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WALKATHON
ARRANGED
BY YOUTH
AMBASSADORS**



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**After Virat Kohli,
Alia Bhatt
loses her calm**



2016 Cactus Classic Field Hockey Tournament

by Armin Shafai

Clear blue skies and mild temperatures greeted visiting teams from across the USA, Canada and Mexico for the 10th annual Phoenix Scorpions Cactus Classic Field Hockey tournament. The tournament, held on January 30-31 in Phoenix, Arizona, saw 42 teams vie for the top spot in their respective divisions.

In the men's and women's mixed team division, Monarcas from Mexico won first place; while in the women's division Team Philly of Philadelphia PA took the title. In the U-16 boys division, the Surry Panthers from Canada rose



to the top and the men's final saw Scorpions Blue of Phoenix win the title in a heart racing match. Phoenixcity Mayor Mr. Greg Stanton dropped by to experience some of the hockey action on the first day of the tournament. During his visit,

Mayor Stanton was made an honorary member of the Phoenix Scorpions field hockey Club and was invited to test his skills in a friendly game against one of the team members. Mr. Stanton got to see firsthand the importance of the Cactus Classic as the only tournament showcasing the sport of field hockey in Arizona, along with the level of

• More on P16

INDIA NITE: A Grand Republic Day Celebration



India Association organized one of the most fascinating India Nite celebrations last Saturday (January 30th) to commemorate India's Republic Day (Jan.26th) at the Arcadia High School auditorium in Phoenix. The participation

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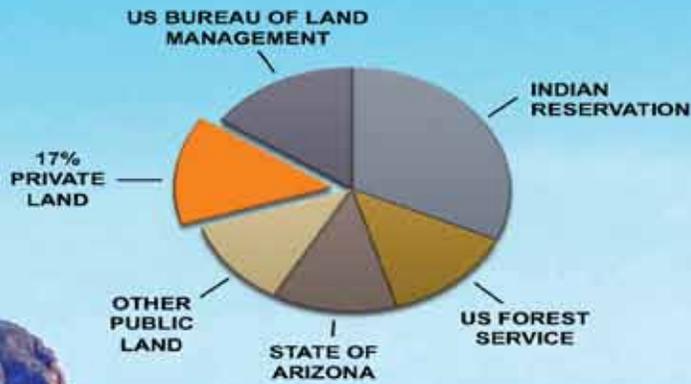
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ARIZONA WALKATHON ARRANGED BY YOUTH AMBASSADORS

CHAIRMAN OF AKSHAYAPATRAMADHU PANDIT DASA RECEIVES THE PADMA SHRI AWARD



AkshayaPatra (AP) is a non-profit, secular organization headquartered in Bengaluru India. The NGO addresses two very critical needs of young children from poor families—it encourages school enrollment and attendance, and provides an all-you-can eat wholesome hot lunch every day.

AkshayaPatra, in partnership with the State and Central governments, and support from countless philanthropists, has become the world's largest non-profit school lunch program, serving 1.4 million children in over 10 thousand schools across ten states [see table].

At the 2016 Republic Day celebrations, the Government of India awarded Madhu Pandit Dasa, Founder

and Chairman of AkshayaPatra, the Padma Shri Award for distinguished service rendered by AkshayaPatra. The Padma Shri Award is India's fourth highest civilian award and recognizes those individuals who have made a distinguished contribution in arts, education, industry, literature, science, sports, medicine, social service, and public affairs.

Madhu Pandit Dasa [seen serving food to children] said, "This award is recognition of our humble service of leading this cause of nutrition for education amongst the government school children through the AkshayaPatra program. It is an inspiration for me and the entire team at AkshayaPatra to reach out the work

of our foundation to many more hungry children of this country.

Quality food for these children is a need for quality education that will in turn create citizens of great character. Our children are the real asset of our nation".

Under Madhu Pandit Dasa's inspirational leadership, AkshayaPatra provides 1.5 million children every day - the world's largest NGO-run school lunch program. AkshayaPatra is poised to serve its 2 billionth meal later this month.

