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September 1-15, 2020 E-mail: bajatimes@yahoo.com WWW.BAJATIMES.COM

LOCAL & WORLD NEWS

U.S Left Iran Nuclear Deal But Wants Sanctions Restored.U.N. Says No.

The president of the U.N. Security Council on Tuesday rejected the Trump administration's demand to restore all U.N. sanctions on Iran, a move that drew an angry rebuke from the U.S. ambassador who accused opponents of supporting "terrorists."

Indonesia's ambassador to the U.N., Dian Triansyah Djani, whose country currently holds the rotating council presidency, made the announcement in response to requests from Russia and China to disclose the results of his polling of the views of all countries on the 15-member council.

U.S. Secretary of State Mike Pompeo insisted last Thursday that the United States has the legal right to "snap back" U.N. sanctions, even though President Donald Trump pulled out of the 2015 nuclear deal between Iran and six major powers that was endorsed by the U.N. Security Council.

All the council members, except the Dominican Republic, had informed the council president that the U.S. administration's action was illegal because Trump withdrew in 2018 from the Joint Comprehensive Plan of Action, or JCPOA.

Council president Djani told members at the end of a virtual meeting on the Mideast on Tuesday: "Having contacted the members and received letters from many member countries it is clear to me that there is one member which has a particular position on the issues, while there are significant numbers of members who have contesting views."

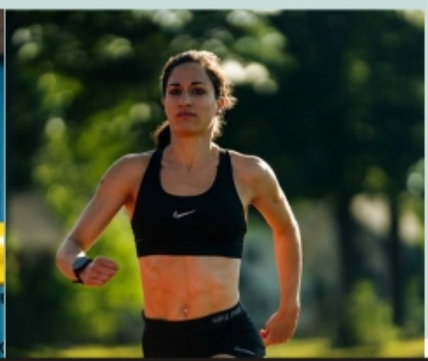
"In my view there is no consensus in the council," Djani said. "Thus, the president is not in the position to take further action."

That means the U.N.'s most powerful body, at least during Indonesia's presidency, is not going to take up the U.S. demand. Niger takes over the council presidency in September, and its ambassador also sent a letter calling the U.S. action illegal. So it is likely to ignore the U.S. demand as well.

See page 07...

After She Escaped Her Strict Religious Community, There Was No Turning Back

Written By David Alm



Young Connie Schlesinger and her sister grew up in Brooklyn, N.Y. as observant Hasidic Jews (L). Connie's love of running (C) has led her to become one of our country's finest distance runners (R) .

See page 02

A Classic Revisited: Before Air-Conditioning

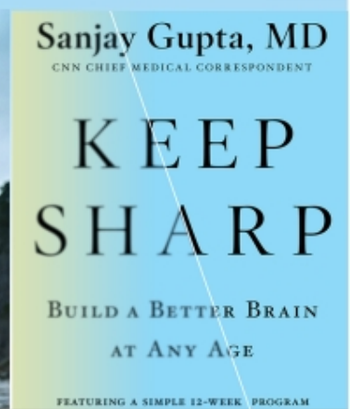
Written by Arthur Miller for The New Yorker

In the 1920's, city dwelling Americans used city supplied water (and its frozen counterpart) to cool themselves off (L). Fire hydrants (C)... and hoses hooked up to them (R)... were what citizens used back then to do what chlorinated pools do today.

See page 03

A Prescription for Brain Health *Part 1*

Written by by Sanjay Gupta



Dr. Sanjay Gupta is one of America's superstar scientists and medical mavens (L). His writings shed a new light on many of the problems plaguing our society. Science (R) is the answer, not the hypocrisy being spread by those without knowledge and scientific background.

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From Front Page...

After She Escaped Her Strict Religious Community, There Was No Turning Back

It's race day, and it's freezing. Connie doesn't have gloves or a hat. She wears black yoga pants and a cotton sweatshirt. On her feet are a pair of bulky five-year-old white Nikes she bought at a Foot Locker. The crowd around her buzzes with strange talk of Garmins, and racing flats, and PRs, whatever those are.

