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Today

Monthly Newspaper

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Maata Jaagran at Hindu Temple of Arizona **11**



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Bollywood Extravaganza **23**



Preity Zinta loves to debate **32**



Holi Celebrations All Over the Valley

By Deepa Walia, March, 2012

Holi, a spring festival celebrated all over India, is also known as the Festival of Colors. Many organizations filled the landscape of Arizona with vibrant colors in observance of this fun-filled festival. It is celebrated by people throwing scented powder and colorful water on each other and on the eve of the festival, bonfires are lit in memory of the miraculous escape that young Prahlad accomplished when Demoness Holika, sister of Hiranyakashyipu, carried him into the fire. While Holika burned in the fire, Prahlad escaped without any injuries because of his unshakable devotion to God Vishnu.



For holi celebrations held at Ekta Mandir of Arizona, see **Page 6**.

For holi celebrations held at ISKCON, see **Page 6**.

For holi celebrations by India Association of Phoenix, see **page 8**.

14th Annual India Festival

By Deepa Walia
March 24, 2012

The 14th Annual India Festival was celebrated by the Indo-American Cultural and Religious Foundation (IACRF) of Arizona in a unique and memorable way. Being Indo-Americans, it is important for us to represent both the countries and cultures that make us who we are and have given us the opportunities to be successful. India Festival celebrates the rich cultural make-up of India by showcasing its various colors and regions every year. However, this year was special because it also marked our wonderful state's 100th birthday. IACRF committee designated a special Centennial Board led by Mr. Jagdish Sagar to incor-



porate this milestone into the of the festival incorporated yearly festival. a 30 minute tribute to Arizo-

The cultural segment

• Continued on P3

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14th Annual India Festival

na commemorating its 100th birthday. This included a video presentation that showcased Arizona's major accomplishments and major contributions made by Indo-Americans to this great state. Other highlights included songs composed especially in honor of the occasion by members of the community, a sun dance to celebrate the beautiful climate of Arizona which also happens to be Arizona's five prominent C's. The segment also included the sensational Ms. Nisha Kataria, with training from the King of Pop Late Michael Jackson himself, who sang happy birthday to our great state as Councilman Valenzuela cut the grand centennial cake created by Mr. Kamlesh Patel.

The festival attracted District 5 Councilman Daniel Valenzuela who inaugurated the Festival by lighting the lamp and joined the celebrations all day, participating in the cake cutting. Enjoying beautiful weather, attendees of over 5,000 flocked to the food stalls outdoors – rich with décor and vibrant colors that took one back to India, as well as enjoying all that the indoor festivities had to offer. From henna tattoos to hand-made paintings to jewelry and clothes, there was something for everyone. The main stage that led an impressive cultural program showcased a variety of items such as traditional and Bollywood dances, music, yoga demonstrations, and the huge hit Regional Styles of India fashion show portraying the different attire of India. The stage also incorporated the Centennial theme with posters that showcased Arizona's rich beauty, wished it happy birthday, and showcased the five C's of Arizona – Cotton, Copper, Climate, Cattle, and Citrus.

The food booths did a spectacular job incorporating the centennial theme in their décor as they waded in attendees to try the mouth-watering delicacies from different regions of India including Gujurat, Karnatka, Rajasthan, Andhra Pradesh, Kerala, Bengal, Maharashtra, and many other regions. There was also a competition for the food booths based on best dxeccor, customer service, food, and presentation.

The winners were Gujurati Cultural Association coming in first, with Rajasthan Association following close behind in second place. The event attracted the Food Network covering for a segment titled Eden Eats Phoenix that will air shortly.

Congratulations to IACRF, the India Festival Committee, and the Centennial Them Board for a spectacular job and giving Indo-American families in Arizona an opportunity to enjoy its fine weather in an event that truly had something for everyone. We look forward to many such events by IACRF in the coming months.





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Actions Speak Louder than Words...

I am sure you have all heard the age-old saying that actions speak louder than words. An individual can make promises and commitments or comment on ideals and ethics one should uphold in day to day life, but those words mean nothing if you don't see that same person living by his or her words. If someone says one thing and their actions dictate something else, they will always be defined by their actions more than words. If you hear someone say that they believe dishonesty is wrong but you catch them in the act of lies and dishonest behavior, they will always be defined more by that behavior than what they may have said.

As much as I agree with the logic in that way of thinking, keeping the equation to just those two factors isn't enough. I agree actions speak louder than words, but intention behind those actions speaks much louder than the mere actions alone. Take the example of an individual you see devoted to honorable organizations such as charity or spending all of their spare time at temples or churches, devoting themselves to religion or God. At first sight, this person may seem like an honorable, God-fearing individual that believes in righteousness. However, if you don't know the reasons or intention behind this behavior, you are still missing part of the picture. Was this person naturally this way from childhood because there is a divine light hovering over that existence? Did this person commit a grave sin, whether intentionally or accidentally, that they have not been able to forgive themselves for and are actually there for repentance? Or is this person wanting to portray themselves as righteous and religious and has learned that actions such as this will portray



Editor's NOTE

him in the light he wants to be portrayed in? Without spending time analyzing the intention behind that behavior, you cannot come to the conclusion whether this person is good or bad, righteous or unrighteous, etc. The very opposite can happen as well. Maybe you see someone acting in a way that is unacceptable socially or in our society and you judge that person to bad or wrong. As we have all heard at one time or another, a lie that saves the lives of many may not be considered wrong – granted it adds more

good than bad to the world.

Often times, people enter our lives and we judge them by their actions – we take their actions and match them up against society's rules and draw a conclusion that categorizes them as either good or bad. Based on that categorization, we determine what kind of a relationship to have with that person. It is important to categorize people and know who can and cannot be trusted, who adds positive or negative value in our lives. However, that categorization should be based on more than action alone.

Take the time to start understanding the intentions behind people's actions and you will get a much better understanding of who they are as an individual and reduce your chances of not giving someone a chance that deserved it or giving someone a chance that did not. A diamond in the rough does not glitter but is invaluable and, often times, you will find that all that glitters is not gold. Actions may speak louder than words, but intention speaks far louder than actions.

- Deepa Kaur Walia
Editor, Asia Today
editor@asiatodayaz.com

Our culture is our biggest strength and our biggest weakness. The culture we as Indians know is very strong; we are a very proud of our heritage, our beliefs. Yet we still are attached to not only the good but the bad as well. We have segmented people based where they are what they do, and how they live. A culture and a group of beliefs so strong that it teaches to respect the world, respect the spiritual mind, body and soul. Every being has a life, asoul and a reason for being here. We still stick to our old hatreds. Instead of judging people on who they are, we judge them based on what they are, and where they are from. Do they speak the same tongue? Do they follow the same guidelines that you believe? More and more I've seen us judge on the what, rather than the WHO. What, only lasts for so long, but Who, lasts for the rest of your life. What a person does, What a person wears, What a person can be seen as, can all change. To often we try to pretend or fit the role or even worse make others fit a role, because of what we believe to be true. Never looking at who the person is, just what they are. Our traditions go back longer

then we have been alive, longer then most people even alive today. We live in the now but never think of the future, is what we believe still going to be passed down from generation to generation? Our ultimate wish, our desire is that what we know is passed down to our kids and they pass it down to their kids. The world is changing all around us, what our culture was and even traditions have changed since even when my parents were kids. WHO a person is will last through generations, WHAT a person is will only last until the end of their lifetime.

Karma is kind of a funny thing. Throughout my life if one thing I have seen come true more often then any deity being seen in some piece food, somewhere in the world. It's Karma. It has perfect timing, most people never see it coming, and it can happen any place any time. Karma is a freakin ninja to the 5 bajillionth power. We live in this world for ourselves, lets face it no one can argue it. The level of degrees that someonelives for himself



Publisher's NOTE

or herself can change but we overall we live in this world for us. It's just when you cross that line, where this ninja known as karma comes into play. Every try to make someone look bad? Did you succeed? Did It backfire on you down the road? Probably. If you said no, then you probably are lying to yourself. Shitty

things happen, but when you go out of your way to make sure shitty things happen for others. Karma will be waiting, and there's no stopping it.

I hope everyone had a happy holi, this past month. There were a lot of celebrations around the valley I counted 5+ events for holi. A lot of good shows came into town and the ever-popular India festival had a cardinals football super star show up to the event! Great job everyone, and lets keep this up! Each month we have more and more events to cover! It's nice to see our newspaper have content that is just Arizona!

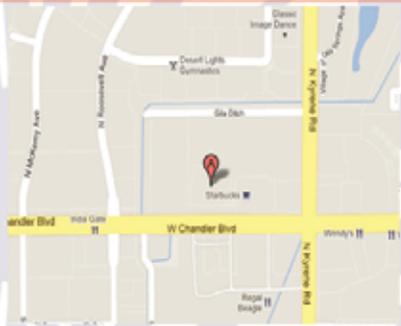
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Maata Jagran

Friday April 13, 2012
7:00 pm-9:00 pm

Hanuman Puja

Every Tuesday
7:00 pm-9:00 pm

Venkateswara Puja

Every Saturday
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Satyanarayan Puja 7:00 pm-8:30 pm

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HOLI CELEBRATIONS AT HARE KRISHNA TEMPLE

Hare Krishna Temple celebrated the festival of Holi on March 4th 2012 following the Gaura Purnima festival. Young and old had a wonderful time playing with colors. A bonfire was lit also. Unlike previous years when dry colors were used, this year we had also used colored water to celebrate holi. Jalebis were distributed.

A Hindu festival, Holi has various legends associated with it. The foremost is the legend of demon King Hiranyakashyap who demanded everybody in his kingdom to worship him but his pious son, Prahlad became a devotee of Lord Vishnu. Hiranyakashyap wanted his son to be killed. He asked his sister Holika to enter a blazing fire with Prahlad in her lap as Holika had a boon which made he immune to fire. Story goes that Prahlad was saved by lord himself for his extreme devotion and evil minded Holika was burnt to ashes, for her boon worked only when she entered the fire alone.

The festival, therefore, celebrates the victory of good over evil and also the triumph of devotion to god.

Legend of Lord Krishna is also associated with play with colors as the Lord started the tradition of play with colors by applying color on his beloved Radha and other gopis. Gradually, the play gained popularity with the people and became a tradition.



Holi at Ekta Mandir of Arizona

By Deepa Walia
March 8, 2012

As always, Ekta Mandir of Arizona celebrated Holi in traditional style on the day of the festival. From the traditional prayers to the ritualistic bonfire at the end of the night, they kept with their promise to celebrate and honor all festivals on the day they fall whether week-day or weekend in the traditional styles celebrated in India, bringing a touch of home to residents of this foreign land. Enjoy the pictures from this memorable evening.



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Sunday April 22, 1:00PM to 5:00PM

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Ram Navami

Sunday, April 1, 2012

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Contact: Bajarang Agrawal 602-825-7035 Munnu Bajpai 602-938-4757
Check Ekta Vision or www.EktaMandir.org

Hanuman Jayanti

Friday, April 6, 4:00 PM onwards

Satyanarayan Puja & Katha 5:00 to 6:00 PM
Hanuman Abhishek w/ Sindoor, 108 Hanunman Chalisa Recitation & Puja
Contact: Bajarang Agrawal 602-825-7035 Munnu Bajpai 602-938-4757
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Friday, May 4th 2012
Program Starts: 5:30pm
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Holi by India Association

By Deepa Walia
March 11, 2012

As always, India Association of Phoenix celebrated Holi at South Mountain Park in a grand manner. Attracting thousands of attendees, the designated area was covered by people dressed in the traditional white. Those that started out pure and white were covered in a variety of beautiful colors, provided by the Association, as can be seen in the pictures. Admission to the event included a food coupon to the delicious food by Delhi Palace, a local favorite since 1986, in Tempe on Rural and University and a packet of color. Additional vendors sold traditional Holi favorites such as Kulfi and Thandai. It was a beautiful day that attracted a large crowd and was a good time for all that attended. Congratulations to the association and the board for another successful event.



ISAA Indian Seniors Association of Arizona

It was "Love Express" last November that had people laughing. Today on March 6th 2012, it was "Mere BaapPahleAap" that had the audience roaring with laughter. Ice -cream was served while the movie was going on. No one complained that the lunch got delayed as everyone just wanted to see what "Baap" did at the end. All were happy with his decision. Ice cream was provided by Umesh and Lata Parikh on Lataben's birthday. Luncheon was sponsored by Joe Soloman to celebrate his birthday. Many happy returns to both Lataben and Josephbhai on their birthday.

On March 13, 2012 it was a beautiful and sunny day -just right for the picnic, and we had just that at the Rio vista Park in Peoria. Along with our regular members many a new visitors decided to join the group. So we welcome them to the ISAA. We also had a little reporter from Rancho Hillcrest School as it was a day off for him. According to his report- seniors came slowly, made food, had talk, ate and left. Well, but the seniors had a good time chatting, socializing, taking a walk, playing cards, listening to music etc. Any way thanks to little Deev Patel- Jitubhai and Pannaben's grandson for his reporting. Tea was served with chutney and bhajias- plenty of them. Delicious lunch containing rice, punjabidaal, chaas, and spicy pickle was enjoyed by over fifty five attendees. Sweet prasad was served by Pushpaji. Thanks to Kiranji, Sewakbhai for sponsoring the picnic and making it a great success with their dedication and hard work...Thanks to all friends who helped in various ways.

The organizers of EkalVidyalay musical concert on Friday March 09, 2012 thanked the ISAA group for its help in publicity and sales of tickets. It was a worthy project. Best wishes to the EkalVidyalay.

March 20, 2012, it was a day of relaxation and socializing. Although it seemed there were quite a few tables where card playing was the king.





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By Deepa Walia
March 17, 2012

Hindu Temple of Arizona attracted a large crowd at its first ever North Indian style Maata ka Jaagran. Bringing in a group from Northern California, led by Satnam Satti, the event truly was a glimpse into the devotion found at temples all over North India. Satnam Satti, who had his calling towards this devotional career at a very early age, has been doing this for decades at the Hindu Temple of Sunnyvale and has also released two CDs with a glimpse into his devotional music. The Grand Sponsors for the event included Badwal Family, Saini Family, Asia Today, Asian Affairs, Flavors of India, Desi Jam Productions, Mithu Kalsi, Mahua Adhya, Dr Kamaljit Sachdeva, Bharat Bazaar, New India Bazaar, and Aashian Travel. Congratulations to the sponsors, Board and Management of Hindu Temple of Arizona, and all volunteers and contributors for a spectacular event.

Maata Jaagran at Hindu Temple of Arizona



Phoenix Temple of Self-Realization Fellowship Open House

By Deepa Walia
March 24, 2012

The Phoenix Temple of Self-Realization Fellowship held an open house on March 24, 2012 to give attendees a glimpse into the temple and the techniques and way of life it preaches and teaches. Based on ParamahansaYogananda's Kirya Yoga teachings, this spiritual (not religious) temple teaches ways to live a healthier, stress free life that gets one closer to whatever their religious beliefs may be.

