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YOU DO NOT NEED TO BE ON AN
EXCELLENT LEVEL FOR A START,
BUT YOU NEED TO START, TO
REACH EXCELLENCE.



ZAMZAM

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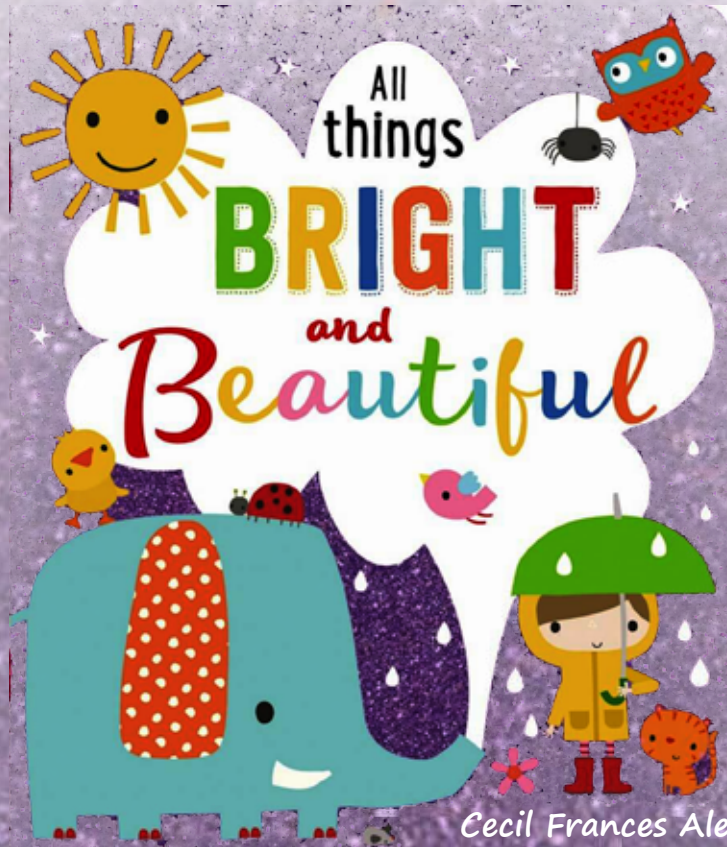
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ZAMZAM MAGAZINE welcomes contributions
for all sections.



Cecil Frances Alexander

All things bright and beautiful,
All creatures great and small,
All things wise and wonderful,
The Lord God made them all.

Each little flower that opens,
Each little bird that sings,
He made their glowing colors,
He made their tiny wings.

The purple-headed mountain,
The river running by,
The sunset, and the morning,
That brightens up the sky;

The cold wind in the winter,
The pleasant summer sun,
The ripe fruits in the garden,
He made them every one.

He gave us eyes to see them,
And lips that we might tell,
How great is God Almighty,
Who has made all things well.

AS ALWAYS WE DESIRE THE BEST FOR YOU. PLEASE NOTE THAT ZAM ZAM IS BEING PUBLISHED WITH A NEW FORMAT FROM NOW ON. WE HOPE YOU WILL FIND IT INTERESTING AND INSTRUCTIVE. PLEASE LET US BE BENEFITED BY YOUR COMMENTS AND SUGGESTIONS.



Some children might think that they are not brave enough for everything. But the fact is that bravery and courage cannot be judged so easily. A boy may apparently be a brave one, but may get upset over very trivial matters; when his father refuses to allow him to go out of home late in the afternoon. Certainly, his father is quite right in his decision and knows when to allow his son a thing and when not to do so. But the young boy's getting upset and angry over his father's words can be a sign of his being lacking in courage and bravery, since, as Prophet Muhammad (PBUH) the last and most exalted of Allah's Messengers (AS) has said: "The bravest of you is the one who is able to suppress his anger."

Being jealous can be regarded as a weak point and so needs to be removed by the one who wants to be brave enough for living in this world. Some might also imagine that doing a dangerous thing is part of bravery. This idea is wrong, because a truly brave boy or girl should also be very wise and act wisely to protect him/her and the others from harms.

Courage or bravery can also be found in the youngsters who try hard to do well at a school though they may find it hard to get some lessons such as mathematics right.

The brave pupil never loses hope and continues his or her efforts to reach an acceptable level.

Meanwhile, a brave boy or girl can resist peer pressure and get rid of it easily: he or she bravely says 'No' to the friends who ask him or her to accompany them in doing harmful activities or going places which are not suitable for them. Sometimes it is safer to say 'No'. Imagine that a person asks you for some address. He may really want to know where the garage is. But you never know for sure. That person might not be a good one. He may want to harm you. So, what's the safest thing to do? Saying 'No'. Just say: "Excuse me, I don't know." Don't worry, the person can always find someone like a police officer or an adult to ask for the address. These cases really show one's degree of courage. So, never say 'Yes' to those who want you to do something wrong, or troublesome. Remember that no one should oblige you to.

Shiva Mirhassani





A GLANCE AT ISLAMIC REVOLUTION OF IRAN

Hamideh Jalili Sohi

Iran spent 2500 years under monarchial rules, and over half a century under the most oppressive rule of the Pahlavi regime, who was in fact puppets and blind servants of the world colonialistic powers, most particularly the American and British imperialists.

Due to these conditions, the cultural, economic, social, and political situations of the country had been led into corruption and subservience to the Western powers. Poverty had spread everywhere.

The young intelligent Iranians were denied access to progress in various fields of knowledge, including in medicine and teaching technology.

The whole nation was denied access to centres of decision-making, and had no voice in decisions regarding their fate. The country's culture was under the influence of the corrupt agents of the Pahlavi rulers who were themselves servants of the Western powers, corruption, and irreligiousness particularly among the young people were spread by the regime and pious activities and religiousness discouraged.

The then regime had established numerous gambling and other centres of

corruption in cities, especially in Tehran in order to corrupt the whole nation and perpetuate their own ominous domination over them.

On the political level, elections where no more than ridiculous propaganda in favour of the ruling Pahlavi regime and of course in favour of their masters - the Western colonialists, in particular the U.S. administration. Meanwhile, women and girls were encouraged to wear indecent clothing in public and to behave in immoral ways.

In fact, religious women were severely hated by the imperialistic regime and moreover, teaching religious decrees to the children and the





youth was discouraged in order to keep the nation on uniformed and so submissive to colonialist domination. On one hand, the wealth of the country was plundered and on the other hand, their faith and Islamic culture was attacked ceaselessly and through various means, including through films and magazines promoting immoral behaviors.

