

monthly

# ZAMZAM

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March 2013

## Nowruz 1392, The Persian New Year

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# *I Follow My Dreams*

*I get laughed at,  
I get ignored,  
I often feel trapped,  
and keep my thoughts stored,  
people can be cruel and very mean,  
but no matter what,  
I follow my dreams*

*life has waves,  
I know that,  
but i stand brave,  
and take the crap,  
I may feel exhausted and totally  
creamed,  
but no matter what,  
I follow my dreams*

*I know what I want,  
and I won't stop trying  
Quitting? I can't,  
for now I'm flying,  
it's impossible it seems,  
but no matter what,  
I follow my dreams!*

**by Crystal Nelson  
(Georgia, USA)**



In The Name Of God

# ZAMZAM

March 2013 • Issue No.134

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ZamZam English Magazine,  
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# Take Care of Your Humanity!



We are all essentially born as human beings who bear a high magnificence and value.

Honestly when we are kids we usually remain innocently kind, generous, happy, carefree and positive.

But just as we step out of our childhood, we are exposed to an exotic outside world which is full of wildness, unexpected cruelty, justification, deception, lies, and several other negative and unpleasant features, habits and attitudes.

It's right there and then that we have to gain our own consciousness and be careful how the outside world would influence us.

The truth is that you will face unlimited and unexpected features and characteristics in people every

single day and you will at times not only be taken back by surprise, but actually you will be terribly shocked and merely terrified why people behave the way they really do.

But at the end of the day you are the one who decides about you; who you want to be?

How you want to be?

and what features and characteristics do you wish to bear as part of your pure humanity throughout life? So every single day you need to make a choice and to be cautious about who you interact with in different levels.

You will gradually discover your own true worth and value and the beautiful responsibilities you have as a human being.

The first step is to trust your heart,

continue your investigations about the essential features of humanity and therefore be able to create a big picture in your mind.

When this happens you will take control and feel empowered.

On many occasions you might find it tough to resist and adhere to your great humanistic values and try to justify a change in your manner, attitude and thinking mode.

But it won't take long and after a short while you will face an inner conflict and challenge and know for real that if you are to violate your own basic moral principles, you will feel estranged and won't be familiar with yourself anymore.

If you have faith in your true and valuable values, then nothing can change who you are and you will be respected.

So, take care of yourself, and care for your Godly essences which are granted to you as divine blessings.

If you take care of every great feature you possess, then you can even enrich them and reach an inner peace.

Look at it as part of your journey in life; one that accompanies you all along and is part of your identity.

**Sh. Ghandehari**





# Nowruz, The Persian New Year

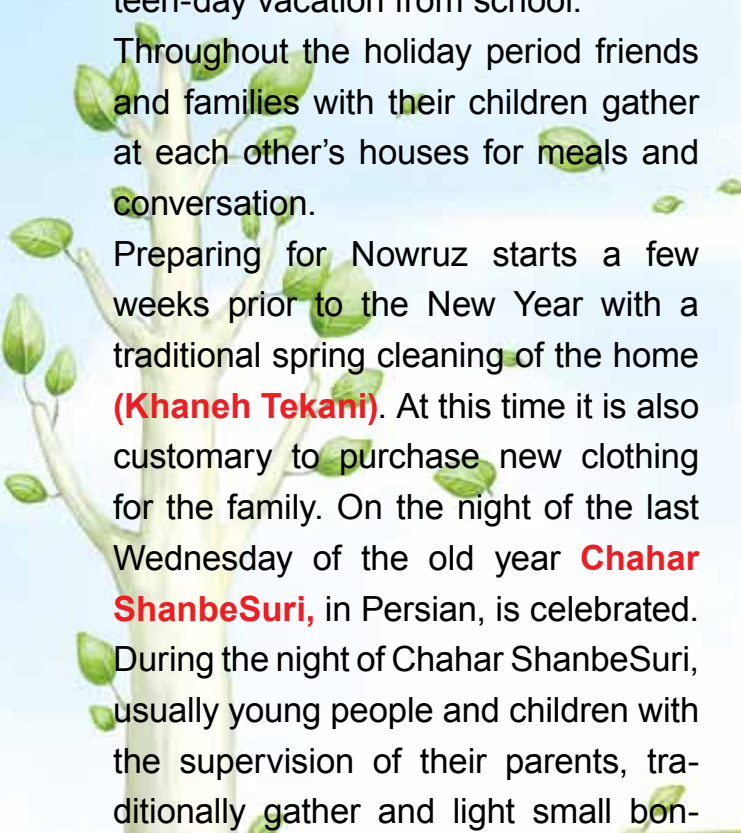


By Zahra Motaghi

The Persian New Year “**Nowruz**” which is pronounced as no-rooz is a combination of two Persian words. The first word “now” means new and the second word “ruz” means day; together they mean “New Day.” Nowruz is the name for the celebrations that observe the New Year for many Persian and Central Asian communities. The exact beginning of the New Year occurs when the season changes from winter to spring (on the vernal equinox), which usually happens on 20 or 21 March each year.

The festivities of Nowruz reflect the renewal of the Earth that occurs with the coming of spring. Activities that celebrate the arrival of Nowruz share many similarities with other spring festivals such as Easter, celebrated by Christians, and the Egyptian holiday called Sham Al-Naseem, which dates back to the time of the Pharaohs. Nowruz is a festival that has been celebrated for thousands of years. Nowruz is a time for family and friends to gather and celebrate the end of one year and the beginning of the next. Many people





say: Nowruz is just for the children and youngsters; this is because children and young people are the ones who enthusiastically await Nowruz every year and enjoy the most during the celebration. Children usually have a fourteen-day vacation from school.

