



Peyk



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Persian Cultural Center's Bilingual Magazine

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HOW DID WE GET HERE?

The fastest growing population in the world seems to be the refugee population. Just knowing that has dashed my hopes for the unknown ahead; truly, I find my hope vanished and my energy so low.

According to the United Nations Refugee Agency (UNHCR), in the past decade, millions of those the UN has described as the “most persecuted people in the world” have been added to this population. Reading these six words, I feel great anguish. I wonder, after nearly half a century of volunteer work to help those in need and try to prevent families and individuals from becoming refugees... WHERE AM I? How did we get here? Will the human population of the world be able to resolve this unimaginable horror that the fastest-growing population lives each day? Will we ever recognize the pain, the terror, the suffering these people are going through? Can we even imagine how much need there is? Do we truly think building a wall around us will resolve it all... or do we not even care, so long as we do not have to see it? The universal tragedy of becoming and being a refugee is so immense—and unfathomable to us—that we become numb to the statistics and, more importantly, to the lives and stories that the statistics represent.

Among the many related tragedies that are unfolding around the globe, this past year we have witnessed the harsh and cruel situation at our own border that continues to escalate and then the newly added Kurdish refugee population along the borders of Turkey and Syria. If the best we can do is to be silent when our leaders support human cruelty, we are being contemptuous to humanity and ourselves. We need to ask ourselves, what is our role in the creation of this massive population that has no place to go, and no one to care for them?

It is reasonable to recognize that we have differences, but it is not acceptable to exploit our differences to justify inflicting the cruelty we are witnessing all around us today, and often in our names. It is not acceptable for us to sit and watch other

We, as citizens of nations, have permitted our leaders to forget what humanity means.

human beings suffer such as the refugee population around the globe is. It is not acceptable to force parents to leave their children in the name of humanity. It is not acceptable to move thousands of people,

who by the way have sacrificed their lives to help our foreign policy, to winter cold prairies in the high mountains knowing that many will not survive. IT IS NOT OK FOR US TO KNOW HUNGER IS THE #1 KILLER OF CHILDREN AND YET STILL BE INDIFFERENT ABOUT IT!

We ourselves have permitted the situation of poverty and hunger to expand as vastly as it has. We, as citizens of nations, have permitted our leaders to forget what humanity means. How did we get here? Not long ago we were the leading nation in concern and care for those in need and our leadership was a great example for others to follow.

This earth that was entrusted to us is now in utter disarray. Every aspect of it is chaotic and, quite frankly, frightening. How do we explain how terribly we have let things get out of control and answer for ourselves to the generations that follow? The only answer that I can find to explain this is silence... good people remaining silent in the face of extreme cruelty. We have put the power of destruction in the hands of a few and sit quietly and watch them destroy all that is meaningful to ordinary people like us. Will we ever wake up?

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PCC (Persian Cultural Center):

PCC NEWS

Docunight - November 6, 2019

The documentary *Mashg-e-Shab*, directed by Abbas Kiarostami, was screened in November. In this documentary, Kiarostami interviews a group of students who failed to do their homework for various reasons. After the movie, an audience discussion was moderated by Ali Khorsandian.

Jong-e Farhangi - November 8, 2019

September Jong was hosted by Reza Khabazian. In the opening section, Khabazian talked about non-profit organizations. In the first section, Mr. Mahmoud Behroozian read a couple of Aziz Nas-sin's short stories. In the second section, Mr. Fereydoon Memar talked about the poet Mehdi Akhavan Sales and his life and read some of his poems. At the end, the audience asked their questions from the guest in the Q&A session.



Mohsen Namjoo Concert - November 9, 2019

Mohsen Namjoo and Ehsan Matoori's concert was held in the Q auditorium of Qualcomm on November 9. In this sold-out event, Mohsen Namjoo and Ehsan Matoori, with their full band including santoor, drums, bass, cello, clarinet, and guitar, played songs from their new album.



United Nations Universal Children's Day November 10, 2019

The Iranian School of San Diego (ISSD) along with Dollar a Month Fund & Child Foundation celebrated the UCD at the Quad area of the ISSD on November 10, 2019. At the end of the program, parents, children, and teachers held hands and formed a human chain of unity for protecting children's rights and pledged to protect the environment.



Mohsen Namjoo's concert photography: Kamelia Photography





A Night of Poetry and Literature - November 20, 2019

The first event of this program was held at the Iranian American Center of San Diego (IAC) on November 20. The poet selected for this event was Sohrab Sepehri and the program was moderated by Farshad Babakhani and the Poetry & Literature group.

Movies - November 2019

In November, the San Diego Asian Film Festival screened two Iranian movies: *Castle of Dreams* and *Just 6.5*. *Castle of Dreams* (2019), directed by Reza Mir Karimi, was screened twice; first on November 5 at Reading Cinema and then on November 15 at Edwards Cinemas. Hamed Behdad, the main actor of the movie, was present for the first screening. The second screening was hosted by Rana Salimi and Mahmood Pirouzian, who led a discussion of the film with attendees. *Just 6.5* (2019), directed by Saeed Roostaei, was screened at UltraStar Cinemas on November 13. Payman Moadi and Navid Mohamadzadeh starred in this movie.

Docunight - December 4, 2019

At Docunight, *The Story of Boulevard* and *The Mannequins of Ghale Hassan Khan* were screened. *The Story of Boulevard* is a documentary about Keshavarz Boulevard, one of Tehran's important streets. *The Mannequins of Ghale Hassan Khan* tells the story of the birth and life of some mannequins. They are all created in the same way, but their faith is very different. After the movies, an audience discussion was moderated by Ali Khorsandian.

Lecture and Book Signing by Dr. Yann Richard - December 6, 2019

Dr. Yann Richard, a French scholar and researcher on Iran, had a lecture on the topic of political and social history of Iran in the last decade and introduced his latest book, *Iran: A Social and Political History Since the Qajars*. The lecture was entitled: "Behind secrets and plots, truths and lies in the history of modern Iran." A book signing session followed the lecture.

PCC Annual Community Bazaar - December 7, 2019

Local small businesses, artwork and crafts, clothing, accessories, jewelry, and food items were presented at the IAC at the fifth annual Persian Cultural Center (PCC) Bazaar. Special thanks to our sponsor Dr. Kami Hoss from "The Super Dentists."



PCC's Board Meetings

PCC's board of directors holds its meetings every second Wednesday of the month at IAC. The last two meetings took place on November 13 and December 11, 2019.



Yalda Celebration - December 21, 2019

PCC celebrated Yalda with dinner, dance, and music at Sufi restaurant following the annual tradition. Armin Vigen and his band performed old and new songs and, along with DJ Edvin, made the event fun and memorable for all.



The Electric Oud Trio Jazz Concert - December 28, 2019

Persian-flavored World Jazz Concert, with Farhad Bahrami (electric oud), Omar López (bass & guimbri), and Fernando Gomez (drums), performed at the IAC for an enthusiastic crowd.



THE HISTORICAL ORIGINS OF IMPEACHMENT

By Aria Fani

Only for the third time in the history of this country, the House of Representatives may have impeached a sitting president. Regardless of your political leaning or opinion of the president's actions in office, it is a historical moment that merits returning to and reflecting on the writings of the Founding Fathers. In The Federalist Papers, we see the framers debate a constitutional mechanism to hold a corrupt president to account.

Therefore, impeachment is a political process created to avoid a military coup or tyrannical outcome. Although factors such as a president's popularity, the state of the economy, partisan calculations, and policy differences are not criteria for impeachment, they do impact the process. Nonetheless, it is not these factors that make impeachment a political act; impeachment is political by nature due to the role it is assigned in the United States Constitution.
—Aria Fani

This article is an abridged version of a report released by the Judiciary Committee in 1974 in the aftermath of the Watergate crisis

The public debates in the state ratifying conventions offer evidence of the contemporaneous understanding of the Constitution equally as compelling as the secret deliberations of the delegates in Philadelphia. That evidence, together with the evidence found in the debates during the First Congress on the power of the President to discharge an executive officer appointed with the advice and consent of the Senate, shows that the framers intended impeachment to be a constitutional safeguard of the public trust, the powers of government conferred upon the President and other civil officers, and the division of powers among the legislative, judicial and executive departments.

