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# Today

Monthly Newspaper

• Vol-VII • Issue-2 • Phone : 480-250-2519 • sales@asiatodayaz.com • February 2014

**10**  
Arizona Sikh Gurudwara organized the Nagar Kirtan



**12**  
Mata Jagran at Hindu Temple of Arizona



**13**  
Phoenix Housing & Land Data



**Jai Ho**  
capitalises on Salman Khan's larger-than-life screen persona

**32**



## New Endeavor: Hare Krishna Spiritual center



On January 19th a new vibrant "Hare Krishna Spiritual center" opened in Tempe, Affiliated to various non-profit organizations Goshala & Food for life. Event started traditionally with Homa, GauraArti, Lecture & Prasad distribution. Parallel to this two classrooms (Vrindavan) 21 kids attended Sunday school, both the classrooms has two teen volunteer teachers plus adult • **More on P06**

## India Nite 2014



India Association of Phoenix celebrated its first event of the year 'India Nite' on 25th January, 2014 at Arcadia School, echoing the Republic Day Celebration back home, with great pomp and ceremony. This grandiose event reflected the rich tradition of Indian culture with bright colors, colorful lights, heart throbbing music and great dances. The newly elected board led by the new president Mr Murugan Patham, did an excellent job in organizing this event. Their enthusiasm and dedication, reflected at every stage of the event, which was attended by a huge audience surpassing all expectations. Approximately 278 participants ranging in age from 10 years to • **More on P3**

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40 years performed their best to great applause with a very participative and appreciative audience. The newly elected board was introduced to the audience and the previous board members were recognized for their contributions and service.

Volunteers of the India Association Youth Committee did an awesome job during the entire event proving that here exists an excellent opportunity for the youth help acquire good leadership skills which would help shape their future.

Pictures courtesy: Hima Photography

# India Nite 2014





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**Changing Perspectives...**

As I sit here to write my monthly column and look at the date, I can't believe that the month of January is gone already. I thought we just rung in the New Year a few days back and here goes an entire month in the blink of an eye. Even though it went quick, the month has been very productive and I have learned a lot of new things. One thing that I learned is that you can never learn everything. I know it sounds simple and you would think I am an idiot for thinking I know everything, but for the last few years, I always get to this arrogant stage of my professional career where I feel like I have learned everything there is to know and can do it all perfectly and on my own. One reason for this arrogance is success and another reason for it is constant praise or ego-stroking by those that I work for or with. I used to really enjoy being around people that constantly told me how great I was and stroked my ego and was used to getting what I asked for in my professional career.

Two very interesting things transpired in the last year – one that was intentional and the other that wasn't intended but just happened. The intentional change was stepping back from the social circle in many aspects – going from thousands of friends and acquaintances to a select few, intimate friends and also stepping back from the volunteer work in the cultural circle. Taking those two steps automatically opened up a lot of time, which enabled me to work longer and harder. You would think this would lead to me getting what I want even more at work but that's not what transpired. The second not so intentional happening was that for the first time in a very long time, I didn't get what I asked for. My initial reaction was to seek another place where I can get what I want and



**Editor's NOTE**

I am not sure what it was but something made me stay a few months to see what happens. There was an intuition or gut feeling that was telling me that there was a lot I had to learn and I was at the right place to learn it and leaving would be a mistake. So I decided to ignore the near-term financial gains in my path to stick to my gut and follow a path of learning and professional growth.

As a result, this last month I have had the opportunity to learn so much and the more I learn, the more I realize everything I still have to learn. You would think that this would be

overwhelming or get me down thinking there is a long road ahead, but it is had the opposite effect. There is a new drive or hunger to learn everything I know I need to and go find all the other things I may not even know I have to learn and pursue those. I am not sure what transpired the change in me but I know that the satisfaction I have today knowing that I don't know everything is much greater than the feeling I had when I was convinced I was invincible and knew everything. I also have a new found respect for friends, family, and individuals that tell me all the areas where I need to grow instead of constantly stroking my ego because I am realizing that this is contributing to making me a stronger and better person. Hope our readers learn something from my tiny stage of enlightenment and take a deep look at the net effect of surrounding yourself with individuals that sugar-coat words to stroke an ego versus those that have the strength to say the bitter truth and reality that they see.

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

**M**y name is Manjeet Walia and I am born and brought up in Agra. I come from a very sweet and unique family background. My journey of Asia Today started in 2008, when I launched my first paper. It was like a dream come true. Through the journey of this paper, I met many grateful people who I would like to say thanks to from the bottom of my heart. They gave me a whole new purpose for life. I would also like to



**Marketing Director NOTE**

say that many people whom I've met during the journey have helped me in so many ways. It is because of them that Asia Today is still a part of Arizona. Its the reader who I look up to and who motivate me to write a new issue every month. Thank you to everyone who has been a huge part of my life and Asia Today.

**-Manju Walia**  
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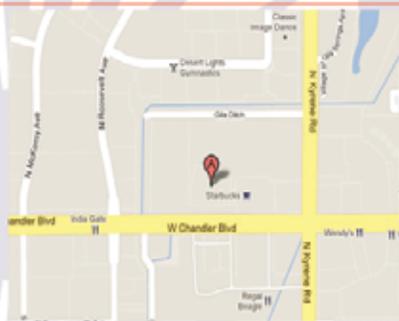
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# New Endeavor | Hare Krishna Spiritual center Tempe AZ

tutor.

A total of 100 plus people attended the program excluding the volunteer families, out of them 15 American students. They were given free copies of "Bhagvad-gita As It is" along with flyers of Goshala, whose motto is "Protect Cows- Live Naturally".

Some excerpts from dignitaries attended.

----

"You are all here being a part of making history. Now you have a choice" - from Ganapati Maharaj's talk

"It was a refreshingly spiritual atmosphere created by everyone. Srila Prabhupada is surely smiling on all of you. Special thanks to Ganapati Maharaj for his appearance and for giving a wonderful talk. He is a great inspiration to all of us."

"Want to say I felt very welcome by the love of nearly everyone. It was very auspicious to get association of HH Ganapati Maharaja and many initiated devotees to bless the new endeavor on behalf of Srila Prabhupada himself. It was a hugely successful event and the place was full of positive spiritual energy as if we had been transported back. So many senior Srila Prabhupada disciples and grand disciples from Arizona gathered in one place, and the blessings of senior devotees so beneficial to the Krishna consciousness atmosphere. Krsna will surely shower His Mercy to a center whose mission is to stay 100% true to Srila Prabhupada's teachings and Lord Chaitanya's orders, is open and welcoming so no one made to feel the slightest that this is someone's private property." "Krsna will protect you all, those who have sincerely offered your time, energy and laxmi employed back in His dear Service. Please accept our congratulations and assured we will extend all support to the center to our best ability."

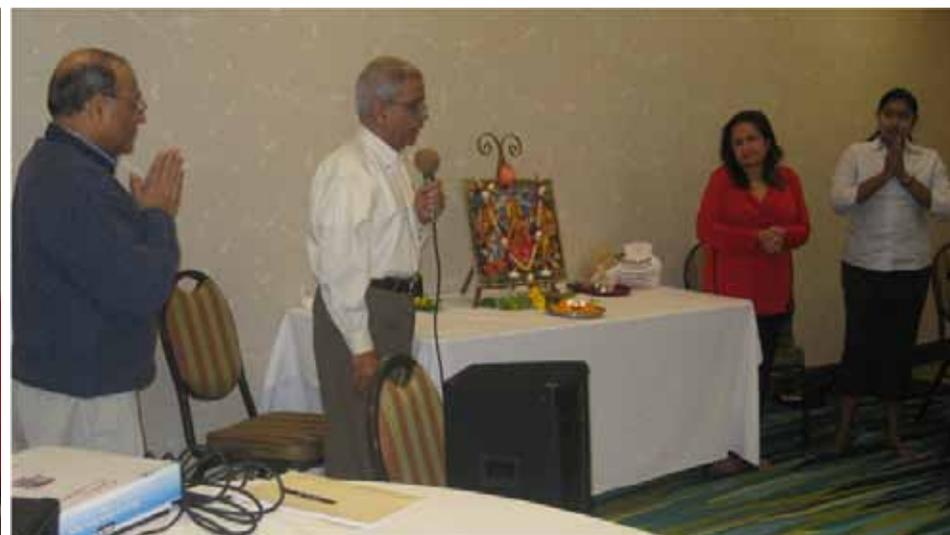
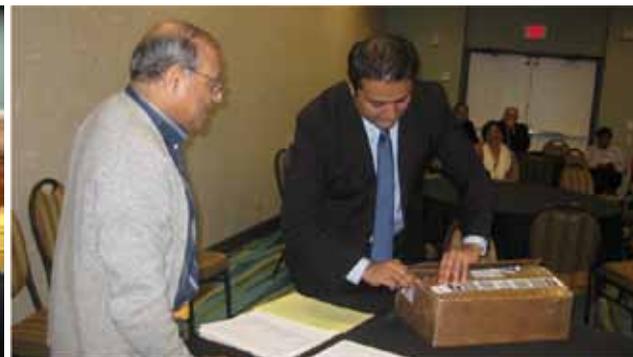
"like the HK movement 40 years ago. That is a compliment as the movement was small but very personal and loving in its dealings with everyone, particularly in the initial stages of the movement"

"As soon as I entered the spiritual center yesterday, I just felt like I was in a temple and the atmosphere was very serene. It was very beautifully decorated and well organized."

This center will be having every Sunday Spiritual discourse from distinguished speakers all around the world plus kirtan leaders along with sumptuous (vegetarian) Prasad. Details : <http://azgoshala.org>



# INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)



**1. Wonderful indoor picnic with so much healthy food to enjoy! 2. Seniors are busy playing card games in "Apani Apani Pasand" 3. Launching of the ISAA Seniors Biography Book by Santa Patel 4. ISAA Celebrating Vijyaben's 84th birthday while remembering Lt Shree Babubhai Patel's "Janamthithi" 5. Deepa Walia's surprise visit to ISAA 6. Thank you Champaben for ISAA's Gruh Pravesh traditional tasty Lapsi-Bhojan 7. ISAA presented Deepika the Thank You-Deepika Book at the Gruh Praveshceremony 8. Gruh Pravesh Pooja performed by Narayanbhai in presence of Deepika and Saranya**

On January 07, 2014, the New Year- 2014 started with a bang in our new home at Holiday Inn North. Narayanbhai started the function by rendering of beautiful slokas in praise of lord Ganesha and Saraswati. The lamp was lit by Deepika and Saranya. Deviben, Manjuben, Jayshreeben, Neelaben, Harshadbhai Desai & Harshadbhai Shah, gave their voices to bhajans. Jitubhai helped with one bhajan too. Sponsor today was Champaben who treated all with serving of lapsi as it was the first day at the new location and it was the New Year too. Over eighty enthusiasts enjoyed the luncheon. We appreciate that Champaben. Ji-

tubhai presented Deepika Bhalla & Dipa Walia a token gift of ISAA bio-book and Thank you-Deepika Book on this auspicious day for their esteemed support. Books carried all the memories of our meetings at Le Soiree hall.

January 14, 2014 was the auspicious day of Makar Sankrant. In his short introductory remarks Narayanbhai described the celebration and religious significance of the day with some examples from the history. Sanat Patel presented an overview of the investment opportunities in the global market. There was a good exchange of some questions and answers. The main highlight of the day

was launching, and distribution of the ISAA Seniors Biography Book. This was designed and printed by an associate in Dallas. Sanat Patel who helped defray some costs helped the launch. Thanks to all contributors. Sponsors today were Kshatriya family and Manjuben Govin celebrating Vijaya Ba's 84th birthday, and, ISAA also remembered the late Babubhai Patel's janma teethi.

On Jan 21, 2013, it was a day filled with "man pasand" activities. Card games are always popular with many. Ladies played antakshari nonstop with lots of joy and laughter. Socializing is always in style as evidenced by many. Some took their

favorite walk outside. The best part was the lunch which was like an indoor picnic. The variety of healthful food items were shared by many. Overall there were forty five members. Everyone thought that it should be done this way sometimes.

#### Announcements:

- A quick poll showed a strong interest in a seniors retirement home in metro phoenix.

- ISAA is grateful to Kiritbhai Rajyaguru (\$200), Manubhai Patel, Dallas (\$750), Sanat Patel (\$1000), and, Harshadbhai and Gitaben Shah (\$201) for their generous contributions..

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**Maata Jagran**  
Friday February 7<sup>th</sup>, 2014  
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**Satyanarayanji Puja**  
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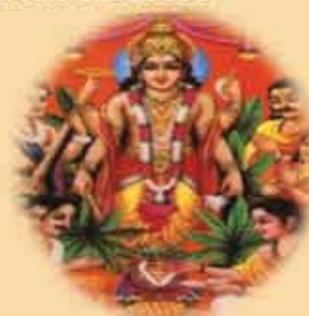
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**Maata Jagran:** February 7<sup>th</sup> ( Friday 7:00-9:00 PM, Sponsorship \$101)  
**Satyanarayanji Puja:** February 14<sup>th</sup> ( Friday 7:00-9:00 PM, Sponsorship \$101)  
**Maha Shivrathri:** February 27<sup>th</sup> (Please refer separate flier for program/ sponsorship details)

**Please call for additional details:**  
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for Maata Jagaran: Shashi Tuli @ (480) 614 1322  
for Satyanarayanji Puja: Nirmal Chhibber @ (480) 926 8835  
for Maha Shivratri: Rina Narang @ (602) 595 0662

**Please note: HTA board announces AGM meeting, to be held on 30th March 2014**

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# Arizona Sikh Gurudwara organized the Nagar Kirtan

Arizona Sikh Gurudwara organized the Nagar Kirtan, the celebration of the Birthday of Guru Govind Singhji on January 5th, 2014. The kirtan started from Arizona Sikh Gurudwara. All the people of sadh sangat from Arizona joined the Nagar Kirtan and when it passed through the front of Guru Nanak Dwara, all the members welcomed the Nagar Kirtan; Nishkam Seva Gurudwara Sahib also joined the celebration. All the Sikh

Sangat of Arizona provided the food and refreshments. They are all very happy with the outcome of the celebration.

Asia Today would like to say thank you to the organizers and the community that welcomed us to be a part of this wonderful celebration. These are the wonderful clicks that were taken during the event by Asia Today.





