

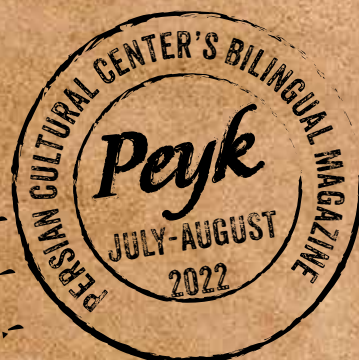


Peyk

Persian Cultural Center's Bilingual Magazine
P.O. Box 500914, San Diego CA 92150
www.peykmagazine.com

200TH ISSUE OF PEYK

July-August
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Shaghayegh Hanson



We are 200 editions old!

You may have noticed this is the 200th issue of *Peyk*. I know we celebrated our 30th anniversary just last year (*Peyk* #195), but there's something about a nice, rounded figure in the hundreds that deserves a mention.

Think of 30 years as the forest and 200 as the trees. Then think of what goes into choosing the type of each tree, where to plant it, and how to take care of it: measuring the space it will fill, checking the soil, determining its exposure to the elements, and pruning and watering it so that it will long outlive us and leave a lasting legacy for future generations. In a similar way, every edition of *Peyk* has been designed to fill a void in our community, by covering events and issues that touch upon our lives and connect us to each other and to society at large. Each "*Peyk* tree," thus planted, documents the story of our community and is part of the legacy we leave behind.

I became a contributing writer for *Peyk* in 2007. At that time, my daughter was five years old and my son was almost three. I wrote what I knew then, that is, the trials and tribulations of motherhood. Over several years, I talked about the merits (or not) of being a "Tiger Mom," the impact of having children on my career, and the politics of being a soccer mom (think "Game of Thrones," SoCal version). I wrote about the ridiculousness of the cap-and-gown graduation my son had at preschool and my daughter's tear-jerker-designed 5th grade graduation ceremony. I shared with you the thrill of taking my children back to my smog-covered, Victorian-era elementary school in London, a far cry from their shiny and new schools in San Diego. I discussed the importance of passing my Iranian heritage onto my children and how PCC and ISSD helped create the Iranian village I needed to raise an Iranian child. All the while, I didn't realize I was helping to plant *Peyk* trees—unwittingly chronicling some of the major moments in mine and my children's lives and the important role our community organizations played in them.

And now, here I am, about to become an empty-nester, as my son graduates from high school and prepares to head off to college in the fall. My daughter, too, is graduating from college and will be heading to law school after an internship in Washington, D.C.

In the blink of an eye, one of the most precious chapters of my life has ended. Yes, they may return to their childhood home from time to time to refuel on unconditional love and security, but the days of their gap-toothed, then braces-laden smiles are over, as are the playdates, the sports events, the yelling at them to get up for school, the waiting up late for them to come home. I know many of you can relate to my sentiments.

In the hubbub of those years, I wasn't always the best diary keeper or photo taker, thinking I would surely remember all the good, bad, and the ugly in vivid technicolor—I was wrong, of course, because memory does fade. We all lead such busy lives, forcing us to focus on the day to day, hardly noticing the speed of time passing. But at some point, all of us, whether personally or collectively as a community, reach a particular destination that earns us a moment of restive contemplation to assess where we are, what we've achieved, and where we need to go next. If, in those moments, your memory needs jogging, remember there are 200 *Peyk* trees at your service. (<https://pccsd.org/peyk>)

Persian Cultural Center's Bilingual Magazine

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Persian Cultural Center
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PCC's Board Meetings

Persian Cultural Center's board of directors holds its meetings on every second Wednesday of the month virtually, via Zoom. The last two meetings took place on May 11 and June 8, 2022.

Mystery of Tanbur Concert—May 1, 2022

Mystery of Tanbur concert was a collaborated event between PCC and the Music Department of UCSD. This concert was held on May 1 at the Conrad Prebys Concert Hall on the UCSD campus. Maestros Ali Akbar Moradi, Mehdi Bagheri, Arash Moradi, and Kourosh Moradi performed at this concert.

Puzzle Performance—May 8, 2022

The play *Puzzle*, by Borzou Arjmand and Ehsan Karami, was performed at the Schulman Auditorium of the Carlsbad City Library on May 8. This event was a collaboration between PCC and Sheed Film.

PCC Annual Meeting and Election—May 15, 2022

PCC's annual meeting and the election of new board members was held at the Iranian School of San Diego (ISSD) on May 15. To start things off, the president of the board, Ms. Shahla Salah, gave a report on PCC's annual activities. Mr. Hamid Rafizadeh presented the financial report of Kanoon, followed by Mrs. Fariha Babakhani-Ghazi giving a report on ISSD activities. Mr. Ali Sadr then presented a report on *Peyk* magazine, PCC's cultural magazine. The program continued with the candidates introducing themselves to the audience. At the end of the meeting, the election was held and Mr. Ali Sadr, Mr. Ali Pirouzian, Ms. Baharak Shademan, and Mr. Soheil Bigdeli were elected as voting members, with Ms. Parnian Badii, Dr. Mitra P. Jamshidi, and Mr. Hamid Beikzadeh elected as alternate members.



A Poet and A Poem—May 18, 2022

In this virtual event hosted by Farshad Babakhani and PCC's Poetry & Literature Committee, the eleventh-century poet Khaghani Shirvani was introduced and some of his poems were recited. Several members of the audience also read their own selected poems.

Improvisation in Rast-Panjah—May 26, 2022

In collaboration with the PCC, UCSD held a concert called *Improvisation in Rast-Panjah*. This event was held at Atkinson Hall Auditorium on the UCSD campus. Amir Hossein Pourjavadi played Setar and Pejman Hadadi played Tombak.





ISSD End of School Year Celebration—May 29, 2022

Students, parents, and teachers of ISSD celebrated the end of the school year at Mt. Carmel High School on May 29. The program started with a beautiful dance by the members of the Dance Academy. The winners of the “Reading Olympics” were then recognized and received their awards. More dancing and entertainment followed. Members of the class of 2022 then came on the stage to receive their graduation certificates. The celebration included fun activities such as an apple eating contest and a cake walk. In the end, the students received their report cards and enjoyed delicious pizza.

PCC's Youth Committee—Spring 2022

In the past few months, the PCC Youth Group Committee has been involved in many community events. They hosted a food drive on April 24 at ISSD and collected over 430 pounds which were then donated to the San Diego Food Bank to help ICNA Relief and Afghan refugees in the city. In addition to the food drive, they assisted in the Annual Creek To Bay Park Cleanup with I Love a Clean San Diego. Finally, they hosted a book fair at the Iranian American Center on June 3, where they raised over \$260 selling Farsi books and DVDs. A portion of the funds raised was donated to refugee families in San Diego.

Passport to Persian Calligraphy and Performing Art—June 18, 2022

This program was organized by the Encinitas Friends of the Arts and co-sponsored by PCC. The program consisted of a musical performance by L.A. painter Mohtadi Mirak, a conceptual traditional dance by talented Kosar Abbasi, and performances by celebrated Iranian musicians Amir Aghayi and Sina Gharavi.



Jong e Farhangi

Friday, July 15, 2022, at 7 PM

Friday, August 19, 2022, at 7 PM

Movie and Discussion Nights

Thursday, July 28, 2022, at 7:30 PM

Thursday, August 25, 2022, at 7:30 PM

Poetry Night

Wednesday, July 20, 2022, at 7 PM

Electric ud Trio with Hafez Modirzadeh Concert

Sunday, August 14, 2022, at 6:30 PM at IAC

Kourosh and Pejman Hadadi in Concert

Saturday, August 20, 2022, at 7 PM at IAC

Iranian School of San Diego Registration for 2022-2023

Monday, August 22 to August 31, 2022

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Annual Meeting and Election Persian Cultural Center of San Diego May 15, 2022

34 Years of Service

PCC's Annual General Assembly took place on May 15, 2022, at the Iranian School of San Diego (ISSD), located at Mt. Carmel High School in San Diego, California. This was the first in-person meeting following two years of virtual meetings. At the assembly, the annual report was presented, followed by the election of the new board members.

After calling the meeting to order, PCC's 2021-2022 president, Shahla Salah, reported last year's activities. Hamid Rafizadeh presented the financial report, Fariba Babakhani-Ghazi presented the reports for ISSD, and Ali Sadr reported about *Peyk* magazine. A summary of last year's activities is listed further below.

2021-2022 Board of Directors and Committee Assignments

PCC's board of directors and committee members for the past year were Shahla Salah (President), Amir Farshad Babakhani (Vice President), Hamid Rafizadeh (Treasurer), Nikoo Atefi (Secretary), Fariba Babakhani-Ghazi, Parnian Badii, Hamid Beikzadeh, Soheil Bigdeli, Farideh Fazel, Mahmoud Reza Pirouzian, Ali Sadr (ISSD Principal), Venus Safaei, and Sara Taghavi.

The Advisory Board consisted of Shahri Estakhry, Saeed Jalali, Rosita Bagheri, and Shaghayegh Hanson.