On Sunday January 31, the Youth Ambassadors of AP held a charity Walkathon at Kiwani's Park, Tempe AZ. The Youth Ambassadors were AnkithRaaman, KushiKosuri,

Lakshmi Vallabhaneni, KyatiRaka, Ankith Sharma, AnekaRaaman. The donations were matched by Intel. The pictures speak for themselves. In one of the photographs is former President Bill Clinton watching the roti making machine.

For more information about AkshayaPatra and APUSA, AkshayaPatra's affiliate 501 (c) (3) organization which mobilizes for AkshayaPatra in the US, and to learn about how to get involved, please go to www.foodforeducation.org.

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Energy...

I recently read a quote “Energy is contagious, positive and negative alike. I will forever be mindful of what and who I am allowing into my space.” And in the last few weeks, I have personally experienced it.

There were places I visited where my mind was clear and I felt a fresh, renewed sense of life and very positive about everything around me. And then there were times when I couldn’t figure out why or what was causing it but that clear mindset and feeling of freedom was gone and I consistently felt something was weighing me down. It changed everything. It affected how I slept, how I ate, how I reacted. And feeling this drastic difference in energy, that quote kept springing up and I realized that maybe there is some truth to this.

However, what the quote does not state is that you have control over that energy. Sometimes you can’t control being surrounded by negative energy in your space; it may be coworkers, friends going through a rough time, or family. You shouldn’t quite your job or desert your family and friends to not allow negative energy into your space. But rather try to balance. When you feel like your world is filled with negative energy, try



Editor's NOTE

to fill it with an equal amount if not more of positive energy. Positive energy will come from things that truly make you happy and, therefore, what is positive energy will vary from person to person.

It is crucial for you as an individual to identify what is your source of positive energy so you know how to renew yourself when you are feeling weighted down. Many

people say their source of positive energy is doing good for other people or bringing them happiness. However, even in doing those things it take something out of you and to keep the balance, it is critical to put something back into you. So, things that are sources of positive energy for yourself have to be truly selfish things that bring you joy and not the politically correct answers such as helping others, taking care of family, etc.

Hoping our readers had a wonderful start of the year in January and wishing them a year full of love, excitement, and fun.

May you all find your sources of positive energy and have one of the best years ahead. Looking forward to serving the Arizona community for another great year of events and celebrations!

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

Dear friends,

The first month of new year is over, this month was full of festivals, There are different reasons behind these celebrations and occasions. The uniqueness about each is that they are celebrated in different parts of the country under different names.

Some of the festivals was celebrated here in Arizona was lohri, kite festival, Maker Sankranti, Pongal and also Republic



Marketing Director NOTE

Day. people celebrated the festival and really enjoyed.

Now the month of love and romance is just around the corner and most of you must be planning something

special for your Valentine do remember to show appreciation and affection to the dear ones in your life.

I wish all my readers a very happy Valentine’s Day

-Manju Walia
(Marketing Director)
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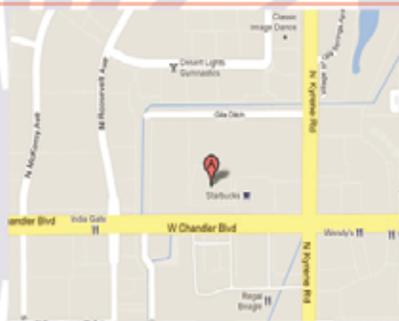
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Home Away From Home

How many years has it been since you celebrated Pongal/Sankranti the traditional way, with cows, kite flying, rangoli, bonfire and hot pongal? Over 300 of us did just that right here at Goshala in San Tan Valley, a few miles east of Gilbert on Pongal day !! A picture is worth a thousand words, so see for yourself the vibrant celebration.

Satish Kosuri (602-492-6023)

Holi with The Mayapuris




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05:30 pm - 7:30 pm Archana by devotee
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Please Contact:

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MahaShivaratri Celebrations Monday, March 7, 2016 @ Ekta Mandir

**Temple Open 9 AM– Midnight
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4:00 PM - Abhishek to Main Shivling by Individuals
6:00 PM - Rudra Homa Yagna 6PM-7PM.
7:30 PM –Rudrabhishek by Priests
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Rock and Roll Marathon/Half Marathon 2016 pictures



Harinam at Kiwanis Park: As a part of celebrating ISKCON'S 50th anniversary, the Phoenix branch held its first Harinam at Kiwanis Park on January 23rd. Our enthusiastic group of devotees participated in kirtan from 10:30-12n. HG Jivananda Prabhu led the congregational chanting of the holy name. We received positive responses from people of various ages. The devotees were able to distribute several introductory books to Krsna consciousness. There will be many more Harinama that will be held this year, and we hope to have more people join us in the congregational chanting of the holy name. We consider this as a great way to honor and express love to our founder Acharya Srila Prabhupada for giving us the teachings of Krsna consciousness.

