

ZAMZAM

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November 2012

الله الحسني

Commemoration of Truth in Muharram



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Drive

*Something about you that I truly
admire,
Words from your mouth often
inspire.*

*Glass is half-full, you clearly see,
Your positivity brings joy to me.
You're a combination of special
and rare,*

*So many talents, with the world
you may share.*

*Just the way you make others
feel,*

*Is so wonderful, it's simply so
real.*

*Wherever you go, whatever you
seek,*

*I know you will conquer, no mat-
ter the peak.*

*By the look in your eyes, I can
sense your drive,*

*I'm so happy, I know you will
thrive.*

Anonymous

In The Name Of God ZAMZAM

November 2012 • Issue No.132



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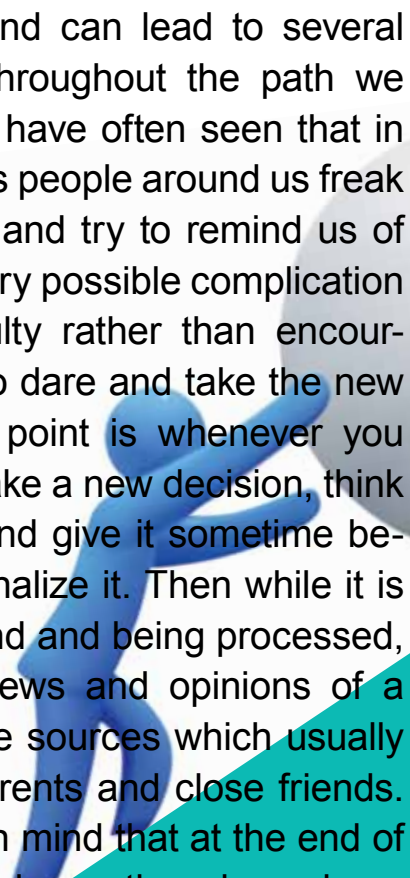
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for Facing the Challenges of Future!
ZAMZAM MAGAZINE welcomes contributions for all sections.

Embrace the Challenges!



I wonder why when we make a huge plan in our lives; most of the people around us merely try to discourage us by mentioning all the possible and even unpredictable problems and challenges on the way, finally seriously making a sincere attempt to change our mind. As this is one of the recurring incidents in our everyday life, it's worthwhile to think about it in depth and make issues clear for ourselves once and for all. We are constantly making new decisions in our life, some of which are deter-



minative and can lead to several changes throughout the path we take. Yet I have often seen that in such cases people around us freak out, panic and try to remind us of all and every possible complication and difficulty rather than encouraging us to dare and take the new step. The point is whenever you want to make a new decision, think carefully and give it sometime before you finalize it. Then while it is in your mind and being processed, ask the views and opinions of a few reliable sources which usually are our parents and close friends. But keep in mind that at the end of the day, and even though you have heard diverse opinions and ideas, which can become really confusing, you are the only one who really makes the final decision, and accepts its consequences. If you take this responsibility in your life, then you will be able to think, act and behave rationally in every step you take and encounter any possible challenge without any serious complication.

Trust yourself and your own intuition and be ready for all the challenges you might face on the way, and eventually feel the excitement

surrounding it. If you can change your perspective and see things in this manner, then you will be willing to be flexible and adjust yourself to the new situation much better, while you also enjoy every attempt you make and every single step you take.

This is true in our entire life and can occur time after time. Don't be under the influence of what others say and think for yourself and respect heartedly your own ideas. Don't think ahead about the coming problems so that you observe them as gigantic obstacles which will gradually instigate you to give up your plans and purposes. There are people who don't have the dare and courage to make massive changes in their own lives and they assume that this is the case for everyone. Also some might feel jealous and try to stop you and all the successful accomplishments you can achieve during your life. Keep these in mind and be determined to face the challenges with pleasure!

Sh. Ghandehari

A photograph of Iranian volleyball players in red jerseys celebrating a victory. One player in the foreground has "M. MIRZAJANI" and the number "11" on his back. They are raising their hands in a group hug. The background shows a blurred crowd and a banner with Persian text.

Iran Celebrates Qualification for World League 2013 in Volleyball

Iran has had impressive victories during its past volleyball competitions. Iran's captain called his team's World-League-qualifying victory over Japan one of the best days of his life at a post-game press conference. Coach Julio Velasco thanked the whole family of Iranian volleyball - men, women, players, staff and supporters - for making the win possible; saying: "Iran volleyball has entered the world sphere but for more success we are in need of

changes. First of all I would like to congratulate the big family of Iran volleyball and the authorities of this country for the win. Volleyball is a family sport. The sport of volleyball needs the presence of women since it is a family sport. Volleyball is free of fighting and impoliteness. So, all the family members should participate in it. In the past two years, many players worked for volleyball, and the players paid attention to my recommendations and got a good



result finally. This victory does not only belong to the players. The players of the national B team achieved a title in Vietnam, and all those who are working in the federation have contributed. The individual mentality in volleyball should be removed since it is a team sport and about work and cooperation.”

Iran’s team captain, Alireza Nadi said: “winning today against Japan and getting to the World League makes it one of the best days of my

life. My team mates did a good job and played very well. We were familiar with their strong points and that was a key factor in our win.”

Iran came into the series against Japan having just overcome the tough assignment of beating Egypt in Cairo. As with the Netherlands and Portugal, it was the first time either team had played on home soil – though that didn’t seem to favor Egypt as Iran won the two-match playoff in an impressive style.

