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Today

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Yuba City Nagar Kirtan



Nishkam Seva gurudhwara sahib arranges a bus every year to visit Yuba city nagar kirtan and prepares a float to represent nishkam seva gurudhwara sahib. Phoenix Sangat helped to decorate the float truck. The management really appreciates everyone who helped in decorating the truck.

• More on P20

Audience Mesmerized with Pranav Mehta's Ghazals

The ghazal virtuoso Pranav Mehta accompanied by Tabla superstar Prafulla Athalye mesmerized a packed audience at ASU-Kerr Cultural Center on Sunday November 9th. The program was presented by IACCONNET, a premier organization in Phoenix for promoting classical music and dance.



Pranav took the audience on a melody ride while conducting a workshop on the thekas, taals and their variations used by ghazal maestros to match the bol (words) and emotions represented in the ghazals. A very entertaining and melodious method of education had the audience

craving for more. His first number Hothon se choo lo tum touched everyone's heart from the start. Tumko dekha to yeh khayal aaya, Ham to hain parda mein, Ankh se ankh milata hai koi and several other popular ghazals had audience screaming Mere mehboob ki tarif kya kije. The able fingers of Prafulla matched every taal of Pranav's ghazals as if saying Yari hai Iman mera. In the end the audi-

• More on P10

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Fear and Judgment...

“The deepest fear we have, ‘the fear beneath all fears’, is the fear of not measuring up, the fear of judgment. It’s this fear that creates the stress and depression of everyday life.” Recently came along this quote, which was part of a sermon by Pastor Tullian Tchividjian.

Even though I am not Christian, this goes to show that there is something to be learned from people of all backgrounds and religions and as I read this line, I realized how true it was.

We dedicate our lives to “measuring up,” whether that be at home or at work. We are constantly striving to please others: our significant others, our boss, our parents, our children, our friends with no end in sight. The more we do, the higher the expectations become and we keep working harder and harder to meet them. We are driven by the perception that others may be judging what we are doing as not good enough or not measuring up so we have to do more instead of being driven by our hearts and what we desire to do. Over time, this can lead to stress and depression but primarily because we have no goal in mind. We are blindly working towards this concept of measuring up without defining what measuring up means to us.

We never stop to think why we are doing this or realize that those that love us (friends, family, loved ones) are free of judgment and love you for who you are so why are we so bent on measuring up to our perceptions of their standards. In doing so, we are destroying the person we truly are – maybe the person that they originally loved and respected until that day comes where we start questioning who we are. Because in trying to please others, we have lost sight of ourselves.



Editor's NOTE

I think a lot of this has to do with what society has become today. Nothing is ever good enough. The marketing targeted at how you can be better: thinner, fitter, richer, etc. Workplaces targeted at taking every ounce out of every employee; this is no longer the days of the 8 hour workday after which

we shut down and enjoyed time with our families or where workplaces respected family time and needs when they occurred. Employers are trying to get every ounce of productivity from their employees at all hours. Not only are we starting to bring work home but we are also starting to bring that work mentality home. Combining that work pressure with the media marketing is starting to program our brains into thinking that is how all aspects of our lives are supposed to be. But that is not true.

Family, friends, and loved ones are where you are supposed to go to escape from all that and be who you truly are – enjoying and loving your life so you can recharge to go back and do it all over again. This holiday season, instead of adding to your pressures, by making sure you have the perfect house, the perfect dinner, the perfect décor, the perfect clothes, take a break and enjoy the holidays as they are meant to be enjoyed. Love, live, laugh and spend time with your loved ones in a way that recharges you preparing you for the challenges you may encounter in the upcoming year. Wishing all our supporters, advertisers, volunteers, and readers a very happy, relaxed, and stress-free holiday season and looking forward to serving you all in the upcoming 2016. Happy holidays!

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

I hope you all had a wonderful Thanksgiving with friends and family!

Now since Christmas is around the corner, I like to wish you all a joyful



Marketing Director NOTE

Christmas.

Merry Christmas and Happy Holidays!

-Manju Walia
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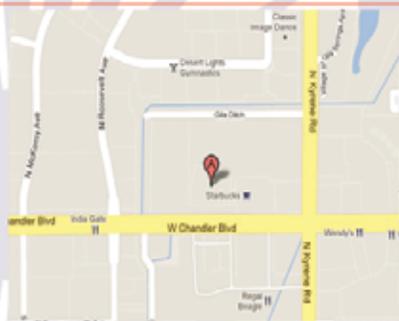
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Happy Healthy New Year from Seniors

Looking Ahead: The Senior Group will not be meeting on upcoming Holidays as they are falling on Thursdays this year - Christmas December 25 and January 1st so that our members may enjoy holidays with their family.

New Year Wishes: Senior Group member extends their best Wishes for a Healthy and a Happy New Year to Seniors of the Indo-American Community.

Thanks for the Caring for Seniors: As we wind up year 2014, we extend our deep gratitude to the management of Indo-American community newspaper Asia Today for their support by dedicating valuable space in newspaper for communicating our activities and achievements to the local community. Our deep gratitude to the management of Indo-American Cultural and Religious Foundation for organizing the Senior Group activities and making available the Indo-American Community Center for our weekly meetings.

Thanks you IACRF Board of Directors and specifically IACRF president Nate Bhadriraju. Also, Senior Group members like to extend heartfelt thanks to Senior Group volunteers



helping to do all the necessary work - organizing activities, cooking, picnics, publishing weekly and monthly reports, etc. Senior Group coordinators Bhagubhai Patel and Lalitbhai Patel deserves special thanks for their untiring efforts to keep the program functioning all year along.

Member News: Our dear member Goberdhan Gokool - a native of Trinidad

is under Hospice care at home and we wish him a well earned respect as he symbolizes preservation of Indian culture by Indian Diaspora in alien land for many generations. - visualize singing Hindi Bhajans and Bollywood songs when he does not understand and speak Hindi language or read and write Devnagari script. We wish him well deserved peace for his remaining

days on mother earth.

Photo: Seniors promoting Healthy Living practice - Sunday weekly hiking in South mountain Park; L to R Bhagubhai Patel, Babulal Mehta, Ramesh Patel, Kirit Desai, Mahendra Patel, Mahesh Shah, Meghji Patel, Lalit Patel, Devendra Majmundar and Anjana Majmundar

by Bhagubhai Patel



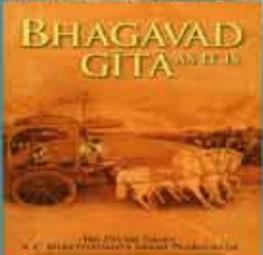
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Tuesday Dec. 2nd, 2014
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Advent Of Bhagavad Gita
Book Distribution Marathon



Come recite the entire Bhagavad Gita with us to celebrate Gita Jayanti.

Ekadasi Prasadam will be served following the recitation.

Winter festival Saturday, Dec. 20th, 2014 from 11:30am to 2:30pm.

Saturday Dec. 6th, 2014 10:00am - 11:30am
Come participate and sing bhajans for the pleasure of Sri Sri Radha Madhava Hari

Cooking class Saturday, Dec. 20th, 2014, 10:15am-11:45am To sign up, please contact us at info@radhakrishnaphoenix.org

Sunday Dec. 7th, 2014
Special speaker
HG Jivananda Dasa Vanacari
5:00pm



Became a devotee in 1974 and after taking Vanaprastha in 2005 has dedicated his life to preaching Krishna Consciousness across the United States according to the teachings and instructions of his spiritual master, His Divine Grace A.C. Bhaktivedanta Swami Prabhupada.

Tuesday Dec. 9th, 2014 11:00am - 1:30pm



Disappearance of Srila Bhaktisiddhanta Sarasvati Thakura

Special Guest Speaker
HH Niranjana Swami
Sunday Dec. 28th, 5:00pm



After reading Srila Prabhupada's books and seriously practicing the path of devotional service, Niranjana Swami took initiation from him in 1974, in Boston, USA. In 1985, he took Sannyasa vows in Mayapur, India. Ever since, HH Niranjana Swami has been traveling extensively throughout North America, Eastern Europe and India lecturing on the teachings found within the books of His Divine Grace Srila Prabhupada. Devoted to assisting others on the path to Krishna Consciousness, Niranjana Swami is also an initiating spiritual master in ISKCON.

Wednesday Dec. 31st, 2014
New Year's Eve
Arati, Ecstatic Kirtan & Ekadasi Prasadam 6:00pm - 9:00pm

Thursday Jan. 1st, 2015 New Year's day

Come and join us for Mangala arati @ 4:30am and help us chant 1 Million names of the Lord. Japa beads will be available throughout the day for chanting.

Fire Sacrifice to welcome the New Year @ 5:00pm followed by Arati & prasadam.

Yoga Classes
Adults & Children every Saturday 9:05am to 10:10am and Sunday 10:05am to 11:05am



Monday to Friday
Mangala Arati 4:30pm
Rajbhog Arati 12pm
Sandhya Arati 6:30pm
Shayan Arati 8:30pm

Sunday Feast
4:30pm to 8:45pm
5:00pm Arati

Bhagavad Gita Study
Monday, Thursday and Friday
7:00pm to 7:30pm



Tue & Wed
7:15pm to 8:15pm

Every Sunday
Sunday School 5:30pm to 6:30pm
Hindi Class 10:00am to 11:00am

Register at radhakrishnaphoenix.org

Malala Yousafzai is a 16-year-old Pakistani girl who lived in Mingora, the largest city in Swat Valley, Pakistan, and is someone very special. She did something that most 16 year-olds would never even imagine of having the courage to do. When the Swat Valley fell under rule, Malala was shot in the head and neck on her way from school by two Taliban gunmen in an attempt of assassination because of her advocacy on education rights and how they are unfair to children in the Middle East, especially girls. Since then, she has made herself into an education activist and inspires girls of all ages around the world.

Malala has won many awards, including the biggest European human rights award "Sakharov", Glamour's Women of the Year 2013, as well as more achievements presented by Nelson Mandela and others equivalent to him. Malala is the youngest recipient of such awards and the first Pakistani girl to ever achieve such accomplishments. She has also been nominated for a Nobel Peace Prize, a massive achievement for someone so young.

Two of the most notable achievements of her life so far are being the youngest person to win the Nobel

Malala Yousafzai

Peace Prize just recently as well as being named on the 50 Most Influential Teens List of Time Magazine for 2014.

One thing that Malala has said that has touched the hearts of many is, "There are millions of girls across the world who aren't eligible to join school due to different situations, there are girls who can't get higher education due to early marriages, there are girls who are threatened, there are girls who are tortured." She wishes to help

these girls and give them the education and attention they deserve to live a healthy and prosperous life. She has also explained, "the powerful nations are not those who have weapons, guns and bombs... but those who have educated society, human morals, education for everyone and equal rights for both genders female and male." Additionally, she explained that the world and developed countries have to help Pakistan and other developing countries to increase the



literacy rate and reduce the poverty which is the major reason why girls are not getting education. In order to further aid this horrible problem, she has created the "Malala Fund", and every donation goes to children, especially young girls, to get an education and make something worthwhile out of their lives.

After all of this, she wrote a book called I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban and had a day in her honor, Malala Day, which was on July 12, 2013, acknowledging her first public speech since the attack. That day, Malala proudly explained, "Malala Day is not my day. Today is the day of every woman, every boy and every girl who have raised their voice for their rights."

Malala is an inspiration and role model to many people around the world, what she did will be forever remembered and honored in the hearts of everyone who appreciate her dedication and love for education and the right thing.



-Sammy Mallik

Mata Jagran
Friday December 12th, 2014
7pm-9pm
Contact: Shashi (480) 614-1322

Satyanarayan Puja
Friday December 5th, 2014
7pm-9pm
Contact: Nirmal (480) 926-8835

Hanuman Ji's Puja
Every Tuesday
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Contact: Sushma (480) 970-4439

Venkateswara Swami Puja
Every Saturday
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Sunday Puja
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Discourse on Ram Katha by Swami Anantacharya Ji : Nov 30th – Dec 6th
 Sunday 11:00 AM – 12:30 PM, Sponsorship \$101
 Monday - Friday 7:00 – 9:00 PM, Sponsorship \$101
 Saturday 11:00 AM – 1:00 PM, Sponsorship \$251
Satyanarayan ji Puja : December 5th (Friday 7:00 - 9:00 PM, Sponsorship \$101)
AGM & Elections : December 7th (Sunday 11:00 AM - 1:00 PM)
Mata Jagran : December 12th (Friday 7:00 - 9:00 PM, Sponsorship \$101)

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Glimpse of Flu Shot Clinic at Ekta Mandir



Meeting with Doug Ducey, New Governor Elect of Arizona

I met with Doug Ducey, Governor Elect of Arizona and spoke to him about our Foundation and what we do in serving the Asian Indian Community as well as the Community at large through our charitable endeavors. I also mentioned about the 60,000 vibrant Asian Indian Community in the Phoenix metro and how we can help advise him as part of a Technology Forum in bringing in more high technology companies to Arizona. I also spoke with him about inviting him to our Foundation Hall for India Festival in March and he said he would love to come. We will follow up with him on that.



Namaskar, and Sat Sri Akal to all my readers.

When we decide to visit special places in the planet, we try to collect information about the national parks, mountains, and other beautiful places on the planet. After collecting all the information, desire decides the destination. Today, I would like to talk about internal journey.

In our entire life we spend most of our time in the sub-conscious. For example, when we talk with others and are interrupted we can easily lose our train of thoughts. Then we usu-

Desire is a Destination

ally wonder, "What was I talking about?" This means we were in the sub-conscious. Internal journey is not possible as long as we are not in the conscious mind. Today, I would like to talk to you about your beloved.

The beloved belongs to every creature. He is the life of every life. We need him. Without the realization of the absolute (God), liberation is not possible.

The sadness of the human life is we are looking for him on

the outside. This is 100% opposite direction. We need to look inside because he is the life of our life. In the reality, if we believe he is our beloved, we need to think about him, and start to look inside ourselves. Human life is a golden chance to realize the reality of the truth.

Truth! that is the Divinity. Wake up early in the morning, sit up in the bed, close the eyes, hold the breath and start to talk with him in the mind. I repeat, talk with him in your

mind, not the tongue. Repeat the mantra according to your religion with high conscious.

Say to him, talk with him, cry to him, and even if you feel crazy say to him, "Why aren't you listening to me?" Why are you ignoring me? I am dying. "I belong to you, you are my beloved"

Don't feel shame to cry to him, because he is your beloved. If we can cry about our worldly wealth or things to our spouse, children's, or friends; if

he is truly our beloved why do we hesitate to cry about him?