The military system of the country too was under the grip of American advisors who are obviously careless about the life and security of the Iranian nation and just cared about serving the U.S. interests in Iran.

They promoted dictatorial rule in the country to such an extent that even an ordinary policeman had come to be terrifying to some people, since he might turn out to be an agent of the murderous agents of the regime who arrested, jailed, tortured and killed innocent people, even for the least protest against the tyrannical policies of the ruling regime.

In fact, SAVAK or the information agency of Pahlavi, had become very no-

torious all over the country for its brutal grip over the people. Plus trying to spread terror everywhere in the country, the mercenaries of SAVAK also tried to create distrust among the people in order to prevent them from uniting and fighting against anti-human dictatorship. Instead of freedom the people experienced the suppression and instead of progress, backwardness had become their fate.

Even in rural areas, as per the policies of the imperialist masters of the Pahlavi regime, people were mostly prevented from agriculture and cattle-breeding and forced to become mere consumers, dependent upon the Western powers even for their bread and cheese.

The industry of the country was also made dependent on foreigners so the Iranian nation would become totally dependent on



the Western masters of the slavish Shah.

Yet, by Allah's grace a great man rose to lead the oppressed nation out of that misery into the light of Islam and human freedom and independence. That man of excellent character was Imam Khomeini (ra) whose leadership of the Islamic Revolution started in the year 1342 of Solar Hijri (1963 A.D.) and continued to the victory of the Islamic Revolution of Iran in 1979 and afterwards till the last moment of his blessed life. As a result of his revealing speeches against the corrupt policies of the oppressive Pahlavi regime, Imam Khomeini (ra) was arrested, jailed and then exiled to Turkey and from Turkey to Iraq. Yet he continued to express his opposition to the Shah and lead the movement

most capably.

About a year before the victory of the Islamic Revolution of Iran, Imam Khomeini(ra)'s struggles were intensified and his leadership attracted large numbers of the oppressed nation, so that on the 26 of the month of Day of 1357 (1979) Shah was forced to flee the country and on the 22nd of the month of Bahman of 1357 (1979) the Islamic Revolution of Iran achieved victory, putting an end to the 50 year rule of the mercenary Pahlavi regime in Iran.

This amazing event was indeed a shock to the imperialist superpowers and their agents. About two months later, through a referendum on the 12th of Farvardin (1979) over 98% of the Iranians voted for the establishment of an Islamic Republic in the country and so the Islamic Republic system was established in Iran.

Now, Let's mention certain factors behind the victory of the Islamic Revolution:

- Wise, pious leadership
- People's unity
- Ceaseless struggles and patience in the face of hardships



Regarding the specific characteristics of Iran's Islamic Revolution we can cite the following:

- Being Islamic
- Being for the people
- Being independent
- Being spiritual and cultural
- Unifying the people

As for the goals of the Islamic Revolution, the following can be regarded:

- Rejection of despotism, imperialism and foreign domination
- Establishment of a system of government based on people's votes
- Political, economic, social and cultural independence and urging the people to participate in the related affairs
- Administration of social justice, Divine laws and rules and the decrees of the sacred religion of Islam.
- Guarding human values and the lofty position of human beings and creating favourable environment for the promotion of moral virtues
- Providing a self-sufficiency culture in all fields of knowledge, technology, agriculture and the military system
- Spreading the Islamic culture and religious beliefs all over the world

After the victory of the Islamic



Revolution of Iran, the enemies started ceaseless plots and attacks against Iran, including the military attack by the U.S. air force in Tabas, repeated bombings and assassination of the Iranian authorities and people at the hands of the mercenaries of the West , and the eight year imposed war which was started against Iran at the instigation of the U.S. and it's allies who urged Saddam - the mad dictator of Iraq to at-





tack Iran in 1980 and helped him (even with chemical bombs) throughout the 8 years of war, shooting the Iranian passenger aircraft in 1988, whereby martyring 291 innocent Iranians and so on.

About the achievements and success of the Islamic Revolution of Iran much can be said. Yet here we, content ourselves with the following:

- Gaining the country's independence and cutting off the (former) depen-

dence upon Western and Eastern colonialists

- Cutting off the hands of the foreigners from interfering in the affairs of the country

- Creating self-confidence, self-respect and the urge towards working for self-sufficiency

- Promotion of people's awareness and their political participation

- Progress in various technological and scientific fields

- Industrial and economic advances

- Struggle against illiteracy on an all-embracing national scale.





FRIENDS: INVALUABLE PRESENTS

Every one of sound mind and intellect admits that Divine teachings are the best gifts we can and indeed should give each other, in particular the youth, because that is what they need more for their well-being and happiness. Unfortunately, in today's world, some people seem to imagine that just material welfare, including rich foods, fashionable clothing, and a university degree are all they should be provided with. Based on such a wrong view, they ignore their duty of providing

the youth with what they need for their spiritual and moral upliftment.

Friends are people who seek the company of one another; who like and wish to do well for the other, believing that the other party reciprocates these feelings with good intentions.

In Islamic literature, the root meaning of the terms used for friend indicates some of the essential qualities necessary for friendship...

• *Sadeeq* (truthfulness/honesty),

khaleel (associate/link), *Wali* (protector/overseer), *Rafeeq* (kind/caring)

• A true friend, warms you with his/her presence, trusts you with his/her secrets, remembers you in his/her prayers, is there before you know it, lends a hand before you ask for it, gives you love when you need it most; doubles your joy and shares your grief. That is why, true friends are hard to find, difficult to leave, and impossible to forget.

