Best Wishes for 2007!
Prosperity, Goodwill and Peace to All.

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A New Year Gift ...

2007… a New Year is upon us! Where do the years go and why are they going so fast? It seems the older we get the faster the years go by. I still have so much to accomplish on my 2006 “To Do List” that thinking of how to catch up exhausts me.

Looking back at the past year brings mixed feelings of joy and sadness…things accomplished and those still hanging in the air…this and that…here and there…lessons learned and forgotten, and so forth. I was thinking of what to write for this editorial and then came an email from a cousin of mine in Shiraz that I wanted to share with all of you as, “A New Year Gift.” It put my thoughts and how I have been feeling in perspective. The author of the following is unknown, but here it is:

We convince ourselves that life will be better once we are married, have a baby, then another. Then we get frustrated because they reach adolescence and we must deal with them. Surely we’ll be happier when they grow out of the teen years.

We tell ourselves that our life will be better when our spouse gets his/her act together, when we have a nicer car, when we can take a vacation, when we finally retire.

The truth is that there is no better time to be happy than right now. If not, then when? Your life will always be full of challenges. It is better to admit as much and to decide to be happy in spite of it all.

For the longest time, it seemed that life was about to start. Real life. But there was always some obstacle along the way, an ordeal to get through, some work to be finished, some time to be given, some bills to be paid. Then life would start.

I finally came to understand that those obstacles were life. That point of view helped me see that there isn’t any road to happiness. Happiness is the road. Enjoy every moment.

Stop waiting for school to end, for return to school, to lose 10 pounds, to gain 10 pounds, for work to begin, to get married, for Friday evening, for Sunday morning, for a new car, for your mortgage to be paid off, for spring, for summer, for Fall, for Winter, for the first or the fifteenth of the month, for your song to be played on the radio, to die, to be richer…before deciding to be happy.

Happiness is a voyage, not a destination. There is no better time to be happy than…NOW! Live and enjoy the moment.

With that said, what remains is for me to wish you and your loved ones good health, good resolutions, and for a very happy voyage in 2007.
Amnesty International Publication
Winter 2006

Nobel laureate Shirin Ebadi champions Iran's homegrown democracy movement and crafts careful legal arguments to challenge Iranian authorities to respect the rights of women and dissidents.

Mandana Afshar

Iran's foremost human rights lawyer, Dr. Shirin Ebadi, was awarded the Nobel Peace Prize in 2003 for her courageous efforts to stop political imprisonment, gender discrimination, capricious and abusive interpretation of law, the death penalty and explicit prohibition of homosexuality.

Ebadi was born in 1947 and became one of Iran's first female judges in 1975. After the 1979 revolution, officials removed her from her post, arguing that women are too emotional to be judges. Demoted to a clerical position, Ebadi was eventually granted a license to practice law, which she promptly began using to defend the disenfranchised. Her work put her at the forefront of Iran's own human rights movement – and raised the ire of the authorities. She has been prosecuted and imprisoned a number of times for her high-profile legal work on behalf of women, children and political dissidents.

Ebadi has been a vocal advocate for dialogue between her native Iran and the United States, whose relationship has been characterized by hostile silence since diplomatic relations broke in 1980. As a key player in Iran's vibrant civil society, Ebadi has an insider's view of the growing culture of democracy among Iranians.

ai: How would you characterize the pulse of civil society in Iran?
SE: The people of Iran are proponents of a more developed democracy, and they have followed that aim consistently. The people of Iran are also peace-loving. In the past 28 years, they have experienced a revolution and an eight-year war with Iraq. They are tired of violence and bloodshedding. And they believe that any change must be accomplished peacefully and without brutality. However, they pay a price. Unfortunately, we don't have a shortage of political prisoners in Iran. And I am sure that you have recently heard of the detention of Mr. Ali Akbar Mousavi Khoeni (a former member of Parliament) at a rally. I am his lawyer. I have not received permission to visit him. I have not received permission to access any of the relevant records.

ai: Your organization, the Center for the Defense of Human Rights, was recently banned. How did that affect your work?
SE: My organization was not banned. About five years ago, some like-minded legal colleagues and I started a non-governmental organization, and we applied to the Iranian government to register the NGO. We fulfilled all the legal prerequisites for registration, but the government failed to register us under both presidents, Mr. Khatami and Mr. Ahmadinejad. When Mr. Khatami was in power, we could do our work without anyone bothering us. But after Mr. Ahmadinejad took office, we received a warning that we were illegal and, therefore the organization had to be closed down. We responded to this warning with a letter saying that we had fulfilled all legal requirements for registration and that our work is legal and that it is they who were acting outside the law by refusing to register us. We wrote that we will continue our work and that we are not willing to close the organization. The organization has not yet been closed down for one single day. But what will come in the future only God knows.

ai: We have heard that feminist unions are at the forefront of Iran's civil society movement, particularly in rural areas and far-flung provinces. What kind of work are they doing, and how is their approach unique?
SE: They are very strong. Their approach is unique because they have no leaders. They do not have a head or branch office. Their union is in the house of each Iranian who is respectful of the equality of the law. This movement is made even stronger by not having leaders. If one or two people lead it, the organization would weaken if these leaders were arrested. Because there is no leader, it is very strong and unstoppable. This movement has achieved a lot of success. Most recently, it created a plan to collect 1 million signatures opposing gender inequality in the law. They have started a Web site for Iranian men and women who are against (discriminatory) laws. There has also been widespread support for us in international circles, including, notably, from the winners of the Nobel Peace Prize. We hope that the support of the international community will help the movement in Iran.

ai: is there a fundamental contradiction between rule of law and Iran's cleric-based judicial system?
SE: I am a lawyer. And that is why I am trying to correct the law. These laws are the wrong interpretation of religion.
**ai:** What about the more moderate voices within the Iranian government? How precarious is their position right now?

SE: Reformists were as much in danger in Mr. Khatami’s time. Remember that Mr. Akbar Ganji, I, myself, and other prisoners of conscience were imprisoned during Mr. Khatami’s time. Those who fight for freedom, unfortunately, have always been in danger of imprisonment and that has not changed.

**ai:** What do you make of recent intensification of hostile rhetoric between the U.S. administration and the Iranian government?

SE: Mr. Bush talks of democracy but he has no belief in democracy. Take a look at the close friends of the United States in our region: Saudi Arabia, Yemen, Kuwait or Pakistan. These countries do not have a developed democracy but have despite this, been close friends of the United States. When Saddam Hussein was throwing chemical weapons on the people of Iran, Mr. Donald Rumsfeld traveled to Iraq, met with Mr. Hussein and shook hands with him. This shows that Mr. Bush’s ideas about democracy are untrue. But I also have to say that the Iranian people have complaints about the government of Iran. The lack of human rights is moving the people of Iran toward their desire for a more highly developed democracy.

**ai:** How can NGOs in the United States best support the development of human rights in Iran? How about concerned individuals, such as Amnesty members?

SE: NGOs, no matter where in the world they are, are regarded as colleagues. Those who fight for human rights are members of one and the same family. They are in a good position to help each other. When someone is imprisoned it is better that NGOs, for example, Amnesty International, take action and bring the news of this injustice to the people of the world.

**ai:** What about accepting financial support or help from the U.S. government?

SE: Activists and Iranian groups cannot accept money from abroad. They are being scrutinized by the government, which could accuse them of espionage.

