

# COMMUNITY NEWS

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## AFGHAN HERITAGE DAY 2002

On August 18, 2002, Afghan Communicator is hosting the annual Afghan Heritage Day celebration in Flushing Meadows Corona Park. This is the first year that AC will host the event formerly known as Afghan Independence Day. The activities for the day include live music by Sear and Fahim Azizi, DJ music, a fashion show with traditional Afghan clothing, an Attan competition, Afghan foods and more. Games scheduled include a Millionaire contest (in Afghanis) and a raffle.

The events of the past year have made the 2002 celebration even more critical than years past. The tragedy of 9/11 and the subsequent bombing campaign in Afghanistan have left us with scores

of victims and heroes. AC seeks to acknowledge those that were lost and will be formally recognizing the valiant efforts of the police, fire department and emergency medical services on that day, as well as providing information about the current conditions in Afghanistan. Afghan Heritage Day is our chance to balance the negative attention that Afghanistan has received and for Afghans to share their culture with the broader community. AC hopes to promote mutual understanding and to ease some of the tensions that grew in the aftermath of the 9-11 attacks.

Heritage Day will also have guest speakers throughout the day. Representatives from

the Flushing Public Library and the International Resource Center will be accepting a donation of books from AC on Afghanistan and Islam. Also on the guest list are area elected officials. A representative from the NY Immigration Coalition will be answering questions and AC will be conducting voter registration.

Dr Tahera Homayoon has donated her time and expertise and will be answering health related questions at a booth which will also have informational materials on other health topics such as diabetes and cancer.

Please join us in our celebration of culture and take advantage of the resources available.

### CHECK OUT THE::

- *Doctor on site to answer questions*
- *Health related materials distributed*
- *Voter Registration*
- *Immigration questions answered*
- *Fashion Show*
- *Attan Competition*

## KNOW YOUR RIGHTS (CONTINUED ON PAGE 3)

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Anyone exposed to high temperatures for a sustained period of time is at risk for heat-related illness (heat exhaustion or heat stroke) or death. At greater risk are the elderly, children, and people with certain medical conditions, such as heart disease.

Symptoms of heat exhaustion include paleness, muscle cramps, fatigue, weakness, dizziness, headache, nausea or vomiting, and fainting.

The skin may be cool and moist; sweating may or may not occur. The pulse rate will be fast and weak, and breathing will be fast and shallow. If untreated, heat exhaustion may progress to heat stroke.

Symptoms of heat stroke include a body temperature above 103° F; red, hot, and dry skin (no sweating); rapid, strong pulse; throbbing headache; dizziness; nausea; confusion; and unconsciousness. Heat stroke is a serious condition; even if treated, many people

with heat stroke will die.

Stay hydrated and cool. Drink plenty of hydrating fluids such as water; seek out air-conditioned spaces and spend even short periods of time there; wear light clothing; reduce activity; and plan outdoor activities for the cooler parts of the day. While electric fans may provide some comfort, they are not effective in cooling the body when the temperature and humidity are high. A cool shower or

bath, or spending time in an air conditioned location such as a mall or movie theatre, is a more effective way to cool off.

During heat waves, check on the elderly, disabled, or homebound people to ensure their safety. Never leave children in cars or similar enclosed spaces, and make sure they aren't able to lock themselves in an enclosed space such as a car trunk.

## AFGHAN COMMUNICATOR EXPANDS

Afghan Communicator (AC) was founded in 1997 as an academic, cultural and literary magazine. The tragedy of September 11, 2001 and the subsequent bombing of Afghanistan starting October 7, 2001 exposed the lack of information and resources on Afghanistan and Islam.

To vocalize the community's condemnation of the terrorist acts and to educate the public about the Afghan and Muslim community in the US, AC greatly expanded its role. In reaching out to educate both the Afghan and greater NY communities, we found that a large gap existed between the two.

The Afghan community remained alienated from the larger community because of improper representation and a lack of social activism within the community. On the other hand, a great number of people in the US were labeling Afghans and Mus-

lims as terrorists and fueling hostilities toward the immigrant Muslim community in the US.

