

monthly

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A Prayer in Spring

Robert Frost (1874-1963)
Illustration by Maryam Seraji

Oh, give us pleasure in the flowers today;
And give us not to think so far away
As the uncertain harvest; keep us here
All simply in the springing of the year.
Oh, give us pleasure in the orchard white,
Like nothing else by day, like ghosts by night;
And make us happy in the happy bees,
The swarm dilating round the perfect trees.
And make us happy in the darting bird
That suddenly above the bees is heard,
The meteor that thrusts with needle bill,
And off a blossom in mid-air stands still.
For this is love and nothing else is love,
The which it is reserved for God above
To sanctify to what far ends He will,
But which it only needs that we fulfill.



In the name of God
ZAMZAM

March- April 2017 • Issue No.136

4



**We Can't
Save the
Lost Time!**

6

**Nature
Day
in Iran**

10



Foods
for Healthy Eyes

12

**Mysterious
olive**

15

**Animals'
Movement
Underwater**

16



**How to
Build
& Improve
your
Self-Confidence**

20

**Significance
of Prayers &
its Miraculous
Impacts on
Life**

23

**How to
Handle Your
Emotions**
envy

26

**Mashhad
al-Reza,
Spiritual Capital
of Iran**

28



**I am not
a Chicken**

30

**SUDOKO
CROSSWORD**

36

Amoo Norouz

32

**Body
Language**

38

**COLORS
in Idioms**

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for Facing the Challenges of Future!

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We Can't Save the Lost Time!

It's been a long time since I last wrote this section for the ZAMZAM magazine. Now that I am trying to write this, and after all this time, I have to honestly admit that I just realized how much I missed the magazine and my great audience, who always inspired me to search, think, rethink, and try to discover about what could most interest you, as the wonderful readers of Zamzam. Now we are back again, and I truly hope that we can continue this path once again, with the generous support of every one of you, for whom I really care quite a lot.

Anyway, I am sure we have all changed in one way or another throughout this time, and this is merely one of the fascinating magics of life, because it kindly allows you to experience life for yourself in diverse aspects, learn, explore, review your own views, and after going through many days

and nights, day in and day out, you will finally reach a turning point when you somehow realize that its precious to be alive and live in the most decent and worthwhile manner.

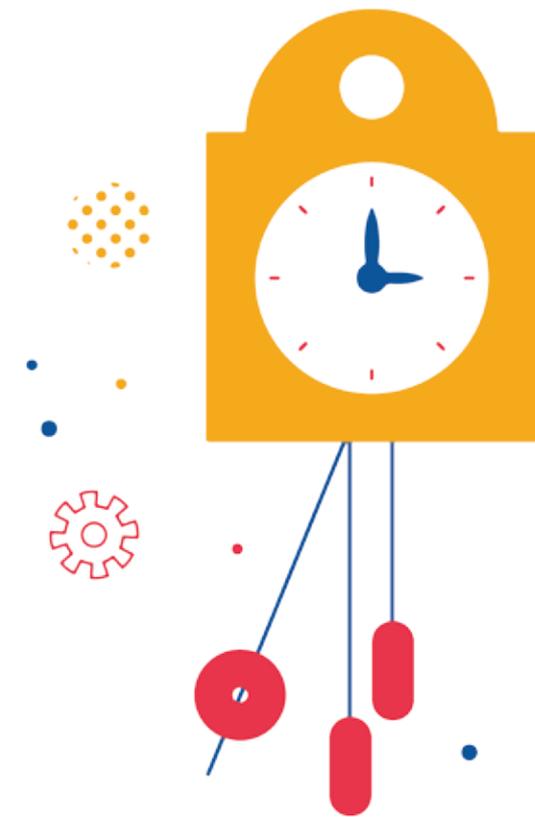
As we go through each stage of life, without considering the defined age groups and what they have to offer us, and even regardless of their validity, our concerns, values, attitude, thoughts, ideals, and even goals change, this is always happening; whether we are aware of it or not. Sometimes you discover it simply through an ordinary event, but sometimes it gets quite a while before this discovery becomes clear for you, and either way this is exactly why the journey of life, its paths and all the steps and efforts we take count in contributing to our lives, and the lives of the people around us, and the world in overall.

I have learned that time flies by,



and whether we use or, or waste it, it goes by and it's impossible to save it for the rainy day. In other words if we become aware of the precious value of time in life and its determining role, then we will become quite careful and clever about the choices and decisions we make because we will then discover that we really don't have forever and no one knows what come up next.

One of the issues which I would like to share with you, which is bothering me and many others too, is how technology is distancing us from one another. For example, nowadays when you are home with your family and friends, most of the individuals are just into their smartphones and the other advanced devices at hand. Unfortunately this has become very common and ordinary, but it does not mean that it is appropriate and a right way to spend time along with our dear ones, considering the fact that our time is very limited and we rarely see our beloved ones around these days, and as it is. Also, due to this social issue, people talk to each other even less than before, and once you don't talk as much



as you should, you pave the way for numerous misunderstandings and further on, lack of true and straightforward communication. So, please; and I really mean please, pause, and think twice; this time when you meet a friend, an old classmate, your beloved family members, and anyone who you care for, or else whoever cares enough for you, just leave your smartphones and similar devices aside and try to communicate face to face, learn from one another and enjoy the time you got to spend together, because this alone counts a huge deal in the portion of our life.