The Board had twelve monthly meetings in the past year while committees held meetings as needed. At its first meeting, the Board elected its Executive Committee members and established the following committees:

Arts and Culture: Soheil Bigdeli and Sara Taghavi (Heads), Hossain Hajimowlana, Ali Sadr, Fariba Babakhani-Ghazi, Amir Farshad Babakhani, Anahita Babaei, Abdy Salimi, Mahmoud Reza Pirouzian, and Nikoo Atefi

Membership: Farideh Fazel (Head), Fariba Babakhani-Ghazi, Soheil Bigdeli, Parnian Badii, and Shahrzad Julazadeh

Public Relations: Mahmoud Reza Pirouzian (Head), Sara Alagheband, Ali Sadr, Fariba Babakhani-Ghazi, Nikoo Atefi, Farideh Fazel, Hossain Hajimowlana, Milad Jahadi, Negar Nekouei, and Shahrzad Julazadeh

Grant and Finance: Hamid Rafizadeh (Head), Shahla Salah, Fariba Babakhani-Ghazi, Shahrzad Julazadeh, and Cheryl Encine

Fundraising and Nowruz: Nikoo Atefi (Head), Fariba Babakhani-Ghazi, Amir Farshad Babakhani, Farideh Rasouli Fazel, Shahla Salah, Venus Safaei, Parnian Badii, Hamid Rafizadeh, Bahar Bagherpour, and Mohammad Ayari

PCC Charity: Venus Safaei (Head), Fariba Babakhani-Ghazi, Shahla Salah, Parnian Badii, Nikoo Atefi, and Shahrzad Julazadeh

Education (ISSD): Ali Sadr (Head), Fariba Babakhani-Ghazi, Parisa Amini, and Shahnaz Ahmadian

Chaharshanbehsoori & Sizdahbedar: Hamid Rafizadeh (Head) and Hamid Beikzadeh

IAC: Hamid Rafizadeh (Head), Ali Sadr, Fariba Babakhani-Ghazi, Hamid Beikzadeh, Shahla Salah, and Shahrzad Julazadeh

PCC Youth: Fariba Babakhani-Ghazi (Head), Farideh Fazel, and Venus Safaei

Peyk: Ali Sadr (Head), Shahri Estakhry, Saeed Jalali, Aria Fani, Shahrzad Julazadeh, Shaghayegh Hanson, Reza Khabazian, Ali Sahebolzamani, and Rachel Tait

Governance: Ali Sadr (Head), Shaghayegh Hanson, Nikoo Atefi, Shahla Salah, Farideh Fazel, Fariba Babakhani-Ghazi, and Shahrzad Julazadeh

Summary of Persian Cultural Center Events and Activities

During 2021-2022, PCC was active in organizing traditional celebrations and programs for the Iranian American community. PCC also collaborated with other organizations to reach out to the community at large. These events were held in person, virtually, or both.

PCC sponsored or co-sponsored the following programs:

- 1- Food and Toy Drive by the PCC Youth Committee for the San Diego Food Bank (two times)
- 2- Hiking by the PCC Youth Committee
- 3- Caravan Electric Ud Trio's "*Angelica's Project*" concert at IAC
- 4- Virtual Writing Workshops with Hossein Mortezaeian Abknar
- 5- Mehregan Celebration in collaboration with San Diego Museum of Art (SDMA), Aida Shahghasemi Concert at SDMA
- 6- Performance of the play *Waking Up & Sleep* for four shows, directed by Mahmoud Behrouzian at IAC
- 7- Comedy show by K-Von at IAC
- 8- Informational seminar about college applications with Heidi Bridges
- 9- Collaboration with San Diego Asian Film Festival's Pacific Arts Movement
- 10- The Sublime Sound of the Setar concert by Kourosh Taghavi
- 11- Screening the movie *Playing with Stars*, directed by Hatef Alimardani, at the Stars Cinema
- 12- Talk on post-revolutionary Iranian Poetry in collaboration with UCSD
- 13- Yalda Celebration at AIC
- 14- Ud Trio concert with Farhad Bahrami
- 15- Nowruz Preparation at ISSD
- 16- Presentation of haft-seen along with literary, cultural, and historical exhibits in seven San Diego public libraries
- 17- ISSD Nowruz Celebration at Del Norte High School
- 18- PCC Nowruz Celebration at the La Jolla Marriott Hotel
- 19- Sizdehbedar with AIAP and House of Iran at NTC Park
- 20- Screening of the documentary movie *Tekyeh Doulat* in collaboration with UCSD
- 21- Mystery of Tanbur, Kurdish Music of Iran by Ali Akbar Moradi Ensemble in collaboration with UCSD
- 22- Performance of the play *Puzzle* in collaboration with Sheed Film
- 23- Eight virtual Nights of Poetry and Literature (on the third Wednesday of the month)
- 24- Six virtual Film and Discussion series (on every last Thursday of the month)
- 25- Virtual Jong e Farhangi with guest Shahrokh Yadeghari
- 26- Virtual Jong e Farhangi with guest Mohammad Motvaselani
- 27- In-person and virtual Jong e Farhangi with guest Khorow Davami
- 28- In-person and virtual Jong e Farhangi with guest Fardin Sahebzamani
- 29- In-person and virtual Jong e Farhangi with guest Ali Akbar Moradi
- 30- Three virtual cooking training sessions "*Three Chefs in the Kitchen*" (on every second Saturday of the month)

ISSD: The academic year 2021-2022 was ISSD's 34th year of operation. This year, ISSD had 216 students attending 23 classes, consisting of 14 in-person and 9 virtual classes. The in-person classes were held on Sunday mornings. Classes were separated into multiple levels—Pre-K, Kindergarten, Conversation, Persian 1 through 6, and Persian for Adults. Extracurricular classes such as Dance, Drawing, and Setar were offered as well. In the virtual classes, students from other parts of the country were able to participate as well.

ISSD is planning to continue to expand the online classes and provide unique means and methods to more students around the country and other parts of the world. ISSD's Persian language program is accredited by all local school districts as well as the Western Association of Schools and Colleges, which means that high school students can fulfill their second language requirements by taking Persian language courses at ISSD. ISSD's six Persian language textbooks for teaching Persian as a heritage language are being used in several other Persian schools around the country. In addition, audio versions of the textbooks are also available. ISSD has a website (issd.pccsd.org) and is also active on Facebook, Instagram, and YouTube.

The school's Nowruz program was held on March 13, 2022, at Del Norte High School, and the End of the Year event and graduation for the Class of 2022 took place on May 29, 2022.

Persian Dance Academy: With 41 students, the Persian Dance Academy met on Sundays at ISSD. The dance students performed in the PCC Nowruz event, the ISSD Nowruz program, and the ISSD End of the Year program.

Iranian American Center (IAC): The IAC typically hosts a variety of cultural activities for the Iranian community, such as the Iranian American Scholarship Fund (IASF) and Dollar a Month Fund (DMF), San Diego State University (SDSU), and UCSD. The Center has a library with more than five thousand books.

Peyk Magazine: For the past 30 years, PCC's bi-monthly, bilingual cultural publication—*Peyk*—has been one of PCC's most successful outreach instruments. Every two months, *Peyk* is mailed to thousands of subscribers in San Diego and other parts of the country. Typically, thousands of copies are also distributed through the business and cultural centers in San Diego, Orange, and Los Angeles Counties; the Bay Area; Chicago; Washington, DC; Maryland; Dallas; Atlanta; and many other cities. *Peyk* is also available online at peykmagazine.com. This site is interactive, allowing readers to directly communicate with and leave comments for the editorial board. The past issues of *Peyk* are still available at the *Peyk* archive, pccsd.org/peyk.

Grant and Outreach Programs: PCC enjoys continued joint programs with local organizations such as the San Diego City Library, SDMA, UCSD, DMF, IASF, Iranian American Bar Association, PAC Art, Amirani Film, Dornab, Persian Cultural Center of Atlanta, Professional Organization of Iranian Americans, and the Racism Awareness Project.

PCC has continued to work with SDG&E's "Energy Solutions Partners" campaign—as an "Energy Solutions Partner," PCC has joined other non-profits and environmental groups in a collaborative effort to make all of California's consumers aware of how they can save energy and money through energy efficiency. PCC was chosen as a partner because of our ability to target a specific demographic and translate important emergency news alerts into Farsi, as necessary.

Membership: PCC continued advertising and inviting members of the community to join. PCC provided new online membership software by Join It and provided newly-issued membership cards to its members. Members get a special discount for PCC events. PCC also continued procuring discounts from various Iranian businesses for its members.

Public Relations: Thousands of people all over the world view PCC's website, www.pccsd.org, Facebook, Instagram, Telegram, Twitter, and YouTube. PCC issues a weekly electronic newsletter that reaches thousands of community members. The PCC website provides quick access to *Peyk*, ongoing programs and activities, as well as other cultural information and events. People can refer to the website to read about PCC's many activities, to renew their membership, and to make tax-deductible contributions online.

In the past year, several PCC events were featured on KPBS radio in San Diego, KIRN Radio Iran in Los Angeles, Chekhabar.com, Kodoom.com,

and the San Diego Arts and Sol website. These programs not only reached out to the Iranian American community but also to other communities who attended our featured programs. During Nowruz, San Diego's CBS8 channel broadcasted two special reports featuring PCC and interviews with PCC board members.

The PCC Foundation—A Charitable Organization: The foundation continues to raise funds for the following projects:

- Helping refugee families.
- In collaboration with AIAP and DMF, helping an Iranian couple and their 8-year-old son who have entered the U.S. as refugees.
- Continuing to support two young students who lost their parents and need help, a long-term project.

Youth: This committee has been instrumental in supporting PCC's and ISSD's events. Some of the members are actively working as Teacher Assistants at ISSD. The committee has organized two food and toy drives on behalf of the San Diego Food Bank; provided free-of-charge tutoring for other students, particularly refugees; hosted an informational seminar about college applications; and also organized a hiking trip.

Special Thank You: PCC would like to take this opportunity to thank the following board members who are leaving us. We are grateful for the time, energy, and talents they generously gave to PCC and our community. We look forward to having them back on the PCC Board again.

The following members have served their terms and are leaving the board: Nikoo Atefi, Parnian Badii, Hamid Beikzadeh, Venus Safaei, and Ali Sadr. With the exception of Nikoo Atefi, who has served two consecutive terms and is subject to "term limits," the others can run for re-election.

We are continually looking for volunteers to join our committees and sub-committees. Please step forward and GET INVOLVED with various groups to HELP US to better serve the community.