Surrender yourself to him. He is your's. I promise, he is yours. He will listen to you. He will hug you. He will bless you. He will accept you in his divine sanctuary.

This is a gift for 2015 to all the readers. Please accept it and read it again and again. Enough for today.

Happy New Year 2015 !!

Gyani Ji Harbhajan Singh Sandhu

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Audience Mesmerized with Pranav Mehta's Ghazals

ence was screaming Aaj Jane Ki Zid na Karo. An encore of last year's program was a gem any which way you looked.

Indo American Cultural Connect was established in April 2008 with the purpose of promoting Indian classical music and dance. It organizes events and programs to increase awareness of the heritage and centrality of classical music and dance in Indian Culture. IACCONNECT supports programs that showcases local talents and visiting professional artists by hosting concerts which are open to local community. They have also partnered with other cultural organizations that promote Indian Classical music and dance. Workshops and presentations provide educational opportunities in classical dance and music. These are accessible to everyone in the community.

The annual Gunadarshan program acknowledges best students from local music and dance schools. Some of the



professional artists program supported by IACCONNECT include – Ustad Shahid Parvez Khan, Pt. Anindo Chatterjee, Pt. Tarun Bhattacharya, Maestro Ravi Kiran, Guru Sanchita Bhattacharya, Mr. Madan Oak, Mr. Vinayak Chittar, Ms. Kalapini Komkali, Mr. Kevin Essar, Mr. Daniel Hirtz, Mr. Manu Srivastava Ms. Manjushree Kherde, Mr. Ashwini Bhinde and Ms. Padma Talwalkar.

Silk Road was a program that presented a creative medley of dance conceived by local music school teachers. Acclaimed by everyone, it was also a charity event. IACCONNECT is presenting a follow on program Indradhanush in February 2015.

IACCONNECT is a 501 (c3) non-profit organization supported by volunteers. Tax deductible donations help in supporting the organization mission. Please visit the web site at www.iacconnect.org and visit them at website.



Gurudwara Nishkam Sewa Organised The Heavenly Nagar Kirtan

By **MANJU ANAND**
(November 9, 2014)

Gurudwara Nishkam Sewa—Organised The Heavenly Nagar Kirtan dedicated to Guru GaddiDi-was of Sri Guru Granth Sahib ji. This Annual Sikh Parade commemorates the Guru Gaddee inauguration holiday of Sikhism's holy scripture, Siri Guru Granth Sahib, as the everlasting guru of the Sikhs. The Nagar Kirtan was inaugurated after the Kirtan&Ardaas , was rained with flower petals through Helicopter by Management of Gurudwara Sahib. Gatka Parties, renowned scholars, religious personalities and devotees from Arizona participated in this heavenly Nagar Kirtan with devotion.



INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)



1. Winners of the Bingo games 2. Sponsors of Nov.11th 3. Handsome couple seen are not strangers to ISAA... 4. Thank you Fabian for all the help& support you provide 5. Splendor of Terek Khan's performance is so obvious! 6. Godiwala Family - sponsors of Nov 4th 7. Thank you - Robert Larson and Roland Benjamin for a presentation on guaranteed income 8. Kusumben & Indiraben - Thank you for the generous contributions! 9. Well-dressed ISAA gentlemen ready to enjoy Terek Khan 10. These pretty, young and energetic ladies danced all night with Terek Khan.

On Oct 28, 2014, it was a perfect day for picnic in the park. Over eighty friends gathered to celebrate the Fall Day. We had, as usual, gota bhajiyas, and masala chai. The tasty luncheon was served later. Many heartfelt thanks to Umaben and her team of volunteer family who teamed up in a short time to fill in for Deviben who felt ill all of a sudden. We wish Deviben a full and quick recovery. Robert Larson and Roland Benjamin made an educational and beneficial presentation on establishing guaranteed lifetime income for retirees. The gentlemen from AXA LLC and the Allstate Corporation jointly sponsored today's picnic. What followed was just fun-jokes, songs and antahxari .

On Nov 04, 2014, one of the main highlights was the video presentation on Ironman Vallabhbhai Patel's 148th birthday. Sardar Patel was a great freedom fighter who was instrumental in uniting India for the first time. Minaben read two letters to her grandfather from Sardar Patel. A great tribute! Another video showed the achievement of fourteen year Sahil Doshi who won the 2014

Young Scientist Challenge. Congratulations! Pankaj Godiwala's melodious songs helped ISAA celebrate Manubhai's 83rd birthday. Thanks to Manubhai's family for sponsoring today's luncheon. A short silence was observed in prayers for Manjulaji, and Gokulji. Chhotubhai shared his experience about keeping vital information handy in emergencies. ISAA makes this available to members from time to time. We need to pay attention to these. ISAA appreciated the planning , and execution skills demonstrated by BAPS volunteers during the Swaminarayan Temple inauguration. All the volunteers showed a high level of dedication and commitment through project work. This was real "seva" to the community.

On November 07th, ISAA presented proudly "Andaaz Apna Apana's" in celebration of early Thanksgiving Gala Dinner & Dance. We thank Terek Khan and Kishore for volunteering again with a superb performance on this day, which was a beautiful gift of entertainment to the ISAA seniors. It was the night filled with esteemed love and high

respect for the seniors that they deserve. It was once again an electric "Thanksgiving". Everyone had a ball enjoying this superb artistic musical talent performed, which was extremely touching! The success was attributed to the ISAA seniors for making it possible to materialize in the way that resulted in to a HUGE success! Volunteers did a great job of decorating the hall with the atmosphere absolutely appropriate for the party! Team of well-dressed young smart and happy volunteer seniors proved gallantly that they are no less! They served the food in an orderly manner providing everyone with the utmost satisfaction. We have never seen such happiness on both sides of the food serving table. As always, we are thankful to our hosts - Holliday Inn, North for making all arrangements and services with generosity of love and care with respect for ISAA seniors. To present programs like the Gala, it needs good planning ahead, work hard to organize the event and execute per plan in a professional manner that anyone could be so proud of! We are proud that the great coop-

eration and support received from the ISAA membership as TEAM WORK what brought the event's success. It goes without saying that the star of the evening was Terek Khan who is so passionate about the ISAA seniors. On Nov 11, 2014, we celebrated Veterans Day paying respects and dignity our men and women in uniform both here in the USA and in India. One of the main highlights was the video presentations on "Tribute to Indian Soldiers", "Veteran's Day Tribute" and "J & K Flood Selfless Service by Indian Army". Another video clip was shown Karmasya Kaushalya - PM Mr Modi telling a touching story of a polio suffering paralyzed boy wanting to live with dignity and respect by earning money smartly by offering shoe polishing services and do not live a beggar's life and spend time for the betterment of others! Jitubhai also presented a slide show of the Nov. 7th Thanksgiving Gala D&D photos bringing the fun-memories of the magnificent entertainment night enjoyment. Practically fifty to fifty-five (50 to 55) people were on the floor dancing throughout the evening! Truly,

people were on the ball! ISAA appreciated all those who made the Nov.7th thanksgiving Gala a HUGE success in a Hall Decoration, orderly dinner serving by men, Housekeeping help etc..

On Nov 18, 2014, ISAA members enjoyed playing cards and socializing on this cold morning in November. The attendance was sure influenced by the weather. As requested, two video clips were shown - one on magic ballet, and the other on "India got talent". The dancer in the second video had just one leg, who showed Great Spirit and was inspirational. The main attraction was "bingo". Prafulbhai conducted it quite well. Prizes for the winners were donated by Unarker family who sponsored the luncheon too. Narayanbhai, Dr. and Mrs. Tangri recently paid a visit to Gokulji who is in good spirit despite his poor health. He has expressed a desire to see and speak to the group, which would be fulfilled by Jitubhai.

Announcements: The ISAA team thanks Chinubhai & Kusumben Patel and Indiraben Parikh for their invaluable donation of \$500.

Spiritual Process As A Kind Of Agriculture

Sadhguru Jaggi Vasudev

Over fifteen thousand years ago, on the first full moon after the summer solstice, Adiyogi, the first yogi, turned south and became Adi Guru, the world's first guru. It was on this day that a radical exploration of the mechanics of life unfolded on the planet. This was the birth of yoga.

To this very day, the period of Dakshinayana, the first six months after the summer solstice in the northern hemisphere, is considered to be the period of sadhana or practice. The angle of the planet and the sun's relationship with Earth ensure that there is natural support for those practising any spiritual discipline. Several cultures, ranging from the Japanese to the Native American, have recognised this and enjoined certain spiritual practices and observances at this time.

In yogic tradition, Dakshinayana is seen as sadhanapada, the period of practice, while Uttarayana, the six months following the winter solstice, is seen as samadhipada or kaivalyapada, the period of enlightenment. It is not an accident that many yogis have attained to their ultimate state at the beginning



of Uttarayana. The famous example is Bhishma, patriarch of the Mahabharata, who postponed his passing and waited on a bed of arrows for Uttarayana, in order to shed his body.

The sadhanapada is held as the most important phase in a yogi's life, and Adiyogi turned south when he began teaching to emphasise this very point. Dakshinayana is for 'doing' and 'effort'; Uttarayana is for 'waiting' and 'grace'. If you do the right things now, you will reap the right harvest later.

Do planetary movements decide our spiritual destinies? No. But it is good to make use of the natural sup-

port they offer. A wise farmer knows how to harness the support of Nature and the seasons. Similarly, spiritual aspirants would be wise to make use of these last weeks preceding the winter solstice to intensify their practice. Even to attract Grace, you have to do the right things! This is the time to water the plants, to enrich the soil with manure. Flowers and fruits are not of our doing, but they will happen anyway as a consequence of right action.

The spiritual process is a kind of agriculture. The yogic system does not believe in sudden enlightenment. In Zen, enlightenment happens suddenly,

like a thunderclap. But in yoga, we turn enlightenment into a gradual process. When it is sudden, there is sometimes the danger of leaving the body. So, in yoga, we allow the individual to grow stage by stage, from one level of realisation to the next. There is no suddenness; no shock.

This is a slow process. Flowers will bloom, but in yoga we are not bothered about flowers. We are like gardeners. The work seems to be dull. We plant the seed. We don't bother with the plant, flowers or fruits. Our hands are always in the soil. We make a system out of gardening. You cannot make a science out of blossoming flowers, but you can make a science out of gardening. Suppose I plant a hundred thousand trees and only one bloomed, could I call myself a gardener? That single tree might have bloomed even if I were not there. But if at least fifty thousand bloomed, I could call myself a gardener.

This is the difference between yoga and other systems. If you do a good job of your gardening, flowers will come anyway. This is yogic science, a deep science. Significantly, the system works even after the gardener is gone.



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SUCCESSFUL YOUNG ASIAN EXECUTIVE PROFESSIONAL INSPIRING FOUNDER OF THE MONDER LAW GROUP

I have known Vik Monder and his parents – Dr. & Mrs. Chet Monder as very dear close friends and neighbors for the last twelve years. Vik’s growing up, professional developments and achievements are extremely impressive. The following is Vik’s success story that he told me during our recent conversation:

QUOTE: From a young age I always knew I wanted to be my own boss and own my own business. The safe play would be to work for someone who had all the knowledge and know how. However, I never took the conventional path in life. I started out in the private equity business before entering law school. I remember my first interview at Merrill Lynch where they asked me to cold call a list of business executives on the spot in front of executives of Merrill Lynch that I eventually worked for. I knew from that day that I enjoyed a challenge.

If one does not keep challenging their limits in life, then they will always fall short of their full potential. We all get scared but learning how to turn the unknown into a positive experience has been my motivation. No one ever told me how to run a business, get clients, make money, and win cases. However, these skills are directly correlated with my outlook on turning every unknown into an experience that I can learn something about myself.

It is never about proving something to others but only what one can prove to themselves. In life we are taught that education is everything. However, education only takes you so far. As an Indian-American we never will fall short of achieving good grades and a professional degree. However, education is only the beginning of what I believe is the ticket to success.

I achieved many awards scholastically based on my performance in schools. However, the awards that I aspire to ascertain now become geared towards pushing me to new limits. This means taking cases that nobody in the office will take and doing my best in winning them. I have tried high-profile



Attorney Vik Monder, Esq.

federal cases that I had no business taking in my first year of practice. In return, I received national trial awards for my work at my 26 years of age.

A professional should not only have confidence in their training but more importantly in themselves. I wanted to push myself as a lawyer in my mid-twenties trying cases against seasoned lawyers at the height of their careers.

I soon realized what I lacked in experience I made up in my preparation and confidence in executing the task at hand. Notably, my adversaries have become my close colleagues.

In life it is important to surround yourself with people that push themselves to become the best in their field. This has enhanced my ability to perform to my full potential. I spent most of the early part of my career impressing those that I believed were the best in the business. Now when the best in the business are calling me up for my opinion, I realized I am now one of them.

Once you reach a level of success you should always look for ways to bless those around you. I have taken every opportunity to volunteer my time and lecture in universities. I have taken interns under my wing and showed them what nobody showed me in the beginning of my career. I have learned

that knowledge is power. When one is knowledgeable in the field of law, they are more aware of their rights and better suited to protect themselves from unfair treatment and punishment. Criminal defense is a great way for me to provide my clients a service where I can fight for them relentlessly.

The advice I give graduates and bar takers is to keep studying and sharpening your skills, and within time you will be awarded the success you have been striving to attain. It took a lot of work to finish law school, pass the bar, and start my own law firm. Confidence in your law school training will get you to the goals that you are hoping to reach.” Vik serves as the Principal and Managing Attorney of Monder Law Group. He and his group are dedicated to utilizing all aspects of the judicial process to achieve positive results.

