

FAYE SEPAHBAN
WITH MAUREEN McDONALD

ONE WORLD | PORTRAITS OF DIVERSITY



ONE WORLD

PORTRAITS OF DIVERSITY



ABOUT THE ARTIST

Faye Sepahban is an international painter with more than 40 years of professional experience. A self-taught artist, she experimented with various subjects and media early in her career. However, she always returned to her passion: people and rendering them in ethnic portraits.

While living in France, her work was published by *Editions Sandelius* in the 1980s. During her years in Houston, Texas, various galleries showcased paintings from her Equestrian and Still Life collections in the 1990s.

Over the past two decades, Sepahban has been living in Southern California and devoting most of her creative time to this book project. She also continues to selectively do portraits, still life, and horses for her own collection and by commission. Her latest passion is rendering her favorite scenes and landscapes in large-scale oils and murals.



ABOUT THE WRITER

Veteran freelance writer Maureen McDonald relished the chance to work with Faye Sepahban to research and document the culture of regions of the world depicted in the artist's portraits.

McDonald is the ghost author of *Sirens of Chrome, the Enduring Allure of Auto Show Models*, co-author of *Royal Oak (Images of America)*, and a contributor to *MyTown Miracles: Profiles of Possibility*. She has taught journalism at several universities and written for daily newspapers, corporate newsletters, and national magazines.



THROUGH THE EYES OF FAYE SEPAHBAN: DIVERSE AS THEY ARE, FACES FROM AROUND THE WORLD REFLECT A COMMON THREAD — JOY IN THEIR CULTURE AND HOPE FOR THE FUTURE.



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MOMENTUM BOOKS



ONE WORLD
PORTRAITS OF DIVERSITY

FAYE SEPAHBAN
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ACCOMPLISHED WATERCOLORIST and world traveler Faye Sepahban shares the fruit of two decades of hard work and dedication to her art with this collection of original portraits representing 45 regions of the world. Her hope is to promote oneness, peace, and harmony among people of the world.

- | | |
|-----------------|-----------------|
| AFGHANISTAN | JAPAN |
| ALASKA | KENYA |
| THE AMAZON | MALAYSIA |
| ARGENTINA | MEXICO |
| AUSTRALIA | MONGOLIA |
| AZERBAIJAN | THE NETHERLANDS |
| BULGARIA | NEW GUINEA |
| CANADA | NIGERIA |
| CENTRAL AMERICA | PERU |
| CHINA | POLAND |
| COLOMBIA | PORTUGAL |
| EGYPT | RUSSIA |
| ETHIOPIA | RWANDA |
| FRANCE | SERBIA |
| GHANA | THE SERENGETI |
| GREECE | SPAIN |
| GUATEMALA | TAHITI |
| HAWAII | THAILAND |
| INDIA | TIBET |
| INDONESIA | TURKEY |
| IRAN | UNITED KINGDOM |
| ITALY | UNITED STATES |
| JAMAICA | |

ONE WORLD
PORTRAITS OF DIVERSITY

In recognition of the ultimate goal of promoting peace and harmony among people of the world, all net proceeds from this book will be donated to nonprofit organizations dedicated to this cause.

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For originals and high quality prints of the paintings in this book and other artwork by the artist, or to commission an art project, please go to www.WorldThruArt.com.

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ONE WORLD

PORTRAITS OF DIVERSITY

PAINTINGS BY FAYE SEPAHBAN
WITH PROSE BY MAUREEN MCDONALD

DEDICATION

"I DEDICATE THIS BOOK to my daughter, Sonya Sepahban, whose love, dedication, tremendous effort, and support made my wish of publishing this body of work a reality."

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PROLOGUE

GROWING UP IN A REGION that has long been identified with conflict and struggle, I recognized the dichotomy between the face of the region and the faces of its people at an early age. Unlike the region, what I saw in the people was joy in their culture and hope for the future of their children, which created a bond and oneness despite all their diversity. This book is the fruit of almost two decades of dedication to my art and the desire to help in a small measure with oneness, peace, and harmony among people of the world.

The art of painting is a gift, for which I am grateful to my father, Alexander Milkomanovitch. A Russian naval officer and engineer, he changed his last name to Malekyman after he emigrated. He was also an inventor and a talented artist, always drawing sketches of people around him and making all sorts of things with his hands. Whether it was his influence or simply genes, I owe him the passion for painting that I've felt for as long as I can remember.

I am a self-taught artist. Painting is an intimate and natural part of my life. While I did not follow a traditional path, I have been on a lifelong journey of studying and growing with every brushstroke. As a young child, I studied at a French Catholic school, Jeanne d'Arc, where my paintings were often selected for the principal's display board. While living in Europe, I concentrated on portraits, studying the works of master portraitist John Singer Sargent. I found his style both in oil and watercolor fascinating; the inspiration he took from worldwide travels resonated with me.

When my children were old enough, I started taking them on trips. During our visits to museums around the world, I studied original works of the masters closely and sometimes reproduced them in oil or watercolor to experience them fully. Through hard work and experimentation, I have arrived at a point where I'm somewhat satisfied with my work even as I continue to grow and evolve as an artist.

Portraits remain my favorites. I always start a portrait with the eyes, which are the most defining and unique features of any person — the “window to the soul.” What you have to keep in mind is that the eyes in a portrait have to look back at you when you look at them. It's an iterative process: I start with the eyes and go on to other features, returning to the eyes many times throughout the process.

PROLOGUE

A portrait can take days or weeks to complete, depending on the complexity of the face and surrounding details including costume, accessories, hair, and the like.

Most of the original portraits reproduced in this book are crafted in watercolor; a few are in oil. I've always found working in watercolor exciting because it is an unforgiving and challenging medium. My work with *Editions Sandelius* in Paris, where I had a slew of tight delivery schedules, solidified my passion for watercolor. Through all of my travels, I have also found watercolor to be a more portable medium.

The inspiration for these portraits started many decades ago when my main hobby as a child was to look for interesting images of countries and their people, cut them out, and make scrapbooks. I also became interested in ethnic costumes, which I would adopt for my daughter, Sonya, on special occasions like her birthday. Years later, my daughter became my travel companion and we journeyed together to many parts of the world — including China, Egypt, and other far-away places. Memories of ethnic people I have met and photos I have taken during these trips, along with beautiful images in books, travel guides, magazines, and other media pieces, have all provided bits and pieces to inspire the portraits in this book. Over two decades, with every portrait, I've traveled in my imagination to the region where it is set. I've experienced the joy of the people and their culture, as well as the oneness of this world.

I'm grateful for the peace and harmony I feel as an artist living in America, a true melting pot of many diverse cultures. I first immigrated to the United States in 1959, at the invitation of my great uncle, Dr. Ali-Kuli Khan Nabil Al-Dawla, a diplomat in Washington, D.C. I was fascinated by the energy and optimism of this country. It's where I met my husband, a brilliant scientist, at an Embassy gala. Our first child, Sonya, was born in Philadelphia. Today I'm blessed with three children — Sonya, Ali, and Amir — and three grandchildren — Arsames, Isabella, and Julian — who are extending our roots in America. I'm especially proud of my eldest grandchild, Arsames Qajar, who is contributing to peace and harmony in his own way with a tireless focus and dedication to the education and development of disadvantaged youth.

PROLOGUE

I'd like to thank those who have most contributed to and supported me in sharing this body of work with you. First and foremost, my daughter, Sonya, has been a constant source of encouragement through the years — and a tireless adviser in pulling together a very capable team to publish this book, which I hope evokes beauty as well as an appreciation for the diversity and oneness of our world. I am indebted to Sonya's good friends and accomplished journalists, Linda Solomon and Anne Doyle, for graciously offering invaluable advice and referrals, without which this book would not be possible. I'd also like to thank my brother, Shawn, of Cal Printing, for limited-edition reproductions of some of my work. His sage counsel to create high-quality scans of the originals made it possible to reproduce the works of art in this book so beautifully.

Many thanks to the writing team led by Maureen McDonald for the quality and clarity achieved through their research, writing, and editing. Maureen is an accomplished journalist and co-author of two books prior to this work. She has also taught at major universities in the state of Michigan. Linda Angér is a poet, short-fiction writer, essayist, and owner of The Write Concept, as well as current president of Detroit Working Writers. Vic Doucette's professional career has spanned radio broadcasting and many years as a newspaper copy editor. Together this outstanding team has distilled interesting facts and figures from my personal notes, as well as publicly available open sources about the regions associated with the portraits, to help put them in context for the reader.

And last, but certainly not least, I am grateful to publisher Ed Peabody, project manager Suzanne Teggart, art director Lindsay Emeigh, and managing editor Kathy Gibbons at Momentum Books. Their unique blend of professionalism and creativity helped make my vision of a lasting, beautiful, and inspiring book a reality.

In recognition of my ultimate goal of promoting peace and harmony around the world, net proceeds from this book will be donated to nonprofit organizations dedicated to this cause.

—*Faye Sepahban*

“THE EARTH IS BUT
ONE COUNTRY AND MANKIND
ITS CITIZENS.”

— *Babá'u'lláh*



"THE AFGHAN"
WATERCOLOR
26 X 19

F. Sepahban
Afghanistan

AFGHANISTAN

PEOPLE: Once the focal point of the Silk Road trading route and part of the ancient Persian Empire, Afghanistan now has a population of 30 million people — most of them Sunni Muslims. At least half of the people are Pashtun, a nomadic tribe that speaks the ancient language of Pashto in one of its 42 variations. Men of the tribe follow an ancient tribal code called “Pashtunwali,” stressing courage, personal honor, self-reliance, and hospitality.

FOR CENTURIES, ITS ARTISANS HAVE
MADE MUSIC ON HARMONIUMS,
HARMONICAS, TABLAS AND SITARS;
**WRITTEN POETRY;
AND WOVEN FINE
AFGHANI CARPETS.**

FOOD: Afghan villagers dine on *naan*, an unleavened flatbread that’s served with soups, vegetables, a yogurt called *mast*, fruit, and occasionally rice and meat. Tea is common, served to guests at most gatherings as well as special events. Stepping on a piece of dropped bread is seen as a sin.

CULTURE: Evolving from 3000 BC in Kandahar, Afghanistan formed in waves of seminomadic people who traded pomegranates, grapes, apricots, and nuts for other goods. For centuries, its artisans have made music on harmoniums, harmonicas, tablas, and sitars; written poetry; and woven fine Afghani carpets. Men wear the *kameer* (a tunic), along with a *lungie* (turban), or a *pakol* (cap). Women wear long, colorful dresses with round skirts, printed shawls, and head scarves. Urban women wear a *burka* or *chador*, a tent-like veil that covers the body from head to toe.

TERRAIN: Afghanistan is landlocked by Pakistan on the south and east, Iran on the west, and China on the northwest. The huge Hindu Kush Mountains divide the northern provinces from the rest of the country, which is separated into four regions: the Central Highlands, the Northern Plains, the South Plateau, and the Eastern Highland Slopes.

ECONOMY: The nation is rich in petroleum, coal, copper, gold, zinc, and semiprecious stones. It’s a gateway from Central Asia to other countries. Agriculture and sheep farming are the main sources of income, along with processing textiles and tobacco.



"INUIT"
WATERCOLOR
26 X 19

J. Sepahban
Alaska

ALASKA

PEOPLE: The native Yupik and Inupiat people wear clothing and warm boots made of moose and caribou hides. Most Alaskans speak English at home, with a little more than 5 percent also using one of the state's indigenous languages. People enjoy watching dog sled competitions and playing Russian, Alaskan, and European folk music. Alaskan faithful are a rich mix of evangelical and mainline Protestants, Russian Orthodox, Muslims, and Buddhists.

PEOPLE ARE KNOWN FOR CARVING
TOTEM POLES, WEAVING, FOLK MUSIC,
**DOG SLEDDING,
AND DRUMMING.**

FOOD: Ancestors dined on boiled caribou bones and fermented beaver tail or seal flipper. Delicacies include fish head soup, boiled meats, and tundra tea made from mosses, grasses, and other native vegetation. Today's population appreciates the abundance of wild salmon, halibut, and Alaskan king crab.

CULTURE: The indigenous population includes the Tlingit, Haida, Yuit, Inupiat, and Athabascans, each with their own tribal dances and drumming styles. People are known for carving totem poles, weaving, folk music, dog sledding, and drumming. Most transportation is by air, rail, or ship because many highways do not go through uninhabited territories.

