A Disease Called …

Shab e Cheleh (Yalda Festival)

COMPOSTING

Iranian Poetry Today

Majid Naficy

Shamsa

Bullying

Dancing With the Doctors

Multicultural Holiday

Dada and Surrealism

Health Reform

Happy Winter Holidays!

Best wishes for 2011!

Prosperity, goodwill and peace to all.
By: Shahri Estakhry

A Disease Called … TELEVISION

Before I get deep down into this editorial, let me admit that I’m addicted to TV! This said I’m an adult with a fairly good head on my shoulders and have learned to differentiate between useful harmful and good/bad shows that I care to watch.

My main concern is the harm being done by the “idiot tube” to our children and youth. In a way, it is disrupting years of their education and learning. Unfortunately, many of us as parents are indifferent to this disease and are using it as a “helper” to keep our kids intact!

During my teaching days I received the booklet “Children and Television…A Primer for Parents” published by Boys Town in Nebraska, researched by John P. Murray, Ph.D. then head of the Department of Family and Child Development at Kansas State University. He had served for three years as a research coordinator for the U.S. Surgeon General’s Scientific Advisory Committee on Television and Social Behavior. He also taught at the University of North Carolina, University of Michigan, and at the Macquarie University in Sydney, Australia. The booklet was also based on the research of Barbara Lonnborg, then director of Public Service Division of Boys Town. She had been an editor and reporter for several daily newspapers in Wisconsin and Illinois.

Cleaning papers and catching up with my filing I came across this booklet and had the chance to review it again. Although some years have passed, all the research in this book can be used today. It became apparent that I had to share this with so many of you that have children and grapple with the justified concern about:

1. Television time, how much is too much?
2. Violence on television, do children learn from it?
3. Life on screen, how real is it?
4. Commercials and kids, does advertising influence children?
5. Between TV and the child, what can parents do?
6. Can we improve children’s television?

Today, I’m retired with over thirty years of experience in teaching on three continents. Children and their welfare are so close to my heart and I truly believe that each of us must meet our responsibilities as adults to provide security for our children with our presence and guide them for their future as responsible, caring and contributing individuals.

Parents are responsible for setting the parameters of their children’s learning environments. They are under an obligation to guide their children to a safe and a happy learning process and future. None of us should take this responsibility lightly or indifferently. Street corners and hours of television without supervision are not proper baby sitting tools for our children or their pastimes. Nothing can replace a good teacher and parents that are involved in every aspect of their children’s learning process.

The disease called television has run away with our children’s future and, as a result, with the future of our nation. The six points above are each deserving of an entire editorial, and I will take them up in future editorials discussing the research that was done by the team of Dr. Murray and Barbara Lonnborg.

The movie “Waiting for Superman” is a must see and highlights the dangers our school systems are facing. Children’s relationship to television is part of this downfall. Now that we are going to tackle the realities of our school systems, let’s bring to view all that needs to improve our system. We can do our share by opening the subject matter up for discussion within our community and encouraging more participation in the educational process. In the next issue we will look at “Television time, how much is too much?” Meanwhile, please get involved in every aspect of your child’s learning process. As parents, you are their true mentors and role models and nothing can replace this privilege!
PCC NEWS

The September and October monthly Board of Directors’ meetings took place at the PCC office. Current and future plans were discussed. At the September meeting, the board reluctantly accepted Ms. Rosita Bagheri’s resignation from her position as a board member. Her decision was based on personal reasons. However, she will continue to help the Iranian School of San Diego. At the same meeting Ms. Golsa Soraya officially became a voting member and Ms. Fariba Babakhani was elected as board secretary.


On September 12, PCC joined the San Diego Museum of Art and Naatya, in presenting “Sharma: Light of God” at the Museum to celebrate the opening of the new Gallery, Temple, Palace Mosque, Arts from South Asia. The program featured traditional Indian dancing by Ms. Shoba Sharma, accompanied by both Indian and Persian music (Kourosh Taghavi and Pejman Haddadi performed the Persian music based on the story of Khosrow and Shirin). The program was dedicated to Maestro Ravi Shankar, renowned Indian composer and musician, for his 90th birthday. Please see a review of the show on page 17 of this issue.

On October 5, PCC held a special screening of an Iranian movie selected for the San Francisco Film Festival: “A Very Close Encounter.” This was presented with the Director and lead actor.

Mehregan

On October 17, PCC celebrated Mehregan at Mt. Carmel High School with Najva Ensemble directed by Mehrdad Arabi and with Sina Bayat on vocals. Ms. Hashemi prepared a beautiful Mehregan table for this program.

Iranian School of San Diego (ISSD)

Registration for both branches was held September 9th and 12th. Classes and extracurricular activities (dance and theater) began a week after registration. For more information please check page 12 and 13.

Solicitation of Material

Do you have an opinion on something you see here? Have you written an article that you would like us to publish? If so, we would love to hear from you! For directions on how to submit your piece, please contact PEYK- PCC’s office at: P.O. Box 500914, San Diego, CA 92150. You might find your submission printed in the next issue of Peyk!

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Shab e Chelekh (Yalda Festival)

Yalda, a Syriac word imported into the Persian language by the Syriac Christians means birth (tavalud and melaaad are from the same origin). It is a relatively recent arrival and it is referred to as Shab e Chelekh Festival, a celebration of the Winter Solstice on December 21. Forty days before the next major Persian festival Uashn e Sadeh, this night has been celebrated in countless cultures for thousands of years. The ancient Roman festivals of Saturnalia (God of Agriculture, Saturn) and Sol Invicta (Sun God) are amongst the best known in the Western world. Many of the rituals and traditions of the pagan festivals were incorporated into the Christmas celebration and are still observed today.

It is not clear when and how the word “Yalda” entered the Persian language. The massive persecution of the early Christians in Rome brought many Christian refugees into the Sassanian Empire and it is very likely that these Christians introduced and popularized “Yalda” in Iran. Gradually “Shab e Yalda” and “Shabe e Chelekh” become synonymous and the two are used interchangeably.

With the emergence of Islam, the religious significance of the ancient Persian festivals was lost. Today “Shab e Chelekh” is merely a social occasion, when family and friends get together for fun and merriment. Different kinds of dried fruits, nuts, seeds and fresh winter fruits are consumed. The presence of dried and fresh fruits is reminiscent of the ancient feasts to celebrate and pray to the deities to ensure the protection of the winter crops.