Hindu Temple of Arizona invited Shree Vaishno Seva Samita from New York to do the Mata Jagran the entire night. This is the 4th Mata Jagran of Hindu Temple since the establishment of the temple. The members who performed the Mata Jagran gave an excellent performance and pleased all the audience. Me being part of the audience, it made me think back in time to when I was kid and I used to attend this. Asia Today is thankful to all members of the Hindu Temple of Arizona that they invited the members of Shree Vaishno Seva Samita from New York. Above is the glimpse of all the prime moments of the Mata Jagran that occurred at Hindu Temple of Arizona. Pictures by: Asia Today

## Mata Jagran at Hindu Temple of Arizona





**Anita Verma**

2013 was the year we saw the housing and land markets show signs of vitality after a few bumps in the road. As we start our journey into 2014, it's important to reflect on how the real estate market performed last year.

According to experts, our market's future carries much potential moving forward and expect rising prices to lead to an increase in sales volume.

In analyzing existing values, all we need to do

## Phoenix Housing & Land Data

is look at the historical data, and the data never lies. The Phoenix housing and land markets bottomed out in 2011, with the land market falling to nearly 7.6% of the peak values of 2006.

Raw land in the outlying areas of metropolitan Phoenix, such as Buckeye, bottomed out in 2012, reaching 11.2% of the 2005 peak values. Land in the Tonopah arealocated 10-15 miles west of Buckeye, bottomed out in 2012 as well, reaching 4.6% of the 2005 peak values. (See table below)

2012 marked a dramatic turnaround for the Phoenix land market. The land in Phoenix almost doubled in 2012 from the lows of 2011 (from 7.6% to 12.8%).

The land in Tonopah similarly almost doubled in 2013, from the lows of 2012 (from 4.6% to 9.2%). Outskirt areas typically lagapproximately one- year behind everything else in terms of the market bottoming out.

Currently the housing market in Phoenix has come back to about 77% of the peak values. This is promising news.Finished lots have come back to about 50% of their peak values. However, raw land continues to remain at low values at around 9.2% of the peak in Tonopah. According to some experts, given these facts, there is a potential upswing for raw land. Prices are still at all time lows and should continue to increase as the demand for housing increase.

The table below shows the price per acre of land in Tonopah, Buckeye, and Phoenix from the peak of the market to the end of the 2013.

	2005	2006	2007	2008	2009	2010	2011	2012	2013
Tonopah	\$23,848	\$18,788	\$12,636	\$8,589	\$2,815	\$1,502	\$1,399	\$1,109	\$2,189
Buckeye	\$28,292	\$28,037	\$19,148	\$8,016	\$8,157	\$6,779	\$3,176	\$4,442	\$5,816
Phoenix	\$67,720	\$186,370	\$132,131	\$71,979	\$221,617	\$46,868	\$14,186	\$23,910	\$50,832

\*Price noted as price/acre \* Source: ARMLS,Real EstateBrokers.

# India Association of Phoenix

\* Presents

## \* HOLI 2014

**11 AM – 2 PM on Sunday, March 9, 2014**

**At South Mountain Park**

\* **10919 S Central Ave., Phoenix, AZ 85042**

\* **Colors, DJ Music and Food**

\* **Only India Association Colors/Gulal Allowed.**



**Free for Members. Non-Members - \$10**

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## Senior Group celebrates January 26th



**Looking Ahead:** It's a nice spring like enjoyable days and Seniors have caught Spring Fever hence we have planned a picnic on Thursday January 30th at Piestewa Park, Phoenix, 10:00 AM onwards.

### Republic Day Celebrations:

On 23rd of January we all got together in number of more than 60 peoples to celebrate Republic Day – January 26th - of our mother land. We all gathered in the green grass in front of the Indo-American Community Center and set up the table and raised the Indian flag (tri rangi janda) made of pure Khadi in the free air.

The Flag was unfurled by Shantibhai Rajyaguru who is the Senior among Seniors. We all did Dwaj Vandana conducted by Shreekant Vaidya, sang songs showing the great spirit in memory of Sahids who gave their lives for the country and we felt proud to be born in India.

The lunch on January 23rd was sponsored by Shreekant Vaidya and served by his family members Sonal, Nanita, Sanjeevkumar and Pooja. It



was very tasty so many people went for second round.

New arrivals in the group were Narayanbhai, and Sharadaben, Indubhai's sister from Chicago. Seniors welcomed back Meenaben and Ramanbhai from their trip to India and Dr Rasikbhai back from Hawaii.

### Healthy Living:

Ramaben Patel has successfully motivated women folks to join in the gentle exercise period on Thursdays and more and more members are joining the class. Chandrika Patel volunteered and held an exercise and meditation session very professionally. Hey Gents, let's get started and be part of this healthy work out – remember what we were taught in the Healthy Living



Workshop, poor memory is not an acceptable excuse!!

### January 9 and 16th 2014:

It looks like spring came early this year, most days the temperatures are hovering around mid 70 deg. F and seniors are enjoying Arizona sunny days. January 16 meeting was no exception. Seniors were basking in spring like weather and enjoyed all normal activities. Ramaben is back from her visit to Indo-American Senior living development at Shantiniketan, Florida and briefed all seniors about her pleasant experience and encounter at Shantiniketan. Seniors welcomed two new visitors, namely, Ratibhai Javia from Charlotte, North Carolina, and Surendra Mahender from Chicago. Lunch

sponsors this period are Jasvant Singh and Rajinder Kaur, and Urmilaben and Sushilbhai Jain.

### January 2nd Movie Day:

We kicked off year 2014 season on 2nd day of January 2014. There were more than 50 friends got together to start HAPPY NEW YEAR with Masala tea and cookies. It was movie day but due to little technical difficulties in sound system we started late but there was a great help by Gabriel and successfully we enjoyed watching "Hum Saath-Saath Hain".

Everybody enjoyed the nice warm day playing cards, chatting and listening the music. The lunch was sponsored by Kishorbhai & Taraben, freshly prepared and cooked on the spot with help of many hands (ja ja hath raliamana).

We were missing some Seniors like Bhagubhai & Jayaben, Lalitbhai & Shantaben, Dr Prakashbhai & Meenaben, Dr. Rasikbhai and how can we forget Minaben & Ramanbhai Bhavasar?

Thank to Sevantibhai for photography and Mahendra Devgania for writing Senior Group reports.



# Shirdi Saibaba Temple Arizona

*Om shri sainathaya namah*

With the divine blessings of Sri Saipaadha Meiyadimmai, Shirdi Saibaba Temple Arizona is performing

## MahaShivaRatri

**27th Feb' 2014 (Thursday) to  
28th Feb' 2014 (Friday)**

All devotees can take part in the Panchamrutha Abhishekam to get the eternal blessings from Lord Shiva

There will be no BABA Shej Aarthis on Thursday -02/27 night and Kakada Aarthis on Friday-2/28 morning

**Maha Shivaratri First Prahar Puja Time 06:19 PM to 09:30 PM (Duration: 3 hrs: 11 min)**

- 06:30 PM - Baba Dhoop Aarthis
- 07:00 PM - Baba Dharshan
- 07:30 PM - Shiva Abhishekam
- 08:45 PM - Shiva Sahasranama Archana
- 09:30 PM - Prasadam Distribution

**Maha Shivaratri Second Prahar Puja Time 09:30 PM to 12:40 AM (Duration: 3 hrs: 10 mins)**

- 10:00 PM - Shiva Abhishekam
- 11:00 PM - Shiva Sahasranama Archana
- 11:45 PM - Teerdha Prasadam Distribution

**Nishita Kaal Puja Time (Lingodhbhava Kalam) 12:15 AM to 01:06 AM (Duration: 50 Mins)**

- 12:15 AM - ShivaArchana

**Maha Shivaratri Third Prahar Puja Time 12:40 AM to 03:51 AM (Midnight/Friday early hours - Duration: 3 hours: 11 mins)**

- 12:40 AM - Shiva Abhishekam
- 01:15 AM - Shiva Sahasranama Archana
- 02:00 AM - Shivapurana Parayana

**Maha Shivaratri Fourth Prahar Puja Time 03:51 AM to 07:01 AM (Duration: 3 hrs: 11 mins)**

- 04:00 AM - Abhishekam to Lord Shiva, SaiBaba and all deities in the temple
- 05:00 AM - Shiva Sahasranama Archana
- 05:45 AM - SaiBaba Archana
- 06:15 AM - Prasadam Distribution

[www.shirdisaibabaaaz.org](http://www.shirdisaibabaaaz.org) | 3210 W Bell Rd, Ste #106, Phoenix, AZ - 85053

Mail Us: [services@ShirdiSaibabaAz.org](mailto:services@ShirdiSaibabaAz.org), Contact Us : 612 205 1653 & 602 410 2645

Being content with the way things are in your life does not prevent you from improving yourself. To be content means to be happy with your life and be comfortable and relaxed in the state that you are currently in, but this feeling does not drown out motivation to be better.

Take Olympic athletes for examples: they are probably more content than anything or anyone after winning one gold medal, but they do not stop to achieve more of those gold medals. Their motivation drives full speed ahead until they have ran out of medals to win. Contentment is not a difficult concept for Olympic athletes to feel, but they continue to make it their goal to be motivated to accomplish higher than contentment every day.

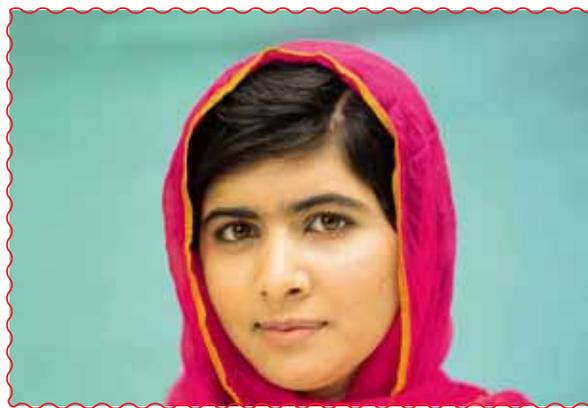
Also, think of the "perfect" high school student. Straight A's, 2400 SAT score, 4's and 5's on all 6 of her AP exams, and on the varsity swim team. Her parents are probably very content with her, knowing that she will get a very honorable scholarship and will grow up to be the best that she can be. However, they do not quit pushing her to strive for excellence, and that is her motivation to keep going and achieve more out of her high school career. Yes, they are both content and know that even if this was her senior year second semester, she would be more

# Take Malala Yousafzai for example

than fine, but its not, and all three of them have a massive amount of motivational spirit left.

Like saying before, being content with the way things are in your life does not-should not- stop you from having motivation to improve and do better. Contentment is not an easy achievement, but once you are at that stage in your life, nothing should stop you from achieving a higher state of peace than contentment. Motivation is a very powerful trait to have, and it is what keeps you going to strive for better things in life, even after you reach a happy state in life. Overall, contentment and motivation can go hand in hand in the beginning of the journey, but towards the end however, motivation should be the thing that drives you all the way.

On another note, many people believe that heroes are those who save people from physical danger, when in reality, the true heroes are the people who say what they think while others may not have courage to say that same thing. The amount of bravery and strength it takes for you to stand up for



yourself or someone else is so massive, that anyone who undertakes that power should automatically be considered to be heroic.

Take Malala Yousafzai for example. She is definitely a hero in today's society. She is not protecting her town and country from physical danger, she is saving those little girls around the world from illiteracy and weakness by standing up to the higher powers of the world and telling them that she wants to change these girls' lives. Up until her, no one was willing to stand against her nation and the Taliban men without being afraid of what would happen to them.

King Jr., who in the 1960's, stood against the powerful white men and took a stand for all of his fellow African Americans and their rights. Like Malala, he did not protect against physical harm, but he brought an end to segregation and discrimination, something that this country needed the most to put an end to.

Activists and philanthropists are considered heroes as well, because they help other lives to be worth living. Truthfully, heroism is one thing that will always be a part of some lucky people, those who are brave and are able to find the strength and power to be heroes. Heroes are not afraid of what their peers or community think of them, as long as they know what they are doing is the right things and will benefit other people as well. Mala and MLK are only two of the great people whose heroism will continue to live on all over the world, with their actions forever benefiting people all around the globe.

-Sammy Mallik



Another example is Martin Luther

## TIE INDIA Arizona



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- Tie India book will include all the non profit organizations, major events of the past year, top 10 famous Indians in Arizona and important information
- It will also include Restaurants, Real Estate, Health & Wellness Guides
- Tie India, Arizona book will be published and distributed in April 2014

**Distribution:**

- 10,000 copies of Tie India, Arizona book will be printed and distributed
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- Tie India Books and Postcards will be distributed at Indian grocery stores, Indian restaurants, temples, movie theaters, and major Indian events through out 2014.
- Copies will be also placed in the waiting areas of Indian Physicians and Indian owned hotels

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# Reserving Tables at Non-Private Functions: A Prescription for Resentment



Most of the members of the South-East Asian diaspora in Western countries happen to be tremendously successful both financially as well as professionally. They often arrange or attend big parties and celebrations on a regular basis. Many of these functions are family-oriented such as birthday parties, wedding receptions, graduations, and anniversaries. However, there are several non-private functions specifically arranged by many groups of the diaspora for their various civic organizations, business associations, college or school reunions and educational meetings as well as religious, semi-religious and other social get-togethers.

Non-private or semi-private functions are arranged for the paid members and are usually limited to that specific group. Such associations or organizations have elected representatives who basically run these organizations and are responsible for arranging those meetings. They are organized by members of successful professional groups such as physicians, engineers, and rich business entrepreneurs and are often mixed with some kind of entertainment. Given the financial status of the members of such organizations, the budget is usually liberal and money isn't a consideration at all. As a result everything is top notch, including the hotels and the venues. The highlight of the event most of the times, is a formal dinner on Friday or Saturday night.

In order to fully enjoy the event, everyone tries to occupy a seat in the

front and close to the stage where action happens. During one of such event that I happen to attend, the organizers chose one of the best hotels in the town where function was to be held and spent lavishly to make the evening a success. Over 200 guests, including the family members of the participants had arrived from all over the country to



attend this event. Several guests from outside the country were also invited to grace the occasion.

As it turned out, the egos of the organizers took over the event. To make their presence felt and their work appreciated, elective representatives, the so-called organizers-in-command, put reservation signs for themselves, their families and friends on several of the front tables close to the stage. But this was not all. They were bold enough or, rather, should we say insensitive enough to bring in their distant acquaintances and allocate them the front tables as well. In fact, more than half of the tables were thus taken over by the head honchos, their relatives, and guests. The way they took over

the front seats and tables seemed even more than what one is confronted with at various wedding receptions and other personal and family gatherings.

