For one, in doing so, the media uncritically accepts the idea that our government should remain a two-party system and that any independently-elected candidate will succeed only if they get along with the system as is. When they constantly measure each candidate through the nonsensical rubric of “electability” without placing it in the context of growing inequality, the media does so much damage to the public trust. Don’t get me wrong: I would love for my elected officials to engage in bipartisan efforts, but the more important question is toward what end. Nancy Pelosi’s Democratic party has given funding to this racist administration to pursue its military misadventures abroad and hurt immigrants here at home. I only wish Pelosi’s “resistance” materialized beyond political theatricality when she knows millions are watching.

I do not send a politician to Washington to get chummy with other politicians—I send them to D.C. so they can disrupt this cruel economic and political system. You think that is idealistic? It may be. But it would be radically naive to wait until we further plunge into climate and class barbarism. The continuation of the status quo only works for those whose bottom line relies on business done as usual. If Republicans and Democrats wish to collaborate on ways to extend Healthcare to all Americans, then I am all for bipartisanship and national unity. But unfortunately, the only two issues that truly unite the two parties are corporate generosity and endless wars. If the media is to restore its lost faith and integrity among the American people, then it must speak of a far more radical type of national unity: unity in material possession. Until then, I agree with Trump: the media *is* fake. But as always, the president is spectacularly implicated in his diagnosis of all that is corrupt in America today.

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EDUCATIONAL SERIES

The Science of Nutrition

Importance of Folate and Vitamin B12

By: Mohammad Ahrar, PhD

Introduction

The B-complex vitamin group encompasses eight vitamins: thiamin, riboflavin, niacin, vitamin B6, pantothenic acid, biotin, vitamin B12, and folic acid. All are considered water soluble vitamins. They function as coenzymes which are essential for the activation of most enzymes. Without enzymes, most chemical reactions in the cells would come to a halt. General information about B vitamins was discussed in *Peyk* #174. In this issue, we will discuss the importance of folate in the diet and in general health.

Is folate the same as folic acid?

Both folate and folic acid are considered different forms of B vitamin. Folate occurs naturally in foods and it is also known as vitamin B9. The name folate is derived from the Latin word “folium,” which means foliage or leaf. So leafy vegetables are a good source of folate. Folic acid, on the other hand, is the synthetic form of folate and it is rarely found in a food source. The terms “folic acid” and “folate” are often used interchangeably. Folic acid is mostly used in supplements and in fortified foods such as rice, flour, pasta, and most breakfast cereals (1). Manufacturers fortify foods with folic acid rather than folate because folic acid is more stable during cooking or baking. Like other B vitamins, folate and folic acid are water soluble and generally are not stored in the body. Therefore, they need to be incorporated into the daily diet.

Absorption rate

Folic acid is a simpler molecule than folate and is absorbed faster. Both folate and folic acid need to be converted to their active form to be effectively used by the cells. Regardless of slight differences in their chemical composition and the rate of absorption, once inside the cells, both folate and folic acid will function equally well.

Effects of heat and cooking

Cooking destroys most water-soluble vitamins, including folates. Folate-rich foods can lose most of their folate when exposed to heat and light. Therefore, raw foods contain more folate than cooked foods. On the other hand, cooking or steaming vegetables makes folates more bioavailable. Folic acid found in fortified foods is more bioavailable and almost all will be absorbed.

Functions and benefits

Like other B vitamins, folic acid acts as a coenzyme in many metabolic processes in the body. As a coenzyme, it binds to enzymes to activate them. Enzymes are special protein molecules that are responsible for running chemical reactions, such as forming new products, cell growth, and—most importantly—formation of energy (ATP, or adenosine triphosphate, a chemical energy or energy of life). Without energy, no life can exist, and enzymes and coenzymes are essential parts of the life cycle.

Formation of DNA- DNA (deoxyribonucleic acid) is the blueprint for what each organism should be. It controls functions of the cells and production of proteins and enzymes that are essential for life.

When a cell divides and multiplies, the DNA needs to be duplicated as well, so that each new cell has a copy of the DNA. Formation of DNA requires the presence of amino acids and special enzymes. The role of folate in this process is to synthesize some of the nonessential amino acids necessary for synthesis of DNA. If the synthesis of DNA is disrupted, the body’s ability to create and maintain new cells is impaired.

Formation of red blood cells - Folate plays a crucial role in cell growth and formation of red blood cells.

During red blood cell formation, many enzymes are involved, and the enzymes require coenzymes for activation of the enzymes. Folate works as a coenzyme necessary for the formation of heme, the pigmented, iron-containing portion of the hemoglobin in red blood cells.

Preventing birth defects - Because of its participation in DNA synthesis, folate plays an extremely important role during pregnancy, particularly in the first few weeks after conception. Embryonic cells divide very rapidly and a folate deficiency during early pregnancy can result in deformity of the brain and spinal cord, such as anencephaly and spina bifida. Studies show that increased folic acid consumption by the mother reduces the risk of these birth defects by 50 to 70 percent (4).