The Iranian Jews, who are amongst the oldest inhabitants of the country, in addition to “Shab e Chelekh” also celebrate the festival of “Illanout (tree festival)” at around the same time. Their celebration of Illanout is very similar to the Shab e Chelekh celebration. Candles are lit; all varieties of dried and fresh winter fruits will have to be present. Special meals are prepared and prayers are performed. There are also very similar festivals in many parts of Southern Russia that are identical to the Shab e Chelekh festival with local variations. Sweet breads are baked in the shape of humans and animals. Bonfires are made and dances are performed that resemble crop harvesting.

Comparison and detailed studies of all these celebrations no doubt will shed more light on the forgotten aspects of this wonderful and ancient festival, where merriment was the main theme of the festival.

Happy Shab e Chelekh.
Kookoo-e Sabzi
Vegetable Quiche (Vegetarian):

From Iran Chamber Society [www.iranchamber.com]

4 Servings

1 kg herbs = 2.20 lbs (coriander, lettuce, parsley, dill & spring onion ends)
4 large eggs
1/2 teaspoon salt
1/4 teaspoon black pepper
One spoon crushed walnut (optional)
One tablespoon baking soda
One tablespoon wheat flour
4 tablespoon cooking oil

Directions: Wash herbs and rinse thoroughly. Chop finely and fry in 2 tablespoon oil for about 5 minutes. Let cool completely.

Beat eggs well, add salt, black pepper, flour, baking soda and walnuts. Add fried herbs and mix well.

Heat 2 tablespoon oil in a non-stick pan until it is hot. Pour in the mix, flatten the surface with the back of a spoon, and place the lid on. Reduce heat and cook for about 10 minutes, until cooked on one side. Cut equally into 4 equal pieces, turn over, and fry for another 10 minutes.

You can serve it warm or cold.

Taas Kabab – Lamb or Beef Stew:

4 Servings

500 grams Stewing lamb or beef
400 grams potatoes
400 grams carrots
4 large onions
3-4 spoons tomato paste
Cooking oil
Salt & Black pepper

Directions: Peel and thinly slice onions. Fry in oil until slightly golden. Wash and cut meat into small pieces and fry in onions until color changes. Add 2-3 glasses of hot water and bring to boil. Cook over medium heat for about 45 minutes, adding more hot water during cooking if needed.

Wash and peel potatoes and carrots, then cut into small pieces. Add potatoes and carrots to the meat, followed by tomato paste, salt and pepper. Cook over medium heat for about 20 minutes, and then serve.
COMPOSTING—EASIER THAN YOU THINK

Iranians love to garden. And gardens love the type of “brown gold” that composters call the rich soil they create. Imagine helping the planet, improving your garden produce, and saving money on store-bought soil all at the same time. You may need to spend a little money upfront but the investment pays off. Here’s why and how composting is done.

What is compost?

Compost is organic material that can be used as a soil amendment or as a medium to grow plants. It is created by combining organic wastes (e.g., yard trimmings, food wastes) in proper ratios into piles, rows, or vessels; adding bulking agents (e.g., wood chips) as necessary to accelerate the breakdown of organic materials; and allowing the finished material to fully stabilize and mature through a curing process.

Why is composting beneficial?

1) For the planet
Currently, an estimated 35 million tons of waste are disposed in California’s landfills annually, of which 32 percent is compostable organic materials (yard trimmings and food residuals), 29 percent is construction and demolition debris, and 17 percent is paper. Since compostable materials are relatively clean and biodegradable, disposal in landfills is unnecessary and wastes space. In addition, as yard wastes decompose in landfills, they generate methane gas, a colorless, explosive greenhouse gas that is released as bacteria to decompose organic materials in landfills. If methane is not controlled at a landfill, it can seep underground and into nearby buildings where it has the potential to explode. Yard wastes also contribute acidity that can make other waste constituents more mobile and therefore more toxic.

2) For the home
Homeowners use mature compost to enrich gardens, improve the soil around trees and shrubs, and as protective mulch for trees and shrubs. Compost suppresses plant diseases and pests and reduces or eliminates the need for chemical fertilizers. It loosens clay soils and helps sandy soils retain water.

3) Economic benefits
Using compost can reduce the need for water, fertilizers, yard waste removal and pesticides.

How to get started:
Yard waste: If you live in the City and have a small yard, or if you don’t want to attract rodents, you should buy a compost tumbler to put in your yard. These are large, sealed bins that keep the materials fully enclosed. They are easy to turn and aerate and to finally dump out the finished product.

What to Compost - The IN List
- Cardboard rolls
- Clean paper
- Coffee grounds and filters
- Cotton rags
- Dryer and vacuum cleaner lint
- Eggshells
- Fireplace ashes
- Fruits and vegetables
- Grass clippings
- Hair and fur
- Hay and straw
- Houseplants
- Leaves
- Nut shells
- Sawdust
- Shredded newspaper
- Tea bags
- Wood chips
- Wool rags
- Yard trimmings

What Not to Compost - The OUT List
- Black walnut tree leaves or twigs
  Releases substances that might be harmful to plants
- Coal or charcoal ash
  Might contain substances harmful to plants
- Dairy products (e.g., butter, milk, sour cream, yogurt) and eggs
  Create odor problems and attract pests such as rodents and flies
- Diseased or insect-ridden plants
  Diseases or insects might survive and be transferred back to other plants
- Fats, grease, lard, or oils
  Create odor problems and attract pests such as rodents and flies
- Meat or fish bones and scraps
  Create odor problems and attract pests such as rodents and flies
- Pet wastes (e.g., dog or cat feces, soiled cat litter)
  Might contain parasites, bacteria, germs, pathogens, and viruses harmful to humans
- Yard trimmings treated with chemical pesticides
  Might kill beneficial composting organisms

NOTE: Finished compost can be applied to lawns and gardens to help condition the soil and replenish nutrients. Compost, however, should not be used as potting soil for houseplants because of the presence of weed and grass seeds.

Sources: www.epa.gov
www.calrecycle.ca.gov

You can find tumblers online or at any garden or DIY store. Food waste: There are many stylish and odor reducing composting kitchen pails available for kitchen scraps. Again look online or visit the local mall as well as garden centers and DIY stores; places such as Crate and Barrel and World Market also sell kitchen pails. You can also purchase biodegradable liners for the pails for easy clean-up and disposal.

