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Monthly Newspaper

• Vol-IX • Issue-12 • Phone : 480-250-2519 • sales@asiatodayaz.com • December 2016

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Sonam Kapoor, The US Presidential Election, and Arizona...



By Deepa Kaur Walia November 7, 2016

Sonam Kapoor, The US Presidential Election, and Arizona – what do the three have in common? If you attended the glitzy gala held at one of the most sought after event venues in town, Chateau Luxe, on the eve of the US Presidential Election, you already have the answer. In support of Hillary Clinton, Sonam Kapoor arrived in Arizona to support a Get Out the Vote party and endorse Presidential Candidate Hillary Clinton. • **More on P9**

Celebrated in style and great success the 15th year of Discover India



The India Association of Phoenix (IAPHX) celebrated in style and great success the 15th year of Discover India event on November 12, 2016 from 11:00 A.M. to 6:00 P.M. at the Scottsdale Civic Center Park thanks to the generous support of the Scottsdale City Council and the Phoenix community at-large. Scottsdale Mayor Jim Lane delivered the host city address and congratulated the effort of Indian community toward the economy and life in general of Scotts- • **More on Page 22**

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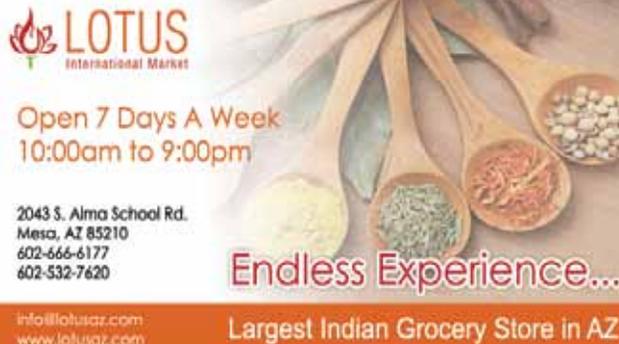
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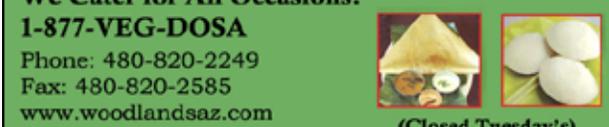
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AZGOP Robert Graham congratulates and thanks az voters for supporting Donald Trump



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Hanumanji Puja
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 7Pm - 9Pm
 Contact: Sushma (480) 970-4439

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Swami Anantacharyaji Pravachan 4-10th December 2016



Moorti Sthapna:
 February 3rd to February 5th 2017



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 December 4th, 11Am- 1:00Pm
 December 5th - 8th, 7Pm - 9Pm
 December 10th, 11Am - 1Pm

*Sponsorship \$101 for 4th - 8th &
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For details contact: Pandit Ji (480) 874-3200

Please Donate generously for Hanumanji Moorti Sthapna

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Internal Battles...

“No one who conjures up the most evil of those half-tamed demons that inhabit the human breast, and seeks to wrestle with them, can expect to come through the struggle unscathed.” — Sigmund Freud

We are harder on ourselves than anyone else whether that be family, friends, or enemies and maybe that is just part of human nature. When we hear things being said either to us or about us, we immediately go into this mode of what we could have done different to avoid it. And sometimes the answer is actually nothing. Maybe it was the individual’s own internal battle or shortcoming that forced them to say what they did. However, if we start sitting and analyzing the words and the situation, very rarely does that thought surface itself – maybe it wasn’t me. And maybe that is just what Freud meant when he said the quote above. Sometimes you should just let things go and not wrestle with the words that were said internally – all you will do is cause harm to yourself and it will probably turn out that what was said had nothing to do with you at all.

If there is one New Years’ resolution you should make, it should be to judge yourself by your own standards and ignore anything said to you by those around you. You are the only one that knows the paths you have walked to get where you are in life and your motives behind each and every action you took and word you said. The same holds true to everyone else. Not only is it important to judge yourself by your own standards, it is equally important



not to judge anyone else for their words or actions. Because just like you are the only one that knows your own struggles in life that may have been the cause of your action, the other individual had their own rocky roads that led them to say or do the things they are doing.

December is a great time to self-reflect and see what you would want to improve upon yourself. However, make sure your

resolutions are truly coming from your heart as things you want to improve about yourself and not things that others want to change about you. Those that love you will love and understand all of you – the good, the bad, and the ugly. And those that do not, there is no amount of change you can bring about that will cause them to love you because they are fighting their own demons, not you.

2016 was a spectacular year! And, we are eternally grateful for all the support the community has given us with Asia Today and our annual Diwali Mela. As we step into 2017, we are excited about bringing some new changes. Asia Today Arizona’s website has a new face – a complete redesign which will enable us to take website advertising, as well as the ability to flip the digital PDF on your laptops, tablets, or mobile devices. The print edition will continue for those that prefer the feel of a newspaper in their hands but we hope to attract a wider audience with the digital changes. Thank you for your continued support. Wishing everyone a safe holiday season and a very Happy New Year!

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

Dear Friends,

It’s hard to believe that we’re close to December and the end of the year. It seems like only yesterday that we were still in the hot days of summer and were surviving through the dog days of August. We’ve passed through a relatively orderly fall and as we come to December, It feels like I blinked my eyes in January and we’re looking at the Holidays being upon us now. It’s nuts really, but a fact of life I suppose.

As people, I think we like to have closure and then follow that up with new beginnings. It becomes second nature I believe. This, not surprisingly, is part of why we’ll see a slew of new year resolutions posts come the New Year. I love having goals, I really do but as I get older I come to see the need to have a purpose or a drive behind those goals. Otherwise, they’re just not going to happen. However, if I have a singular



Marketing Director
NOTE



focus behind the goal then my chances of success increase exponentially. Of course, this is just in theory as I have no scientific data behind it.

As you start looking over this past year and looking towards what you want to accomplish next year my encouragement is to start looking to take action now. Start dealing with your fears. Start dealing with the excuses you’ve

used in the past. Start thinking about the “why” behind the goal. I know that isn’t easy by any means, but the more you do those things the stronger the bond is towards attacking that goal and thus you are more inclined to see some level of relative success with it.

-Manju Walia
Marketing Director Asia Today,
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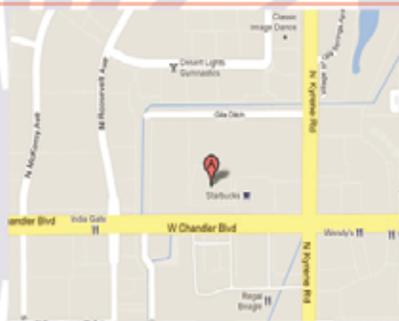
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GCA DIWALI GALA 2016

The Asia Today Team attended the GCA Diwali GALA 2016 and has an amazing team he celebrating with our many supporters. Special thanks to Mrs. Meenaben and Mr. Kamlesh Patel for the invite. We enjoyed amazing food by OM Indian Bistro and the entire night was very well organized! We are pleased to share some beautiful moments captured during the evening and looking forward to GCA Diwali Gala 2017





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Yoga Path to self realization

ayāsvapnambhayamśokamvisādāmadam eva ca navimuñcatidurmedhādhrtihsāpārthatāmasī

(Bhagavad Gita 18.35)

Translation: And that determination which cannot go beyond dreaming, fearfulness, lamentation, moroseness and illusion – such unintelligent determination, O son of Prtha, is in the mode of darkness.



Reflection by Chaitanya Charan:

Suppose a friend is worried about paying the interest on a loan. On enquiry, we come to know that they haven't yet taken that loan. Appalled, we would shake them, saying, "Are you nuts? Why are you worrying about paying interest on a loan you haven't even taken?"

That's sensible advice – and it's advice we may need to give ourselves. Because we too do something similar whenever we worry about future problems; we waste our energy in obsessing over possibilities that hardly ever actualize. For example, finding a small swelling on our hand, we may start worrying that it might be a tumor; the tumor might be malignant and terminal; and we might have only a month to live. While our worry spree makes us in-

Worry is the interest we pay on loans we haven't yet taken

~Chaitanya Charan



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creasingly panicky, the swelling disappears uneventfully.

Instead of worrying about what all may go wrong in future, if we just focus on what is wrong right now, we will discover that things are not unmanageable. Still, shifting our focus to the actual situation is not easy, especially if we have unwittingly habituated ourselves to worrying.

Gita wisdom explains that our thought habits are shaped by subtle forces of nature known as the modes. Worry is characteristic of the lowest among the three modes: the mode of ignorance. And habitual, compulsive, self-destructive worrying, the Bhagavad-gita (18.35) indicates, is characteristic of

determination in the mode of ignorance.

To correct such stubborn, self-sabotaging thought patterns, we need to consistently connect ourselves with the supreme spiritual reality, God, Krishna, who exists beyond the three modes. When we fix our mind on him, we experience inner security and serenity, which enables us to resist the mind's fits of anxiety. Being thus calmed, we can focus on addressing, in a mood of service, things as they really exist.

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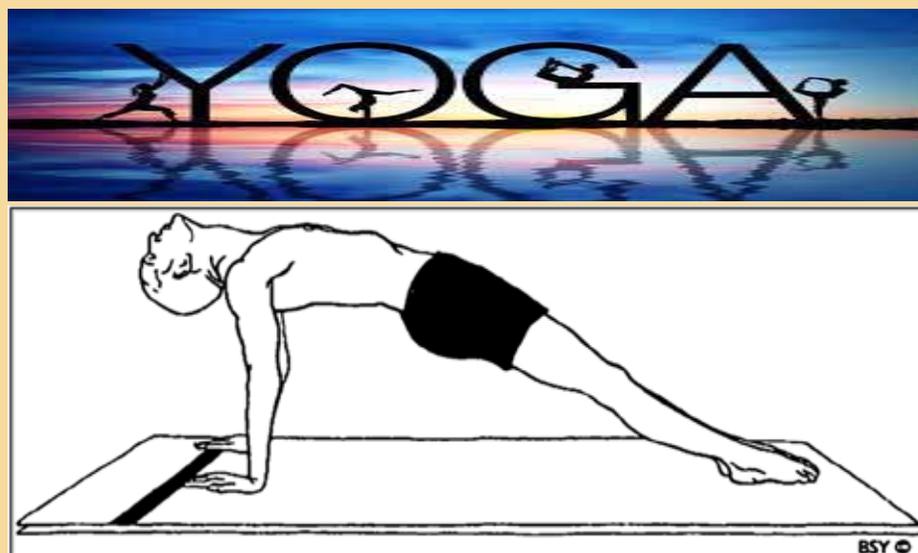
http://radhakrishnaphoenix.org - ISKCON Phoenix

Namaste everyone!! I hope everyone is having a wonderful Thanks Giving. Thanks Giving is mainly perceived these days as to enjoy, relax and catch up with family and friends. But then the main purpose of Thanks Giving is to express our gratitude to everyone whoever has left a positive or negative impact in our life. And who can be the most influential than the God himself who has not only created us but given us everything to cherish materially or spiritually. Yoga in Sanskrit itself means connection, connection to that Supreme Personality. So, let's take a moment to express our gratitude to God by submerging ourselves into a Yoga posture.

This week we are focusing on yoga posture called Purvottanasana.

Purvottanasana

Purvottanasana, or Upward Plank pose or reverse plank stretches the front of the body and strengthens the back. It also stretches (and strengthens) the fronts of the arms. In the Ashtanga yoga, Purvottanasana comes right after paschimottanasana. Where paschimottanasana can be used to stretch the back of the spine, reverse plank can be used to strengthen the back of the legs.



How to perform it:

- Sit with the legs stretched forward.
- Place the palms on the floor on either side of the body, about 30 cm behind the buttocks.
- The elbows should be straight, the fingers pointing backward and the trunk slightly reclined.
- This is the starting position.
- Raise the buttocks and lift the body upward.
- Let the head hang back and down. Do slow and steadily drop your head back without even com-
- pressing the back of your neck with lot of perfection
- Try to place the soles of the feet flat on the ground.
- Keep the arms and legs straight.
- Hold the final position for as long as is comfortable.
- Lower the buttocks to the floor.
- This is one round. Practise up to 5 times.

Breathing:

- Inhale in the starting position.
- Retain the breath inside while raising the body and holding the final

position.

- Exhale while lowering to the starting position.

Awareness:

Physical - On the wrists, arms, back and abdomen.

Spiritual - On manipura chakra.

Sequence: This asana is generally done just after Paschimottanasana.

