



Saad Jafar

SKOLSTREJK FÖR KLIMATET

- Are We Media-Saturated?
- A Song for Peace
- Remembering Fereydoon Moshiri
- ONCE UPON A TIME LIVED A GIRL CALLED GRETA
- Asylum is Under Assault
- Antioxidant Foods
- Intermittent Fasting
- Potential U.S. military conflict with Iran
- Book review: Convenience Store Woman



ARE WE MEDIA-SATURATED?

Once in a while, I go back and review some of my editorials and I bring out something from the past that needs today's attention. The following was first published in 2009 and is still very relevant today:

It is undeniable that we live in the information age. It has been said that the amount of information doubles every five years, though I think this statement was made before Facebook, Twitter, etc. The information in the daily edition of the New York Times is supposedly more than an individual man or woman in the sixteenth century would receive during their entire lives. This does not include all the information from television, film, computers, phone, fax, magazines, etc. As someone put it best: "Explosion is an Understatement."

Do we really think that because we are getting more information, there is more knowledge? We need to keep abreast of and often lack the skills to read the images. **THE MEDIA-DOMINATED WORLD WE LIVE IN, AND THE ONE OUR CHILDREN ARE GROWING UP IN, POSES SIGNIFICANT CHALLENGES.**

We have been compared to fish in water, often failing to notice the flood of images that washes over us daily. This should not mean that our relationship with what

Many of us often and quickly condemn an inappropriate television program, but do we ever contact a broadcasting organization to praise an illuminating documentary or a well-written and well-acted program?

we hear or see should be passive. However, how often do we challenge, question, support, or reinforce what we see or hear? Many of us often and quickly condemn an inappropriate television program, but do we ever contact a broadcasting organization to praise an illuminating documentary or a well-written and well-acted program?

The "buy into" gimmick is strongly projected through pictures, images, and ideas and all are made up by writers, photographers, artists, and editors. Easily, one could understand the representation as the reality. But then, how does our youth differentiate between the actual reality and the media version of reality?

All that we see or hear plays with and influences our emotions and imaginations. Why? Remember that the media are businesses with commercial interests, and all those on the businesses' payrolls work for the final "interests."

Finally, should the media be more responsible? Of course, they should. However, it is more important to realize that who "we" are determines the media's meaning to us. **A PUBLIC WELL-EDUCATED IN THE NUANCES AND METHODS OF THE VISUAL MEDIA WILL BOTH DEMAND BETTER QUALITY AND BE LESS READILY MANIPULATED BY ITS MANY ALLURING FORMS.**

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Persian Cultural Center

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PCC (Persian Cultural Center):

PCC NEWS

Docunight – September 4, 2019

The documentary *Finding Farideh*, directed by Azadeh Moussavi and Kourush Ataee, was screened on September 4th. *Finding Farideh* is a feature-length documentary about an Iranian girl named Farideh, who had been abandoned in a holy shrine in Iran when she was 6 months old in 1976, was subsequently adopted by a Dutch couple, and then left Iran for the Netherlands to start her new life. Now, she overcomes her fears and travels to Iran for the first time to meet three families who claim to be her biological family. This movie is Iran's entry for the international feature film category in the 92nd Academy Awards (the Oscars) in 2020. After the movie, an audience discussion was moderated by Ali Khorsandian.

Jong-e Farhangi - September 13, 2019

In the first section of September's Jong, host Reza Khabazian talked about Ashayer tribal culture with an emphasis on the Ghashghai tribe in Fars province. In the second section, Mehrnoosh Mazareie spoke about her book *Madam X* and read some sections of the book. At the end, there was a Q&A session.

Movie and Discussion Series – September 2019

The September movie selection was *Nahid* (2013), about a single mother who tries to mend broken pieces of her former life as she is now involved in a new relationship with a man. She can only keep her child if she does not get married. Directed by Ida Panahandeh and co-written by Arsalan Amiri, the movie stars Sareh Bayat, Pezhman Bazeghi, and Navid Mohamadzadeh. After the screening, host Rana Salimi facilitated a discussion on the different aspects of the film with attendants.

Setar Concert - September 21, 2019

"Sublime Sound of Setar" was the title of a concert performed by Kourosh Taghavi, which was held at the Iranian American Center (IAC). Taghavi performed some traditional pieces in different Persian *dastgah*. This concert was a sold-out event.

Persian Fall Festival at the SDMA with Reza Rohani and Sara Naeini: October 5, 2019

On the third anniversary of this artistic achievement, the museum and PCC organized a magnificent festival during which Reza Rohani and Sara Naeini, along with their full band performed at the Museum Hall. A complete report of this event is presented on page 17 of the English section.



Docunight – October 2, 2019

The documentary *Broker*, directed by Azadi Rezaeian Moghadam, was screened on October 2 at the IAC. This documentary is about a traditional Iranian dating agency, whose manager, Mrs. Sadri, and her female employees are determined to find their clients husbands — regardless of their personal feelings or preferences. After the movie, an audience discussion was moderated by Ali Khorsandian.



Jong-e Farhangi - October 11, 2019

October Jong was hosted by Ali Sadr. The first guest of this event was Dr. Ladan Akbarnia, who has started her new role as the curator of the South Asian and Islamic Art section of the San Diego Museum of Art. Dr. Akbarnia discussed displaying Iran in the context of a global museum and presented some slides from different museums. Joshua Charney, the second guest of this event, spoke and presented slides about the *Shiraz Art Festival* before the revolution. At the end of the event, the audience engaged in a Q&A with the guests.



Family Game Night – October 25, 2019

On October 25, a good number of people of all ages got together and enjoyed a family night of playing traditional games, singing karaoke, and eating great food at the IAC.

PCC's Board Meetings

The PCC'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 9, 2019.

Art Gallery: A Dream of Humanity– August 17 through October 31, 2019

In cooperation with UC San Diego's Division of Arts and Humanities, a collection of Reza Deghati's works was shown at the PCC from August 17 through October 30. This gallery is presented by Gallery Yellow.



ONCE UPON A TIME LIVED A GIRL CALLED GRETA

By Shaghayegh Hanson

Imagine the year is 4000. Now imagine that humans are still living on earth and that the planet has never been healthier; the forests are thriving, the air is clean, the rivers, lakes and oceans are plastic-free and unpolluted. Our descendants have written history books about the time we almost destroyed our planet. School children are taught one story in particular because it has many lessons to impart. That is the story of Greta.

Once upon a time, in Stockholm, Sweden, lived a girl called Greta Thunberg. She had a superpower that helped rescue the world. But for a long time she did not know about her superpower.

Greta was not like the other children at school. She was quiet and socially awkward. Her classmates teased and bullied her, and sometimes, she would hide in the girls' bathroom to avoid them.

Greta was 8 years old when she first heard about climate change. She was shocked that adults did not take the issue more seriously. Videos she saw of plastic in the ocean and starving polar bears stuck in her head. Greta's worries about the environment and what it meant for her future made her feel depressed. When she was 11 years old, she was so upset she stopped going to school. She also stopped eating and talking. Greta's eating disorder would go on to affect her size growing up, making her seem smaller and younger than her age.

Greta's parents tried everything to help her. After many hospital visits, medical tests, and doctors' appointments, Greta was diagnosed with Asperger syndrome, medically classified as a high-functioning type of autism spectrum disorder. This explained everything. Just like Greta's obsession with the environment, people with Asperger's can focus intensely on one topic. Greta's social awkwardness was also connected to the syndrome.

Greta began to see her Asperger's as an advantage. In a speech she was later to give in London's Parliament Square in 2018, she said, "I have Asperger's syndrome and, to me, almost everything is black or white. I think in many ways that we autistic are the normal ones and the rest of the people are pretty strange. They keep saying that climate change is an existential threat and the most important issue of all. And yet they just carry on like before."

On August 20, 2018, inspired by the Parkland high school students in Florida who marched out of classes to protest U.S. gun laws, and after forest fires destroyed acres of Swedish land due to a record heatwave, Greta wrote her iconic protest sign, "School Strike for the Climate." Then 15 years old, Greta skipped school, rode her bike to the Swedish parliament building, and sat outside in protest with her sign, handing out leaflets that stated, "I am doing this because you adults are shitting on my future." She later said, "The first day,



I sat alone from about 8.30am to 3pm – the regular school day. And then on the second day, people started joining me. After that, there were people there all the time."