Here we would like to present some gifts of morality and spiritual guidance to not only the Muslim youth, but to the world youth whom we regard as the builders of the human world:

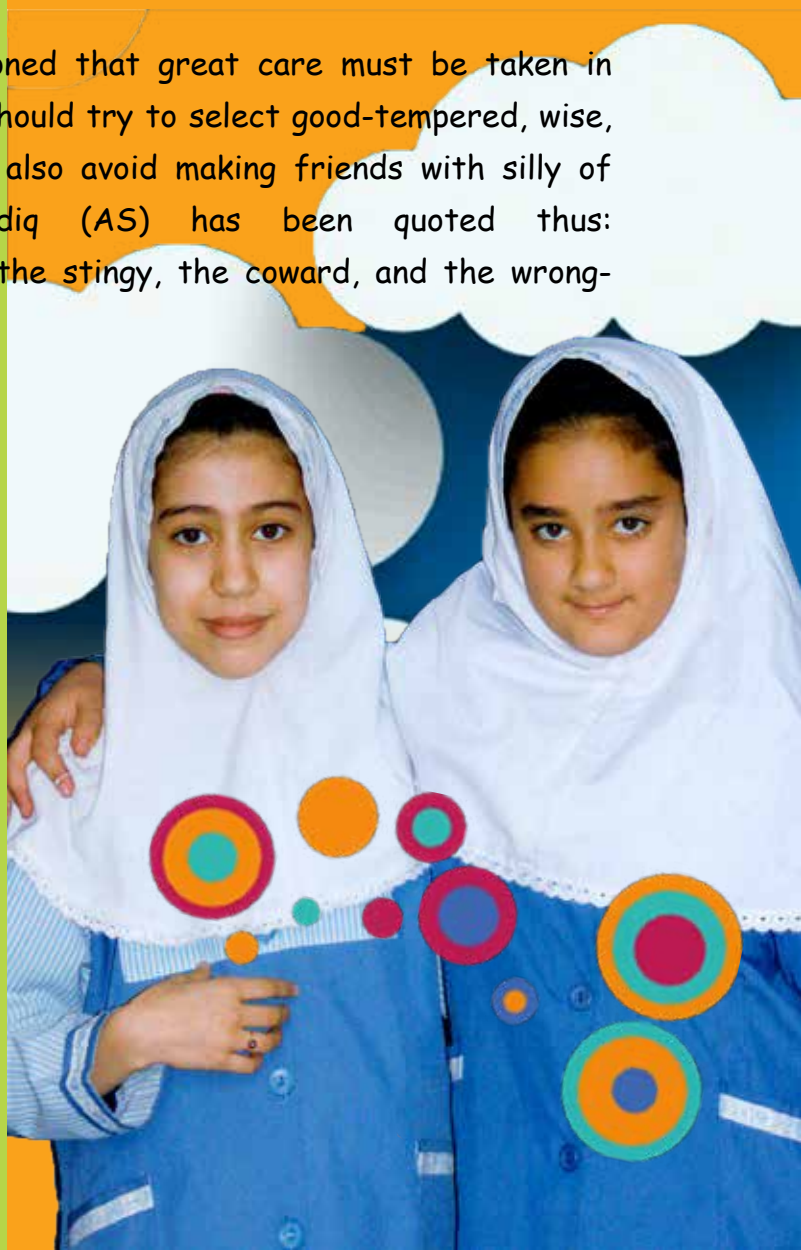
Prophet Muhammad (PBUH): "The one who feeds a Muslim (in a proper manner) and to the needed amount will have (as a reward) the fire of hell pushed away from him."

Prophet Muhammad (PBUH): "The best of you are the best-tempered among you."

"The one who selects a virtuous person as his friend and brother-in-faith in the way of Allah will be granted by Allah a position in Paradise granted for no other good action of his."

In this regard, it should be mentioned that great care must be taken in selecting one's friend(s) and that one should try to select good-tempered, wise, and pious ones as friends and should also avoid making friends with silly or wrong-doing persons. Imam as-Sadiq (AS) has been quoted thus: "Avoid befriending the liar, the silly, the stingy, the coward, and the wrong-doers; for the liar entangles you in lies and falsehood, the silly harms you even when he means to benefit you, the stingy leaves you helpless when you need his help, the coward avoids standing by your side when he should defend and support you and the wrong-doer is capable of betraying you even for a paltry price."

Thus our Divine leaders teach us to avoid the companionship of persons who are lacking in piety and virtues, because making friends with foolish and/or



evil-doing people is not only of no use, but can obviously be very harmful, since those who are lacking in wisdom, and nobility of character have no regard for the rights of others, including for the rights of the unfortunate ones who befriend them.

Regarding the rights of friends there are also certain illuminating narrations from the Infallible. The Holy Prophet (PBUH) of Islam has said: "A faithful person is the mirror of another faithful person." This Hadith clearly tells us that we should try to teach whatever we know of Divine learnings and moral values to our friends and also to help them remove their faults and give up their undesirable habits in order to be helpful for them in getting closer to Allah. We know a mirror is honest to us in letting us know how we look; good, bad, clean, dirty and.... .

So, as true friends, we should do the same and inform our friends whether there is anything they should do in order to look their best in so far as moral and spiritual matters are concerned, and in order to be able to fulfil their duties towards their fellow-human beings. For example, a good friend is the one who, upon learning that you are unkind or impolite towards your parents, reminds you of the fact that you are sinning by being careless about your duties towards your parents and that God has commanded all of us to be respectful and helping to our parents. Meanwhile, a good friend will try to correct you in a suitable manner whenever he or she hears you backbite the others or use foul language.

To this list many other examples can of course be added. One should try to find good friends for him/herself and for the benefit of the others. And remember that Imam Ali (AS) has advised us: "Try to find faithful honest friends for yourselves, for otherwise you will have to make friends with dishonest impious people."



Elham Salimi

Sure we have heard some people saying that 'life is difficult'. In one sense, this expression might be true, because there can be many things which one may at first find difficult to do, for example, passing exams, making a good decision, dealing with stress, being able to solve problems properly, and so on. These and many other phases in life require hard work and patience. But there are certain skills which if one acquires, can be very useful in making life seem less difficult and more enjoyable and fruitful. We, as the staff of ZamZam magazine will do our best to help the dear readers to take the first steps in acquiring life skills through surveying one skill in each issue.

Interpersonal Relationships

Being quick-tempered, quick to take offence, or too assertive are among the qualities which make communication with the others hard and/or unpleasant for the person and also for the others who are communicating with him or her. No doubt, none of us like to talk to people who get angry promptly, who are not tender in their speech and manners, who take offence for no justifiable reason and/or who hurt the

others with their words or manners without even caring about their own conduct. These undesirable characteristics can be the result of selfishness which is itself a very bad condition. In fact, selfish people are mostly friendless and so are left to themselves in a terrible lonely condition. Meanwhile, they might apparently have some friends, but in fact they are friendless, because true friendship is based upon mutual affection, sympathy and trust, while



selfish people obviously do not possess these nice abilities and capabilities. They cannot be truly affectionate towards the others due to their selfishness; they always say 'me first', 'the best for me' and the like and they can hardly take any trouble for helping the others. They are not truly sympathetic towards the others, because they do not feel for them, feeling just for themselves and their own needs and desires. And moreover, they cannot be trusted as a friend by any, because trust-worthy people are in fact wise and selfless people. Here, it is quite worthwhile to mention that the Allah's last Messenger-Prophet Muhammad (PBUH) was known as "Muhammad al-Amin" , meaning "Muhammad, the Trust-worthy" among his people not only among his followers but among his enemies as well. Certainly, being trusted by both friends and enemies is an extraordinary quality possessed by true men of God and their true followers.

