

Peyk



Persian Cultural Center's Bilingual Magazine
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Remembering Professor Ehsan Yarshater (1920-2018)

When we heard the news of the passing of Professor Ehsan Yarshater on September 20th, our last issue of Peyk was at the print shop and we could not pay our deepest respect in his memory at that time. Although, many tributes in Persian and English have been written in his memory, we too would like to remember him with great respect and great fondness.

I had the pleasure of meeting him and his wife, Latifeh, in 1996 when, at the invitation of the Persian Cultural Center they came to San Diego and he gave a talk about the Persian civilization and the Encyclopedia Iranica. While listening to him, mesmerized by his presentation, there was no doubt for anyone that here was a man of true knowledge and great integrity. How privileged we were to be in the audience. He was an extraordinary man of accomplishments, easy to respect, easy to hold in your heart with adoration.

He was born in Hamedan, Iran, in 1920 and received his first degree in Persian language and literature from the University of Tehran in 1947. He continued his studies with Iranian philology (Old and Middle Iranian) at the School of Oriental and African Studies (SOAS), at the University of London in 1960 with Walter Bruno Henning. He published several articles on modern western Iranian dialects, most notably Tati and Taleshi.

In 1961 he received his appointment to the Kevorkian Chair of Iranian Studies at Columbia University and was the first full-time professor of Persian studies at an American university since World War II. In 1968 he established the Center for Iranian Studies and in 1973 founded Encyclopedia Iranica and was editor-in-chief until his death. Recently, The Center for Iranian Studies was re-named the Ehsan Yarshater Center for Iranian Studies to honor his work.

“He was one of the 40 editors of the *Encyclopædia Iranica*, with articles by 300 authors from various academic institutions. He also edited the third volume of the Cambridge History of Iran, comprising the history of the Seleucid, the Parthians, and the Sassanians, and a volume entitled *Persian Literature*. He was also an editor of a sixteen-volume series named *History of Persian Literature*. He had won several International awards for scholarship, including a UNESCO award in 1959, and the Giorgio Levi Della Vida Medal for Achievement in Islamic Studies from UCLA in 1991. Lecture series in his name have been instituted at the University of London, and the University of California, Los Angeles, and at the Centre National de Recherche Scientifique in Paris.” Center for Iranian Studies “He has worked to create the most comprehensive account of several millenniums of Iranian history, language and culture in the Middle East, the Indian subcontinent and Central Asia” the New York Times wrote about Iranica on August 12, 2011. “There is nothing like it” in scope or quality, said Ali Banuazizi, a professor at Boston College and a former president of the Middle East Studies Association of North America.

There are but a few nations that have an encyclopedia. Knowing the magnitude of the Persian history and culture and the importance of a valid representation he dedicated his life to creating his “magnum opus”, Encyclopedia Iranica, his labor of love. He created this without pay, and at the end he bequeathed what he and his wife had to benefit his beloved Encyclopedia.

On a private note, several years ago, Professor Yarshater offered me a job to work with him in marketing and promoting the Encyclopedia. I was deeply grateful and honored and if I had been younger and able to endure the winters of New York City and more important did not have the commitments that I have with many of our organizations and activities in San Diego, it would have been a great honor to have worked with him. As I have said he was “easy to respect, easy to hold in your heart with adoration.” We will miss the great man and the incredible scholar that he was. On behalf of the Iranian Community of San Diego, we send our heartfelt condolences to his family and loved ones, and to members and staff of the Encyclopedia Iranica.

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PCC (Persian Cultural Center):

PCC NEWS

Jong-e Farhangi (Cultural Variety Show)

Jong-e Farhangi is an arts and culture program that presents thought-provoking interviews and discussions with members of the Iranian diaspora, with an emphasis on authors, artists, literary readings, and musical performances. The program emphasizes lively discussions with audience participation. Jong is held on the stage of the Iranian-American Center (IAC), on the second Friday night of the month. Hosting duties for the program rotate between Ali Sadr and Reza Khabazian. The program guests are typically interviewed by the host on a variety of subjects with an eager audience.

Jong-e Farhangi- September 14, 2018

The September program was hosted by Ali Sadr. The only guest of this program was Ms. Jane Lewisoohn. Ms. Lewison spoke fluent Farsi about the project of Golha, which was the result of her years of effort in archiving the Iranian Golha (Iranian radio music program). This site is a reliable source for further research on Iranian music. In recent years, she has been involved with collecting and archiving audio and visual works of twentieth century Iran, up to the 1979 revolution. This site is called "Golistan" and will be launched in the near future. During the September program, more than \$2,000 was raised from attendees to help with this project.

Movie and Discussion

The Movie and Discussion group of PCC aims to screen movies from Iran on the third Friday of each month. The group has started reviewing the popular movies from the last 40 years. After each movie, most audience members stay for a lively discussion about the movie.

Movie and Discussion: No Date, No Signature September 21, 2018

No date, no signature (2017), directed by Moshen Jalilvand, was selected by the movie and discussion group to be screened in September 2018. Amir Aghayee, Navid Mohamad Zadeh, and Hedyeh Tehrani played in this movie. The movie has won the FIPRESCI prize at the Bratislava International Film Festival, while Jalilvand was awarded the Gold Hugo in the New Directors Competition at the Chicago International Film Festival. After watching the movie, Dr. Rana Salimi opened the discussion about the movie followed by the attendees' participation and discussion on different aspects of the film.



Docunight

Docunight is an organized program that facilitates the screening of documentaries concurrently on the first Wednesday of the month in more than twenty cities across North America. The documentaries are either made by Iranian film makers or are about Iran and Iranians.

Docunight 49: September 5, 2018

Two documentaries, *Weavers of Imagination* by Sadegh Jafari (2017 - 21 minutes) and *The Season of Warm Breezes* by Hossein Rigi, were selected for this month. *Weavers of Imagination* recounts the life of a number of visually-impaired people who weave rugs together and how the simple fact of working together fills them with a great sense of happiness. *The Season of Warm Breezes* follows a teacher in Iran's Sistan and Baluchestan province who tries to eradicate illiteracy among female residents.



Docunight 50: October 3, 2018

The documentary *Poets of Life* (2016 - 73 minutes) was shown in the month of October. Produced by Mojtaba Mirtahmasb and directed by Shirin Baghervand, the film is about the life of Shirin Parsi, a rice farmer, who after receiving a BA in French literature from the University of Paris, returns to Iran and decides not to live in the megapolis capital, Tehran. Her husband had inherited land in Shanderman, a village near the Caspian Sea, so they move there and take up rice farming.

PCC's Board Meetings

The Persian Cultural Center's board of directors holds its meetings every second Wednesday of the month at IAC. The last two meetings took place on September 12 and October 10, 2018. If you

are interested in PCC's activities, please renew your membership or become a member. You can find the membership form on our website at www.pccsd.org.

Registration at the Iranian School of San Diego

Registration of students at the Iranian School of San Diego (ISSD) was held on August 26 and 30, 2018.

Tasnifkhani: September 22, 2018

This program is part of an ongoing series called "tasnifkhani," meaning singing songs by Kourosh Taghavi, who introduces the audience to Persian classical songs. He reviews the songs and discusses Persian classical music and different *Dastgah* (Persian music model systems). Then the attendants learn and sing the songs together. During this program, three old songs in *Mahur*, *Shur*, and *Esfehans* (names of different *Dastgahs* in Persian music) were performed.

Tabla concert October 20, 2018

On Saturday October 20th, Persian Culture Center was the host of Abhiman Kaushal performing a Tabla concert. He was assisted by Miles Shrewsbury playing Tabla. In this concert Manohar was the vocalist, Sohoni was playing keyboard and Genco was playing Harmonium. In this event, many people from different cultures and nationalities came together in PCC to enjoy from a North Indian classical music concert. Abhiman is currently on faculty at UCLA and UCR as Director of the North Indian Classical Music ensembles.