Word of Greta's protest soon spread on social media networks like Instagram and Twitter. Inspired by Greta, strikes began forming around the world. Before long, she was making public speeches at marches and rallies across Europe. Even though she did not like being the center of attention, she felt compelled to "use my platform to do something good." At the World Economic Forum in Davos on January 25, 2019, Greta began her speech with, "Our house is on fire. I am here to say, 'Our house is on fire.'" She told them humans were less than 12 years away from being unable to undo their mistakes and that, at a minimum, CO2 emissions needed to be reduced by at least 50

per cent immediately. She ended with this plea for urgency: "I want you to act as you would in a crisis. I want you to act as if our house is on fire. Because it is."

On March 15, 2019, an estimated 1.6 million people in 133 countries took part in Greta-inspired climate strikes. In attempting to explain Greta's appeal, activist and author of *This Changes Everything: Capitalism vs. the Climate*, Naomi Klein, said, "There's something very hard to categorize about her, and I think because she's not looking for approval and is not easily impressed, people don't know what to do with that."

In August 2019, Greta travelled from the U.K. to the U.S. in a racing yacht with solar panels and underwater turbines. It was a carbon-neutral transatlantic crossing. Once in New York, Greta caught the subway to attend all her T.V. interviews and media functions. By then she was a recognizable figure; the little Swedish girl with braids, who spoke excellent English, never wore make-

"I think in many ways that we autistic are the normal ones and the rest of the people are pretty strange. They keep saying that climate change is an existential threat and the most important issue of all. And yet they just carry on like before."

up, and dressed in often-wrinkled and well-worn clothing (adhering to "Shop Stop"¹). At one of these media interviews, with CBS, she described Asperger's as her superpower, a condition that allowed her to "think outside the box" while preventing her from caring about "social codes" or what she could and could not say. Her superpower was to speak clearly and truthfully about what the science was showing the world. She told world leaders and billionaires things like, "I don't want you to be hopeful. I want you to panic. I want you to feel the fear I feel every day. And then I want you to act." She

¹ Greta practices what she calls "shop stop," meaning she does not buy new things unless absolutely necessary. She wears what she already has, or borrows clothes.

told the secretary-general of the United Nations, "What's the point of going to school if we don't have a future?"

On September 20 and 27, 2019, an estimated 4 million people attended school strikes for climate. In between, on September 23, 2019, by then 16 years old, an uncharacteristically emotional Greta gave a searing speech at the U.N.'s Climate Action Summit in New York City. She began with the words, "My message is that we'll be watching you." She continued, "People are suffering. People are dying. Entire ecosystems are collapsing. We are in the beginning of a mass extinction, and all you can talk about is money and fairy tales of eternal economic growth. How dare you!"

Greta had done her homework on the subject, having spoken to the leading scientists in the field and poured over books, studies, and articles. The facts and figures she came across were all stored in the steel trap of her photographic memory. She explained, "[t]he popular idea of cutting our emissions in half in 10 years only gives us a 50% chance of staying below 1.5 degrees, and the risk of setting off irreversible chain reactions beyond human control. . . a 50% risk is simply not acceptable to us — we who have to live with the consequences."

The last words of Greta's speech at the U.N. delivered a historic admonition:

You are failing us. But the young people are starting to understand your betrayal. The eyes of all future generations are upon you. And if you choose to fail us, I say: We will never forgive you.

We will not let you get away with this. Right here, right now is where we draw the line. The world is waking up. And change is coming, whether you like it or not

Superheroes don't always come packaged in bright, shiny capes and costumes. Superpowers are not always glamorous. The truth is not a matter of opinion but of facts. And, "each of us can work to change a small portion of events. It is from numberless diverse acts of courage and belief that human history is shaped. Each time a [person] stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, [s]he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring those ripples build a current which can sweep down the mightiest walls of oppression and resistance."²

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2 From Senator Robert F. Kennedy's "Ripple of Hope" speech. Delivered at the University of Cape Town on June 6, 1966, during the height of apartheid.



Turkish Invasion of Syrian Kurdistan

A Song for Peace

Majid Naficy

Oh, war!
How long do you knock
At the gates of my city?
Let me become a shouting voice
To silence the echo
Of your heavy fists.
A voice louder
Than the roar of the fighting planes
Over a city at war,
A voice deeper
Than the moaning of death
In the shameless mouth of earth.

I am not a man of epics
Who blows your lying leaders' horn.
For years my Rostam* has died
In his well of loneliness.
I am a man of lyrics,
A bard for peace.
Let me take again the harp
That you have stolen from these people
And sing about their painful wounds.
Let me compose a song for peace
Beyond your phony epics.

April 13, 1988

*-A hero in Iranian mythology comparable to Hercules, thrown by his half-brother Shaghad into a well, where he dies.

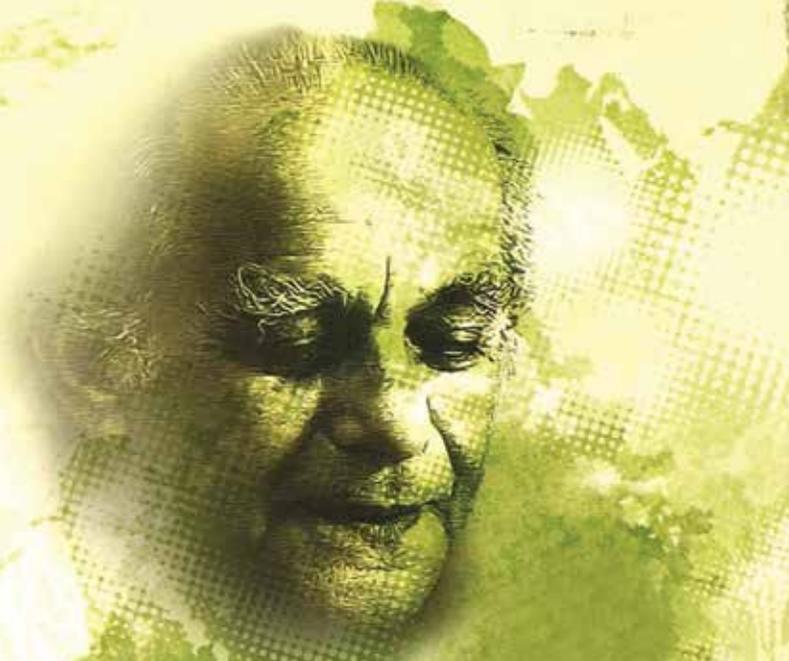
علیه تهاجم ترکیه به کردستان سوریه

ترانه‌ی صلح

مجید نفیسی

ای جنگ
تا چند دروازه‌های شهر مرا می‌کوبی؟
بگذار فریادی شوم
تا دیگر طنین کوبه‌های سنگین ترا نشنوم
فریادی بلندتر از غرش طیاره‌های جنگی
بر فراز شهر جنگزده
فریادی ژرفتر از ناله‌های مرگ
در دهان بی‌شرم خاک.
من مرد حماسه نیستم
تا در بوق دروغ پیشوایان تو بردم
رستم من سالهاست
که در چاه تنهایی خود مرده است.
من مرد غزوارم:
ترانه‌سرای صلح.
بگذار جنگی را که تو از چنگ این مردم ربوده‌ای
دوباره برگیرم
و از زخمهای جانکاه تو بسرایم
بگذار ترانه‌ی صلحی بسازم
رساتر از حماسه‌های دروغینت.

سیزدهم آوریل هزارونهمصدوهشتادوهشت



have him sign their books. I had the great pleasure and honor of being part of the team who hosted him here. It was easy to connect with him through his poetry, but what still stands out for me was his easygoing manner and enjoyable sense of humor.

While in San Diego, we worked together translating some of his poetry:

MOON and STONE (11/1997)

*Were I the moon wherever I was
I would look for you, begging God's help.
Were I a stone, wherever you trod
I'd lie in the pathway of your walk.*

*Were you the moon, perhaps with a thousand hesitations
You would, for one night sit on the edge of my roof.
And were you the stone, wherever I was
You would break me, break me.*

Moshiri's contributions to the Iranian literary world have earned him a place in the history of his homeland and in the hearts of his fans worldwide.

Remembering Fereydoon Moshiri:

(1926-2000)

The Beloved Contemporary Iranian Poet

Shahri Estakhry

*And if one day someone should ask me
"What did you do, while you were on earth?"
With tears and laughter, holding my head up high
I will open my book of life to them
And say: A new seed has been planted
It needs time to grow and give fruit.*

Fereydoon Moshiri, the renowned Iranian poet, who had suffered from Leukemia and renal failure for several years, died on Friday, October 27, 2000, in Tehran. The illustrious contemporary poet had a special love for poetry since his childhood.