**Good
Luck**

Sh. Ghandehari





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 among the Iranian people to enjoy the fresh spring air of this day before ending the annual 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 friends get together. This is the last phase of the celebrations of the New Year.

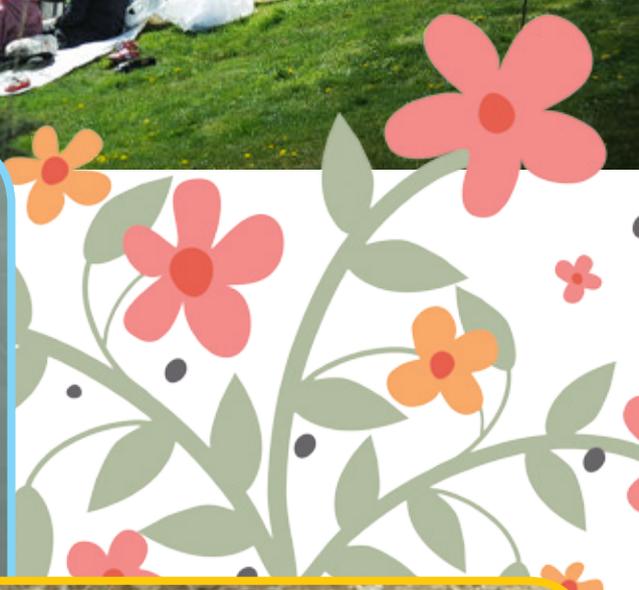
It is the custom of many Iranians to pass as many hours as possible outdoors. People leave their homes to go to the parks or mountains for a picnic. All kinds of food and delicacies are prepared

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.





1 Eggs

They contain vitamin A, which helps the retina function properly and lessens the risk of age-related macular degeneration and cataracts.



2 Raspberries

They contain vitamin C, which reduces the risk of cataract formation.

Foods

healthy

Find out which
Foods will Keep
your Eyes Healthy

Eye health is often neglected—other than getting our eyes checked for loss of vision, most of us don't even think about it. But did you know that there are nutrition choices you can make to help keep your eyes healthy in the long term?

3 Salmon

It contains omega-3 fatty acids, which are associated with a lower risk of age-related macular degeneration.



4 Almonds

They contain vitamin E, which helps slow the progress of age-related eye disease and may help prevent cataracts.



5 Broccoli

It contains lutein, which may help prevent age-related macular degeneration and cataracts. Cooking the broccoli, even lightly, helps release the lutein.

for
eyes

6 Spinach

It contains zeaxanthin, which protects the eye from oxidization and light damage.



7 Yogurt

It contains zinc, which helps the body absorb antioxidants such as vitamin A.



Source: Best Health

Mysterious olive

Compiled by Hasti Danesh

Olive is among the foods mentioned and emphasized in the Holy Quran. The oil of the olive tree has been also observed in the Holy Quran:

“Allah is the light of the heavens and the earth; a likeness of His light is as a niche in which is a lamp, the lamp is in a glass, (and) the glass is as it were a brightly shining star, lit from a blessed olive-tree, neither eastern nor western, the oil whereof almost gives light though fire touch it not- light upon light- Allah guides to His light whom He pleases, and Allah sets forth parables for men, and Allah is cognizant of all things. “

**(Holy Quran, Chapter the Light,
(Al-Nur) Verse 35, Shakir Translation)**



Over the years researchers have discovered several points about olive as a magnificent source for health and nutrition. Olive oil alone is recommended for the coronary and arterial health. Olive oil also contains omega-6 linoleic acid (EFA: essential fatty acid), which is essential for the human body.

“He causes to grow for you thereby herbage, and the olives, and the palm trees, and the grapes, and of all the fruits; most surely there is a sign in this for a people who reflect.”

(Holy Quran, Chapter The Bee, Verse 11- Shakir Translation) Olive oil has long been considered sacred; it was used to anoint kings and athletes in ancient Greece. It was burnt in the sacred lamps of temples as well as being the

“eternal flame” of the original Olympic Games. Victors in these games were crowned with its leaves. Even today, it is still used in many religious ceremonies.

Several studies have proved that the consumption of olive oil reduces cholesterol levels and prevents heart disease. The olive and olive tree have been mentioned 7 times in the Holy Quran, and over 30 times in the Bible, including both the Old and the New Testaments.

Therefore olive seems to be a mysterious and rich plant and there are several interesting facts about it discovered over the years by experts and scientists; not to mention its position in literature as well.





Olive as a Symbol

It resembles peace, wisdom, glory, fertility, power and pureness. The leafy branches of the olive tree - the olive leaf as a symbol of abundance, glory and peace - were used to crown the victors of friendly games and bloody wars. As emblems of benediction and purification, they were also ritually offered to deities and powerful figures.



Olive in Literature

It is one of the plants most cited in literary works: for example in Homer's "Odyssey", Odysseus crawls beneath two shoots of olive that grow from a single stock. In the "Iliad", (XVII.53ff) it is a metaphoric description of a lone olive tree in the mountains, by a spring. The Roman poet Horace mentions it in reference to his own diet, which he describes as very simple: "As for me, olives, endives and smooth mallows provide sustenance."



Olive in Medical Treatments

The mono-unsaturated fat in olive oil reduces the risk of developing cancers. Also, olive oil has a protective effect against intestinal cancer. According to studies, people who consume large quantities of olive oil and cooked vegetables have a reduced risk of rheumatic arthritis; a chronic inflammatory disease of the joints.

