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Maha Shivratri celebrations at the Temple on March 9th



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Vermaland creates foundation, donates \$1 million



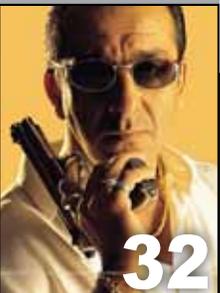
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I have always been a bit of a lecher: Khushwant Singh



Sanjay Dutt breaks down, says he will surrender in time



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25 years of journey, Silver Jubilee celebrations for Indo-American Foundation of AZ



The Indo-American Cultural and Religious Foundation (IACRF) celebrated the 25th anniversary on 15th March 2013 with Gala Banquet. The Silver Jubilee party

was attended by nearly 400 invited members, including most of the prior and current leaders of the venerable organization. The banquet featured heartfelt tributes

and inspiring speeches describing the journey from the ambitious idea of the community center to its creation, and finally to its role as the

• Continued on P03

COLORFUL WELCOME TO SPRING - HOLI by India Association



The cool fresh spring morning with the faint smell of blooms in the air floated through the South mountain park as the members of the board of India Association enthusiastically set up the

• More images on P19

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25 years of journey, Silver Jubilee celebrations for Indo-American Foundation of AZ

“Journey was challenging but always rewarding for community”



cornerstone of the Arizona Indo-American community. The attendees enjoyed the auspicious event and were treated to an evening with excellent food, music, and prizes.

Dr. Gautam Shah, the founding president and Chairman, Board of trustees was pleased with the high turnout for the event. Said Dr. Shah, “Our community should be proud of this Center as it truly symbolizes the benefits of hard work, friendship, and cooperation, Unity without uniformity and Diversity without divisions.” Shah added, “We believe that the Indo-American Community Center and Ekta Mandir have created a lasting legacy for our community and a strong foundation for future generations. Twenty five years journey was challenging but always rewarding for our community. Community Center and Ekta Mandir are symbols of community unity”

The Indo-American community center was built in 1990 through the diligent and cooperative efforts of many Indian Americans of different ethnic and religious backgrounds. It was one of the first grounds up Indian community centers built in the United States and has become a symbol of the success of the thriving Arizona Indo-American community. The Center and Ekta Mandir have touched many lives in the Indo-American community and continues to serve as the home for many birthdays, weddings, anniversaries, cultural events, and religious activities. The Ekta Mandir was later built in 2007, across from the center, to complement and fulfill the religious needs of the community, religious diversity without divisions.

IACRF hosted a gala banquet for all its Life members to mark the Silver

Jubilee of the organization at the Indo-American Community Center. IACRF threw out the red carpet to welcome all members and thank them for their support over the past 25 years. It was truly a grand and glittering affair with the Community Center glimmering in a thousand lights and silver jubilee regalia.

In welcoming the guests the President of IACRF, Mr. Dayaram Ahir thanked all the attendees for their support which enabled the organization sustain and grow over the years. He also announced that IACRF had paid back \$150,000 towards the mortgage principal payment in last year thus showing strong financial base with total over eight million dollars in asset.

The highlight of the event was the recognition of all the Past Presidents of the Indo-American Foundation who were presented with plaques in recognition of their contributions in guiding and steering the organization over the past 25 years to great heights of success. Dr. Gautam Shah, Founding President was recognized for his tireless and selfless services to the community over 25 years. He received standing ovation.

It was heartwarming to see all the Past Presidents on stage at the same time. It was truly a moment to cherish and document. Also recognized were the major donor Trustees, Dr. and Mrs. Dhirendrabhai and Minaxiben Patel, Mr. and Mrs. Ashok & Rita Patel and Drs. Vasudeva and Sathyavati Atluri and over 35 benefactor trustees for their generosity which helped sustain the organization over the 25 years. Many Past presidents including Mr. Bhagubhai Patel, Mr. Jagdish Sagar, Mr. Mahesh Shah and many others

who were instrumental for success of IACRF were appreciated and deserved the credit. Each of them was presented with a plaque in recognition of their contributions. IACRF also presented plaques to few sister associations, namely, the Arizona Telugu Association, Gujarati Cultural Association, India Association of Phoenix, Kannada Sangha of Arizona and the Rajasthani Association in recognition of their support of IACRF and its mission and participation in its programs.

The nearly 400 guests who attended the dinner were wined and dined and treated to some melodious music by Mosami Shah and group from Los Angeles. A slide presentation by IACRF kept the guests engaged through the evening. A cake made especially for the event was cut by the first President of India Association, Dr. Janardhan Mangalat. Every detail from the decorations to the food, the entertainment, and raffles was well planned by the Silver Jubilee organizing committee. In keeping with the IACRF’s mission of Unity in Diversity, the menu featured specialties from the different regions of India.

Special thanks to the IACRF Silver Jubilee Committee members for their hard work and efforts in organizing the event, to all the sponsors without whose support the gala dinner would not have been possible and all the attendees for their support and participation.

“It was great to be a part of the grand celebrations of the Foundation’s 25th Silver Jubilee. The banquet recognized not only the major donors, but all the leaders and volunteers who have guided the Foundation over the years. What was most encouraging

is the aspirations the current leaders have to make the Foundation even more successful in the next 25 years to Golden Jubilee. I am sure the community will come to see all that the Foundation has to offer. It is great to see the large number of visitors that now visit the temple on any given day” writes Jay Bansal.

“My experience at the Silver Jubilee was fantastic. Just admiring how the community comes together to celebrate a major milestone, makes me believe in this community. The joining of past and present Presidents was wonderful to witness as you can see the passion and dedication that each President has provided during their individual term. Everything from the gourmet food to the wonderful live music, this was an experience to remember” writes Mrs. Avani Ahir.

The current President, Dayaram Ahir, gave an inspiring speech. His work involved in many organized community events and coordinating funds to keep the community center alive while reducing the debt of their asset. “Understanding their future goals such as investing in green energy, offering SAT classes to teenagers, and understanding the Phase 2 of the extension of the community center is epic and I cannot wait to see the finished product. I had a great time at this event and I cannot wait to witness their next milestone”.

Banquet celebrations lasted until 2 AM with melodious music and gourmet food. Dr. Gautam Shah Chair, BOT, conveyed gratitude to entire community for their support and love.

(Kalpana Batni, Kul Chhiber and Jay Bansal are contributors of this story)



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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 bajillion 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!

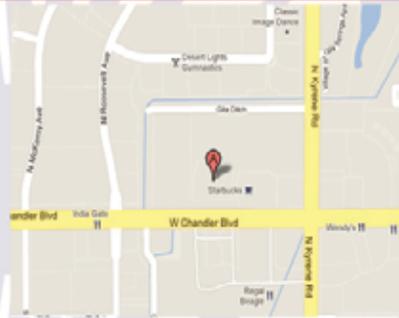
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Hindu Temple of Arizona announces another successful event Maha Shivratri celebrations at the Temple on March 9th



Maata Jagran
Friday April 12, 2013
7pm-9pm
Contact: Shashi (480) 614-1322

Satyanarayan Puja
Thursday April 25, 2013
7pm-9pm
Contact: Nirmal (480) 926-8835

Hanumanji Puja
Every Tuesday
7pm-9pm
Contact: Sushma (480) 970-4439

Venkateswara Swami Puja
Every Saturday
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HTA EVENTS APRIL 2013 Ram Navami and Hanuman Jayanti Celebrations (19th April and 25th April respectively)



Ramayan recital from April 10th: {Recital: during temple hours, conclusion April 19th 7pm-9pm}
Ram Navami celebrations on April 19th
Hanuman Jayanti celebrations on April 25th: {108 hanuman chalisa: starts at 12 noon}
Satyanarayan Puja on April 25th: {7pm-9pm}

- ❖ Sponsorship for one hanuman chalisa = \$ 51
- ❖ Sponsorship for Ram Navami: Archana= \$ 21, Abhishek = \$ 51

For more info contact Ashwani Bakshi @ 480 250 0903 for Ram Navami
Jitendra Kabra @ 602 324 9174 for Hanuman Jayanti

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Ram Navami Celebration

Saturday, April 20, 2013



10:30 AM to 12:30 PM

Sri Ram Janma Mahotsav

Sri Ram Abhishek

Shodashupachar Puja

Ram Pragatya Aarati @ 12 PM

Sri Ram Shahastranam Aarchana

(S51 donation)

1:00 PM to 6:00 PM

Ram Abhishek (S21) &

Aarchana (S11)

1:00 PM to 3:00 PM Ramayan Path Purnahuti

4:00 PM to 6:00 PM Sunderkand Parayan

6:00 to 7:00 PM Cultural Program, Bhajan

7:00 to 7:30 PM Significance of Ram Navami

7:30 PM Aarati followed by

Maha Prasad

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Hanuman Jayanti

Thursday, April 25, 2013



5:00 PM to 6:00 PM—Satyanarayan Katha for Purnima

5:00 PM to 7:00 PM Hanumanji Abhishek w/ Sindoor & Oil
(Suggested Donation S21—Sindoor, Oil etc. will be provided)

7:00 PM to 7:30 PM Hanuman Puja

& Hanuman Chalisa Recitation

7:30 PM Aarati followed by

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Pradosh, Sunday April 7, 2013

Rudrabhishekam, 6:00 PM

Mahavir Jayanti

Wednesday, April 24, '13

Special Jain Puja

Pradosh, Monday April 22, 2013

Rudrabhishekam, 6:00 PM

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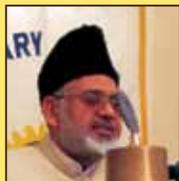
Sunday March 28th from 9:00 AM

@ Indo-American Community Center

Indo-American Foundation and Ekta Mandir will be starting Religious Classes, Language Classes and Art Classes starting in April-May. The classes will break for summer and then continue on Fall & Spring Semester basis starting in August. Please check Ekta Vision or www.EktaManir.org

by Imam Shamshad A. Nasir

Pace and salvation: two things desperately sought by billions of human beings amidst a depressing reality of economic, social and political upheavals and what seems an unending avalanche of everything except peace and salvation. And yet, in a tantalizing divine promise of hope and redemption, all the world religions have prophesized -- and their followers fervently await -- the coming in the latter days of a divinely-appointed messiah to reform the people and usher in an era of peace and spiritual salvation.



The worldwide Ahmadiyya Muslim Community believes that the One and only God of the universe does not lie, nor does He promise something He does not deliver. It is for this reason that we believe in the prophecies of Moses, Jesus, Muhammad and other great spiritual teachers (peace be upon them all) who have all proclaimed the coming of just such a grand, unifying divine reformer and savior. The only question is: who is this person and has he come yet? Christians and most every other religious group would answer: "He is: [insert name of expected messiah / savior / prophet here] and he will come. We just don't know exactly when." Fair enough. Waiting is part of the prophecy deal. But what if the waiting is over and has been over for nearly 125 years? What if the expected spiritual reformer and savior already came into the world like a thief in the night and most people failed to notice? In this great reformer's advent, God's promise of the Second Coming of Jesus (and all other Second Comings expected in other religions) was fulfilled. Equally fulfilled was the promise to all Muslims of the coming of the Imam Mahdi, or guided spiritual leader. For Islam's 1-billion Sunni Muslims, the Mahdi's advent was eagerly anticipated at the beginning of the Islamic 14th century -- a time which aligned perfectly with the expected Second Coming of Christ within the last quarter of the 19th century. The good news for both religions is that their expectations of the coming of the Messiah and Mahdi were fully manifested in one person: Mirza Ghulam Ahmad (1835-1908) of Qadian, India. In one of his more than 80 books in defense of Islam, Ahmad stated: "I am the Light of this dark age. He who follows me will be saved from the pit which is prepared for him by Satan." Furthermore, Mirza Ghulam Ahmad stated that God would show countless divine signs in favor and support of his truth and his

Peace and salvation through the messiah

claims, and that these signs and the passage of time would clearly set forth the true reformer from God.

A singular objection to the claims of Mirza Ghulam Ahmad is raised by both Christians and non-Ahmadi Muslims, because both believe Jesus is physically alive in heaven and will return in the latter days, albeit with different and opposing missions, depending on which religion you consult. For this reason, it is important to address this objection in detail. This involves understanding who Jesus was according to Christianity and Islam, and what are the general beliefs in both religions regarding the crucifixion of Jesus. It should be remembered that the Ahmadiyya Islam interpretation is significantly different from the standard Sunni or Shia Islam view. The Ahmadiyya view will be clarified in detail later. In general, though, the following perspective is true for all denominations of Islam.