In a will to his children, Bahaar and Babak, Moshiri left his private library to the beloved people of his homeland, to be placed and kept in a public library in order for all to have access to his collection. All of his work has been placed in a two-volume collection: "Baztabe Nafase Sobhdaman."

Man's feelings toward life and death, love and beauty, social environment and the universe, peace and friendship, love and serving mankind as a whole are the foundation of Moshiri's poetry. A master of nature's description, he was famous for his eloquent and simple language. Many of his poems have been put to music and sung by great artists such as Master Siavash Shajarian.

Moshiri visited the U.S. and participated in several lectures at various universities and cultural centers in 1997 and 1998. He was the guest of the Persian Cultural Center in San Diego on November 17, 1997. Several hundred Iranians gathered to hear him read his poetry and waited in a long line to meet him and

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Friday, November 8, 2019 at 7:30 pm

Docunight (Documentary films about Iran or by Iranians)

November 6 and December 4, 2019 at 7 pm at IAC

Movies and Discussion,

November 15, 2019 at 7 pm at IAC

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ISTA (Iranian Student Association at UC San Diego)

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PAAIA www.paaia.org

Public Affairs Alliance of Iranian-Americans

NIAC www.niac.org

National Iranian-American Council

IABA Iranian-American Bar Association

www.iaba.us/chapters/san-diego

Book Club Meeting

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Iranian-American Life Science Network (IALSN)

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Asylum is Under Assault: Civil Disobedience is the Only Solution

My dear friend Manuel witnessed the soul-crushing death and rape of his siblings in the early 1980s at the hands of the Salvadoran military. He was fortunate to escape to the United States, a country that was financially and militarily aiding and abetting the massacre of his people. Manuel has shared with me the story of his nightmarish journey to safety. I may have forgotten the exact details of his journey, but I will never forget how telling the story made him feel. Politicians may need a lie detector test to determine the veracity of their claims. But not refugees. Anyone who has spent time with a refugee can tell you how they feel when they access their lived trauma. Forget words, their trauma is most visible in their physiology: teary eyes, sweaty palms, tense muscles, cracked voice. Put your hands on their painfully stiff shoulders, *there* is your veracity. Manuel can only fall asleep by listening to classical music. Years after those horrific events, it is the only thing that can drown the deafening soundtrack of a war that swallowed his family before his eyes.

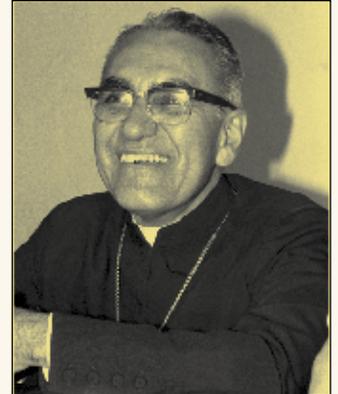
The Salvadoran Civil War began in 1979. Under the banner of eradicating communism, the government formed death squads and violently targeted union members and leaders, students, farmers, catechists, and Catholic monks, nuns, and any church delegation who challenged its absolute power. El Salvador is much smaller than neighboring Guatemala which had a more prolonged civil war. Compared to Guatemala, the war in El Salvador was quicker but more targeted and brutal. Between 1980 and 1983, half a million Salvadorans and Guatemalans fled military and political persecution by crossing Mexico and ultimately coming to the United States. In December 1981, the Salvadoran Army surrounded the village of El Mozote and massacred up to 1,000 innocent people, many of them women and children. Journalists who visited the site the next day recorded vomiting incessantly because of the nauseating smell of burnt human flesh. Ronald Reagan's State Department initially denied that the massacre had even taken place, only to change its official stand when evidence of the massacre's occurrence became overwhelmingly indisputable. Even after the massacre, Reagan called the Salvadoran government "friendly" and "democratic" and continued U.S. military aid to El Salvador.

The U.S. had recognized the rights of asylum seekers under President Jimmy Carter, who signed into law The United States Refugee Act of 1980, whereby "the Congress declare[d] that it is the historic policy of the United States to respond to the urgent needs of persons subject to persecution in their homelands." Yet, under Ronald Reagan, only 2 percent of all Salvadoran and 1 percent of Guatemalan asylum seekers were granted asylum in the U.S. Compare that with 30-40 percent of Polish and Afghan asylum seekers fleeing the Soviet Union, a political and ideological adversary, who were granted asylum in the United States during the same time period. The Reagan administration repeatedly lied

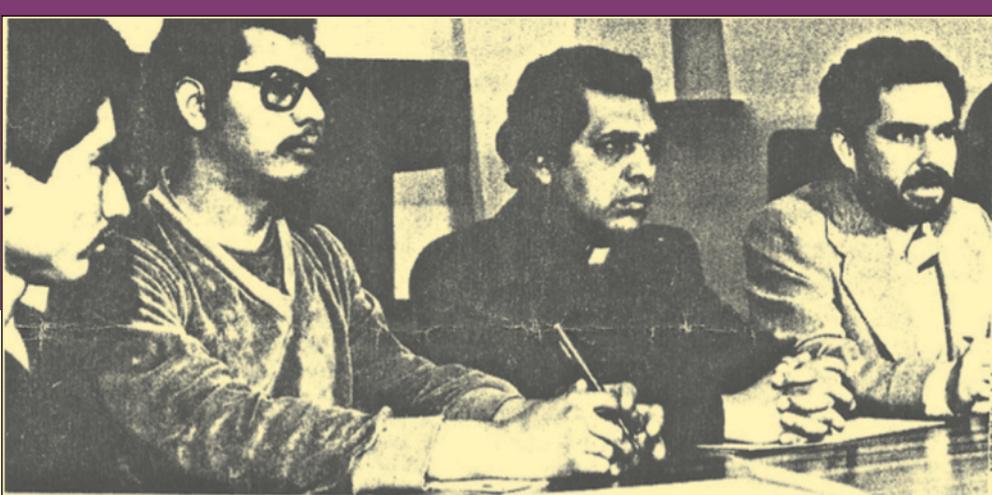
about the conditions of Salvadorans—its lies provided a gross misrepresentation of the fact that returning home was a death sentence for people like my friend Manuel and thousands of his compatriots who fled their homelands.

Less than one week after the 96th Congress and the Carter administration codified asylum into U.S. laws, a brave Salvadoran man spoke out against state violence in his country. Óscar Romero, the Archbishop of San Salvador, the highest cultural figure in the country, spoke the following words in his sermon on March 23, 1980, in San Salvador: "I would like to make a special appeal to men in military uniform: brothers, you are from the same people. You are killing your peasant brothers ... We would like to remind the government that none of its reforms will serve any good if they are drenched in so much blood. In the name of God, in the name of this suffering people whose lamentations reach the firmament ... I beg you, I plead with you, I order you in the name of God: Stop the repression." In his own words: *les suplico, les ruego, les ordeno en nombre de Dios: Cese la represión.*

The Salvadoran military did hear his words. The next day he was gunned down during mass. But many others also heard Monseñor Romero's words. Human rights activists and church leaders held vigils for him across Latin America and the U.S. His memory inspired many to defy the Reagan administration by helping Central American asylum seekers cross into the U.S., giving them water and shelter, and declaring their communities a "sanctuary." John Fife, minister of the Southside Presbyterian Church in Tucson, and Reverend Gustav Schultz in Berkeley were such people. They helped form the Sanctuary Movement, giving legal advice and community support to thousands of asylum seekers who were wrongly denied protection from the U.S. government. The Sanctuary Movement is still alive, supporting a growing community of refugees in California and Arizona.



Fife and Schultz risked arrest and defied what they rightly perceived as inhumane and reckless practices by the Reagan administration (a man who is on tape calling African diplomats monkeys). Thanks to their activism, George H. W. Bush signed into law the Immigration Act of 1990 which gave protection to thousands of Salvadorans, a status that Manuel received before he applied for permanent residency. Also, thanks to their pioneering efforts, thousands of Guatemalan and Salvadoran have received



SALVADOREAN REFUGEES, from left: Ronald Sauza, Luis Rivas, Father Jesus Nieto and Jose Escobar. All but Nieto seek asylum.

Churches offer sanctuary to Salvadorean refugees

asylum here. Salvadorans and Guatemalans form one of the most hardworking and successful communities in the U.S., contributing to our economy, arts, culture, and literature. Also in the 1990s, hundreds of LA gang members were unfortunately deported to El Salvador, a country that was in no way ready to deal with the type of U.S. organized crime that was exported to Central America, later cohering into groups like MS-13.