UNQUOTE
Vik Monder is a first generation born American whom has always understood the value in excelling scholastically. Vik attended the University of San Diego with a Bachelor of Business Administration in Finance and quickly thereafter pursued a law degree at Thomas Jefferson School of Law (TJSL) in 2011. Vik received his masters in law (LL.M.) at California Western School of Law in Trial Advo-

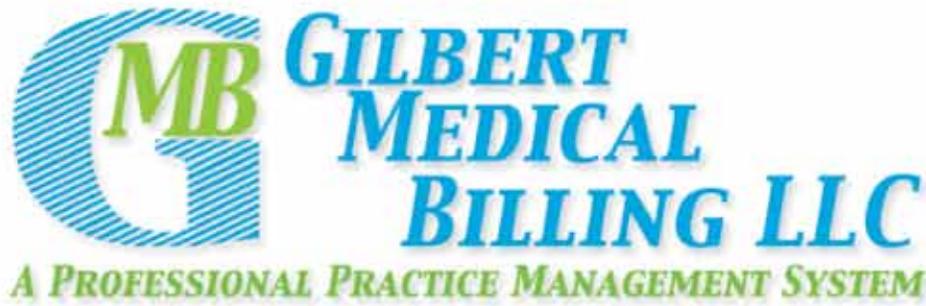
cacy. Soon after procuring the law degrees, Vik started his own law firm The Monder Law Group, which has been nationally acclaimed as one of the top 40 trial lawyers under 40 and has received the recognition as one of the 2015 rising stars by Super Lawyers Magazine. Vik Monder also sits on the board of several recognized organizations that have a significant presence in San Diego.

Monder has many fond memories of his time at TJSL. Vik says; “Thomas Jefferson professors and clinical education programs influenced and helped shape where I am now. My professors come from the most astounding schools like Harvard, Stanford, and, Yale. I learned from them a great deal

to recognize how to make great arguments and understand the law. Professor Anders Kaye inspired me to enter the field of criminal law with his elaborate discussions and great teaching style. I soon realized that nothing is better than being your own boss.” Vik is considerate and humble enough to give back to his law school by offering externship opportunities to top tier law students at TJSL.

I take personal pride in submitting this profile of Attorney Vik Monder because at this very young age, Vik has proven to be an outstanding human being and highly motivated successful San Diego Criminal Attorney. He is highly knowledgeable, industrious, very down to earth and incredibly modest individual with solid self-confidence like his physician father. His accomplishments at this very young age are exemplary. Today, with his solid strength in law with great competency and leadership skills, The Monder Law Group is one of the top rated Criminal and DUI Defense Firms in Southern California. I am happy and proud to be closely associated with Vik’s family. Our continued good wishes and blessings to Vik Monder. To learn more about Vik, please visit www.monder-law.com

Submitted by: Jitu C. Patel, CPEA



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We only Preach, They actually Practice!



A very close Western acquaintance of mine, who I've known for many years and who I talk to at least three to four times a week, casually informed me one day that his father, an elderly man in eighties, had died the night before. I was somewhat perplexed and, in fact, rather perturbed by his demeanor and the seeming apathy he showed while talking about his father's death. Finding him at work as usual just after his father passed away a night before was a behavior that was beyond my comprehension. As was relevant to the occasion, I started to express my sympathies but he simply responded by saying, "My father's death was expected for he had been in a nursing home for some time." He talked very casually about the matter and tried to maintain his cool as if nothing had happened.

The behavior of this gentleman under the given circumstances sounded a kind of alarm in me and made me revisit our behavior as members of a discreet ethnic community. In Eastern way of thinking, the mind-set and behavior of this gentleman could not have been considered normal. Yet no surprises were to be expected. He was a true representative of Western culture, a culture that emphasizes "practicality." (For people of East, this kind of practicality is equivalent to being cold). It didn't exude the kind of depth in grief that Eastern people exhibit on such occasions, at least superficially, notwithstanding the degree of internal pain that individuals of any ethnicity and culture must experience with this kind of happening. In a way, it helped me further dissect the attitudes of the majority people of the West especially when an elderly person passes away.

The style of our outward expression of grief that we project during passing away of near and dear ones often seems melodramatic when compared to the West. We find it difficult to curtail our tendencies to moan and groan loudly and openly when members of our family and friends arrive to offer their condolences. The imagery of past moments that we spent together with the deceased vividly begins to surface in our minds once again like a fast-traveling train. Expression of grief openly and loudly on such occasions is believed to act as a balm or catharsis.

No doubt the same happens among people of the West. They too miss



their loved ones equally, if not more and become sad for their loss, but the outward and open expression of grief in a theatrical exaggerated pattern is not that common. They are rather reserved in their expressions. Using dark glasses to avoid showing visible tears, if any, and maintaining diminished eye contact is a manifestation of such an attempt, at least the way I perceive it. Their mannerisms on such occasions are equally sober and are; in fact, more in line with what our religious scriptures have been advising us all along.

Our preachers have always been reminding us in almost every sermon that the Will of "the power that be" must be accepted by realizing this ultimate truth in total. And the truth is that every living being must depart from this Earth. Time and again, we are bombarded with the final truth that death merely facilitates the release of the soul for its ultimate journey to be with that source. It is the body, the outer shell that is only shed at the time of death. Therefore, too much of an outward expression of the grief with long and loud crying and moaning is not to be encouraged and rather, sincere efforts must be made in accepting the Will. Yet, it is the Western culture and not ours that truly follows such an advice in its true spirit.

Observing the behavior of my Western acquaintance, it was all too obvious that despite his father's recent passing away, he was holding his own. While his behavior to me, an Easterner, seen in the light of my culture, sounded somewhat aberrant; the truth of the matter was that staying home wouldn't have served anyone, neither him nor his near and dear ones. On the contrary, any amount of moaning or crying loudly and shedding tears at that moment

might have affected him adversely both physically and emotionally.

Mourning is not the only area in which Western culture seems to follow our preachers' advice better than we do. We consider ourselves to be the most religious people on earth but the ways we practice our faiths, in most of the circumstances, seem limited to the ritual visits to religious places. Being truthful to our work and workplace is what our faiths preach, but when it comes to such practices, we completely fail in integrating, a truthful living. Spending time on coffee and tea during work hours and putting stumbling blocks to the assigned work until our pockets are warmed, seem to be the norm back home.

For instance, philanthropy in the form of sharing is always taught by our scriptures from day one. All men of faith, and we had plenty of them, have promoted this concept. In fact, sharing one's blessings is part and parcel of every faith, yet relatively speaking, it is the people of West who perhaps adopt it more than others and may try to plunge themselves fully into it. The likes of Bill Gates and Warren Buffet have been taking care of educational, environmental, and health-related needs not only of the communities in their own countries but around the world, including the Third World.

And now compare them with our super-rich men. No doubt, they also make efforts to perform acts of philanthropy but more often than not, their endeavors remain limited to building fancy temples, Gurdwaras, and mosques. The houses of the Creator should be beautiful but if the majority of the creation is left to suffer as slum dogs around those palace-like homes,

our Creator may not have a restful night in those structures.

Our scriptures announce that the creator resides in its creation but then it is the very same creation we attempt to harm by rampant corruption and in whatever other way possible. Discriminating against one another merely on the basis of the womb from which one was born, has been our way of daily life, yet preaching equality always occupies the first item on our religious agenda. Selection bias for jobs, education, and promotions is always caste-, clan-, and tribe-driven. This is not to say that the people of the West don't discriminate and undercut. They, like us, may avoid the golden ordinance of equality among mankind but then laws of land in the West will prevent such individuals from getting too far with such actions. Killing an unborn female fetus in India these days unfortunately seems to have become somewhat common irrespective of the fact that most of the deities we pray, happen to be females or goddesses. On the other hand, Western people often shower equal love to a baby girl.

Our scriptures speak; we listen. Listening to the scriptures and listening routinely, not only on Sundays but day in and day out, both morning and evening is the norm with many of our people; yet we don't hear what is said. The Westerners, on the other hand, not only listen seriously to theirs but in fact try to make an honest attempt to understand the gist, take the message home and put into action, most of the times, if not always. Our lips do the talking, while their actions try to speak.

Until and unless, we seriously listen, follow the wisdom contained in our scriptures and then try to act upon that knowledge, there could be no salvation. Merely preaching and not practicing won't get us anywhere, neither in this world nor in the world beyond.

*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>

Annual Interfaith Dinner Langar Seva by Phoenix Sikh Community

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

The Sikh community of Phoenix metro in Arizona is very active in Inter-faith events. In fact, a contingent of four Sikh community members happens to be on its board for long time. The Sikh community has been performing Dinner Langar Seva for the annual event of "Experience Interfaith" where people belonging to different faiths take part. It takes place in Heritage Square, Downtown Phoenix, Arizona in the later part of October. Representing 25 different faiths, the movement has become a great vehicle for Sikh awareness through a selfless seva of Sikh Langar for the members of the different faiths. Close to 300 to 400 people belonging to different faiths show up to attend this evening.

This year the event was celebrated on the evening of October 30, 2014. The Langar was donated by four Sikh owned restaurants i.e. Guru Palace (Rana Sodhi,) India Oven (Sarabjit Singh Pappu,) Indian Delhi Place (Harjit Singh Sodhi) and India Palace (Manjinder Singh). Freshly prepared items included Saag (the spinach), Raaj Maah, Vegetable Pilaaf, Salad, Raita and Kheer

as well as Naans. A large contingent of Sikh members took part to perform



the seva of serving the Langar. All who came to partake the freshly prepared hot Langar, were requested to sit on the floor in rows (Pangats) in the traditional Sikh way of serving Langar after they had

taken their shoes off and a Sikh Ardaas has been performed. Those who could not sit on floor, chairs were at hand.

Prior to serving Langar, the general audience was informed by one of the members about the Sikh faith and their unique tradition of Langar as well as its significance. Invocation was given by small children belonging to Islamic, Sikh and Hindu as well as Catholic faith. Chiraag Singh a young sikh boy of 10 performed the Ardas seva. Once the Langar had been served, several groups of 6 people each were formed

including one member from every faith to discuss about a previously chosen topic related to world conflict and how each faith can help Every one truly enjoyed the Langar and learned about the Sikh faith, Sikh identity and their unique tradition of Langar. At the end everybody thanked Sikhs for their selfless service and hoped to have the same event once again come next year.

*The author Dr. Jaswant Singh Sachdev serves as a Board Member of Arizona Interfaith Movement.



Liven up your home with **stylish** planters

Give your small apartment some green therapy with a mini portable garden.

Don't have space for a garden? You can give your apartment some natural green therapy with different kinds of planters that can give a refreshing look to your home.

Most prefer simple and clutter-free spaces. The trend holds true even for your indoor mini-gardens in your terrace, patio, your tiny balcony and also your living room. Elegance is definitely in and fussy elaborate gardens are out. Less is more here.

Some of the you-can't-go-wrong combinations of flowering and non-flowering plants, when placed in attractive planters, can do a lot for your home decor, and also speak about your sense of style.

With the trend of growing your own organic herb garden at home really catching up, people residing in even the smallest of flats are opting for planters that they can incorporate into their existing decor. There are ones that can be placed on window sills, or on table tops. Some popular ones are the planters that can be hung, since they are space-savers.

With the busy lives that most of us



lead, it is ideal to choose plants that are easy to grow and do not require a lot of care. Big leafy plants are about high style and sophistication and also are all-season. These can be used as focal points in your rooms or as exotic accents. Tropical plants are the best bet when you want something for large planters and containers. Ferns, snake plants and palms are ideal for homes that have lots of open space and sun a porch. You could also choose to put some lilacs or rose shrubs or peonies

near your living room and let the fragrance waft through.

In your mini garden, incorporate a small portable fountain. These do not require much space and can add movement to your decor. But you must remember to recycle the water that is used, every day, so that it does not become a breeding ground for mosquitoes. Enjoy the greenery!

Tips for a pretty indoor garden

Choose plants that are easy to

grow.

Plants with large leaves in oversized containers look great in spacious living rooms.

Grow useful herbs and vegetables for your kitchen garden. Coriander, basil and other herbs not only look green and pretty but are very useful too. Tomatoes, green chilli, wheatgrass, aloe vera grow well in planters.

Indoor gardening for small spaces is in, so use a variety of small containers and hanging planters.

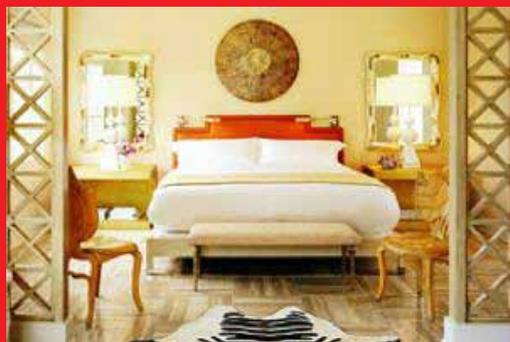
5 cool makeover tips for your room

Interior designer Rakshita Singh gives some simple design tips that can add some drama in your bedroom decor.

When decorating your bedroom, you need to make sure that your aesthetics are in place and more importantly, you need to ascertain whether you want the 'me only' look for your bedroom or the 'we' look. Here are some simple design tips that can add drama to your bedroom decor...

Keep the magic alive:

Dedicate one wall of your room to your partner with a large number of tiny framed photographs in a heart shape. This will remind you of each other and the best times you have spent together. It will also help to keep the magic alive.



All about the 'we' not 'me': It's not about his or her, BUT it's about 'WE'. Opt for more neutral tones of colour like beige, purple and whites when renovating a room for a newly married couple.

Add some romantic drama: Add some extra canopy of cloth in your bedroom to add some drama and closure. Choose and name your bed sides before you get hitched by putting the name above your bed heads.

Make a cozy nook: Adding a love seat in a bright and attractive colour to your bedroom decor can jazz it up.

Light it right: Add some drama by adding tea lights and lamps in the corner of your rooms. It does make it romantic.

How to tech up your home

One can't stay away from technology and gadgets in today's world and home is where tech magic can do wonder.

Gadgets and gizmos have got such an intoxicating effect that once you get a hang of the best of gizmos, you are forever looking for more technologically advanced options to make life simpler. And a lot of tech statement can be made when you load your living space with more and more advanced technology. Here is how you can make your living space a techie's wonderland:

Think different

Even your bathroom can be a tech hotspot as you make it a wi fi zone and install some of the best sound system, tablet recharge point. A touch screen panel in your bedroom is only going to enhance the tech appeal of your house.

Apply innovative thinking

Technology need not be limited to your professional needs. Even your kitchen can be made tech friendly zone. A touch screen panel with all the cooking apps and handy instruction sheets can make for a wonderful



tech option.

Tech as mood elevator

High end sound systems, home theatre system, LED installations also make for a good choice. Entertainment needs will definitely be complemented with a touch of advanced technology, what about an underwater music system for your swimming pool.

Explore tech devices

The options are aplenty when it comes to adding that magical touch of tech to your living space. Just one needs to explore more options available in the market.

11th Annual Charity Walk 2014 Pictures



Glimpse of Yuba City Nagar Kirtan





Life of an Indian Lady—Tough as Nails, Soft as Petals

Sarla Pandit has been an Arizona resident for almost a decade. She was born in Nairobi Kenya in 1925. She was the oldest of eight siblings. Kenya was then a British colony, where she and the entire Indian community tasted racial discrimination first hand. People of color were not allowed in restaurants and other public places that were for Whites only. They had segregated schools, neighborhoods and bazars.