TERRAIN: Although the population ranks 47th in the United States, Alaska is the largest state by area — almost double the size of Texas. The elevation of Alaska's Mount McKinley or Denali, as locals call it, exceeds 20,000 feet. The open territory is home to active volcanoes and bald eagles. A peninsula, Alaska borders the Yukon Territory and Canada, also touching the Gulf of Alaska and Pacific Ocean. More than half of Alaska's population lives in Anchorage, the state's largest city.

ECONOMY: Alaska is one of the wealthiest states in America, thanks to oil deposits that help keep taxes low and contribute to a stipend for every resident. People seek work in health care, transportation, oil, mining, and in the timber and fishing industries. Because of the state's proximity to Russia, the United States maintains major military bases here.

THE AMAZON

PEOPLE: For more than 10,000 years, indigenous people such as the Yanomamo and Kayapo have lived along the fertile Amazon River where they farm, fish, and hunt. They kill turtles and crocodiles with spears and poison arrows. The traditional dress in this hot, muggy climate is a loincloth adorned with body paints, jewelry, and feathers. Others wear Western clothing in bright, festive colors.

FOOD: While diet varies based on region, indigenous people eat acai berries, *maracuja* or passion fruit, and agave — a bright yellow fruit that tastes like carrots. A vegetable called chayote grows well in the higher altitudes of the rain-forest regions.

CULTURE: Encroaching civilization has pushed the indigenous tribes to government-designated areas. Some people still battle vampire bats, piranha, anaconda, and jaguars to capture their meals. They live in huts made of sticks and mud while others live in communal buildings. Their belief system holds that every flower, animal, and person has a spirit connecting it to all other beings. Tribal shamans, who gain their powers by drinking the hallucinogenic *ayahuasca*, call upon divine power to heal the sick or harm their enemies.

TERRAIN: The Amazon River begins as streams in the Andes Mountains and empties 4,000 miles away into the Atlantic Ocean. The river and its watershed encompass nearly 3 million square miles — more than one-third of South America. Including rain forest, grasslands, and savannas, it's one of the most biodiverse regions in the world. The Amazon hosts an estimated 390 billion trees and 16,000 species of wildlife.

THEIR BELIEF SYSTEM HOLDS THAT EVERY FLOWER,
ANIMAL, AND PERSON HAS A SPIRIT CONNECTING IT
TO ALL OTHER BEINGS.

ECONOMY: The economy of the Amazon basin and its 2.3 million people is as varied as the six largest countries contained within it: Brazil, Peru, Colombia, Bolivia, Venezuela, and Ecuador. An emerging market for medicinal plants, fruits, nuts, and oils has helped sustain the tribes.



"WARRIOR"
WATERCOLOR
27 X 20



"GAUCHO"
WATERCOLOR
27 X 19

ARGENTINA

PEOPLE: One of the most populous countries in South America, Argentina has 43 million people who speak a Spanish dialect called Rioplatense. Its heritage includes two main indigenous groups: the Diaguita to the northwest and the Guaraní in the east and south.

FOOD: Argentina's consumption of beef is the second highest in the world. They add beef to *empanadas* and serve them with *chimichurri* sauce, based on parsley, olive oil, and garlic (a national favorite). Barbecue in Argentina is called *asado*. People often drink sweet wine and a type of tea called *yerba mate*.

TOGETHER THEY DANCE THE TANGO, WHICH ORIGINATED IN THE CAPITAL **OF BUENOS AIRES.**

CULTURE: The gaucho style remains popular in the villages and traditional celebrations of Argentina. The men wear wide-brimmed leather hats with ponchos and loose trousers or *bombachas* tucked inside gumboots or strong canvas shoes wrapped in ropes. Women don ruffled skirts and dresses that are accented by layers of scarves, woven belts, and hats adorned with flowers. Together they dance the tango, which originated in the capital of Buenos Aires.

TERRAIN: The southernmost country of South America, Argentina is the eighth-largest nation in the world, covering more than 1 million square miles. Its geography includes the Mendoza province, the highest point in the Western Hemisphere, as well as the lowest point in South America, a section of the Santa Cruz province that is 300 feet below sea level. The Patagonia region in the southern part of the country, which is shared with Chile, is subpolar. The north is subtropical, with grassy plains in between. The country is bordered by Bolivia, Paraguay, Chile, Brazil, and the Atlantic Ocean.

ECONOMY: With a highly literate country rich in natural resources and a desire to play a larger role in world commerce, Argentina is known for its food processing, wine, and textile industries. It builds and exports automobiles and electronics as well as processes petroleum.



"THE ABORIGINE"
WATERCOLOR
27 X 19

*J. Depakhan
Australia*

AUSTRALIA

PEOPLE: At least 90 percent of today's 23 million Australians live in urban areas. Popular outback styles of clothing include grazier shirts, hide belts, oilskin coats, moleskin jeans, and the iconic *akubra* bush hats. Meanwhile, more than 500 Aboriginal tribes continue their existence in the rain forest, outback, and desert. They wear little to no clothing, adorning themselves instead in strings of jewelry, wild feathers, loincloths, and body paint. These Aborigines speak hundreds of different languages.

POPULAR OUTBACK STYLES OF CLOTHING INCLUDE
GRAZIER SHIRTS, HIDE BELTS, OILSKIN COATS,
**MOLESKIN JEANS, AND THE
ICONIC AKUBRA BUSH HATS.**

FOOD: The traditional bush people hunted and gathered fish, nuts, and berries in rivers and forests. As the population became less nomadic, they ate cuts of kangaroo, buffalo, crocodile, and emu. Wild game continues to be a delicacy at northern Australian restaurants. Across the country, fresh seafood, macadamia nuts, and a chocolate biscuit called *Tim Tams* are popular. Australia has led the espresso culture around the world.

CULTURE: The country's culture is diverse and became more so after World War II when 6.5 million displaced people immigrated to Australia. Festivals and parades often include Aboriginal dancers who depict stories told for 50,000 years, as their Dreamtime deity has guided them. Musicians accompany on didgeridoos and clap sticks.

TERRAIN: Australia is a continent southeast of Asia, lying between the Pacific and Indian oceans. Within the continent lies 3 million square miles of outback — desert or semi-arid land. Woodland swamps and grasslands cover the northern part of the continent, while the Great Barrier Reef — the largest coral reef in the world — is located off the northeast coast. The Pacific Ocean surrounds Australia and the island of Tasmania. Nearby countries include New Zealand, Papua New Guinea, and Indonesia.

ECONOMY: Mining for coal, iron ore, and gold help many earn an income. Jobs are plentiful in automobile and technology manufacturing. Winemaking is a growing export, and Australian seafood is exported around the world.



"FIRST ENCOUNTER"
OIL ON CANVAS
24 X 18

AZERBAIJAN

PEOPLE: Many of the 9 million Azerbaijanis are descendants of Caucasian Albanian and Persian people who lived in communal quarters, or *mahalles*. Most of Azerbaijan's current population is cosmopolitan Shia Muslims who wear Western dress and enjoy opera, theater, and plays. The country's history dates back to the Stone Age. Over the years, Azerbaijan was the crossroads for caravans traveling between Western Asia and Eastern Europe. It is now a major petroleum producer.

AZERBAIJAN'S HANDMADE RUGS AND SHAWLS ARE FAMOUS AROUND THE WORLD.

FOOD: Nine of the world's 11 climate zones fall in Azerbaijan, which contributes to the wide variety of available foods including fish from the Caspian Sea. Other dishes include *bozbash*, a lamb soup, and *dushbara*, a meat-and-spice-filled dumpling. *Plov* is a saffron rice-based dish, often accompanied by fresh vegetables seasoned with fresh herbs and served with black tea.

CULTURE: Azerbaijan represents one of the most diverse nations in the world, merging its European and Islamic histories with a period in the 20th century as part of the Soviet Republic. Its legacy stretches back to the Persian Empire and forward with Western influences, particularly Russian. Traditional accessories and clothing for women include silver jewelry, colorful veils, and lamb's wool coats in winter. Men wear straight-legged pants, shirts, chukkas, and long coats festooned with gold tabs. Traditional slow, rhythmic dancing is popular on holidays, such as Novruz, which celebrates the new year and coming of spring.

TERRAIN: Three mountain ranges run through Azerbaijan: the Greater and Lesser Caucasus and the Talysh Mountains. Runoff forms small rivers that wind down to the Caspian Sea, the natural border on the east. Almost half of the mud volcanoes on earth are concentrated in this region. The nation is bounded by Russia, Armenia, and Iran. Its capital is Baku.

ECONOMY: Azerbaijan's handmade rugs and shawls are famous around the world. Agricultural products include cotton, tea, tobacco, and fruits. The country is home to multinational companies involved in mining and refining petroleum, which contributes to a high standard of living.



"THE AZARI"
WATERCOLOR
28 X 20

“CHRISTIAN, JEW, MUSLIM, SHAMAN,
ZOROASTRIAN, STONE, GROUND, MOUNTAIN, RIVER,
EACH HAS A SECRET WAY OF BEING WITH THE MYSTERY,
UNIQUE AND NOT TO BE JUDGED.”

— *Rumi*

BULGARIA

PEOPLE: Bulgarians blend their heritage with Turks, Romans, Greeks, and Russians and further back to the conquerors of Greece and Rome, when it was known as Thrace. Traditional garb for men includes pants, shorts, and vests; women wear dresses and aprons embroidered with regional colors and decked with a folk motif. Nearly three-quarters of Bulgarians are Eastern Orthodox Christians, while the remainder of the country is largely Sunni Muslims.

FOOD: Bulgarians enjoy simple stews and dishes containing lamb, pork, and beef. Yogurt and feta cheese accompany most meals. Pancakes and *mekitsas* — fried dough pieces — are served with jam, marmalade, or honey. *Rakia* is a strong alcoholic beverage made of fermented fruit and favored for celebrations. Grilled dishes, meatballs, *kebabches* — a dish of minced meat and spices — and casseroles, together with stuffed cabbage, make for a splendid meal.

CULTURE: Bulgarian customs, such as dancing on live coals during spring festivals, are rooted in antiquity and closely tied to the Eastern Orthodox and early pagans. Mummer games are conducted on New Year's Eve. Performed by males wearing special masks, the ritual is said to cleanse the season of bad spirits. In the *Laduvane* festival, young women pray to the goddess of love to attract their future husbands. Bulgarian is one of the oldest written

Slavic languages to use the Cyrillic alphabet, which is the second oldest alphabet in the world.

TERRAIN: The Balkan and Rhodope Mountains cover much of Bulgaria. About a third of the country consists of fertile valleys and plains, with several hundred small rivers. The diverse natural landscape includes lowlands, plains, foothills and plateaus, river valleys, basins, and soaring mountains. Sofia is the capital and the country's largest city. Bulgaria borders Greece, Turkey, Macedonia, Serbia, and Romania.

THE DIVERSE NATURAL LANDSCAPE INCLUDES LOWLANDS, PLAINS, FOOTHILLS AND PLATEAUS, RIVER VALLEYS, BASINS, **AND SOARING MOUNTAINS.**

ECONOMY: Bulgaria is an industrialized, upper-middle-income, free-market country with a large private sector. Agriculture, energy, mining, and tourism dominate the economy.



"SOFIA"
WATERCOLOR
26 X 19



"THE HUNTER"
WATERCOLOR
26 X 19

CANADA

PEOPLE: The Inuit, First Nation, and Métis tribes live primarily in northwestern Canada. Their rich history brought the world canoes, snowshoes, toboggans, and maple syrup. Clothing is often made of animal hides, fur, quills, and feathers. Cedar trees are used to make skirts, hats, and cloaks. While the majority of indigenous people live on reservations, almost half the population of 33 million live in the provinces of Ontario and Quebec.

THEIR RICH HISTORY BROUGHT THE WORLD CANOES, SNOWSHOES, TOBOGGANS, **AND MAPLE SYRUP.**

FOOD: Prince Edward Island is famous for its potatoes, while Quebec is the largest producer of maple syrup in the world. In Canadian kitchens and restaurants, game meats such as caribou, rabbit, and boar are served. Canada is the world's largest exporter of wild blueberries, mostly grown in Quebec and the Atlantic provinces.

CULTURE: Canada is progressive, diverse, and multicultural with 34 different ethnic groups represented. English and French are Canada's official languages; the country also has a growing Asian influence. The town of Stratford hosts one of the world's largest theatrical festivals and Toronto houses a burgeoning video gaming industry. Aboriginal people produce soapstone sculptures, baskets, ivory carvings, and tepees.