So, to become able to communicate with the others in positive ways, one must first try to remove bad-temper and self-centeredness from him or herself. At first, doing so might not seem easy of course, but through constant care, practice and self-policing, it will gradually become easy for one to control his or her temper, to forgive

the others more easily, and to become a good friend for those who deserve it. We should also try to be very nice to our parents, grandparents and siblings to find them loving us and wishing to talk with us. If a young girl or boy feels that nobody in the family likes her or his companionship, she or he should first of all try to look for the causes of that condition in her or himself. Maybe because of her or his harshness and impatience the others dislike talking to him or her. For sure, violence can be regarded as the cause of such failures; failing to communicate with the others successfully, failing to find friends, failing to have a good time at home and with family members and also failing to communicate with teachers in a desirable way. The pupil who does not know how to speak to his or her teachers and so tends to be disrespectful towards the teachers, cannot expect to receive pleasant behaviour from them and so may start hating the school, the teacher and the classmates, while the fact is that just through learning the needed skills, he or she could find the school environment, the teachers and the classmates nice.

Of course, even boys and girls who have a good temper may sometimes experience hard times at home, at school and in other environments. For instance, it is possible that a family member,



having received harsh behaviour from the others, starts shouting at one and quarreling for no reason and/or it is possible that in one's school, there are some bullies among the classmates who make one angry and upset. Under such conditions, the wise boy or girl tries to first control his or her temper and then try to find the best way out of the hard situation. At home, forgiveness and tolerance can be the best way, but outside the family environment (which should be kept warm and friendly), one might need to inform the principal about the bullies and ask for their help. Often the timely interference by an adult can be the best solution to the problems caused by bullies. In fact they need to learn that impolite behaviour and hurting the others will not go unpunished, otherwise they may grow up to be aggressive and

so dangerous members of the society. Communication with one's parents also needs certain skills. First of all, a young boy or girl should mind his or her way of talking to them; one should not talk in a loud voice to parents, should never interrupt them, should by no means show disregard towards the advices they give out of love and compassion and should never show ungratefulness towards them either by word, or by actions. In the Holy Qur'an, respect due to the parents has been mentioned just next to the significance of worship of Allah.

So, the one who really desires to learn communication skills and to put them to use, needs to start from faith and morality, since faithlessness leads to immoral behaviour and so to every unpleasant conditions including loneliness, depression and other spiritual sufferings.

Obviously, a faithful boy or girl tries to be well behaved towards his or her parents and other family members and so will win their love and respect which in turn help him or her attain many other winnings in life. This is a communication skill leading to success in the society too, because the one who is loved, respected and trusted at home and by his or her family members is most likely to develop self-confidence and self-respect much more successfully than those who for any reasons, including their own failure

in communication, are deprived of such blessings in their family. Also as we all know, being able to communicate with one's siblings in positive ways is a life-long blessing; siblings, if properly raised, can be very helpful to one throughout life, even when parents have passed away and/or due to old-age can no longer help one with a problem, such as a financial problem. Moreover, one might in certain conditions be forced to find someone to trust with a secret or with some property. In such conditions, often good brothers and sisters can offer help, because in many cases, one might not be able to trust even his or her close friend with, for example a problem or a secret. It goes without saying that if, while living together at home, siblings have not been able to communicate with each other properly, they will not be able to trust each other later in adult life, so the basis of this significant foundation, namely trust should be laid at home and in the friendly atmosphere of the family life, and before the youngsters start experiencing the harder world

outside. This is in fact a secret behind the success of many who have been fortunate enough to taste the sweetness of affection, sincerity and in short fruitful communication first and foremost in the family environment.

As for those whose family lives have been devoid of such blessings, it should be said that they need to try to educate themselves, in this regard before it is too late, before due to lack of the needed skills, they find themselves friendless and lonely, incapable of finding a good friend, incapable of experiencing the sweetness of the companionship of sincere people and left to solve the various problems of life all alone and by themselves.

Now, let's communicate properly with our closest Friend - our kind God, who has Himself invited us to turn to Him for everything, to find Him Best Friend, the Best Guide, the Best Companion and the Best Helper. In the Holy Qur'an, Allah has addressed us thus:

"Call Me and I will answer your call."



The Signs of God in Nature


Sahar Haghdooost

This world in which we human beings as well as many other beings live is indeed very amazing because we see many wonderful things in nature, all around us. For a faithful person these are signs of God and so should be pondered upon as God Himself, has taught us in the Holy Qur'an.



For your benefit in this regard, we will present some Qur'anic verses about nature in each issue of ZamZam.

"He is the One Who has spread the earth out and placed headlands and rivers on it, and has placed two pairs for every kind of fruit on it. He wraps daylight up in night. In that are signs for folk who meditate." AL-R'ad , 3



"Among His signs is how He shows you lightning for both fear and anticipation. He sends water down from the sky so He may revive the earth with it following its death. In that are signs for folk who use their reason." AL-RUM, 24





"He grows you crops by means of it: every sort of fruit. In that is a sign for folk who will think things over." AL-Nahl, 11




"He has regulated night and daylight for you, while the sun, moon and stars are subjected to His command. In that are signs for folk who use their minds, as well as in anything He has scattered over earth for you with different colors. In that is a sign for folk who remember." AL- Nahl, 12 - 13



"Our Lord has inspired the Bees: "Set up hives in the mountains, and in trees and on anything they may build. Then eat some of every kind of fruit and slip humbly along your Lord's byways." From their bellies comes a drink with different colors which contains healing for mankind. In that is a sign for folk who will meditate!" AL-Nahl, 69



"If We had sent this Qur'an down on a mountain, you would have seen it solemnly splitting open out of awe for God. These are the parables We make up for mankind so that they may meditate." AL- Hashr, 69



How to **grow** *fresh air?*

Prepared by: Abdoreza Bagheri

Air pollution has become an inseparable part of modern human beings' lives, especially those residing in big cities and metropolitans. It is needless to talk about detrimental impacts of breathing contaminated air since many scholars have discussed comprehensively about the issue and all of you dear audiences

have heard or read about it or even experienced such effects closely by yourselves. Although scholars have scrutinized the problem, they have suggested a handful of solutions to purify polluted air most of which are expensive and practically complicated, except the one will be explained in this article.

