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10th Anniversary of the Rath Yatra Festival at the Hindu Temple Of Arizona



On Sunday, July 14th, 2013, the Hindu Temple of Arizona and its sister organization, Oriya Association of Arizona, partnered together to celebrate the 10th

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INDO-AMERICAN CULTURAL & RELIGIOUS FOUNDATION CELEBRATES MURTI STAPHANA & PRAN PRATISHTHA OF PADMAVATI JI & SARASWATI JI

The Indo-American Cultural & Religious Foundation of Arizona (IACRF) is extremely proud to mark another major milestone as a part of our Silver Jubilee celebration. We are honored to announce the Murti Staphana and Pran Pratishtha of Padmavati ji / Mahalaxmi (Goddess of Wealth) and Mata Saraswati ji (Goddess of Wisdom) on July 26 -28, 2013 at Ekta Mandir.

This remarkable event was made possible thanks to the generosity of numerous sponsors and volunteers. Over 1000 devotees attended • More images on P03



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INDO-AMERICAN CULTURAL & RELIGIOUS FOUNDATION CELEBRATES MURTI STAPHANA & PRAN PRATISHTHA OF PADMAVATI JI & SARASWATI JI



this 3-day celebrations!

Firstly, I would like to thank the Murti Staphana Committee, which consisted of Vasudeva Atluri, Uma Jagannath, Mamta Vijayasarithi, Mahesh Shah, and myself. This team was instrumental in bringing this dream to reality. Special thanks to Vasudeva Atluri, IACRF Trustee, who worked very hard on many aspects of construction and coordination with all committee members.

IACRF would like to thank

Vasudeva & Satyavathi Atluri and Vijay & Mamta Vijayasarithi who were Pramukh Yajman (main sponsors) of our three day special event. Also, I would like to thank the Prasad committee, led by Mamta Vijayasarithi, for serving Maha Prasad to the devotees.

My special thanks to our Priests Vardarajanji & Joshiji and their helping priests for planning and performing several auspicious rituals during the ceremony. Vardarajanji

and Joshiji deserve special thanks for their excellent performance to help make this an outstanding event in the history of IACRF. Thanks also go to IACRF Manager, Ramalingamji and our custodian Gabriel for their dedication and hard work!

A final thanks to all the members of Indo-American Cultural & Religious Foundation (IACRF) who attended and supported the Murti Staphana and Pran Pratishtha event. Their presence was highly appreciated

and has made this memorable event very successful!

Thanks to my family and friends for their continual support during my second term as President of Indo-American Cultural & Religious Foundation (IACRF). I look forward to serving the Indo-American community for many more years to come with great pride. May Padmavati ji and Saraswati ji bless you all.

(From the desk of IACRF President KulBhushan Chhibber)





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A Balanced Upbringing

As summer comes to an end, we are all focused on school starting again and looking forward to our children getting a great education in the country of equal opportunities. We take it for granted that in the US, the land of equal rights, our children will get a balanced upbringing regardless of gender. We fail to realize that children are raised in homes and not countries and it is what we choose to surround them with that influences them the most.

The easiest of those things is the art of storytelling and the stories you choose to tell them because they relate to these characters. In an eye opening foreword for Kathleen Ragan's book "Fearless Girls, Wise Women, and Beloved Sisters" Jane Yolen highlights how inequality is still prevalent in the most influential years of a child's life. Quotes from her foreword "... they regularly subverted and subsumed the stories that starred strong and illustrious female heroes, promoting instead those stories that shared women as weak or witless or, at the very best, waiting prettily with infinite patience to be rescued. A hundred years later, the same thing happened. Walt Disney, with his groundbreaking fairy tale films, re-emphasized the helpless, hapless heroine who he posited has to be rescued by mice, birds, rabbits, deer, and other assorted cute fauna, or by a bunch of half-men, or dwarfs. The young women are like helpless ornaments in need of protection, and when it comes to action of the film, they are omitted. We, the reading and viewing public, then accepted whole cloth



**Editor's
NOTE**

that in folklore, as in life, everyone but the heroine is a capable being."

As we strive to fight for gender equality, we fail to see that we are not surrounding our children with equality in heroes and heroines to model their lives after. We are still stuck on teaching boys to be the Prince Charming that comes rescues the damsel in distress and teaching girls to be the damsels in distress to wait patiently for their hero to arrive. If you have boys in

your life you love, whether they are sons, nephews, or children of friends, teach them to respect and not rescue women, teach them to treat women like capable, equal partners. And if you have beautiful, capable, little girls, teach them to ride out on their own high horses and take on the world instead of waiting for a Knight on a white horse. Children relate to the characters in the stories we share with them so if you believe strongly in equality, make sure there is equality in your bookshelves at home – an equal amount of stories and folk tales showcasing strong, capable heroines as there are stories of strong, capable heroes. If you can accomplish that, you will be one step ahead of your local library.

One of my favorites which I recently discovered, mentioned earlier in this article, is Kathleen Ragan's "Fearless Girls, Wise Women, and Beloved Sisters – Heroines in Folktales from Around the World." Happy Reading!

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

As the summer winds down, I see a lot of my friends and family coming back into town. It's very easy to take individuals for granted, but when they are gone is when we truly realize how important they are to us. Some people say life is very short and others say very long. I fall on the side of that life is too long. When life is fun and you're happy it seems as if the days go by with the wind, but when you are sad or get upset with the little things in life, life becomes long. We read into little things and make them into bigger things; those things ruin relationship and tear apart friendships. Friends become distant, distance breeds loneliness, loneliness breeds sadness, and in this sadness is where we stay – a circle that is a never ending cycle of misery for no one else but ourselves. Eventually this misery leads to hate, whether it is towards yourself or others, including things that made you happy or smile before. The biggest enemy in this world that we will ever go against and ever encounter is our own self. If we have no clue about who we are and what makes us think or act or even ask the most important question of all "why do I do

this," "why do I get angry," etc. Many people believe we might come back to this earth again, but everything will be changed. Treat this life as if it was your last – the people you know, the family which you love, the friends you cannot live without will all eventually fade. You will come back (if you believe it) to this existence, this planet, or who knows where, but you will not recognize who you are. It's true we only have one life to live; the person you are now might never exist again and the people you know might never exist again. In that life, we won't care or know the difference but we do now and this is the life we have to see to the end whenever that will be. Clear the misunderstandings, cherish the times, cherish your friends, cherish yourself, and cherish this life! Once your new beginning starts, you won't even know what you will be missing, but you are not there yet so live this life to the fullest!

Well summer is almost over so you know what that means... get ready for the tons upon tons of



**Publisher's
NOTE**

Indian events around the corner. India Association is kicking us off with India Night, and we have the mela season upcoming and not to forget we end with Discover India. The festivities are almost here and I can already hear conversations about dances and performances and kids

setting up there dance troupe meetings. It's good to see that generations are getting more and more involved in the cultural events happening in Arizona. I've been in Arizona for over 10 years now and seeing the change is like night and day. It's good to see everyone in the community getting involved and helping shape the future of our culture in Arizona. Good luck to everyone and may all your hard work pay off. I can't wait to see what new amazing decorations, dance performances and of course FOOD! is going to be happening this year.

-Raja Walia
Publiser, Asia Today
publisher@asiatodayaz.com

U.S. CONGRESS PRAISES INDIA PLAZA ON ITS 10TH ANNIVERSARY

India Plaza has again been noted in the Congressional Record in Washington, D.C. — the second time in just four years that the Tempe, Arizona, shopping, restaurant and cultural center has been so honored by the U.S. Congress.

As part of its 10th anniversary serving the Valley of the Sun, U.S. Rep. Kyrsten Sinema, (D, 9) prepared a tribute for India Plaza, which was entered into the Congressional Record in Washington, D.C., this past April. In 2009, India Plaza was also honored with a Congressional Record entry by then U.S. Rep. Harry Mitchell. To thank the community, owners Raveen and Clara Arora held “India Plaza Night” April 14, 4–6 p.m., in conjunction with the New Year’s festival of Baisakhi, celebrated in Punjab.

For this event, the city of Tempe declared April 14th India Plaza Day for the center’s 10 years of success and community service. Representing Mayor Mark Mitchell and the city, Vice Mayor Onnie Sherkerjian read the proclamation, and a letter from U.S. Sen. Jeff Flake was also read. In addition, state Sen. Ed Ableser (D, 26) read a proclamation that he and state Rep. Juan Mendez (D, 26) prepared. A proclamation from Arizona Governor Jan Brewer was also presented.

For its work in the community, India Plaza has won many awards: Best of Phoenix, Best of the East Valley, Best of the Light Rail, Tempe’s Good Neighbor of the Year, Honorable Mention. The business has also been a nominee for the National Restaurant Association Good Neighbor award and Most Ethical Business award from the Better Business Bureau. And, India Plaza has donated approximately \$200,000 to charities and community groups during its first decade. “From the day we opened in April 2003, we have wanted it to be a multicultural meeting place and a window to India for the Arizonans — a center for education, compassion, the celebration of diversity and community involvement,” Raveen says.

Open seven days a week, 11 a.m.–9 p.m., India Plaza is the Valley’s one-stop destination for Indian food, culture and products. The campus — “Where India Comes Alive!” — includes the widely awarded Dhaba restaurant, a snacks café, cooking school, a food market offering herbs and spices difficult to find elsewhere, a gift boutique and beauty salon which offers, among its services, yoga classes and traditional arts of threading and henna application.



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10th Anniversary of the Rath Yatra Festival at the Hindu Temple Of Arizona (HTA)

anniversary of Rath Yatra festival. Each year, hundreds of devotees and volunteers in Arizona pull a single handcrafted chariot that carries the three gods – Lord Jagannath, Lord Balabadra, and Goddess Subhadra- onto the streets around the neighborhood of the Hindu Temple of Arizona in the sweltering heat to show their devotion. This year, more excitement for the event was generated by the construction of a new Rath (chariot) by the temple volunteers, who spent countless hours drilling, hammering, and creating a memorable vehicle.

The intricate weaving of the fabric covers, and the color shades and patterns made the chariot truly magnificent. After completion of the Haavan, Jagannath Puja, Pa-handiBijaya and CheraPahunra at the temple's premises, the Rath procession started around 9:45 AM and returned back to the Temple around 11:00 AM. This was followed by a Cultural Program, Puja and MahaAarti. This annual event was only made possible by the volunteers and devotees, which ensured another milestone in the long history of the HTA.

With the celebration of this festival, the Hindu Temple of Arizona continues in its tradition to educate the public on the rich Hindu heritage that has made a niche in the greater Phoenix area of Arizona.





Indo-American Foundation of Arizona

(Registered Non-Profit Organization under Section 501 (C) (3))

Hindu and Jain Temple Ekta Mandir and Community Center,

Please Check Ekta Vision, www.EktaMandir.org & www.IndoFoundation.org for more details



Janmashtami Celebration

At Ekta Mandir

Wednesday, August 28, 2013, 4:00 PM onwards

Temple Hours 9:00 to 12 Noon & 4:00 PM to 1:00 AM



Maha Prasad Served from 5:00 PM to 8:00 PM

Bhajan-Kirtan by Phoenix Mahila Mandal Starting at 5:30 PM

Children's Cultural Program 8:00 PM to 9:00 PM

Bhajan-Kirtan by Jalaram Mandal from 9:00 to 11:30 PM

Krishna Janma Celebration at midnight, Followed by Maha Aarati & Hindola, Archana & Abhishek available all evening

For more information, please contact

Priest Joshiji at 602-391-7760, Priest Varadarajan 602-320-3460, Madhusudan Bhakta 623-826-3972, Dayaramibhai Ahir 602-989-7100, Mr. Kul Bhushan Chhibber 480-250-0779 & Mr. Ramalingam 602-246-3420

Ekta Mandir Balabharati

For Children ages 5 and older

Sunday 10:30 AM to Noon

From September 8, 2013 to May 19, 2014

Ekta Mandir is pleased to announce the beginning of its regular Balabharati program. The program will be led by Dr. Krish Krishnamurthy. The program will run on Semester basis with Fall Semester starting on September 8 to mid-December and Spring Semester from early January to May 19, 2014

The Classes will be from 10:30 AM to 11:30 AM followed by Shloka Recitation at the shrines, Aarati & Prasad for children. Disperse time noon.



The mission of *Balabharati* is to provide an opportunity for our children to learn about *Sanatana Dharma* (Hinduism) and the rich culture and traditions of India. The class aims to provide a group learning environment designed to help the kids in our community discover their spiritual and cultural roots and develop pride in their Indian identity and heritage.

This class is intended to be a fun and enjoyable experience for kids with focus on spirituality.

For Registration please contact:

Kalpna Batni 480-748-7578, Dr. Krish Krishnamurthy 480-940-7153, Mahesh Shah 480-544-9438 or Mr. Ramalingam 602-708-0733

Summer Retreat

August 16 through 18 @ Camp Yavapines

Please Contact Mahesh Shah 480-544-9438

August 2013 Events

Seniors Program

Seniors are welcome to join for fun and food every

Thursday, 9:30 AM to 3:00 PM

at Indo-American Community Center

Thursday August 1 Bollywood Movie

Thursday August 8 Open Schedule

Thursday August 15 India Independence Day Celebration

Thursday August 22 Monthly Birthdays and Anniv. Day

Thursday August 29 Open Schedule

Foundation and Ekta Mandir Events

Sat., August 3rd – Rudrabhishekam for Pradosh 6:00 PM

Sunday, August 4th – Krishna Puja 6:30 PM

Wednesday, August 7th – Sravan Maas Begins

Saturday, August 10th Essay Writing Workshop for

High School Seniors, 4:00 PM

Sun. August 11th Indian Community Health Fair 9:00 AM

Sunday, August 11th – Saraswati Puja, 6:30 PM

Friday August 16th – Varamaha Lakshmi Vratam 6:00 PM

Friday August 16th through Sunday August 18th

Annual Summer Retreat at Camp Yavapines

Sat. August 17th – Sri Venkateshwara Abhishek 10:30 AM

Sun., August 18th - Rudrabhishekam for Pradosh 6:00 PM

Tuesday, August 20th – Raksha Bandhan

Saturday, August 24th – Children's Ganesh Moorti Making

Sunday, August 25th – Lakshmi Narayan Puja 6:30 PM

Wednesday, August 28th – Janmashtami 4:00 PM

Sunday, September 8th – Ganesh Chaturthi

Real-estate sector in Arizona

Hello Friends!

Vacation time is over and it's back to school now!

Real Estate is holding better than ever in the valley, it's a breather to know, that the rising home values and a better job market is helping to cut down on the number of distressed homes in the Phoenix area. Housingwire reports on how much the Phoenix housing market has changed in recent years, and how many fewer foreclosures are occurring now.

In 2009, lenders took title to 4,203 single-family properties at foreclosure auctions in Phoenix. Fast forward to June 2013, and that number has plummeted to 278. I still see advertisements saying thousands of lender-owned properties are going to flood the market, just not the Greater Phoenix market. Sure, there was a time when we had cheap properties, but that time has passed. Four years ago 86,315 single-family properties in Greater Phoenix went into the foreclosure process leading to a downturn. In the first six months of 2013, only 8,776 properties went into foreclosure, that is about 10 percent.

With the housing market in recovery mode, buyers who lost homes to foreclosure or short sales are returning to the market.