TERRAIN: Located in North America, Canada stretches from the Atlantic to the Pacific Ocean, covering 3.8 million square miles of land mass. Only 10 percent of the land is habitable, owing to the large space covered by the Canadian Rockies and Laurentian Mountains and the barren terrain of the Yukon and Nunavut territories. Canada shares the world's largest land border with the United States to the south, east, and where it attaches to Alaska to the west.

ECONOMY: As one of the world's wealthiest nations, Canada offers an economy dominated by agriculture, mining, and service. It is one of the largest commercial seafood and fish processors in the world. Logging and oil extraction are important sectors, along with aircraft and automobile manufacturing and a growing software industry.



"THE MAYAN"
WATERCOLOR
27 X 17

CENTRAL AMERICA

PEOPLE: The population of 42 million blends people of native Mayan and Spanish conquistador descent in the region of Central America. Spanish is the official language except in Belize, where English is spoken. People don Western-influenced clothing by day, yet savor traditional garments for festivals. Then women wear a *huipil*, or underbody garment, and shoulder *quechquemil*, or shawl with a gathered skirt. Men wear pants with sleeveless jackets called *xicolli*.

PEOPLE DON WESTERN-INFLUENCED CLOTHING BY DAY, **YET SAVOR TRADITIONAL GARMENTS FOR FESTIVALS.**

FOOD: Cuisine varies from the typical black bean and rice breakfast of Costa Rica to El Salvador's *sopa de patas*, which is made from cow's feet. Panama's cuisine is dominated by seafood from its expansive coastline. Guatemala's tamales, tacos, and tortillas are influenced by Mayan and Spanish heritage.

CULTURE: The Mayan empire once incorporated 20 states, with regions divided into highlands where people mined semiprecious and precious stones, while in the lowlands people farmed and hunted. The Q'uk'che and Cakchiquel tribes are among those continuing indigenous lifestyles. Local and international scholars study their archeology and linguistics. Careers vary from shipbuilders in Panama City to hotel employees in Belize. Roman Catholicism is the dominant religion.

TERRAIN: Equatorial Central America's 202,000 square miles consist of seven countries: Guatemala, Honduras, Costa Rica, Nicaragua, El Salvador, Panama, and Belize. Home to the largest expanse of rain forest north of the Amazon River basin, the area also contains tropical dry forests, coastal mangroves, volcanoes, and endless miles of ocean beaches. The isthmus portion of Central America connects North and South America, touching Mexico on the north and Colombia on the southeast. It borders both the Caribbean Sea and the Pacific Ocean.

ECONOMY: Central America manufactures computer and medical equipment components, and exports these along with its traditional cash crops of coffee and bananas. Silver, gold, lead, and copper are mined, processed, and exported.

CHINA

PEOPLE: China is one of the oldest civilizations in the world, dating back thousands of years. It is also the most populated country in the world, with more than 1.3 billion people, mostly living on 40 percent of the land in 22 provinces and five autonomous regions. The Han people form the largest of the 56 officially recognized ethnic groups. Traditional costumes in bold silks and satins include cross collars for women, giant hats adorned with fur and beads, and wrapped garments with sashes. Buddhism is the most common religion.

FOOD: There are eight major Chinese cuisines, corresponding to regions of this vast country, with Sichuan being the most common. Prepared with garlic and chili peppers, peppercorns, peanuts, sesame paste, and ginger, Sichuan cuisine offers bold and spicy flavors.

CULTURE: Among China's treasures are the funerary art of the late emperor, Qin Shi Huang, the Terracotta Army of 8,000 soldiers with chariots and horses found in 1974 in a farmer's field. Ancient Chinese invented papermaking, the compass, and gunpowder. The ancients also built one of the longest walls in the civilized world to protect agriculture. Modern China is known for acupuncture, tai chi, and a wide array of music, theater, and literature.

TERRAIN: Made up of mountains, hills, and highlands, this Southeast Asian country has the longest combined land border from the mouth of the Yalu River to the Gulf of Tonkin. Touching 14 nations, its largest neighbor is Russia and the smallest is Tibet. It shares a maritime border with Japan.

MODERN CHINA IS KNOWN FOR ACUPUNCTURE, TAI CHI,
**AND A WIDE ARRAY OF MUSIC,
THEATER, AND LITERATURE.**

ECONOMY: China is an economic superpower. Most of the world's trade and economic activities are highly dependent on the industries within China and their products. China is the world's leading manufacturer of steel, cement, and chemical fertilizers, and has a growing automotive industry.



"THE PERFORMER"
WATERCOLOR
20 X 28

COLOMBIA

PEOPLE: Less than 2 percent of Colombia's 46 million people claim indigenous heritage. Descendants of the ancient Tairona took refuge in the mountains above the Caribbean coast when the Spanish invaded in the 16th century. They continue to believe that protecting their sacred mountain — high up in the Sierra Nevada de Santa Marta — is the key to maintaining ecological balance for the entire planet. With a commitment to biodiversity, modern Colombia mixes around 65 percent European, 22 percent native Indian, and 13 percent African ancestry.

FOOD: The staple of Colombian food is *arepa* — cornmeal bread — frequently served with meat, rice, and green plantains. In the coastal regions, fish and lobster are prepared with a coconut milk sauce. The national dish of Colombia is *bandeja paisa*, a mixture of grilled steak, fried pork, and chorizo sausages on a bed of rice and beans, topped with a fried egg and avocado slices.

CULTURE: The bright reds and yellows of Colombian clothing, handbags, sombreros, hammocks, and pottery are prized worldwide. Colombians celebrate many religious holidays, along with its Caribbean Music Festival and the Festival of the Devil. Folk music pays homage to the earth, mountains, and lakes.

TERRAIN: Colombia covers 440,000 square miles of the South American continent, lying between the Atlantic and Pacific oceans. About 20 percent of the population resides in the Atlantic coastal lowlands, home to cattle ranches and farms. The Pacific lowlands, primarily rain forest and swampland, are lightly inhabited. Colombia's urban centers are in the highlands of the Andes Mountains.

COLOMBIA IS THE SECOND-LARGEST PRODUCER OF COFFEE IN THE WORLD AND MINES 90 PERCENT OF
THE WORLD'S EMERALDS.

ECONOMY: Colombia is the second-largest producer of coffee in the world and mines 90 percent of the world's emeralds. With the third-largest economy in South America, Colombia's agricultural contributions also include bananas, cut flowers, and sugar cane.



"COLOMBIAN"
WATERCOLOR
26 X 20

EGYPT

PEOPLE: Modern Egyptians are among the most cosmopolitan people in the Middle East, in terms of language skills and education. About 90 percent of Egypt's 60 million people are Sunni Muslims. Arabic is the national language. While Western clothes are popular, Egyptian men often wear the *galabiyya*, or a long-sleeved, floor-length robe. Women often don veils or headscarves with modest dress; others choose the *chador*, a loose garment that can serve as a head covering, veil, and shawl.

FOOD: Bread, rice, beans, fruits, and vegetables remain the staples of the Egyptian diet, along with falafel and kebabs. Pork is taboo in places of Muslim influence; alcohol is available only in Western-themed restaurants and hotels. People often enjoy fresh-squeezed carrot juice and hot tea with mint.

CULTURE: Egypt is located in northern Africa along the Mediterranean and Red seas. Egyptians in the southern Nubian region were among the first to wear tattoos and convert hieroglyphic inscriptions to a written language on papyrus. The Old Testament is rich in Egyptian lore, especially Moses and the Ten Commandments. Belly dancing was conceived in Egypt and is enjoyed all over the world. Major cities are populated with coffee shops, cinemas, and universities, open to men and women. The nomadic Bedouins live mostly in the Sinai Peninsula, the only part of Egyptian territory in Asia. The Bedouins continue to have cultural festivals and teach their children poetry and sword dancing.

TERRAIN: Only 3.5 percent of Egypt's 390,000 square miles are cultivatable. Ninety-nine percent of Egyptian people live in the Nile River Valley and delta; the Sahara and other deserts take up the remaining terrain. Most of the country receives little rainfall except in the winter months. Giza, best known for its ancient monuments including the Great Pyramid of Giza, is 20 miles from the capital of Cairo.

THE OLD TESTAMENT IS RICH IN EGYPTIAN LORE,
**ESPECIALLY MOSES AND
THE TEN COMMANDMENTS.**

ECONOMY: From days of antiquity when the pyramids arose, Egypt has boasted one of the most developed and diverse economies in the Middle East based on tourism, agriculture, industry, and services.



"GIZA"
WATERCOLOR
26 X 19

ETHIOPIA

PEOPLE: Once called the nation of Abyssinia, Ethiopia ranks among the oldest civilizations of the world. Its first emperor, Menelik, is traditionally believed to be the son of the Queen of Sheba and King Solomon of Israel. Half of Ethiopia's 94 million people are Coptic Christians and a third are Muslim. The most common garment is the *shamma*, a length of cotton that covers the head and body, paired with skirts or trousers.

FOOD: Ethiopia is the birthplace of coffee. People still create ceremonies around roasting and boiling the beans, then brewing it in a pot next to an incense burner to protect the gathering from evil spirits. The national dish is a hot, spicy stew called *wat*, which is typically accompanied by *injera*, a spongy flatbread. The spiciest, most peppery food in all of Africa is found in Ethiopia.

CULTURE: One of the most formidable leaders of Ethiopia was Haile Selassie I, emperor for more than 40 years and known around the world. In this modest country, men and women both wear shawls in public. For festivals, people often don strands of beads and shiny cloth garments. They paint their faces and add multiple bracelets and earrings. Musical instruments include gongs, flutes, trumpets, and drums.

TERRAIN: Located in the horn of Africa, Ethiopia is as large as France and Spain combined. More than 25 mountains boast peaks rising above 13,000 feet, the highest being Ras Dashen at 14,538 feet. The landlocked country borders Eritrea, Somalia, Sudan, and Kenya.

THE SPICIEST, MOST PEPPERY FOOD IN ALL OF AFRICA IS FOUND IN ETHIOPIA.

ECONOMY: Eighty-five percent of Ethiopians are engaged in agriculture, mainly at subsistence levels, relying on rain-fed farming and tending livestock. Arabica coffee beans are the largest export, followed by maize, sugar cane, flowers, and vegetables.



"HORN OF AFRICA"
WATERCOLOR
27 X 21

F. Sepakbar
Ethiopia



"ETHIOPIAN"
OIL ON CANVAS
36 X 24

F. Sepahon
2000

“THE GARDEN OF THE WORLD HAS NO LIMITS,
EXCEPT IN YOUR MIND.”

— *Rumi*



"FEMME DE CHAMBRE"
WATERCOLOR
25 X 19

FRANCE

PEOPLE: Romance and passion in art, cinema, fashion, and haute cuisine are inherent in this country of 66 million. The early inhabitants were Gauls, a Celtic people related to the Welsh and the Irish. Paris is not only the capital of France, but it's also known as the capital of fashion. As in other major European capitals, Paris draws immigrant communities from around Europe and Africa.

ROMANCE AND PASSION IN ART, CINEMA, FASHION, AND HAUTE CUISINE ARE INHERENT IN THIS COUNTRY OF 66 MILLION.

FOOD: The French chef Georges Auguste Escoffier is known for turning French food into world-class cuisine. Traditional dishes are rich in cream and butter, accompanied by a croissant or baguette and enjoyed over lengthy conversations and carafes of wine. France is also known for its fresh herbs and wide variety of cheese.

CULTURE: Major French artists include Pierre-Auguste Renoir, Camille Pissarro, Edgar Degas, and Paul Cézanne, among others. Numerous American authors took up residence in France after World War I, including Ernest Hemingway, Gertrude Stein, and Oscar Wilde. The national motto is: *Liberté, Égalité, Fraternité*, or Liberty, Equality, Brotherhood. Traditional women's clothes often included an embroidered apron, shawl, gathered skirt, and lace cap, while men wore white shirts, colorful vests, matching kerchiefs, and berets.

TERRAIN: Covering 212,000 square miles in a hexagonal shape, France is the third-largest country in Europe. Separated from Spain by the Pyrenees Mountains, from Italy by the Alps, and from Switzerland by the Jura Mountains, France's terrain is primarily rolling hills with major rivers flowing to the Mediterranean Sea and English Channel. The country is rich in deposits of aluminum, iron, coal, natural gas, petroleum, and potash.

ECONOMY: France prides itself as one of the largest economies in Europe, with more Fortune Global 500 company headquarters in Paris than in Beijing, New York, or London. Industrial sectors include telecommunications, aerospace and defense, shipbuilding, pharmaceuticals, chemicals, textiles, and automotive. Fine wine is one of the country's biggest exports.