Throughout the holiday period friends and families with their children gather at each other's houses for meals and conversation.

Preparing for Nowruz starts a few weeks prior to the New Year with a traditional spring cleaning of the home (**Khaneh Tekani**). At this time it is also customary to purchase new clothing for the family. On the night of the last Wednesday of the old year **Chahar ShanbeSuri**, in Persian, is celebrated.

During the night of Chahar ShanbeSuri, usually young people and children with the supervision of their parents, traditionally gather and light small bonfires in the streets and jump over the flames shouting: "**Zardie man az to, sorkhie to az man**" in Persian, which means, "May my sickly pallor be yours and your red glow be mine." With this phrase, the flames symbolically take away all of the unpleasant things that happened in the past year. Because jumping over fire is dangerous, many people today simply light the bonfire and shouts the special phrase without

getting too close to the flames.

Families return home after the events of Chahar ShanbeSuri and wait together for the exact moment when the vernal equinox occurs, in Persian called **Tahvil-e Sal**.

When the New Year is nearing, a special person called **Haji Firooz** (a figure loved by the children) comes to the neighborhood to sing, dance and spread the news of Nowruz. Haji Firooz is usually dressed in a red satin outfit with his face painted as a disguise. When the New Year is just minutes away families gather together and wait for Tahvil-e Sal to occur. Right after the moment of Tahvil-e Sal, the family exchanges well wishes such as "Happy New Year" or "**Sal-e No Mobarak!**" in Persian. Next, the eldest in the family distributes special sweets and candies to everyone, and young people and children are given money or other presents. It is also traditional for families and neighbors to visit each other and exchange special gifts.

The thirteenth day of Nowruz is called **Sizdeh Bedar**, which literally means in Persian "getting rid of the thirteenth." On this day, families pack a special picnic and go to the park to enjoy food with other families. SizdehBedar marks the end of the Nowruz celebrations, and the next day children return to school.



## Books and Movies about Nowruz (for youth)

### Celebrating Nowruz:

By Yassaman Jalali and Marjan Zamanian. Saman Publishing, 2003  
Simple and colorful, this book introduces the Persian New Year to young children. It includes three simple crafts and easy ways to celebrate Nowruz at home and school.

### Happy Nowruz:

Cooking with Children to Celebrate the Persian New Year. By Najmieh Batmanglij. Mage Publishers, 2008  
This book includes detailed descriptions of Nowruz ceremonies as well as twenty-five recipes for cooking Nowruz dishes with children.

### Nowruz and other Festivities in Iran:

Farshid Eghbal and Sandra Mooney. Eqbal Printing and Publishing, 1996

## Movies

### Babak and Friends:

A touching story about an Iranian-American boy who feels pride for his Iranian heritage by learning about Nowruz. This book/movie combination is appropriate for elementary school students.

### Children of Heaven, 1999:

An Oscar nominated film about a year in the struggles of a working class brother and sister in Tehran whose sto-



ry overlaps with the Nowruz celebration. This movie is particularly useful for introducing students to the socio-economic diversity of Tehran.

### The White Balloon, 1995:

In this acclaimed film about a little girl's Nowruz celebration, Iranian society and its preparations for the New Year are intimately portrayed.







# Celebrating Iran's National Day of Space Technology

By Reza Soltani

Every year on 3 February Iranians celebrate the National Day of Space Technology.

All Iranians are proud of having a national space industry and they celebrate this day to show how much the advanced technology and industries are important for them. Regarding the broad circle of space related activities, establishment of an organization tasked with fulfilling such measures was inevitable. The main goals of the organization are policy making for the application of space technologies with the aim of using them peacefully outer

space, manufacturing, launching and using of the national research satellites, approving space related public and private sector programs, promoting the partnership of private and cooperative sectors in efficient uses of space, identifying guidelines concerning the regional and international cooperation in space issues. Islamic Republic of Iran has a long precedent in satellite communication.

Since 1969, Iran has become a member of several international space councils, and it has been introduced as a pioneer country in space industries in the world.

The Iranian Space Agency (ISA) is Iran's governmental space agency. Iran is an active participant in the Asian space area and has become an orbital-launch-capable nation in 2009.

Iran is one of the 24 founding members of the United Nations Committee on the Peaceful Uses of Outer Space, which was set up in 1958. ISA was established on 1 February, 2004 according to the Article 9 of the Law for Tasks and Authorizations of the Ministry of Communications and Information Technology, passed on 10 December 2003 by the Parliament of Iran. Based on the approved statute ISA mandated to cover and support all the activities in Iran concerning the peaceful applications of space science and technology under the leadership of a Supreme Council of Space chaired by Iran's President.



### **Satellite Launch Vehicle:**

Iran is the ninth country to put a domestically-built satellite into orbit by using a domestic launcher, the Safir-2 launch vehicle. After 2000, Iran acquired the necessary skills to begin initial production of the Shahab-3 rocket. This was followed by several modifications and improvements, leading to the test firing of an improved version (Shahab SLV) in late 2004, which was used to launch a completely indigenous Omid satellite. This was followed by several further modifications and improvements, leading to the test firing of the next generation, a (Shahab SLV) in late 2004, which was used to launch an additional Omid satellite. Iran has developed an expendable satellite launch vehicle named Safir SLV. According to the technical documentation presented in the annual meeting of the United Nations Office for Outer Space Affairs it is a two-stage rocket with all liquid propellant engines. The first stage is capable of carrying the payload to a maximum altitude of 6.8 kilometers. It is designed to place a lightweight (50–100 kg) payload into a 500 km LEO. The lighter sub-orbital all-liquid two-stage version is known as Kavoshgar. It is the civilian version derived from one of at least four



known military ASAT systems still in development, thus the Safir SLV is 40% taller. In 2010 a more powerful rocket named Simorgh was built. Its mission is to carry the heavier Mesbah-2, Toloo and Navid-Elmo-Sanat satellites into orbit.