While Iran had its competition, the 15,000 fans filling Azadi Hall in Tehran cheerfully watched their home team continue to dominate the visitors, with celebrations reaching a fever pitch when Iran won the first set – Iran had already won the first leg 3-0 (25-19, 25-14, 25-23) and only

needed to win a set or have a superior points ratio to gain their first berth in the World League.



World No. 14 Iran secured an historic spot in the 2013 FIVB World League after defeating Japan 3-0 (25-16, 25-17, 25-21) in Tehran in the second leg of a two-match qualification series.

And thanks to Farhad Ghaemi, who top scored with 11 points, with regular scoring machine Shahram Mahmoudi ably supporting with 10, when 15,000 fans saw Iran continue to dominate their visitors.

It was Iran's sixth successive win against world No. 19 Japan dating back to last year. Like in game

one, Captain Tatsuya Fukuzawa top scored with 10 points but this time he was joined by Kunihiro Shimizu with the same number.

Iran became the 26th country to qualify for the World League in what will be the 24th edition of the annual event next year.

In our turn, we are also wishing the best for the Iranian volleyball team.

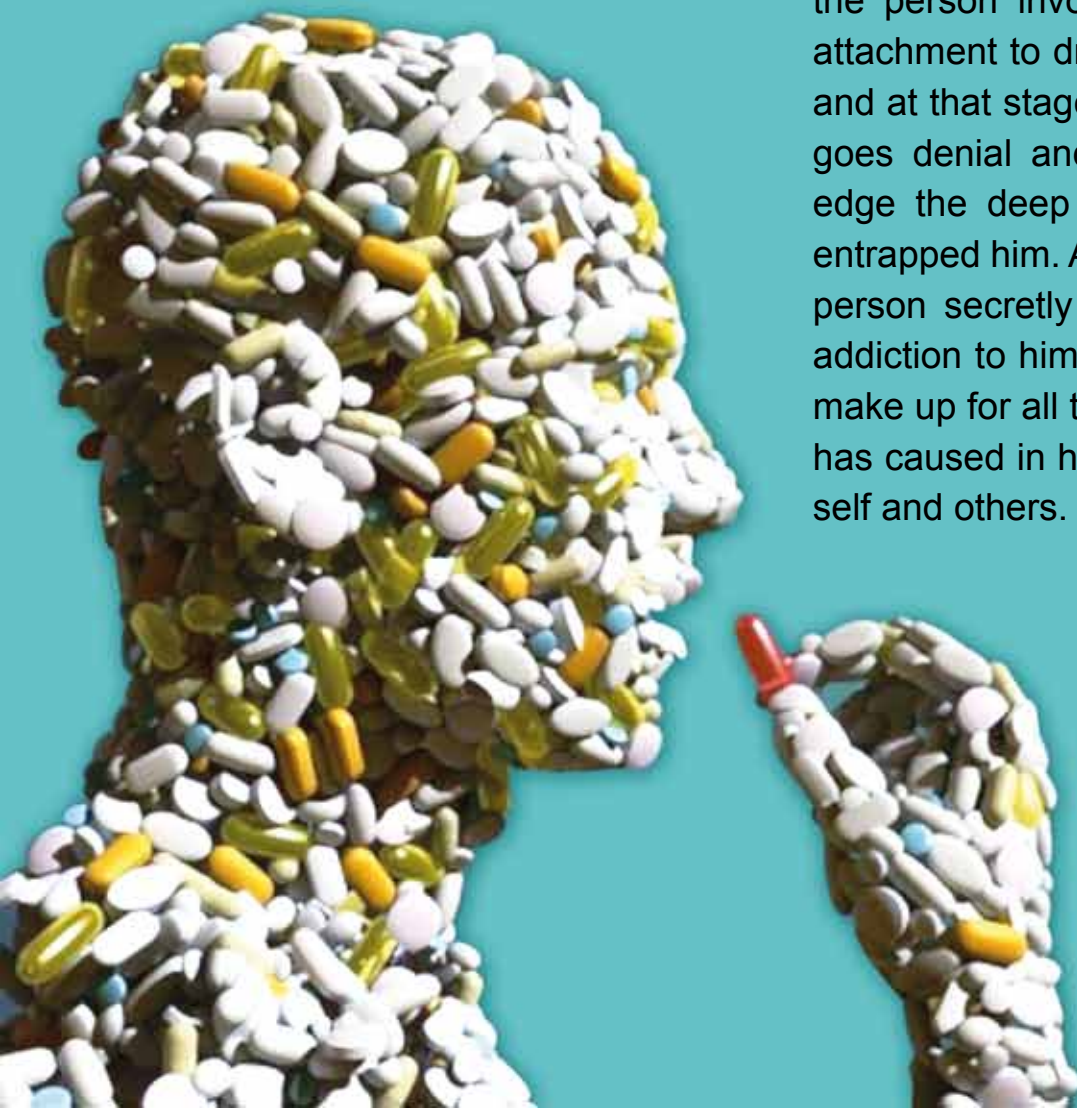


Drugs

Part 3



Drugs don't appear to be addictive at first, but after few times of usage, the person becomes attached to the drug and he/she will move to the next level of drug usage which is indeed drug abuse. But the fact is that it takes quite a while before the person involved discovers his attachment to drugs. Yet even then and at that stage, the addict undergoes denial and doesn't acknowledge the deep trouble which has entrapped him. And finally when the person secretly admits to his own addiction to himself, it is too late to make up for all the loss and hurt he has caused in his life; both for himself and others.