Following Harinam on Saturday, we had wonderful events at the temple as part of the Sunday feast program on January 24th. HG Jivananda Prabhu delivered a lecture on deity worship which helped the devotees understand the significance of deity services. The deities are 'archa-vigraha' form of the Lord, which means Lord Krsna resides and manifests through the deity form.

ISKCON of Phoenix (January events)



The message was further exemplified by the drama presentation by ISKCON of Phoenix Vedic theatre ensemble group with their performance of "Sakshi Gopal". This scripture-based play focuses on a deity that comes to life and protects his sincere devotee. The deity of Lord Gopal, impressed

by the young man's devotion, agrees to come and bear witness to his promise. Thus, the deity acquired the name Sakshi Gopal. The presentation was wonderful with all the actors dressed up in Vedic attire. HG Deva Prabhu, lead actor and director, covered himself head to toe in black paint to represent

the black marble of the deity form. The performance was both a spiritual and visual spectacle. The devotees had a wonderful time with various events over the weekend. There is no greater way to spend your time than by chanting the holy names and remembering the pastimes of Lord Krsna.



Shirdi Saibaba Temple Arizona

5th Anniversary Celebrations

Saturday, March 19th 2016

With the divine blessings of **Sri Saipaadha Meiyadimmai**, Shirdi Saibaba Temple Arizona cordially invites you with family and friends to the

5th Anniversary Celebrations Saturday, March 19th 2016

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To mark the 5th Anniversary Celebrations, we are organizing exciting events that children in the age group of 6 to 14 years can participate to explore their creativity, with the top winners in each competition receiving awards. These include:

- Quiz competition
- Drawing/Painting competition
- Shloka competition

The above events would be planned over a period of 2 weekends prior to the Temple Anniversary date and to learn more about the celebrations and schedule of events, please visit or subscribe us at:

- www.shirdisaibabaaz.org
- shirdisaibabaaz@gmail.com

Please join us for the 5th Annual Celebrations and receive the Blessings from Shirdi Saibaba.

We look forward to your continued support and participation to make this memorable event a grand success.

Contact Us @ shirdisaibabaaz@gmail.com, 602 410 264 | 612 205 1653

Seniors Activity Report: January 2016

by: Dr. Prakash Kotecha and Lalit Patel

Future Events:

Indian Republic Day Celebration: 28th January (Thursday)

Valentine Day Celebration: 18th February (Thursday)

Activities:

After a break of two weeks of Christmas and New Year Celebrations, senior members joined back for their regular Thursday meeting. Six weeks seminar on Diabetes Self Management Workshop began on Jan 7 and will end on Feb 11. The weather mimicking north with cold and heavy rain, it was expected to be a thin attendance for the meeting. But that odd weather was no obstacle against enthusiasm of participants.

IACRF Diabetes Workshop: Sessions Summary:

IACRF Seniors organized a Diabetes Self Management Workshop with technical support from Health Service Advisory Group. Workshop session lasts for 2 hours on every Thursday starting from 7th January and such six sessions are planned. Three of the sessions are completed by now. Workshop is highly interactive and shares information from participant's experience sharing facilitated by the resource persons guiding the discussions.

Diabetes kills one person every six seconds globally! This means in a minute 10 deaths and in an hour 600 deaths are taking place due to diabetes alone!! This is more deaths than HIV+TB+Malaria put together. Dr. Prakash V Kotecha further highlighted that World at present has 415 million people suffering from Diabetes and the number exceeds entire US population. In US alone 30 million people suffer from Diabetes and 46% of them are not even aware that they have diabetes and these patients are more prone to complications and bad consequences since they would not be taking care of their diabetes.