**ai:** Do you find it a contradiction for Iranians to ask foreign countries for moral support, even as some Iranians accuse foreign countries of interfering in Iranian affairs?

SE: We do not want to achieve democracy alone. I believe we need moral support from human rights organizations. But we believe that democracy cannot be imported to our country with missiles and bombs. Democracy is also not a good that someone can buy for us. Democracy is a culture that needs to grow among the people. Fortunately, this culture is very strong in Iran, and the people are continuing their fight for it. Iranians are absolutely ready for a democratic government.

**ai:** You once found your name on a government “hit list,” and you have undoubtedly seen friends and colleagues suffer violent persecution. As a mother of two and one of Iran’s most important human rights defenders, how do you determine the limits of safe activity for yourself?

SE: If you look into prisons around the world or on execution lists, you will see that many of these people were proponents of human rights. Human rights defenders are in danger everywhere because their criticisms are necessarily directed toward governments. Governments that lack human rights do not like to be criticized. Iran is no exception to that rule, and I am only one of these individuals. I cannot constantly pay attention to my safety, or I would not be able to do my work.
Khoresht Anaar-Aveej  
(Pomegranate Stew)

**Ingredients** (4 servings)

- Chicken pieces, 1-1.5 kgs
- Ground walnuts, 500 grams
- Rice-flour, 2 spoonfuls
- Herbs (parsley, mint, coriander, spring-onion ends), 500 grams
- 3-4 onions
- Garlic, 2-3 cloves
- Pomegranate juice, 3-4 glasses (or 4-5 spoons of pomegranate paste)
- Sugar, 2-3 spoons
- 1/2 cup of cooking oil
- Salt

**Directions:**

Peel onions and slice thinly. Fry in oil until slightly golden. Wash chicken pieces and fry in onions until color changes. Add 3 glasses of hot water and bring to boil. Turn heat down and let it boil slowly for about 30 minutes adding more hot water if needed.

Wash and rinse the herbs, then finely chop them. Peel garlic cloves and thinly slice them. Fry herbs and garlic in oil for a few minutes.

Add herbs, salt, ground walnuts and pomegranate juice or paste (if using pomegranate paste, add 2 more glasses of hot water and bring to slow boil). If pomegranate juice or paste is sour, add some sugar to the khoresht. Dissolve rice-flour in a cup of cold water and add to khoresht near the end of cooking. Cook the khoresht long enough so that the oil in the walnuts comes out and the mixture becomes thick. Khoresht anaar-aveej should be served with white rice.

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Chelow  
(White Rice)

**Ingredients** (4 servings)

- Basmati or long-grain rice, 500 grams
- Cooking oil
- Salt

**Directions:**

The preparation of chelow is a bit elaborate, but it will results in delicious, non-sticky rice. It is normally served with kabab and many dishes, unless rice is already used as one of the ingredients.

Wash rice twice and soak in salted warm water for 3-4 hours, then drain the water. Pour water in a large non-stick pan until it is half-full and bring it to a boil. Add rice and a spoonful of salt and continue boiling until rice slightly softens. Drain rice and wash it with slightly warm water.

Pour a few spoonfuls of cooking oil into a pot and add rice. Pour a few more spoonfuls of oil over rice. Cover the pan and cook over low heat for about half an hour. If cooking time is increased, a delicious crispy layer of rice (called ta-dig) will form at the bottom of the pan.

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Recipes from:  
Roxana & Farzin Mokhtarian

“The pomegranate tree is native from Iran to the Himalayas in northern India and has been cultivated since ancient times throughout the Mediterranean region of Asia, Africa and Europe.” The most famous of pomegranates comes from an area in Iran known as Saveh. We grew up eating pomegranate when in season, in a variety of ways; soups, stews, juices, seeds, sauces and more. The ‘New World’ has discovered this wonderful fruit and its healing power most recently. It is wonderful to see so many pomegranates stacked up in all markets now. However, not all types of pomegranates have been introduced to the western markets yet, including the ‘sweet’ pomegranate from Shiraz, or the ‘nardon’ from northern Iran by the Caspian Sea. To celebrate the arrival of this ancient fruit, here is a Persian cuisine recipe, for your delight.
Leading Iranian Musician Nominated for Grammy Award

By Maryam Tabeshian

Hossein Alizadeh, famous Iranian music composer and instrumentalist, is nominated for the Grammy Award 2007 for his album “Endless Vision.”

Tehran, 12 December 2006 (CHN) -- Iran’s leading composer and musician, Hossein Alizadeh, has been nominated for 2007 Grammy Award in the traditional music category for his album “Endless Vision.” In this album, Grammy Award-nominated Iranian instrumentalist Alizadeh has teamed up with Armenian Djivan Gasparyan who plays duduk (a double-reed woodwind that sounds like a mournful oboe) to celebrate the bonds of their art. Along with their fine ensembles, Alizadeh and Gasparyan turn in sublime performances that beautifully illustrate the historical and cultural bonds between their two countries.

Born in 1951 in Tehran, Hossein Alizadeh is one of the most important figures in contemporary Iranian music. He has invented a new musical instrument which he has named Shurangiz, a six-stringed lute. Alizadeh has performed extensively throughout the United States, Europe, and Asia and has appeared on many radio and television programs including Radio France, RIAS in Berlin, WDR in Cologne, the BBC, KCRW in Los Angeles, and KPFA in Berkeley. Some of Alizadeh’s most noted compositions are: The Nava Improvisations (1976), Riders of the Plains of Hope (1977), Hesar (1977), Revolt (1983) for harp, string orchestra, and percussion, NeyNava (1983), Dream (1986) for harp and flute, Torkaman (1986), Raz-O-Niaz (1986), and Song of Compassion (1991), etc. “Endless Vision” is the latest album release by Alizadeh and his Armenian companion.

Many consider Alizadeh one of the most important figures in contemporary Persian music. He has taught at the University of Tehran and the Tehran Music Conservatory and has written and published a number of etudes for tar, a Persian string folk instrument which looks like a Lute.

Alizadeh’s album, “Endless Vision” for which he has been nominated for the prestigious Grammy Award, has been described by world musicians as “a rare and sheer beauty [that] combines spirituality and emotion with musical mastery ….” (Dr. Maria Vanderloo & Dr. Henk Longbeard’Boot)

The 49th annual Grammy Awards will be presented to the winners on February 11, 2007 in Los Angeles.

Peaceful Travel in Time and Space

With the sparkle in your eyes last night
Thunder took shape with all its might
And then a butterfly came into sight
Passing “borders of time and space”
With all its grace,
Spanned its wings of lace

Its wing … an inscribed leaflet
In the hand of an artist like a palette
It came from wonderful terrain
Its scent of the earthenware domain
Of never – ending grasslands
Of the playful hands
Of a curious child
In muddy slush of the wild
Of many splendid domes
Of old homes
Of a monumental tower
The fragrance of dew on flower
Through the tunnels of history
The butterfly takes a peek of mystery

Silent, it stares at me in doubt
And the anticipated question appears throughout
Love is through time, space, and me
“What is born of thee?”

