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# Today

Monthly Newspaper

• Vol-VIII • Issue-2 • Phone : 480-250-2519 • sales@asiatodayaz.com • February 2015

**Republican Chairman's Awards Dinner**

**3**

**LOHRI CELEBRATION AT NISHKAM SEWA GURUDWARA..... PHX AZ.**

**21**

**Glimps of 2015 kite flying festival organised by Indo - American foundation**

**35**

**Don't deserve a nomination for Happy New Year, says SRK**

**33**

## Cactus Classic 2015

This Martin Luther King Jr. weekend, the Phoenix Scorpions Field Hockey Club hosted their 9th annual Cactus Classic tournament at the Reach 11 Sports Complex. The perfect weather combined with the hard work of the club members to create, yet another, very successful tournament. However, arranging for the comfortable stay, delicious food, and warm hospitality of the more than 30 teams from all over the United States, Mexico, and England was only possible thanks to the club's strong support • **More on P12**

## Ariz. Governor Doug Ducey Inaugurated: "Opportunity for All"

### Asian American Leaders Invited to Inauguration Celebration

**By Barry Wong, former Arizona legislator and corporation commissioner**

A clear blue sky accompanied by a crisp morning air gradually warmed by the rising desert winter sun. It was the perfect backdrop for ushering in a team of newly elected statewide leaders led by Governor Doug Ducey at the State Capitol on January 5, 2015. Oath of Office. Several thousand Arizonans witnessed the inauguration ceremony where six top statewide officials were sworn into office. One-by-one, elected officers recited the oath of office, administered by Arizona's Chief Justice Scott Bales (except Mi- • **More on P10**

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# Republican Chairman's Awards Dinner: Asian American Influence, Wong Gets Award

By Barry Wong, AzGOP Asian American Coalition Board Chairman (Phoenix, Ariz.)

A Mariachi band was playing at the reception. Korean drummers entertained during dinner. Over 100 Asian American guests attended out of the nearly 500 in the sold out event.

This was the setting for the biennial Arizona Republican Party Chairman's Awards Dinner held January 24, 2015 at the Four Points by Sheraton Phoenix South Mountain.

The Arizona Republican Party (AzGOP) holds its mandatory meeting every two years to elect officers and conduct business. Traditionally, the chairman of the AzGOP organizes a dinner event the evening prior to the meeting to present awards recognizing hard working Party volunteers, clubs and organizations. AzGOP Chairman Robert Graham led the awards dinner this year.

Awards presented included "Outstanding Party Worker," "Best Republican Club," "Lifetime Achievement" and "Senator Barry Goldwater Award." Special for the evening: without advance notice but with great fanfare, Chairman Graham and his wife, Julia (chair of the awards committee), announced Barry Wong as the recipient of the "Exceptional Dedication & Service to the Republican Party" Award for his work leading the Party's outreach effort as chairman of the AzGOP Asian American Coalition. Chairman Graham, upon his election in 2013, established as among his goals reaching out and connecting with the many ethnic and racial communities in Arizona including the fast growing Asian American community. He created the AzGOP Asian American Coalition and appointed Party officer and former legislator and corporation commissioner Wong as its chairman.

Working in collaboration with Wong, Chairman



Graham in the past two years has met leaders and attended many community events of the diverse Arizona Asian communities including Bangladesh, Chinese, Filipino, Indian, Korean, Pakistani, Taiwanese and Vietnamese.

Over 20% of the guests (12 tables) attending the Chairman's Awards Dinner came from the Arizona Asian American community including the following and the table hosts: Bangladesh (Raphael & Farhana Ahmed), Filipino (Marie Cuning), Indian (Venkat Kommineni), Korean (Jae Chin), Pakistani (Sardar Babar), Taiwanese (Michelle Chang), Vietnamese (Kevin Dang, Mai Le (2 tables)); also, Dinesh "Dan"

Rama (southwest regional director, Asian American Hotel Owners Association), Astria Wong, Sam Huang (candidate for Chandler City Council) and Barry Wong.

The evening was festive with Party officials and volunteers from throughout Arizona present. Elected officials attending included Congressmen Paul Gosar and David Schweikert; former Congressman Barry Goldwater, Jr.; many state senators and representatives; and Chandler Councilman Jack Sellers.

The Asian American community was well represented and made a positive impression on the Arizona Republican Party regulars and its chairman.





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**The Perfect Companion...**

No matter what gender, religion, culture one is, if there is a quest to live life it is accompanied by the quest to find the perfect companion to live that life with. We are evaluating those around us to see if they can meet the criteria to be that perfect companion with whom we can share everything. And we never stop to think that this is something we are not capable of doing – sharing everything! Or maybe we are but only with ourselves.

As I look around at people surrounded by family, friends, and loved ones I wonder how many truly understand and accept the fact that we are always alone. You will never know what goes through someone's mind every moment and hence you will never really 100% know someone. We have thoughts, feelings, fears - many of which are shared but many of which are kept to ourselves. Those things that are never shared die with us and that part of us dies with us without anyone ever knowing it existed – not our parents, not our siblings, not our friends, and definitely not our significant others. And if there is a significant piece of us that died without anyone ever knowing it existed then there is a piece of us that was always alone but we lived in a mirage where we convinced ourselves that we weren't alone.

We struggled our entire life and wasted hours, days, months striving to achieve the impossible – finding the perfect companion to share everything with. When we thought we had found one, we struggled to make them meet our ideals of perfection – wondering, fighting, crying over why this person did not understand you or why you couldn't carelessly speak what you felt or thought in front of them. We expended time, money, and energy in making this individual happy or ensuring they received everything they desired in life hoping



**Editor's NOTE**

to get the same in return and accepted the pain when our expectations did not meet reality. Never once did we stop to think that we had that companion all along in ourselves; we just failed to recognize and appreciate it adding to the agony of our life by trying to recreate something we already had in the reflection of others.

Never did we step back to recognize that had we expended that same amount of time, energy, and money in fulfilling our own dreams and expectations, we would never have been disappointed with the failure of receiving it

from another and could have lived a fulfilled, complete life filled with even more happiness and content than the one we lived waiting for someone else to fulfill our needs and desires. We live in a society that has brainwashed us into thinking that someone will come along to rescue you from the despair of loneliness and fill your life with love, happiness, and understanding.

The truth is that we are given the ability to fill our own life with love, happiness, and understanding; however, we waste it all in spreading it amongst others hoping for the same in return because this is what society has taught us is the best way to live life. And someday when it is too late, as life is closing its beautiful doors, we look back and regret what could have been and what wasn't fulfilled in us.

You are your own companion, guide, knight in shining armor. So this Valentine's day, instead of pampering those that you think are your companions in life, take a moment, an hour, or a day to pamper your true companion in life – yourself! Wishing everyone a great February and a very Happy Valentine's day.

**-Deepa Kaur Walia**

**Editor, Asia Today, editor@asiatodayaz.com**



**Marketing Director NOTE**

**Last month was full of fun, and feb is going to be full of joy and happiness as the biggest day of God shiva' devotees Mahashivratri is on 17th feb and Any discussion about February symbolism without mention of Valentine's day is criminal. there is no denying Valentine's day is devoted to love.**

**-Manju Walia, sales@asiatodayaz.com**





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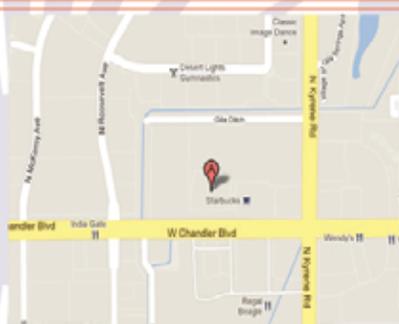
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All glories to Śrī Caitanya Mahāprabhu. All glories to Lord Nityananda. All glories to Advaita Ācārya. And all glories to all the devotees of Lord Caitanya Mahāprabhu.

That original Lord Kṛṣṇa appeared in Navadvīpa as Lord Caitanya, and Balarama appeared with Him as Lord Nityananda.

CC Adi 1.1-2,6

Abhishek at 11:00am followed by Katha, Arati & Prasadam

Sunday February 8, 2015  
Appearance of Srila  
Bhaktisiddhanta  
Sarasvati Thakura  
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Tuesday February 17, 2015  
Shivaratri



rudrāṇām śaṅkaraś cāsmi  
vittaśo yakṣa-rakṣasām  
vasūnām pāvakaś cāsmi  
meruḥ śikhariṇām aham

rudrāṇām — of all the Rudras; śaṅkaraḥ — Lord Śiva; ca — also; asmi — I am; vitta-īśaḥ — the lord of the treasury of the demigods; yakṣa-rakṣasām — of the Yakṣas and Rākṣasas; vasūnām — of the Vasus; pāvakaḥ — fire; ca — also; asmi — I am; meruḥ — Meru; śikhariṇām — of all mountains; aham — I am. Of all the Rudras I am Lord Śiva, of the Yakṣas and Rākṣasas I am the Lord of wealth [Kuvera], of the Vasus I am fire [Agni], and of mountains I am Meru. Purport: There are eleven Rudras, of whom Śaṅkara, Lord Śiva, is predominant. He is the incarnation of the Supreme Lord in charge of the mode of ignorance in the universe. The leader of the Yakṣas and Rākṣasas is Kuvera, the master treasurer of the demigods, and he is a representation of the Supreme Lord. Meru is a mountain famed for its rich natural resources. BG 10.23

Abhishekam, Katha, Arati & Kirtan followed by Prasadam  
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Thursday, March 5th 2015 Gaura Purnima 6:00pm - 8:30pm

February Ekadasi Feb 15th & Feb. 28th 2015



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On Tuesday February 17<sup>th</sup>, 2015

8 am - 2 pm & 4 pm - 10 pm: Kalash Abhishekam

6:30 pm - 7:15 pm : Shiv Bhajan

7:15 pm : Thali Puja

8:45 pm : Aarti followed by Prasad



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4<sup>th</sup> Sunday - Shivji Puja  
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**Satyanarayanji Puja: February 3<sup>rd</sup> ( Tuesday 7:00-9:00 PM, Sponsorship \$101)**

**Maata Jagran: February 13<sup>th</sup> ( Friday 7:00-9:00 PM, Sponsorship \$101)**

**Maha Shivrathri: Tuesday February 17<sup>th</sup> (Please refer separate flier for program & sponsorship)**

**Please call for additional details:**

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for Satyanarayanji Puja:	Nirmal Chhibber	@ (480) 926 8835
for Maha Shivratri:	Rina Narang	@ (602) 595 0662
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# ...AND THAT'S MY HUMBLE (DENTAL) OPINION !! JUST ASK DR. GIDWANI.....

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Asked by RRM

A: Dear RRM,  
Firstly, an Xray of that tooth is needed. The Xray will help us to determine whether an abscess has formed below the root tips. This is known as a "Peri-apical abscess" and is caused by a dead or rotting and inflamed nerve inside the tooth. This is why, when you chew, you compress the root tips into the inflamed abscess area and the tooth gives you pain. If left alone, the pain will only get worse. The jaw could swell and pain could travel down your jaw, neck and head. Chewing can become even

more uncomfortable if the tooth starts getting loose and pushing out of the socket making it the only tooth that touches. Pus can drain out from that area.

But, now, to answer the main question of what could have happened? When you went to the dentist and he/she diagnosed that it needed a crown, because the tooth was either fractured or had a very large area of decay or a large broken down filling. In each of these scenarios, the decay or break must have been very close to the nerve in your tooth {called PULP}. Normally, every trained dentist will and should take an initial Xray of the root tips before starting a crown PLUS do a few tests to determine if the pulp is healthy or not. If, initially, it shows that the pulp is



unhealthy, then a root canal is done first followed by a crown. But then there are some teeth which have no symptoms and the Xray shows clear root tips and yet there are some bacteria (which of course, no one can see!) which could

have invaded the nerve and pre-infected it slightly. These renegade bacteria then aggravate the pulp and cause it to break down and abscess later. Or, perhaps the crack on our fractured tooth could have been so deep that it extended into the inner pulp of the tooth causing it to die off.

Then, again, there could have been other reasons, like for instance, if the tooth was prepared for a crown and somehow the heat and vibration of the drill was too much for that particular pulp to take, it could have become irreversibly

inflamed and broken down! So, dear RRM, here is your solution.

Firstly have that tooth Xrayed by your general dentist, If they find an abscess on the Xray, then it needs a root canal (right through the exist-

ing crown) for sure. If not, then have the general dentist adjust your bite for you just in case the crown is too tall. This may give you the relief you need. BUT, if the pain persists and the general dentist is not able to locate why, please seek an opinion from an ENDODONTIST (one who is specially trained for root canals). They run some tests called "Pulp vitality tests" and can find out which tooth is bad. Believe it or not, but your lower teeth can make your upper teeth feel pain and vice versa! That is the mystery of referred pain! Once the Endodontist locates the pain and does a root canal, the tooth will settle down! All the best RRM!

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# Esoteric Knowledge: the Core of All Religions

By His Holiness Younus Algozar

**E**soteric knowledge (Aathmic Gayan) in all religions teaches the way of bringing the substance of love in human hearts. Esoteric knowledge was instrumental in enlightening hearts and wiping out the vices of heart. With the passage of time, the spiritual aspect in all religions ceased to exist; therefore people were disconnected from Bhagwan. As a result, vices such as hatred, arrogance, holding grudges, animosity, envy, jealousy and stinginess became the norm of society. These evil traits point to the devil residing within man. These prevailing traits are now gathering momentum everywhere.

Currently, religions are left with exoteric knowledge (Dhermic Gayan) and have lost their connection to Bhagwan. Religious clerics are preaching in the Churches, Temples and Mosques that their respective followers are better than others, thus planting a seed of hatred and division in the society. They are proactively engaged in promoting hatred and militancy against other schools of thought. The true influence of all religions has come to an end, thus making human life miserable.

His Divine Eminence Ra Gohar Shahi teaches that every human being has two religions: the Religion of the Body and the Religion of the Soul (Aathma). There are many Religions of the Body: Christianity, Islam, Buddhism, Judaism, Hinduism, etc. But, the Religion of the Soul is only one, and that is 'Love'.

Today you are Christian, Hindu or Muslim, not by a choice, but by virtue of birth in a certain family. The Religion of the Body ceases when the person dies; whereas the Religion of the Soul existed since the Primordial Time, and will continue to exist even after life in this phenomenal world ends. His Divine Eminence Ra Gohar Shahi ex-

plains that love is not a name for feelings, but it is the existence of something in the heart. Just as water is contained in a glass, love is contained in the hearts. We need to bring love of Bhagwan in our hearts. People talk about love, but none demonstrate the technique of bringing love in the heart. Your soul is entangled in the veins and arteries. To awaken your soul, you need to energise it with Divine Light (Prakash); the heart is a gateway to travel towards your soul. Bhagwan dwells in the Celestial Realm. We cannot bring Bhagwan into our heart, so bring His light instead.

His Divine Eminence Ra Gohar Shahi demonstrates the technique of producing light in the hearts: by articulation of the Name of Bhagwan within our heartbeats. If the Name of Bhagwan is uttered by tongue, it too tends to generate some Divine Light, but this light remains outside and is eventually lost. We need to bring this light into our hearts to settle down. The beats of our hearts can be taught to utter the Name of Bhagwan. Light is produced only when you visit a Sat Guru (Universal Guide) who has spiritual authority and power to confer the Name of Bhagwan in your heartbeats.