Session of the workshop includes fundamentals of self management of diabetes aiming at prevention of diabetes, controlling diabetes and controlling the complications by being more vigilant on the modifiable life style factors that includes modified diet, regular and moderate exercise of over 30 minutes a day, self monitoring of blood sugar level, avoiding stress and avoiding smoking. Total of 25 senior members are attending the sessions regularly.

Members not attending diabe-



tes workshop continued playing card games and socializing. All workshop participants then joined all others to continue the meeting at IACRF Hall.

Seniors' welcomed returning members, Minaben and Ramanbhai Bhavsar, Babulal and Nayanaben Mehta from Canada, Jagdishbhai and Sheelaben Trivedi from Chicago,

Maganbhai and hansaben from Canada.

Seniors' heartily thanks to the lunch sponsors for the past month, namely, Anandbhai and Hansaben, Sharadbhai and Anjuben, Sharda-ben and Manubhai, Manjuben, Dr. Prakashbhai and Meena Kotecha. Seniors' also thanks to all volunteers who

helped in managing meeting, prepar- ing, and serving delicious lunches.

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



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Wine, Whisky, Scotch and Diaspora



The general affluence of the diaspora as a whole coupled with intense desire of its members to socialize within their own community, yet their inability to interact with one another on weekdays ends up pushing all such meetings, celebratory activities and dinners to the weekends. As a result, their weekends usually end up turning extremely busy with many such events that may be more elaborate than those of the indigenous population among whom they live. Because of the relatively small number of diaspora members in any given town or city, it is not unusual to find the same individuals attending many of these functions time and again, regardless of the hosts. Consequently, many of them start knowing each other quite well.

Among most members of diaspora, the consumption of alcoholic beverages at such celebrations is commonplace, much like other communities in the Western world. Irrespective of who arranges the function or what the event happens to be, or in which part of the world a celebration is taking place, alcohol is omnipresent and is always served in the form of whisky, wine, and beer. It seems that people in general, regardless of background, carry a notion that the meaning and the purpose of a party is, indeed, to drink. Yet the similarities end there. While most individuals from the Indian subcontinent usually drink in moderation at these celebrations, some who indulge in drinking more than what would be considered normal tend to have a definite weakness for Scotch or whisky rather than wine or beer.

Furthermore, of all the Scotches or whiskies, Chivas Regal or Johnnie Walker, or other relatively high-end whiskies seem to be more popular among the diaspora, at least as far as I have seen. I am all too familiar with good number of celebrations by our people at which the host ended up paying much more for the drinks than the elaborate food itself. At the same time, unlike the drinking habits of the indigenous population, a good number of our guests don't limit their intake to one or two drinks before or with dinner, but instead keep on consuming, drink after drink.

The use of different forms of alcoholic beverages in ancient Indian culture is well known from time immemorial. However, Scotch, whisky, beer, and rum are relatively late entries



to the Indian social scene. They appeared with the arrival of Western people. Most of the Indian languages and vernaculars don't have enough specific words in their vocabularies to separate wine from whisky. By default, all kinds of alcoholic beverages—from beer, wine, whisky, Scotch, as well as rum to local homemade "thraah," and all other in between—ultimately end up under the common label of "shraab or mudra or mai," (wine) in the minds of most Indians. Bollywood further stereotyped the use of "the red bottle" in many Indian movies by depicting the excessive use of shraab as the most common form of pathological drinking by a dejected hero.

Yet it is interesting to note that, like evening tea, this daily ingestion of "a stiff glass of whisky at the end of the day may be a simple residual legacy of British Raj" according to Amelia Gentleman in an article printed in the International Herald Tribune in 2007. This fact seems to be true to some extent.

A basic review of the different kinds of alcoholic beverages is useful in order to understand the many undesirable consequences of excessive drinking, as well as some debatable advantages if done right. The word "whisky" always stands for Scottish whisky whereas "whiskey," with an "e" between letter "k" and letter "y" refers to Irish whiskey. In U.S., the spellings used are 'whisky' but it equally recognizes the other spelling of 'whiskey' due to a long tradition of its use by many producers. In many countries the use of the word "Scotch" is more popular than the word "whisky." As per international law, any "whisky" labeled as "Scotch" must have been distilled in Scotland and matured in oak casks for a minimum period of three years. Scotch whiskies are generally distilled twice, though some may even

be distilled for a third time. In addition, malt whisky is prepared entirely from malted barley.

