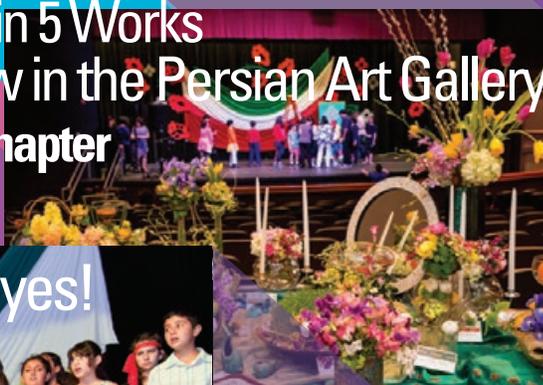


- **The Question of Identity**
- **Advantage or Double-Edged Sword?**
- **Raising a Bilingual Child**
- **The Persianate World in 5 Works**
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- **Waiting on Iran's Next Chapter**
- **Skin Cancer**
- **Fun facts about the eyes!**





By: Shahri Estakhry



THE QUESTION OF IDENTITY

First and foremost, I would like to express my gratitude to all of you who take the time to read this editorial and discuss it with me. I value your opinion and enjoy being involved in knowing your thoughts on the subject matter. Your comments are great lessons for me and I learn from each one.

I seriously debated writing about the new resolution taking place between the U.S. and Iran. However, at the moment, it is several folds of wishful thinking. My biggest hope is if, and when, the negotiations are truly resolved, the actual beneficiaries will be the people. The turn-around in Iran's economy could mean greater possibilities for the people if given the chance. Education and poverty are at the top of my list as priorities to be resolved. Time will tell who shall benefit!

For now, I want to touch upon *The Question of Identity*. We have gotten used to calling ourselves Iranian-Americans, and so have all other nationalities by way of introducing themselves and their cultural heritage. For those of us who were born in another country and immigrated to the United States, it is a great way of introducing ourselves. However, now that we have reached the point that we have almost two generations born in the United States, such introductions no longer hold true. Wouldn't it be more correct for those in the second and third generations to say American-Iranian? I think the first country listed should be one's birth nation and the second reference to one's heritage.

Within my own community I have often heard the children say "No, I'm American," and rightly so, for this is where they were born. Yet, we insist on making them unhappy by wanting them to repeat again and again their identity in a manner that is not comfortable for them. I had a conversation on this subject with a grandfather insisting that his grandchildren were Iranians and should be very proud of their heritage. My argument was that if he was willing to recognize that they were born here and that this was their homeland, it would become much easier to teach them all of the wonderful aspects of their Iranian heritage, and they would welcome it. I'm not sure if I got through, but I have seen this concept work time and again.

Often, when I meet someone introducing himself or herself as "African-American," I'm puzzled as to which country in Africa they are referring? There are 55 nation-states on the continent of Africa that are recognized by the United Nations. I, for one, would greatly appreciate those who introduce themselves as African-American to clarify the nation of their heritage—it would be a history lesson, something to bind us together with knowledge. Identity should not be based on religion or color of skin, but by pinpointing the location where one was born or one's heritage. Such a view of identity opens the door to those who don't know the location of our birth to learn more about it. More importantly, it will teach our youth to learn more about their own heritage and take real pride in it.

I propose that we begin to teach our children who were born here to be proud to call themselves American-Iranians. Also, we must teach them the reasons why they must hold their heads up high and never regret the heritage they have inherited. Identity should be, for those we encounter, a prelude to better understanding in the interconnectedness of our global family.

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Persian Cultural Center

6790 Top Gun St. #7, San Diego, CA 92121

Tel (858) 552-9355

Fax & Message: (619) 374-7335

Email: pcc@pccsd.org

Web site: www.pccusd.org

www.pccsd.org

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The Persian Cultural Center (PCC) Board of Directors' meeting in March primarily focused on the planning and co-ordination of various Nowruz programs: a Gala held jointly with Association of Iranian-American Professionals (AIAP) at the Marriott Hotel in La Jolla with D.J. Julius and celebrity M.C. Tehran; Chaharshanbeh Soori; Sizdah-bedar; and events at the Iranian School of San Diego (ISSD). The Board's meeting in April refocused on the regular and expanding events that PCC has been able to host at the new Iranian-American Center (the Center).

March and April programs were as follows:

- **Film**--The film committee presented "Aroose Atash" directed by Khosro Sinaee and "Leyla ba man hast" directed by Kamal Tabrizi, on March 1 and April 5, respectively. The shows were followed by review and discussion sessions. Movies are shown at the Center on the first Sunday of the month.
- **Art Therapy**--This program is run by Mrs. Saeedeh Rahimi and takes place the second Saturday of each month at the Center.
- **Yoga Classes**--These classes are conducted by Dr. Afshin Nahavandi on every other Tuesday of the month at the Center. (Cancelled until further notice).
- **Acting Classes**--PCC proudly hosted acting classes under the direction of famous actor and director Mr. Parsa Pirouzfard, on each Saturday of April. These classes will continue in the month of May.
- **Tasnif-khani**--This workshop by Kouros Taghavi has become a well-established program with its own fan base. In this bi-monthly event the audience learns and sings by old masters.
- **Jong-e Farhangi**--This is another favorite, recurring program that takes place on the 2nd Friday of each month at the Center. At the March gathering Noushin Khorsandian & Saeid Noori Boushehri interviewed guest writers Mahnaz Ataran and Mahin Sanati about their respective books. Bijan Rezaei and Milad Jahadi presented the music section of the program.

At the April gathering, Reza Khabazian interviewed Dr. Cyrus Nakhshab on the psychology of immigration, and Ramtin Movahed as the representative of "Docu-night." The evening ended with Behrooz Sadeghian, Ali Modiri and Ali Sadr performing several pieces of traditional Persian music.

- **Nowruz Gala**-- On Saturday March 21, PCC and AIAP celebrated Nowruz with our annual gala dinner/dance at the Marriott La Jolla. Tehran, the Iranian -Ameri-

can comedian was the MC of the event. The program was sold out with approximately 500 people attending. After dinner, students of the Iranian School of San Diego, under the leadership of Saba Borjian performed several beautiful Iranian folk dances. Bahar Bagherpour, the vice president of PCC's Board of Directors invited esteemed guest, Supervisor Dave Roberts, to the stage. He greeted the audience and spoke about the importance of participation in the social and political affairs of the community. DJ Julius of Excellent Entertainment and his musicians entertained the audience on the packed dance floor until midnight. The stage was designed by Saeed Jalali and the beautiful "Haftsin" was designed by Venus Safaei.

- **Charshanbeh Soori**--This year, again with collaboration between PCC, AIAP (Association of Iranian-American Professionals) and HOI (House of Iran) an excellent celebration was presented to the Iranian-American Community and their guests. It was estimated that between four to five thousand people showed up at NTC Park in Point Loma. This was another another memorable celebration with music, dance and food.
- **Sizdeh-bedar**--Several thousand celebrated "Sizdeh bedar" on March 29 at NTC Park with elaborate picnics and gatherings of friends and family. This event was also sponsored by PCC, AIAP and HOI. We do appreciate the excellent teamwork between the representatives of these organizations and their tireless efforts to present such memorable events to the community.

ISSD Nowruz events:

Nowruz preparation was on March 8 with sabzeh kari and egg coloring. On the same day Dollar a Month Fund held their annual Nowruz Bazaar at ISSD.