I was not even born when the Sanctuary Movement began. In fact, the misguided policies of the U.S. government in Central America span more than my entire lifetime. When the current occupant of the White House took his oath of his office in January 2017, I became a volunteer at the East Bay Sanctuary Covenant, an organization first formed in response to the humanitarian crisis in El Salvador and Guatemala. Few thought there would be an urgent need for it forty years later. At EBSC, I have interviewed dozens of asylum seekers with diverse profiles: gays and lesbians who had found the body of their partners in trash bags, unaccompanied minors who ran away far from home after gang members coerced them to join their criminal enterprise, women who had been gang-raped and left in a coffee field to die, and farmers who had rejected orders from narco-traffickers to plant drugs. In all their diversity, each case was a testament to the sanctity of human life in the face of cruelty and rampant criminality.

Now, we have a president who has separated families at the border in order to deter them from lawfully seeking asylum and ended Temporary Protective Status (thus threatening to deport 275,000 American-born children along with their parents to Central America). He grossly claims that “we are full” and cannot take any more refugees while reducing the number of refugees in 2020 to a historic low (18,000 to be specific, in comparison with 85,000 admitted under Obama in 2016). But his worst offense is using the power of his office to coerce foreign leaders to carry out his political agenda. No, I am not even talking about Ukraine

for which he will likely be impeached. Trump threatened to cut aid to Mexico, Honduras, El Salvador, and Guatemala if they did not immediately stop the coming of asylum seekers to the U.S. To appease Trump, the Mexican president cowardly utilized his army to abuse and stop innocent asylum seekers at the Mexico-Guatemala border. Now, Mexico, El Salvador, and Guatemala have declared themselves as “safe third countries,” meaning if any asylum seeker sets foot in their soil, by law, they will have to apply for asylum there,

wait out the process, and be denied there before they can apply for asylum in the U.S. There is only one problem: those countries *do not* have an open and fair asylum system, a fact that U.S. federal judge Jon Tiger acknowledged in his July 24 ruling. The Trump administration has effectively ended asylum for Central Americans who come to the U.S. on foot. We must accept that Trump’s border wall has been built and, ironically, it is invisible... just as he incoherently promised.

For anyone who has not drunk the Trump Kool-Aid, it is beyond obvious that this president is obscenely and dangerously racist. His gross disregard for the human rights of asylum seekers is only matched by his total disregard for the constitutional power of Congress to keep his absolutely corrupt use of power in check. His lawlessness poses a danger to the rule of law—the very reason Central

Americans still opt to come to the United States, leaving behind their own lawless countries. Because of Trump’s xenophobic policies, thousands of people will painfully and silently die in Central America. Our humanity is at stake. What now? Let us all

look up to Manuel. Since becoming an American citizen, he has not returned to the shadows. Unlike many immigrants, he has not selfishly called for the door to be shut right behind him. He now has an important position at the East Bay Sanctuary Covenant where he works closely with refugees from Latin America. He educates them on financial literacy, informs them on their rights as tenants, asylees, and members of our American society. He is a tireless and passionate advocate for their rights. Manuel has a beautiful poster of Monseñor Romero in his office; it is his own source of inspiration. Romero’s last sermon rings just as true today as it did in 1980: “I beg you, I plead with you, I order you in the name of God: Stop the repression.” We must confront the repression embedded in the laws of this lawless president through civil disobedience. Fife and Schultz have shown us how.

***“I beg you, I plead with you, I order you in the name of God: Stop the repression”
- Óscar Romero***

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EDUCATIONAL SERIES

The Science of

Nutrition

Antioxidant Foods



By: **Mohammad Ahrar, PhD**

Introduction

The human body consists of trillions of cells. Inside each cell, many chemical reactions occur per second and at all times to produce energy and other compounds to sustain life. Oxidation reactions are part of normal metabolic reactions in cells. However, during the process, many unstable chemicals—referred to as free radicals—are formed, which are linked to a range of disorders including certain cancers. In this issue of *Peek*, we will discuss how oxidants can disrupt normal chemical reactions, and how antioxidants in foods can prevent the damaging effects of oxidants.

What is oxidation?

All elements are composed of atoms, such as oxygen, hydrogen, and nitrogen, to name a few. Each atom contains electrons that move in orbit(s) around its central nucleus. Two or more atoms combine and form a molecule. When an atom loses an electron, it becomes oxidized and the atom that steals the electron from another atom is called an oxidant. Oxygen is a very strong oxidant agent that causes oxidation, yet it is essential for human life.

How do oxidants damage cells?

During normal chemical reactions that take place in all the cells of the body (such as the breakdown of sugars and fats to produce energy), one electron may split from an atom or be stolen by other atoms such as oxygen. An atom that has lost one or more electrons can become unstable and is then referred to as a *free radical*.

Damaging effects of free radicals-

Free radicals are molecules with an unpaired electron which make them very unstable and in search of stability. Unstable molecules can also result from exposure to environmental chemicals (such as cigarette smoke and air pollution), or even from the damaging effects of the sun's ultraviolet rays (2). The problem arises when free radicals form a chain reaction: once a free radical is formed, it pulls or steals an electron from another molecule, destabilizes it, and turns it into a free radical; the new, unstable molecule then takes an electron from another molecule, destabilizing it and turning it into another free radical. This domino effect can eventually disrupt and damage the normal chemical reactions in the cells.

Several studies have suggested cellular damage caused by free radicals may be linked to a range of disorders including cardiovascular disease, certain cancers, emphysema, macular degeneration, Alzheimer's disease, Parkinson's disease, diabetes, and all inflammatory diseases, such as arthritis and lupus (2, 3).

Are all free radicals damaging?

Most free radicals are the natural byproducts of chemical processes in cells. They are also a crucial part of the immune system that attack bacteria and foreign invaders.

If free radicals overwhelm the body's ability to regulate them, a condition known as *oxidative stress* occurs. Fortunately, the body has its own mechanism of preventing the chain reaction of free radicals before they damage the normal physiological functions in cells. Oxidative stress can be damaging when free radicals accumulate at a rate faster than the body

can neutralize them. Oxidative stress is associated with damage of proteins, lipids, and nucleic acids such as DNA, and can trigger a number of human diseases.

Free radical forming agents

According to the Huntington's Outreach Project for Education at Stanford University, substances that generate free radicals can be found in the food we eat, the medicines we take, the air we breathe, and the water we drink. Fried foods, alcohol, tobacco smoke, pesticides, certain drugs, industrial solvents, and air pollutants are among the substances that can produce the most free radicals.

Reports also show that some chemicals—such as hydrogen peroxide, nitric oxide radical, and ozone (O₃)—are highly reactive species, and are capable of damaging DNA, proteins, carbohydrates, and lipids (4).

How antioxidants work

Antioxidants are molecules that can interact with and stabilize free radicals by donating an electron to neutralize them and prevent them from stealing electrons from other molecules. These low-molecular-weight antioxidants can safely interact with free radicals and stop the chain reactions before vital and normal molecules are damaged. In other words, antioxidants block harmful chemical reactions caused by oxidation. They can also bind with oxygen quickly and prevent it from oxidizing other molecules.

Antioxidants are quite stable molecules. When they donate an electron to a free radical, they will not be destabilized themselves and they stay active, thus stopping the free radical chain reactions, which in turn prevents oxidative stress in the cells that contribute to chronic diseases.

Our bodies produce some antioxidants on their own, but in insufficient amounts. Antioxidants produced in the body are part of our natural defense system to neutralize free radicals and stop them from damaging cells. For example, compounds with antioxidant properties like glutathione, ubiquinol, and uric acid are produced during normal metabolism in the body. However, the human body cannot produce enough antioxidants to cope with oxidative stress, resulting in a need to intake foods that are rich in antioxidants.

Foods high in antioxidants

Most antioxidants are found in fruits and vegetables and are collectively referred to as phytochemicals (phyto = plant). Phytochemicals give plants their vibrant colors and act as antioxidants in the body.

The antioxidant content of common fruits is listed in Table 1 (the values are milligram per 100 grams).

