

English Break

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How to draw with Charcoal
Everything about Roodkhan Castle
How to be happy
The best Shoelard Recipe
Stories of a Reflective Teacher

دانشگاه الزهراء

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Contents

<i>A Note from the Editor.....</i>	<i>2</i>
<i>Love of English(Elementary).....</i>	<i>3</i>
<i>Love of English(Intermediate).....</i>	<i>4</i>
<i>Love of English(Upper-intermediate).....</i>	<i>5</i>
<i>Love of English(Advanced).....</i>	<i>6</i>
<i>What's Going on?.....</i>	<i>8</i>
<i>Crisscross.....</i>	<i>8</i>
<i>Healthy Wealthy Recipes.....</i>	<i>9</i>
<i>Reflective Teacher.....</i>	<i>11</i>
<i>Every Poet.....</i>	<i>12</i>
<i>Life Imitates Art.....</i>	<i>13</i>
<i>Loaded Literature.....</i>	<i>15</i>
<i>Idioms.....</i>	<i>16</i>
<i>Fiction Corner.....</i>	<i>17</i>
<i>Magic Screen.....</i>	<i>18</i>
<i>Popcorn.....</i>	<i>19</i>
<i>Bookshelf.....</i>	<i>20</i>
<i>Around the World in a Glimpse.....</i>	<i>21</i>
<i>Live Your Life.....</i>	<i>22</i>
<i>Guess Who.....</i>	<i>23</i>

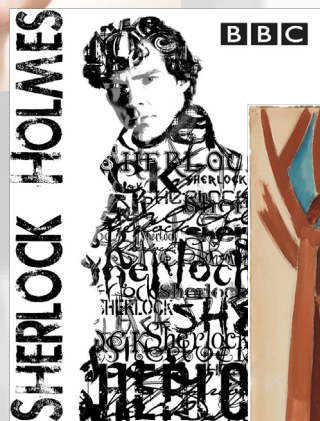
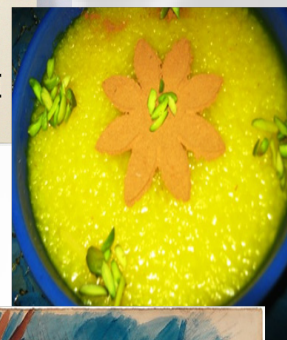
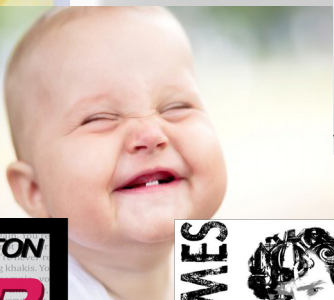
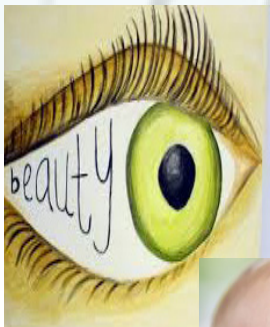
The English language is a work in progress. It is fun with

In the Name of God

A Note from the Editor

I want to start this journey with the name of God. He gave us this opportunity and this blessing. With that said I'd love to say how grateful I am that you've decided to read our magazine. "English Break" is a break from our routine world. It gives us a chance to escape from our everyday life and explore the limits of another world. A world full of mesmerizing English literature, fascinating books, intriguing stories, gripping movies, mouthwatering recipes, inspiring art and so on. If you want to be a part of it Join us on our journey. Thank God we have been able to publish our first issue this month, a month which is compared to heaven. Taking it as a good omen we hope to see you every month. Please contact us if you have any comments, good or bad. This is our email address englishbreak94@gmail.com. Have a great month. Read, write, love, laugh and live.

Hasti Shahri, Editor-in-Chief





“Love of English” pages are designed for those whom want to learn English. It has different levels and hopefully it will help you improve your English.

Love of English (Elementary)

My dear friends, this page is designed for those who are at the beginning of their learning English journey. Let's start learning English. First look at the pictures, then for more practice do the following exercises. You have to read and choose the best answer.

By Shabnam Mahmoodi



1. If someone asks you “How are you?” you can answer:

- a) Bad
- b) Not bad
- c) I can complain

2. If someone asks “How are things?” you can reply:

- a) Thanks! And you?
- b) Very fine thanks. And you?
- c) Fine thanks. And you?

3. If someone says “Good morning!” you can reply:

- a) Good morning!
- b) Hi!
- c) Hey!

4. When you arrive at a restaurant for dinner you can say “Good evening”. When you leave the restaurant, you can say:

- a) Good evening.
- b) Good night.
- c) See you!

5. When you say good bye to a friend, you can say:

- a) See you later.
- b) Catch you later.
- c) Both of these.

6. If someone says “Nice to meet you” you can reply:

- a) Yes! It's nice.
- b) I'd like to introduce myself.
- c) Pleased to meet you too

Keys

- 1-(b) “Not bad” is a good reply if you don't want to give lots of details.
- 2-(c) Don't use “very” with “fine”.
- 3-(a) “Good morning” is quite formal. Reply with the same level of formality.
- 4-(b) Say “good night” if you won't see the person again during that day / evening.

5-(c) Both expressions mean that you will see the person again in the future.

6-(c) You can say “Nice to meet you” or “Pleased to meet you”.

for more practice

- 1-Make A List Of Your Daily Activities. It Doesn't Have To Be Perfect, Just Start Writing the Simple Things You do every day.
- 2-You Can Write Your Diary In English. It Helps You To Write Better.

Hello to all the intermediate English learners who are reading this page. This page is designed for you so you can practice English and as you know "practice makes perfect". So let's start our work so you can move up to a higher level of English as fast as possible. Read the text below and answer the questions.

By Hasti Shahri

Comprehension:

1. People fast for only spiritual reasons.
 - a. True
 - b. False
2. One of the benefits of fasting is the detoxification of the body.
 - a. True
 - b. False
3. The body turns to the fat reserves for energy when fasting.
 - a. True
 - b. False
4. The experiment on worms was undertaken to prove that fasting leads to the detoxification of the body.
 - a. True
 - b. False

The answers are:

1. People fast for only spiritual reasons.
False (Some people fast as a way to physically discipline the body)
2. One of the benefits of fasting is the detoxification of the body.
True - a (Fasting is said to play an important role in the detoxification of the body)
3. The body turns to the fat reserves for energy when fasting.
True - a (The body turns to fat reserves for energy)
4. The experiment on worms was undertaken to prove that fasting leads to the detoxification of the body.
False - a (To prove the extension of life thanks to fasting)

Health Benefits of Fasting

Fasting is part and parcel of the practices of many religions including, Islam, Judaism and Christianity. Today many are trying to dig up the benefits of fasting. Some people fast for spiritual reasons while others fast as a way to physically discipline the body. Whatever reasons one might come up with, it has been scientifically proved that fasting has tremendous health benefits.

First, fasting is said to play an important role in the detoxification of the body. Detoxification is a normal body process of eliminating or neutralizing toxins through the colon, liver, kidneys, lungs, lymph glands, and skin. This process starts when fasting. Food no longer enters the body and the latter turns to fat reserves for energy. These fat reserves were created when excess glucose and carbohydrates were not used for energy or growth, not excreted, and therefore converted into fat. When the fat reserves are used for energy during a fast, it releases the chemicals from the fatty acids into the system which are then eliminated through the body organs, leading to the cleansing of the whole body.

An other known benefit of fasting is the healing process that is obvious in the body during a fast. When fasting energy is diverted away from the digestive system due to its lack of use and towards the metabolism and immune system. The healing process during a fast is made easy by the body's search for energy sources. Abnormal growths within the body, tumors and the like, do not have the full support of the body's supplies and therefore are more susceptible to disappear.

Fasting also leads to a feeling of rejuvenation and extended life expectancy. This might be due to the detoxification effect of fasting. A study was performed on earthworms that showed the extension of life thanks to fasting. The experiment was performed in the 1930s by isolating one worm and putting it on a cycle of fasting and feeding. The isolated worm outlived the other worms by 19 generations, while still maintaining its freshness and youthful physiological characteristics.

Retrieved from www.myenglishpages.com

Love of English

(upper intermediate)

By Razieh Behdani

Hi dear friends, Happy new year.

However a month passed and it's almost late, but late is better than never...

You say it's late for what?

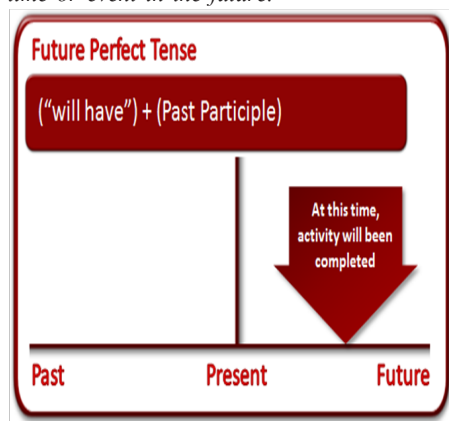
For planning for your New Year and setting new goals.

To begin the New Year, I thought I would begin by giving you ideas on how to write successful New Year's resolutions. A New Year's resolution is a goal you set for yourself that you want to accomplish during the upcoming year ...

