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Monthly Newspaper

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Imam Shamshad
addresses Pomona
Rotary Club on
fundamentals of Islam



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Rana Sodhi
Honored at MLK
B'day Breakfast
Celebrations

6 kinds of heels
every
woman
must own



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Padma Shri
came as
pleasant
surprise:
Sridevi



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What a colorful January India Nite



Dark gloomy skies and a day long pitter-patter sullied the ever bright sunny Phoenix on the 26th of Jan. But the high-spirited and fervent participants were as passionate as the board members and their volunteer helpers about making the program a success. The persistence and passion that our leaders had about making India an independent republic was mirrored

• Continued on P24

Kite Flying Festival



We all needed this. What a weekend. After a whole week of bone chilling cold weather that played havoc with the plants in our yard and the fruits in our orchards, we needed something to dethaw and remember why we leave in this beautiful place called Phoenix Arizona. We leave here to enjoy the mild winters where we can get out and enjoy the sun during the day in the middle of winter.

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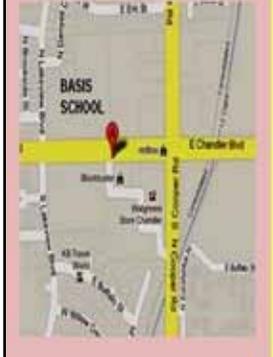
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Uncle Sam Needs You

Dr. Jaswant Singh Sachdev, M.D.
Photographs: Gurvinder Singh

Organized by Coordinators of the Sikh Advisory Board to Law Enforcement, a few highly placed FBI (Federal Bureau of Investigations) Officers and Attorneys from U.S. Attorney's Office (United States Justice Department) joined the Sangat (Congregation) on January 6th at Gurdwara Sahib, Guru Nanak Dwara in Phoenix, Arizona. They came to celebrate the Prakash Utsav (Birthday) Ceremony of Guru Gobind Singh Ji, the tenth Master of the Sikhs. Explaining their visit, the Special Agent in Charge Mr. Turgal stated that he is here today not only to reinforce and reaffirm the commitment to serve the Sikh community but to personally request its eligible members to avail the opportunities to join FBI. This took the community by surprise and lots of young men became eager to know more about this opportunity.

All these five guests were invited on stage one by one and introduced by the author about their careers and then local religious leadership honored them with a Siropa.

Here is the brief introduction about these guests.

Mr. James L. Turgal Jr. who spoke above-stated words, was the first one to be introduced. He has his Master's Law (LL.M.) degree from Georgetown University Law Center in the area of White Crime and Securities fraud. After joining FBI in March 1996, he worked in various high capacity positions at Cincinnati and Houston divisions and promoted to the position of Special Agent in Charge by FBI Director Robert S. Mueller in May of 2011 where he serves now.

The next Officer to be introduced was an Assigned Special Agent: (SA) Ezell Grigsby responsible for investigating Civil Rights matters on behalf of the FBI.

John Lopez, an Executive Assistant U.S. Attorney for the District of Arizona and a senior leader of the U.S. Attorney's office, was honored next. John had served as chief of the White Collar and Public Corruption Section Earlier.

The fourth honoree was Gary Restaino, the Chief of the Criminal Division. He oversees all sections of criminal prosecutors, including White Collar, Violent Crimes, National Security, and Drug Enforcement.

Alison Bachus, Asst. U.S. Attorney and Chief Civil Rights Prosecutor who prosecutes all types of federal civil rights offenses, including bias crimes was introduced next. During her speech she advised to contact her of-



office in case any member of community feels discriminated due to color, creed or outward appearance stating that the freedom of religion is fundamental right and Sikhs like anybody else should practice their faith without any fear or

hesitation. She also updated the congregation regarding new rulings protecting people against hate crimes and discrimination.

After the services, all guests joined with the community to partake Gu-

ruka Langar, the blessed meal, a part of Sikh religious service. Once done, a tour of the new facility of Gurdwara Sahib under construction was visited. "Awestruck" was the word, they all pronounced enjoying its grandeur.



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Knowing What to Believe...

It seems every time you turn around, someone or the other is offering an opinion on what to do, how to do it, how to live your life, and ultimately what is best for you. Everyone seems to know how best to lead life when it comes to others, but all are equally confused about the decisions concerning their own lives. Ever wondered why that is? At the end of the day, it all stems down to vested interest. When offering advice on other people's lives, they are not as vested as their own, they do not have to live with the choices made, and so automatically it is easier to offer advice and counsel because at the end of the day the greater impact will not be to the advice giver but rather the advice taker.

So, when surrounded by loved ones eager to offer advice and what is right for you, what should you ultimately do? How should you react to the conflicting advice being thrown at you for all angles? Some people believe the best way to handle this is identify those people that care and love you the most and take their advice. But there are many reasons that may not be the best way to go. Your loved ones may not intentionally misguide you or lead you on the wrong path, but they will offer opinions and advice based on their own life and experiences, which may or may not be the right answer for you.

So, if not your closest loved ones, then where do you turn? Who should you believe in? Where do you go to find answers to all these questions and more? The best answer is to find it within yourself...believe in yourself, learn from your experiences, and spend time getting to know what fulfills and makes you happy. The only person that can know your heart's deepest desires and fears is yourself, because no matter how much you share with close friends and family, the things that frighten you the most and the things that you



Editor's NOTE

desire the most you will always keep close to your own heart. Your experiences will shape and mold you and if you do not take time out to reflect on those experiences, you will end up realizing that you do not even know yourself anymore. Only you can decide what is best for you because it is a combination of emotions and experiences, ranging from small to significant, that have shaped you thus far.

If you notice yourself constantly seeking approval or advice from others and not able to come to decisions without a world of opinions, it is time to evaluate how much you know yourself

and where this constant desire for approval and advice is coming from. Ultimately, this behavior is driven by a lack of belief in yourself. If you were confident in yourself and your decisions, you would not constantly seek approval and advice on how to move forward.

You would make decisions based on a combination of practicality, emotion, and gut feeling and move forward with confidence, ready to accept whatever the consequence of those decisions may be. Even though this is scary at first, it can also be very liberating. When you get to a state of being where you guide your actions solely based on your own decisions, you take responsibility for their outcomes – good and bad. You also release the need for approval from those around you because no matter how hard you try, at the end of the day you are never going to please everyone and someone or the other will always be unhappy. So taking that pressure off yourself will be an amazing feeling. Those that truly care about you and love you will not be offended by this change in you and those that don't will filter themselves out. So, there are multiple benefits in believing in yourself and letting that belief guide your life and its decisions.

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

A change is coming in 2013! This year feels like a different year, it's a year of change for me. So many things going on and not enough time to stop and think about how to do it, you just have to keep doing it. I've always considered my family "do'ers", we never sit on the sideline we just have to keep at it until we finish whatever we set out to do. This year I can count how many times my life will be changing, or altering or merging or whatever you want to call it.

This year I'm getting married, and unlike traditional Indian marriages, it's with a person a woman I want too. I've learned a lot about marriage and relationships, being the youngest you get to see the good and the bad. You learn from it though, but it's very important not to imitate or replicate the good or the bad. Situations change, people change and most importantly you have to change as well. Change isn't a bad thing; you have to be able to find a balance. The person who you were, the person who you are, and the person you will become will never be the same. Sometimes it's a harder transition for others then it is for you, when people expect or know who you are for so long that's who you always will be, until something happens that changes that. It could be marriage, for me it is. A lot of my family and friends are looking at me differently, I don't feel different but I know I am. Things that I wouldn't care about matter now and I don't hesitate to speak up or express my opinion, because the most important thing I've learned that marriage has to be a understanding and a compromise. Even if I don't care, she might and if she cares, then I have too. I was raised by 4 mothers (3 sisters and 1 mom), they all might have been and to a point, still are my mothers. I've learned a lot of what not to do from them, how to make sure that in marriage you respect the wishes of your sig-

nificant other, and make sure there voice doesn't get drowned out in the masses. The person I look up to and always have is my Brother in Law, Deepak. If you don't know him, you're missing out, if you do know him and don't keep in touch, you're an idiot.

I've learned a lot from him, directly and in directly. But he's always taught me to ask questions and ask why are you doing, or not doing something. When everything around you changes the only thing you can do is control yourself, and ask yourself what the change brings? 2013 is definitely a year of change for my family. My loving nephew, Sanam graced us with his presence and I can't wait to see him grow up. My sister got engaged, and I'm getting married...What a year 2013 is turning out to be!

Speaking of change, The US is going through a huge change right now as well. Obamacare and the new gun laws are a topic of conversation from everyone. The next few years will bring change or chaos or probably even both. Thank you everyone for your commitment to our newspaper. Business is business but life does happen, the past 2 months have hosted very pivotal life changing events. We're updating as fast as we can and getting the newspaper around town. Remember the digital copy is always online for our readers. Thank you everyone for your support and lets look forward to a prosperous new year!

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



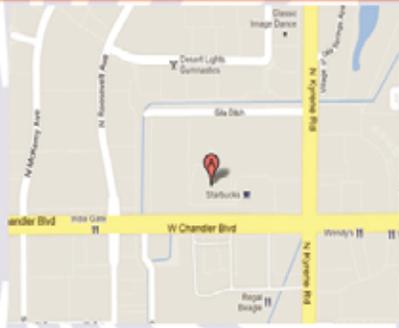
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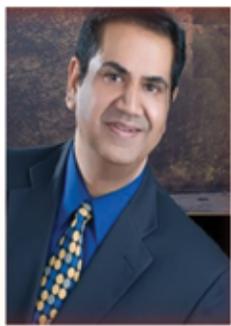
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Yoga has shown promising results in major psychiatric disorders such as depression, schizophrenia, ADHD and sleep complaints, say findings from a review of over 100 studies.

Emerging evidence in support of the 5,000-year-old Indian practice is “highly promising” and showed that yoga may not only help to improve symptoms, but also may also prevent stress-related mental illnesses, said P. Murali Doraiswamy, professor of psychiatry and medicine at Duke, who co-authored the study with Meera Balasubramaniam.

Yoga has positive effects on mild depression, affecting more than 350 million people globally, says WHO and sleep complaints, even in the absence of treatments, and improves symptoms tied to schizophrenia and ADHD which is linked with inattentiveness, over-activity, impulsivity, among children, the journal *Frontiers in Psychiatry* reports.

Yoga is a popular exercise and is practiced by 15.8 million adults in the US alone, according to a survey by the Harris Interactive Service Bureau, and its holistic goal of promoting psychical and mental health is widely held in popular belief, according to a Duke statement.

“However, yoga has become such a cultural phenomenon that it has become difficult for physicians and patients to differentiate legitimate claims from hype. Our goal was to examine whether the evidence matched the promise,” said Doraiswamy.

The review by Duke Uni-

Yoga shows promise in psychiatric cases

versity Medical Centre of more than a 100 studies, focusing on 16 high-quality controlled studies looked at the effects of yoga on depression, schizophrenia, ADHD, sleep complaints, eating disorders and cognition problems.

Benefits of the exercise were found for all mental health illnesses included in the review, except for eating disorders and recognition problems as the evidence for these was conflicting or lacking.

Yoga was found to influence key elements of the human body thought to play a role in mental health in similar ways to that of anti-depressants and psychotherapy.

One study found that the exercise affects neurotransmitters, inflammation, oxidative stress, lipids, growth factors and second messengers.

Wash utensils, clean windows to **lose weight**

You hate doing housework but you don't even get enough time to go to the gym or a dance class? Do not worry as household chores help you get fitter to. We tell you how

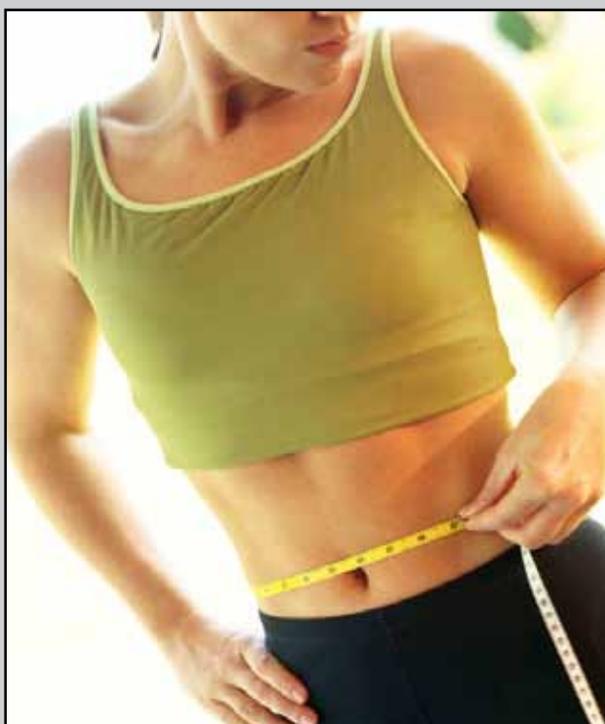
1. Clean the tub

Scrubbing the tub is one of the best household activities to lose weight! In half an hour of scrubbing the tub, you'll burn around 200 calories! Not bad, right? Moreover, if you scrub the tiles as well as wash the bathrooms, you burn some extra calories.

2. Clean the floor

If cleaning the floors is one of your daily chores, never fret. It burns 180 calories per hour. So pull out your broom and mop and you are ready to go.

3. Wash utensils



After you know this, you'll be happy if your maid doesn't turn up tomorrow! Washing utensils is also one activity that helps lose weight. Washing dishes sheds a minimum of 125 calories per hour. So think about it!

4. Clean windows and mirrors

Cleaning windows may seem a little difficult but if you use the right tools, it isn't that hard. Besides, with little hard work, you can burn 125 calories in 30 minutes. The same goes for mirrors.

5. Make the beds

Here's a reason why hospital nurses are usually in shape. Making the beds burns 130 calories per half hour. So even if you hate making beds, do it for your body.

6. Bathe your little one

Bathing babies is not only fun but also a way to lose weight and stay fit. It helps you get rid of 240 calories every hour. Moreover, if you have a naughty little one who makes you run here and there, you may have a better workout.








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Arizona Sikhs Tap Sikh Coalition in Saving Sikh Correctional Officer's Job

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

Phoenix, Arizona

Thanks to the consistent and aggressive efforts of the Sikh Coalition's legal team, Mr. Ikhbinder Singh Bassin, a young Sikh man who maintains uncut hair, beard and wears a Kara on his right arm, will now be able to continue his job as a Correctional Officer at one of the prison facilities in Florence, Arizona where he has been employed for the last nine years.

Having been informed by Gurdwara Sahib Raagi Ji one evening in early January, the author was able to contact Officer Singh at mid-night only after he returned from his duty. He had just been informed by his supervisors that he would not be able to continue his job at the prison facility with an unshorn beard and a Kara because it violated department standards. Officer Bassin sounded very depressed dejected and was continuously worried for his family (including two young children) all rightfully so. He was also very startled by the news because he had maintained his Sikh Articles of faith his entire life

and during his entire career as a Correctional Officer (nearly ten years) without problem.