Landing on my poem book
It finds resolve with another look
From my poem of fame,
The butterfly reckons your name
No more weary of travel in space and time
It flies again … again it finds its prime
No more yearning, yet from afar,
It deems your name, like nectar
With you the butterfly made a discovery
With it, you too, embarked on a new journey
To the ends of the world’s realm
And in the light of your eyes
I see thunder … gives way to calm.

Neda Ansari Ghopeh
Inspired by poem by Mohammad Ali Shakeri Yekta
35 kilometers past Jandagh, (towards the south), I arrived at the sole police post of the road, where I find the officers busy monitoring the road and drivers. ‘Don’t forget your seatbelt!’ To the right (south west direction), you can reach Anarak and Nayeen, while the left will lead to Tabass. In this trip we will head towards Anarak, approximately 110 kilometers to the Southwest. A fairly good, solid asphalt road with a slight twist cuts through the sandy desert. The main villages of Choopan, Nakhlak, Chah-Kharbozeh and Chah-Gorbeh are on this route. The main occupation of the locals in this area is mining (lead, gold, silver, barite and marble). Nowadays, the majority of the mines are closed and many of the villagers have emigrated from the region.

In the 30th kilometer, we arrive at Choopanan village, which may be called the most orderly village in all of Iran. About 80 years ago, this village was designed by German planners according to a precise plan for the mineworkers. The urban planning and road construction is both even and fluid, unifying the village. Many of the homes have badger and cool cellars and nowadays in front of each house, you will find a truck, as the majority of the villagers are now truck drivers. The view of these orderly homes and numerous trucks aligned neatly in the middle of this open desert provides an interesting background. Be sure to pass through Choopanan during the daytime. In front of Choopanan there is a newly constructed asphalt road, which leads to the village of Kohan-e-toot and the town of Ardakan.

In continuation of the trip, about 30 kilometers outside of Anarak, we arrive at Chah-e-Kharbozeh. Many years ago, this was a lead mine, the remains of which are still evident to this day. According to one of the locals, between the years 1931-1941, the Germans worked in these mines, after which up until 1967 the mines were active, and today they are almost all closed. Currently, an individual by the name of Dr. Jaffari, who is originally from Anarak and spent many years in Germany, has started agricultural activities worthy of praise. The town of Anarak, (in local dialect is pronounced Nar-see-neh, which clearly is derived from the word pomegranate ‘Anar’), is located beside the central desert surrounding a small mountain and is home to extremely nice and cultured people.

In the mines are displayed in the museum. I think it is the only place in the desert where you can find books, cds, and tapes regarding Anarak, the life of its residents, along with poetry and music, which is proof of the closeness, good will and dedication to cultural preservation of its residents.

The old town of Anarak still has residents living around the cone shaped mountain, constructed in an interwoven desert style. Part of a guarding tower (the short tower of Nasser) and the old village wall (doorabadi), are still standing. Anarak is located in a strategic location, where one can control the comings and goings from the height of the mountain, testimony to the harsh and dangerous life that was once its reality, where it was subject to attacks and theft on a continuous basis. The source of water in Anarak is from reservoirs and Qanats. With the end of the farming, now only approximately 2000 habitats remain in the area. It is interesting to know that the language (ancient dialect and Pahlavi) and the accent of the locals of Anarak and Abianeh, are very similar as is their lifestyles and religious practices. There are many Zoroastrian customs still alive in these parts of Iran. The small local “Sagh-Khaneh’s (drinking water-fountains) around the city, that could have been fire-temples in the past, still stand strong to this day. The complicated style of architecture with its beautiful high dome-shaped ceilings, and thick walls provides for good insulation and protection against the cool and warm weather as well as for defense. In the old days, Anarak consisted of two parts, one for the Arab and the other for the Persian residents. Nowadays there are no Arab residents left in the city. According to the locals there has always been conflict amongst these two ethnic groups. A great number of people of Anarak have also relocated to Naeen and Shahrood. The new part of the city has been constructed adjacent to the old part with unattractive new architecture in the plain (dasht) margin area and is growing rapidly. An old building known to have been the German Club, has been destroyed by ‘Sardarane Sazandagi’ to make way for the construction of a boulevard. Don’t forget to explore the watchtower and the old residential part of the city. Since there are no existing hotels or guesthouses within the city, you can expect to be the guest of one of the local families for the evening. In case of emergency you can refer to Mr. Ebaheimi, who is in charge of the Museum, and a very nice gentleman. The economy of Anarak is still dependent on mines and agriculture. The gold mines of Nakhlak are now active again. However, it is necessary to point out that due to the death rate of the elderly and the emigration of the youth from the city, the poem of the Kavir (desert) appears to be coming to an unfortunate end.
From Anarak to Naeen is approximately 75 Kilometers and the road is without any town or village worth mentioning. Close to Naeen, there is the Tehran – Kerman railroad crossing and an air force base. Just 5 Kilometers to Naeen is the village of Mahamadieh. This village is the central point for Naeen’s production of ‘Abah’ (a very high quality cloak or fabric used exclusively for Muslim clerics’ garments). Because of its extraordinary quality, the cloak produced in this region is very popular and sought-after by many people all over the Middle East. This village has approximately 15 active workshops dedicated to the weaving of cloak. These workshops are built several meters under ground and have dome-shaped ceilings. The setup of the workshops is truly conducive to a great working environment. The cloak-knitting set are wooden and quite old. The weaver sits in front of the set on the floor and starts weaving with the help of two pedals beneath his feet. Each cut of cloak produced is 5 meters long by 75cm width of material, all derived from camel wool. In each workshop these are several manual looms, which are used to transform camel wool into thread for weaving. In the past this task was mostly the responsibility of the women. Today’s weavers are in the winter years of their careers and these workshops and old methods of weaving will soon disappear and shut down altogether. You can always find a few small beautiful looms in each workshop that are for sale.

The town of Naeen is amongst the oldest towns in Iran. This city is located east of Esfahan, adjacent to the central Kavir. Naeen is a calm city with warm-hearted people. The summertime is hot and dry and the winters are cold and plenty windy. The scarcity of water and drought is a common and prevalent fact of life. The marketplace is an old part of the city and ought to be amongst the historical sites in Naeen, but is instead unfortunately forgotten and falling apart. This historical collection is worthy of protection much like any other country in the world.

Be sure to plan a 2 days visit to Naeen. The best place to stays in Naeen is the city guesthouse (Mehmansara). This guesthouse is constructed with mud bricks according to Kavir architecture, and is a very beautiful testament to the good taste of a village. The quality of services and food in this guesthouse are quite acceptable, which is why it is wise to reserve your room in advance. Should you prefer to stay with the locals, during the Nowruz and summer holidays you can find clean and well-organized homes with reasonable prices. The group consisting of the Main Mosque (Masjed – Jamea), Pirnia’s House, Bazar, and Ghaleh Narin are all next to each other. It is best to visit these places by simply strolling through by foot until you reach them. On the way, you will find numerous subjects for your picture-taking collection.