The open house ranged in activities from yoga to kirtan to meditation techniques to videos showcasing the many whose lives this way of living has enhanced and impacted. All attendees received an informational folder with invaluable teachings of ParamahansaYogananda, as well as tips to decrease stress and improve their lifestyle in today's hectic, stressful world. It was a great opportunity for current devotees to spend a beautiful Saturday outdoors at the beautiful premises of the temple, as well as new attendees to get a small glimpse into the world that the Phoenix Temple of Self-Realization offers.





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Tour of Arizona's Tombstone and Bisbee Towns and Kartchner Caverns

By Bhagubhai Patel and Ramaben Patel, Phoenix, Arizona, USA

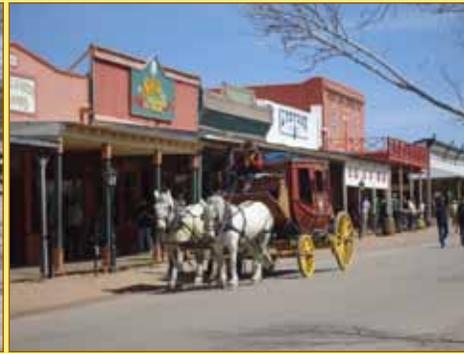
The Indo-American Senior Group had a memorable tour of Arizona's old historical places on March 17 and 18th 2012. Three jumbo vans, packed with 40 seniors, took off early morning of Saturday March 17th, 2012. The excitement of a unique adventure away from Phoenix for two days, site seeing the country areas and being together was very much apparent.

The tour was arranged by the Senior Group of Indo-American Cultural and Religious Foundation of Arizona. We passed through the town of Tucson on our way to Tombstone, which is 180 Miles, from Phoenix. It takes about three hours driving, but the distance and time seemed to fly past quite quickly with all the social interaction, jokes, music and a variety of snack packets popping out from everyone's bag! The highway is scenic with tall mountains and buttes all around, passing by Mount Lemon (9,000 feet elevation) in Tucson. Southeast of Tucson one starts entering the open spaces and wilderness areas of Arizona. Throughout the past 140 years the town of Tombstone has survived two major fires, the loss of the mining industry, and countless violent encounters. From boomtown to bust this little city earned its nickname, "The Town Too Tough To Die".

While approaching Tombstone one starts feeling late 1800's environment. Tombstone is representative of old "Wild Wild West" era of USA, with a wide main street lined with year 1880 style ancient homes and businesses and one gets to enjoy the "casual fashion show" of people wearing garments of that era strolling in the street including horse buggies/carriages. Of course visitors notice cowboys and town marshal with six shooters hanging on both sides of his waist. The infamous 30-second gunfight that took place on October 26, 1881, at the rear entrance to the O.K. Corral forever immortalized Wyatt Earp, "Doc" Holiday and Tombstone city itself. It elevated both to a mythical status in the annals of the American West, and has become a folk tale and subject of two movies, titled "Tombstone" and "Wyatt Earp". Boothill Graveyard, last resting site of the OK Corral dead, became the most famous graveyard of the West with inscriptions like "Here lies George Johnson, Hanged by Mistake 1882, He was Right We was Wrong, But We Strung Him Up, And Now He's Gone" or "Here lies Lester Moore, Four Slugs from A44, No Less No More"! There are western shows depicting the shoot out. Of course, no western town will be complete without the Saloon, but no brothel nowadays! We had time enough for a quick lunch or snack from local eateries or "Dabba" items like poori, thepala, etc.



1. Boothill Grave Yard, Tombstone, AZ



2. Main Street, Tombstone, AZ



3. Bisbee Hospitality

There were no McDonalds, Burger King, or Subway here!!

After spending some relaxing time eating lunch, shopping, and taking pictures, we all left Tombstone for Bisbee. Ninety miles southeast of Tucson, nestled amongst the Mule Mountains, is the picturesque Bisbee - county seat of historic Cochise County. Once known as "the Queen of the Copper Camps", this Old West mining camp proved to be one of the richest mineral sites in the world, producing nearly three million ounces of gold and more than eight billion pounds of copper, not to mention the silver, lead and zinc that came from these rich Mule Mountains. By the early 1900s, the Bisbee community, with a population of over 20,000 people was the largest city between St. Louis and San Francisco. A fire in 1908 ravaged most of Bisbee's commercial district along Main Street, leaving nothing but a pile of ashes, but the residents of Bisbee quickly began reconstruction and by 1910, most of the district had been rebuilt and remains completely intact today. The small town's legacy has long been preserved not only in its architecture and mining landscape, but is world-renowned for its diverse minerals and wealth of copper. when the large scale mining operations became unprofitable in the mid 1970's and as mining employees left to go elsewhere, many artistic free spirits found Bisbee an ideal, attractive, and inexpensive location to settle and pursue their artistic endeavors.

While roaming thru the town one cannot miss a quaint and nostalgic feeling of being in a European city. The Strip mining remnants are visible outside the town and mining tours going up to 1800 feet below ground operations are available. Due to time constraints we were

not able to take the Mine tour. An Indian family invited us for afternoon tea: sisters Smita and Nita, daughters of J.D. (Late) Patel and mother Induben Patel who has two motels in Bisbee. It turned out to be 'high tea' with Masala, freshly made Pakoras, Samosas, and Mathia, and finally topped off with Ice Cream! For most of our group members, an afternoon hot Tea is a familiar 'energy booster' and this stopover made the day for them. In addition to all those warm snacks, everyone received a real taste of true, loving "atithee satkaar" (Indian hospitality). Of course, when Indians meet they can always find family or "Gam" connection and some members were already busy with finding mutual acquaintances with Smita and Induben's family, who are originally from Dharmaj Gam in Gujarat; but they were born and raised in Nairobi, Kenya.

We took some group photos and as we prepared to leave, another surprise was showered on us! Every one of us was totally dumbfounded with awe when we received a gift bag full of some neat goodies! We did extend our sincere thanks to Induben and Family for treating us like family members.

Our night halt was at Sierra Vista - hometown of Fort Huachuca, a military base. Our Phoenix friend Annad Rameshbhai Patel had kindly offered us complementary accommodation in his Hampton Inn - a superb facility with very attentive and caring staff. Our dinner was arranged at a local restaurant - La Casita - in a banquet room. We enjoyed tasty Mexican cuisine meal of Cheese or Chicken enchilada, Veggie Cassidillas, and a casserole of Roasted Pepper, eggs and cheese. Every Mexican dinner has to have Mexican rice, chips and hot and mild Salsa. Our evening was filled

with leisurely activities - chit chats, playing cards, etc. Most of us were tired and had a long day, so bed call was early.

On Sunday March 18th, we had a breakfast at the hotel breakfast bar with hot items and for many our own stuff! Our plan of the day was travel to Kartchner Caverns (25 miles away) and views the Mother Nature's multi colored sculpture below the ground. In November 1974, Gary Teen and Randy Tufts were exploring the limestone hills for underground caves at the eastern base of the Whetstone Mountains and stumbled upon these caves. They cared about their find so much that they worked hard for years in secret while they convinced land owners and state of Arizona to establish a state park and a tourist center for public's enjoyment of this awesome beauty. Kartchner Caverns in Benson, AZ, was opened for tourism in 1999 after a careful development protocol that was designed to maintain predevelopment conditions. There are two caverns - Rotunda Room and Big Room which are connected by a mud river. The caverns are forming since 200,000 years ago and are "Wet" meaning the formations are still in process of developing. This is only one of the known ten "Wet" caverns in the world which is open to visitors, fee \$23.75 for each room. Arizona State has spared no efforts or funds to develop this area as a world class facility and operates so efficiently that the visitors feel they are in Disneyland. Since the caverns location is out on the dessert, the park has an excellent café called "Bat Café" which sells Sandwiches, Pizza, Mexican food items, baked goods and beverages. Even though the weather was rainy, cold and windy, the breathtaking, mind boggling beauty of natural forces at work was more powerful in making this once in a lifetime opportunity most memorable and enjoyable.

All the group members were happy that they had this type of opportunity and that too at a puny cost of \$100 per person because of volunteer rental van drivers, complementary motel rooms and meals. They expressed their gratitude to the organizers and van drivers Rameshbahi T. Patel, Kishor Vyas and Bhagubhai Patel with relief drivers Munnu Bajpai and Lalit Patel.



1. Town Marshall and Posse, Tombstone 2. Senior Group at Smita Patel's Motel in Bisbee, AZ





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GURDWARA MONTHLY
 A Monthly digest of Gurdwara Programs and Events

APRIL 2012 Programs & Events
 19 Chet, 543 – 17 Vaisakh, 544 Nanakshahi Era (NE)

April 6 (Fri.) – Amrit Sanchar, 5:00AM – 7:00AM
 Come Join Guruji's Khalsa – Please talk to Ragis for details.
Pooranmashi / Evening Kirtan Diwan, 7:00PM – 8:30PM.

April 13 - 15 (Fri. – Sun.) – Vaisakhi Celebration
 Akhand Path: April 13 – 15.
See separate flier for Vaisakhi Celebration program

April 14, Vaisakh 1 (Sat.) –
Sangrand & Monthly Sehj Path
 Sehj Path Bhog 9:00 AM.
 Sehj Path Arambh for the new month at 9:30 AM.

April 15 (Sun.) – Homeless Dinner Seva.
 Phoenix Rescue Mission,
 1801 S. 35th Ave, at 3:30 PM. (Call 602 741 8021)



Thus the Khalsa came to Life

April 20 (Fri.) – Multiple Anniversaries:
 Parkash Siri Guru Angad Dev Ji (1504) & Siri Guru Teg Bhadar Sahib Ji (1621) (Actual Day: April 18)
 Gurguddi Siri Guru Amardas Ji & Siri Guru Teg Bhadar Sahib Ji (Actual Day: April 18)
 Joti Jot Siri Guru Angad Dev Ji & Siri Guru Harkrishan Ji (Actual Day: April 16)

April 22 (Sun.) – Birthday Bhagat Dhanna Ji
 Hemkunt Foundation Speech Competition for Nishkam Seva Gurdwara Sahib CENTER – 10:00AM

April 28 (Sat.) – Hemkunt Foundation Speech Competition
 Final Zonal competition – 10:00AM

Regular Programs:
 Main Kirtan Diwans on Fridays (7 PM – 9 PM) and Sundays (10 AM – 1 PM).
 Morning Banis: 5:30 AM – 6:30 AM followed by ASA-DI-VAAR to 8:30 AM.
 Evening Banis: 7:00 PM – 8:00 PM.
 Sukhmani Sahib every Wednesday: 10:30AM - 11:30AM
 Please check Gurdwara notice board for latest details of all Programs and Events

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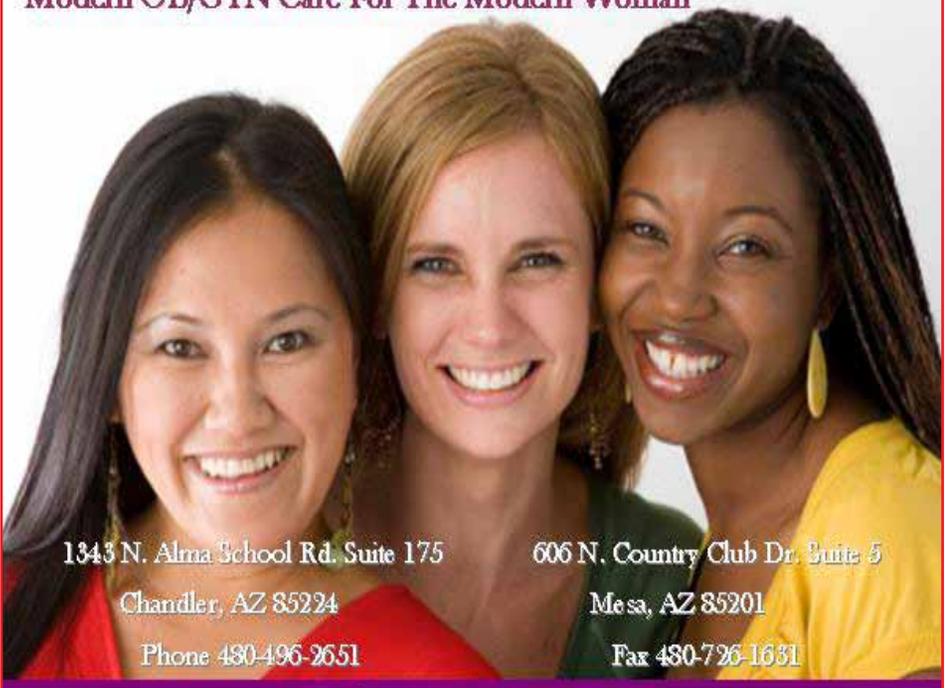
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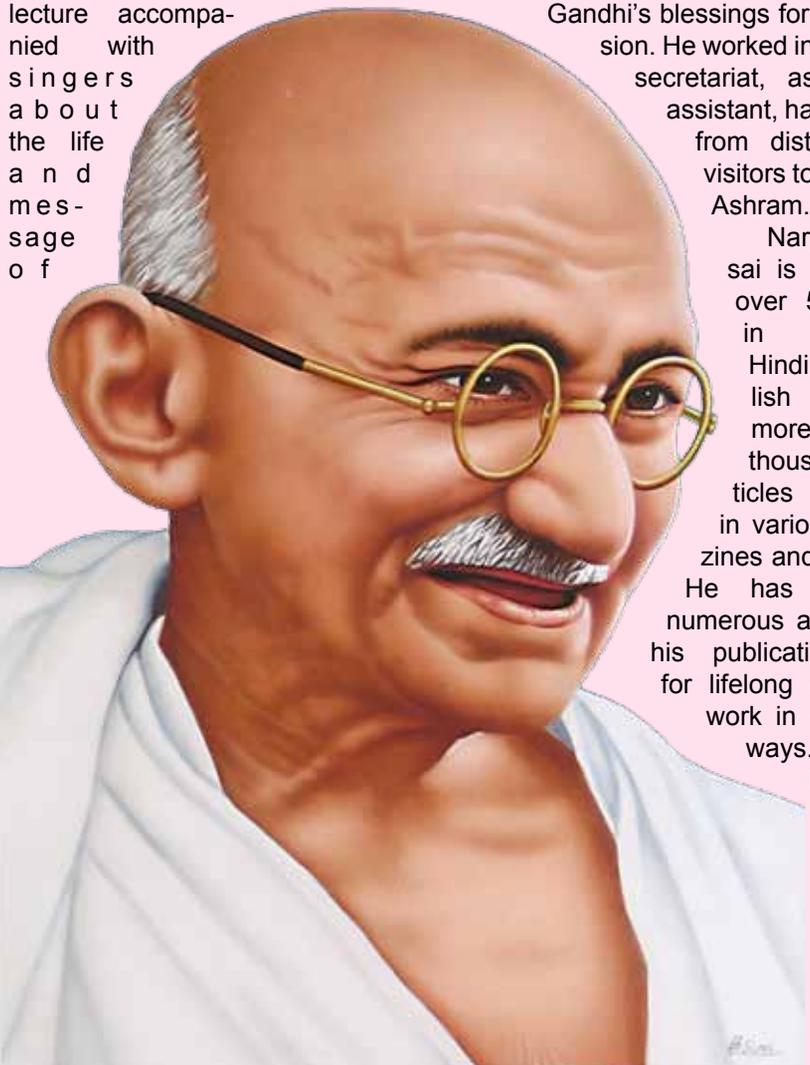
Gandhi Katha

A Celebration of Gandhian Wisdom of Truth and Nonviolence: with 88 years old Narayan Desai, who has spent great deal of time with Mahatma Gandhi.