2022 PCC Board of Directors Election: After the Board of Directors' report, candidates to fill the vacancies in the Board introduced themselves and presented their plans for joining the Board. Mr. Mehdi Moein (president of House of Iran), Ms. Maryam Nabiyouni (president of the Association of Iranian American Professionals), and Mr. Mohammad Ayari observed the election, which was performed by secret ballot. After counting the ballots, including the absentees and electronic votes, the results were announced.

The following were elected as voting members of the Board of Directors: **Ali Sadr, Ali Prouzian, Baharak Shademan, and Soheil Bigdeli.** Parnian Badii, Mitra Jamshidi, and Hamid Beikzadeh will serve as alternative board members. These members will serve along with the current board members: Shahla Salah, Fariba Babakhani-Ghazi, Hamid Rafizadeh, Amir Farshad Babakhani, Mahmoud Reza Pirouzan, Sara Taghavi, and Farideh Fazel. The general assembly adjourned at noon.

The first meeting of the Board of Directors was held on June 9, 2021. Subsequently, the Board elected members of the Executive Committee, who will serve PCC for one year:

President: Shahla Salah

Vice President: Mahmoud Reza Pirouzan

Treasurer: Hamid Refizadeh

Secretary: Farideh Fazel

Other members of the Board of Directors will be leading various committees such as Arts and Culture, Education, PCC Charity, Building, Grant and Finance, Nowruz and Fundraising, PR, PCC Youth, Chaharshanbeh-soori & Sizdahbedar, and Membership.

If you are interested in joining any of the committees, please contact PCC by phone at (858) 552-9355 or email at pcc@pccsd.org.



U.S. Midterm Elections in November: What the Primaries are Showing

By Hooshyar Afsar

Introduction

The primary elections, by which the two major political parties decide who will be on their ballots come November, are underway. Many major contests—such as those in California, Georgia, and Pennsylvania—are over and there are indications of emerging trends. So far, the only certainty is that we are fast headed toward the key date of Tuesday, November 8, 2022. I intend to look at the results and make arguments for and against voting and whether it makes a difference; yes, there are powerful trends on both left and right that negate the value of voting.

Results So Far

While there is no clear cut trend that has defined the primaries everywhere, there are certain trends that are emerging. Let's look at them one by one.

Republican Party Results

The most significant outcome so far is the lack of a clear cut trend in favor of candidates supported by Donald Trump. While Trump's endorsed candidate for Senate in Ohio, J.D. Vance (author of *Hillbilly Elegy*), won his primary, Trump's candidate in Pennsylvania, Dr. Oz, won by a much thinner margin and Trump's preferred gubernatorial candidate in Georgia lost by a wide margin. The Georgia gubernatorial race is significant as Trump made that state and his opposition to sitting Georgia Governor Brian Kemp and Secretary of State Brad Raffensperger a cornerstone of his "stop the steal" campaign—the lie pushed by Trump and his surrogates that the 2020 presidential elections were stolen by Joe Biden. Another key figure in the "stop the steal" campaign—Texas Attorney General Ken Paxton—eventually won, but was also forced into a run-off during that state's primary. Similarly, Trump's endorsed candidates lost in the Nebraska and Idaho primary races for governor.

Clearly, Trump still has significant influence in the Republican Party, yet his influence is not unopposed or absolute. This could result in less turnout by die-hard Trump supporters in certain key races in November and, in other cases, Republican voters who oppose Trump may not vote for his candidate or may even stay home. In a sense, a lack of unanimity in the Republican Party is, by itself, a trend. Those margins could make a difference in the final outcome of the midterm elections in November.

Democratic Party Results

The "rise in crime" slogan has taken center stage and the most significant indicator has been in California. In San Francisco, the recall of progressive District Attorney Chesa Boudin, with a more humane approach to criminal justice and sentencing, won 60% of the votes. In Los Angeles, a Republican billionaire, Rick Caruso,

led the special mayoral election but did not get enough votes to cross the 50% threshold, so will face Democrat Karen Bass in November. Turnout was low in both these elections, yet they show a clear worry by Democratic voters in California about the rise of crime and homelessness. One interesting fact about crime statistics is that the major increases in 2020 and 2021 are mainly in murder rates; property crimes actually fell in 2020 as compared to 2019. As Pew Research reports, most Americans have a generally negative perception of crime and they think crime was on the rise when it was actually falling. Now, when there is actually a rise in a certain category, like the murder rate, then the perception is even more overblown. The fact is that crime rates dropped significantly between the early 1990s and 2019 and, even with sharp increases of murder rates in the last two years, we are still significantly below 1993 rates. There is no comprehensive study that shows why crime fell significantly in the U.S. the last two decades prior to the pandemic or why murder rates have gone up in 2020 and 2021 (we don't have updated statistics in 2022). Most credible sources (Pew Research and *The New York Times*) make assumptions about pandemic stresses. Regardless of the facts, peoples' perception is their reality and indications are that even Democratic voters have concerns that are so far being expressed at the ballot box.

To all the above I should add that when it comes to the actual makeup of different political leanings, the Democratic Party is much less homogeneous than the Republican Party. Democrats have created a big tent that, while giving them the upper hand in terms of sheer numbers, makes it more difficult to unite all their potential voters regarding a single platform.

So, what is to be done? Should we participate in the process and vote in the primaries and on November 8, or should we stay home because it is of no use? As I said earlier, there are arguments on both sides. Let's look at them.

Arguments Against Voting

There is definitely a sense among young Americans (many second- and third-generation Iranian Americans fall into this category) that older generations have left them with a generally bad situation (environment, racism, misogyny, and corrupt politicians, among others) and their votes don't make a difference.

One primary line of reasoning is that the U.S. is not really a representative democracy and it is shifting away from a democracy, so why bother voting? There are many facts supporting this argument that are hard to discount. Among those are the fact that the electoral college, as a vestige of slavery and racism, negates the basic principle of "one person one vote"—since the year 2000, the



presidency has *twice* gone to the person who lost the popular vote. This phenomenon was rare and had only happened once in the 220 years prior to the year 2000, but it is bound to happen more in the future. Other valid arguments are:

1. The U.S. Senate is a powerful undemocratic parliamentary body in which states with around 30% of the country's population could hold a majority of the power or dictate the agenda using parliamentary tactics, making decisions that go against national trends like denying a woman's choice over her body, refusing to implement regulations that would protect the environment, or enacting gun control.
2. The effects of undemocratic presidential elections and the makeup of the U.S. Senate have long-term repercussions, specifically with the makeup of the U.S. Supreme Court, which has recently made it possible to repeal landmark decisions such as *Roe v. Wade* to push the U.S. back to the mid-twentieth century and earlier when it comes to a woman's right over her body.
3. The redistricting of Congressional and state houses along political, economic, and racial lines (known as "gerrymandering") have made state houses and the U.S. House of Representatives undemocratic—a minority of voters can easily control their statewide elected officials (e.g., Wisconsin) or the U.S. House of Representatives, resulting in policies that are not aligned with the general trends in the country.
4. This undemocratic system makes it impossible to bring about significant change in major areas such as racial justice, criminal justice, the environment, health care, gender equality, economic equality, etc.
5. There is a new rise of voter suppression legislation in many states that will make voting even harder and more restrictive along racial and economic lines.

Other arguments include: power corrupts and Democrats are as bad as Republicans; a few good politicians will not be able to make a difference; we are tired of "holding our nose" and voting for candidates who will preserve the same corrupt system; and last but not the least, American optimism has shown its falsehood domestically and internationally.

To tell you the truth, many of these arguments are solid and have facts and reasoning to support them, convincing many people not to vote. Perhaps that is why the U.S. has one of the lowest voter turnouts among industrialized nations that claim to be democratic.

Now let's look at the arguments on the other side.

Arguments For Voting

I am going to flip the coin here and argue that the U.S. is not a democracy and that is exactly why we should vote. Participating in the electoral process is an effective way to bring about change, yet that is only one channel among many. We should hold our elected officials accountable and use all the means available to us to sway them in a progressive direction in terms of the policies they support—including voting them out of office if they are not responsive. Yet, while I am not arguing for low expectations, I do support sensible expectations. My argument is that politicians' power to bring about significant change is limited and, while we should push them to do as much as possible, we should employ the other means of bringing about change at our disposal.

What "other means" am I talking about? Here are a few:

Developing long-term and short-term grassroots movements. Organizing ourselves at all levels and continuing to participate in the political process is perhaps even stronger than the act of voting and relying on our politicians. For this to be successful, each one of us could discover the cause (or causes) that we want to be committed to and upon which we are willing to act.

Finding and linking with communities that are aligned with our causes. Linking with those communities not only makes a difference by keeping us active and bringing about social and political change, it will also bring about more happiness in our personal lives. Believe me, I am speaking from experience. From organizing to stop the repeal of *Roe v. Wade* to promoting the long-term rights of women over their bodies and their reproductive rights are clear examples that make special sense since the Supreme Court's pending decision on the matter was leaked.

Connecting our movements with politicians who are willing to participate in and even spearhead those movements. This is a logical way to connect the strength of our movements with voting. One clear example in the last decade is the "Medicare for All" movement. Started by Vermont Senator Bernie Sanders and despite many naysayers who thought and continue to think it will never work, the M4A movement (as it is sometimes referred to) has now gained significant nationwide strength even among many elected officials. Another recent example is what San Francisco DA Boudin said after being voted out of office in his recent recall election, vowing to continue what he called a "movement, not a moment."

Fighting the nihilistic impulse. All is not lost. Perhaps, all is never lost except for a life-ending event on the planet. I am not for false

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Hip-Hop, from West to Iran

By Vahid Jahandari

The cultural phenomenon of hip-hop has been fast-growing over the past few decades, explicitly communicating the unheard voice of Black America. Having encountered systemic racism historically, the artists in the field convey their backgrounds, beliefs, and struggles through this highly popularized medium since the rapping genre enabled such stream-of-consciousness delivery and solidified its presence by the early 1980s.