In doing so, the organizers of that event ignored a fundamental fact that the party was to be attended by participant members who had all chipped in a significant amount of money

equal to what the representatives had done for the dinner and function. Their contribution was in no way less than that of the organizers. All the participants were highly educated professionals with inflated egos who possessed equal, if not more, qualifications and financial resources than the organizers responsible for the arrangement of this function. It won't be an overstatement to mention that the relatives or friends of organizers were no more deserving or entitled to have those reserved seats up front than the other participant professionals.

Sitting on the front table probably wouldn't have made much difference in this case, for as it turned out, there wasn't much to be feasted upon by the visual imagery that the organizers had tried to showcase. Yet several guests felt slighted by the arrangement, not to mention the inconvenience they had to suffer while trying to find an open seat. Reservation of so many tables by the organizers for themselves, their families, and friends did not leave any reasonable option or spot for other paid members. They were left running around to find leftover isolated scattered seats anywhere in the hall. As a result not all members of any given family could sit together on one table. This led to significant resentment and disappointment among the members of the group attending the meeting.

We all understand that in some functions one has to cater to the VIPs or special guests and such kinds of arrangements do make sense. In those situations, one could always reserve a few limited numbers of chairs and tables but for heaven's sake certainly not more than one fourth of the hall. When the majority of the tables are turned into reserved seats for the relatives and even for the remotest of the friends of the organizers, it transforms the event into a private function. It not only leaves all the other members high and dry but turns many of them off because each one of them has paid his or her dues in equal amount.

A behavior of serving oneself and obliging friends and relatives in professional groups or meetings where all others attendees might have equal stakes, usually doesn't work and shouldn't be encouraged. The organizers of these kinds of events are the individuals elected by the group members to serve in a position of responsibility, but that doesn't give them a blanket right to use it for self-grandiosity and pomposity. Such meetings cannot and should not be turned into avenues of free rides for the organizers in any shape or form. In fact, the wisdom of the organizers lies in exhibiting that scarcely available behavior known as "humility" by taking backseats themselves with their families. This will prevent the invited guests and other members from getting the impression of being ignored. Reserving tables and chairs in organizational meetings where everyone has equally paid his or her dues is not a good idea and shouldn't be encouraged at any cost.

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

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# Indo-American Foundation of Arizona

(Registered Non-Profit Organization under Section 501 (C) (3))  
Hindu and Jain Temple Ekta Mandir and Community Center



Ekta Mandir invites everyone to Memorable

## MahaShivaratri Celebrations

on Thursday, February 27, 2014 @ Ekta Mandir

Perform **UNIQUE Kailash & Manasarovar Yatra @ Ekta Mandir**  
(During 2014, 1 kora(parikram) of Kailash = 12 koras)



### Temple Open 9 AM– Midnight

9:00AM-7:30PM Main Shivling Abhishek by devotees(7:30pm Final)  
3:00PM-8:00PM Bhajans by several devotee teams  
6:30PM - Maha Mrutyunjaya Homa and Kalash Sthapana  
7:30PM - Rudrabhishek by Priests  
8:30PM - Alankar and Cultural Programs  
9:00PM - MahaArathi Note: Maha Prasad Starts at 7:45PM  
9:30AM - 11:30pm Abhishekam to Utsav Shivling 1 & 2  
12:00 Midnight - SPECIAL Arathi to LORD SHIVA

**Sponsorship:** Kalash, Homa and Abhishek to Main Shivling, Gold:\$501 Silver:\$251, Maha Mrutyanjaya Homa:\$101, Abhishek to Main Shivling:\$31, Abhishek to Utsav Shivling 1: \$11.00, Abhishek to Utsav Shivling 2 is FREE.

Contact: Dayaram Ahir 602 989 7100, Jagdish Sagar 480 235 5001  
Sudhir Kalra 623 4148248, Kul Chhibber 480 250 0779, Lalit Patel 480 820 8700  
Mahesh Shah 480 544 9438, Venkatesh G 480 381 9976

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3. Perform Abhishek to Main Shivling - only once a Year!



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Vasu Atluri 480 227 8411, Kul Chhibber 480 250 0779  
Dr. Dhirendrabhai Patel 928 713 5757, Ashok Patel 480 551 5261

### Pranpratishtha Anniversary

Sunday, February 16, 2014

4:00 PM to 7:00 PM

Dhwaja Changing, Cultural Program & Sarva Devta Puja

# Narayan D Ojha, Ph.D.

It is indeed a great pride and privilege with high honor to say a few words about an individual who is well accomplished with distinguished career academically, professionally and socially whose contributions to both industries and community are significant and remarkably noteworthy. I take personal pride in submitting this profile of Dr. Narayan D. Ojha who is an outstanding human being, highly knowledgeable, a great teacher, a mentor and a guru with his approach which is always positive and proactive. He is always willing to help type especially in case of emergency; he could always be reliably relied upon. He is an inspiration to his friends and colleagues. I find myself fortunate to have been associated with him closely as a friend and a follower for nearly ten years from whom I have learnt a lot.

Dr. Ojha was born in India. He completed his undergraduate education in Mumbai, India, with degrees in Chemistry (B.Sc.) and Dyestuff Technology, B. Sc. (Tech). It took him a year of wait and hard work to fulfill his dream for higher education in the United States. He was awarded research scholarship to pursue Ph. D. in Chemistry at Wayne State University in Detroit, MI. He completed the graduation requirements in record time to earn his degree.

He started his professional career at Dow chemical Company where he was involved in development of flocculants, polymers, agricultural chemicals and intermediates. This resulted in several papers and patents awarded to Dow Chemical.

Subsequent work led him into food industry where he worked on chemistry and technology of natural colors, spice extracts and vanilla extracts. During this period he visited spice growing areas in Kerala, India several times. Other aspect of this work took him to WHO organization, and Spice Promotional Council of

India. The companies which supported this work were Kalsec Inc., J.Manheimer and McCormick & company. The highlight of one of the projects was replacement of lard in French fries with vegetable oil. US businesses worked in close collaboration with Indian counterparts in manufacturing of spice extracts. By importing spice extracts instead of whole raw spices saved the companies millions of dollars.

Professional courses, seminars, and management training augmented his career in industry. This included membership in American Chemical Society and Institute of Food Technologists where some of the training was offered. He retired from the industrial career but continued the community and volunteer services in Phoenix.

Prior to retirement he was president, chairman of India Association of Indianapolis, and Geeta Mandal of Indianapolis. Along with the volunteer duties in above organizations he conducted religious and social ceremonies such as weddings, pujas kathas etc., for several years. This was continued here in Phoenix for some time too. In Phoenix he volunteered his services at John C. Lincoln Food Bank, Ekta Mandir, IACRF seniors' organization, and now continues his services to-Indian Seniors Association of Arizona (ISAA).



His favorite authors and speakers in spiritual subject are-Wayne Dyer, Deepak Chopra and Eckhart Tolle. He continues pursuing his quest for deeper knowledge in matters pertaining to "Self". Reading into Geeta daily and understanding helps. Indian spiritual literature delves deep into that. Reading, digesting and meditating on the subject takes one to higher aspects of life. This has helped him in controlling his temperament. He always enjoys helping where he could, and stay away from negativities of social behavior.

He is very congenial and likable by his peers. The organization running the seniors program known as Indian Seniors Association of Arizona (ISAA), has benefited immensely from his involvement in running of day to day matters. This has created a lot of goodwill for him.

Dr. Ojha has been married to Shantidevi since 1966. They are proud parents of two physician daughters. Two grand children keep them busy when they have some free time. He is family-oriented and needless to say he is an asset to the Indian Community in general and to ISAA in particular. We wish Dr. Ojha and his family continued good health and happiness.

Submitted by: Jitu C. Patel, CPEA

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## What is Physical Therapy?

Written by Jennifer Guy-Carchidi,  
Physical Therapist at Kempton and Nelson Physical Therapy

Physical therapy is a type of treatment your doctor may order when you are having difficulty moving and completing daily tasks. Physical therapy will help to decrease your pain and improve your physical function. Physical therapy helps people after surgery, car accident, sports injury, stroke, illness, or any other sprain or strain. The goal of physical therapy is to make your activities easier. A physical therapist will evaluate you and form a plan, which may include stretching and exercising, to get you back "normal".

At Kempton and Nelson Physical Therapy in Chandler, we treat a wide variety of ailments. We treat back, neck, arm, and leg pain. We treat patients recovering from joint and back surgeries. We also treat patients injured in car accidents, after falls, and after illness. We strive to create individual treatment plans that best fit your needs and get you back on your feet as quickly as possible.

Kempton and Nelson is located on Alma School Rd, just north of Queen Creek Rd. The address is 2745 S. Alma School Rd, Suite #3 Chandler, Az. 85286. Our phone number is (480)964-4242.

## Getting Health Insurance for Your Family and the Promise of The Affordable Care Act

The Patient Protection and Affordable Care Act, commonly referred to as ACA, passed Congress in March 2010. The ACA changed many of the rules for people applying for health insurance. For example, insurance companies can no longer discriminate against people with pre-existing conditions, or impose lifetime caps on coverage for people with chronic health conditions, like asthma or cancer. ACA has allowed organizations like ours to make it easier for families to apply for and secure health insurance. While many individuals we help have insurance coverage already, our staff is able to help people find other options for insurance through the Healthcare Exchanges, also known as the Marketplace. Some families have been surprised to learn that they qualify for state-sponsored Medicaid or less expensive private plans in the Marketplace. Many other individuals have been able to gain insurance coverage for the first time in their lives.

APCA has been privileged to work directly with individuals and



families in Pan-ethnic and South Asian communities. Specifically, we are able to provide language assistance in diverse Asian languages. Our volunteer program and social enterprise consist of a local workforce of individuals, staff and volunteers with expertise in over 40 languages like Hindi, Gujarati, Bangla, Punjabi, Arabic, Somali, Chinese, Korean, Vietnamese, etc. At least ten of our partners are also co-staff at APCA and have assisted over 300 individuals and families with language competent information and enrollment assistance. We are trained to provide helpful information to ensure that all people benefit from the Affordable Care Act's promise to cover every person.

Currently, APCA is part of AIM

for Equity, a nation-wide network of advocates working across the nation in communities like Phoenix and Tucson Arizona to ensure that all people regardless of any language, culture, immigration status, legal status, age, or family make-up receive the full benefit of the Affordable Care Act as it was designed to provide.

Join us! Spread the word by letting people know that March 31st is the last day to apply for coverage this year; contact our staff for an appointment to get more information about insurance coverage, or volunteer with APCA and assist your community in finding high quality affordable health care in Arizona.

Thank you for your support.

### -Gitika Pawar

Navigator, Patient Protection and Affordable Care Act

Greater Phoenix Urban League, Navigator Program

Asian Pacific Community in Action, Urban League Partner Organization

Gitika@apcaaz.org  
602.341.9941(cell)

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# Seeking good looks, more men going under the knife

Move over cosmopolitan women, the metrosexual man is here to stay. As more and more men are becoming conscious of the need to look good, they are opting for plastic surgery to enhance their looks for a better career or simply to look attractive, experts say.

From facelifts to eyelid surgery to nose jobs, many men are opting for plastic surgery and cosmologists say that men care about their looks more than even their wives or girlfriends do nowadays.

"Plastic surgery isn't just for women any more. A large number of men are also opting for it. In fact, more men are going under the knife than ever before as looking your best is important in today's image-conscious world," Manoj Khanna, internationally acclaimed aesthetic and cosmetic surgeon at Enhance Clinics in the capital, said.

According to Khanna, one of the most common procedures which men undergo is hair transplant. Liposuction or fat removal comes a close second.

Around 70% of the men opting for such procedures are from middle class families and are in the age group of 20-40 years.

Money does not seem to be a consideration for those seeking good looks.

While a hair transplant costs anywhere between Rs. 50,000 to Rs. 300,000, a liposuction costs Rs.75,000 to Rs. 150,000.



"Everybody wants to look good. Cosmetic surgery has absolutely no side effects and has a huge impact on your personality," he said.

The best thing about cosmetic surgery is that one can go to work the next day itself as there is no recovery time, doctors said.

According to Anup Dhir, the three most common things which men opt for are male breast reduction, hair transplant and liposuction.

"Many successful men in their 40s-50s have receding hairline and a pot-belly. It is this segment which mostly turns to us," Dhir, senior cosmetic surgeon at Indraprastha Apollo hospital, said.

While most older men opt for hair transplant and liposuction, men in their late 20s go in for male breast removal, Dhir added.

The profile of men choosing cosmetic surgery ranges from call centre employees to rich industrialists, Dhir said.

He said men are increasingly aware of their looks and, compared to a few years back, are now ready to take steps to improve their appearance.

"There is an increasing trend in men in their 40s-50s to look better and they are opting for aesthetic surgery," he added.

Dhir said the ratio of men versus

women opting for cosmetic surgery was 1:10, but over the last five years it has reached 40:60.

"Since men have more disposable income than women, more men seem to be getting cosmetic surgery done," he added.

Statistics available from the American Society of Aesthetic Plastic Surgery show that men increasingly want to change the things they don't like to see in the mirror and thus surgery is becoming increasingly popular with them as a way to deal with image maintenance and change.

Doctors said the top cosmetic surgical procedures for men, apart from liposuction and hair transplantation, are rhinoplasty (nose reshaping), blepharoplasty (eyelid surgery) and gynecomastic (breast reduction).

The non-surgical cosmetic procedures for men are botox injections, laser hair removal, chemical peels of the skin and collagen injections.

Richie Gupta, head of the department and senior consultant plastic and reconstructive surgery, Fortis hospital in Shalimar Bagh, said: "People are more educated now than before and have become more aware due to the internet. Younger looking people have advantages socially and economically".

"While the usual clientele consisted of middle and upper middle class, now more and more lower middle class people are also coming in," Gupta said.



We take a look at the hottest new trends of 2014 to watch out for.

## Big pants

Another year, another raft of articles proclaiming the death of the skinny jean. Don't believe them: tight pants are here to stay, but 2014 will see plenty

# Fashion trends to look out for in 2014

more wide leg trousers hitting the stores and the streets. Look to brands like Chloé and BCBG Max Azria for luxe eveningwear options. Additional tuxedo stripes down the side add a flash of detail and help break up the big shapes.

