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Time Has Come For Real Action...

Over thirty-five years ago we became the new immigrants to different lands around the globe. Some welcomed us and some are still hostile toward us. I do know that no matter where we have chosen to be our new homelands we have brought with us the most precious resource . . . an incomparable wealth of an educated immigrant group. This is not to say that there are no areas that we could improve, of course we can, but as an immigrant group we have been contributing far more than imaginable and have been recognized far too little. This disproportionate lack of recognition of the value we add to society is through our own fault of modesty, or not presenting and promoting ourselves.

After three decades of hard work and sacrifices we have established our future in our new homelands. Many of us have given these new homelands children that will be among their most highly educated and productive citizens. My hope is that we have also learned during this time the rules of how to succeed as important citizens of where we live. Living in California I want to talk about us in America.

Yes, we have brought financial wealth and education with us wherever we settled. But what have we done with it for ourselves as an immigrant community? My generation might be the first immigrants, but keep in mind that America is our children’s homeland. Over three decades have passed, old suitcases have been thrown out and finally we have begun to accept that ‘home’ is where we have settled. After these years, we find ourselves an immigrant group that has not found its goals as a unified community. Ironically, this is the result of our tremendous success in individualism. Too many chiefs and too few Indians! By ourselves as physicians, engineers, professors, educators, CEOs, scientists, board members, etc. we are on top of our games as individuals. But as a unified community we have much to learn. For those us who live in America the best lessons are all around us, if we just look. The success of other immigrant groups, great organizations and many individuals is due to their organized teamwork.

We, as an immigrant group, are spread throughout all 50 states. No one really knows how many of us there are in the United States. The guessing game puts us anywhere between 600,000 to 800,000 . . . Who knows? Every time there is a national census we hide or don’t open the door to answer the relevant questions. Our participation would give us at least a factual number that we could work with to plan a future for our community in this nation, as others are doing and succeeding. Keep in mind, even in areas such as Los Angeles with the highest population of Iranians, our votes are not very effective even though our financial support can make the difference.

We have begun to see qualified, dignified candidates for different offices throughout the nation. Some have succeeded, but many have not. Why? Financial backing is essential for these candidates and they rely on us as their community to support them. There is no way in heaven’s name that our candidates can succeed as long as we look at ourselves as residents of one state or city only . . . no way . . . impossible! Those wonderful and educated young women and men that we have raised for the future of this nation are coming of age to be seeking offices. They need us to be there to help them succeed. Now.

So what can we do? No matter where we live in the US - north, south, east, west - let’s pull our forces together, unite as one. If each of us, rich or poor would join in to contribute as little as $1 every month, this could make a tremendous difference. A community account could be overseen by 5-8 individuals, to be chosen by the community from throughout the nation. Without imposing serious hardship on anyone, it will give us community security to support individuals and also to take care of some of the necessary needs of our community. It is not a difficult thing to do. It can be done.

We who have chosen America to be our home and our future, we who are great contributors to the financial system of this nation, will never have a voice in this nation, until we have individuals in key positions that can defend our rights and be our public voices. I hope that with the new generation of Iranian-Americans we will have many qualified individuals that will seek public offices. As a community, we should be prepared to support those who are qualified for the offices that they seek. The community’s expectation from these candidates would be to represent us with great integrity and honesty, making us all proud and making our new homelands proud to call us citizens.
PCC (Persian Cultural Center) News:

September and October Events:

**Jong e Farhanghi** (Monthly Cultural Variety Show) takes place on the second Friday of the month at the Iranian-American Center.

The September 11, 2015, show was hosted by Saeid and Nouchin Noori Boushehri. The program consisted of an interview with Kourosh Yazdani (pianist and composer). He finished the first part of the program with the beautiful song of a poem by Pablo Neruda and translation of Ahmad Shamloo. Another guest of the program was Ms. Marika Sardar, who talked about the new Persian Gallery at the San Diego Museum of Art. The last part of the program was an interview with Maryam Raisdana (writer and translator) about her new comic book.

The October 9, 2015, show was hosted by Reza Khabazian. The first part of the program consisted of an interview with Dr. Freidun Shokatfar regarding his work in using art for children with cancer. He invited volunteers to help reaching out to Rady Children’s Hospital in San Diego. Reza Khabazian then interviewed Dr. Hasan Pourafzal about his recently published book. The second part of the program was allocated to Maestro Emanuel Malekaslani, the renowned composer and piano player, on what would have been his 100th birthday. Although, he died several years ago, Malekaslani is survived by many students who are excellent instructors in their own right, including Ms. Homa Massih, who was interviewed by Kourosh Taghavi about the life and achievements of Malekaslani. The program concluded by Ms. Massih performing two beautiful compositions by Maestro Malekaslani.

**Film and Discussion Group** meets on the first Sunday of the month at the Iranian-American Center.

On September 6, 2015, the award winning movie “Gabbeh” by Mohsen Makhmalbaf was shown at the Center. On October 4, 2015, the movie “Baran” from the director of the Oscar-nominated “Children of Heaven,” Majid Majidi, was shown at the Center.

**Mehregan Concert:** With the endless efforts of the PCC, we were able to present Dastan Ensemble with Mahdieh Mohammadkhani on Saturday October 17, 2015, at the Q Auditorium. The audience was treated to a memorable night of Persian music. The quality of performance and caliber of music was rare and most enjoyable. The performers included Hamid Motebassem-Tar, Saeed Farajpouri-Kamancheh, Hossein Behroozinia-Barbat, and Pejman Hadadi-Percussions. This was the first appearance of Ms. Mohammadkhani in San Diego. With such a beautiful voice, she is a rising star in the classical Persian music scene. In the first part of the program she performed several songs composed by Motabassem on poems of Forough Farokhzad. The second part consisted of instrumental improvisations. The final part was a performance of several old songs.