Future perfect

The grammar often used to set New Year's resolutions is the future perfect.

Future perfect is used to express an activity that will be done and finished before another time or event in the future.



Examples :

By the time you arrive, we will have finished the meal and the speeches.

(Note: "By the time you arrive" identifies the point in the future.)

I will have read every magazine in the waiting room before I see the dentist.

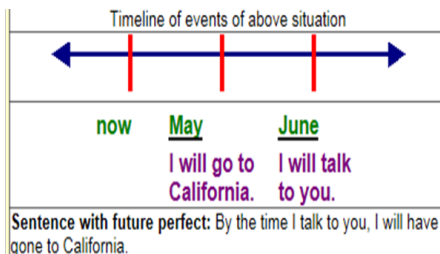
(Note: The clause "before I see the dentist" identifies the point in the future.) Of course, you can also have the negative version, which is formed "will not have" + "[past participle]"

You will have perfected your English by the time you come back from the U.S.

Pay attention to this chart:

situation	sentence with future perfect	explanation
I will go to California in May. I will talk to you in	By the time I talk to you, I will have gone to California.	In other words, when I talk to you, I will have already gone to California.

Here's a timeline to help you understand it easily.



When I talk to you in June (the second event), I will have gone to California (the future event that will be completed BEFORE I talk to you).

Ok dears, now you learned how to use future perfect in positive sentences, however I assume negative sentences and questions aren't much difficult to make when you know how to make a positive one, here are the structures of negative and question future perfect tense sentences:

Negative sentence

• Subject + Not between auxiliary verbs + main verb (past participle) + object

• Subject + will not have + 3rd form of verb or past participle + object

Examples

She will have finished the work by Wednesday.

I will have left for home by the time he gets up.

You will not have started a job.

Interrogative sentence

• Auxiliary verb + Subject + auxiliary verb + main verb (past participle) + object

• Will + Subject + have + 3rd form of verb or past participle + object

Examples

Will she have finished the work by Wednesday?

Will I have left for home by the time he gets up?

Quiz

Directions: For each situation there are 2 future events. Combine the 2 future events by using the future perfect. Use before or by the time. The first 5 are new year's resolutions. There may be more than one answer.

- First event: I will stop smoking.
Second event: Spring will arrive.
- First event: I will lose 25 pounds.
Second event: I will see you in the summer.
- First event: I will learn to cook.
Second event: I will make my family a gourmet meal.
- First event: I will apply to college.
Second event: July will come.
- First event: I will write a new résumé on MyEnglishTeacher.net.
Second event: The end of January will come.

- First event: She will finish her Ph.D. thesis.
Second event: Julie will graduate from Ox-

ford University in May.

- First event: The doctor will return.
Second event: Noon will arrive.
- First event: We will fix your car.
Second event: You will come back.
- First event: Her pictures will be developed.
Second event: Miok will finish lunch.
- First event: Pigs will fly.
Second event: Richard will do his homework.

Answers

1. By the time spring arrives, I will have stopped smoking.

By spring, I will have stopped smoking.

2. By the time I see you in the summer, I will have lost 25 pounds.

By summer, I will have lost 25 pounds.

3. By the time I make my family a gourmet meal, I will have learned to cook.

4. By the time July comes, I will have applied to college.

By July, I will have applied to college.

5. By the time the end of January comes, I will have written my résumé on MyEnglishTeacher.net.

By the end of July, I will have written my résumé on MyEnglishTeacher.net.

6. By the time Julie graduates from Oxford University in May, she will have finished her Ph.D. thesis.

By graduation in May, Julie will have finished her Ph.D. thesis.

7. By the time noon arrives, the doctor will have returned.

By noon, the doctor will have returned.

8. By the time you come back, we will have fixed your car.

9. By the time Miok finishes her lunch, her pictures will have been developed.

10. By the time Richard does his homework, pigs will have learned to fly.

**This is a joke. Pigs will never learn to fly.

Therefore, the meaning is a joke to say that Richard will never do his homework.

Source :www.studyandexam.com

For more practice go to these sites:

•<http://www.perfect-english-grammar.com/future-perfect-exercise-4.html>

•<http://www.really-learn-english.com/future-perfect-exercises.html>

I hope you make best decisions and set your admirable goals for New Year using future perfect

See you next month by future perfect continuous

Love of English(Advanced)

By Hasti Shahri

Greetings to all of my English loving friends who are currently learning English in an advanced level. First I'd love to congratulate you on how far you've come. You might ask yourself what is this page and why is it addressing me? Well this page is prepared for advanced English learners' self study and it helps them improve their English. Another raised question might be "I am an advanced English student, what else is there to learn?" well my friend, no offense but probably A LOT. Learning English never ends. But I agree with you on one point. At this stage the words "teacher" and "student" lose their meanings. It's more of a mentor and enthusiast thing. So with the questions answered let's start our project.

Articles

Ewww.... I know this again. From the time we started learning English we have been talking about these guys. But it is not as easy as it sounds. Yes we all know the basics. There are two types; Definite and indefinite articles.

Indefinite articles a/an

We call them indefinite articles because we don't know exactly which thing they are addressing. "a" is used before consonant sounds like "book". "an" is used before vowel sounds like "apple". I know it's like a piece of cake. But you should know lots of my advanced students say "an university" or "a honest man". Both of the mentioned phrases are completely wrong. The letter we write is not important. The sound we hear is important. Therefore we must say "a university" and "an honest man". One last point is that indefinite articles are generally not used before uncountable or abstract nouns. Now let's get to the more challenging parts.

Definite article "the"

We call it "definite" because most of the times we use it to talk about a specific thing. This part is the part where we are talking business. "The" has lots of rules and exceptions and I have mentioned most of them here in this lesson.

"The" is omitted in the following cases;

1. a city, a country, [in the singular] a

continent: Tehran, Iran, Asia
[But in the plural: The Netherlands] Exceptions: The United Kingdom, The Hague, The USA

2. A family name in the singular: Mr. Simpson

[But in the plural: the Simpsons OR: the Simpson family]

3. a mountain, a lake [in the singular]: Mt. Everest, Lake Michigan

[But in the plural: the Alp, the Great Lakes, etc.]

4. an island [singular]: They went to Kish.
[But in the plural: the Canaries, etc.]

5. a meal: breakfast, lunch, dinner
I rarely ever miss dinner.

6. a color, a game:
Blue is my favorite color. Monopoly is my favorite game.

7. a language (when the word 'language' is not used):

Is French difficult to learn? [BUT: Is the French language difficult to learn?]

8. a street, a square, a park:
Africa Street, Vanak Square, Mellat Park

9. Most magazines, periodicals:
National Geographic, English Break,
[BUT: The Economist]

10. a bridge, station, airport:
Siosepol Bridge, Azadi Station, Imam Khomeini Airport

11. airlines, companies:
British Airways, Iran Air, Samsung, Saipa

12. Illnesses, diseases: diabetes, cancer, etc.
[But we say: (the) flu, (the) measles, (the) mumps]

13. a bank, store, theater, hotel or restaurant when it is in the genitive (the apostrophe before the 's' is sometimes omitted): [McDonald's, Woolworth's, Harrows]

14. a planet: Mars, Jupiter, etc.

15. a title: Doctor Black, Professor Anderson, President Obama, Captain Philips

16. heaven, hell, paradise:
I can assure you that heaven and hell are real and do exist.

17. Means of transport with the word 'by' before them:
by car, bus, taxi, train, etc.

[BUT: in his car, in a taxi, on the bus, on a bike]

18. the word work meaning 'place of work':

She's still at work and won't be home for some time.

19. Percentages, fractions:

Ten percent of the population don't have internet access.

One half of the flights were canceled due to bad weather.

20. a noun + number:

Your train leaves from track 10. I'm staying in room 305.

Never use 'the' before uncountable nouns, abstract nouns, or plurals in general statements.

I like tea. [NOT: ...the tea.]

Good income is important. [NOT: The good income...]

Oranges are good for you. [NOT: The oranges...]

The IS USED before the following:

1. a hotel, movie theater, theater, gallery, museum:

The Hilton (hotel), the Shahr (theater), the Kourosh (cinema), the Saadabad Museum

2. a river, sea, ocean, gulf, desert:

The Zayanderood (River), the Caspian Sea, the Pacific (Ocean), the Sahara (Desert), the Persian Gulf

3. a ship, canal:

The Titanic, the Suez Canal

4. objects considered to be unique:

The moon, the Pyramids

5. Some organizations:

The UN (The United Nations) [But if an abbreviation is pronounced as a word, then there is no article] UNICEF (United Nations International Children's Fund) NATO (North Atlantic Treaty Organization)

6. plural nationalities ending in 'sh', 'ch' or 'ese':

The English, the French, the Japanese [But 'the' is optional with plural nationality names ending in 's': (the) Germans, (the) Greeks, etc.]

7. a singular countable noun to refer to all things of that type in general:

The computer is a valuable office tool.

OR: A computer is ... OR: Computers are ...

'The' is optional;

1. With seasons.

He is leaving in (the) summer.

2. With the word TV.

I watched a movie on (the) TV.