I was able to establish an immediate contact with the legal team of the Sikh Coalition at mid-night. Early next morning, their encouraging and positive response pleasantly surprised me. The Sikh Coalition

attorneys agreed to intervene as soon as possible to help prevent this catastrophe.

In order to build a stronger case, I was advised by Sikh Coalition attorneys, to further discuss this matter with the Executive Director of the Arizona Interfaith Movement (AIFM,) an organization that represents over 25 religions, and of which I happen to be an Active Board Member. The Anti-Defamation League (ADL,) another active organization against hate and discrimination, was



then contacted by Rana Sodhi and GuruRoop Kaur Ji Khalsa. Appropriate contacts were also established with Governor Jan Brewer's office through other Sikh community members' resources. Everyone contacted was gracious enough to respond quickly and positively with strong letters of support.

With continuous robust efforts put forth by the Sikh Coalition's legal team and with full support from the above stated advocacy groups, the wis-

dom ultimately prevailed and the Arizona Department of Corrections finally took a decision in Officer Bassin's favor. Director Charles Ryan of the Department of Corrections sent the following letter to the Sikh Coalition on January 31st, the day that Officer Bassin was supposed to be terminated for

being a Sikh.

The religious accommodation letter states, in part

"Upon further review of circumstances, in the matter of Officer Bassin's request to wear his articles of faith, the Arizona Department of Corrections has decided to make an exception to Department order 503 to allow him to maintain unshorn hair (including facial hair) and to wear a kara.....Officer Bassin was advised that he does not need to cut his hair or remove

his Kara."

Someone correctly remarked, "Such a determination by the Department of Corrections to grant Officer Bassin a religious accommodation validates their understanding of the significance of religious freedom in our culturally diverse and socially inclusive country, state and community. Mr. Bassin has been a proud employee of the Department of Corrections over nine years and this equitable accommodation will allow him to continue to work in a job and organization to which he is deeply committed."

I could not agree more.

Here, facts and reason have trumped ignorance. I celebrate Officer Bassin's accommodation as a victory for religious rights, for Sikh rights, for diversity, and for equal opportunity for all. It is also a testament to the power of interfaith advocacy and the dedication of community leaders and organizations such as the Sikh Coalition that continuously help to defend our community's rights.

May none of us ever again be forced to choose between our religions and our jobs!

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Pravrajika Vivekaprana, senior Sanyasini(nun) of Sri Sarada Math Order of India visiting Phoenix in honor of occasion

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Following the Parliament of the World's Religions in 1893, Swami Vivekananda declared "I have a message for the West as Buddha had a message

for the East." Thus began a wonderful exploration of bridges between the East and the West. Pravrajika Vivekaprana continues this process..

Sri Sarada Math is an independent women's monastic order with its headquarters in Dakshineswar, near Kolkata. Sri Sarada Math, Swami Vivekananda's dream, came into being in January of 1954 and in 1959 they were recognized as an independent monastic organization. The Order operates educational, medical and social services programs throughout India.

Pravrajika Vivekaprana was a highly appreciated speaker at the Parliament of World's Religions in Chicago in 1993, exactly a hundred years after Swami Vivekananda spoke from the same platform.

She is an educator, author and an erudite speaker. She has the ability to explain the highest truths of Vedanta through examples of daily life. As one reviewer comments "---Her sweep is universal, her language modern, clear and direct, without metaphysics or speculation. Her inner experience articulates what is common to everyone.---"

Pravrajika Vivekaprana is an apt exponent of Swami Vivekananda's Practical Vedanta, exemplifying spiritual strength and sincere humility. She has visited North America several times, including Phoenix, conducting classes and retreats here and in Germany, UK and the Netherlands. Please join in the events of February 1 to 3 and weekend retreat February 14 through 16 (President's day weekend),.

Out of body experience, a **mango** must be eaten to experience its test

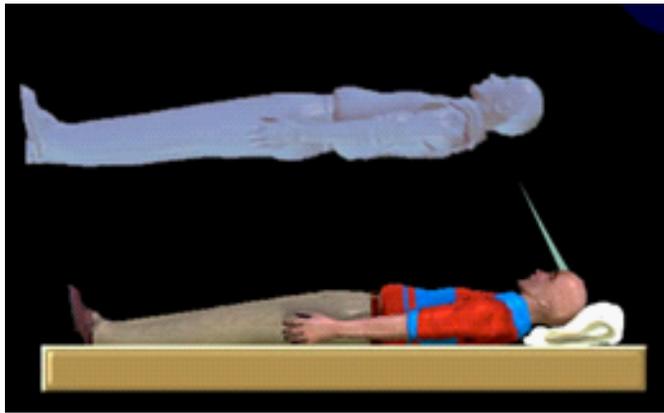
I was preparing for my next meeting at my desk around noon when I received a text message from one of the devotees who has joined us since last few months only. This devotee is unique because he is born in USA in non-Hindu family but after hearing his story I felt that he is more Hindu than me. Since his childhood he has been seeing dreams and visions of a Hindu goddess. For many years no one in his family, including him understood what those dreams were about, because they simply did not know anything about India and Hindu Religion, forget about knowing a goddess from thousands of gods and goddesses. During one of his teen years; he made an idol and it turned out to be same goddess he had seen many times in his vision and dreams. He did a lot of research on internet and found out that he has been seeing one of the

Hindu goddess in his dreams since he was a little kid. I can't imagine how he would have conveyed and convinced his family to let him worship a Hindu goddess and become almost Hindu by karma. This person is very calm and does not go about telling everyone about his experiences. He is second person I have known in my life who is born in western country in non-Hindu family but their "sanskar" from past life makes them Hindu in this life.

Well, in series of text message he mentioned that he had a strange experience and he was little bit scarred. He could see his body sitting on the floor in lotus posture from the ceiling of his room. Next moment he could see was his

body as if he is sitting next to it.

My guru Gyan Swami explained about this experience, he said this is not an ordinary experience. Few fortunate Yogis do get such experience



after many decades of regular practice of mediation and pranayama. This is an ultimate experience to know that we are not our body, but the soul. During out of body experience the physical-body is connected to astral-body with a silver

cord which allows astral-body to come back to its physical-body. Such experiences are not common, the experience of freedom from body and every problem and issues related to body cannot be imagined or written, experience is the only way to realize.

The goal of bhakti is also to forget ourselves by worshiping the god; but unfortunately most of the people don't even know this simple fact and they simply become hypocrite or deal maker. If they were not hypocrite, they all should have been liberated by now.

A yogi who meditates can forget himself or herself while worshiping god or during deep mediation. Any ritual performed by a meditating yogi

becomes liberating ritual. I am very much against rituals; but I have seen that a ritual performed by a yogi becomes a great experience. In Bhagvad Gita, Lord Krishna tells Arjuna "A Yogi is greater than the ascetic, greater than the empiricist and greater than the furtive worker. Therefore, O Arjuna, in all circumstances, be a yogi".

Dear reader, don't waste your time, please find someone who can teach you meditation which is the best tool for liberation, everyone including you and me will have to experience out of body one day in our life but if we don't meditate it will be just going out, one way, forced exit. But if you become a yogi you will already know how to go out and come back from body, when the time will come to leave this body you will be liberated forever.

-Pranav Sanghadia
pranav.sanghadia@gmail.com



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FEBRUARY 2013 EVENTS

Feb. 10th Drama 6:30pm "Age of Kali"

Feb. 6th Sat tila Ekadasi
Feb. 21st Bhaimi Ekadasi

Feb. 16th Appearance of Advaita Acarya
Feb. 22nd Appearance of Lord Varaha

Coming Soon Bhakti Sastri Course!

Appearance of Nityananda Prabhu
Feb. 23rd 2013

10:45am - 2:00pm
Arati, Abhishek, Bhajans, Katha followed by Maha Prasadam



First Saturday each Month Woman in Krishna Consciousness
Saturday 10:35am - 12 noon



Yoga Classes for adults & children every Saturday & Sunday 9:00am - 10:00am



Bhagavad Gita Class Mondays, Tuesdays, Thursdays & Friday 7:00pm - 7:30pm



Group Japa Chanting Wed. 7:00pm - 7:30pm

Harinam Sankirtan Saturdays 6:30pm - 8:30pm Mill Ave. Tempe Leave temple 6:15pm

Sunday Feast 4:30pm - 8:45pm

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IACRF Seniors Group

Submitted By Rama Patel
HAPPY NEW YEAR!

Many of the regular IACRF Senior Group friends are either out of State or gone to India – the ‘Mother Land’, for their routine visit with family and friends. On the same token, our member friends from Canada and other parts of USA usually come to Phoenix during this time of the year to enjoy the warmer, sunny weather. Their company and friendship adds happiness and joy for everyone.

After having some time off for the ‘Holiday Season’ to spend with own families, the seniors returned to their

regular ‘milan’ with other senior members, reinforcing a strong feeling of “brotherhood”.

Dayaram Ahir, President of IACRF conveyed his Best Wishes and assured the seniors of IACRF’s commitment to provide all necessary support for the Senior Group. He also sent a message for many other seniors in the community to take advantage of the socialization opportunities, picnics and outings, and weekly fun activities organized by the group.

New Year’s Best Wishes were extended to all the helpers and volunteers, who provide their continuous,

dedicated services to organize and manage Thursdays’ activities. Members were encouraged to maintain the ‘family spirit’ all through the coming year and always. Lunch sponsors, who serve the Seniors Group with a variety of home cooked, delicious, mouthwatering menu every Thursday, continue to provide an enjoyable, pleasant experience.

On January 24th, the group proudly celebrated India’s “Republic Day” with great enthusiasm and excitement, contrary to making last minute changes due to rainy weather, which also dampened plans for flying kites! The program

began with two of the senior-most gentlemen, Shri Jagdishbhai and Shri Rammanbhai unfurling the Indian ‘triranga’ flag, followed by the group singing national anthems of India and USA. Then some talented members sang familiar, patriotic songs where all present could join in. Wow! What a thrill it was, to sing the famous patriotic songs, vicariously participating in the celebrations at New Delhi, India!

Munnu Bajpai is making good progress and his joy in meeting the seniors, is quite evident from his smile and attempts to communicate and participate in the activities.



Maata Jagran
 Friday February 8, 2013
 7pm-9pm
 Contact: Shashi (480) 614-1322

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

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

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

Sunday Puja
 11am-1pm

1st Sunday - Ram Parivar
 2nd Sunday - Shri Jagannathji
 3rd Sunday - Balaji & Krishnaji
 4th Sunday - Shivji Puja
 5th Sunday - Ganeshji Puja

Contact Temple Priest
 At (480) 874-3200 for any
 Information related to Temple Puja
 Events or if you need to Schedule
 any Special Puja at The Temple site
 or at Home.



HTA EVENTS FEBRUARY 2013

Mata Saraswati Puja & Basant Panchami

February 14th, 2013

- ❖ 7pm-8pm: Puja
- ❖ 8pm-8:45 pm: Bhajans
- ❖ 8:45pm-Bhog, aarti/prasad
- ❖ Sponsorship \$51
- ❖ Archana \$ 21

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Note :: HTA Board has hired a corporate lawyer to review the processes used by the constitution and bylaws review committee and the proposed recommendations for changes made by the committee. An AGM will be called soon after the legal opinion is received.

Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

GURDWARA MONTHLY
 A Monthly digest of Gurdwara Programs and Events

FEBRUARY 2013 Programs & Events
 20 Magh - 17 Phagan, 544 Nanakshahi Era (NE)

Feb. 1 (Fri.) - Parkash Sri Guru Har Rai Ji (1630).
 (Actual Day: Jan 31)

Feb. 8 (Fri.) - The Great Holocaust (Vada Ghalughara)
 Approx. 32,000 Singh, Singhnia and children lost their lives.
 (Actual: Feb 5, 1762)

Feb. 12, Phagan 1 (Tues.) - Sangrand and Monthly Sehj Path
 Sehj Path Bhog 9:00 AM.
 Sehj Path Arambh for new month at 9:30 AM.

Feb. 15 (Fri.) - Birthday Sahibzada Ajit Singh Ji,
 Paonta Sahib (1687). (Actual Day: Feb. 11)

Feb. 17 (Sun.) - Homeless Dinner Seva.
 Phoenix Rescue Mission at 3:30 PM. (Call 602 741 8021)

Feb. 22 (Fri.) - Saka Nankana Sahib (1921).
 An outstanding example of peaceful protest by Sikhs to reform Gurdwaras. Perhaps second only to Jallianwala Bagh in its extreme barbarism....Please Google and read further.
 (Actual day: Feb 21, 1921)

Feb. 24 (Sun.) - Birthday Bhagat Ravidas Ji (1399)
 (Actual Day: Feb 25)

Feb. 25 (Mon.) - Pooranmashi Kirtan Diwan program
 6:30PM to 8:00PM.

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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Saka Nankana Sahib - 1921

Bhagat Ravidas Ji

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Imam Shamshad addresses Pomona Rotary Club on fundamentals of Islam

Imam Shamshad A. Nasir from the Ahmadiyya Muslim Community's Baitul Hameed Mosque in Chino was the special guest speaker at the Pomona Rotary Club's monthly luncheon meeting January 22. The Imam was joined by Imram Jattala, founder and editor of the award-winning website AhmadiyyaTimes.com.

The Pomona Rotary Club meeting was held at the Sheraton Fairplex Conference Center and started at 12:30 pm with lunch, followed by the Club's regular orders of business by its members. The remainder of the program consisted solely of Imam Shamshad's presentation on the fundamentals of Islam and how they create and sustain peace in one's personal life and in society.

About 65 Rotarians were in attendance at the luncheon. Pomona Rotary Club president Carol Wilt introduced Imam Shamshad, extolling his passion for creating mutual understanding through interfaith dialogue, public outreach and education to correct misunderstandings and misinformation about Islam. Imam Shamshad spoke for half an hour and then answered questions from the audience for another 25 minutes. Most of the talk was dedicated to explaining the fundamental beliefs of Islam, emphasizing how each of these fundamentals work towards creating and maintaining peace.

Imam Shamshad presented examples from the life of the Prophet Muhammad to refute common misunderstandings about the religion, even among Muslims. The Imam explained that many of the criticisms against Islam are actually cultural habits or religious beliefs introduced into Islam over its 1500-year history from non-Islamic societies or religions that came into contact with Islam and Muslim rulers. This is exactly the reason God sent reformers in the past to purify Muslims



and strive to remove the corruptions in their beliefs. The latest and most important reformer in this age was the Promised Messiah and Imam Mahdi, Mirza Ghulam Ahmad of Qadian, India, who came in the 19th century for exactly that purpose. He started his Ahmadiyya Muslim Community in 1889 and it has since progressed and spread to more than 200 countries with tens of millions of members. Throughout its 124-year history the Ahmadiyya Muslim Community has excelled in reforming and converting Muslims and establishing peace wherever its members reside. It is also the only Islamic community that has a spiritual leader called a Khalifa, who unites and guides the followers of the Promised Messiah in all things righteous and good. The Ahmadiyya motto is: "Love for All – Hatred for None." In support of the Ahmadiyya Muslim Khalifa's desire to educate the world about the true teachings of Islam and the true life and character of the Holy Prophet Muhammad (pbuh), Imam Shamshad stressed the need to respect all the re-

ligions of the world and show special reverence for their founders. In this way, people of different faiths can meet and get to know and understand each other in peace and friendship, which will eventually lead to better relations and peace between members of the world's religions.