Table 1 Antioxidant content of common fruits

Color	Phytochemical	Found in
Red	Anthocyanins	Apples, beets, cabbage, cherries, cranberries, red cabbage, red onion, red beans
Yellow/orange	Beta-carotene	Apricots, butternut squash, cantaloupe, carrots, mangoes, peaches, pumpkin, sweet potato
White	Alliums/alicin	Chives, garlic, leeks, onions, scallions
Green	Lutein, zeaxanthin	Broccoli, collard greens, honeydew, kale, kiwi, lettuce, mustard green, peas, spinach
Green	Indoles	Arugula, broccoli, bok choy, brussels sprouts, cabbage, cauliflower, kale, swiss chard, turnips
Blue/purple	Anthocyanins	Blackberries, black currants, elderberries, purple grapes
Blue/purple	Phenolics	Eggplant, plums, prunes, raisins

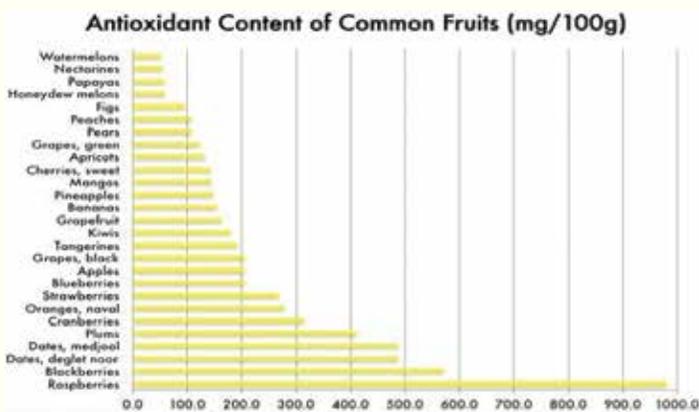


It is worth mentioning that Iranian diets include lot of fruits and vegetables that are high in antioxidants. For example, pomegranates, oranges, plums, walnuts, strawberries, dates, tea, and various green vegetables which are among the high antioxidant-containing foods are usually present on most Iranian tables.

Well-known antioxidants include beta-carotene and other carotenoids, lutein, resveratrol, lycopene, vitamin A, vitamin C, vitamin E, and other phytochemicals. The antioxidants carotenoids and flavonoids are part of a larger group of phytochemicals naturally occurring in plants and have many beneficial functions in the body. Beside their antioxidant properties, they also stimulate the immune system and interact with hormones that may help prevent certain cancers.

The presence of phytochemicals based on the color they produce has been studied and the results of some of the studies on natural antioxidants in fruits and vegetables are listed in Table 2.

Table 2- The phytochemical color guide (2)



The National Cancer Institute recommends eating a variety of colorful fruits and vegetables.

The antioxidant properties of vitamin A, vitamin E, and vitamin C (not listed in Table 2) were discussed in *Peyk* #169, 171, and 173. The common sources of B-carotene (provitamin A), vitamin C (ascorbic acid), and vitamin E (α -tocopherol) are summarized below:

Beta-carotene and other carotenoids - plentiful in apricots, asparagus, beets, broccoli, cantaloupe, carrots, corn, green peppers, kale, mangoes, turnip and collard greens, nectarines, peaches, pink grapefruit, pumpkin, squash, spinach, sweet potato, tangerines, tomatoes, and watermelon.

Vitamin C - abundant in berries, broccoli, Brussels sprouts, cantaloupe, cauliflower, grapefruit, honeydew, kale, kiwi, mango, nectarine, orange, papaya, snow peas, sweet potato, strawberries, tomatoes, and red, green, or yellow peppers.

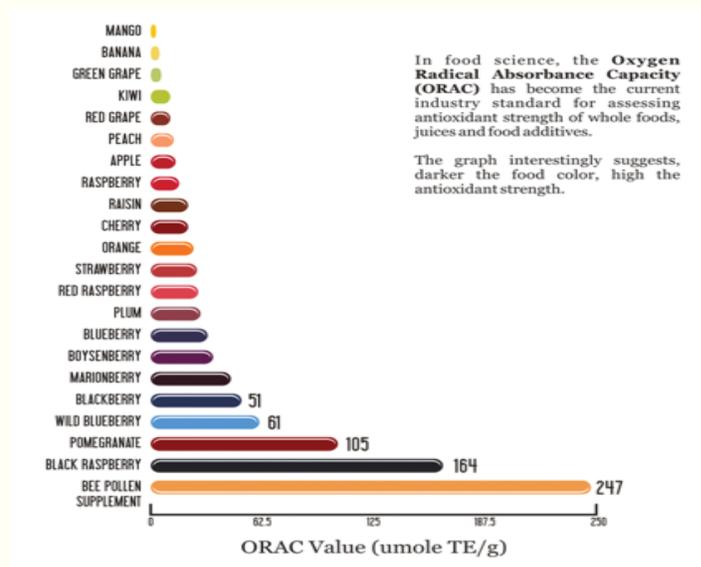
Vitamin E- abundant in broccoli (boiled), avocado, chard, mustard and turnip greens, mangoes, nuts, papaya, pumpkin, red peppers, spinach (boiled), and sunflower seeds.

Do all antioxidants have the same effectiveness?

Although some foods may contain more antioxidants than others, the effectiveness and strength of antioxidants is also a question. For example, two different foods may have the same amount—but different types—of antioxidants. Many studies have been focused on the strength of different antioxidants. The results of the effectiveness of antioxidants in some common foods in some studies are shown in Table 3. The values are

based on Oxygen Radical Absorbance Capacity (ORAC). The higher the value, the stronger and more effective an antioxidant will be.

Table 3- Effectiveness of different antioxidants in some common foods



The National Cancer Institute recommends eating a variety of colorful fruits and vegetables daily to provide your body with valuable vitamins, minerals, fiber, and disease-fighting phytochemicals.

Summary

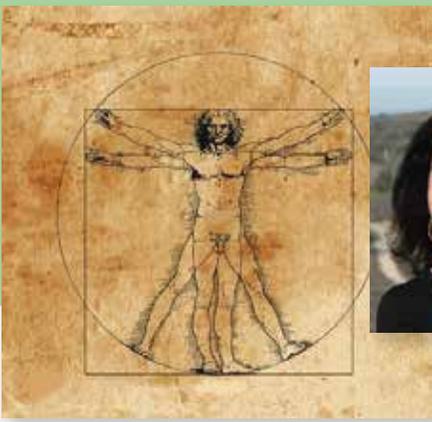
During the cellular metabolism process that breaks down fats, carbohydrates, and other substances, many unstable chemicals, referred to as free radicals, are formed. If these unstable molecules overwhelm the body's ability to regulate them, a condition known as *oxidative stress* occurs, and can result in many disorders including certain cancers.

Antioxidants are molecules that can interact with and stabilize free radicals by donating an electron to neutralize them and prevent them from stealing electrons from other molecules, therefore blocking the harmful chemical reactions caused by oxidation.

Antioxidants are found in fruits and vegetables, and are collectively referred to as phytochemicals, compounds that give fruits and vegetables their vibrant colors.

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By Sanaz Majd, MD



INTERMITTENT FASTING

If you are trying to lose weight, you must have heard the buzz about intermittent fasting by now - the latest weight loss plan taking the world by storm. What is it all about and what are all the rules?

The truth is, all of the various weight loss plans are effective at achieving *short-term* weight loss. But what will it take for you to maintain the weight loss *long-term*? Most diet plans' stringent rules do not seem to stick for most people, especially with diets that eliminate entire food groups, as in the Atkins, Keto, and Paleo plans. The weight roller coaster ups-and-downs can be exhausting and exasperating.

But whether considering an intermittent fasting or another diet plan, it's *vital* to ask yourself if it's something you can sustain in the long run before you start making changes and sacrifices. Opt for a lifestyle change, not simply a short-term solution to what we all know is a long-term problem when devising a weight loss plan for yourself.

Now, intermittent fasting is not necessarily a diet *per se*, but an opportunity for a lifestyle change for some. Albeit, it may not be right for everybody. Its principles mostly focus on *when* you eat, rather than *what* you eat. Of course, you don't want to binge on *zoolbia-bamieh* and *halva* during all your eating hours, either...but you get my drift. Intermittent fasting seems to resonate with some people who find it to be a more practical and less challenging option than other diets that mandate intricate rules and extreme restrictions.

Today, I'm going to show you exactly what you need to do to get started and share some of the pointers that I share with my own patients. If you find intermittent fasting appealing after reading this article and yearn for more information, I dive deeper in several videos I have created on this topic on my YouTube channel: www.youtube.com/MajdMD. I have also created a free Intermittent Fasting Patient Guide that I provide to my own patients and YouTube viewers - the link is listed in the description box below my videos on this topic.