It is with great pleasure Indo-American Cultural and Religious Foundation announce that Narayan Desai has accepted our invitation to come to Phoenix and deliver GANDHI KATHA for three days April 20, 21 and 22, 2012. We will be celebrating Gandhian Wisdom of Truth and Nonviolence from this 88 year old Gandhian, who has spent great deal of time with Mahatma Gandhi. He is the son of Late Mahadevbhai Desai the personal secretary and biographer of Gandhi's life (Mahadevbhai Ni Diary), who fulfilled his father's dream of completing the definitive biography of Gandhi (four volumes), which won the Murtidevi Award. The Katha is based on these four volumes on Gandhi: Maru Jeevan eej Mari Vani.

Kathas have been an age old communication form in India. Narayan Desai has completely revolutionized this ancient art form by making it contemporary and relevant to modern times. Instead of the subject being Rama or Krishna or some mythological hero, he has chosen Mahatma Gandhi. As a result he has made Gandhi come alive especially for the young thousands who flock to these Kathas. He has done close to 100 such events all over India and in UK, USA, and Mexico in the past 8 years.

Narayan Desai will give a three day long, very unique lecture accompanied with singers about the life and message of



Gandhi ("Gandhi Katha"). The Phoenix Katha will be in English, and ensuring interest and participation from a broad segment of the community. Past experience indicates that, younger generation (in US, UK, Mexico and of course India) seems to be most attracted to the ideas presented by Narayan and be inspired by them. There are three lectures planned, 7:00PM to 10:00PM on Friday April 20th; 1:00PM to 5:00PM on Saturday April 21st; and 1:00PM to 5:00PM on Sunday April 22nd, 2012. The venue for all lectures is Bharatiya Ekta Temple located at 2804 W. Maryland Avenue, Phoenix, AZ 85017.

Narayan Desai was closely associated with Mahatma Gandhi during first twenty years of his life. Narayan had no formal education as he decided not to attend any formal school at the age of 12 with his father's and Gandhi's blessings for this decision. He worked in Gandhi's secretariat, as father's assistant, had lessons from distinguished visitors to Gandhi's Ashram.

Narayan Desai is author of over 50 books in Gujarati, Hindi and English besides more than a thousand articles published in various magazines and journals. He has received numerous awards for his publications and for lifelong dedicated work in Gandhian ways. His hobbies are spinning of cotton yarn and is also interested in Weaving, Writ-

ing, directing and acting in Plays and shadow plays. He has composed many songs and loves to sing.

Narayan actively participated in the "Quit India" movement, his commitment to the cause of freedom doubled after father's demise in the prison. After Gandhi's release from his last incarceration he asked Narayan to join him. Narayan worked with Gandhi till 1946, when he decided to work as a teacher in a Gandhian School. For six years Narayan taught in a tribal village in Gujarat.

Narayan knew and respected Vinoba Bhave long before he became famous as a 'Walking Saint'. Narayan joined Vinoba's "Bhoodan Movement" in 1952. Narayan had to walk almost alone in Gujarat, as he was among the pioneers of the Bhoodan Movement in the state. The 3000 acres of good arable land that Narayan collected from land donations were distributed among landless laborers, a vast majority of whom were Harijans and Adivasis.

In 1960 Narayan was instructed by Vinoba Bhave to go and work at Varanasi, which was then the Head Quarter of the Sarv Seva Sangh. Narayan trained peace volunteers at Varanasi. For over two decades, peace became Narayan's sole mission. He recruited Shanti Sainiks, organized their training and actively participated in the country. Narayan played a crucial role in helping quell riots in Ahmedabad, Baroda, Bhivandi and Surat. He narrowly escaped death when intervening between a stone-throwing crowd and firing policemen. During the agitation for demolition of Babri Masjid, while fasting and praying for peace in Ayodhya earlier he was beaten up by a bunch of hooligans.

The Shanti Sena under Narayan's command, worked among 800,000 refugees in 23 camps of Bangladesh refugees. Narayan organized a Vishva Vivek Jagran Padayatra of refugees from Bangladesh to create a suitable atmosphere for the recognition of Bangladesh as an independent country. The march ended successfully after walking from the Bangladesh



border to Kanpur, when the country was finally recognized by India.

In March 1995, Narayan was invited as an experienced expert by the Non-violence International at Washington DC for a consultation on peace teams working unarmed in situations of international conflict. Narayan was invited to speak on non-violence, peace and Gandhi in a number of countries in Asia, Europe and America. When in 1981, Peace Brigades International was launched at the Gladstone Island in Canada; Narayan was unanimously elected as one of its five directors. In 1989, Narayan was elected Chairman of the War Resisters International. He travelled to several countries, including 12 in Latin America on behalf of the WRI.

Since 1980 Narayan has devoted himself to mainly two activities.

1. Training of young activists in methods of non-violent protest. For this he established Sampurna Kranti Vidyalaya, a centre for training activities at Vedchhi, a small tribal village in south Gujarat. Hundreds of young mainly rural activists have been trained in values originally enunciated by Gandhi. They have learnt manual work and self-reliance and have gone on to question the modern developmental model in various parts of the country.

2. Taking the message of Gandhi (the ideas originally put forth in Hind Swaraj, Rachnatmak Karyakrama and Ekadash Vrata) to the general public not only through the medium of books but through more effective non-literary forms such as songs, plays, street theatre and most recently and effectively through Gandhi-Kathas.

For additional information, please contact Bhagubhai Patel Tel: 602-524-9658 bdpatel100@yahoo.com or go on website <http://www.ektamandirarizona.org>

By Deepa Walia
March 25, 2012

In a style traditionally popular in Pakistan, the Pakistan Information and Cultural Organization (PICO) hosted a Basant Mela to welcome the season of Spring. Just as is the case in the South Asian subcontinents, spring is welcomed by multi-colored kites flying in the beautiful blue skies this time of year. Celebrated in Gilbert's Crossroads Park, the event attracted a large crowd due to the beautiful weather and plethora of activities offered at the event and was a wonderful way to spend a relaxing Sunday for people of all ages, with and without families. Congratulations to PICO for another successful, family-friendly event.



By Deepa Walia

This month, we would like to use our Hidden Gems column to highlight a trip with a very honorable cause – the desire to increase sustainability and reduce injury to people, property, and environment in India and worldwide. A very special trip taken by Phoenix's very own Jitubhai Patel in an effort to promote global networking on the topics of safety, health, and the environment is shared in this issue. On a 5 nation trip, he participated in the launch of the Safety, Health, and Environment Engineering (ASSE) India Chapter in Chennai which took place in March and was supported with warm welcome by the Indian mega industries, government regulatory authorities, and academia including top universities and institutes of high repute which are closely focused by Bill Gates and the like. In his exact words, "This was my dream to contribute to the mother country. With blessings from the seniors and the best wishes of young friends like yourself, this became a reality and I felt that the efforts exerted in the mission are well worth for this humble and noble cause of addressing global issues that affect to large population in India and to their assets and of course to our environment!"

We are proud to present the following details of his international trip:

India Begins Networking-Globally on Safety, Health & Environment – One of Jitu Patel's Dreams

Realizing the importance of safety, health & environment (SH&E) in the workplace and globally, India's growing community of occupational SH&E professionals launched the India Chapter of American Society of Safety Engineers (ASSE) on March 04, 2012 that was initiated and led by Jitu C. Patel, CPEA -a recipient of the society's highest honor Fellow Award, and one of the most active leaders and a founders of the Chapter. His endeavors continued after his success stories of founding the Middle East & SE Asia (Philippines) Chapters. His efforts for India Chapter were greatly supported by the Society's Safety Professional of 2011 Mr. Ashok Garlapati of Kuwait as a co-facilitator.

The ceremony kicked off with a pre-launch technical symposium on March 3rd, 2012 followed by the official inaugural celebration and technical meeting on March 4th, 2012. All events were hosted by Larsen and Toubro Limited at their beautiful Convention Center in Chennai, India.

Hidden Gems...Jitu Patel



Jitu Patel lighting the lamp

Selection of March 4th as the launch date for the new chapter was of particular significance as it coincided with Indian National Safety Day, which is observed in India to spread awareness of safety throughout the country.

The two-day event was graced honorably by ASSE President-Elect Rick Pollock, CSP accompanied by Mr. Fred Fortman, LLM, CAE, Executive Director and International Growth and Development Manager Yassie Dunn, PMP.

Dr. K. Venkatraman, Larsen & Toubro Board Member & President & Mr. M. R. Shaker, L&T Executive Vice President were the Guest of Honor at the Inauguration Ceremony that was represented by many distinguished corporate executives and SH&E professionals of Indian industries from various locations in India such as Tata Motors, Tata Steel, Reliance, Praxair, Activas, and more, government regulatory authority - Director General, Tamil Nadu, Chief Inspector, Explosives Nagpur, and more and academia executives e.g. Anna University of Technology, Dean, Hyderabad University, Director, SNS School of Management, Coimbatore, Indian Institute of Chemical Technology, Hyderabad etc. and the chapter leaders.

Over 70 key occupational SH&E executives, Managers and professionals from all over India are a part of the new chapter in India, and the number of new members is rising quickly as news of its formation continues to spread. The formation of the India Chapter advances the goal to increase awareness of safety around the world. It allows engaging people to reduce the loss of life and property, and sustain the environment.

Intended as a way to bring together India's growing population of

SH&E professionals, and hundreds of students currently enrolled in India's SH&E university programs, India Chapter will provide members of the safety community with opportunities to network, share best practices, develop professional knowledge and skills and advance the profession while protecting people, property and the environment. Affiliation and networking within ASSE, which is the oldest and the largest SH&E organization, will be beneficial to its members around the world.

Over the years the business market in India has been a destination for commercial endeavors and investments, and it has experienced high technological and economic growth. India's economy is expected to grow at approximately 7 to 8% in 2012. With this growth comes greater SH&E need in the country's many expanding industries including; oil and gas, automobile manufacturing and maintenance, electricity, nuclear energy, construction, information technology, medical & healthcare, agriculture and traffic safety. In particular, Indian SH&E professionals are focused on areas such as agriculture with the nation now ranking second in worldwide farm output, and has the world's largest tractor industries. In addition, the existence of poor, undeveloped rural roads in many areas of India, have brought transportation safety to the forefront of SH&E initiatives.

Mr. Patel explained that Time and time again we have seen organizations improve their safety culture in measurable ways when all employees strive to create an injury-free workplace. The presence of the ASSE Chapter in India will further provide advanced health and safety resources, standards, state-of-the-art technologies for Indian SH&E professionals and corporate

world. Among India's greatest occupational safety challenges is convincing corporate management about the value of a safe workplace, and that safety translates into profitability. Management needs to introduce a greater culture of safety into business. We must convince management of how valuable safety is and of its key role in their success.

Mr. Patel accomplished the success by formulating and guiding a Taskforce Committee (TFC) consisting of six high ranking management and professionals from Indian industry, government & academic university institutions. He believes that the establishment of the ASSE India Chapter further expands the Society's mission to lead the charge of advancing the profession and enhancing SH&E around the world.

Mr. Patel's joy was immense in founding this long waited ASSE India chapter. In his Opening Remarks he proclaimed; "Dr. King had a dream, so did I". He was happy and emotional that his dream came true with a great success and that he was able to contribute to his mother nation professionally for this noble cause!

SH&E Technical Symposium:

On March 03, 2012, speakers from USA, Kuwait, Germany, and China and from different locations in India presented papers at the SH&E Technical Symposium. These included Ms. Dhruvi Thaker, Associate Director of EHS for Actavis Elizabeth LLC, on the topic of "SHOW ME THE MONEY"-Establishing Safety as an asset, "Safety Culture/Process Plant Disasters" was addressed by Mr. Jitu C Patel, "Integrated Management system" by Mr. Vijay Kumar, GM-EHS Reliance Power, Mumbai., Dr. Karuppasamy Ramanathan, Director- SNSCT School of Management spoke on "Safety Management: An Integrating Tool in the Pharmaceutical Quality Management Systems", Mr. KN Sen, the DGM, L&T and the president of the newly born Chapter spoke on "Safety at Work-Linking Accountability and Performance Evaluation",

Mr. Gurudas Bandyopadhyay, SH&E Advisor, L&T addressed the audience on "Employees Well being and safety" and "Sustainable safety management: Incident Management as a cornerstone for a successful safety culture" was presented by Mr. Bernd Fraibott, Director-Business Development, Global Services sustainability Hub SAP AG and Co. KG. Subsequent sessions dealt with Mr. Nirupam Mukerjee explaining how we can "improve contractor management

in projects "and its benefits in the long run. Finally, Mr.PK Mukopadhyay gave an overview on how he could help prepare SH&E professionals for examination for ASP/CSP. Mr. Patel presented him with the needed curriculum books and software at a free of cost to assist in mentoring the students with updated course materials. .

Inauguration Ceremony: March 04th, 2012

Inaugural Day started with a Safety Pledge by Mr. R.Bharadwaj and a Welcome address by Mr.KN Sen.Dignitaries were the hall mark of the day which included the Guest of Honor Mr. M.R.Shanker, Executive Vice President, HPC, L & T,Dr. Elangovan, Director In-Charge, RLI, Chennai, Mr.Rick Pollock, ASSE President-Elect, Mr.FredFortman, ASSE-Executive Director, Mr.Jitu C. Patel and Mr. Ashok Garlapatiwho lighted the inaugural Lamp.

Mr.Patel addressed the gathering with Opening Remarks followed by conducting an installation ceremony of the Chapter Board Officers. Mr. Patel together with Mr. Pollock, Mr.Fortman and Mr.Garlapati presented an ASSE-India chapter Charter to Mr. KN Sen advising him to lead and direct his Executive Board and the Chapter membership. Prior to dissolving the TFC, Mr. Patel appreciated their contributions of good work by awarding them with an ASSE memento plaque as recognition. He handed over the goals to the newly installed president of the Chapter advising to work on them with the membership. He also advised the Board and the membership that he and Mr. Garlapati would continue providing their support for running the ASSE India chapter smooth and successful.