The Purpose of the Impeachment Remedy

Among the weaknesses of the Articles of Confederation apparent to the delegates to the Constitutional Convention was that they provided for a purely legislative form of government whose ministers were subservient to Congress. One of the first decisions of the delegates was that their new plan should include a separate executive, judiciary, and legislature. However, the framers sought to avoid the creation of a too-powerful executive. The Revolution had been fought against the tyranny of a king and his council, and the framers sought to build in safeguards against executive abuse and usurpation of power. They explicitly rejected a plural executive, despite arguments that they were creating “the foetus of monarchy,” because a single person would give the most responsibility to the office. For the same reason, they rejected proposals for a council of advice or privy council to the executive.



The provision for a single executive was vigorously defended at the time of the state ratifying conventions as a protection against executive tyranny and wrongdoing. Alexander Hamilton made the most carefully reasoned argument in Federalist No. 70, one of the series of Federalist Papers prepared to advocate the ratification of the Constitution by the State of New York. Hamilton criticized both a plural executive and a council because they tend “to conceal faults and destroy responsibility.” A plural executive, he wrote, deprives the people of “the two greatest securities they can have for the faithful exercise of any delegated power”— “[r]esponsibility... to censure and to punishment.” When censure is divided and responsibility uncertain, “the restraints of public opinion... lose their efficacy” and “the opportunity of discovering with facility and clearness the misconduct of the persons [the public] trust, in order either to their removal from office, or to their actual punishment in cases which admit of it” is lost. A council, too, “would serve to destroy, or would greatly diminish, the intended and necessary responsibility of the Chief Magistrate himself.” It is, Hamilton concluded, “far more safe [that] there should be a single object for the jealousy and watchfulness of the people;... all multiplication of the Executive is rather dangerous than friendly to liberty.”

James Iredell, who played a leading role in the North Carolina ratifying convention and later became a justice of the Supreme Court, said that under the proposed Constitution the President “is of a very different nature from a monarch. He is to be... personally responsible for any abuse of the great trust reposed in him.” In the same convention, William R. Davie, who had been a delegate in Philadelphia, explained that the “predominant principle” on which the Convention had provided for a single executive was “the more obvious responsibility of one person.” When there was but one man, said Davie, “the public were never at a loss” to fix the blame.

James Wilson, in the Pennsylvania convention, described the security furnished by a single executive as one of its very important advantages,” stating:

The executive power is better to be trusted when it has no screen. Sir, we have a responsibility in the person of our President; he cannot act improperly, and hide either his negligence or inattention; he cannot roll upon any other person the weight of his criminality; no appointment can take place without his nomination; and he is responsible for every nomination he makes... Add to all this, that officer is placed high, and is possessed of power far from being contemptible, yet not a *single privilege*, is annexed to his character; far from being above the laws, he is amenable to them in his private character as a citizen, and in his public character by *impeachment*.

As Wilson's statement suggests, the impeachability of the President was considered to be an important element of his responsibility.

Impeachment had been included in the proposals before the Constitutional Convention from its beginning. A specific provision, making the executive removable from office on impeachment and conviction for "mal-practice or neglect of duty," was unanimously adopted even before it was decided that the executive would be a single person."

The only major debate on the desirability of impeachment occurred when it was moved that the provision for impeachment be dropped, a motion that was defeated by a vote of eight states to two.

One of the arguments made against the impeachability of the executive was that he "would periodically be tried for his behavior by his electors" and "ought to be subject to no intermediate trial, by impeachment." Another was that the executive could "do no criminal act without Coadjutors [assistants] who may be punished. Without his subordinates, it was asserted, the executive "can do nothing of consequence," and they would "be amenable by impeachment to the public Justice."

This latter argument was made by Gouveneur Morris of Pennsylvania, who abandoned it during the course of the debate, concluding that the executive should be impeachable. Before Morris changed his position, however, George Mason had replied to his earlier argument:

Shall any man be above justice?
Above all shall that man be above it, who can
commit the most extensive injustice? When great
crimes were committed he was for punishing the
principal as well as the Coadjutors.

James Madison of Virginia argued in favor of impeachment stating that some provision was "indispensable" to defend the community against "the incapacity, negligence or perfidy of the chief Magistrate." With a single executive, Madison argued, unlike a legislature whose collective nature provided security, "loss of capacity or corruption was more within the compass of probable events, and either of them might be fatal to the Republic."

Benjamin Franklin supported impeachment as "favorable to the executive"; where it was not available and the chief magistrate had "rendered himself obnoxious," recourse was had to assassination. The Constitution should provide for the "regular punishment of the Executive when his misconduct should deserve it, and for his honorable acquittal when he should be unjustly accused. Edmund Randolph also defended "the propriety of impeachments":

The Executive will have great opportunities of abusing his power; particularly in time of war when the military force, and in some respects the public money will be in his hands. Should no regular punishment be provided it will be irregularly inflicted by tumults & insurrections.

The one argument made by the opponents of impeachment to which no direct response was made during the debate was that the executive would be too dependent on the legislature— that, as Charles Pinckney put it, the legislature would hold impeachment "as a rod over the Executive and by that means effectually destroy his independence." That issue which involved the forum for trying impeachments and the mode of electing the executive, troubled the Convention until its closing days. Throughout its deliberations on ways to avoid executive subservience to the legislature, however, the Convention never reconsidered its early decision to make the executive removable through the process of impeachment.

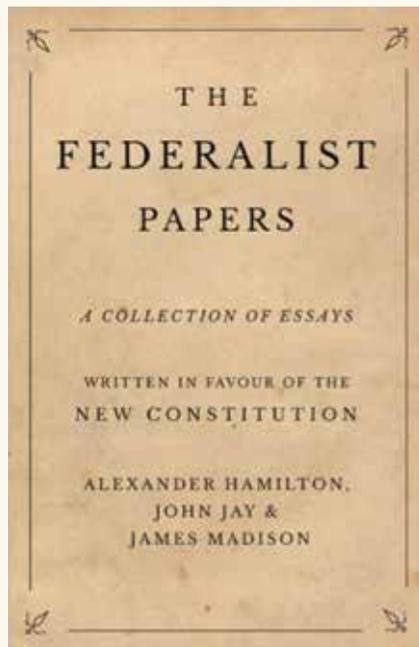
Grounds for Impeachment

Contemporaneous comments on the scope of impeachment are persuasive as to the intention of the framers. In *Federalist* No. 65, Alexander Hamilton described the subject of impeachment as:

those offences which proceed from the misconduct of public men, or, in other words, from the abuse or violation of some public trust. They are of a nature which may with peculiar propriety be denominated POLITICAL, as they relate chiefly to injuries done immediately to the society itself.

Comments in the state ratifying conventions also suggest that those who adopted the Constitution viewed impeachment as a remedy for usurpation or abuse of power or serious breach of trust. Thus, Charles Cotesworth Pinckney of South Carolina stated that the impeachment power of the House reaches "those who behave amiss, or betray their public trust." Edmund Randolph said in the Virginia convention that the President may be impeached if he "misbehaves." He later cited the example of the President's receipt of presents or emoluments from a foreign power in violation of the constitutional prohibition of Article I, section 9. In the same convention George Mason argued that the President might use his pardoning power to "pardon crimes which were advised by himself" or, before indictment or conviction, "to stop inquiry and prevent detection."

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THE HISTORICAL ORIGINS OF IMPEACHMENT

James Madison responded:

[I]f the President be connected in any suspicious manner with any person, and there be grounds to believe he will shelter him, the House of Representatives can impeach him; they can remove him if found guilty...

In reply to the suggestion that the President could summon the Senators of only a few states to ratify a treaty, Madison said,

Were the President to commit any thing so atrocious... he would be impeached and convicted, as a majority of the states would be affected by his misdemeanor.

Edmund Randolph referred to the checks upon the President:

It has too often happened that powers delegated for the purpose of promoting the happiness of a community have been perverted to the advancement of the personal emoluments of the agents of the people; but the powers of the President are too well guarded and checked to warrant this illiberal aspersion.

Randolph also asserted, however, that impeachment would not reach errors of judgment: "No man ever thought of impeaching a man for an opinion. It would be impossible to discover whether the error in opinion resulted from a wilful mistake of the heart, or an involuntary fault of the head."