In light of this, Imam Shamshad presented the numerous Ahmadiyya Muslim Community's public relations and information campaigns in the US and around the world, including "Muslims for Peace" (2010), "Muslims for Loyalty" (2011), "Muslims for Life" (2011-12), and the latest nationwide campaign, "Peace through the Messiah" (2012-13). Through these educational and public relations efforts, tens of millions of people have been introduced to key Islamic concepts that counter and disprove stereotypes and outright false beliefs many people have about Islam and the Holy Prophet Muhammad (pbuh).

The Imam also took time to answer questions from the audience about ex-

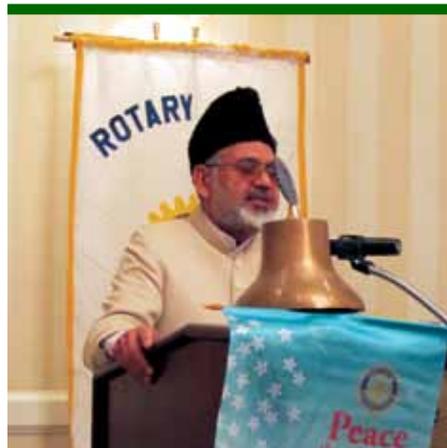
tremism in the name of Islam, women's rights in Islam and Islam's stress on loyalty to the country.

It is noteworthy that the invitation to speak at the Pomona Rotary Club came about as a result of one of Imam Shamshad's frequent newspaper articles, published in local papers, which was read by the previous president of the Pomona Rotary Club. This resulted in the Imam being invited to speak at one of the Club's upcoming monthly meetings.

At the conclusion of the meeting, "Peace through the Messiah" flyers were distributed to all the attendees, along with free copies of "The Muslim Sunrise" magazine, which contained many different articles on the life and character of the Holy Prophet Muhammad (pbuh). The pleasant interaction generated enormous goodwill for the faith of Islam and the Ahmadiyya Muslim Community.

A new outreach campaign by the Ahmadiyya Community provides free copies of the biography of the Prophet Muhammad (pbuh) to all who are interested to learn more about him and the religion of Islam. To receive your free copy of the book "Life of Muhammad" please call the Chino Mosque at 909-627-2252 if you live in the Southern California area, or you can call Toll-Free 1-800-WHY-ISLAM to request a free copy. You can also read the book online at the Ahmadiyya Islam website (Alislam.org) by typing in this URL address: www.alislam.org/library/books/Life-of-Muhammad.pdf

For more information about Islam or the Ahmadiyya Muslim Community, please call the Baitul Hameed Mosque at 909-627-2252 or Imam Shamshad directly at 909-636-8332 or via Email at: Shamshadanasir@gmail.com, or visit the Community's websites at: www.Alislam.org or www.TheChinoMosque.org.



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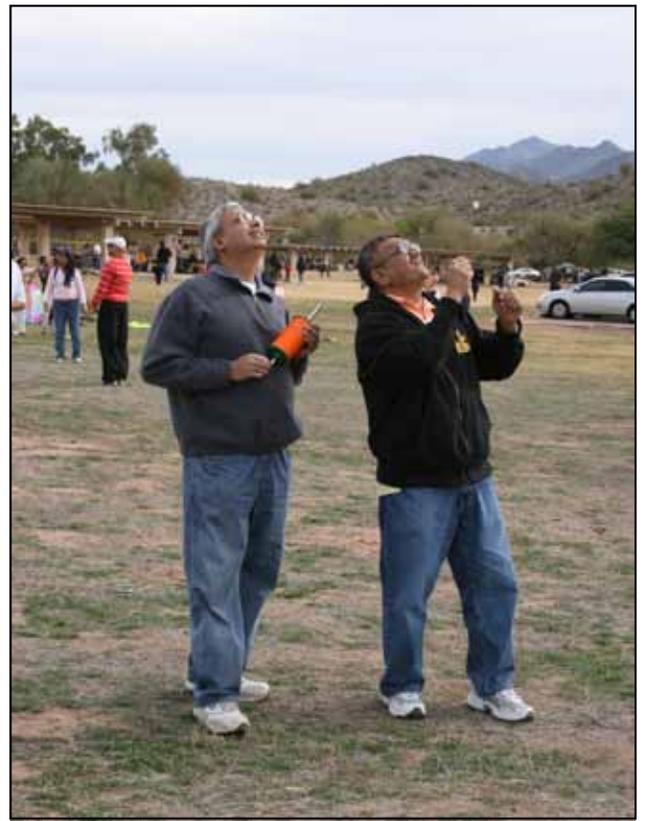
Kite Flying Festival

Well one more rite of Arizona winter is the Kite Flying event in the desert.

This year, the winter chill postponed the event for one weekend but on the morning of 20th people were driving to Estrella Mountain park. They break the mornign chill with hot Masal Chai with Gota or Fafda & Jalebi served by volunteers from BAPS. After that the serious business of getting the kites ready and testing the wind direction and then the kites fill the sky. The Estrella park had never seen this many people drive up in its history. The people who came - old and young all had a great time. The wind was just right - not too strong and not too weak. It was a perfect kite flying weather. There were old grandpa's sharing the intricacies of how to measure the "kinna" and how to make the kite aero-dynamically stable with thier grandchildren. It was such a pleasure to see people from all over the valley come and enjoy the picnic atmosphere and the joy of flying the kites. You even saw kids running to catch the lone kite that is drifting away after being cut by another kite. Makes you remember the days in India where everyones were little kid filling thier heart with some outdoor joy and the joy of kite flying.

-Article by Mahesh Shah







A good handbag can save an awful outfit

Actress Sharmila Mandre shares her style Amantra...

What is your style quotient?

For me, style is minimalist. Clothes are comfortable and I'm able to carry them off well, that's all I care about. It's not about what's on the ramp, but how well it suits my body.

Which are the colours you prefer?

My all-time favourite has to be hot pink. But, this season, emerald green, fuchsia and orange grab my eyes.

Your must-have accessories?

Handbags — I believe handbags can make even the worst outfit look really classy. For days when I don't feel like dressing up, I just carry a smart handbag that can steal the show.

Your idea of party wear?

Depending on how I feel, I either wear a short sleeveless dress or a long gown with a slit right up the leg. But, I think Audrey Hepburn's classic LBD will make anyone look sexy.

Best fashion trends?

I think the best has to be maxi dresses because they are loose, comfortable and stylish, making everyone feel and look good. Other than that, skinny jeans and long tops are definitely among the better trends.

Worst fashion trends?

Ugg shoes! Though people claim they're really comfortable, I think they look awful and clumsy. Thinking of it, maybe they're called ugg shoes because they're ugly.

If you had two minutes to put together the perfect outfit, what would it be?

On a bright summer morning, it would be a pair of skinny jeans, a shirt to go with it, chunky metal strap watch, a smart handbag, oversized sun glasses and a pair of colourful wedges.

6 kinds of heels every woman must own

Heels have now become a raged accessory in a woman's wardrobe. Here are the 6 kinds of heels a woman must own.

Despite the adverse consequences high heeled shoes are popular as they are elegant and fashionable. They have always been a woman's obsession since history as they not only add height but make the calves flex, giving the legs a fit and leaner look. One must invest in heels that are comfortable to wear, easy to balance in and still look chic.

Young women love investing in them as they are the most trendy party wear accessory and also make you the centre of attraction in a party for without heels a party dress is incomplete! Heels add that extra oomph to your party dress. So, for all those crazy heel fans here is a list of a few heels that top the list and are available in the market easily.

Wedge heels

The most comfortable and easy to walk in. They touch a major amount surface area compared to other heel types. It is thick and one with the sole. Wedges offer more arch support, reducing foot and ankle problems caused from the other type of heels.

Kitten heels

They are comfortable and easy to carry off as they have a small heel and go with any outfit. They're not age bias as they can be worn by elderly people also as they don't have a very high heel. They can

be labeled as 'young girl stilettos' and they never run out of fashion.

High heeled boot

Ankle boot, a knee high boot, risky thigh high version or cowboy boots. Boots work great for a night out on the town or a casual meeting with family and friends. They are comfortable and stylish.

Evening sandals

These are great to have for formal affairs like weddings or celebrations and they also work great to dress up with jeans or a casual dress. They aren't very high like the stilettos and mostly have moderate or medium heels.

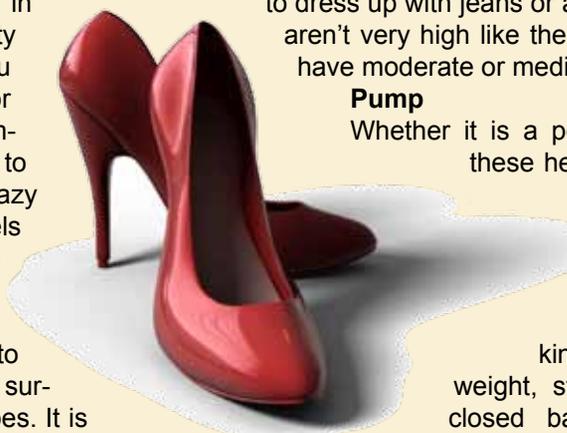
Pump

Whether it is a peep toe or platform these heels can go with you to work, to play and anytime in between. They are the "Little Black Dress" kind of footwear. Lightweight, strapless shoes with closed backs they are the handiest for anytime of the day.

They can have heels as high as 4 inches or more as they are compared next to stilettos.

Stilettos

Stilettos are typically the highest of all the heels, sometimes up to eight inches, and they can be difficult to walk in because the heels are thin and provide very little surface for stability. The word 'stiletto' means small metal dagger. Good quality stilettos have leather uppers with padded insoles to cushion the balls of the feet.



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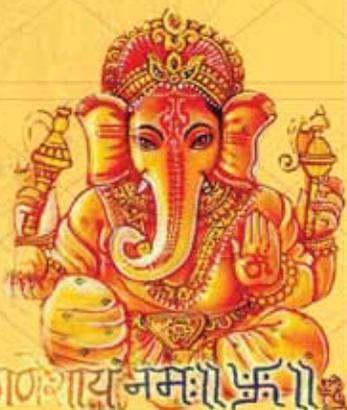


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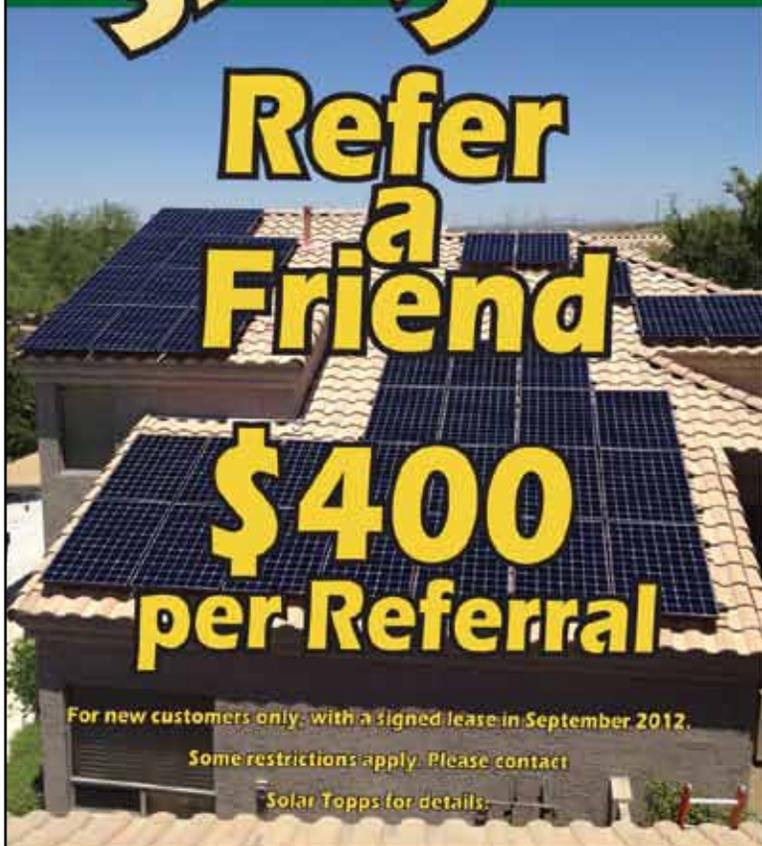
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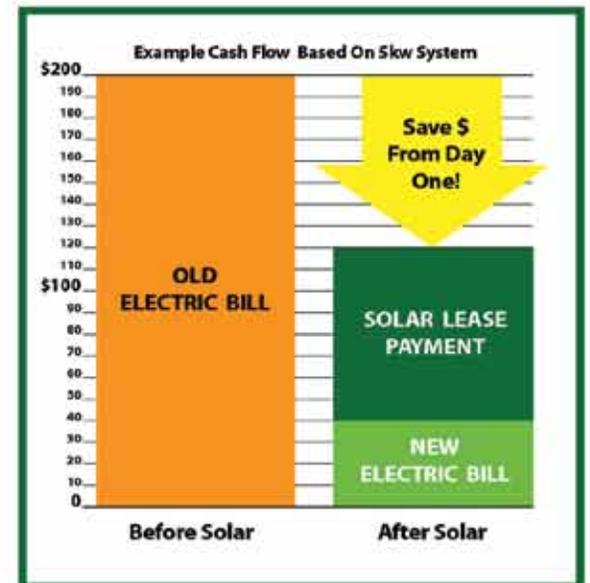
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Rana Sodhi Honored at MLK B'day Breakfast Celebrations

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

*"Darkness cannot drive out darkness, only light can;
"Hate cannot drive out hate, only love can"*

Martin Luther King

Rana Sodhi chose the above comments when he was asked to pick up the theme of his speech from the writings of Dr. King on 18th of January for Martin Luther King's B'day celebrations at a Breakfast gathering of close to 800 guests at Sheraton hotel in Downtown Phoenix. Rana was one among the six other candidates selected to be honored for their selfless community work against discrimination and hatred as well relentless efforts in disseminating the cause of diversity.

Ten members of Sikh community including his family

were at hand to facilitate Rana on the extraordinary honor that was showered upon him on that morning. Rana had worked extensively along with other members of the Sikh community to disseminate information about the Sikh faith and their unique identity after the death of his Brother Balbir Singh Sodhi following 9/11. Seeking guidance from Anti defamation league (ADL), he has been helping out where ever a need for awareness of the Sikh Identity arises. Previously he has also been awarded and honored by various organizations involved in the cause of preserving Sikh Identity such as SALDEF, local and National Chapter of ADL as well as Arizona South Asian Association has honored him in the past for his great humanitarian and diversity work. We wish him great success and hope that he will continue such endeavors to help his community as well as community-at-large so that all of us can live in peace and harmony.