Composting Ingredients:
Begin with finished compost which you can buy. Add both green and brown organic matter. Put in twice as much brown matter as green matter. Brown matter is items such as dead leaves or other dead plant material. Green matter consists of your kitchen scraps or grass clippings. Add enough water to make the ingredients moist but not drenched.
A snapshot of “post-modern” Iranian poetry

Majid Naficy is an accomplished writer and poet. During the 1970s, he became politically active against the Shah’s regime. Naficy stopped writing poetry for eight years, until the execution of his wife, Ezzat, by the Islamic Republic. He writes, “Now I know how those cavemen felt when they drew these bulls on cave walls. You want to create what has been lost.” His poetry recollects the absences of his loved ones while summoning their history and life, establishing a suitable memorial for their journeys and presences. In “Handwriting,” Naficy writes: “You were born in a prison cell / never seen by your father / but / I know you through every line of your letters / your sentences are as short as sighs / and enter my heart / as sharply as bullets.” “Handwriting” has been dedicated to the poet’s niece who was born in Tehran’s Evin prison; in so doing Naficy pays homage to a generation that was born under oppression and grew up with repressive restrictions. Naficy uses common human experiences to condemn tyranny and transcend political ideals. He writes, “Poets can and must use the power of their poetry to reflect the cruelty that human beings inflict upon one another, and to bring human hearts closer, distant from violence and injustice.”

Naficy draws elements from his life in Iran and creates new narratives in his new home, Los Angeles. A stanza from his poem, “Ah, Los Angeles!” is engraved on a wall in Venice, California. He writes, “My body lives in L.A, but my soul is still rummaging through the ruins of a lost revolution back in Iran.” Ahmad Karimi-Hakkak, a distinguished literary critic, writes, “As an expatriate poet, Naficy has managed to combine the history and life, sights and sounds of his surroundings in exile with remembrances of his homeland, particularly Esfahan, this in spite of the fact that he is legally unsighted. His concern for women, the disabled, and the disadvantaged has resulted in a steady stream of compositions, which reflect the poet’s will to work for social justice and effect positive change in class and gender relations.” Along with hundreds of poets worldwide, Naficy joined Poets Against War, a grassroots peace movement that uses poetry as a means to voice out opposition against war, oppression and tyranny. “Night” expresses the poet’s loneliness away from his homeland, while poignantly combining elements of his past and present life. “The Little Messenger” employs a lucid and unadorned language, and depicts a common yet profound human narrative. “The Empty Place of Eddie,” holds at its throat, a voice that grieves human loss, regardless of gender, class or political affiliation. “To a Snail” expresses the constant longing of an exiled poet with profoundly penetrating sentiments.

Night

Midnight approaches in Texas
And in New York midnight has passed.
A new day dawns in Sweden.
It is only in the City of Angels
That night will not forsake me.

I clasp my arms around myself
Close my eyelids
And cast myself into the night
Like a lone rock.
Maybe in Texas
It will knock on a bedroom window
Or land on a rooftop in New York.
But the world is round
And the heavy loneliness of this night
Sits only on my soul.

Time has turned its back on me
And the earth
Like a black well
Has spread its mouth open
Under my feet.

I let myself cross all borders
And spin like a meteor
Around myself.
But suddenly
The soft ring of a call
Brings me back to earth.

The day has not yet
Approached noon in Esfahan
And my mother
Who is clipping my father’s nails
On the balcony
Has heard the sound
Of a rock
Plunging into the courtyard pool.

–Translated by Niloufar Talebi
The Little Messenger

For Ázad

You will tell your mother
that yesterday afternoon
you went bicycle riding with me.

then you took a bath,
studied the alphabet,
ate dinner,
slept well,
and in the morning,
with your bag on your back,
you took the number one bus
from my house to the kindergarten.

late afternoon your mother picks you up
and drives you home.
she opens your lunch box
and, from your leftovers,
she will gather what I cooked for you.

you play with your toy cars,
order your grandma around,
paint with your aunt,
then you fly
and, on your wings, come to me.

what do you take from me?
what do you give to her?
what do you take from her?
what do you give to me?

little messenger,
I do not want you
to fill this void;
to love someone
there is no need
to share a roof.

--Translated by Ardavân Dâvarân

Waiting for your shoulders
Curse the hand that made the gun
Curse the hand that put it in the shop
And curse the hand that pulled the trigger!
I am cold and empty
Like the shell of a bullet
Because I know that your mother
Will not pass another school again
And will not sit on bleachers
In another baseball game
And will not open her empty oven
To heat fragrant tortillas
For your dinner.

To a Snail

Oh you little home-on-your-back!
Weren’t you afraid that my huge foot
Would sweep you away?

Last night, under the rain,
You slid into my sneaker
For shelter.

Today,
You return to your green birthplace
Leaving me covetous, longing for mine.

--Translated by Niloufar Talebi

The Empty Place of Eddie

Today the rain washes your blood
And wipes it from the pavement
There remains only your sunny smile,
Your tall baseball bat
Leaning against the wall,
And your backpack full of books

Majid Naficy was born in Esfahan, Iran, in 1952. His first collection of poems, In the Tiger’s Skin, was published in 1969. In the 1970s, Naficy was politically active against the Shah’s regime, but after the 1979 revolution, when the new regime began to suppress the opposition, his first wife and his brother were among those executed. He fled Iran in 1983 and, after spending time in Turkey and France, settled in Los Angeles. He has since earned his doctorate in Near Eastern languages and cultures from UCLA, and has published nine collections of poems: After the Silence, Sorrow of the Border, Poems of Venice, Twelve Poems in Love: A Narrative, I Write to Bring You Back, Muddy Shoes (In English), Galloping Gazelles, and his latest book, Father & Son (separately in English and Persian), is a collection of poems about his son, Ázad.
always impressive to Westerners. And John was impressed. In fact, John was having fun. This was all so different from giblet gravy, green bean casseroles and conversation about how the Iowa Hawkeyes were doing that year! Like a good Midwestern boy he cleaned his plate, whereupon my mother swooped down on it with another entire serving, without asking, and without breaking stride in the conversation. “Oof, him and his chillis!” complained my Mom, “he would make everything too hot if I let him. In my country, we don’t really eat hot food. This is why I’m not very fond of Chinese food.”

“Mom! It’s Indonesian food, not Chinese! How long have you been married?!?” “Well, it’s all the same to me,” she said shrugging her shoulders, not a touch of regret or self-consciousness entering her manner.