However, attachment to drugs has diverse dimensions such as:

Mental Attachment:

People use drugs for variety of reasons, and make up several excuses for using them. Each person feels the need for mental attachment and when this sense and urge is not fulfilled in its rational manner, then he looks for an alternative; leading to wrong replacements including drugs. Also, a very young person might feel the need to attract attention, even though there are times when he seeks an inappropriate strategy. He might feel brave and confident for turning to drugs, but this is just the initial effect which will very soon wear off.

Signs of Drug Addiction:

Drug addiction is a complex, and often chronic, brain disease. It is characterized by drug craving, seeking, and use that can persist even in the face of devastating life consequences. Addiction results largely from brain changes that stem from



prolonged drug use—changes that involve multiple brain circuits, including those responsible for governing self-control and other behaviors. Drug addiction is treatable, often with medications (for some addictions) combined with behavioral therapies. However, relapse is common and can happen even after long periods of abstinence, underscoring the need for long-term support and care. Relapse does not signify treatment failure, but rather should prompt treatment re-engagement or modification.



Factors of Drug Dependence:

Whether you basically feel dependent on a drug and how quickly you become addicted to a drug depends on many factors, including your biology (your genes, for example), age, gender, environment, and interactions among these factors. Vast differences characterize individual sensitivity to various drugs and to addiction vulnerability. While one person may use a drug one or many times and suffer no ill effects, another person may overdose with first use, or become addicted after a few uses. There is no way of knowing in advance how quickly you will become addicted—but there are some clues, one important one being whether you have a family history of addiction. So never take the risk of trying any sorts of drugs at all and know for sure that there is no need to respond to your sense of curiosity in this field.

Other common questions related to drugs and the problems it causes will be discussed in the next issues.

To be continued...





Commemoration of Truth in Muharram

Zahra Motaqi

Muharram, the first month of the Islamic Calendar, is one of the four sacred months mentioned in the Holy Qur'an in which fighting is prohibited. The commemoration of the battle of Karbala on Ashura and the epic passion and courage of Imam Hossein (A.S) and his 72 loyal companions who were all martyred (in 680 C.E) is annually honored by Muslims around the world. A grandson of Prophet Mohammad (P.B.U.H), Imam Hussein (A.S) and his army of few followers battled with the large military detachment from the forces of Yazid I, the Umayyad caliph, whom Imam Hussein (A.S) had refused to recognize as caliph. The Imam was beheaded by Shimr and all his supporters were killed, in-

cluding his six months old infant son and the women and children were taken as captives, while marched to Damascus and imprisoned there...

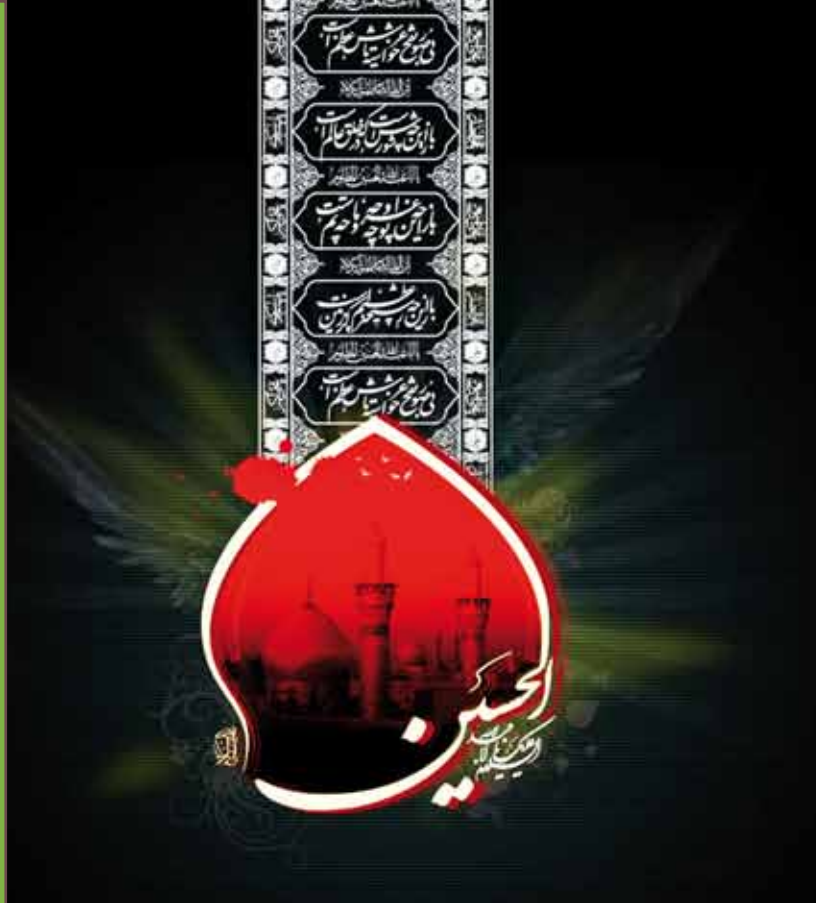
Customs Observed in Muharram and Safar

Muharram and Safar (which includes commemoration of the aftermath of Karbala) are a period of lamentation for Muslims. War and fighting are prohibited during Muharram and festivities like weddings and birthdays are usually postponed to more appropriate days. But the core meaning of Muharram



is beyond such mere bereavement and commemoration of the past. Karbala was an actual and metaphorical venue where the truth confronted the lie, where justice spoke vibrant and audible in the face of prejudice and where courage, passion and devotion preceded attachment, worldliness and obstinacy. The saga is narrated to tell us that compared to the momentary victory of injustice, integrity and honesty will always stand the test of time as today the life of Imam Hossein is honored by millions across the world while the account of his enemies is nearly lost in oblivion.