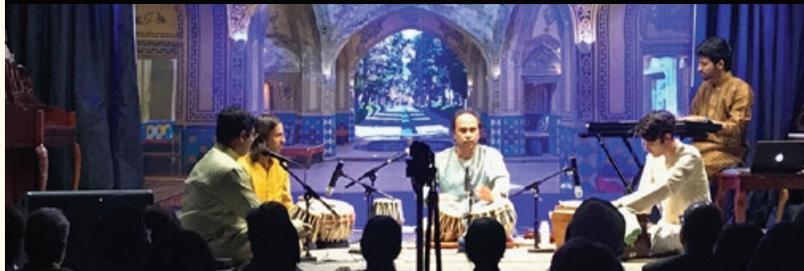


Mehregan, Second Annual HAFEZ Day: October 6, 2018

This was the second time that the PCC and the San Diego Central Library celebrated the Hafez Day at the Central Library of San Diego. Please see a complete report of this event in this issue of *Peyk*.

Persian Fall Festival with Mohsen Namjoo: October 13, 2018

The San Diego Museum of Art has designated a specific gallery for the Arts of Iran since 2017. Showcasing some of the best Persian art objects from the museum's permanent collection as well as some fine loaned objects from other museums, this gallery illustrates a brief and yet profound development of Persian civilization and art in history and within today's global context. The establishment of this rather new gallery in 2017 was the result of the collaborative efforts between the museum's leadership and curators of South Asian and Islamic Art, and the PCC. The San Diego Museum of Art and PCC are pleased to, with the support of the community, continue the collaboration to take Arts of Iran to great and new heights. On the second anniversary of this artistic achievement, the museum and PCC organized a magnificent festival during which Mohsen Namjoo, a Persian music icon with his full band, Yahya Al-Khansa, Sean Conley, and Anders Nilsson, performed some of his popular and new songs. All proceeds from this program were allocated to the San Diego Museum of Art. Nearly 400 residents of San Diego and Southern California attended this magnificent event. Special thanks to Mahmoud Pirouzian and Anahita Babaiee who managed this event and the Art and Culture group of PCC for help in all aspects of this event. Many Thanks to Kabob Lounge Restaurant and Fallbrook Winery for providing food and wine for the VIP guests.

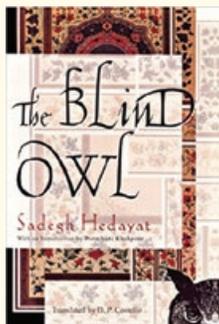


Kaveh Bassiri on Iranian Novels in Translation

Why would you want to read an Iranian novel when our government is debating a ban on Iranians coming to America? Maybe you're friendly with one of the 1 million Iranian-American citizens here. Maybe you loved the poetry of Rumi, Hafez, or Khayyam, and you want to read what modern Iranians are writing. Maybe you'd like to understand the demonized country that has been in conflict with the United States for the last 38 years.

As an Iranian-American, I read Iranian novels to understand my heritage better. I also read them to understand myself as an American. The word translation is rooted in the Latin to "carry over" or to transport. Translated books are ambassadors and messengers. They are immigrants settling in a new home, adapting, changing and being changed by the world around them. They might look different or have strange customs, but they are here and want you to come over and knock at their doors. They don't carry slogans or shout at you. A book is not a wall, and it's not just a door. It is a lonely friend who is waiting to share what it has prepared for you at its table of words.

I chose the following novels with diversity in mind. They are examples from before and after the Islamic revolution, from different communities and regions of Iran, in different styles, written by both women and men. May you find a good friend among them.



THE BLIND OWL, BY SADEGH HEDAYAT (GROVE ATLANTIC, 2010)

Sadegh Hedayat (1903-1951) is possibly the most influential modern Iranian prose writer. His masterpiece, *Buf-e Kur* ("The Blind Owl"), was published in 1941. In *The Politics of Writing in Iran*, Kamran Talattof calls the novella "Iran's most controversial and celebrated work of fiction."

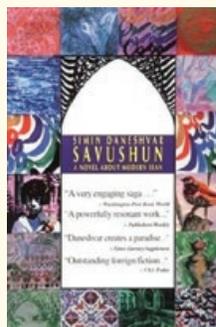
The Blind Owl was the first modern Iranian novel to be translated into English. It was translated

by Desmond Patrick (D.P.) Costello in 1957 and later by Iraj Bashiri in 1974 and Naveed Noori in 2011. Bashiri revised his translation three times, and the most recent version became available online in 2013. Even with its problems, Costello's translation is still a good read and remains the most popular. To see the work's more formal experiments, read Noori's translation. The work has also been adapted four times into film: by influential Iranian-American experimental theater director Reza Abdoh in 1992 and by the great Chilean filmmaker Raúl Ruiz as *La chouette aveugle* in 1990.

Porochista Khakpour, in her extended introduction to the Grove Press edition, begins by describing how her parents forbade her to read the book, something that I, like many Iranians, also experienced. She describes the book as "the most disturbing thing I have read." Some readers have viewed it as a critique of the Reza Shah's rule, though the book is about much more. M. R. Ghanoonparvar, in *Prophets of Doom*, says the book reveals "Hedayat's terrible awareness of change taking place in the Iranian psyche, Iranian society and social institutions."

Told by an unreliable narrator, *The Blind Owl's* complex and macabre existential tale has confounded readers and critics alike.

It recalls works by visual artists like Egon Schiele and Edvard Munch in its hallucinatory parallel story of a misanthropic male protagonist's sexual anxiety and fear of death. You can see the influence of mysticism, Hinduism, and Khayyam, genres like expressionism and gothic fiction, as well as the influence of Western writers like Rilke, Poe, and Kafka. This enigmatic book has also inspired many books and essays to be written about it.

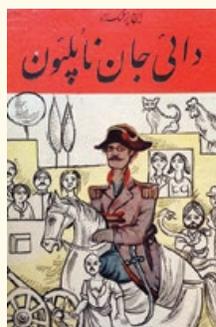


SAVUSHUN, BY SIMIN DANESHVAR (MAGE PUBLISHERS, 1991)

Simin Daneshvar (1921-2012) was the first Iranian woman to publish a novel and a collection of short stories. As a Fulbright fellow in 1952-54, she studied creative writing with Wallace Stegner at Stanford University. She also married the acclaimed Iranian writer and thinker Jalal Al-e Ahmad.

Her first novel, *Savushun* (1969), which has sold more than half a million copies, has been translated twice into English, with more exacting language by Ghanoonparvar in 1990 and by Roxane Zand as *A Persian Requiem* in 1991. Hassan Abedini, in *Sad Sal Dastan-nevisi-ye Iran* ("One Hundred Years of Persian Prose"), writes that *Savushun*, with its poetic, precise, and strong prose, started a new season in the history of prose in Iran.

Set in the later years of WWII, when the British occupied Iran, *Savushun* is the story of a landowning family in the city of Shiraz, where Daneshvar grew up. The narrator, Zari, is a wife and mother who is concerned about the safety and happiness of her family while her patriotic husband gets involved in the movement against imperialism, tribal politics, and corruption. It is a story of the growing social and political awareness of Zari, as well as a growing revolutionary social consciousness. Farzaneh Milani, in *Veils and Words*, writes that *Savushun* "presents a world in which not only do the characters function fully and have the freedom and the ability to speak for themselves but the plot is also highly plausible, culturally, socially, and historically."

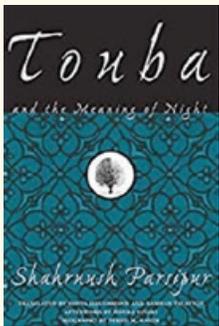


MY UNCLE NAPOLEON, IRAJ PEZESHKZAD (MODERN LIBRARY, 2006) TRANSLATED BY DICK DAVIS

Daie Jan Napoleon (1973), written by Iraj Pezeshkzad (b. 1928) and translated as *My Uncle Napoleon* by Dick Davis in 1996, is another Iranian best-selling novel set during the WWII Allied occupation of Iran. But instead of being another social realist work, *My Uncle Napoleon* is a social satire, a tragicomedy full of puns, ludicrous characters, farcical conflicts, sexual innuendo, and imaginary

enemies and battles. It also references the earlier Constitutional Revolution period (1905-11), when the Iranian government was subject to British and Russian imperialism. However, unlike the revolutionary response to British imperialism in *Savushun*, *My Uncle Napoleon* makes fun of the common belief that the British

are behind all important political events in Iran. In fact, Iranians use the name “Uncle Napoleon” to refer to conspiracy theorists. Looking back from the 1960s, the narrator of the novel tells the story of his first teenage love and growing up in an extended family under patriarchal rule, aristocratic pretensions, power struggles, and petty family dramas. Azar Nafisi, in the introduction to Random House’s 2006 Modern Library edition, writes that despite being “highly critical of the society it portrays, it is also the best testament to the complexity, vitality, and flexibility of Iranian culture and society.” In 1976, *My Uncle Napoleon* was also made into a popular television series by Nasser Taghavi, a leading Iranian filmmaker. Ghanoonparvar, in his book *In a Persian Mirror*, writes that “Pezeshkzad builds one of the most memorable and remarkably true-to-life, albeit caricatured, characters in his very popular novel.” As a testament to this claim, after the Islamic Revolution, both the movie and book were banned, though black market copies were readily attainable.