In that sense, hip-hop is a powerful source of emotional resilience and enduring hardship that has been expanding since its earliest appearance, becoming more common in our day-to-day experience—from being initially an underground taboo activity to nowadays being studied worldwide by scholars, particularly in the country where it was uncovered. As a substantiated instance, Kanye West (known as Ye) is one of the most acclaimed artists whose numerous ongoing non-musical, yet relative circumstances are directly reflected in his music.

The underlying references to Ye's personal life and what shaped his artistic path to arriving in *Donda*, his tenth studio album, encompass mental health, racial inequality, free speech, and influences including black gospel music and many other inspirations and causes surrounding this evolution. As a leading public figure with tremendous platforms for freely unleashing his opinions, sometimes therapeutic in nature in apparent response to his bipolar disorder, Ye intends to target multidimensional fields from sociopolitical issues to the entertainment industry, fashion design, and technology.

A broad spectrum of perspectives that range from religion, ethics, stigma, and morality to established structures and controls of the dominant upper class and high society is a load of context utilized as the evolutionary patterns of articulating self-expression and referencing sociopolitical injustice through the medium of hip-hop. Since its arrival, hip-hop artists have exploited the genre by projecting their traumas and ideations. The entire body of what later became the legends and pioneers in the field to the current times has come from neighborhoods where poverty and crime are portrayed as routine and inseparable parts of their societal norms. Tupac, Biggie, and Kendrick Lamar are only fractions of a countless list who found their childhood and early stages of youthfulness in similar conditions before rising to fame.

Hip-hop is widely recognized as a multicultural movement “for change,” with no comparable art form or music genre in North America. One of the reasons for this attention is that politicians do not bother addressing systematic inequality while rappers speak about social and racial injustice raw, uncut, and with almost no border for censorship. Though hip-hop was initially a form of protest in the country, its functionality has transformed over the years due to the tremendous engagement and urgent connection among the youth, in particular those in minority groups and/or the working class.

Hip-hop tells familiar stories of urban America and finds the telling of such stories a chronological continuum, contributing to the variety of cultural landscapes. The lyrics, with an extensive range of emotional tones—from highly aggressive to vulnerable—strongly communicate with the listeners, specifically those of the male gender, having involved and prospered women rarely in its pool of top-notch artists.

Hip-hop has been practiced across continents for articulating discontent over unresolved issues, rising prices, unemployment, and political corruption, among many other ongoing concerns. Though rapping in its early spread was associated with violence, it became an impactful tool in regions outside America for connecting individuals with common associations. The oratorical style, direct reporting, and clarity are among the key elements in using rhetoric. That being said, rappers, having acquired the essential knowledge of effective writing with an inclusive mindset of some sort while being much closer to the streets, can more easily draw in the general feelings among the people, versus politicians whose favored positions have set them apart from the crowd.

Given the power of hip-hop for its instant exposure around the globe, it is impossible to travel the world nowadays without encountering at least some variations of the genre integrated into regions' manners of imaginative exhibition. In Iran, hip-hop has been primarily an underground movement since its intro in the early 2000s, when the Islamic regime frequently shut down the studios, blocked websites promoting the records, and arrested the artists. Rap and hip-hop have flourished and are progressively realized as the top genres on the annual list inside and outside the country despite all strict religious laws. Many notable artists be-



longing to the first generation of the scene escaped the regime's prohibitory act by immigrating to other countries, including Hichkas (currently in London), Tataloo (to Turkey), and Tohi (in Los Angeles), among many others.

Iranian hip-hop grew out of the same despair as its American precursor. Since the regime has found the lyrics diminishing Islamic values and its influence so pervasive, it has been officially banned to this day. Following the 1979 Islamic Revolution, the government severely limited and controlled access to all media. However, as time has passed, especially after 2000 with substantial changes in regulatory policies, the youth have been in a much-needed pursuit to cross the social boundaries and keep up with the Western trends in arts and lifestyle as it was an inclination during the reign of the Pahlavi dynasty.

Considering that hip-hop's principal objective has been bringing up subjective ruminations and collectively-accumulated recurring themes that the prosperous artists (as privileged cases) within their communities have faced, heard of, or bothered with, scholars have realized the genre to be a conscious and subconscious psychological reflection corresponding to the existing and deeply-rooted difficulties for making it through and facilitating life's fluctuations. Hip-hop supplies the audience with a sense of self-knowledge for accommodating psychological problems. Mental health awareness is commonly incorporated into and can be traced within the songs, in which fans can relate to and empathize. Many artists in the field come from deprived urban areas that struggle with substance abuse, domestic violence, and poverty, linked to increased occurrences of psychiatric illnesses. Consequently, these problems are embedded in ways of using language.

The phenomenon of hip-hop, therefore, has allowed artists to conveniently situate affairs that would have been otherwise challenging elsewhere with such determined and premeditated intentions. Psychosis and addiction are among many other health topics conveyed in the songs. The range of crises is barely limited to that extent; growing up in neighborhoods with all the deprivation the residents suffer from is often echoed in the lyrics. Articulating matters surrounding mental health among the black population normalizes the open dialogue in communities where such discussions are conventionally stigmatized. By doing so, there is hope

for helping people suffering in isolation to avoid falling into the trap of harmful behaviors.

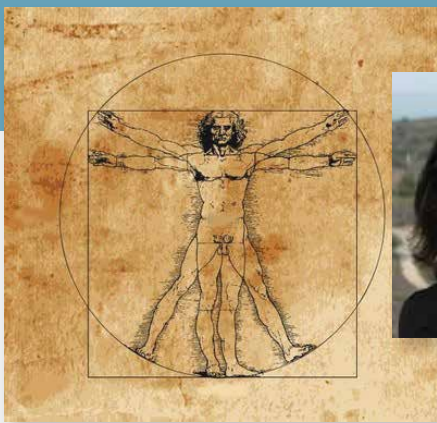
Analysis of popular music, both stylistic and conceptually, is becoming more common in the academic setting, particularly in the field of Critical and Comparative Studies, when it was traditionally a concentration on Western classical repertoire. Bringing hip-hop into classrooms helps students engage in critical thinking.

It is with no surprise that the musical style that surged as a form of march could powerfully respond to discrimination against black people and racially-motivated violence, increasingly provoked during the George Floyd protest. Slavery being an integral part of black history, the artists found it a natural ingredient to contemplate this suppressive design in their music.

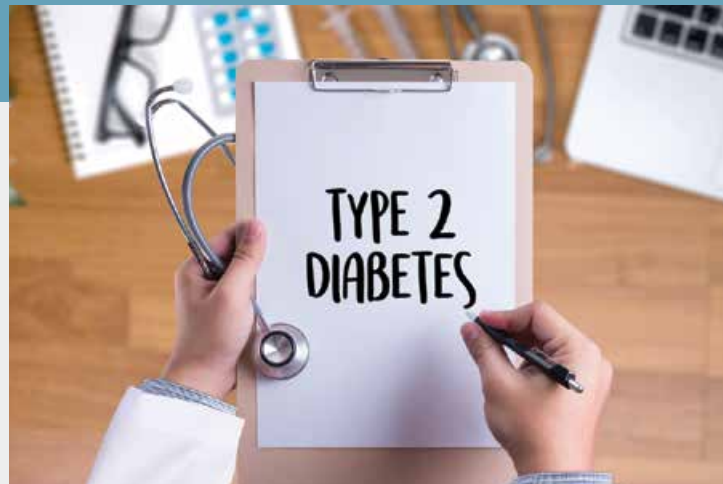
The leading figures of hip-hop shape its future. The recent years of Ye's devotion to Christianity have also been the start of a new phase exhibited in his past two albums: *Jesus is King* and *Donda*. His novel use of a church organ, for instance, suggests a fresh taste to the hip-hop audience and invites new listeners, particularly from the Christian community and people of faith, who greatly appreciate the ritual and transcendental aspects captured. The integration of choral black gospel music is something that Ye has been practicing for the past few years in his own gospel group, the Sunday Service Choir.

What hip-hop stands for in today's world is an evolving examination of the persistent challenges humankind has to deal with in search of equality, equity, and inclusion. It is meaningful that a medium that initially served as a call for protest had the potential to become a worldwide sensation. As technology, politics, religions, and all of the fundamental social-cultural systems and practices revolutionize their affiliation in relation to humanity, the environment, and the thriving of all beings, arts and humanities reform to correspond accordingly. That would certainly be the state of such a living and delicate occurrence as hip-hop, which radically is sought to be the shared language of our very existence.

Vahid Jahandari is a musician and composer. He is currently pursuing his doctorate in music composition.



By Sanaz Majd, MD



TYPE 2 DIABETES

Over 10% of the U.S. population, approximately 34 million people, suffers from type 2 diabetes. And there is a high rate amongst Middle Easterners, including Iranians, where ethnicity and genetics may play a large role. More than likely, you know someone with diabetes in your family and/or have diabetes or are at risk of developing it yourself.

Dr. Ahrar is covering the vital role that nutrition plays in type 2 diabetes in this issue, so make sure to check out his article as well. But let's review what type 2 diabetes really is, its complications and risks, and options for medical management other than nutrition in this article.

What is Type 2 Diabetes?

About 95% of all diabetics diagnosed actually have type 2 diabetes. Unlike type 1 diabetics, who simply do not produce enough insulin, type 2 diabetics have “insulin resistance.” This occurs when the body's cells become resistant to the effects of insulin.

After a meal, glucose is absorbed from the gastrointestinal (GI) tract into the bloodstream. Then, this circulating glucose stimulates the pancreas to release insulin. Insulin then binds to a doorway of sorts, referred to as a “receptor,” on the outside of our cells. This triggers other receptors on our cells to open and allow glucose to enter the inside of the cell.