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INDIAN SENIORS ASSOCIATION OF ARIZONA (I SAA)

On Jan 08, 2013, ISAA extended Welcome Back & Happy New Year to ALL. The year 2013 got underway with a presentation of "karaoke musical morning" by several of our members. Sewakbhai coordinated the event. Thanks to all the participants who put in hard work in their practice over the holidays. The luncheon was sponsored by -Sharadbhai & Anjuben, Umeshbhai & Lataben and Shashikantbhai & Pallaviben. The record number of members and guests, over ninety, enjoyed the musical morning followed by a delicious luncheon.

On Jan 15, 2013, the day began with a beautiful poem by Narayanbhai about asking everyone that after trying to be with the world (Jagat) try to be with the Self (Jagdish). Meenaben Sharma thanked the ISAA Working Committee for their time and sincere efforts. WC has kept the ISAA programs filled with fun and enjoyable for seniors. She compared the ISAA members as her family. She was very appreciative to WC members. Jitubhai made an interesting and informative presentation on his recent Trip to India. This covered his continued efforts in education of business, industry and academic executives in fostering safety, health, hygiene and environment. He helped inaugurate charter chapters throughout India. For his efforts, he was honored by academic institutions as well as by industries. He continues to put in a lot of time in reinforcing educational initiatives in safety, health, hygiene all over India. Today's sponsors for "pizza" luncheon were Ashok and Saroj Madhok. About seventy members and guests enjoyed the treat along with ice cream and cake.

On Jan 22, 2013, the movie "Oh My God" (OMG) was shown. Over eighty (80+) people had a great time and a lot of laughter. ISAA Members were recognized who had either their birthdays or anniversaries in the month of January. They were facilitated with a home-made eggless cake by Kanwal Mumick. Today's delicious luncheon was sponsored by Ushaben and Indravadanbhai who celebrated their 40th wedding anniversary. Congratulations and best wishes to them. ISAA facilitated Mr. & Mrs. Modi whose 11-year old grandson was recognized by the president, Mr. Barack Obama, with a letter and his autographed picture.

Announcements:

ISAA membership renewal has been remarkably well and high to-date. If you have not renewed it yet, please complete the application forms by January 31st 2013.

ISAA observed a minute's silence to mourn passing away of Kiritbhai Patel's sister in London, and Ashaben Bhatt's brother in Connecticut. May their souls rest in peace!

ISAA appreciates the donation of a brand new water cooler by Bansibhai and Subhadraben Shah's son. This includes a five gallon bottle of water also, as needed.

Working Committee should be informed in advance for any program proposal for prior approval.



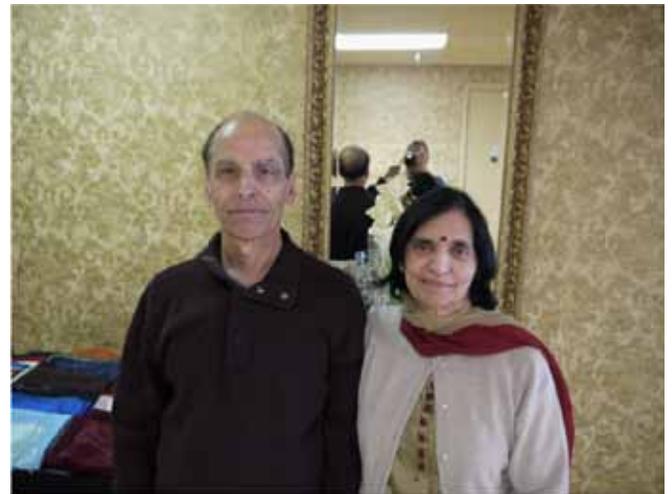
The Family celebrated Indravadanbhai & Ushaben Patel's 40th Wedding Anniversary with ISAA



Generous contribution of Kanwal Mumick baking the most delicious birthday & Anniversary cake for ISAA



ISAA celebrated all the member Birthdays and Anniversaries falling in January



Sponsors of the January 15th luncheon at ISAA



Meenaben Sharma recognizing the Working Committee for their hard work and dedication to ISAA



Sponsors of the 8th January luncheon



The Group of Singers of the 8th January entertainment program at ISAA



ISAA appreciated Christmas Breakfast sponsored by Dunkin' & Donuts

February is Black History Month

Hey everybody, I hope all of your new years are starting off in the best way! As some of you may know, February is Black History Month, so I just thought it would be a good idea to bring light to the subject, as it is a very significant accent from history that is still with us today. Black History Month comes from the start of it all, in 1915, when slavery was abolished after the thirteenth amendment. It is an annual celebration to recognize African Americans and their achievements all throughout history. The month of February was chosen because they are the birthdays of Abraham Lincoln, who took a major part in abolishing slavery, and Frederick Douglass, one of the nation's leading abolitionists at the time. African American History Month usually sparks debate between citizens about the fairness and usefulness about dedicating a whole month to one race.

One thing we do not always tend

to realize is that everywhere we look, African American culture, talent, and expression shape our nation in a variety of ways all around the country from the past to the present. From when the slaves arrived in America in the 1500's to achieving power in the government today, we can see that African Americans are reflected and honored upon for all of their hard work and dedication to this country day in and day out.

There are two very significant African Americans apart of our history that have changed our country for the best. I am sure we all have learned and studied about them in history class at school, they are Martin Luther King Jr. and Rosa Parks. Their stories are very inspiring and brave and without them, life might still have been like it was in the 1950's. Martin Luther King Jr. was an American activist and a prominent African American Civil Rights Movement leader. He is also known for

leading the Montgomery Bus Boycott and the very famous "I Have A Dream" speech, which officially brought people to see the light at the end of the tunnel for the African-American society. He played such a significant role in making the Congress pass the Civil Rights Act of 1968 and today, as we all know, there is a day dedicated to him on the third Monday of January which we all celebrate with great respect and honor to his legacy. Rosa Parks was another African-American citizen who changed the history of colored people by boycotting on a bus. She stood up for herself, and by standing up for herself, she stood up for the entire African-American society at once, making their worlds brighter, and this country a better place. She is now appropriately known as the "Mother of the Civil Rights Movement" and taught this whole country to understand the importance of every individual citizen, no matter the color of his or her skin,

in a democracy.

So, the reason I wanted to recap all of this historic information was to remind ourselves how important and powerful diversity and different races and cultures really are. Sometimes we tend to forget all of the good people and consequences that brought us to the nation we are today, filled with righteousness and equality. We went all the way from African-Americans being used as slaves, to having an African-American person rule our country in a strong, powerful, and enlightening way. Look how much has changed! I hope you all found this month's topic illuminative and uplifting, and helped you to realize how enriching our history really is with not only African-Americans, but also diversity in general, and what a great impact just one action can make.



-Sammy Mallik

Atharva's Corner

Our World: A Complex Array of Simplicities

The world is filled with simplicities and complexities alike; it is for this reason that the world essentially rests in a perpetual state of chaos. But it also from this chaos that order and technicalities are formed. From an assembly of mechanical pieces, gears and bolts, is engineered a machine. From a group of individuals, diverse with multitude, is crafted a community. From the combinations of simple and complex sentences, letters and words, is born a story. But how is it that from immense amounts of disorder, we are able to arrive to a moment of order? One might argue that the confusion of the universe itself is what convinces us unconditionally that we persist in a realm of order and understanding. That we believe that the subsistence of events around us is exactly as it should be. But then this is confusion in and of itself; how far does this chain extend?

Chemistry laws suggest that the universe is judged by entropy, a state of disorder which provides an ideal environment for reactions to

occur, for atoms to interact, for parts to become whole or separate. This understanding accepts that the universe is in disorder, but what do we accept? Suppose we follow this path that the complexity of the universe pressures us to believe the fiction of systematic occurrences; why do we believe it? When one gives but a cursory, superficial glance at the world, one arguable claims that humans are the most complex. And why wouldn't we be?

We've developed language, technology, art, communications, sciences, etc. It is this perspective coupled with a comparison to other beings that we convince ourselves of owning the greatest understanding of the universe. And despite our reluctant concession that the universe might simply be too vast to comprehend, we want to understand it. We bask in enlightenment. We need answers. This, ironically, creates additional confusion; the more we learn, the

more we feel we know, but the more doors we open up. We break down each wall to reveal yet another labyrinth of unknowns.

Alternatively, one might



argue that the disorder is unnoticeable, thus simulating a niche of system and form. This is to suggest that we are simply oblivious to the disorder around us because it is either disguised or negligible. We might be simply unaware of disorder because it does not affect us or our routine and agenda; it is none of our concern and has no significant impact, thus we disregard it. Another view suggests that we might be habitu-

ated to the disorder around us; we are so accustomed to seeing and experiencing the disarray that we pass it off as common place. One example of this in a primitive sense is traffic, the unorganized clutter of "things," which we simply accept as being the norm in certain situations.

This beckons the question: what do we establish as quotidian? Why is it normal whereas something else is unordinary? This title of normality is ushered in when one accepts an event as reoccurring or simply too ordinary to give higher regard. This is to suggest that when there is disorder around us, we relate that disorder to something so frequent that it becomes orderly. It's expected. And it is through this expectation of a system of events that we determine whether something is relative and ordinary. If it is not, then we attempt to classify it and establish it as the norm so that we may be comfortable with its mere existence. In this



technique, we acknowledge disorder, but render it into a more familiar form, essentially ignoring its original, conspicuously abnormal properties.

The determination of chaos and order falls into the perception and interpretation of people alone; whether one acknowledges the ordinary and unordinary as such. It is due to this that we see such a stratification in classifying that which is readily comprehensible, and that which must be forcibly made so. Perhaps we are simply unaware of the disorder around us, blissfully subsisting in a world that we determine to be comprehensible and systematic. It's a paradox in this sense; the more we try to see the disorder, the more we make sense of it. The more we make sense, the less we see.

What a colorful January India Nite

To paint the rainy, dull Phoenix evening vibrant and bright !

in the efforts of all those who were at India Nite Jan 2013.

Vendors to advertise their business and IA-youth committee members to woo new blood to join their mission quickly set their tables in the foyer while more volunteers helped to drape the backdrop. Soon the foyer was inviting to over six hundred attendees and the stage was set for the performers.

President, Mr. Venkat Kommineni welcomed the crowd and handed the stage over to Mrs. Shruti Parekh, the cultural director to commence the program. Followed by Vande Mataram and the American National Anthem, articulate emcees started introducing the variety of programs. The extravagant attires, symphony of music selections, peppy combinations of dance steps complemented the three hundred performers setting the stage aflame and brought the rainbow out even after the wee hours of dusk. Before the break, members of the board for the year 2013 were announced followed by honoring the board members of 2012. Though delayed, chief guest, Dr. Surat Singh was duly present to brief about India's philosophies and pride.

Was it the 'fiery fervor' in performers or a malfunction of alarm, we know not what set the fire alarm off and the program had to be interrupted twice. Having had to evacuate twice, programs resumed back in few minutes after the checking was done, with practically all the audience back in their seats. At the conclusion of cultural events, the board members and emcees sang India's national anthem and bid adieu to all with heartfelt gratitude.

By Swarna Sitaraman
Pictures by K.L.Chau





Tomato for clear skin

Tomatoes are a staple in every kitchen but hardly will you hear anyone extolling its cosmetic benefits. Whether you want to cure large pores or reduce acne and rashes or sooth a nasty sunburn or simply to revive the glow on dull skin, tomatoes are beneficial in many homemade beauty treatments.

Not only do tomatoes taste great but they also keep the skin healthy. It is necessary to consume tomatoes as they have lycopene, which is an antioxidant and hence works as a sunscreen from within. These antioxidants make tomato an anti-aging product as they help in fighting cellular damage and red- dening of skin. It is recommended to have at least 16 milligrams of lycopene per day as they reduce the number of free radicals in the body and also help to retain the moisture in people who are used to sitting in air-conditioned envi- rons. You don't need to spend your hard-earned money on expensive cosmetic treatments if you follow these simple steps to get healthy-looking skin:

Big pores? Shrink Them

Big pores provide easy access to dirt and grime thus increasing the chances of infecting the pore. Take a tablespoon of fresh tomato juice. Add two to four drops of fresh lime juice to this. Use a cotton ball to apply this mixture on your face. Massage it in circular motions. Leave it on for about 15 minutes and then wash off with cool water. Regular application will shrink pores greatly.

Acne healing

The acidity in tomatoes helps in reducing and clearing up your acne. Vita- min A and vitamin C are commonly found in a lot of acne medicines and toma- toes are rich in vitamin A, vitamin C and vitamin K. If you have mild acne, cut a tomato in half and apply the inside on your face. For severe acne mash a fresh tomato and use the pulp as a pack on the face. Leave it on for an hour. Rinse it off and moisturise. Do this on a regular basis or as many times as you can. Your acne is bound to dry off soon.

Astringent

If you have oily skin and struggle to keep your face from shining like a fried papad, tomato is the solution to your agony. Crush a fresh tomato and strain it. Make a little cucumber juice and add it to the tomato juice. Apply this juice with a cotton ball daily to control excessive oiliness and acne.

Good to eat, great to clean

A tomato and avocado mask works wonders on combination skin. This is because tomato works as an astringent as well as a blackhead and oil-reduc- ing agent while avocados have an antiseptic and moisturising effect. A pack of mashed tomatoes and avocados help in soothing and cleansing combination skin (oily and dry), as they are rich in vitamin A, C and E. Apply this pack and wash off after 20 to 30 minutes with lukewarm water.

Burns no more

Summer is fast approaching and with harsh summer comes burnt, inflamed skin. A lot of people's skin gets sunburnt, raw and itchy due to exposure to the sun. Crush half a tomato and mix it with two tablespoons of plain yogurt. Ap- ply this concoction on face, neck, hands and feet. Wash it off after 20 minutes. Tomato cools the skin and neutralises the surface while yogurt gives it a much needed protein boost while leaving it soft and supple.

Glowing skin

Mix honey with tomato juice until you get a thick paste. Apply this mixture and wash off after 15 minutes for smooth and glowing skin.

Sign #1- Your hairstyle hasn't changed since ages

You have evolved through the years and so has your sense of fashion but not your hairstyle. It's high time you altered that too. Hairstylist Savio Pereira suggests you to get inspired by collecting images of cuts and styles you wish to have. Hurry and schedule an appointment!

Sign #2- You look older than you really are

Even though you might humbly grace greying, often when the grey strands are visible at a young age, you tend to look older than you are. Consider a colour change or head in to shorten the length of your hair to look chic as they age.

Sign #3-Your hair has no volume

With the increasing level of pollution and almost no time to oil and nourish your hair every week, the hair starts losing out on volume. "When you feel your hair is flat on the crown and has no movement even after a blow dry, it is time for you to go in for a new hairstyle," says Sylvia Chen hairstylist. A hair- cut with added layers will retain the length and will

Signs you need a hair makeover

inject life and energy to your hair.

Sign #4-Your hair colour has begun to fade out

You are planning to go for a party and you notice that your hair colour has begun to fade out, and you don't want people to start noticing the little strands of grey hair. Head to a salon straight away and ask your hairstylist for a new look. Add deeper, warmer streaks using peroxide and ammonia-free shades in burgundy and mahogany to add loads of dimension without damaging your hair.