Christianity and Islam share an acknowledgment and respect for Jesus and his mother Mary, differing only in the fact that Islam -- while accepting Christ as the messiah for the Israelites -- does not accord Jesus any form of Trinitarian divinity or godhood or physical sonship as do most forms of Christianity. In that respect, Islam and Judaism are on the same page when it comes to their views on the nature and Oneness of God. Both Islam and Judaism define God as being indivisible, purely singular and completely non-corporeal, having no manifestations as God in the flesh in either human or animal form. As these were pagan religious beliefs, it is easy to see why they are universally condemned in Judaic and Islamic scriptures, and why such pagan beliefs are never advocated by Jesus himself. As Jesus is a holy figure common to and revered in both Islam and Christianity, let me explain the Ahmadiyya Muslim take on Jesus (pbuh). We believe Jesus was the Israelite messiah sent by God 2,000 years ago to "gather the Lost Sheep of the House of Israel" which he states in Matthew 15:24 to be his only mission.

To Ahmadi Muslims, it is unthinkable that he could fail in that mission -- that God would not deliver him from his enemies but instead let him die on the cross as an accursed imposter and proven liar in his claim of being God's messiah for the Israelites. This is precisely why his opponents wanted him crucified in the first place -- to prove he was a false messiah! It is the main

reason the Jews did not accept him. They even tell him when he is on the cross that if he comes down off it, they will believe in him. It is only later interpretations of the event by Paul and Pauline Christians that transforms the purported death of Jesus on the cross from being a sign of his failure to the sole reason for his advent!

The only difference between the standard Muslim and Christian beliefs about Jesus is that non-Ahmadi Muslims believe Jesus was never put on the cross at all -- thereby rescuing him from an "accursed" death -- but was instead miraculously raised bodily alive by God to heaven the night before the crucifixion. Another person (usually said to be Judas) was then made to resemble Jesus and it was this other person who was mistakenly arrested by the Romans, tried before Pontius Pilate (without once complaining that they had the wrong man) and then crucified instead of Jesus.

The other major difference between the Christian and Muslim versions of Jesus pertains to what he will be doing once he comes back down in his same physical body after 2,000 years. To the Christians, Jesus will be coming back to gather the faithful who believe in him and to "judge the quick and the dead" -- presumably resulting in the dispensing of divine punishment to anyone who doesn't believe in him as their Savior and as God incarnate and/or the literal Son of God. If you take Luke 19:27 at face value, Jesus commands that all those who will not have him reign over them as their king be brought before him and put to death at his feet. The Muslim version isn't much different except that Jesus will be a Muslim when he comes back -- even though the Quran defines him as an Israelite messiah under the Mosaic Law -- and the victims of his bloody wrath will be the Christians, the Jews and presumably everyone else who won't convert to Islam at the point of the sword or the barrel of an AK-47.

The Ahmadiyya Muslim belief is that God sends prophets and messiahs as physicians for the soul, commissioned to cure the spiritually sick. All those who thirst for God's truth and healing are drawn to such divinely-guided fountains of reformation and redemption, and are thus rewarded with a new spiritual rebirth. This has always been the way God works in the world to save mankind. For this reason, Ahmadi Muslims do not believe that Jesus died an accursed death on

the cross, nor do we believe that Jesus is God or the literal son of God or that he was raised bodily alive to heaven. Jesus is certainly in heaven, but his body is here on earth. In fact, there is ample evidence to support the contention that Jesus is buried in a Jewish-style sepulcher in Srinagar, Kashmir, where he was finally laid to rest after spending decades working to fulfill his mission to gather and preach to the Lost Sheep of Israel. (To learn more, go online to: www.TombOfJesus.com. Also, go to YouTube and type in "10 Lost Tribes" and "Jesus in India" to see 75,000 entries combined on these two subjects alone. And watch the BBC video "Did Jesus Die?")

As much as it may pain most Christians and Muslims, no one will ever see Jesus physically return to earth in his Second Coming for exactly the same reason the prophet Elijah never physically returned to earth in his Second Coming. Jesus made it clear to all who would listen that second advents occur metaphorically through other people, explaining that John the Baptist was the spiritual return of Elijah.

In exactly the same way, the spiritual return of Jesus has already happened through Mirza Ghulam Ahmad, who founded the Ahmadiyya Muslim Community on March 23rd, 1889. He came as a thief in the night, yet his advent started a movement of spiritual reform and regeneration within Islam that has reached 202 countries and attracted tens of millions of devoted followers from all walks of life and virtually every religious and philosophical persuasion. The unifying ideas of Islam are simple: God is purely One, there is none worthy of worship except God, Muhammad is the messenger of God, and the Holy Quran is God's final and complete guidance for all mankind. Mirza Ghulam Ahmad, the Promised Messiah and Imam Mahdi, came to reignite these truths in the hearts of Muslims and all mankind. These truths are epitomized in the Ahmadiyya Muslim Community motto, which all sincere members strive to embody: "Love for All -- Hatred for None."

The Ahmadiyya Muslim Community is a dynamic, fast-growing international revival movement within Islam. Founded in 1889, the Ahmadiyya Muslim Community spans 200 countries with membership exceeding tens of millions. Their motto is: "Love for All -- Hatred for None." For more information about the worldwide Ahmadiyya Muslim Community in Southern California call 909-627-2252 or go online to: www.alislam.org or call Toll-Free 1-800-WHY-ISLAM.

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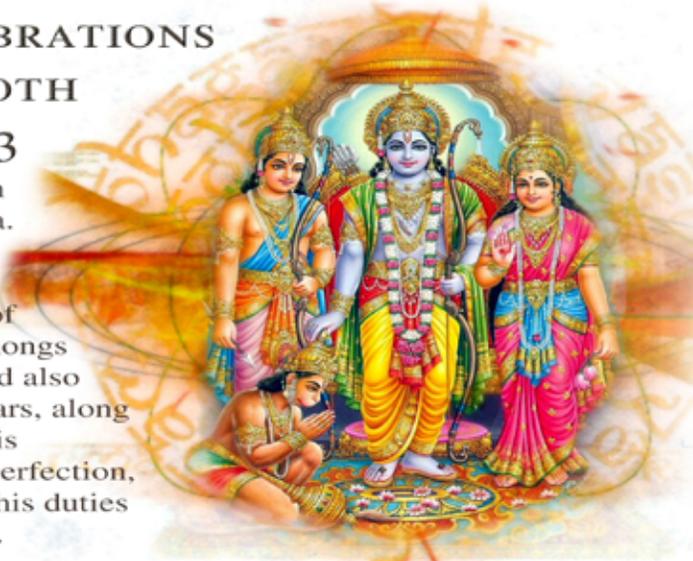



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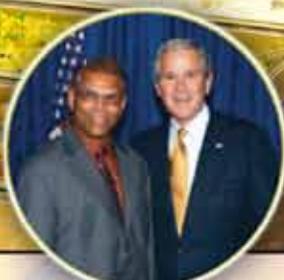
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Paradoxes are the phenomenon which, in theory or actuality exist, but cannot based on conjectures pursuant to the alternate. These conjectures are derived from the formulas, expectations, observations, and equations that have been “empirically” proven to substantiate any claim relative to them. But that’s where the paradox lies; while an event should or should not happen, it doesn’t not or does. Some paradoxes have been disproven or provided alternative perspectives on, such as the speed of light and the acceleration of larger objects into smaller spaces. Such ideas are forced by the constraints of either knowledge or understanding that we shackle to ourselves. We choose to accept one thing and reject another on the basis of our previous acceptance.

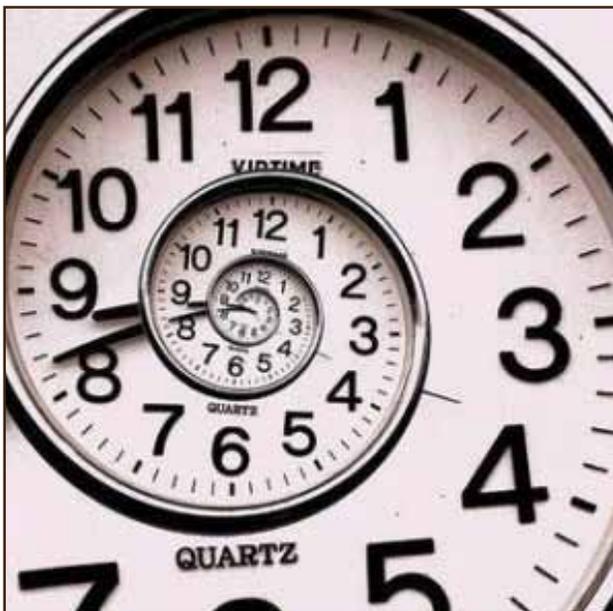
This acceptance might be strategically decided on numerous factors, including a pre-existing notion which is deemed by oneself to trump any other proposition. This almost dogmatic attachment to any one ideology, theorem, or “fact,” provides the essential foundation and framework behind why one believes a

Existence of Paradoxes: A Paradox within itself

paradox exists. When one person persistently holds unto a certain belief, whether truth or not, anything to the contrary or anything that suggests an alternative outcome is automatically discarded as falsehood. An interesting example of this is the speed of life and how it holds properties of length contractions.

In this scenario, a pole of 20ft length is accelerated towards an open shed (10ft long), at the speed of light. From the perspective of the shed, the pole is accelerating towards it, and would thus shrink to half its size and fit perfectly within the shed; the pole is, in this instance, given the property of 10ft in length. However, when one examines the situation from the pole’s perspective, the pole is stationary and

the shed is accelerated towards it at the speed of light. This would cause the shed to shrink to about 5 ft, and



one would assume that the 20ft ladder could not possibly fit within the now 5ft shed. So how is it that the ladder is both able to fit and NOT within the shed? I’ll leave this open ended and allow the reader to assume an answer.

The idea behind this example is that the individual analyzing it must know more than simply the acceleration of the two objects. He/she must understand the transfer of information. Essentially, the individual who is unable to solve this simple does not know enough information regarding light and it’s properties to understand the concept of this paradox. This “superposition” of the pole as being able to both fit and not fit is the fundamental idea behind quantum physics and mechanics.

An application of quantum mechanics can be seen in quantum computers. Although they are not ready for commercial use, the development of these computers permits thousands, and potentially millions, of cal-



culations to be conducted instantaneously in a single step. This, compared to the traditional computer which relies on cubits which can only process one task at a time, is an enormous breakthrough. Quantum computers assume this “superposition,” in which a switch is considered both on AND off. It is perpetually in this superposition, and thus is able to simultaneously exhibit the properties of being both engaged and disengaged. Yet another paradox, yet one of reality.

Paradoxes are interesting to analyze because one often falls victim for some kind of “loophole,” or misinformation. It is for this reason that one must become well acquainted with the theme of the paradox to truly understand its properties.

Inspiration. Perseverance. Goals.

Inspiration. Perseverance. Goals. These are the three words that should drive us throughout our life. They should strengthen us to push through any and all obstacles, and they should allow us to strive for the best. What do you think of when you hear these words? They shape the meaning of life, and what we live for. We live to inspire, persevere, and accomplish our goals, while allowing us to love the life we live. We dedicate our lives to these three words in hopes that they will carry us to great paths and distances, which they surely will.

Inspiration. In the dictionary it means, “to fill with an animating, quickening, or exalting influence,” or to influence or inspire someone to do something. When I hear the word inspiration I think of my family, friends, and other people who have helped me accomplish my goals. Inspiration is passion and love for what you do

everyday and passing on that love to other people. It also means looking up to people you admire or idolize and following them, because that is how you want to live your life.

Perseverance. The dictionary says that perseverance means, “steady persistence in a course of action, a purpose, a state, etc., especially in spite of difficulties, obstacles, or discouragement.” In other words, it means to not give up, even when life throws you the hardest obstacles, difficulties, and discouragement. It can also mean to push through and keep fighting for what you believe in because at the end something good will



come out of it. Perseverance is a very healthy way to live your life and keep it a steady beat to be on the right track to where you want to go. At the end of the day, we persevere through everything to accomplish our goals and achieve something with great effect on our lives.

Goals. The dictionary definition for goal is “the result or achievement toward which effort is directed.” When we hear the word goal, we think of something to aim for, something we really want, something that will help the success level in our lives. Right? A goal means ambition and dreams that we strive to conquer.

The way I see it is, is a goal is a tiny dream that will eventually lead up to your one dream in life, may it be career wise, or just in general. Goals allow us to go above and beyond to heights we had no idea we could reach to, until we tried and we succeeded.