Whiskies are distilled from fermented grain mash that is usually malted, a process that allows the grain to germinate before it's mashed, and then aged in wooden casks. Types of Scotches vary depending upon the grain used. The most common grain is malted barley. In India, dark brown to red, thick and sticky sweet syrup of fermented molasses produced during the refining of the raw sugar is used for most of the whisky distillation. The age of a whisky is the time it is allowed to stay in wooden casks after distillation and before bottling, which determines its chemical makeup and taste. Once a whisky is bottled, no further maturation takes place; it will not be "older" or become necessarily "better" like wine. Of course it might add rarity value to it as a whisky's value is usually based on its taste as well as its rarity.

Lately the popularity of red wine has increased in the Western world, possibly because both indigenous and immigrant populations have become aware about the health benefits of red wine. It is believed that one or two drinks of whisky a day in individuals under the age of 65 who are in the habit of drinking but are cautious enough to weigh the benefits against the risks, may be beneficial to some extent. For people above this age, the number of the drinks should be limited to one drink a day. This amount is equal to 12 ounces of beer or 5 ounces of wine or 1.5 ounces of 80 proof distilled spirits.

Resveratrol is a compound present in the skins and seeds of dark red and purple grapes used for preparation of red wine and grape juice. This compound is believed to provide beneficial effects in reducing heart disease and in maintaining healthy

blood pressure. Dark purple concord grapes provide similar kinds of heart-healthy benefits that are derived from red wine. Flavonoids, another antioxidant in red wine is also present in the grape juice. It has been shown to increase good cholesterol HDL and lower the blood pressure. Some researchers believe that alcohol itself is the beneficial substance as stated by David J. Hanson, Ph. D. in "Alcohol in diet: Fact and information." (Adopted from Wikipedia) These new facts may provide solace to those who wish to lower the blood pressure and heart disease but not form a new habit of drinking.

Few medical experts advise non-drinkers to start drinking for health purposes. In fact, the American Heart Foundation (AHF) has put forth this clear statement: "The AHF does not recommend that one should start drinking alcohol just to prevent heart disease because drinking alcohol can be addictive. Drinking too much can increase the risk of high blood pressure, high triglycerides, liver damage, obesity and certain types of cancer, accidents, and other problems. Even a small amount of alcohol can cause cardiomyopathy, or a weakening of the heart muscle that can lead to heart failure." Therefore, an extreme degree of caution is advised for those who wish to justify the use of alcoholic beverages for the prevention of illnesses, especially heart disease.

PLEASE NOTE: Readers are advised to seek the advice of their physician before acting upon the information recommended in this chapter. A significant amount of research for this chapter was culled from Wikipedia, for which the author is grateful. While an extreme degree of caution was taken to be as factual as possible, the authenticity of these statements is not guaranteed.

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

Events of Sikh Awareness in Phoenix-Metro January 2016

1. Celebrating 15th years of Monthly Meals Seva to the Homeless of Phoenix

On behalf of Sikh community of Phoenix, I am humbled to report that we have completed 15 years of serving fresh hotly prepared meals to the Homeless individuals once every month on third Sunday of the month at Phoenix Rescue Mission. The meals are usually enjoyed by 175 to 250 people. About 10-15 Sikh volunteers usually arrive to cook and serve, some of them coming consistently for help while others are always new. With the blessings of Akaal Purukh, over 35,000 people have been served thus far over these years. The Homeless shelter also allows the undersigned to say a few words about the Sikhs and this has been one of the greatest vehicles for Sikh Awareness. This effort is supported by Sikh Community members. Ardaas is done prior to the start of service. The meals consist of 2-3 slices of extra-large veggie Pizza delivered right in time, Steamed Vegetables, Southwestern Nacho with melted cheese, One or two Bananas, Cup of Ice-cream and a Soda.