“Where is Idaho anyway John?” asks my brother, trying to be helpful. I grin sheepishly at John, knowing how many times he’s been irritated by people asking about Idaho or Ohio instead of Iowa. “Actually it’s Iowa, but that’s OK, everyone makes that mistake. We used have T-shirts on my campus back home that said, ‘University of Ohio, Idaho City, Iowa’. We’re in the middle of the US, the Midwest.” “You must be missing your family, so far from home, it’s difficult,” my Mom says sympathetically.

“Yes, I miss them,” he says quietly, and then, with genuine affection, says, “But it would have been so much worse if you hadn’t allowed me to join your family at this wonderful table today.” “Oh well, you are welcome to it!” my Mother says, and John and I giggle at this turn of phrase that she uses for almost all compliments.

The next Christmas, John joined us again, not because he had to, but because he wanted to. By the Christmas after that we were married, and now, 19 years after that first Christmas together I often hear John telling our friends, “Sambal Olek is what it’s called. It’s the best chilli sauce,” or “Shay’s Dad used to hunt boar with AK 47s,” or “You think that’s hot, Shay’s Dad eats fresh chillis for breakfast!” or “Well, actually Persians don’t really use hot spices in their cooking,” or “Yeah, it’s called ‘gooshte goosvand’ in Farsi and the flavor was too strong for me at first, but now I love it.”
Thanks to Our Sponsors and Attendees for Making Our 2010 Casino Fundraising Event a Great Success and the Best We’ve Had!

On October 8th many friends & supporters of Dollar a Month Fund gathered for an evening of fundraising for the need of our global projects. It was our annual Casino Night for Charity, Third Poker Championship and First Backgammon Championship. It was a fun gathering of enjoying good food, playing games, buying auction items and supporting much needed reach out to the hunger and educational needs of many children.


Congratulations to Our 2010 Champions

Third Annual Poker
Champion: Shahab Sala
1st Runner Up: Ali Reza Kazemzadeh
2nd Runner Up: Mehrdad Tabrizi

First Annual Backgammon
Champion: Habib Raeiszadeh
1st Runner Up: Nayer Samadi
EDUCATION

By: Sheiveh Nakhshab Jones

The Last Stand on Bullying

The tragic incident at Rutgers University, where 18-year-old student Tyler Clementi jumped off a bridge after having his sexual encounters secretly webcasted, is a sad reminder of the consequences of bullying. As I reflect on Tyler’s situation, I wonder how such humiliation could lead to suicide. Were there underlying issues in Tyler’s life about which we are unaware? Or was it the humiliation of having his homosexual encounter posted live on the Internet? Either way, he was a victim of public humiliation.

When I first heard of the incident, I just wanted to hug my children and let them know that no matter how they live their lives, my husband and I will always love them and be proud of them. They should know there is no shame in who they are and who they become, which leads me back to my last article about being involved in preventing bullying and teaching our children to deal with it productively, regardless of whether they are an observer, a bully, or a victim.

I was listening to an interview with sociologist C.J. Pascoe and journalist Linda Ellerbee the other day and they pointed out some very interesting information that made me understand why I feel so uncomfortable watching reality TV. American Idol, Dancing with the Stars, Top Chef, Survivor, The Apprentice, The Amazing Race: what do these all shows have in common, why are these such popular shows, and why do we keep coming back for more? Ultimately, someone is publicly humiliated by being voted off or critiqued in a not-so-kind way. When we take such interest in these types of shows and talk about them with delight, are we desensitizing our children to bullying?

Most of the reality shows’ participants do not jump off bridges as a result of being publicly voted off, so what is the difference and why would Tyler end his life? I won’t proclaim to know the answer to this. However, when I think about how to avoid similar tragedies in the future, I go back to the need to teach our children to recognize that bullying is bad. Tyler is reported to have been very shy; he may have already been fragile in this sense, which might be why the incident pushed him over the edge. But does it matter?

Nobody deserves to be bullied regardless of how different they may appear to be.

As adults, we must be extremely conscious of what we model for and ultimately teach our children. If we continuously tell them to ignore bullying behaviors, we are not building their character to make them stronger people. Instead, we are teaching them to avoid conflict. When we take delight in others’ downfall or talk behind people’s backs, we are subtly teaching our children that bullying behaviors are okay and actually quite entertaining. When we criticize our children without showing an appreciation for who they are, we are indirectly telling them they are not good enough. Instead, we should give them the confidence they need to be comfortable with who they are.

Tyler’s story is a reminder that it does not matter how old your child is; bullying exists. It is your job as a parent, an adult, and a community member to ensure Tyler’s story does not repeat itself.

And so I end with NYU performance studies professor Tavia Nyong’o addressing the misperception that we should all be used to bullying by now: “There’s a kind of equal opportunity for giving offense and for public hazing and for humiliating. We should all be able to deal with this now because we’re all equally comfortable in our own skins. Tragically, what Rutgers reveals is that we’re not all equally comfortable in our own skins” *

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

**Yalda Celebration**
**Dinner and Music**  
**Monday, December 20**

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**Iranian School of San Diego** (858) 653-0336  
**Yalda Celebration**  
**Saturday December 11**  
Branch I: Sundays  
Branch II: Thursdays  
At Mt. Carmel High School  
9550 Carmel Mt. Rd, San Diego, CA 92129

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**Persian Dance Academy of San Diego** (858) 653-0336  
www.pccus.org

**Dollar a Month Fund**  
Tel: (858) 653-0336 • www.dmfund.org

**Association of Iranian American Professionals (AIAP)**  
Tel: (858)207-6232  
www.aiap.org  
Last Wednesday of each month at 6:30 PM

**Kamal Cultural Foundation**  
Tel: 951-665-8342  
http://www.kamaal.net

**House of Iran**  
Tel: (619) 232-Iran  
Balboa Park, Sundays 12:00-4:00pm

**Iranian-American Scholarship Fund**  
Tel: (858) 653-0336 • www.iasfund.org

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**Mehrgan Foundation**  
www.Mehrganfoundation.org  
Tel (858) 673-7000

**Iranian Women’s Study Group of San Diego**  
Meets: First Sunday of the month • Contact: (858) 952-6713

**Association of Iranian American Network of Services**  
(760) 729-9979  
www.niabo.org

**PAIA**  
Public Affairs Alliance of Iranian American  
www.paaia.org

**PARSA Community Foundation**  
www.parsacf.org  
Email: info@parsacf.org

**NIAC**  
National Iranian American Council  
www.niac.org

**Traditional Chinese Music**  
11/22/10  6:00 pm  
San Diego State University (Smith Recital Hall / Music Bldg.)  
5500 Campanile Dr.  
(619) 594-1017 (to reserve tickets)