The story began in Delhi, India. Living in Delhi, Kamal Meattle became allergic to Delhi's air. His doctors told that his lung capacity had reduced to approximately 70 percent. Instead of getting disappointed and giving up, Meattle took the challenge as an invitation to find a simple-to-implement and cheap method to grow fresh air.



At the first step he shaped an investigation team. With the help of IIT¹, TERI² and learnings from NASA, he and his teammates discovered that there are three basic common green plants with which we can supply all the fresh air we need indoors to keep us healthy. The three plants are Areca Palm, Mother-in-Law's Tongue and Money plant.

But how these weirdly named plants can help us?



Areca palm is a plant which removes Carbon Dioxide from the air and converts it into Oxygen. You need four shoulder-high Areca palms per person in your house. In terms of plant care, you must wipe their leaves every

day in highly polluted cities and once a week in cities where the air is cleaner. In addition, you have to take them outdoors every three to four months.

The jaw dropping fact about the second plant, Mother-in-Law's Tongue, is that it converts Carbon Dioxide into Oxygen at night. In other words its photosynthesis is completely opposite of ordinary plants. For that reason Meattle calls it the bedroom plant. You need six to eight waist-high plants of this kind per person in your house. They are better to be placed in your bedrooms, but it is not mandatory. Wiping the leaves are extremely important for these plants as well, however Meattle has not mentioned it directly.

1-Indian Institute of Technology

2-The Energy and Resources Institute

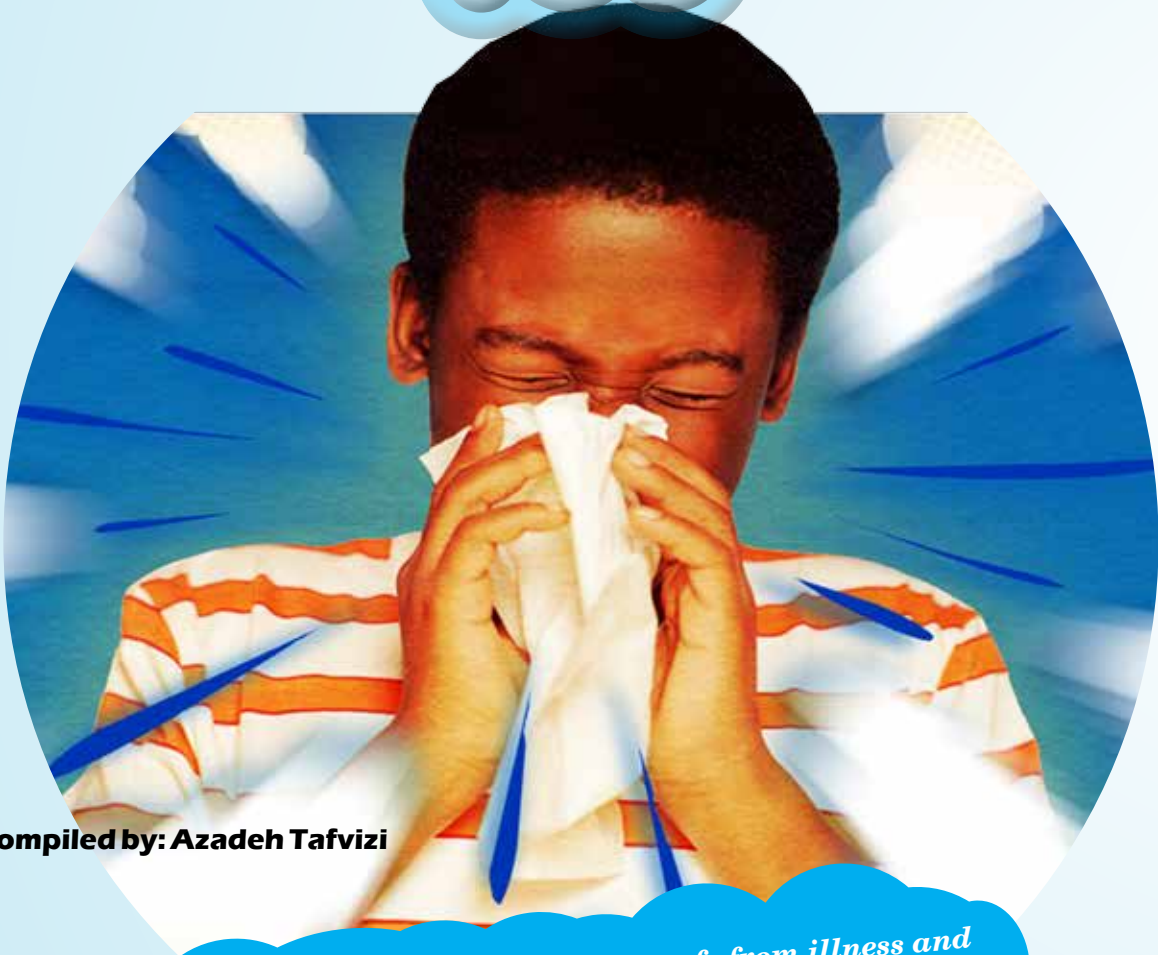
The third magic plant is Money Plant. As same as the previous ones, Money Plant is a very common one. This particular plant removes volatile chemicals from our breathing air. Meattle and his colleagues did not mention the exact size and number of this plant, but it seems you need at least three waist-height Money Plants per person in your accommodation. You also should wipe your Money Plants' leaves regularly.

Meattle believes that with these three plants, you can grow all the fresh air you need. "You could be in a bottle with a cap on top, and you would not die at all, and you would not need any fresh air", Meattle said in his speech in a TED conference.

So do not hesitate and hurry up! Keeping these plants in your house, not only can you supply all the fresh air you need, but also you will enjoy the beauty of nature in your accommodation, needless to leave it.