Sign #5-No one compliments your long- black-straight-hair

You'd had people complimenting your long straight hair 5 years back. But now no one notices it! Turn heads by a simple twist to your present hair- style. Hairstylists recommend setting your strands on hot rollers. Of all the styling tools, the hot rollers produce the sexiest and the softest waves.

Sign #6-You are bored with your current

hairstyle

A most common one though, you should not overlook this. The moment you feel that you've had enough of the present look; you should straight away head in for a hair make-over. Browse through some of the fashion portals, the fashion weeks and choose the one you think you look best. Do not be wary of trying out bold haircuts, they are in this sea- son!

Sign #7-Limp and dull hair

You might like the length of your hair and be quite happy with your hairstyle, but often the hair becomes dull and boring. Chen explains, "The hair needs a cut or a trim every three to four months. Though the hair is growing constantly, however due to regular use of styling products or wash and ex- ternal factors like exposure to sun, air and dust, the hair develops split ends and becomes dull and limp and loses its texture. This is the time you should go in for a haircut or a hair make-over."

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Life in the West Shuttles between Weekends *and* Weekdays



Dr. Jaswant Singh
Sachdev, MD*
Phoenix, Arizona

After having spent a good part of our lives in the Eastern culture, when we try to establish ourselves in the West, our comprehension of the differences between lifestyle here and back home starts improving as time passes by.

Back home, at least in the years past, there wasn't much of a divergence between the weekend and weekdays among working people whether they had jobs or owned their own businesses. If there was such a thing as a weekend, it was mostly limited to Sundays. On the remaining days of week, despite attending to full time jobs and businesses, people still met with one another in between and relaxed, attended social or religious events, and did other chores of the household, if they had to. Just because it was weekday evening, it didn't make people stop their other usual social or religious activities. As a result, one didn't perceive weekends differently from weekdays as neither of them had an independent existence.

Arriving late at work as a consequence of inability to wake up in time in the morning perhaps due to late weeknight activities, though an unhealthy and a wrong practice in itself; didn't create such an enormous tension back home as to make life miserable. And then, upon entering the work place didn't necessarily bring everything else in life to a standstill. No job is ever stress-free, yet work environments back home were such that one could easily interrupt one's job schedule if one had to and yet not pay too much of a price for doing so.

As stated earlier, weekend was primarily limited to the Sundays only and it often tended to merge imperceptibly into the preceding and the following days of the week. Most of the times, it did not have its separate existence. The routine didn't change drastically as happens to be the case here in the West.

On the other hand, in Western culture there is a clear-cut distinction between the weekdays and weekends in terms of how we spend them and what we do. It is all too well known that during the work days, especially during working hours, most but not all the people of the West actually transform themselves into, or they are made to turn into machines, oftentimes against their own will. In a stark contrast to what



happens in Eastern culture, where lots of ancillary chores are taken care of before the working hours, all working individuals in the West get painfully concerned, albeit for the right reason, in making sure that they are not late for the work.

Every minute and every moment of the morning in the West gets occupied by the impending departure for work. Both mind and the soul become totally engrossed in trying to hurriedly throw the mortal body out of the door for it to arrive at the place of work in time. The household morning chores prior to departure for work, therefore don't cut much ice and are usually put on the back burner even by those who might have been deeply involved in them earlier while they were back home. This may also include religious rites, whose performance in the Indian subcontinent is not only preferred but rather considered essential in the morning hours. This time of the day is considered auspicious in all the Dharmic faiths having their roots in India.

This rushed approach to get to work on the weekdays applies to both genders. One often finds that women are equally if not more entrapped in their demanding routines. They may not even have enough time in the morning to put on their makeup prior to leaving their homes for work. It is not unusual to find a woman driving a car with one hand and using the other hand to apply mascara or lipstick with the help of rearview mirror. This is an accepted cultural phenomenon in the West and no one looks adversely at a woman who applies her makeup in public. To a newly arrived soul from a remote corner of the Indian subcontinent, this liberated act may be an awkward sight to watch, something that was rarely seen in the mother country, at least in times past. With the passage of time a gradual metamorphosis starts taking place among many immigrants, both men and women, who gradually begin accustomed to the prevalent behaviors

of the people around them.

Furthermore, many among the Western culture may not even have enough time in the weekday morning to take a shower or a bath, which was so essential in the Eastern faiths or at least it was when I last checked. In fact, taking a shower in the morning among the people of Eastern faiths is considered a "sine qua non" in view of their total belief in the philosophy that a clean body and a clean soul go hand-in-hand. As one starts assimilating in the culture of one's adopted residence, it is not unnatural or uncommon to pick up the habits of the local natives, good or bad. Hygienically speaking, these new habits may be less than adequate yet water must flow to the path of least resistance. Given the emphasis in the modern Western culture to stay asleep a bit more in the morning; the immigrants from the East end up imitating and adopting the prevalent habits.

Once at work, every minute of the day is measured in dollars and cents. If the job entails hourly wages - which is common in the Western culture - two opposing forces come into play. While the employer wishes to squeeze out work for every moment he has to pay for, the worker tries to prolong the work by slowing down. One would say that this is merely the human nature, not a specific cultural artifact. The fact remains though, that when time unit for wage shifts from a monthly salary to an hourly wage, the minutes matter more.

The time periods for lunch and other breaks in the West are well defined and limited. Usually there is not enough time to go home and have lunch with the family as many did back in the mother country, especially in small towns and villages. Likewise the midday nap that was common in the India of the past isn't a part of North American culture. Interestingly, the larger metropolitan areas of India and for that matter the other countries of south Asia now are gradually turning into a replica of the West in this regard.

Because people in the West work

continuously during the weekdays, they begin looking forward to the weekends for relaxation. Come Wednesday, the most common phrase in offices and other work sites shifts into "already at the top of hill" and "the weekend is around the corner." Thursday is spent in anticipation of Friday and on Friday employees look forward to various weekend activities. By Friday, it seems that a heavy and invisible burden has been suddenly lifted off everyone's shoulders. By afternoon of Friday, one oftentimes finds women pulling out their makeup kits from their purses in an attempt to freshen up for an upcoming dinner or night out with their husbands, boyfriends, or families.

Come weekend, work and work-related talks becomes taboo. Many individuals, especially those on salaried or hourly wages, won't even drive on the same route that leads to their workplace. Instead, it is time to hit the road to the recreational sites, movies, sports events, evening-social parties or attend to household chores - the honey dos'. A few among the crowd, hoping to improve on their next life, turn their directions to their religious places, especially on Sundays.

By Sunday evening (provided it is not a long weekend) the apprehension for Monday - the most frightening day of the week - begins to overtake the thoughts of each working Tom, Dick and Harriet. Sleepless nights may start once more. And finally, on Monday, as soon as one arrives at work, the cycle of longing for the next weekend starts anew. Thus life in the West keeps on shuttling between weekdays and weekends. At times, it even doesn't allow one to pause and reflect on the fact that with each passing day of the week, one gets a step closer to the final destination, perhaps faster than what it did back home. But that is the way it is and that happens to be the life in the West!

*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>

The Greatness of a Humble and Kind Human Being Ann Myers Drysdale And her visit to the Cultural Cup Food Bank

As I think and reflect back it makes me know that there is still hope for the future of our youth who deserves all the positives we as adults are able to expose them to. As it is with our youth so shall it be for America the beautiful. It is so important for citizens of our society to understand what it means to strive to always speak with the kind of substance that lets others know just how serious we are when it comes to having a safe and productive world. It all begins with truth and commitment. Not just talking the talk but walking the walk. For anyone to be trusted concerning what they say is an amazing accomplishment. Trust is more powerful than any weapon or valuable material. The wife depends on trust from her husband and vice versa. The children we are responsible for giving guidance to, depends on the things we say to them. They want to trust us for who we say we are or committed to be.

The word trust is defined as the assured reliance on the character, ability, strength, or truth of someone or something. To not be trusted is like walking across a bridge with little or very little support. Other words, leadership at its best must be grounded in trust.

Well, such trust was clearly discovered in the mannerism and behavior of Ann Myers Drysdale, who plays a major role with both the Phoenix Suns and Mercury basketball teams. Ann is presently an announcer for the Suns games and is doing a remarkable job. Till this day, I still remember asking Ann would she visit the Cultural Cup Food Bank and see what's being done to aid those who are less fortunate. In a few days after giving her word that she would come, Ann was on the premises

New Town Connecticut Children and Staff with Love and Faith Continued
By Habibullah Saleem © 2012





















*Nancy Lanza the gunman's mother
Innocent bodies, so many discovered*
Daniel Barden, Charlotte Bacon
Our love continues, never shaken
Olivia Engel, Josephine Gay
For children and families, we continue to pray
Ana Marquez-Greene, Madeline H-s-u
Leaving us all with 'what to do?'
Dylan Hockley, Jesse Lewis
Among many tragedies, this the newest
Catherine Hubbard, Jack Pinto
Seeking greater knowledge, determined to grow
James Mattioli, Grace McDonnell
Always at the end, there's light at the tunnel
Noah Pozner, Caroline Previdi
We must stay alert, hurdling self pity
Avielle Richman, Benjamin Wheeler
The Statue of Liberty, the natural revealer
Emilie Parker, Jessica Rekos
Love is the key, love is the host
Chase Kowalski, Allison Wyatt
A moment of silence, everyone quiet
Remembering them all, twenty (20) so young
1st Graders Sandy Hook, lives just begun
Dawn Hochsprung, Mary Sherlach
Securing our schools, more than a patch
Rachel Davino, Lauren Rousseau
The best of education, determined to know
Victoria Soto, Anne Marie Murphy
Protecting our children with justice and mercy
And so in America reclaiming our pride
Safety at its maximum, must be applied
Twenty seven (27) in all, no need to dread
The Creator blesses us, to move ahead
Connecticut residents, the city 'New Town'
Regardless of challenges, recovering our crown
May hardship memories gradually pass
Replaced with joy making it last

Peace and Compassion


















eat and stay warm. Like her husband, who passed away – Don Drysdale of the Brooklyn Dodgers – Ann is a hall of famer of character and compassion. Don, as a pitcher, and Ann as pitching in without hesitation or delay. With her basketball history it was truly a slam dunk for the Food Bank. It's the kind of leadership that others can and will truly benefit from. Since she has given so much she has received even more. My wife and I speak of her often while watching her effectively give a play by play description at the Suns televised games. Her talent and trust continues to score.

With the Food Bank in need of so much help, it would be most meaningful for others to just stop by and share a kind word of encouragement to those sitting in the lobby waiting to be served. It's the little period at the end of the sentence that makes the sentence complete. Therefore, we ask that others who read this article to come visit the Food Bank and encourage others to do the same. For ten years the Food Bank has been operating without any major funding. There are so many places in Phoenix to visit, however, none are more important than inspiring people to stay strong while experiencing tough times. It's called overcoming adversity!

The greatness of a Humble and Kind Human Being, Ann is now in our Food Bank Hall of Fame with our amazing friend Jerry Van Gasse who never stops giving for the future of our young people. Both are known to give without looking for a dime in return.

So please email Culturalcupfb@integra.net or call (602) 266-8370, (602) 570-9549 and ask for Zarinah Awad, Founder and Director.

Thank you Ann Myers for not allowing status or success to blind you of a moral duty that's constantly needed and appreciated. May your blessings continue as you work with people in spite of differences?

not just to observe, but took off her jacket and began to assist in unloading blankets, sheets and pillows that had just arrived. She stated she appreciated what she saw Zarinah and others were doing to help people have food and other necessities. Zarinah Awad, for the past ten years, has taken on the task of helping others until they are able to help themselves. The two met for the first time and



For comments or concerns, contact: [Habibullah Saleem at hscrtal@aol.com](mailto:Habibullah.Saleem@hscrtal@aol.com)
www.futureimpact.weebly.com

By Habibullah Saleem

the friendship has been firmly established.

Ann was seen working as if she was getting paid when it was clear, it was strictly volunteer. She said she would come and she did. To me and the rest of the volunteers, it's a day we will never forget because so many people are afraid to be seen living up to their word. They fail to support where it counts helping children and families



Real-estate sector in Arizona

Hello Friends,

We are well into 2013 and the new year is already making its mark in the real-estate sector. Momentum continues to build in the housing market as a result of positive views on housing demand and supply assumptions, according to **JPMorgan Chase**. The big bank is projecting 3.4% growth nationally in 2013, and 3% growth in 2014 and 2015, respectively. Home sales are also expected to climb to 5.1 million next year, outpacing an increase in housing inventory to 2.4 million, leading to 2.7 million in net demand.

The average Median sale price has seen increment in past couple of months. Several trends contributed to the region's median sale price gain, such as price appreciation coupled with greater demand and a small housing inventory. Additionally, a decrease in foreclosures and an increase in sales of high-cost, move-up homes also contributed to price increases. Three years ago, about 55% to 60% of the Phoenix Market were short sales. Now, we're looking at 5% to 10% of the market being shorts. Its consistently dropping. The traditional sale is primarily what we're seeing coming onto the market.

Lets now look at December sales for Maricopa County -

Total sales for single family, Townhomes, Condos for December was 6,190 whereas November was 5,976 and October was 6,169. The Active listings in December was 16,703 whereas November was 18,426 and October was 18,063. Pending in December was 6,917 whereas November 8,234 and October was 8,512.