TOUBA AND THE MEANING OF NIGHT, BY SHAHRNUSH PARSIPUR (FEMINIST PRESS, 2016)
TRANSLATED BY HAVVA HOUSHMAND AND KAMRAN TALATTOF

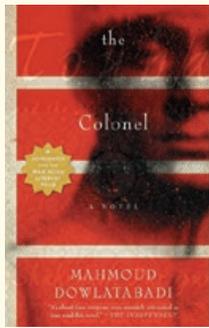
Along with Daneshvar and Goli Taraghi (b. 1939), Parsipur is one of the three Iranian women who published a novel before the revolution. She has also won numerous prizes, including the Lillian Hellman/Dashiell

Hammett Award, the Italian literary award Premio Feronia-Citta di Fiano Prize, and the Persian Heritage Foundation’s Latifeh Yarshater Award for lifetime achievement.

Translated by Havva Houshmand and Kamran Talattof, *Touba va ma’na-yi shab* (“Touba and the Meaning of Night”) (1989) follows a spiritual journey of the heroine, Touba, as well as her daily struggles in a patriarchal society from when she is a young girl until her death. Parsipur creates extraordinary characters. The different women in her novels are complex and alive. They may be ordinary and petty or wise and radical. They go beyond the Western or Iranian cultural and gender stereotypes. *Touba* is also a panoramic history of Iranian women in the 20th century and of the changes in Iran from the final days of the Qajar dynasty and the Constitutional Revolution to the Islamic Revolution. Many issues—such as religion, marriage, family, class, politics, philosophy, sexuality, tradition, and modernity—are dealt with in the book.

Influenced by authors like Gabriel Garcia Marquez, Parsipur weaves together magic realism and modern innovations in the novel with classical myths and Middle Eastern storytelling that hark back to *1001 Nights*. She incorporates diverse works such as the Attar’s classical Persian text *The Conference of the Birds* and Hedayat’s experimental work *The Blind Owl*. Her writing brings together the real and magical, polemical and lyrical, rational and mystical, public and private, historical and mythical, traditional and modern, east and west. With their multiple, sometimes even contradictory, perspectives, the novel becomes a prism of Iranian society, echoing the lives of its citizens. As Houra Yavari writes in the afterward, “[Touba’s] story is a spiritual quest. But at the same time, like the tree, [she] has deep roots in the soil of her native

land, and her story is also the story of Iran in a turbulent century of change.”



THE COLONEL, BY MAHMOUD DOWLATABADI (MELVILLE HOUSE, 2012)

TRANSLATED BY TOM PATERDALE
Dowlatabadi is possibly the most respected Iranian novelist living in Iran. He is the author of many books, including the magnum opus *Kelidar* (1978-1983), a ten-book saga of a nomadic Kurdish family. He has also won numerous prizes, including France’s Chevalier of the Legion of Honor and prestigious Golshiri Lifetime Achievement

Award. His novel *The Colonel*, which took twenty-five years for him to consider finished, has not been published in Persian or in Iran, but translations of the work are available in numerous language, starting with German in 2009. The novel has won praise and awards, including the Jan Michalski Prize for Literature. It was longlisted for the Man Asian Literary Prize. An English translation of *The Colonel* by Tom Patterdale was published in 2011. Among his other major works translated into English are *Missing Soluch*, translated by Kamran Rastegar, and *Thirst: A novel of the Iran-Iraq War*, translated by Martin E. Weir. *Missing Soluch* was conceived while he was in prison during the Shah’s regime and written in the seventy days after his release.

Dowlatabadi is known for long social realist novels about the devastating decline and transformation of rural life, such as *Kelidar* and *Missing Soluch*, but *The Colonel* is a chamber drama. The book is set in the town of Rasht in the north of Iran at the end of the Iran-Iraq War. The protagonist colonel, who has been stripped of his rank because of murdering his adulterous wife, must confront the consequences of the different paths his children have taken. The colonel’s thoughts cover a period starting with the first modern reform movement by Iranian Chancellor Amir Kabir (1848-1851) and ending with the Islamic Revolution. The result is a hallucinatory recollection of the country’s long history of progresses and setbacks, dreams and repressions, and hopes and disillusionments, during the many movements of reform and revolution. Past and present are molded in a nightmare of eternal return. Like Dowlatabadi’s other powerful works, the writing is unsentimental, dark, and despairing. In *The Literary Review*, Matt McGregor wrote, “Dowlatabadi has done something perverse, something almost unforgivable: he’s spun from this muck a beautiful, wretched novel.”



Kaveh Bassiri is a Ph.D. candidate in Comparative Literature at the University of Arkansas, where he also teaches Persian literature and film courses. His poetry has won the *Bellingham Review*’s 49th Parallel Award and been published in *Virginia Quarterly Review*, *Beloit Poetry Journal*, *Mississippi Review*, and the anthologies *Best New Poets 2011* and *The Forbidden: Poems from Iran and Its Exiles*. His translations won the Witter Bynner Poetry Translation Residency and have been published in *Virginia Quarterly Review*, *Colorado Review*, and *Massachusetts Review*

Original article was published in “Arkansas International” dated Feb 23, 2017. The article also includes the introductions of “Horse’s Head by Jaafar Modarres Sadeghi”, “Things we left unsaid by Zoya Pirzad and “Censoring an Iranian Love Story by Shahriar Mandanipour.

Due to limited space, the balance of the article, including these books will be presented in the next issue of *Peyk*. www.aerint.org/read-international-kaveh-basiri

Do you agree or disagree with the Trump Administration's decision to withdraw from the Iran Nuclear Deal also known as the Joint Comprehensive Plan of Action (JCPOA)?		2018
Strongly agree		19
Somewhat agree		7
Agree		26
Somewhat disagree		16
Strongly disagree		54
Disagree		70
Not sure		4

Every year the Public Affairs Alliance of Iranian Americans (PAAIA) conducts a national survey among Iranian-Americans about various issues concerning the community. The following is the press release for this survey. We share this information without expressing any opinion. We also recommend reviewing the entire survey at PAAIA's website, paaia.org.

Washington, DC – Today, the Public Affairs Alliance of Iranian Americans (PAAIA) released the findings of its 2018 National Public Opinion Survey of Iranian Americans, revealing concerns over increased discrimination and U.S. policy towards Iran.

More than three-quarters of respondents are worried about increased discrimination against Iranian Americans, and nearly half (49%) report that they have personally experienced discrimination.

“In line with last year’s findings, Iranian Americans are concerned that their national origin or religion may lead to increased discrimination,” said PAAIA’s Executive Director, Leila Austin. “This worry persists despite the fact that the community is well-assimilated and has contributed significantly to the fabric of America.”

Reflecting anxieties over policies that stigmatize the Iranian American community, seventy-seven percent (77%) of the respondents oppose President Trump’s Travel Ban, with over one-third indicating that they regularly receive visits from family and friends from Iran .

With respect to the U.S. withdrawal from the Iran Nuclear Deal, seventy percent (70%) disagree with the decision to abandon the deal and the majority believe that the withdrawal will increase the likelihood of military strike against Iran (51%), is unlikely to gain any broader concessions from Iran (52%), and is more likely to increase support for Iranian hardliners’ anti-American sentiment (67%).