**Javanese Gamelan**  
12/6/10 6:00 pm  
San Diego State University (Smith Recital Hall / Music Bldg.)  
5500 Campanile Dr.  
(619) 594-1017 (to reserve tickets)

**Mingei International Museum**  
Symposium: Mexico- Past, Present and Future  
Saturday, Nov 6, 10  
10 am - 6 pm  
Location: Balboa Park  
Information: 619-239-0003 x405  
Advance reservations required.  
$15 Members and Students / $20 Non-members

**COMMUNITY SUNDAY – DISCOVER MINGEI! TREASURE HUNT**  
Sunday, Nov 28, 10  
Noon - 4 pm  
Participate in the Discover Mingei! Treasure Hunt on the last Sunday of each month. Children and families can explore the Museum’s colorful exhibitions of folk art, craft and design, and win a prize for completing the Treasure Hunt!  
Special Community Sunday admission,  
from noon to 4 pm:  
$5 Family / $3 Individual  
Information: 619-239-0003, ext. 134
Dancing With the Doctors:
Learn Five Steps to Tango Effortlessly at Your Doctor’s Office

By Sanaz Majd, MD

A friend recently asked me in great frustration after her visit to her doctor why doctors “always run late.” Why do doctors make their patients “dance around” the office, getting moved around to different spots in the clinic, but still have to wait and wait at each location.

The answer to this question is a complicated one, but not impossible to fix. If only the doctor, patients, and staff were on the same page, learning the same dance moves, the clinic would run much more smoothly. Here are the five basic dance steps each patient can learn in order to tango effortlessly at the doctor’s office:

Step 1. Arrive on Time to Dance Class: In fact, try to arrive 10 minutes earlier than your appointment slot. This will give you enough time to park, check in at the front desk, and compensate for the unpredictable. Like a domino effect, one late patient causes everyone else for that day to run late, including the doctor. And that may just cause the judges to deduct points during a poor dance performance – and we want that trophy now, don’t we?

Step 2. Don’t Try to Learn More Than One Dance at a Time: This is perhaps the most important dance step of all. It would be too confusing to learn the Samba, the Salsa, and the Merengue at the same time, wouldn’t it? The doctor will have 15 minutes to spend with you at the most (some doctors even less). Therefore, your expectations need to be realistic. The doctor will not be able to address every single problem you may have on your list. Select one, or at the very most two, problems per visit. Why? Because each problem requires the proper line of questioning (called the history), the physical exam, and a possible work-up of tests, which all take time to accomplish. If you come in with a longer list, your visit will not allow the greatest focus and proper attention that each problem deserves. You don’t want the doctor to gloss over something important in this very detailed and meticulous process by becoming distracted. Your health is too important for that; don’t risk it. If you need to be seen once a week every week until all your problems have been addressed, then so be it. Then, you will have learned each dance thoroughly well, ready to earn a perfect score in the end.

Step 3. Make Sure You Sign Up for the Correct Dance Class: Tell the nurse who takes your vital signs and places you in the exam room the exact reason for your visit. If you have one or two problems, make sure you tell the nurse BOTH problems. If you need refills on your medications, make sure to tell the nurse that, too. There are several reasons for this. First, the room will need to be set up in a certain way depending on your symptoms. For instance, if you are there for a pap smear, the nurse will need to give you a gown to change into and set up the proper supplies. If you are there for chest pain, an electrocardiogram (EKG) may need to be administered before the doctor will see you. If you bring up new problems after you are already with the doctor, the doctor will need to leave the room (which may cause you to wait while the next patient is seen), ask the nurse to return to set up the room, and then return again. This is very inefficient, and it causes a big delay in the patient schedule. Most importantly, the doctor needs to know why you are there so that your 15 minute time slot can be appropriately planned from the get-go. Visits tend to go much more smoothly for those patients who present their problems at the very beginning of the visit, rather than the middle or end. So when you sign up to dance, make sure your instructor knows which class you signed up for beforehand – you don’t want to show up for a tap class when you signed up for the tango!

Step 4. Don’t Forget Your Dancing Shoes: As important as those dancing shoes are to learn how to dance, so are your medication bottles when you visit your doctor. A simple “list” may not be sufficient. First of all, the amount of information you get from looking at the bottle is invaluable. When I look at the bottle, I can tell when the patient filled it, how many refills the patient has left, when the prescription expires, and how many pills are left in the bottle. Just because a medication is on the patient’s electronic pharmacy records doesn’t mean that the patient is actually taking the medication. In addition, I often catch mistakes that the pharmacy or patient may be making by viewing the bottles myself. And we don’t want to inadvertently wear ballet shoes to the tango!

Step 5. Don’t Forget to Practice Your Moves at Home: If you have diabetes, bring your blood sugar log with you. If you have high blood pressure, bring your blood pressure log with you. This information is very important. Although your doctor may check your blood sugar level or blood pressure while you are in the office, this is just one number for one day. What your numbers look like over time are so much more important, and are significant chunks of information for the doctor. No one wins the competition without practicing the moves at home!

Now that you have learned the five basic dancing steps to make the most of your visit with your doctor, go ahead and show off your dance moves! Go on, tango away!

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On a late summer’s eve in September, audience members gathered in the sun-dappled courtyard of the San Diego Museum of Art to await an evening of music and dance celebrating the Museum’s installation of Temple, Palace, Mosque: Southern Asian and Persian Art. As the audience members sipped tea they had been served from a Persian samovar, nibbled on their sample of Persian cookies, and tucked into delicious Indian samosas, an excited anticipation began to stir among the crowd. After all, Raviji, Maestro Ravi Shankar, the world renowned sitarist and composer, would be the guest of honor, celebrating his 90th birthday. He would be presented a proclamation by the San Diego County Board of Supervisors declaring September 12 Ravi Shankar Day. When it was time, the auditorium began to fill with silky golds, oranges, and many other beautiful colors of the saris and Persian traditional dress worn by audience members. Raviji entered to awestruck applause and took his seat in the front row. The lights dimmed, the Indian musicians entered and seated themselves on a plush Persian rug, and as their music began to gently tug at the senses, visions of the galleries’ artwork were projected onto the back wall of the stage. So intricately executed were the pieces that one’s eyes were challenged in capturing all the elements in single glances. So ancient were the stories depicted that one’s imagination was instantly drawn into times past and worlds magical.