**Play Reading:** On September 26, 2015, PCC hosted a play reading of Eugen Onesco’s “Frenzy of Two or More.” The play was directed and performed by Mahoud Behroozian. He was accompanied by Nazanin Ghazyari, Rana Salami, Ali Pirouzian, and Farshid Bazmandegan. The soundtrack was by Alireza Khajavi.
The museum’s Mehregan event, held on October 2, was a great success. Over 180 people attended, bringing new audiences to the galleries and garnering more attention for the SDMA’s collection of Persian art. Attendees enjoyed music by the group Dornob and feasted on Mediterranean and Persian food, all surrounded by lovely fall décor. They also took the opportunity to walk through the museum’s galleries and see the wonderful collections of European, American, Chinese, Japanese, and Indian art by which the Persian gallery is surrounded. This event helped the museum raise funds for additional conservation efforts (like those highlighted in the June/July 2015 issue of Peyk) and for a new gallery space to open at the end of next year. Building on the success of this year’s event, Mehregan will certainly become an annual party on the museum’s calendar.

What’s on now: The museum’s major fall exhibition, titled *The Art of Music*, opened on September 26 to rave reviews. Spanning many periods of time and cultures of the world, the exhibition focuses on works of art inspired by music and musicians. This includes allegorical representations of musicians from the Renaissance, paintings of divine musicians from India, and portraits of eighteenth-century Japanese performers, as well as twenty-first century sound art and abstract paintings of music and musical forms. The exhibition is open through February 7, 2016.

Coming soon: The entire museum will be upgraded and reorganized over the next eighteen months. Stop by often to see new galleries as they open across the building, starting with the galleries for European art (reopening in February 2016), followed by American and Modern art, and finishing up with the new spaces for Indian, Southeast Asian, and Persian art in December 2016.

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

Note from Marika Sardar, Associate Curator for Southern Asian and Islamic Art at The San Diego Museum of Art
The Golha (‘Flowers of Persian Song and Music’) radio programmes were broadcast on Iranian National Radio for 23 years from 1956 through 1979. They comprised approximately 850 hours of programmes made up of literary commentary with the declaration of poetry, which is also sung with musical accompaniment, interspersed with solo musical pieces. The programmes themselves were the brainchild of Davoud Pirnia, a one-time assistant prime minister who, in addition to being a well-known politician and judge, was an enthusiastic patriot and scholar who harboured a deep love for Persian culture and its rich literary and musical traditions. When he retired from political life in 1956, he tirelessly devoted himself for the next eleven years to producing the Golha programmes.

The foremost figures in Persian literature and music participated in the Golha Programmes. These included professors and scholars like Jalal al-Din Homa’i, Sa’id Nafisi, Badi’ al-Zaman Foruzanfar; Senator ‘Ali Dasthi, Lutf ‘Ali Suratgar (Iran’s poet laureate); the historian Rezazada Shafaq; great song-writers and poets such as Mu’ini Kermanshahi, ‘Emad Khorasani, Rahi Mo’a’ayeri, Toraj Negahban, Shahriyar, Simin Behbahani, Hushang Ebtehaj (Sayeh), and Bizhan Tareaqi; and musicians and composers such as Abu’l-Hasan Saba, Mortaza Mahjubi, Ruho’lleh Khaleqi, Habibo’lleh Badi’i, Lutfallah Majd, Mortaza Naydavud, Hasan Kasa’i, Jalil Shahnaz, Reza Varzanda, Ahmad ‘Ebadi, Farhang Sharif, and Husayn Tehrani. Likewise, the greatest Iranian vocalists of the twentieth century, such as Banan, Marziya, Humayra, Qavami, Golpayegani, Iraj, ‘Abd al-Wahhab Shahidi, Sima Bina, and Puran, all were featured in the Golha programmes, to mention just a few. Iran’s greatest living vocalist, Mohammad Reza Shahjarian, saw his career launched on these radio programmes.

Mr. Pirnia was fortunate to have the support of the Director of the Iranian National Radio, Nusrato’lleh Mu’niyan, who during the 1950s–1970s transformed the radio into a respected and influential cultural vehicle for the preservation and promotion of Persian culture, music, and literature. The Golha programmes became exemplars of excellence in the sphere of music and literary expression, making use of over 700 classical and modern Persian poets, setting literary and musical standards that are still looked up to with admiration in Iran today and referred to by scholars and musicians as an encyclopedia of Persian music and poetry. Most of the greatest Persian ballads and songs were commissioned and composed specifically for these programmes.

During the eleven years of his directorship, Mr. Pirnia produced five different Golha programmes: Golha-yi javidan (up to 157 in number), Golha-yi rangarang (481 in number), Barg-e sabz (312 in number), Yik shakh-i gol (465 in number), and Golha-yi sahra’i (64 in number).

The Golha marked a watershed in Persian culture, following which music and musicians gained respectability. Heretofore, due to the conservative socio-religious anti-music bias which had dominated the society, music had been practised behind closed doors. Until the advent of these programmes, it had been taken for granted that any female performers and musicians were less than respectable. Due to the high literary and musical quality of these programmes, public perception of music and musicians in Iran completely shifted—the artists were now considered maestros, virtuosos, divas, and adepts of a fine art, and no longer looked down upon as cabaret singers or denigrated as street minstrels who inhabited the lowest rung of the social ladder.

Among musicians, the Golha programmes evoked a kind of neo-classical revival in Persian song and verse in which the great songs of the late Qajar period written by ‘Arif Qazvini, Shayda, and Darvish Khan were re-interpreted and performed by modern musicians and vocalists, and they also caused the rediscovery of Persian regional vernacular musical genres and traditions that were carefully researched, recorded, and broadcast on air. The Golha programmes thus served to preserve both the vernacular and classical traditions of Persian music and poetry which was under threat from influences outside and forces within Iran that wished to modernize, and—in some cases—eradicate the traditional love and cultivation of traditional Persian music and poetry in Iran.