Cash Buyers are still dominating the market with FHA and conventional catching up. Please see details of sales by financing type below -

UNIT SALES BY FINANCING TYPE			
	Single Family	Other	Mfg
Bond/IDA	1	0	0
Carryback	24	3	3
Cash	2145	614	71
Cash-to-Loan	13	3	2
Conventional	1760	254	8
Exchange	3	0	0
FHA	1025	57	5
FMHA	19	2	0
Rent/Lease	0	0	0
SBA	0	0	0
VA	254	8	1
Wrap	2	1	0
Total Sales	5248	942	90

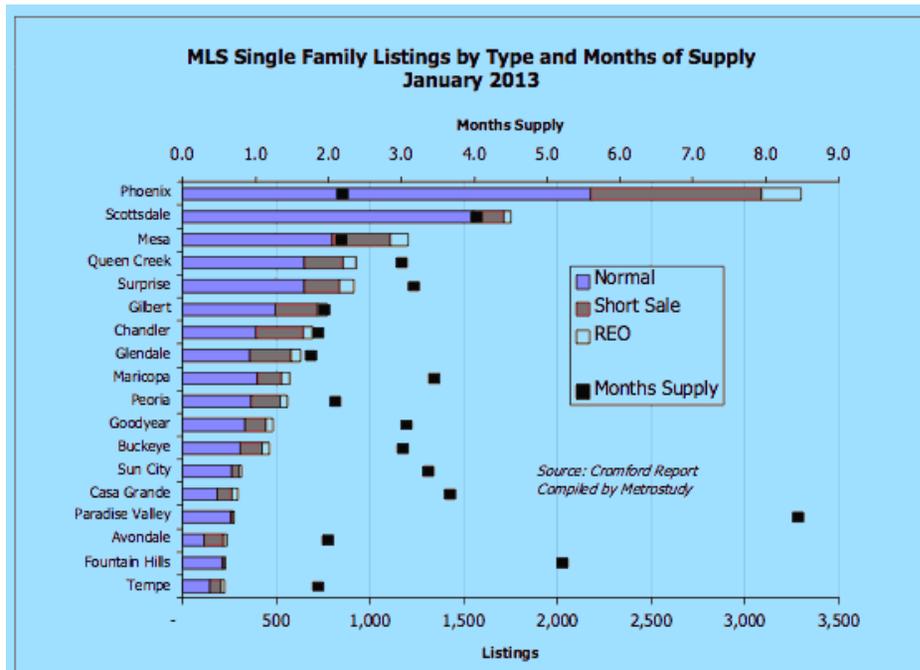
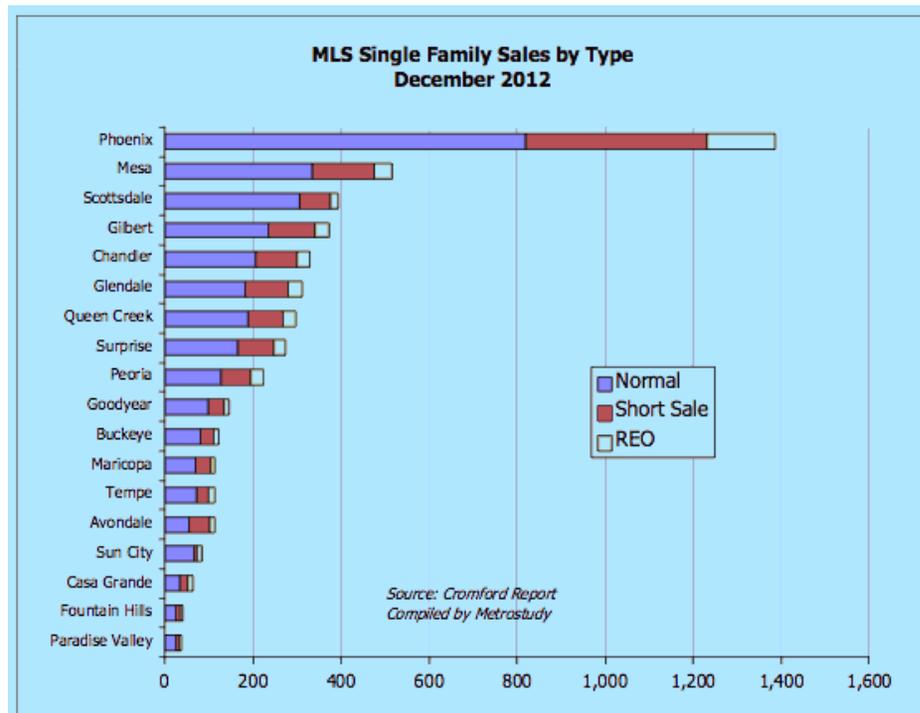
Here is also some more statistics showing traditional sale, foreclosure and short sale properties in the valley market for December. This indicates the distress properties are going away and market is getting back to normal.

See Charts

Now Let's take a look at the Commercial Side-

H B Perimeter LLC sold the Perimeter Center building located at 8388 E. Hartford Dr. to Buchanan Street Partners for \$4.3 million, or approximately \$66 per square foot. Built in 2000, the 66,800-square-foot industrial property features a 12,000-square-foot with a office build-out.

Southwestern Furniture of Wisconsin LLC purchased the 140,651-square-foot warehouse for \$3,084,349, or about \$22 per square foot, from The Muller



Company. The warehouse, located at 2929 NW Grand Ave. in Phoenix, was built in 1973 and includes about 20,000 square feet of office space.

West Coast Capital Partners has purchased the four-building medical office campus at 7170 W. Camino San Xavier in Glendale, AZ for \$1,094,000, or approximately \$43 per square foot, in an REO sale. The buildings total 25,258 square feet and were constructed in 2008 in shell condition at the Arrowhead submarket.

An investor acquired the Sandpiper Apartments at 2735 E. Thomas Rd. in Phoenix, AZ for \$3,175,000, or nearly \$32,000 per unit. The property is a 100-unit multifamily complex built in 1969. Units range from studios to two-bedroom units. At time of sale the property was reported as well maintained and 95 percent occupied.

An investor acquired 14988 and 15010 N. 78th Way in Scottsdale, AZ for \$9.6 million, or about \$97 per square foot. The property consists of 2 buildings, a 58,025-square-foot industrial building constructed in 1996, and a 40,905-square-foot industrial building constructed in 2002.

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

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



Put aside any decisions concerning your position at work. You are best to keep hard feelings to yourself. You need to start planning that vacation. Health problems may prevail if you don't take care of them immediately. Your luckiest events this month will occur on a Monday.

ARIES



Mar 21 to Apr 20

Your health may suffer if you don't control your present situation. Resist any idle chatter. Expand your knowledge and sign up for courses and seminars. Take care of the needs of elders in your family. Your luckiest events this month will occur on a Sunday.

TAURUS



April 21 to May 20

You should look into making some physical changes, such as new hair color or toning up your body. You can make new connections through friends or relatives. So smile! Be honest in your communication and don't lose your cool if someone backs you into a corner. Your luckiest events this month will occur on a Sunday.

GEMINI



May 21 to June 21

Stabilize your own position by locking up your savings. Avoid being overly opinionated or you will alienate friends. Avoid getting too close to coworkers or employers. Your partner may be reluctant to tell you how they feel. Your luckiest events this month will occur on a Sunday.

CANCER



Jun 22 to Jul 22

Don't bend to the pressure. You need some excitement in your life, and meeting new people in exotic destinations will certainly satisfy your desires. Take part in stimulating debates that will allow you to show off your intelligence. Sudden changes of heart may cause disruptions in your domestic scene. Your luckiest events this month will occur on a Friday.

LEO



Jul 23 to Aug 23

In return, the satisfaction you get is enough for you. It may be a disappointing day emotionally. Don't draw too much attention to yourself at work. Try to make arrangements with close friends or relatives to spend a few days away. Your luckiest events this month will occur on a Sunday.

VIRGO



Aug 24 to Sep 23

You can make financial gains through investments and dealing with other people's money. You should be making plans to spend some time with the ones you love. Don't let anyone take credit for a job you did. You may be sensitive concerning friends and their situations. Your luckiest events this month will occur on a Sunday.

LIBRA



Sep 24 to Oct 23

Go out with friends who are positive and supportive. You may meet that special person if you attend fundraising functions. Extravagance will be a problem. You can find out interesting information if you get a chance to talk to people you respect. Your luckiest events this month will occur on a Tuesday.

SCORPIO



Oct 24 to Nov 22

Speak of your future goals, intentions, and commitments. Social events will be plentiful. Get out and, about. You are best to avoid joint ventures, and whatever you do, don't lend to friends or relatives. Your luckiest events this month will occur on a Wednesday.

SAGITTARIUS



Nov 23 to Dec 21

Take action. Misunderstandings could cause confusion and upset. Enjoy some socializing this month. You may end up being blamed if anything goes wrong. Your luckiest events this month will occur on a Monday.

CAPRICORN



Dec 22 to Jan 21

Hidden matters are likely to surface. You would be wise to consider attending lectures that will broaden your awareness concerning your professional direction. Self-deception about relationships is a problem. You will need to take a look at the renovations that are necessary and try to find the cheapest way to get things done. Your luckiest events this month will occur on a Thursday.

AQUARIUS



Jan 22 to Feb 19

Concentrate on spending quality time with children. Visitors are likely to drop by and chances are, they may even stay a little longer than you want them to. Ideas may sound good, but be careful if people are just looking for hand-outs. Help with your aspirations is likely, and profits could follow. Your luckiest events this month will occur on a Thursday.

PISCES



Feb 20 to Mar 20

February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 150 Years of Swami Vivekananda Free Cardiac Health Seminar
3 Bal-Mukund: Playground for Vedic Wisdom & Hindi Classes	4 Interfaith Event and talk on "Universal Principles of Hinduism Taught by Sw. Vivekananda."	5	6	7	8 The 4 Yogas of Sw. Vivekananda	9 Spring 2013 Concert Composers Day @ Murdock Hall AZ Tamil Sangam Pongal Event @ Tumbleweed
10	11	12	13	14	15 Red Baraat @ Scottsdale Center for the Performing Arts	16
17 Indian Classical Concert By Legendary Violin Maestro Dr. L. Subramaniam @ Dobson High School	18	19	20	21	22	23
24	25	26	27	28		

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Everyone is busy deceiving everyone else in this paper caper, which probably looked tempting in the writing but comes across on screen as a monstrous masquerade of hedonistic hijinx filmed at exotic locales where men and women play for high stakes, live dangerously and die foolishly. They deserve it.

Abbas-Mustan's love for depicting the high life is by now as well-known as David Dhawan's penchant for guffaws. Everyone in an Abbas-Mustan caper takes his or her life at the race course seriously when in fact the characters are all an extended joke. They are comicbook cut-outs pasted on to the big wide screen with all their exaggerations blown out of proportion.

It's hard to pinpoint where the leakage in this latest Abbas-Mustan adventure-caper begins to seep septically into the plot. But you know there is something serious amiss in the plot when one of the protagonists, Saif Ali Khan dead-pans: "Revenge is best served cold."

Really? If that were indeed the case then the volumes of vendetta served up by disgruntled men and women in Race 2 should have made our adrenaline...er...race really hard. Everyone says the 'R' word with a special stress savouring the word 'race' like a Caucasian tea-planter talking about his favourite slave in the 19th century.

Alas, the proceedings are as exciting as graffiti in the toilet scrawled endlessly over a newly-polished and painted wall. The uni-expression macho man John Abraham loves the leggy Deepika Padukone who loves the scowling Saif Ali Khan who loves Jacqueline Fernandes. In the end, though, these self-serving hedonists seem to love none but themselves.

Boring in their self-absorption and utterly oblivious of the world around them where pain and

Race 2 is a clueless race course caper

suffering are to be obtained once the fun and games end, these characters are busy striking artificial poses in carefully-toned bodies draped in the best dresses and suits created for the rich and the restless.

These are the nowhere people searching for thrills in a plot that revels in restlessness and seeks succour in making suckers out of all the characters. The only mildly interesting characters are the brassy detective played by Anil Kapoor and his air headed secretary Ameesha Patel. Anil keeps making phallic jokes with Ameesha who flutters her eyelashes pretending she doesn't know why the banana is mentioned so many times.

Years ago
when

Anil Kapoor sang a lewd song, Khada hai khada hai, in a David Dhawan comedy, he claimed he didn't know what it meant. Is he again going to feign ignorance?

I am not even going to wonder what the rest of the cast was thinking when it agreed to be part of this moronic caper. Everyone seems to have focussed on the zeroes on their cheques letting the writer and director do the rest of the thinking.

Sadly, the holiday mood that prevails through the film grips the film's architects. They seem to be on leave as the action director takes over the proceedings. To be fair a couple of chase sequences specially one through the crowded streets of Istanbul where Saif hunts down his beloved's killer, are kill-

ers. But the climax on board a fake luxury aircraft is a howl. Amateur adventurers getting a kick out of their big-boy antics, John and Saif are to be taken as seriously as Superman and Batman cut-outs in a multiplex displaying forthcoming attractions.

The girls Deepika and Jacqueline try hard to pump up the steam by raising the mean quotient in their characters. They hardly look provocative enough to be convincing as femme fatales. As for the heroes Saif, looks like he decided to play a more somewhat more smirky avatar of Agent Vinod. I kid you not.

John alternates the scowl with the smirk sometimes interchanging the two expressions without warning. Can't blame him, poor chap. He must be as confused about the plot as we are.

Does anyone associated with this posh-looking but vacuous caper have any clue as to what they are doing in the plot? In January 2012 Abbas-Mustan had done another caper Players where the characters double crossed one another until we went cross-eyed trying to figure out who was doing whom.

Don't even try to reason out the characters' motivation in Race 2. Drowned in a cacophony of one offkey song after another, wallowing in their one-note wickedness and getting high on their endless bouts of drinking, partying and masquerading, the characters in Race 2 are a laugh. But shhhh. Don't tell them.

By the way, why do we need to import off-key singers from across the border to sing for our heroes? Don't we have enough of them at home?



Film Review

Film: Race 2
Starring: Saif Ali Khan, Deepika Padukone, John Abraham, Jacqueline Fernandez, Anil Kapoor, Ameesha Patel;
Directed by: Abbas-Mustan
Rating: **

Padma Shri came as pleasant surprise: Sridevi

Bollywood diva Sridevi, who lately made a comeback to acting after 16 years of domesticity with English Vinglish, says “acknowledgement” and “recognition from authoritative quarters are important to every artiste”.

“It’s my good fortune that people still love me and want me on screen. The Padma Shri came as a very pleasant surprise. I am deeply honoured,” said Sridevi.

“I don’t know what I did to deserve it. But I must have done something right to be honoured by our government,” added the actress, who after creating magic on the silver screen in the 1980s and 1990s tied the knot with producer Boney Kapoor in 1996 and quit movies. There had been a profound sense of dismay when earlier during the month Sridevi seemed to have missed out on the popular awards for her stellar performance in English Vinglish.

But the actress of timeless movies like Sadma, Lamhe and Chandni said: “At this stage in my life and career, I don’t hanker for any awards. But the Padma Shri is special. It shows that the government has

recognised my work, and that feels good. Acknowledgement and recognition from authoritative quarters are important to every artiste.”

Though Sri, 49, is not going to go out of her way to seek acting assignments at this stage, she is still enthusiastic about her career. “I started young when I was 6. But I don’t feel I’ve been acting for so many years. I still approach every film and role like it’s my first. Though ‘English Vinglish’ was my director Gauri Shinde’s debut film, I felt like a newcomer as much as she did. “It is very important for an artiste to be excited about her work in every phase of her career. If a tiredness seeps into one’s attitude it will show in the quality of one’s work Somewhere I think my honesty towards my work is being acknowledged by the Padma Shri. That I’ve managed to go so far in my life is all due to the support of my fans and well-wishers and my husband Boney.”

The actress, who did her first film as child artiste in 1967, is a mother to two daughters one of whom, the elder Jhanvi is said to be poised for a movie career.

The proud and protective mother laughs off these rumours. “Jhanvi is just 16. She needs time to see the world and understand herself and her interests. At the moment, the two of us are busy together sharing a girl camaraderie. We’re friends before being mother and daughter. “We go out shopping together for clothes. We go to movies together. It’s nice to be re-discovering my own teens through my daughter. I never had a chance to do all the normal girlie things. I was busy working.” Sridevi recently did a magazine cover with both her daughters Jhanvi and Khushi.

“It was great fun. But it doesn’t mean anything more. It certainly doesn’t signal my elder daughter’s film career. Like I said, she’s too young to be thinking of career. Let her have fun.” Sridevi, whose career as



Hindi film heroine took off with a bang in 1983 with the potboiler Himmatwala, is open to more acting offers.