## Big skirts

Sitting somewhere between maxi and midi skirts, big skirts can be worn with arm-baring tops for a slightly retro '50s look, or appear with pleats as seen in Proenza Schouler's stunning and very modern metallic skirts. Tea length dresses also play around with this proportion.

## Mesh and lace

Appearing everywhere as usual over the past few seasons, lace has been given a new more modern twist for 2014 with colored mesh inserts and architectural overlays. Raf Simons at Christian Dior and Christopher Kane both sent out good examples of how to freshen up the look.

## Pastels

At Burberry, Christopher Bailey made pastels the core of his collection. Soft, never sickly sweet, baby blues and pale pinks and violets work well in ultra-modern fabric looks like neoprene as well as more traditional wools and laces. Prabal Gurung and Jason Wu also nailed the all-over pastel look in tailoring and dresses.



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Abhishek of the Siva Lingam will continue all day beginning at 9am.

Please bring fruits, flowers and milk.

Appearance of Lord Nityananda Prabhu

Wednesday, February 12th

Come celebrate at the temple

11:00am - 2:00pm

Abhishekam, Arati, Katha & Prasad.

Visit by HG Bhadra das Prabhu on Sunday, Feb. 16 4:30pm - 8:45pm (Kirtan & Bhagavad - Gita discourse)

Appearance of Srila Bhaktisiddhanta Sarasvati Thakura

Wednesday, February 19th.

Come celebrate at the temple 11:00am - 2:00pm with Katha, Abhishekam, Kirtan, Arati & Prasad

Appearance of Advaita Acarya Wednesday, February 5th

Bhaimi Ekadashi Monday, February 10th

Appearance of Lord Varaha Tuesday, February 11th

Vijaya Ekadasi Tuesday, February 25th.

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

Intro. evening Yoga classes Tuesday 7:00pm 8:00pm



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

Sunday Feast 4:30pm - 8:45pm Sandhya Arati 5:00pm Sayana Aarti 8:30pm

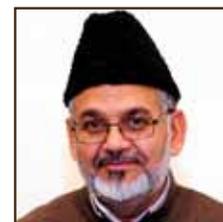
Bhagavad Gita Study Tuesdays 7:15pm to 8:15pm

B. G. Reading Everyday 7:00pm to 7:30pm



Hindi classes every Sunday 4:00pm - 5:00pm & Sunday School 5:30pm - 6:30pm every Sunday. & Mridangam classes Sundays 5:00pm to 5:30pm

# 1,000 Ahmadi Muslims attend 28th annual West Coast Convention at Chino Mosque Dec. 27-29



by Imam Shamshad A. Nasir (Baitul Hameed Mosque - Chino)

It's expected that Christians celebrate and remember Jesus at Christmas time, but who would expect Muslims to celebrate and remember the Second Coming of Jesus in the same month? But, for the past 27 years during the last weekend in December, that has been the agenda for many hundreds of Southern California and West Coast members of the worldwide Ahmadiyya Muslim Community.

An estimated 1,000 members of the Ahmadiyya Muslim Community and their invited guests gathered at the Baitul Hameed Mosque in Chino on Friday, Saturday and Sunday, Dec. 27-29, for the Community's 28th annual West Coast Convention. The majority of attendees came from the US West Coast from San Diego to Seattle. Others came from the southwestern cities of Las Vegas, Phoenix, Tucson and New Mexico. Others came from the US Midwest and East Coast, and still others came from as far away as Toronto, Canada. The three-day Islamic convention officially began at 1:30pm with the Friday sermon and prayer conducted by Imam Naseem Mahdi, national vice-president and In-Charge of all Ahmadiyya Muslim Community (AMC) missionary activities in the US. The opening session began at 3pm and was presided over by Dr. Mirza Maghfoor Ahmad AMC vice-president.

Opening remarks and a prayer blessing were delivered via live video transmission from the AMC headquarters in Silver Spring, MD, by the organization's national president Dr. Ahsanullah Zafar. He drew the attention of the members towards the aims of the convention. This was followed by the first speech by NW regional missionary Imam Mubashar Ahmad on "Belief in

the Unseen: the Way to Certainty and Salvation." The other speeches from the Friday session were: "The Exalted Status of the Holy Prophet (pbuh) as Seal of the Prophets" by Waqas Malik, NW regional vice-president from Seattle, and "The Message of Islam and Our Obligation to Convey It" by AMC national propagation sec. Hassan Hakeem.

Speech topics during the Saturday morning session included: The Challenge of Atheism, How Islam Combats Arrogance, Keeping Away from Foul Deeds, The Obedience of the Companions of the Promised Messiah, and, The Companions of the Holy Prophet Muhammad (pbuh).

There was a separate Saturday morning session in the Ladies' Hall at the same time where Ahmadi Muslim women gave speeches on: "The Attribute of Allah: as-Sattar -- the Concealer of Faults" by Saadia Ahmed, "The Life of the Holy Prophet: the Example for All Times" by Sadiqa Rashid Malik, "The Best Provision is Righteousness: Fulfilling the Role of Mother and Wife" by

Naila Ahmed, "What Attracted Me to Islam" by converts Dawn Ahmed and Unber Shah, and "Self-Reformation: the True Mission of the Promised Messiah" by Monsura Sirajee.

On Saturday afternoon, there was a special public session from 2:00 pm to 5:00 pm that focused on the Holy Quran and the Prophet Muhammad and the Ahmadiyya Muslim Community with speeches on the following subjects: "Infinite Treasures of the Holy Quran" by national Quran instruction sec. Zaheeruddin Mansoor Ahmad, "The High Moral Excellences of Prophet Muhammad (pbuh)" by SW regional missionary and Imam of the Baitul Hameed Mosque, Shamshad A. Nasir, he gave many incidents of the life of Prophet Muhammad to be followed in Muslim's life, he also mention Mr Michael Hart's well-known book, "The 100: A Ranking of the most Influential Persons in history." Mr Hart writes: My choice of Muhammad to lead the list of the world's most influential persons may surprise some readers and may be questioned by others, but he

was the only man in history who was supremely successful on both the religious and secular levels..." and "The Contributions of the Ahmadiyya Muslim Community" by Imam Naseem Mahdi.

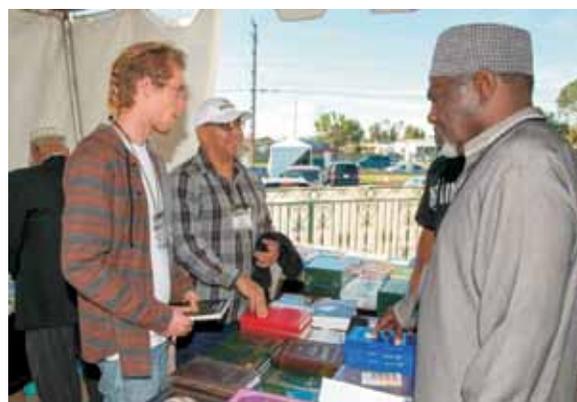
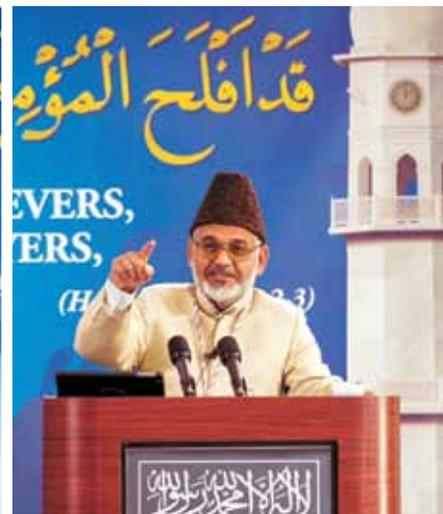
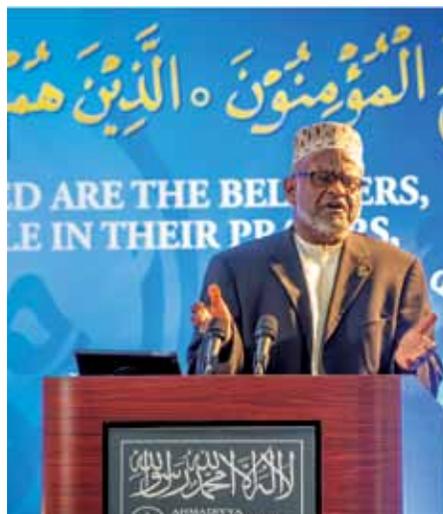
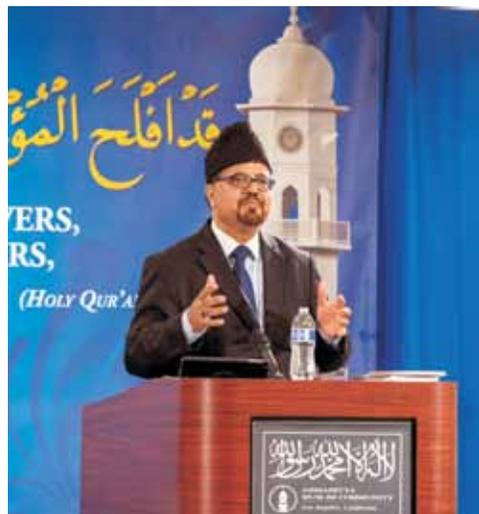
The final session of the Convention started Sunday morning at 10:00 am and was presided by Dr N Rehmatullah national Voice President of AMC and ran until 12:30 pm. The topics of the two remaining speeches were: Khilafat (spiritual leadership and governance) in Ahmadiyya Islam, and The Family Life of the Promised Messiah Hadhrat Mirza Ghulam Ahmad.

The closing address was delivered by national vice-president of the Ahmadiyya Muslim Community in the US, Dr. Naseem Rehmatullah.

The non-political, non-violent and peace-loving Islamic sect was founded in Northern India in 1889 as a reform movement by the Imam Mahdi and Promised Messiah, Mirza Ghulam Ahmad (1835-1908). The Ahmadiyya Community now has thousands of chapters and millions of members

and defend Islam and the honor of the Holy Prophet Muhammad (pbuh) from the foul abuse and false charges of opponents and critics. These continue to be the goals of the leadership and all its sincere members to this day. Since its inception in 1889, the Ahmadiyya Muslim Community has translated the Holy Quran into more than 70 languages and now has tens of millions of members spread across 204 countries. They were the first Muslim group to send missionaries to preach Islam in America starting in 1920. They have the world's only 24-hour satellite Islamic TV broadcast that reaches every corner of the earth (watch online at www.MTA.tv).

Ahmadis are the only peaceful, non-political and unified body of Muslims in the world -- they are united under a spiritual leader (Khalifa) who condemns all terrorism and works tirelessly for peace and interfaith harmony in the world. For more information, call Imam Shamshad at 909-627-2252 or 909-636-8332 or go online to: www.AIslam.org



*Waheguru ji ka Khalsa! Waheguru ji ki Fateh!*

## GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

### FEBRUARY 2014 Programs & Events

19 Magh – 17 Phagan, 545 Nanakshahi Era (NE)

**Jan. 31 - Feb. 2 (Fri-Sun) – Parkash Sri Guru Har Rai Ji (Actual: Jan 31, 1630)**  
 Akhand Paath Arambh: Fri. 10:00am  
 Akhand Paath Bhog: Sun. 9:00am

**Feb. 7 - 9 (Fri-Sun) – The Great Holocaust (Vada Ghalughara)**  
 Approx. 32,000 Singh, Singhnia and children lost their lives.  
 (Actual: Feb 5, 1762)  
[http://en.wikipedia.org/wiki/Sikh\\_holocaust\\_of\\_1762](http://en.wikipedia.org/wiki/Sikh_holocaust_of_1762)

**Feb. 12, Phagan 1 (Wed) – Sangrand and Monthly Sehj Path**  
 9:00am – 10:00am.

**Feb. 14 - 16 (Fri-Sun) – Akhand Paath in honor of:**  
 Birthday Bhagat Ravidas Ji (Actual: Feb 14, 1399)  
 B'day Sahibzada Ajit Singh Ji, Paonta Sahib (Actual: Feb 11, 1687)  
 Akhand Paath Arambh: Fri. 10:00am  
 Akhand Paath Bhog: Sun. 9:00am

**Feb. 16 (Sun.) – Homeless Dinner Seva.**  
 Call 602 741 8021 for more info.

**Feb. 21 - 23 (Fri - Sun.) – Saka Nankana Sahib (Actual: Feb 21, 1921) and Jaito da Morcha (Actual: Feb 21, 1924)**  
 Two outstanding examples of peaceful protest by Sikhs to reform Gurdwaras. Perhaps second only to Jallianwala Bagh in its extreme barbarism. ...Please Google and read further. e.g., <http://sakhgurusandgurdwaras.info/wordpress/?p=2839>

**Regular Programs:**  
 Main Kirtan Drums on Fridays (7 PM – 9 PM) and Sundays (10 AM – 1 PM)  
 Morning Banis: 5:30 AM – 6:30 AM followed by ASA-DI VAAAR 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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*Sri Guru Har Rai Ji*



*Saka Nankana Sahib - 1921*



*Bhagat Ravidas Ji*

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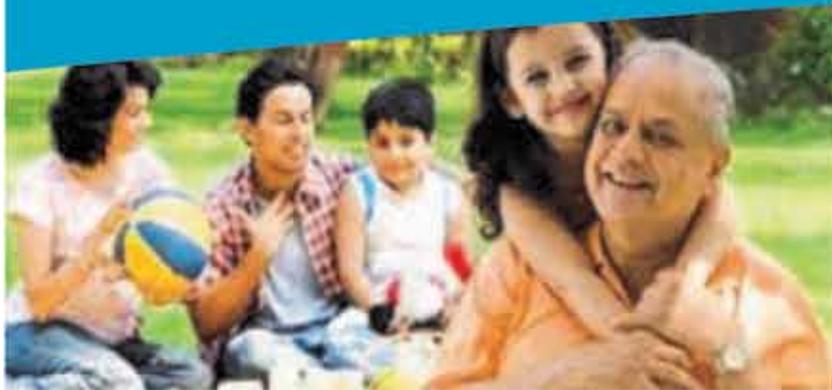
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Asian Pacific Community in Action ([www.ApCaAZ.org](http://www.ApCaAZ.org)) partners with Greater Phoenix Urban League ([www.gphxul.org](http://www.gphxul.org)) to help South Asian Community with the FREE health care services listed.