Overall, inspiration, perseverance, and goals hold very significant places in our lives and reflect on our everyday actions. Inspiration, perseverance, and goals go hand in hand with each other, without one, you cannot have the other two, and without the other two, it is hard to have the other. Anyway, I hope reading this made you all realize how important it is how these words can make not only your lives brighter, but yourselves as well. Happy March and happy Spring Break!



-Sammy Mallik



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Prayer for Marriage

Uma looked in the mirror with reproachful eyes. The loose kurta concealed her flabby stomach. The expensive foundation added a little luster to her dark, dull complexion; the concealer minimized the dark circles under her eyes, but no tricks could make her look thin and attractive. She sighed. Like always she'll be rejected. Not even one boy she met for matrimony had liked her enough to marry her. Men wanted money or beauty and she didn't have either. She earned a decent salary, but didn't have a rich father.

The Boy coming to see her today didn't have an impressive bio-data. Well, he wasn't a Boy. He was thirty-five years old, and she at thirty-three, looking like a forty year old, wasn't a girl either. But the matrimony-terminology was set in her mind. The Boy ran a small convenience store and rented a tiny apartment in a run down neighborhood outside Bombay. She worked as a sales manager in a mid-size company, and probably earned more than him.

Her power of speech made her excel at work, but on personal front she got nervous and fumbled as she spoke. Rejections from plethora of men, she met for matrimony, had brought down her confidence level to almost zero. One boy had suggested her to take speech classes. She wanted to slap him but she nodded with a smile and said she would do it. He still rejected her.

Deep down in her heart she wanted to marry a handsome millionaire. Not that she was a gold digger or crazy about money but she wanted to show all the

losers who had rejected her that she, an ugly duckling, could get a prince charming. In reality it would never happen. She wasn't a beauty queen to get a handsome prince. She'll have to settle down with a loser provided the loser liked her.

Lost in her thoughts she didn't hear the doorbell ring. Her mom came into the tiny bedroom and said the Boy had arrived. A nervous wave shot across her body. She let out a few heavy breaths to gain composure, and said a little prayer- God please let this boy like me.

With her mom by her side and a bright smile on her lips, Uma slowly entered the living room. Her dad introduced her to the Boy and his uncle. Uma greeted them by folding her hands; she then sat besides her dad opposite to the Boy. Mom went to the kitchen to prepare tea.

Her dad and the Boy's uncle spoke about their connections and family. She and the Boy quietly listened. She was too old to lower her eyes and act like a shy schoolgirl so she openly studied the Boy while his eyes were pinned on her dad. The Boy wasn't handsome. His skinny body was clad in a well-worn white cotton shirt and black pants. He spoke with hesitation and kept twisting his fingers. A decade ago she wouldn't have even looked at him, but now all she wanted was to be looked at by him. She wanted acceptance and someone to say, "Yes, I want to marry you."

The Boy shifted his gaze from her dad to her.



Uma keenly looked into his eyes. She saw no disgust. Her heart raced. Did he actually like her or was he just being polite? She said a small prayer in her heart again. "God, don't let this boy reject me."

-Priti Kothari

Email: pritickothari@hotmail.com

A REAL YOGI HAS THE POWER TO TRANSCEND THE TIME DIMENSION

A real yogi has the power to transcend time. As per Einstein's famous formula $E=mc^2$, if one were to travel at a speed faster than light, then his mass (matter) is converted into energy and he goes beyond time. The person can travel in the form of energy and on reaching his destination; he can change back into matter. A normal person who is in three dimensions of height, breadth and width is unable to transcend the time dimension. If a person is 25 years old and if he were to travel at a speed faster than light, then his age would remain constant at 25 years only irrespective of how many years have passed.

There is a story in Mahabharata of a king who had a very beautiful daughter. It was very difficult for the king to find a suitable husband for his daughter. He searched everywhere but without success. So he decided to go to Lord Brah-

ma (the creator) to ask his help. He, along with his daughter, ascended a chariot that could travel at a speed faster than light and went to Lord Brahma.

He requested Lord Brahma to help him find a suitable groom for his daughter. Brahma said "Go back to earth. Four yugas have already passed from the time you left earth and came here. By the time you reach back, four more yugas would have passed and it will be Dwaparyuga.

There, you will find Balram, the elder brother of lord Krishna and he will be the most suitable groom for your daughter. Balram was indeed the most handsome person on earth. When the king and his daughter reached earth, they could not find their kingdom. Everything had changed. But they



had not grown older at all. For a person who travels as energy, he will feel that he has reached another place very quickly, but actually a lot of earth time would have passed.

There is another story. Indra's son Jayant was not ready to believe that lord Rama was the incarnation of Vishnu. He

went to lord Rama to test him. When he came to lord Rama (who was a small kid then), the lord understood Jayant's intention. He caught hold of Jayant and put him in his mouth. Jayant was suddenly exposed to the whole of the universe inside lord Rama's mouth. Jayant kept moving in the universe for many years. When lord Rama took him out of his mouth, Jayant saw that lord Rama was still the same. Immediately he fell at his feet and went away.

It seems that people on other planets have already controlled the time dimension. You have heard of stories of UFOs that appear and disappear in a fraction of a second. The UFOs don't have the propellers like our rockets have. Our rockets have to be fired with propellers at great speed

to go beyond the gravitational force of the earth and then fired again to get into the right orbit. The people from other planets are probably scientifically more advanced than us. A real yogi can travel anywhere. When Devaki was lamenting over the death of her seven sons, Krishna said that his brothers were not dead. He took her to the astral world and showed her that all her sons were alive. When Arjuna was weeping over his dead son Abhimanyu, Krishna took him to the astral world and Arjuna could see his son there.

For Yogis like Krishna and Babaji, there is nothing impossible. Time dimension really doesn't matter. They can travel anywhere at any time in energy form. But for a person with only body consciousness, all this is very difficult.

Reference: Excerpt from *satsanga with my Guru – Gyan Swami*.

-Pranav

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INDIAN SENIORS ASSOCIATION OF ARIZONA (I SAA)

On Feb 26, 2013, wow! It was quite a thrilling performance by participants who brought back the memories of sweet "weddings" whether in Gujarat or Punjab. It all started when Meenaben Sharma who depicted how a boy in Punjab looked for a girl. She used her humorous & melodious voice and steps in doing so. Many from the group supported her efforts. All did an outstanding job. The boy did find the girl! Prafulbhai did a great job by taking it over from there and walked us back through a Gujarati wedding with all the steps -just in case if some of us forgot them. Vidyaben & Amritaben supported Prafulbhai with the songs at various steps. Prafulbhai played dulha & Hiraben-dulhan. Kiranben acted as the mother-in-law who made sure that the couple entered the home free of any evil spirits. Many others helped the presentation with their voices in singing traditional songs as well as some Bollywood wedding songs. Today's "Fatana" presentation with no prior notice or planning and no practice was an overwhelming feat enjoyed by over eighty five members and guests. Thanks to all artists for a wonderful job! Luncheon was sponsored by Chandrikaben and Jaswantbhai for celebrating their recent anniversary and a birthday.

On Mar 05, 2013, ISAA seniors took a ride on "Ferrari" as we watched the movie "Ferrari Ki Sawari". It was quite entertaining. Thanks to A.D. Patel for loaning the DVD, and thanks also to Bharatbhai for setting up the A/V equipment. The movie started right on time at 10:30 A.M. As the movie ended, it was time to celebrate the special birthday of Nuria, the granddaughter of Kanwal Mumick. Nuria's mom Gunit was all smiles and so were the godmothers- Deepika and Minu. Many congratulations to parents and Nuria. Appropriately there was cake cutting and chanting of "happy birthday". Meena Sharma and Kanwal Mumick sponsored today's party with plenty of pizza, chaat, dahiwada, cupcakes, fresh-fruits and eggless cake too. Over seventy attendees enjoyed.

On Mar 12, 2013, it was a solid group of ladies (well over 30) who organized and played "antaxshari" with a difference. As one picked up on the last letter to render a song in response- it was acted out by the player. It was quite exciting to see the dance by the responder. The ladies had a great time while groups of gentlemen played cards or just plain solved world's problems successfully! The main highlight of the day was the birthday and anniversary celebration by Amritaben & Parshottambhai. While serving the cake to Amritaben, he decided to eat it himself - three times. It was a lot of laugh for all. Happy birthday and anniversary to both! Amritaben sponsored the luncheon today. Jagdish & Sheelaben Trivedi as well as Shobhanben Shah joined Amritaben in the sponsorship. Delicious meal enjoyed by well over eighty members and guests.

On Mar 19, 2013, March birthdays and anniversaries were celebrated with symbolic cake cutting and happy birthday singing. Jitubhai briefed about his recent trip to the Middle East nations. He highlighted magnificent work by Dr. Mandar who has authored the book "Lata" – The Voice of the Golden Era which was presented to Jitubhai. Also, Dr. Mandar will work with Jitubhai to fulfill his dream of introducing formal education and training in health, hygiene and safety awareness in schools, colleges and at work. Dr. Mandar has another book on "Right Parenting". Narendrabhai and Daxaben sponsored today's luncheon to celebrate the arrival of their grandson. This was enjoyed by over eighty five members and guests.

Announcements:

ISAA appreciate the generosity of Bhisham & Suman Bahl for contributions of \$100, Prafulbhai & Hiraben Daulat \$101, Manubhai Godiwala \$25 and Kanwal Mumick for baking eggless cakes to celebrate members' birthdays & anniversaries in February.



ISAA seniors saluting the national flags in celebration of the Indian Republic Day



A Team of Magnificent TEN – Picnic Volunteers.



Group celebrations of March Birthdays & Anniversaries.



50th Anniversary of Amritaben & Parshottambhai.



Kanwal Mumick celebrating granddaughter's 1st birthday with ISAA seniors



Fatana-Dulha waiting for the dulhan!



Fatana- Found the right girl as "Dulhan"



Fatana-Being choosy and picky whilst looking for a right girl



Fatana-Boy checking this girl out in the selection process!

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Good habits are made easier with the help of a daily routine to follow, but all too often they can take a summer break of their own, leaving growing bodies lacking what they need to stay fit. Here are a few tips for keeping kids healthy over summer break.

Don't Skip Breakfast. A wholesome breakfast gives kids the boost they need to start their day and stay energized. Avoid sugary cereals and processed snacks, and opt for high-fibre foods such as whole grains, fresh fruit and even steel-cut oats, as well as lean protein.

Stick to Good Sleeping Habits. Getting enough sleep is essential for healthy digestion, metabolism, brain function and so much more, so make sure kids stick to a set bedtime and wake-up routine.

Get Plenty of Exercise. Kids who stay active are less likely to become overweight and have problems with weight-related illness. Active kids have also been shown to better handle physical and emotional changes, have better sleeping habits, and develop stronger bones and muscles.

Keep Brain Cells Sharp. Mental exercise is just as important as physical exercise when it comes to optimal health. Encourage kids to read books, play word games, create scavenger hunts, or even keep

Summer Health Tips for Kids



a journal about what they did over summer break. **Essential Supplements.** A healthy body begins with good digestion, so it's important that kids get the nutrients they need to digest their food properly, absorb nutrients, and eliminate waste effectively and

efficiently. Daily supplementation with fiber, probiotics and digestive enzymes can help kids get the nutritional support they need for better digestion and overall health.

Summer Health Tip for Kids: Sun Protection
Make sure kids wear at least an SPF 30 sunscreen every time they go outside even if it is not a sunny day, the overcast skies can be just as damaging to the skin as sunny skies.

Summer Health Tip for Kids: Bug Bites
Older kids can benefit from wearing insect repellent but making sure to wash the repellent off at the end of the day once their outdoor activities are over is equally as important. Younger children can benefit from being covered as much as possible such as long sleeved, light weight and light coloured fabric as a good choice.

To learn more how to take care of kids during

summer:-

Contact:

Priyanka Bhatia Gurnani
Bhatiapriyanka2002@gmail.com



Why Nagar Kirtan (Sikh Parade) in Down Town How to Create Positive Sikh Awareness?