Olive oil contains the vitamins E, A, D and K, all important in development of bones in both children and adults. The vitamins in olive oil have a cell renewing which are employed in the treatment of the elderly, as well as nourishing and protecting the skin. The high level of anti-oxidants in olive oil prevents damage done by harmful substances, renews body cells and delays aging in the tissues and organs.

The linoleic acid (omega-6 fatty acid) in olives and olive oil are a most healthy food for newborn babies and growing children. Researchers have showed the beneficial effect of olive oil on high blood pressure. Medicines to reduce high blood pressure are also made from olive leaves. Olive oil protects the stomach against diseases such as gastritis and ulcers by reducing gastric acid levels.

Animals' Movement Underwater

One of the basic challenges about life under water is movement as the density of water makes movements for animals difficult. Forward movement is a complex interaction of underwater forces. Among these is thrust, the force in the direction of movement. Another important force is drag, which slows forward movement by opposing thrust. When thrust exceeds drag, there is movement forward. Additionally, water itself has movement. Strong currents carry Incredible power that can easily sweep creatures away. Actually the challenges to aquatic movement result in a variety of swimming methods, used by a wide range of animals. The result is a dazzling underwater ballet.

Invertebrates: They have evolved numerous solutions to movement in the aquatic world. Shrimp crawl and swim with short bursts of their tail. Jellyfish, without backbones or fins, swim using a form of jet propulsion. By squeezing their bowlshaped bodies, they send out small bursts of water, forcing their delicate bodies forward.

Mammals: Most of them have adapted well to movement underwater: whales, dolphins, manatees, seals, sea lions. Among the most animated of sea mammals is the North Pacific sea otter. Streamlined, flexible bodies and powerful hind legs make it an expert swimmer.

Fish: They rely on their skeleton, fins, and muscles to move. Their skeleton enables the basic physics of swimming. Their skull acts as a fulcrum and their vertebrae act as levers. Fins control pitch, yaw, and roll. Muscles are arranged to allow the complex movement necessary to produce thrust. Smooth, streamlined bodies help to reduce friction and drag.

How to Build & Improve your Self-Confidence

Compiled by
Anita Sheikhi



As we grow up, we gradually realize that "self-confidence" is a vital characteristic of successful people. Self-confidence as a human feature helps each individual realize who they are, and define their identity in a clear manner. People who have a



weak self-confidence or even lack it, are very vulnerable and easily give up in their education, career and social relationships. In this situation others abuse them as weak ones and try to blame them for their own shortcomings, and finally make them believe, that they are real losers in life, which is actually a tragedy. On the other hand, through focus on this feature and improving it, one can earn a strong character and personality.

Know Your Own Limits as a Person and Trust Your Own Abilities

The first step is; accept who you are as a person, because just like anyone else, you are probably good at doing some things and weak in

other things. For instance you might be very clever in math, but have a weak memory for lessons such as history and geography. Be realistic and true to yourself and respect your abilities. When you face the truth as it is, you can improve your weak points and put more effort and time in them. This is really what everyone does and so don't worry; you are not alone in this!

You can ask your parents help you identify both your weak and strong points, and work on them in the family together. Your parents are one of the most reliable people for telling you the truth about you and helping you to improve. On the other hand, always remember that as human beings, we all make mistakes at all times, this is somehow part of our experiences and there is nothing wrong with it, of course of you are willing to make up for it and avoid its repetition.



Try to Become an Independent Person

This could be difficult at first and it can take some time. But try to be brave and remember, that you always have your classmates, family and friends to rely on to, and can use their support in necessary times. In here the first step is: being brave and focusing on your exclusive merits and abilities, which are definitely valuable and should not be forgotten or taken for granted. So you just need to discover them comfortably. For instance make yourself do something

without any help independently. To start with, practice and do your homework without any help and see what happens when you strengthen your self-esteem. Do not worry, if you still need some help for solving your riddles or math. You can share this issue with a close friend and encourage each other to do a task individually and evaluate the final outcome together patiently and honestly. After a while, you will be able to rely on yourself to accomplish your tasks.





Try out New Things

You are always learning new skills in life and improving them. There are some activities or games you would like to try, but you fear being a failure. Always remind yourself, that there is a starting point for any individual person and so the sooner you start, the better you can be at it, no matter what it is. On the other hand, the more you postpone an activity, the harder it will seem and in the end it might even appear impossible. Tell your parents to give you feedback about it and help you see the positive side

of the effort you have made. Don't be disappointed if you don't meet your personal expectations the first time. This happens with everyone, but the point is you never know and you don't see it. Some people keep it a secret until they are successful. So if they tell you, that they were an expert from the beginning; doubt it, and be sure this is not necessarily true. Try out new things and enjoy the excitement and joy of the experience, without thinking about the outcome. In this way you will end up doing much better than you could even imagine. Life is all about trying out new things and examining our ability, and unless you take the first step, you will be trapped in your fake fears forever.