According to Iranian media, Iranian experts are also engaged in development of three more satellite projects including ZS4, SM2S and Sepehr.

Iran plans to have satellites in geo-stationary orbit by 2016. Iran is also supposed to implement 10 satellite projects with Asia-Pacific Space Cooperation Organization (APSCO) members. The organization has defined 10 projects on designing, building and launching light satellites, middle class satellites weighing 500-600 kg, research satellites, remote-sensing and telecommunications satellites.



### **Manned space program:**

Iran Aerospace Industries Organization (IAIO) head Reza Taghipour on August 20, 2008, revealed Iran intends to launch a manned mission into space within a decade. This goal was described as the country's top priority for the next 10 years, in order to make Iran the leading space power of the region by 2021. In August 2010, President Ahmadinejad announced that Iran's first astronaut should be sent into space onboard an Iranian spacecraft by no later than 2019.

# Mr. Sticky

by Mo McAuley

Illustrator: Mahsa Takfallah



## Part 2





“On the side,” Mum said. She was busy concentrating on the water. “Don’t worry I was careful.”

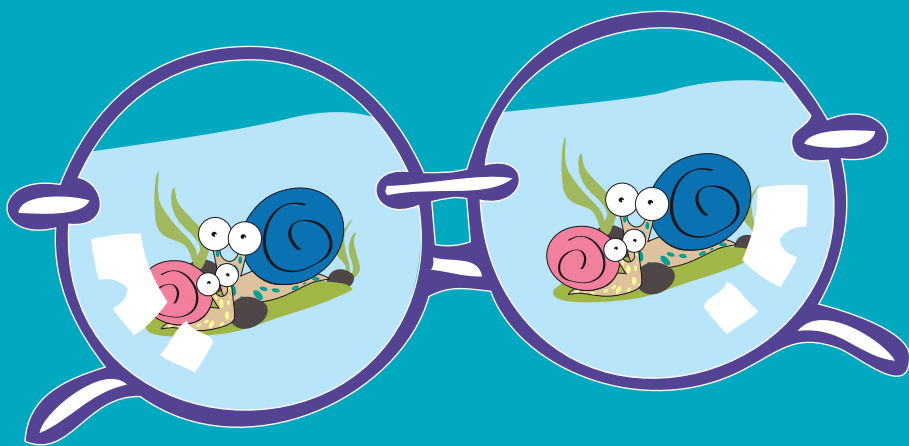
Abby looked on all sides of the tank. There was no sign of the water snail. “He’s probably in the gravel then,” her mum said. “Come on let’s get this finished. I’ve got work to do.” She plopped the fish back in the clean water where they swam round and round, looking puzzled.

That evening Abby went up to her bedroom to check the tank. The water had settled and looked lovely and clear but there was no sign of Mr. Sticky. She lay on her bed and did some exercises, stretching out her legs and feet and pointing her toes. Stretching was good for your muscles and

made you look tall a model had said on the TV and she looked enormous. When Abby had finished, she kneeled down to have another look in the tank but there was still no sign of Mr. Sticky. She went downstairs. Her mum was in the study surrounded by papers. She had her glasses on and her hair was all over the place where she’d been running her hands through it. She looked impatient when she saw Abby in the doorway and even more impatient when she heard the bad news.

“He’ll turn up.” was all she said. “Now off to bed Abby. I’ve got masses of work to catch up on.”





Abby felt her face go hot and red. It always happened when she was angry or upset.

"You've hovered him up haven't you," she said. You were in such a rush you hovered him up."

"I have not. I was very careful. But he is extremely small."

"What's wrong with being small?"

"Nothing at all. But it makes things hard to find."

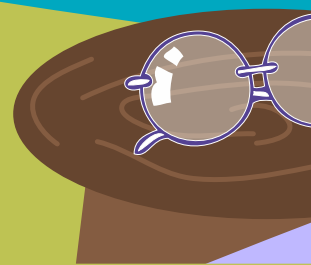
"Or notice," Abby said and ran from the room.

The door to the bedroom opened and Mum's face appeared around the crack. Abby tried to ignore her but it was hard when she walked over to the bed and sat next to her. She was holding her glasses in her hand. She waved them at Abby.

"These are my new pair," she said. "Extra powerful, for snail hunting." She smiled at Abby.

"And I've got a magnifying glass," Abby suddenly remembered and rushed off to find it.

They sat beside each other on the floor. On their knees they shuffled around the tank, peering into the corners among the big peb-





bles, at the gravel and the pondweed.

"Ah ha!" Mum suddenly cried.

"What?" Abby moved her magnifying glass to where her mum was pointing.

There, tucked in the curve of the archway, perfectly hidden against the dark stone, sat Mr. Sticky. And right next to him was another water snail, even smaller than him.

"Mrs. Sticky!" Abby breathed.

"But where did she come from?"

"I'm beginning to suspect the pond weed don't you think?"

They both laughed and climbed into Abby's bed together, cud-

dling down under the duvet. It was cozy but a bit of a squeeze.

"Budge up," Mum said, giving Abby a push with her bottom.

"I can't, I'm already on the edge."

"My goodness you've grown then. When did that happen? You could have put an elephant in here last time we did this."

Abby put her head on her mum's chest and smiled.

**THE END**



# Mashhad al-Reza, Spiritual Capital of Iran

part 2

Sepideh Afshar Rezaee  
Translated by Shiva Shakib

Mashhad City plays a significant role in both producing and exporting areas of Iran. Hence, we intend to discuss on a number of major fields of activity in this city with the aim of making you familiar with these products on the one hand and to show how they contribute to boosting the export potential of Iran.