When Pirnia retired from the radio in 1967, he was succeeded by several other musicians, scholars, and poets, who, despite good intentions, did not manage to maintain his high standards. In 1972, Hushang Ebthaj (the poet Sayeh), took responsibility for production of the programmes, changed their name, and consolidated all the various types of ‘flowers’ into one programme which he called Golha-yi tazeh, 201 in number. As director of the Golha programmes, Ebthaj also patronized a revival of interest in Persian music of the Qajar period (1794-1925) referred to as
the ‘Neoclassical Revival,’ Bazgasht, which continued all through the 1970s. Led by people like Mohammad Reza Lutfi, Hossein ‘Alizadeh, and Feridun Shabazian—as a partial result of Ebtehaj’s vision, despite the general ban that was placed on music in Iran after 1979 Islamic revolution—a movement to preserve and cultivate the traditions of Persian classical urban art music is still alive and flourishing in present-day Iran.

**Given the monumental importance of these programmes, I embarked on the “Golha Project” to collect, archive and digitalise the entire Golha archive for posterity. It began in 2005 with the support of the British Library Endangered Archives Programme (EAP), the Iran Heritage Foundation, the Parsa Foundation, the British Institute of Persian Studies, and the Department of Music at SOAS. Over the next two years – 2006 and 2007 – I made many trips to Iran, France, Germany, Canada, and the United States, collecting the Golha programmes, in which I was assisted by many generous private and institutional collectors. Finally in July 2007, a digital copy of the complete collection of the Golha archive was deposited in the British Library’s World Sound Archive.**

In 2008, the second phase of the Golha Project began. We have constructed a Persian/English searchable, relational database for the Golha programmes which includes bio-bibliographical data of the performers and poets (where applicable, their photographs), musical notation for the songs, transcriptions of the poetry, and commentaries included in the programmes which are freely available to all over the internet. This website and database allows one to search the Golha Radio Programmes by programme name, number, singer of the avaz or taraneh, song writer, poet of the avaz, first line of the song or poem sung, name of the song, instrument, musician, composer, name of poet whose poetry is sung or declaimed, the poetic genre of the poem, dastgah or avaz and gusheh of the music performed, etc. This is all accessible at www.golha.co.uk. The Golha Project has been, statistically speaking, one of the most widely accessed and popular programs in the field of Persian studies in recent years with 4,000,000 visitors, 37,000 registered users, and is now being used in most Persian studies departments in Europe and North America.

Building on the strengths success of the Golha Project, we are presently embarking on a new project called “Golistan,” which aims to become a virtual museum for the performing arts of twentieth-century Iran, inclusive also of the last two decades of the nineteenth century. This online environment will include recordings of solo performances by twentieth-century virtuosos, radio plays, regional (mahali) music, 78-rpm recordings, film, theatre and dance performances, as well as printed materials and journals related to the performing arts in Iran. All these will be digitalized, indexed, and made searchable by key rubrics, freely accessible to all exactly in the same manner that the Golha Radio Programmes currently are.

These important artistic works were created during the time when Iran was coming to grips with modernity. The Persian performing arts of the twentieth century provide a unique insight into this process. Unless such a virtual museum archive is made for this important aspect of Iran’s intangible cultural heritage, it will be doomed to the dustbin of history for reasons of which we are all too aware. That is why we have established a not-for-profit organization here in Southern California to specifically accomplish this task. Anyone who would like to get involved, contribute to, or support Golistan in creating this virtual museum for the performing arts of twentieth-century Iran can contact us at: info@golistan.org or jane@golha.co.uk.

Based at the Music Department, School of Oriental and African Studies (SOAS), University of London, Jane Lewisohn is director of the award-winning Golha Project, created under the auspices of the British Library, London, and the Music Department of SOAS. She has archived and digitalized the whole archive of the Golha radio programmes broadcast on Iranian Radio from 1956 through 1979. In collaboration with the Iran Heritage Foundation (IHF), London, she has made the Golha archive and all the related research concerning the Golha archive freely available over the internet at: http://www.golha.co.uk. In February 2015, she initiated the California-based Golistan Project, which is a Virtual Museum of the Performing Arts of 20th-century Iran. The Golistan Project will make recordings of solo performances by twentieth-century virtuosos, radio plays, regional music (mahali), 78-rpm recordings, film, theatre and dance performances, as well as printed materials and journals related to the performing arts in Iran freely accessible to all in a searchable format at Golistan.org.
For the past year or so, the negotiations between Iran and the P5+1 countries have made the headlines across all news agencies. The agreement was finally achieved in July and was unchallenged by the Congress, despite all efforts of the majority Republicans in September to dismantle it and deprive the Obama Administration of one of its biggest foreign policy achievements. It appears that the last obstacle for implementing this agreement has been removed by the Iranian Parliament and Guardian Council (shoraye negahban) ratifying the agreement. The question is: what happens now?

Dr. Mehdi Sarram is an expert in the field of nuclear energy and has recently published his book, “Nuclear Lies, Deceptions and Hypocrisies,” published by GM Books. I had an opportunity to sit down with him and ask his opinion regarding the agreement, how we got here, and what happens now.

AS- Dr. Sarram, thank you very much for your time. Before we get to the questions, please tell us about yourself.

MS- I graduated from Alborz High School in 1961 and came to the U.S. to study nuclear engineering at the University of Michigan. Upon completing my Ph.D. program in 1967, I returned to Iran. Having received my reactor operator license from U.S. Atomic Energy Commission in 1963, I was appointed as the reactor supervisor of the 5 MW research reactors at the University of Tehran in 1967. I was responsible to make this reactor operational in November 1967. I worked in this position until 1974. I was also an assistant professor at the University of Tehran. In 1974, I was transferred to the Atomic Energy Organization of Iran and became one of its eight directors reporting to Dr. Akbar Etemad, the deputy prime minister. I left Iran in February 1981 to work for the International Atomic Energy Agency in Vienna, Department of Safeguards/Inspections. In January 1982, I came to America and have worked here for the U.S. nuclear industry since then. I have 47 years of nuclear experience and have traveled to 38 countries, many with nuclear programs. I held a high level U.S. Government Clearance for 8 years. I live in Carlsbad with my wife Nahid. I have 2 children and 3 grandchildren.

AS- I would like to tap into your vast knowledge of nuclear energy and specifically your experience about Iran’s ambitions and background in this field. Following the Iran and P5+1 agreement last July and the failure of the U.S. Congress to dismantle it and deprive the Obama Administration of one of its biggest foreign policy achievements. It appears that the last obstacle for implementing this agreement has been removed by the Iranian Parliament and Guardian Council (shoraye negahban) ratifying the agreement. The question is: what happens now?