As if emerging from these visions, the enchantress of classical Indian dance, Shoba Sharma, appeared, stunning in her attire and beauty. Submitting entirely to her hypnotic call, the audience was spirited away by Sharma to the land of kings, princes, princesses, and living gods. For there was Shiva delivering the milk of wisdom to the Tamil child Sambandar, and Prince Siddhartha denouncing worldly possessions and beginning his long journey to becoming the Buddha. As the music took on a Hindustani note, Sharma presented the jealousies and reconciliation of the young lovers Rhada and Krishna. Then, when the Persian musicians began playing their romantic Dastgah Nava melodies, Sharma unveiled a forest scene where the Shahnameh’s King Khosrow comes riding through the forest and is enchanted by the sight of the Persian princess Shirin bathing in a forest pool. Throughout the storytelling, Sharma’s narration, by way of the traditional Indian dance form of Bharata Natyam, transformed her from man to woman, hostile to friendly, animal to human, bereft to ecstatic, and divine to lowly. Seamlessly and fluidly leading the audience through the scenes of the narrative, Sharma held the room’s collective breath until the last note was played.

The finale featured a composition of Maestro Shankar’s. Upon taking the stage to accept the Ravi Shankar Day proclamation, Raviji expressed his appreciation to the musicians for playing his music and blessed Sharma for her beautiful dance accompaniment. As the audience applauded all on stage, including the Museum’s new (and first ever female) Executive Director, Roxana Velásquez Martínez del Campo, there was a sense that we had been privileged to witness a unique and harmonious convergence of cultures to cast an auspicious beginning to the Temple, Palace Mosque galleries. The entire event would not have been possible without the tireless work of Dr. Sonya Quintanilla, the Museum’s Curator of Asian Art. Not only has she been the heart and mind of the new galleries but she was instrumental in harnessing the trust and support of San Diego’s diverse cultures to cast an auspicious beginning to the Temple, Palace Mosque galleries.

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* The event was the result of a collaboration between the Museum and it’s Committees for the Arts of the Indian Subcontinent and Asian Arts Council, the nonprofit Indian dance company Naatya, and the Persian Cultural Center.
Twentieth Century Modern Art Movements: Dada and Surrealism

For the last section of the modern art movements of the twentieth century we are focusing on Dadaism and Surrealism, the art movements between the two world wars. The two ends of an interesting and complex diagram, Dadaism and Surrealism brought an interesting twist to our understanding of modern art. The strangeness was in most part due to the unexpected and shocking relationship between the elements of the composition, but there was more; the figure and figurative depiction of the subject matter that cubism and other modern movements of the twentieth century tried to eliminate crept back into modern art.

Dadaism was founded in neutral Zurich in 1916 by a group of refugees from World War I. The Dada movement was a reaction to and a critique of the brutality of the war from which the founding artists had escaped. The movement protested the madness of war, declaring “the war to end all wars.” Due to the cruelty of the WWI, Dadaist artists felt they could no longer trust reason and the establishment. Through this critique, Dada overthrew all authority and with it all the established art forms, and promoted absurdity. Dada became an Anti-Art art movement. For a Dadaist artist, shock, madness, the game of chance and accident, became the most important elements in artistic creation. Most Dadaists used photo collage and “ready-made” as their mediums of choice. Ready-made is a term applied from 1915 to a commonplace prefabricated object isolated from its functional context and elevated to the status of art by the mere act of an artist’s selection. Ready-made is mostly used for the works of the French artist, Marcel Duchamp. Duchamp is one of the most influential figures in modern art and known more as a conceptual artist – this is when the emphasis and importance is given to the idea behind the art rather than the art object. Duchamp’s most controversial artwork, a ready-made, is a porcelain urinal. He titled it “Fountain” and signed it under the name R. Mutt. (Figure 1). The work was exhibited in 1917 and created a controversy. Duchamp defended the piece as a piece of art by saying, “Whether Mr. Mutt with his own hand made the object the fountain or not has no importance. He CHOSE it and created a new thought for the object.” Duchamp changed the concept of what constitutes art.

Hannah Höch, the German Dada artist famous for her collages, created “Cut with the Dada Kitchen Knife through the Last Weimar Beer-Belly Cultural Epoch in Germany” in 1919. (Figure 2). It is a collage of pasted papers and essentially it is a political critique of Germany at the time. Photographs of famous and known intellectuals, politicians, and newspaper cutouts come together to form a chaotic composition.

Fig. 1
Marcel Duchamp, Fountain, 1917.

Fig. 2
Hanna Höch, Cut with the Kitchen Knife through the Last Weimar Beer-Belly Cultural Epoch in Germany, 1919.
In 1917, the term Surrealism was coined by the French poet and art critic Apollinaire as a form of expression that exceeds realistic effects (sur-réel – passing or over real) and expressions that involved a strong element of surprise. Soon after Apollinaire, the first manifesto of Surrealism was published by Andre Breton, another French poet and art critic, in 1924. Surrealism grew out of Freudian free-consciousness and dream analysis. Surrealism implies going beyond realism; it intentionally creates bizarre and irrational combinations of real elements to reach a stage of truth that is untouchable by logic. Some Surrealist artists worked more in an automatism manner. They distanced themselves as much as possible from conscious control. The act of painting was like dreaming for them. Among the artists of this group are Max Ernst and Joan Miro (Figures 3, 4). Other surrealist artists, such as Salvador Dali and Rene Magritte, meticulously used realistic techniques to present illusionistic and fantasy-like scenes that defy common sense (Figures 5, 6). In any of these paintings and work, we can see how strangeness is not in the elements but in the relationship of these elements to one another. In Dali’s “The Persistence Memory,” created in 1931, we see a dried-out landscape with melting clocks in the foreground; the landscape on its own could be real, the clocks could be real, but the combination and what is happening in the landscape and to the clocks is surreal. The same goes for Magritte’s “Personal Values” (1952), in which all elements in the room are real (the comb, the match, the rug, the room, the glass, the soap, and the shaving brush), but their sizes, their placement, and the cloudy walls of the room, in combination with the realness of these objects, makes this a surreal painting. Today when we hear the term Surrealism or surreal, it is quite often when something weird happens. Surrealism was a cultural movement and had branches in many artistic fields, from literature to film. During WWII, many of the Surrealist artists took refuge in the United States and Latin America; their presence in the United States shifted the center of the art world from Europe to the US and has had a crucial impact on the art moments of the United States after WWII.
Health Reform
By Ali Javanbakht, MD

It has been a few months since the Senate’s Patient Protection and Affordable Care Act, aka the healthcare reform bill, became law. All that remains now is to enforce it or repeal it, depending on one’s political leanings. But for a piece of legislation that ignited such fierce debate and invoked images of utopia and Armageddon, it sure is going to take its sweet time. Some measures will go into effect this year, but the big ticket items, like insurance exchange pools and free coverage of preventative services, will not be enacted for a few years to come. I believe The Gap has the same idea when it places sale items in the back of the store.