"GOLD COAST"
WATERCOLOR
25 X 19

F. Sepahban
Ghana

GHANA

PEOPLE: The complex designs of brightly colored *kente* cloth originate in Ghana with the Ashanti, Ghana's largest ethnic group. Members often bead and embroider their work. Women wear skirt and top sets while men sport tunics and loose drawstring pants. Modern residents blend Ghanaian styles with Western dress. Although 60 percent of Ghana's 25 million people are Christian, and 16 percent are Muslim, traditional animist religions are still common. English is the official language, followed by the native *Twi*.

GHANAIAN CULTURE IS RICH WITH **CHORAL MUSIC AND TRADITIONAL DRUMMING FESTIVALS.**

FOOD: *Fufu* and *banku* are staple foods of the Ghanaian people. They're made by boiling cassava, yams, or plantains, then pounding them into dough. Bits are torn off and used to scoop stew or sauces. They are typically served with fried fish, hot peppers, beans, stew, and ground nut soups.

CULTURE: Ghanaian culture is rich with choral music and traditional drumming festivals. In Ghana, communal values are stressed. The behavior of each individual has an impact on the family and the community. Modesty in dress is emphasized; women do not wear revealing clothing and men do not go shirtless. In the 18th and 19th centuries, the ancient castles of the Gold Coast housed 20 percent of the 10 million African tribal people who were shackled and shipped around the world as slaves in trade for tobacco and alcohol.

TERRAIN: Ghana's more than 92,000 square miles are dominated by forests, shrub lands, rivers, and the world's largest artificial lake. The climate is mostly subequatorial — warm and humid — alternating between rainy summers and dry winters. This West African nation is on the Atlantic Ocean, bordering the countries of Côte d'Ivoire, Burkina Faso, and Togo.

ECONOMY: Ghana has one of the fastest-growing economies in Africa with digital technology and manufacturing of energy and industrial components on the rise. It is one of the world's largest sources of gold and diamonds.

GREECE

PEOPLE: Modern Greeks often wear cotton clothing, sailor caps, and other garments embellished with unique geometric patterns. In folklore tradition, men sport a skirt-like garment called a *fustinella*, with a fez on their heads and socks adorned with tassels. Women wear dresses with ruffles and embroidery, often covering their heads in multicolored scarves. Once a heavily polytheistic people, the majority of Greece's 11 million inhabitants are members of the Greek Orthodox Church.

FOOD: Greece is the home of one of the healthiest diets in the world: the Mediterranean diet featuring olives, cheese, wine, and grapes accented by lamb, chicken, pork, beef, and fish. World favorites include Greek salads, yogurt-based *tzatziki* sauce, stuffed grape leaves, a layered eggplant- or potato-based dish called *moussaka*, and *baklava*, a pastry featuring thin dough layered with honey and pistachios.

CULTURE: Greeks consider their country the cradle of European civilization, at the crossroads of Europe, West Asia, and Africa. The gods of sun, earth, water, and power are captured in history, many through the tales of *The Odyssey* and *The Iliad* by Homer. Musicians continue to play with ethnic instruments: the lute-like *bouzouki*; *santouri*, a kind of hammered dulcimer; and the stringed *tamboura*.

TERRAIN: Mainland Greece is mountainous. Its national territory covers approximately 130,000 square miles that include the Ionian Sea and most of the Aegean Sea. Only 227 of its 1,400 islands are inhabited. Athens and Thessalonica are the most populous Greek cities. The country borders Albania, the Republic of Macedonia, Bulgaria, and Turkey.

THE GODS OF SUN, EARTH, WATER, AND POWER ARE CAPTURED IN HISTORY, MANY THROUGH THE TALES
**OF THE ODYSSEY AND
THE ILIAD BY HOMER.**

ECONOMY: Throughout history, Greeks have been known as seafarers, merchants, and warriors. Today, Greece is a significant agricultural producer of olives, tobacco, cotton, rice, figs, and almonds. Tourism, mining, shipping, petroleum processing, and banking contribute to the economy. Immigrants make up nearly one-fifth of the workforce, mainly in agricultural and unskilled jobs.



"GREEK WEDDING"
WATERCOLOR
28 X 20



"LADINO"
WATERCOLOR
25 X 19

F. Sepahban
Guatemala

GUATEMALA

PEOPLE: One-third of Guatemala's 16 million people continue to follow the ancient Mayan culture that predates the Spanish settlers by thousands of years, worshipping gods who they believe control the weather and crops. Those of mixed Mayan and Spanish heritage are known as *Ladino*. The descendants of African slaves are called *Garifuna*. Nearly 80 percent of Guatemalans are Roman Catholic.

THOSE OF MIXED MAYAN AND SPANISH HERITAGE ARE
KNOWN AS LADINO.

FOOD: Corn tortillas, black beans, rice, and wheat are the staple foods of Guatemala, one of the poorest countries in Central America. The wealthy eat chicken, pork, beef, and fish. Many vegetables and fruits such as avocado, snow peas, turnips, pineapple, papaya, and mango are grown for export. *Licudados*, or fruit shakes, are popular. The national beer is Gallo, named after the rooster.

CULTURE: While Western dress has made inroads, many in Guatemala prefer traditional clothes woven on looms by men and pieced together by women. Embroidered shirts are paired with gathered skirts on women and woven wool pants on men. A wool blanket is often tied at the waist and two small blankets become a carryall bag. Many of more than 300 municipalities have museums telling their story, from pre-Colombian artists to Nobel Prize-winning authors. Popular music today includes Caribbean, salsa, punta, and Latin pop.

TERRAIN: Guatemala covers more than 42,000 square miles, divided between the northern lowland plains, the volcanic highlands of the Sierra Madre, and the Pacific lowlands. Located in Central America, the country borders Mexico on the northwest, the Pacific Ocean on the southwest, and the Caribbean Sea on the east.

ECONOMY: The demand for biofuels has diverted much of the land away from subsistence farming to sugar cane and African palm plantations. The country exports fruit, vegetables, flowers, and handcrafted clothing.



"THE HULA"
WATERCOLOR
26 X 20

J. Depaklon
Hawaii 9/2000

HAWAII

PEOPLE: Native Hawaiians, descendants of Polynesians who arrived in the islands about 2,000 years ago, call themselves *kanaka maoli*. Their ancestors wore loincloths, grass skirts, and shawls woven from plant fibers. They adorned themselves in flower headbands, necklaces called leis, and cloth sarongs. People abided by *kapu akua*, the laws of the gods. Modern Hawaiians worship as Christians and Buddhists, often favoring Western dress in tropical linens and pastels.

CULTURE: Early settlers believed man and nature were intimately related, and their gods were reflected in every living thing. The hula, a traditional dance now performed as entertainment, is accompanied by songs or chants called *mele*, and by a ukulele or steel drum. The dances paid homage to the goddesses Laka and Pele. Tourism surged after Hawaii became a state in 1959.

TERRAIN: Hawaii is the only U.S. state composed entirely of islands in the Pacific Ocean, which are the exposed peaks of a great undersea mountain range formed by volcanoes. Located 2,000 miles from North America, the islands have a total land area of 1,500 miles, with moderate temperatures year-round.

ECONOMY: Agriculture remains a strong factor in the economy — particularly bamboo, coffee, and pineapple exports. However, tourism is the primary industry.

THEY ADORNED THEMSELVES IN FLOWER HEADBANDS **NECKLACES CALLED LEIS, AND CLOTH SARONGS.**

FOOD: Early Hawaiians used wooden and gourd bowls and small stones to prepare meals they ripened in the sun. They were farmers, fishermen, hunters, and gatherers who planted taro patches, cultivated yams, and harvested shellfish. Modern Hawaiian cuisine is a fusion of American, Asian, and Portuguese cultures, and the luau or pig roast remains popular.



"THE POLYNESIANS"
WATERCOLOR
26 X 20

“LIKE THE BODY THAT IS MADE UP
OF DIFFERENT LIMBS AND ORGANS,
ALL MORAL CREATURES
MUST DEPEND ON EACH OTHER TO EXIST.”

— *Hindu Proverb*

INDIA

PEOPLE: Home to more than a billion people, India is the second most populous nation in the world, surpassed only by China. More than 1,500 languages and dialects are spoken among this largely Hindu population mixed with Muslims and Buddhists. Western clothing is common, but holidays and celebrations call for traditional garb. The *kurta* is a tunic-like shirt worn by men, generally over a light trouser called a *pyjama*. Women wrap themselves in brightly colored *saris*, made of long lengths of cotton or silk.

FOOD: Basmati rice, wheat, and Bengal *gram*, a kind of chickpea, form the staples of the Indian diet. Food is seasoned with curries, spices, and chutneys. Observant Hindus are vegetarian, but lamb and chicken are available, often served with flatbread instead of utensils.

CULTURE: Civilization began more than 5,000 years ago in what was known as the Indus Valley. Cotton was grown and turned into clothing sold on ancient trade routes. Four world religions were founded in India: Hinduism, Buddhism, Jainism, and Sikhism. Mahatma Gandhi led the drive for independence from Great Britain in 1947. The country is famous for its music, or ragas, played on the sitar. India is a mecca for yoga practitioners and recognized worldwide for its cinema.

TERRAIN: India is the seventh-largest country in the world, spanning more than 1.2 million square miles. The Himalayan Mountains define the northern border with China, Bhutan, and Nepal. The Punjab Plain and Thar Desert make up the western border with Pakistan, and in the northeast, the deep-forested, mountainous region of Khasi and Mizo Hills border Bangladesh. The Indian Ocean, Arabian Sea, and Bay of Bengal surround the coastline.

CIVILIZATION BEGAN MORE THAN 5,000 YEARS AGO
**IN WHAT WAS KNOWN AS
THE INDUS VALLEY.**

ECONOMY: Agriculture employs more than half the population and equates to half of the country's gross national product. Emerging industries include textiles, telecommunications, pharmaceuticals, biotechnology, and steel transport equipment.



"SARI"
WATERCOLOR
26 X 20

INDONESIA

PEOPLE: Indonesia is the world's largest archipelago, including 17,508 islands. Of those, 6,000 are inhabited by its 215 million people. More than 200 ethnic groups live in Indonesia's cities, savannas, mountains, and rain forests. Most Indonesians relate first to their ethnic or cultural group, and second as Indonesian. Prior to westernization, Indonesian men generally wore sarongs at home, while women wore the *kebaya*, a fitted blouse paired with a batik sarong dyed in bright colors.

FOOD: Rice is the staple food in most parts of Indonesia, served with corn, sago, cassava, and sweet potatoes. Fruit is abundant. Fish is favored, owing to the waters surrounding each island. As long as 42,000 years ago, cave paintings depicted people catching tuna at sea.

CULTURE: Indonesia is the largest Muslim society in the world, with approximately 88 percent of the population following the faith. Bahasa Indonesia, similar to Malay, is the national language. The national motto is "*Bhinneka Tunggal Ika*," or "Unity in Diversity."

TERRAIN: Located in the Pacific Ocean, Indonesia straddles the equator between Asia and Australia. Once called the Spice Islands, the country includes the islands of Bali, Java, Sumatra, and about three-quarters of the island of Borneo. Numerous islands are uninhabited and never mapped. Bali is the best-known Indonesian island for its tourism and arts. It's home to one-quarter of the world's coral reefs and three-quarters of the world's reef fish species. There are 400 volcanoes including Krakatau, making up three-quarters of the earth's active volcanoes.

THERE ARE 400 VOLCANOES INCLUDING KRAKATAU,
MAKING UP THREE-QUARTERS OF THE EARTH'S
ACTIVE VOLCANOES.

ECONOMY: Indonesia's economy is derived primarily from agriculture and tourism, with 90 percent of the population engaged in the agricultural sector. Exports of natural resources including rubber, coffee, tea, tin, nickel, copper, palm products, and fish have contributed greatly to the economy, as have handicrafts, textiles, and manufactured goods. Indonesia is one of the world's largest exporters of cloves and nutmeg.



"BALI DANCER"
WATERCOLOR
28 X 19

IRAN

PEOPLE: Farsi is the official language of Iran's 77 million people, among the most hospitable populations in the world. Iranians pride themselves as one of the oldest civilizations, with most families tracing their bloodlines several hundred — if not thousands — of years. Family values and social bonds are very important and often dominate the society. Persians are also one of the most educated and creative people in the region, with many contributions through the centuries. While the majority of the population follows the Shia branch of Islam, there are recognized and protected minorities of Zoroastrians, Jews, and Christians. Men wear full-length pants called *shalvar*, sometimes with wide belts called *kamars*. Women's traditional garb is called *shelitch-shalvar*, a pantdress.