No one could have said it more beautifully than Imam Hossein himself who was a preacher of peace and went to war only as the last resort; when on the day of Ashura he and his followers carved passion and courage forever in the depths of our shared memories, he said: "If you do not have any religion, then at least be noble and broad-minded in your own world."



Manifestations of Ashura in Iranian Culture

In Iran, Persian tea houses have murals that display the battle of Karbala, Imam Hossein army and his 72 companions against the large army of their enemy Yazid. Weeping women over corpses and the Imam's wounded horse, Zuljenah are the most common elements of these paintings.

Also many Iranian and Muslim poets have painted the event of Ashura with words. The most renowned of all is Mohtasham Kashani of the 16th century whose poetry is recited in mourning ceremonies to this day. Many contemporary poets and

lyricists inspired by the accounts of Imam Hossein have produced popular works. Traditional mourning songs, however, known as Noheh have been recited and sung in commemoration of Ashura for centuries. Noheh (literally means giving account of a catastrophe, weeping in a sing-song and meaningful way). Singers who expertise only in Noheh and can inspire and touch the heart of the mourners with the extent of their sincerity, talent and voice are quite popular in Iran and their records sell in thousands.

Each neighborhood sets up its own establishment for the ceremonial processions of the month known as 'Tekkiyeh', which are venues for gathering of mourners known as 'Heyat' (literally meaning group or delegation) who honor the life of Imam Hossein. Tekkiyeh (stemming from the word eteka, meaning backup or reliable) was historically a staying place for visiting pilgrims and dervishes who relied on the goodness of the benefactors for daily sustenance. Today tekkiyehs, however, are specific

locations for mourners who meet and participate in religious gathering after which they head out on the streets in groups known as Dasteh (literally meaning cluster) to parade a dramatic mourning. The Dasteh in each neighborhood has a specific route through which will proceed and people follow and move with the cluster of mourners as they chant mourning songs on the night and the day of Ashura. Resilient beat of drums and a few other instru-



ments are heard as people weep to the hymns and men in black rhythmically flagellate their backs with two pairs of chains and beat their chests with open palms. This ritual is known as Sineh-Zani (beating the chest).

Usually an elderly person known as Rish Sefid (literally meaning, white

beard) who is also a benefactor of the processions will raise and wave the green and black flags (traditional colors of Islam and mourning) ahead of the parade. Later people would take turns to hold the flag as the mourners move through the streets. A tall stand (sometimes as long as 12 meters) richly decorated with fabrics and feathers structure known as Nakhl (palm tree) is carried around. The Nakhl is a symbol of Imam Hussein's coffin as his-

While the band plays martial and doleful music, some people clad in costumes representing the army of Imam Hossein sit on horses and their suffering under the oppression of their enemy, Yazid is enacted by individuals who wear dark intense colors and have aggressive faces and large moustaches.

Generous Food Offers

Religious ceremonies more than often include food offerings, whether they are held at public venues like mosques or at private residences. These communal gatherings are also a kind of forum where friends, acquaintances and neighbors meet over food that is served after the ceremonies. During Muharram cities are abuzz

with preparation for food offerings known as Nazri, the processions of which are usually sponsored by wealthy benefactors. Sheep, cows and other Halal animals are specifically and ritually sacrificed for this purpose.

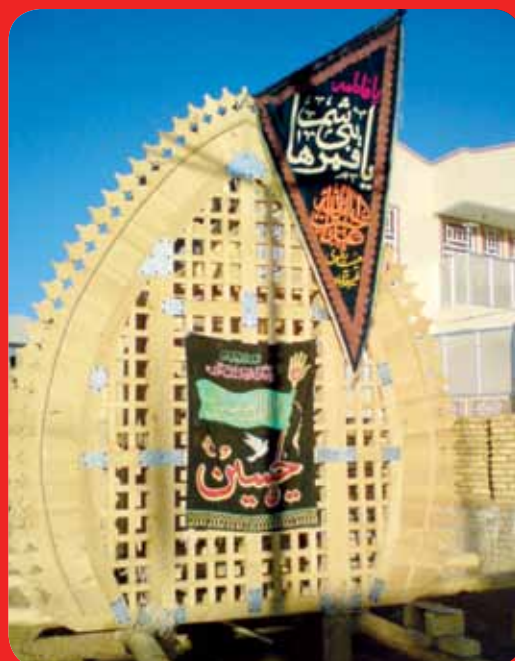
Nazri (stemming from the Arabic word, Nazr) which literally means



tory narrates his beheaded corpse was carried on a stretcher made of palm leaves. For many people carrying the Nakhl throughout the ceremony is a form of bereavement and an instance of humbleness. Some nakhls are so heavily decorated that more than a 100 people are needed in order to carry them.

'offering' is actually a form of a religious commitment that the benefactor has vowed to fulfill when his prayers are heard. People pledge (make a spiritual vow) to do acts of goodness, like feed the poor, visit holy shrines and give alms if their prayers and wishes come true. Also sometimes food offerings are distributed as Kheyrat (literally meaning, charity) in the memory of the deceased. It is believed that the prayers of the poor and needy who are fed by these offerings will benefit the souls of the departed.

During Muharram, particularly on Tassua (the 9th day of the month of Muharram) and Ashura days, each neighborhood in the city will set its food stalls and offer food to the mourners. Also private homes offer food to their neighbors by distributing parcels to houses or hosting the mourning ceremonies inside their homes and asking people to join by invitation.