The Naeen Jamea Mosque is one of the first four mosques of Iran made entirely of sun-dried bricks and contains no colorful designs. It does however, have a tall multi-sided Minaret with Koufi calligraphy which is visible from a distance. The mosque has the appearance of Khorassan area design with the four-courtyard influence of the Sassanid empire. It is likely that the mosque was altered and re-touched by a Sassanid-era builder who then added the calligraphy and flower design on the plaster molding which has remained intact until today. The cellar of the mosque which is used for winter gatherings is lit through its sky lights (made from thin strips of marble, sanded down to allow light in ) and receives fresh air by the means of pretty brick vents which provide a pleasant atmosphere. The alter and door of the mosque are wooden and filled with detailed carvings full of intricate designs and patterns.
A few months ago, I had the opportunity to interview Dr. Akbarnia during his Presidency of The Scoliosis Research Society (2005-2006). He is one of the most respected and renowned surgeons in his field. Dr. Akbarnia is also the first mentor for the Iranian-American Scholarship Fund.

The opening paragraph of a letter from the Executive Director/CEO of the San Diego Medical Society (August 2005) to Dr. Akbarnia states, “It is my distinct pleasure to inform you that you were selected by your peers as one of San Diego’s Physicians of Exceptional Excellence – our “2005 Top Doctors” – in the field of Orthopaedic Surgery. My particular congratulations for being selected two years running – something that very few San Diego physicians can say!”

Dr. Akbarnia is Clinical Professor, University of California, San Diego; Medical Director and Director of Fellowship Program, San Diego Center for Spinal Disorders, La Jolla CA; and President, Scoliosis Research Society (2006). He is the author of over a hundred scientific articles and book chapters and has traveled both nationally and internationally to speak on the many aspects of spinal disorders in adults and children. Dr. Akbarnia is also actively involved in the development and advancement of state-of-the-art spinal implants for both adults and pediatric patients. His extensive affiliations and work can be googled.

On behalf of the Iranian-American Scholarship Fund and the Peyk Editorial Staff I would like to thank Dr. Akbarnia for making the time for the following interview, despite his busy schedule of work, teaching, lectures and travels.

**Please tell us about your background, education and specialty:**

I graduated from Medical School in Tehran and came to the United States for my postgraduate training. Orthopaedic Surgery specialty, the way we now know it, was not available in Iran at that time and I didn’t know much about it. Having good mentors always helps to make decisions. My first mentor was a great orthopaedic surgeon and one of the few who had a global vision. He liked to train residents from all over the world. He was generous to a fault. He held nothing back in terms of guidance and support.

At one time I wanted to be a hand surgeon, but I changed my mind and became a spine surgeon when I was approached to fill the need for a spine surgeon in a new orthopaedic hospital in Tehran. I was excited about the opportunity and was trained by a pioneer scoliosis surgeon. At the time, he was the founder and first president of the Scoliosis Research Society (SRS). This intense training prepared me for the challenges I had ahead of me upon my return to Iran in 1976.

**What is the Scoliosis Research Society (SRS)?**

SRS is the most preeminent spine society in the world and the only spine society dealing with spinal deformity research and treatment. The society meets every year to discuss the latest in the field of spine. We are involved in patient care advances and new developments, educational programs and research throughout the world. I have been involved in patient care advances and new developments, educational programs and research throughout the world. I have been involved since my fellowship in 1975 and have not missed any meetings since. I was a member of many committees and served on the Board of Directors twice. I have been the Treasurer of the society for 4 years and implemented policies to assure that we have strength and financial viability to support our goals. I was elected in 2004 as vice president and became president of the society in 2005 and 2006.

**What is your vision for the Society?**

Our society (SRS) has evolved from a small group of founders in 1966 to a society with over a thousand members around the world. I believe that the society should be a truly global organization and increase the opportunity for international members to become more active, participating in all programs. Many advances in research come from our international members and I feel that they should get the credit they deserve. We are encouraging a solid endowment to support our ability to do research. We are also trying to create ways to facilitate communication through our
website to increase the value of our educational programs for patients and health care professionals. We have developed outreach programs in Africa and South America, and expanding it to other regions of the world to both provide patient care and education. We provide scholarships to bring individuals from other countries to our meetings. This year, we started regional meetings in addition to our regular meetings so people who can’t travel to North America can attend and keep up with the new information. The most recent meeting in Istanbul brought over 400 registrants from all over the world, 40 of them from Iran. For more information about the society, visit www.srs.org.

How did your mentor inspire you?

There have been several mentors throughout my professional career and each has affected me significantly. I feel that mentors are very important to give you initial enthusiasm and help you with some crucial decisions to make. For this reason we have started a mentoring program this year and matched the young members with more senior members for the entire year.

On a personal level, I have trained fellows and residents over the years and have tried to pass on what I have learned over the past 30 years of my practice. We have continued our fellowship program here in San Diego since I moved here in 1990. For more information about our educational programs, visit www.sandiego-spine.com.

As far as the Persian community is concerned, I have supported the Iranian-American Scholarship Fund and used this opportunity to create scholarships to help students with Iranian heritage (both financially and through mentoring) who want to study medicine to become more interested in research as well. For more information about the Scholarship Fund, visit www.iasfund.org.

What is the Akbarnia technique? Is it being used?

I have been fortunate to live in an era when technology, especially in spine, has exploded. I have helped in developing surgical techniques which have been successfully used over the years. One technique has to do with spinal fractures and the way we surgically treat these fractures with neurological damage. I have developed some instruments and implants to reconstruct the spine after injury and other disorders. Most recently, for the past 8 years my interest has been in the area of spine deformity in small children. The technique, also called “Growing Rod Technique,” allows correction of the deformity while maintaining the normal growth of the spine in these children.

Any advice for the young people who wish to follow in your footsteps?

I can’t tell you what the best way for you to give back is. That’s for you to decide. But I can tell you this: by giving back, you will gain even more. We live in exciting times and the best way I know to make sure that those exciting times are not a curse, but an opportunity, is to jump in and get involved. By getting involved, by participating in this interchange of receiving and giving – we do our small part in making this world a better place.

I’d like to conclude with the words of some anonymous writer who said: “We cannot do all the good that the world needs but the world needs all the good we can do.”

Thank you for asking me to participate in this interview and I wish the best for the Scholarship program.
THE VOICE SHALL REMAIN

American literature has seen enough ups and downs, but despite its short history, it has caught up with the works of masters around the world, not to mention surpassing many of them. One look at the current book market is enough to convince us that the modern era will surely be marked as the richest periods in American publications.

What gives American literature its unique quality may in part be the profound variety introduced by immigrants. People from all walks of life bring their stories to this country and make sure their voices are heard. This in turn has provided the publishing industry with an overwhelming supply of material from which they can pick and choose. Be it through absorption of global talents into the land of opportunity or the fact that American readers have finally developed an interest beyond their own borders, the doors are now open to many new writers. This is of particular importance to the Iranian women, who suffer severe censorship at home.

While the works of known writers such as Azar Nafissi, Gelareh Asayesh, Gina Nahai and Nahid Rachlin, and many others have already met with considerable success, there are other female writers, with promise of a great future. A look at several new anthologies shows an even greater forecast and may suggest that indeed the writing world has not seen the Iranian woman's true rise just yet!

In the past few years, editors such as Persis Karim, have taken it upon themselves to present anthologies that introduce some of these unknown writers alongside the more accomplished ones. “A World Between” was the title of a collection of poems, essays and stories written by Iranian-Americans. Published in 1999, this anthology features both male and female writers, some of which – i.e. Nahid Rachlin and Farnoosh Moshiri – are already known to the reader. In her second anthology, titled “Let Me Tell You Where I’ve Been” 2006, Karim focuses on women writers. Here, not only known authors and a few newly published writers are featured, but also the readers are faced with the emergence of many new writers. The collection includes works of more than fifty Iranian-American women. This book alone brings to the anticipating readers the news of yet more rising stars.