- Apply for health insurance through Marketplace (OBAMACARE)
- Apply for financial assistance through Marketplace (OBAMACARE)
- Apply for Share-responsibility Exemptions
- Help small business owners & their employees with SHOP enrollment.
- Apply for AHCCCS Insurance (Arizona's Medicaid)
- Renew AHCCCS Insurance applications
- Help refer to trusted local help resources

**Location 1:**  
 Asian Pacific Community in Action (APCA)  
 6741 North 7<sup>th</sup> Street  
 Phoenix, AZ 85014

**Contact:**  
 Gitika Pawar  
 Certified Marketplace Navigator  
 602.341.9941(cell)

[gitika@apcaaz.org](mailto:gitika@apcaaz.org)

**Location 2:**  
 Greater Phoenix Urban League (GPUL)  
 1402 South 7th Avenue  
 Phoenix, AZ 85007-3902

Please make an appointment

# Real-estate sector in Arizona

Dear Friends,

We are already in 2nd month of 2014! Time sure flies fast and hope everyone is still going strong with those new year resolutions!

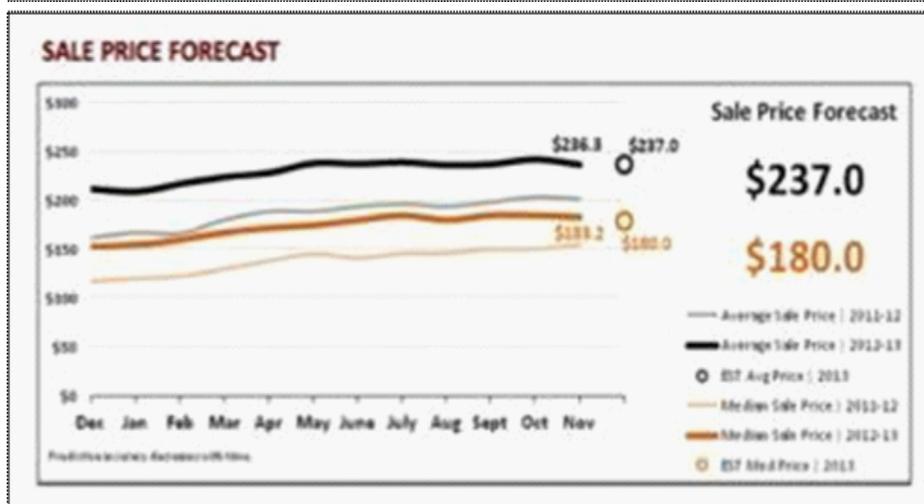
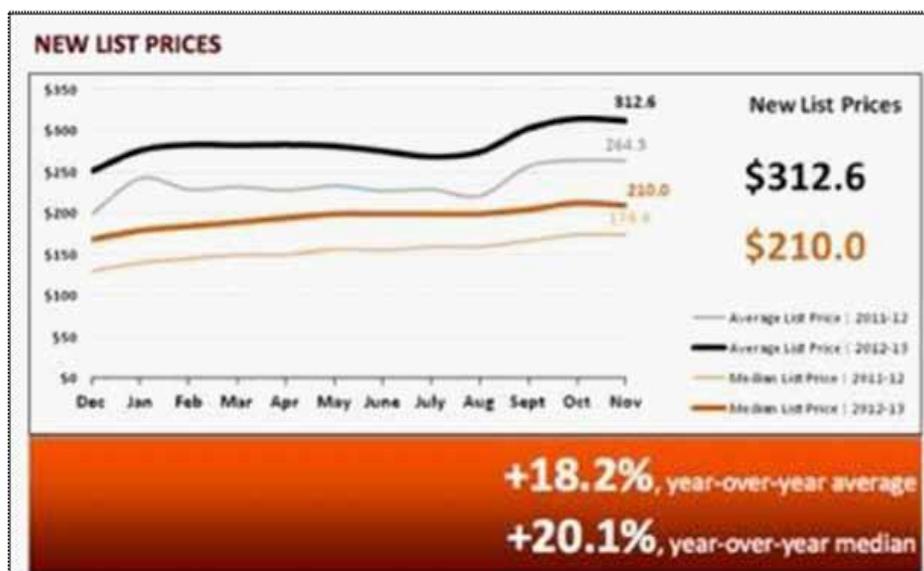
The year as a whole ends with the biggest year over year gains in home prices in seven years! The national median existing-home price for all of 2013 close to \$197,300, up an estimated 12% from 2012. While obstacles remain, momentum seems headed in the right direction. Higher home values increase wealth, help get homeowners out from underwater and make Americans feel more confident and willing to spend, it's certainly helped people gain equity and that's a good thing for the economy.

The latest S&P Case-Shiller home-price report surveying 20 major metropolitan areas marked an October rise of 13.6%, the swiftest rate since February 2006, coming on the heels of a mixed 12 months in the housing market. It's been a good recovery year, even with the softening in the second half of 2013," said Lawrence Yun, chief economist at the National Association of Realtors. There were 5.1 million homes sold in 2013, and its expected around the same number for 2014.

Let's look how the year ended for 2013, the December sales of Residential Homes in Maricopa County are-

- Total sales for single family, Town homes, Condos for December were 5,180 whereas November was 4,553 and October was 5,291
- The Active listings for December were 20,673 whereas November was 21,645 and October was 21,253
- Pending sales for December were 3,957 whereas November was 5,289 and October was 5,391
- Cash closing were 1,710 whereas conventional closings were 3,784 and FHA closings were 1014 and VA was 328

Let's take a look on commercial side-



QuikTrip Corporation sold the recently completed gas station at 2840 W Cactus Rd to Elk Creek Ranch Development for approximately \$4.91 million, or about \$858 per square foot. The property was finished in the third quarter of 2013 on 0.9 acres

Wood Partners, a national developer of multifamily properties, has

purchased 7.12 acres at the Northwest corner of E University Dr and S Dorsey Ln in Tempe with the intention of constructing a 296-unit apartment complex which will be known as Residences at University Center. The property was acquired for \$7.4 million, or approximately \$1 million per acre

A private trust acquired the of-

fice property at 910 E. Osborn Rd in Phoenix from another trust for \$1.17 million, or about \$109 per square foot. The property is a 10,690-square-foot, multi-tenant office building on nine-tenths of an acre in the Midtown / Central Phoenix submarket

Terros Inc a health organization, acquired the office building at 1111 S Stapley Dr in Mesa from National Bank of Arizona for \$1.8 million, or about \$60 per square foot, in an REO sale. The medical office building delivered in 1983 and is located just north of the corner of Stapley Dr and Southern Ave and it totals 29,824 square feet and is adjacent to the Mesa Ranch Plaza

Cardinal Development Co acquired the industrial building at 4039 E Raymond St in Phoenix from Goldstar Trust Company for \$2.895 million, or about \$45 per square foot, in an REO sale. The 64,375-square-foot building was constructed in 1970 on almost seven acres

PB Bell Asset Management, Inc acquired 4.55 acres in Scottsdale where it plans to construct a new 187-unit multifamily complex. BCB Group Investments LLC sold the vacant land for \$8 million, or \$1.75 million per



acre. The parcel is on the northeast corner of Scottsdale Road and Chauncey Lane in the Scottsdale Airport submarket of Maricopa County.

**Hope this article gives you a peek in what's happening in our valley. As always, I love all the questions, comments & feedback. Please keep them coming at [arti@artiier.com](mailto:arti@artiier.com) or call me at 480.242.8573**

*Disclaimer: This article makes no representation or warranties of any kind as to the accuracy of the data. The source of data has been taken from several sources such as Armls, cromford report, Costar, Globest, BizJournal, Newsgei, Realtytimes, azcentral, wall street journal.*

When we talk about unconditional love, we need to understand the concept of unconditional love. What is the easiest way to develop unconditional love in our life?

I have found a very simple idea to develop unconditional love in our life. How much pleasure and pain we are feeling in our own life, every creature has the same feeling in his or her life.

I want to quote one thing from my own experience.

Near about fifty years ago, I visited a Baba Ji whom I think was a Saint. In the first visit my friend who took me there told me of the Baba Ji's way of life and it was unbelievable to me. What my friend saw there was three animals living together; a Snake, a Mongoose, and a Cat. I was astonished, thought, and wondered how is it possible for these three natural enemies to live together in piece.

After witnessing this phenomenon I decided to visit him again. In the second visit Baba Ji allowed me to spend extra time with him. I asked him a few questions.

First, I asked him what he

believed and how he meditated.

He simply answered, "I believe in one Divine power who is the creator of this universe and my way of meditation is to pray to that Supreme Power and beg for understanding to see that Supreme Power in the soul of every living being"

Second, I asked him, Maharaj, I heard from my friend of these three animals living with you. They are naturally against each other and yet live with you and each other peacefully. Please explain, how is this so?

With great compassion he repeated to me the following story: "After I built this hut to live, I was sitting in deep meditation and this cat came to sit with me. As I became aware of

her I realized she was sharing my meditation with me. Since then I have accepted her as part of my soul.

of our Soul." Since then we have lived together peacefully.

Months later I was in deep sleep and the cat started screaming, and the snake was hiding and I awakened and saw a mongoose trying to enter the hut.

I accepted him and pet both the cat and snake, and repeated the same formula; "This creature is a part of our Soul."

From that time we four have been living together; different bodies, one Soul, and sharing the activities of life. They sit together with me in meditation daily. They share my food, tea, and even eat the tea leaves.

This is the secret of unconditional love. Because I accept them as part of my soul, they do the same with me and each

other, all four living together as one soul."

Now we are approaching Vaisakhi 2014. I would like to remind the Sikh community the message of Universal Brotherhood from Guru Gobind Singh Ji on the occasion of Vaisakhi 1699. "Manas ki jaat sabhe ek hi pehchan bo" Guru Gobind Singh Ji baptized the five beloved ones (Panj Piaras), each from a different case and gave the Amrit from the same bowl to all. Guru Gobind Singh Ji, then taught them to live together, One Soul different bodies, belief in one God and treat everyone as a human with Unconditional Love. He then asked the five to baptize him, and became One as Guru and Sikh. That is the real universal message from Guru Gobind Singh Ji. If we understand this message, in reality, we can convince all of the humanity to live as One Soul and One Body.

- Harbhajan Singh Sandhu

# Unconditional love





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# World Religion Day 2014: We are One!

In North Scottsdale, AZ at the beautiful Baha'i Faith Center about 200 people gathered on the evening of January 19th to talk about the Unity of Race/Religion/World along with representation from seven religions. It was an enlightening experience to learn about the views of major religions of the world and common spiritual goals religions share. The ceremony started with a beautiful prayer followed by short talks by representatives from Buddhism, Hinduism, Christianity, Judaism, Sikhism, Islam, and Baha'i faiths.

The first speaker Reverend Kelsang Mikyopa from the Buddhist faith brought forth a message of compassion which is essential to Buddhism and in no way alien to each human being belonging to any other religion. The Hindu speaker Dr. Arun Sharma spoke about the universal brotherhood of mankind and beautifully explained the term religion meaning "Re-ly-on" which gives us a set of guidelines to live and let live; something all religions encourage. Christian speaker Reverend Bill Peters conveyed the message of existence of each human being as nothing less than a miracle and creation of one God. He suggested, if we all have the same creator we



cannot be possibly much different.

Our Jew friend Rabbi Dr. Jeremy Schneider aimed at finding unity in diversity. Life is about perspective and each ones religious view is the best. But in spite of that we can all

unite in the gratitude of God – the God we all love and have faith in. The Sikh speaker SS Amar Atma Singh Khalsa talked about unity in the form of service " To serve the humanity is to serve God and to serve God is to serve humanity". His

thought that each one of us is unique and this uniqueness brings forth the "fullness of the divine" to connect with each other is quite compelling. Haji Remzi R. Barolli represented Islam and said that Islam is a religion of peace and everyone

is one of God's children. He truly believed in sharing with the less privileged – to give a little room to the next person as you live your life.

The representatives of all the religions had one common message – to bring your soul closer to God. It was truly inspiring to hear the wisdom of multiple faiths and the universal messages that all religions share. None were there to convince anyone of their faith. The idea was to remind each other of the common thread that binds each one of us. All religions were saying the same thing gathered at the same place and it seemed an evening of collective thanksgiving, and I am thankful that I was there to experience it firsthand. Baha'i community of Scottsdale, AZ deserves thanks for putting together the event for a great cause, summed up by Baha'i prayer -

O Thou kind Lord! Unite all. Let the religions agree and make the nations one, so that they may see each other as one family and the whole earth as one home. May they all live together in perfect harmony.



-By Harjot Chotalla

## Homeopathy Wellness

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						1
2	3	4 Feed My Starving Children Volunteers	5	6	7 Making Life a Celebration (The Art of Living Course)	8 Art of Meditation @ AOL Center
9 Sri Ramakrishna Puja  The inauguration of our new facility CHINMAYA GOLOKA	10	11	12	13	14 Suit & Tie Affair (Valentine's Day) @ The Days Hotel	15
16	17	18	19	20	21	22 Music Meets Bells @ Virginia G. Piper Repertory Theater
23	24	25	26	27 Maha Shivaratri Celebrations @ Ekta Mandi	28	

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**B**e careful disclosing information. Strength will come from your ability to overtake just about any one. Get friends to help you with the preparations. You have to know what your boss wants if you expect to do your job correctly. Your luckiest events this month will occur on a Wednesday.

**ARIES**



Mar 21  
to  
Apr 20

**F**inish off old projects before starting something new. Don't let emotional upset force you into the poorhouse. Children may be demanding, and entertainment could cost a lot more than you can really afford. There could be disappointment regarding investments. Your luckiest events this month will occur on a Friday.

**TAURUS**



April 21  
to  
May 20

**R**eevaluate your position and make decisions about your future goals. Your suggestions for fund raising events will be well received. When the work is done, they may serve you for a change. Seminars will provide you with knowledge and amusement. Your luckiest events this month will occur on a Friday.

**GEMINI**



May 21  
to  
June 21

**Y**ou may have a problem keeping secrets. Your dynamic, determined approach will win favors as well as a helping hand. Include the whole family or those you love. Some of the best opportunities will crop up if you keep an open mind. Your luckiest events this month will occur on a Friday.

**CANCER**



Jun 22  
to  
Jul 22

**P**roblems with colleagues are likely. Relatives may play an important role in your personal life. Family trips or projects should be on your mind. Spend some time with the one you love. Pleasure trips will be satisfying. Your luckiest events this month will occur on a Thursday.