At the gun, her friend says: "Just run. Just follow the people."

It's 2013, and Connie is 24. When her friend suggested a few weeks prior that she register for the Valentine's Day 5K in Brooklyn's Prospect Park, she'd asked: "What's a 5K?"

"It's just a loop of the park," he said.

How should she prepare, Connie wanted to know. "Just run on the treadmill," he said. She figured, How hard could it be?

But now she's following the people, a big, swarming crowd of people. And when they get to a hill, the people keep going and Connie stops. I can't do it, she thinks.

Running outside, let alone among hundreds of other runners on a frigid Saturday morning, is new to Connie. For years, she had to hide her workouts from her husband and family. The hill before her is steep, but not nearly as steep as the one she has already climbed just to reach the starting line.

Sundays were school days when Connie was growing up. Only a few hours most Sundays, except for the first Sunday in November each year, when the New York City Marathon ran up Bedford Avenue, straight through the heart of South Williamsburg. That was a full day.

She would see only the marathon's aftermath: an avenue strewn with paper cups, empty gel packets, and police barricades, the mysterious remnants of one of the largest road races in the world. Marathoners were crazy people, she was told. They were going to break their legs, or faint, or die the moment they crossed the finish line. But most important, they were not part of the community.

Ultra-Orthodox Runner Wins Tiberias Marathon

Connie Allen, née Schlesinger, was raised Satmar, an ultra-Orthodox sect of Hasidic Judaism that originated in Hungary in the early 20th century but really took root in post–World War II New York. After the Holocaust, thousands of Orthodox Jews fled Europe and established tightly knit communities throughout Brooklyn, including in South Williamsburg. Connie's mother, Devorah, was born in Israel; her father, Lipa, in Brooklyn. His parents, Holocaust survivors from Hungary, had their first child on the boat from Europe to New York. They were also cousins.

For that first wave of Jewish émigrés, post-war Brooklyn represented a new start, but it was hardly a happy one. "Even in this land of safety and abundance, the pain of the Holocaust wasn't very far from the surface," writes Warren Kozak in his book The Rabbi of 84th Street. "One could hear it in discussions and see it on the faces of those who survived." They seemed to be "stuck in a dark void," a state of constant mourning. "Even the warm glow [of Shabbos candles] could not fill the horrible vacuum."

South Williamsburg measures less than one square mile, but it's grown into one of the largest Hasidic enclaves in the world: Some estimates suggest that it's home to as many as 73,000 Hasidim of various sects. Most are Satmar, who reject modern life and maintain the customs and dress of their Hungarian ancestors. Insular and culturally conservative, the Satmar believe that through strict piety and by refusing to assimilate, they can guard against another attempt at annihilation.

This insularity is reinforced by geography, with sharp lines separating South Williamsburg from its neighbors: Williamsburg proper to the north, where boutiques, bars, and luxury condominiums line the East River waterfront; and Bedford-Stuyvesant to the south, a historically Black neighborhood defined by 19th-century brownstones, Baptist churches, and vacant lots turned into community gardens.

Connie knew nothing of either world as a child, nor of any other worlds beyond South Williamsburg, where she was born in 1988. She knew only what she caught glimpses of; her imagination did the rest. From her third-floor apartment on Lee Avenue and Heyward Street, she would sit at the window staring out—"especially on the weekends," she says, "because there'd be less Jewish people out on the street."

Whenever she saw a non-Hasidic person walk by, her eyes would be glued on them. "I'd just try to understand what life was out there, because the life I was living was so miserable and so depressing."

It's spring 2002, and Connie is 13. She's small, with big brown eyes. Her silken hair falls straight against her back in a single tight braid. Her traditional black housedress extends almost to her ankles and covers her arms and neck; underneath she wears thick beige tights. Only her face and hands are exposed. Every article of her clothing has been handed down from her older cousins and sisters. She feels invisible.