AZCentral reports that 'boomerang

buyers' will make up between 25 and 30 percent of home sales this year in metropolitan Phoenix. Like others looking, these buyers hope to secure a mortgage and house before interest rates and prices rise.

Another good news is that Arizona regulators have given Tucson Electric Power Co. the green light to purchase electricity generated by a planned wind and solar farm near Willcox. The ACC approved the 20-year power purchase agreement between the utility and Red Horse Wind. Construction is expected to start later this year, with the farm going online sometime in 2014. It will be the first utility-scale project of its kind in southern Arizona.

Now lets look at the June sales of Residential Homes in Maricopa County -

- Total sales for single-family, Town-homes, Condos for June was 7,190 whereas May was 8,310 and April was 6,358
- The Active listings for June was 15,282 whereas May was 15,535 and April was 15,818
- Pending sales for June was 7,554 whereas May was 8,731 and April was 9,659
- Cash closing were 2,670 whereas, conventional closings were 2,803 and FHA closings were 1,290

Now Lets look at the Commercial

side-

Potato Barn Unique Home Furnishings, the family owned and operated furniture retail store, signed a lease for 34,613 square feet at Scottsdale 101, located at 7000 E. Mayo Blvd. in Phoenix, taking the former Circuit City space at the retail center. It will be relocating from its former location in the Pavilions at Talking Stick. They also has an additional store in Gilbert, located off Power Road and Ray Road.

Starwood Capital Group, a global real estate investment firm based in Greenwich, CT, closed on the purchase of the InTown Suites company and related real estate assets for a gross price of \$735 million, including the assumption of \$609 million of existing mortgage debt.

Westport Properties, Inc., which operates U.S. Storage, acquired the Storage Max facility at 9304 N. 43rd Ave. in Glendale, AZ from Glendale Storage Group, Ltd. for \$4.29 million, or more than \$29 per square foot. The single-story storage facility was built in 1987 and has a listed gross building area of 146,016 square feet.

Kodiak Fresh Produce has acquired the industrial building at 6024 W. Southern Ave. in Laveen, AZ from Dermody Family LP I for \$1.4 million, or about \$48 per square foot. The 29,000-square-

foot industrial building was constructed in 1987 on 7.1 acres. Kodiak Fresh Produce is a Phoenix-based wholesale produce company serving restaurant, retail and institution businesses with fresh fruits and vegetables. The tenant will utilize the space as a new retail and warehouse location when it opens in March 2014.

Beazer Homes Holdings Corp. acquired 62.75 acres in Phoenix, AZ for \$9.5 million, or about \$151,000 per acre. The vacant land is comprised of 177 improved residential lots located at the southeast corner of S. 43rd Ave. and W. Baseline Rd. in Maricopa County.

So friends, our housing market is in the final stages of transition from a market dominated by distressed sales to a traditional market.

As always, would love to hear from you, thanks for your comments and please let me know if you have any questions, you can reach me at arti@artiier.com or 480.242.8573.



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.

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Maata Jagran
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Satyanarayan Puja
Tuesday August 20th, 2013
7pm-8:30pm
Contact: Nirmal (480) 926-8835

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

Venkateswara Swami Puja
Every Saturday
10am- Noon
Contact: Sriniji (602) 535-6989

Sunday Puja
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ॐ HTA EVENTS AUGUST 2013 ॐ

**Sri Krishna Janamastami, Purnima Pooja,
and Raksha Bandhan**



Sri Krishna Janamastami on August 28th : {Ganesh Vandana and Bhajans 7.00 to 8.00 PM, Thali Pooja (Sponsored) 8.00 to 8.30 PM, Archana 8.30 to 8.45 PM, Aarti and Prasad 9.00 PM, Bhajans: 10.00 to 12.00 PM, Prasad 12.30 AM}

Purnima Pooja and Raksha Bandhan on August 20th : {Purnima Pooja 7.00 to 8:30PM, and tying of Rakhi after Aarathi and Prasad}

Sponsorship : Thali Pooja - \$ 101 , Archana - \$ 21
Mahabhog for Janamastami sponsored by Rohit Tripathi, Udupi Restaurant located @ 1636 N Scottsdale Rd., Tempe. Contact: 480- 994-8787

For more info contact Temple Pandit Ji @ (480) 874 3200
Rohit Tripathi @ (480) 330 8107 for Janamastami
Ashwani Bakshi (480) 250 0903
Surendra Singh (203) 300 2302

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Hindu Temple of Arizona Presents



Janamastami Celebrations
On Wednesday, August 28th



Ganesh Vandana and Bhajans 7.00 PM to 8.00 PM
Thali Pooja (Sponsored) 8.00 PM to 8.30 PM
Archana 8.30 to 8.45 PM
Aarti and Prasad 9.00 PM
Bhajans: 10.00 to 12.00 PM
Prasad 12.30 AM

Sponsorship :Thali Pooja - \$ 101, Archana - \$ 21
Mahabhog sponsored by Rohit Tripathi,
Udupi Restaurant, 1636 N Scottsdale Rd., Tempe.
Contact: 480- 994-8787

For details/further information Contact:
Temple Pandit ji (480) 874 3200
Rohit Tripathi (480) 330 8107
Ashwani Bakshi (480) 250 0903
Surendra Singh (203) 300 2302

Location::
Hindu Temple of Arizona
3019 N Hayden Rd, Scottsdale, AZ 85251
Tele: 480-874-3200

Seniors Group Submission August 2013



Contributed by: Bhagubhai Patel
"Peacewood" anyone?
Bollywood Nights:
 "Money" magazine on May 28, 2013 issue has an article by Emily Brandon

titled "Seven Usual Places to Retire". Surprisingly the article covers an item that we are very much interested called "Bollywood Nights"; read on - is related to "Bollywood" or "Peacewood":::

Bollywood nights. At ShantiNiketan in Tavares, Fla., Indian-American retirees age 55 and older can immerse themselves in Indian culture. "Translated to 'abode of peace' in Sanskrit, it's a gated condo community for Indian-Americans," says Jan Cullinane, author of "The Single Woman's Guide to Retirement." There's plenty of Indian food on offer, including a number of vegetarian options. There's also a prayer room where bhajans are held each evening and an auditorium that plays Bollywood and other foreign language movies every night after dinner. The first 54 condos, completed in 2011, sold for between \$130,000 and \$160,000.

A second development is under construction with an expected completion date of 2014, and the condos are estimated to sell for between \$160,000 and \$185,000. "It's a place where one comes for their soul," says Iggy Ignatius, founder of ShantiNiketan. "Pure vegetarian food, yoga and meditation is the lifestyle here."

Don't you think we should have our own "Shantiniketan, Phoenix"? If you think so, please join your hands – not to clap – but to develop a residential campus for the Seniors!! Few phoenix Indo-American Seniors have started developing a project – items under discussions are: Residence capacity, Unit sizes, Amenities, Location considerations, Affordability, Launch strategy, Financial feasibility, etc. etc. Initial thoughts are as under:

The proposed development will be a secured gated community. The development will include 60 units, each

with 1000-1200 square feet area and an attached covered garage. The units will be equipped with kitchen and laundry. In addition, there will be a multi-purpose building with a common kitchen and an auditorium suitable for 300 people sitting. The environment around housing units and within the secured area will be as per prospective residents. The facility will be designed, and constructed as per national codes and as per City of Phoenix requirements.

Time is an essence of this venture. The real property prices in Phoenix Area are rising. This is a rare opportunity to have an independent residential unit within city limits at a reasonable price.

We already have a land plot under consideration which looks very feasible for our project. For detail information contact Prakash Deshmukh at Tel# 602-690-7301, Bhagubhai Patel at Tel# 602-524-9658 and Lalitbhai Patel at Tel# 480-286-0416.

Above mentioned article on "Money" magazine may be accessed at <http://money.usnews.com/money/retirement/articles/2013/05/28/7-unusual-places-to-retire>

Thursday Gatherings:

We feel typical summer doldrums as many members are away from town – visiting Family and Friends or vacationing at their dream locations. Hence with lower attendance members have opportunity to get to know each other very well.

Lunch sponsors for month of July were Manjulaben Patel and Rasikaben & Shreekant Vaidya.

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GURDWARA SAHIB, ARIZONA SIKH GURDWARA

SATURDAY, AUGUST 10, 2013 from 7:00 to 8:30 PM

GURDWARA SAHIB, GURU NANAK DWARA

SUNDAY, AUGUST 11, 2013 from 11 AM to 1:00 PM

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The Passing of Zarrinath Award of the Cultural Cup Food Bank Her Integrity, Productivity, Compassion and Honorable Perseverance

A Husbands Dream

Speaking at prisons, an early profession
 Replenishing many lives, her daily confession
 Departing this world, submitting to Cancer
 For so many people, Zarinah was the answer
 The Cultural Cup founder, the amazing Food Bank
 Seeking Allah's Blessings, the highest of ranks
 Oh what a servant, a pioneer, a mother
 Zarinah for sure, was like no other
 Friends and loved ones, lifting her high
 Delivering her deeds, without deny
 Born to be a winner, earning her place
 Engaging all people, beyond their race
 Mexican, Irish, Jewish or other
 Regardless of status, inspired to recover
 A magnificent human being, committed to make friends
 Zarinah Awad, setting the trend
 Seen with her cane, wheelchair or walker
 Zarinah in action, more than a talker
 Frequently smiling, a woman of care
 Bringing to society, comfort to spare
 Beyond the ordinary a woman of class
 A servant of Allah, her deeds will last
 Wherever she went, so many amazed
 Engaging her journey, many roads she paved
 At the farmers market, prepared to serve
 Effectively giving food deserved
 Expanding the definition of character impact
 Moving forward, not having to look back
 Advancing the desire to be a provider
 Serving from her soul with others beside her
 Conscious volunteers eager to assist
 The greatness of Zarinah at the top of the list
 Earning the title the Mother of Peace
 Heartfelt charity she constantly released

Never complaining just grabbing her cane
 The Cultural Cup Food Bank to gain and maintain
 Free medical each Saturday, professionals at work
 A servant of the people aware and alert
 Honoring families including her own
 Oh what a woman, sharing her throne
 An excellent wife for Habibullah Saleem
 Together in struggle, completing her dream
 Seen at her desk, computer in motion
 Thanksgiving turkeys, her yearly devotion
 Halal a priority, food or drink
 Establishing the Wow, Zarinah would think
 Attending events, committed to prayer
 Walker or wheelchair, Zarinah was there



Engaging her mission, fighting starvation
 The helpers or homeless, appropriate inspiration
 Auntie Zarinah, grand children being served
 Family or not, their voices were heard
 Supporting where necessary, a woman of balance
 An amazing worker, confronting the challenge
 A soul of gold, a legacy told
 The Cultural Cup Food Bank, Zarinah was bold
 And so for her accomplishments, we never say die
 A servant of the people, as they joyfully cry
 Zarinah for sure, rising above
 Zarinah in death, we continue to love
 Purpose and posture, with focus and aim
 Zarinah in Paradise, Hall of Fame
 An awesome continuation, Sabiha Keskin
 The Cultural Cup Food Bank, structured to win
 So again may Zarinah receive relief
 Enjoying Allah's Paradise, while resting in peace
 [May Allah reward her for her extraordinary deeds]

Special Note

Sabihah and Zarinah together made the necessary sacrifices to keep the Food Bank going for approximately ten (10) years without proper financial support. Therefore, as we remember Zarinah for her magnificent dedication, let us maintain the vision that she and Sabiha established without wavering

from our duty to continue to send funds. As the new director, Sabiha is highly qualified and trustworthy for the task that's now upon her.

As Zarinah's husband for six (6) years I, Habibullah Saleem, know for a fact that's the way she wanted it.

Email: culturalcupfb@integra.net
www.culturalcup.com



For comments or concerns, contact: Habibullah Saleem at hscrtal@aol.com
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By Habibullah Saleem

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Attorney Monika Sud-Devaraj, is a former trial attorney for the U.S Immigration & Naturalization Service

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INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)



1. Maestro Saigal Recital by Gokulji and Singing by Shrikantbhai! 2. Sponsors of the luncheon on July 23rd 2013 3. Group celebrations of birthdays and anniversaries in July 4. July 9th Luncheon sponsors – Thakorbbhai & Kapilaben Patel 5. Happy bunch of seniors posing with smiles! 6. July 2nd Luncheon Sponsors - Mannubhai & Shardaben jointly with Manjuben Govin 7. Cake-cutting by Shashikantbhai on his 70th Birthday with Family and friends at ISAA! 8. Tribute to Anilbhai Desai by ISAA with “Bhajans” by Harshaben with a few words by Narayanbhai Ojha 9. Indiraben Parikh & Family sponsored July 16th luncheon

On June 25, 2013, it was a day of mixed celebrations. First ISAA seniors offered Shri Anilbhai Desai their sweet remembrances as he left his family and friends in an untimely departure from this earthly abode. A special tribute – “shradhanjali” was presented through melodious voice of Harshaben, and Vrinda as they sang bhajans invoking the almighty and asking for his mercy so that Anilbhai’s soul enjoys the peace and tranquility with progress towards “wholeness”. In the second half, Harshadbhai joined in presenting sweet rendering of songs. Nearly 120 attendees wished Shashikantbhai “happy seventieth” which included his loving family and other friends as guests had a great fun-day. The delicious food was sponsored by Shahikantbhai as he looks ahead for success in life beyond.

On July 02, 2013, Wow, what a day of peace and quiet. Last several weeks it has been just celebrations—birthdays, wedding anniversaries, graduations etc. So it was nice and relaxing. People gathered at the tables and enjoyed bhajans, card games or just plain socializing. Manjuben and Shardaben sponsored the day with pizza and ice cream. About fifty members and guests enjoyed the day. Jitubhai and Chandrakantbhai described the

tragic events in Yarnell. All observed a minute of silence in the memory of nineteen “Fallen” young firemen who lost their lives. Adults and children are requested to take proper safety precautions when enjoying the fireworks on July 04. On July 09, 2013, over sixty members and guests were busy socializing. Card players were happy with their card games as it was an opportunity with no distractions. Ramanbhai entertained with a few short jokes, so did Isha Vashist. Harbansji & Deviben sang a few sweet bhajans. Kapilaben rendered a couple of “Dada Bhagwan” bhajans. Members and guests enjoyed today’s home-made luncheon by Kapilaben and Thakorbbhai who sponsored the occasion.

On July 16, 2013, the movie “Aamdani Athanni & Kharcha Rupaiya” kept the audience roaring with laughter once it got underway right at 10:30. People just kept streaming in throughout. Those who did not get there on time missed a lot. Although it was a long movie, majority enjoyed it. It was also a day of celebration of birthdays and anniversaries being third Tuesday of the month. Indiraben Parikh sponsored the Pizza & ice cream luncheon. Eggless cakes for the celebrations were baked by Kanwalben. Over seventy members and guests had fun.

On July 23, 2013, Shrikantbhai started the musical morning when he presented Rasikaben’s favorite songs on her 71st birthday. Deviben, Ushaben and Meenaben added their sweet tunes. It was also a great welcome back for Gokoolji when he crooned Saigal’s popular songs for the audience. Everyone enjoyed very much. The event today was sponsored by Rasikaben, Mandaben with the help from Deviben. Over seventy members and guests had great time.