Heart disease - According to the Center for Disease Control (CDC), the results of experiments involving more than 80,000 people suggest a 10% lower risk of stroke and a 4% lower risk of overall cardiovascular (heart and blood vessel) disease among those taking folic acid supplements. However, it should be noted that folic acid doesn’t seem to prevent strokes.

Blood pressure - Studies show that taking folic acid daily for at least 6 weeks reduces blood pressure in people with high blood pressure.

Kidney disease - One analysis for identifying kidney disease is looking at the level of the amino acid homocysteine in the blood. An increased level of this product has been linked to some form of kidney disease. Studies have shown that taking folic acid lowers homocysteine levels by 20% to 30% in people with elevated homocysteine levels (8).

Cancer- Inadequate amounts of folate in the body can disrupt a cell’s DNA and prevent growth and repair of the immune system, potentially triggering the development of cancer cells that grow without control. In particular, folate has been shown to help reduce the risk of colon cancer. Studies show that men and women who are deficient in dietary folate have a higher risk of developing colon cancer. Other studies have found an association between diets low in folate and an increased risk of breast and pancreatic cancers. Patients who are being treated for cancer should discuss with their physician



before taking supplements that contain folic acid because folic acid supplements can interfere with some drugs used to treat cancer.

Folate and vitamin B12

Both vitamin B12 and folate are essential coenzymes in the synthesis of DNA, RNA, and myelin in the nervous system and are necessary for normal red blood cell formation. Without either of the two, formation of normal red blood cells will be adversely affected.

Deficiency of folate

A diet lacking foods rich in folate or folic acid can lead to a folate deficiency. Although deficiency of the vitamin is not common, folate deficiency can occur in people who have certain conditions, such as celiac disease, that prevent the small intestine from absorbing nutrients from foods (6).

Neural defect – A low level of folate is associated with an increased risk of several health conditions. Studies have shown that low folate levels in pregnant women have been linked to birth abnormalities, such as neural tube defects and abnormal spinal cord.

Red blood cell formation - Research indicates that a folate deficiency interferes with normal red blood cell division and results in abnormally large and immature red blood cells that are not efficient in carrying oxygen. A folate deficiency has been shown to cause anemia, especially if you have digestive problems, kidney or liver disease, or drink too much alcohol (1).

Daily need for folate

For most people, it's best to get folate from food. A balanced diet usually provides all you need. The recommended and required daily allowance (RDA) of folic acid is 400 micrograms (μg) per day for adult males and females, which can be provided through vegetables or as a supplement (6). Women who want to be pregnant should consume additional folic acid from fortified foods or supplements. Women who have already had a pregnancy affected by a neural tube defect should consult with their healthcare provider before taking any supplement. The upper limit for a folic acid supplement is set to be 1,000 $\mu\text{g}/\text{day}$.

Possible side effects and interactions

Before taking any supplements, it is highly recommended to consult with your physician because there might be some side effects with different medications. Reports from the Mayo Clinic show that taking folic acid supplement can decrease the effectiveness of some drugs such as some anticonvulsants, Barbiturates, Methotrexate, and Pyrimethamine (Daraprim).

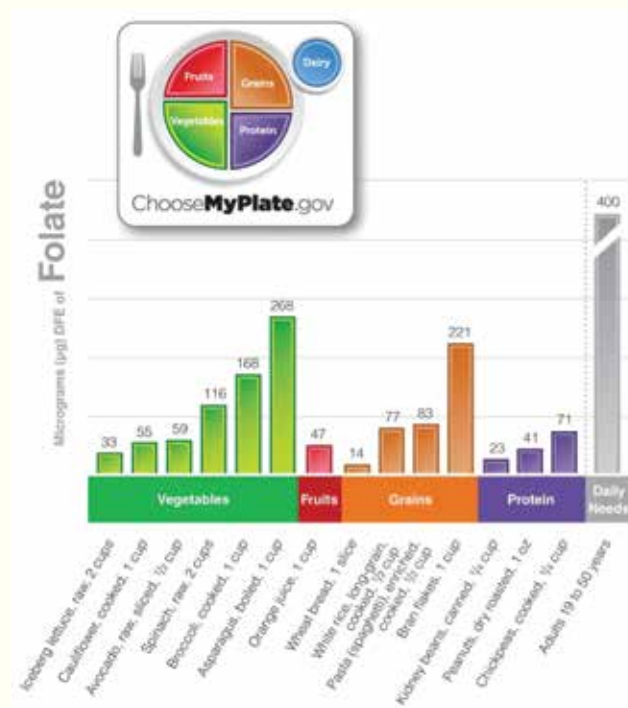
Overdose and toxicity

Toxicity of folate is rare, and research does not show any side effects in consuming excessive amounts of naturally occurring folate in foods. Normally, excess folic acid is excreted in urine. However, consuming too much folic acid, either through supplements of fortified foods or pills, can be harmful for individuals who are deficient in vitamin B12 (7).