Connie's Satmar school is closed to girls for three weeks over spring break so they can help their mothers with Passover cleaning. They empty the cupboards, scour every surface that food has touched, and scrub the walls to rid their homes of any trace of bread products. In Connie's home, they even clean the ceilings. The ritual commemorates the exodus of enslaved Israelites from Egypt, when, according to the Bible, they were liberated by Moses so abruptly that their bread had no time to rise and they were left with only unleavened bread for their journey across the desert. Today the weeklong holiday is observed without leavened grain products, a tradition that honors their exile and hardship.

76 Gasoline Stations Begin Baja Operations

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75 is an U.S.-based company that has been serving international customers since 1932 and currently operates more than 1800 stations in North America. It has entered the Mexican market with a differentiated product, focused on accentuating innovation in the energy supplier market and generating sources of employment in the area located south-of-the-U.S. border.

From Front Page...

A Classic Revisited: Before Air-Conditioning

The city in summer floated in a daze that moved otherwise sensible people to repeat endlessly the brainless greeting "Hot enough for ya? Ha-ha!"

Exactly what year it was I can no longer recall—probably 1927 or '28—there was an extraordinarily hot September, which hung on even after school had started and we were back from our Rockaway Beach bungalow. Every window in New York was open, and on the streets vendors manning little carts chopped ice and sprinkled colored sugar over mounds of it for a couple of pennies. We kids would jump onto the back steps of the slow-moving, horse-drawn ice wagons and steal a chip or two; the ice smelled vaguely of manure but cooled palm and tongue.

People on West 110th Street, where I lived, were a little too bourgeois to sit out on their fire escapes, but around the corner on 111th and farther uptown mattresses were put out as night fell, and whole families lay on those iron balconies in their underwear.

Even through the nights, the pall of heat never broke. With a couple of other kids, I would go across 110th to the Park and walk among the hundreds of people, singles and families, who slept on the grass, next to their big alarm clocks, which set up a mild cacophony of the seconds passing, one clock's ticks syncopating with another's. Babies cried in the darkness, men's deep voices murmured, and a woman let out an occasional high laugh beside the lake. I can recall only white people spread out on the grass; Harlem began above 116th Street then.

Later on, in the Depression thirties, the summers seemed even hotter. Out West, it was the time of the red sun and the dust storms, when whole desiccated farms blew away and sent the Okies, whom Steinbeck immortalized, out on their desperate treks toward the Pacific. My father had a small coat factory on Thirty-ninth Street then, with about a dozen men working sewing machines. Just to watch them handling thick woolen winter coats in that heat was, for me, a torture. The cutters were on piecework, paid by the number of seams they finished, so their lunch break was short—fifteen or twenty minutes. They brought their own food: bunches of radishes, a tomato perhaps, cucumbers, and a jar of thick sour cream, which went into a bowl they kept under the machines. A small loaf of pumpernickel also materialized, which they tore apart and used as a spoon to scoop up the cream and vegetables.

The men sweated a lot in those lofts, and I remember one worker who had a peculiar way of dripping. He was a tiny fellow, who disdained scissors, and, at the end of a seam, always bit off the thread instead of cutting it, so that inch-long strands stuck to his lower lip, and by the end of the day he had a multicolored beard His sweat poured onto those thread ends and dripped down onto the cloth, which he was constantly blotting with a rag.

Given the heat, people smelled, of course, but some smelled a lot worse than others. One cutter in my father's shop was a horse in this respect, and my father, who normally had no sense of smell—no one understood why—claimed that he could smell this man and would address him only from a distance. In order to make as much money as possible, this fellow would start work at half past five in the morning and continue until midnight. He owned Bronx apartment houses and land in Florida and Jersey, and seemed half mad with greed. He had a powerful physique, a very straight spine, a tangle of hair, and a black shadow on his cheeks. He snorted like a horse as he pushed the cutting machine, following his patterns through some eighteen layers of winter-coat material. One late afternoon, he blinked his eyes hard against the burning sweat as he held

Continued next page...

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From Front Page...