First, it is vital to understand the cause of obesity and why intermittent fasting works. The culprit? In a nutshell, persistently elevated insulin levels. And *all* foods stimulate insulin release by the pancreas to some extent - yes, that means even protein (meat, chicken, fish, etc.) and fatty foods (dairy, avocados, nuts/seeds, etc.) - although they do so to a much lesser extent than carbohydrates. But if we want to achieve weight loss, we need to suppress this insulin release in our body for prolonged periods of time (hence, "fasting") and do that frequently (i.e. "intermittently").

If you think about it, numerous religions and cultures (including our own) have incorporated fasting into their traditions for various spiritual or health reasons. Note that our ancient ancestors were intermittently

fasting naturally throughout history while they waited to hunt. They consumed and then had to fast again until they hunted once more. Supermarkets and kaboberies did not exist.

Fast forward to today - our access to food is too easy now. But perhaps our bodies are not designed to consume so much throughout the day. And no doubt the advent of processed foods also has a dirty hand in the ever-increasing obesity epidemic we are facing. Most processed foods are high in carbohydrates, the primary dietary cause of obesity. Just so you are aware, if it comes in a package...it's processed.

Bottom line, we need to eat less frequently and consume less carbs.

So how do we suppress our insulin levels long enough to lose weight? Here is how it works:

MOST POPULAR VERSION:

- **A 16/8 schedule:** fasting every day for shorter 16-hour time intervals with an 8-hour eating window. You can choose any 16-hour time period that works best for you.
- As an example, if you stop eating at 8 pm in the evening, you will fast until 8 am in the morning PLUS 4 more hours - therefore, you will break your fast at 12 pm (noon). Then you can eat your two meals between 12 pm and 8 pm.

OTHER VERSIONS:

- **A 24-hour fast:** refers to skipping 2 meals a day, not all 3. For instance, if you eat dinner at 7 pm, you will skip breakfast and lunch the next day as you fast until 7 pm, when you will eat dinner once again.
- **A 36-hour fast:** refers to skipping meals for an entire day. If you eat dinner this evening at 7 pm, you will fast the entire next day as you skip all 3 meals, but then have breakfast the following morning.
- With these more stringent versions, fasting days should comprise only 2-3 days of the week - NOT daily.
- In my opinion, incorporating these two schedules long-term is not sustainable for most people. If you do decide to initiate them, consider backing down to the 16/8 fasting schedule after nearing or reaching your goal weight.

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

From Najmeh Batmanghelij's
"Cooking in Iran – Regional Recipes & Kitchen Secrets"

Persian Cuisine

“**Hamadan**/Ahmatan/Ecbatana all are various spellings through time for the same town, which literally means *the gathering place*. Hamadan is one of the oldest and coldest cities in Iran. It was the capital of the Median Empire and the summer residence of the Achaemenids 2,500 years ago. Located in the western side of Iran by the Zagros mountain range, Hamadan cuisine is quite distinctive, perhaps because of its long winters. Cooks there use less fresh ingredients and more of the dried and preserved forms. The region is renowned for making the best pickles and preserves, using traditions that have been passed down over many centuries.”

Hamadani Seven-Spice Advieh: Makes 1 ½ cups/150g
1 Tbsp. red pepper flakes; 2 Tbsp. whole cloves; 4 Tbsp. black cumin seeds; 4 Tbsp. coriander seeds; two 4in/10cm cinnamon sticks, broken into pieces to make grinding easier; 4 Tbsp. green cardamom pods; 4 Tbsp. ginger powder. Grind spices separately in a spice grinder; transfer each spice to a mixing bowl as you grind them, then add the ginger powder in and mix well. Transfer into an air-tight glass jar and keep in a cool place.

Carrot + Bulgur Ash: Ash-halim-o-havij-e Hamadan (Vegan)
Serves 6-8 Prep: 20 minutes + soaking of legumes overnight
Cooking: 2 ½ hours

Legumes soaked overnight and drained: 1 cup/200g brown lentil; 1/8 cup/25g kidney beans; 1/8 cup/25g chickpeas

Broth: 1/4 cup/200g oil or ghee; 2 onions, peeled and thinly sliced; 1 Tbsp. fine sea salt; 1 tsp. freshly ground pepper; 1 tsp. turmeric; 2 tsp. Hamadani seven-spice advieh (see above); 1 ½ cup/270g bulgur; 1lb/450g carrots (about 6 medium), peeled and diced into 1/2in/12 mm cubes; 2 cups broth or water; 1 cup liquid kashk or almond milk

Garnish: 2 Tbsp. oil/ghee; 10 cloves garlic, peeled and grated; 1 tsp. turmeric; 2 Tbsp. dried mint flakes

Bulgur is the hulled kernels (berries) of wheat which are steamed, dried, and cracked. Bulgur was a staple of the Iranian diet before rice took over in the fifteenth century. Traditionally, the ash is made with meat, but here we have the vegetarian/vegan version by using water instead and almond milk in place of kashk.

To Cook the Ash:

1. Heat 2 Tbsp. oil in a large laminated cast-iron pot over medium heat and sauté the onions until golden medium brown. Add the salt, pepper, turmeric, advieh, legumes, bulgur, and carrots. Sauté for 1 minute.
2. Add the broth and bring to a boil. Cover and simmer over medium heat for 1 ½ hours, stirring occasionally until the beans and carrots are tender.



3. Add ¾ cup of the kashk to the ash. Use a handheld mixer to partially puree the ash. Adjust seasoning to taste, cover, and keep warm.
4. To Cook the Garnish: heat 2 Tbsp. oil in the skillet until hot, add the garlic, and sauté until golden brown. Add the turmeric and stir-fry for 1 minute. Remove from heat and add the crushed mint flakes, stir well, and set aside.
5. Just before serving, transfer the ash to a bowl and garnish with the mint and garlic mixture and the remaining kashk. Serve with bread and fresh herbs.

SDGE

Public Announcement

Sempra Energy utility™

SAVE SOME GREEN ON YOUR ENERGY BILL

Hot weather can increase the amount of energy you use – which means you might see higher-than-normal bills. Check out some energy-saving tips below from SDG&E.

Take advantage of off-peak hours

It matters how much energy you use but also – *when you use it*. Knowing when to use energy gives you more choice and control over managing your energy costs. When you shift your energy use to times when there's less demand – before 4 pm or after 9 pm, you can lower your electricity bills when enrolled in a Time-of-Use pricing plan. Simple shifts like pre-cooling your home earlier in the day or running laundry and dishes after 9 pm can make a difference. You'll also be making better use of cleaner, renewable energy sources like wind and solar when they are more available. Learn more at sdge.com/whenmatters.

Avoid surprises with the Level Pay Plan

Get the convenience of predictable billing throughout the year, especially during hotter weather when the amount of energy you use can spike. Level Pay averages your bill from month to month so you can budget more easily. Sign up on sdge.com/lpp.

Let your smart home do all the work

Smart home technology can help you manage your energy use even when you're not there. A smart thermostat, for example, can automatically adjust and save energy when it senses a room is unoccupied. SDG&E offers an **instant \$75 off** when you purchase a qualifying smart thermostat online or in-store. Learn more on sdge.com/instant.



NATIONAL PUBLIC OPINION SURVEY

2019

OF THE IRANIAN AMERICAN COMMUNITY

www.paaia.org

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 executive summary of the 2019 survey. We share this information without expressing any opinion. We also recommend reviewing the entire survey at PAAIA's website, www.paaia.org

Press Release:

POLL SHOWS CONCERNS OVER DISCRIMINATION, PERSONAL SAFETY, AND POTENTIAL U.S. MILITARY CONFLICT WITH IRAN

Contact: Shannon Kuehn
Email: shannon@paaia.org

Washington, DC – Today, the Public Affairs Alliance of Iranian Americans (PAAIA) released the findings of its 2019 National Public Opinion Survey of Iranian Americans, which reveals that tensions in both the wider U.S. society and between the United States and Iran are felt by the Iranian American community.

More than three-quarters of respondents are worried about increased discrimination against Iranian Americans, and (63%) report that they have personally experienced or know someone who has experienced discrimination. Even more concerning, 61% of respondents are concerned about their personal safety and the safety of other Iranian Americans.

Reflecting anxieties over policies that stigmatize the Iranian American community, President Trump's Travel Ban continues to face strong opposition in the Iranian American community with more than three quarters (76%) saying they are opposed to the policy. More than half of Iranian Americans (53%) say that the ban has prevented attendance at family events (weddings, funerals, graduations or gatherings for family emergencies like illnesses.

With respect to the rising tensions between the U.S. and Iran, sixty-four percent (64%) are worried that military conflict is now more likely than not. More than six in ten (62%) would oppose military strikes against Iran. The opposition to, or indecision about, such an action is rooted in concern about the potential civilian casualties (83%) and the belief that strikes will be ineffective and encourage Iran to develop nuclear weapons.