The annual school celebration and variety show was on March 15 at the Mt. Carmel High School Auditorium. Students performed fabulous folk songs and dance as well as theatre skits. During the program, scholarships and awards were given to outstanding students and winners of the "Reading Olympics." Forouzeh Baradaran was recognized for her dedication to uphold cultural values. The special volunteer award was presented to Kamran Hamidi. DJ Julius provided the sound and lighting for the event. Videography and photography was done by Arash Tebbi. The video and pictures are available at the Center office for purchase. The beautiful "Haftsin" was designed by Roya Amini-Khorsandian and was auctioned as a school fundraiser.



Persian Cultural Center Annual Meeting & Election Sunday May 17, 2015

The Persian Cultural Center will hold its annual meeting and election for members of the Board of Directors on Sunday May 17, 2015 at the Mt. Carmel High School, from 10:00 AM to 12:00 PM. Mt. Carmel High School is located at 9550 Carmel Mtn. Rd, San Diego, CA 92129.

The agenda for the meeting will be as follows:

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

"If you have been a member of PCC for the last year and are interested in running for a position on the board of PCC, please contact us immediately. If your membership has lapsed or you would like to become a member, this is the best time to do so and to join us at our annual meeting. You can find the membership form on our website. In a few days a list of candidates and instructions will be sent to all PCC members. Thank you for your support.

Board of Directors of Persian Cultural Center

پیک
نشریه کانون فرهنگی ایرانیان

برای درج آگهی لطفا با تلفن
858-552-9355
و یا pcc@pccsd.org
تماس حاصل فرمائید.
email: pcc@pccsd.org

Iranian-American Woman in the Legal Field: Advantage or Double-Edged Sword?

By: Shaghayegh Hanson

It has been 26 years since I walked across the stage of my university in England and received my law degree. Since that time, I have had to sit three different bar exams in the three different places where I have lived, and I have worked for countless bosses both in England and the United States. Last year, I bit the bullet and opened up my own law firm with two other fellow “moms.” And they just happened to be Iranian-American. This means that, as far as I know, we are the only all-female, all-Iranian-American law firm in town. The female part was intentional—I wanted to work with others who would respect my time with my children. The Iranian-American part was just by chance. Somehow the trajectory of my life has led me to this amazing opportunity where I am able to combine being a mother and an Iranian-British-American, with being a lawyer.

So it was not so strange to find myself on a panel at Thomas Jefferson School of Law last week, answering current law students’ questions about what it’s like being an Iranian-American female lawyer. The name of the program was, “Minority Women in the Legal Field: Advantage or Double-Edged Sword?” My first reaction was, “Wow, thanks for asking.” I had spent my professional career trying to overcome, minimize and downplay the difficulties of being a woman and a minority in the legal field and now here was a group of people who acknowledged and cared about those difficulties.

The students had prepared some questions that I and the other panelists were given ahead of time. The whole process was as enlightening to me as those at the presentation. For example, the very first question—whether I had any female and/or minority mentors at school—threw me off completely! I did have female teachers but I have never had a female minority teacher, ever. Not at Kindergarten, not at elementary school, not at high school and not at college. At law school in America, there was a female African-American professor who was involved with the Black Student’s Group, but I did not have any classes with her. There were certainly no Iranian-American women in sight.

Another question was, “How have you combated perceived stereotypes?” I realized that my answer to this is very different today than it would have been when I was a younger lawyer and even up until a few years ago. When I moved from Iran to England at the age of 6, all my energy was geared towards “fitting in,” trying to be the same as everyone else, trying not to be so “ethnic.” As a young lawyer, I did the same, more or less. My mind would go through a serious of qualifications about my abilities. My mentality was that I could be a good lawyer in other people’s eyes *despite* being a woman, *despite* being ethnic. After I had children I added *despite* being a mother to that list. It has been exhausting work, fighting internally against forces that are so integral to my make-up. So I have taken a new approach: I no longer combat stereotypes by trying to be just like everyone else; I combat them by wearing my gender, race, and motherhood on my sleeve and by proving, to one person at a time, that I am a good lawyer (and person) *because* of those qualities not in spite of them. This is where being a minority woman, and having to work



harder at overcoming social and professional obstacles has served to be an advantage. You develop a thick skin, a grit that serves your clients well.

Unfortunately, to reach such a utopic state, I had to create my own space in the legal profession; my own firm where I am my own boss. And this brings me to the statistics that we discussed during the presentation. For at least 3 decades now there have been just as many females graduating from law school as males but private law firms (15 or more attorneys) report the following regarding the make up of their professionals: 36% female attorneys, 26% female partners, and 11% non-white female partners. Apparently, the major reason for this disparity is women’s lack of business development. Other reasons were attrition (women leaving the firm or slowing down in work), work-life balance, and fewer sponsors and mentors. A male member of the audience asked our personal opinions about why these statistics seemed so out of whack with the number of women graduating from law school. My answer was this, “I know some of these women in those top positions and I think you’ll find that most of them are either not married, or they are married with no children, or they are married and are wealthy enough to hire full-time nannies and housekeepers to take care of their home lives.” In other words, the current business model of private law firms still heavily favors the white male breadwinner model. And this is where the disadvantage of being a minority woman lies. I firmly believe that success does not have to be based on this model; my dream is to prove this with my own firm.

Lest you think this article, and the panel discussion, was a huge pity party, nothing could be further from the truth. We understand why things are the way they are. We do not want special treatment but we do want an acknowledgment of the special obstacles minority women face, the advantage of which is, that we can begin to make changes that address these problems. The practice of law is subject to evolutionary change, just like everything else. The more we stop giving in to the status quo and attempt to effect change, one person at a time and one firm at a time, the closer we get to optimizing the talent of all qualified people in our profession and society. In turn, providing the public with the best the profession has to offer.

Raising a Bilingual Child

By: Lisa Hildreth, LMFT



If you are reading Peyk, the chances are high that you are part of a home that is bilingual. For many who have immigrated to the US, passing on their native tongue to their children is very important. For those of us who married into a different culture and language, it is just as important. But transferring on language and culture is not just as easy as having one person or parent speak the language once in a while. It takes commitment. I recently started reading the book “*Raising Bilingual Children*” by Carey Myles. It is an excellent book for parents and teachers alike. Three of the key concepts of the book include:

1. **Language is the medium, not the message.** As we all know, if the child is given the choice, he or she will tend to gravitate towards the easier language (English if living in the US). The key is that the child must perceive the language that they are to acquire as purposeful and needed in their life. The more time the child hears the language and the more opportunities and situations they are able to use it, the more likely it will be that they successfully learn the language.
2. **Be consistent.** The importance of consistency cannot be stressed enough. This is certainly true in our home. Ensure that the child has a certain time, ample situations and persons to practice the language with. In our case, this is Persian-language school on Sundays and Skype dates throughout the week with family in Iran. The more the family minority language is practiced and becomes second nature for the child, the better it is for their continued language development.
3. **Expect Change.** Not only should you expect your children’s attitudes towards learning the minority language, but expect your own may alter as well. During periods of change in your life

(moving, new school, change in family structure, change in parent’s job which no longer allows the fluent speaker of minority language to practice as much...), the key is to maintain a positive attitude and plan for change. No matter what occurs in life, the point is the commitment to using and practicing the second language remains.