While she was still a child at school, she along with her class mates, participated in protest marches through the streets of Nairobi in support of the Quit India Movement carrying the Indian tricolor.

After the outbreak of World War-II (WW-II), the family moved to India because all the schools were closed and the class-rooms were converted into military barracks. The British military was stationed there to fight invasions by Italians coming from the north.

While in India, the family lived in their ancestral home in Porbander, Gujarat. Sarla, along with her siblings attended school in the city. Being the oldest, she was often recruited to help around the house. This meant, fetching water from the family well, cooking and cleaning.

By the end of WW-II, Sarla had turned into a beautiful young sixteen-year old, with her thick black hair extending well below her knees. It was time, back in those days, to pick a suitable boy. A few months later she was married to the boy she picked from a selection of several prospective matches. After her marriage the family moved back to Kenya, leaving Sarla alone in India. She was in for a few shocks!

She moved to Bhavnagar, the home of her in-laws. The boy she married was a freedom fighter involved with the Indian National Army (INA). Little did she or anybody in the family know that he was "WANTED – DEAD OR ALIVE" for involvement in bombings of bridges and airport hangers in central India. INA's mission was pri-



marily to paralyze the British war effort. So, almost immediately after the wedding ceremonies, her husband disappeared into thin air. Sarla neither knew her husband's whereabouts, nor saw him for four years.

Her life was transformed into that of a housemaid overnight. The living conditions were rather primitive with no electricity or running water. As a daughter-in-law she was expected to perform all the house-work: cook, clean, hand-wash the days' clothes, fetch water from the well, among others. According to the family custom, the kitchen floors had to be washed with bare hands without the help of mops or brooms. Every evening she was required to clean the oil lamps and fill them with kerosene. The only saving grace was her father-in-law who was a contemporary of Mahatma Gandhi. He was very progressive for his times, and insisted on a higher education for Sarla. But that did not translate into less housework. In fact it burdened her even more. Only after all the morning chores were done, she could go to school, often late for her first class; and only after all the days chores were done she could do her homework, often extending into the night, literally burning the midnight oil. Sarla graduated with honors, and was praised by the school principal at her graduation ceremony, as a model to emulate.

Meanwhile her husband had survived doing odd jobs during the free-

dom struggle and was in Lahore at the time of Independence. Nobody had expected Punjab to be divided so as to put Lahore in Pakistan. So, he along with his Hindu and Sikh friends had to flee from Lahore at midnight on August 14, with nothing but the clothes on their backs. After a grueling 4 years of hardship, coupled with nervous uncertainty, her husband finally showed up empty-handed, but a free man. Nevertheless, there was much rejoicing upon his safe return.

The beautiful, rosy-cheeked Sarla that he had married had changed over the years: she looked emaciated with sunken cheeks and eyes, and had very unhealthy teeth; obviously a victim of malnutrition, not from lack of financial strength of the family. It was then that he decided to take his young bride away and settle in New Delhi.

Sarla and her husband started literally from scratch. They rented a one room-one kitchen third floor penthouse apartment in a multifamily home. It may sound like paradise, but with doors and windows as porous as a sieve, it was blazing hot in summers and freezing cold in winters. Worse yet, there was no running water on their floor. That meant Sarla and her husband had to lug buckets of water for their use every day. Toilet facilities had to be shared with other tenants on the second floor. Despite such hardships, they spent very happy and memorable days together. Having

given up for the independence struggle his college education at Banares Hindu University, her husband had no degree or skills to boast about. So, Sarla used her degree in music to earn a living by singing on All India Radio. Meanwhile, her husband did odd jobs to make ends meet. They were blessed with a boy and a girl. With the family thus complete, they worked their way steadily up the socio-economic ladder. He worked variously as a medical representative, a manager at Modi mills, regional manager for Hind Traders and managing director of British India Corporation. Given his political connections as a freedom fighter, many a times he was offered positions in the diplomatic core. But he decided against that in the interest of his children's future. Together they built a home in the outskirts of New Delhi—on subsidized land allocated to refugees, with subsidized loan from the Government of India.

Despite a busy day at home, she saved time to choreograph garba dance during every Navratri season. She is pictured, fourth from the right—with her friends before one such performance. She was much in demand for her singing and garba dance skills within the Gujarati community in New Delhi. She even served as a judge on numerous occasions for garba competitions.

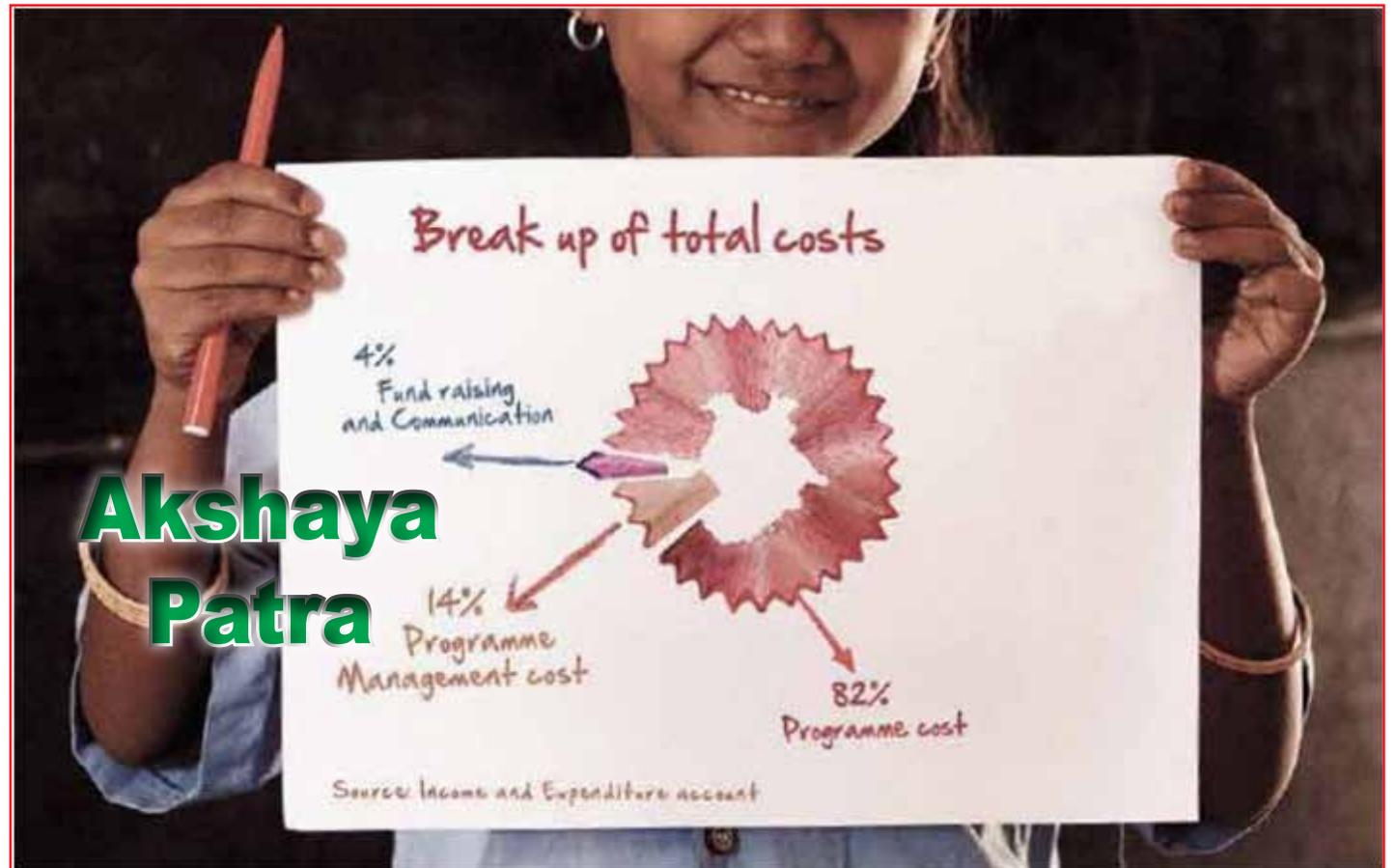
Sarla was a devoted wife and mother. She always put the needs of the rest of the family before her own needs. She saved every paisa so that her son and daughter could have the best education. The boy became an electrical engineer from IIT- Delhi, and later obtained an MBA from the Institute of Management in Ahmedabad. The daughter became a physician. She lost her husband at the age of 58.

Today Sarla is 89 years old, and lives with her daughter in Phoenix AZ. She counts her blessings every day, and never laments the hardships she faced in her early life. She enjoys the friendship of her friends at ISAA, and the love of her family.



Akshaya Patra (AP) [Sanskrit=Inexhaustible vessel] is a non-profit organization that runs free mid-day school lunch program for public [Government funded] schools in India. It was started in year 2000 under the leadership of DeshDeshpande who serves as USA Board Chairman; its headquarters are located in Bangalore, India. It is the world's largest non-profit, mid-day meal program serving food to over 1.4 million children from 10,661 schools across 10 states in India by year 2014. Today there are ten states with two dozen centralized, fully mechanized kitchens. From procurement of raw materials to packaging the final meal, heavy industrial equipment has been modified to mass produce the cooked meal which is then delivered by trucks. For example, conveyor belts are used to generate 60,000 rotis in one hour [see roti making machine in picture].

AkshayaPatra serves a dual purpose: 1). provide a wholesome mid-day meal to poor children, and 2). insure school attendance. The program serves an all-you-can-eat wholesome meal. Often that is the only meal for some children. Parents see the long term benefit of sending their sons and daughters to school instead of helping generate income for the family or doing household chores. As a result of



the program, there is increased enrollment, increased attendance, decreased drop-outs, improved performance improved overall health of children.

On November 8, 2014, members of the organization and local volunteers attended a dinner planned to increase

the awareness of the program within the Indian Diaspora in Arizona. Those interested in finding out more about the program, please contact:

The AkshayaPatra Foundation USA, 92 Montvale Avenue, Suite 2500 Stoneham, MA 02180 - USA

Office# : +1 781 438 3090 ext. 1
Mobile# : +1 781 462 8454
Fax : 781 481 9155
E-mail: piyali@apusa.org

It only costs \$15 to feed a child for one year. Below is a breakdown of the expenditure.



1. Mr. Clinton serves food to the school children
2. Mr. Clinton is greeted by children
3. Mr. Clinton and Mr. Deshpande watching a cultural program
4. Bill Clinton, former President of the US, visited the AkshayaPatra kitchen in Jaipur as part of a three-day tour. Mr. Clinton watches a fully mechanized roti making machine.

Photographs courtesy of: <http://www.akshayapatra.org/>

Submitted by Mini Sarla

Metrosexual is so passé: Beard is the new sexy

Jakub Marczewski grew a beard six years ago because he was too lazy to shave. Now he finds himself in the middle of a global trend.

The 21-year-old got his hair and beard trimmed at a new shop with a hip retro vibe, the Barberian Academy & Barber Shop, which opened in Warsaw last month to serve the growing number of Polish men with facial hair. A revival in the culture of barbering in this Eastern European capital is just one sign of how popular beards have become, with actors, athletes and hipsters leading the way.

"Worldwide, we are at the height of facial hair," said Allan Peterkin, a Toronto psychiatrist and author of *One Thousand Beards: A Cultural History of Facial Hair*. "It's a delightful expression of masculinity, but not a super-macho expression."

After World War II, men were mostly clean-shaven, reflecting a military ethos that came to dominate corporate life, Peterkin said. Over the next decades facial hair was adopted by outcast groups like beatniks and hippies. Since the mid-1990s, it has been



slowly spreading to the point that now the mountain man beard is all the rage across North America.

The 2008 financial crisis added to the beard momentum, with some men who lost their jobs ditching the con-

formist look as they reinvented themselves.

"To grow a beard is to start a new life and to have more confidence in yourself. You look a little older, so people have more respect," said Salvador

Chanza, a 31-year-old master barber from Spain who trains professionals. Sporting both a handlebar moustache and a substantial beard, he said the embrace of facial hair reflected a rejection of the previous clean-shaven metrosexual ethos.

Now facial hair is hugely popular across Western Europe, especially in fashion-conscious Paris. And across the globe, it's the month of "Movember" - when men are encouraged to grow a mustache to raise awareness and funds for men's health issues.

Piotr Zuchowski, manager of the Warsaw shop, said barbering is reviving after vanishing during Poland's communist era. Although democracy leader Lech Walesa sported an impressive walrus moustache, most communist-era workers were clean-shaven.

Peterkin said the popularity of facial hair has always been cyclical.

"When something once edgy becomes so commonplace, like tattoos, it loses its edge," he said. "If every guy across generations is doing it, then there is going to be a shift back to clean shaven-ness."

No time like winter to step out in shimmery sequin

When it comes to evening attire, little black dresses aren't the only way to make an impression. And there's no time like the winters to step out in something more dazzling. These shimmery skirts and dresses are just the thing.

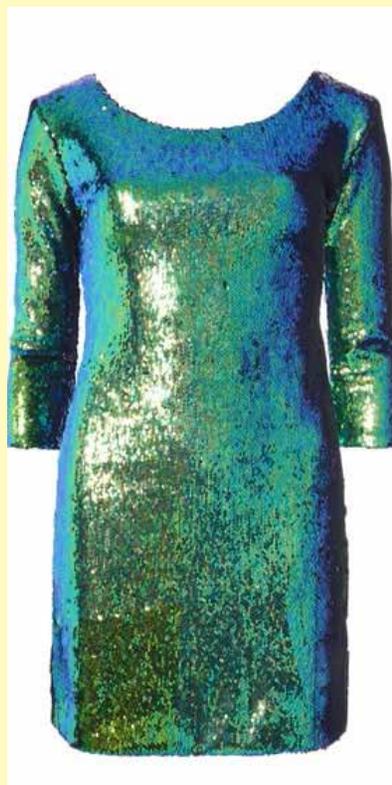
Gold

For fans of strapless dresses, Maud & Marjorie designed a festive number in a fabric that calls to mind a metallic, gold and black leopard print.

The expert draping and velvet sash make the dress elegant enough for holiday parties, while the short skirt keeps things sexy (Maud & Marjorie, €499).

Meanwhile, Marks & Spencer's gold tunic dress sticks to simpler tailoring, letting the sequins do all the talking.