Food sources of folate

Foods that are naturally high in folate include leafy vegetables (such as spinach, broccoli, and lettuce), okra, asparagus, fruits (such as bananas, melons, and lemons), beans, yeast, mushrooms, meat (such as beef liver and kidney), orange juice, and tomato juice. Since 1998, folic acid has been added to cereals, flour, breads, rice, pasta, bakery items, cookies, and crackers, as required by federal law.

The figure below compares the content of folate in some food sources (adopted from reference 4).

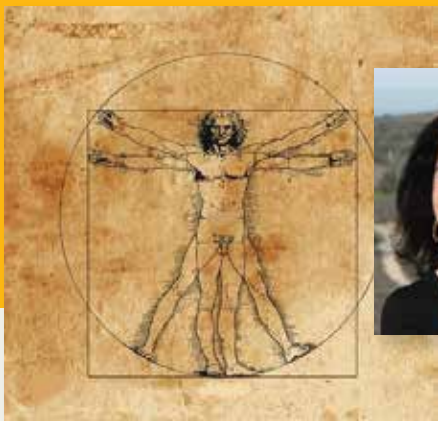


Summary

Folate is a natural form of vitamin B9. Folic acid is a synthetic form of folate, and manufacturers add it to all enriched grains and cereal products. Both forms are used interchangeably, and function equally well when absorbed to the body. The most important functions of folic acid are production of DNA and development of new cells especially red blood cells. Good sources of folate are dark green leafy vegetables such as spinach, broccoli, asparagus, dried peas, and beans.

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By Sanaz Majd, MD



Should You Take Fish Oil?

Do you need a fish oil supplement, otherwise known as an omega-3 fatty acid, or is it just another “fishy” vitamin over-hype? Let’s review its benefits and how much is really necessary.

WHAT ARE OMEGA-3 FATTY ACIDS?

Our bodies do not produce omega-3s, yet we rely on them for proper brain, eye, and heart function. Therefore, the American Heart Association (AHA) recommends the consumption of oily/fatty fish at least two times a week in order to obtain sufficient amounts of two of the best types of omega-3s — DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid).

It is always best to obtain your nutrients from your food. And oily fish—such as salmon, herring, sardines, trout, and albacore tuna—contain the richest DHA and EPA sources. Now, fish oil supplements are derived mainly from these same oily fish sources, but the only reason to consider supplementing is really if you cannot obtain enough omega-3 in your diet or you simply do not like eating fish.

For those of you who are vegetarian, you can consider flaxseed, chia seeds, walnuts, and soybeans; although they do not provide DHA and EPA directly, they contain a different type of omega-3 called ALA (alpha linolenic acid). Our body can produce some DHA and EPA from ALA, but a smaller amount, so eating fish is more ideal if you can.

THE MERCURY CONTROVERSY

What about the mercury content of seafood? That is, is the mercury in seafood bad for you as some medical rumors may suggest and could taking the supplement be less risky? Well, smaller fish have insignificant levels of mercury. Simply avoid eating bigger fish, such as shark, swordfish, King Mackerel, or tile fish, which tend to contain higher mercury levels. But consuming anything else in moderation is unlikely to be harmful.

OMEGA-3 FATTY ACID BENEFITS

Here are some of omega-3’s claims to fame:

Lowers Triglyceride Levels (a type of bad cholesterol)

The AHA just released a new advisory stating that omega-3 fatty acids can help lower very high triglycerides by 20-30% and can be safely used with statins. This is in contrast to some prescription drugs used to lower triglycerides that can negatively interact when taken with statins.

According to the AHA, omega-3 doses required to lower triglycerides are higher than typical, although not found to be

harmful in studies, either. After reviewing 17 randomized controlled trials, they concluded that taking 4000mg of prescription omega-3 fatty acids daily were effective at reducing triglycerides. They note that they do not recommend the over-the-counter formulations since they are not FDA-regulated.

Omega-3 can also modestly increase HDL (the good cholesterol), yet may also slightly raise LDL (the bad cholesterol). However, this increase in LDL is likely clinically insignificant.

Improves Blood Pressure

In a large meta-analysis study of 70 randomized trials, fish oil reduced systolic blood pressure by 1.5 mmHg and diastolic blood pressure by about 1 mmHg when taken at a minimum dose of 2000mg a day. Its effects are modest in most people, but seemed to be greater in those with untreated high blood pressure — reducing systolic by about 4.5 points and the diastolic by 3 points.

Now, it is not used to treat hypertension first-line since the effects are really modest, but sometimes every bit can be helpful, most especially if you have untreated, borderline high blood pressures.

Reduces Cardiovascular Death

250mg/d EPA plus DHA may decrease the risk of death in those with cardiovascular disease, such as in those with a history of heart attack and stroke. Note, it does not prevent the heart attacks or strokes itself, but the risk of death from these events. Also note that this dosage recommendation is generally sufficient and any further increase in dosing does not seem to provide any extra benefit in preventing cardiovascular death.

May Reduce Risk of Dementia and Cognitive Decline

The studies here have shown mixed results—some studies show a benefit and others really have not. The jury is still out on this one.