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

Now a-days, in every large city of the western country, wherever there is significant Sikh population, a Nagar Kirtan or religious procession is usually organized on Vaisakhi day as well as on Guru Nanak Devji's Prakash Utsav. The Sikhs in Arizona have been no exception to this rule. They have been doing the same in the neighborhood streets of all the three Gurdwara Sahibs since the inception of their first religious institution some 30 plus years ago, except at one time when an arrangement was made in downtown Phoenix some years back. We seriously need to ask as to how far this tradition of Nagar Kir-

tan outside India has been successful in disseminating awareness about Sikh identity? Raising slogans with elevated fists and that too in language that the neighbors/onlookers don't understand, does not seem to help. Walking in an undisciplined way without full respect to Guru Granth Sahib Ji and talking among ourselves instead of Naam Simran, laughing aloud and at time chewing on snacks could certainly not have left a positive impression about the original intent. Therefore, keeping this concern in mind, we are humbly requesting our local Sikh Community to consider paying utmost attention to these issues when we assemble in Downtown Phoenix to be part of Nagar

Kirtan planned for Sunday April 21st. Besides its religious significance, the intent should also be to emphasize Sikh awareness and Sikh Identity in a positive way. A few simple but doable suggestions are being made in a very humble way to the Sangat members so that efforts in this regard become truly more fruitful.

1. First of all it is essential that each one among us should make a serious attempt to join in so that there is a huge number creating a positive impact. We all should be part of the Nagar Kirtan and not onlookers

2. Every male person should attempt to wear a BLUE OR SAFFRON TURBAN. Our woman folks could have

BLUE/SAFFRON turban or chunni.

3. Banners are being prepared in simple English so that the onlookers could understand the fundamental Sikh facts, philosophy and the contributions of Sikhs to American Society.

4. Most importantly, we all must walk in discipline doing Naam Simran, listening or singing Gurbani along with or behind the Ragi jetha. Jaikaras must be pronounced at a softer pitch.

5. In order to pay full respect to Sri Guru Granth Sahib Ji talking should not be encouraged. Small children be advised against running around to avoid injury. All these precautions will go a long way in fulfilling our objectives, so at least we hope!

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INDIAN SENIORS ASSOCIATION OF ARIZONA (I SAA)

On Jan 29, 2013, ISAA celebrated India's 64th Republic Day with a bang. Shantibhai Rajyaguru led the audience with a salute to the US and Indian flags and singing of Indian National Anthem. Beautiful ladies waved the handmade replicas of Indian flag. Anilbhai and Arunaben Desai thrilled everyone with patriotic songs and music. Since Jan 30th happens to be Gandhiji's punyatithi, the group observed a minute's silence. Kamleshbhai and Dipaben celebrated 65th birthday of Hansaben sponsoring a luncheon with a beautiful cake for over ninety attendees. It was great to see Munubhai Bajpai with Rajnijiben back after long time. Subodhbhai & Kokilaben Thakar also paid a surprise visit to ISAA as they were in town.

On February 05, 2013, over eighty members and guests enjoyed the day filled with fun while playing Bingo. Everyone was serious and quiet so they could focus on their luck. At the end there were five lucky winners. Congratulations to all. Thanks to Prafullbhai, Hansaben and Bharatbhai for supporting the Bingo games. Dr. & Mrs. Shyam Tangri celebrated Vijayben's birthday with a beautiful cake who also sponsored the luncheon.

On February 12, 2013, eighty five members were happy celebrating Valentine's Day when each one presented a beautiful red rose and some goodies to their valentine. The back ground music lifted everyone's spirit. Dancing and rass-garba continued to the tunes until it was time for lunch. This was all captured by Bharatbhai in his pictures. Thanks to Deepika and Pablo for decorating the hall in beautiful red and pink. The balloons provided the magical effect. Ladies were dressed up in beautiful red saris and some men were not less either. The atmosphere was just full of delightful vibes. The sponsors today were Sumatiben and Sudhaben. Neeruben supplied ice cream whereas Meenaben and Sumanben provided the goodies. Roses and chocolate bars were supplied by ISAA. Thanks to all for making the occasion very festive. Dr & Mrs. Tangri donated one hundred dollars towards the celebration.

February 19, 2013, marked the beautiful celebration of Vidyaben's seventieth birthday. On this occasion Anilbhai & Arunaben presented an outstanding musical concert raising the heartbeats of everyone present. All the attendees enjoyed the concert thoroughly stating; "it was the most memorable day". It was also noteworthy that despite the fractured foot and the agonized arm, Arunaben graced the occasion in a wheelchair providing her usual support to Anilbhai. Naik's two pretty and smart physician daughters - Kavita and Shilpa gave a Vote of Thanks to Anilbhai and Arunaben. The Naik family sponsored a luncheon which included puri, mohanthal, khaman, daal, rice, undhiyun, papdi, raita, salad, chutney, and athanu. Over ninety five members and guests appreciated the treat. Prior retirement, Vidyaben was first and the only lady member of Gujarati Samaj who had started a Gujarati School and led Gujarati Drama Team and played leading roles in many humorous and popular dramas in Winnipeg.

ISAA is grateful to Drs. Deven & Shilpa Gujarathi for their generous contributions of \$955.



ISAA seniors saluting the national flags in celebration of the Indian Republic Day



Amazing concert by Anilbhai was dedicated to Vidyaben entertaining ISAA seniors



February 19th Luncheon Sponsors – Vidyaben, Kiritbhai and two daughters and grandkids



February 12th Luncheon Sponsors - Kiritbhai & Sumatiben and Rajnibhai & Sudhaben



What a wonderful Valentine Day – Lots of fun by ISAA seniors



February 5th Luncheon Sponsors - Dr. & Mrs. Shyam Tangri celebrated Vijayben's birthday



January 29th Luncheon Sponsors - Kamleshbhai and Dipaben celebrated Hansaben's 65th birthday

COLORFUL WELCOME TO SPRING – HOLI by India Association



booths for tickets, refreshments and colors. With signs directing enthusiasts towards the venue in place, posters providing info about goods for sale, the stage was set and ready for action.

As the cool morning air got warmer, Holi celebrators numbering close to couple thousand, lined up to buy their tickets or sign up for membership. Shrieks and shouts of abandoned frolic from one end was responded by others as folks crept upon one another to smear, splash and simply paint the others in the multitude of

colors. HoliHai! resonated the mountains as the DJ started his peppy string of music and many pairs of legs, arms and shoulders started moving to the beats. The festivity, music, colors and merriment filled in the air. While water, Indian-style refreshments and colors kept many going for hours, before they could indulge in food, some others lined up to get first dibs on fresh and steaming Indian food or pizza.

With a great dose of Vitamin D from the Arizona Sun and ample exercise for all those who

indulged in the merriment, this Holi rejuvenated one and all, as they meandered back home. This event was an amazing example and pictorial depiction of India Association's integration of its native-Indian and the resident-American culture with a huge non-Indian participation alongside Indians. An illustration of hope and new life that Spring brings year after year to earth, is what this Holi brought to the Arizonans as a whole irrespective of generations and cultures.

By Swarna Sitaraman

Real-estate sector in Arizona

Hello Friends,

Its Spring fever. Its that time of the year when everything around us seems blooming flowers and looks very colorful! There are days when sun shines hot and wind blows cold! Parks are full of kids and families, and this year the valley real-estate seems to have joined the blooming spring fever.

The real-estate market seems to be holding its ground and continues to grow steadily. National home prices in January were up 9.7 percent from a year ago, the biggest annual increase since April 2006, according to CoreLogic home price Index, which tracks repeat sales of single-family homes. It rose 0.7 percent in January from December, marking the 11th consecutive month of month-over-month increases. Of all the states across America, Arizona topped with chart with home price increase of 20.1% followed by Nevada (17.4%), Idaho (14.9%), California (14.1%) and Hawaii (14%).

The February sales of Residential Homes in Maricopa county are -

- Total sales for single family, Townhomes, Condos for February was 5,763 whereas January was 5,079 and December was 6,190
- The Active listings for February was 17,197 whereas January was

17,516 and December was 16,703

- Pending sales in February was 9,077 whereas January was 8,133 and December was 6,917
- Cash Buyers are still dominating the market with 2,594 closings
- Conventional closings were 1,910
- FHA closings were 916

The biggest commercial announcement lately has been of General Motors coming to Chandler. Its new IT innovation center planned for Chandler will create 1,000 new jobs in the valley. As any fortune 500 company, not all hiring will be from chandler and assuming lot of people will be moving into the valley. Thus it will impact the real-estate which is increasing at faster pace.

Lets look at the Commercial side- USAA, which provides financial services for the U.S. military and their families, is acquiring and planning addition of office space in the San Antonio and Phoenix markets as part of an aggressive national expansion that will create as many as 3,500 jobs across the nation over the next three years. First in line for expansion are USAA's San Antonio headquarters and its operations

in Phoenix, where the company will add 1,000 jobs each. The company did not reveal where the remaining 1,500 positions will be based.

Beecroft Management purchased the Legacy Village at Gilbert Towne Center located at 351 E. Civic Center Dr. in Gilbert, AZ for \$15.65 million, or about \$106,000 per unit. The 147-unit multifamily community totals 134,217 square feet and was built in 1963 in the Chandler submarket. It includes 43 one-bedroom, 80 two-bedroom, and 24 three-bedroom units.

Sound Packaging, a national custom packaging company that offers corrugated products, has leased 105,000 square feet of Industrial space at 6725 W. Allison Rd. in Chandler, AZ. The tenant has signed a 10-year lease with an option to purchase. The 105,000-square-foot warehouse sits on an eight-acre parcel and has 10 loading docks and 3,000 square feet of built out office space.

Goodman company has acquired the Indigo Condominiums at 16160 S. 50th St. in Phoenix, AZ for \$4.2 million. The deal consisted of 13 existing units built in 2007 and 78 additional lots which buyer plans to develop.

R&B Wholesale has bought an industrial building at 353 N. 44th Ave. in Phoenix, AZ for \$2.65million or about \$55 per square foot, The 48,294-square-foot warehouse property was built in 2002 on three acres in the SW N of Buckeye Road Industrial submarket of Maricopa County, less than one mile from a full interchange at I-10. The building includes 5,000 square feet of office space with 28-foot clear heights in the warehouse, a fenced lot, four loading docks and four drive-in doors.

Overall the valley real-estate not only seems to continue holding its growth but is even growing at a faster pace. The continues pace of growth will only mean lower inventory and higher prices, not only in certain pockets but across the valley.

As always, I love all the questions, comments & feedback. Please keep them coming at arti@artiier.co, or feel free to call me at 480.242.8573 if you need more information.

Disclaimer: This article makes no representation or warranties of any kind as to the accuracy of the data. The source of data has been taken from several sources such as wall street journal, Armls, Cromford Report, Costar, Globest and BizJournal, Newgeni, Realtor.org, RBI.



यहां पर भारत की सभी प्रकार की ताजी सब्जीयां व अन्य घरेलू सामान सस्ते दाम पे मिलता है।

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Dharma (Religion) is a source of self- realization. Many, many people in this world think Dharma is Dogma and Doctrine. This is not a proper analysis of Dharma.

Dharma is a very important necessity of the soul ter (spirit).

Every Dharmic group has a special identity. They consider it is necessary for their Dharmic group or cult, but it is an unfortunate situation, because in the Dharmic way of life no physical identity is necessary.

When we consider physical identity is necessary in the Dharmic way of life, then we start to divide the community into many groups. In reality Dharma has a universal way of life.

There is not any physical involvement. Human is a human.

When we adopt the Dharmic way of life, there is no place for racism, color discrimination, cast, and sex discrimination. Individualistic egomaniac way of life is not there.

Dharmic way of life needs a few simple rules.

- Meditation
- Universal brotherhood
- Earning for a living honestly
- Share with the needy like andbrother and sis-

- No harm for any creature
- Any kind of drug and fleshmeat prohibited without medical reason
 - Believe in One God (creator ofthe universe)

Try to live a very simple way in which nature has created you

In the beginning, I mentioned religion is a source of self-realization. When you start to think "who am I?" Your mind will answer your questions. "I am a human being". Mind will raise the second question: "What is the source of my human structure?" mind will answer: "combination of the five elements".

You will again question your mind: "What are the five elements?" and it will answer: The five elements are: earth, water, air, fire and ether." "Internal form of the five: anger, greed, lust, pride and attachment."