James Iredell made a similar distinction in the North Carolina convention, and on the basis of this principle said, "I suppose the only instances, in which the President would be liable to impeachment, would be where he had received a bribe, or had acted from some corrupt motive or other." But he went on to argue that the President:

Must certainly be punishable for giving false information to the Senate. He is to regulate all intercourse with foreign powers, and it is his duty to impart to the Senate every material intelligence he receives. If it should appear that he has not given them full information, but has concealed important intelligence which he ought to have communicated, and by that means induced them to enter into measures injurious to their country, and which they would not have consented to had the true state of things been disclosed to them, - in this case, I ask whether, upon an impeachment for a misdemeanor upon such an account, the Senate would probably favor him.

In short the framers who discussed impeachment in the state ratifying conventions, as well as other delegates who favored the Constitution, implied that it reached offenses against the government, and especially abuses of constitutional duties. The opponents did not argue that the grounds for impeachment had been limited to criminal offenses.

Another framer, Abraham Baldwin of Georgia, who supported Madison's position on the power to remove subordinates, spoke of the President's impeachability for failure to perform the duties of the Executive. If, said Baldwin, the President "in a fit of passion" removed "all the good officers of the Government" and the Senate were unable to choose qualified successors, the consequence would be that the President "would be obliged to do the duties himself; or, if he did not, we would impeach him, and turn him out of office, as he had done others."

Those who asserted that the President has exclusive removal power suggested that it was necessary because impeachment, as Elias Boudinot of New Jersey contended, is "intended as a punishment for a crime, and not intended as the ordinary means of re-arranging the Departments". Boudinot suggested that disability resulting from sickness or accident "would not furnish any good ground for impeachment; it could not be laid as treason or bribery, nor perhaps as a high crime or misdemeanor." Fisher Ames of Massachusetts argued for the President's removal power because "mere intention [to do a mischief] would not be cause of impeachment" and "there may be numerous causes for removal which do not amount to a crime." Later in the same speech Ames suggested that impeachment was available if an officer "misbehaves" and for "mal-conduct."

From the comments of the framers and their contemporaries, the remarks of the delegates to the state ratifying conventions, and the removal power debate in the First Congress, it is apparent that the scope of impeachment was not viewed narrowly. It was intended to provide a check on the President through impeachment, but not to make him dependent on the unbridled will of the Congress.

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Events in San Diego

Persian Cultural Center

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

Saturday, Jan. 11, 2020

Nima Janmohammadi (solo concert) at 7:30 PM
Iranian -American Center: 858-553-9355

Saturday Jan. 25, 2020, 7pm at IAC
Play reading "Garden of Orange"
directed by Mahmoud Behroozian

Jong e Farhangi, (Cultural Variety Show)
January 10, 2010 and February 14, 2020

Docunight (Documentary films about Iran or by Iranians)
February 5, 2020 at 7pm at IAC

Movies and Discussion,

January January 17 and February 14, 2020 at 7pm at IAC

Tuesday, March 17, 2020

at NTC Park 7-10pm Charshanbeh sorri

Saturday, March 21, 2020

PCC Nowruz Celebration at Marriott Hotel La Jolla, at 7pm

Art Exhibition Open to Public

Sculptures/ Paintings by Parvin Heydarinasab and Majid Fadaeian
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 Kouros 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

Sunday, March 8, 2020 10am -12pm

Sabzehkari and Egg coloring at the ISSD

Sunday, March 15, 2020

ISSD Nowruz Celebration at ISSD at 4-7pm

Branch I Sundays 9:30 am to 1:00 pm
Branch II Thursdays from 6:00 to 8:00 pm
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

Saturday March 14, 2020 DMF Nowruz Bazaar at IAC

Tel: 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.istauscd.org



House of Iran House of Iran Balboa Park
Open to public Sat. and Sun. from 12-5pm

Persian Harvest Festival

Sunday November 3rd, 2019 • 11AM- 6PM

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

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

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

POWAY WINTER FESTIVAL

FREE Contact: 858-668-4671

Jan 10 - Jan 11, 2020

SAN DIEGO RESTAURANT WEEK

California Restaurant Association San Diego County
Jan 19 - Jan 26, 2020

SAN DIEGO RESOLUTION RUN 5K / 10K / HALF MARATHON

Jan 11, 2020

BIRCH AQUARIUM'S PERSPECTIVES LECTURE: SHARK GEEK

SHARK GEEK: A WINDOW INTO SHARK MOVEMENT IN SOCIAL

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Apr 25 - Apr 26, 2020



Visit Our web site at www.pccsd.org

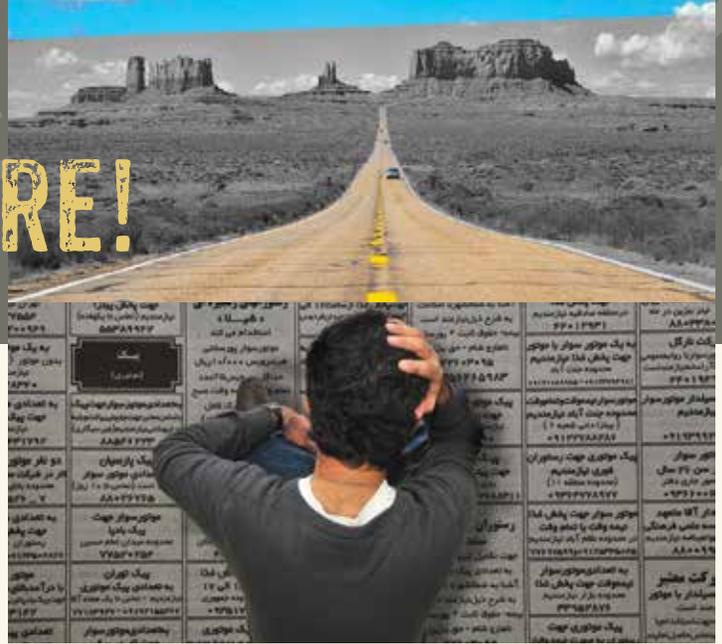


www.peakmagazine.com



NOW I AM HERE!

By Ali Sahebalzamani



Mere weeks before the recent chain of riots and unrests, I left the country of my birth and childhood, carrying with me the weight of self-imposed exile, knowing that it may be years until I see many of the closest people to my heart. The bitterness of that knowledge, however, was overshadowed by the joy of escaping that toxic environment. Living in Iran these past few years has not been easy; the shadow of absolute economic collapse looms heavy. All people, except for a very select few, descend further into poverty at an hourly rate, regardless of the kind of work they do or the amount thereof. The bottom of the middle class has dropped off and the lower echelons are rapidly falling into abject poverty. It is a normal thing, for example, to see a civil engineer driving a cab, and even then barely scraping by. The sight of dirty urchins selling pocket napkins and chewing gum on the street has become so normal that now, having moved here to America, my eyes still have not adjusted to their absence. As a result of this state of hopeless destitution, a pall of despair has fallen over the country.

The most glaring result of such all-encompassing helplessness is frustration, which itself almost always shows itself in society's behavioral pattern as Rage. Street fights, often with fatal results, have become a regular part of the urban landscape. Strangers on the street stare each other down, as if daring the other to throw the first punch. The police are even worse as they are, of course, armed. Among the less aggressive members of society, such as

Living in Iran these past few years has not been easy; the shadow of absolute economic collapse looms heavy.

the intellectual and artistic minorities, this anger always turns into self-destructive behavior; drug-abuse and self-harm being the most common forms. Last year, my closest friend tried to take his own life, though unsuccessfully. Afterwards, when I enquired as to the reason of his suicidal decision, he provided only a casual shrug and a few terse words: "I felt like nothing was ever going to get better."

In this poisonous atmosphere, the common people have altogether forgotten about principles such as decency and honorable conduct—as if the blatant corruption and thievery of the system permits them to behave in whatever beastly way they please. The only thing on their minds is to somehow "win," no matter who might be on the losing side or the circumstances of their triumph; the accountant who embezzles money from his employer is considered "clever," the retailer who gets away with overcharging is a "shrewd businessman," and the one who cheats on his or her partner is the "winner" of the relationship. All of this amounts to a feeling of constant threat from every quarter, making me, and people like me, increasingly reluctant to participate in society. I hid behind my solitude so to speak. The viscosity of my isolation in Iran is beyond what I can describe using my current meager writing skills.