MS- Iran’s nuclear program started in the 1950s with President Eisenhower’s Atoms for Peace program. In 1957, the U.S. and Iran signed a civilian nuclear cooperation agreement. The Shah showed personal interest in peaceful nuclear energy. He had no desire for nuclear weapons as he had a very strong military. Iran purchased a 5 MW research reactor from the US. In 1974, the Atomic Energy Organization of Iran was established and grew to 3,000 people in five years. The Shah ordered contraction of 23,000 MWe nuclear capacity. He believed that Iran would run out of oil and gas and the lead time for nuclear power is about a few decades for developing nations, hence he wanted Iran to have access to nuclear power for the future generations. A similar case is the UAE with massive oil and gas reserves which is building four large-size nuclear plants from South Korea for electricity. In 1979, the new regime stopped all nuclear programs but by 1985, restarted a massive nuclear program including two large enrichment facilities at Natanz and Fordo. In 2012, the single unit Bushe nuclear plant started operating, a Russian design reactor.

AS- When did the purpose of nuclear research and energy shift to military use?

MS- Sometime in mid-1980, after the war with Iraq had started. The new regime restarted the nuclear program, constructed two large-size nuclear enrichment facilities as well as fuel-manufacturing, conversion, and R&D facilities. The world saw Iran pursuing nuclear weapon capability. Iran never made a final decision to build the bomb. Iran has been a signatory to NPT [the United Nations’ Non-Proliferation of Nuclear Weapons international treaty] since 1968. All of Iran’s 17 nuclear facilities are under IAEA [International Atomic Energy Agency] safeguards and inspections.

AS- Was Iran really pursuing nuclear bomb?

MS- Iran pursued nuclear weapon capability in the past 30 years, but never made a final decision to build the bomb. Iran has been a signatory to NPT [the United Nations’ Non-Proliferation of Nuclear Weapons international treaty] since 1968. All of Iran’s 17 nuclear facilities are under IAEA [International Atomic Energy Agency] safeguards and inspections.
MS- The P5+1 agreement with Iran is a NON-BINDING agreement and not a treaty. The U.S. Senate ratifies only treaties. The Senate review was all about political posturing. The Senate never had a chance to approve or reject the agreement. The implementation phase will start early next year. As Iran slowly dismantles the centrifuge machines and redesigns the Arak reactor, the IAEA will monitor and submit reports to UNSC at which time sanctions will be lifted and Iran’s frozen assets will be released. Iran will be under IAEA full inspections for the next 10-15 years. This is a long-term agreement.

MS- The IAEA has been inspecting Iran’s nuclear facilities since 1968. Since 1979, Iran has been inspected more than any nations combined. The IAEA is the most important UN agency with direct access to the UNSC. It has several hundred inspectors from all member states that use special equipment to detect diversion of nuclear material for possible military use. The IAEA inspections are quite effective and have been shown to be so in the past decades. The new inspections in Iran will use state-of-the-art sensors, cameras, and surveillance equipment to ensure Iran does not cheat. The IAEA budget for inspection in Iran in the next decade has been increased many folds. The IAEA will have many resident inspectors in Iran at all of its nuclear facilities.

AS- Thank you very much for your time.
Running was the only thing that brought him comfort. A light jog that naturally progressed to a run; each step lighter and swifter. His steps quickly catching the familiar pace, each foot at a time, until his muscles relaxed into a soothing and rhythmic beat that synced with his heart and eased his mind. His breathing becomes steadier, his shoulders less clenched, and his arms fall gracefully into position. He didn’t know the neighborhood and he didn’t speak English, but he knew how to keep a steady running pace. He was an active jogger in Iran. As a new immigrant to the United States, he was overwhelmed by the language and cultural barriers; running was his solace and partner through his journey.

He laced up his running shoes, eager for fresh air. Every day, he noticed things from his previous run: the neighbor’s trash can, the beautiful potted plants across the street, and the corner bakery. He also looked for new things—his memory bank of America was flooded with pieces of his block. Running made him make sense of a new normal: a new city with a new language and new customs.

Reaching the end of his block, he impulsively turned right instead of left, exploring a new route. The sidewalk led him to a paved running trail lined with trees. He was taken by the leaves moving in the wind and the foliage changing color. Nature was embracing fall. Morning coffees were enjoyed by people sitting on park benches and the smell of coffee motivated an increase in his running pace. He passed people embraced by giant oak trees on the grass lawn that hugged the running trail. The deeper he went, the faster he ran, and the more he noticed. As his run took him deeper in the trail, he realized he was lost. Wanting to continue with his morning routine, he scanned the park and noticed a small group of people running adjacent to him. He decided to run behind them on the trail, hoping they would lead him to the end of the trail.

Excuse me, to your left, said an unfamiliar voice.

Speaking little English, he turned around only to realize he was in the way of a fellow runner. Before moving to the side, he realized the large mass of people running behind him. Everyone looked as if they had a mission to complete and were very serious. Anxious to move away from the incoming crowd, he picked up his pace. It was time he went home anyway. He was certain too much time had passed since discovering the new running trail. His pace increased two-fold, but there seemed to be no end to the running trail. Almost ready to slow his pace, he was welcomed by hoards of cheers and people clapping. Flashes of light popped with each clap of applause. Why are all these people standing on the sides of the running trail, he thought. And why are they cheering? Prepared to stop, he took his last steps and ran across a line chalked on the running trail. Thinking this is where the trail stopped and stopping, instead of embracing a moment of relaxation, he was bombarded by the same group of cheering and clapping people. The flashing lights grew closer and he was blindly led through groups of people to receive a sash, medal, and a handshake from a man in a suit. Congratulations, you won! What’s your number asked the suit-sporting man. My number? Why does this man need my phone number? Shaking his head, he replied with the little English he knew: no, no thank you. The man gave a puzzled laugh accompanied by a puzzled facial expression, forced a handshake, and let the photographers have him. Snap! Flash! What is going on? Why are all these people here? What is this medal? Confused and more than ready to leave, he wiggled his way out of the crowd and tried to find his way home. Lost and tired, he retraced his steps. He was greeted with flashy smiles and thumbs up signs (he quickly learned this was a good sign, not a bad sign as it is in Iran). What a friendly neighborhood! This is my new favorite running place! He was inspired by the friendliness of strangers and walked a little taller feeling he found a small sense of home.