The key concepts listed may seem like it’s stating the obvious, but if practiced (along with the numerous other guidelines the book offers), I believe, it is the key to overcoming obstacles of bilingualism and the young child. Wishing you and your family great success in bilingualism!


iranian alliances across borders


Second Biennial Persian Language Educators’ Symposium

May 23-24, 2015
Golestan Center, Berkeley, CA

دومین گردهمایی آموزشگران زبان فارسی
۲۳ و ۲۴ ماه می ۲۰۱۵
برکلی - کالیفرنیا



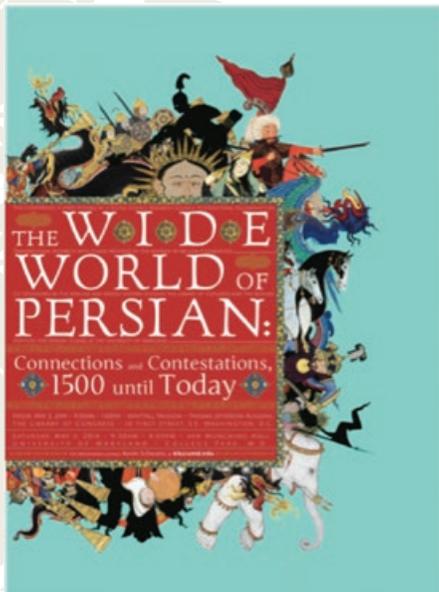
Registration is free and open to heritage language educators
The second biennial Symposium brings together Persian language educators who teach heritage speakers from pre-school through high school.
To Register: www.iranianalliances.org/community/language-symposium

Organizing Committee:
Chicago Persian School, Golestan Center for Language Immersion and Cultural Education, Berkeley, Pardis for Children, New York, Iranian School of San Diego

Design: Saeed Jalali

The Persianate World in 5 Works

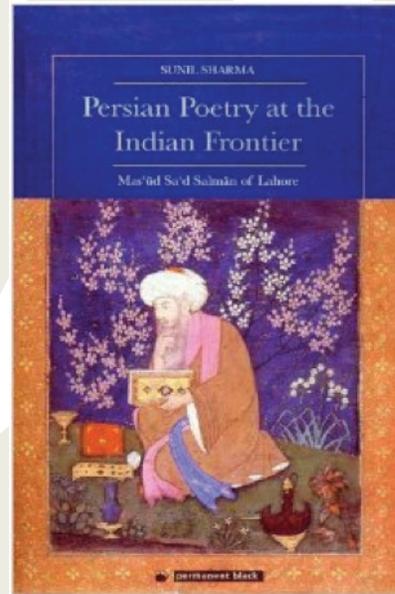
Maps in the era of nation-states encourage us to view each territory enclosed within its demarcated borders. Political maps occlude the historic interplay of languages and cultures, and communicate a single-minded reality. Following colonialism and industrialization at the turn of the 19th century, cultural territories were transformed into political ones. Consequently, there were shifts in the patterns of circulation and points of contact between cultures. In the 1960s, during the Cold War, Area Studies was a field established in Western academic institutions dedicated to the study of (non-European) languages, cultures, and societies of Africa, Asia, and Latin America. This discipline proved problematic in its own ways as it has created and cemented its own arbitrary maps. For instance, Iran, Central Asia, and India—regions that have been in conversation for centuries—are studied in isolation in their respective departments. Iran is normally studied in Near Eastern Studies while India is placed in South Asian Studies. Central Asia, particularly Afghanistan, often falls into ‘no one’s land.’ These arbitrary borders, whether political or academic (in most cases both), have provided as many barriers as they have facilitated the study of these regions.



The following books are exciting works of scholarship that have cut across many borders and illuminated the Persianate world in its geographic and cultural diversity and complexity. I use “Persianate” here, instead of Persian or Iranian, a term coined by the historian Marshall Hodgson (d. 1968), the author of the three-volume work, *The Venture of Islam* [1977]. Persianate refers to a cultural expanse that has been cultivated by different participants

who may not have been ethnically Persian or inhabitants of the Iranian Plateau, but all the same have necessarily shared the distinct elements of Persianate cultural heritage, mainly literary preoccupation with Persian. It goes without saying that there are numerous other exciting works about the region; this list reflects my own taste and disposition. I am interested in literary and intellectual history, the social space of language and the question of translation and its interplay with poetry. These five works vary in terms of language—some are more accessible than others. All the same, they raise timely questions that I hope would generate dialogue in our communities. Jacques Barzun, the French-American historian writes, “Cultural periods are united by their questions, not their answers.” It is our task as investigative citizens to ask informed questions, one can begin by understanding questions asked by other cultural periods. Write to *Peyk* and share with us what you’re reading.

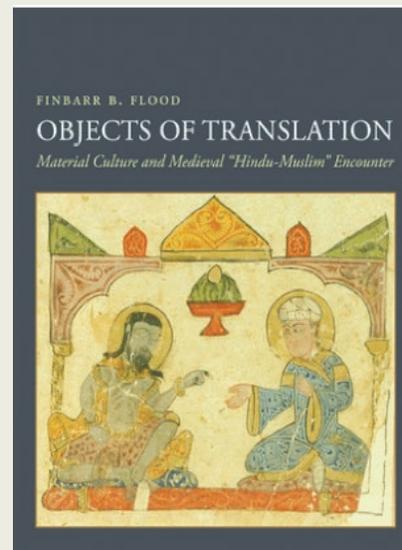
1. Persian Poetry at the Indian Frontier: Mas‘ud Sa‘d Salmân of Lahore [New Delhi: Permanent Black, 2000].



Sunil Sharma is a professor at Boston University. His research concerns Persian and Urdu literary cultures. Sharma’s book is about Mas‘ud Sa‘d Salman (d. 1121), one of the earliest poets in India to write in both Arabic and Persian (though his Arabic poems are not extant). His life was connected with the Ghaznavid court in India where he spent most of his professional career composing *qasidas* or panegyrics in Lahore and Ghazna. He was twice imprisoned on false charges and spent a total of 18 years in prison. He is

most famous for his *habsiyat*, or prison poems. A notable quality of Mas‘ud’s poetry—as with most Indian poets—is his ability to put Indian aesthetics and genres in conversation with Persian poetic conventions. Sharma specifically mentions *barahmasas*, an Indian form celebrating the months of the year which Mas‘ud adopted in his Persian poems. Overall, Sharma successfully incorporates literary anecdotes, history, and poetry to place Mas‘ud at the crossroad of two cultural complexes: Iran and India. *Persian Poetry at the Indian Frontier* is accessible and relatively short, and contains many excerpts from Mas‘ud’s poetry.

2. Objects of Translation: Material Culture and Medieval “Hindu-Muslim” Encounter [Princeton: Princeton University Press, 2009].

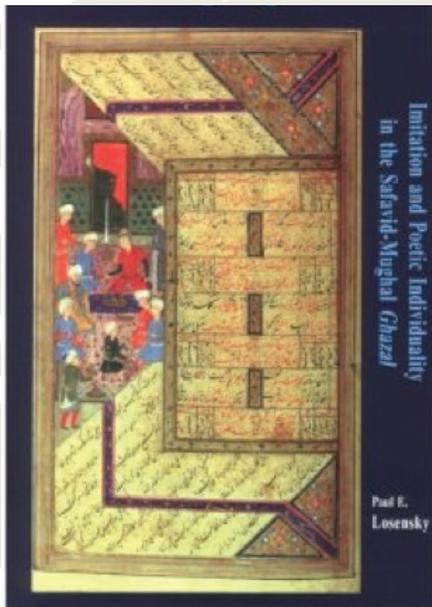


Finbarr Flood is an art historian at NYU. His book examines material culture in the Persianate and Indic worlds (a region that today encompasses parts of Iran, Afghanistan, Pakistan, and north India). He studies how coins, dress, monuments, paintings, and sculptures are circulated in the region and how they mediate between different cultural modes and local dynasties in the 9th through 12th centuries. Flood’s work draws from a rich body

of theory to recover pre-modern notions of territory. He suggests that there was an understanding of boundaries, but the frontiers remained permeable; people and ideas moved around. Frontier spaces were far from fixed and were constituted by networks of travelers, scholars, and poets. They thought of themselves not as citizens of a political entity, but as inhabitants of a specific cultural territory.