**LEO**



Jul 23  
to  
Aug 23

**C**hannel your energy into projects that will enhance your home. Pleasure trips will be most enjoyable and should lead to new and lasting friendships. Social evenings at your place will be highly successful. Curb the impulse to make lavish purchases and maybe spend some time with good friends. Your luckiest events this month will occur on a Monday.

**VIRGO**



Aug 24  
to  
Sep 23

**Y**ou must not let others talk you into doing things that will probably limit you financially at a later date. You can come into money; however, perhaps not under the best circumstances. Don't get depressed, get busy. You can accomplish a lot if you're willing to put in a little extra time. Don't let your partner start any arguments. Passion should be redirected positively. Your luckiest events this month will occur on a Saturday.

**LIBRA**



Sep 24  
to  
Oct 23

**P**ut your efforts into job advancement. Put your efforts into job advancement. Be prepared to take advantage of your good fortune. Take a close look at any contracts you've signed in order to be sure exactly where you stand. Your luckiest events this month will occur on a Friday.

**SCORPIO**



Oct 24  
to  
Nov 22

**L**ook after financial transactions this month. Stay away from social unpleasantness. Make any decisions you have to in order to avoid feeling unsettled. Don't let your partner start any arguments. Passion should be redirected positively. Your luckiest events this month will occur on a Friday.

**SAGITTARIUS**



Nov 23  
to  
Dec 21

**T**ry not to be overly generous. You'd be wise to control your spending so your debts don't get out of hand. Tone down and put some of that hard earned cash into a safe, long-term investment. Seminars will provide you with knowledge and amusement. Your luckiest events this month will occur on a Thursday.

**CAPRICORN**



Dec 22  
to  
Jan 21

**P**roblems with your boss could lead to unemployment. You must not allow them to force you to rush. Your lover may disappoint you in such a way that estrangement will follow. Go out shopping this month. Your luckiest events this month will occur on a Saturday.

**AQUARIUS**



Jan 22  
to  
Feb 19

**Y**our diplomatic approach and rather outgoing nature will enhance your reputation and bring you the support you need. Try to spend time with those having similar interests. Find out more, if you want to start your own business. Emotional relationships will be plentiful if you attend group activities. Your luckiest events this month will occur on a Thursday.

**PISCES**



Feb 20  
to  
Mar 20

# Must read: best books of 2013

If you are a regular reader of this column then you know by now that books are my drug of choice.

There is nothing quite as wonderful as discovering a brand-new writer, except perhaps discovering a new book by an old favourite. And there is nothing more comforting than finding solace between the pages of a tried-and-tested comfort read when you are feeling low.

Over the last year, I have had my fill of both new writers and old favourites. And yes, I have revisited many classics as well, in the hope of discovering something new in them.

But here, for your benefit, is the list of my best reads of 2013.

## Gone Girl by Gillian Flynn

This was by far one of the best thrillers I have read in a long time. The story unravels through the first-person accounts of the two protagonists: the husband whose wife has gone missing; and the diary entries of the 'gone girl'. But as the tale unfolds, it becomes clear that nothing is quite as it seems. Since I hate spoilers of any kind, I won't say much more than assure you that this is a book like no other. If you haven't read it yet, then do so NOW.

## The Silent Wife by ASA Harrison

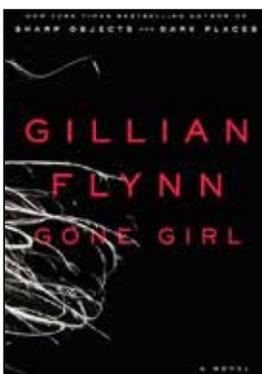
Another psychological portrayal of a marriage that isn't quite what it seems, and in fact, turns out not to be a marriage at all. The characters are acutely drawn, the plot moves forward slowly but menacingly, and the 'silent wife' of the title proves that old adage of still waters running deep.

## Longbourn by Jo Baker

I am generally not hot on conceits like rewriting an old classic from the viewpoint of a different character. But I have to say that Jo Baker has pulled off a cracker of a novel, retelling Jane Austen's *Pride and Prejudice* from the viewpoint of the servants of the Bennet household. The maid, Sarah, is the central character, whose most memorable line is that Miss Elizabeth would be more careful of her petticoats if she had to wash them herself! A brilliant retelling of a classic; which should become a classic in its own time.

## The Cuckoo's Calling by Robert Galbraith (aka JK Rowling)

Confession time: I first read *The Cuckoo's Calling* before JK Rowling had been outed as its author. And while it was a good enough story, I have to admit that I didn't think Robert Galbraith was going to be the next Harlan Coben or even Lee Child. After the author's identity was revealed, I re-read it. And no, I didn't change my mind. This was a good enough book as far as murder myster-



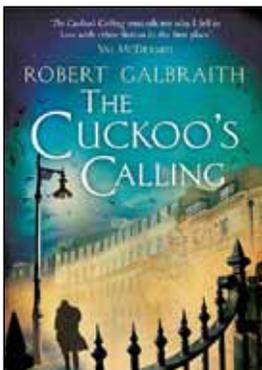
ies go, but 'Robert Galbraith' still has a long way to go.

## Just One Evil Act by Elizabeth George

I really don't know how she does it. But with every novel in her Inspector Lynley series, Elizabeth George manages to up her game just a little. This, the latest in the series, has Barbara Havers at the centre while Lynley plays a sort of supporting role. Set in Italy, the story gallops forward furiously, taking twists and turns when you least expect them, the characters evolve in ways you could barely imagine, and in true Elizabeth George fashion, the ending is far from the happily-ever-after variety.

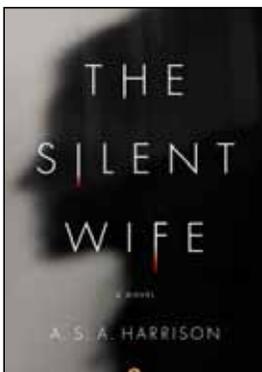
## The English Girl by Daniel Silva

Yes, I know. Daniel Silva has gone a tad formulaic on us. But I guess that's a risk you run when you have the same hero, Israeli agent Gabriel Allon, and are committed to churning out a potboiler every year. So, this book has much the same elements. Allon is put into impossible situations and manages to fight his way out, and save the world while he is at it. But that said, the book is a page-turner, the kind that will keep you up till 3am, as you read on to find out what happens next.



## Mapping The Edge by Sarah Dunant

I have to admit that I had mixed feelings about this one. It started off well, but then got a bit too clever by half, and two-thirds into the narrative, I was more confused than ever. But despite my reservations, I am glad that I read it. Dunant attempts the brave – even impossible, some might say – feat of offering two alternatives to a woman's abduction without ever indicating where the truth actually lies. But while her writing is, for the most part, assured, there is a real sense in which the reader ends up feeling manipulated by her trickery. Well, at least, I did. You can read it and make up your own mind.



## The Golden Egg by Donna Leon

There is something ineffably soothing about the gentle pace of Donna Leon's murder mysteries. She spends as much time evoking the spirit of Venice, describing the family life of her hero, Guido Brunetti and his wife Paola, detailing the meals they eat and the wine they drink, the books they read, as she does investigating the death that is at the heart of the story. This book is no different, with the story telling us as much about the corruption at the core of Venetian society, as it does about the murder itself. If you haven't read her, you should start now. (But remember to start at the beginning, and work your way through the 17 or so books she has written.)

-Seema Goswami

# POET OF MONTH

## Mark Jarman

Mark Jarman is Centennial Professor of English at Vanderbilt University. He is the author of eleven books of poetry: *North Sea*, *The Rote Walker*, *Far and Away*, *The Black Riviera*, *Iris*, *Questions for Ecclesiastes*, *Unholy Sonnets*, *To the Green Man*, *Epistles*, and *Bone Fires: New and Selected Poems*. With David Mason, he has edited *Rebel Angels: 25 Poets of the New Formalism*. Jarman's



awards include a Joseph Henry Jackson Award for his poetry, three grants in poetry from the NEA, and a fellowship in poetry from the John Simon Guggenheim Memorial Foundation. His book *The Black Riviera* won the 1991 Poets' Prize. *Questions for Ecclesiastes* won the 1998 Lenore Marshall Poetry Prize from the Academy of American Poets and *The Nation* magazine. His poetry and essays have been published widely in such periodicals and journals as *The American Poetry Review*, *The Gettysburg Review*, *The Hudson Review*, *The New Yorker*, *Poetry*, and *The Southern Review*. He has published two collections of essays and reviews, *The Secret of Poetry and Body and Soul: Essays on Poetry*. He makes his home in Nashville, Tennessee with his fellow Angeleno, the soprano Amy Kane Jarman. They have two grown daughters, Claire and Zoë

## Boy with a Buttercup

Damn cold. Damp cold. He stands with the weans, thick wrists jutting from blazer sleeves, bulb-kneed, old enough to be in long pants, cap too small, big fist holding the flower in forefinger and thumb, under his dripping nose, the yellow petals the only sunshine in the schoolyard where even the red sandstone's misted with coal smoke. And his mother, at the gate, calls to the headmistress who watches erect at the top of the stairs, that her Sandy's a flower for his teacher, Miss Munro. The head cups her ear and signals for the children to file in.

Looking at that boy in memory, wearing an outgrown uniform, or hand-me-down, the runny nose a sign of every child in that place, pigeon breasted boys with weeping chilblains, girls with eye teeth eaten by sugar, I have understood a century of English lit. Raw spring of the 1950's. If he lived he grew up to sweep the streets or clean up children's breakfast vomit with sand or enter the Seaforth coal mines tunneled under the firth.

And the little open-mouthed boy beside him, the tubby, blethering, American lad, no longer exotic to mocking schoolmates, he watches as he watched everything as a child, saying to himself that in America, this would be different.

Published in *Five Points*, V. XIV, N. 3

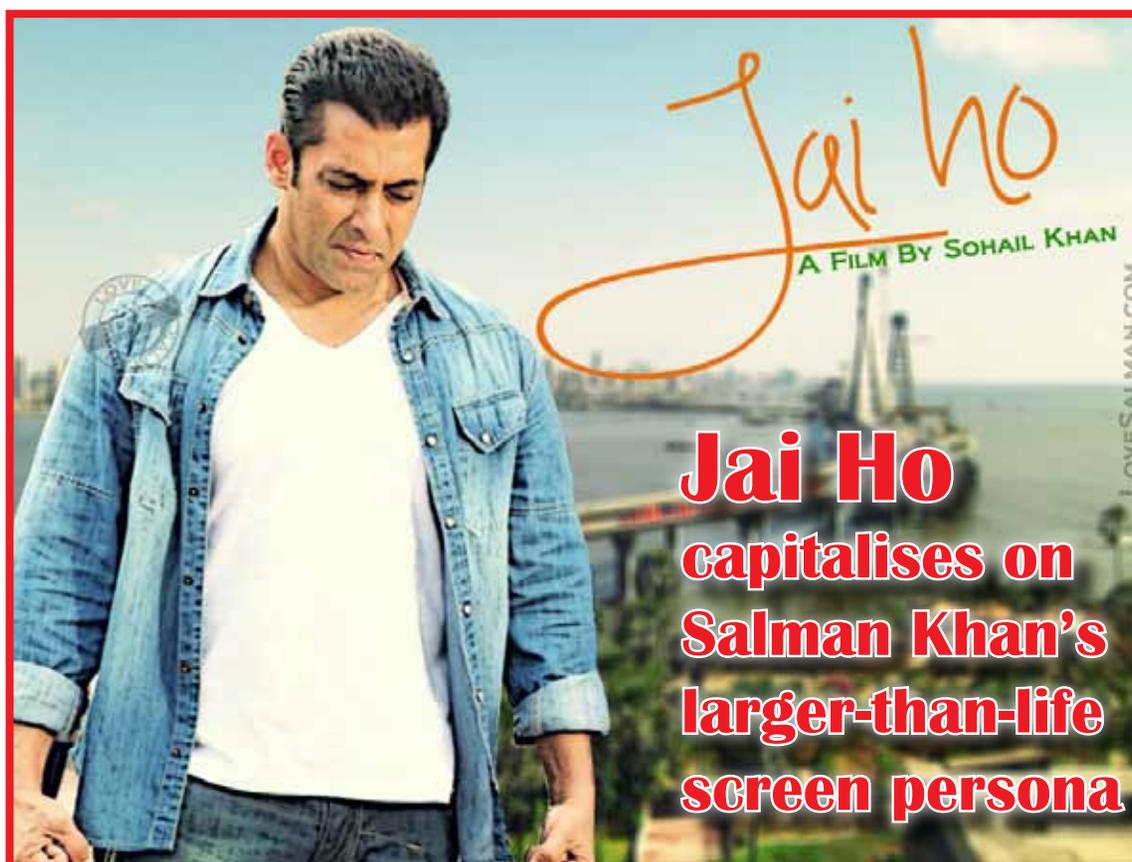
Film Review

A Salman Khan film always comes with its fair share of expectations. Not in terms of its creative content necessarily but more to do with the larger-than-life screen persona of the superstar that makes a SK film hold its own ground.

Jai Ho is yet another film that capitalizes on the very

Film Review

**Cast:** Salman Khan, Tabu, Daisy Shah, Nadira Babbar, Danny Denzongpa and others  
**Directed by:** Sohail Khan  
**Rating:** \* \* \*



**Jai Ho capitalises on Salman Khan's larger-than-life screen persona**

same persona and image of the actor. Jai (Salman) is an ex Army officer who believes in honest living and not giving in to injustice.

His sister Geeta (Tabu) and his mother (Nadira Babbar) are the people who matter in his life. Until he encounters Rinky (newcomer Daisy Shah) and love happens.

Helping those in trouble eventually lands Jai and his family in trouble when he takes on the might of a powerful Minister (Danny Denzongpa). While on one hand, Jai is engrossed in fighting the evil force, on the other, he

conceives a novel idea that could have the potential to stir a revolution – help three people and ask them to help three people in return.

How that simple idea changes everything for Jai is what the rest of the film is about.

**What's hot**

There is a certain amount of novelty in the idea that Sohail Khan is trying to convey

(adapted from the Telugu film Stalin).

The 'help chain' concept has its endearing moments through the characters whose lives change because of it. Other than that, the film depends completely on Salman Khan's star power.

When he is on screen, he burns it up with his presence. The pre-interval scene where he scares the daylight out of over 100 goons is a highlight.

Also worth mentioning is his confrontation scene with Danny – SK's machismo in full form. Salman's intensity is so dominating that any scene without him in the frame loses momentum.