In terms of U.S. policies toward Iran, the community continues to prioritize advancing democracy and promoting civil rights, allowing Americans to invest in Iran to create employment opportunities, and enhancing ties through cultural diplomacy and education exchanges.

More than two-thirds (68%) of Iranian Americans believe that a parliamentary democracy/republic is the best type of government for Iran. One-half (50%) believe that a grassroots democratic movement is the best pathway to a more democratic society in Iran, while just fifteen percent (15%) believe that sanctions or covert/military action would move the country in this direction.

When asked which Iranian leader is most likely to move Iran toward a more democratic society, thirty-five percent (35%) chose exiled Crown Prince Reza Pahlavi and nineteen percent (19%) chose human rights attorney Nasrin Sotoudeh, the only two leaders to achieve double digits. By an eight-to-one margin respondents oppose the U.S. backing the MEK (People’s Mojahedin Organization) as a legitimate opposition force.

“Iranian Americans want to see a democratic Iran that respects human rights and is part of the international community,” said PAAIA’s Director of Government Affairs, Morad Ghorban. “They prefer policies that engage the Iranian people and support their democratic and economic aspirations, and they are skeptical that increased sanctions or covert action can successfully achieve democracy in Iran.”

PAAIA’s annual surveys are an integral component of better understanding the Iranian American community through the ongoing collection of accurate scientific data.

PAAIA commissioned Zogby Research Services (ZRS) to conduct this telephone survey of Iranian Americans.

To see the complete report please go to: <https://paaia.org/wp-content/uploads/2018/10/PAAIA-2018-Survey-final.pdf>

What should the top two priorities be for the U.S. government in dealing with Iran? (Choose two.)

	2018	2017	2016
Allowing Americans to invest in Iran to improve the economy and create employment opportunities	45	46	52
Advancing democracy and promoting personal and civil rights	58	55	56
Negotiating a new nuclear agreement between the U.S. and Iran*	17	26	7
Enhance people to people ties through cultural diplomacy and educational exchanges	42	37	34
Give greater support to our allies in the Middle East to counter Iran’s regional ambitions	4	7	5
Support Iranian opposition groups and figures	13	8	8
Tighten economic sanctions against the Iranian government	13	8	11
Not sure	4	4	18

In previous surveys the question was: "Moving beyond the Iran nuclear deal, what should the top two priorities be for the U.S. government in dealing with Iran?" In 2016 and 2017, this option was "Seek new areas of cooperation with the Iranian government."

Events in San Diego

Persian Cultural Center

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Estate Planning 101, Learn how to protect yourself, your property, family and legacy,

Thursday November 1, 2018, 6-8 pm at IAC, open to public. a seminar presented by the Iranian-American Bar Association and Persian Cultural Center. For information call 858-552-9355

Ode to Hope concert

November 3 at 7:30PM, San Diego
Pejman Hadadi, Saeid Komjoui, Kourosh Taghavi
Iranian-American Center
Ticket and Information: Tel: (858) 552-9355

Writing Workshop with Morteza Abkenar,

Thursday, Nov.8 - Tuesday Nov. 13 to Monday November 12, 2018 at IAC
For information call 858-552-9355

Jong e Farhangi (Cultural Variety Show),

Friday November 9, 2018 at 7:30pm
Hosted by Reza Khabazian



Family Game Night, Friday, Nov. 30 at 7-10pm at IAC

Information: 858-552-9355

Persian Cultural Center Annual Charity Bazaar at ISSD location,

Sunday, December 2, 2018
For Tables and Information: 858-552-9355

Persian Cultural Center Yalda Celebration, Saturday, December

15, 2018 at Sufi Restaurant, 7-12pm
Tickets and Information: 858-552-9355

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

Setar Class by Kourosh Taghavi

Registration and info: (858) 717-6389

Tar & Guitar Class by Farhad Bahrami

Registration and info: (619) 318 1286

Tombak Class by Milad Jahadi

Registration and Info: (858) 735-9634

Iranian School of San Diego

858-552-9355

Iranian School of San Diego

Starting academic Year 2018-2019
Branch I, Sunday September 9, 2018 at 9:30 am
Branch II, Thursday September 6, 2018 at 6:00 pm
Mt. Carmel High School
Mount Carmel High School
9550 Carmel Mountain Road • San Diego, CA 92129



Persian Dance Academy of San Diego

Dance classes for all ages at the location of Iranian School
10:00 AM to 1:00 PM
(858) 552-9355 www.pccsd.org

Dollar a Month Fund

DTel: 858-552-9355 • www.dmfund.org
www.facebook.com/DollaraMonthFund



AIAP

(Association of Iranian-American Professionals)

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



House of Iran

House of Iran Balboa Park
www.thehouseofiran.com



Iranian-American Scholarship Fund

Tel: (858) 552-9355 • www.iasfund.org
www.facebook.com/Iranian-AmericanScholarshipFund



Mehrgan Foundation

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

PAAIA

Public Affairs Alliance of Iranian-Americans
www.paaia.org



NIAC

National Iranian-American Council
www.niac.org



IABA

Iranian-American Bar Association
www.iaba.us/chapters/san-diego

Book Club Meeting

Last Saturday of each month

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

Iranian-American Life Science Network (IALSN)

www.ialsn.org

For latest events in San Diego visit:

www.chekhabar.com

SAN DIEGO BAY WINE & FOOD FESTIVAL

15TH ANNUAL CLASSIC
VARIES BY EVENT, Nov 12 - Nov 18, 2018

SAN DIEGO BAY PARADE OF LIGHTS

FREE, Dec 9 - Dec 16, 2018
Neighborhood: Coronado, Point Loma Peninsula

BALBOA PARK DECEMBER NIGHTS

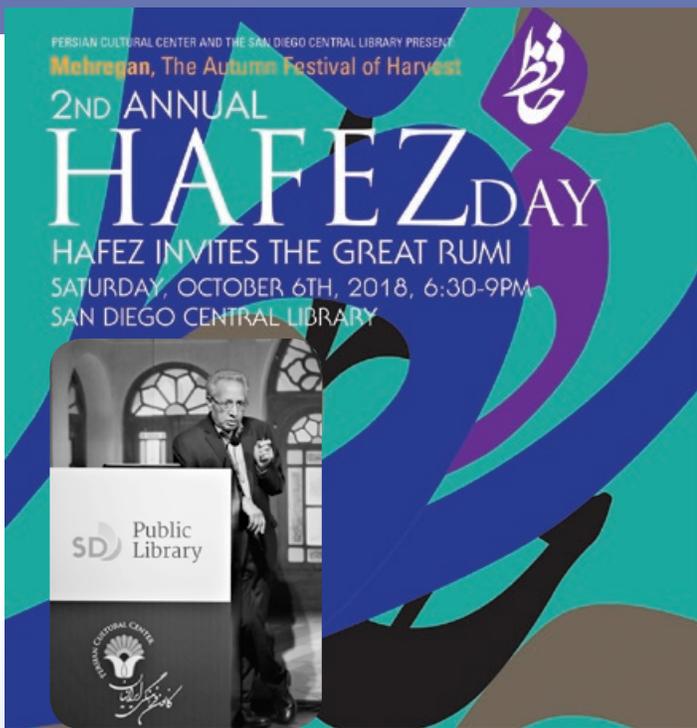
Balboa Park
FREE, Dec 7 - Dec 8, 2018, Neighborhood: Downtown

SAN DIEGO INTERNATIONAL AUTO SHOW

858-550-0080
Dec 27 - Dec 30, 2018, Neighborhood: Downtown

SAVE THE DATE:
PCC Nowruz Celebration
March 16, 2019
Marriott Hotel, La Jolla

Visit Our web site at www.pccsd.org



SECOND ANNUAL HAFEZ DAY 2018

By
Shaghayegh Hanson

“Will you Hafez with me?” said the email from Marc Chery, supervisor of the San Diego Central Library’s Humanities Section. Because no self-respecting Iranian-American, or poetry-lover, would ever say no to anything related to one of Iran’s most revered poets, the response was swift—absolutely, yes! And so the forces behind last year’s hugely successful, inaugural Hafez Day sprang into action; the San Diego Central Library, the Friends of the San Diego Public Library, and the Persian Cultural Center all collaborated to bring another Hafez Day to San Diego.