To me, the most striking quality of American society is how fundamentally moral it is. The very first culture shock that came to me was when I saw that everyone is essentially trusted

by their peers. All members of society are presumed to be honest, decent, law-abiding citizens unless proven otherwise. In Iran, such a notion would be considered at best naiveté and at worst simple-mindedness. Even through all the division and uncertainty that is currently rampant in America, one thing is certain and that is the fact that all citizens are expected to behave well. That, to me, is beyond wonderful; all people, no matter how deeply they disagree with one another, *will* participate in society in a civilized manner. Another American quality that struck me was that in order for one person to win, no one else had to lose. The success of each individual is not necessarily entwined with the downfall of another; this state of being pushes all members of society to strive towards their own betterment, in which ever way they desire. For me, that is writing. Those long months of solitude in Iran weren't completely wasted, as that almost monastic way of life forced me to become intimately familiar with myself. In the absence of human interaction, writing stories became my main passion. So much so that, for the first time in my life, I was investing as much time and energy as I had in a single activity, exercising discipline I didn't know I possessed. It was a sort of ecstatic drunkenness at first, as my father took to training me in the correct writing of Farsi. Thus, for the first time in twenty-something years of life, I knew what I wanted to be. I began to retain stories like a sponge; I decided to keep my eyes and ears open and to maintain a high degree of sensitivity towards each second as it passes me by. And

...in America, one thing is certain and that is the fact that all citizens are expected to behave well.

those around me noticed; they started coming to me with amazing stories: their childhood in the rural parts of Iran, how they met their spouse, or their memories from the days of the revolution. Different lives that have been miraculously lived. I listen and I remember everything obsessively. Now, this obsession is the needle of my compass, the reason for my very being, and I am certain that on the subconscious level, this is the actual reason for my emigration: to hear more stories and, hopefully, create a few of my own.

Ali Sahebalzamani is a 24-year-old psychology graduate who recently migrated to the U.S. He can be reached at aliespandar@yahoo.com.



Why Is Tax Planning So Essential for Small Business Owners and Medical/Dental Practices?

Tax planning is the analysis of finances from a tax perspective, with the purpose of ensuring maximum tax efficiency. Through tax planning, all elements of the financial plan work together in the most tax-efficient manner possible. Tax planning is an essential part of a financial plan. Business owners have a numerous number of approaches to cut their taxes, unlike W-2 employees, who are not as flexible. However, it necessitates proper planning to make the most of it.

Small business taxes can be confusing and tricky. As a small business owner, the last thing you want to do is pay more of your hard-earned business income to the government. Taxes may be the least favorite topic for small business owners, but it's one of the most important ones. The steps you take before the end of the tax year may help your business save money.

Implementing the right strategy to minimize the amount of tax you pay means that you get to keep more of the money you earn. Failing to properly manage your taxes means that your business might wind up in trouble. There are many approaches to utilize to reduce and defer your small business taxes but depending on the type, domicile, and size of your business, the right holistic tax reduction strategy should be crafted and implemented with the right combination of those approaches to maximize present and future tax savings of your business. In the long run paying less tax can have a significant impact on the growth of your business and your future wealth.

To demonstrate the potential impact of a few percentage points of tax savings, assume a business owner with an annual net income of \$200,000 before taxes, an after-tax rate of return of 5%, an income growth rate of 6%, a savings rate of 5%, an expense rate of 55% of the income, and a tax rate of 40%. By calculating the future value of the business cash flow, the owner will be able to accumulate approximately \$1.5 million of wealth after 30 years. Now if owner uses a strategy to reduce his/her tax rate by 5% to 35% and hence increase his/her savings from 5% to 10%, assuming the other parameters remain the same, S/he will be able to accumulate roughly \$3.0 million of wealth after 30 years. And if the tax rate is reduced by 10% to 30% and the rate of savings is increased to 15%, his/her wealth will be \$4.5 million after 30 years, assuming the other parameters remain the same. As you note, the differences may be very considerable.

Unfortunately, many small business owners and medical/dental practices overpay on their taxes by missing out on certain deductions, not having the right business structures in place or managing their businesses and retirement plans in a way that is not efficient for tax purposes.

Certainly, there are many complexities to deal with when trying to minimize your tax bill, but the reward will be substantial.

Here is more good news. The Tax Cuts and Jobs Act brought the biggest changes to both individual and corporate taxes in the past 30 years. Included in those changes was IRC Section 199A, which is a new section of the tax code that introduces a 20% deduction on qualified business income

(QBI) for the owners of various pass-through business entities (which include S corporations, limited liability companies, partnerships, and sole proprietorships). Fortunately, the QBI deduction will provide big tax breaks for many business-owners, but unfortunately, the new deduction is highly complicated. However, the reality is that the planning opportunities created by IRC Section 199A are tremendous.

Just think about it – if your qualified business income is \$200,000, then you could possibly qualify for a \$40,000 deduction! Lawmakers gave us quite a gift with Section 199A.

Unfortunately, the deduction is not as simple as it first seems. If your taxable income is equal to or below the threshold (\$160,700 single or \$321,400 married filing jointly for 2019), then you qualify for a deduction equal to 20% of your qualified business income (or taxable income; whichever is lower). But that still leaves the question of how to calculate your qualified business income. You also need to know if your specific type of business activity qualifies for the deduction.

When your taxable income exceeds the threshold, matters get even more complicated. The calculation is no longer as simple as 20 percent multiplied by your qualified business income. When your income exceeds the threshold, you need to know whether your business is considered an in-favor business or an out-of-favor specified service trade or business.

The calculation differs for in-favor and out-of-favor businesses. And once taxable income exceeds \$210,700 (single) or \$421,400 (married filing jointly), then the out-of-favor business gets no deduction. What if you have multiple businesses that may qualify for the deduction? That will require even more know-how and calculations.

Final Thought

While tax planning is a year-round activity, you may be able to achieve savings by taking actions at the end of the year. You may be able to reduce the amount of taxes you pay if you take advantage of breaks and opportunities that are out there. It's up to you (and your tax advisor) to discover new ways to lower taxes for your small business. This is especially important because of the new tax law. With all the new rules for personal and business tax deductions, the moves you make now can potentially save you significant amounts of money this year and into the future.

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The Science of

Nutrition

Foods influence inflammation

By: Mohammad Ahrar, PhD



Introduction

Inflammation is a natural body defense mechanism in response to an irritant that can be found in food or from other sources. Medical studies show that inflammation can be linked to a range of disorders and health issues. In this article, we will review the basic information about inflammation and its consequences, and how the body can react to inflammatory substances found in some foods that we eat or from internal and external factors. We will also review foods that may help reduce inflammation and what foods can cause inflammation.

Facts about inflammation

Inflammation is the body's natural response to safeguard against foreign bacteria, viruses, and infection. In other words, inflammation is part of the body's immune response. However, sometimes, inflammation can persist longer than necessary, causing more harm than benefit. That's when inflammation can become your enemy. Reports indicate that many major diseases such as cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's have been linked to chronic inflammation (3).

General causes of inflammation

Inflammation can be a result of bacterial, viral, and fungal infection, or it can be a reaction to the food that we eat, or it could be due to other factors such as chemicals, radiation, autoimmune response, or physical and mental trauma. Other factors that may be linked to inflammation include genetics, obesity, stress, air pollution, and toxins in the environment.

The dangers of inflammation

Although acute inflammation is an essential part of the healing process, chronic inflammation can lead to many health problems. Medical reports indicate that inflammation is a key player in a wide range of chronic diseases that affect the cardiovascular and digestive systems, joints, and almost all body organs. Sometimes the immune system becomes hypersensitive to allergens like dust and pollen or some chemicals in the food. Repeated exposure to these factors can lead to inflammation, which, if left unchecked, can cause tissue damage. Many diseases can be life threatening, such as cancer and heart disease. Inflammation can alter blood flow to the brain, leading to tissue damage and cognitive decline that may lead to the creation of damaging proteins linked to Alzheimer's (3).

What foods prevent inflammation

Research suggests that there is direct link between diet and inflammation. Studies have shown that chronic inflammation can be reduced with certain bioactive compounds found in food, including resveratrol in the skin of red grapes, theaflavins in tea, and omega-3 fatty acids in flax seed and fish. Use of these compounds in a daily diet may regulate the gene expression that causes inflammation (2). Foods rich in antioxidants can reduce oxidation associated with many chronic inflammations. (See *Peyk* #184 for more information.)

The common sources of foods that are high in antioxidants are summarized below:

Beta-carotene and other carotenoids are 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 (*Peyk* #184).

Vitamin C is 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. For more information about the antioxidant properties of Vitamin C, visit *Peyk* #173.