Once the heart beats are transformed into chanting the Name of Bhagwan in the heart, its repetition will generate Divine Light. Once the Divine Light generates in your heart, you become inclined towards Bhagwan because now you have something from Bhagwan in your heart. Before this, you were saying your prayers all by yourself; nothing from Bhagwan was involved in your prayers. As such, they were empty. Purity and sincerity in prayers come when something from Bhagwan is involved in it.

Once the Divine Light has filled in



your heart, you will be saying prayers and Bhagwan will be answering them, because you have Bhagwan's presence in your hearts. This is how you bring Light of Bhagwan into your hearts. The more you practice it, the more Divine Light is granted. This is the Spiritual Path leading to Bhagwan, and it starts from your heart. When you traverse on this path, you are bound to reach Bhagwan one day. When the heart is articulated with the Name of Bhagwan, the heartbeats become your footsteps, walking you towards Bhagwan. The more Divine Light you have, the faster you run towards Bhagwan.

In the case of the Religion of the Body, one needs to teach rituals. But, in the case of the Religion of the Soul,

one does not need to teach any rituals, because love is in the nature of the soul. You only need to awaken your soul. As soon as the soul is awakened, it starts loving Bhagwan, as this is in its nature. For example, a chicken egg, after being hatched, the chick starts chirping. Who taught it to chirp? No one; it is in its nature. By the same token, love is in the nature of the soul. Once awakened, the soul starts loving Bhagwan. Once the soul awakens, the Religion of Soul is dominant in your personality. Then you do not declare yourself better than others; rather, you respect and love all humanity, no matter what Religion of the Body they follow.

For more information about this methodology and how to obtain it, visit [www.kalkiavatarfoundation.com](http://www.kalkiavatarfoundation.com)

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# Ariz. Governor Doug Ducey Inaugurated: “Opportunity for All”

chele Reagan, whose father, Judge Michael Reagan administered her oath), followed by a speech. They were Joe Hart, Mine Inspector; Diane M. Douglas, Superintendent of Public Instruction; Jeffrey J. DeWit, Treasurer; Mark Brnovich, Attorney General; Michele L. Reagan, Secretary of State; and, lastly, Douglas A. Ducey, Governor.

As each recited their Oath of Office, with the two story high giant Arizona flag as the stage backdrop, they were surrounded by immediate family members with their respective spouses holding up their family Bible upon which the official placed his or her right hand as the left hand was raised. Each new officer thanked their families, friends and campaign staff for their support and work in achieving election victory; some also spoke briefly about their plans for their respective offices.

Governor Ducey Sworn-In. The highlight of the Inauguration Ceremony was just after noon when master of ceremony Derrick Hall, president of the Arizona Diamondbacks professional baseball team, called up Doug Ducey to the front of the stage to be administered the Oath of Office for Governor of the State of Arizona. He was surrounded by his wife of 23 years, Angela, and sons, Jack (17), Joe (15) and Sam (11). As he recited the Oath everyone in the audience was standing with excitement as they

witnessed a new beginning as the former CEO of ice cream company Cold Stone Creamery and current first term state treasurer became the 23rd Governor of Arizona.

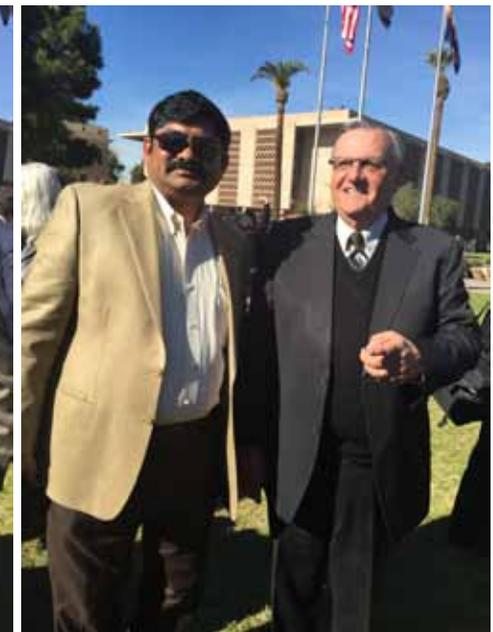
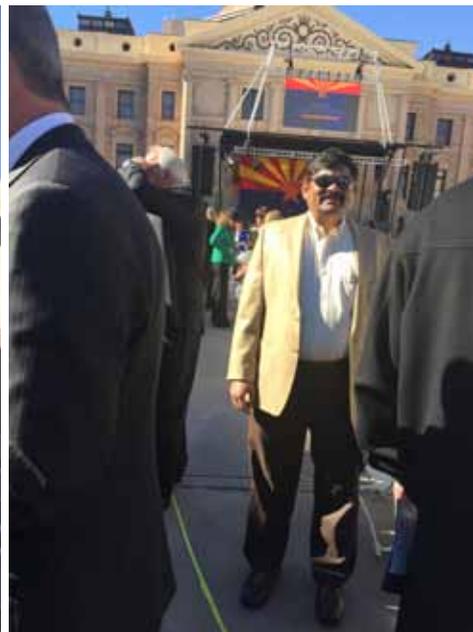
Governor Ducey delivered his first speech as the newest Arizona governor; he recognized his family and his mother who was in the audience. He also acknowledged in the audience former Governors Janice Brewer, Jane Dee Hull and Fife Symington, and former Governors Rose Mofford and Raul Castro.

“No Tax Increase.” The new governor addressed policy issues head on. First, was the current state budget that is projected to be nearly \$1billion short of balancing. He said spending cuts have been made and excess funds recaptured but some people believe the state should ask the people of Arizona for a tax increase; after a brief pause for effect, Governor Ducey declared emphatically that “there will not be any tax increases under our watch!” That declaration was received by the audience with thunderous applause. He said the state budget will be balanced and shortfall eliminated in a plan that will not necessarily be popular, especially among special interests, but will be effective.

Governor Ducey also talked about his plans to focus on job creation and working to provide high quality education to all Arizonans. He emphasized that

under his administration there will be opportunity for all the people, groups and communities in Arizona.

“Our new governor is a breath of fresh air in state government,” said Barry Wong, former Arizona legislator and corporation commissioner. “As a former CEO of a major Arizona-based company, Governor Ducey brings a unique perspective to governing and solving problems in government.” Further, Wong said “he has a lot of energy and ideas that will position Arizona well in the Southwest and nationally for business attraction and job creation.” Asian American Presence. The Asian American community was well represented at the inauguration ceremony. The Inauguration Committee invited leaders including from the following communities: Korean (Jae Chin, Wansik Choi, Mike Woo), Chinese (John M. Yee, Garry Ong, Peter Chan), Taiwanese (Charles Chiu, Tony Kao, Michelle Chang), Vietnamese (Kevin Dang, Mai Le), Indian (Venkat Kommineni, Jegadesan Krishnamurthy), Filipino (Marie Cuning, Leo Aromin), Pakistani (Sardar Babar), Bangladesh (Raphael and Farhana Ahmed) and other Asian (Albert Lin, Astria Wong). Others in attendance were State Senator Kimberly Yee, Jack Yee, David Cui and Tony Tang. The inauguration concluded with audience members feeling a sense of renewal with an energetic new governor along with other top statewide officials to move



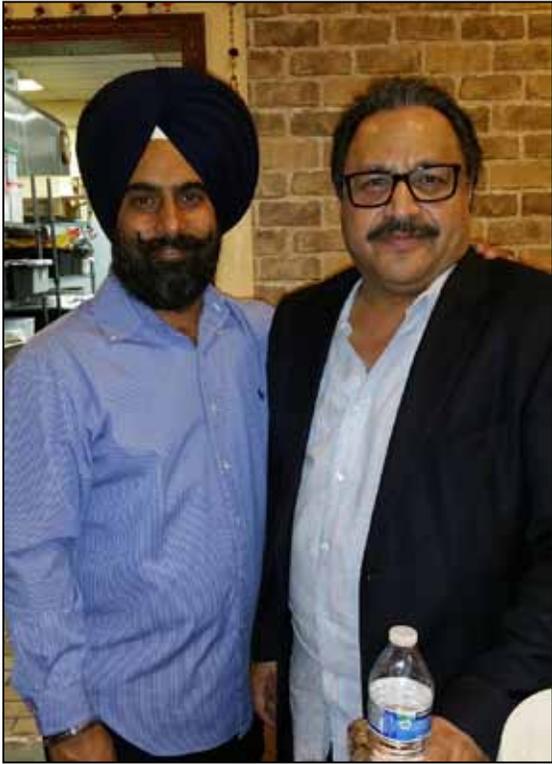


# Cactus Classic 2015

from its sponsors. Along with providing an appetizing lunch on both days, the club organized a banquet dinner for all participating teams. Through events such as this, the Scorpions intend to promote activeness and social interaction among both children and adults. The Scorpions hosted games for the youth division, women's division, along with the mixed division. In the mixed finals, the Phoenix Scorpions defeated Chicago 4-1 for the Dr. Saini Trophy.



**Gimps of grand opening of Chennai fusion grill**



# Sai Maa LLC was founded in 2010

**Q: How was the organization started; when was it started; when was Maa initiated; how many discourses does she give in a year; how extensively does she travel; how many devotees does she have – and anything that may be important to convey to readers.**

**Start of Sai Maa LLC**

Sai Maa left France to teach in the U.S. and around the world in 1994. Sai Maa LLC was founded in 2010 as the international head office for her activities and programs.

**Background information – Sai Maa**

Sai Maa was born on the island of Mauritius, a country known for embracing all religions and spiritual traditions. This spirit of openness, acceptance, and interfaith cooperation helped shape the universality of Sai Maa’s work. Sai Maa’s teachings are compatible with and supportive of all religious and spiritual practices, and are also valuable for those who have no religious beliefs.

At an early age Sai Maa demonstrated extraordinary healing powers which blossomed as Sai Maa matured. At the age of 21 Sai Maa moved to France, later married and became the mother of two children. Sai Maa created a thriving therapy practice by merging energetic healing powers with Western therapeutic training. Sai Maa became certified in naturopathic, homeopathic, and osteopathic therapies. Also active in politics, Sai Maa served on the Bordeaux City Council, helping to reform health care in the European Union on behalf of the French government.

During this period, Sai Maa met and became a life-long devoted disciple of the highly revered spiritual leader and world teacher, Sathya Sai Baba; as well as an active supporter of Sai Baba’s humanitarian work. In 2007 Sai Maa was honored with the prestigious title of Jagadguru, the highest title in the Vedic tradition of India, becoming the first woman to receive



this honor in the 2,700 years of the Vishnuswami lineage.

**Speaking engagements and programs**

Over the past ten years, some 47,000 people from eleven countries and four continents have followed the programs of Sai Maa. In 2015, Sai Maa is going to give more than 45 programs in the United States, in

Canada, in Japan, in Belgium and in India.

**Growth of Sai Maa’s community in the world**

Each month, nearly 10,000 people throughout the world are kept informed about Sai Maa’s activities, teachings and programs, among which half are in the US and a quarter in Europe.

**General information**

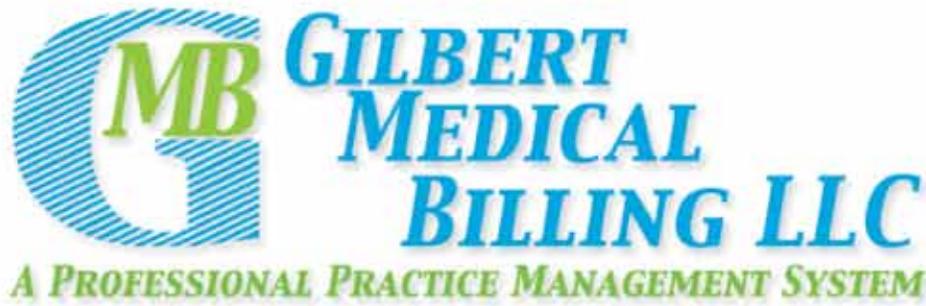
Sai Maa is a world-renowned spiritual master, healer, and humanitarian. Preparing for what Sai Maa calls, “the coming age of global enlightenment”, Sai Maa’s mission is to eliminate pain and suffering and elevate the consciousness of humanity.

With a unique fusion of Eastern spiritual wisdom, Western therapeutic knowledge, and energetic mastery, Sai Maa guides people in awakening and in living from the highest potential inherent within us.

Rather than working to cultivate followers, Sai Maa invites us into our own Mastery, to living a life without limitations, with boundless joy, and happiness for ourselves and our families.

Sai Maa embodies and expresses unconditional love for people and for life, which manifests in profound compassion and a deep commitment to people fulfilling their greatest potential. Sai Maa works throughout the world, educating thousands on a wide range of topics through transformative programs, writings, recordings, online teachings, and new technologies for achieving transformation, growth, success, and fulfillment. Often referred to as a spiritual leader for the 21st century, Sai Maa combines ancient wisdom and respected esoteric traditions with contemporary science. Sai Maa’s global community is currently represented by various Enlightened Living groups around the world.

Among Sai Maa’s many humanitarian activities is the Sai Maa Vishnu Shakti Trust, a registered Indian charitable organization, that includes programs providing education, food, clothing, clean water and medical care to disadvantaged communities, with a focus on caring for women and children. The Trust opened a women’s empowerment center and shelter in Varanasi, offering education, support and safety to women experiencing violence in their lives.



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# Children Follow What Parents Do: Not What Parents Say or Wish!



The immigrants from Indian Subcontinent as well as from other countries, settled in the Western world, yearn for the best in terms of material comforts and success in their lives much akin to the native Westerners. In fact, it is this longing to have it all that makes them leave their homelands, families, friends, cultures as well as their faiths in some situations when they decide to undertake this arduous journey to Western world, legally or illegally.

This yearning in their minds is not entirely limited to the personal well-being alone; rather, it extends beyond to a similar kind of success for their broods. After their settlement here in the West, the immigrants carry a dream that when their children arrive on this earth, a natural outcome of marriage, they should also excel and outshine in all spheres given the abundance of amenities here. Availability of fully equipped free schooling up to high school and infinite resources thereafter, in seeking best possible education, had not been lost on them. Ultimately they would turn into professionals in their chosen fields leading to bright careers. In many circumstances, fortunately this is what exactly happens.

While achieving their personal success, the immigrant parents hoped that their children would also stay connected with their cultural roots, like they, the parents themselves had maintained with their parents despite leaving their nests. Ironically, many among us actually end up living in fool's paradise for it does not happen that way. Without mincing any words and without hesitation, I would have to state that carrying such kinds of belief was and still is, akin to running after mirage in many, but not in all the circumstances. And this happens to be for a reason!

The parents thought that with their extra-ordinary efforts, they would be able to create a stronger bond between them and their children. But such a supposition does not hold true among most, for it could not stand the test of time. In this equation, a failure to ignite the flame of mutual love and respect between parents and children despite what parents had done for

the children becomes crystal clear only as time passes by. If availability of such resources alone would have done the trick, the kings and queens of yesteryears wouldn't have suffered pain and anguish at the hands of their children during their waning days on this earth; rather it would have been a smooth sailing. But such was not the case always. Despite a great amount of good these blessed souls had done to their little princes and princesses, some parents still end up having great amount of pain, mental torture and anguish.