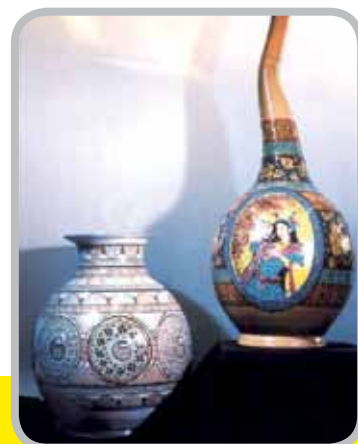


(part 2)

Hamedan


and its Rich
Historical Background

Sepideh Afshar Rezaee
Translated by Shiva Shakib



In the history of Iran, Hamedan has been the capital city of various dynasties. Although it has been ruined several times by wars and natural disasters including earthquakes, it has been rebuilt any time.

Most of residents of Hamedan Province speak in Farsi, but regarding its proximity to certain provinces such as Lorestan, Kordestan and Zanjan, other dialects and languages including Lori, Kurdi and also Azari are common there, as well. As a



matter of fact, Hamedan Province is the host different Iranian dialects.

Handicrafts

Hamedan is well-known for its handicrafts throughout the country, while certain handicrafts such as pottery enjoy a worldwide reputation and prominence. Not only these handicrafts meet the customers' expectations, but they also bear artistic features which are manifested in the form of patterns, designs and various colors. The most prominent handicrafts of the province are potteries and ceramic crafts, the major center of which lies in "Lalejin" located about 20 Kilometers away from Hamedan. Crafts like weaving, pottery making, ceramic crafting and sewing clothes are quite popular among various cities of the province.

Touristic Attractions

The Alvand Mountain is one of the most beautiful locations of Hamedan. This mountain lies somewhere in the center of this province while the city is located in its northern part. Tourists from all over the world are attracted to Hamedan due to its

dreamy and beautiful landscapes, green lands, snow over the slopes throughout the winter and also the famous Alisadr Cave. Other places deserved to mention among the exclusive touristic attractions are: the Abbas-Abad Mound, Lalejin, Haj Enayat Mound, Ganj Nameh Falls, Abbas-Abad Valley, Moradbeig Valley, Ekbatan Barrage, Ghale' Jough Cave, Eram Park, etc. There are several holy shrines and religious places in Hamedan either.

Among other historical monuments and beautiful entertaining sites in Hamedan, these places can be mentioned; Ganj Nameh Cornice, Shir-e-Sangi Statute, Hegmataneh Mounds, Alavian Dome, Hamedan Mosque, Avicenna Tomb, Basta Castle and Temple, Baba Taher Tomb, and any other places.

Souvenirs

The most famous souvenirs of Hamedan Province are: potteries including the earthenware and ceramics with different patterns and colors, rugs, carpets, leather handicrafts, quilted fabrics, and several other items.

Glamorous Victory of **Iran** in the London **Paralympics**

Ahmad Aslanbeigi

In the London Paralympics, Iran stood in 11th place in the medal rankings; a historic achievement for the Islamic Republic of Iran. Iran won 10 gold, 7 silver, and 7 bronze medals at the London 2012 Paralympics Summer Games, which was the country's best showing throughout the history of the Paralympics. Iranians surprised the world by winning a total of 24 medals and finishing above France, Spain, Italy, Belgium, Sweden, and some other countries regarded as sporting powers. At the 2008 Beijing Paralympic Games, Iran finished in 22nd place on the medal board, with 5 gold, 6

silver, and 3 bronze medals. The 2012 London Summer Paralympics opened on August 29 and ran until September 9. The Paralympic Games is the world's second largest major international multi-sport event, involving athletes with a range of physical challenges. Iran sent 79 athletes to the London Paralympics, competing in 13 events.



Following the great victory of Iranians, Supreme Leader of the Islamic Republic of Iran, Ayatollah Seyyed Ali Khomeini issued a statement congratulating Iran's Paralympians:

"The honors you have achieved at the international competitions pleased the Iranian nation and created joy and happiness for the people. I thank you very much. Your commitment to Islamic teachings and values also deserves very special appreciation."

Shot putter **Jalil Bagheri Jeddi** was the athlete who won Iran's first gold medal at the London Paralympics. Bagheri Jeddi made a throw of 11.63 meters to win the gold in the men's F54/55/56 class shot put event.

Recurve archer **Zahra Nemat**i was the first Iranian female who won the gold medal in women's individual W1/W2 class event at the 2012 London Paralympics. "My Italian rival was very strong and I really worked hard to beat her. I wanted to prove that we can win a medal despite lack of equipment. I dedicate my gold medal to all of the people who prayed for me to achieve this success. I also want to thank all of my coaches who helped me," Nemat*i* said. She competed in taekwondo before her legs were paralyzed. She was a black belt and was in the national team.

Siamand Rahman of Iran, who was considered as the most powerful man in this Paralympics, twice set Paralympics records as he claimed the gold medal in the men's +100 kg weight class. The 24-year-old broke the record with his opening lift of 270 kg in front of cheering Iranian supporters and then he lifted 280 kg in his second attempt. In his third attempt, Rahman failed to lift 301 kg and surprisingly, he opted not to try for the record again in his fourth attempt. "I am so happy because of winning the gold medal but I am also sad since I could not lift the 301 kg. I had lifted 310 kg in my trainings prior to the Paralympic Games. I will do that in the next Paralympics", Rahman said.