Vitamin E is abundant in broccoli (boiled), avocado, chard, mustard and turnip greens, mangoes, nuts, papaya, pumpkin, red peppers, spinach (boiled), and sunflower seeds. For more information about the beneficial effects of Vitamin E, visit *Peyk* #171.

Omega-3 fats play a role in altering the inflammatory process and regulation of pain. Salmon, tuna, trout, mackerel, and herring are high in these fats. Soy-based foods, walnuts, pecans, and flaxseed are also good sources of omega-3 fats (4). More information about omega-3 fatty acids is listed in *Peyk* #160.

Colorful fruits and vegetables including leafy greens, avocados, beets, cherries, and berries are rich in antioxidants. Other foods such as lentils and beans, nuts and seeds, whole grains, green tea, and certain spices, such as ginger and turmeric, are rich in antioxidants.

Lycopene and flavonoids are potent antioxidants abundant in tomatoes. Processing of tomatoes—such as boiling or making sauce or paste—significantly increases the bio-accessibility of lycopene and flavonoid content in the product.

Probiotics, which are the indigenous probiotic bacteria consisting mainly of bifidobacteria and lactobacilli, beneficially affect the host physiology by modulating the lining of the intestine and systemic immunity, as well as improving microbial balance in the intestinal tract. Results of studies (more than 134 clinical trials) show that consumption of fermented dairy products using these species of bacteria may elicit anti-tumor and anti-mutagenic effects, which have been attributed to decreased tumor promoting agents, leading to suppression of tumors.

Turmeric, a spice that comes from the turmeric plant, contains the chemical curcumin and other chemicals that have powerful antioxidant and anti-inflammatory effects. However, the curcumin content of turmeric is not that high (about 3% by weight). Curcumin is poorly absorbed into the bloodstream. Research suggests that it helps to consume black pepper with it, which contains piperine, a natural substance that enhances the absorption of curcumin by thousand folds. Turmeric is fat soluble, so it may be a good idea to take it with some fat in the diet. Turmeric has been studied as a beneficial herb in many diseases, including cancers, such as colorectal cancer (7) and Alzheimer's disease. It's known that inflammation and oxidative damage to neurons play a role in Alzheimer's disease. Since turmeric has beneficial effects on both, it can reduce the risks of the disease. In addition, a key feature of Alzheimer's disease is a buildup of protein tangles called amyloid plaques. Studies show that



the curcumin can help clear these plaques (7). Turmeric has been used to reduce inflammation of the joints. Arthritis is a common disorder characterized by joint inflammation. Many studies show that curcumin, the main ingredient in the turmeric, can help treat symptoms of arthritis and, in some cases, more effectively than anti-inflammatory drugs.

What foods cause inflammation

Studies show that chronic inflammation is linked to an increased risk of diseases like diabetes, heart disease, and obesity. The foods you eat can significantly affect inflammation in your body. Some foods that can cause inflammation are listed below:

Sugar and high-fructose corn syrup - The table sugar (sucrose) and high fructose corn syrup (artificially made) are the two main types of added sugar in the Western diet. Sucrose is made of glucose and fructose. Fruits and vegetables contain small amounts of both sugars in the right proportion. Researchers have noted that excess fructose from fructose corn syrup causes inflammation within the endothelial cells that line your blood vessels, which is a risk factor for heart disease (8). When the smooth lining of the arteries and arterioles get roughened as the result of inflammation, fats and cholesterol can attach to the endothelium, clog the arteries and bring about heart attack and stroke. Diets high in sugar and high-fructose corn syrup may also counteract the anti-inflammatory effects of omega-3 fatty acids, an essential fatty acid (*Peyk* #160).

Artificial trans fats - Artificial trans fats are created by adding hydrogen to unsaturated fats, which are liquid, to give them the stability of a more solid fat. Trans fats are often listed as partially hydrogenated oils on food labels. Unlike the naturally occurring trans fats found in dairy and meat, artificial trans fats have been shown to cause inflammation and increase disease risk. Trans fats also lower HDL (good) cholesterol and may impair the function of the endothelial cells lining your arteries, which is a risk factor for heart disease. Foods high in trans fats include French fries and other fried fast food, some varieties of microwave popcorn, certain margarines and vegetable shortenings, and packaged cakes and cookies.

Omega-6 fatty acids - Some studies suggest that some vegetable oils contain high omega-6 fatty acid that may promote inflammation when consumed in high amounts. However, the evidence is inconsistent, and more research is needed. See *Peyk* #160 for more information.

Refined carbohydrates - Carbohydrates have gotten a bad rap. However, the truth is that not all carbs are problematic. Refined carbs—those which have most of their fiber removed through processing—are not considered good carbs. Researchers suggest that refined carbs in the modern diet may encourage the growth of inflammatory gut bacteria that can increase your risk of obesity and inflammatory bowel disease. Refined carbs have a higher glycemic index (GI) than unprocessed ones. High GI foods raise blood sugar more rapidly than low GI foods.

Excessive alcohol - Moderate alcohol consumption, mainly of red wine, has been shown to provide some health benefits. However, higher amounts can lead to severe problems. Studies show that people who drink heavily may develop problems with bacterial toxins moving out of the colon and into the body. This condition—often called “leaky gut”—can drive widespread inflammation that leads to organ damage (7).

Processed meat

- Common types of processed meat include sausage, bacon, ham, smoked meat, and beef jerky. Chemicals (such as glycan) are formed by cooking meats and some other foods at high temperatures. Harmful compounds are formed when protein or fat combine with sugar. Foods that have been exposed to high temperatures—such as during grilling, frying, or toasting—tend to be very high in these

compounds which are known to cause inflammation. Consuming excessive processed meat is associated with an increased risk of heart disease, diabetes, and stomach and colon cancers.

Frying - Although frying may give flavor to food, the frying process results in substantial oxidation of frying oil. With increased lipid oxidation, there is a greater likelihood that aldehydes formed, which can react with amino acid lysine to render it unavailable for absorption. Additionally, some vitamins will be also be destroyed. Studies have shown that thermally oxidized lipids enhance peroxidation of cell membrane, which could potentially lead to carcinogenesis (8). Researchers have also discovered the presence of certain aldehydes in food, which are believed to be related to some neurodegenerative diseases and some types of cancer. These toxic compounds can be found in some oils, such as sunflower oil, when heated for frying. Results of other studies show that sunflower and linseed oil (especially sunflower oil) are the ones that create the most toxic aldehydes in less time (9).

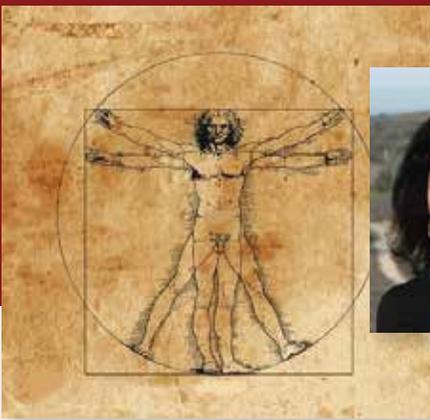
A summary of foods that may reduce or enhance inflammation is shown in the graph below, adopted from Harvard Health Publishing (3).

Summary

A quote from experts at Harvard Medical School says: “What do heart disease, obesity, rheumatoid arthritis, diabetes, gout, asthma, and other chronic conditions have in common? Inflammation!” Carotenoids, Vitamins C and E, omega-3 fatty acids, and turmeric are among the food ingredients that reduce inflammation. Sugars, trans fats, refined carbs, and processed meats are linked to cause inflammation. More information about fats, carbohydrates, omega-3 fatty acids, Vitamins C and E, and antioxidants have been discussed in previous *Peyk* editions.

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By Sanaz Majd, MD



Intermittent Fasting

We apologize that a section of this article was accidentally omitted in our last issue. The entire article is reprinted here. Peyk

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 hand out to my own patients and YouTube viewers. Here's the link for those of you who would also like a copy: <http://ceepurl.com/gvTJNn>.

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.

TIPS:

- During the 8-hour eating window in the 16/8 fasting schedule, you can have plain coffee, tea, broth, or water-but nothing else. No added honey, milk, sugar, or creamers. If you must have something mixed in, opt for a tiny amount of a high-fat, zero-carbohydrate creamer; but it's best to even skip that.