## Productivity of Diverse Commodities

Mashhad enjoys extensive fertile lands for agriculture, animal husbandries and industrial capabilities. Today, the economic foundation of Mashhad city is mostly based on saffron, barberry, crystal candy, nuts, industrial leather and carpet-weaving industry. Actually weaving rugs has quite a long history of

over 5 centuries in Mashhad. Meanwhile, Mashhad gains a considerable income through the pilgrims who come from various parts of the world to visit the holy shrine of Imam Reza (AS) and all the tourists who go to this city. As a matter of fact in average around 32 million pilgrims visit this city every year. In the field of farming, since Mashhad has extensive agricultural lands, then wheat, barley, beetroot, sugar beet, cotton plant, pasture, vegetables, fruits such as apple, pear, peach, tomato, and berry are among its important products. The farming lands in Mashhad have a high potential for the growth of diverse medical herbs and pave the way for the growth of industries like food, steel, textile manufacturing, and chemi-







cals. Among the religious locations, Mashhad is one of the most powerful spots for attraction of tourists in the international world. Mashhad is close to Central Asia and therefore it hosts several international exhibitions in diverse regions.

### **Mashhad and Tourism, Historical and Architectural Attractions**

The Khorasan Province is the greatest religious tourism hub in Iran; covering many mausoleums and architectural buildings as well. Among the religious places of Mashhad are famous mosques such as the MolaHeidar, Ziba and Gohar-Shad mosques. Although many of the historical monuments have been destroyed, the remaining ones mostly go back to the

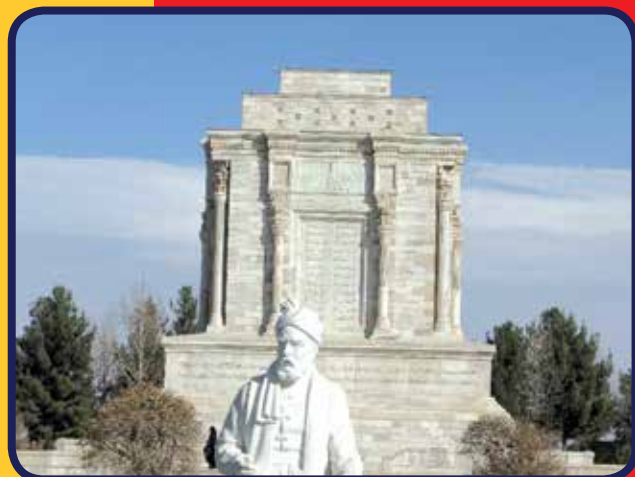
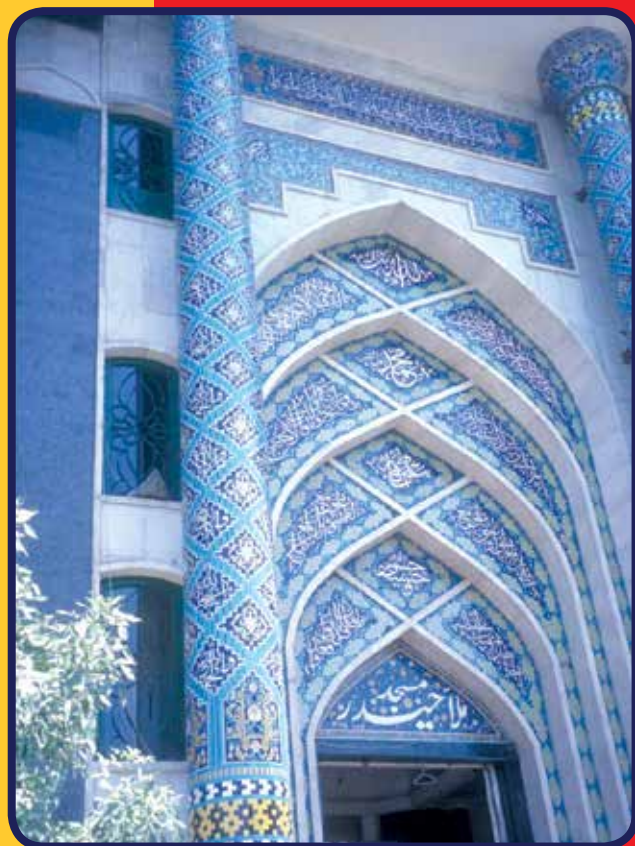




eight century and especially in the historical city of Tus. There are many temples and tombs in the suburbs of Mashhad; for instance the tomb of the Nader Shah and Ferdowsi, the great epical poet. The Naderi engraving located outside the Naderi Castle is written in the Turkish language and in calligraphy within a mountain. Several famous historical schools which enjoy architectural values are in Mashhad, as some of them are the Mirza Ja'far School, Navab Mirza School, Mola Mohammad Bagher and Haji Rezvan for instance. There are many museums in the city of Mashhad; the Museums of Astan Quds Razavi, the Stamp Museum, the Quran Museum, the Anthropology Museum, the Science and Natural History Museum among many others.

### **Souvenirs of Mashhad**

The most important souvenir of Mashhad is saffron, mixed spice (this spice is a mixture of cinnamon, sumac, cow-parsnip powder, ginger, black pepper, red pepper, turmeric), rice spice, barberry, candy, crystal candy, various nuts (including plums, figs, cardamom, dried mulberry, raisins and peas) in addition to various handicrafts like gold, turquoise jewelry, shoes, in addition to various prayer rugs and rosaries.





# Key Tips for Common Health Problems

Is the economy beating you up? It's time to get creative. Next time you have an ache or pain, forget about a costly trip to the drugstore and test-drive some of your grandmother's remedies instead. It'll save money and be gentler on your body and the environment.