Flood is cautious of the fragility of terms such as “Muslim” and “Hindu” (hence the quotation marks). Such terms, he argues, are anachronistic and occlude the cultural interchange between people whose sense of religious identity is vastly varied and regional. In this framework, he avoids using such lexicon as “civilization” for it sets an oppositional discourse wherein people and things are assumed to have once had their proper place based on their religious and cultural “essence.” The modern world, civilizational history argues, witnesses a condition where people are increasingly “out of place.” Flood’s work suggests that “people and things have been mixed up for a very long time, rarely conforming to the boundaries imposed on them by modern anthropologists and historians.” *Objects of Translation* is a long and very rewarding read.

3. Welcoming Fighānī: Imitation and Poetic Individuality in the Safavid-Mughal Ghazal [Costa Mesa, Calif.: Mazda Publishers, 1998].



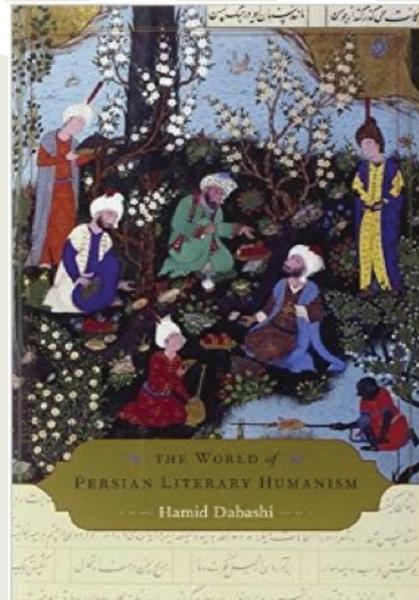
Paul Losensky is a professor of Persian at Indiana University. In this work, he studies the oeuvre of Baba Fighani Shirazi (d. 1519) as well as *tazkirah* (biographical-literary compendium) accounts on the life and work of the poet. The title refers to the Persian poetic mode of *Istiqbal*, also known as *mu'ariddah* in Arabic and *nazirah-gu'i* in Ottoman Turkish. Broadly, it is a mode wherein the poet receives, responds to, and builds on another

poet’s work, hence “welcoming.” Losensky demonstrates how Fighani creates his distinct poetic voice by manipulating the traditional images and themes of the *ghazal*. His voice, as Losensky argues, serves as a model for many generations of Persian poets. The author writes, “Fighani’s reputation spread throughout Iran and India within only a generation or two at the turn of the 17th century, bypassing both political and geographical boundaries. The far-flung centers of Persianate literary culture were in close communication and shared general standards of literary taste.” Most scholars had taken a biographical approach to the study of Fighani and his work, using few reliable sources and producing

more commentary. Losensky offers a robust alternative in his examination of Fighani’s poetic performance and intertextual dialogue with other poets. Equally notable is the writer’s term “Mughal-Safavid poetry,” as many scholars have conceptualized the poetry of this period based on ethno-geographic divides (i.e., Indian poetry, Safavid-Iranian poetry). Such framework does not show the literary conversation between the two empires and fails to consider the figure of poets who constantly travelled between Iran and India (though many more travelled from Iran to India in the fifteenth and sixteenth centuries than the other way around). *Welcoming Fighani* is a long read and requires prior knowledge of the Persian literary tradition. In both its theoretical framework and engagement with Persian poetry, it remains a must read for students, scholars, and literary enthusiasts.

4. The World of Persian Literary Humanism [Cambridge, Mass.: Harvard University Press, 2012].

Hamid Dabashi is a professor of Iranian Studies at Columbia



University. There are few historical surveys of the Persian literary tradition in English. E. G. Brown’s four-volume work, *A History of Persian Literature*, was first published in 1924 by Cambridge University Press and has been reprinted multiple times under the title, *Literary History of Persia*. It remains an important scholarly work, although its framework has not particularly aged well. Jan Rypka’s edited work, *History of Iranian literature* (1968), might be smaller in size but

contains similar problems to Brown’s work. Both works place Persian literary culture within a national Iranian framework, a trend peculiar to their academic training and political milieu. In lieu of the growth of Persian Studies in particular and the increasingly cultural visibility of Persian-speaking diasporas in general, the need for an accessible and general survey of Persian literature is more palpable in English-speaking societies. Dabashi’s *The World of Persian Literary Humanism* is a positive first step in conceptualizing new frameworks and towards writing such history.

The author frames his ambitious examination of the Persian literary tradition with a central question: what does it mean to be a human? *Adab* is the term Dabashi offers for humanism. This question offers a more dynamic alternative to Iranians’ accounts that have imposed a national political narrative on the body of Persian literary culture (e.g., *Persian Poetry from the Consti-*

Continue on Page 10

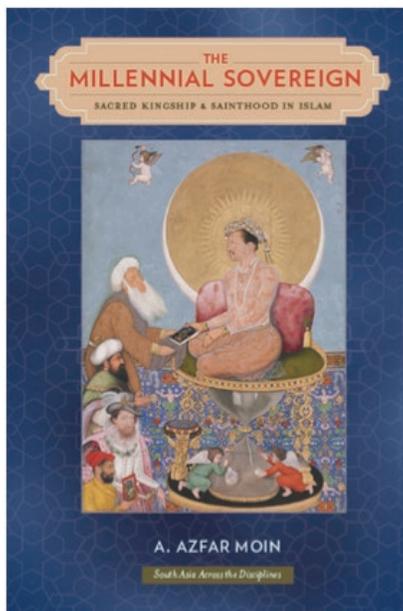
The Persianate World in 5 Works

tional Era till the Fall of Monarchy) and nationalistic/statist approaches of European scholars such as Brown and Rypka.



Dabashi writes, “I have thought this question through a literary humanism that expands over 1,400 years, extends over vast global empires that culminate in the Mongol conquest of the vastest imperial territory in human history, and finally divides into three magnificent Muslim empires of the Mughals, the Safavids, and the Ottomans, before it faces the catalytic effects of the mighty European imperialism.”

The book’s strength is found in its new and imaginative frameworks. However it fails to consider and respond to new works of scholarship on the field. *The World of Persian Literary Humanism* is written with Dabashi’s lyrical prose, and its readership will rest somewhere between scholarly and general.



5. The Millennial Sovereign: Sacred Kingship and Sainthood in Islam [New York: Columbia University Press, 2012].

Azfar Moin is Assistant Professor of Religious Studies at the University of Texas, Austin. Moin examines the central ideas that shaped royal power in Central Asia, Iran, and north India. He studies the period between the 15th and 17th centuries.

Moin also refrains from studying India on its own and insists on studying Mughal India and Safavid Iran together. He asserts that claims to power involved a combination of two institutionalized ideas: sacred kingship and charismatic sainthood. Such assertion challenges the common perception that kingship is exclusively in elitist circles. Moin’s book demonstrates how kings in the Persianate world embedded themselves in the political imagination of their subjects and conformed to expectations of popular culture.