Prescription for Brain Health *Part 1*

One evening several years ago, a 93-year-old man was brought into the emergency room where I was on call. When my chief resident told me about the patient, who was in serious neurological decline, his advanced age concerned me. I thought he would be too old to undergo an operation.

A little while later, the CT scan showed a significant brain bleed that explained his symptoms, and I went to the man's family, fully expecting them to tell me not to pursue an aggressive, risky operation.

I encountered a spry woman, his wife of 70 years. She was 94 and in perfect health; she took no medicines and had driven her great-grandkids to school earlier that day. She told me that her husband, my patient, was an avid runner and worked part-time as an accountant. His 63-year-old son called him "a whiz with numbers." The man's brain bleed occurred after he fell from his roof while blowing leaves. These nonagenarians were healthier than most of my patients — of any age.

I took the man to the operating room for a craniotomy. I drilled into his skull and used a sawlike device to remove a flap of bone. I removed the blood pool and coagulated small remaining bleeders. All that was left to do was to close the dura mater, reposition the bone flap and suture the skin.

Before I proceeded, though, I took a few moments to inspect his brain. What I saw surprised me. Given how sharp he was, how active and cognitively intact, I expected to see a large brain pulsating robustly and appearing healthy. But this looked like a 93-year-old brain. It was more shriveled, sunken with deep wrinkles indicative of his age.

7 Brain Health Myths

1. Myth: We use 10 percent of our brain.

Fact: Evolutionarily, it would make no sense to carry around surplus brain tissue. And let's apply other logic here: If the 10 percent idea were true, it would make brain damage a lot less worrisome. Medical scans show that much of the brain is engaged during even simple tasks, and injury to small sections of the brain called eloquent areas can have profound consequences for language, movement, emotion or sensory perception.

2. Myth: Older people are doomed to forget things.

Fact: Yes, some cognitive skills do decline as you age, especially if you don't employ strategies to pay closer attention and help you remember. But though you may have been quicker at picking up a new language or memorizing a list of random words when you were a youngster, you're more likely to be superior with vocabulary and a good judge of character when you're an older adult. You would score higher on tests of social communication and diplomacy, such as how to settle an argument or deal with a conflict. The other good news about aging is that, over time, we tend to improve at controlling our emotions, weathering stress and finding meaning in our lives.

3. Myth: Age inhibits learning.

Fact: Learning can happen at any age, particularly when you get involved in stimulating activities, like meeting new people or trying new hobbies. Yes, mastering some skills, such as a new computer program, may take an older person longer, but that doesn't mean you can't achieve it. Even people diagnosed with cognitive decline can continue to learn things.

4. Myth: Male and female brains differ in ways that dictate learning abilities and intelligence.

Fact: Differences do exist in the brains of men and women, though not necessarily to the extent that one is better "equipped" than the other. Scientists continue to study the brain to understand and learn more about any important differences between the brains of men and women — research is still emerging in the field of neuroscience. Another way to think about it more broadly: Each of us may be wired in our own unique way, though with a healthy brain we all have the capacity to learn, remember and make sense of the complex world around us.

5. Myth: A crossword puzzle a day can keep the brain doctor away.

Fact: Crossword puzzles flex parts of your brain related to word-finding ability, though they're not a cure-all. While they might help you excel at that skill, it's important to challenge your brain in a variety of ways.

6. Myth: You are dominated by your right or left brain.

Fact: Many people express and receive language more in the left hemisphere and experience their spatial abilities and emotional expression more in the right. But brain-scanning technology has revealed that the brain's two hemispheres often work together in complex processing.

7. Myth: You have only five senses.

Fact: You know the basic senses: sight, smell, taste, touch and hearing. But other senses are processed in the brain: proprioception (where your body parts are and what they're doing), nociception (feeling pain), thermoception (sensing temperature), chronoception (sensing the passage of time) and interoception (internal needs, such as hunger and thirst).

Now, if this sounds disheartening to you, it should not. In fact, it should sound just the opposite.