Contra-indications: Those who are suffering from wrist and neck injuries shouldn't indulge in this particular asana. In certain situations and circumstances, they can perform this asana with the support of the head on a chair seat or wall. Don't indulge in this posture if you have any medical history of chronic or recent injury of shoulders, waist, arms, hips, back and legs. Those who are having Hernia, Hypertension, carpal tunnel syndrome and cervical spondylosis shouldn't practice Purvottanasana or upward plank pose.

Benefits: This asana has similar benefits to chakrasana. It is generally strengthening for shoulders, thighs and wrists and also tones the lumbar region of the spine and the Achilles tendons. It strengthens the core body stamina and brings a sense of balancing pose.

Sonam Kapoor, The US Presidential Election, and Arizona...

Describing Donald Trump's campaign as "narrow-minded, hateful, and naïve," she stressed the importance of diversity and the importance of each and every one getting out there to vote because the outcome of this election would impact the lives of billions – not just those in the USA but everyone around the world. While many B-Town favorites have chosen to stay neutral in the upcoming elections, Sonam was very passionate about Hillary Clinton and the positive impact her potential win could have on young girls all over the world.

Even though the outcome of the election was not what Sonam Kapoor desired or was encouraging, the event in itself was a huge success and she had the undivided attention of all those present with her inspiring personality and strong, passionate words. It also gave opportunity to Arizona residents to have the fashion diva, who looked stunning in her formal black and white attire, in their hometown for photo opportunities. Congratulations to Deepika & Ravi Bhalla, DJ Vishal, Junelle Harnal, and Neetu Sharma and the entire team of Chateau Luxe where the event was hosted for another amazing event!





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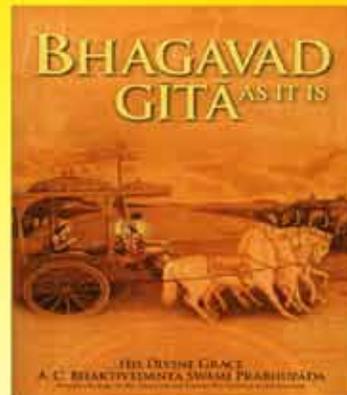
Friday Dec 9th	10:00am - 5:00pm (lunch break 1 hour)
Saturday Dec 10th	10:00am - 5:00pm (lunch break 1 hour)
Sunday Dec 11th	10:00 am - 1:00pm followed by lunch

The cost for the course materials is \$36.00 for the three days. Lunch will be provided by the temple. Course material is provided by Tamohara Prabhu.

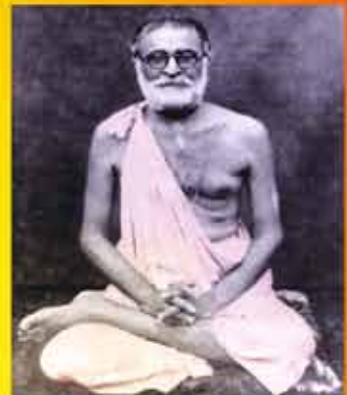
Tamohara Dasa has a doctorate in educational psychology and has been a faculty member and administrator in several graduate schools and universities, including dean of the Illinois School of Professional Psychology.

The following topics will be covered:

- Guru-Tattva & Parampara - The truth about the concept of guru and the guru's connection to the disciplic succession.
- Srila Prabupada as ISKCON's founder-acharya & gurus is ISKCON
- Guru-Padasraya & Selecting a guru - How to select a guru and take shelter of the guru.
- Initiation vows & guru-puja.
- Guru-Seva: Vapuh & Vani-Seva - Serving the guru, both his personal form and his instructions.
- Guru Tyaga & presenting one's guru - What to do when there is a bona fide reason to reject your spiritual master; how to present your guru to persons who are either not initiated or were initiated by another guru.
- Relationships within ISKCON & the course round-up.



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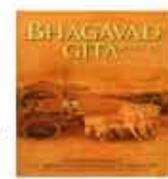
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Dhoop Arati 4:30pm
Sandhya Arati 6:30pm
Shayan Arati 8:30pm

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

Bhagavad Gita Study
Mon. to Sat. 7:00pm to 7:30pm



Book reading every Saturday 5pm

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4:30p - 5:30p Hindi Class
Sunday school 5:30pm to 6:30pm

Time to take a Back Seat



Dr. Jaswant Singh Sachdev
M.D., F.A.A.N.
Phoenix, Arizona

Taking a back seat becomes truly difficult especially if one has always been an active driver. Sitting silently in the back seat of a vehicle without a good view of one's surroundings requires an extreme degree of patience. An active driver, even when not driving, somehow wishes to be in control as to how fast or slow the vehicle should be driven by the other, and in what direction. When another person, not the one who considers himself or herself a better or experienced driver, happens to be at the wheel, the latter would only try to find faults and not let the former drive un-interrupted.

The same is true when the time comes in life to hand over the reins of daily living to one's children. A person who has, throughout his life, stayed at the helm of affairs often finds it difficult to adapt to such changes. Yet it is forgotten that life keeps on moving, no matter what we wish or whether we want to go in one direction or the other.

As children start coming of age, they not only make decisions of their own, which of course they should, but the advice of their parents during decision-making is often ignored. The parents in such situations not only feel hurt, but rather get overly concerned that their children might end up making choices not appropriate to the circumstances, as they, the parents themselves might have done under similar situations.

Such a thought, at times, might carry some weight. Yet it is easily forgotten that the baton must pass on, for this happens to be the law of nature. This is what nature has been repeating ever since life came into being and this is the way it is going to be. Trees must shed their old leaves for the new ones to grow and flourish.

The culture in which children grow up ultimately determines their behavior later in life in relation to whether the opinions, input, and the previously held parental authority will or will not find a favorable spot in their children's hearts. It shouldn't take long for those settled here in the West to understand the differences in the behavior of two distinct groups of the children of Indian subcontinent diaspora. Those born and raised back home for certain

amount of time before migrating to the West do have considerably different thought processes and behavior than those born and raised here. The time spent in their mother countries prior to their arrival in the West is immaterial provided they became old enough to understand a bit of life, indigenous culture and basic elements of their faith before re-locating to the foreign lands chosen by their parents.

It goes without saying however, that both groups of children, those born and raised here in the West and those who immigrated at a very early age, are more or less equal in their understanding of the intricacies of Western living and in fact, understand it better than their immigrant parents. This is not only due to the children's local schooling, but is also the result of their daily involvement with their peers, with whom they spend a significant amount of time both in and out of school.

Many traditions in the homes of immigrant parents do not fit well with what these children observe in the homes of their local Western peers and classmates. Such issues range from the style of conversation to the selection of food, the style of eating, the treatment of guests and the exaggerated concern about saving money that contrasts to Western homes where the emphasis is mostly on spending. Realizing that their home culture may be, at times, 180-degree turn from what is found in school or outside; a kind of confusion coupled with anxiety can take hold.

Although it becomes tremendously difficult for them to follow the route they would want to traverse, yet a good number of children decide NOT to choose the lifestyle of their parents, for this is not what they see as typical. Much akin to the water that must flow in the direction of least resistant, they too start gravitating towards Western lifestyle with all its consequences, good and bad. After all, this appears to be a path of least resistance to them where all their fellow travelers are heading. Their tender minds are like clean slates ready to be imprinted with whatever appears easy, appealing and in vogue at that given point in time.

The resultant ongoing subtle conflict

at home leads to unpleasantness between teenagers and their parents. It would not be an overstatement to say that these children ultimately end up living a double life; on the one hand living the way they wish, but at the same time trying to keep their parents happy and in-line. In fact, their situation is no different from that of their immigrant parents, the sandwiched generation, who also are basically living a double life, but of course under different sets of circumstances.

Finally, the conflict due to cultural differences between the children and their immigrant parents begins to show on the surface as soon as the children start considering themselves to be capable of guiding their own destinies. Add to this their newly achieved capability of earning livelihood which ends up acting as fuel to the fire. Now they do not have to seek any kind of permission to do what they wish which of course is in direct contrast to the way they acted when they were young.

Yet they ignore this fundamental fact. Their newly-found financial independence alone in itself could have never been enough to payback what they truly owed their parents. The sacrifices their struggling immigrant parents made through their hard work while nurturing these locally-born children and the amount of stress they endured in getting them to the pinnacle of success, is often overlooked. Unfortunately, in most of the circumstances, this happens to be beyond the limits of their comprehension.

Respect for the elderly, a hallmark of the Indian subcontinent cultural attitude, takes on its wing and flies away from the psyche of children as soon as they think themselves to be mature. Many of the statements which children make, in most circumstances, are perceived to be confrontational. There is always an element of annoyance with anything parents might say. If parents desire them to go left, they would rather turn right, at least symbolically. Of course it needs to be clarified here that parents are not always right, and, also, not all children turn out that way.

Yet through it all, there is a need to state that this difference in thought

processes is not only the fault of the children. It was not their fault that they were born here and they cannot be blamed also if they were imported here from their native countries. As young children, Western culture was all they had been exposed to night and day. Having been born and surrounded by this culture for the majority of their developing life definitely leaves its mark, although the stories are obviously different in different situations.

What is important for parents is to realize that the children are not going to change a whole lot. Therefore, the onus ultimately must rest upon the parents. Once that is understood, the conflict is likely to ease. Immigrant parents also need to appreciate that comparing their children's attitude to the one they had towards their parents during their own childhood, is not realistic. The children born and raised here are not only of a different generation, but they also are the product of an altogether different culture. Allowing a plant to grow in different environments would not result in its producing a fruit with the same flavor or texture as it otherwise would have in its native environment. And that too only, if such a plant ever takes roots in the first place.

Taking a back seat, therefore, is what lies in store for parents during their remaining days on the earth, whether they like it or not. Accepting this basic fact is the only way to bring an enduring peace both in the minds of parents and their children as well as at home.

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>

Initiative to bring the direct flights to Phoenix

Yousuf Bhuvad

We have initiated a talk with the City of Phoenix Aviation department to see what could be done to bring direct flights into Phoenix from Asian Countries (that includes Gulf States).

The City of Phoenix Aviation Department, who owns the Sky Harbor Airport, is responsible to nego-

tiate and convince Airlines for bringing their flights to and from Phoenix Sky Harbor Airport.

They have shown willingness to help. They would like to meet with the community leaders representing the diverse Asian population and provide a process of what it takes to implement this effort.

A major objective of this meeting would be to understand what is needed by the Aviation Department

in terms of the data for feasibility studies.

Your help and cooperation in this regards will be instrumental in making this a reality. The tentative date for this meeting is mid-December.

We will let you know the exact date, time and place, once we know who all, along with additional 5 to 10 influential members of their respective community are willing to join as a team in this effort.

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The phoenix scorpions field hockey club annual picnic. Here is some beautiful moment capture by Asia today.



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I would like to personally invite you to come in and let our hearing professionals evaluate your hearing free of charge and fit you with a Zounds® hearing aid. You have nothing to lose and so much to gain.

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Sincerely,



Sam Thomasson
Founder and CEO



Zounds® Founder and CEO, Sam Thomasson and his daughter, Kate

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December 1 - 31, 2016 By KRISHNA PANDIT – 905-910-1441

Dec	Day	Muhurta
1	Thu	Cutting hair and nails will cause least energy depletion in second half. Good day for Brahma pooja
2	Fri	Devi puja is most auspicious today; aggressiveness, confront difficult situations.
3	Sat	Minimize important activities this day, Tithi, Vaara, Yoga and Nakshatra don't seem to be too promising.
4	Sun	Good day for dealing in problems that require tact. Half hearted actions may lead to failure
5	Mon	Auspicious day in every sense; perform soft activities, make new friends. Kartikeyan and Maha Lakshmi pooja bestows positive results.
6	Tue	Saptami is ruled by Rahu bestows immense self confidence, bold, positive & courageous acts should be considered today
7	Wed	Shiv pooja brings positive results; an excellent day for making new friends, perform activities that bring permanence
8	Thu	Stick to routine work, any new ded undertaken this day will create undue stress on mind. Harsh Nakshatra falling on a soft day.
9	Fri	Day brings removal of obstacles & an easy day which paves way for success
10	Sat	Favourable for aggressive acts, concentrate on setting goals.
11	Sun	Karya Naash or any work performed may not meet with success.
12	Mon	Day of enlightenment, meditation, solitude, treating physical ailments that have troubled for a long time.
13	Tue	Purnima day, favourable for business & trade, dealing with finances. Undertaking diplomatic negotiations will be successful.
14	Wed	Beware of scheming and back stabbing by known people. Be aware of loss of money.
15	Thu	Great time, day for financial earnings and recovery of bad debts.
16	Fri	A day for light entertainment on full moon day. Refrain from being serious, just partake in merry making, it will be beneficial to bust stress hormones.
17	Sat	Auspicious day for any bold activity and making new social contacts.
18	Sun	Beware of scheming and back stabbing by known people. Be aware of loss of money.
19	Mon	Beware of falling prey to accusation & fights or arguments, even if you are not at fault
20	Tue	Day of enlightenment, meditation, solitude, treating physical ailments that have troubled for a long time.
21	Wed	Parvati Chandra nakshara today perform acts that require tact & diplomacy.
22	Thu	Day of devotion and religious activities and also doing permanent activities that bring financial success.
23	Fri	Day of success in important undertakings, plan and execute well.
24	Sat	Initiations, business, finance, Trade, religious ritual, travel, being creative, charity, learning & healing.
25	Sun	Spend time on spiritual development, family activities and in a happy environment
26	Mon	Good for auspicious deeds, romance, friendship and soft activities
27	Tue	Stay away from any auspicious work, your actions could be questionable today, minimize activity.
28	Wed	Moon rests in Sun this Amavasya day, where Pitri Devas rule; propitiation of manes & prayers for departed are most auspicious today, minimize all other activities.
29	Thu	Favourable for religious activity, creativity, music, dancing, group work, celebrations, purchasing, travelling, lending money, spiritual, meditation, treating illnesses.
30	Fri	Beware of scheming and back stabbing by known people. Be aware of loss of money.
31	Sat	Chandra's nakshara today. Love, light hearted activities advised today.