Mr. Patel sited many examples which have added much value from international networking opportunities. He gave a Global perspective on Emerging new Risks and new patterns of prevention in a rapidly changing world.Those emerging new risks may be caused by technical innovation or by social or organizational change! For example,Nanotechnology has applications in health care, biotechnology, and clean energy production, information and communication technology, chemicals, and electronics, military, and agriculture and construction industries. By year 2020, 20% of goods around the world will be based on the use of nanotechnology. However, the risks associated with the manufacturing and also their usages are largely unknown.

Similarly, Biological risks arising from the application of new technologies can affect workers employed in agriculture, waste management and the biotechnology industry. Management of chemicals is still an area of major concern for workers' health. Many pesticides can cause cancer, endanger reproduction and can negatively affect the nervous, immune or hormone systems. Lead, mercury and other heavy metals, and pesticides remain poorly controlled in many countries. Furthermore, patterns of employment changes in recent decades by restructuring work organization, downsizing, subcontracting and out-sourcing which have also contributed to the emergence of new work-related stress and other forms of mental ill-health. He pointed out that the health promotion programs such as alcohol & drug abuse, tobacco, stress and mental health, nutrition and physical exercise need consideration to build healthy behavior, especially in relation to assisting workers in managing their chronic conditions and becoming proactive in their health care has become an accepted strategy, which is found to have positive impacts on productivity.

India loses over \$20billion per year to road accidents, which is enough to feed 50% of malnourished children in the country. 1.5 lakh (150,000) people died in 2010 and the number is rising each year. In addition to workplace safety, Mr. Patel recommended that in addition to work place safety, we must take safety to roads, homes, recreation centers and much more and increase public awareness to global issues concerning environment. The ASSE India Chapter would offer opportunities such as global conferences, professional

training, and research & consulting services. Social activities could be considered and planned by the chapter at rural level to spread and ensure safety of people, property & environment throughout.

Guest of Honor Mr.M.R.Shankarmentioned that they at L&T are extremely happy that ASSE launched Indian chapter on the National Safety Day of India. He acknowledged adding that we can promote safety awareness and culture through this India Chapter forum. He declared his full support stating that L&T would continue participation to working with any and all activities undertaken by the ASSE India Chapter. He pressed all the office bearers to work together wishing them success. DrVenkataramanan, President, Larsen & Toubro Ltd. advised that India has become one of the most attractive destinations for key players across the globe for Foreign Direct Investments and new ventures with the rising economy. The participation with them has helped to bring the global technology, standards and practices to India. Leading Organizations around the World understand that SH&E and overall Business Unit performances are largely synonymous and go hand in hand together. Organizations improve their culture in significant, measurable ways when employees strive to create an injury- free workplace culture. He believes that SH&E professionals make positive contribution in establishing this culture. ASSE Chapter in India will further provide an advanced SH&E resources, standards, state-of-the-art technologies for Indian SH&E professionals.

Keynote address on "Legal Provisions and Frame work on Safety - Indian perspective" was delivered by Dr.R.K.Elangovan, Director, Tamil Nadu. He pointed out statutes and frame rules applicable for Indian Industries including Construction Sites and welcomed to working with the ASSE India Chapter. Mr.Rick Pollock explained how ASSE operates and how hebenefitted from it. He encouraged non-members to join and work towards creating awareness and education through ASSEIndia Chapter.Mr.FredFortman pressed the gathering on how ASSE can see the change in the Society and Community.Michael Warren, Construction HSE Manager, Cairn India elaborated on how the safety culture works in India advising that with this forum how it would benefit to India!Mr.AshokGaralapatioutlined the resourcesof the ASSE for SH&E professionals explaining how SH&E professionals can become member and take advantage from it.

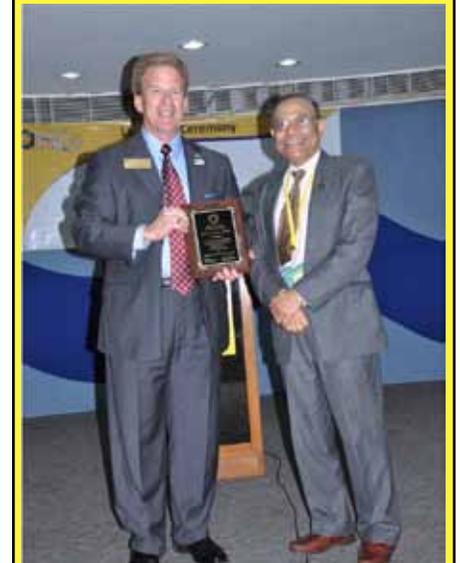
Mr.Pollock inaugurated formally the websiteof ASSE-India Chapter <http://india.asse.org> .

In concluding, Mr. Patel described what inspired him for the India Chapter and in spite of the challenges faced, what made this a success and how the team work with persistence, persuasion and passion could add value! He thanked the TFC members& ASSE staff for all their hard work and support, the ASSE President-Elect, Ex. Dr. and Manager, and, International Growth for attending the ceremony in person, Ashok Garlapati for providing constantly guided support, the speakers and volunteers for working hard and providing their dedicated attention, and special thanks to Miss Shamala for well organized beautifully guided tour of the L&T Museumand a BIG "Thank you" to President Dr.Venkataramanan& Ex VP Mr. MR Shankerboth of L&T for hosting this two-day event extending their warm and generous hospitality!Similar concluding remarks were given by the ASSE delegation and the other dignitaries and also the delegate participants wishing the ASSEIndia Chapter membership and the office bearers to work cohesively towards continual improvement.Way forward Action Plan for the chapter was discussed by Mr. Patel with the newly installed India Chapter Board as guidance enabling them to run the chapter effectively!

ASSE Arizona Chapter and the Indian Community are proud of Mr. Patel's dedication and hard work that he performs with passion for the chosen profession and selflessly for the safety of people and protecting property & environment which is greatly appreciated!



ASSE India Chapter Inauguration Lighting Ceremony witnessed by dignitaries



President-Elect Rick Pollock appreciating Jitu Patel's contribution in the Formation of the ASSE India Chapter



President-Elect Rick Pollock and Jitu Patel extending their gratitude to Mr MR Shanker, Ex.VP L&T for hosting the Chapter Inauguration with generous hospitality.



Group of dignitaries touring the L&T Museum guided by MsShamala



Installation of the ASSE India Chapter Board by Jitu Patel in the presence of Mr MR Shanker, Ex.VP L&T

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My Visit to Akshaya Patra Kitchen in Bangalore, India

**Dr. Jaswant Singh Sachdev, M.D.*
Phoenix, Arizona**

To some extent, all of us claim ourselves to be all-rounder and well informed. But world is so vast and its people are so diverse that no one can truly fathom the depth of what goes on in the rest of the world. After all each one of us is no more than just a drop in the ocean. Recently, this realization dawned upon me once again in mid February, when I came to learn about an unusually named NGO, called Akshaya Patra of which I had no inkling earlier. This organization has been doing a yeoman's job in serving mid day school hot meals to the children in various parts of India for well over a decade. Its work has been so different, so unusual yet so important that I started to wonder about my own ignorance.

However, it so turned out that my deficiency in Sanskrit language from where this word Akshaya Patra was taken had indeed prevented me to learn more about it. The name implies a bottomless vessel with never finishing limitless storage. True to its name, the organization has been serving freshly prepared hot meals to 1.3 million poor children of India every school day, year round to help them stay put in classes.

I happened to attend a fund raising event for this organization held on Feb 11th at Indo-American Center in Phoenix, Arizona a day before my visit to India, thanks to the encouragement from one of my co-professionals, Dr. Jagdish Patel. He was the local coordinator of the event who I met about three weeks prior to this date. It led me to convince over thirty of my friends and families to join with me for this event where almost two hundred guests have gathered for fund raising. Interestingly, S. Hardeep Singh Puri, the Permanent Representative of India to United Nations, an impressive speaker, well respected internationally for his active work in UN, had been roped in as a Key Note Speaker by the organizers.

After attending this eye-opening event, I decided to make arrangement and visit its kitchen in Bangalore during my impending visit to Punjab that I had already planned. The officials of the Akshaya Patra especially Dr. Jagdish Patel and Madhu Sridhar President and CEO of the organization went out of their way to help me in

contacting the local responsible individuals to facilitate my visit to observe its function first hand. After arriving in Bangalore, I was informed that a vol-

unteer will be ready to pick us up from over place at 4:30 in the morning on the day of our visit to take us to the kitchen. And so she did. Usha Gururaj Ji showed up right in the lobby of our hotel while the clock was still striking 4:30 AM.

My wife, my sister-in-law and I were driven by a car arriving at the kitchen in about 45 minutes. The process of cooking hot food for 100,000 children had started at 3 in the morning for the luncheons to be picked up in the delivery vans by 7:00 AM. The kitchen in fact was a three story building. On the top floor loads of rice was being poured down through a huge chute into a very large caliber steam-heated pipe letting it go down with gravity while being cooking simultaneously with steam. At the same time, the lentils along with various condiments were being poured in another equally large down-going hot pipe. Likewise, combination of several vegetable that had been earlier cleaned, peeled and cut with automation had been poured into a third steaming hot pipe. By the time these basic food materials arrived one level below flowing like a waterfall, they had already been fully cooked.

Rice, lentils and vegetable were

then transported with wheel barrows to a different chute attached to a large down going pipe to the first floor. While moving down slowly, the rice mixed with all the

condiments and veg-

automated machines cooking almost 100,000 chapattis per hour.

The entire process of food preparation was impeccably hygienic without any hand or human contact with the food by the workers. The floors were spotless and workers were all cleanly dressed with their hands covered with gloves. The lady volunteer who took us on site for visitation was very well informed and felt a great degree of responsibility and pleasure in doing what she was doing.

As has been amply mentioned in previous edition of this worthy paper, this organization carries a primary motto of "unlimited food for education" implying that in order to educate a child, daily needs for food must be provided.

If the child is hungry obviously his or her interest in study is not going to be absolute.

My on-site visit to Akshaya Patra kitchen in Bangalore proved to me more than what I had envisioned at the fund raising event at Phoenix on the night of Feb 11th 2012. Visiting

it personally left me with a clear idea that this organization is truly serving the children of this country in helping them stay in school by taking care of their hunger. Such a mechanized automated mega-sized production of hot meals consistent with the taste buds of a given ethnic area and that too under perfect hygienic conditions is a feat beyond imagination. My only hope is that with

the passage of time, this organization will also find a way to establish such kitchens for other unfortunate children of India. This way they too would be able to enjoy the comfort of such hygienically prepared hot lunches during their school hours, of course with the courtesy of many untapped donors.

***Author of 1. "Square Pegs, Round Holes" www.SquarePegsRoundHolesBook.com and 2. "Sikhism: Points to Ponder; Perspectives of a Sikh Living Abroad," as well as a recently published masterpiece about the cross-cultural dilemma of Indian subcontinent diaspora, 3. "One Coin, Two Sides," For details of the this new book, please go to the LINK <http://inkwellproductions.com/one-coin-two-sides.htm>**



eta - bles, finally turning out as the ultimate cooked product at the floor level. Same would be true for lentils if they were on the menu. Basins and large vessels started to appear automatically below the chute one after the other to be filled with the Biryani, lentils or Sambar as per menu. They would automatically be loaded to the nearby standing specially designed trucks to be transported warm to each government school that falls within a range of 30-35Km of the kitchen exactly at the time of lunch. Of course Bangalore kitchen facility did not have chapatti cooking machines given that the local ethnic food does not include chapattis. I was informed that in the kitchens in Northern part of the country do have

By Deepa Walia
March 9, 2012

Bollywood Extravaganza

A Bollywood Extravaganza took place in Mesa, Arizona to support the honorable efforts of the EkalVidyalaya Foundation of USA to increase general education and awareness on health and lifestyle topics all over India. Those that purchased tickets to this enchanting evening did some good, as all proceeds went to the foundation, and also enjoyed a magical evening relaxing to the voices of Samir Date and DeepaliSomaiya. From old classics to new, foot-tapping numbers, their melodious voices filled the auditorium at Dobson High School, giving all attendees the opportunity to enjoy the magic of Bollywood music and contribute to a great cause.

The show was made possible by the efforts of many, with Mr. Shreekant and Alka-Ganpule being the main hosts and organizers in Phoenix. Co-sponsors of the event included Akshaybhasha, Kiran and Sneha Dhole of Mumbai Beats, Hospice of the Southwest, and Solar Topps. They would like to thank Ravi and PoonamMahajan, Dr. Bhagyashree and ChandrakantBarlingay, PrakashDeshmukh, Prakash Gandhi, Indira Rajaram and Raj Kollengode, Ram and RenukaShembekar, Nili-maMisal (of Intel Corp.), Mr. DilipKothekar and Rameshbhai Shah (of EkalVidyalaya Foundation of USA), and Amishbhai Amin.

They are also grateful to the Mesa Public School District for providing the wonderful auditorium and the many volunteers who assisted in the food and beverage committee, ushers, stage and sound system team, marketing initiatives, sale of tickets, and all the other jobs that go into making a night such as this possible. Last but not least, the organizers would also like to thank its media partners: Asia Today, RadioSri.com, and AZ India. The event was a huge success made possible by fantastic teamwork from a variety of individuals and organizations at a very high standard. Congratulations to all that contributed to making this evening possible and giving the Phoenix community an opportunity to partake in an effort to increase the quality of life and education in India.



Twinepidemic Inc., AAPI and Indo American Foundation of Arizona plan to Train 2000 Metro Phoenix Residents in Hands-Only CPR

“CPR Around the world project comes to Phoenix”

Kris Vijay, MD

Each year in the United States about 310,000 adults die from sudden cardiac arrest. Without immediate, effective CPR from a bystander, a person's chance of surviving sudden cardiac arrest decreases 7 percent to 10 percent per minute. Unfortunately, on average, less than one-third of cardiac arrest victims receive bystander CPR, which can double or triple a person's chance of surviving. Yet in Arizona, the change to Hands-Only CPR has dramatically changed the number of bystanders able and willing to do bystander CPR. In October 2010, hundreds of Arizona EMS providers joined together in an effort called CPR Across America. Five hundred durable mannequins were donated to the CPR Across America team for the purpose of Mass CPR training. About 100,000 people were trained to

perform hands only CPR in one month with the help of Kate Howell. “Bystanders who witness the sudden collapse of an adult should immediately call 9-1-1 and start Hands-Only CPR. This involves providing high-quality chest compressions by pushing hard and fast at 100 per minute in the middle of the victim's chest, without stopping until emergency medical services (EMS) responders arrive,” said Kate Howell, organizer of CPR Across America.