Promoting human rights and democracy in Iran (54%) continues to be the most important issue for the Iranian American community related to U.S.-Iran relations. Allowing Americans to invest in Iran to create employment opportunities for the Iranian people (38%) remains the second most important issue, while preventing military conflict (27%) and promoting regime change (25%) follow closely in importance.

When asked which outcome of the current administration's maximum pressure policy seems more likely, almost two-thirds (63%) believe the renewed sanctions will harm the Iranian people and increase support for hardliners' anti-American sentiment.

"Given the ongoing tensions between the two countries, it is not surprising that the U.S.- Iran relationship has become the most important issue for the community, rising above domestic issues and becoming the number one consideration for Iranian Americans when voting in federal elections," said PAAIA's Executive Director, Leila Austin. "However, when contemplating priorities and goals, the community desires deeper political participation within the United States, including electing Iranian Americans to public office and increasing the capacity of the Iranian American community to influence policy."

PAAIA's annual surveys are integral to better understanding the Iranian American community, as the only poll of the community that has an on-going collection of accurate scientific data.

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

ABOUT PAAIA: The Public Affairs Alliance of Iranian Americans, PAAIA, Inc., is a nonprofit, nonpartisan, nonreligious 501(c)(4) organization that serves the interests of Iranian Americans and represents the community before U.S. policymakers and the American public at large.

EXECUTIVE SUMMARY

From August 5–17, 2019, Zogby Research Services conducted a national telephone survey of 400 Iranian Americans on behalf of PAAIA; this year’s survey results are presented below.

A few strands emerge from the responses that are worth highlighting. The tensions in both the wider U.S. society and between the United States and Iran are clearly being felt by the Iranian American community. Respondents share their concerns about discrimination and personal safety, opposition to the travel ban, and fears about a potential U.S. military conflict with Iran. When contemplating priorities and goals, the community advocates for deeper political participation within the United States, including electing Iranian Americans to office and increasing the capacity to influence policy.

A brief summary of the findings includes the following points:

- Connections between the Iranian American community and Iran are strong, with 41% communicating with family and friends in Iran at least several times a week. This communication has been transformed over the last decade, from reliance on phone calls to the utilization of a wide variety of services and apps like Skype, Telegram, and Whatsapp as well as social media networks to keep in touch.
- The experience of and concern about discrimination based on their ethnicity and country of origin remains high among Iranian Americans. More than six in 10 have either faced discrimination themselves or know another Iranian American who has had this experience. More than seven in 10 are concerned about increasing discrimination because of the current political climate in the United States. Worse still, 61% of respondents are concerned about their personal safety and the safety of other Iranian Americans.
- There is strong opposition to the travel ban, with 70% saying they or their family and friends have been impacted by it. The most frequently experienced impacts are preventing attendance at family events and gatherings for family emergencies (53%), preventing tourism (52%), and separating families or keeping them apart (44%).
- There is a strong desire for building political power and influence in the community. When asked about goals for their community’s civic or advocacy organization, the top choice is enhancing Iranian American participation in U.S. politics and increasing the influence of the community. Among issues affecting their community in the United States, Iranian Americans rank “helping Iranian Americans get elected to political office and increasing the community’s political influence” at the top.
- The U.S.-Iran relationship has become the most important issue for the community, rising above domestic issues facing Iranian Americans (like civil rights) as well as those facing all Americans (like jobs or health care). And foreign policy including the U.S.-Iran relationship is ranked first among issues the community will consider when voting in federal elections, outranking the economy and jobs, national security, education, and health care.
- Almost seven in 10 of the survey respondents say they will probably (19%) or definitely (50%) vote for the Democratic candidate for president in 2020, while 21% say they will probably or definitely vote for President Trump’s re-election. These numbers mirror the ratings of Trump’s handling of U.S.-Iran relations, with 22% saying it is excellent or good and 77% saying it is fair (9%) or poor (66%).
- Promoting human rights and democracy in Iran and lifting the U.S. trade embargo continue to be the issues related to U.S.-Iran relations of most importance to the community. Preventing a U.S. military strike

ranks third. Promoting regime change is the number one issue for Republican respondents but ranks near the bot-tom for Democrats.

- There is significant concern among Iranian Americans about a military conflict between the United States and Iran, with 64% saying they think it is more likely than not. Only 9% would support U.S. military strikes on Iran, and the opposition to or indecision about such an action is rooted in concern about potential civilian casualties (83%) and the belief that strikes will be ineffective and encourage Iran to develop nuclear weapons (63%).

Because of the current political rhetoric and policies regarding immigrants, Muslims, and Iranians, and the tense relationship between the United States and Iran, are you concerned about...

	2019	
	Increased discrimination against Iranian Americans?	your personal safety and the safety of other Iranian Americans?
Yes	71	61
No	26	36
Not sure	3	3

When you vote in federal elections for president or Congress, which of the following issues do you consider most important in determining your vote? (Choose three.)

	2019	2016 rank
Foreign policy (like the U.S.-Iran relationship)	50	(2)
The economy and jobs	40	(1)
Health care	37	(5)
Terrorism and national security	29	(3)
Education	22	(4)
Immigration	20	n/a
Civil liberties	19	(8)
Women’s rights	16	(9)
Taxes	16	(7)
Gun	14	n/a
Environment	10	n/a
Climate change	9	n/a
The political party of the candidate	5	(9)
Supreme Court	4	n/a
Other	1	n/a
Not sure	-	(6)

If the 2020 presidential election were to be held today which of the following best describes how you would vote?

	2019
Definitely President Trump	10
Probably President Trump	11
Probably the Democratic Party candidate	19
Definitely the Democratic Party candidate	50
Not sure	8
I would not vote	2

With which of the following racial or ethnic groups do you most strongly identify?

	2019
White	25
Non-white	2
Multi-racial	8
Iranian or Persian	60
Middle Eastern	5
Other	2

Which of the following best describes your attitude toward possible U.S. military strikes on Iran?

	2019
I would support this.	9
I might support this under some circumstances.	27
I would oppose this.	62
Not sure	2

BOOK REVIEW:

Convenience Store Woman

Author: Sayaka Murata

Reviewed by Ahmad Fattahipour

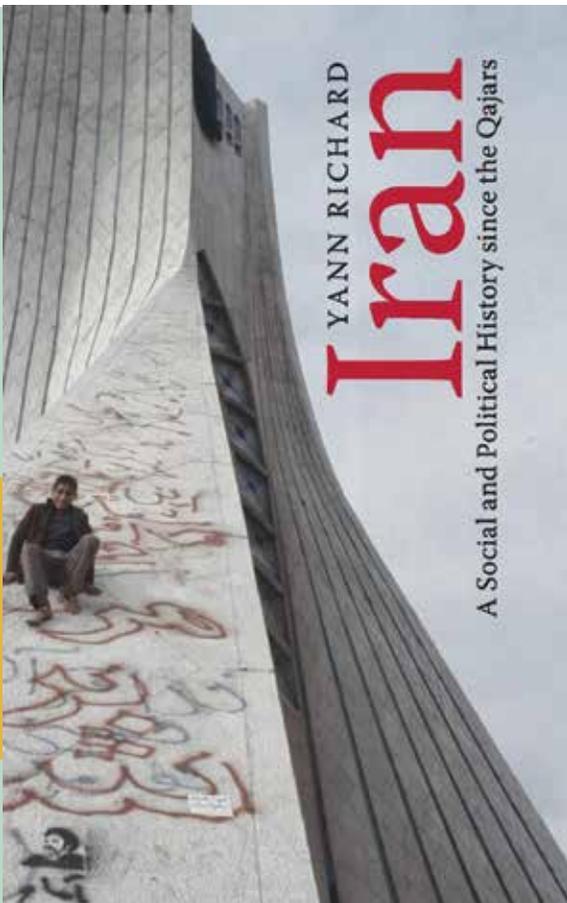


Convenience Store Woman, a novel by Japanese author Sayaka Murata, won the Akutagawa Prize in 2016. Based on the author's personal experience working in a convenience store three times a week, the book captures the familiar atmosphere of convenience store life in Japan.

Keiko (or Kuko) Furukura works as a convenience store clerk and uses the store as a microcosm of Japanese society as a whole, where men are considered and treated as superior to women and dictate the rules of behavior. She mentions that people are judged on two grounds: occupation and marital status. Keiko is a college graduate, but chooses to work as a clerk. She is not physically very attractive and has a history of clashing with her school authorities. Keiko's sister is anxious to find her a husband, but she gives up after seeing Keiko with a man who shows interest in marrying her.