Announcements:

- Drink plenty of water and carry a water bottle when leaving home in hot weather.
- Save electricity and avoid using plastic bags to save earth & environment.
- Excellent response of \$433 plus some direct on-line payments for possibly nearly 5000 meals to homeless, were received from ISAA members for making a donation to St Mary’s Food Bank as desired by Anilbhai’s family (www.firstfoodbank.org).
- For safety of the dear ones, it is important that you use a wheel chair for “in and out” situation and do not take undue risks!
- ISAA Emeritus professionals and others expressed their willingness to meet with ASU Faculty to sharing

their “lifetime experiences” to inspire graduate program students and researchers to undertake projects enabling to face the emerging new challenges.

- A large number of ISAA members and guests extended their appreciation to ALL firefighters through their contributions for \$950 plus some households towards—nineteen Firemen’s Fund.
- An update on the ISAA membership and finances as of June 30th 2013 was shared.
- ISAA was briefed on the sad event of Raj & Sharda Gambhir’s grandson’s condition and requested all to pray for his recovery from the neurological surgery.
- The news and concern over the use of uncooked curry leaves in chutney which caused a great deal of hardships. It is very critical to WASH all the green herbs thoroughly before use to avoid any micro issues.
- The ISAA is planning a dinner-dance gala, adults only, on September 20, 2013 to raise funds for the association. Deepika is working with ISAA in planning and execution of the event. The tickets are set at \$100. All members are encouraged to support the event for ISAA’s continued excellence with a bright and sustained future.

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Free lectures on Islam by Imam Shamshad nightly at the Chino Mosque during Ramadan

by Jonathan M.A. Ghaffar
(Freelance contributor)

Everyone, it seems, has questions about Islam. Getting answers, though, can be elusive. There are plenty of “experts” on Islam with books, videos and even college courses, but the vast majority of these people are not Muslims but either academics, political pundits or hostile opponents of Islam like Robert Spencer or Pamela Geller. So where can one go to learn about Islam from a practicing, highly-educated, real-life Muslim?

The answer is in Chino at the Baitul Hameed Mosque on Ramona ave. (north of the 60). From 7:00 to 8:00 nightly through the first week of August, the resident Imam, Shamshad A. Nasir, brings to light the wisdom and teachings of Islam for his congregation, other Muslims, and anyone else interested in attending the free lectures. There will be an opportunity to ask questions and speak with the Imam and members of the Mosque at the free nightly dinners at 8:30pm.

Imam Shamshad is always a busy man, even without the added duties as a result of Ramadan – the Islamic month of fasting that continues through Aug. 8th. And it is precisely because it’s Ramadan that the Imam is now devoting 5 to 6 hours a day to preparing his nightly one-hour lecture on Islam, the Holy Quran, the sayings of the Holy Prophet Muhammad (pbuh), and the writings of Mirza Ghulam Ahmad of Qadian (1835-1908).

And while gathering all the materials (in different languages) is a big challenge that, it is something he looks forward to each year in Ramadan.

“The month of fasting in Islam is a blessed opportunity for increased prayers, improved morals, spiritual growth and rededication for all Muslims,” he said. “Part of that growth comes from increasing one’s knowledge about God, the Holy Prophet Muhammad (pbuh) and the religion of Islam.”

The Imam further explained his motivation for the lectures, saying, “If my talks bring even one person closer to God, more aware of His Mercy and Blessings and infinite Majesty, then all my efforts are worth it.”

The Imam also invited all of his neighbors and friends, whether they are Muslim or not, to come to the Chino Mosque and take benefit from these lectures, because: “Islam is for everyone and everyone is welcome to come and learn about it.”

Imam Shamshad is certainly qualified to teach

-- he has the equivalent of several Ph.D.’s in Islamic studies, Quranic Arabic and Classical Urdu, having graduated in 1973 from a very rigorous seven-year missionary training program in Pakistan run by the worldwide Ahmadiyya Muslim Community. He has been a missionary for nearly four decades in places as diverse as Pakistan, Ghana, Sierra Leone and the United States. He is currently the Ahmadiyya Community’s SW regional Imam and missionary in America, covering not only Southern California (L.A. and San Diego), but also Las Vegas, Tucson and Phoenix.

Since the start of Ramadan on July 10th, Imam Shamshad has covered the essence of the first chapter of the Quran called Al-Fatihah, which means The Opening. Comprised of just seven short verses, the chapter (“surah” in Arabic) presents the four main qualities or “attributes” of God. These attributes – the Creator (Lord) of all the worlds, the Beneficent, the Merciful, and the Master of the Day of Judgment -- define God’s nature and spell out His relationship to us and our relationship to Him.

Surah Fatihah is so important it is recited multiple times in each of the five daily prayers to impress its spiritual meanings onto the hearts and minds of the worshipers. The seven verses represent the entire Quran in brief, and the rest of the Quran expounds upon the concepts in the first chapter. (To read surah Fatihah with detailed English commentary, click here: <http://www.alislam.org/quran/search2/showChapter.php?ch=1> For Spanish, click here: <http://www.alislam.org/quran/tafseer/?page=1®ion=ES> – other languages available at www.alislam.org)

Imam Shamshad has been discussing the 29th chapter of the Quran, surah Al-Ankabut -- the Spider, which you can read in English with commentary here: <http://www.alislam.org/quran/tafseer/?page=804®ion=EN> and without commentary here: <http://www.alislam.org/quran/tafseer/?page=460®ion=E2>

The Imam stressed that chapter 29 was a good chapter to study after surah Fatihah because it was relatively short (only 70 verses), it mentions well-known Biblical figures such as Abraham, Noah and Lot, and it deals with central themes in Islam, such as striving to be righteous, worshiping God with full devotion despite persecution, being kind to one’s parents, and doing good for others. Here is a brief selection of verses that touch on powerful ideas in the straight-forward style of God speaking in the Holy

Quran (note: the use of “We” referring to God includes Him and His angels):

v.3 – Do men think that they will be left alone because they say, “We believe,” and that they will not be tested?

v.8 – And for those who believe and do good works, We shall surely remove from them their evils, and We shall surely give them the best reward for their works.

v.9 – And We have enjoined man to be kind to his parents. . .

v.13 – And those who disbelieve say to those who believe. “Follow our way, and we will surely bear your sins.” And they [the disbelievers] cannot bear anything of their [the believers’] sins. They are surely liars.

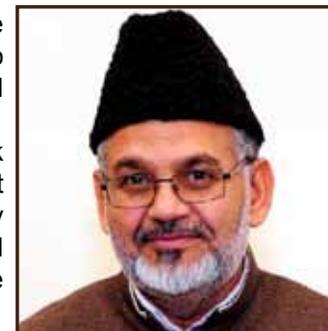
v.15-16 – And We certainly sent Noah to his people . . . Then the deluge overtook them, while they were wrongdoers. But We saved him and those who were with him in the Ark; and We made it a sign for all peoples.

v.42 – The case of those who take helpers [associate gods] beside God is like the case of the spider, who makes for herself a house; and surely the frailest of all houses is the house of the spider, if they but knew!

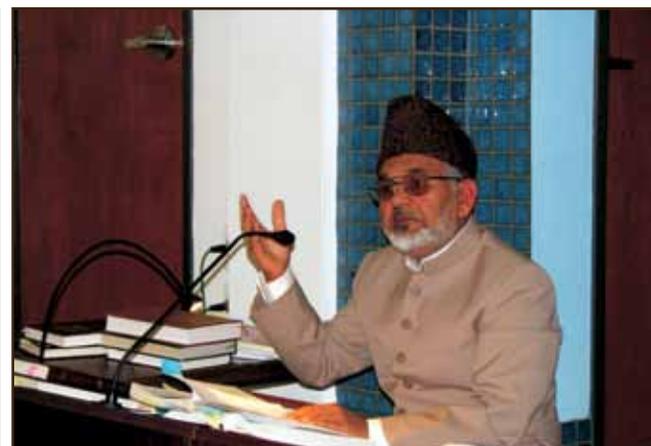
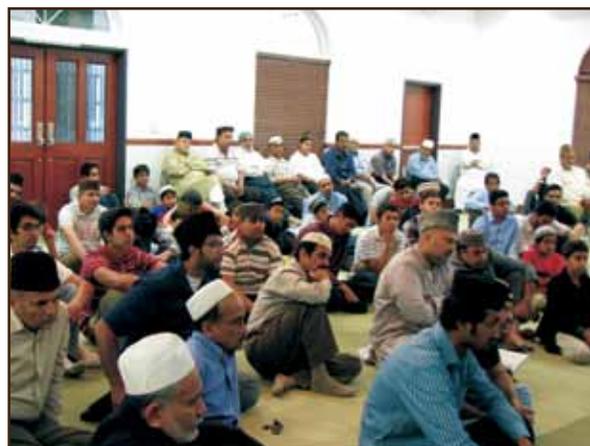
v.46 – Recite that which has been revealed to thee of the Book [the Quran] and observe Prayer. Surely, Prayer restrains one from indecency and manifest evil, and remembrance of God is indeed the greatest virtue. . .

v.47 – And argue not with the People of the Book [Jews and Christians] except with what is best; . . . And say, “We believe in that which has been revealed to us and that which has been revealed to you; and our God and your God is one; and to Him we submit.”

Imam Shamshad’s nightly lecture (in English) on Islam starts at 7:00pm and continues for about an hour each night until the end of Ramadan on Aug. 8th. To attend, call Imam Shamshad at 909-627-2252 or 909-636-8332. To learn more about Islam online, go to: www.alislam.org



by Imam Shamshad
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August, what a month. With the holiday season rapidly approaching, and a few Indian holidays this month, time will fly by through a whirlwind of celebration and spirit! It is very important to learn about the significance of the holidays we celebrate because it gives us an understanding as to why it is special and why it is being celebrated. Each holiday has a unique significance that is apart of our Indian history and since the Indian culture is so diverse, there are many religions that celebrate holidays within the culture. So, let's learn about the holidays that we will be celebrating this month!

One of the holidays that will be celebrated this month by many people is Eid-al-Fitr, on August 8, 2013. Eid is a joyous celebration to end of Ramadan. The month of Ramadan is the Islamic holy month of fasting for all Muslims. On this day, everyone who is celebrating shares a common goal of unity, peace, giving, happiness, and forgiveness. On the day of Eid, Muslims usually go to say a special Eid prayer called salaah early in the morning. An important part of Eid celebrated by the kids is receiving money from elders as a gift known as Eidei, which they can spend as they please on the day of Eid. It is also customary to give as much charity as possible and meet with family and friends from all around and celebrate together.

Another very significant Indian holiday in the month of August is In-

Holiday season



dia's Independence Day, on August 15. India gained its independence from Great Britain on August 15, 1947 and to this day, we celebrate India's independence to commemorate its freedom from the British government. On August 15, 1947 when the British handed back the country to the Indian leaders, Prime Minister Jawaharlal Nehru unfolded the beautiful flag of India at the amazing Red Fort. In India,

Independence Day is usually celebrated at Red Fort, started by the unfolding of India's national flag, then a speech by India's prime minister and the singing of India's national anthem. Indians all around the world celebrate India's Independence Day in order to proudly stay true to their country. There are parades, kite flying, performances, and a massive commemoration and celebration of all things India!

August 21, 2013 is RakshaBandhan, or Rakhi. Rakhi is a very special holiday that celebrates brotherhood and sisterhood and love. The word Rakshameans protection and Bandhan means to tie. Traditionally, on Rakhi, the sister ties a bracelet made of interwoven threads to the brother's hand as a symbol of their strong relationship. The rakhi is believed to offer protection from sin and strengthen love between a brother and sister. Today, the rakhi bracelet is made of different colored threads woven together and adorned with beads and stones to glam it up a bit. At the end of the bracelet tying ceremony, the sister feeds her brother a sweet and the brother presents his sister with a small gift. This holiday has evolved over many years, yet the main importance is to honor and uphold the relationship between a brother and sister.

Overall, when we think of these holidays and celebrations we think of family, happiness, joy, and greatness for the lives that we are living. These days bring us our sense of forgiveness, our independence, and strength and adoration for our relationships. These holidays bring out the best in us and the pride for our country and cultures.



-Sammy Mallik

Atharva's Corner

Dual Use

Dual use refers to the multiple applications of a certain activity, instrument, idea, or object. Most references to this concept detail the negative "dual" usage of that item; the item is used for a purpose contrary to its intention. Normally such situations are heralded as creative or imaginative, and therefore galvanized in the community for its newfound application. However, abuses of such applications, or negligent applications themselves, are threats so profound that in many instances, that are declared illicit and require heavy regulation and monitoring. Such is the situation with the H5N1 virus, colloquially referred to as the Bird/Avian Flu.

NPR reported late February of this exact instance, detailing how critics have

responded to the then-prior contained threat. The virus, in its own name, was considered a threat in parts of Asia and Middle East, and was considered a virus of the third world.

Additionally, the virus was only able to be transferred through constant or continuous exposure to the birds themselves and their viral-infected fecal matter. To understand how this virus might mutate in a way that let it start spreading from person to person, scientists at the University of Wisconsin-Madison and Erasmus Medical Center in the Netherlands made genetically-altered forms of the H5N1 virus.

They found that these lab-created viruses could spread through the coughs and sneezes of ferrets, which are used in flu studies as

stand-ins for people.

This situation proposed two, and potentially more, significant applications. The first was a new venue for groundbreaking research to be conducted.

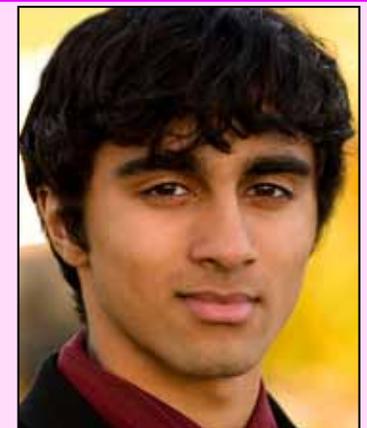
With a new viral strain with the same lethal properties as the first, just a new way to transmit, the H5N1 virus could be used in more precise, trial-intensive studies, applications which were more difficult with the previous original strain which required long-term exposure. The second, the more frightening one, was the potentiality of a pandemic. With a new air-borne strain, the virus would be more difficult to track and regulate, leaving room and holes for error both in research and containment. While the original strain required a patient to have been

subjected to lengthened exposure to the host, the new strain could affect, simply through respiration, a subject miles away from the source.

The second instance was reason enough to cause alarm in the scientific community and spark heavy debate on the benefits and costs of letting such research get published.

In the published research would be detailed procedures documenting the steps taken to create such a strain of the H5N1 virus. If this information was to become accessible to the public, then it would pose an even more significant bio-terrorism threat. With ramifications such as mass genocide hanging on the line, the dual usage of this medium of research was approached with extreme caution.

Dual use is considered



a fortunate discovery in many instances, but it is for those unfortunate instances of abuse that the Office of Biotechnology Activities actively enforces the Dual Use Research Program, a set of principals and ordinances which serve as a focal point for the development of policies addressing life sciences research that yield information or technologies with the potential to be misused and abused to threaten public health or national security.

God Almighty! Do Good to All But to Me, be the First Blessed Call!