Hands only CPR training seems like the perfect starting point to replicate the success an effective fire prevention education effort has done to save lives and property. Twinepidemic, AAPI and Indo American Foundation of AZ, with Kate Howell leading the training, will offer FREE Hands-Only CPR instruction to people of all ages. This will be held on 2 days:

* Friday, April 27, 2012 at India Oven Banquet Hall, 1315 S Gilbert Rd, Mesa, AZ 85204 from 6 pm till 11 pm with CPR training, free food, DJ music and dance (480) 892-3333.

* Sunday, April 29, 2012, at at Indo American Community Center 2809 W. Maryland Avenue, Phoenix, AZ 85082 from 9 am till 5 pm. (602 347 5611)

Following Arizona, we intend to take the training project to India through CPR AROUND THE WORLD team's support. Hands-Only CPR emphasizes the importance of “high-quality” chest compressions — deep compressions that allow for full chest recoil, at a rate of about 100 per minute — with minimal interruptions. Many times people don't help because they're afraid that they will hurt the victim and aren't confident in what they're doing.

Just calling 9-1-1 and doing firm,

uninterrupted chest compressions, you can save a life. The message is “Don't be afraid to try it. We know many lives will be saved if the public does Hands-Only CPR for adult victims of sudden cardiac arrest.”

Hands only CPR is made possible by many organizations including Twinepidemic, Inc, Indo American Foundation of Arizona, National and Arizona chapter of American Association of Physicians of Indian origin (AAPI), Citizen CPR Foundation, American Heart Association and a generous grant from Boston Scientific.

To learn more about “Hands only CPR” project, please visit

Twinepidemic, com,
www.cprcrossamerica.com

Contacts:

Kate Howell, Cell: 623-322-0242

Kris Vijay, MD cell 602 908 4947

	<p>American Association of Physicians of Indian origin (AAPI Arizona) and Twinepidemic , Inc</p>		<p>American Association of Physicians of Indian origin (AAPI), Twinepidemic , Inc and IndoAmerican Foundation of Arizona</p>
<ul style="list-style-type: none"> • HANDS ONLY CPR SAVES LIVES. • IF YOU SEE ANYONE SUDDENLY COLLAPSE AND NOT BREATHING, CALL 911 • PUSH HARD AND FAST IN THE CENTER OF CHEST UNTIL HELP ARRIVES • JUST HALF AN HOUR OF YOUR TIME CAN SAVE A LIFE <p>SIGN UP TIMES: Every 30 minutes</p> <p>www.handsonlycpr.org www.aapiusa.org www.twinepidemic.com</p>	<p>Invite you to a free Hands only CPR and AED training program for the community followed by Food, DJ music and Dance</p>   <p>on Friday, April 27, 2012 6 pm to 11 pm At India Oven Banquet Hall, 1315 S Gilbert Rd, Mesa, AZ 85204 Call 480 882 3333 for details</p>	<p>HANDS ONLY CPR SAVES LIVES.</p> <ul style="list-style-type: none"> • IF YOU SEE ANYONE SUDDENLY COLLAPSE AND NOT BREATHING, CALL 911 <p>JUST HALF AN HOUR OF YOUR TIME CAN SAVE A LIFE</p>  <p>PUSH HARD AND FAST IN THE CENTER OF CHEST UNTIL HELP ARRIVES</p> <p>SIGN UP TIMES: Every 30 minutes www.handsonlycpr.org www.twinepidemic.com</p>	<p>Invite you to a free Hands only CPR and AED training program for the community</p>   <p>on Sunday, April 29, 2012 9 am to 5 pm At Indo American Community Center 2809 W. Maryland Avenue, Phoenix, AZ 85082 Call 602 347 5611 for details</p>
			

Spiritual Way Of Life

When we think of the spiritual way of life, it is a primal need of humanity. Without this understanding, we are spending our life in pitch dark. Here we use the term "pitch dark" because; without spiritual knowledge life is dark. When the sky has dark clouds during the day we need extra light to see, though we cannot say the sun is not in the sky.

Similarly, our ego is a dark cloud in our life. This keeps us from understanding reality of the spiritual life. Now the question is who can bring us out of the darkness? Most of the people think only Dharma can remove the darkness. However, in this materialistic time Dharma is not showing the right path because we think Dharma

is only doctrine, dogma and rituals. Be careful! Doctrine, dogma and rituals are not going to change our understanding. These are not sufficient tools to remove egoistic clouds from our mind. As long as we are not able to change our way of life we are in the quicksand of our religious misunderstanding. "God helps those who help themselves". My suggestion is if you are a Christian, as you enter the church, try and see Christ in every living being present. Serve each with reverence as you would Jesus. Love everyone equally as yourself. Treat every person with love and grace as you would Jesus. Sometimes I visit

the Hindu temple and each visit I learn more reverence, devotion and confidence from the devotees of the temple. How they are deeply involved with the prayer of every altar of the multiple Deities in the temple. Because they believe each Deity is an image of the "One Divine" (Paramatma). As much as I understand of Islam, is from the five prayers: honesty, pure mind, universal brotherhood, belief in God and serve the creation without discrimination. Those that have this lifestyle are true Muslims.

As Sikhs we are followers of Guru Granth Sahib. Through the Baanis Guru taught us spiritual way of life. Sikh religion is a universal religion. When Guru Gobind Singh Ji baptized us as the "Five Beloved", it was a universal message to all Sikhs. "We are all equal as humans. There is no place for discrimination." Guru Ram Das Ji built the Harmandir Sahib, the source of Divinity for all mankind. His grandson, Guru Hargobind Ji, built the Akal Takht in front of the Har-

mandir Sahib for politics of the Sikhs, because there is no place for politics in the Gurdwara. In the last four hundred years we haven't yet understood Guru Hargobind Ji's message at all. Now we are using every Gurdwara for politics. Under the influence of politics we are leaving the Guru's message behind. As long as we won't think about this, we will miss the true teachings of Guru.

My humble request to all; when we come to the Gurdwara, bow to the Guru with reverence, devotion and confidence. Serve the community with unconditional love. Think of everyone as we think of ourselves with love and grace. Please stay together as a community. Help each other as brothers and sisters. Remember! Unity is the power of community.

Congratulation on Baisakhi 2012

Thank you

- Harbhajan Singh Sandhu



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Atharva's Corner

Only you can tell yourself "no"

Thomas Jefferson once proclaimed that "nothing can stop the man with the right mindset from achieving his goals. Nothing on Earth can help the man with the wrong mindset." The tenor behind this extract seems simple enough: one who wishes to achieve something need only put their mind to it. Clearly this seems to concur with Henry Ford's memorable saying, "whether you think you can or can't, you're right." However, things are often easier said than done. But why is that? Why is it that we can tell ourselves what we need to have done, envision every possible outcome or repercussion that could subsequently occur as a result of any taken action, but we cannot put words into action? It seems like an interesting topic to orient our discussion today around, mostly because it is a very relatable topic.

The idea behind self-imposed barriers is one that is often met with much criticism; few wish to acknowledge that

the thing keeping them from their desires is themselves. And again, it must be recognized that everyone experiences the drawbacks of a self-imposed barrier, as everyone has dealt with the difficulties of grasping the fruits of their strenuous activity. What is this self-imposed barrier though? I think it's that innate thought process in everyone's mind that convinces their person that taking a "safer" and "inactive" approach is the most convenient method of avoiding failure.

Now interestingly enough, Harvard University recently announced its contribution to the career options available to people: the analytic leader. They state that "these are people who are facile with data, strong analytically, and who know how to think about problem solving." What is the link between these analytic leaders and the self-imposed barriers?

I personally believe it to be that these analysts are qualified for their respective careers BECAUSE they are able to surpass their own self-im-

posed barriers. Now step back and examine what makes this career path so prestigious and honorable; it's the fact that these individuals are specifically trained and oriented to either solve or circumlocute a problem.

Then comes the issue of a person being unable to define themselves, their strengths, their weaknesses, and their objectives. This is an entirely different outlook for this same theme because in the first branch, we acknowledged that a person knows what they want, they are just simply unable to obtain it. In this second analysis, the person is at a loss because they are unable to decipher what they truly desire primarily. There are certain characters that can generally state what they "want," or what they wish to happen; however, there is usually no concrete plan or guideline to follow with this end. The individual may claim that they want fame, wealth, prosperity, health, wisdom, success, or any other sought after virtue, yet once inquired to explain more, they fall lax in their re-

sponse.

Further expansion of this topic is the inability to assess oneself. This topic is controversial because few are tolerant enough to hear that they may not know themselves as well as they feel they do. This person is unable to determine their skills and talents, thus they fail to expound on those areas of adroit action. This puts the person below their ability to succeed, which could subsequently cause a loss of motivation, determination, confidence in own skills, decline in presentation, or even overall desensitization to the success of others. Conversely is the negative effect of being unable to determine one's own weaknesses.

This can potentially lead to a heightened feeling of self ability or worth. Both of these are difficult to cope with because only the ends are certain, yet there is often never a plan decided in order to achieve that end.

In the end, I leave you with these varying viewpoints on why people have difficulty achieving their goals. Some



individuals fear the possibility of failure, and thus resolve to never try. Others may exhibit overly heightened or depressed self esteems; this would cause them to either over reach their true abilities and venture into territory which is not within the scope of the person, or on the other end, a lower self esteem could simply tell people to give up trying. What methods do you use to achieve your goals? Do you rely on the motivation of others or do you follow a more introvert method? It's all in the mindset.

For more of my interesting, satirical stories, please visit: <http://reallywarped.blogspot.com/>.

Hey everyone! I hope you guys all had a fantastic spring break! Okay, something is definitely going on, it is already April! How can time be flying by and how can everything possibly be going by so fast? There is two more months until summer break! Isn't that super exciting?

Okay, let's switch gears a bit. This month I want to talk to you guys about a passion that has grown and stayed strong in our family for years. Swimming. My younger sister and I have been swimming since we were 5 years old. We were going strong since 2005, until 2007 when we had to take a break, but then my sister started back, but I did not. A few months after my decision, I broke my arm and was not able to swim anyway. I will admit I missed the water. The summer of 2010, I started swimming again. Words cannot even describe how fantastic it felt to get back in the water and swim and find something I am good at again. Unfortunately, it took some time to get back into shape.

Last month, my ten-year-old sister went to state championships and accomplished something so exceptional. She is now one of the top 17 swimmers in the state for the breaststroke. How amazing is that? By being dedicated to the pool, having hair eaten by chlorine day by day, enormously embarrassing swimsuit tan lines, and spending half of our lives in the water, we are extremely proud to be swimmers.

This month...

My sister and I are inspired and motivated by our coaches, parents, and our fellow swimmers. Going to practice everyday and seeing what else we can do, how much farther we can push, really brings us strength and allows us to build confidence for swim meets. Our coaches know us; they know what we can do and what we are capable of. Sometimes a little extra push from them is all we need to keep going and feel accomplished after practice everyday. As for our parents, well, they are the reason my little sister and I are so inspired to keep going everyday and not give up. If it were not for them, we would never be where we are at this point. We would have given up a long time ago. But look where not giving up brought my little sister too?

In the middle of it all, my sister and I just were not feeling the love anymore. Swimming was growing down on us; we did not feel the same way about it, as we should. We felt like we were doing it to be forced, or doing it for other people, when really, it should never be like that. A few weeks ago, when my sister went to Regionals, it all changed. We realized why we started swimming and then started again. It was for us to look back ten or twenty years from now and say "Oh yeah I was so proud to be a swimmer" and just have so many valiant moments to hold

on to. Hey now, chlorine is our perfume!

Well, the only reason I am telling you guys my sister's and mine relationship with swimming is because I am trying to point out how bad someone has to want something to get it. How dedicated a person has to be to get the best results, not just in sports but anything, whether it is music, or academics too. Giving up in the middle, it is like working so hard for something, wanting the best results, then throwing it all away with the blink of an eye. And that is not how life should be thrown around or lived by someone. What is your passion?



- Sanam Mallik

History Repeats with **Ricky Gill** Seeking Office of Congressman from California

It was the year of 1956 when S. Dalip Singh Saund, a native of Punjab, India born to a Sikh family, created history by getting elected as U.S. Congress from the 29th California District, which then comprised Riverside and Imperial counties. He was not only the first Indian, rather the first Asian to be elected to the Congress of United States of America. He then repeated the same feat three times more. An ardent nationalist and a man of letters expounding extreme degree of love for his mother country - India, he did not hesitate in seeking India's freedom from the clutches of British Empire by his political status here in U.S. It was though his efforts as United States Congressman that helped bring the right of citizenship for all the Asians who until then could neither seek citizenship nor own property. And now exactly 56 years later, Ricky Gill, a son of other immigrant Sikh parents from the same state of India, i.e. Punjab like Dalip Singh Saund, is now seeking the office of Congressman from the State of California. Born and raised in California, having roots in agriculture like that of Mr. Saund, Ricky is an intellectual as well as a good orator and energetic. This may seem too much of a coincidence? But the history could easily repeat itself and complete the cycle, only if we, his fellow countrymen from India attempt to do our share in lending a helping hand especially when he reaches out to us in our town to meet and greet us.

In between these two co-incidences, we have witnessed a barrage of politically oriented young men and women of Indian descent, including one of our own Rano Singh, tak-



ing plunge into the political fabric of America at city, state and federal level. In terms of relative numbers of Indians seeking political offices, our involvement perhaps has been more than any other ethnic Asian group. The meager resources and small number of their vote-eligible countrymen or women does not stop our aspirants from trying to show off their political muscles. Like true statesmen or women, they all exhibited courage, perseverance and do not care for the outcome. Yet, given political acumen, hard work as well as in-born intelligence and extraordinary educational backgrounds, many have indeed succeeded in their objectives, while a few did not. Isn't it surprising that among all the ethnic Asian groups in this country, i.e. hyphenated-Americans, only Indians had enough privi-

lege to wear the crowns of Governorship not only in one case but two. And ironically, both Bobby Jindal and Nicky Hailey, two very popular and successful Governors of Indian descent also happen to have their genetic roots in Punjabi Indian parents.

The purpose of this write up is two folds. First of all it is imperative for us to realize that showing political activist is essential for future success of our community. We have excelled in our respective professions and have reached pinnacles of success beyond our imaginations. And we have amassed significant wealth as successful businessmen in all spheres. Our per capita income is the highest or close to highest compared to any other ethnic group in America. Yet, until and unless we take further steps and try to

penetrate into political territories, like we are now doing, our voices would not reach where they ought to be.

It will be naïve to think that our future survival to stay as a successful community will be easy or smooth without having political muscles. History provides several examples where minorities that did not try to wield political strength, ultimately ended up facing the wrath of majority. Time is ripe now for our second generation, born and raised here to combine their communication skills with their hereditary qualities of hard work, intelligence and perseverance to seek political offices. Ricky Gill for that matter fits the bill. It is for us now to see that it happens.