This flashy piece can be worn with a pair of black tights to tone down the look (M&S Collection, Marks & Spencer, €86.95).



Colors

Gold isn't the only color that shimmers and shines. Primark's latest collection includes an alluring mini-dress covered entirely in iridescent green sequins.



Like a scarab's shell, the sequins reflect different colors depending on the light, an effect that is bound to turn heads on the dance floor (Primark, €28/around \$35, from mid-November).



Skirts

Of course, the all-over sequins look is not for everyone. For those who prefer something more subtle, there is always the option of a sequined miniskirt, to be paired

with a tame and understated top for an interesting contrast. Fans of colorful sequins will appreciate the blue and grey number from By Zoé (price available on request). And purists who insist on gold for the holidays need look no further than Zara (Zara, €49.95/around \$60).

Maxi

Increasingly popular in recent years, maxi dresses now seem to be here to stay. Decorated with sequins, floor-length gowns become more dramatic than ever. For a look that's guaranteed to get noticed, ASOS has covered a maxi-length kimono in gold sequins of different sizes (All Over Sequins Kimono Maxi, ASOS Premium, €215/around \$270). No less elegant, a dress from New Look uses glittery details slightly more sparingly. Concentrated in a pattern centered on the bust area, the sequins trail off closer to the hem. (New Look, €129.99/around \$160).

Now, Bengal puppetry for a cause

A puppet play with traditional puppetry artists from West Bengal on Nov 28 will highlight the importance of protecting wildlife and nature.

Christened 'Poochne Vala Kaun', the play will be performed by the Kolkata-based NGO Rahales Little Theatre (RLT) at the Indian Council for Cultural Relations, Kolkata for children and adults.

"We are reinventing a traditional art to bring a modern message. Through unique choreography, masks and live acts, the musical performance will give out the message of how man can be destructive to nature but it can also unify to save it. The play is meant for families and is symbolic and metaphorical," Rachel MacBean, director of RLT, told IANS.

MacBean has been breathing life into the artform since the last three decades and over the years has also designed special puppets. Traditionally, in Bengal, puppets are of four types - shadow, rod, gloves and string.

She works with the artists from Bengal's Midnapore district.

"Puppets are not just for children. Adults enjoy it too and it can be a tool for mass communication as well as training," she said.



Playing it well: The strength of women in adversity

Adapted from *The House of Bernarda Alba* by Spanish dramatist, Federico Garcia Lorca, a play in town presents a potent study of six women mourning the loss of the patriarch. These women are not allowed contact with the outside world by Bebe, the matriarch of the house.

Originally based in rural Spain, the play *Bebe ka Chamba*, has been adapted in Hindustani to the times of newly-partitioned Punjab and deals with themes of tragedy, tradition, authoritarianism and the oppression of women.

The story deals with women and the growing tension between them due to their confinement and how the chaos of the partition transforms into the chaos within them as they battle subjugation, rising sexual desires and the longing for freedom.

"The play might have its roots set in the time of partition, but it deals with emotions and situations which women



still face today. It shows what women go through when they are deprived of basic freedom," says the director of the play, Sohaila Kapur, adding, "Understanding the repression is key to understanding the characters as well as the play itself."

"Getting to be a part of such a powerful concept and to sing and act both, is an experience in itself. I loved every moment of this experience, and hope the audiences love it as much," says Madan Bala, who has composed the music for the play.

Catch it live

What: *Bebe ka Chamba*, a play.

When and where: November 26 at the Epicentre, Gurgaon. 7.30pm onwards/ November 29 and 30 at the Stein Auditorium, Indian Habitat Centre, Lodhi Road, 7pm onwards.

Foodie trail of Jalandhar

If there is a brand name that links directly to Punjab's sweet tooth, it is Lovely.

The Jalandhar-based Lovely Sweets Mall has over the last five decades mastered the art of tickling the taste buds of people across northern India, particularly in Punjab.

Famous for its 'moti-chur' ladoos over the years, Lovely Sweets is no longer confined to one popular item alone. It now offers over 250 varieties of sweets, besides other snacks and salted eatables.

It offers over 25 types of ladoos, including 10 varieties made in rich desi ghee.

"When my father, Baldev Raj, started our first shop in 1961 in Jalandhar Cantt, there were only four items available and the ladoos and barfi were the most popular. The second generation of our family initially added 20-odd items. More varieties of sweets were added later. Our third generation has introduced modern sweets which are liked by people," Lovely Sweets Mall owner Naresh Mittal told IANS here.

"He (Baldev Raj) was a 'chai-pani' contractor for the army and an army officer used to request him to bring sweets from a particular popular shop in Lahore in those days (before independence). That is perhaps where the foundation of our sweets business started," Mittal said.



The sweets mall, a unique six-floor building on Jalandhar's ever-busy Nankodar Road, is a full-fledged complex which offers sweets, snacks, other eatables, hundreds of types of packings, theme-based planning and packaging for special occasions like weddings, ring ceremonies, festivals and even baby-showers - all under one roof.

While the traditional sweets continue to attract hundreds of the sweets mall each day, the place offers chocolates, modern dry fruits and platters for weddings and other occasions.

"The highest selling items remain

the moti-chur ladoos, desi ghee ladoos, pinni and barfi variants. We even have a 'Ramdev barfi' (named after famous Yoga guru Ramdev) for health and yoga enthusiasts. It is made from ghiya (gourd)," Mittal said.

From budget packs of sweets which start from just Rs.20 to sweets boxes that cost over Rs.3,000 each, Lovely Sweets caters to all sections, pockets and tastes.

Keeping in tune with changing tastes, particularly of the younger generation, the Lovely brand has even ventured into bakery products with its

Lovely Bake Studio.

"We have introduced a lot of new things to keep pace with tastes and times. We brought in the sweets mall concept, have opened a 24-hour sweets shop and introduced a new brand - Lovely Imagination - for planning theme-based events. We have also ventured into bakery items," Naresh Mittal's son Shaishav Mittal, 32, who has done his MBA from the United States and has joined the family's traditional business, told IANS.

"We are bringing in the changes and introducing new concepts to cater to needs of the present generation. There is a slight decline in the consumption of sweets as people are becoming more health conscious," Shaishav, a third generation entrepreneur in the Lovely family, added.

The Lovely Group is now not only known for sweets. The Lovely Professional University (LPU), located near Phagwara town, is one of the biggest leading private universities in the country with over 30,000 students, including many from abroad. The Lovely group, which had ventured into automobile business (two-wheelers and cars) in the 1990s, opened its first retail store here last week.

White cup makes your coffee more intense

Can the colour of the mug influence the taste of your coffee? Yes, say researchers, suggesting that coffee tastes more intense when served in a white cup.

The idea for the study came to Australian researcher George Van Doorn who was told by Barista Lavazza, one of the biggest coffee restaurant chains, that "when coffee is consumed from a white, ceramic mug, it tastes more bitter than when drunk from a clear, glass mug".

Van Doorn and his colleagues put the theory to test by offering 36 volunteers coffee drink made with espresso and steamed milk in three different coloured mugs - white, blue and transparent.

People who drank from the white mug rated the coffee as more intense and less sweet than when served the same beverage in a blue or transparent cup.

"These results support the view that the colour of the mug should be considered by those serving coffee as it can influence the consumer's multisensory coffee drinking experience," Van Doorn pointed out.

The authors concluded that colour contrast between the coffee and the white cup offers one explanation for the results: When coffee was perceived as darker it could influence how people found the taste to be stronger.

The results of the study were published in the journal *Flavour*.



'Vape' is dictionary word of the year

Talk about lingo being the sign of the times. The Oxford Dictionary has just come up with 'vape' as the word of the year.

It means 'to inhale and exhale the vapor produced by an electronic cigarette or similar device'. It's no surprise that the word has emerged winner beating others, as e-smoking after the rise and rise of the fad everywhere. Of course, reactions to it have been mixed with some warning that it cannot veer anyone away from the habit of lighting up, with others arguing it is less harmful and could actually help folks do so. Here's more on it...

What's the draw about?

Resembling white sticks, these e-cigarettes look taste and feel almost like the real thing. They atomize water and nicotine to result in a vapor, which is like smoking a cigarette, but without burning any tobacco, and they leave no after taste.

One study pointed out that for those people trying to quit the smoking habit without seeking professional help, were 60% likelier to do so with e-cigarettes, than using nicotine re-



placement therapies like patches or gum. The research, chiefly funded by Cancer Research UK, suggests that e-cigarettes could play a role in reducing smoking rates. But there's also currently no evidence that says e-cigarettes are completely safe.

Watch out!

A report points out that e-cigarettes contain chemicals and lung irritants

that could cause inflammation and lead to heart trouble.

Hollywood tries vaping!

- Johnny Depp was seen puffing away on an e-cigarette in the film *The Tourist*.

- Katherine Heigl also was seen 'smoking' one on her holiday in Miami with her husband.

- As per a report, actor Robert

Pattinson is said to have smoked too many e-cigarettes at one point, going up to four per day.

- Actor Leonardo DiCaprio was reported to have sparked up an e-cig at the 2014 Golden Globe Awards. A group of US senators took the Golden Globes to task for showing celebrities puffing on these cigarettes at the show, saying such depictions glamorised smoking.

Other runner-up words

Bae: A term of endearment term for one's romantic partner, could well be a shorter version of baby or babe.

Contactless: Has one of the most popular usages as it describes technology that lets you connect wirelessly for anything, like making a payment, etc.

Normcore: A fashion movement in which ordinary, unfashionable clothing is worn as a deliberate statement.

Slacktivism: Refers to actions that are performed via the Internet in support of a political or social cause, but regarded as requiring little time or involvement, e.g. signing an online petition or joining a campaign group on a social media website.

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Real Estate News of Arizona - December 2014

By Arti Iyer ABR, CFS, CSSN

Hello Friends,

It's that time of the year in the valley that suddenly the hot summer days seems all worth it and long forgotten. Nice crisp winter mornings, cold days with the perfect sun and relaxed evenings, all indicates the holiday season has arrived. Time to unwind and spend some quality time with the family as well as time to round up how our real estate market performed for this year.

According to National Association of Realtors across US, the sales of existing homes rose to an adjusted annual rate of 5.26 million in October from 5.18 million in September, and now above year over year levels for the 1st time since last October, due to lower interest rates, more inventory and stable price

growth. The job market has consistently shown strength in the past six months. The median price for an existing home in October was \$208,300, which is 5.5 percent higher than it was a year ago.

According to Freddie Mac, the 30 years, conventional, fixed-rate mortgage in October dropped to 4.03 percent, its lowest level since June 2013 (4.07 percent), and down from 4.16 percent in September. The percent share of first-time buyers in October remained at 29 percent for the fourth consecutive month; first-time buyers have represented less than 30 percent of all buyers in 18 of the past 19 months.

Distressed homes like foreclosures and short sales were in the single-digits for the third month this year, decreasing to 9 percent in October from 10 percent in September; they were 14 percent a year ago. Seven percent of October sales were foreclosures and 2 percent were short sales. Foreclosures sold for an average discount of 15 percent below market value in October (14 percent in September), while short sales were discounted 10 percent (14 percent in September) as per national data..

Now let's look at the October sales of Residential Homes in Maricopa county-

- Total sales for Single Family, Town homes, Condos for October were 5,427 whereas September was 5,514 and August were 5,702
- The Active listings for October were 28,010 whereas September was 21,500 and August was 26,905
- Pending sales for October were 4,683 whereas September was 4,972 and August was 4,904

please see the chart below, October cash sales were higher than from past few months. Though Industry critics are saying that though lending standards are preventing the housing market from making a full recovery, because of the many would-be homeowners that are being excluded. The Federal Housing Finance Agency (FHFA) is working to expand availability for mortgage credit and is working out risk with Fannie Mae and Freddie Mac. FHFA is working with

Unit Sales by Financing Type			
	-Sgl Fam-	-Other-	-Mfg-
Bond/IDA	3	0	0
Carryback	21	6	3
Cash	1051	421	35
Cash to Loan	12	19	1
Conventional	1947	350	8
Exchange	4	0	1
FHA	1110	76	15
FMHA	14	2	0
Rent/Lease	2	0	0
SBA	2	0	0
VA	360	27	3
Wrap	0	0	0
Total Sales	4526	901	66

GSEs (Government-Sponsored Enterprises) to develop guidelines for loan to ratios. Federal regulators are proceeding with new rules that can ease guidelines for banks selling mortgages, which could mean fewer borrowers will need to make heavy down payments. These changes might be coming in the next year will sure to make a difference. Also, it can be a possibility

with clear lending policies, lower down payment requirements and an improving job market coupled with pent-up demand for Millennials and boomerang buyers, as they are the next growing phase we will be seeing which can change the market demand.

Now let's take a look on commercial side-

A joint venture between Hensel Phelps Development and Karlin Real Estate acquired 2.51 acres at the southwest corner of Mill Ave and Rio Salado Pky in Tempe from Michael Monti's Restaurant & Catering for \$16.88 million, or about \$6.7 million per acre. The site is currently home to Hayden House, the oldest structure in Metropolitan Phoenix, it was built in 1873. It evolved from a Sonoran row house that was in the Hayden family until 1924 when a restaurant began its operation. The historic structure will be preserved and repurposed as a destination restaurant. The new owners are planning a \$200 million mixed use creative office and lifestyle hotel development on the 2.51 acre parcel considered the gateway to Tempe's downtown core. The site is less than one block from Phoenix's light rail system, across from Tempe Beach Park and Tempe Town Lake.

Emma Capital Inc has acquired the Cedar Court Apartments at 5215 W Peoria Ave in Glendale from Cedar Court Condos LLLP for \$6.25 million. The 116 unit is 77,552 square foot multifamily community was built in 1986 and sits on 4.1 acres in the Maryvale/Green Brier Groves submarket. It is comprised of 80 one-bedroom and 36 two-bedroom models.

A California based investor acquired the LA Fitness building at 1382 S Cotton

Ln in Goodyear from Desert Tron Companies Inc for \$12 million, or about \$267 per square foot. The 45,000 square foot, freestanding retail building was constructed in 2009 on 11.6 acres in the Goodyear Retail submarket of Maricopa County. The property was 100 percent leased to LA Fitness on a triple-net basis at the time of sale.

Herbally Yours Inca manufacturer of nutritional supplements and skin care products, has purchased the industrial building at 150 N Sunway Dr in Gilbert from State Tool & Manufacturing Company for \$1.5 million or \$100 per square foot. The 15,000 square foot manufacturing building was constructed in 1996 on 1.4 acres in the Chandler North/ Gilbert Industrial submarket.