The history of world is replete with several such examples. The one striking the most that immediately comes to mind is that of the Shah Jehan, the Mogul Emperor of India who ruled between 1627 through 1658 A.D. He was imprisoned for eight years during the later part of his life by his own beloved son, Aurangzeb once he occupied the throne. It is a well-known fact that Shah Jehan did not falter in offering any luxury available on this earth to his beloved son Aurangzeb when he was growing up. Despite this, the Emperor Shah Jehan, the father, ended up languishing in prison in the later part of his life under house arrest forced by his son, Aurangzeb. In fact, there are many more examples proving this behavioral phenomenon.

When we talk about the nature and culture of the Desi children born in the West, the important thing to realize is that children of the first generation immigrants grow in the West under altogether different sets of environment as opposed to their parents back home. Their tender and sensitive minds quickly pick up what goes around them including the duality that their parents often exhibit in their social and religious life as well as in all other matters. The behavior of their parents, especially in what they say as opposed to what they do, gets easily imprinted upon the clean slates of the children's minds. Their extraordinary quality of inquisitiveness makes them not only observe but rather absorb even the minute details that otherwise might have not been obvious to the adults. It doesn't take long for children to realize that pretentiousness (loosely translated into affectation,) happens to be much more prominent among their immigrant parents. Being still young, they could not raise their voice in opposition, notwithstanding that they do see through it all.

element of resentment is likely to show up in children.

Moving on through elementary with a step towards high school, the territory starts to change with new issues emerging every day while traversing through this stage. The company of local majority culture children during their school days, added with Western influence imparted by their teachers and that too in a language different than what is spoken at home, all gets added up. It then creates a subtle inferiority complex with negativity toward own culture. The adolescent age with its raging hormones doesn't help the situation either, this being a period of defiance even where cultural, social and religious concerns are not the issue at all. Facing a dilemma between two opposing cultures, one at home and the other at school, at times with their contradictory lifestyle, indeed, creates a significant amount of confusion in the minds of Desi children of immigrant parents. Being in a position to partly understand the intricacies of life, it hurts them when they find it out that the idealism their parents had been preaching to them all along, was only skin deep in terms of their practice.

When the time comes for children to move out of their nests to seek higher education, a unique dilemma becomes obvious. In fact, the predicament was already obvious to some extent while they were still in high school. First of all, parents wanted their children not to indulge in various unpleasant habits such as staying away late at night from home or get into the habit of drinking.

They did not wish their children to get involved in pre marital sexual relationship. While these may be cherished goals, there was a problem. Most of the immigrant parents themselves were drinking alcohol and doing so in the presence of their children when they were innocently young and naive and perhaps did not have inkling about this matter.

Preventing children from the activities that parents themselves indulged in especially in teen years, the

Asking children to follow faiths of their parents and grandparents with intact external appearances of identities, especially in case of the Sikh families is difficult to follow, if not impossible, especially if the parents themselves were unconcerned and had faltered during their time. Preventing them from cutting their hair during youth is a goal fraught with failure for those parents who themselves were never serious in following the dictum of their faith. Asking them to visit religious places during teen years once again cannot be possible where the past history of parents itself was full of negativity and laxity towards such practices. A superficial attachment of the parents to their faith and that too in a ritualistic way, doesn't fit well with Western born and raised children. Instead of carrying a positive effect, it turns them away.

Wishing for idealism in social, religious or day to day living as stated earlier, is like running after a mirage, especially in case of children who were not exposed to such actions during their early growing years and were thus unaware of the consequences. To follow and achieve what parents had wished for children's careers and their moral characteristics can only be possible if parents themselves had tried to live that kind of lifestyle. A mere wish or a superficial and hollow statement will pass above their head leaving them high and dry and without any success. This is a fact we must understand and that too, sooner than later, for after all children only follow, what parents do: and not what parents say or wish!

**\*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>**

# INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)



1. Kshatriya Family 2. Ladies led by Meenaben in Lohri Celebrations 3. Having fun with Bhangda 4. Meenaben Sharma explaining all about Lohri 5. Dr. Mini Pandit – the author of “Fat Belly” distributed the book generously! 6. Presenters of the Great Trip to Australia, New Zealand & Fiji 7. Shakuntalaben & Shashikantbhai sponsored luncheon On Dec, 23rd

On Dec 23, 2014, as the year end approaches New Year is on people's mind. The membership drive for the year 2015 is already underway. There never is enough time for meet and greet period but the show has to go on. This morning, an excellent slide show presentation by Minaxiben, Kanubhai and Jagdishbhai highlighted the trip to Australia, New Zealand, and Fiji Island. It was apparent that all forty members had a ball during twenty-one days of the journey. The sponsors for the day were Shashikantbhai and Shakuben who served a delicious home cooked meal. Over sixty members and guests enjoyed it thoroughly. On Dec 30, 2014, we bid farewell to the year 2014 with a slide presentation depicting the highlights of activities during the year. Jitubhai summarized “sweet memories” to go along with the show of completing the 2014 whilst welcoming the New Year for continued excitement with entertainment and educational activities. At the same time we welcomed the New

Year as we begin next Tuesday Jan 06, 2015. Bhisamji shared a gazal while Jayshreeben shared a unique joke. Miniben sponsored today's luncheon on the occasion of her father's “punyatithi”. About sixty members and guests made today's gathering memorable. It was truly a safe and enjoyable 2014. Thanks to all who made this happen through sponsorships, participations in activities and just by being there.

On Jan 06, 2015, marked the beginning of new year here at the hall. Last week Jitubhai covered very well the highlights of 2014. The main event of today's program was the National Geographic special on Kokilaben Ambani hospital in Mumbai. It is world class in every aspect of medical care not only for Indians but for people from world over.. Amitabh Bachhan's narration was pretty good. Today's luncheon sponsor was Manjuben. As always she prepared among a number of items “lapsi” to begin the year. Over fifty guest enjoyed it very much.

On January 13, 2015, we cel-

brated “Lohri”- a harvesting festival in Northern India, particularly Punjab. Meenaben Sharma was the spirit behind the preparation. Members enjoyed the Punjabi folk dances with the music to go along. Meenaji's family prepared ‘goody’ bags of popcorn, peanuts and brittle for everyone to enjoy. The Kshatriya family celebrated Vijayaben's 85th birthday by sponsoring today's luncheon with a grand family meal of kichado, homemade ice cream and strawberries. Over seventy members and guests had a great time. Congratulations to Isha Vashist on the occasion of her second grandchild. Thanks for the sweets Ishaji.

**Announcements:** On behalf of the ISAA Working Committee, Jitubhai extended appreciation to all contributing to the success of ISAA's on-going operations such as ISAA membership for their continued participation in activities, sponsoring luncheons willingly and voluntarily, to the Holiday Inn Management for their on-going flex-

ibility with good understanding of the seniors needs, to the professional presenters and performers of the entertainment programs, to the generous donors, to the working committee and the associated volunteers for providing their countless services with full dedication and responsible care for the happiness of the ISAA membership and for maintaining high standards of safety, hygiene, and also for the respectable professional and social image of the association in the community. Dr. Mini Sarla Pandit made a donation of \$200 to ISAA. Thank you Miniben. Jitubhai made a note of very sad news- Rameshbhai's (Chamapaben's husband) passing away. Deviben, Manjuben and Jayshreeben offered their tribute with bhajans. ISAA observed a minute's silence honoring the deceased!

ISAA also lost a long time great friend – Gokulji! Prayers go to the demising soul of this great artist and a legendary fine human being. May his soul be resting in heavenly peace!

# Paint your house green this winter

Love plants, but not sure if you can maintain them with ease? TOI tells you how to add an extra edge to your balcony garden and interiors this season...

*The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just on the body, but the soul*

— Alfred Austin

With space being a rarity these days, it is difficult to dream of a garden space — more so, if you are staying in a small apartment. But fear not! For terrace garden — big or small — is a wonderful way to add colour to your otherwise dull life. You can just sit there, listen to music, read books or simply pull up a couch to lie down and soak in the natural beauty. Low space in metros and big cities has also compelled plant lovers to grow vegetables on their balconies. It is not only a great stress-buster, but the benefits of consuming home-grown vegetables also compensate for the time spent on pruning it. But wait... Before you start painting your house green, a few things should be taken into account, because no matter how much you care, your plants aren't going to thrive if you are ignorant of their specific needs. CT provides the basic guidelines to beginners...

## Know your plants

Before adding a plant to your potted collection, it is advisable to ask an expert at a nursery about the conditions the plant needs. "It's usually much easier to grow plants that do well in your region, temperature and soil. For instance, don't try to grow a flower like a rose — which requires six hours in the sun — on a porch that gets sunlight only for an hour in the morning. While it's important to maintain a steady temperature for indoor plants, a terrace garden needs adequate sunlight. Again, if you notice your plant becoming thin and reaching out toward the light, it needs to be closer to sunshine," informs AB Karmakar, executive/ administrator for The Globe Nursery on Lindsay Street.

## Maintenance of indoor plants

- Most indoor plants do best in partial shade, which works out well since indoor areas don't usually get direct sunlight. Keep this in mind before you decide to put a potted plant in a place where it will get hours of direct sunlight; you may end up exposing it for too long.

- One must select the right size of the pots. For indoor plants, go for pots



either 4 inches or 6 inches in size. Allow enough space for the roots to grow. Make sure the pots are light and strong, so as to hold the plant for a long time.

- Place plastic saucers under the pots to avoid soil and water spillage.

- Ficus Elastica, Areca Palm, a variety of philodendron or dracaena are best suited for indoors. These plants can do without sunlight for 7-10 days with minimum requirement of water.

## Water the plants carefully

"Water the plants as and when required. Many first-time gardeners or potted plant owners water plants more than necessary, believing that the more water the plant gets, the better they grow. While it holds true for certain plants, it can kill others," suggests Dr SL Rahman, consultant at Agri-Horticultural Society of India.

## Kitchen garden in pots

- If you thought a kitchen garden only works in bigger houses, you are highly mistaken. Get creative. Don't throw away buckets, containers etc. Use them along with hanging baskets for smaller plants. You can even grow vegetables in the little balcony of your apartment.

- Do not use soil from the garden. It can be filled with weed seeds, insects, and fungal diseases. It is better and easier to buy readymade potting soil (a mixture comprising clay, bone dust, vermicompost, neem cake and mustard cake) from the local nursery. You can also go for coco peat, which are made from coconut husks and is a medium for growing plants.

- Get various seedlings from the nursery. Remove the plants from its nursery container. Never pull a plant out by its stem. If it is stuck, tap the sides of the pot to loosen it. Gently tease the ends of the roots free before planting it in the bigger pot.

- For the proper growth of vegetables in your balcony, the pot size

should be between 8-10 inches.

- Make one or more drain holes in the pot. Place small chips right over them so that they don't clog and excess water can pass through.

- Do not pile soil on top of the plant; make sure the stem is completely above the surface. Leave about an inch between the soil surface and the rim of the pot.

- All vegetable plants need constant moisture. Some plants need water on a daily basis.

## Veggies for beginners

**Coriander:** How many times did you get sad looking at half-dried coriander leaves (dhania) in the market? Coriander is something that is used in everyday cuisine to spice it up. And that makes it a must-grow for every kitchen garden.

The seed is technically a fruit containing two seeds in it. When split, it increases the germination rate since it scarifies the seed. Take a tray with potting mix filled up to half inch from the top. Then make rows by drawing a line with your index finger or a stick. Simply sow the split coriander seeds in each row. Once done, water them and wait! It starts germinating between 5-7 days.

**Potatoes:** Plant potatoes during late February and March. When the green shoots begin to appear above the soil, cover them with more compost. You only need remember to water them. After 10 to 20 weeks, dig around in the soil to collect your home-grown potatoes!

**Peas:** It's a trouble-free crop that enjoys cooler weather. Sow them in the pots between March and June. Erect some sticks or posts for support. You'll be amazed at how good fresh peas taste and the more that you pick them, the more they produce!

**Tomato:** With a little water and a lot of sun, tomato plants are quick to grow. Roots of a tomato plant grow deeper into the soil. So, choose a bush

variety like 'Cherry Cascade' that can be planted in hanging baskets and window boxes. Just cut a tomato into four pieces and bury it about 1/2 an inch into the soil. Wait for 3-4 weeks for the seeds to start sprouting.

**Cucumber:** These grow best when the soil is warm. Cucumber plants tend to sprawl all over. Provide your plants with ample space to stretch their roots. Again, since these are climbers, you must get a proper support. Go for smaller varieties if there's less space.

**Green chilli:** These are good companion plants for tomatoes and coriander. Just take two or three dried red chillies. Slit them open and sprinkle the seeds in a pot filled with soil and a little manure, available in the nurseries. Ensure the seeds don't go too deep. Cover it with little soil and water it. It takes about a week or so for the seeds to sprout. If the pot is not large enough, you can replant the sprouts into a bigger pot. You may need to tie up the chili plant to a pole to let it grow and avoid bending.

## Winter blossom

- According to Nirupom Sen, secretary-cum-CEO, Agri-Horticultural Society of India, if you have a garden without flowers, you have got to do something about it. So, before deciding where to plant your flowers, you should know when the best time to grow flowers is. "During winter, the best flowers to grow in Indian climate are Petunia, Cockscomb, Antirrhinum, Cineraria, Zinnia, Calendula, Chrysanthemum, Marigold and Dahlia," he says.

- Flower plants need up to 5 inches deep soil. So take an earthen pot of 6-8 inches in height. Dig a hole in the potted soil. Bury the seed about 2 inches deep. Flowers do not need to be smothered with the soil. Do not bury them too deep. After 6 weeks, you will see the seeds sprout into saplings.

- The after-care is very essential. Sprinkle water as and when required.

## Keeping insects away

'Use neem-based organic pesticides. Or you can take 100 gram of chillies, 4-5 cloves of garlic and a few bulbs of turmeric, paste it and mix it in 1 litre of water. Pour the liquid in a container and simmer it till it is reduced to half. Refrigerate it and use it whenever necessary. All you need to do is take out about 20 ml or the concentrated paste, mix it in a litre of water and sprinkle it on the plants. However, if insects or diseases do strike your plants, go for the safest botanical or microbial pesticides'



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On Tuesday, February 17th



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5:00 PM to 9:00 PM	Abhishek by Devotees
9:00 PM	Maha Aarati
9:15 PM	Rudrabhishekam by Priests
10:15 PM	Alankar
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## IACRF Silver Jubilee Souvenir Magazine

Indo-American Foundation of Arizona will publish and release a Silver Jubilee Souvenir Magazine to commemorate IACRF's 25th Anniversary during April 2015. The souvenir magazine will include 25 years of rich history of the Foundation, including the Indo-American Community Center, Bharatiya Ekta Mandir and all of the Outreach programs the Foundation has been leading. The magazine will serve as a WHO IS WHO in Arizona, who have made IACRF a Symbol of Community Unity. We expect that the 150 page book will reach more than 50000 Indo-American Community members in Arizona and many more Worldwide. We request you to sponsor and place an ad in the magazine.

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### MEMBERSHIP DIRECTORY

**MEMBERS:** IACRF is updating the members contact information.

Please update your information on a simple form by typing

<http://goo.gl/forms/UeKfDMtCYK>

Or visiting [AZINDIA.COM](http://AZINDIA.COM) or [IACRFAZ.ORG](http://IACRFAZ.ORG) to

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Jay Bansal 480 777 2737, Dr. Gautam Shah 602 750 5122, Nate Bhadriraju 623 694 3640  
Minaxi & Dr. Dharendra Patel 928 713 5757, Ashok Patel 480 551 5261, Subhash Thathi 480 797 0625  
Manish Gupta 602 688 7011, Vasu Atluri 480 227 8411  
Mahesh Shah 480 544 9438, Kulbhushan Chhibber 480 250 0779

# LOHRI CELEBRATION AT NISHKAM SEWA GURUDWARA.....PHX AZ.



Lohri marks the end of winter on the last day of Paush, and beginning of Magha (around January 13 and 14) names of hindi months . Lohri, fundamentally an agricultural festival is connected with merry-making. There's belief that worshipping the

sun, the energy giver, leads to harmony, prosperity and peace.