“But it has to be something that appeals to me as an actress, like ‘English Vinglish’. At this juncture of my life, I am not hankering to face the camera. I’ve done every kind of role. It’s the real-life mom’s role that I enjoy the most,” she said.

HC dismisses petition against Amitabh Bachchan

The Allahabad High Court today dismissed a petition, which had accused Bollywood superstar Amitabh Bachchan of having made a “derogatory” remark “with malicious intention” about the Holy Koran in a more than a year-old episode of game show Kaun Banega Crorepati.

The petition filed by Jhansi resident Mudassir Ullah Khan, who had taken exception to the use of the phrase “racha gaya” (composed) in the context of the Holy Quran by Bachchan in the episode aired on 28 September, 2011 was dismissed by Justice Manoj Misra.

The petitioner had contended that the Holy Koran was “neither written nor created by anybody, rather it came into existence/revealed by Allah (God) Himself” and hence the use of the phrase “racha gaya” was tantamount to “a serious offence” as Bachchan was a “popular figure” and “words used by him affects all communities”.

However, Justice Misra disagreed with his contention and said, “To say ‘racha gaya’ does not necessarily imply that the Koran was written by some person. “The phrase can also imply that the Holy Book was composed by Allah Himself, which is another way of saying that it is a revealed scripture,” Justice Mishra said.

Through the petition, Khan had also challenged orders of Chief Judicial Magistrate and District and Sessions Judge of Jhansi whereby his pleas for directing the police to register an FIR under sections of Indian Penal Code dealing with hurt caused to religious sentiments were turned down.

He had submitted that while the CJM had dismissed his complaint “illegally and without application of mind”, the District Judge turned down his subsequent criminal revision terming it as “frivolous and vexatious” besides submitting that no objection was raised by any “school, institution or the Mohammadan community” nor was there any “fatwa” issued against Bachchan.

Anupam Kher comes full circle!

Anupam Kher who has been garnering much acclaim for his performance in Hollywood filmmaker David O Russell’s film Silver Linings Playbook has more reason to celebrate. The film that also stars Robert De Niro, Bradley Cooper, Jennifer Lawrence, Chris Tucker and Jacki Weaver has won the nomination for Outstanding Performance by a cast in a Motion Picture, for the prestigious 19th Annual Screen Actors Guild Award (SAG). The awards event was slated to take place yesterday at the Los Angeles Shrine Exposition Centre. The award is the most famous for being the only major award to be given just for actors, as voted by actors.

Kher who is in LA for the awards night says, “The journey from my first film to Silver Linings Playbook has been a beautiful one. For me, the experience is similar because I felt the same kind of excitement I did when I did my first film. I look at life very optimistically.” Talking about his journey in films, he adds, “When I moved to Mumbai to become an actor I was skinny and balding, the worst odds for an actor in the film industry. I waited for an opportunity for a long time till I was finally offered Saaranish, my first film. I was 27 then and I played the role of a 65-year-old man. Before I completed the film I had signed 57 films. I was thirsty and I woke up every single morning to go and act. I ended up doing 450 odd films and all sorts of productions — brilliant, horrible, good, great, and mediocre. I never thought of it that way. Now after so many years I have slowed down and felt that I needed something to make me feel the way I did when I fought for and prayed for a role and SLP happened to me.”

As for the role in his latest Hollywood flick, Kher shares, “My role in SLP may not be of the same magnitude that was in my first film but doing this film and being around Russell, the cast and crew gave me the same kind of thrill and satisfaction. It was refreshing and I felt like a newcomer as no one here knew my work at all. The pressure of being Anupam Kher was not there, but I could still tap into the experience that I had. Being nominated for ensemble cast for such a beautiful film with such a brilliant cast brings this entire journey a full circle to me.”

Chai with.... Dr. Deepak Moosad of Lotus Wellness Center



Deepak Moosad



Dr. Mala Moosad



Dr. Mohan

By Deepa Walia
February, 2013

About Dr. Moosad

Dr. Deepak Moosad was born in Mumbai, India and moved to Orange County, CA at the age of 10. At the age of 19, he joined the Air Force and pursued a Bachelor of Science in Professional Aeronautics from Embry-Riddle Aeronautical University. While with the Air Force, he worked at diagnosing fighter aircraft and soon realized that his passion was working with people and became a part of Operation Smiles - working with charitable organizations to provide funding for children with Cleft Palate. During that time, he realized he wanted to be in the field of medicine. Being in the Air Force, he had an accident that hurt his back and the main modality that helped him through the backpain was chiropractic which led to finding his calling in this field. Following that passion, after serving his six year term in the air force, he joined Southern California University of Health Sciences in January, 2007 and completed his Doctorate of Chiropractic with Magna Cum Laude in April, 2010. In June, 2010 he opened Lotus Wellness Center in Orange, CA while also working at the Veteran's Hospital of Los Angeles focusing on Physical Medicine Rehab.

Lotus Wellness Center...

Lotus Wellness Center was named after the Lotus flower, a beautiful flower that grows in swampy waters, similar to human bodies that grow



in these toxic environments. The idea of the clinic is to teach individuals how to find that beauty while surrounded by toxins. The Center focuses on several aspects of health: physical health through Chiropractic care to ensure the body is aligned and stress free, physiological health through Acupun-

ture ensuring that the inside of the body is working well by removing stress and toxins through Acupuncture and herbs, and functional medicine and nutrient counseling ("let food be the medicine") through supplements and proper diet. The combination of these techniques ensures the patient gets to optimal health. While Dr. Deepak runs the physical though Chiropractic and functional medicine aspects, the physiological part of the Center is run by Dr. Mohan and Dr. Mala Moosad. Their qualifications include Doctor of Homeopathy and licensed Acupuncturists and they have been practicing in the state of California for 20 years. Currently, Dr. Deepak is also working on his Acupuncture license.

Future Plans...

Dr. Deepak currently treats his patients using natural and alternative practices but his future plans include making this center an integrative practice which works side by side with Allopathic doctors to provide full scale care for acute conditions and preventative care.

Special Thanks. . .

Asia Today is grateful to Dr. Deepak Moosad for his time and wishes him and Lotus Wellness Center continued success. For more information, please visit www.mylotuswellness.com.

Tips To Stay Healthy This Winter

Lifestyle Tips:

- Make sure that you get adequate sleep, and at regular times.
- Try to relax and reduce those stress levels, by cutting back your workload or by not taking on more than you can handle.
- Moisturize your skin daily to avoid dryness and flaking, and always use sunscreen when exposed to sunlight, no matter how cloudy it is. This is an essential element of your winter skin care routine.
- Massage your scalp and hair with oil at least twice a week.
- Have a warm soak, with bath oils added to your bath occasionally as this will moisturize and nourish your skin.
- Keep yourself warm, with woolen clothes and sweaters, jackets, shawls or blankets.
- Keep your indoor heating down to the minimum required as they contribute to dryness. You can

also get yourself a humidifier for your room.

- Avoid frequent and drastic temperature changes.
- Exercise is vital for you to stay healthy in winter. It is particularly important for combating circulatory and stiffness problems. Simple stretching exercises and light aerobics would suffice.
- Sunlight is also essential and the diminished exposure to sunlight can contribute to vitamin D deficiency and problems like SAD or Seasonal Affective Disorder. So make it a point to go out in the daylight hours, and if not possible at least sun yourself at a window.

Diet Tips:

- When it comes to your winter food, as always a balanced, healthy diet is your best bet.
- Vitamin C is extremely important as it serves as a cleanser, and boosts your immunity's ability to fight of a winter cold or coughs. Oranges, guava and

lemons are some of the good sources.

- Dehydration can be problematic in the winter months, so although you may not feel the urge or need to drink as much water as in summer, make it a point to do so. This will help to keep your skin moisturized and body hydrated.
- Eat warm foods, with a lower fat content, and make it a point to have a healthy breakfast. This will also help balance insulin levels.
- Instead of the three big meals, switch to frequent but smaller meals. This will ease digestion.

In case you are afflicted with the seasonal ailments resort to natural remedies and winter herbs instead of conventional medications that have side effects. Natural methods are the healthiest way to stay healthy.

Contact:

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Bhatiapriyanka2002@gmail.com



Jyotish means light of GOD. Jyotish is a part of Hindu Philosophy, which relates to study of time. The word "Hora" is the name of measurement of time. The word Kalpurush also gives the same meaning. Jyotish attempts to answer the mystery of time. Jyotish is all about telling a way to get maximum possible success. It can tell your most suitable area of work (know yourself) and join that area (be yourself). It helps in gaining best out of BODY, MIND and SPIRIT thereby gaining HEALTH, WEALTH and HAPPINESS. In olden times there was no convention of keeping written material knowledge was regarded as closely guarded weapon which was supposed to be passed on to only family members and disciples through rhymes in poetic form known as SMRITI and SHRUTI. These rhymes were not easily understandable and were made indirect to restrict flow of knowledge to only those people who were competent and had great wisdom.

Jyotish means light of GOD

Our Rishis found that heavenly bodies know as Planets and Stars have significant effects on us such as the SUN gives life. It ripens harvests full Moon or powerful Moon causes tides and makes water in sea unstable. Different observations were noticed relating to different Planets and Stars on all form of life.

Jyotish is a system of science or knowledge to study the effects of motion and position of heavenly bodies viz. Planets and Stars on the earth (whole nature) to unmask the karamphala.

In Vedic language Jyotish is called skandhatraya. It has been divided into three parts:

1. SIDDHANTA – it deals with the principles and mathematical portion
2. HORA -- it deals with effects of heavenly bodies

on human being and.

3. SAMHITA -- it deals with the effects of heavenly bodies on nature also known MUNDANE.

The expectation from astrology are twofold: to solve present problem and guide towards a future where gains are maximum with minimum efforts.

Astrology provides help in the following fields: - EDUCATION, CAREERS AND PROFESSION, FINANCIAL PROSPECTS, HEALTH, MARRIAGE AND MARITAL HAPPINESS AND PROGENY.

So the need of the hour is to produce a true, intuitive and an honest class of Astrologers having wisdom, power to distinguish between right and wrong and zeal to help, the masses.

-Rajesh Khanna

When we think of the spiritual way of life, it is a primal need of humanity. Without this understanding, we are spending our life in pitch dark. Here we use the term "pitch dark" because; without spiritual knowledge life is dark. When the sky has dark clouds during the day we need extra light to see, though we cannot say the sun is not in the sky. Similarly, our ego is a dark cloud in our life. This keeps us from understanding reality of the spiritual life. Now the question is who can bring us out of the darkness? Most of the people think only Dharma can remove the darkness. However, in this materialistic time Dharma is not showing the right path because we think Dharma is only doctrine, dogma and rituals. Be careful! Doctrine, dogma and rituals are not going to change our understanding. These are not sufficient tools to remove egoistic clouds from our mind. As long as we are not able to change our way of life we are in the quicksand of our religious misunderstanding. "God helps those who help themselves". My suggestion is if you are a Christian, as you enter the church, try and see Christ in every living being present. Serve each with reverence as you would Jesus. Love everyone equally as yourself. Treat every person with love and grace as you would Jesus. Sometimes I visit

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

Through the Baanis Guru taught us spiritual way of life. Sikh religion is a universal religion. When Guru Gobind Singh Ji baptized us as the "Five Beloved", it was a universal message to all Sikhs. "We are all equal as humans. There is no place for discrimination." Guru Ram Das Ji built the Harmandir Sahib, the source of Divinity for all mankind. His grandson, Guru Hargobind Ji, built the Akal Takht in front of the Harmandir Sahib for politics of the Sikhs, because there is no place for politics in the Gurdwara. In the last four hundred years we haven't yet understood

Guru Hargobind Ji's message at all. Now we are using every Gurdwara for politics. Under the influence of politics we are leaving the Guru's message behind. As long as we won't think about this, we will miss the true teachings of Guru. My humble request to all; when we come to the Gurdwara, bow to the Guru with reverence, devotion and confidence. Serve the community with un-

conditional love. Think of everyone as we think of ourselves with love and grace. Please stay together as a community. Help each other as brothers and sisters. Remember! Unity is the power of community.

- Harbhajan Singh Sandhu



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48 hours in Kathmandu

Nepal's capital, Kathmandu, is an ancient town dotted with Hindu and Buddhist temples, a riot of colour and dust with clogged streets where stray cows and dogs vie for rotting leftovers beside swanky malls.

The city is ringed by rolling hills and has many satellite towns, such as Patan and Bhaktapur, which are popular with tourists. The area has seven old monuments that are listed by UNESCO as World Heritage sites, all within less than two hours' drive.

Reuters correspondents with local knowledge suggests how visitors can get the most out of a 48-hour visit.

Friday

7 p.m. - Thamel, known as "a city within a city," is the tourist hub of Kathmandu. For dinner try one of the rooftop restaurants that offer a fantastic view of the city skyline. For music lovers there are restaurants that offer food and drinks with accompanying live concerts.

9 p.m. - Pop into one of the many discos which are popular with well-heeled Nepali youths.

Saturday

7:30 a.m. - After breakfast take a "heritage walk" through the ancient parts of Kathmandu. In a few minutes are in the 14th century, with narrow alleys and rutted streets, shops with low, carved doorways and pigeons sitting on a maze of telephone cables that swirl overhead from utility poles.

The walk goes past balconies jutting out of brick and mud houses. Women with copper and brass trays of offerings such as vermilion powder, rice, sandalwood paste and incense sticks for figurines of Hindu and Buddhist gods rub elbows with street vendors selling fresh vegetables and fruits.

Walk through the Ason, Indrachowk and Makhantole neighbourhoods, which are lined with small shops displaying wares that range from golden ornaments to brass and aluminium utensils, before reaching the Mon-god Gate palace, the ancient

seat of Nepal's kings.

9 a.m. - The palace has many tile-roofed temples sitting on high brick terraces. The old white palace where Nepal's kings were enthroned until the monarchy was toppled in 2008 is on one side, and on the other is the cavernous Kasthamandap hall, reportedly built from the wood of a single tree. Kathmandu is believed to have derived its name from this.

The Kumari Ghar, the house of the virgin "Living Goddess" or Kumari, is nearby. Enter through the low door into a courtyard. Wait for the Kumari to appear in the second-floor window of an elaborately carved red-brick building. She is a virgin chosen from Kathmandu's Shakya clan who will serve the divine role until the onset of puberty, when a new one is selected. Buddha, the founder of Buddhism, also hailed from the same clan.

The girl, with a third eye painted on her forehead, is worshipped as a power goddess. Before the monarchy was abolished, the king of Nepal sought her blessings, a ritual now performed by the president.

11 a.m. - Get a taxi and head out for Swayambhunath, a magnificent monument sitting on top of a forested hill full of monkeys. It has a stupa, or temple tower, with the ever-watching eyes of the Buddha painted on top of a white dome. Climb about 200 metres (yards) of steep stone steps to the top of the hill, or the taxi can take you up.

Swayambhunath is a complex of monasteries and temples. Monks can be found jostling with locals to spin the prayer wheels and chanting from Buddhist texts. Devout Buddhists believe spinning a wheel can have much the same effects as reciting the mantras or religious hymns. Walk in a clockwise direction and spin the wheels with a slight rotation of the wrist.