There is a truism in medicine: Always treat the patient, not the test results. If someone had described his brain to me before the operation, I probably would have been even less inclined to operate. But this was a reminder that it didn't matter what his brain looked like — it mattered how it performed. The brain, perhaps more so than any other organ in the body, may reliably grow stronger in some ways throughout life and become more robust than in years past.

I won't forget that experience. There seemed to be a total disconnect between the brain I was staring at and the man whose skull it inhabited. I was eager to see how he'd wake up from the operation and what his recovery might be like. Did I make the right decision? Had I prolonged his life or hastened his death?

To Be Continued...

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From Page 03...

A Classic Revisited: Before Air Conditioning

down the material with his left hand and pressed the vertical, razor-sharp reciprocating blade with his right. The blade sliced through his index finger at the second joint. Angrily refusing to go to the hospital, he ran tap water over the stump, wrapped his hand in a towel, and went right on cutting, snorting, and stinking. When the blood began to show through the towel's bunched layers, my father pulled the plug on the machine and ordered him to the hospital. But he was back at work the next morning, and worked right through the day and into the evening, as usual, piling up his apartment houses.

There were still elevated trains then, along Second, Third, Sixth, and Ninth Avenues, and many of the cars were wooden, with windows that opened. Broadway had open trolleys with no side walls, in which you at least caught the breeze, hot though it was, so that desperate people, unable to endure their apartments, would simply pay a nickel and ride around aimlessly for a couple of hours to cool off. As for Coney Island on weekends, block after block of beach was so jammed with people that it was barely possible to find a space to sit or to put down your book or your hot dog.

My first direct contact with an air-conditioner came only in the sixties, when I was living in the Chelsea Hotel. The so-called management sent up a machine on casters which rather aimlessly cooled and sometimes heated the air, relying, as it did, on pitchers of water that one had to pour into it. On the initial filling, it would spray water all over the room, so one had to face it toward the bathroom rather than the bed.

A South African gentleman once told me that New York in August was hotter than any place he knew in Africa, yet people here dressed for a northern city. He had wanted to wear shorts but feared that he would be arrested for indecent exposure.

High heat created irrational solutions: linen suits that collapsed into deep wrinkles when one bent an arm or a knee, and men's straw hats as stiff as matzohs, which, like some kind of hard yellow flower, bloomed annually all over the city on a certain sacred date—June 1st or so. Those hats dug deep pink creases around men's foreheads, and the wrinkled suits, which were supposedly cooler, had to be pulled down and up and sidewise to make room for the body within.

The city in summer floated in a daze that moved otherwise sensible people to repeat endlessly the brainless greeting "Hot enough for ya? Ha-ha!" It was like the final joke before the meltdown of the world into a pool of sweat. ♦

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Sweat Science: How Emotional Intelligence Boosts Your Endurance

New research finds that those who can identify and regulate their emotions keep pushing when the going gets tough

Written by Alex Hutchinson

In tests of endurance, some people push harder than others. These aren't necessarily the people who collapse at the finish, who may simply have sprinted harder in the final straightaway. (Or have a flair for the dramatic.) During the long, lonely middle miles of a race, you make a thousand microdecisions about whether to press on or ease up. These decisions are mostly invisible to everyone else, but collectively they are the difference between a good race and a bad one.

We often talk about this ability to push with vague generalities—toughness, grit, focus, and so on—but we don't have any reliable way of quantifying the differences between those who push more and those who quit sooner. So I was interested to see a recent paper from three psychologists in Italy, led by Enrico Rubaltelli of the University of Padova, exploring the links between emotional intelligence and half-marathon performance. In a nutshell, those who were better at recognizing and regulating their emotions ran faster races.

The study involved 237 runners at a half-marathon in Verona who filled out a questionnaire called the Trait Emotional Intelligence Short Form the day before the race, which involves agreeing or disagreeing with statements like "Expressing my emotions with words is not a problem for me" or "I often pause and think about my feelings." Their scores on this test turned out to be the strongest predictor of their race time the next day—even stronger than prior race experience or typical weekly training mileage. Pause for a moment to let that sink in.