FISH OIL SUPPLEMENTS

If you are unable to obtain omega-3s through your diet and opt for a supplement, here are a few tips to follow:

1. Opt for 1000mg a day total omega-3 supplement for the average healthy person.
2. Make sure your supplement contains at least 250mg of EPA + DHA — read the label.
3. Take the supplement with heart healthy fatty foods—such as nuts, seeds, and avocados—for improved absorption.
4. Always check with your doctor before you initiate anything, even a supplement, especially if you take other medications.

BOTTOM LINE

Supplements are often over-hyped in the media. We, the consumer, may be misled into purchasing these products that appeal to our great desire to achieve health via non-prescription or even "natural" methods. You may feel more reassured by taking a supplement, but it is often unnecessary for most people who maintain a well-balanced diet.

Note that simply because something is "natural" or non-prescription, it does not mean it is healthy or risk-free. Supplements are often processed and non-FDA regulated, so we do not fully understand their risks or even efficacy.

Simply maintain a well-balanced diet with a variety of foods and you will already obtain all the necessary nutrients. If you are unable to or are unsure, however, then fish oil supplements can be a consideration.

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Sanaz Majd, MD, is a board-certified Family Medicine physician who hosts a health YouTube channel, reviewing the latest medical topics, news, and headlines: www.youtube.com/MajdMD. You can also follow her on Facebook, Twitter, or Instagram: @SMajdMD.



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Nowruz in classroom

By Sheiveh Jones

This time last year, I mentioned I would get into my older son's classroom and talk to the class about Nowruz. So now it is time to do the same thing for my youngest son who is kindergarten. I was impressed this year by the teacher because she approached me and asked if I would give a presentation to the class about Persian New Year. She knew about it because a few years prior, another student's mom came in and presented. This is a great example of the power we have as an ethnic group to educate others, including educators, about the positive aspects of our culture.

By the time children are in upper elementary and/or middle school, they could easily incorporate Nowruz into a cultural project they might be working on in English or social studies. In the lower elementary grades, however, there are still opportunities as a parent to "volunteer" the information.

I thought today I would share with

you some tips on how to successfully engage elementary school children on the topic of Nowruz without losing your audience. Younger students have a hard time sitting still and listening to someone speak for long periods of time. The rule of thumb is one minute of talking for every year of age. So, for instance, when I go to



the kindergarten class full of 5 and 6 year-olds, I'm going to limit my talking to 5 to 6 minute chunks and will stick with a ten to fifteen minute presentation.

Below you will find a list of suggestions for engaging students:

- 1- Set up a mini- Haftseen table so students are curious about what you are sharing;
- 2- Ask the group if and how they celebrated New Year's this year. Allow a few students to share what they do for New Years. By doing this, you are creating a connection to and a context for Nowruz.
- 3- As you talk about the Haftseen table, use the Farsi terms for the various items while holding them up and have students guess what they mean in English. For example, I might hold up garlic and say this is "sir" in Farsi. Can you "sir"? When they say the word, then ask "what do you think sir means in English?"
- 4- Pass around the items so students can see and smell them.
- 5- When you finish the presentation, take questions. Be prepared, particularly with the younger students, to answer very random questions or hear random comments. You might have a student telling you her mom buys garlic from Henry's!

6- If you are really creative, you might talk to the teacher beforehand about having students create their own Haft- sin. Most teachers would be very happy to help you with this – you can direct students while the teacher deals with the management of the classroom.

Whatever you do, consider you are paving the way for future Iranian students and parents coming to the teacher's classroom in the future. If the experience is pleasant, the teacher will most likely ask the next Iranian parent to do something for the class around Nowruz!

This article was first appeared in Peyk 126. In 2010

nush-e Jan

Persian Cuisine

From Najmeh Batmanghelij's
"Cooking in Iran – Regional Recipes & Kitchen Secrets"

KOOKOO SABZI: Fresh Herb Quiche/Souffle, preparation time 45 minutes, makes 8 wedges

Ingredients: 4 cups chopped parsley; 4 cups chopped spring onions; 1 cup chopped Chinese parsley; 1 cup chopped dill; 4 green lettuce leaves; 7 eggs; 1 tsp. baking soda; 1 Tbsp. flour; 6 Tbsp. oil; ¾ tsp. salt; ¼ tsp. ground pepper; ½ tsp. turmeric; and ½ tsp. cinnamon

Directions:

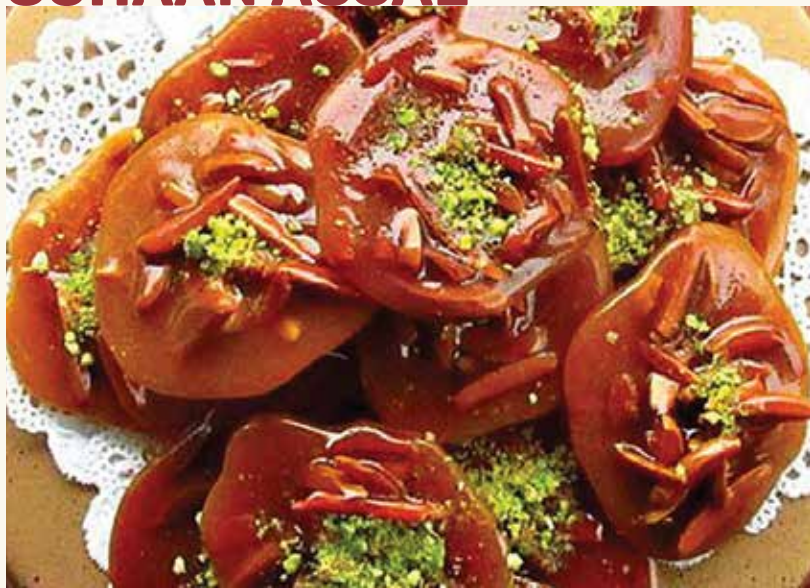
1. Chop dill and lettuce leaves finely by hand.
2. Chop remaining vegetables in a food processor or by hand.
3. Heat 3 Tbsp. oil in a large skillet, then sauté vegetables and set aside.
4. When cool, mix vegetables with remaining ingredients (except oil) in a large bowl. Beat with electric mixer for 3 minutes.
5. Preheat oven to 350 degrees. Pour remaining oil into a 9- or 10-inch round Pyrex dish and place in the oven.
6. When oil is hot, remove Pyrex dish and fill with vegetables, smoothing the top.
7. Bake uncovered for 35-45 minutes.
8. Remove from oven and slice into wedges.
9. To give the sides an even color, fry kookoo on all sides in 1 Tbsp. oil.

Optional: Add 2 Tbsp. barberries (zereshk) and 2 Tbsp. chopped walnuts in step 3.



KOOKOO SABZI

SOHAAN ASSAL



SOHAAN ASSAL: Almond/Honey Candy, preparation time 1 hour, makes 1 medium plate full

Ingredients: 1 cup slivered almonds; ½ cup sugar; ¼ cup honey; 1 Tbsp. cold water; 1 Tbsp. unsalted butter; 5-7 drops of liquid saffron (grind saffron- for every ½ tsp. saffron powder, use 2 Tbsp. boiling water); 2 Tbsp. ground raw pistachios

Directions: For best results, make this candy only on dry, low-humidity days, as moisture makes it very sticky.

1. In a stainless steel pan, cook sugar, water, butter, and honey over medium heat, stirring only once.
2. When sugar melts, add almonds and stir, then add saffron.
3. Continue cooking 8-10 minutes, until mixture turns color.
4. Examine the mixture in the light. It should be a reddish color.
5. Test mixture for doneness by dropping a small amount in a bowl of cold water, then eating it.
6. If mixture sticks to your teeth, continue cooking for 2-3 minutes.
7. Sohaan Assal is done when it is brittle and non-sticky.
8. Grease a cookie sheet and have 2 small teaspoons ready for transferring candy.
9. Use spoons to place small pieces of candy mixture on the tray (smaller candy pieces look more appealing).
10. While candy is still warm, sprinkle each piece with the ground pistachio.
11. If candy hardens, warm pan briefly over low heat.
12. Store in the freeze in airtight containers.

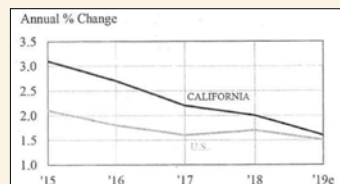
ECONOMIC OUTLOOK 2020

REGION AND SOUTHERN CALIFORNIA

Bijan Zayer, Ph.D.

Weighed down by the trade war with China and a sharp drop in residential development during the first half of the year, job growth declined in California in 2019. It is now virtually in parity with job growth in the rest of the U.S. How will California fare in 2020?

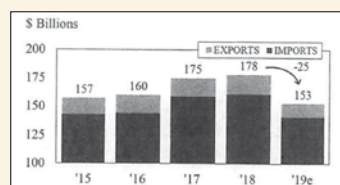
FINANCE EMPLOYMENT



Moving into 2020, things aren't looking much better than they did in 2019. The forecasted decline in U.S. economic development in 2020 will adversely affect California. What's more, job growth in Sorrento Valley is slowing. Despite the fact that the Valley will keep on creating more jobs in highly valued sectors like high tech, its general development rate has slowed. The ongoing rash of failed startups isn't making things any better.

One splendid spot is the improving probability that the trade war with China will be settled soon. In any case, regardless of whether there is a trade agreement, it will take time before trade volume with China will recuperate from the \$25 billion drop we estimated for 2019.

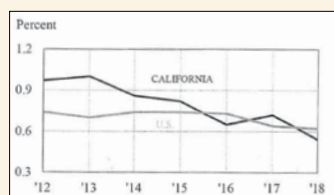
CALIFORNIA TRADE WITH CHINA



Our investigation focuses on the loss of around 40,000 jobs in California in 2019 due to the trade war, most prevalently in trade, transportation, and business administration work

classifications. This speaks to a decline of about 0.2 percent of the state's job growth in 2019.