Community is a key tenet of Sikhism, practiced by serving a free meal to all who come. Since Lohri is an especially auspicious day, the Nishkam

Sewa Gurudwara celebrated lohri with huge crowd of devotees and So, to honor this celebration, Gurbax kaurji's family celebrated their daughters first lohri which was followed by lightning of fire and lohri songs.

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# Guru Gobind Singhji's Birthday Celebration at SHERITAN GURUDWARA SAHIB....PHX AZ.

The most important and major festival of the Sikh Community across the world, the birthday celebrations of Sri Guru Gobind Singhji, the 10th and last Sikh Guru and founder of Khalsa Panth, was celebrated on fourth of January at Sheritan Gurudwara –Phoenix Az .

Vishaal Deewan was held at Sheritan Gurdwara Saheb on this day which was followed by Nagar Kirtan . The major attraction of the procession was the display of "GATKA" a famous Sikh martial art forms and other breathtaking sword exercises all along the procession . Guru Granth Sahebji (the revered Holy Scripture of the Sikhs) was carried on a beautifully decorated vehicle along with "Nishaan Sahebans" (Religious Flags) followed by huge crowd of devotees. After the culmination of the congregation Guru Ka Langar (free community kitchen) was served to the devotees.



When a fragile finger curls itself tightly against yours, you know there is a special emotion involved and that is 'TRUST'.



Sometimes our children stop trusting us at a later age. Often, our own behaviors stole that trust away.

#### LEAVING HOME

Your five-month young cries, as you reach the door. She is FULLY AWARE of you leaving! Someone takes her away but she persists crying. Even though, she did not see you leave, she sensed it emotionally! Her sub-conscious strongly imprinted this experience. With repeated patterns, her insecurity increases because she is now conditioned to early signs of you leaving like you wearing shoes or instructing the helper.

Solution: At her eye level, inform where you are going and when you

## A Bond of Trust or Rust?

will return (keep it broad) and that until then \_\_\_ person will care for her. Hug on return. If late, apologize; next time, be back on time! Consistency in informing will remove insecurity in few weeks.

#### WHILE ASLEEP

You 'sneak out' when the child is asleep who is left to another caregiver. On waking up, she is literally in a state of SHOCK. Kids realize how dependent they are on us to get their needs fulfilled. The above action shakes their sense of comfort. Gradually, it becomes more difficult to put this child to sleep. She is insecure of what happens after she goes to sleep.

SOLUTION: Inform her in advance about upcoming errands and your absence. Trade it for more time later. Assure your return by a certain time and keep up to it. Do not promise your return before she wakes up. Assure safety with the other caregiver but if she dislikes it, change the caregiver. Listen to signs and requests from your child. Allow time to rebuild trust.

#### DISTRACTING

She doesn't want to part with a

friend after a play date and begins excessive crying. You avoid this behavior by making excuses to let her friend secretly leave. E.g. – "Your friend is going to the doctor" or "Get your shoes". Meanwhile, the friend has left. You are breaking trust after creating Hope. She realizes it was a SCAM

SOLUTION: Be honest, "I understand it hurts to part with your friend but for now our play time is over". In few weeks, she will embrace the limitations and learn to 'face' problems vs. avoid them. If the outbursts continue, there is a deeper emotional problem: lack of quality time, friends, or emotional support or even abuse and discord at home or loneliness.

#### MAKING PROMISES

Each promise is important to your child – big or small! When we promise, kids ASSUME that we mean it. E.g.

"Today I will watch your favorite show" "I will buy a toy for birthday".

#### SOLUTION:

• Keep your promises, no matter what.

• Make realistic promises.  
• Pre-inform and apologize on breaking the promise.

• If unsure of something, say vs. lame excuses or force.

• Explain with logic 'why' you don't want to do a certain thing. "I don't want to buy this toy because enough at home."

• Negotiate the child's demand for something healthy; like a special outing or play time with her.

#### HOME ATMOSPHERE

Lack of attention or arguments at home create mistrust in the child.

SOLUTION: See a coach / counselor; do not argue in child's presence. Apologize and talk about your and her feelings after outbursts. Re-assure that she was not the cause of the argument. Never make a child feel guilty for any action; explain with love and reason. Be a role model at all times.

#### -Rima Desai

mystyriz.wordpress.com/

Illustration by Kristin Wesley.



The amazing thing about fashion is that it is always changing. Thousands of new fashion trends and ideas arise every season and are displayed at various Fashion Weeks, one of the world's most immensely anticipated events. Fashion Week happens twice a year on the runway of the four fashion capitals around the world: New York, Paris, Milan, and London. January- April are for autumn and winter collections, while September-November are for spring and summer collections. Fashion Week allows different fashion designers and brands to display their latest collections in runway shows as well as buyers and the media to take a look at the latest trends. Most importantly, these events let the industry and fashion connoisseurs know what's "in" and what's "out" for the season.

## Midriff Baring Evening

As the spring season is quickly approaching, so are its fashion trends. In order to make it a little bit easier to bring these trends from the runway to the streets and even to school, Vogue Magazine made a cheat sheet of the six trends that made the biggest impact on the runway last September.

First was "Bohemian Evening" as seen on the set of Valentino, Lanvin, and Vera Wang, which showed a very classy and very elegant addition to the floral and flowy bohemian look everyone has come to know. With the 1970's mood in full swing, another trend on this season's runway was suede boot cut pants, A-line skirts, and even trench coats. White lace was also a hit on the runway, designers such as Lou-

ise Vuitton and Chloé exemplified fresh and bridal ideas through styles from mini-dresses to full-length dresses.

Denim, "the most American of textiles," as Vogue says, also made its mark on the runway yet again. Any kind of jeans, from washed up, to dark, to bedazzled, was described to be a statement for 2015.

Additionally, for a lot of us, spring season means music festival season, which is the perfect time to try out new fashion trends and fawn over how celebrities such as Vanessa Hudgens and Kendall Jenner bring their personal runway styles to the field. Designers such as Dior and Gucci have brought "Stretches of printed chiffon and "stolen from my boyfriend's band" jackets,

lacy baby-doll dresses, relaxed-fit print trousers, and long flowing vests that practically guarantee your backstage access," according to Vogue.

Lastly, "Midriff Baring Evening" presented as a crop top and ladylike skirt - Oscar de la Renta, Michael Kors, Balmain, and others turned this revolutionary look into something tastefully modern, allowing red carpet and gala goers and to ditch the trite evening gown and try something new and extremely trendy.

The great thing about these trends is that anyone can shop them and pull them off. Fashion Week is the perfect place to find the next statement trend and keep up with the ever-changing style of the world.

-Sammy Mallik



## Ancient Buddhist stupa and Kushan-era coins discovered in Pakistan

Ancient Buddhist sculptures have been found in Pakistan's Khyber Pakhtunkhwa province during an excavation work, a media report said Saturday.

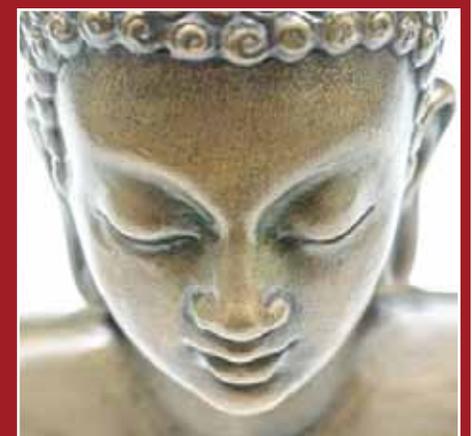
Khyber Pakhtunkhwa archaeology and museum director Abdul Samad said the sculptures and heads, dating

back to second to fifth century BC, had been discovered during excavation at Bhamala Buddhist Complex in Haripur district, Dawn online reported.

He said during excavation, precious coins of Kushana period were also found around the stupa.

The official said the Bhamala ar-

chaeological site had been declared national and world heritage site located near Khanpur dam, located on the Haro river. "The ruins are situated near Khanpur dam. The stupa is cross-shaped and looks like an Aztec Pyramid," he said, adding the Bhamala site was partially excavated in early 1930s.



# What if Michelle 'desi' Obama wore sari



**G**asp. Of course, we're losing our mind at the very thought that Prime Minister Narendra Modi is gifting 100 of the finest Benarasi saris to Michelle Obama, when she visits India on Sunday. Alright, we accept it: We're having a minor Michelle Obama obsession, right now. Obviously, Michelle never fails to turn heads. We all know she looks stunning in her super chic

ensembles, but one article of clothing that we are yet to see the US First Lady rock is -- wait for it -- a sari!

So if you've gotten used to reading stories about Obama's expected outfits during her upcoming India tour and are finding yourself in Michelle wardrobe withdrawal, we have the cure! We have rounded up a few sari looks we'd love to see her in while she's in India. Oh,

and Michelle Obama, if you're reading this, you better sit down for it: We went a little outside-the-box with our picks and even selected few jazzy Bollywood-style saris with the chicest blouses out there.

So without further ado, make way for Michelle Obama's desi avatar, as imagined by us. And, if we were her personal stylists, we would be giving

these looks a serious gaze.

**Warning:** These picture may cause severe confusion. You should probably pour yourself a glass of cold water and prepare a warm compress before proceeding. Yes, this is what the US First Lady, one of the most, if not the most, stylish and glamorous women in the world, would look like if she wore a sari.

## Cropped jacket: Most versatile piece of winter clothing

**C**ropped jackets are one of the most versatile pieces of winter clothing a girl can own. Whether it's a sheath dress, your prudent trousers, a slim fit skirt or that trusted pair of jeans, cropped jackets pair well with almost everything in your closet.

These jackets, which end right at your waist, were first popularised by the 1960s fashion icon, Jacqueline Kennedy, the wife of the 35th President of the United States, John F Kennedy, who teamed it with matching skirts and accessorised with jewels and hats. The hemline of the jackets became shorter when it re-emerged in 1980s.

Soon, we had cropped jackets in a variety of styles that clubbed rock chic with ladylike glamour. With just a bit of style tweak, a cropped jacket takes you from work to party in a jiffy. It's also a great way to recycle your summer staples when the temperature falls outside. You can team your cropped jackets with midriff baring crop tops, printed tees, or your midi skirt.

**Pick your style:** These jackets are great for people who want to hide their belly bulge. Zip up the jacket and your bulges stay hidden. Keep your sleeves either shorter or longer than the jacket. This breaks the horizontal line from cutting across your body, making you look thinner. Go for jackets



with low necklines and low closures, for a slim look. Here's some inspiration to rock the style.

**Go classic:** Take the boring out of black, the way singer Taylor Swift does it. She wears a classic side-zipped leather cropped jacket, along with skintight leggings and chunky heeled ankle boots. Copy her look and rock your jacket like a diva.

**Like a rockstar:** Steal singer Beyoncé's look to ace rockstar chic. She wears a studded black leather jacket over a black tee and acid wash jeans.

A black fedora, platform booties and fur bag complete her look. Remember, accessorising is what separates a wow look from an average one.

**Get knotty:** Want to copy singer Rihanna's uber cool look? Wear a printed T-shirt and knot it up to flaunt your well toned abs. Pair it with wide leg denim trousers and throw over your quilted cropped jacket. Accessorise with a sporty cap for a fun twist to the relaxed and comfy look.

**Comfy style:** Actor Priyanka Chopra goes casual chic in a cropped

white jacket. She keeps it simple by pairing it with her distressed denims and white tee. This look is apt for a casual outing with friends as you lap up the winter sun.

**Spring perfect:** Recycle your summer staples by pairing your cropped jacket with a crop top and skirt combo.

To make a stylish transition to spring, take your fashion cue from actor Sonakshi Sinha, who teams her leather jacket with a black crop top and houndstooth print long skirt.



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

# GURDWARA MONTHLY

*A Monthly digest of Gurdwara Programs and Events*

## FEBRUARY 2015 Programs & Events

19 Magh – 16 Phagan, 546 Nanakshahi Era (NE)

**Jan. 30 – Feb. 1 (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. 8 (Sun.) – The Great Holocaust (Vada Ghalughara).** Approx. 32,000 Singh, Singhmia and children lost their lives. (Act Feb 5, 1762)

[http://en.wikipedia.org/wiki/Sikh\\_holocaust\\_of\\_1762](http://en.wikipedia.org/wiki/Sikh_holocaust_of_1762)

Birthday Bhagat Ravidas Ji (Actual: Feb 3, 1399)

With guest Ragis: **Bhai Harbaljeet Singh (Pipli Sahib Wale)** and **Bhai Atamjot Singh (Yuba City)**



*Sri Guru Har Rai Ji*

**Feb. 13, Phagan 1 (Fri.) –**

Saugrand and Monthly Sehj Path. 9:00am – 10:00am.

B'day Sahibzada Ajit Singh Ji, Paonta Sahib (Actual: Feb 11, 1687)

**Feb. 15 (Sun.) – Homeless Dinner Seva.**

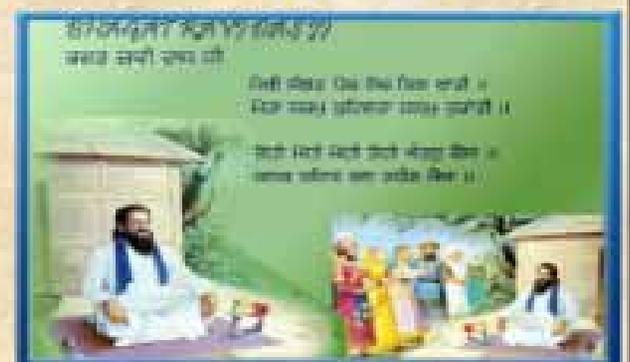
Call 602 741 8021 for more info.

**Feb. 22 (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://sikhgurusandgurdwaras.info/wordpress/?p=2839>



*Bhagat Ravidas Ji*



*Saka Nankana Sahib - 1921*

### Regular Programs:

Main Kirtan Diwans on Fridays (7 PM – 9 PM) and Sundays (10 AM – 1 PM).

Morning Banis: 5:30 AM – 6:30 AM followed by ASA-DI-VAAR to 8:30 AM.

Evening Banis: 7:00 PM – 8:00 PM.

Sukhmani Sahib every Wednesday: 10:30AM - 11:30AM

Please check Gurdwara notice board for latest details of all Programs and Events

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



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# IF WE WANT TO BECOME TRUE MUSLIMS

Now a days when media is aggressively discussing Islam and Muslims, recently attacked the offices of a publication in France and killed 12 people in reaction to the publication that ridiculed Prophet Muhammad peace be upon him, Ahmadiyya Muslim Community Chicago, Glen Ellyn Chapter held a meeting to discuss life and teachings of Prophet Muhammad (peace be upon him). The discussion took place on Saturday, January 17th. Approximately 250 members attended the meeting Lieutenant Jim Mendrick and Sergeant Ed Moore with few more guests. It was presided by Imam Shamshad A. Nasir. First of all Mr. Mashood welcomed all those who were present and mention the purpose of this kind of meeting, First speaker was a young and new convert to Islam Ahmadiyya Mr. Usman Villegas who spoke on the topic of Life sketch of the Prophet Mohammad (peace on him) Then Dr. Iftikhar President of Ahmadiyya Muslim youth and Imam Shamshad of Bait ul Jame' shed light on various aspects and angles of the life and teachings of Prophet Muham-



mad (peace be upon him).