- Do not overeat during these 8 hours because that may mitigate all your efforts.
- Consider breaking your fast gently with a handful of nuts.
- Avoid snacking in between meals - that means you can eat your lunch and your dinner during that 8-hour window, but do not snack in between.
- Avoid refined sugars-found in foods such as bread, potatoes, pasta, rice, sweets, etc.-as much as possible. If unavoidable, opt for whole wheat versions instead.
- Opt to obtain most of your carbohydrate sources from veggies and fruits.
- The longer you have been overweight, the longer it will take for the insulin levels to down-regulate. Consider a one-month trial.
- The first few days beginning a fasting plan (and up to the first two weeks) may be challenging for some. You can gradually reach your 16-hour goal through time if necessary.
- Once reaching goal weight, you can consider decreasing the frequency of the 16/8 from daily to every other day or several times a week.

INTERMITTENT FASTING BENEFITS

- It's safe for most people-but make sure you do not fall into any of the contraindication categories listed below. It goes without saying, however, that you should always run any diet plan by your doctor prior to initiation.
- It's free-no meal plans to purchase, no pricey ingredients, no membership fees.
- It's easy-the rules are simple, there are no intricate rules to follow.
- It's flexible-you can combine it with any other diet plan or restriction.
- It is achievable long term for some people and easily incorporated into almost any lifestyle.
- Energy levels and metabolism increase.
- Blood sugars decrease.

CAUTION:

Intermittent fasting may not be appropriate or safe for everyone, including:

- Diabetics on certain medications and/or insulin-you may still be able to implement intermittent fasting, but with very close supervision by your doctor.
- Those with a history of eating disorders-fasting can trigger the same tendencies.
- Pregnant or breastfeeding women
- Children
- If you're on blood pressure-lowering medicine, regularly check your blood pressure. Blood pressure may decrease with weight loss and your medications may need to be adjusted by your doctor.

Although it appears very promising so far, it is important to note that we still do not have long-term studies on intermittent fasting. Therefore, you should always consult your doctor prior to initiating any type of diet plan.

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.



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Heating and cooling account for nearly half of a home's energy costs. A smart thermostat offers automation and greater control over your home's temperature and climate which can help you save on your energy bill. There are lots of reasons to install a smart thermostat, such as:

- 1- **Bigger energy savings** – The thermostat learns your energy habits and can recommend when to turn down heat or air conditioning
- 2- **Get the info you need, when you need it** – receive alerts for maintenance, if your home's temperature goes above or below a pre-set range and for power outages
- 3- **Easier to use** – the new generation of smart thermostats are easier to program so you won't feel like you need NASA training to use them
- 4- **Remote access** – you're able to adjust your home's temperature from anywhere via your mobile device which comes in handy if you leave the house and forget to turn down the heat or end up staying out later than planned
- 5- **Comfort** – you can pre-heat or pre-cool your home shortly before you arrive home



By Ali Gooyabadi, Ph.D.

WHERE IS EDUCATION GOING?

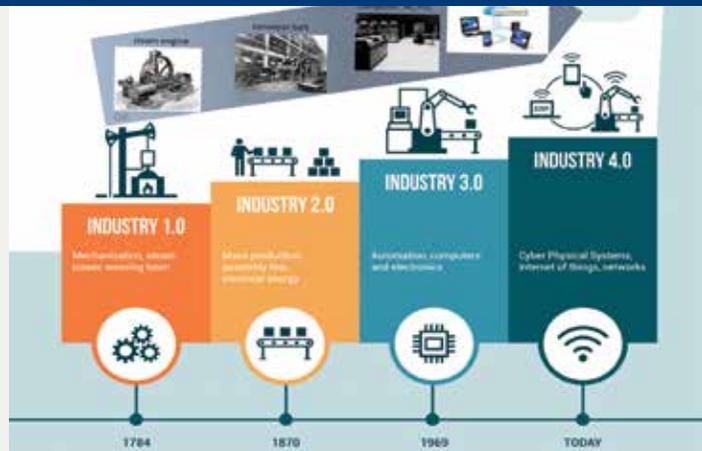
EDUCATION 4.0

We are all puzzled with the fast pace of global connectivity, artificial intelligence, smart machines, and autonomous cars—especially in the way these phenomena are reshaping how we think about life, socialization, and work. It seems we are at a juncture in time that we need to once again determine exactly what constitutes work and how we and our children need to learn and develop the required skills to work in the future. It used to be that we went to school and graduated with a degree with which we could build a lifelong profession, but now it seems that as soon as we graduate, we are required to learn a new skillset. This trend seems to be the norm, and the majority of our time is spent studying to be able to work. Lifelong learning is a mandate for the next generations. Market data reveals that most people will have at least 6 different careers, which translates into fundamental reeducating. This is at the level of changes today, but considering the relentless speed of innovation, it is inevitable that the pressure to be constantly re-educated will become more stringent.

This new fact of life requires a new vision for the future of education, a vision that can guide us from schools to lifelong learning! We need to concentrate on how the future of education will evolve, understand the main drivers, key inspirations, and what will matter most. In this article, to be followed with a few more, we will share with you the most recent debates on education and the many ways in which the process of learning and education—at all levels—will change. We are at a juncture in time in which personalized education is a possibility within reach of all.

The effectiveness of distance learning has been widely studied, focusing in part on experiences from such online educational programs as Khan Academy (<https://www.khanacademy.org>), Udemy (<https://www.udemy.com>), and MIT's Blossoms initiative (<https://blossoms.mit.edu>). The main objective is to be able to unbundle current educational practices so that they can be personalized, repackaged, peer to peer, and continuous. The entire idea in this re-creation is to create a technique and platform that would be possible to teach everything in an effective and customizable fashion by nearly anyone who has a passion to teach. What is taking place in this new trend is the flipping of the classroom-centric model where learners aren't using textbooks or getting one-size-fits-all lectures, but are managing the learning process through individualized learning engagements with the learning management system. In these systems, educators are there only as guides. It does not matter any longer where learning physically takes place—in the classroom or at the workplace, structured or unstructured, online or onsite, certificated or not—what is apparent is that the future of learning is likely to break free from our current mindsets in the near future. In reality, education and innovation are two sides of the same coin which is called Industry. The Industry has its own lifecycles that are referred to as revolutions; a look at the past 60 years shows that nothing has stayed the same in the way we live, work, study, entertain, or communicate. We are at the beginning of a new worldwide revolution that is referred to as Industry 4.0.

The First Industrial Revolution took place in the period from about 1760 to sometime around 1840, transforming hand production methods to machines and the increasing use of steam power and water power—simply put, it was the rise of the mechanized factory system. This was considered to be the most overarching revolu-



tion in human society which brought with it a total transformation of human society as a whole. The Second Industrial Revolution, or the Technological Revolution, brought us rapid industrialization which is dated between 1870 and 1914 and, interestingly, the beginning of World War I. The main driver of this revolution was electricity, which became prominent in 1882 when Thomas Alva Edison switched on the electrical current at the Pearl Street Station in New York. So many great changes were influenced by electricity that our world without it would be unimaginable.

Lifelong learning is a mandate for the next generations.

The Third Industrial Revolution—also known as the Digital Revolution—was a shift from mechanical and analogue electronic technology to digital electronics, which started in the late 1950s and lasted until the late 1970s, bringing about the adoption and proliferation of digital computers and digital record keeping, in turn shaping the beginning of the Information Age. In this revolution, computers were employed to create conglomerates that were impossible to fathom just a few decades before.

Today we are witnessing the dawn of the Fourth Industrial Revolution

And today we are witnessing the dawn of the Fourth Industrial Revolution that combines hardware, software, and biology or “cyber-physical systems” that emphasize advances in communication and connectivity in fields including fifth-generation wireless technologies (5G), nanotechnology, quantum computing, biotechnology, the Internet of Things, the Industrial Internet of Things (IIoT), artificial intelligence, fully autonomous vehicles, decentralized consensus, 3D printing, robotics, and the list goes on and on.

This new revolution has so many implications and potentials that no one can even imagine. Industry 4.0 is the trend towards automation and data exchange in manufacturing technologies and processes. We are witnessing the emergence of the digital corporation in which humans either work alongside digital as coworkers or are working under a digital entity capable of autonomous decision making. Yes, we are being managed by machines just like the science fiction movies depict. “Education 4.0” is the vision for the future of education, in response to the needs of “Industry 4.0.” In these short articles, different aspects of Industry 4.0 will be visited by the author who is an “Edupreneur” interested to be part of a dramatically different paradigm of training students of the future who can become valuable members of the workforce and independent problem solvers alongside this new revolution in our modern society, namely, Education 4.0.