Before going any further, I should acknowledge that there is already plenty of hype—and controversy—about the concept of emotional intelligence. Ever since Daniel Goleman published a book of that name in 1995 (with the subtitle "Why It Can Matter More Than IQ"), emotional intelligence has been a popular buzzword in management and education circles. It's pretty clear, from what I can tell, that people who test highly on emotional intelligence tend to be successful in many walks of life. What's less clear is if testing someone's emotional intelligence tells you something new about their prospects that you wouldn't get from testing more traditional things like their IQ and "Big Five" personality traits (openness to experience, conscientiousness, extraversion, agreeableness, neuroticism).

This isn't a controversy I can settle here. There are now various competing ways of defining emotional intelligence, as either a skill or a trait (which is the approach used here). But leaving aside the question of whether emotional intelligence is a new concept or a new name for old concepts, it's fascinating either way that a simple questionnaire could make such powerful predictions about half-marathon performance.

Of course, the links between personality and race performance are more complicated than what happens in the race itself. The researchers used a multi-factor model to explore how various contributors like training, previous race experience, and goal setting interact with emotional intelligence to influence race performance. When all these factors

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From Page 05...

Sweat Science: How Emotional Intelligence Boosts Your Endurance

were combined, higher emotional intelligence was still directly correlated with better race time, presumably because you're better at managing the inevitable negative mid-race emotions without slowing down. But there were some indirect links, too: those with higher emotional intelligence tended to be more optimistic and confident in their abilities, so they set higher pre-race goals (which led to better times) but also tended to do less training in the months leading up to the race (which led to worse times). It was a bit of a double-edged sword, in other words.

When I exchanged emails with Enrico Rubaltelli, the lead author, he mentioned that they've already followed up with a series of further experiments on emotional intelligence and endurance. They replicated the initial results in another half-marathon, and also tried it in a marathon (where training had a much bigger impact on finish time) and a 3,200-meter time trial on the track (where half the participants weren't told the length of the race in advance, to test their response to uncertainty).

Even more intriguingly, they've started testing a mental training protocol to improve emotional intelligence. Previous research has shown that this is possible. The protocol that Rubaltelli and his colleagues are using involves sessions on mindfulness (there's that buzzword again), breathing techniques, goals, and motivation. So far they've tested it on soccer players and shooting athletes, with positive results on their ability to maintain focus in a computer task called the Stroop test; the researchers are now hoping to test it on runners.

I should say very clearly here that I take some of these results with a very big grain of salt. Emotional intelligence is a better predictor of half-marathon time than training?! That may be true in this particular sample of runners, who trained on average 3.4 times per week for a total of 24.4 miles (though I'll certainly look forward to seeing it replicated). But I'm pretty confident it's not true at the Olympics, or even at any reasonable high-school competition.

Still, even if it only ends up making a very minor contribution in more serious and better-trained athletes, that would be very interesting. It would reinforce the idea that your limits in any endurance test aren't simply a mathematical product of your heart rate, lactate levels, and so on. Instead, it's how you choose to respond to all these signals that matters. And better yet, if you can improve your emotional intelligence, this might be the first endurance training intervention that also improves your performance as a spouse or parent, rather than the other way around. Here's hoping.

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The Foods You Should Be Eating at Every Age

Getting older doesn't have to keep you from setting new Personal Best

Written by Carly Graf

As you age, it's natural to feel a slowdown, but it doesn't have to be extreme, says Leslie Bonci, a registered dietitian and the owner of Pittsburgh-based Active Eating Advice. "Older bodies tend to lose muscle mass and store more body fat, usually in the belly or waist," she says. "Vitamin and mineral needs also change—for example, your body becomes less efficient at producing B12, a vitamin often tied to increasing endurance—which can have an especially profound impact on athletic performance if you don't adjust your nutritional intake accordingly."

Although a lifelong balanced diet is the best way to stay healthy, there are a few small tweaks and additions you can make as you age to support long-term performance.