This article addresses the highlights of what we can expect this year from the following websites: www.healthreform.gov, which is the government’s own website and has a summary of the bill, the Kaiser Family Foundation www.kff.org, and www.cnn.com. Research was also done on www.eightminutepecs.com, but not for this article.

First, starting this year, children will be able to stay on their parents’ health insurance until they are twenty-six years of age. Unfortunately, there is no requirement for them to have to move out of the house to be eligible. Although if the child is not aware of that, the parent is not obliged to divulge.

Second, health insurance companies will have to justify increases in premiums to the secretary of the United States Department of Health and Human Services (HHS). And such increases better be good. Claiming they lost their wallet that had all the money to provide health insurance to their clients will no longer cut it. Insurance companies will now have to file a police report and submit a copy to the HHS Secretary. The HHS Secretary, in turn, reserves the right to give them all the suspicious looks he/she can over his/her reading glasses.

Also in 2010, health insurance companies will no longer be able to exclude children with pre-existing conditions. So all those children with a history of stubbed toes can finally get the coverage they deserve. And while some might still be excluded from schoolyard games due to cooties, at least their parents will be able to indicate that on their insurance application without fear of being denied coverage. Along the same lines, insurance companies will no longer be able to drop people who become ill. No clearance is needed from the HHS Secretary.

Starting within ninety days of the law passing, a new high risk pool will be formed to cover patients who have preexisting conditions and cannot get health insurance on their own. One can think of it as a social networking site where people who can’t get health insurance coverage meet and exercise their collective bargaining power to buy health insurance. And, OMG, the government will help subsidize the group!

Also this year, all the senior citizens who fell into the “donut hole” of Medicare Part D, will receive a check for $250.00. In order to fall into the “donut hole,” one’s medication expenses must exceed $2,400.00 for the year, or over $200.00 per month. So this rescue check will provide a month’s worth of medications. In other words, all the senior citizens in donut holes across the country will have a one rung ladder sent their way. If their donut hole is only one rung deep, they’re in good shape. If it’s any deeper than that, at least they can be one step closer to the fresh air at the top of the well while they await the great crane of January 1st to pull them out.

But of all the reforms that will take place in 2010, these last two are the most intriguing to me. One is the establishment of non-profit Patient Centered Comparative Effectiveness Outcome Research Institutes. (Perhaps next year we could reform their names to something shorter.) Basically, these are institutes that compare different treatments to see which is better. While this may seem like common sense, this type of information is actually very hard to obtain.

For a new drug to be approved, it only has to work better than placebo, aka nothing. But the question of whether it is better than what is already in use remains unanswered. Comparative effectiveness research tries to answer those types of questions. One famous example was a study conducted by the National Institutes of Health regarding blood pressure medications. The researchers found that a cheap, generic water pill was more effective than any of the newer, more expensive medications. Comparative effectiveness research can also be applied to new procedures like virtual colonoscopies and digital mammography.

One caveat of the bill is that the results of comparative effectiveness research may not be used by insurance companies to dictate how doctors treat patients.

The other very intriguing piece of health reform for 2010 is that health insurance companies will be required to report how much of their revenue is spent on healthcare versus administration and overhead. If they spend less than 85 percent of their revenues on providing healthcare, they are to provide a refund to their clients. Perhaps we will see a surge in healthcare spending by insurance companies when it is time to report their annual revenue with roving agents handing out free nicotine patches, pedometers, and blood pressure machines.

There are other reforms that will go into effect this year and reforms will continue to roll out until 2014 when there is expected to be a big graduation party for health reform, provided it does not drop out or get expelled for doing drugs which would be really ironic. For those interested in learning more about health reform, further details can be found at www.healthreform.gov, the government’s website on health reform. For those not interested in health reform and looking for an effective treatment for insomnia, further details can be found at www.healthreform.gov.
5 Spices That Can Help You Lose Weight

by Kaboodle.com, September 2010

Although we’re inclined to scour the Web in search of the best diets and meal plans, the truth is, some of the tools to weight-loss success are already on your spice rack! Here are five ingredients that not only add flavor to your favorite dishes but can help in your battle against the bulge.

1. Cinnamon
A 2003 study published in *Diabetes Care* showed that as little as one teaspoon of cinnamon per day can boost the body’s weight-loss ability by reducing blood sugar and promoting healthier processing of carbohydrates. It also lowers LDL cholesterol (bad cholesterol) by seven to 27% and total cholesterol by 12 to 26%. Plus, cinnamon has been shown to prevent the metabolic syndrome commonly seen in pre-diabetics. But before you go on piling the spice by spoonful, note that cinnamon contains a chemical called *coumarin*, which can lead to liver damage if consumed in very large amounts.

2. Cayenne
The main ingredient in spicy cayenne—*capsaicin*, which is also found in other hot peppers—has long been studied for its fat-burning abilities and thermogenic properties (the stimulating of the central nervous system to produce heat in the body, leading to an increase in calorie burning). In fact, Nicholas Perricone, M.D., cites several of these studies in his wildly popular *The Perricone Weight-Loss Diet* and concludes that capsaicin acts as an appetite suppressant. Many think that cayenne pepper promotes weight loss because it’s simply difficult to overindulge in spicy food. However, later studies performed by the *Journal of Obesity* also found that the spice increases fat oxidation, “ramps up energy expenditure, and stimulates activity by the sympathetic nervous system”—all which help the body to shed excess weight. Not a fan of fiery cuisine? Not to worry! Research has found that cayenne’s ability to reduce appetite is equally effective whether ingested as food or in capsule form.

3. Black Pepper
Among the dozens of health benefits of this common household ingredient is its ability to improve digestion and promote the absorption of nutrients in tissues all over the body. Plus, its main component—*pipperine* (which gives pepper its pungent taste)—boosts fat metabolism by as much as 8% for several hours after ingesting it. If you want your pepper to pack the most punch, use freshly ground pepper, which has the most concentrated amounts of piperrine.