Those with type 2 diabetes have impaired insulin receptors, which means that their cells are “resistant” to insulin, hence why it is referred to as “insulin resistance.” When this receptor is dysfunctional, glucose has a difficult time entering the cell. Hence, this elevated glucose level outside the cell (in the bloodstream) then triggers the pancreas to release more and more insulin in order to attempt to push the glucose into the cell.

This elevated insulin circulating in the blood then causes weight gain and hunger, and hence, even more insulin resistance. It is a vicious cycle.

Risk Factors for Developing Type 2 Diabetes

About 39% of diabetics have at least one parent who also has the condition, as genetics play a large role. (1) However, besides genetics and a family history of type 2 diabetes, weight gain also significantly increases the risk of developing diabetes. With increased weight, our receptors become more resistant.

Diminished physical activity is also another risk factor; exercise alone, without weight loss, has also been shown to decrease insulin

resistance. (2) At least 30 minutes of moderate-intensity exercises, such as aerobics, on most days of the week can help decrease the risk of developing diabetes.

Medications' side effects, although a less common cause, can increase weight gain and predispose to diabetes as well. The most common culprits are corticosteroids (such as those to treat autoimmune disorders such as rheumatoid arthritis) and antipsychotics (used to treat bipolar disorder and other mental health conditions).

Unfortunately, some diabetes medications can also ironically cause weight gain, such as the sulfonylureas (like glipizide and glyburide) and, of course, insulin. This is the reason that type 1 diabetics are often thin and/or underweight (because they do not produce enough insulin), but when given insulin they gain weight. Insulin will also cause weight gain in type 2 diabetics, however, who are often already overweight.

People with other insulin-resistant medical conditions are also more likely to develop diabetes in their lifetime. These include those with a history of gestational diabetes, polycystic ovarian syndrome (PCOS), metabolic syndrome, or fatty liver.

Complications of Type 2 Diabetes

If left untreated, diabetes can cause some very serious complications. Chronically elevated blood glucose levels eventually damage the blood vessel lining. When this involves smaller blood vessels, we call this “microvascular” disease—these complications include involvement of the smaller (hence the term “micro-”) blood vessels that damage the supply to the eye to cause “retinopathy,” the vessels that feed the nerves to cause “neuropathy,” and the blood vessels that supply the kidneys. Diabetes is the top cause of dialysis.

When diabetes damages the larger blood vessels it is referred to as a “macrovascular” disease, hence the term “macro-”. This contributes to the development of graver complications like heart attack and stroke. Cardiovascular disease is the top cause of death in women and men in the United States and diabetes is one of the top risk factors contributing to cardiovascular disease.

Interestingly, glycemic control (strict lowering of blood glucose levels) has not been shown to significantly reduce macrovascular complications (i.e., heart attack and strokes) in those with long-standing diabetes as much as it has for microvascular complications. (3,4,5) Controlling your blood glucose levels will best reduce your risk of developing retinopathy (vision loss), kidney dialysis, and

nerve pain. Hence, it will most help improve your quality of life if you have had diabetes for a long time.

On the other hand, to reduce the risk of macrovascular complications, what has been shown to be most effective is reducing your other risk factors for heart disease besides diabetes—such as quitting smoking, reducing cholesterol and, most importantly, controlling blood pressure. What I often tell my diabetic patients is that the one thing I can do to improve your life span and save your life is to control your blood pressure.

Therefore, controlling your blood glucose will help improve your quality of life, and controlling your blood pressure (and other risk factors) will help increase your quantity of life. They go hand in hand.

Diagnosis of Type 2 Diabetes

Screening for diabetes has become quite easy in recent years with the development of a screening blood test called the “hemoglobin A1c.” Most doctors no longer use the antiquated 2-hour glucose tolerance test, where high glucose-containing solution is consumed and blood glucose is measured after consumption. Nor are we relying on fasting blood glucose measurements—if you catch a diabetic on a good day, the fasting blood glucose can be deceptively normal.

The convenience of the A1c has replaced the previous methods, as patients are no longer even required to fast prior and the test is a quick blood draw. Hemoglobin is a protein present in red blood cells which helps carry oxygen through the bloodstream and glucose tends to bind to hemoglobin. Because red blood cells typically survive for 3 months at a time, the test will reflect the average amount of glucose bound to hemoglobin for the past 3 months.

An A1c level of 5.6 or lower is considered normal, 5.7 to 6.4 reflects prediabetes, and 6.5 and higher indicates diabetes. For those who have been diagnosed with diabetes, most people’s treatment goal is to remain below 7% (which equates to an average of 152 blood glucose level). However, it is reasonable to set a more aggressive goal of less than 6.5% in those who are younger, healthier, and/or with greater life expectancies.

Treatment of Type 2 Diabetes

Diabetes is a metabolic disorder that is heavily influenced by our diet. As those of you who read my articles may know, I am a huge proponent of the Intermittent Fasting lifestyle. It sets guidelines for not only what to eat, but when to eat. Please check out my prior Peyk article on this topic, which can be especially useful in diabetics and prediabetics. But bottom line, your nutrition really matters. And diabetes is a disorder that can be primarily managed by lifestyle modifications, which Dr. Ahrar also discusses in his article. Nutrition, exercise, and weight loss are absolutely key to the management of diabetes and should not be underestimated.

But there are numerous groups of drugs (besides insulin) that can be used to lower glucose levels when necessary, with several novel

pharmaceutical methods that were developed in recent years. Your doctor can best review the pros and cons of each. Here is a quick list to refer to:

Metformin: This is often the first-line medication treatment for diabetes, which works to decrease glucose production in the liver and decrease insulin resistance. It does not cause weight gain and may even aid with weight loss efforts. Side effects are often GI, with diarrhea the most commonly reported. However, the GI side effects do tend to improve through time and when taken with meals. Studies show improvement of A1c by about 1.0 to 2.0% with metformin.

Sulfonylureas: They act by stimulating insulin secretion by the pancreas. They are rapidly effective, generic, and inexpensive, but may contribute to weight gain. They also need to be taken with caution—because they are rapidly effective, they can cause hypoglycemia (very low blood glucose) with skipped/delayed meals. They lower A1c by 1.0 to 2.0%.

GLP-1 Receptor Agonists: This rather newer class of drugs helps the pancreas release insulin by increasing a type of “incretin” hormone called “glucagon-like peptide” (hence the name GLP) that tends to be lower than normal in type 2 diabetics. They help with weight loss, but they are injectables like insulin. Because they are a newer class, they also tend to be expensive. They can help lower A1c by 0.5 to 1.5%.

Thiazolidinediones: This group increases insulin sensitivity of fatty tissue, thereby decreasing insulin resistance. There are currently two on the market in the U.S., but carry a less desirable side effect profile that includes fluid retention, weight gain, bladder cancer, and possibly increased risk of heart attacks. They are no longer first- or second-line medications, and improve A1c by 0.5 to 1.4%.

Glinides: Similar to sulfonylureas, glinides stimulate the pancreas to produce more insulin. They have short half-lives (the duration to metabolize half of the drug), and are therefore taken three times a day. They can cause weight gain and hypoglycemia, like sulfonylureas, and lower A1c by 0.5 to 1.5%.

SGLT2 Inhibitors: This class works by “inhibiting” the action of a protein called “sodium-glucose cotransporter 2” (hence the name SGLT2). This protein typically reabsorbs glucose from the kidney back into the bloodstream. Therefore, the drug prevents the kidney from reabsorbing this glucose, thereby excreting glucose through the urine and lowering blood glucose levels. One of its benefits is that it does not stimulate insulin release and hence aids with weight loss. It has also been shown to reduce cardiovascular mortality in those with cardiovascular disease. But its efficacy is only a very modest 0.5 to 0.7% reduction in A1c.

DPP-4 Inhibitors: These drugs block the action of DPP-4, a protein that destroys the hormone incretin which helps stimulate insulin secretion by the pancreas. They are weight neutral but may increase heart failure risk in susceptible people and are costly since they are a newer class. They modestly lower A1c by 0.5 to 0.8%.

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Mbappé's Might: The Young Frenchman who Could Change Everything

By Danial Golforoush

It felt surreal when Kylian Mbappé walked out to the field at the Parc des Princes stadium and it was announced that he was extending his contract with Paris Saint-Germain for 3 more years. Up until hours before the announcement, no one really knew what his decision was—stay at Paris for a few more years or transfer for free to Real Madrid. The media had been speculating for months on end about his decision. Reports suggest that Mbappé's call to Florentina Perez, Real Madrid's current president, did not take place until early Saturday morning on May 21, just before his contract extension announcement. This suggests that the decision was not confirmed until that very morning. Regardless, here we are speaking about him staying. So, with that in mind, why would a player of Mbappé's caliber—spoken of as the heir to the Messi and Ronaldo throne, with almost limitless potential—choose to stay at what some football fans refer to as “Farmers League”?

Mbappé is arguably the future of football, not only on the field but off the field as well! His footballing resume is something to be in awe of at the age of 23. He not only has directly influenced his club teams in winning the Ligue 1 title five times, he has also led the French National Team to the World Cup and League of Nations trophies. Off the field, his image and name carries much weight—he has been sponsored by Nike since he was 18 years old, with back to back limited edition and Mbappé-specific boots and designs. He has also been the face of the famous FIFA video game for two years running. Mbappé's influence extends to the world of philanthropy and politics. In 2018, Mbappé and two legendary retired football players—Ivory Coast's Didier Drogba and footballer-turned-president of Liberia George Weah—held a meeting with the President of France and the President of FIFA to further expand the development of the game on the continent of Africa. Mbappé was also many people's write-in candidate in the latest French presidential elections held earlier this year.