Assuming a trade agreement is achieved, the delay the economy experienced in 2019 due to the trade war ought to be lessened in 2020. In any case, as the harmful effect of the trade war decreases, another one is developing. That issue, which will contrarily influence California over the long haul—as well as in the short term—is the ever-increasing move of residents out of California to other states. This net negative relocation is cutting into the state's population growth rate.



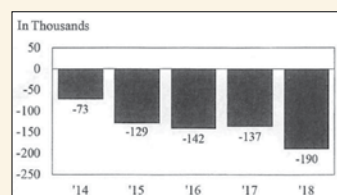
POPULATION GROWTH

The fact that California's population growth is presently lower than that of the rest of the U.S. is to some degree a result of stagnant movement from other

countries. Likewise, California's introduction to the world rate has declined while its passing rate has expanded. Yet, these patterns

are additionally national in scope. The significant cause behind California's sharp decrease in population growth, when compared to the rest of the U.S., is the fact that more people are moving out of California to other states than those moving into California.

The data we have analyzed strongly suggests that the root cause of California's out-migration is its relatively high state and local taxes. Based on a newly released report that includes 2018 net migration data, we recently conducted a comprehensive study that compared net migration data for each state with that state's ranking in state and local taxes.

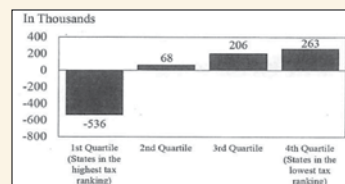


CALIFORNIA'S NET STATE-TO-STATE MIGRATION

The huge connection between tax rates and relocation patterns is obvious when partitioning states into quartiles based on

each state's total tax assessments. As shown in the figures below, the states in the highest tax assessment quartile encountered a net movement loss of 536,000 individuals in 2018. Specifically, the three states with the highest tax charges—New Jersey, California, and New York—simultaneously experienced the most elevated net out-migration.

TOTAL NET MIGRATION



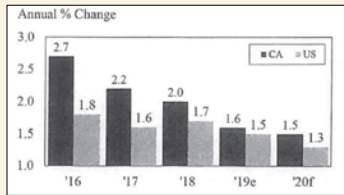
Notably, comparative discoveries in the above figure were seen when each state's relocation was made comparative with each state's absolute population.

Of the Californians who leave the state, more move to Texas—a state with no state personal tax and one that positioned number 13 in state and local taxation versus California's number 49 positioning—than any other state. The recently-released discharged population report shows that in 2018, California's net migration loss to Texas expanded sharply. This inter-state migration shows that individuals are making a statement. Similarly, organizations are making a statement looking for low state corporate and business taxes. As organizations migrate, so too do jobs. Those recently-created employment opportunities in lower-cost states fill in as magnets for people.

California's net out-relocation will fundamentally influence the state's economy. One eminent model is housing development. Fewer individuals mean fewer homes. As opposed to there being a housing deficiency in California, it progressively seems as though the pendulum is swinging the other direction. That may clarify why housing development in the state is not demonstrating a lot of solidarity in spite of record-low home loan rates.

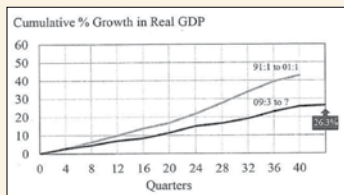
By and large, our 2020 forecast for job growth in California calls for weak growth that will roughly match 2019's pace. It ought to be noted, in any case, that forecasted job growth will be weak in 2020 if no exchange understanding is achieved with China.

EMPLOYMENT FINANCE



The present expansion, which started in June 2009, is currently 46 quarters old, or ten and a half years old. It is the longest development throughout the entire existence of the U.S., outperforming the 40-quarter or

10-years expansion from 1991 to 2001.



QUALITY OF ECONOMIC EXPANSIONS

Despite its life span, the combined development in genuine gross domestic product (GDP) over the last decade is still lower than during the 1991-2001 expansion.

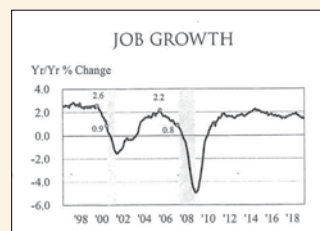
In this way, the present expansion may still have legs.

A few key indicators, however, indicate the present expansion is slowing down. Maybe most telling is the slowdown in job growth. Since peaking at 1.9 percent growth in January 2019, it has since declined to 1.4 percent.

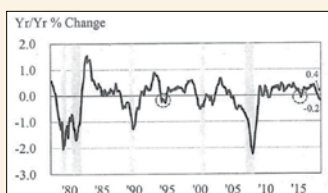
By and large, year-over year growth of one percent or lower is a dependable downturn indicator. Be that as it may, job growth in October was 1.4 percent, higher than the one percent recessionary sign.