And second, it is a unique privilege for our community in Phoenix that a group of fellow Indians have been able to arrange for Ricky's visit here. No candidate will ever swim to the other end, if sufficient funds to support its survival through a lengthy period of election and selection process are not made available. Under such circumstances, it becomes imperative for all of us to help Ricky in raising funds for his campaign. His visit here and meeting with people for that purpose is important. Sending this message to our community by writing few words about his visit and his agenda to seek a political office from California, can help but only if we as Indians open our pockets for a fellow Indian. Ricky understands our issues; be they of hate crime! businesses conflicts, subtle discrimination or otherwise. Helping him will in fact be helping ourselves, no less and no more.

Dr. Jaswant Singh Sachdev



Divisive Political Parties of Diaspora Based on Back-Home Politics

Lately, it has become a fad among the members of the diaspora to open chapters of the national and state level political parties of their homelands in the countries where they have settled. These new party structures are often based upon the principles of the divisive politics of their birth countries. Their agendas are often those of the party leaders back home. Some members of the diaspora put in this effort in order to establish and enhance their personal standing. They hope that by such undertakings, they will be able to kill two birds with one stone. Not only will they get to be known to the communities in which they happen to live, but they could also earn the gratitude of the leadership of such parties back home. This way if ever an opportunity arises, it will be easier to seek personal favors from them, at least so they think.

In relation to the diaspora members from India, new chapters of Indian political parties as well as their offshoots sprout up every day like mushrooms in the rainy season. In free societies such as the West, there are no legal barriers to these initiatives. Yet it becomes imperative for members of the diaspora, before they take the plunge, to clearly understand the true utility and usefulness, if any, of such initiatives. Their endeavors should not only be advantageous to their home countries, in this case India, but also to the country of their adoption.

Unfortunately, this kind of wishful thinking often remains just that, a wish, and nothing more. In this equation, it is easily forgotten that the politicians of mother countries are equally if not more deft than the expatriates. They subtly encourage such kinds of political activities simply to grind their own axes, for this is the only way they could justify the titles of being "politicians." The naïve, unsuspecting expatriates are kept busy guessing on the periphery, all the while.

Being social animals, humans have a need to interact with others no matter where they live and what they do for living. Upon their arrival in the West and in keeping with this desire, new immigrants immediately begin seeking and establishing relationships with earlier immigrants from their homelands, people who share their cultural perspectives. Interaction becomes easy when both sides have something in common.

Like many others who have lived in this country for several years, I vividly remember those times when an Indian

was an Indian first and only later a Punjabi, a Gujarati, or for that matter a Hindu, a Sikh, or a Muslim. Social life among the diverse expatriates was enjoyable and intimate. The vivid memories of those nostalgic evenings, sitting together in the open backyards with a heterogeneous group of Indians and enjoying dinners that had been prepared in different styles, appear fresh like a movie passing in front of my eyes. The cultural intermixing brought a special kind of satisfaction. Celebrating religious events of Hindus, Sikhs and others induced a unique kind of togetherness.

Times changed and the members of the diaspora proliferated. The painful events occurring back home as a consequence of political realities of the times created rifts among different people of India and consequently here too. Distinct communities, first on the basis of being Asians, then Indians, then states and finally religions or castes started to become a reality. New divisions added to existing divisions. As our numbers proliferated, so did our divisions.

Understandably, the politicians among us did not wish to be left behind. The opportunities for personal advantage provided by such social fragmentation were not lost on them. They understood it well that the inherent inner weaknesses of all the immigrants always made them gravitate towards their own kinds of people. Such politicians sought a short-term, low level personal advantage but kept on ignoring the long-term damage to the community through such divisiveness. The negative consequences to the Indian diaspora from such divisive behaviors became painfully obvious to all of us as each day passed by.

In the minds of the politically oriented, there was nothing unusual about their attitudes and actions. They were simply adopting the same successful model that had been used back in their home countries. To them there was no luster to be found in the well-organized political structure of Western countries, a structure that does not aim to promote individual ambitions over the interests of the party and the nation, at least to the extent witnessed in home countries. Unable to obtain personal benefits or stature from the Western system, these would-be politicians among us looked to their counterparts back home. The so-called politicians from India were only too willing to oblige. On finding out that the grounds were fertile for their

political agenda, they came running at the first call. A sort of meeting of the minds started to take place, and we got what we have today.

The leaders of India started visiting here with their personal motives and personal needs upfront, displaying little or no concern for the people at-large or their issues as they pertain to local problems. The well-being of their constituents was the last thing on their minds. As always, these visits were often sponsored through the pockets of those members of the diaspora who were trying to climb the leadership ladder. The leaders from India would come, receive gifts and make promises that were good only for the duration of their stay, and then leave with their necks loaded with garlands of flowers and pockets full of dollars. Once they turned their backs, their empty promises usually evaporated with them. Upon returning home they would often discover that the ground, on which they were planning to stand, had already slipped away from under their feet as a consequence of political turmoil in their absence.

The other disadvantage of such politicking on the part of the diaspora is the introduction of low-level jealousy among people who had previously been living together in harmony. The result is factionalism and a non-repairable animosity that ultimately affects their daily lives in negative ways. Over time, people who were close friends often turn into foes with metaphorical daggers drawn. Their energy and focus shifts towards finding out ways to politicize the agenda, ways that have nothing to do with the betterment of the diaspora. Instead, these self-appointed political leaders within the expatriates strive to enhance their own positions while ignoring the needs and desires of the remaining members of the diaspora.

In countries of the West such as the U.K., Canada and the U.S. that have an amalgam of people from the entire world, the Indians and their issues may not be that significant once seen from the global perspectives. Getting involved in the petty back home political issues while living abroad usually doesn't serve one's motherland to any great extent or at least it never did in the past. Moreover, it also doesn't solve any of their problems if such activities ignored the issues pertaining to their lives in the country where it is being lived now. Legally tapping the political system of one's adopted country, both for our problems here as well as back



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home, is the way to go for it is where the meat is going to be.

Having said so, obviously there are situations where certain kinds of socially-directed political activities can prove useful, especially if their objectives are to benefit the expatriates, their new countries of residences, their motherland or Indians in general.

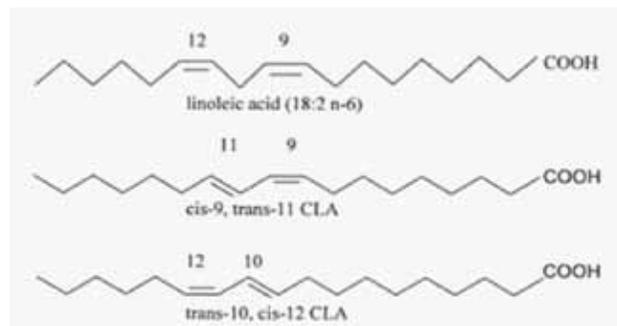
Attracting new investment of dollars, pounds, and Euros in India, or for institutions serving human rights or human needs of the people living in our homelands, all of which is desperately lacking, is a legitimate and worthwhile reason for such political activities. Seeking honest help cannot and should not be discouraged. As immigrants, we need to be aware of the fact that these countries of the West such as the U.K., Canada and the U.S. have given us much in terms of materialistic comforts and wealth. Indirectly, they have also lessened the burden on our motherlands by providing a safety valve for a population that keeps on expanding exponentially, thanks to the feeble and lackluster efforts at population control by the leaders of our home countries.

It is to our great advantage that, once we get an opportunity to become part of this culture, we must adjust to its political system. We must also find means and ways to help people back home in improving their lives while enjoying the fruits of our efforts here. No doubt many of us have done this. We have achieved success not only in our personal lives, but we have succeeded in finding ways to help those in need back in our homeland. Those who did not or could not, they should. We should ignore the politicians among us who try to enhance their own recognition through divisive political agendas while caring little or not at all for the progress of the nation where we now live or the people that we left behind. There is no real need to toe the line of such leaders that seem determined to fill their own coffers and promote their personal agendas without any regard to the interests of those whom they were supposed to serve in the first place.

In our last month article "Tune your lipids" we learnt the importance and difference of fats and cholesterol. Let's talk now about Conjugated Linoleic Acid [CLA]

What is CLA

CLA is an unsaturated fatty acid, isomer of the Linoleic acid family. It's found mainly in dairy and meat products. Food products from grass-fed ruminants (e.g. mutton and beef) are good sources of CLA, and contain much more of it than those from grain-fed animals. In fact, meat and dairy products from grass-fed animals can produce 300-500% more CLA than those of cattle fed the usual diet of 50% hay and silage, and 50% grain.



Importance of CLA

CLA is the only type of natural fatty acids accepted by the National Academy of Sciences of USA to have antitumor properties. It also helps in reducing the weight. CLA burns fats and thus reduces the weight.

How does CLA burn fat

CLA has been shown to increase lean muscle mass, while decreasing body fat. Research shows that CLA is able to reduce body fat in three key

ways:

- CLA interferes with a substance in your body called lipoprotein lipase that helps store fat in your body.
- CLA helps your body use its existing fat for energy.
- CLA increases lean muscle tissue - more muscle means your body can burn more fats.

CLA appears to exert direct effects on adipocytes, which are the principle sites of fat storage and skeletal muscle cells and are the primary sites of fat combustion. It has been proposed that the physiologic mechanism of body fat reduction by CLA involves inhibition of fat storage in adipocytes coupled with elevated β -oxidation in skeletal muscle. An overall increase in skeletal muscle tissue may be mediated at least in part via the inhibition of immune-induced catabolism.

Does CLA work against that terrible fat around my waist

Yes. CLA has been shown to be very effective in reducing waist size. The weight around your waist is fat. CLA helps burn and liberate fat - so it can have great results around your middle. This is contrast to many diet pills that really just help you lose water weight.

How much weight will I lose with CLA

Not much! I know, this sounds crazy for a fat burner doesn't it? Here is the deal, clinical studies have shown CLA to be effective in reducing body fat and increasing lean muscle mass. The most recent

1 year human study showed a 9% reduction in body fat and 2% increase in muscle mass

The key with CLA is that you are vastly improving your body composition as opposed to just dropping weight. Remember, muscle weighs more than fat. So, as you turn fat to muscle, you may not lose much weight, but you will be dropping inches around your weight and improving your overall look as muscle replaces fat.

In addition, as you increase muscle mass and drop fat, you will feel better and be more inclined to exercise. In turn the increased exercise will help you drop pounds.

Is all CLA equal when it comes to fat burning

No, No and No! This is one of the most misleading aspects of the CLA industry. The human weight loss studies were only done using Tonalin brand CLA. So, only Tonalin brand CLA can make claim to having clinical studies showing their CLA promotes reduction in body fat.

Last but not the least CLA helps in lowering the blood pressure and reducing the chances of Osteoporosis, different types of cancers such as that of Breast, Colorectal, Lungs, Skin and, Stomach. It also helps in improving blood sugar levels in diabetes and is a powerful anti-oxidant.

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Rise in Phoenix Housing shows path for other cities (Wall Street Journal)



Dear Readers,
Last week I was pleasantly surprised to see the above headline in front page of Wall Street Journal. Being a real-estate professional, I'm constantly on the lookout for real-estate news about the valley but this headline was an attention grabbing one. The authors not only explained logically why Phoenix is a model city for housing recovery but also backed it up with data and statistics. Below are some of the excerpts –

- Phoenix home prices declined 55% from 2006 through 2011
- Arizona's foreclosure

rate jumped to No.3 in the nation in 2009

- Phoenix seems to have found a viable formula with low prices igniting demand from first-time buyers and investors who are converting the homes to rentals
- The local economy is on the upswing with big employers like Amazon.com and Intel Corp hiring that is further increasing housing demand
- A surge of buyers from Canada leveraging the favorable exchange rate to scoop bargains
- Local mom-and-pop investors are also playing a key role in soaking up supply
- Home prices rose in

Phoenix rose by 2%, which is the biggest increase of any metro area in the country

- Out-of-state buyers accounted for one quarter of all purchases last month
 - Many realtors (Including myself) are seeing bidding wars in recent weeks
 - Foreclosed properties accounted for 36% of all home sales in January, down from 55% one year ago and a peak of 66% in March 2009.
- The given article does give a positive outlook on the Phoenix real estate market however these are early indications and we would need a sustained growth across the valley to recover completely

from the meltdown.

Let's look at recent Commercial developments happening in Phoenix area-

Developer Trammell Crow Co. and investment manager Clarion Partners has formed a joint venture to develop the Coldwater Depot Logistics Center on a fully zoned and entitled 56-acre site in Avondale, AZ

Sycamore Urban Properties has purchased the 148-unit Shadow Tree Apartments located at 2606 N. 44th St. in Phoenix, AZ for \$5.25 million, or just under \$35,500 per unit.

Reid Traditional Schools Painted Rock Academy, Inc. acquired the flex / industrial

building at 14841 N. Black Canyon Fwy in Phoenix, AZ from Wentworth Property Company LLC for \$4.1 million, or about \$51 per square foot.

As always, am eager to hear your feedback, comments and questions. Please contact me .

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Need some adventure in your life? Exotic destinations beckon you. Try not to make waves. Concentrate on your career and on making money. Accept the inevitable, and opportunities for advancement will follow. Your luckiest events this month will occur on a Thursday.

ARIES



Mar 21
to
Apr 20

You will need to spend extra time sorting through your work. Don't let your friends talk you into taking time off. Keep busy and let them fume while you're not around. You will find your vitality is lowered. Your luckiest events this month will occur on a Thursday.

TAURUS



April 21
to
May 20

Check into art objects or precious stones. You can do well in group endeavors. Romance is likely if you participate in unusual forms of entertainment. Your contributions will be valued and helpful. You can come up with ways of earning extra cash. Your luckiest events this month will occur on a Monday.

GEMINI



May 21
to
June 21

Social events will be plentiful. Don't go hog wild when it comes to entertainment or you could find yourself short of funds at the end of the month. Try to think things through. You can ask for favors or run your ideas by those who will be able to support your objectives. Your luckiest events this month will occur on a Sunday.

CANCER



Jun 22
to
Jul 22

Get motivated and follow up on some self-improvement resolutions. Take the initiative and go after your goals. Your attitudes are changing rapidly. You may not be able to help, but your support will be favorable. Your luckiest events this month will occur on a Wednesday.

LEO



Jul 23
to
Aug 23

Difficulties relating to children will be stressful. Do your job and don't ask for favors. Discuss your problems and complaints if you wish to rectify them. Opportunities to pamper yourself may unfold. Your luckiest events this month will occur on a Thursday.

VIRGO



Aug 24
to
Sep 23

Relatives may not be telling you the whole truth about a family situation. You will find travel and lectures most stimulating. Abstain from getting involved with married individuals. Go out with friends and avoid the situation on the home front. Your luckiest events this month will occur on a Saturday.