Traveling on a major highway in India some years back, I came across a truck with a back bumper sticker in Punjabi that read something like this, "Rabbaa! Kar Bhallaa Sarbat daa, Pur kar shuroo mairey taun." The title of this chapter happens to be a rough English translation of that sticker.

Having lived in a Western country for close to four decades, I've always carried an impression that Westerners in general are more self-serving and self-centered. But this sticker on the bumper of a truck traveling on roads of India reminded me once again that no matter who we are or where we live, all human beings are same when it comes to selfishness within us. We always demand and wish to be taken care of first, before anybody else.

We, the citizens of India - a land repeatedly and frequently inhabited by many saints, sages, mahatmas and Gurus, more than any other place on earth - seem not to lag behind when fulfilling our personal greed. Our attitudes are often contrary to the teachings of the spiritual souls who tried their best to enlighten us against the menace of our attachment to wealth and possessions. Yet we tend to be self-serving not only in matters of material goods but even concerning the higher realm, as if doing otherwise might somehow delay the fulfillment of our ultimate goal of salvation. We think that if we don't try to stay ahead of others, the train bound for heaven might leave the station without us.

Harmandir Sahib, popularly known as the Golden Temple is located in Amritsar, Punjab, India and is the most sacred place of the Sikhs. It attracts many visitors from all over the world. With each passing day the number of pilgrims keeps on increasing exponentially. In fact, it was during one of my trip to this sacred place that I spotted the above mentioned sticker on the back of a truck. As always, the queues of devotees on the causeway to the entry of Harmandir Sahib for darshan (spiritual visitation) were mind-boggling. The host accompanying me to the sanctum sanctorum mentioned that at all the important shrines in India, irrespective of the faith, the queues for the devotees have increased so much that it is not possible to enter inside for a darshan easily. Therefore,

some of the devotees may try to use political influence or social contacts to influence the local employees and security guards to bypass lengthy queues.

I was told that at some of the important shrines in the country such practices are quite rampant. It made me wonder as to why we have fallen so low to depend upon ungodly acts in order to seek God. Why would an entry to the court of God, wherever it might be located, up, down or somewhere in between, require such kinds of actions? And would a visit to the interior of the sanctum sanctorum of a religious place bought through pressure or contacts from unsacred and mortal politicians ever serve the intended purpose of sacred and spiritual fulfillment?

The penchant of our politicians to look out first and foremost to their own needs and that of their families before they would ever think of doing any good to the public at-large has brought our country to the brink of destruction. It has created a moral hollowness among them. Despite being in their eighties and nineties and with one foot already in the grave, our politicians still wouldn't stop filling their personal coffers. Their greed is everywhere; it even extends to lining the pockets of their grown-up children who may not be that young any more. In fact many of their children might have turned grandparents themselves with snow white hair and wrinkled faces. Yet many politicians end up believing that their legacy lies in making sure that their progeny also tries to learn to enforce the same kinds of inside deals upon an unsuspecting public which they themselves did. They often start their careers by expressing a desire to do good for their constituents but then as time passes, their emphasis shifts; me and mine turns first!

At one time in the land of our Gurus, mahatmas, saints and sages, it was an unwritten sacred law to sacrifice all for the comforts of fellow countrymen. But thanks to our so-called modern advanced society, such a philosophy has been turned upside down. Our bureaucracy has brought our country the dubious distinction of being one of the top corrupt nations, where nothing happens unless a buck is passed under the table. Everyone

wishes to be a politician, for they know that politics is one of the few professions that flourish in India while many other would be going down the slippery slope.

The same "me first" mentality sometimes leads to the loss of countless lives on the roadsides of India. Many people, including politicians, ignore all the rules and regulations of traffic in order to get ahead of the rest. It is a common practice to bring the entire traffic to a standstill by the politician's vehicle with red flickering lights on its top. And this happens irrespective of the fact that the politician may be simply making a visit to his or her friend's home for a drink while a common man is driving his sick child to a hospital. The child and his father could be held up in traffic jam for hours for the road to clear. The consequences can be serious. And it's not just politicians who exercise control over the roadways. Anyone with a little authority over regular traffic tries to make sure that he or she is the first while others might have to wait for hours. And what about those larger religious processions in the narrow streets and bazaars of India? How could they ever be considered as religious when entire traffic is blocked by their presence causing extreme misery to the public? Unfortunately they still may consider it their first and foremost right over others including the sick patients being rushed to the hospital?

This self-centered ideology again seems to be at play among politicians and others with connections in enjoying the cool comfort of their air-conditioned bungalows while ordinary people are left to rot through the simmering heat of summer. India may have the best of doctors but most politicians, worth a name must go to the United States or Europe for treatment (provided one is not Manmohan Singh). Such happens to be the case because for one, the bills are paid out of government coffers and second, our old slave mentality of built-in inferiority complex prevents us from believing in our own experts. Going abroad to the Western world for treatment somehow enhances politicians' status among the illiterate masses, at least so they believe!

It needs to be stated here that such behavior is not limited to India



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or Indians and can be seen all over the world in varying degrees. The difference between the East and the West, however, lies in the fact that the public at-large in the latter, regardless of economic status, is taken care of, if not first at least on par with the higher ups, as far as basic amenities are concerned. Western politicians, like those of the East, may be greedy but they generally do not hijack the public's basic essentials. And if they try to, the awareness of the ordinary people about exercising their rights is so intense and prevalent, that it becomes difficult for a politician to get away with. The Western politicians have the insight about the limited span of their shelf-life and they know fairly well that to get re-elected, they would have to face the fully informed public again.

Finally, Western lawyers sitting at every nook and corner of the streets are always ready to use their pens instead of swords in hacking and annihilating anyone who may try to take undue advantage. In fact, lawyers are fully aware and are always at the lookout for their livelihood depends on such situations. Obviously they too, are neither saints nor sages.

Understandably, it is human nature to seek gratification for one's self first as the sticker on the back of the truck announced. But in order to be fair to others, it becomes imperative that the men in power must themselves first become selfless and then try to seek blessings for all. Once the ordinary and the helpless of the society are allowed to have the basic amenities of life, they certainly wouldn't object to the others reaching higher on the societal totem pole and have more, be it a material comfort or a matter of soul and spirituality.

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

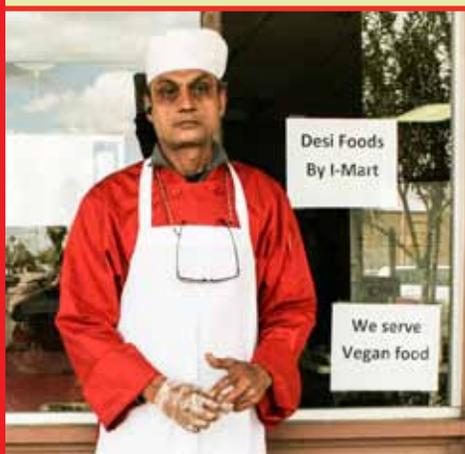
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For the latest news on Phoenix Real Estate & Economy

Jean Dreze and Amartya Sen's new book has been widely discussed for the reaction it provoked from Jagdish Bhagwati and the arguments about the best growth model for India that followed.

Here, Sen talks, with characteristic nuance, about the Indian media, caste politics, the decline of the

Left and the endurance of caste in unexpected places.

One of the most interesting chapters in the book deals with the media.

I think on the whole the Indian media is quite exemplary but there are some real blind spots. I don't take the view, as some of my friends do, that media ownership by business has been a major problem. But, you know, I take the view also that businesses mostly are more broadminded than pro-business ideologues are (laughs), of whom there are many.

For example, I think it's very much in the interests of business... And from Jamsetji Tata onwards, many businessmen have recognised that having an educated and healthy labour force is extremely important for business.

It's not anti-business and I don't think businesses regard that to be an unfriendly thing, but some pro-business activists regard any support for state education or state healthcare to be wrong because ideologically, everything should be done by business rather than by the state.

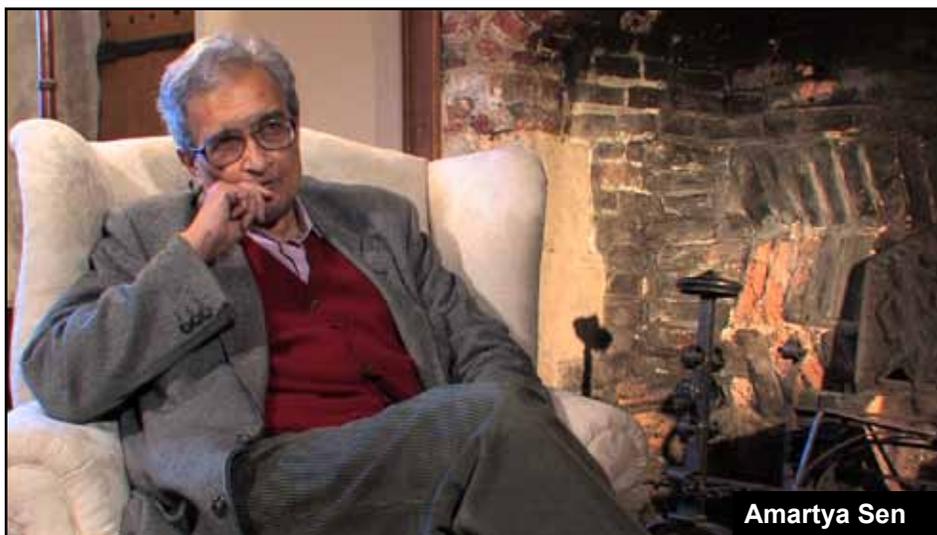
That's counterproductive for business and businesses often typically recognise that.

I think, to the extent that limitations come, it's not so much ownership (of the media). I mean I'm not dismissing the issue altogether; there might have been a case for a broader ownership pattern.

It's possible; its almost certain to be the case. But I don't think it's a huge problem in India.

Obviously, state censorship is worrying and people get worried about our tendency to ban books and making it

The Argumentative Indian



Amartya Sen

difficult for people to visit. Like Salman Rushdie had a problem visiting both the Jaipur Festival as well as the Kolkata Book Fair.

I think these are very unfortunate and it doesn't fit the tolerant Indian society where you could say these things.

The two issues that worry me, despite the fact that the Indian media is so dynamic and more people buy newspapers in India than in any other country in the world, are one, the blind spots, which are justified by consumer reader interest.

But consumer reader interest gets increased if something gets discussed as you saw in the Nirbhaya case.

Once that transformation took place and it arrived in the public domain then the newspapers cover a lot of that because people are interested in monitoring it in a way they were not earlier.

The media, therefore, had a role in creating that market for itself for that kind of news. That requires a kind of visionary editorial plan.

The second issue is the kind of inhibition that sometimes comes from knowing that if you express certain views it will be distorted and attacked. Now, I've gone through quite a bit of that recently (laughs).

I can speak with some experience and it's not pleasant. On the other hand, that is the rule of the game that we play here. That is not a question of just an individual having to face that; it's a question of whether a culture of explaining a point of view of different people comes in the reckoning of the press.

Here, I think it's not so much the print media; the internet media really can be completely biased. They want to attack; and they keep on quoting the same thing, misdescribing. I'm referring now to the belief that I believe in redistribution, which has never been the case.

You can't take money from the rich to the poor. But I do believe in good public services for the poor, which is

a completely different story. But once it's in there and then everyone quotes each other...

All that emerged from the Economist...

Well, the Economist came much later. Jagdish and Panagariya were quoting that but it has been on the internet much earlier than that. They were just taking on the consensus that a part of the Internet had already produced.

I don't think they were the origin of this thought. It was the first time I wrote something in protest. It wasn't in protest at his views on my work, which could be terrible.

I mean my view of my work could be terrible and he may be right on that. He said I never took an interest in growth but my PhD thesis onwards, I have been working on that so I did have to correct it ASAP. But I'm not holding that as an example of what I'm really concerned with.

I do know that there are people who are quite worried about making points, which they think will actually generate a lot of attack. It used to happen from the Left too at one stage.

You couldn't express certain points of view because you'd be immediately sat upon. That has happened to me also (laughs) earlier on in my life.

I come from the Left but I did think, initially, that the Left was making a mistake in not taking democracy seriously. This was when I was a student in Presidency College and this idea of a bourgeois democracy was an absolute terrible thought.

Any kind of democracy requires a system whereby there is support other than the government and the bourgeoisie is a natural place where you'd seek support, and hopefully get people among the bourgeoisie who are not committed to pursuing only bourgeoisie interests.

For making that point, I got a little attack. I'm thinking of the 1950s.

Then, I got involved in the gender

equity issue which the Left thought to be a mistake that if you sort out the class issue, gender will look after itself, which is never the case.

At that time, those who were fairly friendly to me said, "We regard that to be an eccentricity of yours; it is an amiable eccentricity." That was the more favourable remark I got! The unfavourable remark was that I was deflecting attention from class-based politics.

Class is very important, of course, in my thinking too, but gender has a presence in it which is not just derivative of class. So then again I got attacked. I got used to being attacked from the Left.

I'm getting used to being attacked from the right now (laughs). It has been going on for a while but at the moment it's at a kind of peak. But this too will pass.

I think if people get deterred, fearing attack, that is quite unfortunate because a democracy can work only if we say what we really believe.

Do you think we are deterred in focusing on some topics because we fear attack or is it because we are all complicit in thinking that if we talk about what's happening in Chhattisgarh, Kashmir or the North East, we are somehow being unpatriotic?

Yeah, I think there are three things there really; quite interesting that you should raise that question. Take Chhattisgarh. I went to town; I was very involved in one particular case, that of Binayak Sen getting out, and I thought Chhattisgarh was behaving disgracefully.

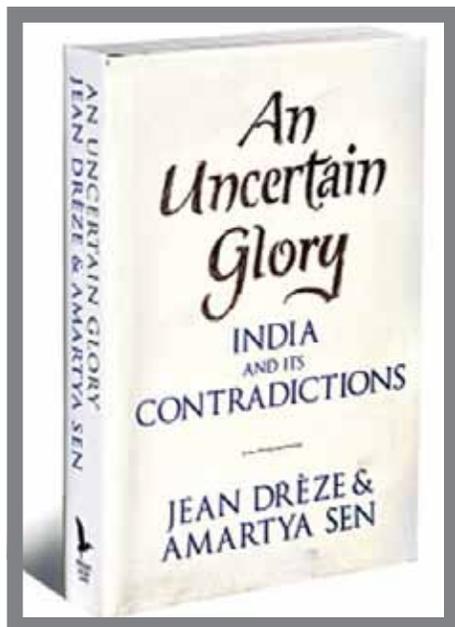
But those who thought I was making a mistake said, basically, he (Binayak Sen) had pro-Maoist sympathy, which even if it were the case and it may well be the case; I don't know has got nothing to do with his human rights being honoured.

Secondly, there were those who thought that the Naxalite danger was so large... They had this terrible word (sic) that you can't make an omelet without breaking some eggs...

I wish they broke eggs and not human heads! So there is that "realpolitik" guy saying, of course, this is tragic but we have to do this. I think they are making a big mistake too.

But another thing I've encountered is and that is central to what I'm trying to say now, in the book but even in general that if you look at a government which you don't like there may still be things that you ought to take seriously and like.

In the case of Modi I'm already on the record and I think it was the Hindustan Times that said "He did say that, in fact, he did believe there are things to



learn from Modi”.