"The Holy Prophet (peace and blessings of Allah be on him) was sent for all ages and all nations by God and for this He is facilitating ways and means through His grace. He came to connect human to his Creator," Shamshad said. He further added that, "It has been narrated by one of the companions of the Prophet Muhammad that a woman used to throw garbage on Prophet Muhammad everyday but to her disappointment

Prophet Muhammad never uttered a word in reaction and continued walking on his way. One day Muhammad inquired about the women when he did not come across her throwing garbage on him, thinking that something might have happened to her for not being over there. Upon entering her house in worry he told the woman that not finding her on his way had made worried and he thus wanted to inquire about her health. On finding out how sick she was, he gently asked if she needed

any help. She was astonished by his greatness and kindness and later was able to recognize the truth." Imam Shamshad Advised the members that Prophet of Islam Mohammad exhibited always patient he supplicated for those who were persecuting him and never took revenge from any one at all, so we must follow his example in our lives if we want to become true Muslims.

Later, there was an informal question and answer session followed by dinner and prayers in congregation.



# IACCONNECT PRESENTS “Indradhanush” A Dance Medley

IACCONNECT is excited to present “Indradhanush – The Rainbow”. Indradhanush embodies creativity in art via a collaboration of different art forms originating in East and West. This is a unique event that brings to the stage a creative dance medley performed by five professional Indian classical dancers on the same stage. And also features traditional Indian sand art and Native American Indian song, dance and music on the beautiful stage of Scottsdale Center of Arts, on February 22nd, 2015.



Parijatha – Shades of Love, is the first part of this signature program from IACConnect.

Parijatha is a five petal divine flower, which emits a perfume said to permeate the entire universe. Mythology beckons us to believe that this tree took shape from the ashes of Princess Parijata whose adoration went unreciprocated by her love, the Sun god. The flowers, therefore, shed like tears at dawn as her love, the Sun, touches her.

But the divine fragrance of this emotion lingers ethereally through the day. Another story has the origin of Parijata tree during churning of the ocean (samudra manthan) by Gods and Demons, as one of the divine treasures. It was planted in Lord Indra’s garden and was brought to earth by Lord Krishna.

In this evening’s performance the five petals of this enticing flower are represented by five dancers, depicting the various moods of love. Beautiful, fun, flirtatious, passionate, erotic love gives way to passion, obsession, jealousy, pining, pain, hurt, disappointment, anger and many other nuances of love - which one might experience through this seemingly ubiquitous but fascinating universal emotion.

We journey through India with its classical dance forms, Radhika Kotwal and Alma Gul display the dance form Kathak from northern India (Lucknow and Rajasthan), Rajul Shah takes us to Orissa in eastern India with Odissi, Nita Mallya and Padma Aking take us on a trail through southern Indian (Tamil Nadu and Telangana) with Bharatanatyam and Kuchipudi – all of them expressing the shades of love in their own distinct styles while at times coming together in an amalgamation of

all these dance forms in exciting ways to show unison through difference.

To add to the uniqueness of this performance is a touch of silica by Shubhada Sahasrabudhe through her astounding sand art to add a mesmerizing dimension to ‘Parijata – the Shades of Love’.

The second part of the program is a three part mix of Native American song, dance and music, performed by Yellow Bird Productions. It celebrates the unique spirit of the American Indian authentic cultural experience and showcases a rich Native American heritage through music and dance. The program features traditional Native American dances including Hoop Dances, Plains Style Fancy Dance, Plains Northern Grass Dancer, Women’s Jingle Dress Dancer and Women Southern Plains Traditional Dance.

Internationally-renowned, Yellow Bird is a professional family dance company based in Phoenix, led by Ken Duncan. During their 25 year existence, they have performed at world’s renowned stages and events including 2012 London Summer Olympics, Jay Leno’s tonight Show, American Billboard Music Award Show, United Nations in Switzerland, Kennedy Center

for the Performing Arts, NATO Military base in Kosovo, Allan Carr-Chatty Man Show in London, New Orleans Jazz Festival, and have to their credit several performance tours in Europe, Asia, North and South America.

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

IACCONNECT is a 501 (c)3 non-profit organization supported by volunteers. Tax deductible donations help in supporting the organization mission. Please visit the web site at [www.iacconnect.org](http://www.iacconnect.org) and attend the events brought to you by IACCONNECT .

## Preparing for the SAT and applying for college

**Ron Woldoff, MBA, MIS**

### Capstone Education

Handling the pressure of the SAT: Taking the exam in the testing center is not like studying at home or in a class. It’s more like going up on stage. If you aren’t prepared for this, you start misreading questions and making simple mistakes that you wouldn’t normally make. I have seen students who have an excellent grasp of the material but fold under the pressure of the exam. Students tell me that not only were they unable to focus during the exam, but also the pressure and anxiety drains their energy, so by the second hour they can’t focus and are just marking “C” to get through the exam. Naturally, the exam doesn’t go well.

Usually when this happens, and the student retakes the exam a month later, he expertly handles the pressure and does really well. Just like going on stage, the second time is better. If this

happens, it’s ok: schools typically take the highest score.

However, naturally you want to get it right the first time. To prepare for the pressure of the actual exam, take a practice exam alongside other test takers. Compete with them so you get used to the competitive feel. Leave your phone and water in the other room, so you get used to the distraction of not having these nearby. And, take the entire exam, or most of it, so you get used to sitting in one place and working for several hours. Finding and fixing your weak areas. After taking the practice exam, you need to know why you missed each question. Find out by reviewing the exam afterwards. You’ll be amazed: students misread questions, make simple mistakes, and even mark the wrong bubble (after getting the right answer) all the time. I can tell you not to make these mistakes, but it sounds like generic advice. Instead, review your practice exam, and see for

yourself how many questions you got wrong that you didn’t have to.

Also, find the subject areas that you need to work on. In math, find the topics that you need to brush up on. If you’re not sure why an answer is wrong, bring it to a tutor. This is the best way to find the exact SAT topics that you need to learn, and you get the most from your study time. In this way, you find and fix your weak areas.

Writing the “Why do you want to attend this school?” essay: The SAT is only one part of your application package. You usually have to write an essay for the school, and one common essay question is why you want to attend that particular school. Don’t write about the great faculty and strong academic programs. Everyone writes that. Instead, stand out from the other applicants by talking about specific things that this school offers or is proud of. Start with the school’s “About us” page. It’s usually generic, but if there’s any par-

ticular point of pride, it may be there. Then look at press releases. Find the events, charities, awards, recognition, etc. that the school would like to know that you’re aware of. Finally, the gold mine is the school’s Facebook page or president’s blog. This is where you find the good news, triumphs, and events that are known within the school’s circles but didn’t reach the press. Write about them as if you were there, and you’re already part of the school community. For these tips and more, attend one of our free SAT/ACT parent information sessions:

Feb. 15, 2:00pm, for the 3/14 SAT  
Mar. 22, 2:00pm, for the 4/18 ACT and 5/2 SAT

May 3, 2:00pm, for the 6/6 SAT and 6/13 ACT

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RSVP to [info@capstoneeducationcenter.com](mailto:info@capstoneeducationcenter.com) or 480.239.7447

# Real Estate News of Arizona - February 2015

Hello Friends,

The Super Bowl season is all over and what a game it was!! This season was special to us as the finals in Glendale brought over 100,000 out-of-state people to watch the finals, added \$500M to our economy and a minimum of \$2M was given to local non-profit organizations to be given back to community. So Arizona was already a winner even before the game kicked off. Now lets look at some of the other real estate activities in the valley during this period -

Valley has seen the cyclical change in market, and 2014 was nothing-new change to us as we have been down this road. MLS Listings had dropped 13.8% from the beginning of December to the beginning of January 2015. That's a drop of 3,384 listings from 24,577 listings in December to 21,193 listings to begin January 2015. It's the single biggest drop since June 2011 we've been in a buyer's market, demand has been down, inventory has been normal, slightly low, investor purchases have greatly diminished, and foreclosures have dried up. The inventory began to pick up in mid January in anticipation of the spring selling season. If that happens things may remain relatively stable and calm. Though if the inventory arrives in bulk over the next 3 months then buyers will retain the advantage they enjoyed during 2014. If supply grows relatively slowly sellers will regain their advantage and prices could start to see some upward pressure building again.

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

- Total sales for Single Family, Town-homes, Condos for December were 5,726 whereas November was 4,388 and October were 5,427
- The Active listings for December were 20,247 whereas November was 22,271 and October were 28,010
- Pending sales for December 3,638 were whereas November was 4,510 and October were 4,683

Conventional financing was still ruling, as MI is high on the FHA, the government has announced that FHA mortgage insurance will be reduced soon. Federal Housing Administration will reduce its annual mortgage insurance premiums by 0.5 percentage points, to 0.85 percent. The White House said- reduction means new homebuyers would pay \$900 less a year than they would without the change. The lower insurance fees would have a modest impact on sales. It will encourage the 1st timers of having home ownerships.

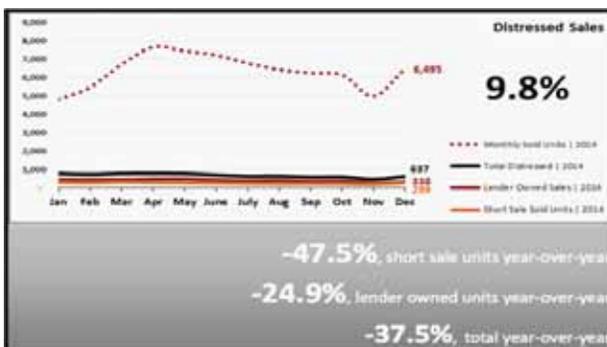
Unit Sales by Time on Market			
	-Sql Fam-	-Other-	-Mfg-
1-30 Days	1985	477	46
31-60 Days	910	180	21
61-90 Days	581	122	8
91-120 Days	363	78	11
More Than 120 Days	850	180	15
<b>Total Sales</b>	<b>4689</b>	<b>1037</b>	<b>101</b>

It was great news for us that foreclosure and short sale were down, so overall health

of our market was good as it was holding our high force of investor driven market for them not to get all distressed properties inventory. As we're going on nine years removed from the peak of home prices in 2006 and adding together strong appreciation gains since 2010, there just isn't any fuel to rekindle the foreclosure

Unit Sales by Financing Type			
	-Sql Fam-	-Other-	-Mfg-
Bond/IDA	5	0	0
Carryback	15	11	4
Cash	1118	511	61
Cash to Loan	9	6	1
Conventional	2091	403	13
Exchange	3	1	0
FHA	1058	78	18
FMHA	5	0	0
Rent/Lease	2	0	0
SBA	0	0	0
VA	380	27	4
Wrap	3	0	0
<b>Total Sales</b>	<b>4689</b>	<b>1037</b>	<b>101</b>

fire. Foreclosure activity will decline again in 2015. The banks aren't dragging their feet to finish the foreclosure process, as 50% of those homes who end up in foreclosure will be completed in less than 97 days once it is filed and 75% of those will lose their home within 125 days. In, 2013 there were 4,290 Active properties and in 2014 there were 1,371. Roughly 62% of the foreclosures were from the 2005-2007 when the market was down turning from boom to bust...



Now let's take a look on commercial side- SkySong's newest 145,000 square-foot building at the ASU Scottsdale Innovation Center was officially opened this week, is approaching full occupancy! The four story \$32.6 million office building is situated southwest of the 120 foot tall iconic shade structure of SkySong's 42 acre campus at Scottsdale and McDowell road. Among its diverse nine tenants, Solugenix and Safari Books Online were the most recent additions, placing SkySong 3 their third phase, at 90 percent occupancy.

Domain Communities and BH Equities LLC have acquired the 472 units Midtown on Main Apartments at 2121 W Main St in Mesa from Bay Club Partners for \$34.95 million, or about \$74,000 per unit. The transit oriented 391,178square-foot multifamily community was built in 1988 on 18.5 acres. There are 186 one bedroom and 286 two bedroom units, ranging from 730 to 893 square feet each, across 42 garden style buildings.

Pro Residential Services Inc. acquired the 256 unit Cove On 44th Apartment at 4030 N 44th Ave in Phoenix from Safco Capital Corp for \$7.78 million, or about \$31,000 per unit. The property totals 134,400 square feet with 13 two story buildings constructed in 1983 over 8.1 acres. It has 127 studios and 128 one

bedroom units.

Sonoma Valley LLC acquired the 176 unit Indian Wells apartments at 975 S Royal Palm Rd in Apache Junction for \$9.66 million or about \$55,000 per unit. The property totals 173,146 square feet across 11 buildings constructed in 2001 on approximately 9.9 acres. The property consists of a mix of two and three bedroom units.

National Life Insurance Company has sold the office building at 2730 W Agua Fria Fwy in Phoenix for \$3.33 million or approximately \$102 per square foot, to Global CRES. The 32,741-square foot property was constructed in 2000 on approximately 2.3 acres in the Deer Valley submarket.

A Kierland office building has been sold for \$49.15 million. The Kierland II building at 16260 71st St was purchased by Irvine, California based company.



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@artiiyer.com](mailto:arti@artiiyer.com) or call me at 480.242.8573

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

## 2015

Achilly desert evening announced the year's closing, it's new year's eve 2014. Radiant skies drew her out to cycle the empty paths that etch their way across rolling vistas of green golf course surrounding her home. The western sky is on fire; startling streaks of hot coral and burnt orange array an electric azure sky, breathtaking.

She rides on and eventually the path changes direction and she's traveling east. A new view jolts her senses. There before her a vast, deep blue sky lay serenely beneath a perfect opal moon. Its naked majesty brought her to a stop. Slowly, she begin to realize, the years potential was peacefully and powerfully rising before her.

A whisper calls "bring forward only that which endures", she turns to witness in grey glazing haze the last sunset of 2014. Memories of all manner flood her mind soft, hard, sweet and sour all aglow as the year surrenders equally its merits and failings to the western horizon. Starlight is cleverly transforming the sky in two directions - and in three dimensions.

She stood motionless, lost in an infinite moment. Stopped on a path in poignant refuge between what has been and what will be; a witness to the past, present and future. "Decide" the whisper reminds her. Darkness finally descends; a faultless moon rises. Stars begin to flicker, 2015 will soon enter...

Within weeks a stunning, paradox filled year begins to unfold. While many faces raise their voices for unity-goodness, art and freedom; fallacies fall ever faster choking, dying.

In the midst of it all, when she wanders into the garden at days end, silences her mind and looks carefully, she will sometimes sense life's subtle keys painted in light on the evening sky...