The next morning, he decided to sleep in and take a day off from running.


His uncle’s voice trailed up the stairs but he was unable to decipher his words. As he slowly got out of bed, he froze, realizing his uncle was reading the morning newspaper and realizing he had been photographed the previous day. Na baba, I was just going for a morning run.

At the foot of the stairs, his uncle greeted him with a giant hug. You’ve only been here two weeks and you’re already famous!, said his uncle, handing him the newspaper. Aval shodi! On the bottom center of the front page read: Numberless Marathon Runner Wins the Race!

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Years later, he sits at the dining room table with his son, lacing up his running shoes, getting ready for his routine morning run. His son is looking through an old stack of newspapers.

Baba, that’s you!, his son said, excited by the photograph of his father in the newspaper. The picture was taken the day he accidentally won the marathon—the first day he felt at home in America.

He kissed his son’s forehead. Would you like to go on a run with me?, he asked.

Marriam is a young professional who explores her dual identity through narrative and written prose, often writing about her experiences as a second-generation Iranian. “The Numberless Marathon Runner” was inspired by her family.
**Persian Cultural Center**  
Tel: (858) 552-9355  Fax & Voice: (619) 374-7335  
www.pccus.org

**Zemestaneh Concert**  
*Hammavazan Ensemble*  
December 5, 2015 at 7:30pm  
Iranian-American Center • 6790 Top Gun St. #7, San Diego, CA 92121  
Info: 858-552-9355

**PCC Yalda Celebration with Roya**  
December 19, 2015 at 7pm  
at Sofi Restaurant

**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 and Discussion,**  
First Sunday of the month at the Center  
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

**Setar Class by Kourosh Taghavi**  
Registration and info: (858) 717-6389

**Tombak Class by Milad Jahadi**  
Registration and Info: (858) 735-9634

**Daf Workshop**  
Sundays 11am-12 at Iranian School of San Diego (ISSD)

**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

**Branch I**  
Sundays from 9:30am-1pm  
Mt. Carmel High School

**Branch II**  
Thursdays from 6-8pm  
Mt. Carmel High School  
Mount Carmel High School  
9550 Carmel Mountain Road • San Diego, CA 92129

**Persian Dance Academy of San Diego**  
(858) 552-9355  www.pccus.org

**Dollar a Month Fund**  
Tel: 858-552-9355  •  www.dmfund.org  
www.facebook.com/DollarAMonthFund  
**DMF Fundraising**  
(Please check the ad in page 18)  
November 21, 2015

**Association of Iranian-American Professionals (AIAPI)**  
Tel: (858) 207 6232  •  www.aiapi.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

**House of Iran**  
**Fall Festival**  
Nov 15, 2015 (see ad)  
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/Iranian-AmericanScholarshipFund

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

**Iranian-American Life Science Network (IALSN)**  
www.ialsn.org  
for latest Events in San Diego visit:  
www.chekhabar.com

**Persian Cultural Center**  
and Asian Film Festival Present:  
**Movie:** **Taxi**  
Thursday, November 12, 2015 6:45 pm

**UltraStar Mission Valley**  
Jafar Panahi / Iran / 2015 / experimental, hybrid documentary / 82 mins

**Movie:** **ATOMIC HEART**  
UltraStar Mission Valley Tuesday, November 10, 2015 8:55 pm  
Ali Ahmadzadeh / Iran / 2015 / Comedy, Drama, Fantasy / 93 mins

**Free Third Thursday at MCASD Downtown & La Jolla**  
700 Prospect St, La Jolla, CA 92037  
858.454.3541 Time: 5:00 PM to 7:00 PM  
Date: November 19 - November 19, 2015  
http://www.mcasd.org/events

**Mission Bay Christmas Boat Parade of Lights**  
1215 El Carmel Place, San Diego, CA 92109  
858.488.0501  http://www.mbyc.org/  
Date: December 12 - December 12, 2015 6-9pm

**Community Spirit: History of an Arts Village**  
January 17 - December 31, 2015

**Visit Persian Art Gallery at the San Diego Museum of Art**
Divorce Rules for Parenting

By: Lisa Hildreth, LMFT

No matter which culture, no matter the age of the parents or children, the letter below is what I most often use in my practice. If you are divorced/no longer with your child’s other parent, or know of friends/family who have a contentious relationship with their co-parent, they can really help and benefit their child(ren) by following the below advice from the child’s perspective.

Dear Mom and Dad,
I’m just a kid, so please…

1. Do not talk badly about my other parent. (This makes me feel torn apart! It also makes me feel bad about myself.)
2. Do not talk about my other parent’s friends or relatives. (Let me care for someone even if you don’t.)
3. Do not talk about the divorce or other grown-up stuff. (This makes me feel bad. Please leave me out of it!)
4. Do not talk about money or child support. (This makes me feel guilty or like I’m a possession instead of your kid.)
5. Do not make me feel bad when I enjoy my time with my other parent. (This makes me afraid to tell you things.)
6. Do not block my visits or prevent me from speaking to my other parent on the phone. (This makes me very upset.)
7. Do not interrupt my time with my other parent by calling too much or by planning my activities during our time together.
8. Do not argue in front of me or on the phone when I can hear you! (This just turns my stomach inside out!)
9. Do not ask me to spy for you when I am at my other parent’s home. (This makes me feel disloyal and dishonest.)
10. Do not ask questions about my other parent’s life or about our time together. (This makes me uncomfortable. So just let me tell you.)
11. Do not ask me to keep secrets from my other parent. (Secrets make me feel anxious.)
12. Do not give me verbal messages to deliver to my other parent. (I end up feeling anxious about their reaction. So please just call them, leave them a message, or put a note in the mail.)
13. Do not send written messages with me or place them in my bag. (This also makes me uncomfortable.)
14. Do not blame my other parent for the divorce or for things that go wrong in your life. (This really feels terrible! I end up wanting to defend them from your attack. Sometimes it makes me feel sorry for you and that makes me want to protect you. I just want to be a kid, so please, please….stop putting me in the middle.)
15. Do not treat me like an adult, it causes way too much stress for me. (Please find a friend or therapist to talk with.)
16. Do not ignore my other parent or sit on opposite sides of the room during my school or sports activities. (This makes me very sad and embarrassed. Please act like parents and be friendly, even if it is just for me.)
17. Do let me take items to my other home as long as I can carry them back and forth. (Otherwise it feels like you are treating me like a possession.)
18. Do not use guilt to pressure me to love you more and do not ask where I want to live.
19. Do realize that I have two homes, not just one. (It doesn’t matter how much time I spend there.)
20. Do let me love both of you and see each of you as much as possible! Be flexible even when it is not part of our regular schedule.