Now let's practice a bit. Here are some sentences. You have to correct them if necessary. For the love of God do not cheat.

1. The Greek islands are beautiful in the summer.

2. Did you visit Van Gogh Museum? 3. I always go to work by my car.

4. The fish you bought wasn't fresh.

5. Can you tell me what happiness means to you?

6. They're wealthy enough to be staying at Ritz Hotel.

7. She'll be arriving at the Kennedy Airport.

8. You must see Colosseum while in Rome.

9. How much does gallon of gas cost?

10. The Himalayas are spectacular.

11. Your son has made a very good progress.

12. What's showing at Beck's Movie Theater?

13. The ancient Greek and the Latin are referred to as dead languages.

14. There was an interesting article in The Washington Post today.

15. The diabetes can be very dangerous.

16. Everyone says he is honest man.

17. I used to work out at a gym twice the week.

18. Do you have an evidence to support your claims?

19. Microwave oven is handy to have in the home.

20. Approximately the twenty per cent of the crops were destroyed by the unseasonable weather.

Good job. Now here are the answers.

1. The Greek islands are beautiful in the summer.

the

2. Did you visit ^ Van Gogh Museum?

3. I always go to work by my car. in OR: by car

4. The fish you bought wasn't fresh.

7

5. Can you tell me what happiness means to you?

the

6. They're wealthy enough to be staying at ^ Ritz Hotel.

7. She'll be arriving at the Kennedy Airport.

the

8. You must see ^ Colosseum while in Rome.

a

9. How much does ^ gallon of gas cost?

10. The Himalayas are spectacular.

11. Your son has made a very good progress.

12. What's showing at Beck's Movie Theater?

13. Ancient Greek and Latin are referred to as dead languages.

14. There was an interesting article in The Washington Post today.

15. Diabetes can be very dangerous.

an

16. Everyone says he is ^ honest man.

17. I used to work out at a gym twice a week.

18. Do you have evidence to support your claims?

A

19. ^ Microwave oven is handy to have in the home.

20. Approximately twenty per cent of the crops were destroyed by unseasonable weather.

(www.advanced-english-grammar.com)

For more practice go to "www.english-grammar.at/online_exercises/articles/article2.htm" and for more information on this grammar go to "www.writing.utoronto.ca/advice/english-as-a-second-language/definite-article"

Now that you've become a master of

definite and indefinite articles, it is time to use your productive skills. Write an article of 200-260 words about a tourist destination of Iran. Use the mentioned grammar to describe this destination to the potential tourists. Try to make them want to see Iran. For more information on how to write this article go to www.slideshare.net/juanpilar745/how-to-write-the-description-of-a-place.

Thank you for your admirable effort. See you next month. Farewell my friends.

Advanced Learners

What's going on?

By Roya Yegane

"Isabel" is 2-year-old girl who saved her mom's life with calling the doctor when her mom was Knocked down. She knew the address and the phone number so that the doctor could get there soon. She is a heroin for her mother now!

A Chinese man along with his wife went for a 5-hour shopping, dropped himself down of the market, when his wife asked for going to another store. "Tao-chao" was encountered with her husband's disagreement. One of the eye witnesses says : "The girl was shouting angrily and said your're such a man and that's why you don't wanna tag along with me! "It is nice to say that this Chinese man eventually managed to leave the market, but with stretcher and toward the cold stores of the hospital!

The shortest last name in the world is "o"! It's popular among Korean people!



Crisscross

The Hospital

Test Your Knowledge of Medical English

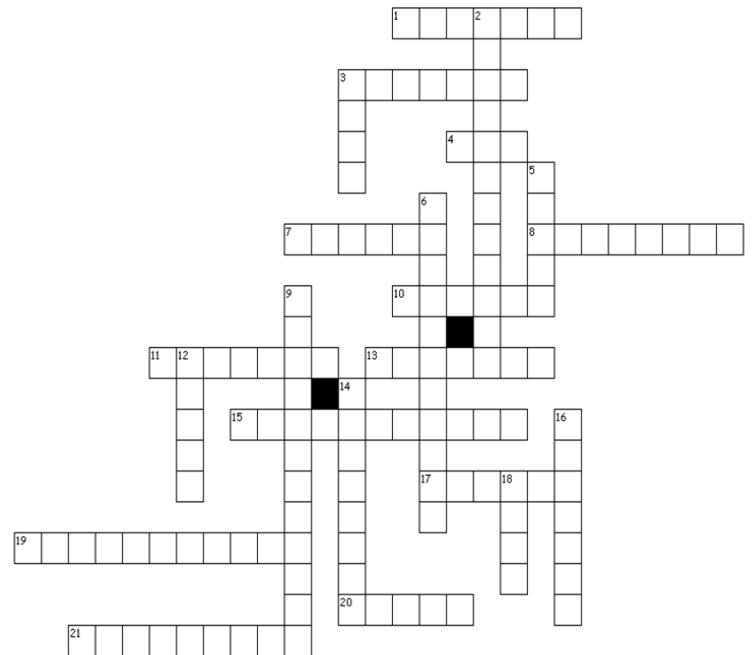
Created by Hasti Shahri

Across

1. Operation
3. Someone who is sick and is getting treatment
4. A psychological disorder in which the patient wants everything to be organized
7. A medical condition in which a vessel in brain suddenly bursts or gets blocked.
8. The process of getting better
10. A purple or brown mark on someone's skin
11. When a part of body gets bigger than usual due to injury(adj)
13. Band aid
15. A procedure in which a kind of medicine is given to you in order to prevent future illnesses
17. A serious illness that is named after an animal
19. A package full of necessary medical things
20. A kind of liquid that is put into a sick person's blood
21. Shot

Down

2. Women's doctor
3. Tablet
5. Someone who looks after people who are ill
6. A sudden serious condition in which someone's heart



- stops working normally
9. A piece of paper on which a doctor writes what medicine a sick person needs.
12. An injury made by a sharp thing
14. A serious disease in which there is too much sugar in your blood
16. A doctor who does operations in a hospital
18. The sickness of winter

For the love of food, only!

By Shokufeh Hajipoor

Several years ago when I was a teenager, whenever my mom asked me to cook something, I always had a complicated feeling and relationship with food. I feared it, desired it, denied it, and I was obsessed with it.

So I had always felt a little envious and intimidated by folks who enjoy a pure, uninhibited love affair with food. But one day I said to myself that finally I must involve myself in it and cope with it. So I started considering the world of food by taking the first steps as an amateur. I listened to the whispers and the language of food and fell in love.

“I believe that cooking is a kind of nurturing thing, a healing thing”

Now I dare to say, life is my passion and food is life. I started cooking at the age of fifteen but I think what I did at that time was not real cooking. Two years later I started taking cooking courses at home, not in a private institution, as others. Anyone around me was considered as a trainer in my eye, who could teach me even one tip. I didn't pay even a penny for learning. My way was watching TV programs, reading every accessible cooking book or cooking magazines, and watching people around, while cooking, who were well-known and taken for granted to do magic to their excellent, unique, delicious food. Then I started gaining experience.

It took me two years to understand that recipes are not the only things to consider and learn. I reached some tips that were not written in any books, things that I faced for the first time by myself. Some secrets that were wrapped and hidden in a title of magic, what I heard before, but I did not believe. Yes! There is magic to add in order to make an excellent food. If you like to know, read the rest of my story below.

I think, happy and successful cooking dose not only rely on knowing how to. It comes from the heart, makes great demands on the palate and needs enthusiasm and deep love of food to bring it to life.

The simplest food that is cooked with great love and care, will always taste different to that which is cooked without feeling and therefore soulless. An invisible energy is transferred to the food we prepare, and the people who eat it. I believe that cooking is a kind of nurturing thing, a healing thing. During my lifetime I have always been an alone person, while standing in the center of a big extended family. An introverted one with no friends, companions or hobbies. So that was where my

nurturing instincts went. When I am cooking, I am feeling, I am feeding and loving the world.

My dears, food is a way to immediately share your love with others.

Actually you must use your whole body to cook, lean your shoulders in, throw in some finesse and get some love in there. You have to feel it or you are not even cooking, you are just, just and just going through steps. Cooking is the thing that can be learned, what I pledge is that I will try to teach you in my pages in this magazine, but do not forget I cannot teach you passion.

I absolutely, definitely, whole heartedly love what I do. There is nothing more satisfying than when I receive my guests' comments and can hear the body language of them, that «oh my God, I am loving this!» Always food has been the best way that I can bring joy to myself and people.

Now what is the love that anyone talks about in cooking? It comes from the senses provided by the nose and tongue. I ask my nose to choose my ingredients, for a dish. It is not a big nose, No, to be honest it is a big nose, but it is a discerning nose, too.

In early, I attempt to collect recipes that I like to call them Know-How Recipes, and now I have more than 2000 instructions for foods from different chefs. But today after several years I do not need using recipes any more, or read all the tips and steps line by line; now I prefer to go through between lines. If you listen to both your brain and heart, you can hear a kind of music, putting the instruments together to make the harmony that works. They both can guide you to reach your goal.

Painters learn to add a small amount of gray to a bright green apple to emphasize the shadowed areas. Cooks learn to add a pinch of a favorite especial spice to enhance flavor.