In a world in which individual players have greater followings than football clubs, PSG is betting on the influence of Mbappé to better its brand. It is reported that Mbappé's new deal includes a €100m signing bonus, a €50m salary per year, a high percentage of his image rights earnings, and a say in footballing matters. Many have questioned Mbappé's decision and have linked it to more money and influence than what Real Madrid would have offered. However, this is just a case of the greater footballing community not taking into account that the football landscape is an ever-changing one and the dynamics are just as fluid. La Liga and Real Madrid no longer possess the same grasp on world football they used to. Besides their European triumph, the Spanish league has been in decline for a number of years. It is no longer home to the greats like Cristiano Ronaldo and Lionel Messi, the league's



general quality has declined, and star players of other leagues choose to join teams in the English Premier League and the Italian Serie A above La Liga. Mbappé's rejection was not Real Madrid's or La Liga's first one this past year; the other generational young talent, Erling Haaland, chose a move to Manchester City rather than Real Madrid or Barcelona. La Liga is no longer the “IT” league. For past generations and even up to a few years ago, players would force moves to play for the likes of Real Madrid and Barcelona, but there has been a shift towards fans following players and not clubs, which has led to more broadcasting, sponsorship, and ticket revenue to go to the teams with the biggest stars in the world.

The younger fans' preference in following players rather than clubs has increased the value of a player's image. Image rights can include a “player's name, nicknames, likeness, image, photograph, signature, autograph, initials, statements, endorsement, physical details, voice and other personal characteristics. The idea is that the above descriptions include everything that may form part of that player's image for the player and/or his club to then market accordingly. A club and/or brand will be paying a player to endorse and promote a number of specific commercial deals.¹ Previously, clubs were the sole beneficiaries of the proceeds of the players' image rights, but this is no longer the case. With Mbappé being the current face of football, FIFA (videogame), PSG, French National Team, and Ligue 1 carries weight—in gold! So the offer of earning an undisclosed percentage of his image rights is an untraditional, but likely astute, move by PSG to retain Mbappé. One can only imagine how important that can be to Mbappé's decision making.

Let's come back to the field. Well, maybe not the field itself, but the offices near the field. The ones where they make the most important decisions in the football club. In this case, PSG's CEO and Sporting Director office. This is the part of the deal which has most been brought under scrutiny. It is reported that Mbappé will play a role and will have a say in the football-related decision-making process. This by no means signifies that Mbappé gets to choose people in the footballing hierarchy, choose the new coach, or even make decisions on transfers, but it is clear his input will



be heard and valued. That is all. Let's be real for a second. Are you telling me Barcelona didn't bend over backward for Lionel Messi or Real Madrid did not take Cristiano Ronaldo's opinion into consideration when making certain decisions? Of course, they did! And they SHOULD! In his 2011 autobiography, *I am Zlatan*, Zlatan Ibrahimovich, who many believe was transferred to Inter Milan because of his effect on Messi and Barcelona's performance, wrote: "[Pep (then-Barcelona coach)] preferred to make Messi happy – he didn't value me." If a Zlatan in his prime is set aside so a Messi in his prime can perform, then of course PSG and other clubs care and respect what their stars have to say. In any successful organization, you take into account your most important asset's input and wellbeing and sometimes build teams or processes around them. This is the normal and logical path to a successful future.

Mbappé's extension at PSG means one thing for certain—that the traditional powerhouses of football in Spain no longer have a tight grip on football like they did before. Chances are that Mbappé is also looking to demonstrate his talents and might be bringing the European Champions League to Paris for the very first time in its history. His French nationality is definitely something of importance to him, hence his patriotic comments after the announcement: "I heard the call of the homeland and of the capital city."² With all that being said, in two years time Mbappé will be 25 years old with hundreds of millions of Euros in his bank account, a happy PSG, an even happier France, and even happier Real Madrid who will welcome him to Madrid in a heartbeat. At the day of the day, business is business and football is business.

1. Geey, Daniel. "What Are Image Rights in Football & How Did They Affect Dybala's Transfer to Tottenham?" *Goal.com*, August 9, 2019
2. White, Adam. "Kylian Mbappé's New Contract Makes Him the Most Powerful Figure at PSG." *The Guardian*, Guardian News and Media, May 30, 2022

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Public Announcement



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By Mohammad Ahrar, PhD

Diets for Those with Diabetes



Introduction

According to the Centers for Disease Control and Prevention (CDC), 37.3 million people in the U.S. have diabetes, and 96 million Americans aged 18 years or older have prediabetes. Both types can be prevented or delayed with a healthy lifestyle and by eating healthy food. This article reviews basic information about what foods can help prevent or control prediabetes and type 2 diabetes.

Digestion and Absorption of Carbohydrates

Most of the foods you eat are broken down into simple molecules before being absorbed into the bloodstream. Normal diets contain nutrients such as carbohydrates (carbs), fats, proteins, vitamins, and minerals. Only proteins, fats, and carbohydrates can be used to produce energy. In humans, carbs are the main fuel source and provide quick energy for optimum metabolic reactions in the body cells.

When consumed, carbs (except fibers) are broken down into simple sugars, mainly glucose, which can easily be absorbed into the bloodstream and increase the blood glucose level rapidly. Brain cells depend on glucose to function. Proteins and fats can also be converted to sugar when carbs are not available in the diet, however, they usually do not raise blood sugar as quickly.

When blood sugar increases, it signals the pancreas to release insulin to help the blood sugar get into the body's cells for use as energy. If insulin is not sufficiently produced, the blood sugar level stays up, which can result in serious health problems.

The Fate of Sugars in the Body

Like other nutrients (except fat molecules), absorbed glucose first enters the liver for metabolism. Some glucose can be stored in the liver as glycogen (a type of complex sugar), but most glucose is transported via blood circulation to all body cells for energy production and other metabolic reactions.

When ingested, all types of carbs (except fibers) can raise blood sugar. Fiber plays an important physiological role in the digestive system—it can regulate blood sugar levels by reducing the absorption rate of simple sugars. (The role of dietary fiber in the body was explained in *Peyk* #199).

Types of Carbohydrates in the Diet

Carbs come in different forms—they can be in the form of simple sugars or in more complex forms, such as cellulose and starch. The word sugar refers to simple carbohydrates such as glucose, fructose, and galactose (also known as monosaccharides). When two monosaccharides combine, they form a disaccharide. For example, glucose and fructose together make sucrose (table sugar). Starch is a complex carb (polysaccharide) made of many simple sugars,

mainly glucose. Starch is abundant in potatoes, rice, wheat, corn, beans, and other grains.

Fibers are also polysaccharides and occur in all plants and plant-based foods. Cellulose is a type of insoluble fiber that cannot be digested in the human digestive system. Therefore, fiber adds no fuel or energy value to the diet but plays an important physiological role in the digestive system. Fiber can also regulate blood sugar levels by reducing the absorption rate of simple sugars. (See *Peyk* #199).

How a Dietary Regime Can Help Control Blood Sugar

Focus on the fiber contents in food. Any foods that are high in fiber content, such as lettuce, celery, spinach, broccoli, and most other vegetables, can prevent a drastic increase in blood sugar. Most seeds and whole grains and nuts contain different forms of fiber that can reduce or delay the release of sugars into the bloodstream. Pastries, cookies, sugary foods, and sugary soda drinks can increase blood sugar when consumed in a large amount.

Portion size matters. Those with diabetes don't have to deprive themselves of carbs. Small amounts of carbs in the diet do not increase blood sugar as much as when carbs are consumed in a large portion. Besides, fat and fiber content in foods also delay the absorption of sugar.

The following information can help identify foods that have the greatest effect on elevating your blood sugar.

Glycemic Index (GI)

The Glycemic Index is a numerical index that ranks carbs based on the rate of how fast they increase blood sugar levels. The index uses a scale of 0 to 100, with higher values given to foods that cause the most rapid rise in blood sugar. Foods with a high glycemic index value raise the blood sugar level very quickly. (More information about the index can be found in *Peyk* #165.)

The downfall of the Glycemic Index is that it does not take into consideration how *much* the quantity of a food can elevate blood sugar rapidly. The American Diabetes Association also discounts the usefulness of the index in managing a diet regimen and blood glucose level.

For this reason, another index was developed in 1997 by researchers at the Harvard School of Public Health, the Glycemic Load, which incorporates both the amount and the type of carbs in a diet affecting the blood sugar level.

Glycemic Load (GL)

The concept of the Glycemic Load index is that the body's glyce-mic response is dependent on both **the type and the amount of car-**



bohydrate consumed. Therefore, you can control your glycemic response by consuming low-GI value foods and/or by a smaller intake of carbs that have a high GI value. For example, the glycemic load value of eating two small slices of pizza is 13, which is higher than the recommended value. Eating one slice of pizza instead of two slices will bring the GL value lower than 10, which means a person can eat one slice of pizza without a sharp and sudden increase in blood glucose.

The table below summarizes the GI and the GL for some common foods which can help those with diabetes decide on their dietary regime.

Glycemic Index (GI) of 55 or below or Glycemic Load (GL) of 10 or below are considered low.

Food	GI	Serving Size	Net Carbs	GL
Grapefruit	25	1/2 large (166g)	11	3
Pizza	30	2 slices (260g)	42	13
Apples	38	1 medium (138g)	16	6
Spaghetti	42	1 cup (140g)	38	16
Carrots	47	1 large (72g)	5	2
Oranges	48	1 medium (131g)	12	6
Bananas	52	1 large (136g)	27	14
Potato chips	54	4 oz (114g)	55	30
Brown rice	55	1 cup (195g)	42	23
Ice cream	61	1 cup (72g)	16	10
Raisins	64	1 small box (43g)	32	20
White rice	64	1 cup (186g)	52	33
White bread	70	1 slice (30g)	14	10
Watermelon	72	1 cup (154g)	11	8
Baked potato	85	1 medium (173g)	33	28

Based on the information in the table, eating one medium apple does not increase the blood sugar as much as eating one large banana. Consumption of two oranges in one setting can increase blood sugar more rapidly compared to eating one orange, which does not increase blood sugar as rapidly. You can also conclude that if you eat ½ of a slice of white bread it does not increase your blood sugar as much as if you ate the whole slice. In other words, the amount of carbs that you eat has a major influence on blood sugar levels.