12 p.m. - For lunch head to Thamel where there is a wide selection of restaurants, including local and Indian cuisines as well as Chinese, Thai, Vietnamese and Japanese food.

2 p.m. - Experience Thamel, which is spread over 2.5 square km (1 sq mile) and has about 3,300 shops selling everything from salt to smart phones, restaurants, book shops, bars, discos and shops selling climbing gear for mountain climbers.

Visitors can find Tibetan Thankas, or wall paintings, hand wo-

ven carpets, huge curved knives carried by Gurkha soldiers, and singing bowls, brass vessels that produce soft sounds when struck with a wooden rod. Bargaining is advised.

6 p.m. - Window shop in Kathmandu's fashionable Durbar Marg, or the King's Street, which is lined by posh hotels, shopping malls and fast food shops including the KFC and Pizza Hut, the only international fast food chains in Nepal.

8 p.m. - For dinner try juicy momos, or steamed dumplings, which are served with pepper-hot sauce. There is also "Fire and Ice," which serves pizzas and is popular with tourists.

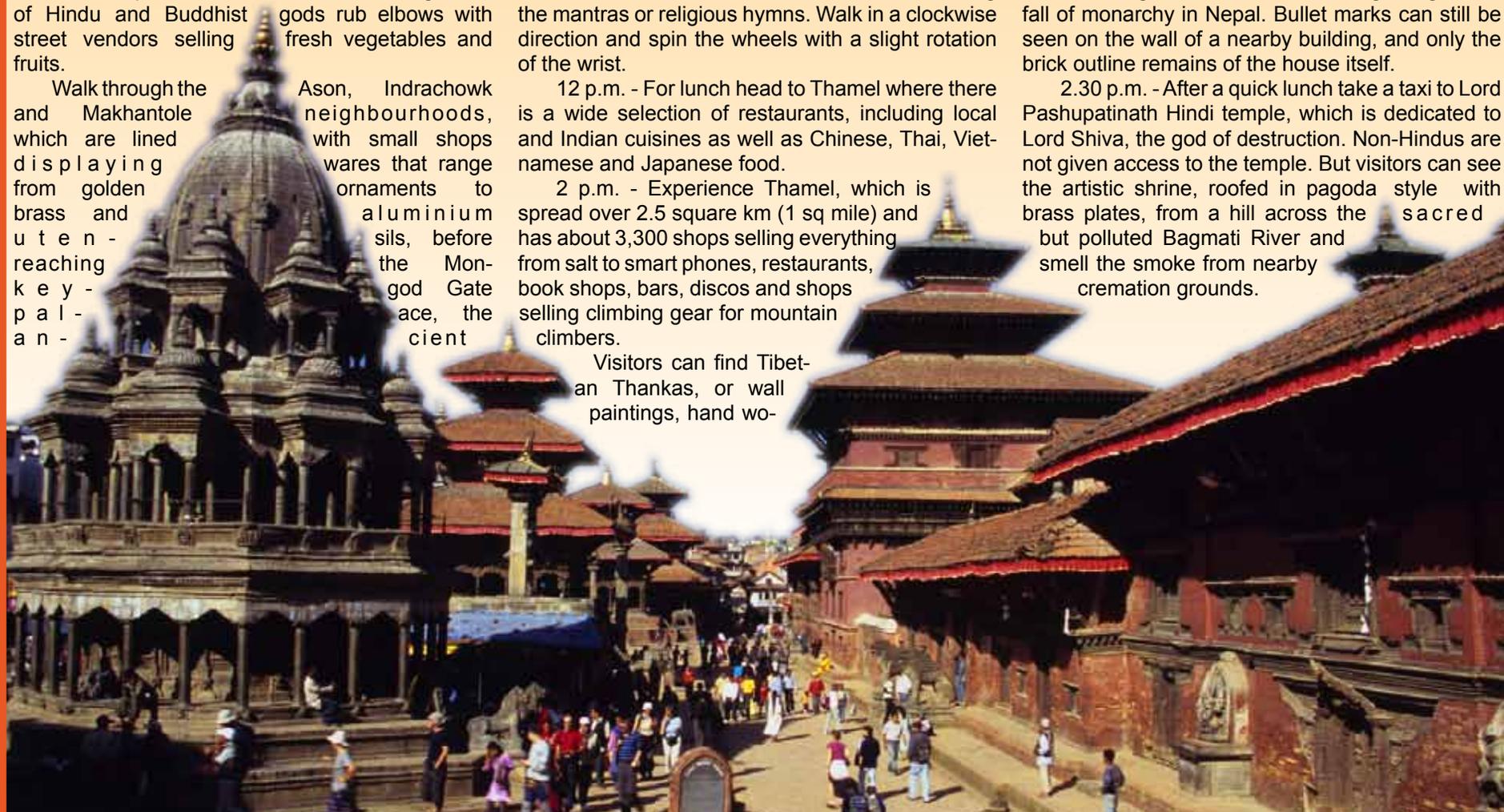
Sunday

7 a.m. - Hail a taxi and head out Patan Durbar Square, a complex of medieval temples and fabulous palaces built during the reigns of the Malla kings, between the 10th and the 18th centuries. It is also known as the art city because of its rich collection of arts and architecture.

9 a.m. - Head to Bhaktapur, an ancient town 14 km (9 miles) east of Kathmandu. It is known for its crafts, pottery, magnificent temples, culture and festivals.

Noon - Take a taxi back to Kathmandu to the Narayanhiti palace museum. It was a royal palace that housed the office and residence of the King of Nepal. A tour takes visitors goes through former royal bedrooms, a meeting hall with stuffed tigers and a massive crystal chandelier, guest rooms, the royal kitchen and the massacre house, where in 2001 Crown Prince Dipendra killed his parents and seven other royals before turning the gun on himself. The tragic event marked the beginning of the fall of monarchy in Nepal. Bullet marks can still be seen on the wall of a nearby building, and only the brick outline remains of the house itself.

2.30 p.m. - After a quick lunch take a taxi to Lord Pashupatinath Hindi temple, which is dedicated to Lord Shiva, the god of destruction. Non-Hindus are not given access to the temple. But visitors can see the artistic shrine, roofed in pagoda style with brass plates, from a hill across the sacred but polluted Bagmati River and smell the smoke from nearby cremation grounds.



Lucky to be working with Bollywood: Chetan Bhagat

Bestselling novelist Chetan Bhagat has now turned a Bollywood scriptwriter.

After writing the screenplay of "Kai Po Che!" -- an adaptation of his novel "The 3 Mistakes of My Life" -- the 38-year-old author from Mumbai is now writing the script for a Telugu film remake. The film, titled "Kick", will star Salman Khan.

"It is the story of a man who lives for passion and kick," Bhagat told IANS in an interview.

"I'm lucky Bollywood has liked my stories. It feels good because writers don't get noticed so much. Not only they are making films on my books, but I'm also working with big and talented people," he said.

"Kai Po Che!", directed by Abhishek Kapoor, is a story of three friends in Ahmedabad and the upheaval in their lives.

"It is the third time my story has been made into a movie. It feels special. 'Kai Po Che!' is even more special because I have written the screenplay too.

"It is a nicely-made movie. The final copy is not yet ready, but I have seen it in parts," he said.

"OneNight@The Call Centre" was made into a film titled "Hello" (2008) and "Five Point Someone" into "3 Idiots" (2009).

Bhagat's other novels are "2 States" and "Revolution 2020".

He says the trend of adapting books into movies is still to pick up in India, especially in Bollywood.

"I hope this trend picks up. When people go to see a movie, they want to see a good story and if the filmmaker picks up a good and popular novel, he is starting at a good base."



Author Chetan Bhagat speaks at a function in New Delhi

Bhagat, an alumnus of Indian Institute of Technology-Delhi and Indian Institute of Management-Ahmedabad, wants to influence people. "I want to reach more and more Indians. I want to influence people with my writing and I have used entertainment to get their attention," he said.

He said making movies on books was not easy. "It is difficult for a filmmaker when he is to make a book into a movie because in that case, you are competing with the readers' imagination," he said.

"A reader has to read the book and he can imagine, but the filmmaker has to imagine all that and create it (on screen), which is difficult. 'Kai Po Che!' is better than the book and I know that because I have done the script."

POET OF MONTH Melanie Hubbard

Melanie Hubbard won the 2011 Book Award in Poetry from Subito Press for *We Have With Us Your Sky* (2012). A chapbook, *Gilbi Winco Swags*, was published by Cannibal Books in 2008. Poems have appeared in *Fence*, *Swink*, *Typo*, *horse less review*, *Cannibal*, and *Strange Machine*. Reviews, scholarly articles, and personal essays have appeared in a variety of periodicals. She has taught at New College of Florida, Eckerd College, and the University of Tampa. She received a PhD in literature from Columbia University and is writing a book on Emily Dickinson's poetics and practices in manuscript.



DRESSED LIKE A KWAKER

You were five: a lie.
You were ten. Have you ever lost
a friend, slowly or suddenly?
You strive to spin a quarter
on its edge: fillet of light: a face
and a house inside each other.
Mobled Queen, Mundo Lindo.
What a fabulous air you have about you.
Bullets ricochet to the north. Divine
a neater way, blast off in those glass
galoshes peeling mud.
Suck the spit from your teeth
toward your tongue. In the dark,
we'll identify you by that sound.
You cannot fail, you can only vary
from yourself like a coelacanth.
We have you in the nets.

THE SUPPLE HELLION

Because I haven't a pinnacle hat
and here abandon trips, I pray

a hedge around me, hum
and stare on the harrow benches
with the hoppers and the lifers.

Past the savage abbeys
the hiss-master slips the vise
and stuns a hopper by the river
playing her woolen vibes.

Now who's a brittle widow?
Willow, I mean
and the shadows long.

Punk, like cork, walks
the water & stops the wine.

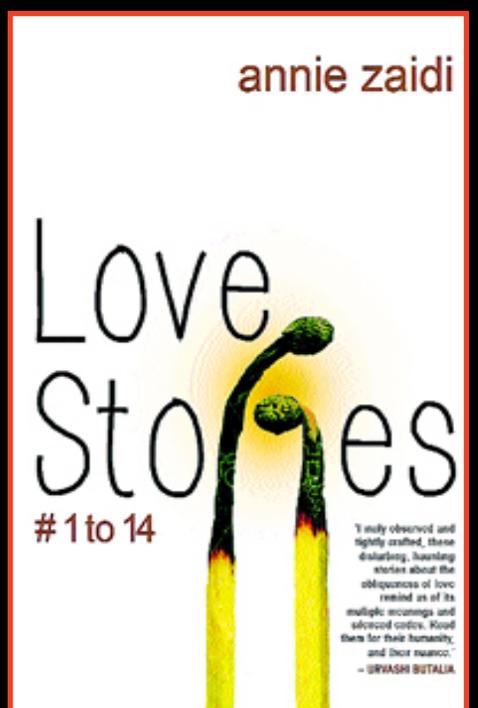
I wheel a little higher
over the mirrored lanes.
I keep my appointments.

*This poem was first published in Forklift,
OH 23, July 2011*

Review: Love Stories

Author: Annie Zaidi, Price: Rs. 350
Published by: HarperCollins

Each story in this collection is too real for its title. If it conjures up images of teen romance and frivolous fairytales in your mind, that is. This book, one of Annie Zaidi's best, revisits the scariest truths that lie in the simplest of situations that contain love — love of the kind that seems starkly ordinary before you swim its insides. There's a story of a woman who falls for the faceless man who's the voice of announcements in the train she takes, one about a man whose wife loves gore as much as she loves him, another about a closet artist who finds a man as mundane as their housing society they live in. The narrative is strong and sublime in just the parts they should be, not letting the weight of the words take down the scenes you build. And, even though some pain from the prose and that striking cover picture lingers on after a read, you love it, for it's as bitter yet true as love gets.



Indian Recipes

Quail eggs, crispy beef and pasta make for great additions to a salad bowl

Give an interesting twist to your bowl of salad with meats and pasta, and you'll have a healthy, crunchy meal at hand.

Crispy beef/chicken



Always ask for tenderloin beef. You'll have to batter fry for crispy meat.

For the batter: Combine refined flour and corn flour in the ration of 7:3, and mix salt, pepper, egg (optional) and water.

Dish up your salad: Toss it along with tomatoes, gherkins, and spring onions. For the dressing, use fish sauce (Called Nampla, it's available at supermarkets), lime juice, fresh red chillies, lemon grass and Thai ginger. For the garnish, use julienned ginger, coriander and mint.

Healthy salad meals you can make



Quail eggs

Quail eggs are available at Mumbai's Crawford market, Nature's Basket and supermarkets.

Dish up your salad: Toss it along with baby potatoes, celery, shallots (use either canned pickled ones or substitute with Madras onions available at South Indian stores in Matunga), canned palm hearts (optional). For the dressing, use mayonnaise, sesame seeds (roasted and powdered) and wasabi



paste. For the garnish, use black olives and roasted almond flakes.

Pasta

For a meal, you can always include pasta, like penne, with potatoes, cherry tomatoes, olives and ice berg lettuce. For the dressing, throw in some sauteed garlic, blanched tomatoes, fresh basil, chilli flakes and olive oil, and voila!

Quick-tips

1. Lemon zest cannot be substituted with lime zest, it'll only make your dressing bitter
2. A fit-all dressing Balsamic vinegar, lemon, mint, salad oil and chilli flakes

Did you know?

1. Darker green vegetables contain more Vitamin C than lighter green vegetables.
2. A stalk of celery only contains 10 calories. The human body in fact uses more calories digesting celery.
3. The hotter a chili pepper is, the healthier it is, including being higher in vitamins.



Stuffed with healthy broken wheat (or you can also use brown rice as a substitute), this low calorie stuffed capsicum recipe makes for an excellent side dish or a mid-morning snack.

This dish is steamed, so it comes with double benefits. Full of vitamins and low in fat content, coarse grain (brown rice or broken wheat) is known to aid in women's menopausal health, leading to greater bone density, and faster weight loss. Capsicum, on the other hand is known to be beneficial for the mucous membrane and works brilliantly for smooth skin and eyes. Available in a variety of colours, capsicum also helps in warding off infections. Top this low calorie, colourful dish with chopped nuts and your perfect health treat is ready!

Low calorie stuffed capsicum



Ingredients

4 capsicums. All in different colours preferably.
½ a cup of brown rice or broken wheat (also

known as dalia).

A handful of boiled green peas.

1 cup of tomato juice

Chopped coriander leaves

Chopped nuts for garnishing

Salt and chilli powder to taste

1 tablespoon of oil

Method:

1. Cut the capsicum in half and remove the unwanted seeds. Keep them aside.
2. Wash the brown rice or dalia thoroughly and cook them in a pan with half a tablespoon of oil along with tomato juice, salt, chilli powder and peas.
3. Mix in coriander in the end.
4. Stuff the mixture neatly into the capsicum halves and steam the capsicums for 8-10 minutes, depending on the size and thickness of the capsicums.



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