You should like to make food beautiful as well as taking care of its amazing taste. I do love making people happy by creating culinary works of art that elicit comments like «It is too pretty to be eaten» but it never ever stops them, because it tastes as great as it looks.

If one day you felt you got my point and believed the love of food, then kindly share it with all other people around you, even a child. If there is a kiddy girl in your home, as your sister or a child, let her stand on the top of a little chair, at eye level of the table, watching you prepare a meal. You can start singing a nice song to tempt her enthusiasm, making her laugh as she is fully encouraged to touch, smell, and taste everything. Let her

stir something or grate the cheese or in some way involve her. It could be on the little chair where it all begins for her, where “the love” begins. This way you are teaching her reading her world, not the words what is common in schools where the world is ignored.

Besides water, food is what we all need to live. Cooking is something that is a part of culture, religion, family gatherings, weddings and funerals. It brings people together and also a very important think to consider is what the old saying points: «The way to a man's heart is through his stomach!» so you can consider it as a tactic in your life.

“If any of you have had any experiences of spending money and ruining the recipes' food, I offer you my own Beyond Know-How Recipes”

What I narrated to you in the introduction above in the shape of my story was food for thought. After reading this, it is time to experience. My ladies! Remember that we all are women and future wives and mothers. So one day we are going to start cooking, let's not ignore or deny it. Of course it is not our duty, it's just your kindness, my kindness. Now it is me, who is going to do her utmost to help you learn all tips that I spent a long time to reach, as your little sister. Today I'm, in a begging way, calling for your actions.

Maybe you tell me, you have time and there are lots of books and magazines that can help you at that time, but let me inform you that I spent a long time reading them and now here in this text I dare to reveal and call them just Know-How Recipes. They are good, but not detailed enough with all tips that are vital to know for a beginner to start. Imagine the time when what they eagerly tried to make is ruined, don't you think that it will be for the first time and last that they trust?

If any of you have had any experiences of spending money and ruining the recipes' food, I offer you my own Beyond Know-How Recipes which are rewritten after testing and serving for different people and liked by them. It is worth to try once, isn't it?

Now if you are ready to company me, give me five to title our own page, «Healthy Wealthy Recipes» and inaugurate it. Consider! I told Healthy + Wealthy, I will try to emphasize and concentrate on health but sometimes Wealth will tempt me, you know, err is human, to forgive divine. And also accept that we are not always on diet. Find your thing and cook that. In the end let me remind you that cooking is worthy for its own sake. Experience Healthy

Healthy Wealthy Recipes

By Shokufeh Hajipoor

Shollezard

Ingredients:

1. Rice: 1 cup
2. Water: 8 cups
3. Sugar: 2cups
4. Butter: 50 grams
5. Blanched, French-cut almond: 1/4 cup
6. Some brewed saffron
7. Rose water: 1/4 cup
8. Extra almonds and cinnamon: for decorating

Some tips:

- a. Choose the best possible Iranian rice that smells sweet, broken grain. One which prevents whipping a lot (in order to get burst grains) while preparing the rice. Clean it and separate all red, dark and black grains, because they can appear in the final result and make a bad appearance in your Shollezard. Now wash the rice several times with cold water to see clear water in it. Then drench it with some water, a little of the brewed Saffron and also just a bit of rose water to make it smell sweet from the beginning. Then put a lid in order to not let the smell go out, and leave it for exactly 12 hours, not less, not more. Never add any salt to this rice for drenching. If you did it, the grains of rice won't burst anymore.
- b. Choose a medium size Teflon pot to prevent depositing and burning.
- c. You are allowed to boil sugar with rice, at most about 30 minutes. Boiling sugar for extra time will jellify your Shollezard and reduce the quality of it, and after cooking as soon as you enter a spoon in it, it would turn to a watery low-qualified one.
- d. If you are a tactful person, I suggest that you prepare almonds by yourself at home; because you can be sure that it is fresh. If you buy it, most of the times what you are given is not pure almond. They add cheaper things as peanuts to it, and also it may be old and smell bad and because it's French-cut it is hard to differentiate, if you add it, this little thing can make a big mess. Anyway if you decided to prepare it yourself, put all the

almonds into boiling water and boil it just for 2 minutes and then put into icy water, then by a little pressure between your fingers peel it easily and then French-cut the almonds by a sharp knife. So it is ready to use now. There are 2 options for the time you add almond to Shollezard: 1- with butter, 2- in the last 10 minutes. If you chose the second one, you must drench the French-cut almonds for 1 hour into rose water to make it smooth and eatable. The almond which you use for decorating should be drenched in this way, too.

e. If your rose water is a good brand, and from Ghamsar in Kashan, 1/4 cup is enough. But if not, you are allowed to increase the amount up to 1/2cup to reach the needed level of smell.

f. The amount of saffron is up to you, because it will be added until it reaches your favorite color. When you brew it, do not add lots of water, just a little hot water to make thick brewed saffron. Extra water in it will appear after serving in bowls. So crush Saffron carefully, then add a little hot water, put a lid on it, put on the top of kettle to brew it till a nice color appears.

Recipe:

After passing 12 hours, when the rice is ready to cook, put your Teflon pot on the fire, pour 8 cups of water into it, and let it boil. After boiling add rice and make the flame normal and let them boil and cook together for 2 hours. We should cook them as long as all grains are burst and you cannot see any rice grain in it. During this period you have to gather and throw away all the foams of rice that appear on the surface, if you neglect it, the color of final food would be dark and dingy. Do not forget whipping every now and then. During this time if you feel it needs more water add just hot water (not cold) to it little by little. Don't overuse water because after this time all the water in it should vaporize and you should just have thick rice sauce with no water in it as a dough, if there is water in rice and then you add sugar, that sugar will make some extra water, too, so for not having watery Shollezard, it needs more than

30 minutes to boil to remove that water and it will cause the problem I mentioned above. If after passing this time you are sure your rice is prepared, with no water, now add sugar assured and whip and whip and don't leave it because at this time it deposits and burns. When sugar is solved, add butter and if your almond is not drenched, add it in this moment, too. But if almond is drenched, add it in last 10 minutes, because it should be felt under teeth and shouldn't get crushed completely. Then add saffron and after some big bubbles came up, add rose water too. Turn the flame to minimum and put a flame divider (شعله پخش کن) under the pot, and cover the lid of the pot with a clean, white cloth to stew it for 15 minutes to complete the cooking process and let the saffron do its work so you have a nice color.

*The amount of your rice after cooking will be quintupled, so the measures mentioned here will give you 5 full bowls of Shollezard. And if you are serving it as dessert it is enough for 8 people. That is it!

Bon appetite!

Glossary:

Almond: The flat pale sweet nut of the almond tree used in cooking and to make almond oil.

Cinnamon: The inner bark of a SE Asian tree, used in cooking as a spice, specially to give flavor to sweet foods.

Peanut: A nut that grows underground in a thin shell



Every Poet

By Shabnam Mahmoodi

Say You Stay

*I'm standing on the Side, Don't Know what's On Your Mind,
When You Said You Gonna Quite, I Just Heard A Scream Passed
By.*

*Wanna Know Your World Inside Out, Please Just Give Me a
Shot,*

Don't Wanna Leave It Now, Stop Pushing Me Aside.

*I Came Closer But You Stayed Cold, Doesn't Matter Want It
More.*

Even If It's Some Sweet Lies, Pretend It, It's Our Lives.

*Hush, Don't Say another Word, Try It Harder, Go Furthermore,
Stop Lying, Just Wanna Know, Is It Love or Something More.*

Just Tell Me What Is Love? You and Me, Is That All?

*Day By Day, We've Tried and Tried, At the End Its Just All
Wrong.*

Your Hand's Shaking, Our World So.

Do Something, Don't Let Go.

*Whisper It To Me Nice And Slow; Say It, Even If It's Not Your
Word.*

Say You Love Me Like Before, Speak Now, Don't Lie Anymore.

*You Might Lose Me, I'll Be Gone, Don't Let Go, Just Hold Me
Tight.*

End's Here, Is It Ours? Should We Choose It Or It Does?

You And Me Feels So right, Stop Playing, Don't Make It Up.

*All Your Games Brought Us Here, We've Gone So Long, So Far
Away.*

Kept Hiding Didn't Know, You Would Go and Be So Cold.

*Stop Lying, Don't Pretend, I Know, It's Nothing; Your Words Are
So Cold,*

*Love Can't Be Felt; It's Just A Storm, Mixed Feelings Written In
A Book.*

*Come To Me, Make Me Stay, Save Us, Don't Push It Away,
We Can Make It Real, It's Our Way, Let It Go, Let's Go So Far
Away.*

*Push Away The End And Stay, Our Love Continues Just Say,
You'll Be With Me Till The End, Till The Sky Turns Into Red.*

by Shabnam Mahmoodi

I was thinking;

Maybe I am just like this nature.

*And until my heart is the prison of bitter memories, it won't host
the spring!*

My heart shook! How can I forget?

But...forgiveness is not naivety, it's not forgetfulness...

*Forgiveness is a present for our heart, to become weightless, to
be peaceful & mellow.*

*I clean my heart from hatreds and annoyances, to welcome the
spring full of affection, love and truthfulness...*

Calm and light, like the spring...