20s and 30s

Your body is still burning through fuel at a rapid pace. Although your days of eating cupcakes for lunch with impunity may be behind you, your caloric needs haven't decreased. You need plenty of protein and fat to support your athletic pursuits, Bonci says. Just be sure to focus on high-quality calories, and cut down on simple sugars and processed foods. Especially in your early twenties, it's crucial to get enough iron—found in red meat, beans, and dairy—which attaches to the hemoglobin in your red blood cells to carry oxygen throughout the body, thereby improving your endurance. This is especially important if you have a period, since you lose iron with your monthly flow.

40s

You may notice increased belly fat in your forties, Bonci says. High-fiber, whole-grain carb sources like oats, brown rice, and skin-on potatoes take longer to digest, which keeps your metabolism revved and helps prevent body fat. You'll also begin to lose muscle and bone mass, says Mary Ellen Canmire, professor of food science and human nutrition at the University of Maine. Add more lean or plant-based protein and ingredients loaded with vitamin D and calcium, including small amounts of full-fat dairy. It's also important to load up on anti-inflammatory ingredients like leafy greens, berries, and olive oil. They speed up athletic recovery, which gets harder as you get older.

50s

In your fifties, according to Bonci, 50 percent of every meal should consist of fruits or veggies to keep you satiated, 25 percent should be lean protein to stave off the rapid muscle decline that comes around this time, and the remaining 25 percent should be a combination of healthy fats to support an aging heart and whole grains to provide an immediate energy source. A healthy plate at any age, this ratio is particularly important now because your appetite and caloric needs have started to decrease significantly, so every bite (or sip) counts, she adds.

Appetite decreases because certain hormones trigger the brain to tell you you're full, even when you aren't, while your basic caloric needs also decrease since your body's operating at a slower, lower level. If you're starting to go through menopause, you can pay less attention to iron intake, Canmire says. Everyone can focus instead on limiting foods that don't support cardiovascular health—like red meat and alcohol—and adding in omega-3s for your heart, found in plant-based sources like nuts and beans and in fatty fish like tuna, salmon, and sardines.

60s and Up

While sneaky sugars are something to avoid in excess for your entire life, they're harder for your body to process after age 60, thanks to a significantly slower metabolism, Bonci says. Look for them in everything from store-bought almond milk to juice. Sexagenerians should also also eat more protein. "The classic recommended daily allowance for protein intake—about seven grams per 20 pounds of body weight in a sedentary person—may not be enough to help older adults maintain muscle mass," Canmire says. Choose heart-healthy protein sources like cottage cheese, yogurt, fatty fish, poultry, and whole eggs. If you're still training, guzzle fluids and eat juicy foods like watermelon or tomatoes, because the body struggles to distribute water and balance electrolyte levels with age.

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LOCAL & WORLD NEWS

The U.S. mission to the U.N. later issued a statement saying the U.S. "is on firm legal ground to initiate the restoration of sanctions" under the Security Council resolution that endorsed the 2015 nuclear deal.

"The fact that some council members expressed disagreement with our legal position in an informal VTC (virtual meeting) does not have any legal effect," the mission said.

Pompeo came to the United Nations after the Security Council resoundingly rejected a U.S. resolution to indefinitely extend the U.N. arms embargo on Iran, which is set to expire on Oct. 18, with only the Dominican Republic supporting the United States.

U.S. Ambassador Kelly Craft on Tuesday repeated Pompeo's message: "The United States will never allow the world's largest state sponsor of terrorism to freely buy and sell planes, tanks, missiles, and other kinds of conventional weapons … (or) to have a nuclear weapon."

Craft accused the council of lacking "courage and moral clarity," and accused Iran of defying the arms embargo and "fomenting conflict and murder throughout the world as it supplies weapons to proxy militias and terrorist groups."

"The Trump administration has no fear in standing in limited company in this matter in light of the unmistakable truth in guiding our actions," she said. "I only regret that the other members of this council have lost their way and now find themselves standing in the company of terrorists."

Interestingly enough, the U.S. has not voiced an official position on its support of the USSR's support of the Iranian nuclear deal!

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