Why would the San Diego Central Library be interested in Hafez, a fourteenth century Persian poet? In launching Hafez Day last year, the Central Library’s announcement explained it thus:

700 years after his death. . . Hafez remains Iran’s most celebrated bard and one of the most revered writers all across the world. Hafez is the only writer to have his own holiday, based on the strength of his legacy and his verse that reflects the best aspirations of a people. . . . [W]e celebrate Hafez Day in San Diego [to] use verse as an avenue for love, peacemaking, and reconciliation.

Indeed, Hafez’s poems are remarkably relevant to present-day issues of human rights, human dignity, and the beauty of diversity and the human spirit. Even more so than Shakespeare to the British, Hafez is part of the fabric of Persian culture and identity. His poems have resonated with Iranians of all classes, religions, education levels, and ethnic background for centuries. Pilgrimages are made to his mausoleum in Shiraz, where



emotional visitors touch his tomb and read, or recite by heart, Hafez’s poetry. Iranians even use Hafez’s poetry for telling the future, opening his book of poems at a random page and applying the mystical language to their life’s path. Such reverence for a poet and poetry is thus a subject worth exploring, and one that captures the imagination of any audience.

This year’s Hafez Day was held on October 6, 2018, at the Central Library’s state-of-the-art auditorium in downtown San Diego. Building on last year’s introduction to the tradition of Persian mystical poetry, this year, Hafez invited the great Rumi to join in the festivities. Approximately 200 poetry lovers gathered to snack on Persian hors d’oeuvres and drink wine in preparation for a program that would immerse them in the world of the “Beloved.”

Our very own Iranian-American, San Diego author, and public library advocate, Zohreh (Zoe) Ghahremani, was Master of Ceremonies, guiding the audience through the program with her storyteller’s charm and writer’s command of her subject. First at the podium was renowned professor, author, translator, and editor of twenty-four books—Dr. Ahmad Karimi Hakkak, whose book, *Recasting Persian Poetry*, is the definitive text used by Ph.D. programs worldwide. Dr. Hakkak explained the reverence with which Persian culture holds poetry, and in particular, Hafez. Sprinkling his presentation with beautiful quotes from Hafez and Rumi, Dr. Hakkak delved into the cultural, historical, and modern significance of Persian mystical poetry.

The audience was then treated to poetry readings in both Persian, by *Peyk’s* own column writer, Reza Khabazian, and in English, by published poet and chair of the Sociology Department at California State University, Dr. Sharon Elise.

Dr. Elise chose to read one of Rumi's most universally loved and timelessly relevant poems:

Only Breath

Not Christian or Jew or Muslim, not Hindu
Buddhist, sufi, or zen. Not any religion
or cultural system. I am not from the East
or the West, not out of the ocean or up
from the ground, not natural or ethereal, not
composed of elements at all. I do not exist,
am not an entity in this world or in the next,
did not descend from Adam and Eve or any

origin story. My place is placeless, a trace
of the traceless. Neither body or soul.

I belong to the beloved, have seen the two
worlds as one and that one call to and know,

first, last, outer, inner, only that
breath breathing human being.¹

The poetry readings were a perfect prelude to the passionate and haunting classical Persian music performance by Namaad Ensemble, a collective of master musicians who fuse Iran's modern and classical poetry with the melodies of the setar, kamanche, and tombak.

Following a short intermission, the audience was treated to a mesmerizing, Whirling-Dervish-inspired dance performance by classically-trained dancer and teacher, Ila Darafshander. Ila's masterful control of repeated twirls and majestic movements swept up the entire audience on her soaring flight up to the Beloved.

The evening ended with more poetry readings, one in Persian, by Sholeh Dadkhah, and one in English, by published poet Jeff Walt. One of the poems selected by Mr. Walt was the following by Rumi:

May these vows and this marriage be blessed.
May it be sweet milk,
this marriage, like wine and halvah.
May this marriage offer fruit and shade
like the date palm.
May this marriage be full of laughter,
our every day a day in paradise.
May this marriage be a sign of compassion,
a seal of happiness here and hereafter.
May this marriage have a fair face and a good name,
an omen as welcomes the moon in a clear blue sky.
I am out of words to describe
how spirit mingles in this marriage.

As the program ended, the audience drifted out of the auditorium with not only a deeper appreciation of Hafez and Rumi, but also of community and friendship. If you missed Hafez Day this year, rest assured, this unofficial San Diego holiday will be back next year. . .when Hafez will invite another giant of poetry to join him. In the meantime, as Hafez would say, "Stay close to anything that makes you feel you are alive."

¹ Translated by Coleman Barks.



Mehregan Celebration at the San Diego Museum of Art

Among the many joys of leading The San Diego Museum of Art is the opportunity for multicultural engagement that is naturally fostered through the arts. The annual Mehregan Fall Fête, presented by the Persian Cultural Center in the Museum's James S. Copley Auditorium, is a shining example of a partnership that enriches the whole community and I was delighted to take part in the festivities on October 13. The event was a beautiful success, headlined by a breathtaking concert by Mohsen Namjoo as he played for a large and appreciative crowd in the auditorium. Though I personally do not speak or understand Farsi, the emotions conveyed by the music and words could not have been clearer and I found myself deeply moved by his performance and his warm connection with the audience. In addition to being a splendid celebration of autumn and of the local Persian community, the occasion also raised funds for the Museum's Arts of Iran collection, for which we are very grateful. The Arts of Iran is one of the most treasured parts of our permanent collection and many highlights, including a 17th-century manuscript of the *Shahnama*, are on display in a recently renovated gallery. If you haven't had the chance to visit the Museum recently, I welcome you to join us to view these fine Persian art objects as well as a wide variety of art from regions throughout the globe, from the ancient to the contemporary. I would like to express heartfelt thanks to the Mehregan event organizers, in particular to Anahita Babaei and Gita Khadiri, as well as to my hard-working Museum staff, and to all who attended—your support and involvement truly made for an extraordinary evening of celebration and will ensure that the precious works in our collection will continue to be shared for the education and enjoyment of future generations.

Roxana Velásquez
Maruja Baldwin Executive Director, The San Diego Museum of Art



NUTRITION DURING PREGNANCY

By: Mohammad Ahrar, PhD

Introduction

A full-term pregnancy lasts 39 to 40 weeks from conception to birth. Growth and development of a fetus in a pregnant mother depends on the mother's diet and a balanced nutrition. During pregnancy, the diet must support the health of a woman and her growing baby. Therefore, pregnant women have a higher need for some vitamins and minerals. In this issue of *Peek*, we will discuss the nutritional needs of a pregnant mother and the growing fetus. We have no intention to make any medical recommendation.

Critical Timeframes During Pregnancy

Most health professionals divide the duration of pregnancy into three trimesters—13 weeks each. The first trimester is the most critical period. The reason is that, during this period, cells and tissues of the embryo rapidly grow and differentiate to form body structures, such as the brain and cardiovascular system. The mother is very vulnerable to nutritional deficiencies, toxins, and other harmful factors during this period, and the harm that may occur is often irreversible. There is growing evidence that maternal malnutrition during critical periods can alter the expression of genes which can influence the risk of chronic diseases appearing in the fetus and later in life.

As an example, inadequate iron during early pregnancy is associated with poor cognitive development in the baby.

What Nutrients and Behaviors Are Important in the First Trimester?

The first trimester is marked by several developmental milestones: organs begin to develop and function, and the brain grows rapidly. It is important that females who intend to be pregnant adopt a healthy lifestyle and healthy weight even before conception. The embryo and the mother are most vulnerable to nutritional deficiencies during this period.

1. Folic acid - Also called folate, folic acid is a B vitamin (Vitamin B9), that helps prevent serious birth defects of a baby's brain or spine, generally referred to as neural tube defects. Getting enough folic acid can also help prevent birth defects like cleft lip and congenital heart disease. These birth defects often happen before most women know they are pregnant. Folic acid is needed to create new cells, such as nerve cells, and help the embryo grow and develop properly. Adequate folic acid also reduces risk of neural tube defects such as anencephaly (absence or abnormal growth of part of the brain), and spina bifida (malformed and lack of protective membrane coat on the spinal cord that results in the bulging out of the spinal cord). The neural tube is the earliest folding of nerve tissue to form future brain and spinal cord, and forms during the first few weeks after conception. Folic acid is important for any woman who could become pregnant as well as those who are pregnant.