FOOD: The staples of the Iranian diet are lamb, wheat bread, eggplant, yogurt, and long-grain white rice. The people also enjoy seasonal fruits, vegetables, meats, and fish, with favored spices including saffron, turmeric, and cinnamon. Sweets are often perfumed with orange-flower or rose water.

CULTURE: Once known as Persia, Iran ruled the ancient world for several centuries. In the Middle Ages and beyond, Persians became known for their discoveries in mathematics, geometry, and astronomy, and for the application of their know-how in building ornate mosques and lavish palaces. Persian artisans later became skillful in stone masonry, weaving, calligraphy, and

metalworking. Persia is the land of the *One Thousand and One Nights* and folk tales amassed over centuries — many from renowned poets and writers, including the spiritual works of Rumi and Hafez.

PERSIA IS THE LAND OF THE **ONE THOUSAND AND ONE NIGHTS** AND FOLK TALES.

TERRAIN: Tehran is the capital of Iran, one of the world's most mountainous countries with its Zagros and Alborz mountains. Although one-third of Iran's land is covered by desert, it also borders the Caspian Sea to the north and has access to the Indian Ocean through the Persian Gulf and Arabian Sea. This Western Asiatic country borders Iraq, Armenia, Russia, Afghanistan, and Pakistan.

ECONOMY: Iran has long been significant in international shipping through the Persian Gulf. With one of the largest natural gas reserves in the world and an abundance of fossil fuels, Iran is a major player in the world economy.



F. Soudjban

"TEA TIME"
WATERCOLOR
28 X 20



"THE WEAVER"
WATERCOLOR
28 X 20

“DIFFERENCES DON'T
NECESSARILY MEAN CONFLICT,
DIVERSITY IS BEAUTIFUL!”

— *Sabar El-Nadi*



"THE ROMAN"
WATERCOLOR
27 X 22

F. Sypakbar
1995

ITALY

PEOPLE: Among the 60 million people of Italy, *la bella figura* (“the beautiful figure”) is the theme of a society that values elegance and style. Some of the world’s finest designers call this country home — Gucci, Prada, Versace, Valentino, and Armani among them. Two thousand years ago, ancient Roman men dressed in togas and women wore flowing dresses tied with a cord — the styles invented by the Etruscans who once dominated the country.

AMONG THE 60 MILLION PEOPLE OF ITALY,
LA BELLA FIGURA
(‘THE BEAUTIFUL FIGURE’) IS THE THEME OF A
SOCIETY THAT VALUES ELEGANCE AND STYLE.

FOOD: The Italians like to say *mangia*, or “eat.” Throughout the country, red wine, crusty bread, and pasta are popular, as are the fresh vegetables and fish of the Tuscan region including an Italian fish soup called *zuppa di pesce*. Parmesan is a protected designation for the hard cheese from Parma. *Tiramisu* — layers of coffee-soaked ladyfingers and cream — is one of Italy’s most famous desserts.

CULTURE: Thanks to the Medici family’s patronage and the Roman Catholic Church, some of the finest artists in history produced great, enduring works during the Renaissance years, including da Vinci, Michelangelo, Caravaggio, and others. Italy is the birthplace of opera. The capital, Rome, is also home of the sovereign state of Vatican City, seat of the Roman Catholic Church. The center of life continues to be the piazza or town square, where festivals and political events occur.

TERRAIN: Encompassing about 116,000 square miles, the “boot” shape of Italy makes it readily visible from space. Sicily, Calabria, and Sardinia are part of this Southern European country, which borders France, Switzerland, Austria, and Slovenia. Italy boasts nearly 5,000 miles of beach and harbor front, touching the Mediterranean, Ionian, Adriatic, Ligurian, and Tyrrhenian seas, as well as the Strait of Sicily.

ECONOMY: In the years after World War II, Italy evolved from an agriculture-based nation to become a world leader in trade and exports, including wines. The industrial sector builds cars that range from Fiats to Ferraris.



"CARNIVAL"
WATERCOLOR
25 X 19

F. Sepahban
Jamaica

JAMAICA

PEOPLE: The first Jamaicans, the Taino or Arawak Indians, were Stone Age people from the Atlantic coast of South America. The Spanish invaded the island in 1494, enslaving its inhabitants. Modern words such as hammock, hurricane, tobacco, barbecue, and canoe come from the Arawak language. Many of today's 3 million Jamaicans are descendants of slaves from colonial Ghana, Nigeria, and Central Africa. English is the official language. More than half of the population is Protestant and a third are Rastafarians, an African-based spiritual ideology that arose in the 1930s. Its adherents worship Haile Selassie I, emperor of Ethiopia. People often wear loose-fitting pants, gathered skirts, and kerchiefs in bright colors.

JAMAICA HAS 3,000 SPECIES OF PLANTS,
ABOUT ONE-QUARTER OF WHICH ARE FOUND
NOWHERE ELSE ON EARTH.

FOOD: With a mix of Spanish, British, African, and Chinese cooking flavors, spices, and techniques, Jamaican cuisine includes seafood, tropical fruits, and meat. Popular dishes are curried goat, jerk chicken, pigeon peas, and fried dumplings. Ackee, Jamaica's national fruit, and salt fish are widely eaten.

CULTURE: Jamaicans introduced dreadlocks, or matted coils of hair, to modern culture. They also brought reggae music — alive with steel drums and Caribbean rhythms — to the world. Dances and carnivals fill the streets. Yet much of Jamaica is impoverished, with entire families living in small, concrete block structures with tin roofs and outhouses.

TERRAIN: Located in the Caribbean Sea, Jamaica's 4,200 square miles contain mountain ranges and small rivers that flow through the central plateau. Part of the Greater Antilles near the equator, it is south of Cuba and west of Haiti and the Dominican Republic. The climate is tropical, with a hurricane season that runs from June to November. Jamaica has 3,000 species of plants, about one-quarter of which are found nowhere else on Earth.

ECONOMY: The service sector accounts for more than 60 percent of the economy. Other key categories include tourism, bauxite/alumina mining, and agriculture. Jamaica exports rum, coffee, yams, beer, chemicals, and mineral fuels.



"LES CARAIBES"
WATERCOLOR
23 X 19

“NONE BUT OURSELVES
CAN FREE OUR MINDS.”

— *Bob Marley*

JAPAN

PEOPLE: Japan, the Land of the Rising Sun, is a modern, developed country with a population of 127 million driven by a thriving auto industry and world-class technology. Western clothing is prominent, but both genders wear full-length kimono robes. Long ago, the country housed the indigenous tribes of the Shukushin and the Ainu. Most Japanese follow a blend of Shintoism and Buddhism.

FOOD: Japanese sushi, sashimi, and tempura are famous worldwide. A ball-shaped dumpling made from octopus and tempura scraps is called *takoyaki*, and dessert often includes jasmine or oolong tea.

CULTURE: Movies and folklore are rich with stories of sumo wrestlers, samurai warriors, and geisha beauties with bound feet. Traditional music is often accompanied by the *taiko*, or Japanese drum, along with flutes and three-string guitars. People walk barefoot on *tatami* mats and eat meals while they are seated on cushions. Many plan vacations around visits to ancient Buddhist shrines, which are surrounded by bonsai trees.

TERRAIN: Japan comprises 6,852 islands, the major ones connected by bridges and high-speed trains. Three-quarters of Japan's 146,000 square miles is mountainous and volcanic, with the country experiencing an average of 1,500 earthquakes a year. Japan is surrounded by the Pacific Ocean and Sea of Japan, and is bordered by China, North and South Korea, and Taiwan.

MOVIES AND FOLKLORE ARE RICH WITH STORIES OF SUMO WRESTLERS, SAMURAI WARRIORS AND **GEISHA BEAUTIES WITH BOUND FEET.**

ECONOMY: Japan has one of the largest economies in the world. The main exports are automobiles, electronic devices, and computers. Manufacturing, construction, distribution, and real estate are also important industries.



"GEISHA"
WATERCOLOR
26 X 19



"TEA HOUSE"
WATERCOLOR
26 X 19

“ IF YOU WANT TO GO QUICKLY, GO ALONE.
IF YOU WANT TO GO FAR,
GO TOGETHER.”

— *African proverb*



"THE FACE OF KENYA"
WATERCOLOR
26 X 19

KENYA

PEOPLE: More than 40 ethnic African groups are represented in Kenya. About 30,000 Kenyans are members of hunter-gatherer tribes, and a quarter of Kenya's 43 million people are of indigenous ancestry. There are also large immigrant groups of Europeans, Arabs, Indians, and Pakistanis in this equatorial land, which is as old as civilization itself. Two-thirds of Kenyans are Christians, with about 15 percent Muslim. The official languages are Swahili and English.

MEMBERS OF THE MAASAI, SAMBURU, AND
TURKANA TRIBES HAVE TOLD STORIES
OF THEIR ANCESTORS THROUGH
**SONGS PERFORMED
IN VARIED RHYTHMS**
AND ACCOMPANIED BY DRUMS.

FOOD: Common dishes in this East African nation include a maize porridge, or *ugali*; a collard green dish, or *sukuma wiki*; and roasted goat or sheep meat called *nyama choma*.

CULTURE: Archeologists consider the Great Rift Valley that runs through Kenya as a place where many humans originated. Members of the Maasai, Samburu, and Turkana tribes have told stories of their ancestors through

songs performed in varied rhythms and accompanied by drums. They gather at festivals, where men and women dance separately while wearing elaborate masks, shields, body paint, and feathers. People sell their intricate baskets, beads, and ivory sculptures to outsiders for subsistence. Other Kenyan communities have adopted Western or Islamic forms of dress.

TERRAIN: Kenya is on the equator and borders the Indian Ocean, Tanzania, Uganda, South Sudan, Ethiopia, and Somalia. Known for heat and humidity in its coastal regions, Kenya encompasses 225,000 square miles. Of that, 4,100 square miles are covered by seven bodies of water, including Lake Victoria and Lake Tanganyika, known as the African Great Lakes. The southwestern third of the country is composed of elevated lands; the remaining two-thirds are low plateaus and plains.

ECONOMY: Agriculture contributes more than one-third of Kenya's gross national product. Main crops include tea, coffee, pineapple, tobacco, and cotton. Livestock farming sustains many communities; food crops for domestic consumption include maize, beans, cane sugar, bananas, potatoes, and millet. Major exports include petroleum products, tea, coffee, hides and skins, pineapple, and beer.

MALAYSIA

PEOPLE: More than half of Malaysia's 29 million people are Muslim. While Islam is the national religion, religious freedom is protected for Chinese Buddhists, Indian Hindus, and others.

FOOD: Tropical fruits, coconut milk, poultry, and seafood are primary elements of Malaysian cuisine, combined with Indian curries and spices from Thailand. Rice is included in every meal. With the multitude of Asian influences, many call Malaysia a gastronomical paradise. Food is celebrated at hundreds of festivals annually.

CULTURE: The Malay people refer to their traditional clothing as *baju*. Men wear a loose tunic over trousers with a sarong wrapped around their hips and a *songkok*, or cap. Women wear the kurung, a knee-length blouse over a long skirt, topped with a scarf or shawl to reflect growing Muslim influence. Malaysian textiles, including batik fabrics, are known around the world, as are its wooden masks and fine inlaid silver and gold jewelry. Dances in tribal regions often incorporate percussion instruments such as the *gendang* or drum, or the gong. Crafts include woodcarving, weaving, and silversmithing.

TERRAIN: Composed of 127,000 square miles, Malaysia is divided between Peninsular Malaysia, which is separated by the South China Sea from East Malaysia, and the island of Labuan. This equatorial country borders Thailand, Indonesia, and Brunei. It is subdivided into 11 states and two federal territories with the capital in Kuala Lumpur. Topography is a mix of mountains, rain forests, and sandy beaches.

DANCES IN TRIBAL REGIONS OFTEN INCORPORATE PERCUSSION INSTRUMENTS SUCH AS THE
**GENDANG OR DRUM,
OR THE GONG.**

ECONOMY: Electrical and electronic goods are the main industry, responsible for nearly two-thirds of total industrial exports. Malaysia is one of the largest exporters of oil and gas in Pacific Asia. The country dominates the Strait of Malacca, a major shipping line between its borders and the Indonesian island of Sumatra.