## FEBRUARY 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Yogathon..  Thai Poosam ( Special Kavadi / Milk Pot (Paal Kudam) ) @ MGTOA  Sri Nityananda Trayodasi	<b>2</b>	<b>3</b>	<b>4</b> Yennai Arindhaal...  Hope in the Face of AIDS 2015	<b>5</b> Yennai Arindhaal...  Pancham Patotsav  Shamitabh Premier Show	<b>6</b> Yennai Arindhaal...  Jai Seemaandhra	<b>7</b> Yennai Arindhaal...  Composers Day Community Music Event  Fun Dance Workout and Choreography  2015 Dhamaka calender Invite
<b>8</b> Laugh a lot - Kannada Standup Comedy  Composers Day Community Music Event  Carnatic Vocal	<b>9</b> 2015 Dhamaka calender Invite	<b>10</b> Karnatic Classes Boga	<b>11</b>	<b>12</b>	<b>13</b> North American Cricket Championships	<b>14</b> Bollywood Valentine's Party
<b>15</b>	<b>16</b>	<b>17</b> Shivratri Celebration	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b> Indradhanush - The Rainbow  Kirtan with HG Vaiyasaki Das	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>



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Your ideas can be put into action. In-laws or relatives may oppose your personal intentions. Keep your feet on the ground, if you can. Be discreet and don't reveal any personal information. Your luckiest events this month will occur on a Friday.

**ARIES**



Mar 21  
to  
Apr 20

Remember; talk to them, not at them. You may need a physical outlet that will help you relieve your tension. Implement your ideas into your projects at work. Try to compromise rather than having an all out battle. Your luckiest events this month will occur on a Wednesday.

**TAURUS**



April 21  
to  
May 20

Invite friends over rather than spending money on lavish entertainment. You will have the stamina and the know how to raise your earning power. Visitors are likely to drop by and chances are, they may even stay a little longer than you want them to. Use your creative talent in order to accomplish your goals. Your luckiest events this month will occur on a Wednesday.

**GEMINI**



May 21  
to  
June 21

You can make financial deals that will bring you extra cash. Your stubbornness coupled with your mate's jealousy don't make for a favorable time. Set your goals and stick to your guns. Avoid conflicts with in-laws or other family members. Your luckiest events this month will occur on a Sunday.

**CANCER**



Jun 22  
to  
Jul 22

There's a good chance that they won't come back. Don't let friends convince you that you should contribute to something you don't believe in. Get involved in the activities of children. They will teach you far more than you expect. Feeling under the weather may be a result of overindulgence. Your luckiest events this month will occur on a Monday.

**LEO**



Jul 23  
to  
Aug 23

Don't let other people meddle in your private affairs. Your energetic nature and ability to initiate projects will add to your popularity. Relatives will not agree with the way you are dealing with your personal problems. You can expect opposition at work. Don't let your competition be privy to information that could be incriminating. Your luckiest events this month will occur on a Friday.

**VIRGO**



Aug 24  
to  
Sep 23

Get back down to earth and to basics. You may attract attention if you get out socially. Consider making residential changes; either moves or renovations could payoff. You may be fortunate while traveling. Your luckiest events this month will occur on a Monday.

**LIBRA**



Sep 24  
to  
Oct 23

Your partner may be somewhat irritable this month. You may want to make plans to take a vacation together. You will meet potential new mates through friends or relatives. Try looking into new ways to make extra money. Your luckiest events this month will occur on a Sunday.

**SCORPIO**



Oct 24  
to  
Nov 22

You are best to tuck your money away where no one will be able to touch it, including yourself. Try not to lose your cool, and make your point known. Your versatile mind and common sense will allow you to come up with various solutions. There'll be difficulties if you spend too much. Your luckiest events this month will occur on a Saturday.

**SAGITTARIUS**



Nov 23  
to  
Dec 21

Lighten up your serious attitude. Beware of someone who is trying to make you look bad. Creative educational pursuits will payoff. You need an outlet. Your luckiest events this month will occur on a Friday.

**CAPRICORN**



Dec 22  
to  
Jan 21

This will not be the day to start new business ventures or make drastic changes in your career. Uncertainty regarding your mate may emerge; re-evaluate what you see in each other. Small business ventures can earn you extra cash. Sentimental feelings may make it difficult to get much done at work. Your luckiest events this month will occur on a Friday.

**AQUARIUS**



Jan 22  
to  
Feb 19

Use your genuine warmth and compassion to win hearts. New love connections can be made through group associations. Don't divulge secret information. Difficulties with female members of your family may result in estrangement's. Your luckiest events this month will occur on a Thursday.

**PISCES**



Feb 20  
to  
Mar 20

## Secularism at large: Hinduism's open-ended philosophy



In 1976, the word 'secular' was included in the Indian constitution. Manmohan Desai's blockbuster film *Amar Akbar Anthony* (1977), the story of three brothers raised as Hindu, Muslim and Christian was an attempt to embody this cinematically.

### Barun Das Gupta

The publication of the book could not have been more timely. The author has done extensive study of Indian scriptures to establish that the ideal of secularism is an integral part of the Indian tradition.

At the very beginning, he quotes a shloka from the Rigveda which 'expresses a secular doubt in God' and declares that 'the universe is God'. To drive home his point, he recalls what sage Dirghatama had said in the Rigveda: 'Truth is one, the sages call it by various names.' He points out that unlike Christianity or Islam, Hinduism is not an organised religion based on a single scripture, but an open-ended philosophy. Hindu atheism has 'historically been a sub-branch of Hinduism'.

It is all the more necessary now to keep this in mind when eminent persons, occupying constitutional positions after swearing to uphold our secular Constitution are demanding that the Gita be officially declared as a 'national scripture' or Rashtriya Granth. How can a multi-religious country committed to building a secular democracy make a particular scripture of the Hindu religion a 'national' scripture?

Two of the six principal schools of Indian philosophy, namely Sankhya and Vaisheshika, are atheistic and recognise neither God nor any scripture as the sole source of knowledge.

In fact, the Vaisheshika philosophy comes close to modern science because it conceives the universe as made up of atoms or paramanus. Mimamsa is another principal school of Hindu philosophy, divided into two branches, Uttara Mimamsa and Purva Mimamsa. The latter also repudiates the existence of God.

Through his study the author has come to the

conclusion that 'Vedic philosophy may be regarded as secular in nature because it deals mainly with nature and not any religion.' The atheistic schools of Indian philosophy cannot be disowned by the votaries of the idea of a Hindu nationhood.

Secularism 'asserts a division between private life, where secularists consider religion properly belongs, and the public arena, where religion does not play any pivotal role.' In fact, secularism is the 'movement away from traditional religion towards modernity, science and rationalism.' Secularism connotes 'freedom from governmental imposition of religion upon the people.'

The author traces the history of Indian secularism to 800 BC to 200 BC, the Axial Age. This age saw progressive thinkers being born not only in India but also in ancient Greece, Iran and the Near East. It was the age of doubt and scepticism. Both Buddhism and Jainism arose during this period. Both rejected the authority of the Vedas and belief in a single deity or Supreme Being.

In fact, secularism is not treating all religions as equally venerable or equally true, but a world outlook that opposes superstition, welcomes the ever-widening horizons of human knowledge and seeks to build an enlightened society freed from the fetters of fossilised thinking and the false idea of a particular religion being superior to all others. He believes that Vedanta philosophy is a viable alternative to religion for secularists. It may be recalled that Swami Vivekananda himself preached the Advaita Vedanta philosophy.

The author is a lawyer by profession but the present work has shown his deep knowledge about the Indian scriptures and schools of philosophy as well. But there is a desideratum. The reader acutely feels the absence of an index at the end of the book.

## POET OF MONTH

### Lisa Ciccarello

Lisa Ciccarello's first book of poems, *At night*, is forthcoming from Black Ocean. She's the author of several chapbooks, including the recent "Chief!" (InkPress). Her poems have appeared in *Tin House*, *Denver Quarterly*, *PEN Poetry Series*, *Handsome*, *Poor Claudia & Corduroy Mtn.*, among others. She edits poetry at draft: *The Journal of Process*.



### From & if I die, make me how you are

& her in the river  
announcing the beginning,

her psalmic voice  
calling out the tiny sins:

the women in the carriage,  
fingers like pearl-

handled knives,  
the word at their necks

that brought them forward  
blind & unburiable;

the men in the bar, weak  
with weapons

drinking to honor  
& vengeance & unseen

ambition, their wrath  
like a dominion;

the animal  
abominations

the dogs maddened  
into gargoyles, the dogs

full of mercury; & her  
in the churchyard

practicing an anguish  
that could wipe the letters

from their fur. & her  
in his body, reciting

the old words: dwelling  
in darkness, persecuted,

mine, forcing

this hateful transformation  
through the open field.

*Previously published in the chapbook & if I die, make me how you are*

Film Review

# Sonam Kapoor as the Run-Away Bride is feisty!

**Film:** Dolly Ki Doli  
**Director:** Abhishek Dogra  
**Cast:** Sonam Kapoor, Rajkummar Rao, Pulkit Samrat, Varun Sharma, Manoj Joshi  
**Rating:** \*\*\*

She happily weds them all right, but is gone the next morning before they awake. It might have been a dream except that they're a few lakhs poorer to show for it. As the conning bride, Dolly weds, beds (well, technically) and then sheds groom sooner than you can say this film's title. Soon, the cops wise up to her charade and come calling. The investigating cop, in particular, has his own reasons.

**What's hot:** Sonam makes for a feisty Dolly, but this isn't unlike her more recent roles. Rajkummar is the real star of this film. His limited but potent screen presence builds a strong case for him playing larger roles in more mainstream films. And as is usually the wont in ensemble capers, the supporting cast ends up impressing far more



than the leads. Manoj Joshi and Mohd. Zeeshan Ayub shine. The music of the film is one of its high points. The photography leaves little to be desired. Make up and costuming deserve a special mention. Also, one wishes Saif had a larger role to play in the

film.  
**What's not:** It's a largely implausible premise that Dolly gets away for as long as she does, despite the reasons given.  
 One wonders how and why only these three pursue her, while the others don't.

Also, this is somewhat better than Daawat E Ishq, but it doesn't help that it requires frequent flights of disbelief. The explanation for Dolly's runaway behaviour is dealt with far more swiftly than warranted and you really don't sympathise with her by the

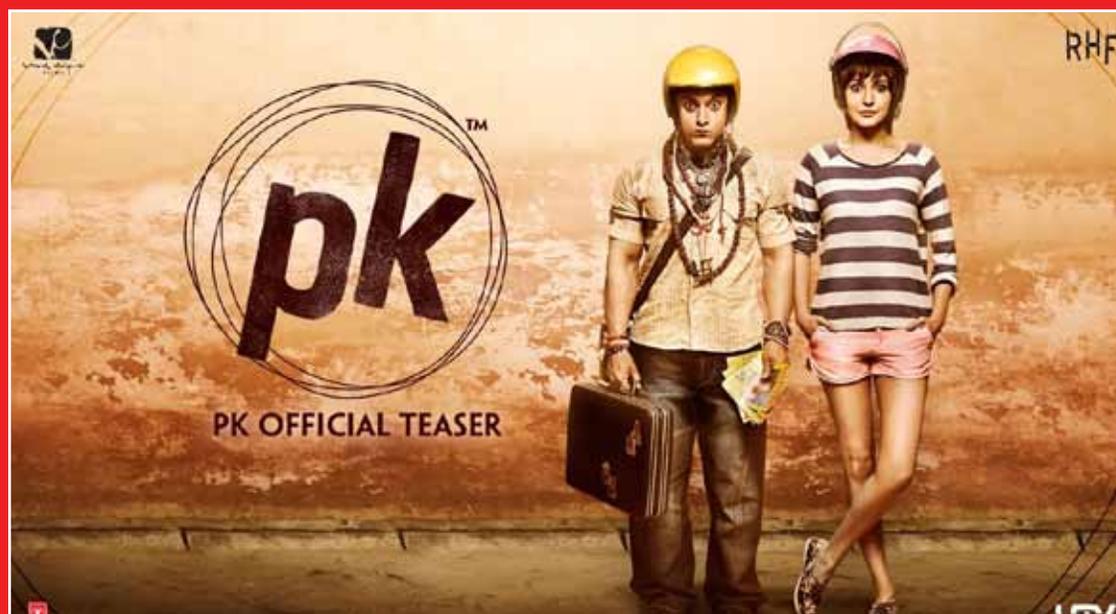
end of it. Then again, the lead characters lack the emotional connect as well.  
**What to do:** Book your ticket to ride if you want to. You will be entertained (well, if you have reasonably low expectations) and just leave your brains at home.

## Aamir Khan's 'PK' to release in China

Aamir Khan's blockbuster hit PK is expected to release in China which has emerged as a major box office earner in recent years rivalling Hollywood and Bollywood. An agreement for the release of the Chinese version is due to be signed in Beijing in the next three days making it perhaps the first Indian film to get a release in China this year.

There are expectations that Beijing may permit more Indian films considering the improvement in relations, especially on the cultural front between the two countries. Currently only 34 foreign films are permitted in China every year. Most of that quota is grabbed by top Hollywood films.

An agreement for the release of the PK was expected



to be signed in Beijing next week. Aamir is perhaps the most well known of Indian film stars in China in recent years as his previous film 3 Idiots was a massive success in

China.  
 The Chinese patrons of the film expect PK to replicate the success of 3 Idiots which resonated well with the audience there. PK is getting released

at a time when India is trying to carve out a bigger space in China's lucrative film industry which raked up USD 4.84 billion in box office revenue last year. China has built 1,015

cinemas and added 5,397 screens last year, bringing the total number of screens to 23,600.

Officials say there is a favourable environment between the two countries as Ministry of Information and Broadcasting and China's State Administration of Press, Publication, Radio, Film and TV, (SAPPRFT) signed an agreement during Chinese President Xi Jinping's visit to India last year to allow joint productions with joint investments.

After that, prominent film production firms of India and China announced their first joint venture to produce a new co-production called Kung Fu Yoga which was expected to feature top films actors like Jackie Chan.

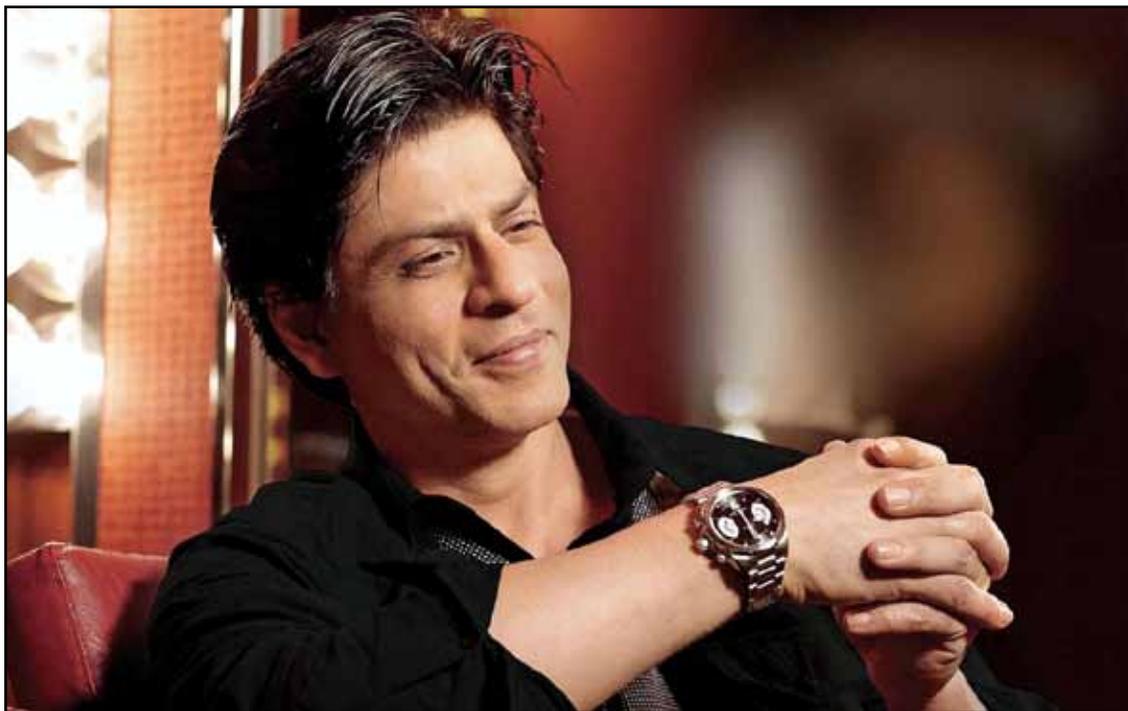
# Don't deserve a nomination for Happy New Year, says SRK

The awards season is on and Shah Rukh Khan has already hosted two! He has also bagged the Best Actor award for his turn in the blockbuster Happy New Year. And, unlike his contemporaries, Aamir Khan and Salman Khan, who have stopped attending awards or being associated with them, SRK continues to make his presence felt in a big way. We asked the Badshah if awards still matter to him and does he support them.