DON'T LET THE COLD CATCH YOU



Compiled by: Azadeh Tafvizi

Health means keeping your body safe from illness and other things that can harm it. If you want to stay healthy, you must eat the right foods; get enough sleep and exercise. You must take good care of your eyes, ears, teeth, and other parts of your body.



Take your pulse. Gently press two fingers from one hand against the inside of the other wrist. You should be able to feel your pulse, which is your heartbeat. Ask someone to time you for one minute as you count the number of heartbeats. A healthy person usually has a pulse between 60 and 100 beats per minute.



What Are the Signs and Symptoms of a Cold? The first symptoms of a cold are often a tickle in the throat, a runny or stuffy nose, and sneezing. You also might feel very tired and have a sore throat, cough, headache, mild fever, muscle aches, and loss of appetite. Mucus from your nose may become thick yellow or green.



There are more than 100 different cold viruses. A cold is a fight between you and one of those viruses. Make yourself warm. If you get very cold the temperature of your body will drop, then your brain knows you are cold, so it sends message to your muscles. Your muscles, then start to shiver to warm you up a little. Did you know that we lose most of our body heat through our head? So, when it is cold outside remember to put a wooly hat on. Fingers, toes, and lips have many nerve endings and are some of the sensitive parts of our body. That's why they go numb when it is cold.



To keep germs (living things that are so tiny we can only them with a microscope) from making you sick, be sure to follow these health tips: wash your hands before and after you eat, wash your hands after you go to the bathroom, use a handkerchief or tissue paper when you cough or sneeze. Try not to touch things that a sick person has touched.

Like all viruses, those that cause colds have to run their course. Getting plenty of rest and drinking lots of fluids can do as much good as medicine as far as helping someone with a cold feel better. Sleep if you want to stay healthy, you need to have enough sleep. When you sleep, your body rests. Your heart and your lungs don't stop working, but they don't have to work as hard as they do when you are awake. Whether you feel like sleeping around the clock or just taking things a bit easier, pay attention to what your body is telling you when you have a cold. A warm bath or heating pad can soothe aches and pains, and the steam from a hot shower can help you breathe more easily.

You should call your doctor when, coughing lasts for more than 2–3 weeks, inability to keep food or liquids down, increasing headache or facial or throat pain, severely painful sore throat, fever of 103°F (39.3°C) or higher, or a fever of 102°F (38.9°C) that lasts for more than a day, chest or stomach pain, swollen glands (lymph nodes), earache. A doctor won't be able to identify which specific virus is causing a cold. But your doctor can check your throat and ears and possibly also take a throat culture to make sure your symptoms are not due to another condition.



Note: Strengthen your immune system's infection-fighting ability by exercising regularly, eating a balanced diet, and getting enough rest.



Mother (to her daughter), "Dear, was your exam easy or difficult?"
 Daughter: "The questions were easy but the answers were difficult."



A playful boy climbed a tree and fell off. He promptly got up and happily said to himself, "How wonderful I didn't die, because my father would kill me for that."

RIDDLES

What two keys can't open any doors?

A donkey and a monkey.

What has a horn but does not honk?

A rhino

Which hand is better to write with?

Neither, you should use a pen

What two words have thousands of letters?

Post office

Why was the math book sad?

Because it had too many problems.

Most adults are aware that careful time management will help them accomplish all that they want and need to do at home and on the job. Many of them also developed this skill during their student years, and if you can do the same, you will find it is a valuable asset that you will use throughout your life.

10 EFFECTIVE STUDY HABITS



1. Choose a definite time and a place for studying

Decide what to study and where you will study it during the open periods on your daily schedule, keeping in mind that you will want to avoid studying late at night in order for your efforts to have their desired effect. Make sure that you have adequate desk space, good lighting, and a comfortable

temperature as you study.

2. Prioritize your work

With priorities in mind, begin your study period with the tasks that you feel are the most difficult or require a significant amount of concentration.

3. Be honest with yourself

You alone know whether you will do your best studying early in the morning or in the middle of the afternoon between classes. You may need a light snack or some background fun to create the right atmosphere, and if you feel “trapped” in your dorm room, get some fresh air and take a walk over to the college library to do your work.

4. Get the most out of your assigned reading

Read the course material before class so that you will be able to follow your instructor’s lead and have your questions answered as well. Taking notes on what you read will help you to understand it, and they will also be an excellent way to review what you are studying before a test.

5. Don't sit passively through class

Lectures are also a time when you can take notes or use a tape recorder, so that you can go over the lesson later on your own and determine what your instructor is emphasizing.

6. Read effectively

With a typical textbook, try reading the summary at the end of a chapter first, along with the questions listed. Then, as you carefully read the main text, you will be able to focus on the major points and determine what the author is trying to say.

7. Find a study group that works for you

Meet with one or more fellow students to dis-

cuss your class, and learn to work with those who are really interested in their courses. This type of proactive socializing is not only valuable for your classes, but is a healthy part of college life.

8. Remember to get help when you need it

If you feel stressed or suffer “burn out,” or if you need some guidance in order to complete a particular course successfully, meet with a counselor or professor so that you can work on the problem together.

9. Don't let work obligations hinder your progress

Many students who have part-time or full-time jobs do well in their courses because they have become skilled in managing their time, while others are overwhelmed and end up dropping out. If you feel that you are drifting into the second category, take some corrective steps while there is still time.

10. Don't cram before that exam

Occasionally, you may have to stay up late to complete a project or written assignment, but consistency in studying and long-range planning are two of your best tools in preparing for those “finals,” rather than making a feeble, last-minute attempt to catch up with the others in your class.