-That your dreams

Are shattered,

Do not be afraid.

Have the courage

To pick up the pieces.

And smile at the world.

For dreams that are

Shattered can just

As easily be rebuilt.

By Chris Jensen

Life imitates Art

Life imitates art. You may think about this deeply and still get nowhere. But its easy. Art is love and we canst live without love, so there you go, life is dependent to art. Writing about art is easy as long as its heartfelt. I remember being devastated deciding what field to work on for our magazine. Since I wanted to enjoy the time I work on this and to share with you, I had to follow my heart and my interest. So Art hit my mind like a spark and I decided to go on with the idea of introducing a branch of visual or decorative arts every month. What I brought this month are a bunch of charcoal drawings that I'm very fond of, and warm up tips for when working with charcoal. Enjoy.

By Motahare Alizadeh

Charcoal is a black substance that resembles coal and is used as a source of fuel. It is generally made from wood that has been burnt, or charred, while being deprived of oxygen so that what's left is an impure carbon residue. Charcoal is one of the drawing types that's in the branch of Visual Arts. Charcoal is used in art for drawing, making rough sketches in painting and is one of the possible media for making a parsemage. Here are some Charcoal drawings for you to get familiar with the texture.

Study of a Tree Trunk

Roelandt Savery (Flemish, 1576–1639)

Graphite, charcoal dipped in oil, brush and gray wash, red chalk
(30.6 x 39.4 cm)

Both dead and alive, a mighty, uprooted tree trunk, together with a tangle of stumps, roots, and branches, is the sole subject of this drawing. Savery, like several other Netherlandish artists around 1600, was fascinated by such highly charged animations of natural forms

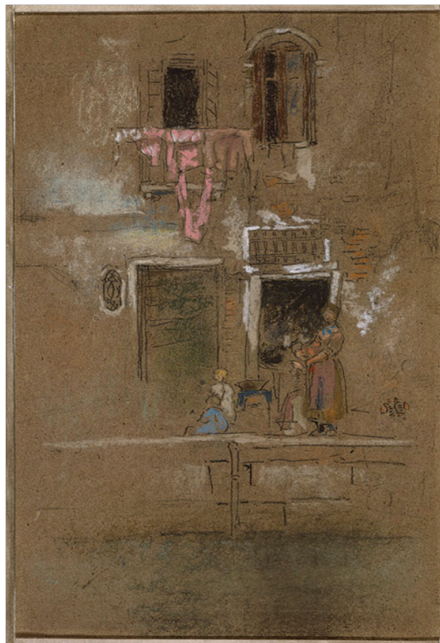


Note in Pink and Brown, ca. 1880

James McNeill Whistler (American, 1834–1903)

Charcoal and pastel on dark brown wove paper; (29.8 x 18.4 cm)

Whistler has created about 100 pastels that feature the expanse of the city and its lagoon and vignettes of narrow alleyways and picturesquely worn buildings. Here, dark brown paper and sketchy black lines form an armature against which Whistler drew color patches that pertain to doorways, bits of drapery, and a few women and children.



Landscape

Artist: Pablo Picasso (Spanish, Malaga 1881–1973 Mougins, France)

Date: Paris, spring 1908

Medium: Gouache and charcoal on paper
Dimensions: (47.3 x 61.6 cm)

Classification: Drawings



Violinist, Study for "The Dance Lesson"

Artist: Edgar Degas (French, Paris 1834–1917 Paris)

Date: ca. 1878–79

Medium: Pastel and charcoal on green wove paper; squared for transfer in charcoal; letterpress printing on verso
Dimensions: 15 3/8 x 11 3/4 in. (39.1 x 29.8 cm)

Classification: Drawings



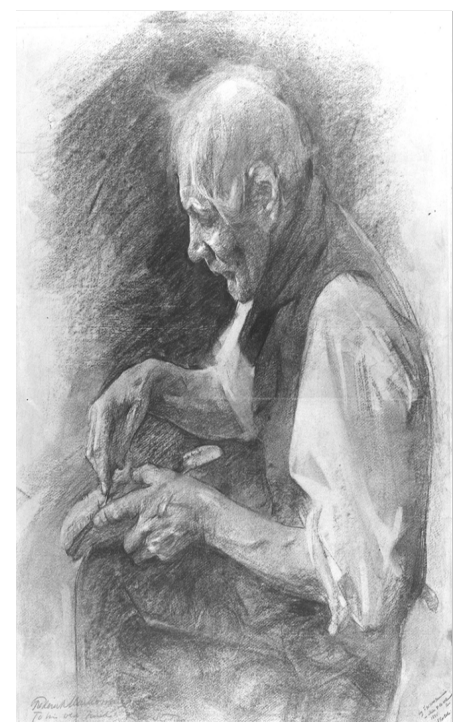
The Cobbler

Artist: Frederick William MacMonnies (American, New York 1863–1937 New York)

Date: 1885

Medium: Charcoal on off-white laid paper
Dimensions: (47.6 x 55.9 cm)

Classification: Drawings



The Cider Jug

Artist: Léon-Augustin Lhermitte (French, Mont Saint-Père 1844–1925 Paris)

Date: 1874

Medium: Charcoal on laid paper

Dimensions: (40.5 x 55.5 cm)

Classification: Drawings



Nature morte

Artist: Henri Matisse (French, Le Cateau-Cambrésis 1869–1954 Nice)

Date: ca. 1924–25

Medium: Charcoal on paper

Dimensions: 10 3/4 x 17 3/4 in. (27.3 x 45.1 cm)

Classification: Drawings



A Man with a Cat

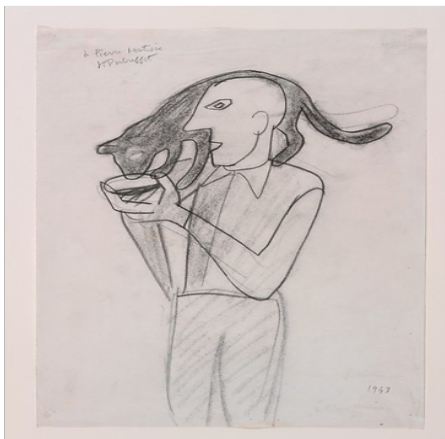
Artist: Jean Dubuffet (French, Le Havre 1901–1985 Paris)

Date: 1943

Medium: Charcoal on paper

Dimensions: 13 1/4 x 10 1/4 in. (33.7 x 26 cm)

Classification: Drawings



Municipal Building, New York

Artist: John Marin (American, Rutherford, New Jersey 1870–1953 Cape Split, Maine)

Date: 1912

Medium: Watercolor and charcoal on paper

Dimensions: 16 1/4 x 13 5/8 in. (41.3 x 34.6 cm)

Classification: Drawings



4 Tips on Drawing with Charcoal

Charcoal is a terrific tool to use in drawing. So I'm gonna show you a few tips that you can learn and practice at home as a warm up before drawing.

1. First of all, Charcoal comes in different ways and forms, this is called Vine charcoal, the top is round, is very delicate and you can always break it into pieces.



2. There is something called compressed charcoal which is more of a square shape, it's much harder and much darker.



So what I suggest when you're working with Charcoal, just experiment with the material first. Go ahead and press down on your paper as hard as you can and keep going pressing a little softer,

keep going and a little softer until there's barely a mark on the paper.

And now we're just going to blend it.

Charcoal's excellent for blending, excel-



lent for any sort of dimension. So we take our finger and we blend it so you can see that you can create different gradation of tone. Now let's do the same thing with a compressed charcoal, you can see right away how much darker it is. It also has a little bit of a different texture and u



can use both types of charcoal together or use them separately. This also blends very beautifully. One thing that I love to do with charcoal is to use my eraser as a



tool this is called a gum eraser its literally looks like chewing gum and you can break it apart it can break off pieces you can sculpt it and you can create even shape edges to erase right into your charcoal I also like to use a regular eraser at a tip of a pencil and with that you can get finer lines and you can sculpt right into your charcoal. I suggest exploring, try as many possible things with your charcoal, find something to draw anything will do Use the tip sometimes, draw soft edges, draw sharp edges, draw with the side of the charcoal, move the charcoal around in all sorts of ways and most importantly, relax enjoy and see how you can best express yourself with the material of charcoal.



Loaded literature

By Niusha Mokaberi

This part of the magazine is about loaded literature. Actually, in this part I want to share every literary subject with you. In this month I want to introduce Rumi's quantum thoughts and of course answer this question: "why Rumi's thoughts are alive even in this century?" according to *Quantum thoughts of Mollana (Rumi) book* Written by Dr Mohsen Farshad.

Now, let me attract your attention to this point that Rumi's thoughts perfectly match quantum physics.

هیچ چیزی ثابت و بر جای نیست
جمله در تغییر و سیر سرمدی است

We have two worlds. One of them is microcosm (Quantum world); the other one is macrocosm (big world). Everything is moving. Nothing is fixed and stable. Planets and (today it's proved that) the sun move. Even galaxy moves around cosmos once 2 every milliard years.

"Sky is sky. Nothing created it. So earth and stars were made of elements."