According to Moin, a new sociopolitical system began to take shape due to growing organization of Sufi circles and shrines. Consequently, the institution of kingship became inseparable from the institution of sainthood. The latter relied on a number of sources, namely mystical lore and astrological calculations (the work of astrologers of the time who studied the conjunction of

stars and planets). Also central to the book is the claim that there was a shared understanding by the end of the Mongol invasion in Central Asia and India that the millennium of Islam was near its end and a savior was to renew the era and usher in radical changes. The book begins with Timur (r. 1370–1405), and studies how such figures as Shah Isma’il, Babur, Humayun, Akbar, Jahangir, and Shah Jahan negotiated their claims to royal power in conversation with ideas of sainthood and kingship. *The Millennial Sovereign* is well-researched and speaks to many topics and interests ranging from imperial formation to Sufi orders.



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Home Upgrade Programs

SDG&E offer free energy-efficient improvements to income qualified customers, both renters and owners, with the [Energy Savings Assistance Program](#) and the [Residential Direct Install Program](#).

For customers looking to invest, SDG&E has [Energy Upgrade California Home Upgrade](#) which provides assistance and incentives for improvement projects. [Find a Home Performance Contractor in your area today.](#)

Energy Efficient Appliances

Replacing old appliances with new energy-efficient models is a quick and easy way to reduce monthly energy costs. SDG&E offers rebates to help reduce the up-front costs of new appliances. [See what rebates are currently available.](#) #espsdgc

Please go to our [WE CARE San Diego Facebook page](#) at <https://www.facebook.com/wecaresandiego> and then “like” and/or “share” on Facebook and your other social media networks.



Events in San Diego

Persian Cultural Center

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



Persian Cultural Center Annual Meeting and Election Sunday, May 17, 2015

At Iranian School of San Diego 10am- noon

Art Exhibition Open to Public

From 9:00 am to 3:00 pm (Monday to Friday)

Iranian- American Center • 6790 Top Gun St. #7, San Diego, CA 92121
Info: 858-552-9355

Movie Nights

Screening & Discussion

Every First Sunday of the month at 5:30 pm

Iranian- American Center • 6790 Top Gun St. #7, San Diego, CA 92121
Info: 858-552-9355



Jong-e Farhangi

Every Second Friday of the month at 7:30 pm

Iranian- American Center • 6790 Top Gun St. #7, San Diego, CA 92121
Info: 858-552-9355

Nava Yoga Class every other Tuesday at IAC at 6-7:30 pm

Presented by Dr. A. Nahavandi

858-552-9355 • 6790 Top Gun St. #7, San Diego, CA 92121

Parsa Pirouzfard workshop Class at IAC at 3-7 pm

RSVP: 858-552-9355

Setar Class by Kourosh Taghavi

Registration and info: (858) 717-6389

Tombak Class by Milad Jahadi

Registration and Info: (858) 735-9634

Daf Workshop with Ali Sadr,

Mondays 6 to 7:30 PM at The new Iranian-American Center (IAC)

Santour Class by Arash Dana

Registration and Info: (619) 278-1851

Piano Class by Farid Afshari

Registration and Info: (858) 349-1913

Iranian School of San Diego

858-552-9355



End of the Year Celebration, June 7, 2015

from 10-12 noon

awards, games and lots of fun

Mt. Carmel High School

9550 Carmel Mountain Road • San Diego, CA 92129

ISSD Classes:

Branch I: Sundays at 9:30 AM - 1:00 PM

Mt. Carmel High School

Branch II: Thursdays at 6:00 PM - 8:00 PM

Mt. Carmel High School

Mount Carmel High School

9550 Carmel Mountain Road • San Diego, CA 92129

Persian Dance Academy of San Diego

(858) 552-9355

www.pccus.org

Dollar a Month Fund

Tel: 858-552-9355 • www.dmfund.org



www.facebook.com/DollaraMonthFund

Association of Iranian-American Professionals (AIAP)

Tel: (858) 207 6232 • www.aiap.org

Last Wednesday of each month at 6:30 PM

at Sufi Mediterranean Cuisine

5915 Balboa Ave, San Diego, CA 92111



ISTA (Iranian Student Association at UC San Diego)

www.istaucsd.org

Maestro Hossein Alizadeh and Hossein Omoumi Live in Concert

UCSD Price Center Theater on May 10, 2015 at 7:30pm.



STA UCSD is hosting Mr. Reza Abbasi for the second round of Persian Calligraphy Workshop

First Session: April 19, 2015 – 14:30 – 16:30

House of Iran

Tel: (619) 232 - Iran Balboa Park,

Sundays 12:00 4:00pm



Iranian-American Scholarship Fund

Tel: (858) 552-9355 • www.iasfund.org

www.facebook.com/IranianAmericanScholarshipFund



Mehrgan Foundation

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

PAAIA

Public Affairs Alliance of Iranian-Americans

www.paaia.org



NIAC

National Iranian-American Council

www.niac.org



Book Club Meeting

Last Sat. of each month

Iranian-American Center (IAC)

6790 Top Gun St. #7, San Diego, CA 92121

Tel (858) 552-9355

Iranian-American Life Science Network (IALSN)

www.ialsn.org

SDSU Javanese Gamelan: Music and Dance of Java

Monday, May 4, 2015 • 6pm – 7pm

Smith Recital Hall

San Diego State University, 5500 Campanile Drive, San Diego, CA 92182

http://centerforworldmusic.org/2015/01/sdsu-javanese-gamelan-music-dance-java/

The Art of Music - Claire Chase

Date: May 14 - May 14, 2015

Time: 7:00 PM to 9:00 PM

1450 El Prado, San Diego, CA 92101, 619.232.7931

http://www.sdmart.org/calendar/art-music-concert-

2015 San Diego County Fair

2260 Jimmy Durante Blvd, Del Mar, CA 92014, 858.755.1161

http://www.sdfair.com

Date: June 5 - July 5, 2015

Our web site at www.pccus.org

Note from Marika Sardar, Associate Curator for Southern Asian and Islamic Art at The San Diego Museum of Art

Masterpieces on View in the Persian Art Gallery

With the generous support of members of the San Diego community, fifteen additional works of art will go on view in the Persian Art Gallery at the San Diego Museum of Art at the end of June. Over the last year and a half, this gallery has been a work in progress, improving with each reinstallation. Next, the gallery will be further enhanced by the addition of several objects and paintings that needed conservation and could not be displayed in the past. This conservation was funded by the individuals and institutions listed next to each object, each of whom the museum would like to heartily thank.

“Sari”-style bowl with flowers
Iran, 10th century
Bequest of Samuel Hindel, 2003.287
Conservation funded by Abdollah Katbab, Bahar Davary, and Mehdi and Parisa Naraghi

Bowl with black decoration under a turquoise glaze
Iran, 13th century
Museum purchase with funds provided by the Asian Arts Council, 1967.15
Conservation funded by the Association of Iranian American Professionals, the House of Iran, and the Persian Cultural Center

Sweetmeat dish
Iran, 13th-14th century
Gift of Mrs. Irving T. Snyder, 1964.131
Conservation funded by Sarah E. Aghassi and Shahri Estakhry Aghassi

Jar with bird design
Iran, 14th century
Museum purchase, 1945.64
Conservation funded by Haleh and Massih Tayebi

Jar with two handles
Iran or Iraq, 15th century
Gift of Mr. K. Demirdjian, 1927.39
Conservation funded by Arya and Layla Asgarian Nahavandi

Plate with black floral designs under a turquoise glaze
Iran, 17th century
Gift of Mrs. Irving T. Snyder, 1964.79b
Conservation funded by Hamid Ghazi and Fariba Babakhani

Plate with turquoise and black designs
Iran, 15th century
Gift of Mr. Syed Hossein, 1942.19
Conservation funded by Gita Khadiri and Fred Khoroushi