Free questions on Vedic Mantras, Muhurtas & Hindu rituals call: KRISHNA PANDIT – 905-910-1441



Waheguru Ji ka Khalsa! Waheguru Ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

DECEMBER 2016 Programs & Events

17 Maghar – 17 Poh, 548 Nanakshahi Era (NE)

Dec 2 (Fri.) – Gurgaddi Sri Guru Gobind Singh Ji (1675)
(Actual: Dec 2)

Dec 4 (Sun.) – Shaheedi Sri Guru Tegh Bahadur Ji (Actual: Dec 4)
and along with Guru Ji, Shaheedi Bhai Mati Das Ji, Bhai Sati Das Ji and Bhai Dyal Das Ji.

Dec 11 (Sun.) – Birthday Sahibzada Fateh Singh Ji, 1699 (Actual: Dec 12)
Last Day of Punjabi School. Next session begins Jan. 8, 2017.

Dec 15, Poh 1 (Thur.) – Sangrand Monthly Program
9:00 AM – 10:00 AM.

Dec 18 (Sun.) – Homeless Langar Seva. Call 602 741 8021 for more info.

Dec 23 – 25 (Fri. – Sun.) – Akhand Path for four Sahibzade, Mata Gujri Ji and Shaheeds of Chamkaur Sahib
– Arambh: Fri. 10:00 am. Bhog: Sun. 9:00 am
Shaheedi Sahibzada Ajit Singh Ji & Sahibzada Jujhar Singh Ji
(Actual: Dec 21, 1704).
Bhai Jiwan Singh Ji, Bhai Sangat Singh Ji and many other brave souls.
(Actual: Dec 21 & 22, 1704)
Shaheedi Sahibzada Zorowar Singh Ji, Sahibzada Fateh Singh Ji and Mata Gujri Ji's, Shaheedi Bhai Moti Ram Mehra & family. (Actual: Dec. 26, 1704)

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

Jan 1, 2017 (Sun.) – NEW YEAR Sunday program

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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Guru Gobind Singh Ji and Sahibzade



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Phone: 623-516-1413. WWW.NishkamSeva.org. NishkamSeva@Yahoo.com

Nishkam Seva Guradwara Sahib celebrates the birth of the first Sikh Guru Shri Guru Nanak Dev Ji. Here is some beautiful moment capture by Asia today.





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INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)- LA PRINCESA La Princesa Hall



On Oct 25, 2016, hot tea did not get delivered till late and the favorite start of the day went ahead without it but watching the photo show with music from the last week. Friends greeted while enjoying the morning. Jitubhai announced the sad demising news of Dr. Ravi Bhalla's mother, and, the Group observed one-minute silence and paid respect with prayers for the deceased's soul be rested in peace! The program as per the attached agenda was shared with some mixed success because audio system was not cooperating! At some point and time, we discontinue and allowed the group to socialize instead! We celebrated birthdays of Bakulaben, Neelaben Desai, Subashbhai and Ramanbhai. All the friends roared chanting "Happy Birthday" to all the four very dear friends who blew candles on such a beautiful 'Birthday-Cake' specially baked by our very favorite grand Baker – Kanwalben, which was eggless and was yami! Over eighty members and guests enjoyed today's delicious luncheon sponsored by Niruben, Neelaben & Hemlataben with a real treat of home-cooked grand meal

with ChuramaLaddu with all the exotic associated traditional item of Warari-daal, vaal, Advapatar, Mixed vegetable, paratha, rice and papad-papadi. Thank you

On Nov 01, 2016: It was sure a Diwali mood with "Happy Diwali and Best Wishes for the New Year" in the air as everyone greeted one another. The hall was beautifully decorated by the volunteers. As the music played the slides from the last week were shown. Once all the snacks for Diwali were set up and the hot tea was ready people had their plates full of their favorites. The program began with a prayers to lord Ganesh and Mahadevji. This followed by a message from the President Obama on the occasion of lighting up the lamp in the White House. We also had a video message from Mee-naben who is at home, recovering. Video clippings about "how does he do it", Diwali celebration in Singapore and a beautiful rendering of a classical song were shown. Once a group picture of all the ladies was done they participated in garba dance with music. Earlier individual pictures were taken too. Today's luncheon was sponsored by the ISAA.

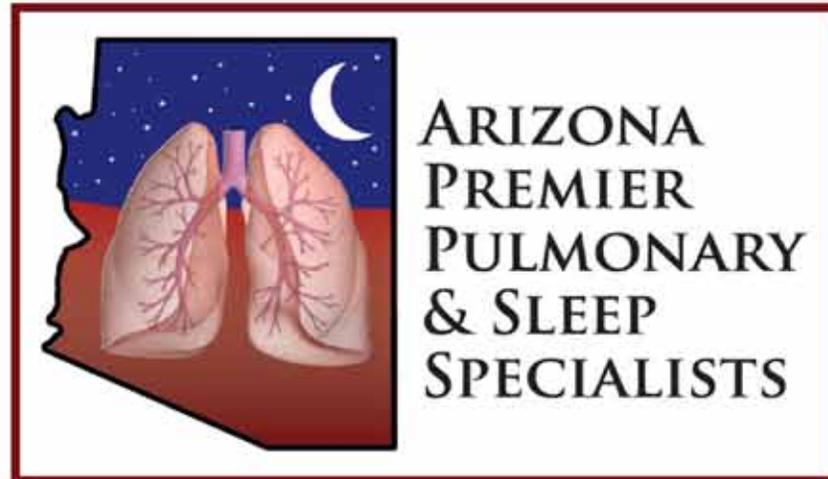
Besides volunteers who brought in snacks some provided the sweets too. We thank all the volunteers in decorating the hall and who brought in the delicious snacks. Over ninety guests and members had a ball.

On November 08, 2016: It was a day of fun and card games while enjoying hot tea. Main presentation was "Veterans Day" by Miniben Pandit. The presentation summarized the story and brief history behind the observation of the day on November 11. She narrated beautifully the story behind significance of Diwali, recent commemoration Diwali stamps in the USA and how people celebrate around the world. She warned all of us with respect to hacking of "internet" around the world and how it could bring the "smart" life to a grinding halt. Favorite songs from Bollywood were presentation for the audience. At the end, a TV commentary by Arnab Mukherjee as to why he quit his job was presented. Sponsors today were Surjit Kaur, Iqbal Singh and their friends. Over sixty members and guests enjoyed the delicious home cooked meal

On Nov 22, 2016: Once the warm

1. Surprised visit to ISAA by Ramaben, Sumantbhai & Vinta to wishing Happy ThxGiving 2. Indravadanbhai, Ushaben with Family as singers and sponsors 3. Padda's celebrated Guru Nanak Jayanti sponsoring the day 4. Renukaben & Pradipbhai sponsored the day with Bingo Games playing 5. Well-dressed ladies on the Diwali celebrations day at ISAA 6. Diwali celebrations at ISAA 7. ISAA celebrated four birthdays magnificently

tea "meet & greet" ceremony was over the meeting got underway with wishes for a Happy Thanksgiving for all. In celebration of Indravadanbhai's belated birthday his family (self, Ushaben, his son Deev, son-in-law Amit and his daughter Mona) presented a "Bollywood" type musical program. People appreciated that along with video clips on Hazards of Cooking oils and Diwali celebration from Burj Khalifa in Dubai, were shown by Jitubhai. The luncheon was sponsored by Ushaben and Indravadanbhai's family too. About seventy members and guests enjoyed the delicious meal.



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(SUNDAY)**

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PROGRAM :

- 9:00 - 9:30 am Welcome & Registration (no fee)
- 9:30 - 10:00 am National Anthem & Yoga
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- 10:00 am Walk Starts
- 11:00 am - Noon Food & Fun activities for all ages

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pre-registration is requested but not mandatory
www.iacrfwalk16.eventbrite.com

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You can make a gift up to \$800 (as joint) or \$400 (as single) to IACRF selected charitable organizations at this event, and receive a direct dollar-for-dollar tax credit (not a deduction) on Arizona State Tax return at the time of filing.

Celebrated in style and great success the 15th year of Discover India

dale and greater Phoenix. Along with Senator McCain's team of Diana Biya and Ana Armendarez as well as the organizers the Mayor toured the venue and mingled with the huge crowd enjoying the festivities.

Through this year's theme "Passage to India" the organizers attempted to recreate the impressions of India etched in the minds of visitors to this incredible country. The fun filled and family oriented event focused on the coastal states of Maharashtra, West Bengal, Tamil Nadu, and Gujarat. The interactive workshops on yoga and meditation and stage performances highlighted Indian traditions, ancient history of dance/music and other performing art forms that continue to be an integral part of life of people of Indian origin. In showcasing the rich Indian culture and artistic heritage the organizers brought to stage invited artists and local talents. The world-renowned Sarod maestro Pundit Rajeev Taranath, accompanied by highly talented tabla player Vikas Yendluri, mesmerized the crowd with their technical virtuosity, inspired imagination, and emotional range. The singer, music composer, and producer (from Toronto, Canada) Abhishek Iyer rocked the stage with his classical, light, and fusion inspired selections. Chandler Sampradaya School of Dance owner Nita Mallya's Bharatanatyam performance was a delight for the unique modern flair on the choreography. Equally enjoyable was the Bharatanatyam dancing by the very gifted Chennai Kalakshetra student Radhamani Ramadoss. While the Bengali Cultural Association presented Rabinadrath Tagore inspired and captivating dance drama "Radha", the Maharashtra Mandal staged a number of intricate folk dances and skit that reflected the culture and traditions of the state. The music, dance, and allure of the stage spilled over to the park grounds as the state representatives paraded in their colorful costumes, energetically playing their musical instruments and adding to the enjoyment of the crowd.

In addition to performing arts the event also depicted visual arts, crafts, costumes, and jewelry. The vendor booths and tables spread all across the venue reflected the appeal of Indian artistry, cuisine, history, Indian lifestyle, multiple facets of modern India, and tourism. Volunteers manning the information booth shared contributions of people of Indian origin through advancements in education, science, business, technology, art, and architecture. The event also provided a forum for local Indian and other businesses to promote themselves.

Needless to say the devotion and contribution of the countless volunteers and youth team members, as well as the hard work of IAPHX board members resulted in the smooth planning and execution of the event. The organizers appreciate the efforts of our media partners and event coordinators. A special thank you is extended to the platinum, gold, and silver sponsors whose support made this event feasible.



Happy Holiday Season from IAF Senior Group

Contributed by: Bhagubhai Patel & Dr. Prakash V Kotecha

Diwali Celebration and Annual Day: On October 27th whole environment of the Community Center was vibrant and full of joy. We celebrated Diwali, the Festival of Lights which symbolizes purity, love, joy and harmony as on that day Lord Rama, Sita and Laxman came back to Ayodhya after staying fourteen years in exile. So everyone enjoys these period of the year with the spirit of sharing, caring and happiness. Program attendees were dressed up in their beautiful and colorful outfits. The Community Center Hall was beautifully decorated, especially the stage which was illuminated with strings of bulbs on a white sheer curtain.