Different factors that we have seen as driving recessionary indicators are likewise drifting downwards. Our economic research has formulated an economic indicator series that incorporates year-to year percentage changes in the following variables that we discovered lead economic cycles:

- Jobs
- New Auto Sales
- Building Permits
- Consumer Sentiment
- Interest Rate Spread
- Purchasing Manager Index



As shown in the following figure, our indicator series shows that in the wake of arriving at a repetitive high of 0.4 in August 2018, the series incorporating the above variables has declined relentlessly to an ongoing low of - 0.2 through September 2019, making six continuous months that the series has been in negative terrain.



FINANCIAL INDICATOR SERIES

The economic indicator series identified above has constantly turned negative before a recessionary period. Be that as

it may, in each downturn since 1980, the arrangement dropped farther than the ongoing decay, with a normal decrease to - 0.07 before the beginning of a downturn. Likewise, there were multiple times when the series turned negative and no recession occurred, most notably in 1995 and 2016 (see circled periods in the above figure).

We therefore conclude that it is premature to make a recessionary call for 2020. The present logjam has not been profound enough to give an unmistakable recessionary sign. Moreover, the expansionary strategies right now set up are like the development situated money-related approaches in 1995 and 2016 that helped skirt downturns during those periods when the indicator arrangement turned negative.

Two regions of specific quality during the present cycle should fight off a downturn one year from now. First, in spite of the fact that activity development has declined, it is as yet sufficiently able to help keep customer spending moving in a positive way. Second, the consumer will be floated by moderately low consumer obligation levels.

CONSUMER DEBT



However, the most significant pattern that will help support the economy in 2020 is a solid development area, especially homebuilding. The valuable effect of historic low home loan rates is telling. According

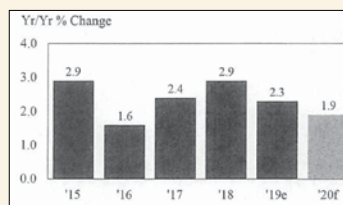
to the National Association of Home Builders (NAHB), the housing market is presently at a cyclical high while the tight supply of unsold housing currently on the market augers well for homebuilding.



NAHB HOUSING MARKET INDEX AND SUPPLY OF UNSOLD HOUSING

Greater builder confidence, coupled with a tight supply of existing homes for sale will propel total housing starts forward from 1.25 million to 1.33 million units, an expansion of 78,000 units or 6.2 percent.

The strong housing sector we are forecasting for 2020 will add around one percent to real GDP growth in 2020. While that will help avert a recession in 2020, the negative impacts of lower business investment and a weak worldwide economy will place downward pressure on real GDP.



REAL GDP

Our forecast calls for a decrease in real GDP growth from 2.3 percent in 2019 to 1.9 percent one year from now. While lower, this is still high enough to shift a recession in 2020.



Above: Ladan Akbarnia, Ph.D., Curator of South Asian and Islamic Art. Right: *Zahhak enthroned*, an illustrated page from a manuscript of the *Shahnama*, ca. 1435. Ink and opaque watercolor on paper. Gift of Dr. and Mrs. Edwin Binney 3rd, 1972.223.

Planning Displays of South Asian and Islamic Art

by Ladan Akbarnia, Ph.D., Curator of South Asian and Islamic Art

Having recently joined The San Diego Museum of Art, I look forward to working with, and getting to know, everyone from staff to art lovers reading this magazine. If you are a regular Museum attendee, you will be familiar with the galleries dedicated to the arts of Iran and South and Southeast Asia, the collections of which fall under my care. Since my arrival in October, I have hit the ground running, getting to know the collections as I plan a series of displays that will appear in Galleries 12 and 13 North as “stories in focus,” small exhibitions, or updates to the overall space. Sometimes, this simply means ensuring the presence of a single object that represents an almost timeless characteristic of a culture or region, such as an illustrated page from a manuscript of the *Shahnama* (Shahnameh), or “Book of Kings,” the Persian epic stemming from oral tradition and completed by Abu’l Qasim Firdawsi about 1010. Whenever possible (due to limitations on light exposure for works on paper), a page from this or other well-known literary texts from the Persianate world will be on view in Gallery 13 North to emphasize the importance of oral traditions and literature in Iran and Central Asia. The current literary spotlight features a 15th-century *Shahnama* painting from the story of the evil king Zahhak, who overthrew the beloved mythical Iranian priest-king Jamshid.



On the Steps at SDMA

A Celebration of Persian Arts and Culture

Friday, March 6 from 5:00–8:00 p.m.
Museum Front Steps

Celebrate the Museum’s collection of Persian art with this free community event highlighting the arts and culture of Iran.

- Arts and crafts by local Persian artists
- Live music by Kourosh Taghavi and Farhad Bahrami
- Dance performances by the Iranian School of San Diego
- Film Screening at 8:00 p.m. of *Children of Heaven** in the Auditorium

Presented with the help and support of the Persian Community Center. *Separate admission required for film screening.