Salman Khan and Aamir Khan have stopped going to awards' functions. But you clearly seem to support these functions...

The way I look at it is different. If you see it critically, I would say no support is needed. But in the larger context you have to see what is the parameter, the criteria. If you are judging by popularity, then only four or five actors will get because they are popular. If you are judging offbeat films which we may not have seen and don't fit in the popular culture, it's different. Award functions, not only here, but across the world, are televised events. Even TV actors are awarded at some. Now we don't question if the awards given (to TV actors) that are seasonal or yearly. We like the characters they play and of course they are fantastic actors.

Then sometimes I am told that I am the most popular



actor on the internet. That may be because I have a large number of followers. It's not honest or wrong or unsupported - it's a completely different category. At times, I may have acted better than others but then someone is more popular on the internet. You have to accept in that spirit. The criteria is too wide. It's not specific.

### Go on..

Earlier there were some awards specifically about intense acting. When we went to these awards we would think this one was good in this film, it was a big hit also, so why didn't he get it. Then at a popular awards function, we felt isne itni acchi acting ki but he didn't get. Now, what they have started doing is

mixing everything. There is a critics' award, and there is a popular award, plus there is jodi, tigdi, ensemble cast, etc. At yet another function, there are categories for Best Actor in a Thrilling Role, Comedy, Romantic, - in short, everybody is getting it! It also depends on the selection committee, jury, the media house associated with it, the TV channel that is connected to it - if you see it in that spirit, it's all right. Many a time, media houses have issues. If they have a good relationship with an actor and he is not getting the award, they try to remove the category as the relationship may get affected. If not, a new category is introduced! I have got several awards like that. One such award I remember

getting, is Global International Icon Superstar of the Universe. Then there are the sponsors who have their own awards like Fair and Beautiful, Ttall award, Beauty award etc. There is a commercial aspect to it, not in terms of money, but in terms of popularity. So, item number hoga, bada star bhi hoga, six performances which will end in a climax. Uske baad marketing bhi hogi and the success will depend on the ratings it garners. One can't be too critical but enjoy it in that context. It's a commercial TV media house event at the end of the day. And I do commercial films, so can't question it.

### So you are saying awards are important?

As far as I am concerned, I am very clear. I have got

awards early in my career and at a time when these criteria were not there. Right or wrong is not the question, but I have got them. I feel it would be unsporting of me to say that I will not go now because everybody gets it or because I don't get it. So what I do is work around it. I go their professionally and personally my presence is there. Yes, but if professionally I have no time for it and personally I am not getting an award then like everybody else, I will think of doing something else and not go. But one can't become rigid, otherwise another award function will start! There are already so many. In my opinion all of them should get together apart from the National Award, which is very big and has a different importance - and without any fights have a singular award function. They should find a format and stick to it.

At an upcoming award event your name is missing from the nominations. What is your reaction?

I haven't acted well enough. I don't think I should be nominated. I did one film last year and since I have hosted two shows I know there are seven others or rather seventy other people who are better than me. I cannot be nominated for acting for Happy New Year. Yes, the film has done very well but as an actor I don't think I deserve to be nominated.

## Anushka Sharma to shoot a gory scene for 'NH10'

2015 will definitely belong to Anushka Sharma. After having given us the smash hit PK, the beauty is all set to be seen in her upcoming films Bombay Velvet, Dil Dhadakne Do and her home production venture NH10. Where Anushka will be seen playing a glamorous jazz singer in Anurag Kashyap's Bombay Velvet, the actress will take the opposite route for NH10. We hear that Ms Sharma is about to go de glam for the film! And by de glam we don't just mean 'no makeup.' The PK fame will be seen in some rather gory visuals. The effect of the same will be brought in by a French artist who has said to have worked in several European films as well as theatre projects. Director of the film Navdeep Singh while talking to a leading tabloid said, "It's a gritty, gory film



but thanks to Romy, when you see Anushka lying in a pool of blood, her skin peeling off, you will never guess the amount of prosthetics involved. It's a new-age thriller and the prosthetics helped to break stereotypes. Anushka is a star but in this film we did not want to glamourise her at all."

Wow that's some hard work eh? Anushka surely seems to be one of the most versatile actresses on the block. Where in NH10 the beauty will be seen in a rugged form, in Bombay Velvet she dons heavy gowns and has a starry appeal followed by Dil Dhadakne Do where she will essay the role of a dancer. And she also played a journalist in PK!

Anushka will surely give the Deepikas, Priyankas and Alias of B-town a run for their money this year!

# Chai with... Colin Pearson, Curator, Musical Instrument Museum's Asian Exhibit

Mini Sarla  
January 23 2015

The Musical Instrument Museum (MIM) was the idea of Mr. Robert J. Ulrich and Marc Felix, designed after a similar museum in Brussels, Belgium. MIM based in Phoenix, Arizona was founded by Mr. Ulrich who was formerly the CEO of Target Corporation; he serves as Chairman of the Board. The museum serves to educate and foster cultural harmony from diverse regions of the world, using music as the "language of the soul."

The museum has a collection of more than 15,000 instruments and associated objects from across the world; approximately 6,000 are on display at any given time. The instruments come from over 200 countries, highlighting both the classical as well as ethnic, folk and tribal music.

A visitor is given a pair of high fidelity wireless head phones after purchasing tickets and the self-guided tour starts at the orientation gallery. The main geo-galleries, located upstairs, are divided roughly by cultural regions of the world. Each exhibit includes high definition color videos of various musicians often performing in their original setting. The display has a "hot spot" where the visitor can stand and listen to the musical performance being displayed in the video.

The Asian collection has over 50 displays. The curator of the Asian collection is Mr. Colin G. Pearson, who has been with the organization since 2009, works with a diverse array of musical instruments. The Instruments in the



Asia Gallery were collected from varied sources, often involving field consultants, researchers, musicians and dealers. The Gallery includes instruments not only from India, but countries such as Bangladesh, Sri Lanka, Indonesia, Thailand, Cambodia, Laos, to name a few.

The Asia Gallery also has authentic video recordings of performances. These too were acquired through various sources. Some were shot by museum curators themselves; others were acquired from commercial sources and archives. A noteworthy source of video recordings is the archival collection from the 1960's to the 1980's of Dr. Robert Garfias, filmed during his tenure as a Professor of Ethnomusicology at the University of Washington.

Each one of the performances from the collection has been professionally digitized for the Gallery.

MIM is constantly seeking to expand its collection and add more variety. Its video recordings are changed regularly to keep things fresh. There are also displays related to special themes, such as a collection of ancient bronze instruments from northern Vietnam. MIM's current special exhibition, Beyond the Beat includes drums from around the world. This exhibit involved five curators working as a team to put it together in an interactive display. In this exhibition features many Asian drums and traditions, including the Indian tabla, emphasizing the rhythmic cycles in Indian music.

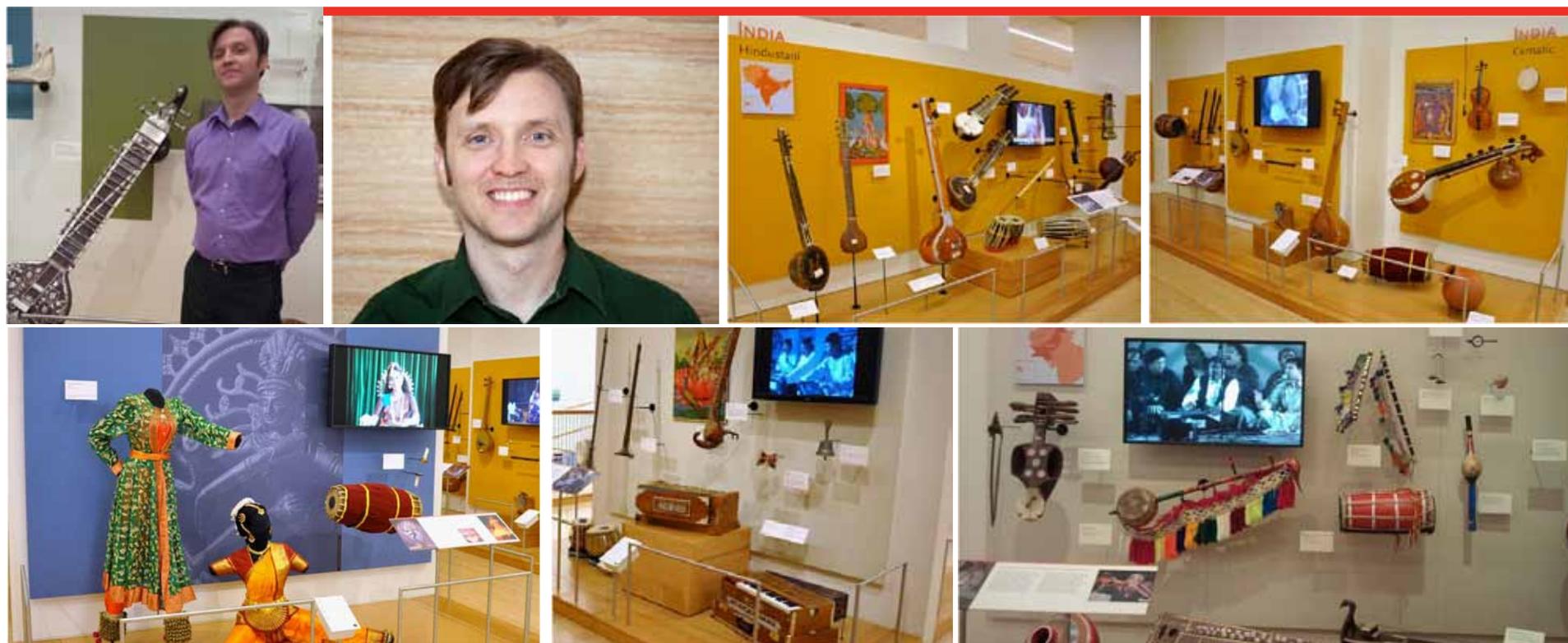
How can the Asian diaspora help

the museum? One is of course by visiting the museum with friends and family and spreading the word in the community. MIM's Signature Program weekends highlight various countries and regions of the world every month. On November 1 and 2 of 2014, MIM hosted a fun-filled variety program, Experience India, featuring not only dances and music of India, but also had rangoli display and free henna for visitors. On the weekend of January 24-25, 2015, the museum hosted a similar program, Experience China.

Another way the community can help is by attending performances at MIM Music Theater. Notable upcoming performance is on March 24th 2015, featuring the world renowned tabla player, Ustad Zakir Hussain; and April 5th 2015, featuring the Carnatic flutist, Ms. Shantala Subramanyam.

MIM is constantly striving to reach out to the community. Mr. Pearson has always been keen to reach out to the Asian Diaspora since relocating from his native southern California. He tries to work closely with local artists and performers to participate in events and contribute in other ways possible. For example, Ms. Nita Mallya a local Bharat Natyam teacher who runs the Sampradaya Dance of India school in Tempe, AZ, donated a costume now on display in the Gallery. Another local organization that collaborates is the Phoenix Gharana – a Hindustani Music School in the Valley.

MIM would love to see a greater interest in the Asia Gallery by the Asian Diaspora. More details about MIM are available at [www.MIM.org](http://www.MIM.org).



# Glimps of 2015 kite flying festival organised by Indo - American foundation



# Looking for the hottest chillies? Visit Mumbai's Mirchi Galli

Beyond the maddening bustle of Crawford Market lies a street that is a haven for spice lovers. Called Mirchi Galli, this age-old, tiny lane is located near Jumma Masjid. And even though asking around will get you here easily, what you will see when you reach is perhaps only a relic of what it used to be.

In its heyday, we're told, the Mirchi Galli was known to have over a hundred shops selling chillies and assorted spices. Now, there are only traces visible of the legacy of this flourishing spice trade.

"This entire street used to be full of such stores, but now it's just a few of us," says Jatin Shah, who is the fourth-generation owner of the popular shop, Shah Gabhrubhai Uttamchand, that was founded by his great grandfather. The other famous store in Mirchi Galli is Vadilal Champaklal & Co. that's also located at the beginning of the lane.

While some blame the younger generation's lack of interest in the business for the fading away of these stores, others feel these shops have become redundant because trade channels have evolved and it's far easier to buy powdered, packaged chillies. But the ones who prefer buying their annual stock of Reshampatti (a popular medium-hot variety used widely in Gujarati cuisine) chillies, and then powdering them themselves, have always sworn to return to Mirchi Galli.

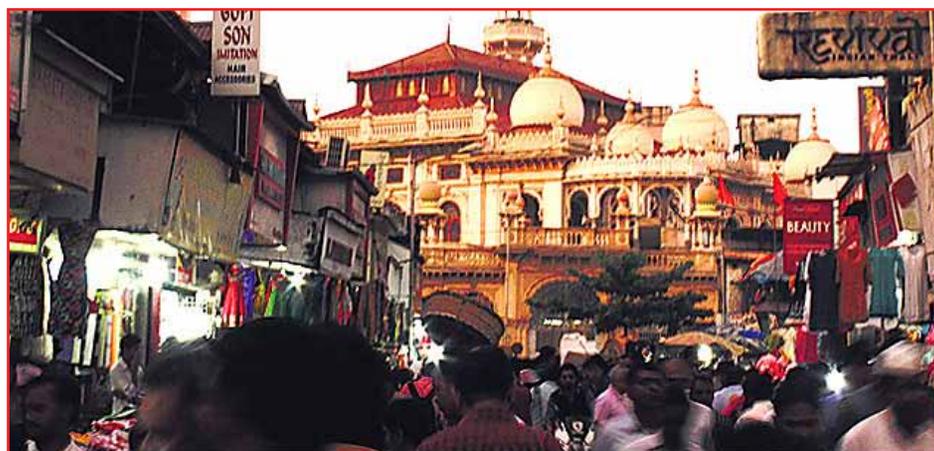
Since this is the ideal season for a few varieties of chillies to find their way to this market, and even many pickle jars, we went exploring Mirchi Galli and its neighbouring lanes to see what's on sale.