In a different competition, **Peyman Nasiri** of Iran seized the gold medal of the Men's 1,500 m T20 final at the London 2012 Paralympic Games. The Iranian crossed the line with a time of 3:58:49 at the Olympic Stadium in London. "I came to London for winning the gold medal, that's why I am here. I felt enormous pressure before the competitions and I am happy," the 32-year old athlete said.

Athlete **Mohammad Khalvandi** is another Iranian who won the gold medal in the Men's Javelin Throw -



F57/58 with a throw of 50.98 m at Olympic Stadium.

In another competition, Iran's Javad Hardani claimed the gold medal in the Men's Discus Throw F37/38 at the London 2012 Paralympic Games at Olympic Park Stadium. The Iranian won the gold medal with a throw of 52.91 m. "I am so happy since I could wave my country's flag in front of 80,000 spectators around the stadium," Hardani said.

Medals by categories

Athletics

Five out of ten of Iran's gold medals came in the athletics events. Peyman Nasiri (1500 m T20 category), Mohsen Kaedi (javelin throw F33/34 category), Javad Hardani (discus throw F37/38 category), Jalil Bagheri Jeddi (shot put F54/55/56 category), and Mohammad Khalvandi (javelin throw F57/58 category) all claimed gold. Iran also took home 5 silver medals and 3



bronze medals in athletics, which was their most successful series of events in the 2012 London Paralympic Games.

Powerlifting

Powerlifting was the second most successful sporting competition for Iran at the 2012 Paralympic Games. The Iranian power-lifters won 4 gold, 1 silver, and 1 bronze medals. **Nader Moradi** (-60kg category) , **Ali Hosseini** (-75kg category) , **Majid Farzin** (-82.5kg category), and **Siamand Rahman** (+100 kg category), the strongest man of the London 2012 Paralympic Games, all claimed gold medals. **Roohallah Ros-tami** (-67.5kg category) won a silver medal and **Ali Sade-ghzadeh** (-100 kg category) settled for bronze.

Iranian athlete **Majid Farzin** who won the gold medal of the Men's -82.5-kilogram category of the powerlifting competition, managed to lift 237 kilograms in his third and last attempt to

earn the gold. He successfully lifted 233 and 235 kilograms in his two previous tries.

Iranian power-lifter **Nader Moradi** dedicated his gold medal to the victims of the earthquakes that struck north-western Iran last month. "I would like to express my deep condolences to the families of the victims. I dedicate my medal to them," Moradi said.

Twin earthquakes leveled villages and damaged homes in northwestern Iran on August 11. At least 300 people were killed, and more than 3000 were injured.

Archery

Aside from **Zahra Nemati** who won the gold medal in women's individual W1/W2 class event at the 2012 London Paralympics, the Iranian women's recurve team also earned a bronze medal. These results were not expected from the Iranian women. In the 2008 Beijing Paralympics, Iran didn't win any medals in archery.

Shooting

Sareh Javanmardi was Iran's only shooter who won a medal at the 2012 Paralympics. She took home the bronze in the ten meter air pistol shooting event.

Football 7-a-side

Iran's 7-a-side football team defeated Brazil 5-0 in the third place play-off match on the final day of the Paralympics, to win a bronze, which was Iran's last medal.

Final rankings

China topped the medal rankings with 95 gold, 71 silver and 65 bronze medals for a tally of 231 medals overall. Russia came in second with 35 gold, 38 silver and 28 bronze medals and 101 overall. The host country Britain finished in third place with 34 gold, 43 silver, and 43 bronze medals for a tally of 120 medals.



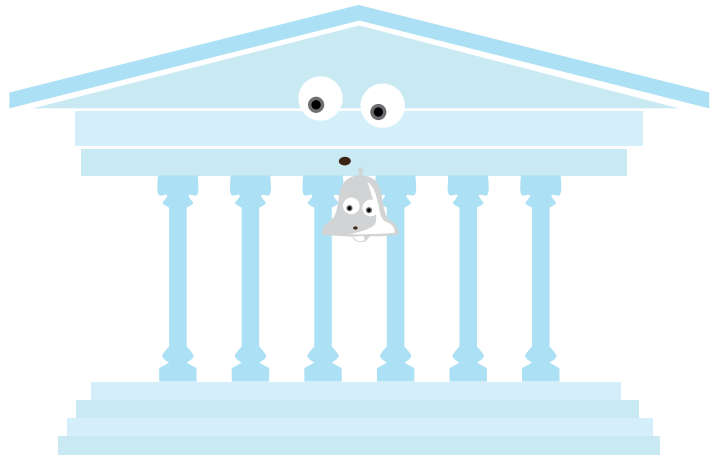
The Baby from the Eagle's Nest

by Rosemary Lake

Illustrator: Mahsa Takfallah

Final Part





“Dolts! That was them! I told you they had stolen the wizard’s scrolls! You should have plucked the rose and cut down the tree. Now go back and do it!”

But of course, as soon as the servants had passed, Gretchen and Nestor had become themselves again, and run further along. Then they heard the three footmen coming again. Gretchen took out the next scroll. *For Transformation to a Marble Shrine*, it said. “Hold my hand,” she said.

Nestor held her hand tight and said, “If you never leave me, I will never leave you.”

“I will never leave you,” said Gretchen, then recited the words on the scroll.

As soon as the words were out of her mouth, she became a white

marble shrine, and Nestor became a silver bell hanging above it.

Again the servants ran straight by with scarcely a second glance. On their way back, they stopped in the shrine to leave an offering. “What did you see this time?” the cook asked when they got home.

“Only a white marble shrine with a silver bell....”

“Cretins! That was them! You should have torn down the shrine and brought me the bell!”