In Chhattisgarh, the fact that they are doing a pretty decent job of food, the PDS system, which we discuss in the book did create some consternation among my friend who rightly thinks Chhattisgarh has a very bad record of human rights.

But that shouldn't prevent us from talking about those things in which they have had a success. There's the example of Lee Kuan Yew with whom I disagreed, some of it in the public domain.

But I thought then as I do now that there's a huge amount to learn from Singapore's treatment of minorities as well as their focus on education and health care as a basis of economic progress.

So the wanting a kind of non-existent clarity in terms of a government being either comprehensively good or comprehensively bad... because you will find cases where you think on the whole you don't like the government but there are good things that they are doing from which there's something to learn.

And in the case of a government that you do like, there may be dreadful things they are doing which you may object to. So I think there is a kind of seeking of simplicity, which is generally a good thing.

It served the cause of science very well over the centuries but there is a problem with that.

About Kerala, I remember hearing about the abject poverty and the craziness of caste there in the early 20th Century. Now it's not like that at all.

In some ways, that's one of the few examples where dialectics really worked, the fact that Kerala has totally revoked the caste system. Kerala is the only place in the world where, in addition to untouchability, unseeability was also practised.

That, of course, led to the anti-upper caste movement, which went in the pro-education department, which is one of the reasons why Kerala became so successful.

What do you think about the accusation that the Indian media does not cover human rights abuses of the State enough?

I think that not covering human rights abuses is partly the fault of the media, but partly, as things stand, it's also a lack of interest of the public in human

rights issues.

I think there is a gross sense that these are finer issues. From the Left sometimes it takes the form of saying, "There are hungry people and people dying of illnesses" and on the Right it often comes from insecurity and a misplaced faith in abuse as a way of making you more secure.

But these are all mistakes. The way to deal with it is to broaden the notion of human rights to include education and health care as well as civil rights, political freedom and individual liberty.

I think what we decided, as far as the human rights issue is concerned, is just to focus more on that and hope that the recognition that there is a blind spot in the media would serve as a way of addressing and confronting that issue. Creating an interest in people depends on discussing it.

One often thinks of the difference that The Universal Declaration of Human Rights in 1948 made to the Human Rights movement. It did not have any legal power. The declaration was just endorsed by all the UN countries at that time. What the universal declaration did was to get these issues discussed a lot.

I did write an article in the New Republic called The Power of the Declaration. It has no legality but its power rested on the fact that it led to discussion and discussion led to interest and interest led to curiosity and curiosity led to more reporting on human rights abuses.

In the book, you point out that caste hierarchies are replicated in workers' movements and in the media too in India. Unless that changes, won't our perspectives continue to be like this?

That is very striking. Well, in Bengal, there are three castes - brahmins, kayasths and vaidyas, which is what my caste is. If you look at all the names, it is difficult to find anyone else now you can find one or two; sometimes a token presence.

But when I first went looking at the pattern of the Left movement in West Bengal or what was then undivided Bengal, when I was in college, it was absolutely striking that these three castes dominated.

Three castes covering 21 percent of the population covered every leadership position in every field!

This rides on the lack of education and schooling. Some of it's not intentional discrimination but better schooled people happen to be from these limited caste backgrounds.

In Bangladesh - partly, of course, being a Muslim country they don't have the caste system with the solidity of traditional Hindu society - the spread of education has made a difference. But political parties have to take a conscious position on this.

The Labour Party did this in the West on the women question for example. So I think that can be done. I think some of the cure would be within the realm of the media itself by focusing more on these issues and creating an interest; also the political movement particularly of the Left parties.

But, of course, the tragedy is the sunset of the Left parties makes it very difficult for them to do anything, demand anything of them.

Now, you know in polite society you don't mention caste. It's not politically correct.

Yeah, and that's very unfortunate. India was thinking of abolishing caste information in the census. And for a while it did that but then we lost the only bit of data we were getting!

What do you say about caste being used for vote banks?

That is unfortunate. I think the most important thing one can attribute to Nitish's vision is to get beyond that, though it so happens I gather from my Bihari friend that he ultimately is also reliant on particular caste groups.

Of course, in some way caste politics has always been lower caste politics or middle-low caste politics so, in some ways, it's a little better than the dominance of Brahmins, Kayasths and Vaidyas in WB politics.

The main problem, as I see it, is that caste to the extent that you have caste politics what you exclude is a class interest based politics of the underdogs in society. Class is not necessarily only in the Marxian sense but also those who don't get the benefit of good schools, decent hospitals the combined class interests in there that will cut through caste. When you have caste politics you don't have a united voice protesting about that.

POET OF MONTH Dan Albergotti

Dan Albergotti is the author of *The Boatloads* (BOA Editions, 2008) and *The Use of the World* (Unicorn Press, 2013). His poems have appeared in *The Cincinnati Review*, *Five Points*, *The Southern Review*, *The Virginia Quarterly Review*, and *Pushcart Prize XXXIII: Best of the Small Presses*. A graduate of the MFA program at UNC



Greensboro and former poetry editor of *The Greensboro Review*, Albergotti currently teaches creative writing and literature courses and edits the online journal *Waccamaw* at Coastal Carolina University in Conway, SC.

Neither

Her eyes flared like torches. She couldn't understand how she'd struck me dumb. She couldn't believe, she said, how I could believe nothing, wouldn't accept that I would choose annihilation, death over life.

(That's what she said: death over life. Said it was a choice.) She told me her lord stood and knocked and waited for me to open a door. It's really a simple choice, she said. Everlasting life or eternal death. Which one do you want?

Her eyes flared like torches carried by monks or by villagers. Her words seemed to float from her mouth, and her teeth were beautiful. Isn't that strange, that teeth can be beautiful?

Have you ever looked at a mouth and thought, Those teeth are beautiful? Have you ever looked at a skull and thought, Those teeth are beautiful? Have you ever thought about the teeth of a crocodile tearing at the flesh

of an early mammal, crushing bones and flashing white against primordial mud millennia before the first hominid? Have you ever thought about all those years of silence? I didn't want to hurt her as she stood there waiting.

I wanted to say something that would please her, but I couldn't tell her she was right. She was not right. She was neither right nor wrong, neither light nor dark. She was neither angel nor demon, neither dove

nor asp. She was neither the one who could save me nor the one who could damn me. She was neither the pearl nor the meal, neither the fossil nor the fir. She was neither judge nor gem, neither catechism

nor catacomb, neither breath nor body nor fire nor fear nor yes nor no. She was neither nil nor love in this half-life world, neither the bomb, nor the flash, nor the wave that washes everything away.

Well? she said, nearly spitting, her eyes flaring still. Which . . . one . . . do . . . you . . . want? And my answer held there, like a flame, in the deepening silence between us.

Published in Five Points 14.2 (Winter 2011)



Blood Pressure



The modern day fast paced lifestyle and work pressures are affecting everybody. This is not only destabilizing the equilibrium of life but also hindering our growth. The increasing and addictive consumption of tea, coffee, smoking and other addictions also add to our stress level leaving us physically and morally weak. The root cause to all our problems are lifestyle disorders and most common among them is hypertension or high blood pressure. If you have persistent headache, feel exhausted after small work, experience giddiness, insomnia, lack of concentration, higher rate of heart beat then you may be one of the victims of hypertension.

Hypertension can be cured by practicing few things in life.

Remedies

1. Wash your face, both hands

and feet with water. Drink a glass of water. Now lie down on your right side using your right hand as a pillow. Try to focus on you breathing process. This exercise for 15 minutes will bring your blood pressure under control.

2. If you feel hypertension during a journey or while in office, drink a glass of water and put pressure on your right thigh. If you are standing then putting your wait on right foot will give you relief.

3. A mixture of ½ tbs of cinnamon with 1tbs of honey is also helpful.

4. Boil 1/2 tbs powdered bark of arjuna (Terminelia Arjuna) tree with 1 glass of water. When this mixture is reduced to half let it cool and drink.

5. Take 1 cup juice of lauki or bottle gourd. Add coriander leaves, mint and basil leaves and two black pepper in it. Drinking it will help you to reduce blood pressure.

6. Drinking a concoction of 5 bel-patra leaves (Aegle marmelos) in half a glass of water will also bring blood pressure under control.

7. Lime water three times a day will also bring down blood pressure.

These are just a few examples of

the many home remedies available to control hypertension. One must pay adequate attention to his or her life style so that physical, mental equilibrium can be maintained and will be able to enjoy life.

Our body is biggest gift of God to us, which needs to be maintained following the principles of nature. Any aberration to this fundamental law will lead to diseases and low blood pressure is one of them. This is a situation where many vital organs do not get sufficient blood supply. Weakened muscles of heart fail to pump blood properly to different parts of the body and leads to low blood pressure.

Symptoms:

Headache, blackout before eyes, falling unconscious, giddiness, feeling exhausted, breathlessness, cold sweat in palms and feet, mental stress, low pulse rate etc.

Remedies:

1. Lie down on you left using your left hand as a pillow. Try to focus on your breathing process. This exercise for 15 minute will bring your blood pressure to normal.

2. Take a glass of water. Add 25 gm of jaggery with salt and lemon. Drinking this will help you to control low BP.

3. Butter with sugar (mishri) also helps to regulate low BP.

4. A glass of milk added with ghee (from cow milk) also helps.

5. Eating raisins(10 gm) with desi chana(chickpea) also helps to control low BP.

6. Drinking beetroot juice twice a day for 10 days brings blood pressure under control.

7. Apple jam also helps to cure blood pressure disorders.

8. Having a glass of milk with 5 pieces of khajoor (dates) daily is also helpful.

-Dr. Prakash Singh
drprakash01@gmail.com

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Pankaj Udhas – Heart to Heart

On August 23rd, Padmashree Pankaj Udhas is going to perform live in one of a kind fine ghazal concert at Tempe Center for the Arts.

Pankaj Udhas is a famous ghazal singer from India, credited in the Indian music industry, along with other musicians like Jagjit Singh and Talat Aziz, with bringing the Ghazal style to the realm of popular music. Udhas rose to fame for singing in the 1986 film Naam, in which his song "Chitthi Aayee Hai" became an instant hit. Following that, he has also performed as a playback singer for numerous films. He has recorded many albums since then and tours the world as an accomplished ghazal singer. In 2006, Pankaj Udhas was awarded the Padma Shri, India's fourth highest civilian award.

Pankaj Udhas, the name by itself sounds sweet and reminds one of a voice that is as sweet as honey itself. The man deserves credit for making ghazals popular at a time when it was losing its foothold over the masses. And today amidst the cacophony of fast and pop music he has proved that ghazals still charm music lovers the world over and that music is not what is made out of machines but that which is made out of an artist's soul.

Pankaj Udhas' older brother, Manhar, was a stage performer and this aided Pankaj in his introduction to musical performance. His first stage per-

formance was during the Sino-Indian War, when he sang "Aye Mere Watan Ke Logo" and was given Rs. 51 by an audience member as a reward.

Four years later, he joined the Sangeet Natya Academy in Rajkot and learned the nuances of playing the tabla. After that, he pursued a Bachelor of Science degree at Wilson College, and St Xavier's college Mumbai and started training in Indian classical vocal under the tutelage of Master Navrang. Udhas's first song was in film Kamna a solo song composed by Usha Khanna and written by Naqsh Lailpuri the film was a flop but his rendition was very much appreciated.

Subsequently, Udhas developed an interest in ghazals and learned Urdu to try to pursue a career as a ghazal singer. He spent ten months in Canada and the US doing ghazal concerts and returned to India with renewed vigor and confidence.

His first ghazal album, Aahat, was released

in 1980. From this, he began to have success and, as of 2011 he has released more than 50 albums and hundreds of compilation albums. Pankaj Udhas loves to listen to Begum Akhtar and Mehndi Hasan just like any other ghazal lover would. He still listens to the Beatles and feels they are the only band who can be called as true pop musicians. In 1986, Udhas received

another opportunity to perform in film, in the film Naam, which brought him fame. [citation needed] In 1990, he sang the melodious duet "Mahiya Teri Kasam" with Lata Mangeshkar, for the movie Ghayal. This song

achieved immense popularity. In 1994, Udhas sang the notable song, "Na Kajre Ki Dhar", from the film Mohra. He continued working as a playback singer, making some on-screen appearances in films such as Saajan, Yeh Dillagi, and Phir Teri Kahaani Yaad Aayee.

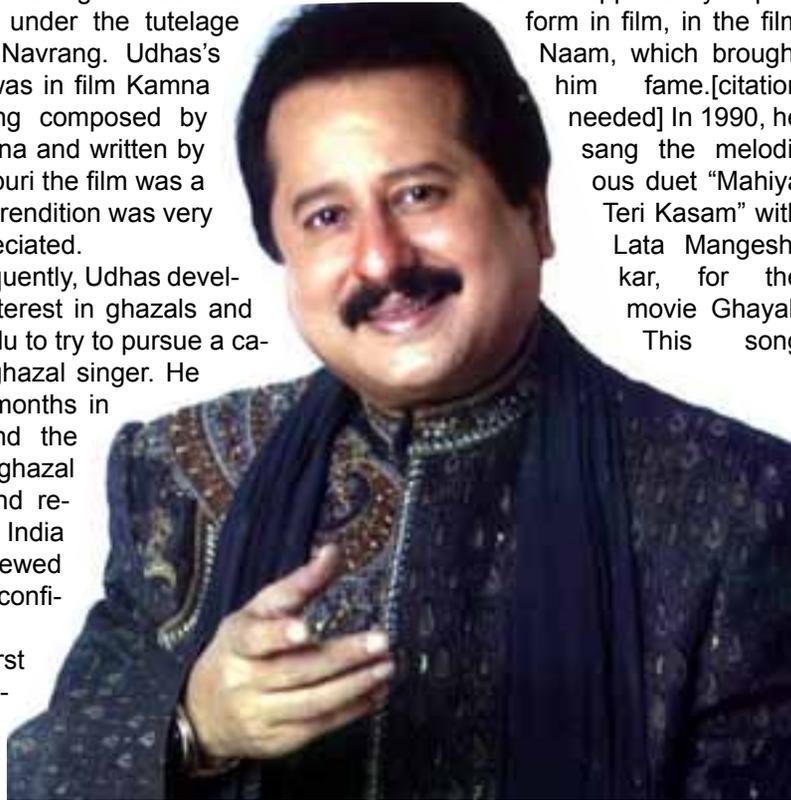
His album Shagufta launched by Music India in December 1987 was the first to be released on compact disc in India.

Later, Udhas started a talent hunt television program called Aadab Aarz Hai on Sony Entertainment Television.

From those early childhood days as a singer on stage to his countless albums and films songs, Pankaj Udhas has proved at early stage that he is not only a singer par excellence but also a passionate professional, doing everything possible to stay close to his first love – music.

And despite being a thorough professional he hasn't forgotten his duty as a citizen of India and as a human being and has done every possible thing to make the world a better place to live in.

Mumbai Beats (Kiran and Sneha Dhole) is proud to host Pankaj Udhas live in concert on August 23rd at Tempe Center for the Arts. For program and tickets inquiries please contact Mumbai Beats at mumbai.beats@yahoo.com or visit www.mumbaibeats.com.



Puja (worship) is a privilege in the human life.

As a Human Being, God gave us a unique opportunity to establish a more meaningful Relationship with the divine through Puja.