Our honored guests from our parent body, Indo-American Cultural and Religious Foundation (IACRF) - were Mr. Jagdish Sagar the Chairman of Board of Trustees and his wife Geeta Sagar, Mr. Subhash Thati the President of the Board of Directors and his wife Manisha Thathi, Mr. Madhusudan Bhakta Vice Chairman of Board of Trustees and his wife Ramila Bhakta, Minaxi Patel and Vasu Atluri the ex Presidents, Dr. Dhiren Patel and Ashok & Rita Patel ex Vice Chairpersons of BOT and Mrs. Taru Shah. All the officers of our Foundation lit the lamps of welcome and good omen. For entertainment, Madhu Vijaya a local artist gave a memorable presentation of Bollywood songs. Her melodious voice mesmerized the audience. She also involved the audience in singing and dancing. Everybody seemed to enjoy the musical event a great deal.

Bhagubhai gave the Senior Program Overview speech and encouraged all the members to get more and more involved with the renovation of our Community Center facility. Very graciously he conducted the Senior Group Volunteer Appreciation ceremony by speaking very kind and appreciating words for their services. He also invited Mr. Jagdish Sagar to present the volunteers with the trophy. After that, our President of BOD Mr. Subhash Thathi and the Chairperson of BOT Mr. Jagdish Sagar addressed the seniors. They also showered their utmost praises on Bhagubhai for the selfless and relentless services for community and in the educational and social fields in his native place in India. They also praised Lalitbhai for his services to the society and Ekta Mandir generously. Both of them are stalwarts of IACRF who are dedicating their lives for the noble cause.



Bhagubhai made a special announcement regarding the IACRF fundraising Gala Dinner - Subhash Thathi invited two couples to attend the IACRF Foundation's Fund Raising Gala Dinner at Sheraton Inn in Tempe on Saturday the 5th of November. The lucky couples were chosen by raffle and the two couples invited for the Gala Dinner were- Thakorbbhai & Kapilaben Patel, Harshadbhai & Geetaben Shah. Congratulations to the winners! They had a wonderful time in the Gala Dinner and an opportunity to meet the people associated with developing and sustaining IACRF organization and facilities - the Indo American Community Center and Bharatiya Ekta Mandir.

Picnic and Other Activities: On November 10th we had picnic at Rio Vista Park, Peoria. The weather was fantastic and the cool breeze was blowing refreshingly with sparkling water pond nearby. The picnic spot was the hub of activities.

The second table tennis equipment has arrived and now with two tables more members can play ping pong. We have also procured a HD TV and



DVD player for exercise video playing and a high resolution camera for better photos to document our activities.

On November 17th Antakshri was conducted by Shrikantbhai Vaidya. Members seemed very enthusiastic and participated wholeheartedly. Abbas Bangalawala expressed through his song how he proposed and persuaded Kaniza, meeting at her home for the first time. It was quite hilarious. Shrikantbhai conducted Antakshri very well.

Due to poor response for our Group's December 27th Las Vegas Bus Tour, we are cancelling this Senior Group Bus Tour. However, "Especially 4 U Tours" bus tour company (Tel: 480-985-4200) is offering this bus tour on same dates at a price of \$159 (plus Tips) per person Double occupancy. This is a very reputable company with

whom we have arranged tours for over five years. Please note that while you are in Las Vegas their Tour guide does not provide ANY assistance to see/enjoy/casino visit, etc.. If anyone wants to go on this tour on their own, please contact the Bus Tour Company di-

rectly.

Lunch Sponsors: We had a sumptuous lunch on October 27th for which Champaben played a pivotal role. She always comes forward for organizing such a delicious lunch number of times a year for the Senior Group. Lunch Sponsors during this month were Champaben Patel & friends, Meenaben & Ramanbhai Bhavsar, Kantaben Patel, Hemaben & Laxmichand Gogri, Subhash & Manisha Thathi, and Paru & Belur Chandramouly.

Senior Group meets every Thursday, 10:00AM to 3:00PM at the Indo-American Community Center located at 2809 W. Maryland Ave., Phoenix, AZ 85017, for information please contact Mahendra Devgania Tel: 602-708-0733.

Namaskar, and Sat Sri Akal to all my readers.

God only knows how long ago he created this universe. Some holy books mention that he created this universe unknown million of years ago. Science tries to say billions of years ago, God created the universe. In reality no one knows how and when was the universe created.

From the time when this unique creature, human being, arrived, it's been a secret riddle in their mind; but no one is able to explain how the universe came into existence.

Only the creator knows how it really happened. As a human, if we think to under-

Divine and Duality

stand this phenomenon of the creator, it's impossible because we are a part of the creation. Our intellect and science cannot answer this question. Our duality is the main reason our mind is in the dark about this matter.

In the Past century there was one highly qualified couple. The wife was spiritual and husband was a scientist. God blessed them with one boy child. He was growing, day-by-day, month-by-month. His Mother taught him spirituality from an early age. His father wanted to train him as a scien-

tist. One day, when he was at a young age, he asked his mother; Mom, who created this Sun, Moon, Sky, Earth, Water, Air, and all the planets where we live? When she heard these words from her child she was thrilled since she wanted to teach him of the creator.

The mother began to explain: My sweet child, God created everything, which we can see, feel, and touch. He is the inner knower, life or every life, cherisher, merciful, and kind. He created this creation through nature. In the creation

we are all his children. He is our divine father.

The child was so happy and blissful to hear this. He asked the mother, how can I see him? Mom replied: with faith, reverence, devotion, and prayer. Then he learned a prayer from his mother and started to worship the God same as his mother.

His father wished to train his as an elite scientist of the world. When his father learned he was worshipping God as his mother did, he was troubled, since this wasn't the direction he wanted the child to go.

One day the father invited his son to his office. He was most graceful with his child. All of a sudden, the child asked the father the same question. Who created the universe? The father replied; no one! it just happened. The child was surprised! When he was back with his mother, he asked, Mom, Why did father say there is no such thing as a creator of the universe? Everything just happened through evolution. Mom was uncomfortable with this situation. She replied, my child, nothing can happen by itself. Everything happens by God's grace. Child Said, Mom, who should I believe, you or Father? Mom, with calmness and grace replied, my child, you should believe in the God who created this universe and he will protect you in your life with every breath. The child asked again, how do I convince my father, that nothing happens by itself? How do I convince my father,

that God created the universe by his grace?

Mother replied, go to your father's office when he is not there with a pen and thoroughly scratch his desk. When he returns and sees the desk he will call you with anger. He will then question, who did this? Reply humbly, I didn't do it. When he asks again with more anger, who did it? Say Father, it just happened. Obviously, your father will respond, "Nothing can happen by itself." Then with humbleness ask, father, then how did the universe happen by itself without the creator?

After listening to son's reply, Father questioned the son. Who taught you to say this? My Mother taught me about God who created this universe. But as long as we don't have a strong faith, reverence, devotion, and prayer, we cannot experience this reality. This is because our mind is internally in pitch dark. This is Duality, and with this duality we cannot experience the divine.

My dear readers, read this again and again. If you don't have prayer, please bring prayer, and meditation in your life. Prayers and meditation will cleanse your mind and remove the duality from your life.

God Bless You All with Divine Grace. Please pray for me.



Gyani Ji, Harbhajan Singh Sandhu
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Sikh Awareness Activities: Second Half October & First Half November 2016

1. Talk at Desert Methodist Day Spring Church of Tempe Oct 26th

On a special Invitation from Reverend Jeff Murphy, I was invited to talk to a group at the Desert Methodist Day Spring Church of Tempe on the Evening of 26th October on Wednesday. An audience of about 30 members of Church was present. After 45 minutes of Power point presentation about Sikh Faith, Sikh History, Sikh Principles, Sikh arrival in North America, Role of Sikhs in WWI and WWII as well as hate crimes about Sikhs, a 15 minutes documentary prepared by Department of Justice with the help of SALDEF with the title of "On Common Grounds" was shown. This was followed by question answer session where several issues pertaining to Sikh philosophy were discussed.

2. Langar and Turban Tying at Experience Interfaith in Downtown Phoenix Oct 27th

While Sikhs have been serving Langar (free Community Lunch) for several years at the Annual Experience Interfaith event in Downtown, Phoenix, Arizona attended by people belonging to different faith, this year an added surprise was included by Sikhs. First of all, at the behest of Sikh Board members' event held on Oct 27th at Heritage Square was made free for anyone to attend. The community felt very strongly that if Sikh Langar was to be served, there should not be any fee for anybody so that the free spirit of Langar is preserved. This brought many more people close to 500 plus to attend the event compared to previous functions.

The second added attraction was the Sikh Booth where not only dissemination about Sikh Identity was merely stated, but Sikh Style Turbans were tied to all those who wanted to and were given free turbans to keep and take home.

Langar as usual was prepared by 5 Sikh-owned Indian restaurants. All these restaurants were honored with specially prepared certificates. Most of the attendees were college going students and leaders of various faith groups. The program was arranged by Arizona Interfaith Movement for dissemination of Golden Rule with emphasis on building bridges of understanding, respect and support of all faiths. The author, a Board member of the Council along with couple of other Sikhs has been instrumental in bringing about the change in removing any tickets for entry to this program.

3. Talk at Mesa Community College Oct 31st

Once again for the second year, the Department of World Religious studies invited the author to be a part of panel to discuss about the respective faith of the members. An interesting question answer was followed by an introductory twenty minutes lecture on Sikh faith. Students were very much appreciative.

4. Talk at Glendale Community College November 1st

The same teacher who teaching the world religions at Mesa Community College invited both of us a representative of Islamic Faith and the author for discussion on various world religion in front of a large class of students. It was a very interesting event. 20 minutes of power point presentation about Sikh faith was followed by question answer session. Students were delighted and wanted to know more based on their questions to speakers.

5. Talk to a group from Sun City at Nishkam Seva Gurdwara Sahib

A group of about 30 seniors from Sun city accompanied by their pastor showed up to learn about Sikh faith and Sikh religious place on November 2nd at 11 am. They were brought directly to the class room where Mrs Rangji introduced the author to the group and this was followed by 45 minute Power point presentation. A documentary prepared by Department of Justice was then shown. Questions answer session was handled by Mrs Rangji and the author. The session ended with a beautiful Langar in the Langar Hall prepared by the Sangat members

6. Evening Talk to another Group from the Beatitude

Nancy Splain a retired Attorney from Scottsdale who is one the Board members and managers at the Beatitude a residential facility brought a group of about 25 individuals at Nishkam Seva Gurdwara Sahib to learn about Sikh faith and about Sikh religious place. A similar kind of program was then arranged in the evening. After introduction from Mrs. Rangji, the author talked about 40 minutes and then this was followed by Documentary mentioned above.

7. Talk at Estrella Community College On Oct 8th

I was invited to present a talk about Sikh Faith and Sikh people to a group of 30 students. This was a class for world religion. A very informative talk was presented based on power point slides lasting for about an hour. The teacher requested this class to continue for sessions in future

8. Author asked to represent Sikh Faith in a Panel of different Faiths on World Religious Holidays

Arizona Interfaith Movement had put together a group consisting of representatives from different faiths to talk about their important holidays. The Author was blessed to talk about various religious traditions and holidays of the Sikhs. There were eight representatives from different faiths. The event was attended by about fifty people and was held at Jewish historical Society on Thursday November the 10th . A detailed discussion about Vaisakhi, Enthronement of Guru Granth Sahib and Prakash Utsave of various Gurus and Martyrdom of Guru Arjan and Guru Teg Bahadur was discussed from Sikh Vantage.



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Voluminous sleeves: Add drama to your look

Kallol Datta, Phillip Lim and Marc Jacobs have something in common. All of them have used voluminous sleeves in their latest collections. It is a well-known fact that perfectly cut, and tailored sleeves often add drama to an ordinary outfit. Perhaps, it is because of this capability of this part of a garment that such sleeves have become a point of focus for designers of late.

"The Edwardian influences such as the balloon sleeves or the bishop



sleeves are a big highlight this season. Besides being elegant, they are also comfortable, making them a popular choice. Silhouettes don't need any other detailing, as the sleeves add an edge to the garment," says designer Kunal Anil Tanna.

While the recently concluded fashion week in Mumbai saw designers experiment with voluminous sleeves in a big way, the current fashion season internationally has also been inundated with outfits with similar sleeves. "The volume and drama of the balloon

sleeves have made them popular. Also, they work well with different body types," says designer Payal Singhal.

Dos and don'ts when opting for voluminous sleeves

1. An outfit must maintain a balance. If the sleeves are the key element, everything else should only be complementary, and should be simple and minimal.