Considering the success of Iranians in so many different fronts, this news comes as no surprise however, what is surprising is that the Iranian readers offer the least amount of support. In Funny in Farsi, we all read Firoozeh Dumas humorous account that the Iranian readers offer the least amount of support. In the past few years, editors such as Persis Karim, have taken it upon themselves to present anthologies that introduce some of these unknown writers alongside the more accomplished ones. “A World Between” was the title of a collection of poems, essays and stories written by Iranian-Americans. Published in 1999, this anthology features both male and female writers, some of which – i.e. Nahid Rachlin and Farnoosh Moshiri – are already known to the reader. In her second anthology, titled “Let Me Tell You Where I’ve Been” 2006, Karim focuses on women writers. Here, not only known authors and a few newly published writers are featured, but also the readers are faced with the emergence of many new writers. The collection includes works of more than fifty Iranian-American women. This book alone brings to the anticipating readers the news of yet more rising stars.

The truth is, we live in a commercial world and unless there is ample advertisement, we may not hear about some of the best works out there. It is true that we may not read enough or that these writers are unknown to the average Iranian reader. But it’s equally true that a majority of those who read on a regular basis would rather spend their money outside the bookstores. We need to take pride in the fact that the Iranian writers are finding their rightful place in the world. It is time to show them our support and present them with the appreciation they deserve.

I am reminded of a verse by our beloved poet, Forough Farrokhzad, “Only the voice shall remain . . .” She would be happy to know that the Iranian woman’s voice has indeed remained and now echoes for the whole world to hear.
Persian Cultural Center
Tel: (858) 653-0336 - Fax & Voice Mail: (619) 374-7335
Website: www.pccus.org

Art Exhibition with Hanibal Alkhas
Feb 11, 4-9pm
Forum Hall at UTC • 4545 La Jolla Village Drive
San Diego, CA 92122 • (858) 653-0336

Persian Cultural Center Nowruz Celebration
Saturday March 24, 2007

Daf Workshop, at PCC office, instructor: Ali Sadr
Every Tuesday, 6:00-7:30 pm
Setar Classes, at PCC office, by Kourosh Taghavi
858-717-6389

Iranian School of San Diego
Branch I : Sun Sept 10, 2006 1:30 to 3:30pm Standley Middle School
Branch II: Thu Sept 14, 2006 6 to 8pm Mount Carmel High School

Iranian School of San Diego Nowruz celebration
Sunday March 18th, 2007

Persian Dance Academy of San Diego
Every Sunday at Iranian School of San Diego
from 1:30 to 4:30 858-653-0336

Association of Iranian American Professionals (AIAP) Tel: (619) 645-7273 www.aiap.org

Last Wednesday of each month at 6:30pm
Meetings at Qualcomm Building “S” Cafeteria

Kamal Cultural Foundation
Tel: (858) 538-0829
1st Friday of each month:
Meetings at Chai & Chat

Iranian-American Scholarship Fund
These scholarships are offered to students with Iranian heritage, attending an accredited college/university in the United States. Applications and all requirements are now available at www.iasfund.org. Please note application deadline applies!

Mehregan Foundation
Tel: (858) 673-7000 www.mehrganfoudation.org

House of Iran
Tel: (619) 232-IRAN
Balboa Park
Sundays 12-4 PM

Whale Watching Kayak Trips
Hike, Bike, Kayak San Diego, (866)HB-KAYAK
Dec 22, 2006 – March 31, 2007

“The Farnsworth Invention”
La Jolla Play House 858-550-1010
May 9, 2006–March 19, 2007

Reverend Horton Heat
Music
Canes Bar & Grill
858 0488-1780
Jan 18, 2007

The Aggrolites
Music
Belly up tavern
858-481-9022
Feb, 23, 2007

Twinkle pie
Dream Art
Magpie
Dec 16, 2006-Jan 29, 2007

San Diego Jewish Film Festival
Feb 08, 2007 at 7:00PM

Project CenterStage:
Teen Musical Theatre Competition
Feb 03, 2007 at 8:00PM

Oceanside Public Library World Music Series Concert - Brasil Brazil
Feb 10, 2007 at 7:30PM
Breakfast is the most important meal of the day. A breakfast of high fiber foods contributes to regularity, helps eliminate waste, and makes room in your digestive tract for new foods to provide energy. In addition to physical energy, breakfast provides the nourishment that your brain needs for mental activity and concentration. Eating complex carbohydrates in the morning provides a steady release of the neurotransmitter, serotonin all day long. It also contributes to a balanced and calm mood along with good mental acuity and a healthy weight. Complex carbohydrates, protein, and phytochemicals – the elements I suggest for breakfast – are the best line of defense against hormonal imbalance and disease.

Are you Skipping Breakfast?
Your body needs steady energy throughout the day. If you skip breakfast, you will probably feel low energy or experience fatigue in the afternoon and later in the day. If you don’t eat breakfast, your metabolism may slow down to compensate for not receiving any new calories. A recent study by Dr. C. Wayne Callaway (1987) found that people who eat breakfast burn more calories throughout the day than people who skip it. I have demonstrated this fact with clients who came to me with digestive difficulties. One client told me she skipped breakfast because she usually wasn’t hungry until noon and she was trying to lose weight. She wasn’t losing weight, however, but was often constipated and experienced sweet cravings in the evening. When she made a healthy breakfast part of her day, she was better able to maintain her diet. In addition to physical energy, breakfast provides the nourishment your brain needs for mental activity and concentration.
Top 10 reasons to buy a home now

By Shahram and Azar Ommid,
A Professional Real Estate Team,

“Is now the time to jump into the housing market or should I hold off for a better deal?” This seems to be the question of the moment in San Diego.

Making the move into home ownership continues to be one of the most important decisions that most of us will ever make. It is a choice that requires thoughtful discussion with your financial advisor, family and other trusted individuals. For the thousands of San Diegans trying to weigh the pros and cons of owning vs. renting, here are some important factors to consider in the current housing environment:

1. No bubble trouble: There is no reason to sit on the sidelines waiting for a dramatic drop in price. While double-digit appreciation may no longer be the norm in San Diego, the market is not crashing. Buyers sitting on the fence will miss out on the long-term appreciation gains and the tax advantages of home ownership.

2. It’s an investment you can live with: Unlike stocks, homes have utility value. You have to live somewhere, so make your investment work for you by building up equity while you benefit from the tax breaks.

3. The bidding wars are over: Homes are realistically priced to move. There is no need to rush into a purchase. But when you do find that dream house, act with conviction and don’t miss out on it.

4. The Fed has taken a breather: Interest rates remain at near-historical lows and that equates to good buying power. The Federal Reserve has paused in its interest rate hikes so now is a good time to make your move.

5. Mortgage lenders want your business: The mortgage business has slowed along with housing sales. Most lenders are offering a veritable supermarket of loan types and have plenty of money to lend. One of them is sure to have a payment structure that fits your needs.