WHAT IS DHARMA

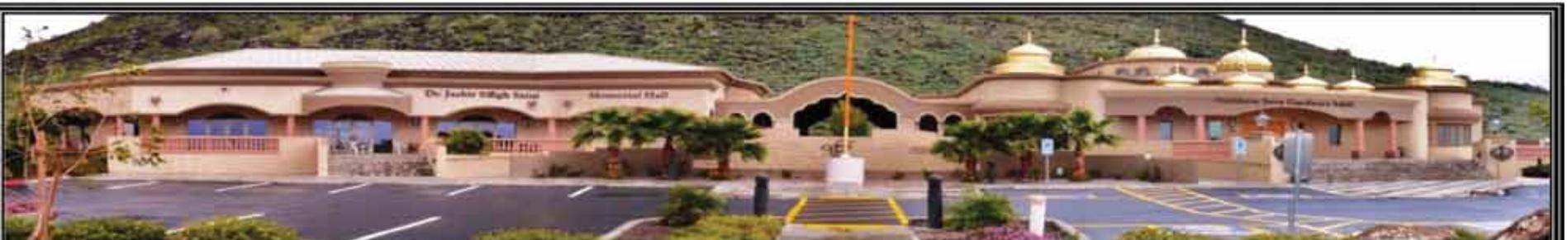
God created the universe through these five elements because this uni- verse is a combination of these five elements.

When you will start to meditate, your internal knowledge will start to grow. Through the growth of internal knowledge, you will start to feel happyand free from the fear of death.

When you will feel fearless, you start to think: "this entire universe be- longs to me and I belong to this universe". When you will think you belong to the universe and the universe be- longs to you, your mind will realize: "I have no fear, no hate, no discrimination, and no separateness from other creatures because every creature belongs to each other.

So, we who are all one belong tothe One God, the supreme soul and life of every soul, and we are children of the mother (nature). Thus, we all-need to learn to live together as one family in the Divine. God bless you.

- GyaniJi.Harbhajan Singh Sandhu



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- Saturday, Sangrand Program: 9:00AM – 10:00AM
- Sunday, Akhand Path Bhog: 9:30 AM
- Sunday, Nishan Sahib Ceremony & Sukhmani Sahib: 10:00AM – 11:15AM
- Programs by Punjabi School children
- Kirtan Darbar – Nagar Kirtan – Guru-Ka-Langar



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Vermaland creates foundation, donates \$1 million

PHOENIX, ARIZONA

Vermaland Legacy Trust, a subsidiary of Phoenix-based Vermaland LLC has donated \$1.2 million through its newly formed Verma Charitable Foundation to establish scholarships for underprivileged students, as well as to build a religious retreat center. The retreat center will include yoga and meditation, to promote a healthy and balanced life style. Kuldeep Verma and Binu Verma are trustees of the Verma Legacy Trust. Their daughters, Anita Verma-Lallian and Jennifer Verma established the Verma Charitable Foundation in honor of their parents. Jennifer had the initial idea in business school as she was studying the charitable efforts of other large companies. "The Verma Charitable Foundation is the product of Vermaland's ongoing commitment to helping the community in as many ways as possible," said Verma. "This is the beginning of a long and beneficial relationship between the Verma Charitable Foundation and the beneficiaries of the support we plan to provide." Jennifer Verma holds a Master's degree in Urban Planning and a Masters in Business Administration, which she earned with honors from the University of Southern California. Anita Verma-Lallian holds a Masters in Business Ad-

ministration from the University of Southern California and is the Director of Marketing for Vermaland. With this donation, Anita and Jennifer continue their family's charitable tradition and company's reputation for community involvement. Vermaland is among Arizona's largest land owners.

Its development portfolio includes high quality commercial, residential, and agricultural parcels as well as utility scale renewable energy projects. Vermaland has been in business for more than 10 years as a wholesale buyer and seller of land and currently have the largest holdings of 50-1,200 acre parcels in Metro Phoenix. Kuldeep Verma founded Vermaland in 2004, he holds a bachelor's degree in Mechanical Engineering as well as a Master's in Industrial Engineering. Verma is also the recipient of the Udyog Rattana Award in Electronics, which is the highest award given by the Indian Vice President. Visit the website at <http://www.vermaland.com> for more information. Arizona Community Foundation is a statewide family of charitable funds supported by thousands of Arizonans. ACF is among the top 25 community foundations in the nation with more than \$500 million in trust and endowment assets



"The Verma Charitable Foundation is the product of Vermaland's ongoing commitment to helping the community in as many ways as possible." -Jennifer Verma

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I have always been a bit of a lecher: Khushwant Singh



At 98, Khushwant Singh counts himself lucky that he still enjoys his evening drink and relishes tasty food, but feels sad that he has always been a bit of a lecher and looked at women as objects of lust.

In Khushwantnama: The Lessons of My Life, the country's most prolific writer and columnist reflects on a life lived fully and the lessons it has taught him.

He writes on subjects as diverse as old age and the fear of death; on the joy of sex, the pleasures of poetry and the importance of laughter; on how to cope with retirement and live a long, happy and healthy life.

He also airs his views on politics, politicians and the future of India; on what it takes to be a writer; and on what religion means to him.

"In my 98th year, I have little left to look forward to, but lots to reminisce about. I draw a balance sheet of my achievements and failures.

"On the credit side I have over 80 books: novels, collections of short stories, biographies, histories, translations from Punjabi and Urdu, and many essays. On the debit side is my character...." Singh writes in the book, published by Penguin India.

He regrets that he committed many "evil deeds" in his early years like killing sparrows, doves and rock pigeons.

"I have also come to the sad conclusion that I have always been a bit of a lecher. From the tender age of four right to the present when I have completed 97, it has been lechery that has been uppermost in my mind.

"I have never been able to conform to the Indian ideal of regarding women as my mothers, sisters or daughters. Whatever their age, to me

they were, and are, objects of lust," he writes.

"At 98, I count myself lucky that I still enjoy my single malt whiskey at seven every evening. I relish tasty food, and look forward to hearing the latest gossip and scandal," Singh, who was a member of Parliament from 1980 to 1986, says.

But Kushwant Singh says he has slowed down considerably in the past year or so.

"I tire more easily, and have grown quite deaf." Singh, founder-editor of Yojana and editor of the Illustrated Weekly of India, the National Herald and the Hindustan Times besides author of classics such as "Train to Pakistan", "I Shall Not Hear the Nightingale" and "Delhi", says his life had its ups and downs but he has lived it fully.

He feels he wasted precious time in "pointless rituals" and "socialising" and spending years of his working life as a lawyer and then a diplomat, until he took to writing.

"I wasted many years studying and practising law which I hated. I also regret the years spent serving the government abroad and at home, and the years with UNESCO in Paris.

"Although I saw places and enjoyed life, and, having little to do, started writing. I could have done a lot more of what I was best at. I could have started my writing career much sooner."

His biggest worry today is the intolerance he sees in the country.

"We are a cowardly lot that burns books we don't like, exiles artists and vandalises their paintings. We take liberties and distort history textbooks to conform to our ideas and ideals; we ban films and beat up journalists who write against us. We are responsible for this growing intolerance, and we are party to it if we don't do anything to prevent or stop it."

POET OF MONTH Tami Haaland

Tami Haaland won the Nicholas Roerich Poetry Prize for her first book of poems, "Breath in Every Room" (Story Line Press, 2001). Her second collection of poetry, "When We Wake in the Night," was published in June 2012. Her work has appeared in "Calyx," "5AM," "Petroglyph," "The Florida Review," "Rattapallax," and in several anthologies, including "Ring of Fire: Writers of the Yellowstone Region." She received an M.F.A. from Bennington College in 2000.



Given Time

Today the Sirens begin in the street,
the first dressed in plaid, her song
arriving before we see her slow step.
Then others, each with her part.
Their procession passes the house,
then again, inviting us to step outside.
Even I, mother of these boys,
want to sprint to the fence,
smile as they pass and think of
my own young voice and unlined face.

The boys watch as I make my move,
their ears sealed in headphones blasting
Guns and Roses, and they pull me back,
lash me to an elm in the back yard
with rope from the old baby swing.
What are they afraid of? Their mother might
join the Sirens, take up art songs, speak
in French? In Greek? The elm, sick in its center,
drips sap, but the leaves unfurl and
its finest branches tick-tick in the wind.

The Sirens have gone to the street
by the cliff. They may not return,
and I could be left under the full moon,
stars overhead. Overhead, cool air and
the massive sky. O Sirens, come back.
These men will not waste away, will not
listen enough to know your names.
But I am here, a lone woman bound
to this elm, and I would follow your voices.
In time, I could learn your song.

Lipstick

I wonder how they do it, those women
who can slip lipstick over lips without
looking, after they've finished a meal
or when they ride in cars. Satin Claret
or Plum or Twig or Pecan. I can't stay
inside the lines, late comer to lipstick
that I am, and sometimes get messy
even in front of a mirror. But these
women know where lips end and plain
skin begins, probably know how to put
their hair in a knot with a single pin.

We, the people of Indian subcontinent, irrespective of our faiths and places of residence, have a feeling of uneasiness in our minds in carrying out Eastern traditions in our adopted foreign culture. The basic concepts behind many of our Eastern traditions are not that clear and oftentimes may not be known to us; hence our ignorance leads to a kind of hesitancy within us. Sometimes even if we happen to be aware of their significance, we may often fail to explain the importance to others. Be that as it may, our lack of awareness about the origin and background of Eastern traditions certainly doesn't mean that such customs are superfluous and need to be discarded. On the other hand, every custom or tradition with an intrinsic Western origin or value appears superior to ours. Without fully understanding their basis, a simple label of a custom being Western in origin finds a preferable spot with us. But the implications of following customs and traditions without knowing their intrinsic rationales may sometimes turn out to be less than satisfactory.

In our failure to understand the basis for some of our own traditions, we often resort to offering pseudo-explanations that do not appeal to inquisitive minds. Just because our elders did something this way or that way is not a sufficient or convincing explanation in the modern Western world. The modern mind, having been exposed to significant Western influences, takes nothing for granted and oftentimes refuses to accept Eastern concepts at their face value. It seeks to measure everything with a scientific yardstick, most of the time.

Unfortunately, we often do not pay serious heed to the thousands of years of indigenous wisdom imparted to us by our ancestors as well as by seers and sages of India. By not applying their concepts within the parameters of modern science, not only do we fail ourselves in the process but we fail them too. When we try to understand our age-old customs in the light of modern science, it becomes obvious that our ancestors had definitely done their homework, albeit in their own ways. Understanding this fundamental fact will certainly help forestall the rush to accept certain untenable customs of the West. At the same time, some age-old customs of the East that have withstood the test of time will be spared from being casually mutilated.

It is with these thoughts in mind that I wish to draw attention to the proven advantages of the age-old Indian custom of wishing one another well without touching hands. We somehow feel ashamed in practicing this indigenous Indian style, openly



and freely, especially after we decide to live in the West. We believe that by not acting like others and refusing to shake hands in this society gives the impression that we are behind times and somewhat less polite than others. Instead shaking hands in accordance with the prevalent Western tradition while keeping our age-old tradition of folding hands on the back burner imparts a feeling of our 'being and becoming modern'.

Little do we realize however, that the Indian custom of greeting one another does have a proven medical advantage over the Western style of handshake? A greeting of 'Namaste,' 'Sat Sri Akaal,' more appropriately Waheguru Ji Ka Khalsa, Waheguru Ji Ki Fateh,' and 'Assalamu Alaikum,' whatever the case might be, doesn't include hand touching. Rather, in these Eastern customs, the hands are not put forward to make physical contact with the hands of the person being greeted. Both individuals in a greeting mode simply fold their hands or gesture in a set pattern of wishing one another well. 'Namaste' and 'Sat Sri Akaal' have their origin in India and are used as a greeting at the time of welcoming or saying good-bye to another individual like hello or good-bye here in the West.

According to Wikipedia (the Internet encyclopedia), the word 'Namas' in 'Namaste' stands for 'bow,' 'obeisance,' 'reverential salutation' or 'adoration,' and the word 'te' is the grammatical form of the personal pronoun 'tvam' or 'you.' Put together, the literal translation of 'Namaste' turns out to be 'reverential salutation to you.' 'Sat Sri Akaal' is commonly used by Sikhs and literally means 'God is Truth' or 'Truth is God.' Historically well-informed and religiously-oriented Sikhs will often use the salutation of 'Waheguru Ji Ka Khalsa, Waheguru Ji Ki Fateh.' It translates into 'Hail the pure ones who belong to the Lord God, Hail the Lord God, to whom belongs the victory.' 'Assalamu Alaikum' is the Muslim way of greeting that means, 'Peace be upon

you.'

Again as per Wikipedia, greeting others by bowing, in which the head or the entire upper body is lowered, is primarily practiced by the people of the Orient, especially the Japanese. Some accompanying soft words may also be spoken. However, the bottom line is that none of these Eastern customs involves touching another person's hands; there is no bodily contact during greeting.