Significance of Prayers and its Miraculous Impacts on Life



What is the importance of prayer in our lives? Why should we pray? Prayer is a beautiful, yet important tool for communication that not only brings us closer to God, but also fills us with power to overcome several misleading and tempting paths of this world. What is prayer? Prayer is not the compilation of long words or flowery lingo. Unfortunately, most of us fail to realize what true prayer is! Many imagine it's something we have to do for being good, while others do it because it's something our family, or culture says we ought to do as a habit and without thinking about it deeply. Then again, some feel prayer is like an ATM card; you use it when you need something or when you are in an awful situation. The problem is that today our misconceptions about prayer have clouded the image of true prayer. Then what is true prayer and what is the importance of prayer in daily life?

What is Prayer

Prayer is speaking heartily from your spirit to God. It's the simple opening of one's heart to our Creator. It's coming to Him and telling Him everything in your heart. Then, why do we find praying so complicated? Those who make excuses for praying haven't understood that prayer is just being you and talking to God with honesty and sincerity. When I was growing up, I found prayer very boring. It's because it just seemed like an endless stream



of meaningless words to me. However, when I truly understood what prayer meant (that it's speaking to God with complete honesty, without any kind of masks or worrying about how and what you talk), my whole perspective about prayer changed. Prayer today is not a burdensome task that I have to complete every day, but a joyful time I spend with the Lord.

If you do not pray, if you do not talk to God, you can never learn more about who He is. To understand God, we need to pray. To lead a life of intimacy with God, we need to pray.

Tool to Bind Powers of Darkness

Prayer is powerful and you need to remember, the words uttered in prayer have wonder-working power. Do not underestimate the power of prayer. The Devil is constantly trying to discourage us, demoralize us and weaken our faith in God. When tempted to fall into sin, pray. Prayer gives us the power to overcome many obstacles. Pray gives us the strength and the faith to finish the race marked before us in this life.

Prayer Changes You

The more time you spend with God, the more your heart and soul will shine with the radiance of God, and besides, the more your nature will resemble the loving nature of God. Our habits and lifestyles change deeply through prayer. When we connect with God through prayer, we no longer live selfish lives but will chose to love others with a pure and sincere heart. Prayer changes us from the inside, which soon gets reflected on the outside. Besides, keep in mind that prayer has a unique power for healing your pains.





How to Handle Your Emotions

envy

Compiled by Afsaneh Arjmand

One of the feelings which can become hurtful and actually too painful if not controlled is envy. But what is envy and how can we overcome it and use it for our own benefit? There are various definitions of envy and each expert has an opinion about how an individual can handle this emotion. You can live a happy life once you are in control.

Definition of Envy

According to Harold Coffin envy is “the art of counting the blessings of others, instead of those of your own”. On the other hand envy can be positive and motivate you to take a positive step in your own life. However, this covers another aspect of envy, in which you wish to be the like the other person in success, personality, strength and any positive features they possess.

This inspires you to learn from them and discover your own potentials and move forward in life. We are happier when we can be happy for others and at the same time try to step in a similar path- if we believe they are successful or ahead in life in one way or another- while counting our own blessings. Appreciating what we have, rather than lamenting what we don't leads to a much more pleasant life. Envy can be like a tiny devil on your shoulder that whisper words into your ear, gnashes on your soul and makes life into something that is often filled with suffering and much negativity. Or the envy can just be something that irritates and distracts you from time to time.

Tips to Overcome Envy

If comparison is the case, focus on yourself

In truth there is always someone who is in a better position than you, be it in the classroom or even at home, and if you take this attitude you will guarantee constant bitterness for yourself. So focus on yourself, your own potential and unique features, and be aware that “the grass is always greener on the other side”. See what you really have and don't try to hurt yourself by a useless comparison which ultimately leads you nowhere.

Be grateful for what you already got

Make this a daily practice; even if it is only for two minutes. You will notice the huge change it makes in long term. During this time, which has better be a fixed hour of the day, focus on all your blessings; whether big or small and make a list of them in detail. You will be thankful and relieved and truly surprised.



Never Fear Scarcity or Loss of Something

If you think that someone has taken your place, or you suffer from constant fear of losing something, then you will become intensely envious of others. Think big and never worry about your own position in life, because you can earn your own deserved place sooner or later by a thought plan, honesty and hard effort.

And by the way, why should you bother to worry about something in advance?



Live your life

Don't sit around doing nothing, because in this case you give a terrible chance to your negative thoughts to grow wildly and get out of control sooner than you could even imagine. Enjoy your life and try to work on the missing parts in the form of a detailed schedule.



Don't be Greedy

Before you know, you could become greedy and then envy chases you all along with its horrifying shadow! You can use greed as a fruitful ambitious factor and do something in life.

But don't allow it destroy you for nothing.

And, the best person to envy is the person without envy because they have something really worthwhile.

But rather than envy them we can emulate them and learn how to relax more when relating other people to ourselves.



Mashhad al-Reza, Spiritual Capital of Iran

Sepideh Afshar Rezaee

Translated by Shiva Shakib

Holy shrine of Imam Reza (AS) is located in the central region of the city of Mashhad which in turn is situated in the center of Khorasan Razavi Province in northeast Iran. It covers 270 square kilometers located in a height around 980 meters above the high sea levels. It has a population of approximately 2,500,000 people and is the second most populated city of Iran, following Tehran. The Kashf-Rood River flows through this city from the northwest towards the east. Mashhad al-Reza extends to the Turkmenistan Republic from the north, to Dargaz and Chenrana from the northwest, while it connects to the towns of Neishabour and Fariman from the west and east and shares borders with Sarakhs and Torbat-e Jaam from southeast and east. Mashhad includes four cities, 4 districts, 15 rural territories and 1190 villages.