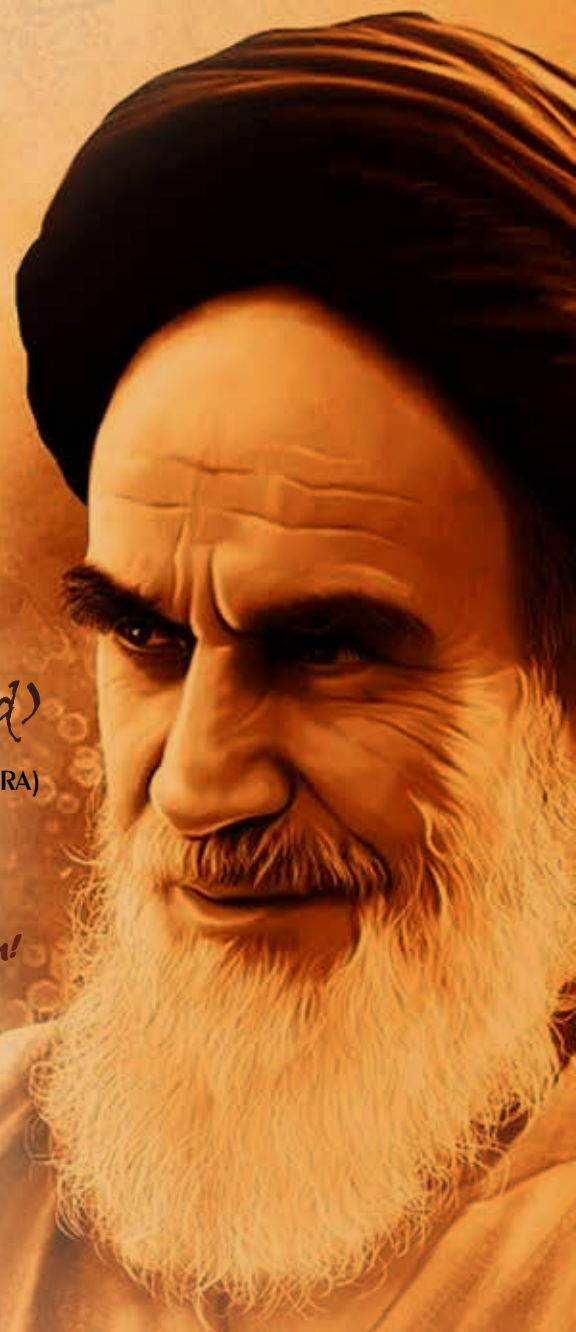
Source: intelicus.com



The Fragrance of the Beloved (God)

By: IMAM KHOMEINI (RA)

*We are unaware that we are all in love with Him.
That we are all lovingly everywhere looking for Him!
Heedless of both worlds, we still need to know,
That we are thirsty to drink from His Cup of Love
We reside at the threshold of the House of Love,
From the beginning of life we longed to be there
Every fragrance we smell is from His Garden,
It is the fragrance of the Beloved (God),
that we all desire to smell.
There is no beauty and beautiful but Him,
It is just out of longing for Him that we all argue.
Unaware of the fact that what we wander about for,
Is so close to us, face to face, embracing us.*



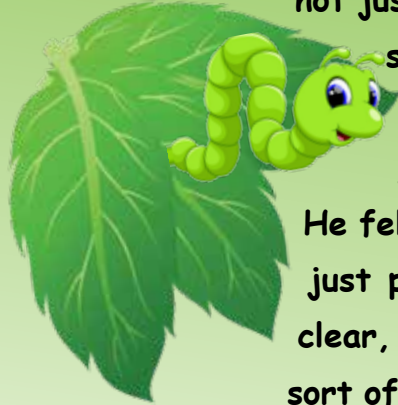


Dropping a Shoe

By Serge Danilov

The caterpillar wasn't happy. The leaves on his tree were half-wilted, brownish, and tasted like they looked. The weather was cold and windy, and he didn't like it at all. And for whatever feathery reason, the neighborhood birds seemed to frequent his particular tree much more than all the other trees combined, so even on a sunny day he could not stretch his forty fuzzy feet, turn his belly towards the sun, and get himself some darkgreen tan. In fact, with all the nature against him, he felt miserable and sorry for himself.

But one day the caterpillar woke up with a vague but strangely pleasant feeling. Something wonderful stirred inside him, and as he grabbed onto that feeling, he decided that starting today he will not feel sorry for himself. No, sir, he will not. He will feel good about himself, no matter what the weather is, or how threatening the birds are, or how wilted the leaves. The days went by and he realized that these things were not bothering him as much as they did before. And it felt good. No, no, scratch that,



not just good. He felt exhilarated. He felt full of energy. He felt safe even when birds were flapping their wings just a couple of branches away. The leaves seemed a lot greener and juicier than usual, and the weather warmer than yesterday. He felt good about his body. He was neither too thin nor too fat—just perfect. He felt expansive. His vision became so incredibly clear, as if a muddy film came off his eyes. And he sensed some sort of electric-like buzzing in his flexible long body which, frankly, felt quite good.

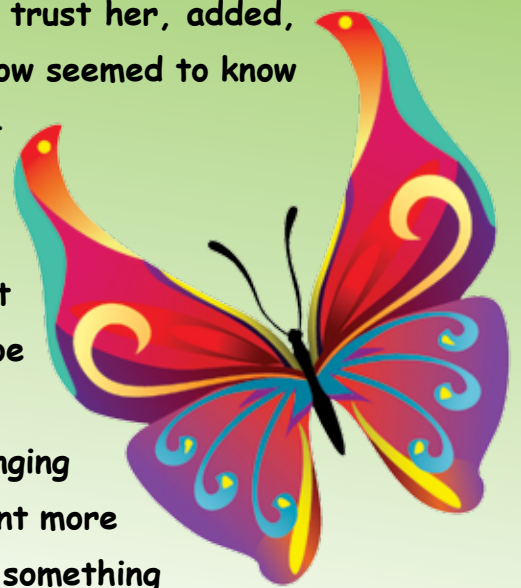
At first he thought he was going nuts... maybe some hormonal imbalance or something. But somehow it all felt like it was supposed to be this way. There was just one teeny problem. There was a tiny anxiousness in the caterpillar's heart. Things were all just too good now—the abundant food, the newly found safety, the happiness which somehow felt natural—and the overall great way he felt about himself. Somewhere in the back of his tail there was a feeling that this paradise could not last forever. A shoe was going to drop. He didn't know which shoe, and where it was going to drop, but he positively felt that it will drop. And he was apprehensive. Just a little bit.

As he was dozing off in the sun after enjoying a plump leaf, a strange



creature appeared next to him out of nowhere. She had a body like his, but more shapely and adorned with colors, and two brilliant wings attached to that body. The creature was breathtaking. The caterpillar's jaw dropped and a small piece of the leaf fell out. The creature opened her perfectly shaped mouth and said, "How are you feeling, dear Caterpillar?" Her voice was so melodious that the caterpillar became positively enchanted. He pinched himself to snap out of it and said, "Ahh, uhmm, eh, well, I'm fine, thank you." He thought a bit and, for some reason feeling an affinity with this creature and that he could trust her, added, "But I have this feeling..." The creature somehow seemed to know his thoughts, as if she was a trained psychologist, because she immediately picked up his sentence, "...of anxiousness? You feel great, but there is some apprehension, like it's all just too good to be true, right? You feel like a shoe is going to drop. Don't you?"