“That would be bad karma,” said the footmen. “You will have to do that yourself.” So the cook set off following the path alone.

Again the children had become themselves, and saw the cook coming after them. They were still a long way from the wood, so Gretchen

took out the last scroll. *For Transformation to a Lily-Pond*, it said. “Hold my hand,” she said.

Nestor held her hand tight and said, “If you never leave me, I will never leave you.”

“I will never leave you,” said Gretchen, and then recited the words on the scroll.

As soon as the words were out of her mouth, she became a beautiful lily-pond, and Nestor became a little white duck swimming among the flowers.

But old Crumppet the cook was not fooled. He stalked up to the pond and commanded: “Change back!”

“Quack quack, to you!” said the duck, swimming away.

Crumppet waded into the water to catch the duck. But the duck grabbed Crumppet’s shoelaces and untied them, and then pecked at his behind till he sat down in the mud and stuck fast. All the servants came running and stood round laughing at him. The duck swam round and round quacking, “You can’t catch me, you can’t cook me!”

Finally Crumppet became so angry that he shouted, “When you become a boy again, then I will cook you! The kettle is hot!”

The servants were shocked. “So you are as bad as that!” they said. Most of the servants stayed and began throwing mud at him, but the scullery maids ran back to the house and put out the fire and took



the kettle back to the basement, and hung it upside down and rubbed with cooking oil so it wouldn't rust.

Just then the wizard, who had completed his business sooner than expected, returned and asked what the fuss was about. The maids told him the whole story and led him to the lily-pond, where the cook was still stuck in the mud and shouting at the duck.

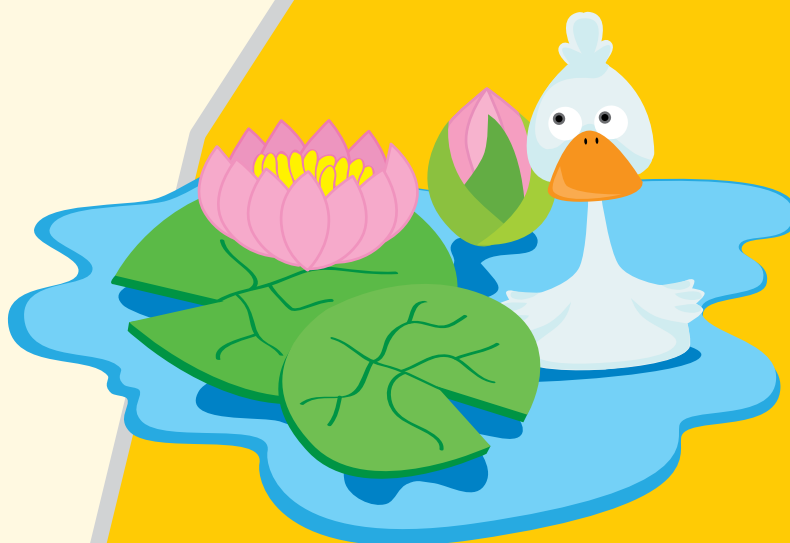
The wizard was so angry that he fired the cook at once, and furthermore summoned the bailiff to put him in jail. Then the wizard said to the duck, "You must be Nestor. Where is Gretchen?"

"She is the lily-pond," said the duck, climbing out. "Will you please change us back?" For Gretchen had been a lily-pond so long that she could not seem to change back again.

"With all my heart!" said the wizard, and spoke a magic formula. At once Nestor and Gretchen became themselves again - though Gretchen was quite muddy and rather stirred up. So the wizard took them straight home and the servants gave them both a hot bath, clean clothes, and hot soup and crackers and butter.

"And now," said the wizard, "I have got some wonderful good news." It seems that while on the journey he had met Nestor's mother, who had been seeking for her lost child all this time. So after this she came to live with them in the wizard's house; and she and Gretchen studied magic together, and Nestor took over the kitchen, and all lived in peace and happiness from then on.

The End



What is Jet Lag?

Compiled by Mohsen Ziae

(Part 2)



In the previous issue many symptoms of jet lag were discussed. In this relation some of the paths to reducing these unpleasant signs which can be troublesome are mentioned in this issue.

Avoid Dehydration:

During your flight, make sure you drink sufficient water. Keep in mind that no other drink will do the job, and they might even worsen such symptoms; this includes tea, coffee and other drinks.



Watch Your Health:

As long as you consider physical fitness, proper diet and an organized sleeping schedule, you will experience milder issues related to jet lag.

When in Rome:

Once you arrive at your destination, change your daily routine to the local timetable immediately. In this way your body clock will adapt to the new environment in a better speed.

Walk on the Plane:

Try to move around on the plane which helps reduce the disorder of your circadian rhythm. Circadian rhythm refers to the 24-hour cycle in the biochemical, physiological and behavioral process of our bodies. In layman's terms, it means our body clock.



Control your Medical Condition:

If you have a particular medication, follow your treatment plan strictly on board.