6. Pre-approvals put you firmly in the driver’s seat: It is still a good idea to get pre-approved for a mortgage and lock in your interest rate. You’ll have more negotiating power with the seller and the ability to speed along the closing process.

7. Cash is on the table: Sellers, eager to entertain your offer, are more than likely to make a deal that includes working with your lender to buy down your interest rate or covering the closing costs so you can put more money down. Some sellers also may consider prepaying a year’s worth of homeowners’ association dues to make your monthly payment more affordable.

8. Makeovers are all the rage: Facing a competitive market, sellers are sprucing up their properties so buyers don’t need a lot of cash for repairs, renovations and upgrades. New landscaping, new appliances and new paint make the perfect housewarming gift from the seller. And buyers save money for furnishings and other move-in costs.

9. Lots of choices, lots of options: A greater selection of homes currently on the market means a greater chance of finding the one that fits your lifestyle.

10. There’s no time like the present: The most important fact for a buyer is to get in the game. Housing is a medium to long-term investment. Over the past two decades, housing in San Diego has appreciated an average of 8 percent a year. How many stock portfolios or savings accounts can make the same claim?
Sona Babai counts good health, a loving mother-in-law and 10 children as the biggest blessings of a long and fruitful life. But there was one more thing she wanted: American citizenship. So the native of Iran placed her hand over her heart, pledged allegiance to the flag and Wednesday became one of the nation’s newest citizens to be sworn in.

At 105 years old, she is also one of the oldest. Before a stage festooned with American flags, Babai joined 7,000 others from 132 countries who became American citizens at naturalization ceremonies Wednesday at the Pomona Fairplex. But the petite woman with clear brown eyes and snowy white hair cut a distinctive figure as several news cameras recorded her slow walk to the front of the cavernous hall, stooped but steady, unassisted except for a cane.

When a ceremony official announced, “Excuse me, we have a lady that’s 105 years old - and she’s walking!” the crowd erupted in claps and cheers.

Babai said she wanted to naturalize as a sign of gratitude to America for embracing her children, four of whom live here, and allowing their families to thrive as restaurateurs, business consultants, architects, engineers, dentists and other professionals.

“America is a big umbrella that lets a lot of people underneath it to be safe,” Babai said in her native Azari language, which was translated by her son, Antoine Babai. “Because of the good hearts of American people, I want to be part of them.”

Marie Sebrechts, spokeswoman for the U.S. Bureau of Citizenship and Immigration Services, said research indicated that Babai was the fourth oldest person ever to naturalize. The oldest, she said, was 117-year-old Armenian immigrant who became a citizen in Los Angeles district ceremonies in 1997.
By offering a cup of tea and a safe place to talk, two Iranian brothers were able to coax stigmatized drug addicts and people with HIV out of social isolation and into a bare, one-room clinic. Arash and Kamiar Alaei, doctors from the western town of Kermanshah, struck up friendships with people they met by going over names and addresses listed in prison surveys, Arash Alaei said. Iranian families often ostracize their sons and daughters with HIV, casting them out into the street or treating them as strangers in their homes.

“When Kamiar shook hands with one man, he cried,” Arash Alaei said in an interview Thursday, referring to a patient whose relatives had banished him to a room, refusing to eat with him or touch him.

Arash Alaei was one of 14 Iranian doctors who visited Washington this week to take part in discussions hosted by the Aspen Institute, a nonprofit international organization that supports dialogue on contemporary issues. The Iranians and their American counterparts, including Anthony S. Fauci, director of the National Institute of Allergy and Infectious Diseases, discussed their health systems, realities and challenges. The visit by the Iranians was the first such State Department-sanctioned event since 1979. Dina Habib Powell, assistant secretary of state for educational and cultural affairs, described the participants as an “impressive group of medical professionals.”

When the Alaei brothers started their outreach program in 1997, it drew about one patient a week, Arash Alaei said. But after a year, word had spread, and 50 to 60 patients were showing up daily. Today, 70 such clinics operate nationwide, providing antiretroviral drugs and other treatments.

The first Iranian member of parliament to champion HIV programs and secure funding from the national assembly for nine HIV hospitals in Kermanshah was voted out of office in the next elections. After being the leading candidate, he received a mere 100 votes in the city of 1 million. Outraged residents demonstrated against the programs, shattering glass in his office and saying that if their city became known for HIV-AIDS clinics, no one would marry their sons and daughters.

The funds he had lobbied for, though approved, were not disbursed, and the program was scrapped. Alaei declined to name the lawmaker.

Supported by private and government funding, and buttressed by committees of doctors, mullahs, women and local officials, the brothers’ innovative approach grew into a nationwide model showcased on the World Health Organization’s Web site and recognized for its “best practices.” At the behest of Fariba Mansouri, deputy chancellor of the Shaheed Beheshti hospital, Health Ministry officials visited the program in Kermanshah. The tour prompted the Disease Management Center, Iran’s equivalent of the U.S. Centers for Disease Control and Prevention, to solicit a five-year plan from the Alaeis and their partners. Arash Alaei credited Mansouri with providing space in her hospital, which allowed the brothers to begin their work.

The plan has drawn funding of $3 million for each of the five years from the U.N.-sponsored Global Fund to Fight AIDS, Tuberculosis and Malaria, partially backed by the U.S. government, the William J. Clinton Foundation, the Bill and Melinda Gates Foundation and other countries. The Iranian government will provide an additional $8 million to $12 million a year, Alaei said.

He said 68 percent of HIV-AIDS patients in Iran have “a history of needle-sharing.” The distribution of condoms and sterilized and disposable needles has begun thanks in part to police protection of the program. This year, a media campaign was finally kicked off, and high school students are being given lectures and a pamphlet prepared by Alaei and his colleagues.

Quoting Iran’s 13th-century poet Sadi, Alaei said, “When the calamity of time afflicts one limb, the other limbs cannot remain at rest.”

* The author had mistakenly written Khorramshar instead of Kermanshah that was corrected throughout the article. - Peyk
Greetings to you all. It is hard to believe December has already arrived and that within the blink of an eye we will be welcoming in 2007! It is amazing how time flies and we wonder where it all has gone. Did we, as Board members of House of Iran, accomplish all that we set out to do? Did we meet our goals? Did we improve our organization? Did we succeed in promoting our cultural values? Did we work well together and made new friends? Did we establish a strong network? Were we good ambassadors of our culture and heritage? Did we bring in new ideas? Did we encourage participation of our general members? Did we gauge your interest and the future needs of the organization?