2. Usually tunics with big sleeves are voluminous and anti-fit, so pair them with fitted bottoms.

3. If the sleeves are huge avoid too many ruffles and embellishments on your ensemble.

Others making news

1. Bell sleeves
2. Flutter sleeves
3. Cape sleeves
4. Exaggerated sleeves
5. Cold shoulder



Six reasons you need tea tree oil in your beauty cabinet

Adding tea tree oil in your daily regime will not only pave way for a healthier and glowing skin, but it can also help you alleviate issues like insect bites and hair problems, says an expert. Not to be confused with the unrelated common tea plant that is used to make black and green teas, tea tree oil -- also known as melaleuca oil -- is applied to the skin (used topically) for infections such as acne, fungal infections of the nail (onychomycosis), lice, scabies, athlete's foot (tinea pedis), and ringworm.

1 Works as a skin saver: Tea tree oil works as an anti-imperfection solution to achieving a clearer and healthy looking skin. It helps in opening the pores, loosening up blocked oil and dirt that cause whiteheads, blackheads, painful red breakouts and blemishes. Mix two to three drops with a smidge of coconut oil and use a cotton swab to apply. Avoid using your fingertips as it introduces more dirt and revigorates break outs.

2 Helps in moisturising dry skin: Tea tree oil, mixed with glycerine, is great for moisturising dry and cracked skin. Mix one or two drops of tea tree oil with one tablespoon of almond oil or coconut oil.

Massage gently into the affected areas, especially on your knees, elbows and heels for lasting relief from dry skin.

3 Tea tree oil for hair growth and nourishment: Mixing a few drops of tea tree oil into your hair oil and massaging it into your scalp will unclog your hair follicles. This nourishes your roots and strengthens your locks, inducing hair growth. Don't apply directly on your scalp as it can be harsh on the skin. Mix a few drops of tea tree oil with shampoo to get rid of dandruff.

4 Tea tree oil helps in fight with fungus: Nail fungus is an unpleasant condition that can cause both physical and psychological discomfort. You can use tea tree oil mixed simply with water, or with coconut oil. Be sure to wash your hands between applications to avoid spreading the fungus.

5 Works as a soothing agent for insect bites: Tea tree oil mixed with coconut oil applied on the rash can soothe the itching caused from mosquito bites.

6 Helps in healing burns : A mixture of honey with a little tea tree oil does wonders for soothing the pain and aids the healing process and reduces scarring.

Benefits of Tea Tree Oil

Acne -
Tea tree oil has long been a solid solution for dealing with acne, and all it takes to do so is to add tea tree oil onto a cotton swab and then apply it onto the areas before going to sleep, rinse in the morning.

Dandruff Killer -
Using tea tree oil in your hair via shampoo can be an incredibly effective way to clear your head of dandruff.

Effective Mouth Wash -
When used as a mouth wash, tea tree oils act as a natural cure for bad breath, gingivitis, plaque and even inflammation of the gums.

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The poet diplomat: Story of former Indian foreign secretary MK Rasgotra

Foreign policy discourse in India is becoming increasingly lively. The energy and dynamism injected by Prime Minister Narendra Modi in India's foreign policy have added spice and glamour to the debate. Substance, however, has come from scholarly writings and informed personal accounts published by retired and distinguished policy makers and diplomats.

Books by former foreign secretaries like KPS Menon, Subimal Dutt, YD Gundeveia, TN Kaul, Kewal Singh, JN Dixit, Muchkund Dubey and Krishnan Srinivasan stand out as a class by themselves. The latest addition to this category by Rasgotra is different from many of its predecessors for its unique thrust and flavour.

This is the story of a "poet diplomat" as Rasgotra was once introduced to Mrs Gandhi. It is a narrative of India's evolution from a newly independent nation to a credible global player, while the author rose to the heights of becoming a distinguished diplomat from an ordinary college teacher. The book has many notable aspects. To begin with, it portrays the persona of the author; a soft and sublime poet, a devoted family man and a committed practitioner of diplomacy. Supported by Sardar Khushwant Singh and inspired by Harivansh Rai Bachchan, Rasgotra published his first collection of poems (*Do Partain*) by 1957, which was read and appreciated even by Prime Minister Nehru. Another collection of poems remains unpublished.

A family man, he is a conscientious son, a loving husband, who graciously acknowledged the contribution of his wife in his life and career, and is an affectionate and caring father. The book also tells us about his spiritual encounter with Satya Sai Baba's "Divine Effulgence" (p279), and his supple and throbbing heart which was always vulnerable to Keat's "thing of beauty". He confesses the flamboyance of his heart which leapt "up into a rumba dance" on first seeing



Vijay Laxmi (Nepali leader BP Koirala's sister), "as a young beauty". (p308).

The book provides fascinating insights into the individuals and events that shaped India's foreign policy. Nehru's architectural role and enduring legacy, as also Mrs Gandhi's astute firmness and strategic pragmatism inspired and reinforced the author's professional confidence and resolve. Nehru bashers would do well to learn from Rasgotra's account that Nehru was the first to deploy back channel diplomacy in vain to encourage Tibet to seek UN membership much before the Chinese militarily occupied it (p7). On Kashmir, Nehru did not invoke Chapter VII of the UN Charter to avoid the possibility of Pakistan's US and British mentors' direct UNSC-authorized military intervention (p382). Nehru's attempts to straighten the military bulge in Poonch before accepting the UN Ceasefire Resolution was frustrated by the British Indian commander Roy Bucher (p383).

Nehru's Ambassadors, ranging from Vijay Lakshmi Pandit to S Radhakrishnan, Krishna Menon, and KM Panikkar, as also many others, whom Rasgotra had the occasions to work with, like Sir GS Bajpai, Subimal Dutt, CS Jha and LK Jha, have been analysed for their strengths and weaknesses. Turf wars (ICS v/s IFS v/s Political Appointees), ego clashes and petty personal rivalries that are inevitable sins of human dealings have not been absent in India's diplomatic conduct. It is disturbing to know how Sir GS Bajpai worked to counter Nehru's China policy through Sardar Patel's famous letter of 7th November 1950.

(p8, 9 and 13). Ambassador LK Jha went even further to denigrate Foreign Minister Dinesh Singh, TN Kaul and PN Haksar as being sold out to the Soviets on the 1971 Treaty, (p 253-54). One wonders if there are any accountability procedures in the MEA against such serious lapses.

The author made a personal mark on many of India's diplomatic moves. Among them are the struggle for African decolonisation at the UN during the 1950s, the aborted Second Afro-Asian conference planned by China and Pakistan in 1965 to isolate India, the opening of fresh engagement with the US in 1982, resolving the Tarapur nuclear fuel issue in the face of internal resistance from Foreign Minister Narasimha Rao and G Parthasarathy, and the structural streamlining of the MEA in New Delhi and the Indian Mission in London. Rasgotra's narrative underlines India's struggle to find its place in the world in the face of opposition from powers like US and UK and hostility of neighbours like China and Pakistan.

The book has much more than all this. There is an overview of India's foreign policy and its possible future directions cast within the framework of Kautilya's Mandala principles. Written beautifully, with well-chosen words and skilfully crafted sentences, it is a smooth, enjoyable read. Policy makers as well as critical observers and analysts of India's foreign policy will find it immensely useful.

SD Muni is professor emeritus, JNU and former special envoy and ambassador.

A Life in Diplomacy
MK Rasgotra
Viking Penguin Books
PP 437; Rs 699

POET OF MONTH

Marsha Pomerantz

Marsha Pomerantz grew up in New York, lived in Israel for twenty years, and now lives in Boston. The *Illustrated Edge* (poems) was published by Biblioasis in 2011, and poems and essays have appeared in/on *Beloit Poetry Journal*, *berfrois.com*, *Boston Review*, *Harvard Review*, *Parnassus*, *Poetry Daily*, *PN Review*, *Raritan*, *Salamander*, and *Verse Daily*; one of the essays is forthcoming in *Best American Essays 2016*. Among her translations from the Hebrew are a novel, short stories, and poems. Support for her work has included two residencies at the MacDowell Colony and a Massachusetts Cultural Council fellowship in poetry. Her manuscript for a second book of poems was a finalist for the National Poetry Series in 2014 and for The Waywiser Press's Anthony Hecht Prize in 2016, but is so far unpublished.



Moor Eeffoc

Come in, then, and wait for something to happen: the cream to darken out of

the coffee, sweet syllables to snap back into crystals of Domino or the store

brand, spoon to spiral up and out, cup to drain and dry. Moor Eeffoc is

"the motto of all effective realism," says the translator of a writer quoting

a writer in translation about immediacy: a glass sign glimpsed from behind. Real

is no ism, but the distance from exhale to inhale, any stretch between the eyes

that breaks parallax into component parts, makes this habitual hand cede

its gelid gesture to an opposite, some overheated engine that stutters here,

forgetting, inventing, leaking ink into the burbling pool of the first thirst.

Before you proceed be sure to talk your plans over with those they will affect. Your fight for those less fortunate is not likely to end in sweet victory. Try not to attempt to do something unless you are fully intent on following through with the plans. Do you really want to start something with someone you can't reason with? Your luckiest events this month will occur on a Friday.

ARIES



Mar 21
to
Apr 20

Do not force your opinions on others the connections will be short lived. Try to visit a country that excites you. You can't win and they won't listen. Romantic opportunities may not be as they appear. Your luckiest events this month will occur on a Friday.

TAURUS



April 21
to
May 20

Things aren't as they appear. Ask others to help, or you may feel that a burden is weighing you down. You need more space for the whole family. Someone you like may be receptive and actively seeking your company. Your luckiest events this month will occur on a Saturday.

GEMINI



May 21
to
June 21

Do not get upset over trivial matters. You don't want to give anyone fuel for the fire. You can pick up additional responsibility that will lead to higher wages and a better position. Be extra careful with your valuables; loss and theft are evident this month. Your luckiest events this month will occur on a Tuesday.

CANCER



Jun 22
to
Jul 22

Attend trade shows that will allow you to look at new products. Your self esteem will come back if you take part in organizational functions that allow you to be in the lime light. Don't let someone talk you into parting with your cash unless you can truly see the benefits of doing so. Such over indulgence due to emotional upset will be your downfall. Your luckiest events this month will occur on a Wednesday.

LEO



Jul 23
to
Aug 23

Your desire for excitement and adventure may be expensive. You must refrain from overspending on entertainment. You can enjoy doing things that include children. Be sure not to reveal private information to the wrong individuals. Your luckiest events this month will occur on a Saturday.

VIRGO



Aug 24
to
Sep 23

Use discrimination and play hard to get. Be sure to pay attention to your financial status. You will do well if you mingle with the brass this month. You can make successful moves. Your luckiest events this month will occur on a Thursday.

LIBRA



Sep 24
to
Oct 23

Your pursuits may end up being fruit less. A residential move may be necessary to get a better job. There will be hidden matters that you may find disturbing. Your talents might just be discovered. Your luckiest events this month will occur on a Saturday.

SCORPIO



Oct 24
to
Nov 22

Don't let relatives make demands of you. Work hard on improving your living quarters. You can make rewarding connections through the organized groups you associate with. Do things because you want to, not because someone else thinks you should. Your luckiest events this month will occur on a Wednesday.

SAGITTARIUS



Nov 23
to
Dec 21

Take care of matters involving institutions or government agencies. Evasion is likely if you aren't direct about your feelings. You can change your living arrangements. First find out if they're married. Your luckiest events this month will occur on a Sunday.

CAPRICORN



Dec 22
to
Jan 21

Sign up for courses that will help you understand yourself better. You'll have great insight. You should want to feel good about yourself and your goals. Make sure that you make reservations early. Your luckiest events this month will occur on a Thursday.

AQUARIUS



Jan 22
to
Feb 19

Take care of matters involving institutions or government agencies. Matters pertaining to your home environment will be favorable if you are direct. Be prepared to deal with groups and organizations of greater magnitude. Changes in your home environment are likely. Your luckiest events this month will occur on a Sunday.

PISCES



Feb 20
to
Mar 20

10 popular vegetarian biryani and pulao dishes

Rice happens to be India's staple diet. People relish rice in lunch or dinner with dal and Subji. It is loved pan India in form of biryani and pulao. Many people think making these delicacies takes a lot of time and energy. Here are some easy to make Biryani and Pulao varieties for the vegetarian eaters. Good use of spices and mixing up the rice in an expert manner makes these dishes heavenly!

Saffron Rice: This popular variety is simple to make and has a wonderful sweet aroma. Wash the basmati rice and keep aside. Break saffron strands and keep it soaked in warm milk. Take a pressure cooker and put some good quality ghee in it. Fry some whole cashew nuts and keep aside, followed by adding bay leaf, whole cloves, cinnamon sticks and seeds of cardamom. You can also use cumin seeds for an extra edge. Mix the basmati rice and fry it well with salt and sugar. Pour water to make the rice cook well, but not break. Cook it for one whistle and open the lid to get lovely yellowish Saffron rice. Serve hot with deep fried onions, mint sprig and cashew on top.