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Persian Cuisine

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

“Kordestan; The Tribal Region—with Kermanshah, Ilam, Lorestan, Chahar Mahal & Bakhtiari and Kohkuliye & Boyer Ahmad run north-south parallel to the Zagros mountains, located in the western side of Iran by the Zagros mountain range. They form the main tribal and nomadic region of Iran. Yogurt and bulgur are the favorite ingredients of the cuisine of this region, which also utilizes mulberries, walnuts, and wild pistachios/baneh (therebinth).”

Kurdish Seven-Spice Advieh: Makes 3/4 cups/75g

Ingredients: (1) two 4 inch/10 cm cinnamon sticks, broken up; (2) 1 Tbsp. cloves; (3) 2 Tbsp. black pepper corns; (4) 2 Tbsp. cumin seeds; (5) 2 Tbsp. mustard seeds; (6) 1 Tbsp. nutmeg; (7) 2 Tbsp. ground turmeric. Kurds use various spice mixes; this is one of such mixes.

Directions: Grind the cinnamon, pepper corn, cloves, cumin seeds, mustard seeds, and nutmeg each separately in a spice grinder. Transfer them to a small mixing bowl as you grind them. Add the ground turmeric and use a spoon to mix them. Transfer to an airtight glass jar and keep in a cool place to use as needed.

Bulgur Meatballs in a Vegetable Broth:

Kofteh savara-ye-Kordi (Vegetarian)

Serves 6-8 Prep: 40 minutes + 30 minutes of resting

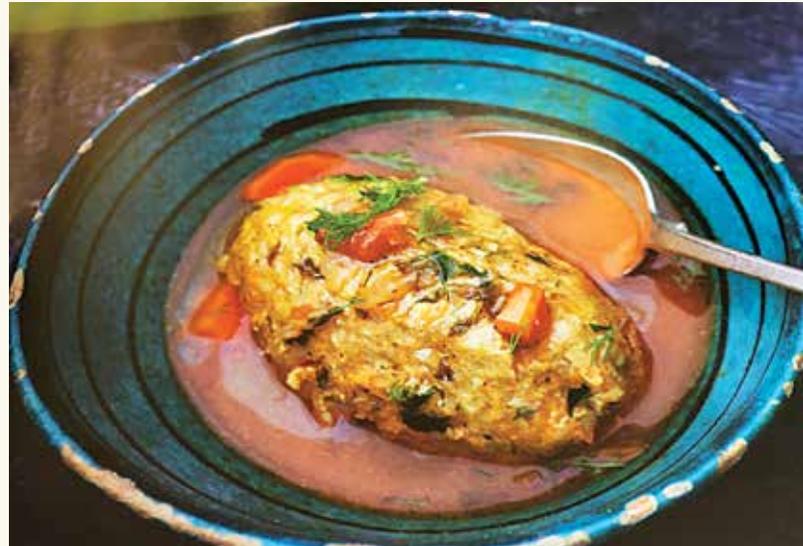
Cooking: 2 hours

Paste: 1 cup/180 g bulgur; ¼ cup/50 g rice; 2 large onions, peeled and quartered; 2 tsp. fine sea salt; 1 tsp. freshly ground pepper; ½ tsp. red pepper flakes; ½ tsp. Kurdish seven spice advieh (see above); ½ lb/225 g lamb or boneless chicken thighs; 1 egg, bean lightly; 1 Tbsp. rice flour

Broth: ¼ cup/200g oil or ghee; 2 medium onions, peeled and thinly sliced; 1 Tbsp. fine sea salt; 1 tsp. freshly ground pepper; 1 tsp. Kurdish seven spice advieh; 2 Tbsp. tomato paste; 1 carrot, peeled and diced; 1 zucchini, diced; ¼ cup/40g fresh or frozen peas; 2 bay leaves; 1 Tbsp. lime juice; 1 large tomato, peeled and diced; 6 cups/1.5l broth or water

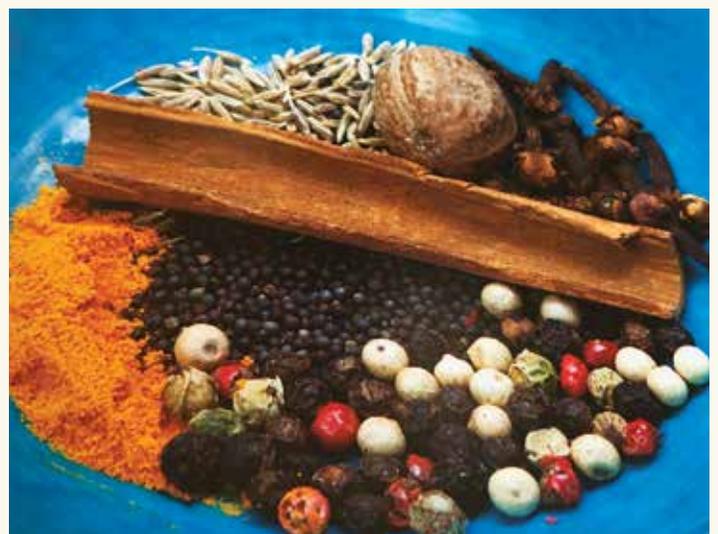
Egg Wash: 1 egg, lightly beaten with 1 Tbsp. water

- 1. To Make the Paste:** In a medium saucepan, place the bulgur and rice, add 4 cups/960 ml water and ½ teaspoon salt, cover and cook for 15 minutes over medium heat. Strain, squeeze out the liquid, and set aside to cool.
- 2.** In a food processor, place the bulgur and rice mixture, add the rest of ingredients for the paste, and pulse until you have a sticky paste. Cover and allow to rest in the refrigerator for at least 30 minutes and up to 24 hours.
- 3. To Make the Broth:** Heat the oil in a laminated cast-iron



pot wide enough to fit 6 large oval shaped meatballs the size of tangerines. Brown the onions over medium heat, add the salt, pepper, advieh, tomato paste, carrots, zucchini, and peas, and sauté for 1 minute. Add the bay leaves, lime juice, diced tomato, and broth and bring to boil. Reduce the heat to low, cover, and allow to simmer while you prepare the meatballs.

- 4.** Place a bowl of water next to you. Using damp hands, divide the meatballs into 6 equal parts. Shape each meatball into a large smooth oval ball and paint it with the egg wash. Gently slip each meatball, as you make it, into the simmering broth. Be sure to leave some space between the meatballs. Bring back to a boil.
- 5.** Reduce heat to medium and cook, uncovered, for 15 minutes. Reduce heat to low, cover, and cook for 45 minutes. Baste once with pan juices to prevent drying out. Adjust the broth seasoning to taste. Remove the bay leaves and serve with yogurt.



VOTER SUPPRESSION THREATENS OUR DEMOCRATIC RIGHTS!

By Carol Anderson

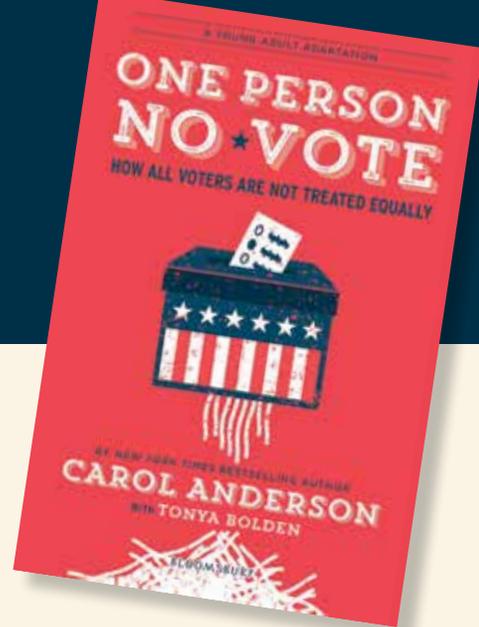
Reviewed by Hooshyar Afsar

“It was a mystery worthy of Raymond Chandler. On November 8, 2016, African Americans did not show up.” It is with this provocative statement that Carol Anderson starts the illuminating, factual, diligently researched and engaging book “One Person, No Vote.” Anderson in no way leaves us in the dark and immediately proceeds to elaborate. We learn that a “7 percent overall black voter turnout” drop and the fact that “less than half of Hispanic, and Asian American voters came to the polls” were primarily caused by systematic voter suppression. Yet, this did not happen overnight, and it only makes sense to give the reader a historical perspective.