Helpful Hints

- Foods that are high in fiber content, such as lettuce, celery, spinach, broccoli, and most other vegetables can prevent a drastic increase in blood sugar.

- Adding beans, lentils, and vegetables to plain rice, as we see in some Iranian meals, can delay the absorption of sugars and prevent the drastic rise in blood sugar.
- Eating a whole fruit is preferable to fruit juice due to the fiber content in the fruit. Dried fruits have a high concentration of sugar and should be consumed in moderation.
- Peeling an orange the way you peel an apple provides more fiber which can delay the absorption of glucose.
- Consumption of brown rice is preferable to white rice due to more fiber content in brown rice.
- A very ripe banana has both high GI value and high GL value and can elevate blood glucose rapidly. A small banana that is not quite ripe can be a better choice.
- Foods that contain fat can slow down the digestion and absorption of glucose. That is why you see ice cream has lower GI and GL values than raisins do.
- Nuts contain fiber and are dense in fat and can stay longer in the digestive system and delay the release of sugars into the bloodstream.
- Portion size is probably the most important factor in controlling blood sugar levels. Diabetic people don't have to deprive themselves of carbs. If one craves a cookie or a piece of pastry, eating half a cookie or half a slice of pastry does not increase blood sugar as fast as eating a whole cookie or a big portion of pastries. See the table above as a guide.

Summary

Prediabetes and type 2 diabetes can be prevented or delayed with a healthy lifestyle and eating healthy food. The Glycemic Index is a numerical index that ranks carbs based on the rate of how fast they increase blood sugar levels. Foods with a high glycemic index value raise the blood sugar level very quickly. The Glycemic Load index may be a more accurate measure because it states that the body's glycemic response is dependent on the type *and* the amount of carb consumed. Many healthy foods—such as whole grains, legumes, and vegetables, and fruits such as whole apple, pear, grapefruit, and apricots—are naturally low on the glycemic index. Any foods that are high in fiber content can prevent a drastic increase in blood sugar. Portion size is an important factor. Small amounts of carbs in the diet do not increase blood sugar as much as when carbs are consumed in a large portion. Fats and fiber content in foods also delay the absorption of sugar.

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An Immigration Story:

An Interview with Mr. A (Part 2)

Leaving your homeland and residing in another—with a totally new culture, language, and set of laws and regulations—is very challenging and requires a lot of adaptation that, in most cases, is also very frustrating.

But, looking back at those challenges many years later makes some of them look funny, some amazing, and some, of course, sad. The truth is, no matter how we feel about them, the challenges are, for sure, part of the history of immigration that needs to be documented for use by our grandchildren or simply by historians to picture the hardship that first-generation Iranians had to go through to meet those challenges.

Peyk kicked off this column in 2021 with Reza Khabazian's story, with a goal to encourage our readers to start telling their stories so we can present a diverse documentary. Now that Mr. Khabazian has published his six-part story, it is time for new stories and new voices.



Reza Khabazian (RK): *Thank you, Mr. A, for sharing your immigration story with us. In the previous session, we learned that you and your wife were both members of a religious minority in Iran. Also, you both were employed by the government. You were employed by the Ministry of Justice and your wife was a schoolteacher. We also learned that before the revolution, when almost all government offices were on strike, your home was attacked by a group of religious fanatics in which your belongings were taken from your home and the house was set on fire in bright daylight while you were home and unable to confront them. This sad incident forced you to move to your uncle's home until the house was repaired. Please continue, as painful as it is to remember those days, regarding what happened after that.*

Mr. A: Yes. I think I mentioned that my uncle was a wealthy businessman, and his house was in an upper-class neighborhood next to the police station. We all believed his house would be a safe place to move to.

RK: *Was it really safe?*

Mr. A: As a matter of fact, yes, it was. That's why before nightfall on that terrible day, not only we but three other families had to escape their own homes and take refuge in his house.

RK: *Were they going through the same dilemma as you were?*

Mr. A: Yes.

RK: *Where were the government forces? Couldn't they do anything to stop the mobs?*

Mr. A: Actually, the entire country was in chaos. It looked like No Man's Land. Members of law enforcement agencies were just protecting their bases so the mobs couldn't get their hands on weapons. If it wasn't for martial law, the looting would have continued during the nights, too.

RK: *Please tell us about the mood at your uncle's home.*

Mr. A: The entire house was under a heavy cloud of sadness. Men

were just looking at each other in disbelief, women were all wiping their tears in silence, and the kids were just staring at their moms wondering what was going on. My uncle was constantly on the phone calling authorities asking them to stop these atrocities. He even called the influential religious leaders asking them to say something, at least denounce these actions and call on the mobs to stop.

RK: *Did they do anything?*

Mr. A: After three whole days, they finally prepared a religious order and had it be announced on radios and televisions.

RK: *Why after three days?*

Mr. A: Your guess is as good as mine. I believe if we were the aggressors, they wouldn't wait even one minute.

RK: *Was it effective? Did it stop?*

Mr. A: Yes, it did. But the damage was already done to many poor families. Both monetary and emotional damage. In my own case, however, my uncle comforted us a great deal by helping to repair the fire damage and replacing the stolen goods, but the incident left me and my wife with a deep emotional scar. Imagine that you work hard to put a roof over your head and then, one day, you lose everything and almost become homeless. This incident also made a fundamental change in the attitude of my family. Before the incident, I was regarded as a pessimist and my wife had an opposite view. But, the mental status of my wife, after the incident, started to go toward having a feeling of anxiety and depression that never left our home.

RK: *Could you give us an example please?*

Mr. A: Any loud conversation in public, loud sounds like telephone rings, or someone rushing toward us used to make her very nervous and agitated. Therefore, to calm her down, I had to pretend like an optimistic person while she was no longer an optimist.

RK: *How long did you stay at your uncle's house?*

Mr. A: It was almost two months. Finally, when the house was getting ready for us to move back, I remember one night at the dinner

table, my wife suddenly announced that she was not willing to move back to our house. The announcement took all of us by surprise. My uncle looked at me and saw the surprise in my face and asked her the reason why?

I have such a bad memory from the house and that neighborhood, she said with a heavy voice.

But my Dear!, my uncle continued, first, the house is totally renovated and, secondly, it was not the fault of your neighbors. You are living in a good neighborhood. You need to remember that those kinds of looters can be anywhere at any time.

I know, she replied, but now, the looters know exactly where we live and can return at any time. I really don't feel safe there anymore.

In that case, why don't you either rent the house or even sell it. You are more than welcome to live here with us as long as you like!

No, she replied quickly, we have been enough of a burden already. Why don't we sell the house and rent a place? If the social situation improves, which I don't think it will, we can buy a better house in a better neighborhood.

If this makes her happy, I told my uncle honestly, I have no problem with that.

RK: *Did you sell the house?*

Mr. A: No. The events were going so rapidly in Iran that before we knew it, revolution succeeded, and the regime changed. We were living at my uncle's house when it happened. People poured into the streets and you could hear cars honking, people hugging each other, some were crying of joy, some offering people with sweets.

RK: *What about you guys? How did you guys feel?*

Mr. A: We were sitting at home in awe, wondering that now that the looters' mentality became the dominant one, what would happen to us. One thing was clear and it was that the country was going through a fundamental change and no one could predict the future, at least for the life of all religious minorities.

RK: *Now that you are looking back at the events following the revolution, do you believe the lives of all religious minorities changed for better or for worse?*

Mr. A: I am not sure about the lives of other religious minorities but, as far as our lives, it changed drastically for the worse. For a few months after the revolution, the new government was dealing with several significant issues related to the influential people of the old regime on top of its effort to grasp power. During those times, a simple mind could conclude that things were going back to normal for those who had not been a part of the old regime. On one hand, all daily papers were overloaded with the news of executions of old military generals, ministers, and so on—and, on the other hand, stores were opening and government offices were going back to a normal life; that is, until a major incident took place.

RK: *What was that?*

Mr. A: First, the assets of my uncle were confiscated and he got imprisoned. That was a huge shock to our family.

RK: *Could you please explain the reason for his imprisonment?*

Mr. A: They were going after all wealthy and influential people who

were not part of their team. But, in the case of my uncle, the government claimed that he was accused of being a spy for the government of Israel. They used his passport information that showed he had made a trip to Israel in the past. Any explanation that the purpose of the trip was visiting our religious sites in Israel did not change the accusation. A second shock followed the first one not too long later.

RK: *What was that?*

Mr. A: One day, I was called to the office of my supervisor. I felt a butterfly in my stomach that something wrong was going to happen. As I entered his office, he asked me to close the door and offered me to take a chair and sit down.

- *Mr. A, I am sure you realize that due to revolution and change of regime, so many fundamental changes will affect the lives of many people. I always have been very happy to have you in our team and I am willing to do everything I can to keep you here. But, according to the government order, the people with your religious beliefs should be expelled from all government entities.*
- You mean, I am getting terminated?
- *Unfortunately, yes. But, not to worry, I have found a way that if you agree, we can keep you employed.*
- What is that?
- *Mr. A, why don't you denounce your religion?*
- What?
- *It is only on the paper. Just to show them you are converting to Islam. Of course, you can keep practicing your religion at home. This is only on the surface.*
- Allow me to ask you a question now?
- *Please, go ahead.*
- If you were facing the exact situation, would you do it?
- *Yes.... yes....yes. In a heartbeat. You know why?*
- No.
- *To feed my family. To survive! And you need to do it, too, Mr. A.*
- I never thought that one day I would face such a choice. But now that you brought it up, I should say my beliefs are part of my identity, part of my family's tradition. I really appreciate your concern and your sincere effort to help me. But, I can't accept your offer.
- *You are making a big mistake, Mr. A.*
- You may be correct. But this is my final answer.
- *Ok. In that case get your stuff, clean your desk, and I wish you luck.*

As I exited the building, I decided to walk around the block, thinking about a way to bring the news to my wife—wondering how a brittle, depressed young woman could handle such terrible news. Life was going on all around me, pedestrians rushing to get to their destinations, some happily laughing, some with thoughtful faces, young boys offering pedestrians the daily paper while shouting: “list of more executions from last night!”