Thanks, your loving child

Lisa Hildreth possess a Master of Science degree in Counseling and is a licensed therapist for children and families, both in private practice and school settings.
Caffeine, Pros & Cons

Growing up Persian, my parents—perhaps not unlike yours—had the “ghooriyeh chaeie” running almost non-stop at all waking hours of the day. Now that I think back to my childhood, that couldn’t have been very safe, could it? But I never gave it a second thought -- it was such a central staple in our home...caffeine, that is.

Caffeine is one of the most widely-used drugs in the world, consumed on a daily basis by more than 150 million people in the U.S. alone. Perhaps because of this widespread caffeine consumption, more controversy and myths seem to surround this stimulant than any other. One day we discover that it’s the fountain of youth and the answer to longevity, and the next day we’re told that one more drop can send us to our grave.

What to believe?

Well, in spite of all you may have heard, to this day there is no definitive consensus within the medical community on whether or not we should recommend or not recommend caffeine. The only agreement so far is that consuming up to 400 mg of caffeine per day (about 3 cups of coffee), has been found to be rather harmless. This is what we regard as consuming “in moderation.”

Unfortunately, well-made, well-accepted studies on caffeine are currently limited. But let’s discuss the pros and cons of caffeine based on what current research does seem to show.

Caffeine Pros

- Caffeine may improve attention, especially in sleep-deprived workers and those with jet lag. This is perhaps the most common reason caffeine is consumed, and why so many adults with attention deficit hyperactivity disorder (ADHD) tend to self-medicate with caffeine.
- Caffeine can mildly enhance athletic performance – surprisingly, one cup of chaeie may improve your next workout.
- Caffeine can decrease the risk of developing Parkinson’s disease (with the exception of postmenopausal women on hormonal replacement therapy, where it rather strangely does the opposite).
- Caffeine may protect against the development of Alzheimer’s dementia.
- Caffeine may protect against cardiovascular events, like heart attacks.
- Caffeine decreases the risk of developing diabetes, and may even help to decrease insulin resistance in diabetics who consume it regularly.
- Caffeine can improve constipation.
- Caffeine may be liver-protective – studies show some protection against possible alcoholic cirrhosis and Hepatitis C progression.
- Caffeine may be protective against gout, an inflammatory reaction in a joint (often the foot or lower extremities) -- a topic I’ve previously covered in Peyk.

- 2-3 cups of caffeine a day have also been shown to decrease the risk of overall death due to any reason, what studies often refer to “all-cause mortality.”

Before you run to Costco for the largest super-sized package of coffee beans you can find, keep in mind that these “pros” refer only to caffeine consumed in moderation, not excess. In addition, the caffeine cons list is not terribly short, either.

Caffeine Cons

- Caffeine may cause “rebound headaches,” headaches that are induced by withdrawal of caffeine in people who consume it habitually. In those who infrequently consume caffeine, it tends to have the opposite effect – it can actually abort an acute headache.
- Caffeine can induce and/or exacerbate anxiety and panic attacks.
- Caffeine can induce heart palpitations and arrhythmias in those susceptible.
- Caffeine can interfere with good sleep, acting as a stimulant.
- Caffeine can interfere with calcium absorption and contribute to low bone density (osteoporosis or osteopenia) and, hence, fractures. This is especially true of women with a low calcium diet.
- Caffeine increases the frequency and amount of urination, not only interfering with sleep but contributing to uriininary incontinence.
- Caffeine can mildly and temporarily increase blood pressure in those who do not consume it regularly, by 10 mmHg max. Habitual coffee drinkers don’t seem to be affected as much by it, however.

Caffeine Myths

I’m sure you have read a ton of other supposed effects of caffeine on the internet and in magazines. Here’s a tip I share with my own patients – if you are searching for solid evidence-based advice on a medical topic, Cosmopolitan Magazine is not the place. Ask your doctor, or search well-accepted internet sources (typically avoid reading the “.com” websites).

The fact is, many of these theories are based on inconclusive and/or inconsistent evidence. Here are a few to be aware of:

There is no conclusive evidence linking caffeine to an increased or decreased risk of any type of cancer.
There is also no link found between caffeine and increased cholesterol in those who drink filtered coffee only (as opposed to unfiltered coffee).
Caffeine not only crosses the placenta, but lingers around longer in the blood stream of pregnant women. Therefore, it may interfere with fetal growth and contribute to premature labor when consumed in excess. However, studies in pregnancies are inadequate. Therefore, the current recommendation is for pregnant women to either avoid caffeine entirely or limit intake to no more than 200 mg a day.

After learning some of the benefits and risks of caffeine, you may come to the conclusion (after discussing it with your physician) that your samovar may indeed be a treasure. At the same time, however, caffeine drawbacks may not seem insignificant to those susceptible to its risks. My advice? For the average healthy person, go ahead and indulge in that “fenjooneh chaeie” in the morning – but perhaps avoid running the “ghoori” (and hence, guzzling it) all day long.

Noosheh joon.