In surface of quantum, atoms are moving. This movement leads to their change and evolution. Movement is the big cause of evolution. energy is fixed in cosmos. No decrease, no increase, just change and turn into other sorts of energy (Rule of potential energy). We can comprehend that Rumi re-

flected this.

تا پدید آید همه ارض و سما
ذره ها پیوسته شد با ذره ها
According to these facts; Quark (a really small element) creates atoms and the atoms creates chemical elements such as oxygen and carbon etc. And the first elements create earth and stars by combining together; we can come to conclusion that (سما) sky does not mean sky itself here in this poem. It means star because sky was not made by something. sky is sky. Nothing created it. So earth and stars were made of elements.

بار دیگر این ذرات آشنا
غرق می گردند در گردابها
Rumi lived in 7th hejira century equal to 13 A.D. In that time there were no telescopes, not even elementary forms of it, so it is completely obvious; there were no professional telescopes such as HUBBLE Telescope. The pictures taken by this telescope and other telescopes, show that elements move around the whirlpool. So there is a question hanging over it, how Rumi could see this?

ذره ها بینم که از ترکیبشان
صد هزاران آفتاب آید عیان
This Rumi's thought proved cosmos perfect theory. (نظریه پیشرفته کیهانی)
That 's awesome in that time .In 17 A.D. it means 4 centuries after Rumi ,Galileo announced the earth moves around the sun. Everybody knows that according to inquisition, how he was treated due to that

Worthy words:

I am so small I can barely be seen.

How can this great love be inside me?

Look at your eyes, they are small, but they see enormous things. **RUMI**

Progress is impossible without change and those who cannot change their minds cannot change anything.

GEORGE BERNARD SHAW

You are not a drop in the ocean, you are the entire ocean in a drop. **Rumi**

A man is but the product of his thoughts

.What he thinks. He becomes. **GANDHI**

theory. If Galileo like Rumi had announced that in our cosmos there is more than one sun, without a doubt he would have been called crazy. Don't you think this indicates Rumi's scientific genius that discovered existence of hundred thousand suns before any cosmologist scientist?

I think Up to now you have understood how Rumi became popular according to physics.

World professors' views about Rumi:

ERMA GARAPIN (Professor of German Akhen University)

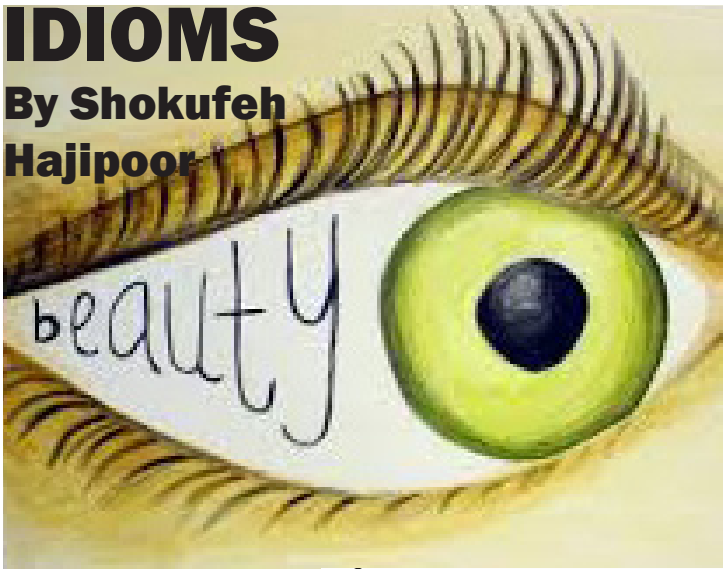
Germans love Rumi like a deep love. He is a peace poet because he suggested that human converse, love and tolerance in lots of his poems. In Germany, Masnavi has been the best _seller in the latest year.

ERIC JEO FARI (American Rumi scholar)
He made a genuine attempt to improve audience's awareness. Today, Rumi's thoughts spread all around the world. He is like a sun that never sets. without a doubt we cannot limit his poem into a specific time. His thoughts are the reflection of today's situation.

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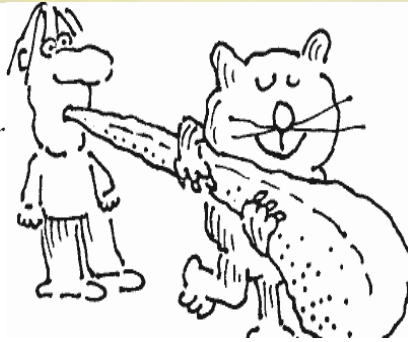
IDIOMS

By Shokufeh Hajipoor



Cat got your tongue?

See has the cat got your tongue?



A cat has nine lives.

Cats have an exceptional power of survival. The proverb is used in reference to people who go through difficult times and survive. «A woman has nine lives like a cat,» said John Heywood in his book of proverbs (1546). First attested in the United States in New Voyage to Carolina (1709).

Beauty is in the eye of the beholder.

Beauty exists in the mind that observes it. Too often people disagree as to whether a person or thing is beautiful. It is truly an individual matter and depends on tastes. Usually said of a person or thing whose beauty does not meet the generally accepted standard. The proverb has been traced back to 1742. The idea was expressed by Shakespeare in *Love's Labour's Lost* (1594-95) and by Charlotte Brontë in *Jane Eyre* (1847). In its current form, it has been used since 1878. Often shortened to *in the eye of the beholder*. Such words as *evil*, *old age*, *weeds*, *fun*, *a miracle*, etc., are sometimes used in stead of beauty.

1594-95.
Princess: Good Lord Boyet, my beauty, though but mean, Needs not the painted flourish of your praise: Beauty is bought by judgment of the eye,
Not utter'd by base of chapmen's tongues.
Shakespeare, *Love's Labours Lost*, Act II, scene I
1992.

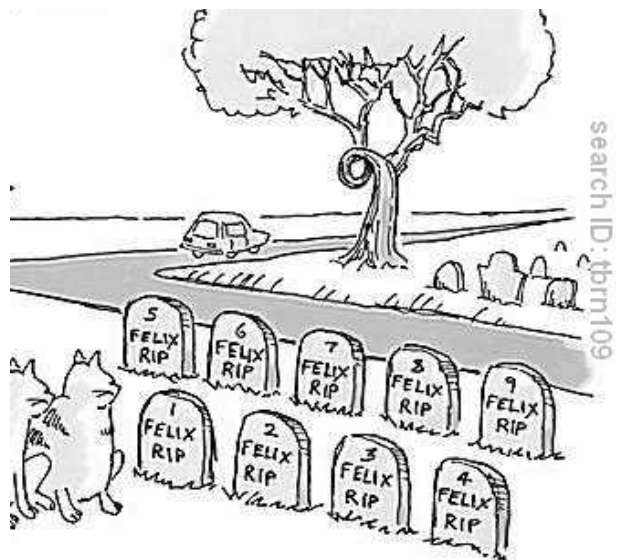
A miracle is in the eye of the beholder, thought Hisako. She'd just seen a westbound jet fly nearly across the sky and then, with a sudden turn, fly back to the east. -New York Times

All good things come in threes.

People still believe that good or bad luck may follow someone three times in a row. The word bad may substitute for good. Things (death, luck, trouble, misfortune, murders, disasters) come in threes is a variant of the proverb. First attested in the United States in 1927.

1973.

He couldn't believe it. He had been so sure of the picture. Two flops in a row. And now he faced the old show business superstition. Everything bad comes in threes. -Jacqueline Susann, *Once Is Not Enough*



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Fiction Corner

By Zahra Kheradpisheh

“Steve!”

A loud shout echoed in the headmaster’s big, luxurious room.

“Yes, Mr. Lee! I’m here.” Said Steve, panting heavily. He lowered his head a little and tried to catch his breath.

Mr. Lee smiled at his employee, and beckoned him to give him the papers.

Steve handed the precious documents to his boss and collapsed on a nearby chair.

“I don’t understand, what am I? An engineer, your assistant, or your personal servant!” he murmured to himself, but the boss heard it all. Damon chuckled slightly and just ignored the rather mean remark.

Damon flipped through pages, a small smile of contentment at the corner of his lips. But as he went further through the documents, a deep frown replaced the smile.

Steve- still struggling to breathe normally- looked at him, surprised at the sudden change of the boss’ facial expression.

“Is everything alright?”

“Come here, Steve.” Said the boss in a serious tone.

Steve gulped silently, dragged his tired feet to Damon’s table and stood right beside him.

“Look at this Steve. Compare these two reports.”

It took a few minutes for Steve to read the reports carefully, and all this while Damon was fuming with anger, mumbling things Steve couldn’t understand.

“Umm... In the older report Mr.J has bought 80% of our buildings but in the newer one there’s only 30% of them sold to him.”

“Exactly!!!” Damon exclaimed in a loud shout, while hitting his palm on the wooden table, making quite a big noise.

Steve jumped and stepped back in shock.

“Exactly that, Steve.”

Steve gaped at his boss for a few seconds, but Damon just ignored him and started chewing at his pen nervously.

“I... no no. We. Yes. We must find out whose buildings Mr.J has bought.”

Steve sighed and face-palmed mentally.