In my own experience, Puja is a primary technique to develop devotional thoughts in the human mind. If anyone questions how to develop devotional thoughts in our consciousness, there is a simple way to start. First of all: find a peaceful place in any corner of your house.

After that, to focus your attention on the divine, set up a little platform to put any statue or divinely inspired figure, which you most like.

For example: I love the statue and picture of Lord Krishna when he was the boy, Gopala, the Butter thief.

In my mind this picture portrays him as an innocent looking chubby Round Face with Fluffy Cheeks and bluish brown skin. His eyes twinkled with a promise of miracles and mischievousness.

Here I mention two devotees of Krishna; One -Mirabai; when she devoted her mind and body to him, She was the most protected disciple of Krishna.

Second -Bhagat Nam Dev Ji. He was the most humble worshiper of the Lord. One day when he went to the temple to worship Lord Krishna he was not allowed entrance by the priest.

With unspeakable sadness and disappointment, Namdev went behind the temple, sat down and sang his sadness and grief to his lord. Oh Lord, why am I poor and low caste with no right to enter your temple? When will you listen to me and allow me to enter the temple?

How long will I suffer with this separation from you? If you will not protect me from this degradation now, what good is Liberation after my death? Af-

ter that prayer of Namdev, all of sudden the temple changed direction. When Namdev opened his eyes, the temple had turned and the entrance was facing Nam-

dev. The priest was requesting Namdev to enter the temple and worship the lord. That day Bhagat Namdev Ji's devotion and dedication with divine became obvious to the spiritual world.

Oh my dear readers, if you would like to establish a relationship with the Divine; Devote your mind, body and soul to him and you will receive a blissful way of life; and God will bless you with Divine Love, Grace and a peaceful Life.

Thank You
-Harbhajan Singh
Sandhu



Choose a **bag** that suits your body type

Not every handbag is ideal for every woman. The rule for a flattering look is to pair a handbag that is the opposite shape of your body type. Also, when shopping, head to the dressing room and carry the bag as you normally would and check it out in the mirror from all angles to be sure that it suits you.

Read on to know what kind of handbag would suit your body type best.

1. Tall and thin: If you have a tall and lean personality, choose bags

with short, slouchy shapes like a hobo. Avoid shoulder bags with a short strap because they will make you look even taller. Select wider hand bags, Clutches can be a great choice. Carry it beside your waist and it will add that extra attention to the tiny waist line as well.

2. Petite: If you have short legs and a heavy upper body, say no to oversized bags. Despite what we see in Hollywood, oversized bags are not meant for shorter women. Large bags tend to overwhelm your frame. Avoid shoulder bags with longer straps as

they will weigh you down, making you look even shorter. Go for long slings instead and carry them besides your hip. It will add a little length to your personality.

3. Plus size: If you have full curves or a heavy built, pick a large structured or a boxy bag to balance out your curves. Don't carry a bag that is too small because it will make you look larger. Pick a bag with a shorter strap and carry it on your shoulder as it will compliment your built and curves. It won't make you look too big and busty.



The story of the little black dress

Call it the singular sartorial cry or the absolute must little black dress, or LBD ladies in big

And, of the dress tions, The Sa-Arts & Design exhibition, Little Black American Vogue's editor and a trust-Leon Talley. The marched towards its venue, can Centre in Paris recently. done a similar exhibition over 50 outfits from various event.

"It's all about the individual's expression, the way one feels and how one wants to convey the same in Savannah, to another destination," collected the pieces from various designers for the exhibition. The creations on display, contributed by Chanel, Tom Ford, Prada, Oscar de la Renta, Marc Jacobs, Norma Kamali, Prabal Gurung and the eyes of these well-known designers. The exhibits, in varied lengths and silhouettes for Rihanna and the Chan-Ford for Lady Gaga), and just black, have been attract-event's opening last week.

"It can be anything...the love the idea of Little Black this event to Russia, China



phenomenon of the last century in a chic woman's wardrobe, as it is fondly called, attracts numbers.

tracing the evolution through style generations, the Savannah College of Art and Design (SCAD) held an exhibition, Little Black Dress, curated by former contributing editor of SCAD, Andre Leon Talley. The Parisienne chic set in Savannah, flew in dozens of designers for the event.

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way one feels individually... I Dress and I would love to take and even India," Talley said.

DIY nail art

Want to fix up a gloomy, rainy day when you have no choice but to stay indoors? How about indulging in some mood-lifting nail art? No, we are not telling you to rush to your nearest nail spa — our nail art tips are homemade and perfect for a day of DIY. Just let your imagination loose, and do it the quirky way. From funny eyes to paws and bones, you'll find plenty of inspiration around you. Keep toothpicks and matchsticks handy to draw. Go ahead, check out all the artsy fun you can have.



Nail art: Arpita Kala, Snigdha Ahuja & Shara Ashraf

Converse shoes

Cute as a button, these mini converse shoes will look super spunky on your nails. Start with a basic white nail paint for a base, and add a coat of deep powder blue, leaving out the rim. Finish with your black laces that you'll need to be carefully drawn in with a shaved toothpick head, and colour the edges of your nail black.

Umbrella Fun

For these saucy nails — after a white coat, use bright neon colours to draw the umbrella and paint the handle black.

Slurpy Blue

To perfect this easy-breezy design, draw blue lines on half dry white coat, creating an abstract pattern.

Neon Ooggles

After a coat of black, pick a neon paint to draw the eyes. Now, finish with black dots for the pupils. On every nail, change the position of the pupils to reflect myriad moods.

Puppy Love

With alternate stamp art of paws and bones, show love for your mutt with this nail art. Choose a bright base like a scarlet or tangerine and draw the doggy symbols with a fine-tipped nail art pen.

Heart Art

Skip the animal print and go for hearts on your nails. Again, you need a quality white base, tooth pick head dipped in black enamel, and a colour of your choice for the filling. The hearts don't need to be stoically defined.

Groucho Style

Do the Groucho Marx style nail art using a barbie or salmon pink base paint. Draw the glasses and the thick moustache after practicing on a plain paper for better results. Slant the eyebrows according to your mood!

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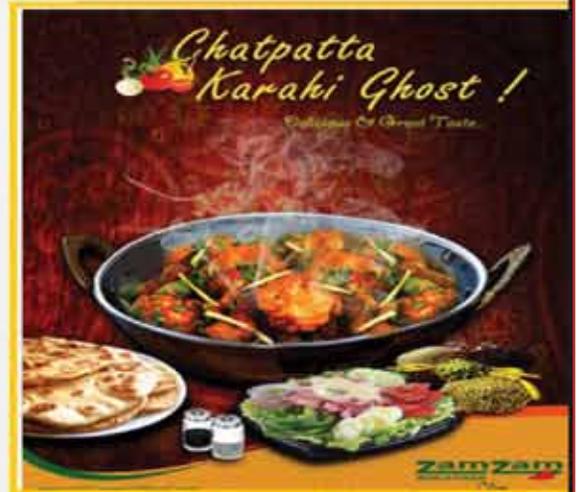
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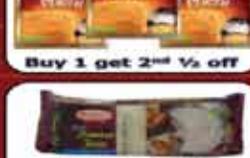
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				1 * Yevadu @ Pollack Tempe Cinemas - Telugu Movie (Starts @ 7:30 PM)	2 * Vijay Benedict singing for Christ @ Chandler First Assembly	3 * Arts 'n' craft lessons for kids and adults * BOLLYWOOD SINGER VIJAY BENEDICT COMING TO PHOENIX * TIYAN DA MELA 2013 @ INDO AMERICAN CULTURAL CENTER
4	5	6	7	8	9	10
11 * Balvihar/ Language/ Adult Study Classes * Free Health Fair @ Indo-American Community Center * FOOD FOR LIFE @ Watkins shelter * EID MELA AZ 2013 @ Phoenix Airport Marriott	12	13	14	15	16	17 * Kathak Rangmanch Pravesh @ Neeb Hall ASU
18 * Balvihar/ Language/ Adult Study Classes	19	20	21	22	23	24 * Vocal and Harmonium Concert
25 * Balvihar/ Language/ Adult Study Classes	26	27	28	29	30 * Gita Jnana Yagna – Chapter X111 * KAMAL FAMILY KARE DHAMAL - The Most Hilarious Family Ever Seen!!! @ Moon Valley High School	31 * Gita Jnana Yagna – Chapter X111 * India Nite 2013 @ Arcadia High School

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AZ **INDIA**

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Work out the sexy way

Game for a wacky workout? Amin Ali tells you how to spice up your boring fitness routine by exercising in four-inch high stilettos!

Do you envy Beyonce, every time you watch her gyrate gracefully in her stilettos, in the hit number Single Ladies? Well, you too can strut around and dance effortlessly, like this leggy singer, with the help of the latest fitness fad — the Stiletto Workout — especially designed for women who love their heels. Devised by New York-based model, professional dancer and fitness instructor Nicole Damaris, this fitness regimen gives women the shape, form and balance needed to walk, sit or move around in a pair of stilettos, plus a pair of toned and sexy legs!

The stiletto story

It was while sitting in a coffee shop that the idea of this workout evolved in Nicole's head. She noticed woman after woman pass by, walking uncomfortable in their heels. "Women of all sizes, heights, and weights were walking in their shoes, the wrong way," says Damaris. She sat for two hours and

realised that balancing the body in stilettos gave women really bad walking postures.

They either had no focus on balance or had bad postures — like walking with a hunch while trying to balance, or walking with slightly bent knees! That's when she decided to design the Stiletto Workout.

How it works

This exercise regime aims at letting women move around in heels, looking sexy, rather than awkward. "There was a need to develop a regimen that was more than mere walking back and forth in the runway style.

Women need to work on core strength and balance to be able to stand upright in their heels," she says. The final result was a calisthenics (an exercise which requires minimum or no equipment and aims at increasing body strength) style workout in heeled shoes.

The benefits

Apart from boosting your sex appeal and giving you confidence to sa-shay stylishly in stilettos, this workout



also promises to give you toned thighs, calves, buttocks and abs! What's more, with time, it will better your posture and form, as you focus on balance and control. With only heels as your equipment, this workout emphasises not only on your posture but on core strength as well.

Word of caution

However, before you slide into your favourite pair of heels and begin working out, there are a few safety measures you must follow. Check with your

general physician before embarking on this form of exercise. If you suffer from serious knee, back or hip ailments, it is not advised. If you plan on doing this workout at home, all by yourself, watch enough 'workout-in-heels' videos on the internet.

So this year, give your lacklustre fitness routine a towering twist. Who knows, apart from losing weight and getting a toned body, you may even be able to walk home in your stilettos, after dancing away the night in them!

Foods to deal with heartburn

Hearthburn can happen due to a variety of reasons. Having spicy foods, eating too fast without chewing properly, eating quickly when you're stressed out, going overboard with alcohol and smoking, lack of proper sleep and not being able to digest certain foods are all culprits.



Here's what you can do to relieve heartburn:

- Bananas are known to have certain qualities that help against acidity and heart burn. Make it a habit to have one daily.
- Avoid eating in a hurry. The more you chew your food, the better it will digest.
- Ensure that you eat smaller meals instead of just three large meals everyday. The large gap between meals causes gas.
- Foods like pickles, mustard, vinegar, chocolates, excessive tea or coffee, citrus fruits or juices, carbonated beverages, spicy foods are known to increase the acidity in your body. Control your consumption.
- Stay away from raw salads, which contain onions, cabbage or radish.
- Drink at least 10 glasses of water everyday.
- Make it a habit to have a mixture of two teaspoons of natural apple cider vinegar and the same amount of raw honey in a glass of water before your meals.
- Avoid eating just before you go to bed.
- Sleep on a high pillow with your head and shoulders resting comfortably on it.
- Chewing tulsi leaves is known to give you quick relief from gas.
- Suck on a small piece of jaggery till your acidity is in control.
- Having some ajwain seeds after your meals is another solution.
- Watermelons, bananas, almonds and cucumbers are known to have properties that will give you relief from heartburn.
- Include a lot of naariyal paani and milk in your diet.
- Drink mint juice after every meal.

Ways to be an early bird

If you are not one of those who can hop out of bed feeling energised, we list down a few ways for you to rise and start your day early

You must have heard the saying, 'Early to bed, early to rise...' several times, but did you know waking up early actually makes you healthy, wealthy and wise?

Waking up early in the morning is the toughest part for many, especially for those who have a habit of sleeping late at night.

Be consistent with sleep

Going to bed at the same time everyday will ensure that you wake up on time the next morning. Your body loves consistency, so sticking to a particular sleep schedule will make it easier for your body to wake up in the morning. Make sure that you sleep for seven to eight hours to feel rested throughout the day.

Learn to wind down

You must switch off the computer or television at least half an hour before you go off to bed. Also, bright lights act as a disturbance for your brain. Read a book or drink a glass of warm milk to feel relaxed before you sleep.

Do not consume alcohol

Contrary to popular belief that alcohol puts you off to sleep, drinking alcohol or coffee at night can keep you awake and may disrupt your sleeping pattern as well. While it is okay to have one drink to relax yourself, refrain from going overboard.

Tire your body

Strenuous exercise is the right way to put your body off to sleep. Make sure that you are exercising an hour to two before you hit the bed. Apart from this, exercising once you wake up in the morning will energise you and keep slack away for the rest of the day.

Take an early shower

A refreshing and rejuvenating splash of water is a great way to kick-start your body's nervous system and also feel recharged throughout the day.

You can meet potential new mates, but make sure that they aren't already committed to someone else. Put your efforts into your work or money making ventures rather than your emotional life. Your emotional life may be up in the air if your mate has been going through a change of heart. Changes in your home environment are likely. Your luckiest events this month will occur on a Sunday.

ARIES



Mar 21 to Apr 20

This is not the best time to take a risk, to gamble or spend money you really can't afford to part with. You should get into programs that will enhance your appearance and help you to be the best that you can. Talk about your intentions and confirm that you both feel the same way. Stop telling others about your problems. Your luckiest events this month will occur on a Wednesday.

TAURUS



April 21 to May 20

It's time to reconnect with some of the people you used to know. A passionate party for two might be just the remedy. Your family may be feeling neglected and unloved. Enjoy a quiet dinner for two and discuss some of the plans you have for the future. Your luckiest events this month will occur on a Friday.

GEMINI



May 21 to June 21

Take matters in hand when it comes to dealing with clients or colleagues. You have to feel free to come and go as you please to achieve happiness. You could easily lose your temper at work. Don't push your opinions or ideas on others. Don't trust a deal that looks too good, or a lover who appears to have it all. Your luckiest events this month will occur on a Thursday.

CANCER



Jun 22 to Jul 22

Friends may not be completely honest with you. You may have to take a short trip to visit someone who hasn't been well. Don't overspend to impress someone who interests you. You are best not to say too much to colleagues. Your luckiest events this month will occur on a Sunday.

LEO



Jul 23 to Aug 23

Investments will cost more than you anticipated. Don't overspend on items for your home. Try to mix business with pleasure while traveling. Do not let them in on your plans if you want things to run smoothly. Your luckiest events this month will occur on a Thursday.

VIRGO



Aug 24 to Sep 23

New relationships will surface through work related events. Do not get into uncertain financial deals. Do not expect others to do your work. You can bet that you'll draw attention to yourself. Your luckiest events this month will occur on a Friday.