Dr. Sanaz Majd is a board-certified family medicine physician who podcasts and blogs at http://housecalldoctor.quickanddirtytips.com.
Nane Shirmal (Sweet Bread):
Preparation time 45 minutes, makes 10 shirmals

1 yeast cake
1/2 cup lukewarm milk
1 cup salted butter
2 tablespoons yogurt a dash of cardamom
2 cups sugar
6 cups flour
1 1/4 cup sesame seeds
6 eggs (save 1/2 yolk)
2 teaspoons baking powder

Optional:
1 teaspoon ginger
1 teaspoon cinnamon

1. Dissolve yeast in milk for 10 minutes.
2. In bowl beat butter, sugar, yogurt and eggs with an electric beater at medium speed for 3 minutes.
3. Gradually add flour and baking powder and mix well.
4. Let dough rise for 8 hours.
5. Sprinkle a cutting board with flour, then divide dough into 10 equal pieces.
6. Use your hand or a rolling pin to shape dough into an oval no more than 3/4 inch thick.
7. Use a fork to make several holes in the dough.
8. Brush with egg yolk and sprinkle with sesame seeds.
9. Place on a greased cookie sheet and bake at 350 degrees for 30 minutes.

With the arrival of Fall and Winter, cooler climate foods begin to appear at our tables. Halim can be served for breakfast or lunch.

From: The Joy of Persian Cooking
By: Pari Ardalan Malek

Halim Booghalamoon (Mashed Turkey and Bulgur)
Preparation time 3 hrs, serves 12-14.

2 pounds skinless turkey breast
1 large sliced onion
2 pounds bulgur soaked for 24 hrs (found in Middle Eastern stores)
1/2 teaspoon salt

1. Place turkey, onion and salt in a pot, add the bulgur and enough water to barely cover ingredients. Bring to boil.
2. Lower heat and cook until turkey is done (about 1 hour).
3. Stir occasionally, to prevent the formation of a crust on the bottom of the pan.
4. If juices evaporate before turkey is done, add 1/4 cup water.
5. When turkey is cooked, remove from pot and mash with a potato masher.
6. In a food processor, mash bulgur into a soft paste and set aside.
7. Return turkey and bulgur to the pot, mix well and cook over low heat for 2 hrs.
8. Halim is traditionally served in a bowl, sprinkled with cinnamon. A bowl of sugar is always placed on the side, to be added for those who wish.

Note: You may substitute lamb or beef for turkey. If you use meat, add a clove of garlic.
Introduction
In the previous issue of Peyk magazine, the importance of fats in the diet was briefly discussed. In this article, we will discuss the importance of omega 3 and omega 6 fatty acids, and the ratio of the two in a diet.

What do Omega 3 and Omega 6 fatty acids mean?
All fatty acids contain an acid group (or carboxylic acid [-COOH]) at one end of the chain of the carbons, and a methyl (CH3) group at the other end. Chemists consider the carbon of carboxylic acid as carbon number 1 and is called alpha (the first alphabet in Greek language), and the last carbon on the tail which is the carbon of methyl (CH3) group is referred to as Omega (ω), the last alphabet in Greek. However, physiologists call the tail carbon of the chain (the –CH3 ) in a fatty acid as carbon number 1 and count the rest of the carbons in chain of fatty acids from the (ω) end. In the figure below, carbons 1, 3, and 6 are on the top of the carbon chain.

Omega 3 fatty acids. These acids are polyunsaturated and their first double bond is on carbon 3 from the methyl end (between carbon 3 and 4); therefore, this fatty acid is called Omega 3 fatty acid. Linolenic acid is an essential fatty acid which is polyunsaturated and has an 18-carbon chain, containing 3 double bonds, but its first double bond is on carbon 3. Therefore, Linolenic acid is called Omega 3 fatty acid (shown as 18:3 ω-3 or 18:3 n3 fatty acid).

Omega 6 Fatty acids. If the first double bond in a polyunsaturated fatty acid is on carbon 6 (between carbon 6 and 7), it is called omega 6 fatty acid. Linoleic acid is an essential fatty acid, a polyunsaturated acid containing 18 carbons, and consists of 3 double bonds, but its first double bond is on carbon 6. Therefore linoleic fatty acid is called Omega 6 fatty acid (shown as 18:3 ω-6 or 18:3 n6). There are also omega 7 and omega 9 fatty acids, but they are not considered essential for humans.

Why omega 3 and omega 6 fatty acids are necessary for humans.
Studies have shown that lipids that contain both omega 3 and omega 6 fatty acids are essential for healthy brain function, normal eye sight, healthy nerve cells in growing embryos, and are required for maintenance of normal brain function and learning ability in adults. Let’s first look at omega 3 fatty acids.

Omega 3 fatty acids come in different forms and have different properties. Any polyunsaturated fatty acid whose first double bond lies between carbon 3 and 4 is called Omega 3 fatty acid. There are many omega 3 fatty acids. Among them, three types are very important for human physiology:
Type 1 - is the Alpha-Linolenic Acid (18:3, n-3, abbreviated as ALA), found in plant oils.
Type 2 - is Eicosa-Pentaenoic Acid, a 20-carbon chain with 5 double bonds (20:5, n-3, and abbreviated as EPA).
Type 3 - is DocosaHexaenoic Acid which is a 22-carbon fatty acid with 6 double bonds (22:6, n-3, and is abbreviated as DHA).

Both EPA and DHA are more abundant in fish and marine animals, and have more physiological potency than that of alpha linolenic acid (ALA) of plant source. However, all these three omega 3 fatty acids are important in human physiology, and almost all people have the necessary enzymes to convert the plant-derived omega 3 fatty acids (ALA) into EPA and DHA. Research has shown that the DHA is the principal and most abundant omega 3 fatty acid in the brain, and it is necessary for brain development and healthy brain functions. A decrease in DHA in the brain is associated with cognitive decline during aging, and with onset of sporadic Alzheimer’s disorder. According to Dr. Perlmutter, the author of the book “Grain Brain,” DHA may activate the genes that produce new neurons in the hippocampus of the brain (the memory area), and not only improves the memory, but also can prevent Alzheimer’s disease. Other research indicates that DHA has a positive effect on diseases such as hypertension, arthritis, atherosclerosis, depression, adult-onset diabetes mellitus, myocardial infarction, thrombosis, and some cancers. Clinical evidence suggests that EPA and DHA (the omega 3 fatty acids found in fish oil) help reduce risk factors for heart disease, high cholesterol, and high blood pressure, as well as slowing the development of plaque and blood clots in arteries.