Regarding the climate, the weather varies depending on the area, but it is mostly moderate and inclined to cold and dry weather. As for the summers, they are hot and dry, while the winters are usually cold and damp.

Historical Background of Mashhad al-Reza

Archeologists and evidence both indicate that this city is approximately 800,000 years old and Khorasan is among the oldest centers of civilization within history. The land of Khorasan was considered among the four largest territories of Iran during the Parthians and Sassanid dynasties. Several prominent cultural, political and literary figures come from this part of the country. For instance during the Islamic eras the Abbasside dynasty invited Ali ibn Musa al-Reza (AS) to Mashhad to accept becoming



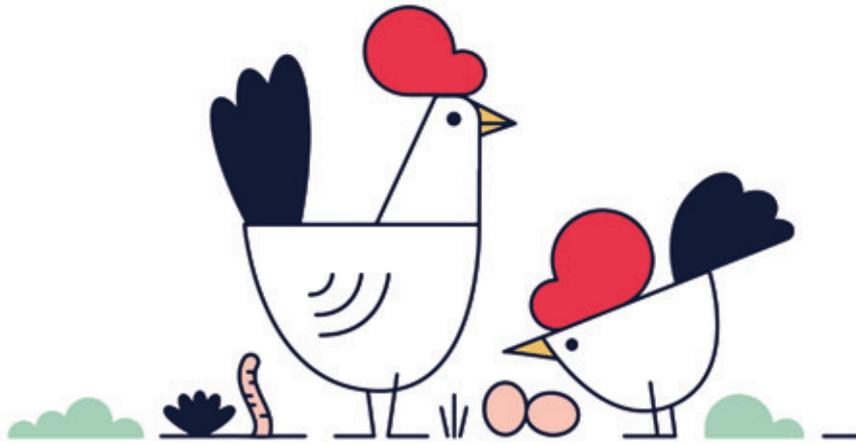


the successor of Ma'amun al-Abbasi, where Imam Reza was later on martyred. Meanwhile, after the Islamic Revolution of Iran, the city of Mashhad proceeded and developed in diverse scientific, cultural and religious grounds and was therefore recognized throughout the world as a religious, mystical and scientific pole.

Mashhad as a Concept

Mashhad literally means intuition, presence and place of martyrdom. During the third century, the term Mashhad referred to the gravestone of the prominent spiritual and religious figures. When

Ali ibn Musa al-Reza was martyred by Ma'amun, he was buried in the Haruni Sanabad Tomb. After that, the mentioned tomb was called the Mashhad al-Reza and as time passed, Mashhad as a name became the permanent name of this city. Soltan Mahmoud Qaznavi was the person who attributed this name, Mashhad, to this city for the very first time. The holy city of Mashhad is the second largest religious city in the world since centuries ago. The blessed body of Imam Reza has brought about significant graces in this city just as a glowing gem in the Shiite world, manifesting a religious foundation there.



I am not a Chicken

Written by Reza Dalvand

Translated by Shaghayegh Ghandehari

This morning, when I woke up, I discovered that I have grown a heap of feathers! Does that mean that I am turning into a hen's chick?! It's been a while since the people of this city have been turning into hens, gradually.

This includes mom, dad, aunt Soosan and grandma, the neighbors, teachers, the polices, the gardeners, mothers and children.

And today is my turn, so what should I do now?!

I had planned to do the best thing

I could do before I became a hen's chick. I mean the thing I loved the most.

- That's drawing!

I sat down and drew the most beautiful drawing of my whole life. When I finished my drawing, I discovered that all of my feathers have fallen off on the ground!

Hurrah!!... I will no longer become a hen.

Probably if everybody pursued their own dreams, then they wouldn't turn into a hen.

I went to mom, she had always dreamed of becoming a dancer.

“Mom, will you dance for me?” I asked mom.

Mom glanced at me with her kind eyes, stood still happily and danced more beautifully than she had ever done before.

Now the room was full of the feathers that had fallen off mom as she had danced. So she wasn't a hen anymore!

We hugged each other in thrill and went to see the others.