Sweet Pulao: Put slight turmeric powder in basmati rice after washing and soak it for a couple of minutes. Cook it well and make sure the rice does not break. Take ghee in a pan and put whole cardamom, cloves, cinnamon sticks followed by the nutmeg. When flavor starts coming out add the yellow rice and mix well. Put lots of sugar to make it taste sweet. Put some cashew nuts and raisins on top with a tablespoon of kewra water. Serve hot with decorative edible foil on top.

Vegetable Biryani: Take a handful of vegetables like potato, cauliflower, carrots, corn, peas and beans and cook well in oil with cumin seeds and biryani masala. Keep aside and cook the basmati rice to 80% consistency. Then take a pot and put ghee in it. Add whole garam masala and a bit of garlic paste and layer rice and vegetables prepared previously. Add kewra water and saffron consisting slight milk and let it cook in sealed condition for five minutes. Serve hot with coriander leaves on top.

Kashmiri Pulao: Soak basmati

rice and keep aside. Mix milk, cream, salt and sugar thoroughly and keep aside. Take ghee in a pot and add cumin seeds, bay leaves, cardamom seeds, cinnamon sticks and cloves and let it cook. Add rice in it and fry well. Add the cream and milk mixture and mix well. Put water to make sure the rice is cooked well with every strand separate. Add some dried fruits on top and garnish with edible rose petals.

Chick Peas and Radish Pulao: This combination may sound unfamiliar but is good for taste difference. Boil chick peas and keep aside. Grate radish and cut tomatoes, onion, green chillies coriander leaves and mint leaves. Take a pan and add bay leaves, asafetida, anise seeds, cloves and cinnamon in oil and make it crackle followed by adding turmeric powder, cut tomato, green chillies, grated radish and ginger garlic paste. Add chick peas, curd and basmati rice and mix well. The pressure lid has been put on with water to make the pulao cook well yet not break. Serve hot with a tomato cut in flower like fashion on top.

Shahi Rice: Boil basmati rice and keep aside. Take a nice dollop of ghee in a pan and put shah jeera, cloves, cinnamon sticks, cardamom seeds and cut green chillies along with bay leaves and allow to crackle for bringing out the flavor. Keep aside fried cashews and raisins for decoration. Put cubes of paneer and boiled peas in the spices and mix the rice well. You can add dried cherries and berries for extra punch. Salt and a little milk with saffron strands are also added for making it taste Royal. Serve hot with fried cashews and raisins on top.

Navratan Pulao: This rice looks very tempting because of colorful fruits added to it. Making this pulao is easy with boiling the basmati rice at first. Add whole bay leaf, cardamom seeds, cloves and cinnamon sticks in ghee taken on the pan. Add sugar and salt and put the rice inside. Add fruits like green grapes, red cherries, pomegranate seeds, pineapple chunks, apple cubes, boiled peas, raisins, paneer cubes and orange slices cut in cubes. The fruity smell makes the rice look refreshing.

Coconut Milk Pulao: Soak basmati rice in coconut milk and keep aside. Put ghee on pan and add cloves, cardamom and bay leaf. Then add onion and chilli pieces and cook well till flavor comes out. Put the soaked rice in it and pour good quantities of coconut milk to cook it well. Serve hot with some raita.

Paneer and Soya Bean Biryani: Cook paneer and soya bean chunks in biryani masala with onion and gin-

ger garlic paste and keep aside. Take boiled basmati rice and layer it with the cooked mixture with ghee, kewra water and whole garam masala in a pot. Cooking is completed while being kept in a sealed container for some time.

Basmati Rice and Dal Pulao: Chana dal is soaked overnight and cooked well so that it is tender yet not broken. Take ghee on a pan and put bay leaves, black cumin seeds, onions, peppercorns, green chillies and cardamom, cloves and cinnamon sticks. Add the rice and cook till it is tender and add the dal so that it does not get mashed after rice is done well. Serve hot with a coriander leaf sprig on top. Try these amazing recipes at home and enjoy with the family. You can prepare these when guests are due to arrive in festive occasions. Garam masala is present in every body's kitchen along with ghee and basmati rice. Just add fruits, vegetables, paneer and some common requirements here and there and alter the taste of lunch and dinner at home.



Pb

Recipe: Cheesy Chicken Fingers

Easy, delicious and simple to make Cheesy Chicken Fingers that everyone would love, especially the kids. Serve as part of a meal or as a snack.

Ingredients: Chicken Breast - 3, boneless, skinless, Eggs - 2, beaten, Milk - 1/2 cup, Olive Oil - 1/3 cup, Plain Flour - 1/4 cup, Breadcrumbs - 1 cup, Parmesan Cheese - 1/2 cup, grated, Salt as per taste, Black Pepper Powder as per taste. **Method:** - Cut the chicken breasts into even-sized strips. Whisk the eggs, 2 tbsps olive oil, milk and 2 tbsps water. Mix well. Add the chicken strips and keep aside for 10 to 15 minutes. Mix the flour, salt, cheese, pepper powder and breadcrumbs in a large bowl. Remove the chicken from the egg mixture, shaking off excess moisture, and dredge them in the flour mixture. Heat oil in frying pan over medium flame. Shake off any excess flour and gently add the chicken pieces. Fry for 10 minutes or until golden brown, turning from time to time. Remove and drain excess oil. Serve hot with a choice of dipping sauce.

Dear Zindagi review: Shah Rukh Khan is charming but this life is unreal

Four years after her much-appreciated debut with English Vinglish, filmmaker Gauri Shinde is back with another female protagonist-centred story that aims to unsettle cliches in our judgemental society - Dear Zindagi.

Film Review

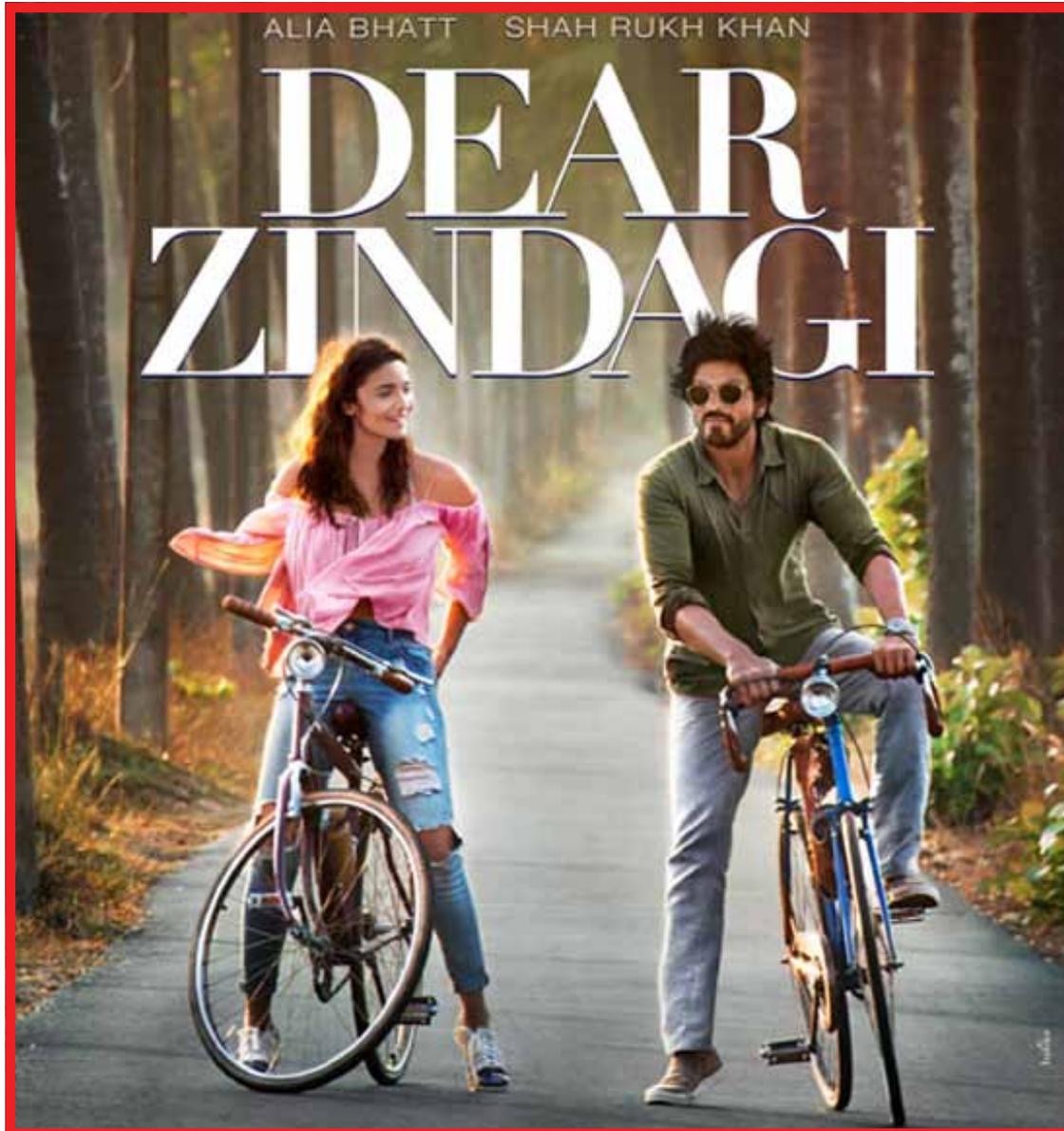
Director:

Gauri Shinde

Cast: Alia Bhatt, Shah Rukh Khan, Kunal Kapoor, Ali Zafar, Angad Bedi and Ira Dubey

Rating: 2/5

Starring Alia Bhatt as the lead and Shah Rukh Khan as her psychiatrist, Dear Zindagi is about Kaira (Alia) - an aspiring cinematographer who does small ads and projects but wants to shoot an entire feature film. The introductory sequence - with Kaira's confident banter and hands-on body language - assures us that she is truly talented and knows her job well. However, when she is offered a big break in a feature film, she is not sure if it is because of her talent or because one of the co-producers finds her hot. This co-producer, Raghavendra (Kunal Kapoor), is also the one with whom Kaira



is cheating on her current love, Sid (Angad Bedi).

Soon, we get to know Kaira and her problems - a career

woman who isn't sure whether she should thank her talent or looks for the opportunities and one who is dealing with a heart break after a guy ditched her for another girl. Rendered homeless after her landlord asks her to vacate because "she is single", she decides to move to her home town, Goa. Since she shares a rather tense relationship with her parents, it makes her all the more sad at the thought of living with them. Sounds relatable. To deal with it all, Kaira decides to meet a 'dimag ka doctor aka DD'.

Enter Shah Rukh Khan and the frame lights up with his charm and charisma. Shah Rukh's psychiatrist is caring, charming and witty. The movie then traces Kaira's sessions with Dr Jehangir Khan aka Jug who doles out gyan on life,

handling relationship, dealing with one's feelings, staying happy and much more. With a solid plotline backing the film, it could have been as inspiring and engaging a tale as Gauri's debut (Sridevi-starrer English Vinglish) but falls way behind.

The way Kaira narrates her own fears and weaknesses to Jug is pretty unreal. The dialogues are full of cliches and do not come across as natural. With stuff like a stoned character saying "Genius wo nahi hota jiske paas sab sawaal ke jawaab hon, genius wo hota hai jiske paas jawaab tak pahunchne ka patience ho", or a psychiatrist saying "We are all our own teachers in the school of life", it is a tough fight to make it sound realistic.

There is a lot of banter in the film that is supposed to be

deep and philosophical but is really just plain, hollow banter.

Gauri, nonetheless, flaunts her excellence in her second film, presenting a professionally strong and clear female protagonist, who doesn't shy of telling her boyfriend that she cheated on him and even apologises to him. The film also brings another milestone in Bollywood cinema with almost the entire story being set within a psychiatrist's sessions - breaking cliches of facing a mental illness. And the best part is that Kaira isn't even depressed, she simply visits the therapist because she couldn't sleep for three days.