What is the Origin of omega 3 fatty acids? All Omega 3 fatty acids are formed in the chloroplasts of green plants and algae. The high level of Omega 3 fatty acids in some fish comes from the seaweed, algae, and phytoplankton that they feed on.
Concentration of omega 3 fatty acids is higher in eggs of hens that have access to pasture or are fed green plants. Concentration of omega 3 fatty acids is also higher in the meat and milk of grazing animals, compared with grain-fed animals, which accumulate relatively more omega 6 fatty acids. In a study published in the Journal of Dairy Science (3), it was found that butter made from the milk of grass-fed cows contains substantially more omega 3 fatty acids, vitamin E, and beta-carotene than butter made from the milk of cows that have limited access to pasture. In a joint study by the USDA and the researchers at Clemson University in South Carolina, grass-fed beef was compared with grain-finished beef; it was found that grass-fed beef was higher in beta-carotene, higher in vitamin E (alpha-tocopherol), higher in the B-vitamins such as thiamin and riboflavin, higher in total omega 3, and higher in cancer-fighting chemicals.

**Foods high in omega 3 DHA include:** fish oil, egg yolk in hens fed alfalfa, mother’s milk, squid oils (calamari), and cold water fish such as salmon, herring, mackerel, tuna, anchovies, and sardines.

**Foods high in Omega 3 ALA include:** chia seeds, flaxseed (linseed), walnut, hemp seed, rapeseed oil (canola oil), and other plant oils.

### Importance of the ratio of omega 6 to omega 3 fatty acids.

A healthy dietary balance of omega 3 and omega 6 fatty acids is important in maintaining general health, reducing macular degeneration, and helps proper function of the brain and cardiovascular system. Studies show that very low ratio of omega 6 to omega 3 fatty acids in newborn babies can cause dermatitis. On the other hand, many researchers have found that a high ratio of omega 6 to omega 3 fatty acids cause inflammation in the body.

### Effect of high ratio of omega 6 in diets.

Most body cells can convert essential fatty acids into longer chain fatty acids that the body uses for different purposes. When linoleic fatty acid (omega 6) is metabolized in the cells, it makes other longer chain fatty acids, such as arachidonic acid, prostaglandins (PG 1 and PG2), and leukotrienes. It has been shown that PG2 and leukotriene are associated with inflammation, particularly with rheumatoid arthritis. Other studies show that arachidonic acid increases proliferation of some tumor cells.

Dr. Lassek, a public health researcher and the co-author of *Why Women Need Fat*, indicates that excessive amounts of omega 6 in the average American’s diet increase appetite and weight, and also promote inflammation in body tissues, noting that inflammation plays a critical role in coronary disease.

### What is a good ratio of omega 6 / omega 3?

According to some authors, healthy ratios of omega 6 / omega 3 fatty acids range from 1 / 1 to 1 / 4. Results of many research indicates that there should be more omega 3 than omega 6 fatty acids in the diet.

### The ratios of omega 6 to omega 3 fatty acids in some common vegetable oils are shown in table below.

In the table below, the smaller the ratio, the less omega 6 and more omega 3 fatty acid. For example, canned tuna fish contains very little omega 6, but more omega 3 fatty acid. Olive oil has more omega 6 than omega 3 fatty acids.

<table>
<thead>
<tr>
<th>Food</th>
<th>Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuna, canned</td>
<td>0.1</td>
</tr>
<tr>
<td>Salmon</td>
<td>0.2</td>
</tr>
<tr>
<td>Flax</td>
<td>1:3</td>
</tr>
<tr>
<td>Canola</td>
<td>2:1</td>
</tr>
<tr>
<td>Hemp</td>
<td>3:1</td>
</tr>
<tr>
<td>Soybean</td>
<td>7:1</td>
</tr>
<tr>
<td>Olive</td>
<td>8:1</td>
</tr>
<tr>
<td>Corn oil</td>
<td>46:1</td>
</tr>
</tbody>
</table>

Sunflower seed, cottonseed, peanut, and grape seed oils have more omega 6, and almost no omega 3 fatty acid.

Studies indicate that the acceptable consumption of omega 3 is 1.6 grams/day for men and 1.1 grams/day for women, to be provided from different food sources. For example, three ounces (about 85 grams) of salmon provide 1.1 - 1.9 grams of omega 3 ALA. Two tablespoons of walnuts provide about 1.5 grams of omega 3 ALA.

### Is supplementation of Omega 3 fatty acids beneficial?

As long as you eat a balanced diet, supplementation of essential fatty acids is not necessary and has little to no additional effect on growth, nor supports a beneficial role for preventing cardiovascular disease or stroke. High doses of omega 3 fatty acids may even increase the risk of bleeding in some people. Some sources even warn about the risk of heavy metal poisoning (mercury, lead, nickel, arsenic, and cadmium), when excess fish oil is consumed. Consumption of oxidized or rancid fish oil has been shown to have some side effects on liver. Some fish may contain potentially harmful contaminants, such as heavy metals (including mercury), dioxins, and carcinogenic polychlorinated biphenyls (PCBs).

### Fate of fats in the body.

When we eat fat of any kind, it may be metabolized and used as a source of energy or, if consumed in excess, it will be stored in adipose tissues in the body as fat. Some fats bind with other molecules such as proteins to form lipoprotein, such as LDL and HDL.

As a reminder, all fats are calorie-dense. One gram fat produces 9 Kcal.

In the next issue of *Peyk*, we will discuss the importance of LDL, HDL, and cholesterol in our diet.

### Selected References:


### Web Links:

- [http://ndb.nal.usda.gov/ndb/search/list](http://ndb.nal.usda.gov/ndb/search/list)