By contrast, in Western cultures one puts one's hand forward for the other to touch or shake during the process of salutation. The writer Peter Urs Bender mentions in Canada-One magazine that hand shaking is a cultural behavior or a custom made popular by English people. Putting the hand forward was done to show to the other that one is open-handed and doesn't have a weapon hidden in one's hand. What needs to be realized here is that this custom has nothing to do with the character of a person, for it is not an inborn behavior; rather it is learned, a cultural artifact from a time long past. This fact is stated by many other writers, including Dr. Desmond Morris and Sami Molcho in their writings on body language. On the other hand, many seem to consider that a physical touch with the person who is being greeted makes for a closer relationship and shaking of the hands signals the warmth as well as strength of the person who is greeting. This may be true to some extent, but it is becoming more and more obvious that such a close contact has its own medical perils and therefore, might well be both unnecessary and unwise.

Jeremy Stone, replying in an Internet response about the topic of SARS and handshaking in the Yale Global Forums, stated, "Hand-shaking is a form of human contact that is unnecessary and, from an epidemic point of view, unfortunate." The medical community has long emphasized the significance of frequent hand-washing in the prevention of infections.



Unfortunately, in practice, even people in the medical field seem to pay no more than lip-service to healthy practices when it comes to greetings. We repeatedly touch our eyes and our noses without thinking, and if one happens to be infected with a virus, that virus can be transmitted to any individual with whom the hands are shaken.

Dr. Julie Gerberding, the director of Centers for Disease Control in Atlanta once noted: "Nothing is more effective than the habitual use of hand-washing. Yet not more than two-thirds of the people wash their hands even after going to the washroom." Now, if this is true -- and I have no doubt that it is -- would it not imply that the less we touch each other's hands the better it will be for all of us? But watch the resistance in changing this behavior. History tells us and experience confirms it that human nature accepts new information with difficulty. It is well known to all of us that the world is round, and it was round long before this fact became known. Yet there was a great amount of resistance in accepting this fact when all what people could see of the world appeared flat. Many forces tried their best to uphold the idea of a 'flat earth,' and they vehemently opposed anyone who claimed or tried to prove otherwise.

The age-old Eastern tradition of greeting one another without imposing the use of hands turns out to be on the right side of modern science. For once, Eastern philosophy and behavior seems to be far ahead of 'modern' prevalent Western styles and thus should act as a wake-up call for all those who tend to denigrate every Eastern custom. There doesn't seem to be any valid scientific reason to simply discard the hygienically-correct Eastern styles of salutations, such as 'Namaste,' 'Sat Sri Akaal,' or 'Assalamu Alaikum,' even while living in the Western environments. Rather, each one of the diaspora members should be actively working as an ambassador in not only practicing it within their own community but also sincerely trying to disseminate the usefulness of our age-old proven styles of salutations to the public of the West at-large.

**Adapted from the author of a recently published book, 'SQUARE PEGS, ROUND HOLES.' For more information on the book, Please visit: www.SquarePegsRoundHolesBook.com*



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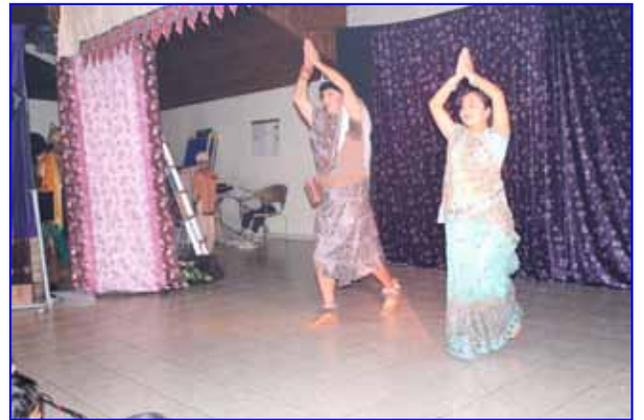
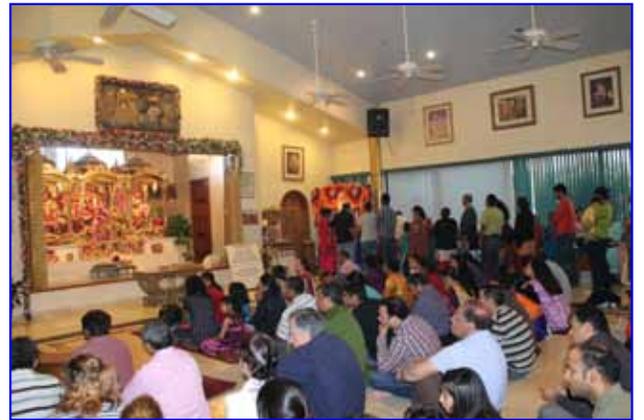
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Pleasure trips will be most enjoyable if you take them with that special person in your life. You may be confused regarding your love life. Don't get involved in joint ventures. You should be able to get a lot done. Your luckiest events this month will occur on a Saturday.

ARIES



Mar 21
to
Apr 20

You could have a need to make some changes this month. You can dazzle members of the opposite sex with your quick wit and aggressive charm. Expand your knowledge and sign up for courses and seminars. Talk to someone you trust in order to see the whole picture. Your luckiest events this month will occur on a Saturday.

TAURUS



April 21
to
May 20

Offers of joint ventures are likely. If you're in the mood, go out and socialize, or get involved in sports activities. You can persuade even the toughest opponents to think your way. Deception is apparent. Your luckiest events this month will occur on a Tuesday.

GEMINI



May 21
to
June 21

Try not to upset others with your plans. Sudden romance could end just as quickly. You're on to something tangible and need to act fast. You have a lot to offer. Your luckiest events this month will occur on a Friday.

CANCER



Jun 22
to
Jul 22

Don't hesitate to come right out and ask for the pertinent information. You will both have to bend if you want this union to work. Travel and family gatherings should be in order. Take care of any medical problems if they've been troubling you. Your luckiest events this month will occur on a Tuesday.

LEO



Jul 23
to
Aug 23

Don't get involved in joint ventures. You must be careful not to ignore the needs of the youngsters in your family. Your home environment may be hectic, which could result in emotional upset if you aren't well organized. Female colleagues may be able to help you get the job done. Your luckiest events this month will occur on a Monday.

VIRGO



Aug 24
to
Sep 23

You can anger others quickly this month. Avoid overspending on items for your home. You are best to work at home if you can. Groups and organizations that indulge in social events to raise money will be conducive to meeting new and exciting lovers. Try to stay calm and understand both sides of the situation. Your luckiest events this month will occur on a Thursday.

LIBRA



Sep 24
to
Oct 23

Do something together and you'll be surprised how sweet a deal you can make. Try not to lend or borrow money or belongings this month. Be prepared to make changes to your personal documents. Look into ways to better yourself through improving your dietary habits and daily routines. Your luckiest events this month will occur on a Thursday.

SCORPIO



Oct 24
to
Nov 22

Don't avoid your true feelings. You can make headway if you share your intentions with someone you care about. Don't let your personal problems interfere with your professional responsibilities. You may find yourself in an opportune position if you are willing to take a bit of a risk. Your luckiest events this month will occur on a Tuesday.

SAGITTARIUS



Nov 23
to
Dec 21

You may be out of sorts if you have been extravagant or have let children or friends take advantage of you financially. You may be admired by colleagues and employers for your diplomatic way of handling your work and those you work with. You may find yourself in an opportune position if you are willing to take a bit of a risk. Try to mix business with pleasure while traveling. Your luckiest events this month will occur on a Tuesday.

CAPRICORN



Dec 22
to
Jan 21

Romantic opportunities will be plentiful if you go out with friends. Watch for empty promises that may give you false hope. Your ability to be a self starter will help get things done and motivate others. A new you could help your attitude. Your luckiest events this month will occur on a Thursday.

AQUARIUS



Jan 22
to
Feb 19

Social events will be plentiful. Try to be considerate in your personal obligations. Look into some personal changes. Your talent will be recognized. Your luckiest events this month will occur on a Friday.

PISCES



Feb 20
to
Mar 20

April 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Himmatwala @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 7:00 PM)	4	5 Spring 2013 Carnatic Vocal Concert @ Murdock Hall Chitresh Das Dance Company: India Jazz Suites @ Scottsdale Center for the Performing Arts	6 Golf Tournament @ Raven Golf Club Chitresh Das Dance Company: Sita Haran @ Scottsdale Center for the Performing Arts
7 Chitresh Das Dance Company: A Festival of Native Culture @ Scottsdale Center for the Performing Arts	8	9	10	11	12 Amma Sri Karunamayi 2013 World tour	13
14 Vishukkani 2013 @ Indo American Cultural Center	15	16	17	18	19 6th Annual Indo- American Golf Tournament @ Ocotillo Troon Golf Resort	20 Spring 2013 Carnatic Vocal Concert @ Murdock Hall
21 Darbaar @ Tempe Center for the Arts - Studio	22	23	24	25	26	27 NSF Bee Contests Vaisakhi Mela @ Hammers Sports Complex Spring 2013 Hindustani Vocal Concert @ Murdock Hall
28 *NSF Bee Contests *Ugadi Celebrations @ Indo American Cultural Center	29	30				

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Now it's Katrina Kaif-Ranbir Kapoor

It seems to be the season of off-screen lovers displaying their love for each other onscreen as well. According to sources, Katrina Kaif has been finalised to star opposite beau Ranbir Kapoor in Imtiaz Ali's next. Already real life couple Deepika Padukone-Ranveer Singh are playing modern day Romeo Juliet in Sanjay Leela Bhansali's Ram Leela.

Abhay Deol has cast girlfriend Preeti Desai in his next production and now Kat will get the chance to romance RK on screen once more. Ranbir was always part of this film and the hunt for the leading lady was on. Imtiaz, is busy with Highway right now and will start working on the project soon. Producer Sajid Nadiadwala though refuses to confirm the news, "We still haven't finalised the heroine yet." However, sources close to the actress reveal that she is very much part of the film.

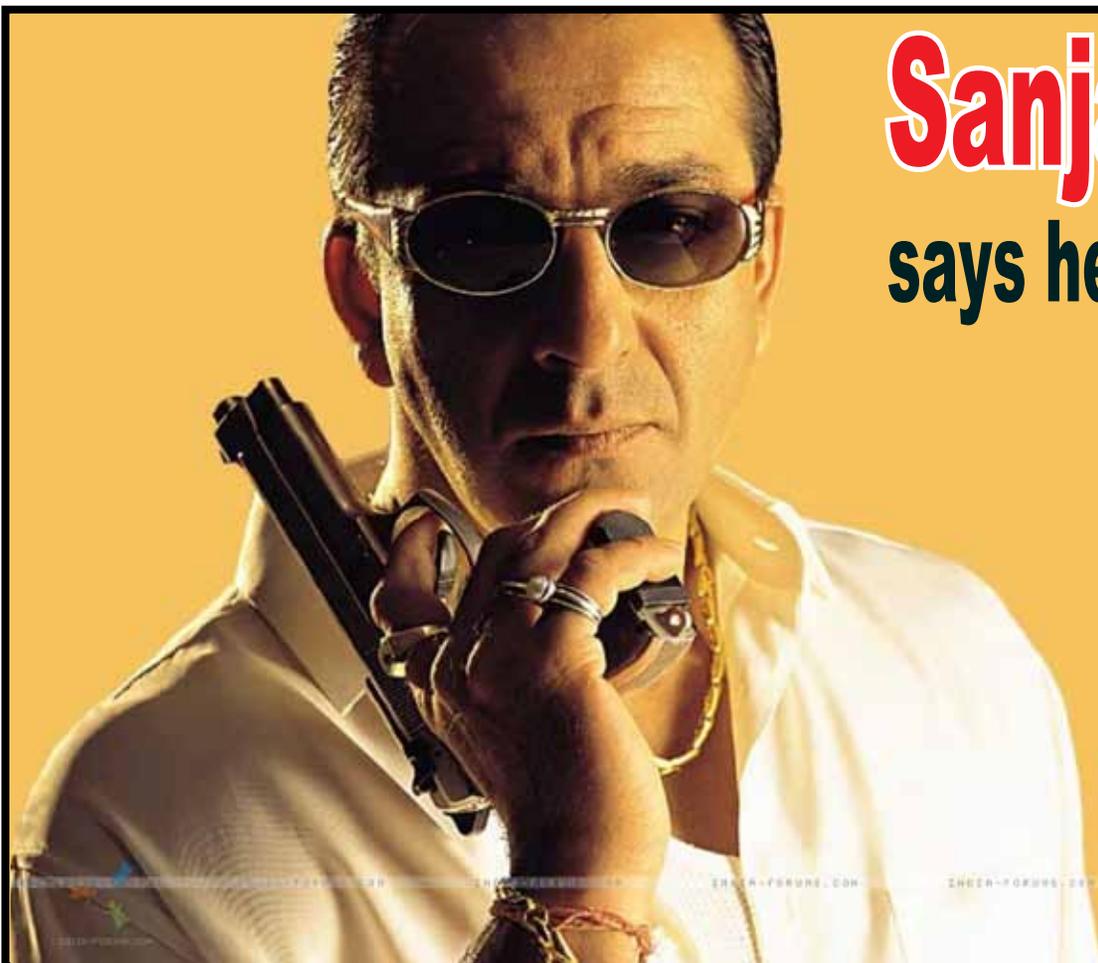
This is the third time Katrina and Ranbir will be seen on the screen together. They earlier worked together in Ajab Prem Ki Ghazab Kahani, followed by Raajneeti. It was during the shooting of the former movie that the two became close. Though the couple refuse to talk about their relationship, their chemistry onscreen cannot be denied.