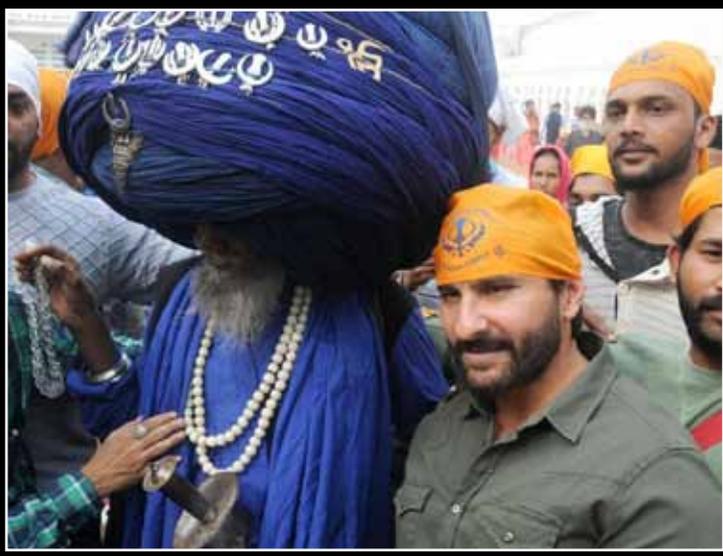
Towards the climax, Alia confronts her family and talks of all the fears she has been struggling with - in a sequence that is a clear reminder of a similar scene from Imtiaz Ali's Highway (2014). Alia aces being the smart professional as much as she does being the scared, young girl.

While Aditya, Kunal and Ali Zafar, who appear as her lovers or boyfriends, are more of guest actors than properly etched characters, it's Kunal Kapoor who gets an edge among the youngsters and essays his part with finesse. Shah Rukh Khan brings his experience and charm to the role and makes Jug memorable with his wits.

The screenplay and dialogues, however, stop the film from being magnificent. Another point that really didn't work comes when Kaira needs yet another romantic relationship to lean upon, despite the entire film doling gyan on how romance isn't the be-all and end-all in life..

If only Gauri brought better-etched characters and delved more into the emotional turmoils of her lead, this could have been a wonderful "slice-of-life" film with several messages to be lauded for. What she ends up with is a "could-have-been-amazing" film.

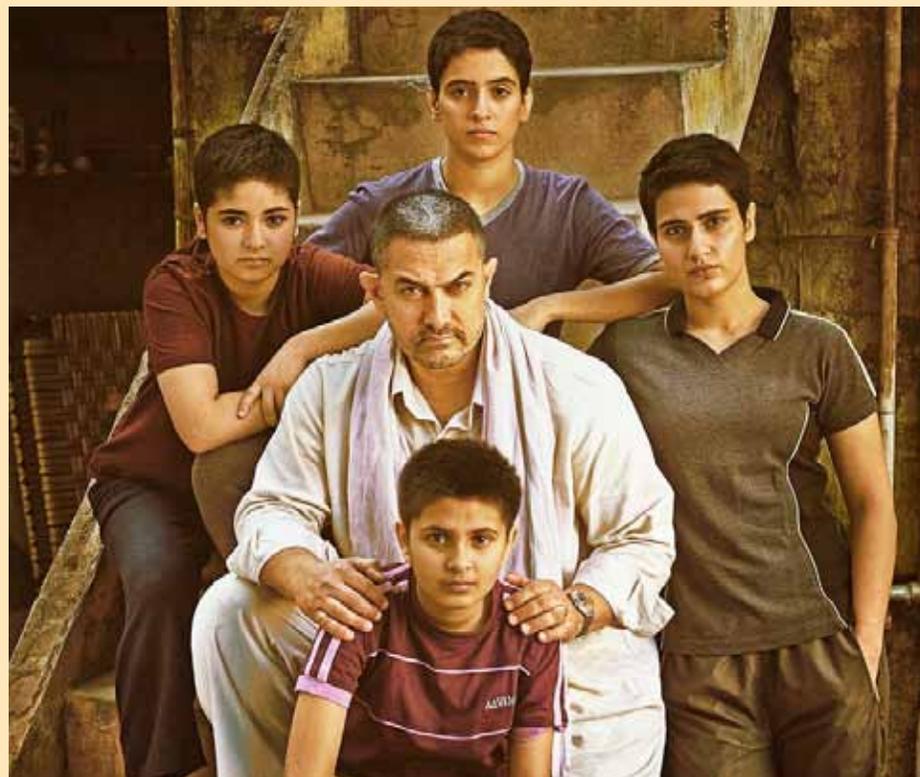
Saif Ali Khan shoots for the Bollywood remake of Chef in Amritsar



Bollywood actor Aamir Khan, who is gearing up for his next release, has said he plans to apply for tax free status for Dangal, Nitesh Tiwari's film on the life of wrestler Mahavir Singh Phogat.

Usually, the makers of sports films seek tax free status from the government. "I believe it's a film where the parameters of tax exemption are.. I think it does fall in this category. It is not for me to decide (on tax free), it is upto the state government to decide. We will apply for tax free before the release of the film, it's a process and it may happen or may not happen. I can't predict how much time will it take," Aamir told reporters here at an event of "Dangal".

A special video of the making of Dangal featuring Aamir and his trainers was shown and how he gained weight for the character and subsequently how he shed it. While a teaser of the video is available online, the entire training video will be revealed on Tuesday. The Nitesh Tiwari-directed film is the story of Haryana-based



wrestler Mahavir Singh Phogat, who trained his daughters Geeta and Babita to become wrestlers. The biographi-

cal sports drama film will release on December 23.

When asked if he is expecting U

Aamir Khan to seek tax free status for Dangal

or U/A certificate for Dangal, Aamir said, "It's a universal film, it is about children, kids, it's the story of a family. Ours will be more of a family film I think it will be a U film."

There were reports that Pahlaj Nilhani of CBFC had asked Aamir to postpone Dangal due to demonetisation.

To this, Aamir said, "He has not asked me to do anything, I never got a call from him."

It's too early for me to be choosy with directors or scripts:

Sayyeshaa

Actor Sayyeshaa after her debut film Shivaay opposite actor Ajay Devgn and is all set to play actor Sanjay Dutt's daughter, in filmmaker Omung Kumar's next. Despite the appreciation, Sayyeshaa believes in being modest as she says it's too early for her to be choosy with roles.



"I am so young and new in this industry that I don't think I am fit enough

at this moment to choose directors or scripts.

Films and filmmakers who will come to me, will probably be the ones choosing me," says the 19-year-old actor.

But that does not stop her from giving out a list of directors she wants to work with. "There is Sanjay Leela Bhansali, Imtiaz Ali, Raj Kumar Hirani, Mani Ratnam and a few more dream directors.

I feel when you work with good directors, you are presented well, and in the end, only good scripts and good roles take you forward in your career," Sayyeshaa says.

Open to all genres, she adds, "When I am 60 and ready to retire, I want to look back and say that I did a variety of work."

Actor Priyanka Chopra, who will be making her Hollywood debut with Baywatch, is excited to play a negative role on screen. "Oh how I love being bad!! Victoria Leeds (her character) is a different kind of villain...she's evil but she makes being bad look so good! I had so much fun playing the character," she says.

Priyanka played an antagonist in Aitraaz (2004), however, she feels that the two characters are poles apart so she had to approach the character and prepare for it differently. "I just gave myself up to the character. I understood her and then began to enjoy each moment as



she would," she says, adding that she had a lot of fun shooting for the film with her co-stars. "I also had a great director in Seth (Gordon) and amazing co-stars like DJ (Dwayne John-

son), Zac (Efron), Alexandria (Daddario) and Kelly (Rohrbach), who helped me bring out all the evil," she laughs.

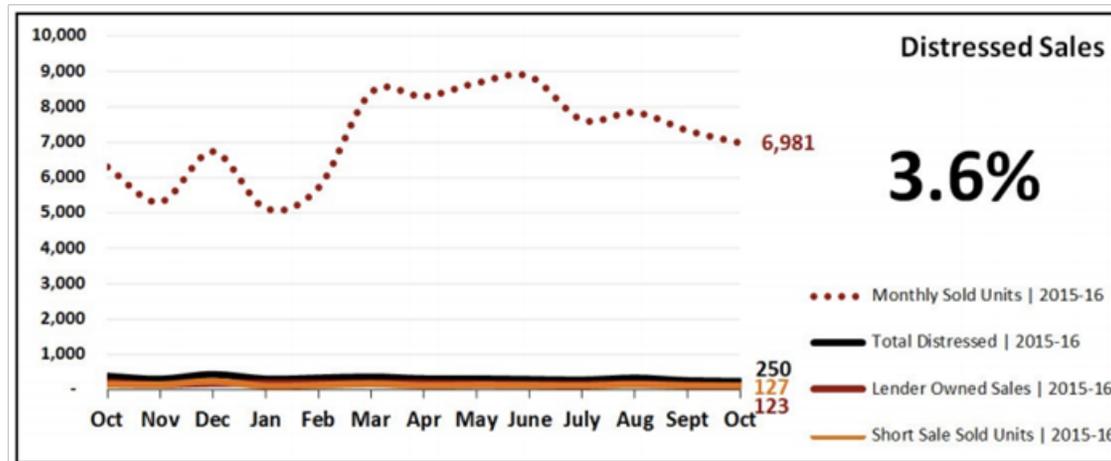
The 34-year-old actor doesn't think she has changed as an actor. "As an actor, I believe I have grown and evolved over the years. My choices of films are a reflection of that. I like to do different things, play difficult characters, pick unusual roles and interesting stories. That hasn't changed and it never will," she adds. Apart from Baywatch, Priyanka is also shooting for the second season of American TV series Quantico, which airs on Star World.

Victoria makes bad look so good: Priyanka Chopra on her Baywatch character

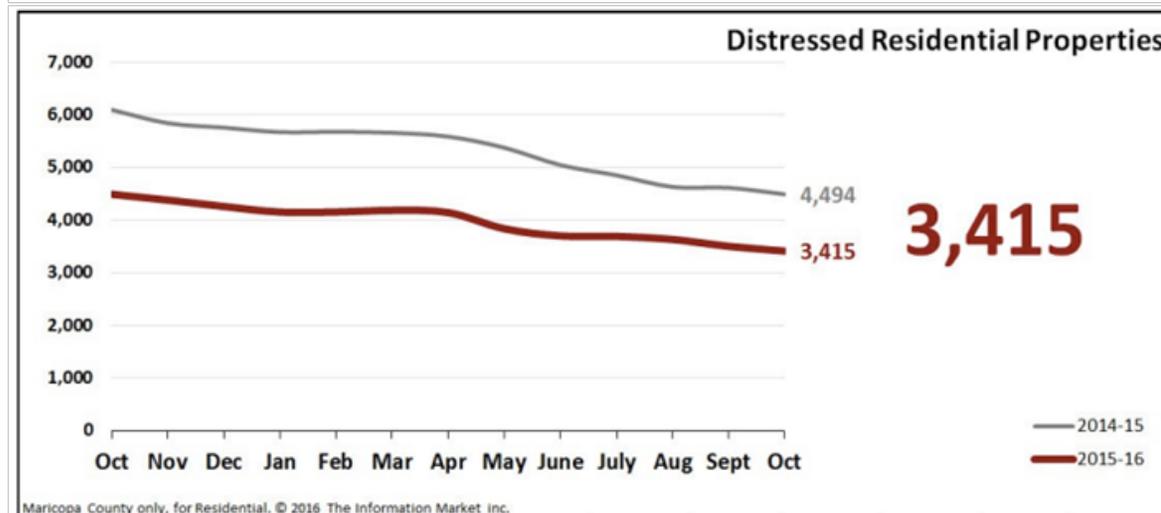
Real Estate News of Arizona - December 2016

Hello Friends,
Wishing all my readers a wonderful holiday season and some quality time with your near and dear ones. This year had its own share of ups & downs for everyone, both at the global level as well as the personal level. This might be a good time to take it easy and reflect on the good times we all enjoyed through the year. Next month is a new year filled with hopes and aspirations but in the meantime, lets look at how the valley real estate performed during the holiday season.

New developments will be seen near ASU, as Arizona State University is planning to build a residential housing project for its Greek organizations in Tempe. University officials will request approval from the Arizona Board of Regents to enter into agreements to ground lease about 5 acres on the southeast corner of Rural and Terrace roads to American Campus Communities Inc, according to Thursday's ABOR agenda. Although university already owns the land, but needs ABOR approval to execute the ground lease with ACC, which was selected through a competitive bidding process, to develop



Short sales dropped -24.4% year-over-year. Lender owned sales dropped -46.1% year-over-year. Distressed Sales accounted for 3.6% of total Sales, down from the previous month of 3.7%.



Foreclosures pending month-over-month showed a decrease of -2.6% while the year-over-year figure was down -24.0%.

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the project that will span 300,000 square feet on that parcel. An estimated 500 Greek students currently live in campus housing.

Let's take a look at the October sales of Residential Properties in Maricopa County-

- Total Sales for Single Family, Town-home, Condos, for October are 6,229 whereas, September were 6,469 and August was 6,955

- The Active listings for Single Family, Town-home, Condos, for October are 20,455 whereas, September were 19,818 and August was 18,942

- Pending sales for Single Family, Town-home, Condos, for October are 5,679 whereas, September were 5,800 and August was 6,152

The total home sales by financing were-

- Cash Sales - 1,266
- Conventional - 3,188
- FHA - 1,284
- VA- 440

Now let's take a look on the commercial side-

Safeway Stores, Inc leased 61,374 square feet at the Greenway Center at in Phoenix. The national grocer is slated for occupancy in early March 2017.