Bowl
Iran, 15th–16th century
Museum purchase with funds provided by the Asian Arts

Committee, 1938.189
Conservation funded by Gita Khadiri and Fred Khoroushi

Plate with black floral designs under a turquoise glaze
Iran, 17th century
Gift of Mrs. Irving T. Snyder, 1964.79a
Conservation funded by Mahasa and Ali Mesri

Bottle with landscape and flowing river
Iran, 17th century
Stonepaste, underglaze and luster decoration
Gift of Mrs. Irving T. Snyder, 1964.72
Conservation funded by Haleh and Massih Tayebi

Chinese-style blue-and-white dish
Iran, possibly Tabriz, first half of the 16th century
Gift of Mrs. Irving T. Snyder, 1954.13
Conservation funded by Arsalan Dadkhah, Behrooz Akbarnia, Nasrin Owsia Akbarnia, Minou Sadeghi, Bahar Bagherpour, and Mitch Mitchell

For ceramics, conservation often involves dealing with old repairs made in the 1900s when there was a large market in the United States and Europe for works of art from Iran. In order to make sales, dealers asked ‘restorers’ to undertake major repairs in order to make pieces look whole, and they painted over the repairs more than necessary, obscuring the original glazes. Today, professional conservators work very differently. Their intention is not to give the sense of an intact or like-new object, but to repair breaks and fill losses so that museum visitors are not distracted by the condition of the piece, and can instead see and appreciate the original parts more clearly. In order to prepare the objects pictured here for display, each was carefully cleaned, old adhesives and paints were removed, and repairs were consolidated so that the objects were stable. The most dramatic transformation was a blue-and-white dish with a blue animal painted on its center. This type of ceramic was made in Tabriz in the 16th century in imitation of porcelains from China, and the animal is a version of the mythical Chinese beast known as a *qilin*. The repairs originally made to this dish had not aged well, and the paint applied on a large fill on the rim was flaking. Once the paint was removed, an entire section of the original glaze and design was revealed, and the dish appears in much better condition today.

Manuscript frontispiece
Iran, 17th century
Ink, opaque watercolor and gold on paper
Gift of the Trustees of the Estate of Mrs. Julius Wangenheim, 1948.39
Conservation funded by Anahita Babaei and Hamid Kalantar

Illuminated pages from a manuscript
Iran, possibly Shiraz, 16th century
Ink, opaque watercolor, and gold on paper
Gift of Edwin Binney 3rd, 1971.64
Conservation funded by Shahri Estakhry Aghassi and Sarah E. Aghassi



Preparation for a Feast
(The Enthronement of
Luhrasp)
Folio from the
Shahnama
Iran, 17th century
Opaque watercolor on
paper
Museum purchase
with funds provided
by the Asian Arts
Council and the Elsie
S. Kimberly Bequest,
1968.5
Conservation funded
by Ross and Kelly
Afsahi

An Execution
Iran, possibly Isfahan,
ca. 1630
Ink, opaque

watercolor on paper
Gift of Dr. and Mrs. Edwin Binney 3rd,
1972.230
Conservation funded by Dara and Maryam
Rahnema

For miniature paintings and calligraphies,
paper conservators also approach the works
of art differently than their predecessors, the
restorers of earlier times. There had been
a tendency to fill in losses to the painted
surface with new pigments, but now this is
only done when a loss is distracting to the
eye. Conservators today also understand

the surface of the paper as a kind of scientific experiment
in process, where the substances in the paints—such as
lead, orpiment, and silver—are interacting and affecting
one another. Although the changes may not be apparent to
visitors, paper conservators ensure that the chemicals in the
pigments do not cause them to deteriorate, flake off, or eat
away at the paper underneath. Their work ensures that the
paintings will last for generations to come.

We at the museum are very appreciative for the donations
that made it possible to return these works of art to public
view. We thank you again for your support and hope to see
you in the galleries soon.

Feel free to contact me with any questions you have about
the museum: msardar@sdmart.org.

Waiting on Iran's Next Chapter

By: Lisa Hildreth



Lately, with all of the news surrounding the potential deal between the U.S. and Iran, my husband and I are either reading about it or watching to be informed about the latest news on TV. Watching the news with a little curious seven-year-old around makes for an interesting challenge. The volume is typically always muted to ensure little ears do not hear anything inappropriate. That does not seem to matter; her eagle eyes tend to see everything, most commonly the Iranian flag. She is obsessed with finding the Iranian flag on TV or hearing something related to Iran. Recently she questioned why Iran is on the news all the time? What is “nuclear”? I gave her an age-appropriate version of recent events. Her response was “what are sanctions” and why is it such a big deal that it’s on the news all the time?

I love that my daughter is so innocent. She told me that the reason she thought Iran and the Iranian flag was on TV was because Iran and the Iranian people are so awesome. Truth is, she is right. Not just because she is half Iranian, but because it is correct. Iran and the world have so much to gain if all falls into place with the nuclear agreement and end of sanctions.

In the past sixteen years, I have traveled to Iran about a dozen times. On the surface, when we travel, we are not affected. To look at Iran/Iranians in the middle class neighborhoods and stores, one wouldn’t know that sanctions are in place. One can find anything in Iran. Literally, anything. From the latest and greatest iPhone or iPad, Porsche, American household appliances (with signs in the window proudly touting to the passing customer that they are in stock), latest movies, and computer equipment galore (and the incredible know-how to get around blocked internet, which allows everyone to be connected)—you name it, it’s there.

Over the years, however, I have witnessed such an extreme difference in the worsening of the economy, pollution, incredible inflation, and have heard many stories of family friends and persons in general becoming ill and not being able to obtain proper medication. All of this is a direct result of the sanctions.

When taking taxis here and there and talking to people when we’re out and about, we hear about hardship, how so many have to work two and three jobs just to sustain their living expenses that have sky rocketed due to inflation. This is not news to the average Iranian. However, to witness the worsening of it, year after year on annual visits, is very disheartening.

To see the situation through our daughter’s innocence makes the outcome seem larger than life. I can’t help but feel that the potential softening of relations between our two worlds will have such a large impact on our daughter, and for the generations to come. The possibilities are endless. We are holding our breath and watching with the world with fingers crossed (albeit with the sound muted).



By Sanaz Majd, MD



Skin Cancer

Summertime is right around the corner – that means pool parties, beach vacations, picnics, and some great fun in the sun. But all of this sun exposure comes with a price. May is Skin Cancer Awareness Month, and appropriately timed in order to prepare for the upcoming sun-worshipping months. Sun exposure can cause skin cancer – do you know how to protect yourself from skin cancer? How can you tell if a “mole” is concerning or not?

What is Skin Cancer

There are three main types of skin cancer:

1. Basal Cell Carcinoma
2. Squamous Cell Carcinoma
3. Melanoma

The first two are more common and less worrisome. They do not tend to “metastasize” (meaning spread through the bloodstream and lymph system to other organs), but may simply grow in size through time. Eventually, you will need to have them removed in order to avoid leaving a large enough scar that may be cosmetically unappealing. Melanoma, on the other hand, is the only one out of the three that can typically metastasize, can be potentially fatal, and has a poorer prognosis if left untreated.

Who is More At Risk?

Melanoma can occur anywhere on the body, and even in more obscure areas such as the eye, lips, genitals, and beneath the nails. In women, the most commonly found location is the legs or feet, and in men on the back.

Besides sun exposure, those with the following risk factors have a higher risk of developing melanoma:

- Family history of melanoma
- Light-complexioned skin
- Blue, green, or hazel eyes
- Naturally blond or red hair
- Those with many moles
- Symptoms of Melanoma

Melanoma is often black, dark brown, brown, or purple, but can really be any color.