I finally got home to wait for the evening when my wife would come home from school. As I entered the house, I realized that she was already at home. I saw her in a corner, sitting with her head down, crying while my uncle's wife gently patted her.

She had a piece of paper in her hand. There was no need for explanation. Now, we both were unemployed.

Mr. A's story will be continued in the next issue.



Celebration of Life in Memory of Dr. Sia Nemat-Nasser

On Saturday, April 30, 2022, UC San Diego Arts and Humanities Dean Cristina Della Coletta and Department of Music Professor Shahrokh Yadegari organized a weekend of celebration of the artistic life of Siavouche “Sia” Nemat-Nasser who passed away on January 4, 2021.

A Distinguished Professor of Mechanical and Aerospace Engineering at UCSD, Sia became close to the School of Arts and Humanities in 2016 when he and his wife Éva generously established the Roghieh Chehre-Azad Distinguished Professorship to foster new projects and future works exploring the music, art, literature, and history of Persian culture at UCSD.

At the time, Sia said the gift served to honor his mother Chehre-Azad, a well-known actor in Iran who pursued her passion of acting at great personal risk when women performing on stage in Iran was taboo.

Sia’s love for the arts and Persian culture continues to have a profound and long-lasting impact on the Arts and Humanities program and our regional community at large. His sharp mind, wisdom, equanimity, and wit will be remembered. As well as being a highly accomplished and acclaimed scientist, Sia was also a poet and a drawing artist. Sia and Éva translated the poetry of the Shahnameh and the work of Siavash Kasrai for “The Scarlet Stone” production.

The celebration of life took place at UCSD’s Atkinson’s Hall. The first part of the program consisted of speeches by family members and colleagues and music performance. In the second part, the video of “The Scarlet Stone” was shown. The celebration continued the next day with a concert by Master Ali Akbar Moradi Ensemble at the Conrad Prebys Concert Hall at the Conrad Prebys Music Center on the UCSD campus.



Book Signing

On the afternoon of Thursday, May 26, 2022, the second-grade students of Stella Maris Academy attended a book signing ceremony at the Perry Gallery in La Jolla Shores to celebrate their newly published children’s book, *Welcome Baby Hummingbirds*. Each of the children is a co-author of the book.

The idea for the book began when Essy Ghavamoddini, a professional photographer, visited a friend’s residence, where Noor, two years old at the time, drew his attention to a tiny hummingbird nest outside her bedroom window. Essy started shooting pictures of the nest daily. The result was a set of beautiful pictures documenting the birth of a pair of chicks. The pictures were then given to the second-grade students to write the story. Each child wrote a story for one picture. The book is now published with the help of local individuals and charity organizations. A friend of the Iranian School of San Diego kindly pre-purchased 150 copies for ISSD students. The books were presented to the students who were present at ISSD’s End of the Year celebration.

خوانندگان گرامی:



در صورت اطلاع داشتن از خبری که دانستن آن برای ایرانیان سن دیگو مهم است، با ما تماس بگیرید، چه خوب و چه بد: خبر فوت، تولد، ازدواج، موفقیت و هر آنچه هست را همراه با یک عکس به آدرس pcc@pccsd.org برایمان ارسال نمایید. با سپاس پیک



Remembering Amir Ali Mesbahzadeh (1976-2022)

Sadly, once again, I need to write and say farewell to someone I deeply cared for—Amir Ali had a special place in my heart. He grew up to be a gentle and quiet man, a considerate person with immense compassion for humanitarian causes and his family. I met him in 1988 when he, his sister Yassi, and the whole group of their young friends walked into the Iranian School of San Diego for registration. He and his family had moved to San Diego from New York when he was 10.

Journalism and writing were in his blood, inherited from his grandfather, Dr. Mesbahzadeh, the founder of Kayhan Publications.

In a piece offering his condolences to the Mesbahzadeh family, Ali Emad of Kayhan International eulogized Amir Ali as such: “he wrote articles on subjects such as Amnesty International working hard to improve human rights around the world, alternatives in medicine, police-imposed curfews (“Such activities smell suspiciously like the society that George Orwell envisioned in his futuristic novel, *1984*,” he commented) and many more. ... As a talented writer, he always looked to improve his skills and attended workshops where he met other writers and learned other ways to tell stories. He wrote scripts, short stories, horror stories and learned the art of actual verbal storytelling. He had a profound interest in reading other writers’ works. He read everything from

children’s books to adult fiction and non-fiction and discovered the world of graphic novels. He spent a lot of time in libraries and enjoyed visiting them.”

Emad continued: “Amir Ali also loved art. He patronized art galleries frequently. Friends that shared that passion said his attention to detail was unmatched. He also ventured into creating his own art. He was intrigued by collage. The idea of taking a picture and marrying it with another to change the story of the picture was satisfying and challenged him. He created art in other mediums as well, such as oil and acrylic painting. Because of his love of the arts, he sold his work to benefit museums and bring critical education initiatives to schools. His spare time was devoted to caring about ordinary people and doing something to give them comfort. When he was in college, he participated in a program to help disabled students by taking notes for them in class. ... Amir Ali’s life was defined by celebrating the beauty in the world, whether it was the beauty of nature or the beauty of something created through writing or art.”

Every time I spoke with Amir Ali, he requested we make sure his sister Yassi was okay. He was a child of this community and we share with his parents, Parvis and Leila, and his beloved sister Yassi the loss of his early departure. In his memory, his family has requested the community donate blood to the blood bank for the great need of many San Diegans. We are hoping PCC can arrange this.

Amir Ali passed on April 30, 2022, surrounded by his parents and Yassi. May he rest in peace and may his guardian angel hold him precious and welcome him to his eternal home.

Shahri Estakhry



Former ISSD students James and Emma Hanson (children of Peyk’s Shaghayegh Hanson) each celebrated graduations in June. James graduated from La Jolla High School and plans to attend the University of Wisconsin at Madison in the fall. Emma graduated in Legal Studies from UC Santa Cruz and will be sitting for her LSATs this summer before heading to Washington, D.C., for an internship, with plans to eventually attend law school.

Armita Fazel, ISSD graduate and 6-year Teaching Assistant, has graduated from high school and will be attending the University of California, Irvine. She will be majoring in criminology.



Sara Zabihi graduated from ISSD in 2007 and continued with the Dance Academy and as a Teaching Assistant through 2011. She has since moved to New York and later this year will graduate with an M.S. in International Development and Data Analytics from New York University.





Continued from page 9

U.S. Midterm Elections in November: What the Primaries are Showing

optimism and I don't believe in some sort of social fatalism that will eventually bring about progressive change in all facets of life on the planet. Yet, I do believe that concerted action makes a difference. In fact, action is perhaps the only thing that makes a difference at individual, community, societal, and global levels. There is no change with no action. Voting and participating in the electoral process is only one action. Organizing the movements that energize us and linking with our communities of interest is another.

Maintaining a realistic view of U.S. history. There is evidence of positive change in the United States since its inception, yet there are no guarantees that it will persist. There is also evidence that our country often takes major steps back after moving forward. A realistic view helps us learn from the past in terms of what worked and what did not work, take corrective action on what didn't work, and continue to move forward. Only concerted action will bring about progressive change.

Continuing to vote, despite setbacks in access to voting. Voting restrictions are not the end of voting. The 2022 primaries in Georgia saw a 168% increase in voting compared to the last midterm election in 2018. This means that one of the harshest voting suppression legislations in the country could not stop more people going to the polls. It is not all rosy, yet this is a hopeful indication.

Ending Notes

While the polls, high rates of inflation and a looming economic downturn, political ploys by Republicans on "Critical Race Theory," fears of increase in crime, voter suppression legislation in many states, and general disappointment by many progressives and younger voters point to a probable winning of Congressional majorities by Republicans, there are other indications, too.

The movement around keeping *Roe v. Wade* alive and stopping a possible national ban on abortion is gaining momentum. Pro-Trump candidates could further energize Democratic voters and cause rifts among Republican voters that would shift close margins. Progressives need to hold candidates accountable and demand change, including demanding a clear-cut promise by Democrats to create a national pro-choice federal legislation if they keep their Congressional majorities.

All is not lost.

Hooshyar Afsar is one of the founders of Racism Awareness Project (RAP), an educational program on the history of and present-day racism in the United States and its impact on the Iranian American community. RAP has had a variety of educational forums across the United States. Mr. Afsar has written several articles and book reviews on the topic for Peyk and other publications. He can be reached at hoosh.afsar@rapusa.org.



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TYPE 2 DIABETES

Alpha-glucosidase Inhibitors: This class diminishes the absorption of ingested carbohydrates during meals and thereby lowers blood glucose levels. They are also not first-line because of their limited efficacy—they only lower A1c by 0.5 to 0.8%, but they are weight neutral. GI side effects are common and they must be taken three times a day.

Pramlintide: This is a three-times-a-day injectable that is used in people who are already using insulin. It mimics a substance called amylin, which helps lower blood glucose levels by slowing the movement of food in the GI system, decreases appetite, and decreases liver production of glucose. It causes weight loss and lowers A1c by 0.5 to 1.0%.

Hopefully, after a review of Dr. Ahrar's article and mine, you are now armed with sufficient information to initiate a discussion with your own doctor and also create lifestyle changes that will allow you to help prevent diabetes and/or help to control your diabetes.

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