“That’s it, Steve.” Damon snapped his fingers and chuckled slightly.

“We’ll find our rival and he’s going to get it whomever he is. And you’re gonna help me Steve.”

“Yes sir. Of course I’ll help you.”

“What other option do I have?” Steve contin-



ued the sentence in his mind while biting his plump lower lip.

“Good, Steve.” Said Damon while patting Steve’s shoulder absentmindedly.

After that, Damon stared into space for a few minutes, while Steve was only standing there awkwardly. Every few seconds he would steal glances at Damon’s face. It was obvious that he was thinking really hard. The frown on his face was so deep that it looked like it had been there from the first day of his birth.

Finally, Damon snapped out of his thoughts and looked at Steve.

“I’ll figure something out by myself. You’re dismissed.” He said, seeming more relaxed than before.

Steve nodded slightly in response and silently left the room. He shut the door behind him and headed towards his own room to grab his phone and wallet.

After checking the time on his phone, he smiled to himself.

‘it’s lunch time, finally.’ He thought, slipping his phone into his pocket.

In his way to the cafeteria, he passed by some colleagues and friends, greeting each of them by a shake of head or a wave of hand.

He was near the cafeteria when a loud, but very deep voice greeted him from behind.

“Hi, Steve.”

He knew the voice very well. He turned around and raised his head a little to look at the always-happy face of Alex.

Steve was pretty tall himself, but Alex was a real giant. Almost everyone had to raise their heads in order to look at his face.

“Hi Alex.” Steve greeted back then they shook hands.

“How is it going with you, Steve?”

“It’s just fine, except what happened today.”

“Oh. What happened today?”

“Well I can’t say it in details. Just know that

it’s about Damon and his ways of handling things.”

“Ah, that stupid cousin of mine... well, I can only wish you luck.” Said Alex and both of them laughed light-heartedly.

“Were you heading to the cafeteria by any chance?” asked Steve, looking at the older male with hopeful eyes. Alex was a very bright and cheerful person. If you were in a bad mood, only looking at his face would make you cheer up.

Hanging around with Alex was exactly what he needed, because his worried about Damon’s plan for finding their rival.

He knew how mischievous and cruel Damon could be in this kind of situation.

Not only he would pry his customers away from the rival, he would try to destroy their business completely.

He didn’t care if the poor rival had a family to support, or how hard he had tried to get to that position. Damon just wanted to be the best, at any price.

Steve sometimes hated himself for assisting Damon. He wished he could escape somehow, but he was trapped.

Steve was the most clever and skilled employee of Damon, and sure enough, Damon wouldn’t let him resign.

Steve and Alex ended up eating together, cracking jokes and laughing happily now and then. Of course, it helped with Steve’s upset mood a lot.

After lunch, they bid each other goodbye and both of them went off to their work, and Steve started to get drowned in his thoughts once again....

Next time;

“But Damon, that’s a crime!!!”

“I know. I know exactly what I’m doing!”

“But how?! How can you be this careless?! You may get arrested

Magic Screen

By Fatemeh Faghani

Suggestion of the month; Sherlock
You might say “we’ve heard about it a hundred times, Sherlock Holmes movies, series, books and so on”

Sure, it’s yet another adaptation of Sir Arthur Conan Doyle’s famous Sherlock Holmes tales. However, the thing that Sherlock has over other adaptations is that it imagines Holmes, Watson and their friends and enemies as contemporary people in modern-day London.

The most exciting thing about Sherlock is how it takes some dusty old mysteries from the 19th century and makes them feel so thoroughly of-the-moment. It’s not just that technology is essential to Sherlock’s crime-solving process, though that’s part of what makes the show so fun to watch

I am not fan of series because it’s difficult for a busy person to catch up with them, but Sherlock somehow convinced me;

1. Each installment is a 90 minute long super-episode. Every season has 3 episodes. Each episode is like a film.

For me it’s great that I don’t have to follow lots of episodes to understand what happens at the end.

“Other franchises may attempt to update Holmes by making him more of a fighter, a true action hero, but the glory of Sherlock is that his principal weapon is his mind”

2. Aren’t you tired of watching series that are just like our everyday life? Isn’t it time to watch a tricky series? This show will make you feel smart and as if you can’t keep up at the same time. While that doesn’t exactly sound like a glowing recommendation, it is. Sherlock will keep you on your toes, racing to understand the mystery and connect the dots before he does – which you never will, of course, because he’s Sherlock Holmes. There’s a reason he’s better than everyone else.

Other franchises may attempt to update Holmes by making him more of a fighter, a true action hero, but the glory of Sherlock is that his principal weapon is his mind, with the sharp tongue and beady eyes as

SHERLOCK HOLMES



secondary armaments. That’s it. There’s some running, a bit of jostling and punching, some guns, even, but all Sherlock Holmes really needs is the chance to observe and the space to think. And then an arena in which to show off afterwards.

3. Well-Picked cast! Star Benedict Cumberbatch has basically become a household name in the UK for his portrayal of Sherlock, and it’s well deserved. We see Holmes as antisocial, arrogant, cerebral, dark, charismatic, and vaguely alien all at the same time. And yet, he is sort of exactly what you’d imagine Sherlock Holmes would be with his penetrating look. Martin Freeman is an excellent John Watson, who feels like an equal to Sherlock instead of just a sidekick. His John is intelligent, brave, and damaged enough to be interesting in his own right. About the chemistry, I see more Sherlock-John relationship rather than Holmes-Watson.

4. Like every good character, Sherlock

needs an enemy too not a usual one. Someone of equal mental acuity.

That puts the show on fire and makes it more exciting. The villain is Moriarty. Scott’s Moriarty is a raw nerve, a peeled brain, and as such he’s capable of anything, and genuinely terrifying

5. All the sets are in London. London is a living, breathing part of the story, almost a character of itself. Sherlock knows London inside and out, from random alleyways, to typical cab routes, to the habits of its police force, to the homeless that live in its streets. It’s a world that is realized down to the ground, and it’s gorgeous.

6. It’s a mystery series for sure but it’s somehow funny! Sherlock is so mean to everyone because of how superior his intellect is, and everyone else makes fun of him for being so awkward.

Retrieved from <http://www.bbcamerica.com/anglophenia/2014/01/10-reasons-steven-moffats-sherlock-best/>
<http://blogs.weta.org/tellyvisions/2012/04/12/obvious-five-reasons-you-should-watchsherlock-s-study-pink-tonight-re-post>

Popcorn



By Hasti Shahri

On this page we will review the best English movies of the world and then discuss their useful expressions and vocabulary items. Our first goal is to write about top 10 movies of the world rated on the IMDB website.

Number 10 Fight Club

1999 film

8.9/10•IMDb

80%•Rotten Tomatoes

A depressed man (Edward Norton) suffering from insomnia meets a strange soap salesman named Tyler Durden (Brad Pitt) and soon finds himself living in his squalid house after his perfect apartment is destroyed. The two bored men form an underground club with strict rules and fight other men who are fed up with their mundane lives. Their perfect partnership frays when Marla (Helena Bonham Carter), a fellow support group crasher, attracts Tyler's attention.

Initial release: October 15, 1999 (USA)

Director: David Fincher

Running time: 140 minutes

Genre: Drama

Screenplay: Jim Uhls

(Source: Wikipedia)

Famous Quotes

-Tyler Durden: It's only after we've lost everything that we're free to do anything.

-Narrator: I found freedom. Losing all hope was freedom.

-Tyler Durden: We're a generation of men raised by women. I'm wondering if another woman is really the answer we need.

-Narrator: When people think you're dying, they really, really listen to you, instead of just...



Marla Singer: instead of just waiting for their turn to speak?
-Narrator: This is your life and it's ending one minute at a time.

Some Vocabulary Items

- Kindle
Verb; to start a fire, ignite
- Noxious
Adj; harmful, poisonous, lethal
- Placid
Adj; calm, peaceful
- Knotty
Adj; complex, hard to solve
- Replete
Adj; full, stuffed
- Fremescence
Noun; the grumbling sound of an unhappy mob of people
- Enervate
Verb; to cause someone to feel drained of energy
- Ephemeral
Adj; lasting for a very short time
- Quotidian
Adj; occurring every day
- Logorrhea
Noun; incessant or compulsive talkativeness
- Abbess
Noun; the lady superior of a nunnery

- Abominable
Adj; very hateful
- Blaspheme
Verb; to indulge in profane oaths
- Betroth
Verb; to engage to marry
- Caprice
Noun; a whim
- Ardor
Noun; extreme vigor, energy, enthusiasm
- Avarice
Noun; excessive greed
- Fauna
Noun; the animals' characteristic of a particular time period or a particular location
- Flora
Noun; a general term for the plants of an area or period in time, the microorganisms inside a human organ, or a female name
- Winsome
Adj; charming, happily engaging
- Abomination
Noun; a very detestable act or practice
- Begrudge
Verb; to envy the good fortune of someone else
- Calvary
Noun; the place where Christ was crucified

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Bookshelf

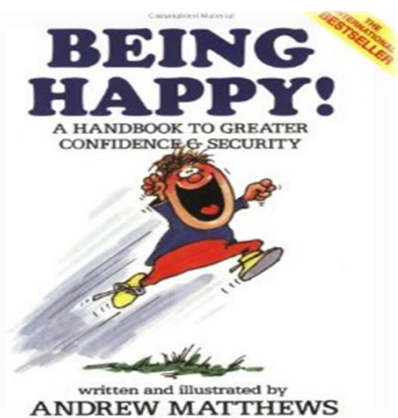
By Raziieh Behdani

I still remember the day that one of my friends and I went to a bookstore to buy some self-study-books for learning English and the cover of a book attracted me, I picked it up and the bookseller explained about the book and the author....