There’s a mnemonic that is often taught to patients to help them distinguish more serious lesions that can be suspicious for melanoma. We call it the “ABCDE’s” of melanoma, and everyone with moles or skin spots should be aware of them:

- **A = Asymmetry:** If you split the skin lesion in half, is it symmetrical? That is, does one half look like the other half? Melanoma tends to lack symmetry.
- **B = Border:** Skin spots with irregular borders, jagged edges, or borders that you simply can’t quite delineate easily are considered more suspicious.
- **C = Color Variation:** Spots on the skin that contain more color variation – for example, a light and darker shade of brown within the same spot, are more concerning for melanoma.

- **D = Diameter:** Skin spots greater than the end of your pencil eraser are also more suspicious.
- **E = Evolving:** Any skin mole that is changing in any way should be examined by your doctor – for instance, if it’s growing in size, is now itchy or bleeding, is swollen, or the shape or color is changing over time, etc. Melanoma can appear even in previous birthmarks.

Tips to Prevent Skin Cancer

Those long days of basking in the sun while slathered in nothing but baby oil are long gone.

We now know that the sun’s rays (and the tanning salon) are very harmful to our skin. Sun-kissed skin is no longer the sought-after fad it once was. Not only do the sun’s rays cause wrinkles and premature aging, but they can cause your skin cells to become cancerous. The best thing to do is to protect your kids from childhood and protect yourselves throughout your entire lives.

Here are a few important ways to protect yourselves and loved ones from the sun’s harmful rays:

Avoid the sun: This one is rather obvious -- avoid the sun much as possible. If you will be spending any time outdoors, stay in the shade. Avoid the sun’s peak hours, from 10am to 4pm, when the rays are strongest.

Cover: Wear a wide-brimmed hat to protect your head; wear long sleeves and pants as much as possible.

Use sun protection: Apply a good sunblock every single day – even if you are simply sitting in a car and on cloudy days. You are exposed to the sun’s rays even when you’re in the shade, so don’t skimp on the sun protection and reapply every 2 hours. Sunblocks with the following properties tend to be more effective at blocking rays:

- SPF 30 or higher
- With stated “UVA and UVB” protection on the bottle
- With the ingredients “titanium” and/or “zinc oxide”

Administer monthly skin checks: Invest in a full-length mirror and examine your skin once a month, keeping the ABCDE’s of melanoma in mind. If there’s anything suspicious, don’t neglect to ask your doctor.

Avoid the tanning salon: There was a time when we thought perhaps the tanning booth’s rays weren’t as harmful as the sun. Now we know better. The salon rays are just as harmful as the sun, if not worse.

Don’t get me wrong, I’m all for having some great summer fun, but it doesn’t necessarily have to be in the sun. And if it does, protect yourself and your loved ones by following these easy tips to protect yourselves from skin cancer.

Dr. Sanaz Majd is a board-certified family medicine physician who podcasts and blogs at <http://housecalldoctor.quickanddirtytips.com>.



From: The Joy of Cooking By: Pari Ardalan Malek

Mirza Ghassemi: A well known eggplant dish/ recipe from the northern province of Rasht.

Preparation time 30 minutes, serves 4-5.

Ingredients: 3 large eggplants, 6 eggs, 1 clove chopped garlic, 3 teaspoons liquid saffron, 3 tablespoons oil, 3/4 teaspoons salt, 1/4 teaspoons pepper.

1. Broil whole eggplants with skin on a cookie sheet for 10 minutes, reduce heat to 450 degrees.
2. Turn eggplants and continue cooking another 13 minutes.
3. Watch eggplants closely to prevent them from burning. Remove from oven.
4. Eggplants should be soft.
5. Peel eggplants while still warm.
6. Fry garlic in oil, add eggplants and saute. Eggplants, consistency should be pasty. Mix eggs, saffron, salt, pepper and eggplants in the skillet and stir over low heat for 10 minutes.

Taste mixture. Beware of over cooking eggs (they should be soft). Serve with white rice.



Tas Kabob: (Layers of Meat and Vegetables).

Preparation time: 1 hour Serves: 6

Ingredients: 1 pound lamb or beef shank; 4 large onions + 4 large potatoes + 4 large carrots peeled cut into 1/2 inch slices, 2 medium eggplants peeled and cut into 1/2 inch slices, 4 large tomatoes cut into 1/2 inch slices, 1 cup pitted prune, 1 teaspoon cinnamon, 1 teaspoon turmeric, 1 teaspoon lemon powder, 4 tablespoons tomato paste, 1/2 teaspoon salt, 1/4 teaspoon pepper, 2 tablespoons limoo Omani powder (dried lime powder), 1 cup water and 1/2 cup oil for frying

1. Wash and saute meat for 3 minutes and set aside.
2. Add 2 tablespoons oil to a large pot, line bottom with a layer of onion. Except for tomatoes and eggplants continue adding single layers of remaining vegetables, prunes and meat.
3. When you have added one layer of every item, mix cinnamon, turmeric, lemon powder, limoo Omani powder, salt/pepper and sprinkle over vegetables and meat.
4. Continue adding layers of the same vegetables until all slices are used.
5. Fry all sides of eggplants in oil, drain and save.
6. Sprinkle with remaining dry ingredient mixture.
7. Dilute tomato paste and water and pour over tomatoes.
8. Cover and cook for 2 to 2 1/2 hours over medium heat.
9. Top vegetables with eggplant slices, then cover with tomato slices and cook another hour.

Test meat for tenderness. It can be served as a meal with torshi and fresh herbs and/or with white rice.

Fun facts about the eyes!

Arash Mozayan, MD

- The human eye can distinguish about 500 shades of gray, not 50;
- A blink lasts about 1/10th of a second
- An 80 year old person blinks 336,384,000 times in a lifetime
- We don't know how to do an eye transplant yet because the nerve of the eye that relates the information to the brain is too complex
- Stem cells are currently being used in preliminary research for diseases such as macular degeneration with promising results
- The retina is the layer within the eye that catches light energy from outside and translates it into electrical and chemical energy that the brain can understand
- The retina is an extension of the brain within the eye
- The cornea is the transparent tissue in the front of the eye that holds most of the eye's refractive power, even more than the lens of the eye
- The cornea is the only alive tissue in the body that doesn't have any blood vessels running through it
- We all have a blind spot in our vision where the nerve of the eye (optic nerve) exits the eye, but we don't realize it because the brain fills in the image
- 8% of men are colorblind
- Reading in dim light won't hurt your eyes (I know, that's a shocker for any Persian)
- Your chance of getting an eye infection increases at least 10 times when you sleep in your contact lenses
- Your eye pressure increases when you do inverted poses in yoga
- Some people have a gene that will make them sneeze when they are exposed to intense light

Eyes on Diabetes

Now that I got your attention with some fun facts, let's talk about a more serious issue that is one of my passions: helping people with diabetes preserve their sight or improve it!

Diabetes is now the seventh leading cause of death in the US with the majority of deaths related to diabetes being secondary to cardiovascular disease. Diabetes affects about 25 million Americans and according to the World Health Organization has a global prevalence of 9% among adults over 18 years of age. It is the leading cause of kidney failure and blindness in adults in the US. This global epidemic has recently reached alarming heights in Iran, with about 24% of adults over the age of 40 being affected by it. I remember a map of the estimates of diabetes for the world for the next 20 years that I saw during medical school with Iran having one of the highest prevalence of diabetes. Nearly a decade has passed since I first saw that map and the numbers are sadly well aligned with the estimates.