By now the caterpillar gave up on pulling his hanging jaw back up and just covered his mouth to prevent more bits of the leaf from falling out. He mumbled something like "yes," or perhaps it was "maybe," or even "what are you, a destiny's child?" we can't tell, for it wasn't too clear. But he wanted to know. And finally, excited, in a very loud whisper he asked, letting all





the half-chewed pieces of his green lunch fly out of his mouth, "Is it? Is it going to drop?!"

The creature smiled kindly and said, "Yes. It is going to drop." "And then what?!" demanded the caterpillar loudly as if his life depended on the answer. "Oh, you'll see!" said the creature, suddenly lowering her beautiful wings, rising into the air, and flitting away so gracefully like no bird ever could.

He was still thinking about that "You'll see," when a clear liquid started coming out of his mouth, quickly hardening into a thin shiny thread, and he felt a sudden urge to spin it around himself. And as he did, one thought played over and over in his head, "The shoe is dropping! THE SHOE IS DROPPING!!"

But then, all of a sudden, as he very soon found himself suspended in a cocoon, the anxiousness evaporated. Somehow he knew that everything was going to be alright. "So that's what it was all about!" he thought, slipping into a well-deserved sleep. And as he did, a dream began to unfold. He dreamt of strange, beautiful creatures. Creatures with perfect bodies, brilliant wings, and melodious voices. Creatures with freedom to fly.





The Rain of Mercy

I was a dry land, with no water, no any plant,
but my God's Mercy gave me both,

I was a grain, unable to grow,
and my God's Mercy made me grow,

I was a piece of cloud, dull and rainless,
but my God's Mercy made me rain.

I was a sun, with no Light, no warmth.
It was my God's Mercy which made me shining, warming.

I was a river, unable to reach the sea,
yet by my God's Mercy I found my way into a sea, giving me peace and calm.

All beings express their praise to You O God,
they owe You everything, and know there is just one God.

The One and Only God; the Merciful, the Mercy-giving,
You have Yourself told this for every being.

In Your Book you have said: "...My Mercy embraces everything"¹,
we praise You for Your Mercy and for every Blessing.

¹- The Holy Qur'an, 7: 156



So far 16 persons have been killed in the terrorist attack by Muslims Last night



BREAKING NEWS

FRENCH OFFICIAL: AT LEAST 16 DEAD, 50 INJURED



BREAKING NEWS

FRENCH OFFICIAL: AT LEAST 16 DEAD, 50 INJURED

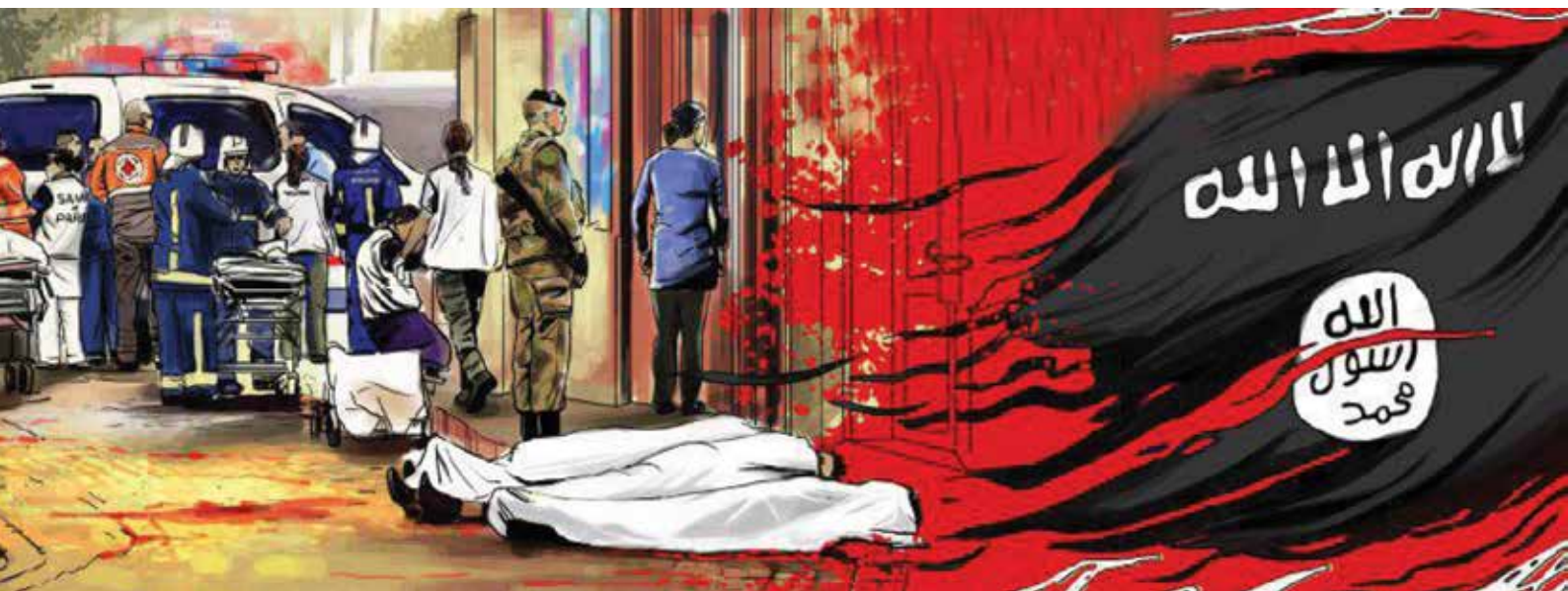
LIVE MSNBC

8:15pm PT

Terrorist is not a Muslim









PERSIAN POMEGRANATE AND ORANGE DESSERT

Ingredients:

2 cups pomegranate seeds
4 large oranges, peeled and sliced (with membrane removed), chilled
1/4 cup candied orange peel
1/2 cup fresh orange juice
1 tablespoon fresh lime juice
1teaspoon orange blossom water

1- Combine the pomegranate seeds, orange segments, candied orange peel, orange and lime juices and orange blossom water in a bowl. Cover and chill in the refrigerator for at least 30 minutes.

2- Serve chilled in individual glasses, and garnish each glass with an orange blossom and an orange tree leaf.



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