How much Folic acid is needed? The Food and Drug Administration (FDA) recommendation for pregnant mothers is consumption of *600 micrograms of folic acid daily*, which can be supplied through supplements, fortified foods, or a combination of these.

2. Iron - A woman's daily iron needs are *27 milligrams during pregnancy*, which is higher than when a woman is not pregnant. Although a pregnant woman absorbs more iron during pregnancy, there will be a need for more iron to make additional red blood for carrying oxygen to the fetus. Iron is also essential for fetal growth and development, as well as the growth of the placenta, and to prevent anemia. Some signs of anemia include looking pale, paleness under nails, and feel unusual tiredness. Sources of iron include meat, safe fish, poultry, and enriched grains. However, nearly all women need dietary supplements to satisfy the suggested intake during pregnancy.

Caution: Iron supplements should not be taken with foods that have components that inhibit iron absorption, including calcium rich foods, high-fiber foods (that contain Phytate), and coffee and tea that contain polyphenol. Iron supplements can be taken one or two hours before or after taking such foods.

3. Zinc - This nutrient is needed in protein metabolism and in the synthesis of DNA so that the cells can replicate and differentiate. The recommended daily intake of zinc during pregnancy is 11 milligrams.

4. Copper - This nutrient is part of the enzymes that are involved in the production of energy, the synthesis of connective tissues, and the transport and use of iron. The recommended daily intake of copper is 1 milligram (1000 micrograms). Because iron can interfere with the absorption of other minerals, a woman taking more than 30 milligrams of iron daily should also take additional zinc and copper to prevent deficiency of these minerals.

5. Calcium - The need for calcium does not increase much during pregnancy. A pregnant woman absorbs more calcium during pregnancy, which offsets the amount of calcium needed by the growing fetus. Most doctors recommend pregnant women get adequate calcium from dairy, fruit, vegetables, and other sources before pregnancy to help build bone and prevent osteoporosis later in life. (More information about the importance calcium in the diet is discussed in *Peek* #175.)

6. Vitamin D - This vitamin is essential for the absorption of calcium and phosphorus by the small intestine, and to reclaim calcium from kidney tubules that would otherwise be excreted in the urine. The amount of Vitamin D intake does not change much during pregnancy. However, there is a high prevalence of pregnant women who are deficient in Vitamin D. These women seem to be at greater risk of developing preeclampsia (a condition that results in hypertension, severe edema, and protein loss), preterm birth, low birth weight and gestational diabetes, and needing a cesarean section. To avoid Vitamin D deficiency, experts suggest consumption of adequate Vitamin D from vitamin-rich foods and dietary supplements if necessary. The recommended daily Vitamin D intake is 15 micrograms per day (Table 1). (See *Peek* #170 for more information about Vitamin D.)





Sugar substitutes- Some sweeteners, such as aspartame (Equal), are not advisable for some pregnant women with genetic disorders, such as phenylketonuria.

Uncooked food- Pregnant women should avoid raw or undercooked meats, fish, or poultry, and unpasteurized milk, cheese, and raw sprouts. The reason is that some bacteria produce toxins which can cause serious problem for both fetus and the mother; in some cases, the toxins can be fatal.

Pregnant women should always check with their health care provider before consuming any supplements and herbal medicine.

Other Nutrients of Concern During Pregnancy

Choline - A vitamin-like substance, choline is a precursor for neurotransmitter acetylcholine, which is essential for healthy nerves and cell growth, and is also a component of cell membrane. Found in high amounts in animal products, choline is important during pregnancy and breast feeding.

Vitamin B12 - Also called cobalamin (contains cobalt), this vitamin is necessary for energy production, healthy bones, and protecting nerve fibers. Naturally occurring Vitamin B12 is found only in foods from animal sources. Rich sources of the B12 vitamin include fish, meat, poultry, eggs, milk, and milk products. Vegans who do not consume any animal products need to make sure that they get adequate amounts of Vitamin B12 from supplements.

Omega 3 fatty acid - All pregnant women should also be mindful about meeting their needs for alpha-linolenic acid (Omega 3 fatty acid), an essential fatty acid needed in the development of cell membrane and important in the formation of new cells and tissues, particularly those of the central nervous system in the growing fetus. This essential fatty acid is found in nuts, soybeans, canola oil, and fish oil. (See *Peyk* #160 for more information about Omega 3 fatty acids.)

Precaution:

Fish- The FDA recommends that all pregnant mothers and young children should avoid certain fish that have high amounts of methylmercury. This form of mercury can harm the developing nervous system of the fetus and young children.

Coffee- Pregnant women should consume moderate amounts of caffeine (limit caffeine intake to less than 150 mg/day).

Avoiding alcohol- According to the U.S. Surgeon General, drinking alcohol during pregnancy can lead to learning and behavioral disabilities in the growing baby that can last a lifetime.

Avoid illicit drugs- Marijuana, cocaine, and most illegal drugs can cross the placenta, and diffuse from mother's blood to the fetus. Illicit drug use during pregnancy has been shown to be linked to miscarriage, preterm delivery, high blood pressure in the mother, and affects learning and behavioral problems in the child.

Botanicals- Excessive use of botanicals may not be advisable during pregnancy. For example, raspberry tea may cause contraction of the uterus which can lead to a miscarriage or premature labor. (See Reference 1.) Use of herbal medicine has not been studied enough to determine its safety.

Vitamin A- Excessive amounts of Vitamin A (retinol) can increase the risk of birth defects. When choosing dietary supplements, such as a multivitamin, it's wise to choose products with the majority of Vitamin A as beta-carotene. Beta carotene is found in carrots, red pepper, squash, and most vegetables and fruits. Carotene will be converted to Vitamin A in the body, and also acts on its own as a powerful antioxidant. (See *Peyk* #169 for more information about Vitamin A.)

What Nutrients and Behaviors Are Important in the Second Trimester?

During the second trimester, the fetus grows more rapidly and, therefore, the pregnant mother requires more energy and nutrients. The pregnant woman's need for vitamins and minerals usually stays the same as during the first trimester, and by taking a little extra food to supply enough calories, the pregnant woman will also consume enough required vitamins and minerals.

Calorie intake- During the second trimester, a pregnant woman's caloric requirement increases. Women who begin pregnancy at a healthy weight need an *additional 340 Kilocalories daily* during the second trimester. They need a minimum of 175 grams of carbohydrates per day to supply the amount of glucose required for both the developing brain and energy needs of the fetus, and to prevent ketosis in the mother.

Protein needs- A pregnant woman's protein needs increase by about 35 percent, to about 71 grams daily during the second and third trimesters. Three servings of dairy foods and about 8 ounces of meat, poultry, or seafood provide the protein most pregnant women need per day.

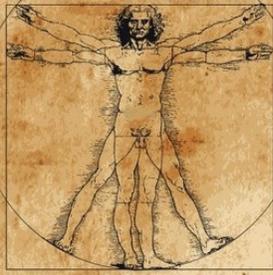
Other recommendation- Light physical activities such as 30 minutes or more of moderate exercise on most days is also advisable. Pregnant women should check with their health care provider before any physical activity. The benefits of exercise are discussed in *Peyk* #168.

What Nutrients and Behaviors Are Important for the Third Trimester?

Calorie intake: During the third trimester, a woman who started pregnancy at a healthy weight should be *eating 450 kilocalories more every day* than before she became pregnant. Intake of vitamins and minerals should be about the same as they were during the first and second trimesters. Because the growing baby exerts pressure on the mother's intestines and stomach during the third trimester—and due to the hormonal changes especially during the last few weeks of gestation—it is advisable that she eats more frequently at smaller meals, rather than fewer large meals. Regular light physical activity, consuming a healthy diet containing fruits, vegetables, and whole grains, and drinking plenty of water will help alleviate constipation that normally occurs during the later part of this period.