"CRIMSON VEIL"
WATERCOLOR
25 X 19

F. Sepahban
Malaysia

MEXICO

PEOPLE: The sound of street music often fills Mexican towns and marketplaces. During cultural events and fiestas, women dress in colorful skirts and men wear wide sombreros and suits embroidered in silver threads. On other days, they wear wide-striped ponchos. Spanish is the official language, yet one-third of the population speaks indigenous languages such as Náhuatl or Mayan.

FOOD: Staples in the Mexican diet include corn, beans, and chili peppers, mixed with avocados, tomatoes, and squash, and often flavored with mole sauce. In the north, people appreciate mesquite-roasted baby goat called *cabrito*. In the south, a delicacy called *chapulines*, or sautéed grasshopper, can be found. Seafood stews are popular in the Baja Peninsula.

CULTURE: Spanish, Mayan, Aztec, and Toltec roots infuse the Mexican culture, such as in the Day of the Dead, or *Día de los Muertos*, celebrations. Examples of Mayan-Mesoamerican architecture abound, including the largest number of pyramids outside Egypt. The Baroque period brought sweeping arches and gold-leaf roofs on churches and palaces. Fine artists of the early 20th century, including Diego Rivera and Frida Kahlo, remain popular worldwide.

TERRAIN: Mexico encompasses 761,000 square miles of ocean beaches, low-lying scrub brush basins, dense jungles, and soaring mountain ranges. The Tropic of Cancer divides the country's climate between cooler, drier land in the north and humid temperatures in the south. Mexico borders the United States, Guatemala, and Belize. It is surrounded by the waterways of the Pacific Ocean, the Caribbean Sea, and Gulf of Mexico.

SPANISH, MAYAN, AZTEC, AND TOLTEC ROOTS INFUSE THE MEXICAN CULTURE, SUCH AS IN THE DAY OF THE DEAD, OR

DIA DE LOS MUERTOS, CELEBRATIONS.

ECONOMY: Manufacturing operations, including electronics, automobiles, and automobile components, continue to grow in Mexico and are contributing to a stronger middle class.



"FIESTA"
WATERCOLOR
28 X 20

MONGOLIA

PEOPLE: Almost half of Mongolia's 3 million people are nomads engaged in livestock herding and crop production in this cold, largely mountainous region. They live in circular felt tents called *gers*, held together with a wooden lattice much like a Russian yurt. Tibetan Buddhism is the primary religion, with small groups of Kazak Muslims. The nation used to be known as Outer Mongolia. Inner Mongolia is part of China.

FOOD: Mongolia is called "The Land of the Five Animals" because the nomads herd goats, sheep, cattle (including yaks), camels, and horses. These provide meat, dairy products, transportation, and wool. Popular meals such as *buuz*, *khuushuur*, and *bansh* are made with minced meat seasoned with garlic or onion, dredged in flour, and then steamed or fried. *Aruul* is a snack made from dried milk curd. Tea is the common beverage, purchased in bricks and chipped into hot water.

CULTURE: Mongolia was one of the first countries where people rode horses, and riding continues to be a popular sport in the wide-open steppes or prairies. Many monuments praise the great conqueror, Genghis Khan, who ruled in the 13th century. Many Mongolians continue to wear the traditional *deel*, or robe, with a sash wrapped several times around them. Men and women hang their essentials off the sash, including chopsticks, sharp knives, and other tools. In fall, the people don wadded cotton coats. On the coldest days, they wear

sheepskin dresses under a lambskin coat. Entertainers are known for *Khoomei*, or throat singing, and tsam, a dance to ward off evil spirits.

MANY MONUMENTS PRAISE THE GREAT CONQUEROR, **GENGHIS KHAN, WHO RULED IN THE 13TH CENTURY.**

TERRAIN: Wedged between China and Russia, very little of Mongolia's 604,000 square miles are suitable for growing crops. Mountains, volcanoes, glaciers, and ancient forests to the north and west surround the steppes. The Gobi Desert lies to the south. The steppes are home to many threatened and endangered species, including the Gobi bear, long-horned antelope, and snow leopard.

ECONOMY: Half of Mongolia's industrial output comes from mining coal, copper, tin, tungsten, and gold. Other industries include production of construction materials, oil, cashmere, and other natural fibers.



"THE QUILT"
WATERCOLOR
25 X 19



"THE CHURCH-
WARDEN PIPE"
WATERCOLOR
22 X 19

F. Sepakbar



"THE NOMAD"
WATERCOLOR
20 X 17



"THE ELDER"
WATERCOLOR
20 X 17

“YES I AM, I AM ALSO
A MUSLIM, A CHRISTIAN,
A BUDDHIST, AND A JEW.”

— *Mahatma Gandhi*



"TULIPS"
WATERCOLOR
27 X 20

THE NETHERLANDS

PEOPLE: For tulip festivals and other occasions, many people of the Netherlands don their pointed caps, aprons, baggy pants, and wooden clogs to dance in the streets. With a population of almost 17 million people, the cities are densely packed with those of Germanic and Gallo-Celtic origin blending with refugees from war-torn lands. Dutch is the official language, and English is widely spoken.

FOR TULIP FESTIVALS AND OTHER OCCASIONS, MANY PEOPLE OF THE NETHERLANDS DON THEIR POINTED CAPS, APRONS, BAGGY PANTS, AND WOODEN CLOGS TO DANCE IN THE STREETS.

FOOD: Dutch food tends to be simple and wholesome, such as *erwtensoep*, a thick pea soup cooked with ham or sausage; and *butspot*, a potato-based stew to which *klapstuk* (lean beef) is sometimes added. Seafood, including sole, oysters, mussels, freshwater eel, and herring, is common. Small buttered rolls filled with ham and cheese, called *broodjes*, are eaten for lunch, and pancakes called *pannekoeken* are often served with bacon and cheese.

CULTURE: Some of the world's finest artists have Flemish and Dutch roots, including Rembrandt Harmenszoon van Rijn, Johannes Vermeer, Hieronymus Bosch, Vincent Van Gogh, Piet Mondrian, and Karel Appel. People of all ages ride bicycles everywhere. Residents also enjoy an intricate canal system and sometimes use kayaks for transportation.

TERRAIN: Holland's 16,000 square miles lie mostly below sea level, protected by dikes and mostly reclaimed from the sea. The Dutch have a saying, "God made the Earth, but the Dutch made Holland," reflecting the resourcefulness for which the Dutch are known. The northern European country borders the North Sea, Belgium, and Germany.

ECONOMY: About 60 percent of the Netherlands is devoted to agriculture, farmed by just 2 percent of the workforce because of technological improvements. Gouda cheese and herring are two popular exports, along with manufactured goods and agricultural products.

NEW GUINEA

PEOPLE: This string of islands in the Pacific Ocean has been inhabited for at least 40,000 years. The first inhabitants of New Guinea were Papuan, Melanesian, and Negrito people speaking more than 700 different languages. Today's population of nearly 9 million is a mix of about 1,100 indigenous groups. Most New Guineans practice both Christianity and indigenous belief systems.

FOOD: New Guineans are primarily vegetarian. Coastal residents add fish, crab, and crayfish to their diets. Sago starch is extracted from palm trees and pounded into a powder or eaten raw. Food is stored in large string bags called *billums*.

CULTURE: The people are known for face painting and exotic dance rituals. Both men and women dress in feathers, pearls, and animal skins to represent nature and spirit. Tattooing is uncommon, but men in the Latmul area often have decorative crocodile patterning on their skin. The region is one of the least developed in the world. Most people follow a subsistence lifestyle with resources managed by tribal elders.

TERRAIN: Located in the South Pacific Ocean near Indonesia, New Guinea is marked by active volcanoes and dense, tropical rain forests. Highlands run the length of its largest island. Many parts of the region are accessible only by airplane or on foot.

BOTH MEN AND WOMEN DRESS IN FEATHERS,
PEARLS, AND ANIMAL SKINS TO REPRESENT
NATURE AND SPIRIT.

ECONOMY: Gold, oil, cobalt, and copper mining are newer industries in New Guinea. They join the export of cocoa, coconut oil, timber, and tuna.



*J. Sepatbar
New Guinea*

"NATURE AND SPIRIT"
WATERCOLOR
25 X 19

NEW GUINEA 91



"LAGOS"
WATERCOLOR
25 X 19

J. Sepakhan
Nigeria

NIGERIA

PEOPLE: Known as “the Giant of Africa,” Nigeria is the continent’s most populous country, with nearly 169 million inhabitants. There are more than 500 ethnic groups in Nigeria, the three largest being the Hausa, Ogoni, and Yoruba. Living primarily in the north, roughly half of the population is Muslim. The other half is Christian, residing in the south and central portions. The Nigerian constitution guarantees religious freedom.

THERE ARE MORE THAN 500 ETHNIC GROUPS IN NIGERIA, THE THREE LARGEST BEING THE
**HAUSA, OGONI,
AND YORUBA.**

FOOD: The Yoruba people who inhabit southwestern and central Nigeria eat local varieties of okra or spinach in stews called *efo riro*. Fish is one of the few sources of protein, and the diets of those on the coast are heavy in seafood stews, yams, rice, and vegetables. Coastal Nigerians marinate fish in ginger, tomatoes, and cayenne pepper before cooking it in peanut oil. Palm wine is one of the leading drinks.

CULTURE: Women’s outfits include a *buba*, a loose-necked blouse; an *iro*, a rectangular sheet wrapped around the waist and folded; and a *gele*, an enormous headpiece. Men wear a *buba*, a tunic-length, loose-necked shirt; *sokoto*, lace-up pants that narrow toward the ankles; *fila*, a brimless cap; and a floor-length tunic for special occasions. The aboriginal tribe of Ogoni live in the southeast. Their farmlands have been heavily damaged by oil spills.

TERRAIN: Nigeria constitutes 356,700 square miles in western Africa of mostly tropical climate. It borders Cameroon, Benin, Chad, and Niger and is accessed by the Gulf of Guinea. Lagos is the most populous city in Nigeria — and one of the largest in the world.

ECONOMY: Considered a superpower in the African continent, Nigeria bases its economy on oil production in the Niger Delta region and along the coast. Nigeria is a leading member of the Organization of Petroleum Exporting Countries and has influenced the price of oil on the world market. Yet more than half of Nigeria’s population works in the agriculture sector engaged in subsistence farming.



"HORSEMEN"
WATERCOLOR
28 X 20

“ONE WORD CAN END A FIGHT;
ONE HUG CAN START A FRIENDSHIP;
ONE SMILE CAN BRING UNITY;
ONE PERSON”
CAN CHANGE YOUR ENTIRE LIFE!

— *Israelmore Ayivor*

PERU

PEOPLE: Inca tribes roamed the open lands for centuries, building temples to their gods in the mountainous town of Machu Picchu. Peru's modern population is half mestizo, a mixture of Amerindians and Inca Peruvians. Spanish is the dominant language, while Indians of the Andean highlands speak Quechua and Aymara. The population of nearly 30 million is mostly Roman Catholic.

FOOD: *Ceviche*, a raw fish dish, and *lomo saltado*, a stir-fry that combines marinated strips of beef with onions and tomatoes, are popular.

CULTURE: Peru sees more than 3,000 festivals a year tied to patron saints, pre-Colombian rituals, and even food — as with a gastronomic festival called *Mistura*. Crafts include delicate silver filigree and colorfully woven goods and knits made from alpaca wool. Dance and dress styles vary among groups of indigenous people. Modern dress often incorporates Inca-patterned cloaks and flat-topped leather hats. People for the last century have made pilgrimages to Machu Picchu to see the holy place of the Incas.

TERRAIN: Peru is the third-largest country in South America, covering approximately 496,000 square miles of diverse terrain along the Pacific Ocean. Parts of Peru touch upon Ecuador, Colombia, Brazil, Bolivia, and Chile. Its coast is arid, while rain forests cover most of the land east of the Andes Mountains. Peru is also home to the enigmatic Nazca Lines, ancient geoglyphs.

INCA TRIBES ROAMED THE OPEN LANDS FOR CENTURIES, BUILDING TEMPLES TO THEIR GODS
IN THE MOUNTAINOUS TOWN OF MACHU PICCHU.

ECONOMY: Peru has one of the leading fishing industries in the world and is also known for coffee plantations and growing fruit and vegetables. Peru exports gold, pharmaceuticals, and machinery.