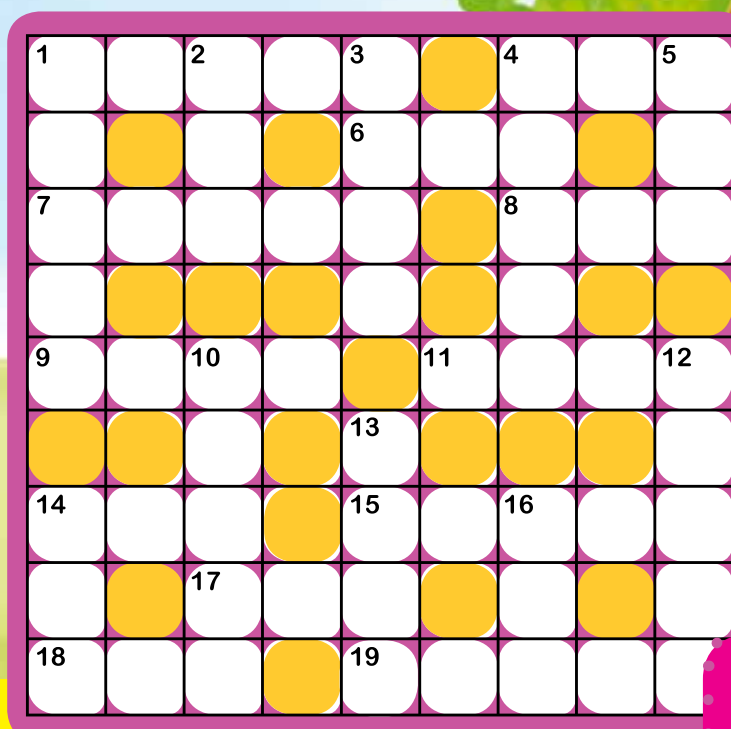
SUDOKO

2			
	4	3	
	2	1	
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	1		
3		2	
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		1	



CROSSWORD



ACROSS

1. Cook on gridiron
4. Work with shovel
6. Belonging to us
7. Repeated another time
8. Small insect
9. 10 cent coin
11. Frozen precipitation
14. Food tin
15. Grayish green
17. Hooting bird
18. Sticky black substance
19. A lollipop

DOWN

1. Protect
2. Northern Ireland army
3. Not short
4. Empty liquid from container
5. Acquire
10. Not major
12. Fully of weeds
13. Tootsie
14. Feline
16. Sick

Answers to Crossword:
 Across:
 1.grill, 4.dig, 6.our, 7.again, 8.ant, 9.dime,
 11.snow, 14.can, 15.olive, 17.owl, 18.tar, 19.lolly
 Down:
 1.guard, 2.IRA, 3.long, 4.drain, 5.get, 10.minor,
 12.weedy, 13.roll, 14.cat, 16.ill



Fun and Foods



Roasted Baby Beets

Usually oven-roasting brings out the sweetness of most vegetables, especially beets. If using yellow and red beets, consider baking them in separate pans. The red beets tend to bleed and may cause the yellow beets to take on a crimson color.

Servings: Makes 8 servings.

Prep Time: 15 mins

Total Time: 1 hr 25 mins

Ingredients on sale: 1



Ingredients

- 2 poundstrimmed red and/or yellow baby beets or small beets (about 3 1/2 pounds untrimmed with tops)
- 2 tablespoonsolive oil
- 1/4 teaspoonsalt
- 1/4 teaspoonfreshly ground black pepper
- 1 large orange
- 3 tablespoonswhite vinegar
- 2 tablespoonsthinly sliced shallot
- 2 teaspoonsDijon-style mustard

Recipe

1. Preheat oven to 425 degrees F. If using small beets, cut them into 1- to 1-1/2-inch wedges. Place beets in a single layer in a shallow baking pan. Drizzle with 1 tablespoon

of the oil; toss to coat. Sprinkle with salt and pepper; toss to combine. Cover with foil and roast for 25 minutes. Uncover and roast about 15 minutes more or until beets are tender; cool. If using small beets, peel the beets. (Baby beets do not need to be peeled.)

2. Meanwhile, using a small sharp knife or citrus tool, remove long shreds of peel from the orange, taking care not to remove the white pith; measure 2 tablespoons peel. Squeeze juice from orange; measure 1/3 cup juice.

3. In a glass dish, whisk together the 1/3 cup orange juice, the remaining 1 tablespoon oil, vinegar, shallot, and Dijon mustard. Add beets and orange peel; toss gently to combine. Cover and marinate at room temperature for 30 minutes or in the refrigerator for up to 8 hours.

Nutrition information

Per serving: Calories 90, Total Fat 4 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 188 mg, Carbohydrate 13 g, Fiber 3 g, Protein 2 g. Daily Values: Vitamin A 0%, Vitamin C 18%, Calcium 2%, Iron 6%. Percent Daily Values are based on a 2,000 calorie diet.

IF

by Rudyard Kipling

*If you can keep your head when all about
you
Are losing theirs and blaming it on you;
If you can trust yourself when all men
doubt you,
But make allowance for their doubting too:
If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,
Or being hated don't give way to hating,*



And yet don't look too good, nor talk too wise;

If you can dream, and not make dreams your master;

If you can think, and not make thoughts your aim,

If you can meet with triumph and disaster

And treat those two impostors just the same.:

If you can bear to hear the truth you've spoken

Twisted by knaves to make a trap for fools,

Or watch the things you gave your life to, broken,

And stoop and build'em up with worn-out tools;

If you can make one heap of all your winnings

And risk it on one turn of pitch-and-

toss,

And lose, and start again at your beginnings,

And never breathe a word about your loss:

If you can force your heart and nerve and sinew

To serve your turn long after they are gone,

And so hold on when there is nothing in you

Except the Will which says to them: "Hold on!"

If you can talk with crowds and keep your virtue,

Or walk with kings, nor lose the common touch,

If neither foes nor loving friends can hurt you,

If all men count with you, but none too much:

If you can fill the unforgiving minute With sixty seconds' worth of distance run,

Yours is the Earth and everything that's in it,

And—which is more—you'll be a Man, my son!



monthly

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