LIBRA



Sep 24
to
Oct 23

New friendships will develop through group events. Try to address the real issues in order to turn things around. You don't owe anyone an explanation. Do your own thing, you need time to yourself. You'll find travel or involvement in large groups gratifying. Your luckiest events this month will occur on a Saturday.

SCORPIO



Oct 24
to
Nov 22

Be careful when dealing with female members of your family. Try to understand their point of view. Your tendency to take on too much will end in fatigue. Do things that involve children. Your luckiest events this month will occur on a Tuesday.

SAGITTARIUS



Nov 23
to
Dec 21

Limitations with females could lead to unfortunate circumstances. If you are not already, think about going into business for yourself. Don't let criticism upset you. Hassles will delay your plans. Romance will unfold through business trips. Your luckiest events this month will occur on a Friday.

CAPRICORN



Dec 22
to
Jan 21

Look closely at motives and honesty in your personal encounters. You will be able to get your own way if you use your intellectual charm and know how. Don't hesitate to present your unique ideas. Travel could be in order. Your luckiest events this month will occur on a Thursday.

AQUARIUS



Jan 22
to
Feb 19

Do not let others exhaust you financially. If you are in the midst of a financial deal, this is your lucky day. You need to look into ways to change your self-image. Verbal abuse may lead to walkouts; don't make any rash statements you may regret later. Your luckiest events this month will occur on a Wednesday.

PISCES



Feb 20
to
Mar 20

April 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 Amma Sri Karunamayi 2012 World tour 5th Annual Indo-American Golf Tournament @ Ocotillo Troon Golf Resort	7 ISHQ 2012 @ Mesa Arts Center
8	9	10	11	12	13	14 Siva Giri Guru Dharma Pracharana Sabha celebrating Vishu @ Gilbert - Arizona
15 Hopscotch A Charity Dance Event @ Chandler Center for the Arts	16	17	18	19	20 The Legacy of Mahatma Gandhi: A Personal Memoir @ Ekta Mandir Gandhi Katha, 7:00 PM to 10:00PM at Bharatiya Ekta Mandir	21 * 2012 NSF Bee Contests * The Legacy of Mahatma Gandhi: A Personal Memoir @ Ekta Mandir * Gandhi Katha, 7:00 PM to 10:00PM at Bharatiya Ekta Mandir
22 * 2012 NSF Bee Contests * The Legacy of Mahatma Gandhi: A Personal Memoir @ Ekta Mandir * Gandhi Katha, 1:00PM to 5:00PM at Bharatiya Ekta Mandir	23	24	25	26	27 CPR and AED Training, 6:00 PM to 11:00PM at India Oven Banquet Hall, 1315 S Gilbert Road, Mesa AZ 85204	28 Work shop on Indian Classical Dance @ Snedigar Recreational Center
29 CPR and AED Training, 9:00 AM to 5:00PM at Indo American Community Center, 2809 W Maryland Avenue, Phoenix, Arizona 85082	30					

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London Paris New York

London Paris New York is a romcom that demands neither much time nor patience. You may not love it, but chances are you'll find yourself mildly amused and entertained along the 100 minutes it plays out over.

The template is familiar -- boy and girl meet for a day in London, fall in love, meet years later in Paris, fight, then meet again in New York and realise they want to spend their lives with each other. Inspirations range from Richard Linklater's *Before* series, as well as David Nicholl's novel, *One Day* (the movie adaptation of the book was so bad, I can't see how that could have been an inspiration).

What makes *London Paris New York* (LPNY) tick is its lead pair. Ali Zafar and Aditi Rao Hydari are both relatively new, eager to make a mark and confident at their craft. Their personalities are contrasting, chemistry interesting, and their conversations believable.

Zafar plays Nikhil and, as seen in his earlier two films, has an easygoing charm and love for the camera (which reciprocates too). I'd like to see him work with a more seasoned director though; sometimes you feel the actor gets carried away, going slightly OTT, and you want him to be reined in. He's good in most parts of LPNY, especially in a crucial scene towards the end.

Hydari, on the other hand, is a delight to watch from first scene to last. Her character Lalitha's transformation over the course of the film is more believable than Zafar's, and she takes the role a step ahead of what debut making writer-director Anu Menon would have

quick-

imagined. She's got an immensely likeable persona, and will hopefully get other author-backed roles in the future.

The frills are minimal in LPNY, the film getting down to business right away, and ending earlier than you expect it to. The three chapters are each shot in hues of red, green and blue each, cinematographer Sameer Arya giving each city a life of its own.

Menon gives her two lead actors some great lines (dialogue credit shared with Ritu Bhatia), and ensures her characters remain relatable. What she loses due to lack of originality, she makes with her honesty in telling the story straight. She's got a young, vibrant voice and is someone whose films you'll want to watch out for.

My favourite moment in LPNY comes when Nikhil and Lalitha are riding a carriage in New York, much older than the first time they met. There's a visible comfort that belies the fact that it's only their third meeting. And you really do wish the two get together eventually.

LPNY is a short and sweet romcom that will leave you with a smile. Go for it.

Film Review

Film: *London Paris New York*

Director: Anu Menon

Cast: Ali Zafar, Aditi Rao Hydari

Rating: ***



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Preity Zinta loves to debate

Actor Preity Zinta loves a debate and a healthy one at that. The dimpled actor spent a good chunk of her time on Saturday, encouraging her followers on micro-blogging site Twitter to choose a topic for discussion to indulge in sometime today.

A source close to the actor says that Preity is always game for a good debate. "She likes to hear other people's opinion and imbibe from that too. Those close to her will vouch for the fact that PZ doesn't like to back out of a debate," says a source. Preity even finalised on a few topics of discussion and asked her followers to vote for one. "Her followers came up with ideas like homosexuality as a taboo, sting operations celebrities, celebrity MMS scandals, cricket, should betting be legalised in India and the like. Preity was quite amazed to see the response. Initially she thought she would pick a topic on her own, but seeing the ideas that her followers came up with, she decided to let them only vote for the most intriguing topic.



Why choose between Shah Rukh and Salman?:

Malaika Arora-Khan

The item number scene may have been run over by the leading ladies in B-Town in recent times, with almost all top actors stepping into the dancing shoes of the item girl, but Bollywood's original item girl, diva Malaika Arora Khan is unfazed by all competition.

"I don't look at anyone as competition. I am comfortable in my own space and I'm really secure about what I do, so there's no question of worrying about other entrants in the picture," says Malaika, whose Anarkali disco chali track in Housefull 2 is being appreciated.

Talking about leading actors now taking up item numbers more frequently, she feels that there are bound to be comparisons, but no pressure.

"I am not here to prove that I'm the best dancer in town. I dance simply because I enjoy dancing. It's fun," she adds. As for her outdoing her own number, Malaika feels that she tries to make one dance number as different as possible from the other.

"Routine bores me, so I like to try different styles of dancing. Like Anarkali has elements of the classic mujra, as well as contemporary dance. So it was awesome doing it. It was completely different from Munni or anything I'd done before," she says.

But her fundas on dance are not the only thing that Malaika's so clear about. The actor is equally vocal about not wanting to steer towards full-time acting anytime soon. "I've enjoyed my mini-stints in acting, but I'm not looking forward to getting into a full-fledged acting career as such. I believe in 'never say never for anything in life', but for now, I am happy dancing and as a producer making others dance to my tune," she laughs.

Ask her about her all-time favourite numbers and she's quick to say, "Chhaiyaa Chhaiyaa and Munni!" Of frenemies, actors Shah Rukh Khan and Salman Khan? Doesn't she feel the pressure of balancing between the two stars? "Whatever's between the two, is between them. That's never affected us, so why choose between Shah Rukh and Salman?" smiles Malaika.



No shame in auditioning!:

Aarya Babbar

Actor Aarya Babbar, who has been a part of several critically-acclaimed films and Box Office hits in recent times — from Ready to Guru to Jail — is maha-excited about finally having bagged a project with his dream director.

Apparently, the actor, who has been signed on by Vishal Bhardwaj for the Imran Khan starrer *Matru Ki Bijlee Ka Man Dola*, can hardly wait to begin shooting for this one. This, despite the fact that he's not had a long break in a while now.

According to a source, the actor has been busy with films like *Dangerous Ishq*, *Maximum*, *Afra Tafri*, *Zindagi 50:50*, *Choron Ki Baraat* and *Joker*, these past several months, but instead of waiting for a break, he's ready to plunge into his next. "When you

enjoy the work so much, you don't miss the vacation," he's said to have told his friends.

Talking about Vishal's film, a source reveals that the actor had got a call from Vishal's office asking him to audition for this role.

"Everyone thought that an audition was uncalled for, but Aarya didn't hesitate at all, saying that for an actor, there's no shame in auditioning. And the very next day of the audition, he got a call confirming his role in the project," the source adds.

Apparently Aarya will be playing the second lead in the film along with Imran and Anuska Sharma. "Unlike his rustic roles in the past, this one sees him play a suave foreign-returned sophisticated guy," the source reveals.



Chai With....United Indo-Pak Christian Church



March, 2012

We are all familiar with the many Hindu and Sikh Temples, as well as Mosques dedicated to South Asians all over the valley. This month, we had the pleasure of our regular Chai With with the unique United Indo-Pak Christian Church located in Chandler. Founded on June 21, 2007, it is comprised of Christian Indians and Pakistanis who were members of American Churches and decided to establish a Church where they could communicate in their mother tongues and celebrate the festivals and special events in styles traditional of the South Asian sub-continent.

The current group got together when a handful of the members who knew each other got together and recognized that they come from the common language and cultures of Pakistan, India, and Bangladesh and also follow the same Christian faith. Brother Robert, Brother John, Brother Oliver, and Brother Mustaq who used to hold meetings at

Brother John's house wanted a Church where they could come together, forget the differences of these conflicting nations, and spread the word of their savior, Jesus Christ. Each member knew additional folks with similar backgrounds and brought those folks to this establishment and the Church grew purely by word of mouth to its current membership of approximately 50 families or 125 members. It was initially established in a smaller location in June, 2007 and moved to its current location in November, 2007 – needing a larger space as the members grew. The members believe the Good Lord brought them together and how they met is no coincident, but rather the doing of the Lord to start this Church in Arizona. Even though there are regional Churches in Arizona such as the Malayalee Church, this is unique in the fact that it attracts people from many countries and regions from within each country. Members vary from Bangladesh to India to

Pakistan and even within a country such as India, members are from Chennai, Hyderabad, Madhya Pradesh, etc.

Their thoughts regarding the diversity in their Church are that they do not recognize themselves as Indians or Pakistanis or Punjabis, etc. but rather Christians and in Christ, they all become one. They have members such as Jit Pegani who have been in this country since 1949 and found a home away from home in this

By Deepa Walia

Church to members like Jacob who came here in 2008 and found out about this Church in 2010 through Brother John and Oliver. The United Indo-Pak Church is a non-profit organization with 10 board members who are not elected by rather find a natural fit with their skills to contribute to the greater good of the Church. For them, the members and officers are appointed by God. In their own words, "We are human beings and God uses

each and every one present here based on their different talents." They think of themselves as a hand comprised of a thumb and fingers of all lengths that come together to form a strong fist. All members and officers are purely volunteers and take no salary from the organization. Their goal is to provide services for the community, bringing all people together regardless of background. The Church and its membership is small but they all believe in the quality of people, not quantity. Every member is somehow involved in the mission of the Church such as helping the poor, providing help to their homelands when they are hit with natural disasters such as floods, etc.

Officers of the Church are Senior Pastor Jit Pegany, Pastor Kevin Jacob, President Robert Anthony, Vice President Brother Oliver, Secretary Brother David Din, and Treasurer Brother Simon Anthony. Members include Brother Mustaq, Brother John Masih, Brother Nelson, Brother Vi-

vek, Brother Sunny, Brother Leslie Samuel, Brother Sunil, and Brother Edwin. As can be seen in the names, this is truly a unique environment where people of many backgrounds come together as one.

The Church performs most of its services in English due to the natural language barriers that arise from the diversity in the organization, but often times worship is also mixed with Hindi and Punjabi. The main occasions observed by the Church are Good Friday, Easter, Christmas and the annual anniversary celebrations of the Church in June each year. Their upcoming Easter celebrations can be attended on April 8th, 2012 at 5 PM at 6135 W. Detroit Street in Chandler, Arizona.

Asia Today thanks all the members for taking time out of their busy schedules to shed some light into their small, but beautiful world and wishes them great success in the coming years. Make sure to catch their Easter Celebrations on April 8th.



Insightful Motivation Enjoying Education Racing to the Top

In every field of work there is a positive thrust and commitment taking place for people to improve and enjoy what it is they do. The words unique and innovative are being connected with insightful motivation causing an environment for astonishing results. Whether it's in the world of work or the world of education the sun is becoming brighter and brighter making it not only easier but simple to become a winner. No time is allowed that's not enlightening and encouraging. Teachers teaching each other while parents make it their business to master skills and techniques enabling them to be eager to assist their children with their afterschool assignments.

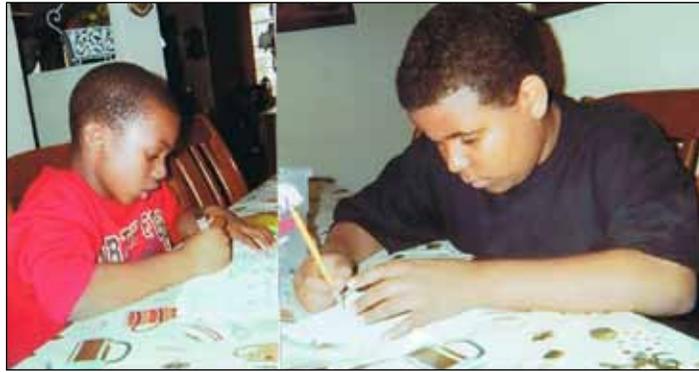
When we think about the essentials of our educational system around the country the idea of racing to the top is beyond just a dream. Teachers understand what it means to enjoy teaching while students enjoy learning. They've studied the situation well enough to engage the whole child regardless of his or her life experiences. It's called learning made fun with assignments getting done. The joy of music, poetry, drama, along with creative writing and speaking. It's an environment where students are found saying kind and pleasant things about each other. No child bullying another child. The feeling of worthiness is at an all time high! Insightful motivation is being used openly to uplift the spirit of every child. You can hear the future leaders

of our society saying: "Beautiful, I knew you could do it. Now let's turn to the next page and use the same approach with spelling and language production. By the way you just earned another five (5) hundred points.

Your parents are going to be very excited when you show them you have mastered the process. Since you've been so successful, I want you, Robert, to sit here in the Kings Chair and continue your penmanship or legible writing. Suzie, you sit here in the Queens Chair and continue your story concerning the value of productive behavior."