Proper representation of the Afghan community, education of the public about Islam and Afghanistan and youth leadership development are huge tasks. We want to be the first, but not the only, Afghan-American organization in New York to accomplish these goals, while nurturing and supporting other groups to do the same.

### Accomplishments:

\*\*Founded in 1997 as the first academic Afghan magazine serving the Afghan community worldwide

\*\*Donated computers to qualified Afghan families in New York and California in 2000

\*\*Hosted the first IAYS in New York City in August 1999

\*\*Founded the Inter Afghan Youth Summit (IAYS), a conference of young educated Afghans in order to discuss the most important issues concerning the young community

\*\*Co-hosted the West Asian Women's Conference in March 2000 in New York City

\*\*Hosted roundtables on Afghanistan with Association for Study of Nationalities Conference in 2001 and 2002 at Columbia University in New York City

\*\*Organized a benefit concert and poetry night with Wahid Qasimi and a number of Afghan poets on 9/18/01

\*\*Organized and participated in many conferences, fundraisers, teach-ins, and panels to educate people about Islam and Afghanistan in the United States and Europe

\*\*Distribute weekly list of Afghan Events to 100's of people via e-mail.

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## ATTAN: A DANCE OF VICTORS

Folklore, folk songs and dance play a large role in Afghan culture. The highly recognizable Attan is the trademark dance of the Afghan culture and has carried different symbolic meanings at different times. The Attan has been traced to Pashtun roots as a war dance which re-enacts the martial life of the Pashtun's ancestors. The dance is said to have originated in the province of Logar. There are a few different styles of Attan, one of which is the way in which it was originally performed. This involves any-

where between a handful to a crowd of men in a large circle, clapping their hands to the beat of the tabla, swinging swords, and wearing or swinging sashes. The choreography of the Attan involves characteristic head and foot movements, which were accented by the swing of the men's hair during their sharp turning motions.

Today, the Attan has evolved into a traditional dance that is performed to mark the end of any gathering, particularly a

wedding. The Attan is always performed with the participants stepping in a circular formation and clapping their hands to the beat of a slowly quickening tabla. At social events, the dance begins with many, but as the tabla outpaces the dancers, the number of participants dwindles down to the few who can keep up with the tempo. The synchronized motion of the participants demonstrates a feeling of unity and is an energizing close to any event.



## KNOW YOUR RIGHTS (CONTINUED FROM PAGE 1)

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READER’S  
ATTENTION,  
PLACE AN  
INTERESTING  
SENTENCE OR  
QUOTE FROM THE  
STORY HERE.”





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SUGGESTIONS FOR FUTURE ARTICLES?

CONTACT US AT YOUNGAFGHANS@HOTMAIL.COM

## BUSINESS RESOURCES AT THE FLUSHING PUBLIC LIBRARY

The International Resource Center, located at 41-17 Main Street, Flushing, is home to a vast number of resources for international study, with about half of its collection in languages other than English. In addition, it is a library for international commerce. The Center houses a collection of books, magazines, newspapers and videos that provide vital information for import-export and other international businesses. The International Business Collection contains books on doing business in other countries, directories of international business and finance, analyses of world-

wide political and business conditions, bilingual and multilingual dictionaries of business economics and finance and studies of economic history and trends.

The collection also includes videos on con-



ducting import-export and other international business and on international business etiquette, as well as magazines and newspapers in English and international languages that offer different perspectives on business conditions, trends, problems and prospects in various parts of the world.

The IRC also offers a regular series of programs on doing business internationally. The programs are presented by business and financial experts from consulates, universities, the US Small Business Administration, and from major corpora-

tions and financial services such as Dow Jones. The programs provide practical, up-to-date information on starting and conducting import-export and other international businesses, as well as analyses of economic conditions and trends, such as globalization and the Euro. All programs are free to the public.

For free classes on the Internet, the online catalog and the use of business databases, register in person at the third floor reference desk, or by phone at (718) 661-1229.

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