Katrina always wanted to work with Imtiaz as the leading ladies in his films always get both applause and appreciation. This should be a good change for Kat whose movies, barring a few, mostly see her adding only a glam quotient to the flick. From Ayesha Takia in Socha Na Tha to Kareena Kapoor in Jab We Met, followed by Deepika Padukone in Love Aaj Kal, all have gained both strong roles and appreciation.

And also his love stories are different from all the other 'romance' films. None of Imtiaz's previous lead pairs have real-life couples. (Kareena and Shahid broke up during the making of the film) Now, this would be seen how the dream director handles the lovers in his love story.



Sanjay Dutt breaks down, says he will surrender in time



Bollywood actor Sanjay Dutt on Thursday addressed the media from outside his residence.

Dutt was accompanied by his sister, Congress MP Priya Dutt as he said, "I have not applied for pardon. There are many others who deserve it... All I want to say is that I am a law-abiding citizen of this country... With folded hands I want to tell the media and people... When I am not going for a pardon, there is no debate about it. Right now, I am a shattered man... I have the highest respect for the honorable Supreme Court. I will surrender when the time is given... I love my country and I love the citizens of my country."

The actor refused to answer questions as he broke down after this address.

The actor clarified to the media that he would surrender in due time and wanted to spend the time he has right now with his family.

Sanjay Dutt was convicted under the Arms Act for his role in the 1993 Mumbai blasts.

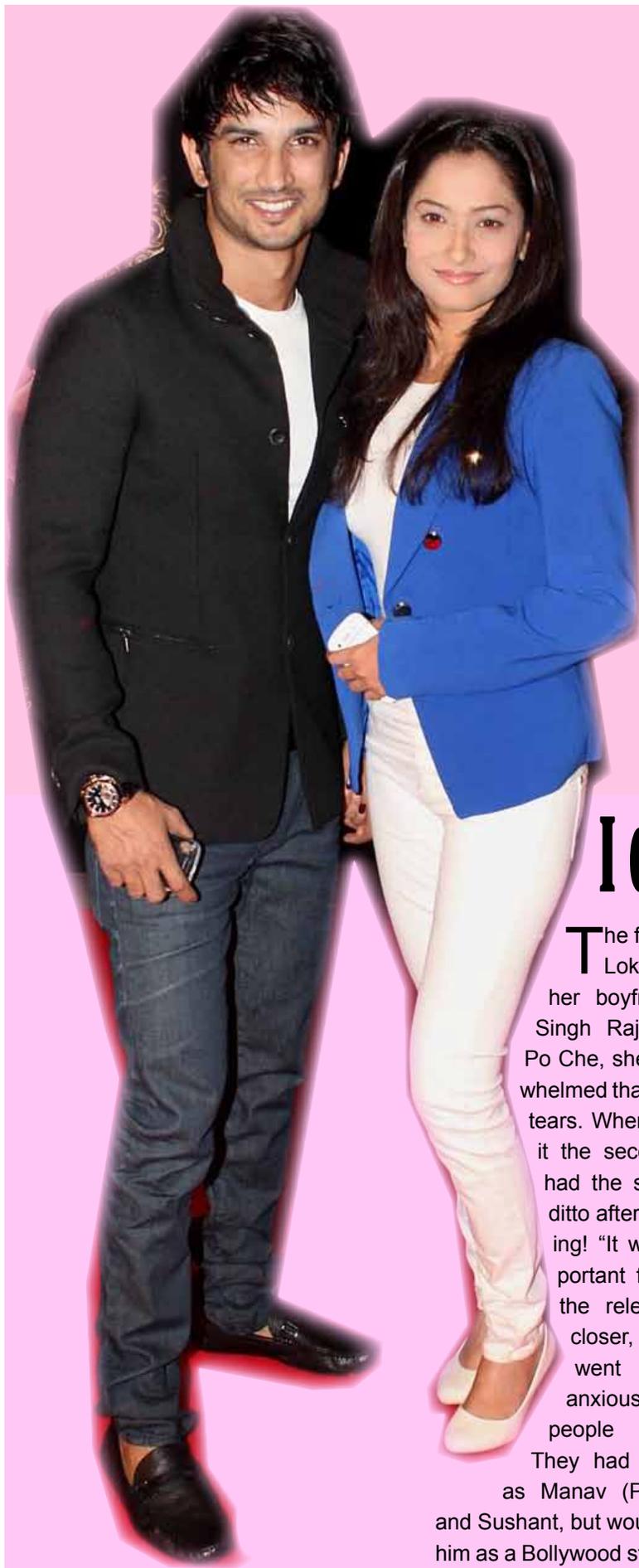
Three of Sanjay Leela Bhansali (SLB)'s heroines Aishwarya Rai Bachchan, Deepika Padukone and Priyanka Chopra (working with SLB on a biopic of Olympian Mary Kom) made their presence felt at Olive on Sunday night to bring in the filmmaker's 50th birthday. His fourth heroine Rani Mukherjee was conspicuous by her absence in the dazzling turnout of stars and filmmakers. But it was Deepika who won SLB's heart by driving for five hours from Wai outside Mumbai (from her shooting of Chennai Express) to wish the birthday boy.

The actress was at the party and then left for Wai again to report for her shooting with Shah Rukh and Rohit Shetty's unit. Says an eyewitness, "Deepika was in her element, mixing and having herself a ball." Not sure how much that had to do with the presence of rumoured beau Ranveer Singh. She was also seen bonding with Priyanka Chopra. Curiously both Dippy and PC maintained a distance from Aishwarya." Karan Johar showed up with UTV's Siddharth Roy Kapoor (minus wife Vidya Balan). Farah Khan came with a cake which

had the names of all of SLB's films on it. The surprise guests were singer Kavita Krishnamurthy who rarely makes an appearance anywhere and composer Ismail Durbar with whom SLB had a fall-out some time ago. Says an insider, "At midnight when the party had to wrap up at Olive a select group of friends which included Abhishek and Aishwarya, Deepika and Ranveer proceeded to Shrishti Behl's residence to continue the party." Says a guest, "It was a surprise party. SLB was told there would be no birthday party. He felt no one would have the time to come for it. In fact, he was not told about the party until 9 pm on Sunday. His sister Bela and his company's CEO Sandeep Singh had arranged everything. They had personally invited all the guests." Other guests included Rekha, Hrithik Roshan, and Shatrughan Sinha.

Deepika Padukone's

night out at Olive in Mumbai



I cried after seeing Sushant Singh Rajput's film

Ankita Lokhande

The first time Ankita Lokhande saw her boyfriend Sushant Singh Rajput's film Kai Po Che, she was so overwhelmed that she burst into tears. When she watched it the second time, she had the same reaction, ditto after the third viewing! "It was a very important film for us. As the release date got closer, our heartbeats went faster. I was anxious to see how people would react.

They had accepted him as Manav (Pavitra Rishta) and Sushant, but would they accept him as a Bollywood star? It's difficult

for a TV actor, but Sushant has proved that if you have talent nothing can stop you," says Ankita with a sense of pride.

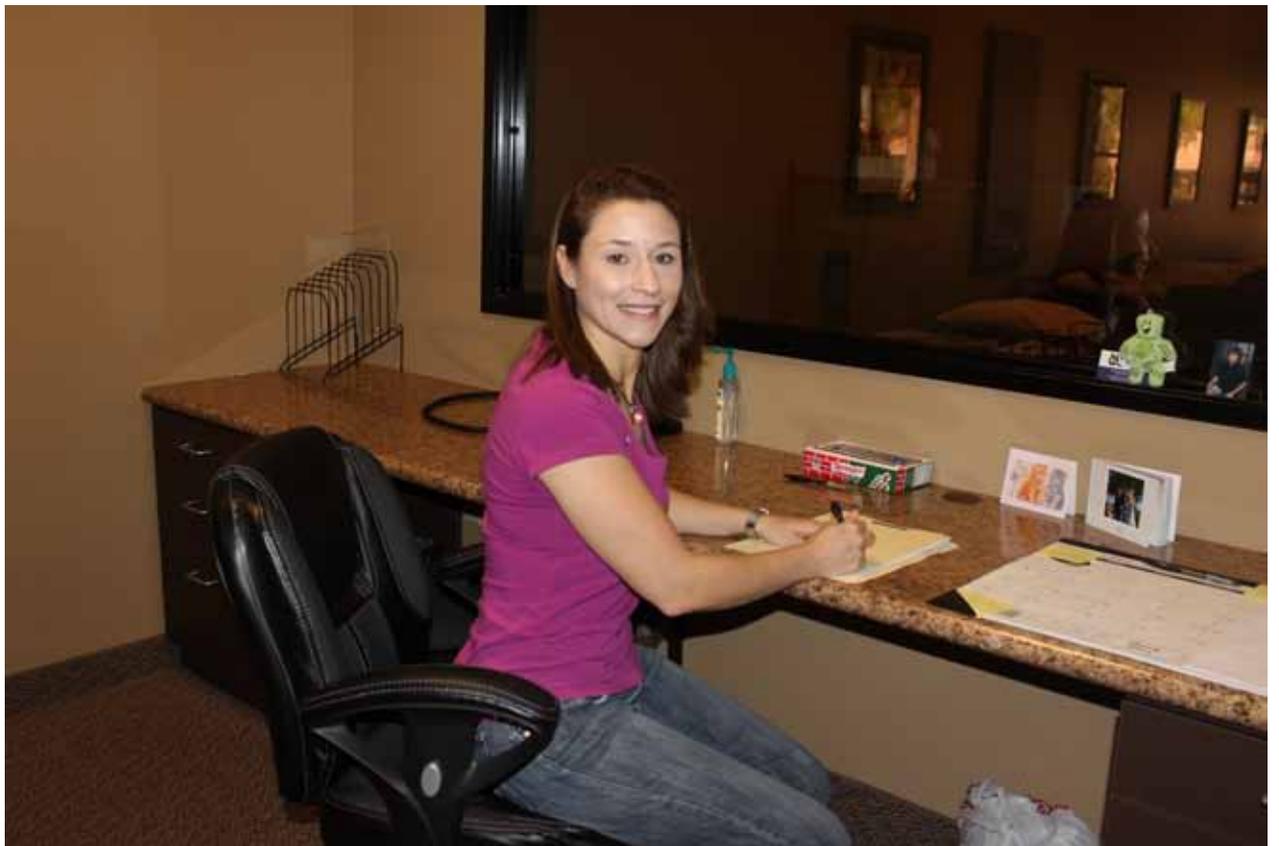
In that case why was she moved to tears each time she saw the film? "Sushant is my life partner, I love him so much and it was our dream that he make it in films. Also, I liked the story," she says simply. Now that Sushant has made the transition, is she also planning to follow suit? "I am getting offers, but right now, I am on a break and haven't taken up anything," says Ankita who has been part of Pavitra Rishta for four years. There is ambiguity over whether she has quit the serial or taken a break of two months. Even now, Ankita refuses to shed light on it. "I don't want to comment on it," she maintains. She however, is more than willing to talk about her role in the

upcoming series Ek Thi Naayka that Ekta Kapoor is producing as part of promotion for her upcoming film Ek Thi Daayan. The eight-part series to be aired on Life Ok has Ekta's main protagonists from her serials as the lead for different episodes. Ankita plays a newly-married Kolhapur-based Maharashtrian bride who encounters a daayan. "I have just started shooting for it and so far the daayan hasn't come but I am looking forward to meeting her," laughs Ankita who feels blessed not to have encountered one in real life! Does she believe in their existence? "If there is God, there has to be a demon," she reasons.