Teachers and parents learn how to reward rather than punish or demean students. Again, it's called Insightful Motivation Enjoying Education...Racing to the Top

This is what goes on, in and after school settings for both parents and students who are taught how to learn and enjoy academic and social excellence. In the Creative Reaching Teaching Motivational tutoring sessions, everyone involved becomes what we call Hall of Fame learners: Not Hall of Shame, but Hall of Fame. The student praise and reward system is constantly in effect. Once learning two educational raps with instrumental music, their picture is taken and given to them in color with the words



Modern Day Achiever in the World of Champion Education. It's about building pride and human worthiness. It's about building confidence while removing doubt and fear. They learn to say with conviction I will and I must because I have what it takes.

Each student is taught the science of taking words apart and putting them back together. They become scientists and surgeons of vocabulary. Parents are permitted to observe as often as they would like and given the opportunity to ask questions. They are also permitted and seen teaching what they learn to their children and vice versa. It's a whole family approach towards learning.

When visiting school to offer assembly and classroom motivation, a strong and positive song is made available in education rap form. Again - it's about building morale. Poetry such as Poor Link Refused To Think is turned into a play or role playing. Other words, emphasis are on the importance of thinking with high expectation as the core foundation. It's called keeping the batteries from dying.

What others call failure is treated as an opportunity or message to improve and continue to practice. Insightful motivation is about confronting challenge with balance and optimistic vision. Students

are taught to engage endurance, sacrifice and determination. They understand the marriage between the words effort and results. They understand that you can rearrange the letters in the word MIRACLE and end up with the word RECLAIM. They learn that when rearranging the letters in the word LISTEN we discover the word SILENT. Other words, they actually witness what insightful motivation is all about.

I can remember a student in high school after hearing me speak saying 'you have skill.' Another stated 'thank you for teaching me.' Students and parents don't hesitate to let it be known that you not only know how to reach them, but teach them as well.

In conclusion, the message I want to leave you with from this article is the importance of everyone pulling together in support of each other. Academic and social collaboration is among the essential priorities in racing to the top while refusing to stop. The students seen in this article are among many who have benefited and were able



For comments or concerns, contact: Habibullah Saleem at hscrtal@aol.com www.futureimpact.weebly.com

By Habibullah Saleem

to share some of their astonishing achievements with our present Mayor, Greg Stanton. The Mayor was more than amazed and inspired when observing them put words together and take them apart. They pronounced advanced words for their grade level and recited meaningful poetry with projection and impact. To witness for yourself, call and make an appointment to have me visit your school or afterschool program. With so many students thinking of themselves as a failure, we now have the opportunity to strongly minimize such unacceptable behavior. By the way, the parent and grand parent of Kenneth and Joshua remain most appreciative of the Mayor and his positive message he shared at the time concerning the benefits of sound communication. He spoke knowing that he has an obligation to assist wherever possible to build educational bridges that will be sufficient for all students to race to the top with insightful motivation in full gear. Now is the time!

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New book warns of looming Pakistan anarchy

A Pakistani journalist and best-selling author cautions that Pakistan is heading towards anarchy in his new book that offers solutions for his country's frayed ties with the United States and how U.S. peace talks with the Taliban is crucial in its exit strategy from Afghanistan.

The writer, Ahmed Rashid, who frequents the dinner tables of the world's top leaders offering advice, gives a dire assessment of the region he has reported on for more than 30 years in "Pakistan On The Brink: The Future of America, Pakistan, and Afghanistan" released in the United States this week.

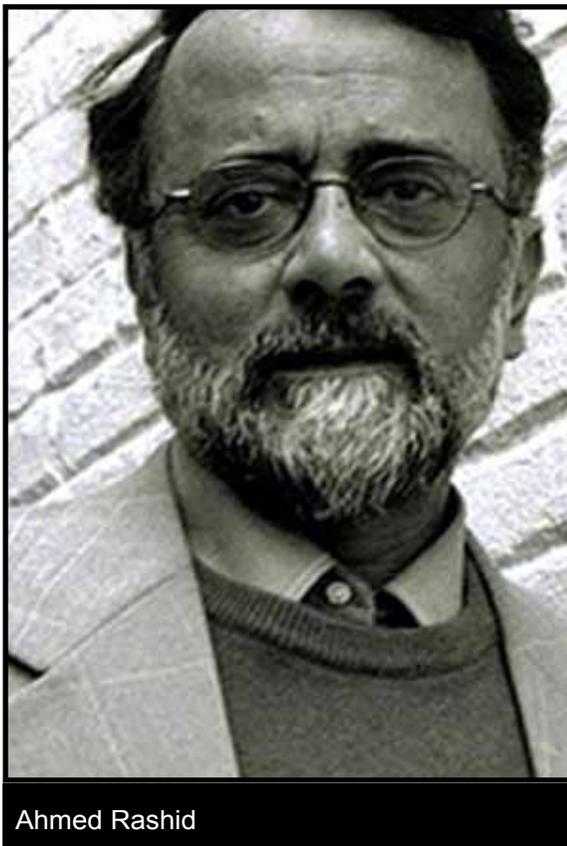
In his fifth book the Lahore-based prize-winning journalist says he fears Pakistan is on the verge of a meltdown and blames both Pakistan and the Obama administration for the deterioration in their ties due to a series of destabilizing incidents, including the U.S. raid that killed Osama bin Laden.

Pakistan's escalating problems are rooted in its reliance on U.S. aid, its complex politics, the government's lack of control over both its military and intelligence service and its failure to protect minorities and secure regions controlled by the Pakistani Taliban and other militant groups, the book maintains.

That spells more trouble for Washington if such groups gain further control in a nuclear-armed country where the military now largely controls foreign and security policies and has taken the lead in relations with the United States, he said.

"Pakistan has all the potential of becoming a failing state," Rashid, 63, said in an interview, explaining the title of the book that follows bestsellers including "Taliban" and "Descent Into Chaos" that were translated into dozens of languages.

"I feel very much that the lack of state control, the lack of state authority is going to mean there is going to be increasing anarchy in many different parts of the country," said Rashid, who has received



Ahmed Rashid

numerous death threats and was named by Foreign Policy magazine as one of the top 100 global thinkers.

TALIBAN DEAL CRUCIAL

Rashid argues that the Obama administration has fueled Pakistan's paranoia by locking it out of peace talks with the Taliban, not discussing its decade-long Afghan war and exit strategy and increasing relations with economic powerhouse India, Pakistan's nuclear-armed neighbor and regional rival.

In turn, Pakistan has made little effort to meet US demands to weed out insurgents operating from its safe havens, including the Pakistani Taliban and the Taliban-allied Haqqani network held responsible for many attacks inside Afghanistan.

Calling those opposing positions "the standard" for ties between Washington and Islamabad since the beginning of the Afghan war, Rashid called upon both sides to "break the logjam."

"There has to be a greater willingness by Pakistan to show when and under what conditions it would be willing to give up the sanctuary for the Taliban," he said. "And on the American side, there needs to be greater American trust in discussing their withdrawal plans and future plans with the Pakistanis."

The two countries reached crisis point after a November incident in which NATO aircraft killed 24 Pakistani troops. Pakistan shut down NATO supply routes into Afghanistan and have demanded an apology and a halt in drone strikes.

"There is so much distrust now, on both sides," Rashid said, adding ties "are certainly not going to return to what they were where there was almost a carte blanche for the Americans to do what they like in Pakistan. That is not going to happen again."

Peace talks between the Taliban and United States must be the cornerstone of the U.S. exit strategy from Afghanistan, said Rashid, adding that Pakistan, which has long harbored Taliban leaders, must be included in the talks.

"The key issue is to get a political settlement with the Taliban that leaves Afghanistan in peace," Rashid said. "You do not want to leave Afghanistan in a state of civil war."

Doubts about the nascent peace talks between the Taliban and the United States intensified after the recent killing of 16 Afghan civilians blamed on a lone U.S. soldier, as well as the burning of copies of the Koran at a NATO base. The Afghan Taliban blamed "shaky, erratic and vague" U.S. statements.

Rashid criticized contradictory policies of the Obama and the previous George W. Bush administrations, including ten years of U.S. emphasis on a military solution rather than diplomatic talks, which Rashid believes has left more Afghans and Pakistanis radicalized.

Rashid cautioned Obama against waiting to announce more details on the U.S. exit strategy from Afghanistan for fear of losing voter support in his re-election bid in November.

The author said the Republican presidential candidates were "more confused than Obama" on Afghan peace talks and withdrawal. "They don't know which policy to follow."

Poet of the Month

Angela O'Donnell

Angela Alaimo O'Donnell is a poet and professor at Fordham University in New York City where she teaches English and Creative Writing. She also serves as Associate Director of the Curran Center for American Catholic Studies.

Her most recent book is *Saint Sinatra & Other Poems*, a collection of rogue saints' lives (Word Press, 2011). Previous books include *Moving House* (2009), and two chapbooks: *Mine* (2007) and *Waiting for Ecstasy* (2009). Her poems have appeared in many journals, including *America*, *Comstock Poetry Review*, *Concho River Review*, *First Things*, *Hawaii Pacific Review*, *Italian Americana*, *Mezzo Cammin*, *New Texas*, *Pedestal*, *Post Road*, *Potomac Review*, *RUNES*, *St. Katherine Review*, *The Nepotist.org*, and *Valparaiso Poetry Review*. She has been nominated for a Pushcart Prize and a Best of the Net Award, and was a finalist for the Foley Poetry Award, the Elixir First Book Award, and the Mulberry Poets & Writers Award.



Poet's Heresy

"I feel that the Godhead is broken up like bread at the supper, and we are the pieces." – Melville, Letter to Hawthorne, Nov 17, 1851

I'm a Sicilian woman
and my poems say mangia!

I want to feed you
bread and wine, fruit and feast,

blessed and broken words
to chew, chew, chew.

I want you to eat them
purely for pleasure,

to put your lips around p,
crack k's with your crowns,
roll l's across your taste-budded tongue,

to swallow sweet & easy
the meal of your life.

For it is what your body craves,
your heart sorely wants,
what your gut loves.

It is lies & truth, death & life,
sweet/sour, dazzle/dim,

what you have always
and have never known.

It is itself and you besides,
every thing & no thing at all.

It stuffs you full and leaves you
heavy, hungry, starved for more.

It makes you glad.
It troubles your sleep.

It is my body & my blood.
Here. Take. Eat.



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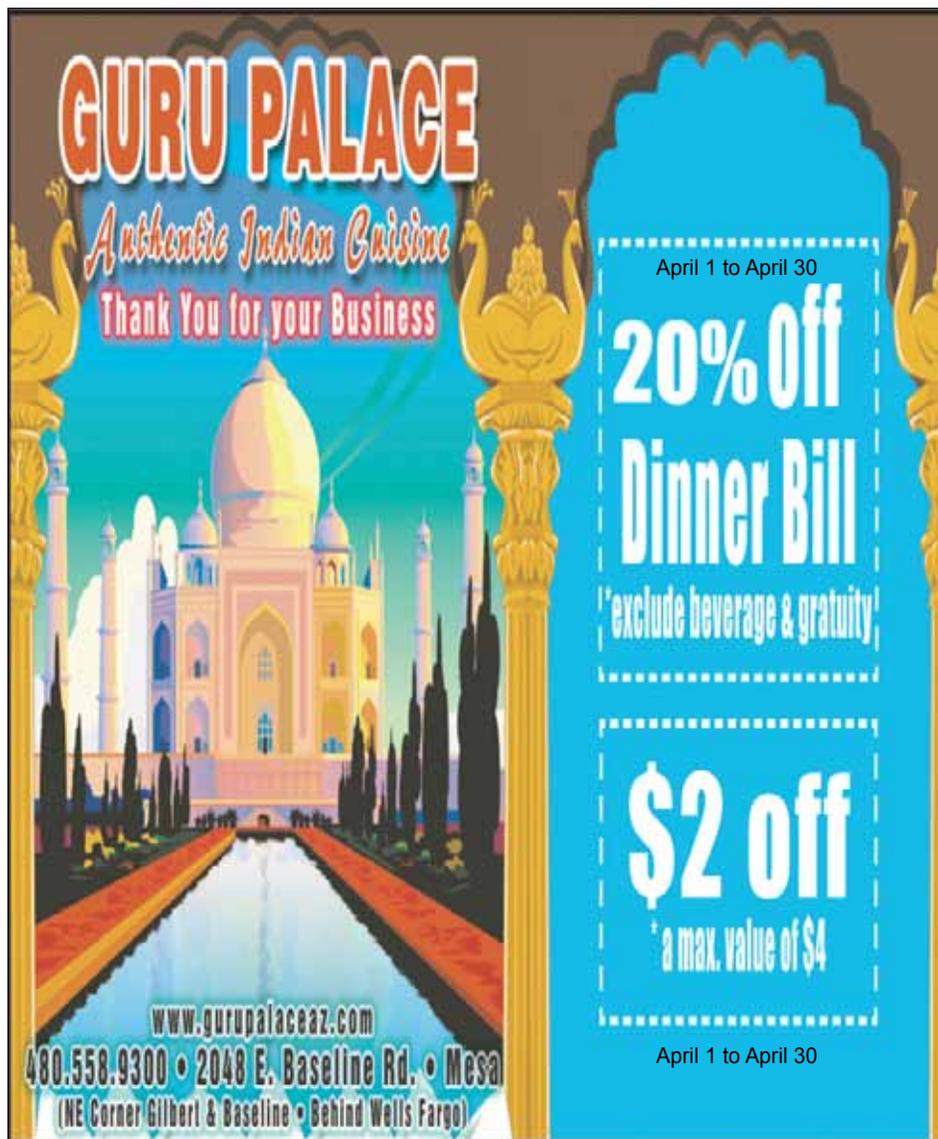
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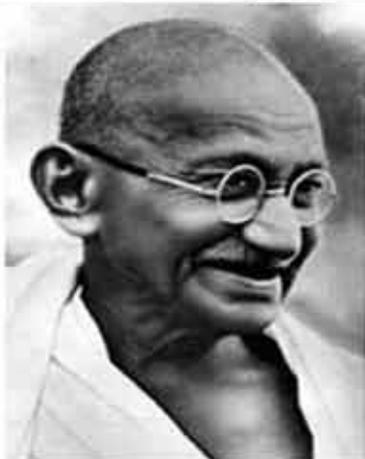


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Narayan Desai, author and educator, 88 year old Gandhian, has lived his life following Gandhian principals pursuing humanitarian causes. He has completed the most definitive biography of Gandhi in Gujarati which won the Murtidevi award. The Katha is based on this four volumes on Gandhi : Maru Jeevan eej Mari Vani. Mr. Nayanar Desai's talks have been enjoyed by audiences of all ages all over the world. He has been invited to deliver the Gandhi Katha in the UK, Canada and by the Yale University.

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