Selected References

- 1- *Nutrition from science to you*, Joan Salge Blake, Kathy D. Munoz, and Stella Volpe, 3rd Ed. Pearson, 2016.
- 2- *Modern Nutrition in Health and Disease*, Maurice E. Shills, et. al., 10th ed. Lippincott, Williams and Wilking.
- 3- <https://www.choosemyplate.gov/moms-pregnancy-prenatal-supplements>
- 4- <https://www.nutrition.gov/subject/life-stages/women/pregnancy>



By Sanaz Majd, MD



5 Home Treatment Tips for Menstrual Cramps

Painful menstrual cramps are one of the top female health issues that drive women to see the doctor. And for some women, they can be severe enough to induce a feeling of absolute dread in anticipation of the pain each month. If you suffer from severe menstrual cramps, you know exactly what I'm referring to.

The good news is that these cramps tend to improve with age. Until then, however, you may need a plan of attack. Not all patients require prescription treatments. Before seeking your doctor, it is reasonable to combat menstrual cramps on your own and is one of those medical conditions that can be self-treated using a few simple tips.

Remember that—similar to some other pain conditions—the cramping may not always resolve completely with any treatment (prescription or not). The goal of treatment is to provide adequate enough relief in order to be able to function, improve your quality of life, and go about your daily activities.

Here are 5 self-care approaches to help you treat menstrual cramps at home:

Apply Heat

Studies show that heat therapy can be effective for the treatment of menstrual cramps, and may even be the most effective self-care tip. Invest in a small heating pad to apply to the area of the pain. Or alternatively, you can wet a small towel and place it in the microwave for a few seconds -- but be careful not to overheat and burn your skin.

Anti-inflammatories

The uterus lining produces a chemical called “prostaglandin” during menstrual bleeding. This is the chemical that causes the uterus to contract, similar to labor pain. Anti-inflammatories block prostaglandins and, hence, diminish cramps.

Here's a tip that works well for some patients -- track your period on a calendar and if you are able to anticipate the first day your pain typically begins each month, you can take ibuprofen 600 or 800mg three times a day (only with food) around the clock starting one day prior to the onset of the pain and continue it for

the number of days the pain typically lasts. The idea is to create a steady state of anti-inflammatories in your system before the pain even sets in.

Not everyone can take anti-inflammatories, however, so make sure to clear it with your doctor first.

Exercise

Exercise has also been shown to diminish menstrual cramps and menstrual symptoms in some studies, and provides numerous other health benefits. Aim for 30 minutes of cardiovascular exercise, where your heart beats fast and you break a sweat, on most days of the week. Yoga in particular has also been shown to be helpful.

Diet

Interestingly, one study shows that a low-fat vegetarian diet may diminish the severity and duration of menstrual cramps. In addition, 3-4 servings of dairy a day have also been reported in small studies to reduce symptoms.

Vitamins

There are some small studies that indicate that Vitamin E may be more effective than placebo when taken at 500 units per day or 200 units twice per day, beginning 2 days before the onset of the pain and continuing through the first 3 days of bleeding. Other small trials have also indicated a possible role for Vitamins B1, B6, and fish oil – although the jury is still out on these at this time.

Now, if you still experience cramps that interfere with your quality of life despite the above tips, hormonal contraceptives are the mainstay of prescription treatment of menstrual cramps and often the next step (and may not even require a visit to your doctor).

(To view the corresponding video to this article, go to @MajdMD on YouTube.)

Sanaz Majd, MD, is a board-certified family medicine physician who hosts a patient-education YouTube channel (@MajdMD), sharing home treatment tips for common medical conditions. You can also follow her on Facebook, Twitter, or Instagram: @SMajdMD.



Nush-e Jan

Persian Cuisine

In Peyk # 176 we began a series on the variety of kabab recipes. In Peyk #176 you will find recipes for Ground Meat or Ground Chicken Kabab (Kabab-e-kubideh), in Peyk #177 there were recipes for Fillet Kabab (Kabab-e-barg) and now we conclude this series with...
From: *New Food of Life* Najmieh Batmanglij



Jujuh Kabab (Chicken Kabab)

Makes 4 servings; preparation time is 20 minutes, plus 6 hours .marinating and cooking time is 13 minutes

- 1 tsp ground saffron dissolved in 2 Tbsp spoons hot water
- 2 large onions, peeled and thinly sliced
- 1 cup fresh lime juice, 2 Tbsp spoons olive oil, 2 tsp salt, 1 sprig of parsley
- 2 broiling chickens, about 4 lbs, each cut into 10 pieces
- 5 medium tomatoes - halved, 2 limes - cut in half
- One 12 ounce package of lavash bread plus 2 twelve ounce packages of lavash bread
- 6 flat, swordlike skewers

Baste:

¼ cup butter melted, Juice of 1 lime, ½ tsp salt, ½ tsp freshly ground black pepper

1. For the marinade, in a large bowl, combine half the saffron water and the lime juice, the olive oil, onions and salt. Beat well with a fork. Add the pieces of chicken and toss well with the marinade. Cover and marinate for at least 6 hours. and up to 2 days in the refrigerator.
2. Start charcoal 30 minutes before you want to cook and let it burn until the coals are glowing evenly.
3. Skewer the tomatoes.
4. Spear wings, breasts and legs onto different skewers (each requires a different cooking time).
5. For the baste, add the juice of one lime and the remaining saffron water to the melted butter. Add the salt and pepper. Mix well and set aside.

6. Baste the tomato and chicken with the basting mixture. Grill the chicken and tomatoes for 8 to 15 minutes, putting legs on first, then breast and wings. Turn frequently and baste occasionally. The chicken is done when the juice that runs out is yellow rather than pink.

7. Spread a whole *lavash* bread on a serving platter. Paint the chicken with the baste mixture. Remove the grilled chicken from the skewers and arrange the pieces on the bread. Garnish with lime juice and sprigs of parsley. Cover the platter with other *lavash* to keep warm.

Note: You may broil the chicken pieces in a broiler pan for 10 minutes on each side. During the cooking the door of the broiler should be shut to keep chicken tender. There is no need to spear chicken pieces onto skewers if this method is used instead.



Public Announcement



Stay informed of emergencies in your neighborhood

Changing weather conditions are putting our region at risk for wildfires. We've made significant investments to protect our communities, but there are times during extreme weather when we may have to turn off the power for public safety.

If there's a fire, sometimes fire officials or other agencies also ask us to cut power to keep the community and/or their crews safe. Whatever the circumstances, we'll make every effort to communicate with you in advance. And please know that turning off power in the interest of safety isn't a decision we take lightly. It's a last resort during extreme situations.

Stay informed by making sure your contact information is up-to-date:

- Go to My Account (sdge.com/myaccount) and log in
- Click on 'Manage My Account' and update your contact information, including email address

You can also sign up for outage notifications in My Account:

- Click on the 'Alerts and Subscriptions' tab
- Select 'Outage Notifications' from the drop-down menu
- From there, choose the way you want to stay informed (email, text and phone)

Eulogy For Dr. Ehsan Yarshater

by Rudi Matthee

We are mourning the passing of a great man.

We are also here to memorialize and celebrate the life of a great man, the long, rich and rewarding life of a remarkable individual who dedicated his life to scholarship and research, and who put his passionate and unrelenting quest for knowledge and insight in the service of a higher ideal.

The higher ideal was Iran, its history, its cultural patrimony, its language and, ultimately, its people, all of which he loved and really inhabited and incarnated. Dr. Yarshater represented the best Iran has to offer. He stood for the Iran of openness, of tolerance, of the acknowledgement and exploration of diversity, of cultural capaciousness; the Iran, in sum, of universal values and humanism as expressed by its literati, luminaries such as Sa' di, Jalal al-Din Rumi and Hafez. He represented the adage of Zoroastrianism, *pendar-e nik*, *goftar-e nik*, *kerdar-e nik*, good thoughts, good words, good deeds.