"MACHU PICCHU"
WATERCOLOR
26 X 21

F. Sepulveda
Peru

POLAND

PEOPLE: About 97 percent of Poland's 39 million people are of Slavic ancestry. In this Roman Catholic country, located in Central Europe, traditional men's dress includes red peaked hats adorned with peacock feathers, along with linen shirts and breeches. Women wear embroidered shirts, corsets, gathered skirts, aprons, and jewelry.

FOOD: While rich in dishes such as herring salad, fish in aspic, and baked or fried fish, Polish cuisine is a European blend. People love traditional favorites including boiled potatoes, *kapusta* (cabbage), chilled beet soup, kielbasa, and poppy-seed cakes, all starting and ending with vodka, the national drink. *Paczki*, or doughnuts filled with custard, are especially popular before Lent.

CULTURE: Poland is the home of Frédéric Chopin, the celebrated Romantic-era composer. The Polish *pisanka*, a beautifully ornamented goose egg, began as a pagan tradition and was eventually absorbed into Christianity to become the Easter egg.

TERRAIN: The majority of Poland's 120,000 square miles is a vast plain. Poland is bordered by Germany to the west; the Czech Republic and Slovakia to the south, where the Carpathian Mountains form a natural border; Ukraine and Belarus to the east; and the Baltic Sea, Kaliningrad Oblast, and Lithuania to the north.

THE POLISH PISANKA, A BEAUTIFULLY ORNAMENTED GOOSE EGG, BEGAN AS A PAGAN TRADITION AND WAS EVENTUALLY ABSORBED INTO CHRISTIANITY TO BECOME THE EASTER EGG.

ECONOMY: Coal mines have been a traditional employer of thousands living in the regions of Upper and Lower Silesia. The nation produces in excess of 140 million tons of coal annually. Other industries include machine building, shipbuilding, food processing, and textile manufacturing.



"POLISH PRIDE"
WATERCOLOR
21 X 15



"LA LISBONNE"
WATERCOLOR
26 X 19

PORTUGAL

PEOPLE: The 11 million Portuguese people have a rich traditional folklore, or *ranchos folclóricos*. For traditional festivals, women wear long full skirts called *saia*, fashioned from a striped or checkered fabric and covered by a coordinating *aventail*, or apron. Multigenerational families often share the same homestead. The Roman Catholic faith dominates with a rising number of Jewish, Muslim, and Protestant people.

CULTURE: Portuguese people can trace their heritage back to the ancient cave paintings at Escoural and the Roman occupation of Conímbriga. Others look to the Moorish architecture in the southern towns of Olhão and Tavira. In the north, people find a land of ancient Celtic settlements, medieval castles, mountain fortifications, and imposing monuments. Among its most popular music is fado, a series of mournful tunes and lyrics about the sea and unrequited love.

AMONG ITS MOST POPULAR MUSIC IS FADO, A SERIES OF MOURNFUL TUNES AND LYRICS ABOUT THE **SEA AND UNREQUITED LOVE.**

FOOD: Portugal is known for its winemaking, particularly port and Madeira. Dried and salted cod, or *bacalbau*, is a staple of the Portuguese diet.

TERRAIN: Portugal covers about 34,000 square miles of the Iberian Peninsula, with Spain bordering on the north and east. About one-third of the Portuguese people live in or near Lisbon, the capital, and Porto, the second-largest city.

ECONOMY: During the 1400s-1500s, Portuguese explorers Fra Bartolommeo and Vasco da Gama sailed around the Cape of Good Hope to discover a sea route to Asia. These expeditions led to the establishment of a vast Portuguese empire including colonies in Africa, Asia, and South America. Decorative stones, marbles, deposits of coal, copper, and wolframite, an iron magnesium tungstate metal, are important trade resources. Textile manufacturing continues to grow.

RUSSIA

PEOPLE: Roughly 80 percent of Russia's 144 million people are of East Slavic ancestry and most are Orthodox Christians. Russian is the leading language, but more than 100 languages are spoken in this vast nation with nine time zones. With many of the coldest places in the world found in Russia, its clothing emphasizes warmth with fur hats, coats, capes, and boots. Traditional styles are handmade canvas and wool garments embroidered in Slavic patterns.

FOOD: Potatoes, bread, eggs, beef, and butter are prominent, as are fish, cabbage, milk, mushrooms, beets, honey, and onions. Russia's caviar is a delight around the world. Southern and eastern regions are influenced by the cuisine of the Middle East and Asia. Vodka is the favored beverage.

CULTURE: Russia is the home of colorful architecture and domed cathedrals, highly decorated folk costumes, and elaborate religious symbols. Beloved writers Leo Tolstoy, Boris Pasternak, Fyodor Dostoyevsky, and Aleksandr Solzhenitsyn share fame with such composers as Sergei Prokofiev and Sergei Rachmaninoff.

TERRAIN: Spread across 6.6 million square miles embracing Eastern Europe and northern Asia, Russia borders the nations of Lithuania, Poland, Norway, Finland, North Korea, Mongolia, and China, among others. Much of the country experiences long, cold winters and short, hot summers. In the northern areas, the climate is arctic, while the Black Sea coast is typically humid and subtropical. The Black Earth Belt, or *chernozem*, which runs from the Romanian border to southwestern Siberia, is one of the few areas that have fertile soil.

RUSSIA IS THE HOME OF COLORFUL ARCHITECTURE
AND DOMED CATHEDRALS, HIGHLY DECORATED FOLK
**COSTUMES, AND ELABORATE
RELIGIOUS SYMBOLS.**

ECONOMY: Oil, natural gas, and timber resources help sustain the Russian economy, followed by the production of automobiles, aircraft, and electronics.



"TROIKA"
WATERCOLOR
26 X 17



"THE LAND OF A
THOUSAND HILLS"
WATERCOLOR
30 X 22

J. Sepahban
Rwanda

RWANDA

PEOPLE: Rwanda is one of the most densely populated countries in Africa, with almost 12 million inhabitants. Some 84 percent — mainly farmers — are Hutu. Fifteen percent are Tutsi cattle raisers. A pygmy group in the forests, the Twa represent about 1 percent of the population. Some 57 percent of residents are Roman Catholic, with growing representations of Evangelical Christians and Muslims. Kinyarwanda is the common language, mixed with French and English; all three are official languages.

SOMETIMES CALLED 'THE LAND OF A THOUSAND HILLS,' RWANDA'S 10,000 SQUARE MILES CONTAIN **FIVE VOLCANOES, 23 LAKES, AND MANY RIVERS.**

FOOD: The major dish in Rwanda is *ugali*, porridge of maize meal or bananas served in a stew of beans or meat. Flatbread called *chapatti* is also common, and it's served with rice, potatoes, and goat kebabs.

CULTURE: Modern Rwandans may be seen in Western clothing bearing assorted slogans, along with colorful wrapped skirts. Men typically wear wrapped skirts for traditional dance festivals called *intore* and go bare-chested with beaded straps. Women wear a secondary cloth over one shoulder. Celebrations and festivals are often backed by drum orchestras, or a lone *inanga* — a zither-type instrument with up to eight strings. Rwandan culture is rich in retelling folk tales.

TERRAIN: Sometimes called “The Land of a Thousand Hills,” Rwanda’s 10,000 square miles contain five volcanoes, 23 lakes, and many rivers. The landscape is dominated by volcanoes in the north, and the beaches and the island of Lake Kivu to the west. Located in central and eastern Africa just south of the equator, Rwanda borders Uganda, Tanzania, Burundi, and the Congo.

ECONOMY: Nearly 90 percent of Rwanda’s population is rural and engaged in subsistence farming. The country has few natural resources and only minimal industry. Primary exports are coffee and tea.

SERBIA

PEOPLE: The boundaries continue to evolve in this country located at the intersection of central and southeast Europe. Made up of six republics, Serbia is home to 7.2 million people, most of them Orthodox Christians. Serbia was the birthplace of Constantine the Great, who as Roman emperor from 306-337 embraced Christianity. While Western dress is common, traditional outfits are popular at festivals. This would include the unisex *jelek* or waistcoat of wool or velvet embroidered with peonies. Women wear plaited or gathered skirts and men don trousers and headgear called *oglavja*.

FOOD: Favored Serbian dishes include beef prosciutto; a polenta made from flour, eggs, butter, and cheese; and delicacies containing dried plums. Breads, strudels, pastas, and processed meats are common. Eastern Serbia is famous for its dry shepherd's pie and smoked wild boar meat. Rakia, a plum brandy, is the national drink.

CULTURE: Serbia has about 100 art museums, 550 public libraries, and three opera houses. The Serbian folk music, or *Kolo*, includes bagpipes, flutes, horns, trumpets, lutes, and drums. Epic poetry is performed before audiences. The country boasts a high literacy rate.

TERRAIN: Serbia's 34,000-square-mile geography is mostly mountainous surrounded by dense forests. The northern region lies on the southern extremity of the Central Danubian Plain, while Serbian Highlands and Easter Serbian Mountains are south of the Sava River. Serbia is surrounded by the nations of Montenegro, Macedonia, Kosovo, Bosnia and Herzegovina, Croatia, and Slovenia. The capital and largest city is Belgrade.

THE SERBIAN FOLK MUSIC, OR *KOLO*, INCLUDES
**BAGPIPES, FLUTES, HORNS,
TRUMPETS, LUTES, AND DRUMS.**

ECONOMY: Serbia's upper-middle-income economy benefited by foreign investment in auto component manufacturing. It is one of the largest exporters of raspberries and plums, along with base metals, furniture, machinery, chemicals, and pharmaceuticals.



"SERBIAN"
WATERCOLOR
23 X 18



"SERENGETI"
WATERCOLOR
28 X 21

THE SERENGETI

PEOPLE: The semi-nomadic Maasai people live in southwest Kenya and northern Tanzania along the Great Rift Valley in fenced-in, loaf-shaped huts called *kraals*, arranged in circles along this seemingly endless plain. Abundant wild animals roam here, particularly gazelles, lions, and zebras. Men of the tribes construct fences woven with acacia thorns to protect the family cattle from animal attacks.

TRIBAL MEMBERS ARE CHARACTERIZED
BY RED AND BLUE CLOAKS, AND THEY PAINT
THEIR BODIES OCHRE.

FOOD: The Maasai have lived centuries on meat, milk, and blood from their cattle. Rich in protein and good for the immune system, blood is given to the very young and the very ill. Meager times and thin herds of cattle prompt people to eat a kind of maize meal called *ungu wa mahindi*, rice, potatoes, and cabbage, which is known to the Maasai as goat leaves.

CULTURE: The Maasai are a patriarchal society divided into strict cultural sections based upon age. Each section or generation includes males born within an approximate 15-year cycle, who advance through the cultural hierarchy as a group and train in warrior culture. Tribal members are characterized by red and blue cloaks, and they paint their bodies ochre. They are known for piercing and stretching their earlobes, then hanging beads, gems, and twigs from them.

TERRAIN: The semi-arid and arid lands of the Serengeti savannas cover more than 12,000 square miles of territory, ranging from vast plains to highlands. Neighbors include Rwanda, Burundi, Malawi, and Mozambique.

ECONOMY: The historic Maasai economy is centered on livestock such as goats and sheep, which can be traded for other livestock, milk, or cash. The tribal economy is becoming more dependent on tourism to Serengeti National Park and trade with other nations.

SPAIN

PEOPLE: Spain's 47 million people are primarily Roman Catholics who speak Spanish and a dialect called Castilian. Among traditional dress styles, women wear black, red, or white frilly dresses with many ruffles and place a rose behind their ears. Men wear wide-brimmed hats, black or red tuxedo shirts, classic pants, and boots.

FOOD: Oil and garlic accent fish caught fresh in abundant coastal regions. Among Spain's top dishes is *paella*, a rice dish cooked on an open wood fire that contains seafood, chicken, chorizo, or rabbit. Tomatoes, peppers, and potatoes are diet staples, along with garbanzo beans and many kinds of sausages. People drink thick hot chocolate or *sangria*, a wine mixed with fresh fruit.

CULTURE: Spain is the birthplace of artists such as Francisco de Goya, Pablo Picasso, Salvador Dali, and the great guitarist, Andrés Segovia. Spain has also emerged as a major player in modern cinema. The Spanish culture is as diverse and interesting as its people, who enjoy life with friends, art, and music.

TERRAIN: Spain's 195,000 square miles are characterized by high plateaus and mountains, the tallest being the Pyrenees on the north. Spain borders both the Atlantic Ocean and the Mediterranean Sea. It occupies 85 percent of the Iberian Peninsula in southwest Europe, with Portugal taking up the remaining terrain. Spain's capital is Madrid.