LIBRA



Sep 24 to Oct 23

Get into some activities that will help you in making new friends. Problems on the home front might be a little disconcerting. Be sure to organize events that will keep the children busy. Get out and enjoy some entertainment. Your luckiest events this month will occur on a Friday.

SCORPIO



Oct 24 to Nov 22

You may find out that someone has not been completely honest with you. Things will be emotional with your mate. Socializing will be more than just entertaining. Don't let other people meddle in your private affairs. Your luckiest events this month will occur on a Friday.

SAGITTARIUS



Nov 23 to Dec 21

Deception in your home is evident. Don't beat around the bush. You could pick up valuable knowledge through conversations with experienced individuals. Be prepared to take advantage of your good fortune. Try to spend some time on your own. Your luckiest events this month will occur on a Thursday.

CAPRICORN



Dec 22 to Jan 21

Do not let them blow situations out of proportion. If you take on too much of a financial burden you may make yourself ill. You may want to make drastic changes concerning your personal partner. You need to fulfill your needs and present your talents. Your luckiest events this month will occur on a Wednesday.

AQUARIUS



Jan 22 to Feb 19

Get together with friends who like to participate in indoor sports. Try to deal with the problems of those less fortunate; however, don't allow them to make unreasonable demands. However, you should be concerned about what they want in return. Try to avoid serious discussions with loved ones. Your luckiest events this month will occur on a Thursday.

PISCES

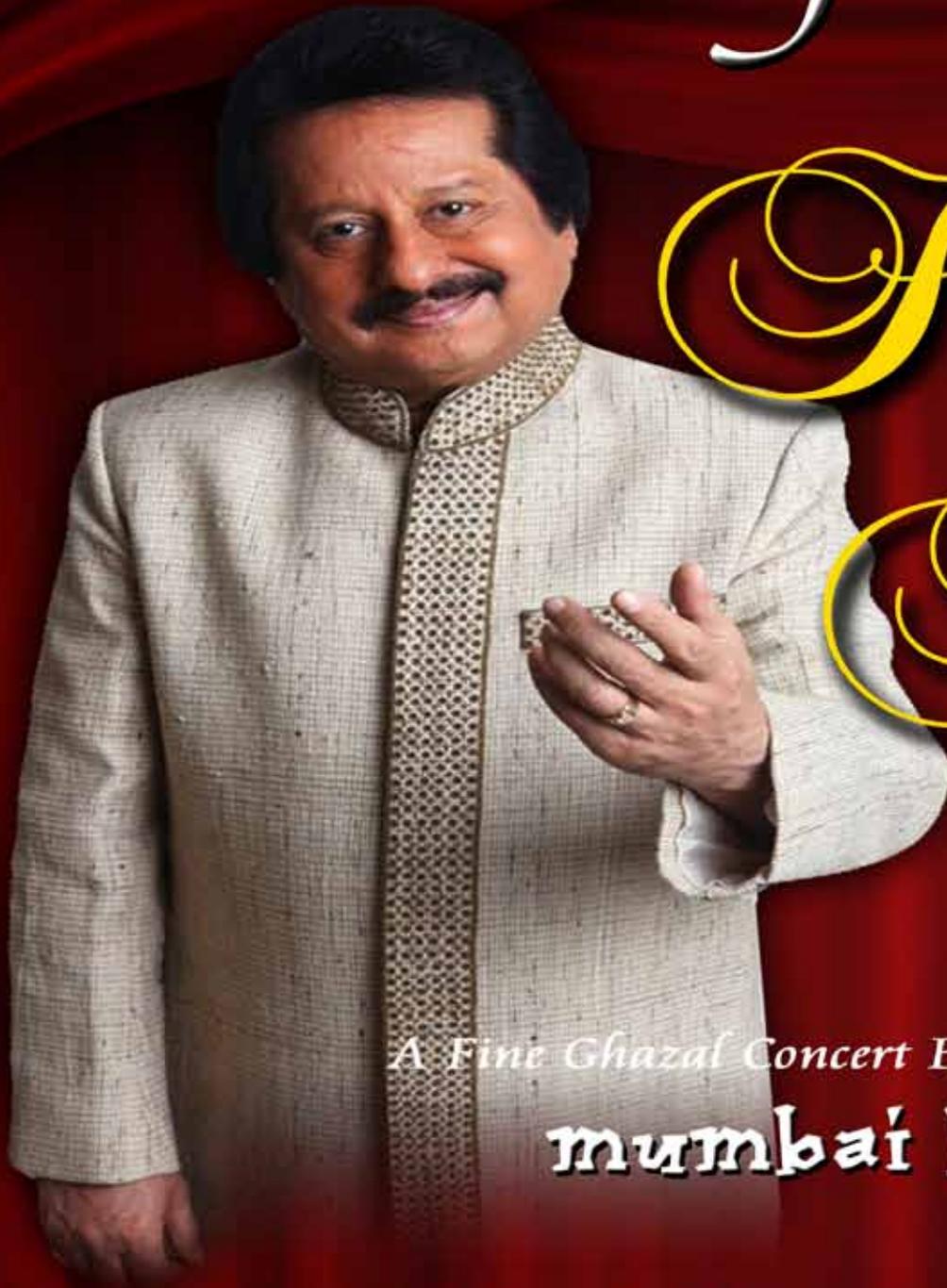


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FILM REVIEW: ISSAQ WILL CHALLENGE YOUR PATIENCE AND DROWN YOU IN YOUR OWN MISERY!

Neither Prateik nor Amyra have the right spark to play these roles; their pairing seems odd as they hardly have any chemistry on screen.

Film Review

Film: Issaq

Cast: Prateik Babbar, Amyra Dastur, Evelyn Sharma, Makarand Deshpande

Director: Manish Tewary

Rating: *1/2

What's it about

A desi adaptation of Shakespeare's Romeo and Juliet, Issaq is set against the backdrop of Benares is a love story of Rahul Mishra (Prateik Babbar) and



Bachhi Kashyap (Amyra Dastur).

Both belong to warring families with burly moustached men who believe in the law of the gun. The first half introduces us to a plethora of characters and sub plots that have minimal importance to the main story.

Rahul and Bacchi do the rehearsed routine of courtship and indulge in lot of phone calls, silly banter, calling each other names and awkward kisses! Prashant Narayan's track as the rebel leader who wants ownership of the sandpits owned by the families is included merely to raise the bloodshed on screen.

What's hot

Ravi Kissen emerges as the sole survivor of this epic mess! Despite a cliché ridden character, he manages to infuse enough fire in his role to make the right noise. Similarly Rajeshwari Sachdev too impresses in her role as the seductress who changes the game towards the end.

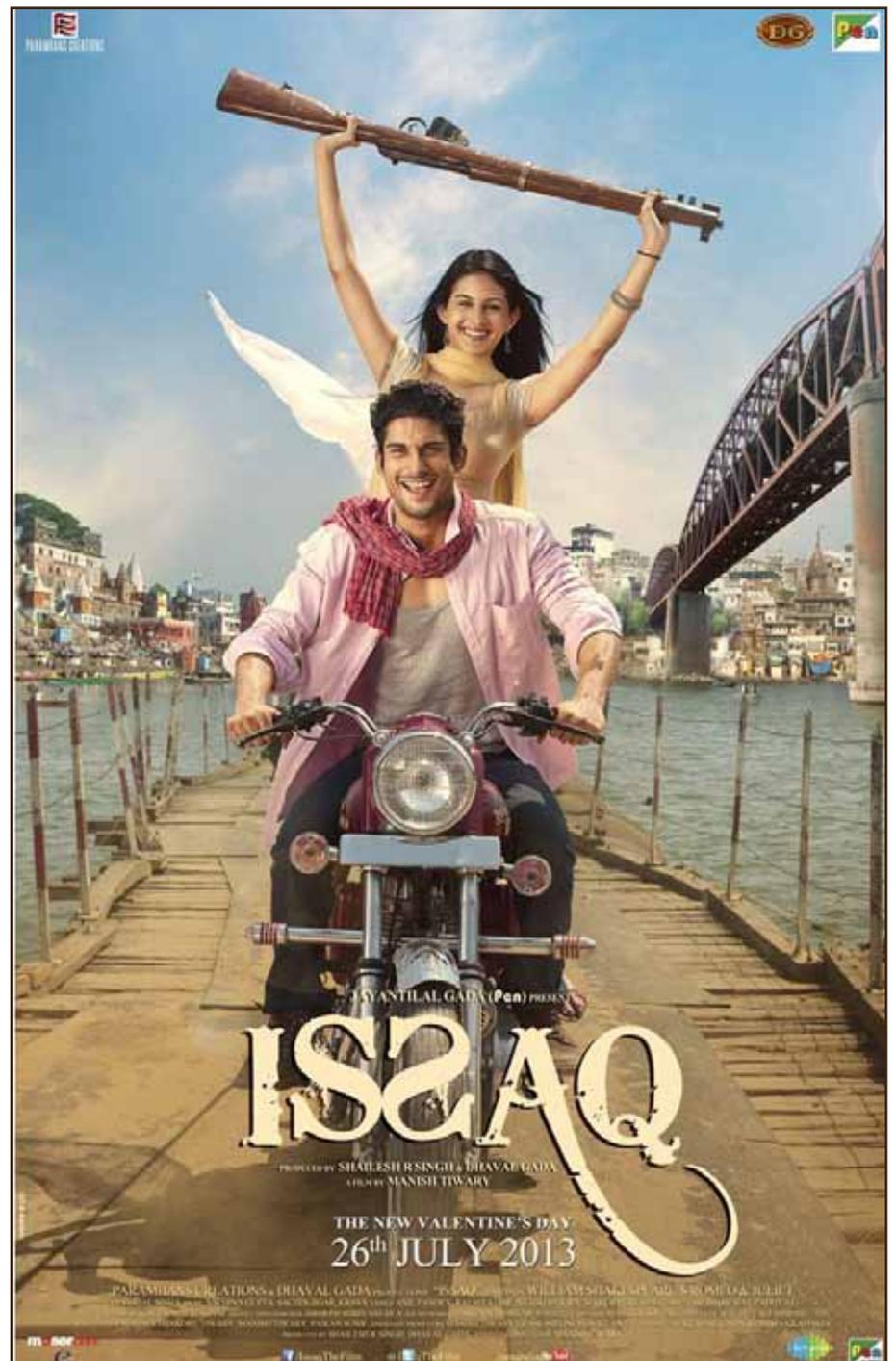
What's not

When supporting characters impress you more than the lead pair, there is a reason to worry. Neither Prateik nor Amyra have the right spark to play these roles. Their pairing seems odd as they hardly have any chemistry on screen.

Most of the dramatic scenes fall flat because the actors fail to engage you with their craft. Tewary adds too much in too little time for us to grasp. It feels like nothing but a travesty of the original work in every sense.

What to do

Issaq will challenge your patience and drown you in your own misery!



Shahid Kapoor plays Salman Khan fan in Phata Poster Nikla Hero

There's a little scene in the film where Salman sir is there...Salman sir was kind enough to do a special appearance in the film," the 32-year-old said here Friday at a press meet for the film. Actor Shahid Kapoor says his character in the forthcoming film Phata Poster Nikla Hero is a fan of Bollywood star Salman Khan, who has also done a cameo in the movie.

"There's a little scene in the film where Salman sir is there...Salman sir was kind enough to do a special appearance in the film," the 32-year-old said here Friday at a press meet for the film.

Phata Poster Nikla Hero is directed by Rajkumar Santoshi, who had earlier roped in Salman for a special appearance in his film Ajab Prem Ki Ghazab Kahani as well.

Talking about his character's fascination with Salman, Shahid said: "He (Shahid's character) is a very big fan of Salman Khan and in one scene we have even worn a 'Being Human' t-shirt and in another scene, the character has gone to buy vegetables with his mother and his hands are full and he is eating a banana standing and watching the poster of Dabangg 2."



Being Human is Salman's NGO. Phata Poster Nikla Hero also stars Ileana D'Cruz and is slated to release Aug 23.

Ranbir Kapoor-Katrina Kaif snapped at a beach in Spain

It's time for Ranbir Kapoor and Katrina Kaif to come out in the open. Even though they have managed to hide from the paparazzi in India, they have been clicked during their Spanish holiday earlier this month. The pictures are in the latest edition of Stardust. We managed to source photographs from the magazine that hits the stands today. Editor Ram Kamal Mukherjee says, "I think it's great that Ranbir and Katrina are coming out into the open with their romance now. It's great to be in love."

The pictures we have carried speak volumes about the body language and chemistry between the couple. They have been going on holidays and visiting rock shows together. Recently at Katrina's birthday during a screening of Ship Of Theseus, Ranbir got up and started singing Happy Birthday to Katrina, in front of everyone else. So yes, the couple are in love and they want the world to see that!"

Presently Kat is in Sri Lanka with Ranbir who is shooting for his film Bombay Velvet.



Satyagraha has essence of Mahatma Gandhi, Anna Hazare, says Prakash Jha

Filmmaker Prakash Jha says that his upcoming movie Satyagraha is not the story of Mahatma Gandhi or social activist Anna Hazare, but the essence is the same.

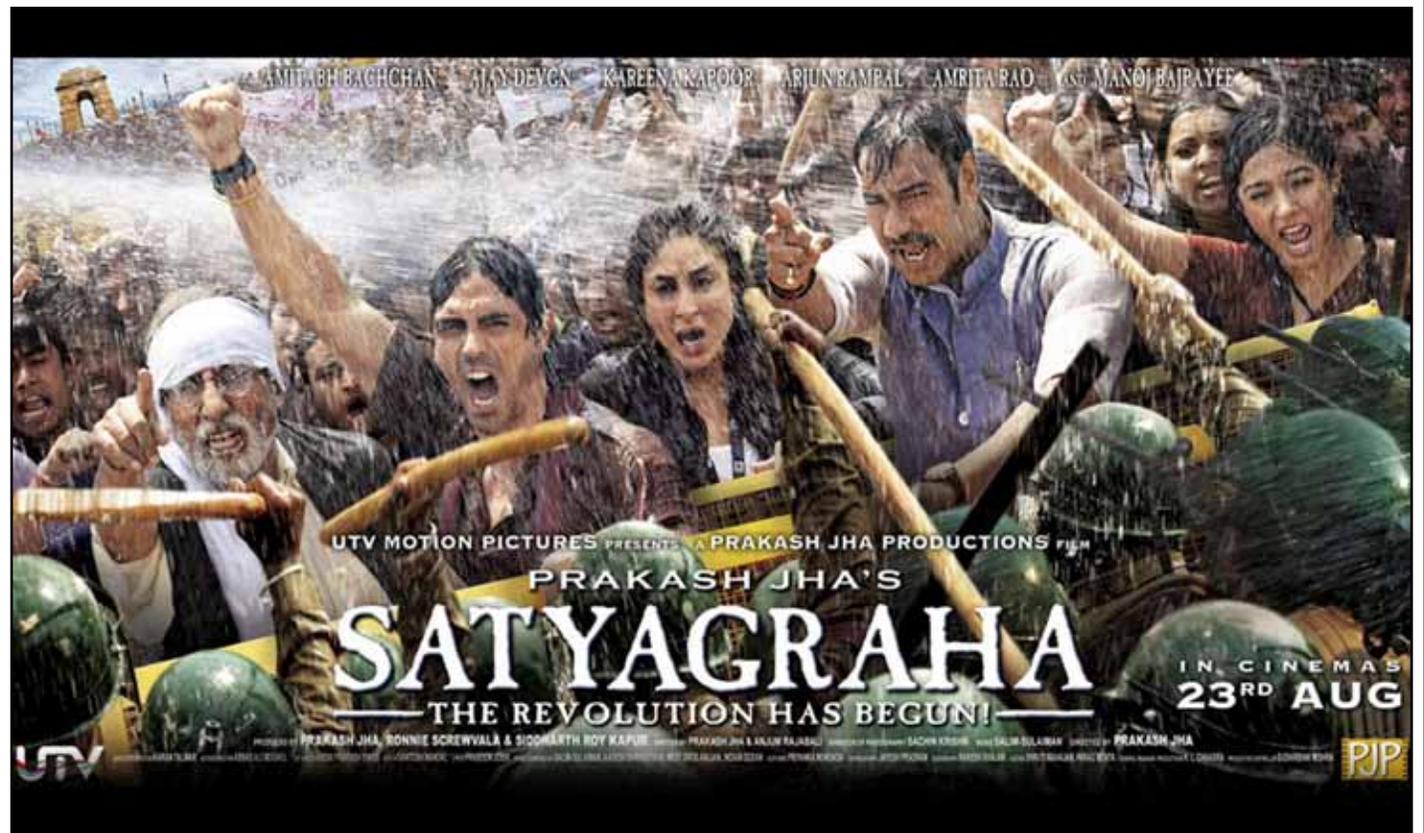
"Middle class people across the world protest if they are in a democracy. The film is not about Anna Hazare... there is no reflection of his protest. But the essence is with Nirbhaya (case), Mahatma Gandhi and Anna Hazare," Jha told reporters at an event here yesterday.