Dad had always wished to become a gardener. Grandma had wished

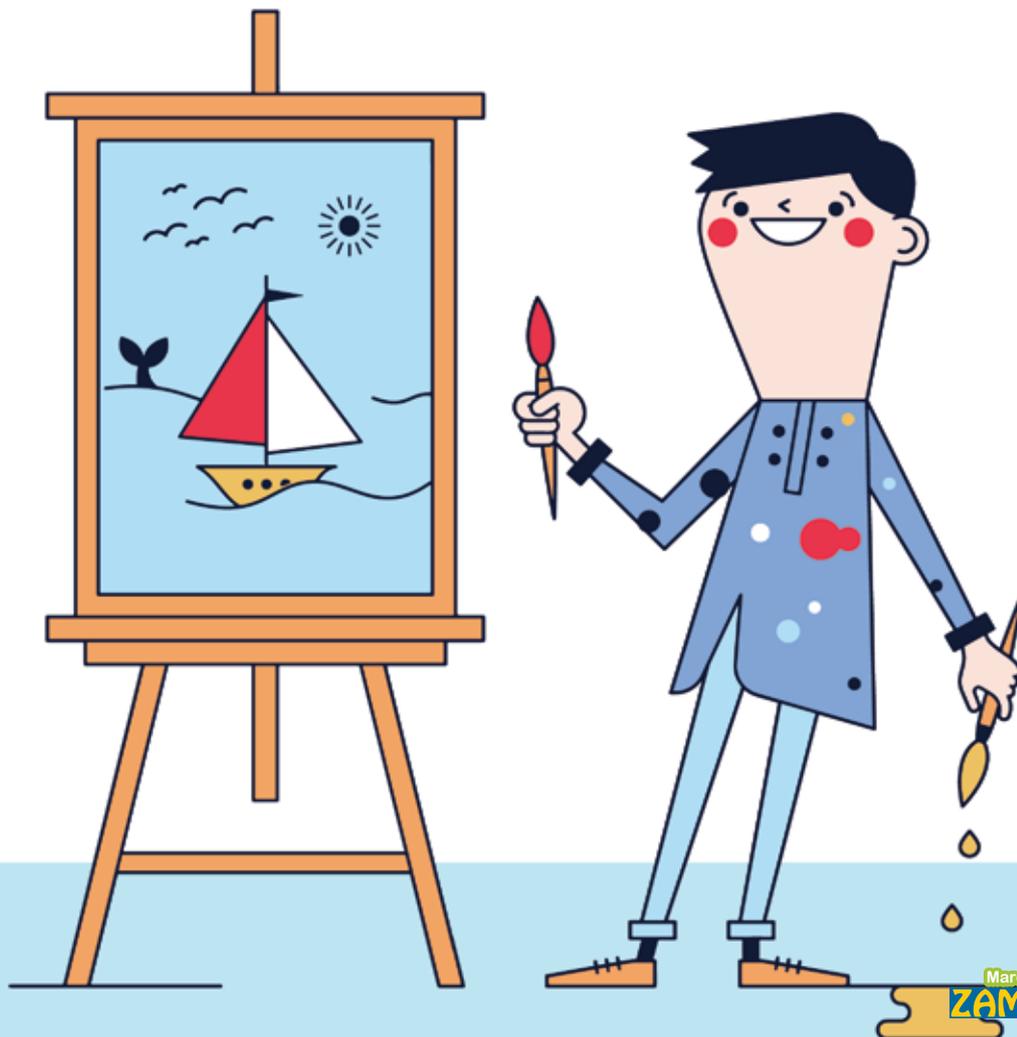
to become a driver and the lady, who was our neighbor, dreamed of becoming a police!

All of the people in the city had their own forgotten dreams, which they failed to keep in mind in the middle of their busy lives.

Though I was very tired that night, I was happy that all of the people in the city are happy, doing what they like with true love.

Just as I love to draw and become a great painter.

Then I hang the painting I had drawn today on the wall so I would never forget my dream.



SUDOKO



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

Answers to 9x9 Cross word:

Across: 1.fang, 4.west, 7.la, 8.ace, 10.RR, 11.ashes, 13.XII, 15.tap, 17.drummer, 18.hoe, 19.ate, 21.dream, 24.no, 26.gyp, 27.as, 28.drab, 29.tide
 Down: 1.flex, 2.AA, 3.gas, 4.wee, 5.sr, 6.trip, 9.chimney, 11.aired, 12.steam, 14.l do, 16.art, 18.hand, 20.ease, 22.RGB, 23.apr, 25.or, 27.ad



ACROSS

1. Flies on a string
4. Mammal that swims and barks
7. Artificial Intelligence
8. Amount (abbr.)
10. Note after La
11. Wishes to God
13. Worn around the neck
15. In debt
17. Unusual
18. Sheep sound
19. Hair styling product
21. Suspicious
24. Morning
26. Memorable period of time
27. A single one
28. Score in hockey
29. Pleased

DOWN

1. Small motor vehicle
2. Roman 2
3. Hearing organ
4. Pig's home
5. In the position of
6. In front of an audience
9. Organizer of a team or business
11. Flower part
12. Moist and heavy
14. Love -- Many Splendored Thing (2wds)
16. Very small
18. Boast
20. Return to the ground
22. Snake-like fish
23. Cloth fragment
25. Modus Operandi
27. Battery size

1		2		3		4		5
		6						
7	8					9	10	
			11		12			
13					14			
			15	16				
17		18				19		20
		21						
22						23		

CROSSWORD

Body Language

Compiled by Hasti Danesh

As human beings, we are constantly using our body language to express our feelings in different ways.

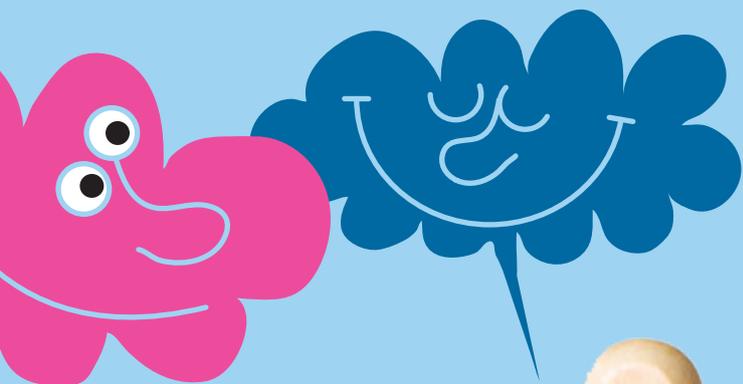
At times the person using his body language might not even be aware that his body postures, his eye contact, gestures and subtle movement can give certain messages to others and make them interpret these acts in many possible ways; which depends on various factors. So what is “body language”? Body language consists of gestures, poses, movement and facial expressions that individuals use for communication and it is something called “non-verbal communication”. Our body language is conveyed through these most common postures: eye contact, facial posture and movement, hand gestures, touching and even



physical distance.