Quite easily, this is Salman Khan's Gadar – with a unique concept, of course. Look out for his intricate dance steps in the 'Baaki Sab First Class Hai' song. It's also refreshing to see Tabu on screen after long

– she makes you wonder why she does such few films.

**What's not**

The film had a different concept as its USP and one would've liked to see the director explore that more than the other track of the Minister.

The 'help chain' factor keeps appearing in bits and parts, thereby making it a subplot when it actually should have been the main plot.

That would've differentiated Jai Ho from anything else we've seen before. Jai Ho is essentially a one-man-show but secondary actors could've been cast better.

Nadira Babbar irritates in her shrill tone; Mukul Dev sports the same expression we've seen in his last few films; Ashmit Patel looks lost.

Daisy Shah makes a fair debut but the whole track about her pink underwear is annoying. Other glitches include a TV set showing news in the ICU where the CM is dying.

And Sunil Shetty showing up in a tank in the middle of traffic!! Sohail could have toned down the violence – the climax especially is too gory.

**What to do:**

Jai Ho is Salman Khan. Watch it for the Khan power!

**Shah Rukh Khan's injury not minor say doctors, advise complete bed-rest**

Shah Rukh Khan's injury is said to be not as minor as was earlier reported. The superstar has suffered a shoulder fracture, his left knee's patellar tendon is torn and doctors have advised him complete rest.

The 48-year-old suffered the injury while shooting Farah Khan's "Happy New Year" here Thursday. He was taken to a city hospital, where he was given immediate medical aid and then returned to the set. However, a source in the know-how of the events that ensued, told IANS that Shah Rukh went back to the hospital for more tests Thursday night. "Shah Rukh went through fresh set of tests last night post the shoot for the injuries he incurred on the sets while shooting yesterday. His right shoulder is fractured and left knee patella is torn. Doctors have ad-



vised him to take complete rest for the next two-three weeks," the source said on condition of anonymity. Post his in-

jury, which is said to have been caused by a heavy door, the actor was taken to the Dr. Balabhai Nanavati Hospital.

"Happy New Year" director and Shah Rukh's good friend Farah said Thursday that the star of her film was "stubborn" about resuming the shoot, and that the "returning hero" even received a standing ovation on the sets for his bravado. Injuries are not new to Shah Rukh. While working in films, he had first suffered a hairline fracture on his knee cap while shooting for "Koyla" in the 1990s. In the past decade, he tore a shoulder muscle, suffered a back injury and has undergone surgery too. In 2011, his meniscus (cartilage) in his leg got ruptured when it got stuck in a puddle. Shah Rukh had even injured himself during "Ra.One". Just last year, he underwent a shoulder surgery to alleviate the pain which he endured throughout the shooting of the action-packed "Chennai Express".

# Lack of political will to protest violence against women: Javed Akhtar

In the wake of the gang rape of a 20-year-old woman at the behest of a kangaroo court in West Bengal's Birbhum district, acclaimed Bollywood lyricist Javed Akhtar on Saturday expressed dismay that political parties do not have the "will or courage" to act against such violent incidents because of "vote banks".



(violence against women) is happening all over India."

Akhtar was attending the session 'As if Women Matter' at the meet where American activist Gloria Steinem was one of the panelists. The deliberation veered towards feminism and women's movement across the world.

After the discussion, he commented that the issue was more of men's liberation from a psyche of insecurity

"Political parties do not have the will or courage to condemn or speak against it (acts of violence) because of vote banks," he told reporters on the sidelines of the Kolkata Literary Meet here. "It

and release from an inferiority complex of being imperfect. "As society get educated, men will be liberated...its more about men's liberation."

# Where have all the VJs gone?

They were the uber cool brood, making us laugh and setting trends for the young and not-so-young as well. But the era of video jockeys, VJs to all, already seems so yesterday. Remember Sophiya Haque, whose death early last year shocked many in the music world? The sassy Haque, along with Danny McGill, revolutionised the VJ scene in the India of the 1990s, becoming youth icons and inspiring many to look at veejaying as a profession.

A few years later, the tribe was only increasing. There was the madcap Cyrus Broacha, who won fans galore with his crazy antics on MTV Bakra, when he would take innocent bystanders for a ride. While Broacha was the funnyman, there were others like Nikhil Chinapa, who impressed with his vast knowledge of music in MTV Select, introducing people to newer, different genres then unknown in the country. The girl gang comprised Mini Mathur, Maria Goretti, Malaika Arora (yes, she was a VJ before all else) and Shenaz Treasuryvala. It was not just MTV, even Channel V had its own set of oddballs. There was Yudishtir (Yudi), who charmed his way to many a teenage girl's heart, Gaurav Kapur, the heavily accented Lola Kutty, and Juhi Pande in Launchpad — a show that gave a platform to budding musicians. Hosting music shows and interviewing musicians, travelling across the country or interacting at college campuses, the VJs did it all.

**Circa 2014:** Turn on a music channel and chances are, you'll see a reality show or an assortment of Bollywood songs, trailers or advertisements. The VJ is nowhere to be found.

Actor and former VJ, Cyrus Sahukar gets nostalgic when he says, "As a viewer, I miss that time. I was just 18 when I won the MTV VJ Hunt. Back then, the atmosphere was very different. The content was very upbeat and out there," he says. Like Broacha, Sahukar was the face of a string of funny/spoof shows and is best known for Fully Faltoo, Rendezvous with Semi Girebaal and Pidhu the Great.

He believes that the generation today is far more global, with the heavy penetration of platforms like YouTube. "TV in India has grown too big now. The audience is more scattered. The crazies have gone. The internet is where the crazy stuff happens now."

Yudishtir Urs, more popularly known as Yudi, echoes Sahukar when he says that the shift has been a largely cultural one, along with developments in the music industry. "In the late '90s, music television was still a novelty and music was something that could be accessed only on TV. It was the place to not just see music videos, but also cool fashion trends that could then be imbibed by the youth," says the actor.

Aside from being presenters of shows, every VJ brought his or her own quirks. Juhi Pande was one of them. When she burst onto the scene in the early 2000s, her bubbly demeanour was only supplemented by a crazy mohawk hairstyle. And Shenaz Treasuryvala's Bohemian fashion sense won many admirers and viewers for MTV Most Wanted, a show where viewers sent in creatively crafted letters to the VJ from all corners of the country.

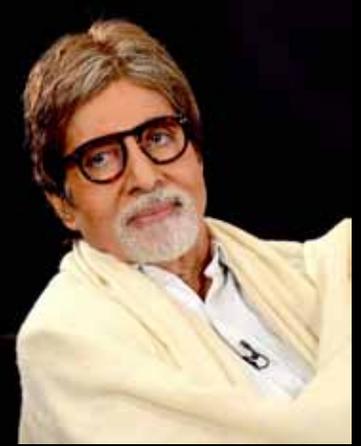
Pande, who was a VJ with Channel V until two years ago, asserts that programming in India has had an overhaul. "I grew up watching Trey, Danny McGill and Sophia Haque and I thought they were the epitome of cool. When I got into veejaying, it was unplanned but it was such a blast that I stuck around for so many years. However, television moves in a certain way and cannot be static. Youth television is what the masses want now," she says, explaining the deluge of reality shows on music channels.

Chinapa, one of the oldest VJs associated with MTV, quips that he is often called the 'last of the VJs'. "The world has become a smaller place. All stores now exist on one street — www." When it comes to the generation of content, most VJs miss the spontaneity that the shows allowed. Ideas were generated by accident, on set atmosphere was chaotic and the lack of structured scripts ensured brilliant camaraderie on screen. Besides, there was no pressure of success, according to Sahukar. "There was a certain naivete and non-competitive vibe to the shows. In fact, we found the wig that I wore in Semi Girebaal in one of the storerooms after midnight. Then there was a college kid who was working as an assistant at the channel and we just put a moustache on him and used him for one of the scenes," he recounts.

Well, everyone has to change with the times. But we would love to have the crazies back!

# Shoojit Sircar shoots with Amitabh Bachchan in Gujarat

As a part of the endeavour to enhance Gujarat's tourism, filmmaker Shoojit Sircar will shoot with megastar Amitabh Bachchan, who is also the brand ambassador for Gujarat Tourism, in wildlife areas of the state.



The idea would be to focus on the prolific wildlife prevalent in the sanctuaries and forests of Gujarat.

"Bachchan Saab (Big B) and I are heading for various places in Gujarat to shoot images of birds and animals. The wild ass in the Rann Of Kutch is famous. So we head there to capture them on camera in all their unfettered glory," said Sircar.

"We will also shoot the images of black bucks and many species of birds. Do you know, numerous species of birds migrate to Gujarat in the winter and then leave after the season is over. We want to capture these birds on camera. There is a very vibrant and prolific wildlife prevalent in the sanctuaries and forests of Gujarat," he added.

Big B and Sircar intend to rough it out in the wild terrain, visiting places where no basic amenities are available.

"It's going to be a challenging week in Gujarat in the last week of January. Mr Bachchan and me are off to explore the wildlife of Gujarat. The creative consultant Piyush Pandey would also be joining us. We're ready to rough it out," said the filmmaker.

# 'Newly wed' Veena Malik 'retires' from film industry

Pakistani actress Veena Malik has formally announced her retirement from the commercial film industry.

Malik, who tied the knot with Dubai-based Pakistani businessman Asad Bashir Khan in December,



revealed that while films have seen the last of her, she will still be part of welfare projects, the Express Tribune reported.

She told the publication that it's just that she will not be a part of any new films as hereon.

# Chai with.... Shri Vaishnu Sewa Smiti from Vedic Heritage Temple in New York

Article by Deepa Walia,  
Interview by Manju Walia  
January, 2014

Asia Today had the pleasure of meeting a group that has found the balance between a working life and a spiritual connection. A group founded by working professionals all fairly young in age, we had the pleasure of hearing them perform a Jagran at Hindu Temple of Arizona in Scottsdale on a recent visit to from New York. A group that came together under the roof of Vedic Heritage Temple in New York is comprised of members that are not professional singers but can perform a Jagran that will have people doubting whether this is not their initial profession. To date, the group has completed over 300 programs. Each member of the group plays a specific role, whether that be coordinating schedules or performing the necessary vedic poojas to give the program a complete and traditional feel.

Sandeep Sehgal, who by profession has a women's garments and accessories business, is originally from Delhi. He grew up surrounded by Jaagrans and Chowkis and was always told by his father that their East is Mata Rani. When he came to New York, he needed the guidance of God more than ever since there was no one else here to help guide him. While working, he started going to the temple where this group was formed by a group of family friends. A group that started out with

4 members is now up to 7-8 members. He resides in New York with his wife and two sons.

Akhilesh Baldeva works at Verizon Wireless and is originally from Odissa, India. He used to do a lot of seva at temples and was guided into this group by Sandeep. Recently married, his wife Nidhi also spoke up to say that she married him and came all this way knowing that if she had a husband that was so dedicated in these causes, it would also guide her life in this direction giving her the opportunity to do seva.

Sathish Kumar, who coordinates all scheduling and programs for the group, is an IT professional also originally

from Delhi. His mother was very attached to Mata Rani and he has also been attending Jaagrans and Chowkis since a young age. He lives in New York with his wife and son, who recently completed college.

Anil Sharma, who is well versed in the Vedas and Sanskrit, works for a company in the Biomedical Engineering field. He has two daughters

and a son and was interested in joining the group from the beginning. With guidance from Sandeep, he felt he was able to succeed. He is also the one that does the appropriate poojas before moving into the Chowki to give the program a traditional and authentic feel.

Unlike other Chowkis or Jaagrans where a tape is played for Taara Rani ki Katha, in this group I had the pleasure of witnessing the Katha actually spoken by a member of the group.

The group belongs to Vedic Heritage Temple of New York, a temple dedicated to Hanuman Ji. They all used to be regular attendees and when asked by Pandit Ji to

start a program, they all came together to practice and learn. They worked hard and feel that Mata Rani herself guided them giving them the skill and confidence to succeed. Everything that they earn in donations is donated back to Vedic Heritage temple and they have no political or financial vested interest in the temple or its activities. This is something they do purely for peace of mind and soul. Even when scheduling personal programs, they are sure to follow protocol and schedule as any other requestor would through Sathish. They follow a strict dress code always dressing in white and wearing on their forehead religious emblems that a member received directly at Vaishnu Devi when he was visiting with his family. They feel that Mata Raani herself brought the group together and gave it members that all have individual identities and skills that combine together to make a complete group.

They are more than satisfied with where they have come and are always pleased with the number of compliments or stories they hear from attendees that they stayed longer than intended because they just could not break away from their program. Asia Today is deeply grateful to have the opportunity to witness such a soul-touching group brought to Arizona by Ashwani Bakshi Ji of Hindu Temple of Arizona and wishes the group much success and prosperity in their noble cause.





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# Trip along: your 2014 travel itinerary

Why is it that when one plans vacations, only exotic foreign lands are kept in mind? Now we give you options to explore within India that are unusual and interesting, while at the same time offer you a glimpse of your roots.

## January Kite festival

Go fly a kite literally with enthusiasts from India, as well as across the globe. The International Kite Festival takes place in Gujarat from 7-15. Craft bazaars and cultural performances will also be on. A visit to the kite museum in Ahmedabad is also a must.

## February India surf festival.

Ready to make waves? Head to the Puri-Konark Marine Drive beach in Odisha from 14-16 to participate in events like Yoga on Water. For amateurs, a Walk on Water workshop is also on offer.

## February Khajuraho Fest

Held in the first week of February, the Khajuraho Dance Festival traditionally celebrates Indian classical dance styles such as Kathak, Bharatanatyam and Odissi, among others. In recent years, modern

dances, too, have been included.

## March Yoga Festival

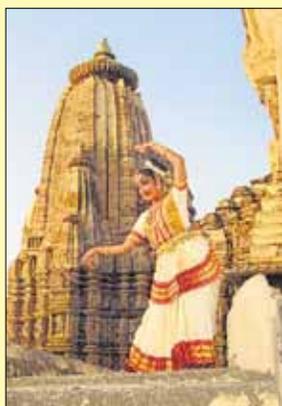
It will be held from March 1-7 at Rishikesh. Indulge in over 60 hours of classes from world-class yoga teachers practicing multiple styles, including Kundalini Yoga, Iyengar Yoga and Kriya Yoga.

## May Moatsu Mong

The main festival of the Ao Nagas of Nagaland, it celebrates the completion of the season of sowing. Warrior dances, love songs, folk tales, rice beer and a variety of meat dishes mark the occasion.