Chai with.... Jennifer

By Manju Walia

About a 1 month ago I was feeling a lot of pain in my right knee. My Physician suggested I needed to consider knee surgery. A few days after I spoke to a friend at Phoenician Medical Center, who informed me that they had recently acquired Kempton and Nelson Physical Therapy center in Chandler. It was suggested that I visit them and see Jennifer, the Physical Therapist. It was a pleasure to meet Jennifer. She was very patient and very personable. After just a few appointments I felt great improvement in my knee. She even suggested some simple exercises which I can perform easily at my house to speed up my recovery time. Thank you to the team of Kempton Nelson Physical Therapy for making my pain go away without having to risk Surgery. I congratulate Phoenician Medical Center & their CEO Bobby Tuli for adding another Specialty to their Group & I highly recommend Kempton & Nelson Physical Therapy in Chandler for your Physical Therapy needs.



Acne is one skin ailment that will give you sleepless nights. It doesn't make for a very good 'close-up pic' for Facebook and becomes a bother when you're dressing up for that important social event. However, stressing over acne will only amplify the skin problem. Yes it's true, stress can affect acne.

We take a look at the link between stress and acne and why stressing over acne will just make it worse.

This may be a common scenario, when it's time for an exam, test or interview you start noticing skin problems like pimples and acne. This is when you run helter-skelter searching for the perfect cream to squash out the problem. For a long time doctors have pointed out that stress affects acne, but scientists had a tough time joining the dots. But recently scientists have

thrown a hint into the abyss of dermatology; they suggest that cells that produce the oily substance sebum have receptors for stress hormones. Sebum is a bad substance that mixes with dead skin cells and bacteria in the process clogs up hair follicles, resulting in acne and pimples. When you are highly stressed, a lot more sebum or oily substance is formed, causing a lot more acne. However, this research is inconclusive. While sebum secretions do increase during stressful times, it doesn't ensure the occurrence of acne. Therefore, the jury is still out on how exactly stress affects acne as the root cause could be something other than sebum over-production.

In order to eliminate the effects of stress on acne, ensure that you tackle stress the right way. Organisation and planning can ease out stress during

**Skin care:
How
stress
affects
acne?**



examination time; during interviews hard work do the talking. Stress free show your brave side and let your equals acne free.

15th ANNUAL INDIA FESTIVAL



The 15th Annual India Festival held on Saturday, March 2, 2013 at the Indo-American Community Center in Phoenix was a big success drawing huge crowds who came to participate in the Grand Silver Jubilee celebrations of IACRF.

Even the Gods seemed to have showered their blessings on this special milestone celebration by ensuring that the weather was perfect for the festival. Festival goers enjoyed a scintillating, fun-filled, vicarious tour of a 'desi mela' as the event provided a unique opportunity for residents of the greater Phoenix area to experience the diversity of foods, cultural performances and shopping so typical of fairs and melas in India without having to make the long journey to their mother land!

The event organized by the IACRF in conjunction with all the sister organizations is one of the major ethnic festivals in the Valley. The event was attended by the Mayor of Phoenix, the Honorable Greg Stanton, who congratulated the Foundation on its successful

completion of 25 years of serving the Indo-American community in the valley. Looking resplendent and every bit Indian in a zardari turban presented by the IACRF, Mr. Stanton cut the gigantic Silver Jubilee cake which featured the Silver Jubilee logo made especially for the occasion.

To mark the 25th anniversary of the Indo-American Foundation, organizers introduced several new features such as the Segway rides, an array of children's activities and games including face painting, balloon twisting, storytelling and arts and craft activities all of which proved to be great crowd pleasers. The festival also included a number of vendors selling exquisite jewelry and clothing and businesses offering a wide range of services. The pictorial displays at the Foundation Booth gave attendees a glimpse of the highlights of the IACRF over the past 25 years. The food court hosted by the various sister organizations featured an array

of 'desi food' ranging from finger licking bhel puri, paani puri, samosa and papdi chaats to crisp Mysore Masala Dosas, mirchi bhajias, Indo-Chinese fare, Indian pizzas, masala chais, roasted corn and much more. There was a wide variety that could please any palate.

The highlight of the festival was the Cultural program which featured over 350 performers ranging in ages from 5 to adults who showcased the various art forms of India. Audiences were entertained by different dances ranging from fast paced Bollywood numbers to folk and classical styles. One of the highlights of the program was the Silver Jubilee special segment that featured the different sister organization's presentations which were reflective of the unique culture and dance styles of the different regions they represent. This segment truly highlighted the Foundation's mission of Unity in Diversity. Phoenix City Councilman, Mr. Sal DeCicio who also attended the event was amazed at the talent that was

showcased on stage and spent time to take in some of the Bollywood dances.

The Festival offered the perfect setting for friends and family to enjoy time together and have fun. There was something for everyone – good food, fun games, great shopping and of course wonderful entertainment. The day ended with spectacular fireworks at Ekta Mandir in the night which proved to be a fitting finale to the milestone celebrations.

In all, the event was a huge success and a great time was had by one and all. The event would not have been possible without the support of sponsors and the hard work of the organizing committee led by event Chair, Mr. Kulbushan Chhibber and his team of volunteers their dedication, commitment and enthusiasm was commendable. IACRF would like to extend its sincere thanks to all volunteers and participants without whose help and support the event would not have been possible. **Ms. Kalpana Batni**

PICO Organized Kite-flying Festival

Kite-flying also known as Jashn-e-Baharan, event is one of the most colorful traditions celebrated in Pakistan. The tradition was enthusiastically celebrated here at Fountain Hills park on March 23th 2013. The event was very well organized by PICO and undoubtedly displayed the colors of spring in the air.



Easter recipe: Roast chicken with stuffing

Here's how you can make this special dish on Easter

Ingredients:

- 1.2 kg chicken (with skin)
- Olive oil
- Black pepper powder
- Salt to taste

For cavity filling:

- Rosemary
- Sage leaves
- 2 limes
- 4 garlic pods

Procedure:

- Pat the outer layer of the chicken skin to dry it down
- Drying the skin is necessary for the chicken to get crispier
- After drying down the chicken skin, butterfly the chicken
- Butterflying refers to the process of taking out the backbone so that the chicken lays flat on the roasting pan and hence, cooks evenly and faster
- Take a pair of kitchen knives

- Pull the chicken by the tail and start cutting the ribs

Tip: You can save the back of the chicken to make stock later on

- Press the chicken against the board to flatten it completely
- Start applying oil on the chicken

Tip: Instead of oil, you can also use butter and apply it over the skin or use compound butter to put inside the skin

- Massage the chicken well with olive oil. The massage will help make the chicken nice and crispy after roasting

Tip: Do not remove the skin of the chicken since the flavours are all there

- Flip the chicken over

- Sprinkle it with oil and continue massaging

- After massaging the chicken with oil, add salt and pepper

Tip: You can apply spices and aromatics as per your preference

- On a baking dish, put some

rosemary, a few sage leaves, garlic and the limes

- Place the chicken on top of the ingredients

- The chicken is now ready to go into the oven

Tip: Make sure that the oven is pre-heated for the chicken to turn crispier

- Roast the chicken at 220 degrees for 30 minutes

- Take the chicken out of the oven and brush it with some more olive oil

- Send the chicken back into the oven for 20 minutes

- After taking it out again, rest the chicken for 10 minutes. The purpose of resting is to ensure that the meat becomes soft and tender

- From the roasted chicken, first cut the drumsticks out

- For better presentation, avoid cutting the chicken through the bones

- You can sprinkle pan juice on top of the roasted chicken pieces



The magic of flavoured Vladivar cocktails



Vodka lovers, rejoice! United Spirits Limited brings to you three sensational combinations of flavours infused into your favourite vodka to create a truly 'zesty' drink.

While Vladivar Orange Zest combines the tangy taste of oranges along with the spices of pepper, Vladivar Green Apple Zest arouses the freshness of mint with the sweetness of green apple, and Vladivar Lemon Zest rejuvenates your senses, thanks to its citrus lemon essence blended with cool sparkles of mint.

Here are three easy cocktail recipes that make for a refreshing evening drink after a hard day at work.

Vladi Shock cocktail using Vladivar Green Apple Zest Vodka

Ingredients

- 45 ml of Vladivar Green Apple Zest Vodka
- 15 ml Monin Cucumber Syrup Lemonade
- Fresh lemon wedges
- A tall glass

Method

- Fill the glass with ice cubes. Pour in the Vladivar Green Apple Zest Vodka and Monin Cucumber Syrup.

- Top it up with lemonade and stir well. Use soda instead of lemonade if you feel that it is making

the drink too sweet. Garnish with a long and thin slice of cucumber and serve.

Vladi Foxy Lady using Vladivar Orange Zest Vodka

Ingredients

- 60 ml of Vladivar Orange Zest
- 1 fresh pomegranate
- 10 ml of spicy syrup
- 1 fresh lime wedge

Method

Mix all the ingredients and pour it into a shaker with crushed ice. Shake well and serve straight in a martini glass. Garnish with an orange twist.

Vladi Cool using Vladivar Lemon Zest Vodka

Ingredients

- 45 ml Vladivar Lemon Zest Vodka
- 15 ml Monin Mojito Mint Syrup
- 10 to 12 curry leaves
- 4 lemon wedges
- An old fashioned glass

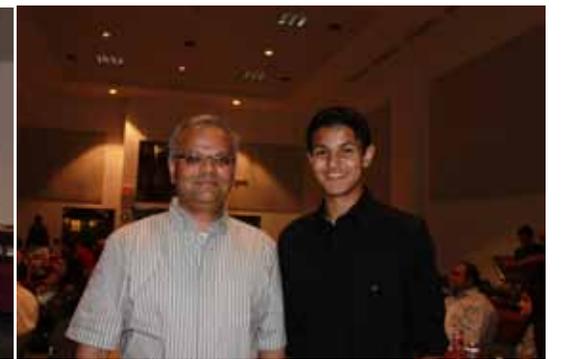
Method

- Crush the curry leaves and lemon wedges together in a stone grinder so as to release the flavour of curry leaves. Put the mixture in to the glass and fill it with ice cubes.

- Pour in the Vladivar Lemon Zest Vodka and Monin Mojito Mint Syrup.

- Top it up with Sprite. Stir well and serve.

PTI Arizona held a fundraising dinner



Yousuf Bhuvad

The Pakistani American community in Arizona held a fundraising dinner for Imran Khan and his political party Tehreek Insaf (PTI) on Saturday, March 30th at the Chandler Community Center. Over 250 people attended this political gathering that brought together Arizona PTI supporters under one roof. Farook Choudhury who founded the chapter in Arizona talked about the mission of PTI and gave a brief background on the formation of this organization in Phoenix. Dr Nadir, Aroosa Tabassum, Asad Khan, Mansoor Naqvi, Faria Khan and many others joined PTI Arizona in the past year working with Farook in helping to organize this event. Dr. Nadir appealed the audience to reach out and contribute to PTI as much as possible. He said change was needed desperately in Pakistan. Salman

Ahmed, a singer, activist and a philanthropist came from Pakistan to help raise money. He talked about the worsening conditions leading to political mafia, corruption, injustice and socio-economic problems. He gave his personal testimony of Imran's character calling him honest, sincere and dedicated to making this happens citing an example of 1992 world cup victory under his leadership. Salman played guitar and sang popular songs from his musical bands of eighties and nineties when he was part of Vital Signs and Junoon. The audience of 250 people was on their feet applauding as the performance continued. The highlight of the evening was when Imran Khan connected to the audience via Skype. Amid applause of the audience, Imran pointed out that in Pakistan a person could become an engineer, a doctor and choose other professions but they cannot become politician because

they do not have enough money needed to participate in the election. There is no system of publicly raising money for the candidates like it is in many developing countries. The result is the rule of Mafia supported by companies who used the elected officials for their own gains. Imran talked passionately about how his party was going to bring about change in this area by funding the political campaigns of educated young people between the ages of 25 and 35 and help them become politicians. The justice is the cornerstone of PTI and they will make sure justice is served in the efficient and timely manner. The cricket bats and balls signed by Imran Khan were auctioned off. At the end of the night, over \$20,000 was raised for this cause. Overall, PTI Arizona needs to be congratulated for organizing this successful event rallying Arizona PTI supporters to take action and make a difference.

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