In simple words, it relates to communication without words; therefore these are sorts of voice or sound heard through the body language.

Any type of gesture, facial expression, eye movement and body postures are categorized as parts of the body language; signals which are



all share of body language in daily communications and the numbers vary a lot. It seems that most of human communication takes place in the form of nonverbal behavior; which tells us that we should be aware of both our verbal and the nonverbal devices we use for communicating with others. Usually keen and clever people can guess how others feel or even possibly think through tracing the signs implied by body language.

How to Understand Body Language?

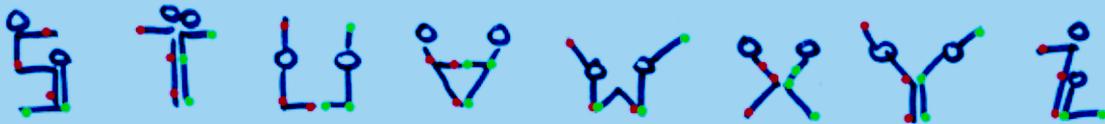
In certain cases the body language has found unique meanings and therefore one can easily understand the message sent by a body language. For instance if your friend clearly yawns without hiding it, he/she is somehow most possibly trying to tell you that he is either really tired and sleepy, or else he is bored right now.

Another well-known example is when someone frowns; which shows anger and dislike and even some sort of protest. Waving, touching and pointing are other forms

sent and received by people all the time.

Some experts of this field believe that in human communications, only around 7% consists of words, while the rest (around 93%) is made of body language and similar cues.

Of course there is no final agreement about the percentage and the over-



of nonverbal communication frequently used in everyday life. Actually mankind has used to move his hands and other body parts during communication; which shows that such devices help him convey his meaning better. Sometimes people fail to find the right words or avoid using words which might cause misunderstanding.

Usually if this is the situation, although there is silence between the people trying to communicate, but all of their body movements are replaced for expressing how they feel and what is really going on in their minds.

A series of complicated interpretations have been suggested for body gestures which vary depending on the position, personality and other factors available in that situation. In this relation “eye contact” has seen various analyses and seems to show different meanings. If there is consistent eye contact between two people, it usually shows that the person who is making this act, has a positive attitude about the other person, but interestingly enough; at the same time it could also show that the first person just cannot “take his eyes off” the speaker, because he does not really trust him! In many

cases lack or even avoidance of eye contact signifies a negative meaning. Obviously cultural norms define body gestures in different ways and so what might have a positive meaning in one culture could signify the opposite in another cultural context.

Using Body Language

Generally body language forms an important part of communication which can constitute at least 50% or more of what we are communicating.

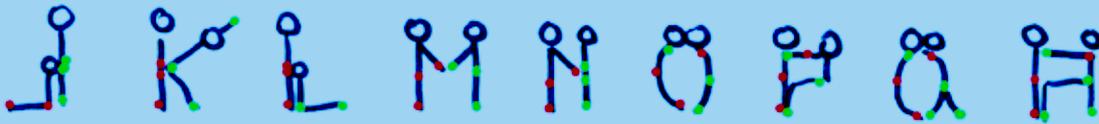
As we all wish to communicate well, then it makes sense to understand how we can (and cannot) use our body to say what we really mean.

Body language comes in a series of signals and postures, depending on the internal emotions and mental states. Recognizing such overall gestures is far more reliable than trying to interpret each individual element separately.

How to Read Body Language

The Eyes:

Among the facial features, the eyes



communicate more than any other part of the human anatomy. Staring or gazing at others can create pressure and tension in the room. Gangs have fought over the way someone looked at them. Maintained eye contact can show if a person is trustworthy, sincere or caring.

Shifty eyes and too much blinking can suggest deception.

People with eye movements that are relaxed and comfortable yet attentive to the person they are conversing with are seen as more sincere and honest.

The Smile:

There are 50 or so different types of human smiles. By analyzing the movements of over 80 facial muscles involved in smiling, researchers tell when a smile is for real. Look for the crinkle in the skin at the middle, outside corner of the eyes and if it is not there, then the smile is probably fake. Authentic smiles are smiles that “crest” or change rapidly from a small facial movement to a broad open expression.

Vocal Cues:

Lengthy and frequent pauses during conversation; a lot of such sounds as “uh,” “um,” word repetitions; intruding sounds not part of the actual speech, less lengthy an-

swers or explanations where they would be expected to be all predict deception.

Space:

Personal space is needed and if it is invaded intentionally or by mere carelessness, it makes an individual feel uncomfortable or threatened. Studies have shown that individuals that do not respect others space are less popular and often rejected by others.

Gestures Communicate:

Hand signals can communicate without the use of any speech.

Standing:

It can be friendly or aggressive.

The way a person stands, reflects their level of confidence and comfort level.

If a person stands tall so to speak they are seen as more confident.