## 1. Stop Bleeding:

You'd think it would burn, but a sprinkle of **cayenne pepper** on a cut will quickly stop the bleeding and actually relieve the pain.

## 2. Toothache:

There's nothing as bad as the shooting pain of a toothache. You don't want to ignore a tooth problem, because an infection near to your brain can be extremely dangerous if it spreads. But in order to reduce swelling and pain while you wait for a dentist appointment, try putting a few drops of **clove oil** on your tooth and gums, and bite down on a smashed piece of **garlic** (which has excellent antibacterial properties). This has always worked for me.





### 3. Rashes and Allergies:

Prescription and OTC antihistamines can cause some serious side effects.

Before you head for the strong stuff, try **green tea**, which contains compounds with antihistamine properties.

You'll need to drink 2-3 cups a day to get the full effect.

### 4. Athlete's Foot:

It's a foot fungus, and it stinks. Air those piggies, then soak them in **salty water**, wash them with **garlic juice**, or soak them with **diluted white or apple cider vinegar**. All of these things will help kill the fungus.

But you have to be persistent, consistent, and diligent: No matter what treatment you use, do it a few times a day and stick with it until at least a week after you think the symptoms are gone! Fungus excels at hiding out and coming back when you least expect it.

### 5. Acne and Sensitive Skin:

First, you really have to look at your lifestyle, because imbalances in your health can show up in your skin. But in the meantime, wash your face with **oatmeal**. It's a gentle exfoliate and draws out oil and impurities.

### 6. Ear Infections:

Ear infections can become quite serious and cause permanent damage, so please see a doctor if your earache has become severe.

But if you feel like your infection is mild and at the beginning stages, put a few drops of **garlic oil** or **white vinegar** into your ear canal and lay down on the opposite side to let those drops do their work. Garlic and vinegar create an environment that won't support the bacteria causing the infection. Repeat a few times a day until the symptoms disappear. (If your symptoms last longer than a few days, you should definitely see a doctor!)



## 7. Sore Muscles and Bruises:

After a hard afternoon of rowing with a friend, I resigned myself to a few days of burning muscles and soreness. But my friend saved the day with a tube of **arnica cream**. He rubbed it on my shoulders and voila, instant relief and absolutely no aches the next day. The humble arnica flower makes an incredible cream that no medicine cabinet should be without. Use it immediately to speed up the healing of bruises, sprains, sore muscles, and other general aches.

## 8. Flatulence:

Some foods, like beans and raw veggies, are more likely to cause gas, but if you find flatulence to be too common of an occurrence, try taking a **digestive enzyme** with your meals. You can find these at any health food store.

In the meantime, make use of digestive spices such as **ginger**,

**anise, peppermint, coriander, and dill**. You can make tea with these ingredients or incorporate them into your food.

## 9. Dandruff:

Have you looked at the ingredients in dandruff shampoo? It seems like they contain almost everything in the toxic ingredients you must avoid list. Better to try something natural first before resorting to chemicals. Many people swear by rubbing **aloe vera gel** onto the scalp (leave it on for 20 minutes then rinse it out). This will certainly help with dry, itchy scalp. Another remedy is a rinse with **apple cider vinegar**. Try these remedies a few times before deciding if they work for you. Even dandruff shampoo requires regular use to see results, so give the natural stuff a chance!

***To be Continued...***



# Air Force and the Strategy of Defense

By Leila Rezayati Monfared

Islamic Republic of Iran annually celebrates the Air Force Day on 19th of Bahman; the eleventh month of the Iranian Calendar which commemorates the faithful alliance of Iranian Air Force personnel to Imam Khomeini, the leader of the Islamic Revolution of Iran.

After the Islamic Revolution, Iran has earned great accomplishments on air force and military equipment, especially in terms of manufacturing military planes, jet fighters, radars and etc.... During the time when Iraq invaded Iran, while suffering from lack of spare parts, the Iranian Air Force was able to launch a surprising counterattack just days after Iraqi preemptive strikes on

Iranian air fields. They also launched a major airlift using Boeing 747, 707, and C-130 aircraft to move conventional forces to the front. The Iranian Air Force, equipped with Maverick missiles, proved critical during the initial defense by attacking Iraqi ground forces. The Iranian Air Force operated aggressively at the beginning of the war, providing both close air support and battlefield interdiction in support of the Iranian ground forces. An example of this level of support occurred on October 3, 1981 when the Iranian planes hit a large Iraqi armor formation massing in central Khuzestan.

Iran also made effective use of attack



helicopters. Helicopters were the primary Iranian anti-armor system. As the war progressed, Iran increasingly relied on army aviation to support ground operations, while the Air Force concentrated on strategic counter value targets.

When the Iran-Iraq War started in 1980, Iran's F-14s equipped with Phoenix missiles, capable of identifying and destroying six targets simultaneously from a range of 80 kilometers or more, inflicted heavy casualties on the Iraqi Air Force, which was forced to disperse its aircraft to Jordan and Oman. The capability of the F-14s and F-4s was enhanced by the earlier acquisition of a squadron of Boeing 707 tankers, thereby extending their combat radius to 2,500 kilometers with in-flight refueling. Iranian F-14 Tomcats were also used like miniature AWACS, reporting Iraqi fighter operations to Iranian air defense commanders with their powerful radars. In response, Iraqi Mirage F-1EQ fighters flew high-speed, low-altitude profiles, well below the Tomcat's radar limits.