SPL Real Estate & Management Coacquired the 120 unit Dobson Springs Apartment Homes at 1325 W Guadalupe Rd in Mesa from Bruckal Properties USA Inc for \$9.12 million, or \$76,000 per unit. Built in 1980, the garden-style, 102,600-square-foot multifamily community sits on 4.5 acres. It is comprised of 18 one-bedroom and 102 two-bedroom apartments across five three-story buildings. The complex has been extensively remodeled, inside and out, during the past four years.

Whitestone REIT has acquired two community shopping centers Towne Center and The Promenade at Fulton Ranch in Chandler from RED Development for an aggregate \$47.85 million, or approximately \$226 per square foot. The two assets are located within Fulton Ranch, a 520 acre, high end lakefront lifestyle village.

Rosebud LLC sold the 150 unit Hidden Cove apartments to Coastal Group for \$7.75 million, or approximately \$52,000 per unit. Located at 2001 W Union Hills Dr in Phoenix, the multifamily community was built in 1984 on 4.7 acres. It is comprised of 36 studios, 78 one-bedroom, and 36 two-bedroom models.

Hope this article gives you a peek in what's happening in our valley. As always, I love all the questions, comments & feedback. Please keep them coming at arti@artiier.com or call me at 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 Armls, crompton report, Costar, Globest, BizJournal, NewsGeni, Realty times, azcentral, wall street journal.



By Holly Parsons



Spirituality

If ever I wonder if God is alive
Turn off my eyes
That I might witness the memory of darkness
And forget the colors of life

If ever I stand in denial of the endless life of my soul
Turn off my mind
That I might witness the memory of insanity
And forgo intuition

If ever I wonder if love is eternal
Turn off my heart
That I might witness the memory of fear
And forget the sacred tenderness of unity

If ever I wonder of the virtue of truth
Corrupt my senses
That I might witness the memory of deceit
And forget who I am

By Holly Parsons © 2010
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DECEMBER 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 * Ungli Kaaviya Thalaivan	4	5 * Undile Manchi Kalam Mundu Munduna Action Jackson	6 * Karthigai Deepam Celebrations Action Jackson Undile Manchi Kalam Mundu Munduna
7	8	9	10	11	12	13 * Discover India
14 * Sri Sarada Devi Birthday Puja	15	16	17	18	19	20 * Swami Ayyappa Special Mandala Puja Celebration
21	22	23	24	25	26	27
28	29	30	31 * Watch Night Service (Dec 31st 11:15 PM)			

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Spend time with friends and relatives. Travel for pleasure. Your fun loving approach will be admired and appreciated by others. Your uncanny insight will help you make the right choices. Talking to those you trust and respect will help you sort out any problems. Your luckiest events this month will occur on a Sunday.

ARIES



Mar 21
to
Apr 20

Disputes may start because of a lack of honesty. Colleagues may try to undermine you. You are best not to discuss your personal life with others. Minor health problems will cause setbacks if you haven't taken proper care of yourself. Your luckiest events this month will occur on a Thursday.

TAURUS



April 21
to
May 20

Avoid boredom by being creative in your endeavors. Real estate ventures will be to your advantage. You will upset your partner if you have spent money on things that aren't necessary. Your self esteem will benefit. Friends will be loyal and caring. Your luckiest events this month will occur on a Saturday.

GEMINI



May 21
to
June 21

Your partner may blame you for everything. Don't push your luck with your boss. Refuse to get involved in idle chatter; it will only make you look bad. Situations in your personal life are moving a little fast lately. Your luckiest events this month will occur on a Saturday.

CANCER



Jun 22
to
Jul 22

Throw yourself into your work. You're in the mood to do things such as competitive sports, or perhaps a night on the town. Your professional attitude will not go unnoticed. You will be able to enlist the help of colleagues who believe in your ideas. Your luckiest events this month will occur on a Monday.

LEO



Jul 23
to
Aug 23

Take advantage of money-making ventures. The locks, stove, gas, or electric wires may not be secure. It might be time to shake a leg and do a personal makeover. Family may not want to get involved but an entrepreneur will. Your luckiest events this month will occur on a Thursday.

VIRGO



Aug 24
to
Sep 23

Your self esteem will benefit. Friends will be loyal and caring. Your need to obtain additional details will lead you into strange topics of conversation. Channel your energy into projects that will enhance your home. Go with the flow and don't be concerned about your own job. Your luckiest events this month will occur on a Thursday.

LIBRA



Sep 24
to
Oct 23

You will find travel and lectures most stimulating. If you put your energy into physical outlets you will avoid confrontations. You may blow situations out of proportion when dealing with the one you love. Don't blow situations out of proportion or you could find that others will misinterpret what really happened. Your luckiest events this month will occur on a Thursday.

SCORPIO



Oct 24
to
Nov 22

You may divulge private information without realizing it this month. Don't jump too quickly if someone tries to make you join in on their crusade. You may have more to do with children this month; keep an open mind. You're not your usual self this month. Your luckiest events this month will occur on a Tuesday.

SAGITTARIUS



Nov 23
to
Dec 21

Your partner may make you feel jealous and unloved. Positive changes regarding your personal status are evident. Tempers may flare if you haven't been completely honest about your intentions or your whereabouts. You are best to deal with those outside your family. Your luckiest events this month will occur on a Saturday.

CAPRICORN



Dec 22
to
Jan 21

Involvement with prestigious organizations will be to your advantage. You can accomplish the most if you travel for business purposes. Lack of cash might be partly to blame for the problems at home. Residential moves will be in your best interest. Your luckiest events this month will occur on a Thursday.

AQUARIUS



Jan 22
to
Feb 19

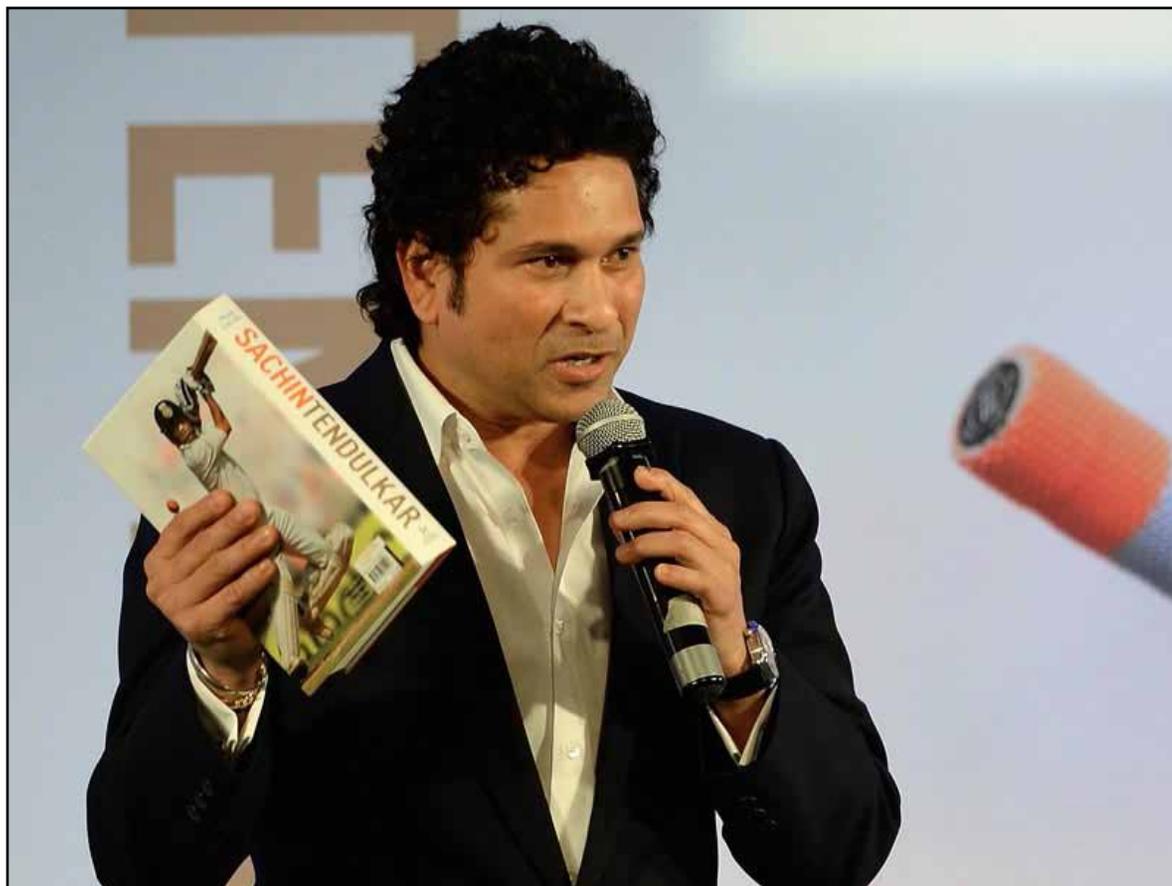
Don't let your emotions take over. Catch up on your reading and correspondence. Involvement in financial schemes will be followed by losses. Don't settle for less than the best. Your luckiest events this month will occur on a Tuesday.

PISCES



Feb 20
to
Mar 20

Aila! Sachin Tendulkar stumped by online book leak



The world of cricket has been divided into two teams. One team is reading their recently bought copies of Sachin Tendulkar's autobiography, *Playing It My Way*, in a hard-bound copy, while the other part is busy enjoying a free, pirated PDF version that was doing the rounds on the Web until just yesterday.

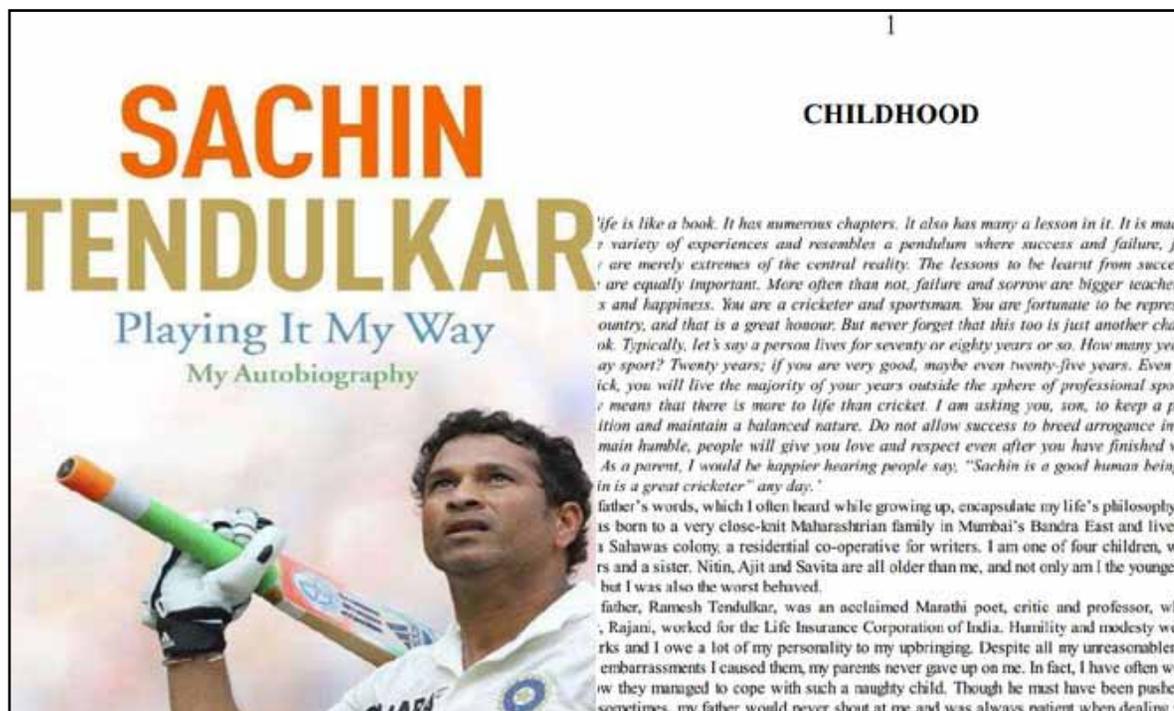
"We're making all efforts to pull it off the Web," said the spokesperson for the book's publisher, Hachette, shortly before it was taken off.

The damage, though, seemed to have been done by then, with the word about the e-book

spreading like wildfire through social media.

We tried contacting Karthik R Kattimani, who first shared the PDF on his WordPress blog, but he remained unavailable. The publishers confirmed that no prior permissions were sought by him before uploading the document.

Fans have mixed reactions to the e-leak. "Honestly, I had no clue if it was uploaded officially or unofficially. It's Sachin's book and it's free!" says Sudhir Vij, 25. Pratik Gupta, 27, says, "Nah, I didn't settle for it. The delight of holding the original in your hands is incomparable."



POET OF MONTH

Ilyse Kusnetz

Ilyse Kusnetz is the author of *Small Hours*, winner of the T.S. Eliot prize for poetry. Her poems, essays and reviews have appeared widely in the United States and Great Britain. Her areas of interest include contemporary American and Scottish poetry, and she is currently guest-editing a Scottish poetry issue of the *Atlanta Review*. She teaches at Valencia College.



Ideal City, Dream Sequence

In the beginning, I'm a miniscule confluence of brushstrokes, strolling through the square of Fra Carnevale's Ideal City, past the modest fountain and puzzled geometry of rhomboids, octagons, stone columns branching into chess pieces, a robed paladin, sword and shield upraised. Jostling in the background, the Coliseum and Arc de Triomphe like two fans in the stands at a football match. I vanish, then reappear, apparitional in the domed reading room of the old British library. Librarians squint over their bifocals at me. Schiller and Schopenhauer argue soundlessly in one corner, their hands ambered into bird-like flapping as they punctuate an unknowable point. I sink down. Sub-basement after sub-basement, on lecterns gargantuan tomes sigh, levered open, each cupping a different century – Scotland's Enlightenment glinting like a razor, the Sun King playing human chess in the gardens at Versailles, da Vinci sketching wings, propellers, a dozen airy permutations, Zheng He and Henry the Navigator sailing toward the slow fires of empire. Some centuries are backward, as in a kind of reverse time lapse – vapors of Black Death reinhaled into a hundred thousand peasants' lungs, Marco Polo, Khublai Khan, Haakon Haakonsson shrunken and curled into contemplative embryos, Nalanda rising from its broken stones. Further on, Murasaki Shikibu's quill hovers above The Tale of Genji. A Benedictine monk ornaments the letter "O" in ruby, emerald, gold. In Lombardy, Secundus of Non smudges the final page of *Historiola* with a drop of Anjou pear juice. I close my eyes, reopen them to hieroglyphs, cuneiform, the language of bird's feet, the Pleiades etched into Lascaux's walls, Orion carved on a mammoth bone. The bottom floor is stone, and I huddle outside a small room where a rabbi dances with a whore as you play the piano, and I know who you are, but ahead, at the end of a narrow passageway an eye-shaped aperture blossoms, expands – all beyond its radiance invisible, composed of light, and I wait, in the painted light, to step through.