SPAIN IS THE BIRTHPLACE OF ARTISTS SUCH AS
**FRANCISCO DE GOYA,
PABLO PICASSO,
SALVADOR DALI,**
AND THE GREAT GUITARIST, ANDRÉS SEGOVIA.

ECONOMY: The Spanish economy includes petroleum processing, construction, renewable energy production, shipbuilding, and medical equipment manufacturing. Agriculture is still strong, as is export of food products and wine.



"FLAMENCO"
WATERCOLOR
28 X 20



"PARADISE"
WATERCOLOR
25 X 19

F. Sepahban
Tahiti

TAHITI

PEOPLE: Tahiti is often described as an island paradise with a year-round temperate climate. Festivals find people wearing grass skirts, beaded jewelry, hibiscus flowers in their hair, or flowered wraps called pareos. About 70 percent of Tahiti's 185,000 people are of Polynesian descent. Most speak Tahitian, or Tuamotu, but French is the official language. Almost half of the population worship as Evangelical Christians, followed by Roman Catholics. People wear white clothing and hats for services.

FESTIVALS FIND PEOPLE WEARING GRASS SKIRTS,
BEADED JEWELRY, HIBISCUS FLOWERS IN THEIR HAIR,
**OR FLOWERED WRAPS
CALLED PAREOS.**

FOOD: While French cuisine dominates Tahiti, tribal people still prepare pork, chicken, fish, and root vegetables in leaves that they steam by placing on hot stones and covering with soil. Coconut milk is popular, as is a mix of pineapple, passion fruit, orange juice, vanilla, and cane spirit.

CULTURE: The word tattoo is based on Tahitian stories of the god Tohu, who is said to have painted all the ocean fish in brilliant colors and patterns. Tahitians are also famous for their skills in weaving, and woodworking for sculptures, cooking utensils, and drums. Teams of people race between islands in outrigger canoes on festival days.

TERRAIN: Composed of about 400 square miles in French Polynesia, Tahiti is the largest island of the Windward group. It's home to two ancient volcanic cones, Tahiti Nui and Tahiti Iti. Most of the land beyond the coastal beaches and plains is jagged and mountainous. The island is 33 miles long and fringed by coral reefs and lagoons in the south. Tahiti's capital is Papeete.

ECONOMY: Tahiti exports vanilla, fruits, flowers, fish, copra oil, and pearls. Tourism is one of its leading industries. France is Tahiti's prime trade partner.



"L'INDOCHINE"
WATERCOLOR
26 X 20

THAILAND

PEOPLE: For centuries, smooth, colorful silks have been sewn into suits for men and batik sarongs for women in Thailand. On special occasions, many people don layers of traditional clothing, such as ankle-length skirts and pants embroidered with gold threads. Dancers wear giant gold and jeweled headpieces. Almost half of the population migrated from China before the 10th century. Nearly all are Buddhist.

ORIGINALLY CALLED SIAM, THAILAND IS THE ONLY

NATION IN SOUTHEAST ASIA THAT HAS
NEVER BEEN RULED BY A WESTERN POWER.

FOOD: Thai people eat fish, rice, and vegetables, mixing salty, sweet, sour, and spicy flavors. Meals are social occasions for family and friends, finished with chai tea, a black tea flavored with milk and Indian spices favored by ancient emperors. The host often cooks several dishes for guests. Popular belief holds that eating alone is bad luck, and throwing food out enrages *Mae Pho sop*, the goddess of rice, who might curse the villages with famine.

CULTURE: Originally called Siam, Thailand is the only nation in Southeast Asia that has never been ruled by a western power. Thailand's art, dance, music, elaborate costumes, and masks link to Buddhist celebrations.

TERRAIN: Thailand is on the Indochina peninsula of Southeast Asia. Its 198,000 square miles feature every type of terrain, from sandy beaches and fertile river valleys to the soaring Himalayas, boasting some of the highest peaks on the planet. Its water masses include the Andaman Sea and the Gulf of Thailand. The country borders Laos, Burma, Malaysia, and Cambodia. The capital is Bangkok.

ECONOMY: Traditionally, Thailand traded rice, opium, and teakwood. Today, rice and fish still constitute Thailand's leading exports, along with steel, electronics, textiles, and automobiles made in urbanized regions.

TIBET

PEOPLE: High in the Himalayas, a hardy stock of 3.3 million people of East and Central Asiatic origin exist with subsistence agriculture and a firm belief in Buddhism and the Dalai Lama. The official language of Tibet is Mandarin Chinese. Most of the people wear traditional clothing, including dark-colored wrap dresses, colorfully woven cloaks tied with a band, great high boots fastened with wool garters, and thick wooden beads around their necks.

FOOD: Yak meat and mutton, milk, and high-protein foods are dominant in this harsh climate. Tibetans do not eat horse, dog, donkey, or fish. *Tsampa* dough, made with roasted barley flour and *ghee*, a clarified butter, is eaten at every meal. Meat is eaten raw, or boiled with ginger, salt, and spices. Dairy products such as cheese, yogurt, and milk curd are common.

CULTURE: The deeply religious people are known for Thangka paintings, sand mandalas, and chanting. Arranged marriages are common. The remoteness of the country has played a role in preserving its unique clothing and rituals.

TERRAIN: Bordering China, India, and Bhutan, Tibet is one of the highest inhabited areas on the planet. It's home to Mount Everest, the tallest peak in the world, while the Himalayas frame the country's southern border. In fact, the majority of Tibet's 474,000 square miles soar above 15,000 feet. The Plateau of Tibet is cold, dry, and practically devoid of vegetation, while its Yarlung Valley has a mild, humid climate. Tibet's capital is Lhasa.

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ECONOMY: The Tibetan economy is primarily built around livestock. Nomadic herders raise yaks, goats, sheep, horses, and mules for food, clothing, and transport. All of Tibet's crops come from its limited farmlands. The Plateau of Tibet produces borax, salt, and potash.



"THE TIBETAN"
WATERCOLOR
28 X 20

TURKEY

PEOPLE: Situated at the crossroads of east and west, Turkey is home to 80 million people. Of those, 99 percent are Muslim and follow a modern, yet modest, lifestyle. Turkish is the official language of this nation that has been shaped by the Roman, Byzantine, and Ottoman empires. Traditional garb often includes a silk wrap for men and women, hand-woven with complex patterns that reflect each region. The outfit includes a print skirt for women, baggy trousers for men, and a wide belt. Women often wear a headscarf.

FOOD: Bread is the mainstay of every Turkish meal, with many varieties including *balik ekmek* (grilled or fried fish inside *pide*, a Turkish flatbread) or meat-filled dumplings called *manti*. Rice pilaf originated in Turkey, as did kebabs, the world-favorite grilled pieces of skewered beef or lamb. Turkish tea, a flavorful black chai brew, is popular all over the world.

CULTURE: Turkish baths have been popular for more than 250 years. The Ottomans introduced the steamy baths, which were followed by a massage and tea bar, during the 400 years they ruled here. Turkish culture is as old as Noah. According to the Bible, the ark set down on Mount Ararat, the highest peak in Turkey. In one part of the nation, the Sufi mystics are known for their whirling dervish dances.

TERRAIN: Turkey's 4,000-mile coastline touches the Mediterranean, Aegean, Marmara, and Black seas, the natural boundary between Europe and Asia. Its 300,000 square miles consist of a high central plateau called Anatolia, a narrow coastal plain, and several mountain ranges. Istanbul is its largest city, while Ankara is the capital. Turkey borders eight countries: Bulgaria, Greece, Georgia, Armenia, Iran, Azerbaijan, Iraq, and Syria.

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ECONOMY: Turkey builds automobiles, electronics, and oil tankers. It ranks among the largest producers of tea, spices, and other agricultural products.



"EPHESUS"
WATERCOLOR
25 X 19

UNITED KINGDOM

PEOPLE: One of the most enduring and emulated cultures in the world is that of the United Kingdom, recognized for everything from the music of The Beatles to the plays of William Shakespeare and to the melodies of Scotland's bagpipers. The U.K. has a population of 63 million among its four nations — England, Northern Ireland, Scotland, and Wales — and 17 territories. Most citizens practice varying forms of Christianity, though there is an emerging mix of Islam and Hindu. The Anglican Church holds a special constitutional stature in England.

FOOD: Toad-in-the-hole, a dish made of roasted sausages; Yorkshire bread pudding served with gravy; and fish and chips are popular foods. Tea is not only a drink, but also an afternoon ritual in England. The Scots are famous for haggis, a savory pudding made with sheep's pluck, and *neeps and tatties*, a combination of sausage, mashed potatoes, and turnips. The Irish like soda bread and salmon.

CULTURE: Medieval costumes come out for folk festivals and special events, including long capes, tight corsets, leggings, and knickers. Today's Buckingham Palace guards still wear tall fur hats and fancy red uniforms. Wales and Northern Ireland sport their tweeds, and the Scots have kilts. The rich legacy includes the poetry of Robert Burns, prose of Geoffrey Chaucer, and beloved tales of Arthur Conan Doyle.

TERRAIN: England is primarily fields and meadows. Northern Ireland and Wales are more mountainous, with the Welsh countryside and that of northern and western Scotland being the most rugged. Coastlines throughout the U.K. shift from steep cliffs to sandy beaches, dotted with fishing villages.

THE FINANCIAL SERVICES INDUSTRY IS PARTICULARLY IMPORTANT, AS LONDON IS THE **WORLD'S LARGEST FINANCIAL CENTER,** ALONGSIDE NEW YORK.

ECONOMY: The United Kingdom is one of the largest economies in Europe. The financial services industry is particularly important, as London is the world's largest financial center, alongside New York. The U.K. exports automobiles, petroleum, textiles, Scotch whiskey, and a host of other diverse products.



"POLO"
WATERCOLOR
26 X 19



"OPRAH"
WATERCOLOR
25 X 20

UNITED STATES

PEOPLE: The United States of America is home to 316 million people representing virtually every country, tribe, and ethnicity in the world. English is the primary language. More than 75 percent of Americans identify themselves as Christians.

THE UNITED STATES OF AMERICA IS HOME TO 316 MILLION PEOPLE REPRESENTING VIRTUALLY EVERY **COUNTRY, TRIBE, AND ETHNICITY IN THE WORLD.**

FOOD: Hamburgers, hot dogs, macaroni and cheese, and pizza are among the most popular fast foods, while home-cooked favorites include fried chicken, spaghetti, and pot roast. Wine and beer are produced and consumed in many regions, while refrigerated milk is still a popular beverage.

CULTURE: The wild, untamed West remains one of the most iconic of American cultures, with wide-brimmed hats, fringed leather jackets, blue jeans, and tooled leather boots worn by men and women at rodeos, country music festivals, and costume parties. Cultural heroes include inventor Benjamin Franklin, authors Mark Twain and Toni Morrison, and talk show host extraordinaire, Oprah Winfrey.

TERRAIN: With 3.7 million square miles of land and water, the United States is the third-largest country in the world. It stretches from the Atlantic to the Pacific Ocean. The eastern third of the country has hills and low mountains. The central states are in the Great Plains region, and the West features rugged mountain ranges. Native American tribal lands are mainly in the central and western parts of the country, with some tribes in almost every state in the union. The U.S. borders Canada to the north and Mexico to the south.

ECONOMY: The United States is one of the most influential nations in the world as the largest importer and a leading exporter of goods and services. Its fastest-growing cities are in the western and southern regions. The U.S. is one of the leading producers of energy and automobiles. Retail businesses are the second-largest industry and U.S. fast food companies have expanded around the world.



"COWGIRL"
WATERCOLOR
27 X 20



"NAVAJO"
OIL ON CANVAS
30 X 24

F. Sepahban
1.2001
Navajo



"THE CHIEF"
WATERCOLOR
28 X 22

“ WE ARE CAUGHT IN AN INESCAPABLE
NETWORK OF MUTUALITY
TIED IN A SINGLE GARMENT OF DESTINY.
WHATEVER AFFECTS ONE DIRECTLY,
AFFECTS ALL INDIRECTLY.”

— *Martin Luther King Jr.*



"ARTIST'S DAUGHTER"
WATERCOLOR
27 X 19.5



"THE ARTIST"
WATERCOLOR
28 X 22

“ YOU MAY SAY I’M A DREAMER
BUT I’M NOT THE ONLY ONE
I HOPE SOMEDAY YOU’LL JOIN US AND THE
WORLD WILL BE AS ONE.”

— *John Lennon*