Iran's Air Force regularly holds massive military exercise to test various manufactured military equipment including jet fighters, long range missiles, long-range radars and electronic surveillance systems. During the regular war games, Iran's drones, jetfighters, anti-air defense systems and some 8

thousand troops; this includes the Islamic Revolution Guards Corps (IRGC) practice modern tactics in relation to the recent threats existing in certain parts of the world. In September 2011, the Iranian Air Force's first squadron of home-made Saeqeh fighter jets started operations during the large offensive air drills codenamed "Fadaeeyane Harim-e Vellayat III" in Northwestern Iran. The country has repeatedly made it clear that its military might is merely based on the state's defense doctrine of deterrence and that it poses no threat to other countries. As mentioned earlier, in recent years, Iran has made great achievements in the defense sector and gained self-sufficiency in essential military hardware and defense systems. Today Iran air force is well efficient and fully capable of defending any probable attack from outside. Iranian officials have also vowed a crushing response to any military strike against the country, warning that any such measure could result in a war that would spread beyond the Middle East.



# Nature Day in Iran

Iran Nature Day known as Sizdah-bedar is marked on the 13th day of the current month of Farvardin corresponding to April 1, when Iranians have the tradition of spending the day outdoors. "Sizdah" means thirteen, and "-bedar" outdoors.

It is a tradition amongst the Iranian people to enjoy the fresh spring air of this day before ending the annual fortnightly holidays of the New Year, and to begin the work and education schedule. The tradition of leaving the house on the thirteenth day of Farvardin is widespread throughout Iran. It is a day that is spent outside with joy, laughter and friendly get





together. This is the last phase of the celebrations of the New Year. It is the custom of many Iranians to pass as many hours as possible outdoors. People leave their homes to go to the parks or mountains for a picnic. All kinds of food and delicacies are prepared with tea, sherbet, fruits, bread, cheese, fresh herbs, noodle soup called 'ash-e reshteh' and herbed rice with lamb called baqali polou and barreh are favorites. The occasion is a communal one and all close relatives and friends will participate. Iranian families all eat alfresco, preferably near water springs and lush greener spots on this day. Sizdah-Bedar is the last day of the New Year holidays. On the following day, routine life resumes; schools and offices open after almost a fortnight and life heads back to normalcy. The occasion has no religious significance and is celebrated by all.



## Nature Day in other Countries

In addition to Iran, Sizdah Bedar is also among the festivals celebrated in Afghanistan, Tajikistan, Azerbaijan, India, and many other parts of the world. Games using horse are often chosen since this animal also represents rain. Adults and older people may play the traditional game of backgammon. During the picnic day of Sizdah Bedar, some people also follow the oldest prank-tradition in the world and play jokes on each other. This has possibly led many men and women to consider that the origin of the April Fools' Day goes back to the Iranian tradition of Sizdah Bedar.







# The Republic

34 years ago the Iranian nation took part in a unique referendum and chose Islamic Republic as its ideal government system.

Therefore, Farvardin 12, corresponding to March 31 reminds a historical day in the first year after the victory of the Islamic revolution. On this fateful day, people all over Iran with an overwhelming majority of votes selected Islamic Republic system to replace the despotic unpopular hereditary regime.

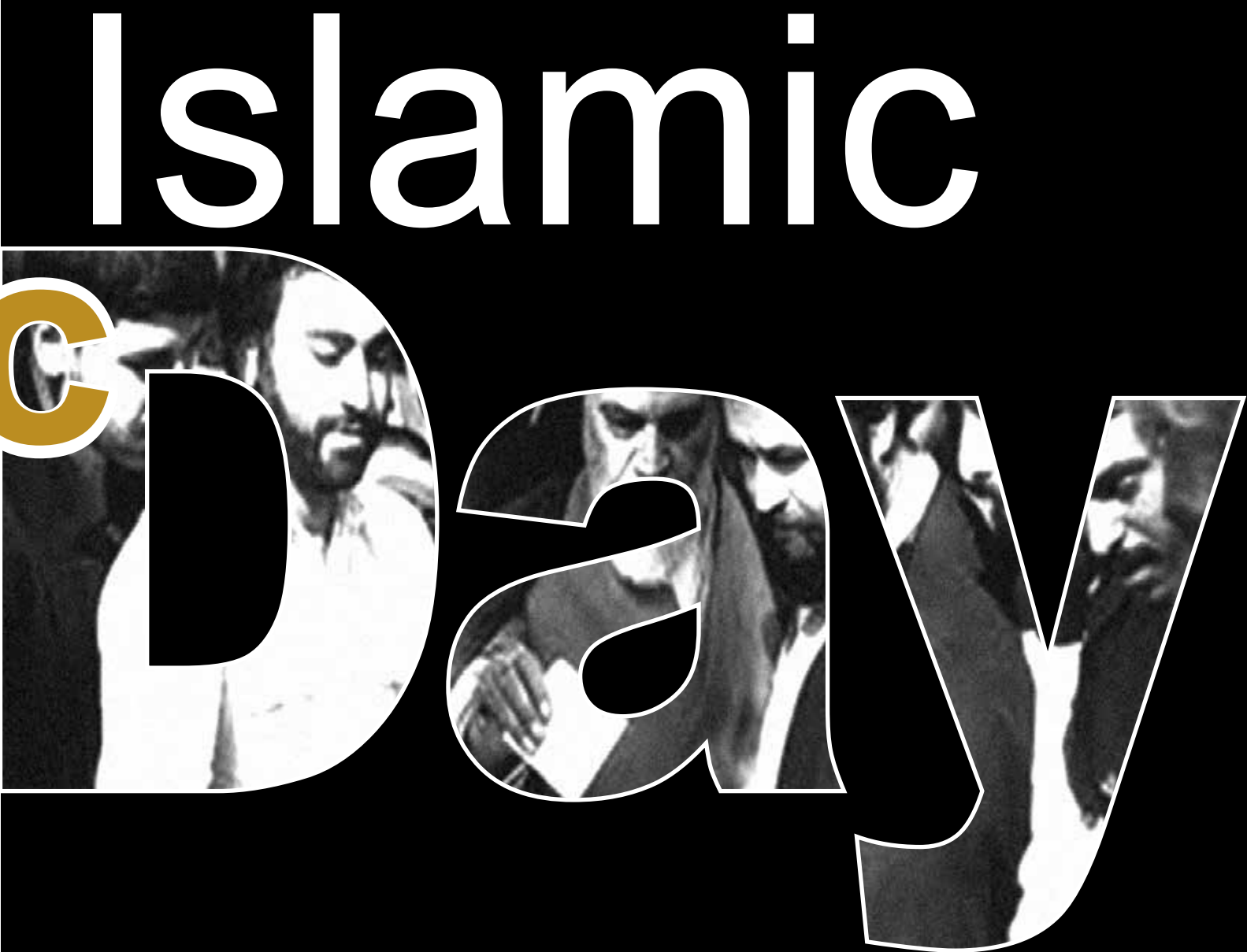
One of the socio-political values is referring to the votes of people. While just 50 days had passed from the victory of the Islamic revolution, Imam Khomeini (May his soul rest in peace), with a firm trust in the vigilant presence of the Iranian nation on the scene to determine their fate, called on the revolutionary