As it is with most ailments, diabetes is an interplay between nature and nurture; nature being our genetic makeup that can't be changed (at least for now) and nurture being our environment such as food or physical activity. We will cover mainly the nurture part in this article and the treatment modalities for the eyes, as it is the part we have control over at the present.

Far from the era of "dogmatic medicine", evidence-based medicine, or EBM, has revolutionized much of our knowledge, provided us with proven treatment patterns and refuted less beneficial treatments. EBM has now fortunately become the gold standard in medicine, and randomized-controlled trials, or RCT, are the ultimate type of studies we rely on. Multiple RCTs in which patients receiving a certain treatment are compared to another group not receiving that treatment, have shown that lifestyle interventions in patients with type 2 diabetes including compliance to medicines, increased physical activity with weight loss and better dietary intake, can all have a positive effect on our metabolic activity and ultimately health.

There are no magic pills to cure chronic diseases. I remember one of my mentors telling me once "Anything that is worth something is not easy at first". I find myself frequently using this statement with my family, friends



and patients. Similar to a spiritual quest that requires an initial understanding of our suffering in order to change it, a quest for a healthier You requires an understanding of how your body is suffering in order to change it to a healthier state. A plethora of evidence has shown that chronic diseases such as diabetes cause significant inflammation in the body and that the inflammatory factors it creates secondary to a state of high blood sugar play a critical role in breaking down the structure of our blood vessel walls and ultimately affect our health.

How does diabetes affect your vision?

Diabetes affects the focusing power of the lens of the eye and can lead to fluctuations of vision depending on high blood sugar levels. In the long term, it can lead to progression of cataracts.

The breakdown of the blood vessel walls within the retina is the main cause of loss of vision in people with diabetes. The breakdown leads to the fluid within the blood to leak into the retina causing it to swell thus affecting vision. This process continues until the blood vessel dies causing lack of oxygen to the tissue it once nourished. In an effort to heal itself, the body creates new blood vessels that are abnormal, which can bleed and caused scarring of the retina that can progress to retinal detachment.

What can be done about it?

I always tell my patients that the best treatment is prevention! Making sure that your blood sugar is controlled is the most important step you can take to keep healthy vision.

Cataracts are a clouding of the lens of the eye that prevents the light from reaching the retina and which can affect the focusing power of the eye. Patients with cataracts require cataract surgery to have it removed and replaced by an artificial lens. Cataract surgery is best done by a cataract surgeon and luckily San Diego has some of the best cataract surgeons in the nation.

For those that have already lost some vision due to diabetes of the retina, the last decade has seen the advent of what I like to call miracle drugs. I am talking about the family of "anti-Vascular Endothelial Growth Factor drugs" (or "anti-VEGF" for short) which work by stabilizing abnormal blood vessel walls and causing them to go away in some cases, thus decreasing the swelling in the retina and decreasing the chances of bleeding. Another treatment modality is laser which used to be the gold standard prior to the advent of these miracle drugs, but which still plays a critical role for some patients. Many patients require a treatment algorithm that includes both injection of the anti-VEGF drugs and laser in order to achieve their best potential.

The last step in cases where the bleeding is severe inside the eye, which in many cases doesn't clear on its own, surgery can be necessary. Also, advanced stages of diabetes can lead retinal detachment, which is treated surgically as well.

Many of us have had close ones who have suffered from diabetes in many ways, from heart disease to loss of vision. For me, seeing my relative become blind while I was a child inspired me to become a retina surgeon. It is an exciting time for patients and for people in the medical field as our treatments have never been as effective and allow us to restore vision in many cases that were deemed hopeless in the past. A team-based approach with the patient and doctor working hand in hand to control blood sugar and intervene at critical times with medical or surgical treatments will achieve the best outcome. As always, please go see your regular eye doctor for an eye exam if you have diabetes as many of the signs can be silent until late stages .



Iranian-American Scholarship Fund

Supporting Excellence

Philanthropy Beyond Just Words

When we all play our part in making our community vibrant...

In 2014, as an Iranian-American graduate student at the University of Southern California, I was among the many fortunate students who have benefited from The Iranian-American Scholarship Fund (IASF). IASF, as stated in their mission statement is a non-profit organization, which provides scholarships to full-time students of Iranian heritage attending undergraduate and graduate schools in the United States who exhibit academic excellence, as well as financial need and a commitment to community service. IASF, founded in 1997 by a small group of philanthropic-minded individuals in San Diego, provides scholarships throughout the nation to students of Iranian descent. To date, IASF has awarded 227 scholarships to incredibly bright and talented students nationwide.

As an Iranian-American student living in the U.S., I have faced increasing number of financial and socio-cultural challenges in the recent years which have become harder in the shadow of the geo-political issues surrounding two countries. Iranian-Americans are the most highly educated ethnic group in the United States according to the 2000 U.S. census data, but ironically they are not recipients of much grants or scholarships nationally. Nearly 7,000 students from Iran are currently studying at American universities. Over 80% of them study at the graduate level, the highest percentage of any other ethnicity. However, many students of Iranian origin have been most negatively affected by various political and legal issues, and are subject to prejudice, bias, and discriminatory laws. Nonetheless, Iranian students are highly motivated, study in critical fields, and wish to contribute to their communities. Overcoming these challenges is only possible with the help of the community, which both understand these difficulties, and will eventually benefit from the success of its younger generation.

Today, more and more students of Iranian heritage throughout the United States are turning to the Iranian-American communities for support. To help outstanding but financially constrained Iranian or Iranian-American students pursue higher education in the U.S., several Iranian-American philanthropists have set up scholarship funds in recent years. Organizations like IASF are making a difference in the lives of these amazing students, but evidently, as more and more students are turning up, the need for increased funding to continue this valuable work becomes inevitable. IASF scholarships are awarded on the basis of “academic excellence, financial need, and commitment to community



service”. Furthermore, these funds are guaranteed to be utilized in best possible way by being transferred directly to the educational institutions of the awardees.

Your help to IASF not only presents students like me with the financial assistance we need, it also improves our sense of identity as a community far from home, and gives us the pride of being part of a community that is united in helping and supporting its youth succeed in the goals and values they share. Supporting Iranian-American students will ensure the success of our community as we thrive in our new home, and will make the Iranian-Americans thrive as the vibrant community it is, and deserves to be.

As IASF declares on its website, “It is our hope that individuals, organizations, and companies throughout the country will join in this important endeavor to help us offer opportunities of scholarships to our young scholars, throughout the nation.” Thanks to the generosity of Iranian philanthropists, increasing numbers of talented students are being given the opportunity to pursue their academic goals.

Sohaela Amiri is a 2014-15 scholarship recipient from IASF. She is a Graduate Student at USC Annenberg School for Communication and Journalism and USC School of International Relations. She is also Research Coordinator and Associate Editor at USC Center on Public Diplomacy



Peyk Distribution Centers

California

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2029 Durant Ave
Berkeley, CA 94704

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

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

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

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

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

North University Community
Branch Library
8820 Judicial Drive
San Diego, CA 92122

Grill House Cafe
9494 Black Mountain Rd #G
San Diego, CA 92126
858-271-5699

North County International
Market 1850 Hacienda Dr. #11
Vista, CA 92081
Tel: 760-945-7456

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

Maryland

Ms. Firoozeh Naeemi

Massachusetts

Super Heros
509 Mount Auburn St
Watertown, MA 02472-4118
(617) 924-4978

Nevada

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

North Carolina

Ms. Nazi A Kite

Tennessee

International Food Mart
2855 Logan St.
Nashville, TN. 37211

Virginia

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