The Satyagraha team including Amitabh Bachchan, Arjun Rampal, Ajay Devgn, Manoj Bajpai, Kareena Kapoor and Amrita Rao yesterday launched 'Raghupati Raghav' song from the film.

"We have retained the initial lines of original prayer and added new lines keeping in mind the sentiments of people today," Jha said.

The director feels the film will entertain the audience. Jha said the film is not his attempt to provide solution.

In the film, Bachchan plays a man who is a firm believer of truth, he is like a new age Gandhi. Amrita Rao plays daughter-in-law of Big B. Ajay Devgn portrays an entrepreneur who uses the ways of the world to get what he



wants while Kareena Kapoor is a hard headed TV reporter.

"My character isn't inspired from any journalist. Dignity, and integrity is what I am.

I can't ask the questions like media

asks," Kareena said.

In the movie, Arjun Rampal is showcased as a strong socially committed person who wants to become a politician. Manoj Bajpai plays the character of the wily young politician who

uses all means to break the system.

Jha is all praise for his star cast, saying everyone has worked hard in the film.

Satyagraha is slated to release next month.

Chai with.... Jagrup Brar...MLA from Surrey, BC Canada

Interview by Manju Walia
Article by Deepa Walia
7/24/2013

This month, Asia Today had the pleasure of speaking with MLA Jagrup Brar from Surrey, British Columbia, Canada who was in the USA due to his daughter participating in a basketball tournament. Happily married with two children, MLA Brar came to Canada as many others with 20 dollars in his pocket looking for a bright future and paved a path far beyond his imagination by being elected into the MLA post three times.

Mr. Brar is originally from District Bhatinda in Punjab. He completed 10th grade in his village and then went on to do his BA from Mohindra College in Patiala. After that, he completed his Masters in Philosophy and briefly held a position as lecturer. He was selected by the Public Service Commission as Assistant Director of Youth Services and served in that position for three years. He was invited by his brother in 1991 to Manitoba, where he completed his Masters in Public Administration at the University of Manitoba graduating in 1994. In 1995, he moved to Surrey and started working with PICSS – Progressive Intercultural Community Service Society. Focused on newcomer South Asians to Canada, the organization taught them English language and computer skills and assisted them with finding their first employment. He was the manager for developing programs for newcomers and assisted thousands of people. After PICSS, he moved on to Self Employment and Entrepreneur Development Society (SEEDS) as Executive director. In that organization, his role was to assist individuals in starting and succeeding in their own businesses. He trained over 500 people and was elected as a MLA for the first time in 2004.

When asked what first made him interested in Canadian politics, he replied that it had been his passion from college because it was a place where a



human being can contribute to bringing change at the highest level in society. He remembered coming to this country with 20 dollars and going to a university seeking education, a university that gave him admission with non-payable grants and student loans and opened new doors for him. Being part of a community that had values which are close to his heart and principles (such as a universal healthcare system which treats all people as equals and a good education system which opens up new opportunities for all regardless of financial contribution – something his own country was greatly lacking) and being able to bring about additional improvements and changes in that community was something that drew him towards the field of Canadian politics.

With all the great opportunities and benefits, there were also issues that Mr. Brar was passionate about addressing – one of them being the drug issues especially with youngsters of all communities including South Asian. There are many parts of the government that are tackling that issue at various levels and the issue is very complex. Mr. Brar was part of the opposition responsible for the Ministry of Public Safety. He pushed the government to establish a task force dedicated to the drug issue and worked with school districts to identify young people at early stages that were vulnerable

and give them better paths to dedicate their energy and time. Many of these programs have had great successes but still have a long way to go.

When asked about his plans to contribute back to his roots and helping bring about similar changes in Punjab, he responded very practically stating that the people living there have to make it happen. Even though his heart agrees with wanting to contribute and help, the reality from a professional standpoint is that all he can do from the outside is write letters and maybe the issues will be taken more seriously but the power to impact change lies in the officials of that district and country. As the saying goes, in his own words, “You can lead the horse to water but cannot force it to drink it.”

Mr. Brar also wanted to send a specific message to youngsters and teenagers everywhere. Whenever he gets the opportunity, he goes and speaks to students all over the world telling many stories from his childhood. He shared one with us where he, as a student, skipped classes all through the year because he was involved in sports and there was a lot of peer pressure and bullying for sports students to not attend classes. When it came time for final exams, he and his friend thought they could slide by in all classes except English so they went to the professor for assistance. The professor stated

some phrases, spelled them out, and asked them to write it down. He had no faith in their ability so checked their notebooks and upon seeing what he saw got so upset that he told them to leave. What had happened was that even though the professor was speaking and spelling out phrases in English, Mr. Brar was writing them in Punjabi script. The professor asked them to leave saying they would never become anything in life, but today Mr. Brar is an MLA in Surrey, BC where the only language you can speak is English. His point to students is that if him and his friends can get to the positions they have, then all of you can do anything and you should not let anyone tell you are and are not capable of.

In closing, Mr. Brar again stressed on the issue of education. He started with commending Indo-American and Indo-Canadian community for coming so far in the last century. Individuals that came here to find employment now give employment to thousands of individuals; those that came and there were laws created against them are now lawmakers. He referenced times when turbans were not allowed in Canada and caps had to be worn, the rights of the community were taken away such as the ability to vote, immigrants made 50% less salary in similar positions, etc. Those before us worked very hard to get us equal rights and even after that the first Indian elected in Canada was in 1959 and the first MLA was elected in 1986. In the last century, we have come a long way but the last century was based on manual labor and hard work. The coming century is based on information and education and if we don't keep up with the trend, we will again fall behind and not do justice to the sacrifices and hard work of our ancestors. He gave an example of the largest university in BC where 6,000 people graduate every year, out of which 2,000 are Chinese and only 200 are Punjabi. His final message to the community and children was that the best thing we can give to our children after giving them birth is not fancy cars and money but an education.

Asia Today is grateful for the opportunity and the time MLA Jagrup Brar gave our team and wishes him and his noble thoughts and aspirations continued success in the coming years. We hope some youngsters read this and are inspired by his stories and thoughts, contributing to Mr. Brar's goals of inspiring youngsters everywhere. The community is very proud of someone from our community who has reached great heights.



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A Wedding a while back

My parents were married on the 5th of July 1948. In those times the bride and the groom were not very important people in the marriage. Marriages were considered natural and a necessity, like going to the toilet or eating food. The families decided suitable alliances, and if a first or second cousin or close relative was available with a passable qualification or age difference of the male being older than the girl, it was finalized by the elders in the family. There was not much talk of dowry and the gold ornaments were not such a big issue as to cause dowry deaths.

My mother was then a fiercely independent woman, who now continues to be so, but in a different way. Having had four children and having them married to different families with different back grounds and having had grandchildren and assisting the families of her children and being influenced by various friends and orthodox thoughts there may be a shift in her focus on independence. Her ambition then was to study to become a doctor. But of course even her fiercely independent spirit did not stand a chance against her widowed mother's wish to get her married having the responsibility of another five children younger than her, to be settled.

My father though the eldest son in the family of eight children did not have much of a say about his life, either. So then generally parents decided their child's future not with indifference or lack of foresight or planning but with the available resources at their command be it money, access to information about the choices available, access to the knowhow of finding out what their offspring's aptitude is or which is the best future for their child considering their own set values and background. However every man or woman most of the time feels or have this hidden grievance against their parent for their own failures or successes or how their life has turned out to be. No true credit is given to the parents, except in Indian movies, where the widowed mother puts her son through college stitching clothes endlessly.

Coming back to my story, the wedding was to be conducted in Chennai where the bride and her natal family resided. My father and his family were to travel from Coimbatore via Erode.

Then, that is in the year 1948, there was only one single railway line. The train left Coimbatore station reasonably on time, it seems. Few years back trains in India were generally late. Not like the local trains now in Mumbai where for example you can set your watch looking at the heaving bursting with people train arriving at the Church gate or Victoria terminus, at 8.52 in the morning or leaving 6.33 in the evening etc. It was a pleasant journey with the summer having bid its adieu and Tamil Nadu never having to boast of torrential rain in the month of July like Maharashtra or Coorg can.

The train took a circuitous route, (due to certain derailments on the regular single track) covering all the towns with temples, in Tamil Nadu. The Hindu temples have these huge gopurams that you can spot from afar. My father feels that whatever good fortune he has had in his marriage, apart from the constant regret that he obeyed his father blindly, is because of the darshan of all the godly gopurams he saw through the windows of the train, which chugged along slowly and steadily to the Egmore, Chennai station. Coimbatore is quite close to the Blue Mountains, hence the train was named as Blue Mountain.

The marriage party from Coimbatore, consisted of around fifty people including children and elders. In modern times there are weddings where the invitation bans children from attending, as some people feel having children to participate in a public function is not such a good idea with them running around and shouting or crying, spoiling the general atmosphere be it joyous or solemn occasion. Some families never let their children attend a funeral or see a dead body.

Well as I was saying the marriage party had their respective roles of beddings and boxes with silk sarees and clothes for the men and children. During the wedding, generally the bride and grooms' party stayed in the marriage hall where the marriage was conducted. They were not booked into any three or five star hotels. Hotels and restaurants did not have the patronage they have now. Eating out or staying in a hotel was never considered as a possibility. People carried their own package of food when they travelled.

The train wove its way in the sin-



gle meter gauge line with the compartment containing my father and grandparents and all the relatives happily talking to each other and eagerly waiting to participate in the wedding. My father though having studied in Presidency College Madras, (now called Chennai) had never seen my mother before their nuptial ceremony, in spite of her being his cousin. My mother used to visit her maternal uncle's family in Coimbatore, regularly in her summer breaks but she does not remember to have seen my father or having interacted with him earlier to her marriage. There was no question of deciding before the final vow, whether the bride or groom will be suitable on the basis of their nature, skin color, height, weight or length of their nose etc. So long it was all in the family, it was fine.

While the groom's party were on their way to reach the marriage venue on the 4th morning of July 1948, the bride's extended family were all out spending money towards the decorations and preparations for the wedding. It is the custom in south Indian Brahmin families for the family of the bride to bear all the expenditures including buying suits for the groom. So the maternal uncles, who were holding the purse strings of all the savings my mother's father had left on his untimely death, did not shirk any expenditure in decorating even the streets, where the marriage hall was situated, with lights and other decorations of banana trees and mango leaves.

Grand meals of many courses, with variety of sweet meats and music programmes were arranged with great enthusiasm and cost. It is the custom for the wedding to be celebrated at least for four days. The previous day to the actual wedding ceremony, that is on the 4th the "groom's party" were expected to arrive in the morning and would be welcomed and a formal engagement ceremony be conducted with exchange of gifts and new clothes for the groom and bride and

the next day the actual wedding was to be conducted. So then the bride and her huge family of friends and relatives waited for the bride-groom and his people to arrive by train from early morning of 4th of July to the evening and into the night of 4th. They waited and waited but the train never came. That did not stop anyone from having a good time in eating all the delicious and elaborate food and the general festival mood of all the close knit family being together wearing grand clothes and glittering jewelry.

At last the beautiful Blue Mountain having gone round the temples of Tamil Nadu chugged with due majesty into the railway station of Egmore. All the elderly menfolk with their wives and children eagerly alighted having travelled twenty four hours in addition to their planned travel. It is just overnight journey from Coimbatore to Chennai. There may not have been any bride's party to receive them as is the usual custom, as the train was so very late. The groom and his family are the revered guests who obligingly unburden the parents of the bride from the responsibility or the liability of their daughter. They were more than twenty four hours late in arriving, or maybe there was some vague cousin or brother waiting to welcome the guests.

My father's family unloaded all their beddings and boxes from the train with the help of porters and the porters stacked all the luggage against a pillar in the station. The relatives and friends got into taxis and my father was left with the luggage, to be looked after, as they had to arrange for a proper transport to carry the load. In their eagerness to go to the venue and having had the tedious journey they forgot that they had to take my father to the venue as well, him being a necessary member in his marriage ceremony.

-Sheela Ramanathan
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GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

AUGUST 2013 Programs & Events

17 Sawan – 16 Bhadon, 545 Nanakshahi Era (NE)

Aug. 9 (Fri) – Kirtan Darbar with Bhai Surinder Singh Ji Jodhpuri, Hazoori Ragi Jatha Sri Harmandir Sahib Ji.
7:00 PM – 8:30 PM

Aug. 11 (Sun) – Morcha Guru Ka Bagh (1922) (Actual Day: , Aug. 8, 1922)
See <http://www.youtube.com/watch?v=dMa7vIGjBSQ> for an explanation by Harinder Singh, Sikh Research Institute.

Aug. 16, Bhadon 1 (Fri) – Sangrand (Bhadon) & Monthly Sehj Path
9:00 AM – 10:00 AM.

Aug. 16 – 18 (Fri – Sun) – 13th Barsi Dr. Jasbir Singh Saini
(Anniversary Commemoration - Actual Day: Aug. 15, 2000)
Akhand Path:
Arambh: Friday, 10 AM. Bhog: Sunday, 9 AM.
Kirtan Darbars Saturday and Sunday evenings with guest Ragi Jatha Bhai Jarnail Singh Mehak Ji and local Ragi Jathas
(See separate flyer for details).

Aug. 18 (Sun.) – Homeless Dinner Seva
Phoenix Rescue Mission, Call 602 741 8021 for more info.

Aug. 21 (Wed) – Pooranmashi Kirtan Diwan, 7 PM to 8 PM

Aug. 30 (Sun) – Completion of Pothi Sahib (1604).
(Actual Day: Aug. 30)



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Regular Programs:

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

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