Anderson provides a unique historical view on the Voting Rights Act of 1965 (VRA) as one of the major accomplishments of the Civil Rights movement. The author writes: *“The preventative thrust of VRA was landmark.”* The VRA required that the southern states first obtain the Justice Department’s approval on any election law changes. This key provision, called preclearance, transformed the South and thereby expanded democracy across the country. It ended the Southern regime of segregation that had, for all intents and purposes, eliminated African American participation in the election process. Black voter registration in Mississippi went from less than 10 percent in 1964 to almost 60 percent in 1968. *“In the region as a whole, roughly a million new voters were registered within a few years ... bringing African American registration to a record 62%.”* For the first time in the history of the United States, America had come close to having a representative democracy. Yet, similar to the short period of reconstruction after the Civil war, *“being in the sun”* for African Americans did not last long.

Anderson’s brilliant writing shows us that segregationists of the past did not just throw in the gloves after the VRA. In fact, they immediately started questioning its constitutionality of the VRA through numerous lawsuits and protracted efforts. The author demonstrates that these pernicious efforts were finally successful. In the 2013 landmark case of *Shelby County vs. Holder*, the Supreme Court ruled to neutralize the VRA by declaring that preclearance is no longer necessary. This decision paved the way for many states, now expanding from the South to other regions of the country, to put in place new methods restricting and reducing African American registration and voting. We learn that what happened in November 2016 was years in the making.

The reader cannot avoid being shocked at the various voter suppression tactics employed. From voter ID requirements while closing DMV offices and reducing their hours, to rampant voter roll purges and extreme gerrymandering (the redrawing of electoral



On November 8, 2016..... We learn that a “7 percent overall black voter turnout” drop and the fact that “less than half of Hispanic, and Asian American voters came to the polls” were primarily caused by systematic voter suppression.

districts for political purposes), the author informs and inspires the reader to act. As a follow-up to her book, in a November 2019 article written for Guardian*, Anderson tells us that voter intimidation of immigrant communities will definitely be a strong weapon of voter suppression in the 2020 elections. She uses the example of Texas secretary of state David Whitley’s claim in January of 2019 that he had evidence of tens of thousands of non-citizens voting as intimidation tactics to expect. She also shows that the claim of non-citizens voting was later debunked when it became clear that there were tens of thousands of naturalized citizens on the list. Anderson goes on to explain that Whitley’s false claim was a signal to the naturalized citizens in immigrant communities to keep their head down and stay away from the poles if they don’t want to be investigated.

Many Americans have a rather simple and naïve view of US history. Certain pronounced facets of this naiveté are that slavery

was something really awful but it all ended after it’s abolition by the end of the Civil War... and then there was this “unfortunate thing” called segregation in the South that ended with the Civil Rights Act of 1964 and the Voting Rights Act of 1965. Problem solved. For many people, this view provides peace of mind and a good feeling about being American... and then there is Trump and the rise of white nationalism, and many people say that “this is not the America we have known and no matter how disturbing, it is just an aberration and it shall pass” ... and then come brilliant authors and historians like Carol Anderson who once again show us with facts and sensible historical analysis that the U S politics in general, and election politics in particular, could neither be understood nor sufficiently analyzed without positioning racism at its core. Racism that also threatens democratic rights of all immigrant communities in the United States.

One Person, No Vote
How Voter Suppression Is Destroying Our Democracy
By Carol Anderson
Bloomsbury. 271 pp. \$27

* <https://www.theguardian.com/us-news/2019/nov/13/voter-suppression-2020-democracy-america>

BY ANNIE ROTH

PHOTOGRAPH BY REBECCA HALE

She sees trash as a precious commodity

'Our trash doesn't disappear, it goes somewhere'—and in a circular economy, it could be a valuable resource, says this environmentalist.

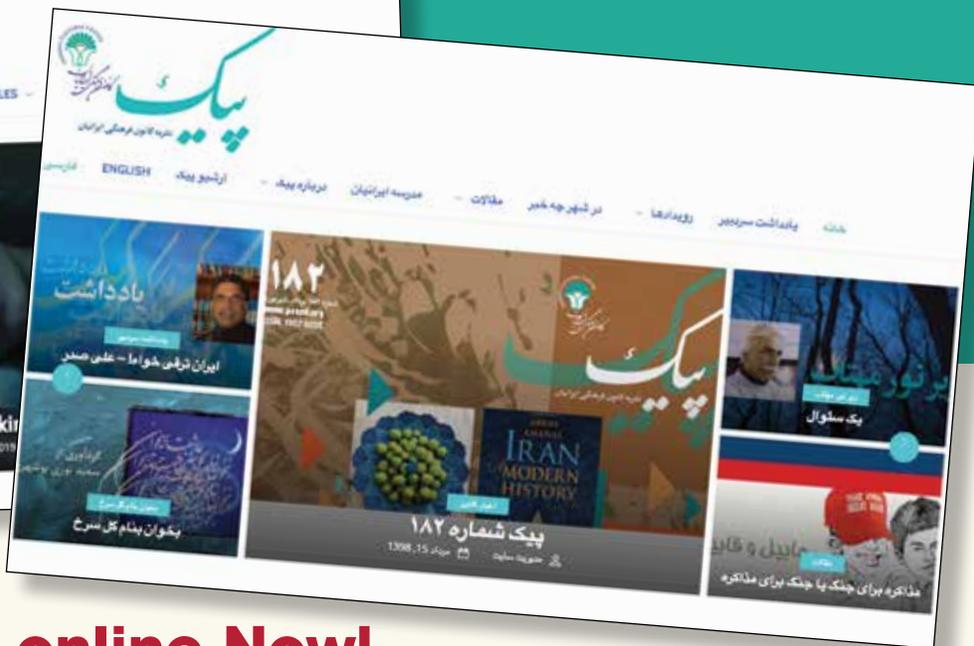
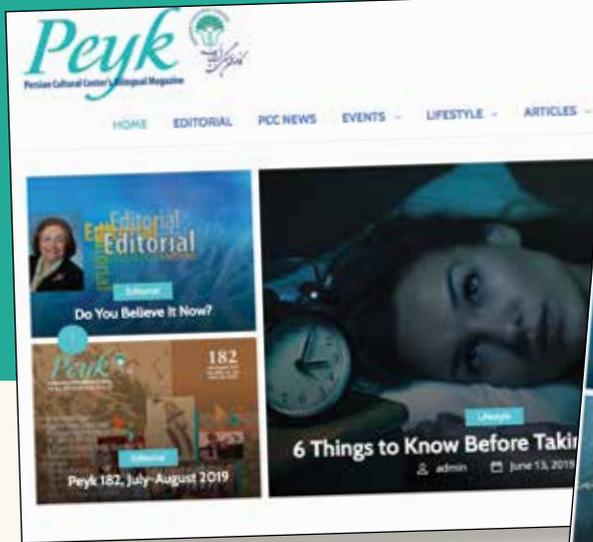
Banana peels and plastic straws are little more than garbage in most of the world. To environmental educator Lillygol Sedaghat, they're precious commodities. For the past two years, the 27-year-old National Geographic explorer has traveled the globe to advocate for the untapped potential of trash. The linear economy, where resources are turned into disposable products, "is no longer sustainable," Sedaghat says. She aims to promote a circular economy, in which "you maximize your resources and minimize your waste." Since 2017 Sedaghat has researched one of the world's most efficient waste management systems: Taiwan recycles nearly half its municipal waste and has reduced the amount sent to landfills to less than one percent—turning plastic waste into cell phone cases and food scraps into fertilizer. To Sedaghat, it's a prime example of how a zero-waste economy can work. Her goal? For people "to realize a) they are a part of a waste system, b) they could make a difference and live a more sustainable lifestyle, [and] c) that our trash doesn't disappear, it goes somewhere and affects someone." □

Learn more about plastic waste and take the pledge to reduce it at natgeo.com/plasticpledge.

Source: National Geographic Magazine, December 2019 issue.

Lillygol Sedaghat is an alumni of Iranian School of San Diego (ISSD).





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Ali Sadr- Editor in Chief

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مژده پیک آنلاین شد

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.