"The international best seller book , Being Happy!, a self-help book to greater confidence and security ,written and illustrated by Andrew Matthews, was first published in September 1988.

It has been reprinted over 50 times, has been translated into eight languages and has sold over one million copies."

I bought the book and found it a really page turner book, I mean it was so attractive and it tempted me to keep reading ...In addition it was so helpful and practical



"Whenever we doubt our own ability to achieve, it is worthwhile pondering the obstacles that others have overcome. To name a few...

*Napoleon overcame his considerable handicap, his tiny stature, to lead his conquering armies across Europe.

"It has been reprinted over 50 times, has been translated into eight languages and has sold over one million copies."

*Abraham Lincoln failed in business aged 31, lost a legislative race and 32, again failed in business at 34, had his sweetheart die when he was 35, had a nervous breakdown at 36, lost congressional races aged 43, 46 and 48, lost a senatorial race at 55, failed in his efforts to become vice president of the U.S.A aged 56 and lost a further senatorial contest at 58. At 60 years of age he was elected president of the U.S.A and is now remembered as one of the great leaders in world history.

*Winston Churchill was a poor student with a speech impediment. Not only did he win a Nobel Prize at 24, but he became one of the most inspiring speakers of recent times.

It is not where you start that counts, but where you choose to finish."

You can download the PDF file via this link: <http://goo.gl/iLAfOo>

I'd highly recommend you to read the English book, because it's simple! The author expressed Concepts as clear as possible

without using any difficult words or sentence structures. It would be possible for you to receive the concept if you are able to read this text and can understand what I wrote on this page ...

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And you also can listen to the translation of the book by downloading the mp3 files through this link:

<http://goo.gl/zolSqI>

Even if you don't have enough time to read the whole book, then don't miss this link, here is a PDF file that summarized the book:

<http://goo.gl/7OaJM0>

after reading the book,

Tell me....

Your comments would be welcome and will be published in later issues of the magazine.

Send them to:

rbehdani74@gmail.com

Around the World in a Glimpse

Roudkhan castle is one of the most magnificent historical buildings in Gilan province which is located on the crest of a mountain and is called by locals “Zhiyeh Castle”.

The castle is located on a mountain 25 km southwest of Fuman city, which is part of Gurabpas mountains, situated at the central district of Fuman. The castle has an area of 2.6 hectares and is located on the heights overlooking Roudkhan village. Its wall is 1,500 m long and the castle has 65 towers.

The castle was rehabilitated under the Seljuk rule and was a base for Ishmaelite fighters. There is a plaque on its entrance which reads, “This castle has been built for Sultan Hesamoddin Amir Dabbaj ibn Amir Alaeddin Eshaq between 918 and 921 AH.”

The castle is 665-715 m from sea level and is near a river carrying the same name. Roudkhan is an abbreviation for “river and castle of Khan”, that is, a castle which is located near river. This historical castle has been built near a river and is known as Roudkhan castle. The castle has been alternatively called “One Thousand Steps”, “Hesami”, and “Saksar” castle too.

Roudkhan castle, which is also known as Saksar and Hesami castle, has an area of over 2.4 hectares and a wall 1,550 m long with 42 watchtowers. There are loopholes in the thick wall of the castle through which molten metal was poured on assailants and through which archers targeted the enemy. In the past, there has been a spring inside the castle, which was used by the inhabitants when they were under siege.

The important historical castle has been the seat of Gilan governments for a long time. It is said to date back to the Sassanid period and after destruction, it has been rebuilt under the Seljuk rule. It was a base for Ishmaelite clan and was used by local rulers up to the Zand dynasty. Thereafter, it was abandoned. The exact date of its construction, however, is still a mystery. Since Fuman has been the seat



of Gilan government for a long time (after Eshaqvand dynasty) the castle has gained more in importance. Unreliable stories have it that Mirza Kouchak Khan Jangali has taken shelter there for a period of three years.

“This castle has been built for Sultan Hesamoddin Amir Dabbaj ibn Amir Alaeddin Eshaq between 918 and 921 AH”

Roudkhan castle has two parts: 1. a citadel where the king and his harem lived; and 2. barracks for soldiers. On the eastern side of Roudkhan castle, there are ruins. The wall encircling the castle and watchtowers can be seen to the north and south of the castle. Octagonal rooms made of brick are still seen on the topside of the castle.

The eastern wing is smaller than the western wing and includes 12 entrances, a prison, an emergency exit, bathhouse, water closet, and a number of residential units. The bigger western wing includes 12 entrances, a spring, water pool, water

storage facility, bathhouse, water closet, the king’s seat, and a number of residential units which are encircled by a wall. The citadel is located on the west wing of the castle and has two stories. It is made of brick. Guardhouses are located on the east wing in two stories with many loopholes which gives them good command over the environs. There are also steep loopholes in the wall which were used in old times to pour molten metal over enemy soldiers. The castle was never conquered by assailants and this shows how skillful its architects have been, either in terms of military science or architecture. At the first sight, every visitor would notice its huge drawbridge and magnificent tower. The main gate is flanked by two guardhouses. Entrance of the gate has five platforms made of stone which are one meter high. Water storage facility is located at the west wing with a five-meter door made of stone which is 2 m wide. It is located beneath the lowest level of the castle, 140 m away from the entrance gate and is shaped like an octagonal each side of which measuring 2 meters.

By Mina Alikhani

Retrieved from iranreview.com



Live Your Life

Being Happy(ier) ;-)

By Kosar Ghashghavi

I know... It's not a new thing... All of us have heard enough about the concept of being happy many times but still we know the amount of its effects on our daily life and how important it is.

I searched many many websites and also have seen lots of programs on this subject but I came to this point that every single person knows best how she/he can be happy! Here are some tips I have found through my searches:

1- Be grateful. Thank God for whatever has happened to you whether good or bad because, the bad ones boost your experience and the good ones... Well, they are good

Be grateful. Thank God for whatever has happened to you whether good or bad.

2- Forget bad stories. Forgive people. And most importantly, forgive yourself! Nobody is perfect! If you're so hung up on your past mistakes, you won't be able to focus on the future. This way you can have more empty space in your mind to be filled by positive things.

3- Enjoy tiny little things! Do NOT wait for happiness to knock on the door! Seek for beauty and you'll immediately find out that there are lots of them around you. Flowers... Animals... A smile on the face of an old woman on the street... Finding a Dollar bill in your shirt's pocket... Eating your favorite food after craving it!

4- Keep your expectations low, and your tolerance high. Give more and expect less.

5- Live healthy. Take naps and take walks for no reason. Eat a lot of fruits and vegetables. Drink plenty of water. Be happy with what you have from your face to your toes. Actually... Be confident!

6- Cherish and strive for discipline. Short-term pain for long term gain.

7- Remove "I'll be happy when..." from your vocabulary. Do not wait for happiness... You YOURSELF can make it. Bring it. Use it. And just feel it...

*Sources; <http://www.wikihow.com/Be-Happy-Being-Yourself>
<http://thoughtcatalog.com/michael-koh/2014/04/stop-being-sad-and-start-being-happy-heres-how-you-can-start-now/>*



Guess Who

By Shabnam Mahmoodi

Born on 2 April 1977 (age 37) is a German-Irish actor and producer. His first screen role was in the 2000 TV miniseries, *Hearts and Bones*, followed by the 2001 television miniseries *Band of Brothers*.

He then worked on a number of TV productions through the 2000s. His notable film roles include Lt. Archie Hicox in Quentin Tarantino's war film *Inglorious Basterds* (2009), Magneto in the superhero films *X-Men: First Class* (2011) and *X-Men: Days of Future Past* (2014), the android David in the Ridley Scott-directed science fiction movie *Prometheus* (2012), and slave owner Edwin Epps in *12 Years a Slave* (2013), a historical drama that earned him a 2014 Academy Award nomination for Best Supporting Actor.

«Despite achieving worldwide fame and success, he still lives in the same modest»

Trivia

1-He went on a diet of berries, nuts and sardines for his role in *Hunger* (2008) for which he lost 33 pounds.

2- In 2012 he was listed in *Time Out's* «100 Most Influential People of 2012» and is a member of the *Hospital Club*.

3- Despite achieving worldwide fame and success, he still lives in the same modest flat in the Hackney area of London that he had when he was a struggling actor.

4- Shifting between British films and American films, he resides in London, UK where he has lived for the last 15 years, while making career-related visits to Los Angeles, California.

5- He has formed his own production company known as «Peanut Productions».

Could you remember his name? This outstanding actor is Michael Fassbender.

Now could you guess who this outstanding actor is?

*The one and only
Michael Fassbender*

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