people to rush to the opinion polls to decide the future of Iran. The late Imam didn't impose anything on people and only stressed that he would vote to Islamic Republic, not a single word less or more.

## **True Democracy Materialization**

Farvardin 12 is actually an obvious reflection of a true democracy which was materialized during the first months after the victory of the Islamic revolution. Since the Iranians have always loved Islam and been decisive to materialize a system based on Islamic precepts and tenets, basically there was no need to hold a referendum and opinion poll. As a matter of fact, the late Imam insisted on prove this reality to the world bodies that although the revolution had

# Islamic Day



been triumphed under the banner of Islam and for the very materialization of Islamic system, the system would be established through the popular votes. Without doubt the Iranian nation's response to the Imam's demand was quite clear and unambiguous. Nonetheless, in Farvardin 12 referendum, the Iranian nation voted for the Islamic Republic system to stabilize the revolution's achievements. In this referendum, 98.2 percent of the Iranian people voted yes to the Islamic Republic system. Islamic system was indeed one side of the Iranian people's slogan, namely: independence, freedom and Islamic Republic.

## Freedom and Independence

The founder of the Islamic Republic Imam Khomeini (May his soul rest in peace) prior to the holding of Farvardin 12 referendum, in a message stressed two important points, one of which was the necessity of an all-out participation of people in the referendum and the other was the freedom of people to elect their ideal political system. In parts of his message, Imam Khomeini (May his soul rest in peace) reiterated:

“This referendum will determine the fate of our nation. This referendum either brings you to freedom and independence or to repression as in the past. All should take part in this referendum. You can choose any system you wish. You have the right to write whatever you want, democratic republic, monarchic regime or whatever you wish.”

The Muslim Iranians who had given priority to independence, freedom and the Islamic Republic in the slogans of the revolution, had thus already announced their resolute vote to the Islamic Republic but to stabilize the Islamic revolution's achievements they enthusiastically participated at the ballot boxes. Therefore the Islamic

revolution gained its ultimate victory via approximately 100 percent vote in favour of the Islamic republic system.

The Iranian nation's vote to the Islamic Republic system was the beginning of a new model of government inspired by the salvaging teachings of Islam which opened a new horizon to the man who had been fed up with the capitalist system and Laic regimes.

In his message on the occasion of holding the Islamic republic referendum, Imam Khomeini (May his soul rest in peace) said, “I announce to the world that such a referendum is unprecedented in Iran's history where people in the whole country rushed to the opinion polls, cast their positive votes and buried forever the Pahlavi regime in the dustbin of history.

The referendum of Farvardin 10-11, 1358 in the Iranian calendar year had international messages for determining Iran's governmental system. One of the main aspects of the referendum was the continuation of the society's political move to strengthen the bases of independence of the system. In every society, people's political participation has international messages. One of the most important of these messages is the reflection of the people's political and social unity.



## Rule of People on People

The establishment of the Islamic Republic system in Iran, in addition to determining the fate of the Iranian nation in the path of independence and popular religious rule, has had deep and lasting impacts at the regional and international level especially in the Middle East the traces of which have been revealed in the Islamic awakening in the region.

With the birth of the Islamic Republic the theory of separation of religion from politics was shattered and the Islamic rule emerged on the basis of religious teachings with its comprehensive capacities.

The Islamic Republic system is actually the rule of people which has become meaningful on the basis of people's role in setting up the system, its advancement and continuation.

During the past 33 years, the enemies of the Islamic Republic system have done their best, by planning different plots including the imposed war, assassination of political figures and nuclear scientists, economic sanctions and creation of obstacle on Iran's access to peaceful nuclear technology, to undermine the independence of the Iranian nation. But the Iranian na-

tion has firmly stood on its ideals and has turned the Islamic Republic system into a clear model for other nations to resist against the domineering powers.