The DriveTime building in Mesa was sold for \$6.5 million, about \$1,103 per square foot. The 5,891-square

foot, freestanding retail building was constructed in 1994 on 3.5 acres. DriveTime Car Sales occupies the entire building under a brand-new, 15-year lease extension.

Cohen Asset Management has purchased an industrial building in Phoenix for \$33.55 million, or approximately \$74 per square foot. The property measures 452,271 square feet on 23 acres.

Dorinda Vista apartments in Tucson was sold for \$27.9 million, or about \$109,000 per unit. Completed in 1998, the two-story, 254 unit property totals 270,000 square feet on 6.9 acres.

Hope this article gives you a peek in what's happening in our valley. As always, I love your questions, comments & feedback. Please keep them coming at arti@artiiyer.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, cromford re-port, Better Homes and Garden, Costar, Globest, BizJournal, Newsgeni, Realty times, azcentral, wall street journal.

Yosemite—Summer's Heaven or winter's Paradise?

Amardeep Kaur

Email: amarkau@gmail.com

Exquisite landscapes, ravishing waterfalls, beautiful mountains, stunning creeks, open fields, mature sequoias trees; Yosemite has it all. Yosemite is not only captivating in summer, but winter landscapes here also are second to none. Yosemite National Park is in Eastern California. It is in Sierra Nevada Mountains. Drive from Phoenix to Yosemite is 11 hours, but if you want scenic route it will take 14 hours. Flight from Phoenix to Yosemite is 4 hours 40 minutes.

Best Attractions at Yosemite are - Mirror Lake, Yosemite falls, El Capitan, Tunnel view, Half Dome, Glacier point, Bridalveil Falls, Horsetail falls, Tenaya Lake and Mariposa Grove of Giant Sequoias. The astonishing Mirror Lake shows the complete landscape upside down in the lake. Best time is May to July, by August the mirror effect disappears. Tenaya Lake has granite cliffs and pine trees all around. Mariposa Grove of Giant Sequoias has about 500 giant sequoias, the oldest among them are 3,000 years in age.

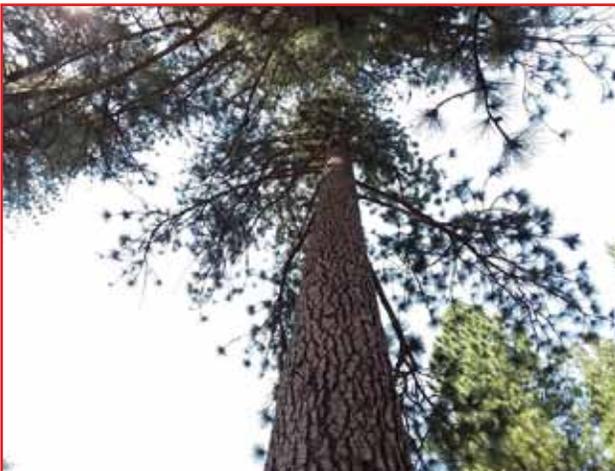
Yosemite Falls is one of the tallest waterfalls in North America. These are 2,425 feet high, which is nearly half a mile. It flows November through July. Horsetail falls is one of the rarest waterfall. The water of this falls display fiery reds and yellow, caused by the setting sun rays. It flows December through April. The best time to see its beauty is mid to late February at the sunset. Bridal Veil Falls are the most famous waterfalls of Yosemite. It is reachable through hike any season all year long. It is located near the entrance of Yosemite Valley. It is a 620 foot high waterfall.

El Capitan is a granite mountain 3,000 feet vertical feet high. It is one of the largest exposed granite monolith of the world. Tunnel view provides best views during early spring and also when the domes are covered in snow.

Half Dome is the most iconic rock formation in the Yosemite national park. Its three sides are round while one side is straight, which gives it appearance of dome cut in half. It is 5,000 feet above the valley ground. Glacier point overlooks Yosemite falls, Yosemite Valley and Half Dome. You can access it by car from May to November.

During summer Yosemite offers biking, camping, skiing, rock climbing, fishing, golfing, swimming, tennis, hiking and river rafting. They have special food and wine events for tourists. Snowboarding, snow tubing, ice skating, snow shoeing and cross country skiing makes your trip worthwhile and memorable during winter along with their special holiday events. Guided tours in bus or tram are available. You will get to know about the history of the place along with stopping at major scenic spots.

Plan ahead and book your hotel 2-3 months in advance, as Yosemite is always packed with tourists. You will find many people at attractions, but you can definitely find solitude and peace at creeks and fields.



If you are a hiker, you clearly have an edge. You will get to see more amazing attractions and sites, which are accessible by hike only.

Yosemite National Park is a UNESCO World Heritage site. Around 4 million visitors comes to the park annually. Yosemite National park was created in 1890. It is one of the oldest nature preserves in

the United States. The park is almost 1,200 square miles. A native of Scotland, John Muir, discovered the Yosemite Valley in 1868. "No temple made with hands can compare with Yosemite", John Muir, amateur naturalist wrote. This still holds true. The beauty and variety of landscapes will make you come back here again and again.



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HIS HOLINESS MIRZA MASROOR AHMED, THE SPIRITUAL HEAD OF ISLAM AHMADIYYAT, 5TH SUCCESSOR OF HIS HOLINESS MIRZA GHULAM AHMED THE PROMISED MESSIAH DELIVERED THIS FRIDAY SERMON IN AHMADIYYAT CENTER, MELBOURNE, AUSTRALIA ON FRIDAY OCTOBER 18, 2013 WHICH WAS TELEVISED ON MTA INTERNATIONAL WITH TRANSLATIONS IN OTHER LANGUAGES SIMULTANEOUSLY



His Holiness Mirza Masroor Ahmed
5th Caliph of Promised Messiah

Huzoor (May Allāh be his Helper) said that in this verse Allāh commands His servants to say only that which is best. In order to become God's true servants, we should abide by His every command and strive to strengthen our faith. There should be no contradiction in what a believer does and what he says, for his is something Allāh abhors. The Promised Messiah has said that a person's discourse cannot have the desired effect if it does not come from his heart and is not supported by his practical example. Huzoor (May Allāh be his Helper) said that Allāh has declared the believers to be the best of all people who inculcate righteousness and exhort against evil. Men of God do not bear false testimony and do not take part in frivolous activities. Allāh also commands the Believers to adopt piety, and to speak what is true and straightfor-

ward and unambiguous. If we act upon these teachings, most of our domestic and social disputes will end and there will be no need to resort to courts or the Qadā'. Huzoor (May Allāh be his Helper) said that a believer should at once leave the company of people who discuss frivolous things and talk against the institutions of the Jama'at. Huzoor (May Allāh be his Helper) said: If you have something against an office-bearer, you should convey it to me. It is not right to speak of such things in public. Instead of reformation, such slandering results in greater discord. Huzoor (May Allāh be his Helper) also exhorted against watching indecent and immoral material on TV and internet, and the use of Facebook and other social media that involves indecent

conversations. It is important for every Ahmadī to avoid all such things. Allāh says that every person has an objective that he pursues. Your objective should be to excel one another in good deeds. Satan is man's open enemy. In order to be safe from his attacks, the Holy Prophet has taught us to recite Sūrah AL-FALAQ and Sūrah AL-NAS three times before going to sleep. Huzoor (May Allāh be his Helper) said that we can only Fulfill our duty to God and His creatures by saying what is good. Even non-Ahmadīs are impressed by our slogan, **"Love for all, hatred for none,"** but if we do not practice it among ourselves, it will have no meaning. Allāh also says regarding the believers that they are kind and compassionate towards one another. This slogan will only

be effective if we create an atmosphere of love and kindness in our homes and our society and forgive one another. Huzoor (May Allāh be his Helper) also exhorted Ahmadīs to make the most use of MTA which God has gifted us for our spiritual and intellectual progress and so that our future generations remain linked with the Jama'at. MTA is a great blessing which connects Ahmadīs to Khilāfat. Huzoor (May Allāh be his Helper) instructed Jama'at Ahmadiyya Australia to make a strong effort towards Da'watIlallāh. But it will only be fruitful if we make sure that there is no contradiction in what we do and what we say. An Ahmadī should speak what is right, should do good deeds, and should listen and obey. Huzoor (May Allāh be his Helper) noted that much more needs to be done with regard to Da'watIlallāh in Australia.

CONTACT: Imam Shamshad A Nasir, Baitul Jammy Mosque, 2S 510 IL Rte 53, Glen Ellyn IL 60137. TEL: (909) 636 8332

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Parents, take note:

Children allergic to food prone to asthma, rhinitis

Children with a history of food allergy have a high risk of developing asthma and allergic rhinitis, a new US study has warned.

The risk increases with the number of food allergies a child might have, said researchers from The Children's Hospital of Philadelphia (CHOP).

The study is a retrospective analysis of the electronic health records of more than one million urban and suburban children in the CHOP Care Network from 2001 to 2015. The researchers divided the records into two cohorts: a closed-birth cohort of 29,662 children, followed continuously for their first five years of life, and a cross-sectional cohort of 333,200 children and adolescents, followed for at least 12 months. The patients were 48% white and 40% black.



While prior studies have suggested patients with food allergies are at increased risk of developing asthma, those analyses were small and limited. Allergies to peanut, milk, shellfish and soy were proportionately higher in the study population, while wheat allergy was proportionately rarer, and sesame allergy was higher than previously appreciated, researchers said.

Overall, children with existing food allergy were at increased risk of developing asthma and allergic rhinitis.

"For patients with an established diagnosis of food allergy, 35% went on to develop asthma; and patients with multiple food allergies were at increased risk of developing asthma as compared to those with a single food allergy," said Jonathan Spergel, chief of the division of Allergy and Immunology at CHOP. "Similarly, 35% of patients with food allergy went on to develop allergic rhinitis," said Spergel.

These asthma and allergic rhinitis rates in children with food allergy

were roughly double the rates found in the general population, said researchers. Allergic rhinitis, also known as hay fever, is a type of inflammation in the nose which occurs when the immune system overreacts to allergens in the air.

"Of the major food allergens, allergy to peanut, milk and egg significantly predisposed children to asthma and allergic rhinitis," added Hill.

The study was published in the journal BMC Pediatrics.

Staying awake at night or lack of good sleep may increase the risk of suicidal thoughts and attempts, a new study has found. According to the study, the researchers highlighted the link between sleep problems, suicidal thoughts and changes in behaviours.

In this study, 18 participants were interviewed about the role sleep problems have on suicidal tendencies. Three inter-related pathways to suicidal thoughts were identified arising from sleep problems.

The first was that being awake at night heightened the risks of suicidal thoughts and attempts, which in part was seen as a consequence of the lack of help or resources available at night. Secondly, the research found that a prolonged failure to achieve a good sleep at night made life harder for respondents, adding to depression, as well as increasing negative thinking,

Think you have suicidal thoughts? Blame it on disrupted sleep



attention difficulties and inactivity.

Finally, respondents said to suicide, providing an escape from their problems.

However, the desire to use sleep as an avoidance tactic led to increased day time sleeping which in turn caused disturbed sleeping patterns -- reinforcing the first two pathways, said the paper published in the journal BMJ Open.

"Our research underscores the importance of restoring healthy sleep in relation to coping with mental health problems, suicidal thoughts and behaviours. Additionally, night time service provision should be a key consideration within suicide prevention strategies, given that this study shows that those who are awake in the night are at an increased risk of suicide," said Donna Littlewood, researcher at the University of Manchester.

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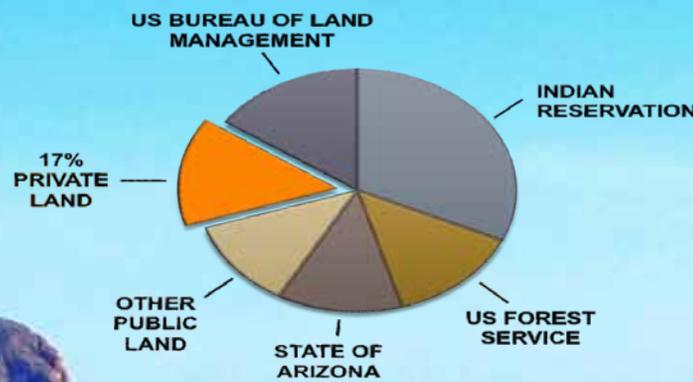
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