4. Mustard Seed
Like the other hot ingredients on this list, spicy mustard helps boost metabolism and allows you to burn fat more quickly, thanks in part to its thermogenic properties. Scientists at England’s Oxford Polytechnic Institute recently found that eating just one teaspoon of hot mustard can “boost metabolism 20 to 25% for several hours after eating, resulting in an additional burn of about 45 calories if a 700-calorie meal is consumed.”

5. Ginger
Long used for its medicinal properties, ginger is also an effective diuretic (a substance that increases the elimination of urine). It improves gastric mobility (i.e. it pushes food and waste through the digestive system) and hinders the absorption of cholesterol. Although according to the Mayo Clinic, more study is needed, preliminary evidence suggests that this versatile spice helps to increase metabolism.
Engage your teen in behind the wheel safety

While weekend nights continue to be a dangerous time for teenage drivers, after school hours also are proving to be nearly as fatal for them.

Reinforce safe driving habits:

- Ensure your teen buckles up every trip, whether driving or riding.
- Law or no law, limit the number of passengers. With every added teen passenger, the crash risk of your young driver increases significantly.
- Restrict the use of any type of cell phone and discuss the danger of other distractions.

Be a good role model and show your teen you follow safe driving rules too.

The Unsuspected Element

Two men were quarrelling outside Nasrudin’s window at dead of night. Nasrudin got up, wrapped his only blanket around himself, and ran out to try to stop the noise. When he tried to reason with the drunks, one snatched his blanket and both ran away. ‘What were they arguing about?’ asked his wife when he went in. ‘It must have been the blanket. When they got that, the fight broke up.’

All you need

‘I’ll have you hanged,’ said a cruel and ignorant king, who had heard of Nasrudin’s powers, ‘if you don’t prove that you are a mystic.’

‘I see strange things,’ said Nasrudin at once; ‘a golden bird in the sky, demons under the earth.’

‘How can you see through solid objects? How can you see far into the sky?’

‘Fear is all you need.’

Can good turns be accidental?

Nasrudin’s donkey ran towards a pool to drink. The side was very steep, and it was just about to over-balance and fall in when frogs began to croak loudly from the water. This so frightened the ass that it reared up, and by this means was able to save itself. Nasrudin threw a handful of money into the water, crying, ‘frogs, you did me a good turn. Here is something for you to celebrate with.’

I found myself in a procession. We were all walking behind my casket. It was immensely gratifying to see so many people attending my funeral. I was very impressed. I could not keep a solemn face. I am sure I was the only person there who looked happy. It was amazing. They all showed up to celebrate my life. The life nobody cared much about when I was alive.

Strangely enough, I did not know anybody. I could not find one familiar face. Surely, I had a few acquaintances, if not real friends, that could have showed up. Probably, my family did not know I had passed away. And, it definitely was not my place to inform them about my passing. Nonetheless, I was pleased with the turnout.

I had no knowledge of our destination, and I did not find it appropriate to inquire. However, I was extremely excited to see who was going to eulogize my merits. Because, I was sure nobody would portray the deceased as a relentless hate-monger, or a horrid creep.

Suddenly, I was left alone. The mourners were far, far away, in the distance. They had reached the beginning of a winding road, moving on like travelers on the trail of fate. Not to lose the sight of the casket, I lifted myself up, standing on my toes.

After all, it was I who was going away. I pinned my eyes on the casket. It was getting smaller and smaller, till it finally disappeared around a corner. I stood there for a while, feeling a prolonged pain in my heart. It was quiet, except for the sound of the wind. I never saw me again.

Paris Parvares
California

**Persian Center**
2029 Durant Ave
Berkeley, CA 94704

**Super Irvine**
14120 Culver Drive, Ste B,C,D
Irvine, CA 92604
Tel: 949-552-8844

**Wholesome Choice**
18040 Culver Drive
Irvine, CA 92612
Tel: 949-551-4111

**International Market & Grill**
3211 Holiday Court, Ste 100
La Jolla, CA 92037
Tel: 858-535-9700

**La Jolla Library**
7555 Draper Ave
La Jolla, CA 92037

**Sahel Bazaar**
7467 Cuvier Street # A
La Jolla, CA 92037
Tel: 858-456-9959

**Sherkate Ketab**
1419 Westwood Blvd
Los Angeles, CA 90024
Tel: 310-477-7477

**Crown Valley Market Place**
27771 Center Drive
Mission Viejo, CA 92691
Tel: 949-340-1010

**Swedish Royal Bakery**
12222 Poway Rd
Poway, CA 92064
Tel: 858-486-1114

**Saffron Market**
4444 Auburn Blvd.
Sacramento, CA 95841
Tel: 916-978-7978

**Shahrzad Restaurant**
2931 Sunrise Blvd. Suite 125
Sacramento, CA 95742
Tel: 916-852-8899

**Balboa International Market**
5907 Balboa Ave
San Diego, CA 92111
Tel: 858-277-3600

**Carmel Valley Library**
3919 Townsgate Dr
San Diego, CA 92130
Tel: 858-552-1668

**Darband Restaurant**
Authentic Persian Restaurant
1556 Fifth Ave
San Diego, CA 92101
Tel: 619-230-1001

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

**Soltan Banoo**
Eclectic Persian Cuisine
4645 Park Boulevard
San Diego, CA 92116
Tel: 619-298-2801

**Persepolis Market**
327 S. Rancho Santa Fe Rd
San Marcos, CA 92078
Tel: 760-761-0555

**Rose Market (Bay Area)**
14445 Big Basin Way
Saratoga, CA 95070

**North Park Produce**
12342 Poway Road
Poway, CA 92064-4243

**Maryland**
Ms. Firoozeh Naeemi

**Virginia**

**Saffron Grill**
1025-A Seneca Rd, Great Falls, VA 22066
Tel: 703-421-0082

**Ohio**

**Dublin**
Ms. Haeideh Afaghi

**Las Vegas**

**Zaytoon Inc.**
Mediterranean Market & Kabob
3655 S. Durango Dr. 314
Las Vegas, NV 89147
702-685-685-1875

**Palm Mediterranean Market & Deli**
8866 S. Eastern Ave #104
Las Vegas, NV 89123
702-932-5133

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**Super Heros**
509 Mount Auburn St
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Ms. Nazi A Kite

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