## DRY varieties

### Kashmiri Mirch

This variety of dry chilli is particularly famous for the deep-red colour it adds to any dish when sprinkled during the preparation. Although it isn't known to add too much spice to the dish, its distinct flavour is what makes it a hit among Kashmiri households.

price: Rs300 per kg



### Bedgi or Byadagi Mirch

Grown extensively and often brought from the state of Karnataka, these chillies look very similar to Kashmiri Chillies, but are far spicier. They're apparently named after the town of Byadagi in a district in Karnataka. They're a crucial ingredient in cooking a variety of south Indian food, and are most often used in tadkas.

price: Rs220 per kg

### Guntur Mirch

Borrowing their name from the Guntur district in Andhra Pradesh, these chillies have several sub varieties and are known to be among the best-selling chillies in India. They are very spicy and are used in different proportions to add hotness to a dish. These chillies are usually powdered and used as cooking masala.

price: Rs240 per kg

### Sankeshwari Mirch

This spicy chilli is what gives a lot of regional cuisine, including Konkan food, its unique flavour, spicy zing and red colour. Used in the powdered form in fish preparations, assorted gravies and sambhar, this chilli is popularly used by the Koli community.

price: Rs220 per kg

### Bor or Boriya Mirch

This dry variety stands out for several reasons. Its unique look might make it resemble a Habanero chilli or even a cherry tomato, but according to reports, it gets its name from the word 'berry' (or 'ber' in Hindi) as it looks like one. It is extremely spicy, and is often used in tadkas to give a variety of preparations a rich flavour. It is also considerably expensive as compared to other varieties.

price: Rs450 per kg

## FRESH varieties

### Light green chilli

Of the fresh varieties, these are the least spicy and are often used to make pakodas or simple marinade-based pickles that can be munched on for their light flavour. Gujarati cuisine uses a lot of these chillies.

price: Rs20 for 250 gm

### Dark green chilli

It is said that the darker green the chilli, the more spicy it is. In that regard, these tiny chillies are as good as dynamite; the smallest ones are the spiciest fresh chillies available and are commonly used in tadkas in several Indian preparations.

price: Rs20 for 250 gm

### Bhavnagri Mirch

These chillies are barely spicy. They are often stuffed to make appetisers and pickles. Once they are slit through the middle and the seeds are removed, they can be stuffed with paneer or cheese and deep-fried. Late Chef Tarla Dalal's website, for instance, has several such recipes available online, including Stuffed Bhavnagri Chillies (moong dal stuffed chillies).

price: Rs80 per kg

### Red chilli

Once the dark green chillies ripen, over time, they change colour and become red. As their colour darkens, they also lose their hotness, and earn a light flavour. These chillies are best used in salads, soups, uncooked preparations, and for garnish.

price: Rs20 for 250 gm

### Picador Mirch

Similar to Bhavnagri chillies, these ones are also popularly pickled and can be stuffed and fried for other preparations too. They can grow long, sometimes up to half a foot as well.

price: Rs80 per kg

## RED CHILLI PICKLE

### Ingredients

\* 12 green or red chillies (Bhavnagri or Picador varieties) n 1/2 cup mustard seeds n 3 tsp salt (or as per taste) n 1 tsp haldi n 1 cup mustard oil

### Method

\* Grind the mustard seeds in a mixer till they are coarse.

\* To make the filling, add 1/2 cup of mustard oil, salt and haldi powder to the processed mustard. Keep it aside.

\* Wash and dry the chillies and then wipe them individually.

\* Slit each chilli using a sharp knife. Fill the cavity of each chilli with the mustard paste.

\* Place all the chillies gently in a glass jar and pour the remaining mustard oil on top.

\* Keep it in hot sun for at least 4-5 days before consuming the pickle.



## Store right

Dry variants of chillies can last long when stored correctly. Chilli powder should ideally be stored in an airtight jar and kept in a dry place.

## Buy right

While buying fresh chillies, make sure they are not broken. Look for ones in bright shades of green or red that do not have spots on them.

## Ditch that peg: Daily drinking ups alcoholic cirrhosis risk

**S**top. Read this before you make tonight's plan with your friends. Investigators have now established that alcohol drinking pattern has a significant influence on the risk of cirrhosis of the liver and that daily drinking increases that risk compared with drinking less frequently.

"For the first time, our study points to a risk difference between drinking daily and drinking five or six days a week in the general male population," said lead investigator Gro Askgaard, from University of Southern Denmark, Copenhagen.

"Since the details of alcohol induced liver injury are unknown, we can



only speculate that the reason may be that daily alcohol exposure worsens liver damage or inhibits liver regeneration," he explained.

To examine the patterns of drinking associated with alcoholic cirrhosis, re-

searchers in Denmark investigated the risk of alcoholic cirrhosis among nearly 56,000 participants aged between 50 and 64 in the Danish Cancer, Diet, and Health study (1993-2011).

Amount of alcohol intake was re-

ported as the average amount per week of specific types of alcohol: beer, wine, and liquor.

Among the 55,917 participants, 257 men and 85 women developed alcoholic cirrhosis, corresponding to an incidence rate of 66 in men and 19 in women per 100,000 person-years. There were no cases of alcoholic cirrhosis among lifetime abstainers.

In men, the results showed that daily drinking increases the risk of alcoholic cirrhosis compared with drinking less frequently. The results also suggest that recent alcohol consumption, and not lifetime alcohol consumption, is the strongest predictor of alcoholic cirrhosis.

Compared with beer and liquor, wine seems to be associated with a lower risk of alcoholic cirrhosis up to a moderate level of weekly alcohol amount.

Among women, researchers were unable to draw firm conclusions due to low statistical power, though in general they found the same trends.

The results were published in the Journal of Hepatology.

## Now, track health in pregnancy with smart clothes!

**M**oms-to-be, take note! A designer in the US has developed smart maternity clothes that track the health of pregnant women and also adjust to a growing bump. The clothes, designed by Blake Uretsky, a fashion student at Cornell University in Ithaca, New York, have conductive silver fi-

bres woven into the fabric.

The clothes include blouses, trousers, skirts and even an evening gown. The clothing comes in neutral colours and adjusts to a growing bump.

Silver wires made by Pennsylvania firm Notable Biomaterials are threaded through the empire waistline

and register the wearer's temperature, heart rate, blood pressure and respiration, 'New Scientist' reported.

A small device on the belt relays this data back to a smartphone app.

With the help of doctors, wearers can set the app to ping them if their is a problem with their vital signs.



## Study: Eating walnuts daily boosts memory

**E**ating less than a handful of walnuts daily as a snack or as a part of a meal can sharpen your memory, says a study.

The first-ever large representative analysis of walnut intake and cognitive function found that eating just 13 grams walnuts a day improved memory performance on cognitive function tests, including those for memory, concentration and information processing speed.

In this study, participants included adults aged 20-59 as well as 60 and over.

Lenore Arab, a doctor from David Geffen School of Medicine at University of California, Los Angeles, and co-researcher Alfonso Ang, also a doctor, found that participants with higher walnut consumption performed significantly better on a series of six cognitive tests.

Cognitive function was consis-



tently greater in adult participants that consumed walnuts, regardless of age, gender or ethnicity.

"The analysis supports previous

results of animal studies that have shown the neuroprotective benefit from eating walnuts and it is a realistic amount - 13 grams," Arab said.

There are numerous possible active ingredients in walnuts that may be contributing factors in protecting cognitive functions.

This includes the high antioxidant content of walnuts and the combination of numerous vitamins and minerals.

Walnuts also contain a significant source of alpha-linolenic acid (ALA), a plant-based omega-3 fatty acid with heart and brain-health benefits.

It includes the possible beneficial effects of slowing or preventing the progression of Alzheimer's disease.

According to a 2012 World Health Organisation (WHO) article, the estimated number of new cases of dementia each year worldwide is nearly 7.7 million and the number of people living with dementia worldwide is estimated at 35.6 million.

This number is predicted to double by 2030 and more than triple by 2050.

## Dhoni breaks silence on IPL scam, doesn't expect speculation to stop

Indian cricket captain Mahendra Singh Dhoni finally broke his stoic silence over the IPL spot-fixing scandal on Sunday, saying that he does not expect the speculation around his name to stop anytime soon despite nothing concrete coming up against him.

Dhoni, who captains Chennai Super Kings in the IPL, has been remarkably calm in the last couple of years despite his name regularly cropping up in cases pertaining to conflict of interest.

There was wild speculation about his name being among the yet-to-be-released list of 13 players, who have been indicted by the Justice Mukul Mudgal Committee in the IPL spot-fixing and betting scandal.

"I know one thing, irrespective of what is there, when it comes to Indian cricket, my name keeps popping up. Now that this has been settled, something new will pop up. It keeps popping up. I am quite used to it," Dhoni said ahead of the tri-series match against Australia.

"If there is nothing, some speculative story comes up, big or small. I have to keep dealing with all these things. It is the end of one story, something else



may start in a couple of days' time," Dhoni said.

Delivering its long-awaited verdict, the Supreme Court barred BCCI president-in-exile N Srinivasan from contesting the board's presidential elections.

The court also declared that the allegations of betting against Gurunath Meiyappan, a CSK team official and son-in-law of Srinivasan, and Rajasthan Royals co-owner Raj Kundra stands proved while the charge of a

cover up against Srinivasan was "not proved".

Striking down rules that permitted BCCI office bearers to have a commercial interest by owning teams in the hugely-popular Indian Premier League and Champions League, a two-member bench of Justices TS Thakur and FM I Khalifulla, said, "Amendment in the BCCI rules allowing Srinivasan to own an IPL team is bad as conflict of interest in cricket leads to great confusion."

While he has refused to comment on the issue in the past, this time around, Dhoni was asked a different question, if the final ruling in the matter has come as a relief since the matter is now coming to a near-end, pending a three-judge tribunal making a final judgement.

There has been wild, mischievous and unsubstantiated speculation that his was among 13 names presented in a sealed envelope by the Justice Mudgal panel to the Supreme Court.

## Punjab's Gurpreet Sandhu to play in Norway's Stabaek Football Club

Gurpreet Singh Sandhu insists he was never as gifted as some others in the business. Modest to a fault, the 22-year-old goalkeeper from Mohali has scaled a historic high for Indian football, becoming the first Indian since independence to play in the first team of a European top tier club.

Sandhu took the field for Norway's Stabaek Football Club in their 4-1 win over Follo Fotballklubb last Sunday in a friendly tie. It also made him the second Indian ever to have played at that level, following in the footsteps of Mohammad Salim, who was in the main team of European club Celtic FC way back in 1936. "I am happy that my first appearance for the club came in a victory. It is a proud moment," said the 6-foot-5-inch star, who was signed by Stabaek FC last year but had since been only playing matches with the reserve squad.

After Sunday's match, the former East Bengal player surpassed Baichung Bhutia (Bury FC), Sunil Chhetri (Sporting Lisbon 'B') and Subrata Pal (FC Vestsjaelland). While Bhutia spent time in England's third tier, Chhetri and Pal remained limited to reserve teams of their clubs based in Portugal and Denmark,



respectively.

But Sandhu's decision to join Stabaek was no less than a gamble. It meant he had to miss out on a berth in the Indian team for the 2014 Asian Games as he was grappling with getting a work permit for Norway. He even turned down lucrative offers to play in the inaugural Indian Super League (ISL).

"I regret missing the Asian Games. Playing for the country is an honour. But I had to sort out the work permit issues. I was so close to realising my dream of playing for a top tier club abroad, so joining Stabaek was more important to me as I want to

develop myself," said Sandhu, who began playing at the age of eight after joining the academy at St Stephen's School, Chandigarh, in 1999.

He first got into the limelight when he played for the Indian team that won the 2007 AFC (Asian Football Confederation) Championship qualifiers. He represented the country in the 2009 U-19 and 2010 U-22 AFC Championship qualifiers as well.

He was signed by East Bengal in 2010 and represented the club in the I-League, Federation Cup, the AFC Cup among other tournaments.

In 2010, he competed in the Guangzhou Asian Games as well. Acknowledging the efforts of every coach he has played under, he said, "I am grateful to John Burrige (former Manchester City goalkeeper) and television presenter Joe Morrison who have helped me in shaping my career."

Morrison and Burrige, impressed by Sandhu's performances in the 2011 I-League, were instrumental in getting him a trial first at Wigan Athletic, the English Premier League club, in 2012. Sandhu then landed the Stabaek FC contract with the duo's help.



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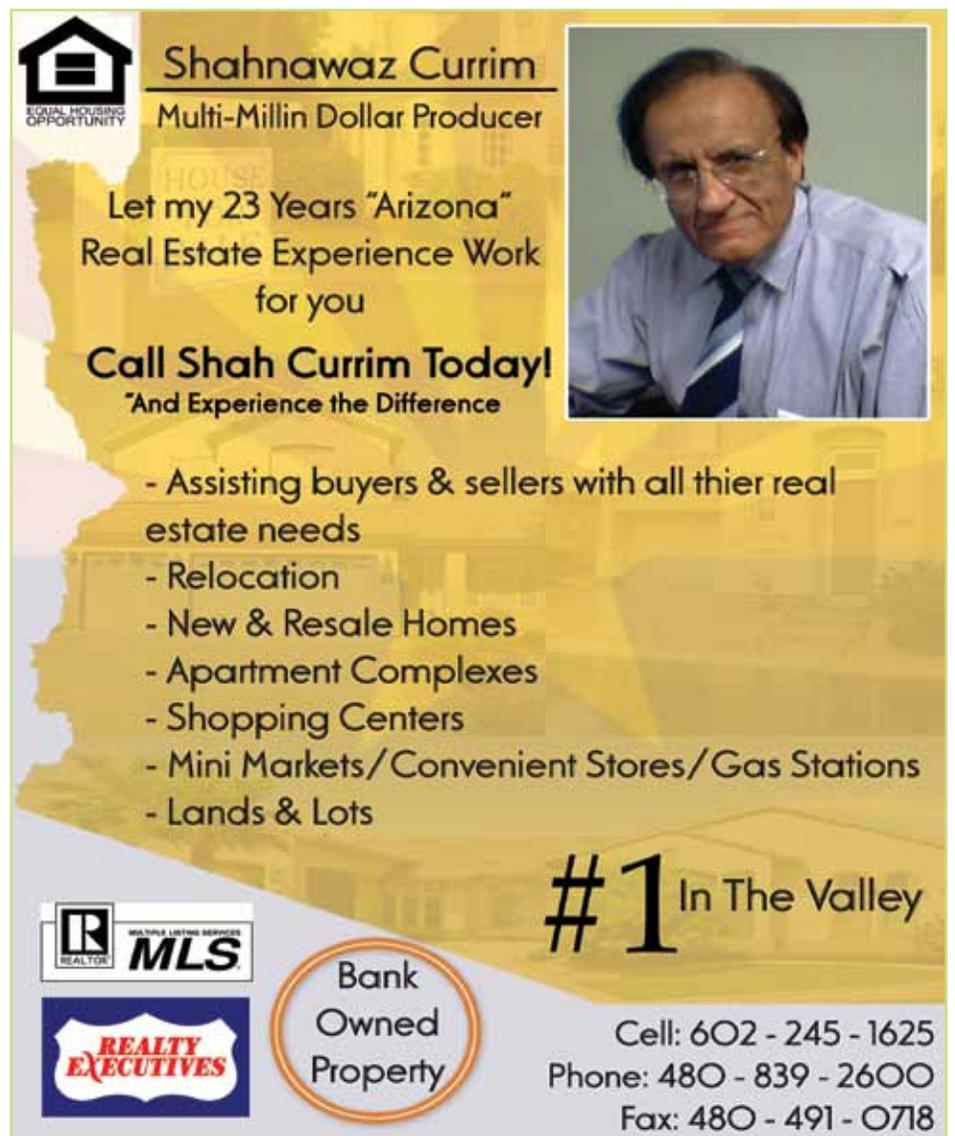
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