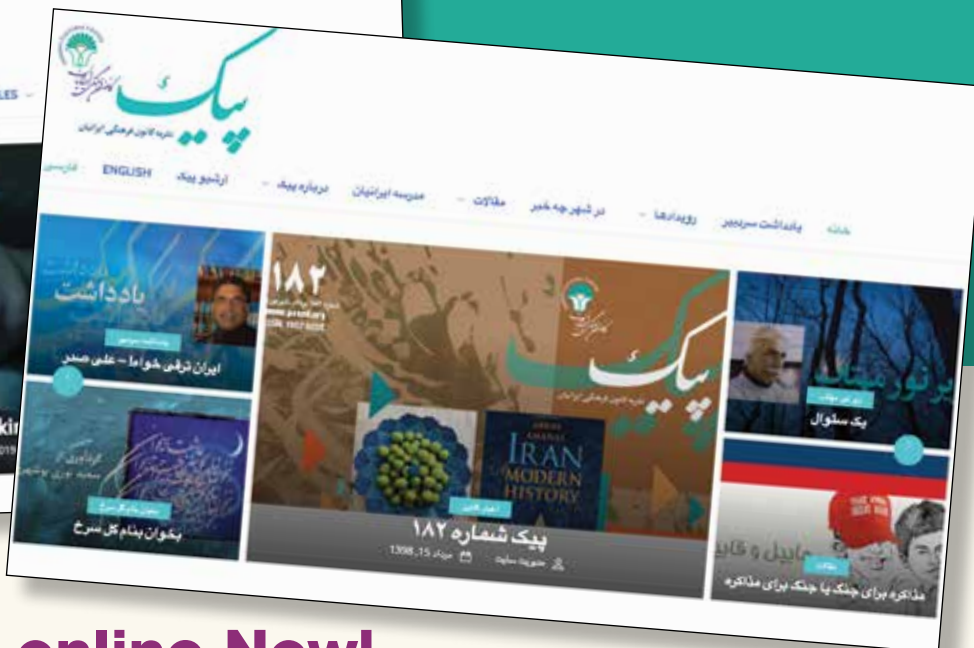
BALBOA PARK
THE SAN DIEGO
MUSEUM OF ART

PERSIAN CULTURAL CENTER PRESENTS:
ANNUAL NOWRUZ CELEBRATION
SATURDAY, MARCH 21ST

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Ali Sadr- Editor in Chief

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مژده

پیک آنلاین شد

خواننده گرامی،

در پاسخ به تقاضای شما، خوشحالیم به اطلاع برسانیم که نسخه آنلاین پیک از این پس در دسترس شما خواهد بود. آدرس وبسایت ما peykmagazine.com است. در این سایت شما میتوانید به طور مستقیم با ما و نویسندگان مقاله‌ها ارتباط برقرار کنید و نظرات خود را با ما در میان بگذارید. شماره‌های گذشته پیک کماکان در آرشیو ما در pccsd.org/peyk در دسترس شما است.

چون بسیاری از خوانندگان ما از طریق اینترنت پیک را آنلاین دریافت خواهند کرد ما به تدریج تعداد نسخه‌های چاپی را کاهش خواهیم داد. دلیل این تصمیم آن بود که از سویی در سالهای اخیر هزینه کاغذ، چاپ و پست به طور چشمگیری افزایش یافته است و در نتیجه ما دچار ضرر مالی روز افزون شده‌ایم؛ از سویی دیگر بسیاری از خوانندگان ترجیح می‌دهند پیک را به صورت الکترونیک دریافت کنند. از این راه ما قادر خواهیم بود بدون آن که کیفیت و محتوای پیک را کاهش دهیم، آن را به دست شما و بسیاری دیگر از علاقمندان برسانیم.

اگر شما مایلید پیک را آنلاین و همواره به طور رایگان دریافت کنید، لطفاً از طریق ایمیل به pcc@pccsd.org به ما اطلاع دهید.

اگر همچنان مایلید نسخه چاپی را دریافت کنید، لطفاً از طریق ایمیل pcc@pccsd.org یا تلفن ۸۵۸-۵۵۳-۹۳۵۵ ما تماس بگیرید و آدرس پستی خود را در اختیار ما قرار دهید. اگر شما عضو کانون هستید و می‌خواهید پیک را از طریق ایمیل دریافت کنید نیز لطفاً به ما اطلاع دهید. اگر عضو نیستید با عضو شدن در کانون فرهنگی ایرانیان، در کنار مزایای دیگر، پیک را دریافت خواهید کرد. اگر فقط نسخه چاپی را خواستار هستید، لطفاً با پرداخت ۲۰ دلار که تنها هزینه پست است ما را یاری کنید.

برای عضویت و یا اشتراک پیک، لطفاً به وبسایت ما pccsd.org/membership رجوع کنید. پر کردن فرم و پرداخت آنلاین نباید بیش از سه دقیقه طول بکشد. با سپاس از حمایت همیشگی شما،

علی صدر - سردبیر

برای درج آگهی آنلاین، لطفاً با ایمیل pcc@pccsd.org یا

تلفن ۸۵۸-۵۵۳-۹۳۵۵ تماس بگیرید.

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