Previously published in Artful Dodge

Film Review

'Raja Natwarlal' is predictable and does not keep the audience guessing

What it's about: Raja Natwarlal was touted as a crime-comedy film. Makers are now mixing genres in order to attract different audiences, but the result is often disastrous. There was no comedy at all and crime is not what it should be. Raja (Emraan Hashmi) pulls small time cons with his partner Raghav (Deepak Tijori), a small time con artiste. He is in love with Ziya (Humaima Malik) a bar dancer and in search for the last big con to rescue her from that murky world. Unfortunately in his bid to do so, he messes with the wrong man, Vardha Yadav (Kay Kay Menon). His partner

Film: Raja Natwarlal
Director: Kunal Deshmukh
Cast: Emraan Hashmi, Humaima Malik, Paresh Rawal and Kay Kay Menon
Rating: **1/2



bat, or when he finds himself poor, having lost every last penny. Humaima looks pretty and that is all that is required from her. Emraan seems to be going through the notions, including the smooching scenes.

What's not: When you are making a con film, it has to be clever. You have to keep the audiences guessing. Unfortunately here, you guess what the next scene will be. You can predict it. The cons need to come at the viewer fast and furiously but that doesn't happen here. The romance angle between Raja and Ziya does not blend well and acts like roadblocks in the film that is already disappointing. Yogi is supposed to be the mastermind here... but Raja keeps doing his own thing, defeating the purpose and buildup to the Master Con.

What to do: Watch the old Natwarlal, starring Amitabh Bachchan.

is killed and he is on the run. In desperation he turns to Yogi (Paresh Rawal), a retired

ex-con to help him avenge his friends death and pull his biggest job yet. But everything goes wrong.

What's good: It starts off

well. The first con is pulled off deftly, and the film moves along briskly, preparing you for the good movie experience. But then it derails quickly. The

film has a brilliant supporting cast. Paresh Rawal is brilliant as ever. Kay Kay Menon is a delight to watch, whether he is clobbering a poor soul with a

Ranbir Kapoor reacts to Salman Khan's 'Katrina Kapoor' statement

Ranbir Kapoor might not have received an invite for Arpita Khan's wedding but when beau Katrina Kaif decided to attend it, he also kept a close tab on what happened at the wedding. So when he heard Salman Khan joked with Katrina calling her 'Katrina Kapoor', he simply laughed it off.

Salman called Katrina on stage when the DJ started playing 'Chikni Chameli' but Kat tried to hide

behind Karan Johar as she was too reluctant to be on the dais with ex beau Salman. To that, Salman asked Karan to come on stage and get Katrina also on stage with him. But that did not work either. Hence Salman, who was in high spirit that night reportedly said, "Ok fine, not Katrina Kaif. Katrina Kapoor, please come on stage".

An embarrassed Katrina could not shy away

before Salman made another statement. 'Main kya karoon. I gave you a chance to be Katrina Khan but you chose to be Katrina Kapoor instead', said the actor cheekily.

All this happened in Hyderabad but when Ranbir got to hear about the incident, he did not get miffed. Rather he took it as a joke and seemed quite amused with the whole episode!

Shah Rukh Khan uploads audio message, thanks fans for 10 million followers on Twitter



Words are not enough to connect with Shah Rukh Khan, audio must help...

Bollywood super Shah Rukh Khan has never missed a chance to interact with fans. Twitter, Facebook, Youtube—the tech-savvy Badshah knows how to reach out to the audience and respond to the immense love being showered on him by his fans.

Recently, on hitting 10 million fans on Twitter, Shah Rukh Khan has sent out an audio message thanking his fans to help him achieve such a feat. SRK used Audio Card, one of the newest Twitter innovations to thank his fans. He is the second most followed user on Twitter in India. He already has over 12 million likes on his official Facebook page.

In the past, SRK has also used the platform for various forms of outreach including a Q&A where he responds to his fan's questions via the hashtag #AskSrK frequently and he recently delighted his fans through a personalised video message and a digitally autographed poster mentioning the names of his fans for Red Chillies Entertainment's film Happy New Year.

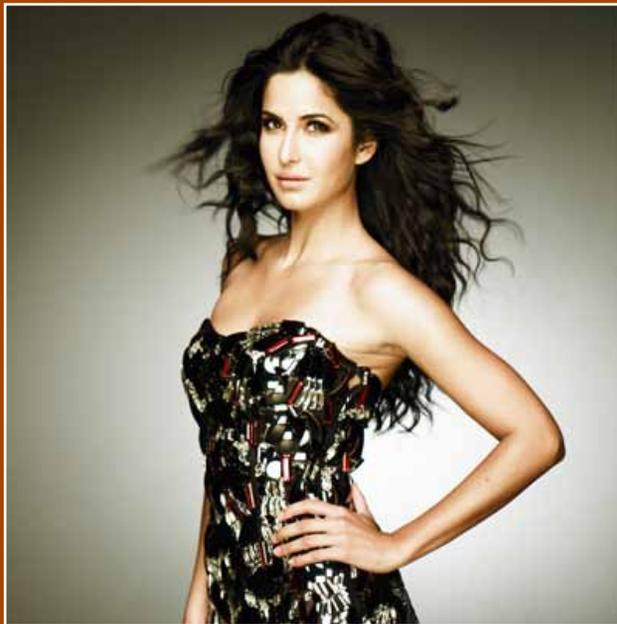
Who is Katrina Kaif's new BFF?

Katrina Kaif who recently shifted to her love nest with beau Ranbir Kapoor has a new BFF! And guess who that is! It's none other than veteran actress and her Fitoor co-star Rekha.

Fitoor is Abhishek Kapoor's directorial project-an adaptation of Charles Dickens' novel 'Great Expectations'- and stars Aditya Roy Kapoor alongside Katrina Kaif. Rekha plays a pivotal role in the film. Of what we hear, the Fitoor actresses have bonded really well on the sets of the film. Rekha and Katrina keep chatting on the sets and spending some quality time too.

Not just that, Rekha who hardly watches films has apparently asked Katrina to give her DVDs of her films. Rekha feels Katrina should do more films like Raajneeti in future.

But the veteran actress does not use her cell phones to chat with Kat. Rather, she calls her up on the landline and chat for hours at a stretch. Seems after having a BF, Katrina has a new BFF now!



Priyanka Chopra takes to streets for 'Clean India Campaign'



Bollywood star Priyanka Chopra cleaned an area in the city with the help of some social workers as a part of Prime Minister Narendra Modi's 'Swachh Bharat Abhiyan'.

PM Narendra Modi had earlier nominated the 'Mary Kom' actress to contribute towards the 'Clean India Campaign', he launched on the birth anniversary of Mahatma Gandhi last month.

The 32-year-old actress took to Twitter to post the video, which shows her collecting waste. "Here it is... My contribution towards the Swachh Bharat Abhiyan," she captioned the video, recorded two days ago.

"Be the change you want to see'- thank you narendramodi for reminding me of that! MyCleanIndia can happen! ChangingMindsets," she tweeted later. The PM praised the National award-winning actress for her efforts.

"An innovative effort by @priyankachopra. It is a wonderful way to bring people together to create a Swachh Bharat. Kudos! MyCleanIndia," he tweeted. Bollywood actors like Amitabh Bachchan, Salman Khan, Aamir Khan and Kamal Haasan, have also supported the initiative.

Bollywood business heading towards collapse, says director Shekhar Kapur

Director Shekhar Kapur feels that the business of Hindi cinema will collapse soon as more and more Bollywood films are being released in large numbers to reach the Rs 100 crore mark quickly. The 68-year-old Elizabeth helmer said people called him 'mad' when he released 350 prints of his 1987 blockbuster Mr India. "I remember people calling me mad when I had released 350 prints of 'Mr India'. They said nobody releases film in that large numbers and I am just wasting my money. "But now the scenario has changed. Filmmakers release 4000-5000 prints in order to quickly reach the 100 crore mark. Seeing this trend, I feel business of Hindi cinema is heading towards collapse," said

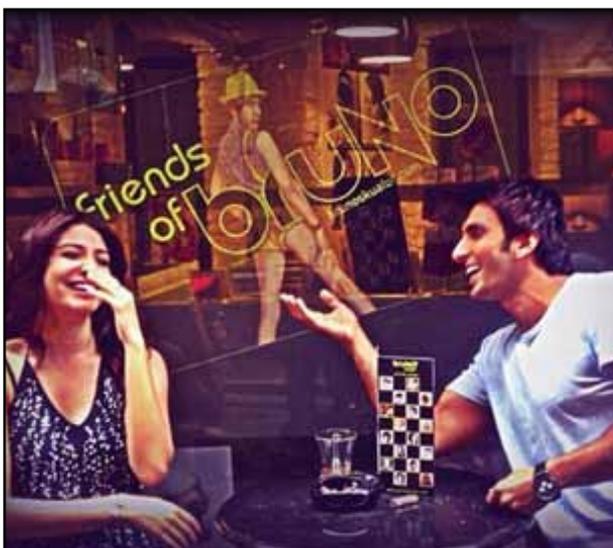


Kapur while addressing a master class on the sidelines of NFDC's Film Bazaar.

Filmmaker Anurag Kashyap, who was the guest speaker at the

session, said that this practise is hampering the business of regional cinema. "Regional cinema is making some brilliant films. Marathi and Tamil films are making films much bigger than Bollywood movies. But they hardly get any opening due to our big stars and huge number of prints released. They can't wait much to release their films in India because most of them take their films to festivals to generate buzz. If they delay it further their films get into the piracy market," he said.

Kashyap, who has supported several small-budget films and issue-based documentaries, said that he turned producer to fund those movies which he wanted to see as an audience.



Anushka Sharma signs Ranveer Singh for her next production venture after 'NH10'

The Band Baaja Baraat pair will be seen on screen yet another time after Zoya Akhtar's Dil Dhadakne Do. Ranveer Singh has reportedly been roped in for Anushka Sharma's second production venture, after NH10.

The PK actress who has already launched her production house and has finished producing her maiden venture- NH10 has

already made plans for her second venture. Anushka and Ranveer have already been paired in two films previously - BBB and Ladies vs Ricky Bahl.

Now the two are hitting screens together next year in Zoya's DDD. Post that, Ranveer and Anushka will start working on their fourth project together, which will be helmed by NH10 director Navdeep

Singh.

Although there were reports of a fallout between the two lead stars, they pairing up alongside each other for Zoya's film had already put all rumours to rest. But now with Ranveer already on board for Anushka's second production, everything seems to be falling in place for the two and they have certainly turned better friends now.

Chai with... Manju-ji - "Daughters are IN"

Q: What makes you think that daughters are IN?

A: At the ripe old age of 45, when I got adopted by an Italian lady, she shared with me a wonderful saying, "A son is a son till he gets a wife; a daughter is a daughter for life." Since then I have been closely observing the relationships of sons and daughters in various families. I find that saying to be absolutely true.

Q: What do you mean when you say, "IN?"

A: I see all around me friends and family where daughters are extending care to the elders of the family. Despite all odds laid against them by societal norms, they are extending this much needed and compassionate care in the last days of their sick and dying parents and grandparents. Fortunately, with better education of girls and their financial independence, daughters can now extend that care. For example, it is often the daughters who take on the responsibility, from sending cash for medicines and medical devices, to calling on the phone or visiting regularly. Shailesh Mishra who is a founder of 'Silver Innings,' an NGO for seniors has a wonderful article on the website by NamitaDevidayal. She has put it beautifully: "The ancient tale of Shraavan Kumar, the dutiful son who carried his ageing parents in two baskets on his shoulders, now needs to be rewritten with a female character scripted in." Today, it

is invariably the daughters that the aged have come to rely on. I urge everyone to read the eye-opening article which is loaded with examples:

<http://silverinnings.blogspot.com/2010/03/daughters-as-care-giver-to-aged-parents.html>

There is a great quote by IshaniDutta from that article that I would like to share with your readers: "...in old age the mother often becomes the daughter and the daughter becomes the mother. That's the beauty of the relationship."

According to Shiv Viswanathan, social scientist and senior fellow at the Centre for the Study of Developing Societies... "Even biologically speaking, daughters have a more caring mental make-up. Women view the family as an important institution. Patriarchy doesn't work because sons don't want to take on responsibilities."

Q: So why do mothers want sons?

A: It is a left over from the days when humans were hunter-gatherers. Having more males meant there would be more food. But then the concept got distorted and incorporated into various cultures all across the planet. In the modern world it manifests as



the family is not considered complete without one. Hence, it is the desire of every family to have at least one son; they will even adopt one.

Q: How can we change this?

A: Luckily I see a change in the mindset of educated people. But the problem will persist as long as we do not change the way legal names are recorded. The concept of first and last/family name should be discontinued. Every person's first name should be preceded by three initials that stand for the person's mother's first name, father's first name and the place of birth. The initials can be spelled out on legal documents when needed. The Tamils have something like it, but even there, the mother's name does not factor in. Once we eliminate this family name concept, the desire of having at least one male offspring will fade away.

I also believe that religious leaders can do a lot to elevate the status of daughters in society. For example, last rites should be made the privilege of daughters also; temple, gurudwara and church leaders should allow equal access women to conduct services. Personally, I would like to see a female Pope and a female

Where's Heavenly Love?

Shell-shocked orphans
Huddle in dark shelters -
Condemned, while asleep
in their beds.
Their nagging question
Pierces the darkness
"Where's heavenly love?"

A childhood lost
To tainted innocence,
Never again to play.
By-products of ugly wars
Fought to boost
The weapons' trade.
And covert plans
Of human greed - the real
enemy -
A stranger far away.
Though the wars shall end
The wounds shall stay;
The tears won't wash
The bloodstains away.

But hark! Dear orphans.
Heaven shall strike
While the enemy sleeps
As you did once.
Earthquakes, fires
Floods and famines
Shall shake their evil core.
With the mortal remains
Of their own little ones
They shall huddle
To the rubble of
Mosques, churches and
temples
To ask that very question
"Where's heavenly love?"