This year brought about many challenges and changes and I am certain 2007 will do the same. As the year ends, I am going to share with you some of our accomplishments in 2006. We prepared a schedule for all standing meetings throughout the year, held 10 Board meetings, hosted 52 Sunday Sundays, attended 10 HPR Delegate meetings, 3 Presidents Council meetings. We hosted 11 groups of 5th graders at the cottage and hosted school students on the 4th Tuesdays of each month. We attended two HPR dinner dances, hosted a ladies auxiliary day luncheon and held several legal and financial committee meetings. We also filled the position of Treasurer and later on, the 1st Vice President. We offered donations to the Scholarship Fund and towards the restoration of the Persian Tiles at the Art Gallery of the Museum of Arts. We attended the grand opening of the House of Puerto Rico. We also installed storage cabinets in the cottage, and hosted Ostad Shahram Nazeri. We mailed out a membership recruiting letter, installed the name plaques for the founders and contributors circles on the wall of the cottage and mailed out beautiful Nowruz Tabreek cards. We offered plaques of appreciation to the outgoing Board members, hosted a Rouz-e-Iran Festival and had meetings regarding the completion of the ceiling in the cottage. We took food handling classes, kept the photo albums updated, hosted Senior Presentation Class, and hosted bazm nights, general meetings and nomination meetings. We helped out and provided security for the 4-Shanbeh-Soori and Sizdeh-Bedar in conjunction with other non-profit organizations, hosted two full day Persian cooking classes through San Diego State University and made the cottage available for the use of the Medical Center Training. We attended an HPR potluck, helped HPR host a Immigration and Naturalization Ceremony. We hosted Southwestern College students, sent out letters on nomination night, wrote six articles for Peyk Magazine, prepared several resolutions, and replaced the computer at the cottage. We wrote standing rules on hosting, membership and nomination/election process, passed several resolutions, collected documents belonging to HOI from former Board members to be kept in the cottage, filed for taxes for the previous years that have been neglected and celebrated the 3rd Anniversary of the Grand Opening of the House of Iran. Most importantly, we encouraged the participation of young people as Board members and increased our membership three folds. We worked well together throughout the year, holding respectful meetings where all ideas were encouraged and valued.

December 1 & 2, the House of Iran, once again participated in Balboa Park’s December Nights event which brought over 250,000 visitors to the Park. As anticipated, the House of Iran Cottage and the Culinary Tent were two of the most frequent destinations by the visitors.

We would like to take this opportunity to extend a very warm thanks to the myriad of participants who donated their time in making this event such a success. Without their gracious support, none of our achievements would have been possible.

As the year ends, I want to thank all our Board members for one full year of support and professionalism and hard work. We say farewell to our outgoing Board members Mrs. Mali Abbasov and Mr. Arya Zeighamnia. We wish them the best and we will look forward to working with them in the future.

Our special thanks and appreciation is extended to our friend and General Counsel, Mr. Ali Golchin, Esq., for his great legal and professional advice throughout the year.

Congratulations to the newly elected Board Members, Mr. Amir Aghassi, Mrs. Shahin Parvini, Miss Torang Asadi, and Mr. Abbas Abbasov. We look forward to working with them effective January 1, 2007.

We say thank you to the wonderful Peyk Magazine for bringing our messages to you. We thank every one of you for your on-going support, and we thank God for a very successful year. Have a wonderful Holiday Season.

House of Iran Board of Directors, Sussan Johnsen, President
“Pirnia’s House” is a two-story building from the Safavid era. The first story rooms are built to surround the courtyard which is on the street level. Part of the living room, foyer, kitchen and storage rooms, are built near the garden and the pool. Some of the rooms in this house are adorned with miniature-style, plaster carvings with extremely beautiful and intricate designs of trees, flowers and birds. In another part of the house there are 3 dimensional engraved inscriptions in the style of “Nastaligh”. This building is now a museum, and you not only can enjoy viewing its beautiful architecture, but also can consider the ancient instruments that people used as part of their daily routines at home. If you are interested to know about the process of weaving an Iranian Rug, there is a display in one of the rooms of this house. Pirnia’s House is truly reflective of the Iranian taste and psyche. In this neighborhood, you can stroll through covered alleys (making sure to check out the doors and windows in the neighborhood as they have very interesting and intricate design work on them) and make your way over to the bazaar.

A few reservoir and vents are in this direction. You can see Ghaleh Narin which is made of sun dried bricks and clay, remaining from the Sassanid era. Unfortunately big parts of the building have been destroyed. The outdoor winter part of mosque is very spectacular. Thick pillars and bricks arcs and red carpets on the ground match together beautifully.

The covered bazaar, with its high dome-shaped ceilings are vacant, creating a deathly silence. At (charsoogh) there is a Sagha Khaneh (a place for extreme fundamentalist praying) and has always a good deal of prayer around. In Naeen a collection of mosques, like: Abaabbdolah, Khageh Nasir, Sheikh Mozei, emamzadeh soltan Ali and the historic building of Mosala are ready to visit. The main street (emam Khomeini) is a busy retail and social gathering spot where people gather to see each other in the afternoon and at nights. Carpet sellers and antique shops are on this street. Naeenies are typically very religious and the women are completely covered wearing black chadors. To recognize Naeen you should walk through the city and discover it on your own. The collections of carvings on the doors and windows and verands, and on roofed alleys, the air traps and dooms, the gender-specific door-knockers (keloons) for Male and Female and the smell of clay and straw (kahgel) from the homes with large yard with round pools with turquoise colored tiles, remind us of the days in the past that defected the warmth weather and gave you a good feeling of eating cold watermelon. The white mosquito nets over wooden bed bring about many memories.

Don’t worry, even though everything appears to be heading towards extinction, in this town, if you search hard enough you can still find everything you want.

Journey to End of Silence 3
Anarak and Nayeen, Poem of the Desert

م/max - سنوال مسابقه شماره 5/8/19
سنوال طرح دهه در شماره 5/8/19 به دست کامیک طرح اصلی و علمی به نام "طرح منظره را ایجاد کرد؟ ایا طرح گاهی چه منظره است؟" پاسخ سنوال که در متن مقاله "کامیک طرح اصلی و علمی به نام "آمرد" بود کلیدی هاکی یک درک کامل مدل کو و دکتر آرش عالی ایجاد شده و طرح منظره بروزگری از گسترش آگ-ای. یادن است. خانم چهارم کمیپان از بین شرکت کننده ها که قبیل انتخاب شده و برندی مسابقه شدند. از کلیه دوستانی که در مسابقه شرکت کردند: کدام سیاسی؟
پاسخ سنتی این شماره جواب شما تست هوش می باشد. جایزه مسابقه نیز یک منابع این سنتی یک تاریخ هوش را تا آخر ماه زانویه از طریق فکس ایمیل و یا پست برای ما فرستید.

آیا شما در زمرو دو درصد افراد باهوش در دنیا هستید؟ به مساله زیر را حل کنید و دریای بهداشت یک چهار یا هیچگونه کلک و چهک ای در این مساله وجود دارد. و تفاوت منطق محسوب می تواند شما را به جواب برساند.

(موضوع باشید!)

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سنوال: کدامیک از آنهای در خانه، ماهر نه می دارد؟

راهنمایی:
1) یک نفر در خانه یک زنگ زدنی می کند.
2) مرد سودایی یک سگ دارد.
3) مرد خانگی چای می نوشد.
4) خانه سبز رنگ در سمت چپ خانه سفید قرار دارد.
(5) صاحبان خانه سبز قهوه می نوشند.
(6) فخلات که سیگار پال می کند.
(7) خانه خانه جزد سیگار Dunhill می باشد.
(8) مرد نوروزی در اولین خانه زندگی می کند.
(9) مرد روزی که کنار مردی که گره نهگ بلندی در کنار مردی که گره نهگی می کند.
(10) مرد روزی که کنار مردی که گره نهگی می کند.
(11) مرد اسپاگتی می کند.
(12) مرد که سیگار Blue Master می کند.
(13) مرد آلکانی سیگار Prince می کند.
(14) مرد نوروزی گون که سیگار آبی می کند.
(15) مرد سیگار Blends می کند.