Keiko's counterpart in the novel is a man named Shiraha who is fired from his job at the store and becomes financially dependent on her. After a while, Keiko looks for another job, but soon changes her mind. Why? How does she make her living and deal with a host of other issues facing her in a society which puts a high premium on work? Keiko believes Japanese society has passed the capitalistic stage of growth. What does she mean by that? The novel explores this concept and provides a fascinating discussion point.

Convenience Store Woman is going to be translated into Farsi. It is highly recommended both as a novel and an educational work.



Behind secrets and plots,
truths and lies in the history of
modern Iran

Lecture and Book signing
by Yann Richard,
A prominent French scholar

آن سوی رازها و توطئه‌ها:

راستی و دروغ در تاریخنگاری ایران معاصر
یان ریچارد، دانشمند و پژوهشگر ایران شناس



جمعه ۶ دسامبر ساعت ۷ پس از نیمروز

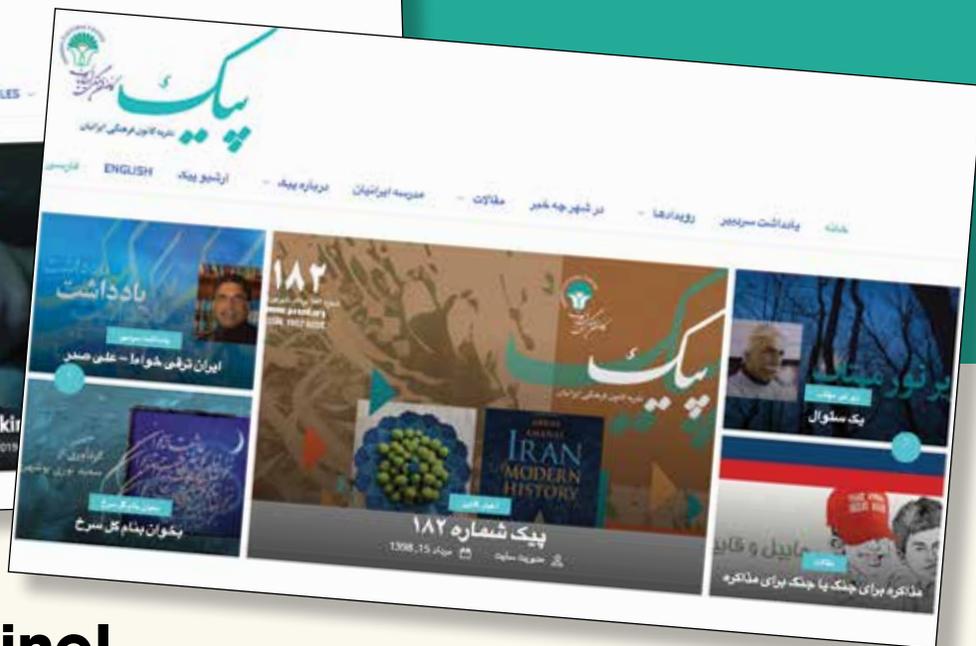
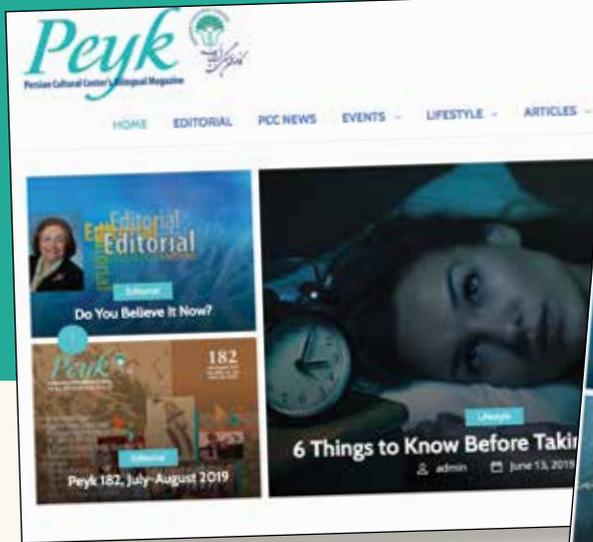
در مرکز ایرانیان Friday, December 6, 2019, 7 PM at IAC



Persian Fall Festival at the SDMA with Reza Rohani and Sara Naeini: October 5, 2019

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 Persian Cultural Center (PCC) and the museum's leadership and curators of South Asian and Islamic Art. 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 third anniversary of this artistic achievement, the museum and PCC organized a magnificent festival during which Reza Rohani and Sara Naeini, along with their full band, performed some great pieces. All proceeds from this program were allocated to the San Diego Museum of Art. Nearly 300 residents of San Diego and Southern California attended this magnificent event. Special thanks to Anahita Babaei who managed this event and the Art and Culture group of PCC for help in all aspects of this event. The VIP pre-concert reception was held at the Museum rotunda. Many thanks to Fazeli Winery for providing wine and to Amir Gohari's catering company, Amir's Catering, for providing finger food for the VIP guests.





Great News Peyk is going online!

Dear reader,

In response to your demand, we are happy to inform you that from now on we will have an online version of *Peyk* available for your convenience. Our web address is peykmagazine.com. This site will be interactive, and you can directly communicate and send your comments to us. The past issues of *Peyk* are still available at our archive, pccsd.org/peyk.

We will gradually reduce the number of printed versions, since many of our readers will receive *Peyk* online. The cost of paper, printing and mailing have increased dramatically in the past years and as a result we have been losing money. This is the best way to make *Peyk* sustainable without sacrificing the quality of the magazine.

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Ali Sadr- Editor in Chief

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مژده

پیک آنلاین میشود

خواننده گرامی،

در پاسخ به تقاضای شما، خوشحالیم به اطلاع برسانیم که نسخه آنلاین پیک از این پس در دسترس شما خواهد بود. آدرس وبسایت ما peykmagazine.com است. در این سایت شما میتوانید به طور مستقیم با ما و نویسندگان مقالهها ارتباط برقرار کنید و نظرات خود را با ما در میان بگذارید. شمارههای گذشته پیک کماکان در آرشیو ما در pccsd.org/peyk در دسترس شما است.

چون بسیاری از خوانندگان ما از طریق اینترنت پیک را آنلاین دریافت خواهند کرد ما به تدریج تعداد نسخههای چاپی را کاهش خواهیم داد. دلیل این تصمیم آن بود که از سویی در سالهای اخیر هزینه کاغذ، چاپ و پست به طور چشمگیری افزایش یافته است و در نتیجه ما دچار ضرر مالی روز افزون شدهایم؛ از سویی دیگر بسیاری از خوانندگان ترجیح میدهند پیک را به صورت الکترونیک دریافت کنند. از این راه ما قادر خواهیم بود بدون آن که کیفیت و محتوای پیک را کاهش دهیم، آن را به دست شما و بسیاری دیگر از علاقمندان برسانیم.

اگر شما مایلید پیک را آنلاین و همواره به طور رایگان دریافت کنید، لطفاً از طریق ایمیل به pcc@pccsd.org به ما اطلاع دهید.

اگر همچنان مایلید نسخه چاپی را دریافت کنید، لطفاً از طریق ایمیل pcc@pccsd.org یا تلفن ۸۵۸-۵۵۳-۹۳۵۵ ما تماس بگیرید و آدرس پستی خود را در اختیار ما قرار دهید. اگر شما عضو کانون هستید و میخواهید پیک را از طریق ایمیل دریافت کنید نیز لطفاً به ما اطلاع دهید. اگر عضو نیستید با عضو شدن در کانون فرهنگی ایرانیان، در کنار مزایای دیگر، پیک را دریافت خواهید کرد. اگر فقط نسخه چاپی را خواستار هستید، لطفاً با پرداخت ۲۰ دلار که تنها هزینه پست است ما را یاری کنید.

برای عضویت و یا اشتراک پیک، لطفاً به وبسایت ما pccsd.org/membership رجوع کنید. پر کردن فرم و پرداخت آنلاین نباید بیش از سه دقیقه طول بکشد. با سپاس از حمایت همیشگی شما،

علی صدر - سردبیر

برای درج آگهی آنلاین، لطفاً با ایمیل pcc@pccsd.org یا

تلفن ۸۵۸-۵۵۳-۹۳۵۵ تماس بگیرید.

لطفاً از سایت peykmagazine.com دیدن کنید.