By Mini Sarla



Lotus Wellness Center

Chiropractic, Acupuncture, N.A.E.T

Lotus Wellness Center is an alternative medical practice specializing in healing, improving and maintaining your health. We provide care through multiple health solutions. We make it a priority to establish long lasting relationships with our patients. Our goal is to help our patients achieve optimal health by providing exceptional continuous care.

We will be happy to answer any questions and provide additional information about our practice.

Lotus Wellness Center strives to provide outstanding care on every visit.

Location:

900 E. Lincoln Avenue
Orange, CA 92865

Contact Us:

Phone: (714) 637-6370
Fax: (714) 637-2744
E-mail: info@mylotuswellness.com



Portugal named world's best destination for...

Putters looking to plan a golfing holiday may want to consider booking a trip to Portugal, which was named the world's best golf destination at the inaugural edition of the World Golf Awards over the weekend.

Hosted by the same group that hosts the World Travel Awards, known as the Oscars of the travel industry, the World Golf Awards took place at the Conrad Algarve and saluted the best golf destinations, courses, and resorts in the world.

With 80 golf courses, many of them set against ocean views, dramatic cliffs, white sand dunes, lakes and mountains, Portugal was singled out as the best in golf tourism.

Popular among golf pros and host to major events on the professional circuits including the European Tour, many of the courses are designed by



architects like Henry Cotton, Rocky Roquemore and Arnold Palmer.

A mild year-round climate also makes Portugal a popular golfing destination.

Meanwhile, other big winners of the night included St Andrews Links (Old course), which, perhaps not surprisingly, took the title of world's best golf course 2014, and The Els Club Teluk Datai, developed on the island of Langkawi off the northwest coast of mainland Malaysia, which was named the world's best new golf course.

The Sawgrass Marriott Golf Resort & Spa in Ponte Vedra Beach, Florida took the award for best golf hotel in the world. For the full list of winners, including regional winners across the US, Canada, South Africa and Australia visit <http://worldgolfawards.com/winners/2014>.

Mumbai the most vacation-deprived city: Study

The financial capital of the country has emerged as the most vacation-deprived city among the five surveyed towns, as most Mumbaikars enjoy working more than relaxing at vacations, says a recent study.

"Vacations play an important role in maintaining the work-life balance, and general well-being of the employees while re-energising them to be more focused at work.

"However, Mumbaikars lead in enjoying work more than relaxing at vacations as a majority of them take lesser vacation days than they are awarded," Expedia Managing Director, Asia, Vikram Malhi said.

This, he said, makes Mumbaikars top the vacation-deprived city among the other surveyed towns in the country.

According to online travel agency Expedia.com's 2014 Vacation Deprivation report, 97 per cent Mumbaikars' vacation are deprived, 96 per cent are willing to make sacrifices for extra vacation days and 42 per cent feel guilty for taking a vacation.

However, the capital city of Delhi is the least vacation-deprived, the report said.



In Delhi, people start planning for next vacation within a week of coming back and most (99 per cent) are willing to make sacrifices like giving up on television and junk food for an additional vacation day.

"Delhiites are least vacation-deprived as compared to other metro cities in India. About 60 per cent of people in Delhi would prefer more vacation days instead of money.

They are also ready to

sacrifice on things like junk food, Internet and television, but find it relatively difficult to part with their booze for an extra day of vacation. About 7 per cent of them actually book it before landing back from their current vacation," Malhi said. The Expedia survey was conducted in five cities of Delhi, Mumbai, Pune, Bangalore and Hyderabad by Northstar

from August 25 to September 17, 2014. Puneites, despite

having the most supportive bosses, feel they are vacation-deprived, because most of them feel they do not get enough vacation days, the survey said.

Almost half of Puneites start to relax as soon as they start their vacation and three-fourth of them associate overall happiness with vacation, it added.

It further said that Puneites are ready to give up des-

sert, social media, sex, taking a shower and Internet for one extra day of vacation.

Bangalore is at the top for several short vacations or long weekend instead of one long vacation.

The survey said Bangaloreans are workaholics as they are the highest to start enjoying their vacation when almost more than half of it is over. Almost half of them blame it on their spouse or partner, work demand or other family members for not taking vacations. They make up by taking multiple short vacations, it said.

It added that even as Hyderabadis are the highest to travel for weddings or family obligations, about 52 per cent never take all vacation days that they are entitled to and 67 per cent prefer a pay raise over more vacation days.

The survey found that for Hyderabadis, vacation planning is the number one priority and they plan their next vacation within more than a month of returning from holiday.

A quarter of these vacations are related with weddings or family obligations, highest amongst the cities surveyed, it added.

You can now train your brain to ignore distractions with sound training



Scientists, including one of Indian-origin, have developed a new brain training approach that uses sounds to allow ageing brains to ignore distractions.

Distractibility, or the inability to sustain focus on a goal due to attention to irrelevant stimuli, can have a negative effect on basic daily activities, and it is a hallmark of the ageing mind. A team led by researchers at the University of California, San Francisco, developed a training approach designed to help

strengthen individuals' ability to suppress their attention to distracting stimuli.

The investigators used sounds at various frequencies as targets and distractors, with the goal of having

trainees focus on the target frequencies while ignoring the distractor frequencies. In both aged rats and older humans, trainees implicitly learned to identify the target tone in each training session through reinforcement feed-

back, and then they had to continue to correctly identify that target tone amidst progressively more challenging distractor frequencies.

Distractor frequencies were progressively made more similar to the target after trainees made correct discriminations, or they were made more dissimilar after incorrect discriminations. All the while, the target frequency was kept constant.

In both rats and humans, training led to diminished distraction-related errors, and trainees' memory and attention spans improved. Also, electrophysiological brain recordings in both rats and humans showed that neural responses to distractors were reduced.

"We show that by learning to discriminate amidst progressively more challenging distractions, we can diminish distractibility in rat and human brains," said lead author Dr Jyoti Mishra. The approach could also be modified to help individuals struggling with a variety of distractions, researchers said.

The study was published in the Cell Press journal Neuron.

Germ attack: Restroom **hand dryers** worse than paper towels

Don't be fooled by the glittering washroom of the five-star hotels you swear by. Beneath all the apparent cleanliness could be millions of germs lurking to strike at you. A new study has revealed that restroom hand dryers spread more bacteria than paper towels into the air, on to users and bystanders.

Research at the University of Leeds found that air bacterial counts were nearly 30% higher around driers when compared with paper towel dispensers, the Daily Express reported.

According to the research, airborne germ counts close to jet air driers were found to be 4.5 times higher

than around warm air driers and 27 times higher compared with the air when using paper towels.

Lead author Mark said that bacteria was more prevalent around both high-powered 'jet-air' and warm hand driers and these driers are effective at drying hands but when a cursory hand wash is done, there is likely to still be a high bacteria count on hands.

Mark, who doesn't believe it is sensible to install these in hospitals, added that in a hospital setting people may run the risk that hospital infections could spread in that way. The research was recently published in the Journal of Hospital Infection.



Fifty- something? Survey says life actually begins at 52



This is for all fifty-somethings reading this story. If you've been feeling down and out of late, here's some good news. A new survey has revealed that satisfaction with life hits its zenith at 52 and people are more youthful, fit and ready for anything. In other words, you've been feeling bad for no reason.

According to the research by social network Silver-surfers.com, the benefits of experience mean 58% feel better able to cope with a variety of situations, the Daily Express reported. Up to 36% of respondents said that they feel more confident, 45% cease to care what others think, while 51% only bother doing the things they like.

The survey found that over-50s have reached a point where they feel more confident about themselves and indeed almost a quarter feel 14 years younger than their age.



Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

DECEMBER 2014 Programs & Events

16 Maghar – 16 Poh, 546 Nanakshahi Era (NE)

Dec 12-14 (Fri-Sun) – Birthday Sahibzada Fateh Singh Ji, 1699 (Actual: Dec 12)
 Shaheedi Baba Gurbaksh Singh Ji (1688-1764) (Actual: Dec 17)
 Birthday Bhagat Sain Ji (1400).
 Last Day of Punjabi School Dec 14. Next session begins Jan. 4, 2015

Dec 16, Poh 1 (Tues) – Sangrand and Monthly Sehj Path (9am - 10am)

Dec 19 – 21 (Fri-Sun) – Shaheeds of Chamkaur Sahib:
Sahibzada Ajit Singh Ji & Sahibzada Jujhar Singh Ji,
 Bhai Jiwan Singh Ji, Bhai Sangat Singh Ji and many other brave souls.
 (Actual: Dec 21 & 22, 1705)
 Sun. - Homeless Langar Seva. Call 602 741 8021 for more info.

Dec 26 – 28 (Fri - Sun) –
Akhand Path for four Sahibzade and Mata Gujri Ji
 – Arambh: Fri. 10:00 am. Bhog: Sun. 9:00 am
 Shaheedi Sahibzada Zorowar Singh Ji,
 Sahibzada Fateh Singh Ji and Mata Gujri Ji's.
 Shaheedi Bhai Moti Ram Mehra & family. (Actual: Dec. 26, 1705)

Dec 31 (Wed) – New Year's eve Kirtan Darbar 9:00 PM – Midnight
 Followed by Jallabia and milk.
HAPPY NEW YEAR EVERYONE!!!

Jan 1, 2014 (Thur) – NEW YEAR program
 Asa-Di-Vaar 9:00 am to 11:00 am
 Evening Kirtan Diwan 7:00 pm to 8:00 pm

Jan 2 - 4 (Fri-Sun) – Parkash Sri Guru Gobind Singh Ji (1966)

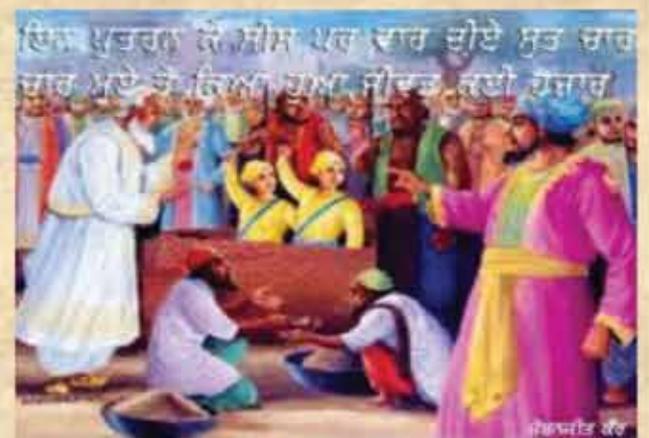
Regular Programs:

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

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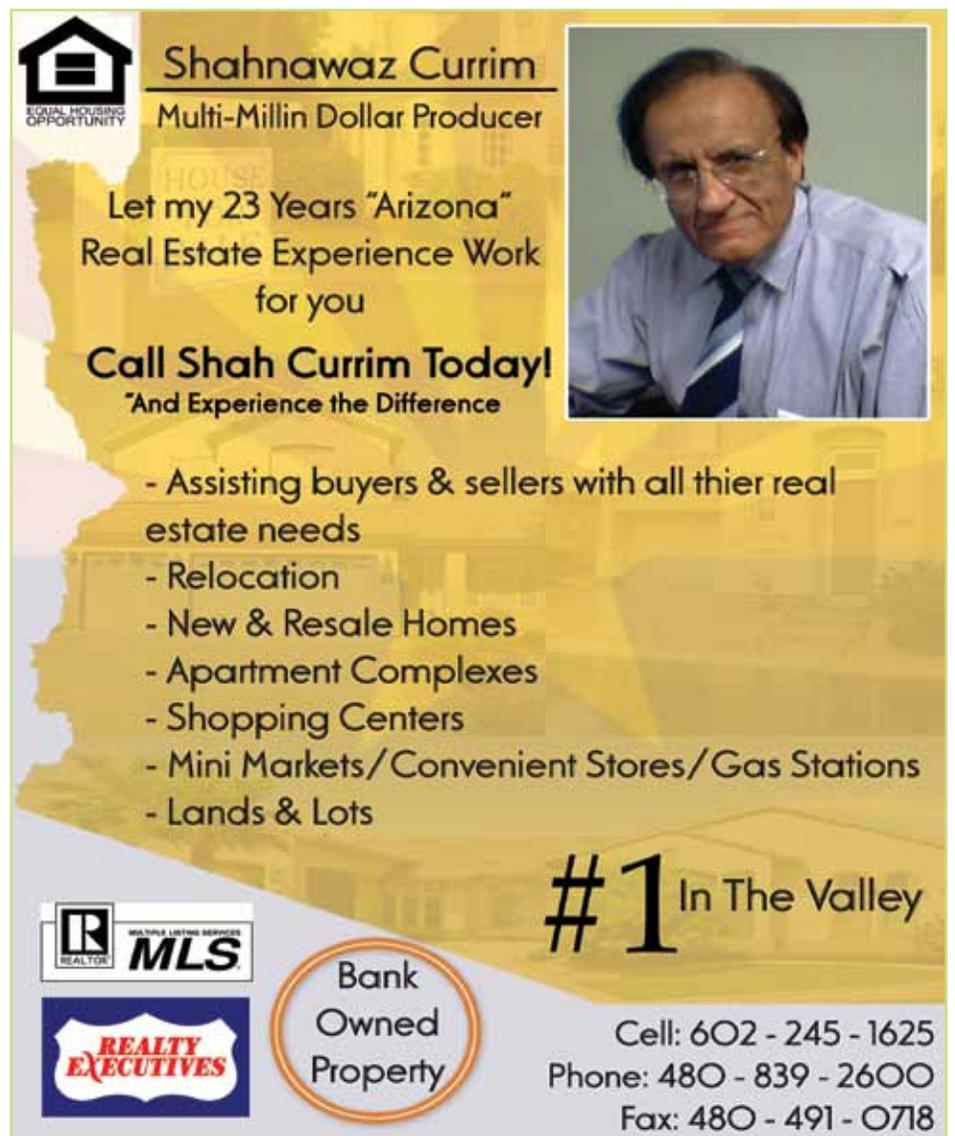
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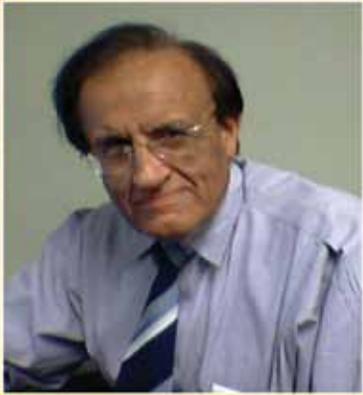
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