Dr. Yarshater was not obviously political, something that has been held against him. His values went far beyond the political. Indeed, he *had* to be non-political in order to represent and serve Iran and its people, in a way that reminds one of another great Iranian who left us a few years ago, Dr. Iraj Afshar. What Dr. Yarshater and Dr. Afshar stood for goes far beyond the Iran of the shah and his monarchy and the Iran of the Islamic Republic. Like Dr. Afshar, Dr. Yarshater was only non-political in a superficial way. Yet in a broader, more fundamental way, he was very political, embodying and defending transparency, curiosity, the value of critical thinking open-ended debate. This stance allowed him to be unencumbered, free to pursue a higher goal, the exploration of *ma'naviyat*, the lofty realm of meaning.

Dr. Yarshater was a man of remarkable academic accomplishment. In his scholarship—the many groundbreaking books and articles he wrote on language and literature—he connected ancient, pre-Islamic Iran to the country's Islamic period, seeing unity in diversity, continuity amid disruption, in the course of a turbulent history spanning millennia. In addition, he edited and oversaw the editing of an astonishing array of scholarly series such as the 40-volume Tabari Translation Project; the History of Beyhaqi; the ongoing History of Persian Literature, of which more than ten volumes have come out to date; the Persian Text Series, the Persian Heritage Series, the Persian Studies Series, among others.

Dr. Yarshater was not an easy person. For one, he was a challenging boss. His work ethic and his frugality were legendary, becoming the stuff of many tales. I remember how, about ten years ago, he came to Virginia on the train from New York to attend a ceremony in honor of my father-in-law, the late Nosrat Allah Amini, who was a long-time friend of his. Asked why he had taken the train, he pointed out that the train allowed him to work. Instead of staying overnight, he also insisted on returning the same day, so he could go back to his office to do some more work.

The long hours, the discipline, and the parsimoniousness had a purpose. And it wasn't self-aggrandizement and least of all self-enrichment. Dr. Yarshater was a leader. As all good leaders he demanded a lot from those who worked for him. But as all exceptional leaders, he demanded even more of himself, working



twelve-hour days, rarely taking time off from his labors. It was all in the service of a higher goal—his scholarship.

The goal was lofty, but no cause, however elevated, can be achieved without material means. Dr. Yarshater proved to be astute here as well. His breath of vision extended well beyond scholarship. He proved to be a great scholar as well as a great entrepreneur. He invested wisely and traveled around the world and organized galas to solicit money from donors and benefactors. Here, too, the goal was not personal gain but service to the cause, to plumb the depths of Iranian civilization in order to make the results available to humankind.

Central to his concerns and crucial to his legacy is the *Encyclopedia Iranica*, a monumental work of scholarship, the beating heart of Iranian studies for being the ultimate reference work of a whole civilization, encompassing not just Iran the country but the entire Persianate world, from the Balkans to Bengal, including the Caucasus, Central Asia, and the Indian subcontinent. Unique in its conception as the sum total of all knowledge about the Iranian universe, the *Encyclopedia* was his brainchild and his crowning achievement; he founded it more than forty years ago and shepherded it along with total devotion and dedication until the end of his life.

As President of the Persian Heritage Foundation I am very proud that we—the board of PHF—have been able to secure Dr. Yarshater's legacy and fulfill his dearest final wish by endowing the Yarshater Center of Iranian Studies at Columbia University last month. The *Encyclopedia Iranica*, Dr. Yarshater's pride and joy, will naturally be at the core of this enterprise, firmly embedded at Columbia University, where it has been since its inception, and where it should stay and continue to flourish indefinitely. My colleagues and I, Ali Gheissari, Elton Daniel, Joe Cooper and Mozhdeh Yarshater, as well as the unsung heroes who labor every day to edit the *Encyclopedia*, the likes of Mohsen Ashtiyani, Manouchehr Kasheff, Mahnaz Moazami and, until recently, Ahmad Ashraf, very much regret that Dr. Yarshater will not be able to attend the ceremonial opening of the Center on October 25th. Yet we console ourselves with the thought that knowing that his legacy would not be squandered after his departure must have made preparing for the end to his terrestrial existence quite a bit easier.



Modern Financial Planning – Protection

In the first article of the financial literacy series in Payk Magazine (July-August 2018) the difference between traditional and modern financial planning was discussed. In this article we discuss the protection domain of a modern financial plan.

Every household and business have a balance sheet for its financial affairs. A traditional balance sheet's structure has two domains of Assets and Liabilities that lists all assets owned and subtracts all liabilities owed to calculate net worth. Traditional balance sheets do not forecast what might be, but rather illustrate the present situation. They also do not take into consideration any of the factors that affect the direction in which net worth is moving or that it is likely to move in the future.

Assets – Liabilities = Net Worth

However, a modern balance sheet contains two additional domains of Protection and Cash Flow next to the Assets and Liabilities domains. To assess someone's financial fitness, one needs to understand cash flow - how money gets on and off the balance sheet. A common missing piece is whether the Protection domain is well built - acting like an impenetrable roof over the balance sheet. Most people have not fully considered their finances in such a holistic manner and may feel somewhat satisfied with their current financial positioning. As a result, they may have deficiencies in their financial affairs that are hidden from them. To avoid those deficiencies, the modern balance sheet has the four essential domains of Protection, Assets, Liabilities and that act as the root system to maintaining the lifestyle and building wealth.

Protection

Protection is all about risk management. Protecting your most important assets is an important step in creating a solid financial plan, and the right insurance policies will go a long way toward helping you safeguard your earning power and your assets. A solid insurance program covers the following five major risk areas; major damage to or destruction of your residence, major lawsuits, premature death, long-term disability, and major medical bills. Estate planning is also an essential part of the Protection domain. Below we discuss protection plans you shouldn't do without.

Long-Term Disability Insurance

The prospect of long-term disability is so frightening some people simply choose to ignore it. While we all hope that "nothing will happen to me," relying on hope to protect your future earning power is simply not a good idea. Instead, choose a disability policy that provides enough coverage to enable you to enjoy your current lifestyle even if you can no longer continue working.

Life Insurance

Life insurance protects the people that are financially dependent on you. If your parents, spouse, children or other loved ones would face financial hardship if you died, life insurance should be high on your list of required insurance policies. Think about how much you earn each year (and the number of years you plan to remain employed) and purchase a policy to replace that income in the event of your untimely demise. When buying life insurance, aim high. For the people you love who survive you, too much is far better than too little. There are two primary types of life insurance: term and permanent. Term life insurance covers only a part of your life time. When that term ends, so does the coverage. It only pays a tax-free

death benefit if you die within the designated term. Permanent life insurance is a versatile financial product, which ideally suited for permanent needs. It has multiple applications such as, a tax-free death benefit, income needs, collage funding, estate planning, business planning, etc.

Health Insurance

The soaring cost of medical care is reason enough to make health insurance a necessity. Even a simple visit to the family doctor can result in a hefty bill. More serious injuries that result in a hospital stay can generate a bill that tops the price of a one-week stay at a luxury resort. Although the cost of health insurance is a financial burden for just about everyone, the potential cost of not having coverage is much higher.

Homeowner's Insurance

Replacing your home is an expensive proposition. Having the right homeowner's insurance can make the process less difficult. When shopping for a policy, look for one that covers replacement of the structure and the contents, in addition to the cost of living somewhere else while your home is repaired.

Automobile Insurance

Some level of automobile insurance is required by law in most places. Even if you are not required to have it, and you are driving an old clunker that has been paid off for years, automobile insurance is something you shouldn't skip. If you are involved in an accident and someone is injured, or their property is damaged, you may be subject to a lawsuit that could cost you everything you own.

Umbrella Insurance

One of the most important personal policies you can own is the personal umbrella policy, which has three basic advantages: A million dollars or more of catastrophic liability protection, extra defense coverage in case you're sued, and coverage for some of the exposures not covered by auto and home owner's insurance policy. It is generally very inexpensive.

An Estate Plan

Planning for the orderly transfer of property at death can help to minimize taxes and provide for heirs in a way that will reflect an individual's desires. Estate planning is essential for most people with families. It ranges from preparing a relatively simple plan for ordinary people or a very sophisticated plan for high net worth individuals. A successful estate plan includes provisions allowing your family members to access or control your assets should you become unable to do so yourself. The following are the items every estate plan should include: Will/trust, durable power of attorney, beneficiary designations, letter of intent, healthcare power of attorney, and guardianship designations.

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