می نوشید.

البته این اشتباه بیشتر در این معبا را در هر نوزدهم سایه تغییر نیست، به گفته ۲۲٪ از مردم جهان نمی توانند این معمای را حل کنند شما چطور؟

برگرفته از سایت فرهنگی و هنری شهرنشور
Captive

I want you, yet I know that never can I embrace you to my heart’s content. you are that clear and bright sky. I, in this corner of the cage, am a captive bird.

From behind the cold and dark bars directing toward you my rueful look of astonishment, I am thinking that a hand might come and I might suddenly spread my wings in your direction.

I am thinking that in a moment of neglect I might fly from this silent prison, laugh in the eyes of the man who is my jailer and beside you begin life anew.

I am thinking these things, yet I know that I can not, dare not leave this prison. even if the jailer would wish it; no breath or breeze remains for my flight.

from behind the bars, every bright morning the look of a child smile in my face; when I begin a song of joy, his lips come toward me with a kiss.

O sky, if I want one day to fly from this silent prison, what shall I say to the weeping child’s eyes: forget about me, for I am captive bird?

I am that candle which illumines a ruins with the burning of her heart. If I want to choose silent darkness, I will bring a nest to ruin.

Her earlier works were often times criticized as naïve and unsophisticated and yet enjoyed undeniable popularity among readers; a further testament to the thousands of women who had found their innermost voices, denied by a male-dominant literary world, now expressed through Forough’s poetry. The first collection is more than anything else, an internal struggle, a right of passage towards the discovery of her own values and creation of the balance which will become her foundation in later years.

In July 1956, Forough left for a 9-month trip to Europe, which further reaffirmed her feminist roots, and gave birth to her second collection called “The Wall” (Divar). This was followed by “Rebellion” (Ossian), which came 2 years later in 1958 and “Rebirth” (Tavalodi Digar), in 1964. Her fifth and unfortunately last collection, “Let Us Believe In The Beginning Of The Cold Season” (Iman Biavarim Be Aghaz-eh Fasleh Sard), was sent to print in 1965 and published after her death. “Love Song” is a beautiful example of the style and the maturity we witness in her work from her fourth collection:

On February 14, 1967, Iran lost the promising voice of one of its young artists. Forough Farrokhzad was only 32 years old and at the height of her career, when she suffered the tragic car accident that claimed her life. Although no longer with us, Forough is remembered by thousands who were touched by her poetry and her legacy. The anniversary of her death is a fitting time for us to look back at this young artist and remember why the footprints she left in Iran’s literary history remain intact.

Born on January 5th, 1935, in Tehran, Forough was the 3rd child of 7, in a middle-class family. Her father, Mohammad Bagher Farrokhzad, was a career military officer. Forough studied until the 9th grade, after which she attended a school of manual arts, and continued on with sewing and painting. In 1951, at the age of 16, she married her cousin Parviz Shapour, and a year later gave birth to her only child; a son she named Kamyar. Three short years after her marriage, in 1954, Forough divorced her husband and lost custody of Kamyar. Despite the loss of her son and the correspondingly painful blow to the young mother, the separation was also the beginning of a journey of self-discovery for her, both as a woman and an artist. From 1955 to 1965, Forough released 5 collections of poetry, the last of which was published posthumously. Although her career was brief, it does witness the evolution of a young artist from an oppressed and reactionary victim, to a mature and stable woman who finds her voice and ultimately, herself.

In her first published collection of poems, entitled “The Captive” (Asir), released in 1955, we meet a young and frustrated woman who is struggling against the established societal norms of being a daughter, wife, and mother. The captive is on one hand, reminiscent of the innocence and moral principles associated with a woman’s role in society on which she was raised and with which her own morality and notions of self-respect were established. Yet, on the other hand, is also rebellious against those same established values because they make up the walls which incarcerate, and repress her, artistically, intellectually and sexually. Perhaps the best example is the poem ‘Captive’ itself:
Love Song …

Like a star on wings decked with gold
You come from a land untold.
You alleviate sorrow’s pang
Flooding my body with embrace’s tang
You are a stream flowing onto my dry breast
My bed of my veins with your water is blest
Within a world which on darkness does feed
With every step you take I proceed
Underneath my skin you go!
There like blood you flow
Burning my tresses with a fondling hand
Flushing my checks with an urging demand
You are a stranger to my gown
An acquaintance with my body’s lawn
You are a shining sun that never dies
A sun that rises in Southern skies
You are fresher than first light
Fresher than spring, a luster sight
This is no longer love: this is pride
A chandelier that in silence and darkness died
When love did my heart entice
I was filled with a sense of sacrifice
This is no longer me, this is no longer me
My life with my ego amounted to a null degree
My lips your kisses prize
Your lips are the temple of my eyes
In me your stir a great rhapsody
O how I crave to sprout
And my joy with sorrow shout
O how I wish to rise
And my eyes with tears baptize
This forlorn heart of mine and incense perfume?
The music of harp and lyre in a prayer room?
This void and these flights?
These songs and these silent nights?
Your glance is a wondrous lullaby
Cradling restless babes thereby
Your breath is a transcendental breeze
Washing off me tremors of unease
Finding in my morrows a place to sleep
Permeating my world deep and deep
In me the passion for poetry you inspire
Over my lays you cast instant fire
You kindled my passionate desire
Thus setting my poems afire.

These last collections, secured Forough as an artist both for her distinguished and liberated voice as an poet as well as the controversial manner in which her personal life mirrored her poetry. Unfortunately, much of the attention and criticism that was directed at her was for the former rather than the latter. Ironically, it is precisely this quality about Forough, which I and thousands of others like myself, admire the most about her. The honesty and equilibrium with which she lived her life and her art, is a tribute to her integrity and one of the most memorable elements of her legacy. In an interview with Morvari Publishing, in Tehran, Forough was quoted as saying: “I believe in being a poet in all moments of life. Being a poet means being human. I know some whose daily behavior has nothing to do with their poetry.

In other words, they are only poets when they write poetry. Then it is finished and they turn into greedy, indulgent, oppressive, short-sighted, miserable and envious people. Well, I cannot believe their words. I value the realities of life and when I find these gentlemen making fists and claims-that is their poems and articles-I get disgusted…”

If anything, Forough will be remembered for giving voice to the Iranian woman. Forough lifted the veil of shame to reveal the humanity of women and expose our hearts and souls, our needs and desires, our passions and dreams, substituting embarrassment with liberation. What started off as an angry and reactionary voice of feminism grew into a strong voice of self-awareness and equality. Forough lived, loved, and died in celebration of that voice. There will always be critics who will focus on the number of lovers she had or the erotic and explicit nature of her poems. It will be their loss, because their entire lives will not equal the maturity and metamorphosis that we witness in the short 32 years that made the life of Forough.

Not long before she died, Forough wrote: “I am glad my hair has turned gray, grooves have appeared on my forehead, and between my eyebrows, two large wrinkles have settled. I am glad I am no longer fanciful and romantic. Soon I’ll be thirty-two years old. Although being thirty-two means to have consumed so much of my share of life, in return I have found myself.” We should all hope to be as fortunate and brave in our lives as Forough Farokhzad was in hers. Fortunate because she recognized her passions and brave because she immersed herself in living out those passions regardless of who may or may not have approved.