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# SUDOKO

4			1
	3	4	
	4	1	
3			4

4	2	3	1
3	1	2	4
2	4	1	3
1	3	4	2

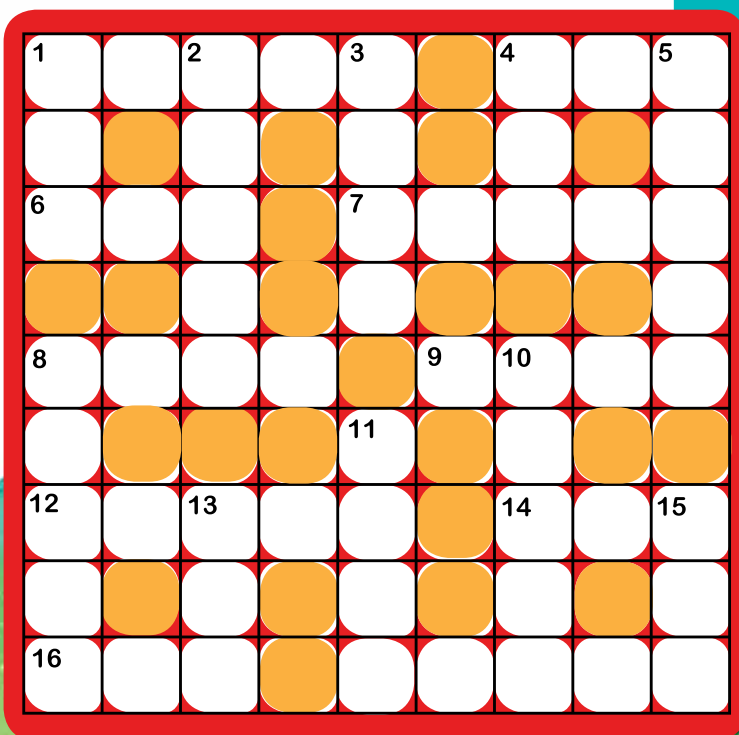
# CROSSWORD

## ACROSS

1. Ties shoes
4. Sleep on it
6. Space between 2 things
7. Sequence of items
8. Without covering
9. Pleased
12. Approximately
14. Colour of blood
16. Kit
17. Sliced food staple

## DOWN

1. Fall behind
2. Adventure
3. Footwear
4. Not good
5. Challenged
8. Without colour
10. Very big
11. Sharply pierce
13. Not in
15. Thing that fails to work



Answers to 9x9 Crossword:

Across:  
 1.laces, 4.bed, 6.gap, 7.order, 8.bare,  
 9.glad, 12.about, 14.red, 16.Kat, 17.bread

Down:  
 1.lag, 2.caper, 3.shoe, 4.bad, 5.dared,  
 8.black, 10.large, 11.stab, 13.out, 15.dud





# Lemon Meringue Pie

This classic pie recipe is topped with a mile-high meringue that's made with six egg whites; a few more than many recipes use.

## Ingredients

- 1 pastry crust for a 9-inch pie
- 3 to 4 large lemons
- 1-3/4 cups sugar
- 3/4 cup cornstarch
- 1/4 teaspoon salt
- 6 egg yolks (save whites for meringue)
- 2 tablespoons unsalted butter, cut up
- Meringue: 6 egg whites
- 1/2 teaspoon cream of tartar
- 1/2 cupsugar

## Recipe

Heat oven to 425 degrees F and fit pastry into a 9-inch pie plate. Roll dough under and crimp for fluted edge. Prick crust with fork. Line with foil; fill foil with dried beans or pie weights.

Bake at 425 degrees F. for 12 minutes. Remove foil and beans. Bake 8 minutes or until golden. Cool. Grate 2 tablespoons rind; set aside. Squeeze 3/4 cup juice from lemons. Mix sugar, cornstarch salt in saucepan. Stir in 2-1/4 cups water, lemon juice. Cook over medium heat, stirring, 15 to 20 minutes or until thickened and bubbly. Cook another 2 to 3 minutes, stirring. Remove from heat. Beat yolks lightly in bowl. Stir 1/2 cup hot lemon mixture into yolks, then stir yolk mixture back into full lemon mixture in saucepan. Cook over low heat, stirring, 1 minute (don't overcook). Off heat, add butter and grated lemon rind. Pour into baked crust. Reduce oven temperature to 325 degrees F.

**Meringue:** Beat egg whites and cream of tartar in large bowl until foamy. On high speed, beat in sugar, one tablespoon at a time, until stiff peaks form. Spoon meringue over filling, and spread to edge of crust to seal. Swirl into peaks. Bake

on lower rack at 325 degrees F. for 25 to 30 minutes (thermometer inserted in meringue will register 140 degrees F). Bake 3 minutes longer. Cool on rack up to 2 hours. Refrigerate at least 1 hour before slicing.

## Nutrition information

Per serving: Calories 433, Total Fat 12 g, Saturated Fat 5 g, Cholesterol 167 mg, Sodium 226 mg, Carbohydrate 78 g, Fiber 0 g, Protein 6 g. Percent Daily Values are based on a 2,000 calorie diet .





# My Time

*Today will be a new day*

*In the name of God, that's  
what I say*

*I will not let people bring me  
down*

*I have to keep trying.*

*Never give up,*

*I will prevail,*

*God will protect me from all my  
fears, all my problems,*

*I decide what makes me happy.*

*Joy is my key,*

*Love is unleashed from within me,*

*Tears of pain and hurt are no  
more,*

*My life, my worries, I give to God,*

*He is the only one,*

*Who can give me absolute comfort  
and peace.*





*I will find great friends at my school,  
Positive, optimistic is my middle name,  
Taking risks is my game,  
Confusion and loss will be wiped away.*



*This is my year to rejuvenate myself,  
To form and mold myself into someone I thought  
I'd never be,  
Brave, risky, care free, stress less, loving, and sociable.*

*People will like and accept me for the person I'm truly meant to be,  
God will make a way for me,  
I will excel in all my classes, A's galore,  
I will learn to love more, laugh more, live more,  
This is my day to shine, and I will not waste it.*

**By Keisha Swafford**

monthly

# ZAMZAM

W W W . Z A M Z A M - M A G . C O M

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*God will protect me from all my fears,  
all my problems,  
I decide what makes me happy.*