## May Dharmasala Film Fest

Organised with the intention of featuring diverse films and showcasing the best in independent cinema, this event takes the magic of cinema to the moun-



tains.

## June Rath Yatra

Millions are known to converge in Puri to watch the Rath Yatra that usually takes place in June or July. Devotees line up to pull three chariots by ropes for the entire duration of their journey. The spectacle cannot be missed.

## October Rajasthan Folk Festival

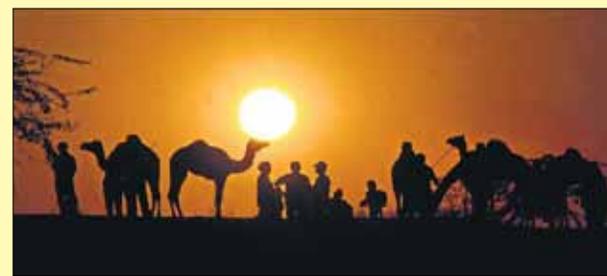
The event is renowned for bringing international and local musicians on the same platform to enthral audiences against the backdrop of old-world castles and forts.

## November Hot Air Balloon

Karnataka Tourism has organised a hot air balloon festival in the past across different regions, including Hampi, Bidar and Mysore. On the other hand, Maharashtra also announced plans to boost adventure tourism with flights expected from Lonavla, Pune and surrounding areas.

## November: Pushkar Fair

Held in Rajasthan with the sole aim of trading cattle and camels, it is one of the most vibrant fairs of India. Once trading is completed, cattle are decked up for public display while several interesting competitions are held on the sidelines.



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# Neknominate drinking craze sweeps the Internet

A potentially dangerous Australian drinking trend is sweeping the internet, attracting attention from medical authorities.

Neknominate is an online drinking game in which participants film and upload footage of themselves 'necking' (downing) alcohol before nominating others to exceed their consumption.

The craze began in Australia early this month but has quickly become a global trend, with the Facebook site The Best Neknominate Video's (sic) attracting 190,000 likes since its launch on January 7.

Clips show people carrying out precarious stunts such as drinking

while driving motorbikes and jumping out of helicopters.

In the UK, one participant was even filmed downing a pint of vodka after biting off a dead chicken's head.

Professor Michael Farrell, director of the University of New South Wales' National Drug and Alcohol Research Centre, told the Sydney Morning Herald that the game could be potentially dangerous.

"In general it looks like it could get people into a lot of trouble, with a lot of pressure to drinking, and that tends to end up with people coming to serious grief through alcohol poisoning," he said.



Laughter is the best medicine, is an age-old saying, and about 10,000 laughter clubs in India are a testimony to the fact that the therapy works.

A combination of group laughter exercises with yoga breathing, which allows people to laugh without cracking jokes, should be performed for at least 15 to 20 minutes, Hasya yoga guru Jiten Kohi said. "The good chemical changes in the body can happen only if you spend time on it. The effects won't be great if you finish your asanas quickly," Kohi added.

"Such asanas are good for depressed people or those who lead stressful lives," he further said.

Rahul Chandhok, senior consultant psychiatrist at Gurgaon's Fortis Hospital, pointed out that while work pressure has always been there, other factors like commuting and traffic are adding to the woes of people. "In the metros one needs to commute for long hours; therefore, people are unable to give time to their families or even take out time for themselves. This causes stress," Chandhok said.

Another reason is that everyone is competing with everyone for everything. In big cities, day-to-day life is getting more and more hectic and target, desire and deadline driven and the fight against stress overload multiplies. "People end up comparing themselves to others, they want something that is way beyond their reach. All this causes stress," Chandhok said. "Unlike big cities, the smaller ones are at an advantage as far as distance is concerned. People don't take long to commute from home to the workplace. But, yes, there are comparison factors that cause stress," he added.

Kohi formed Hasya Yoga Kendra in 2000 because he felt that laughter - the healthiest gesture in people's lives - is missing. "As people grow up, they forget to laugh. Nowadays they just exercise. Don't take it as exercise and laugh like a child. Take things lightly without pressurising your brain. This way you will be less stressful and that will help to stay fit in some way," said Kohi.

His team holds around 52 yoga classes per day in areas like Model Town, Kalkaji and Janakpuri in the capital, apart from monthly sessions in Tihar Jail, in schools and at corporate houses.

With 300 centres in the country in places like Lucknow, Mumbai, Jaipur and Indore, Kohi gets better response in tier-II cities. "People in small towns

## Laugh just for good health

are more interested. Thousands of them turn up in the morning. In metropolitan cities, people lead busy lives; so maybe there are people who are able to join us in parks," said Kohi, who believes it's best to do asanas early morning in view of the relatively fresh air.

Apart from other recreational activities, laughter exercises help in

improving the well-being of people.

"If you laugh wholeheartedly, your facial muscles

will gain benefits and there will be a feeling of well-being, especially when you do such exercises in a group. Your body releases chemicals that help to relieve stress," Ravindra Gupta, consultant in internal medicine at Gurgaon's Columbia Asia Hospital, said.

However, he clarified that laughter can de-stress, but it can't cure ailments. "It can't treat ailments. It can reduce blood pressure to some extent, but medication is required," said Gupta.

Echoing this, Madan Kataria, founder of Laughter Yoga International, says laughter-based exercises help the immune system. "When you laugh, the stress level goes down and you don't easily fall sick," said Kataria, who started his institution with his wife Madhuri in 1995 in Mumbai.

"In people with blood pressure, heart disease and diabetes, we have noticed a 50 percent improvement in their health due to laughter exercises. I am not saying it completely cures diseases, but there is reduction in medication," he explained.

Kataria said there are around 10,000 laughter clubs in India and the demand is increasing in other

parts of the world too. "They are present in around 72 countries

like Japan, Germany and US," he added.

Chandhok said that yoga or meditation or laughter sessions are important

for a healthy life, but medical treatment is equally vital.

"Treatment is essential. Complete it and then continue

with these healthy activities," he said.

So, step out and have a hearty

laugh..ha, ha, ha!



# WHAT TEACHERS NEED AND MUST BELIEVE FOR STUDENTS TO ACHIEVE

You would think that by this time in our educational history we would have a system far beyond where we are today. Where there is no reference point our students function off of irrational logic. Today money is more the priority than what's best for the students. Its an absolute disgrace to learn what the real deal is all about. When discovering what's happening to teachers it's easy to understand why so many students are experiencing horrible results both academically and socially. We are allowing our school systems to operate from the premise of greed, deceit and foolish dominance.

Alternative staffing or "TEACHER'S ON CALL" hasn't made it easy to overcome injustices causing major setbacks in the profession. The way "TEACHERS ON CALL" actually impact those who substitute is thoroughly demeaning and un-professional. Schools would operate much better and students would learn much more once "TEACHERS ON CALL" initiate the required professionalism to upgrade their decision making policies. No vehicle should be allowed to function unless the alternative (spare tire) is properly equipped and justifiably ready when called upon. Alternative staffing must be efficient and productively sound. The biggest problem came about when I was sent to a predominantly white school district and by being an African American Muslim male I was in for a great awakening. The mistreatment I received was absolutely horrible. Isn't it amazing to learn that the word "CALL" begins with the letter "C" and ends with the word "ALL".

We must SEE ALL teachers treated professionally and not just some. It's already difficult for regular teachers to be treated properly and most of them have a teachers union. Well, what about substitutes where



there is no union? What about students who are in dire need of my return only to be ignored by those whose essential priority is about political and ethnic status? Other words, students who "CALL" are ignored by TEACHERS ON CALL. It's like the babies who cry out for attention and are turned away while the parents are too busy playing cards or somewhere blowing illegal smoke. Smoke that blocks their most valuable or urgent vision when it comes to academic decisions with compassionate precision. Don't they get it or don't they care as stated earlier? Have they no intelligence?

From what I have detected the hard way is that substitutes who aren't liked by someone at a particular school is easily ousted and defamed once a complaint is made. You are on the desert with no water and no concern from those who can get you some. "TEACHER'S ON CALL". To me it should be "TEACHER'S ON MAUL FOR STUDENTS TO FALL AND CRAWL". To ignore the cries of students, teachers, parents and principals due to racial or selfish complaints is not acknowledging the highest standards of our educational

purpose. Such poor and sordid decisions lead our students and others towards violence and criminal behavior. In receiving timely and natural responses you end up with timely and natural results. It's called our future generation reaching their level of maturity by way of profound academic and social educational motivation.

It is not appropriate when there is no mercy, no hearing or opportunity to face and speak out against those who made un-ethical complaints against me. It's their way or the highway. It's one of the major reasons the schools in Phoenix and other places are failing drastically. Teachers like me immediately aren't able to remain financially responsible. So clear it is that "TEACHERS ON CALL" don't mind contributing to the demise of innocent students who are seriously in need of more than ALTERNATIVE STAFFING is willing to provide. Once contracting with school districts the money becomes their soul priority. It appears that saving money is more significant than saving students and those who can best reach and teach them. So many students, parents and staff have requested that

I return and continue motivating students to eagerly achieve while smiling ear to ear. However, "TEACHERS ON CALL" has continued to stall and not properly nor accountably respond. Again, it's their way or the highway. I recently discovered that "TEACHERS ON CALL" was contacted by a principal and they refused to give a reason for not permitting me to return to their school. Not once have I ever received anything in writing as to why I haven't been permitted to continue to reach and teach. I know for a fact there is clear discrimination and because of substitutes not having a union the bully mentally has taken its course. No justice no education for innocent youngsters who deserve motivational inspiration. It's about "TEACHERS ON STALL or ALTERNATIVE STAFFING LEAVING STUDENTS CRYING INSTEAD OF LAUGHING. IN conclusion, this discrimination must be investigated. Misinformation has been allowed to seriously damage teachers and their career without due process. SO WHAT DO TEACHERS NEED AND MUST BELIEVE FOR STUDENTS TO ACHIEVE? 1. They must be



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**By Habibullah Saleem**

allowed to face their accusers in a setting that's just and properly conducted. 2. They need to have all complaints put in written form and shared with those being accused or complained about. 3. They need in writing at the start of the school day what's accepted and what's not accepted. TEACHERS ON CALL need to do the same thing. 4. They need to be given a warning in writing prior to being refused employment. 5. All complaints or accusations should be attempted to be resolve on the school premises before sent elsewhere. 06. The daily staff that's at the mercy of top administrators must not allow fear to cause them to turn the other way when they clearly see an injustice being activated. Should it be their child I'm sure they would immediately address the situation. The time has come for administrative leadership to establish moral reference and righteous rational policies or else students will continue to experience grave yard schools and classrooms. When teachers aren't able to feel relaxed about the environment they work in, education becomes detrimental. Other words, Alternative Staffing is failing and that includes "TEACHERS ON CALL". They are drowning disgracefully in the "HALL OF SHAME". Help for all teachers are desperately needed especially SUBSTITUTES. THANK YOU. TO BE CONTINUED.



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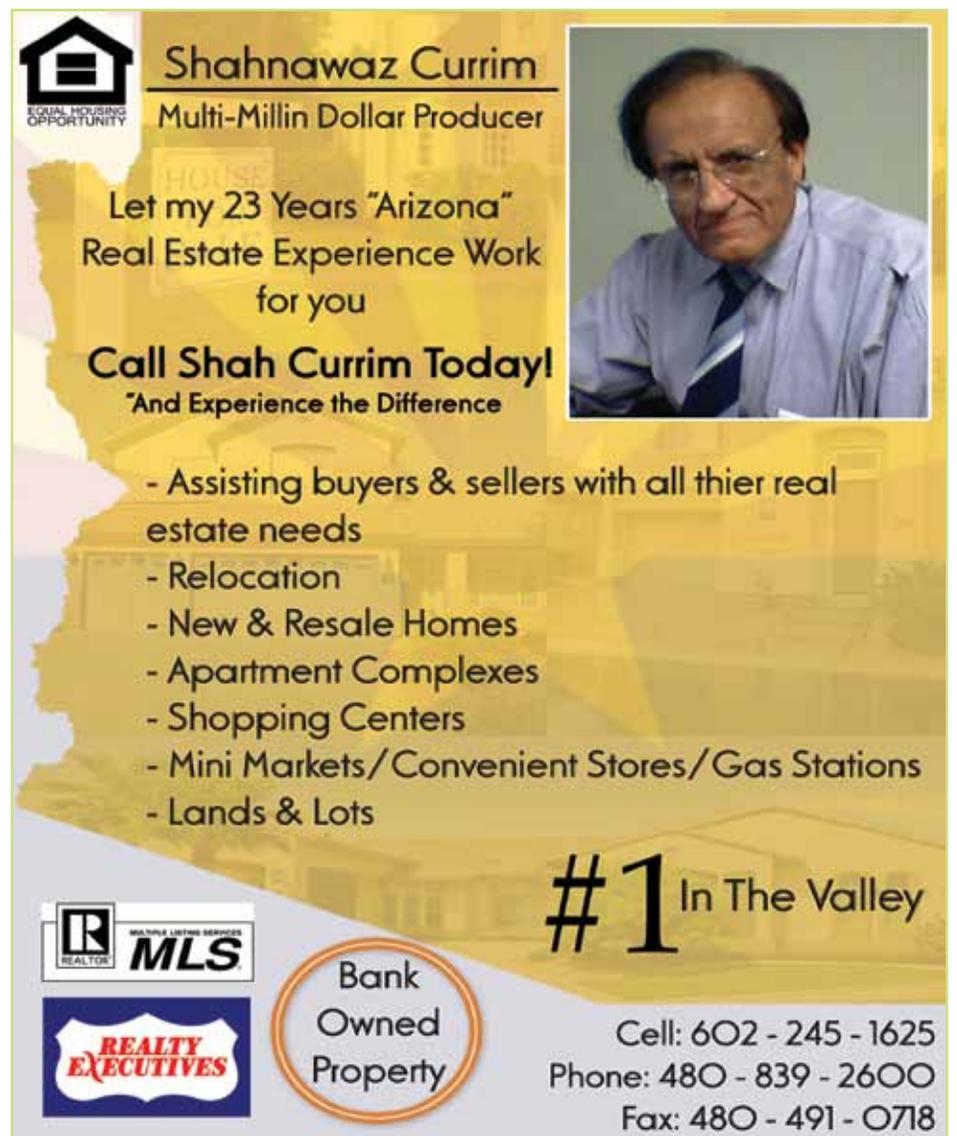
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