If someone is standing with his hands on their hips, that indicates aggression or alertness. Watch your body language. Avoid shifting your eyes and head quickly during conversation when someone asks you a question. Do not look down or to the side. Look directly at the person with a sense of confidence but not overbearing or threatening in nature.

Amoo Norouz

Written by Farideh Farjam, M. Azad

In faraway Persia, the New Year begins on the first day of spring. Every year on this day a man named Amoo Norouz puts on his felt hat, ties his blue sash, and walks to the city with a cane in his hand. He visits every home in Persia, bringing the New Year to the people.

Just outside the gate to the city lies one of the prettiest gardens in all Persia. Fruits of every kind grow there. Around the garden's edge are planted bushes of flowers, and every year at the beginning of spring their buds burst into pink and golden blossoms. Roses bloom in the garden in countless numbers.

The rose is called the "ever-spring flower" in Persia, because each blossom is as fresh and beautiful as the first day of spring.

The owner of the garden is a cheerful old woman. She has never seen Amoo Norouz, but each year on the first day of spring she waits eagerly for him, hoping that this time she will meet him when he comes to her garden.

She rises earlier than the sun on this day, and she carefully makes all the special preparations for Amoo Norouz's visit. First she washes her face and makes her bed and 10 sweeps out her house. When everything is tidy inside, she

brings out her silken carpet and spreads it on the veranda. Then she waters the bushes of flowers—the narcissus and marigold, violet and rose, tulip, iris, and morning glory. She tends the roses most carefully, because they are Amoo Norouz's favorite flowers.

After she has watered her garden, the old woman walks over to the tiled pool near the veranda. Brightly colored fish swim in the clear, fresh water. After the old woman feeds the fish. She turns on the fountain that flows from the middle of the pool.

The fountain sends a cool spray high in the air, and the leaves and flowers in the garden are covered with tiny droplets of water.

Next the old woman sets her silver-rimmed mirror on the veranda. She combs her long white hair and ties a golden scarf around her head. She darkens her eyebrows and pinches her cheeks to redden them.

Over her dress she puts on a fine vest of richly patterned silk.

Then the old woman lights a fire in the stove and brings out a water pipe. In the base of the pipe she lays some rose petals.

Then she carries a large tray out to the veranda.

On this tray she arranges seven objects whose names begin with

the letter S.

seven crystal dishes filled with seven kinds of candy surround the tray. In every home across the land, objects just like these are set out to welcome Amoo Norouz.

At last the old woman is ready, and she sits on the carpet to wait for Amoo Norouz.

The old woman waits for Amoo Norouz because whoever meets him will grow young again, just as the earth grows young again each spring.

This year, as every year, Amoo Norouz does not come right away. Slowly the old woman's eyelids grow heavy, and she starts to doze. Soon she is asleep, dreaming that she is meeting Amoo Norouz at last. At the moment when the woman falls asleep, Amoo Norouz enters the garden. This year, as every year, he sees the old woman smiling in her dreams, and he does not have the heart to waken her. Instead, he picks the most beautiful rose from the garden and gently tucks it in the old woman's hair.

Next he takes a piece of fruit from the large tray and cuts it in half. One half he eats with some sugar, and the other he returns to the tray for the old woman. Then he uses two coals from the fire to light the water pipe. After a few moments, Amoo Norouz leaves the garden to continue his journey to the city.

This year, as every year, the sun slowly rises above the treetops, filling the garden with light and melting

the droplets of water on the leaves and flowers. When the bright sunshine reaches the veranda and touches the old woman's face, she awakes with a start. She rubs her eyes and sees the half-eaten fruit Amoo Norouz has left behind. "I have missed him again," she cries. "The year has changed, but I did not see Amoo Norouz."

She raises her hand to her hair, knowing that she will find a rose under her scarf.

"Now I must wait another full year to see Amoo Norouz and become young again," she says sadly.

Perhaps one spring the old woman will remain awake and meet Amoo Norouz at last. Then, like the rose, she will be as fresh as spring itself to the end of time.



COLORS in Idioms

black sheep (of a family):

it refers to a person who is a disgrace to his family and friends.

Mr. Iace has been known as the black sheep of his family, yet he has not taken a single step to prove them wrong.

black eye: it points to a bruise near one's eye which makes it look black.

the unlucky man suddenly got a black eye when he bumped into the closed door.

blue in the face: describes someone who is very angry or upset, or even excited and very emotional.

I had no option and I was forced into arguing with my supervisor until I was blue in the face.

chase rainbows:

try to achieve something difficult or impossible. although my old school friend, Sarah, is always chasing rainbows she never achieves anything.

on New Year's Day

Kenn Nesbitt
Illustration: Neda Azimi

A year ago,
I started off the year
by making resolutions
that were probably severe.
I said I'd save my money,
as this seemed so very wise.
I vowed I would improve my health.
I swore I'd exercise.
I stated I would do my homework
every single day.
I'd brush my teeth religiously
to ward off tooth decay.
I'd eat my fruits and vegetables
and keep my bedroom clean.
I'd treat my sister kindly
though she's often very mean.
My resolutions lasted me
about a half a day.
I promised I would keep them
but I broke them anyway.
So now I'm fat and penniless.
My homework's overdue.
My sister's mad.
My teeth are bad.
My room is messy too.
And yet I think I may have found
the best of all solutions,
and this year I've resolved
to not make ANY resolutions.



monthly

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136

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Mashhad
al-Reza,
Spiritual Capital of Iran