

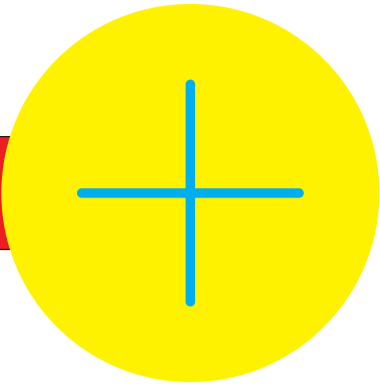


IFPEX promotional poster

IRNA – Iran Future Print Expo, known as IFPEX, could be a stepping stone for exporting Iran’s print industry and help domestic production to a great extent, said marketing manager of International Exhibition Center of Iran Mall.

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Homa Hezarjaribi: The grandmother who never gave up on her swimming dream



SAJJAD SAFARI/IRAN DAILY

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EXCLUSIVE

She first fell in love with the sport when bathing in the small pool of the house that she grew up in. Decades on, when you walk into Homa Hezarjaribi’s living room, the first thing that catches the eye is the swimming medals and championship certificates covering the walls. “We lived in this big house with a pool in its yard in Shemiran

County, northern Tehran. We spent a lot of time in the pool during the summertime, and my brother, a lifeguard at the time, taught me how to swim,” says Homa, now 75. “I used to go to the public pool two or three times a week after I got married. I remember waking up early in the morning to cook lunch and do my stuff at home so that I would find the time for my workout,” adds the mother of three, who lost her husband 25 years ago. Although swimming was a routine of young Homa’s life, it took

her years to pursue the dream of becoming an amateur athlete. “I was 60 when my daughter, who worked at the municipality, first told me about this local swimming competition. I contested in the over-50 age class and won a gold medal,” says Homa. She then took part in the Tehran championship and again claimed the gold across 22 capital districts – a success repeated ever since, except for two years during the COVID outbreak. The incredible grandmother also has a swimming record in her name.

“I registered a record of 22 seconds in a front crawl 25m contest years ago, which was unprecedented for the 60-plus age category.” For the lady, however, there has been much more to swimming than winning a host of medals and trophies. “You might find it hard to believe but I’ve never had a pill all my life. I barely need to go to a doctor and when my family forced me to do a medical checkup a while ago, the doctor was shocked by the results, telling me: ‘Your body is in a much

better condition than mine.” The secret to grandmother’s health has simply been the daily workout, she says. “I’ve been swimming for 40 years now. Furthermore, I walk for two hours on a daily basis. When the pools were closed during the pandemic, I walked all across the neighborhood in the early hours every day. That has helped me stay healthier than the other people in my age or even younger. “This lifestyle has also helped me maintain a healthy state of mind. I never give up against

the problems and always come up with a proper solution. There’s nothing I can’t do with hard work and determination. We went for climbing last week and my children were worried that I couldn’t keep up with them but I overtook all of them at the end.” Asked if she had any tips for the youth, Homa, now preparing for the new edition of the Tehran neighborhoods championship, said: “Stay away from junk foods and make sure to have a daily workout as a constant part of your life.”

Kalat Palace: A magnificent monument in Khorasan Razavi Province



itto.org

Dating back to 1740, Kalat Palace, also known as the Sun Palace and Khorshid Palace, located 145 kilometers from Mashhad in the mountainous roads of the northeastern province of Khorasan Razavi, dates back to the rule of Nader Shah Afshar (1688-1747 CE), one of the most powerful Iranian rulers and conquerors in history. It seems unlikely that he ever lived there, and it was after his death that the building became the regular residence of the khans who governed the region and were still living there at the end of the 19th century. Kalat means castles and villages located on top of a mountain. Kalat area in Mashhad is famous as the land of impenetrable castles because of its location among many

high mountains. The façade of Sun Palace is cylindrical, built of black marble, itto.org wrote. It is a three-story monument with a height of 25 meters. At present this palace contains 12 rooms decorated with paintings and ornamental works such as plaster moldings. In the center of this building there is a tower enhanced with fine architectural design. The underground floor of this palace is a dreaded place; it is said this floor was kept as part of the Nader Shah treasury or prison for sinners. The beauty of this mansion is more on the palace’s outward appearance. On the outer stones of the palace, you can see the shapes of parrots and fruits such as bananas and pineapple, which does not indicate that there were such fruits in



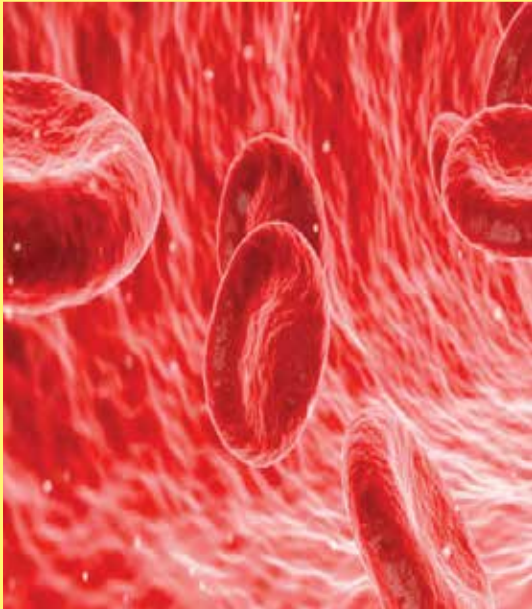
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Iran at that time. There are also pictures of Nader’s princes on the walls. In the middle of this building, a circular tower has been constructed with cracks like half-columns known as cucumber. The name khorshid (literally ‘sun’) refers to one of Nader Shah’s wives. The Sun Palace is currently a museum of anthropology. There is also an underground ethnology museum which graphically depicts village life in Khorasan Razavi Province. Some believe that the monument isn’t really a palace at all but a distinctively fluted, circular tomb-tower; on an octagonal base set among manicured lawns. It is said that when Nader Shah conquered India, he accepted the key to the Indians’ treasure in return for

not taking the government from the Indian ruler. He then brought such a valuable treasure to Iran such that for three years all Iranians were excused from paying taxes. The Kalat region contains eight waterfalls, the most famous of which is Qaresu waterfall. Viewing the historic inscriptions carved on mountains and visiting Gonbad-e Kaboud Mosque while listening to their stories is an exciting journey. The best season for traveling to the region is the second half of spring and summer. Kalat’s weather is very cold in the winter but pleasant in the spring and autumn. Around the palace there are beautiful small pools with 156 water fountains. In addition to beautifying the exterior of the palace, these fountains also irrigated the garden.

First trial transfusing lab-grown red blood cells

SCIENCE ALERT – A trial testing how long a teaspoon-sized transfusion of lab-grown red blood cells lasts in the body could revolutionize clinical care for people with blood disorders who require regular blood top-ups. The world-first trial, underway in the UK, is studying whether red blood cells made in the laboratory last longer than blood cells made in the body. Although the trial is only small, it represents a “huge stepping stone for manufacturing blood from stem cells,” says University of Bristol cell biologist Ashley Toye, one of the researchers working on the study.



SCIENCE ALERT