2. Sun lake Lutheran Church Invites Leaders of Different Faiths

Martin Luther one of the most important persons of the century in terms of Civil rights movement will go down as a singularly unique personality. Born on January 15, 1929 he died only at the age of 39 in April of 1968 after he was shot in Memphis by a bullet. But he left such an imprint on the history books of World that his name and deeds will never be erased. Third Monday of January is declared by almost all the States of US for people to pray and remember. I was blessed to be one of the speakers to pray at a gathering of about 100 people at Lutheran Church in Sun Lakes Arizona along with religious leaders of other faiths on January 17. Here are few snaps

3. Sikh Participation in Multi-Faith Seminar

The author was invited to



participate as a speaker on Sikh Faith Do's and Don't on Jan 19th 2016 along with Speakers from Christian Science Muslim Faith as well as Church of Scientology. Various aspects of Sikh Faith were highlighted to a group of about 100 people in attendance at Jewish Historical Society and Jewish Plotkin Center in Downtown Phoenix by the author. The talk was rated as highly

informative. Here are few snaps.

4. Sikh Awareness Talk for Non-Sikhs in Nishkam Seva Gurdwara

About 14-15 groups of Elderly American showed up in a bus from a community center to learn about Sikh Faith on Jan 20th at 10 am. They were first served Snacks of fruits with some sweet and were then taken to class room where a 35 minutes power point

presentation about Sikh faith, Sikh history, Sikh presence in U.S., Sikh philosophy and Hate crimes against Sikhs after 9-11 were highlighted. This was followed by movie prepared by Department of justice about Sikh Awareness. They were then led through sanctuary where they listened to Kirtan and then a hot lunch in the form of Langar was served to them.



2016 Cactus Classic Field Hockey Tournament

interest from teams as far away as Canada.

The tournament also drew attention from some international star power in the world of Field Hockey. Three decorated players from India's National Team - Deepak Thakur, Prahbjot Singh and Baljeet Singh – also participated in the two-day tournament. The two-day event saw over 700 players, friends, family and community members come out to enjoy the great sunshine, experience great field hockey, meet old friends and make new ones.



2016 Cactus Classic Field Hockey Tournament Prize Distribution



2016 Cactus Classic Field Hockey Tournament Dinner



Bibi Baljit Kaur Khasla Talware wale visited az Sikh Guru Ghar



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Namaskar, and Sat Sri Akal to all my readers. Today I would like to talk about prayer. In the beginning of any religious ceremony, we start with a prayer. Prayer is the most effective method to communicate with the primal being. It is better than any other form of worship of the divine. Simply, when we worship we present many different offerings to the deity in a request for blessings. These offerings are merely symbols of our reverence, which is an indication of our devotion to the divine. In the reality all kinds of offering and worship with physical objects is human nature to please an authority with a gift.



Bibi Baljit Kaur Khasla Talwara wale visited Guru Nanak Dewara AZ on 29th January

Prayer



The divine is above these childish tendency of the human mind. However, they can be helpful to focus and develop our devotion and humility towards the divine.

If we think we can please the God with our expensive gifts, it's not possible; because everything we have in our life is given by God. Every breath of the life is given by the creator. Ask yourself what can we give him? If we would like to please God, there's only one way. It is prayer.

How should we pray :

Believe he is present in our mind
 Every part of the universe belongs to him
 He is the inner-knower
 Before this life he was with me
 In the present moment he is with me

After this life he shall always be with me
 Devote your mind, body and spirit to him and start to talk. Don't worry what religion you have, what language you speak, what color, what caste, male or female. It's not necessary to use formal prayers from your scriptures. He will listen to you when you pray with your mind not your tongue.

Start the prayer very humbly. "Oh my Lord and God, I'm suffering with separation from you. I'm lonely, I'm helpless, I'm in the pitch dark. Without you, who can hold my hand to cross the terrible world ocean. Please give me understanding that I can devote my mind, body, and spirit to you and give me divine vision to free myself from the five passion : (Lust, Anger, Greed, Ego, and, Attachment) and merge with you"



Dear readers, this little prayer is an example because it is my view. You can do it if you like.

Note: Meditation is necessary for the soul, like food is necessary for the body. Without divine knowledge we are in the pitch dark. There is no other process than prayer to vanish the dark.

I love you all regardless of your religion, color, caste, or gender.

Please pray for me, I'm helpless.

Happy New Year 2016

Gyani Ji Harbhajan Singh Sandhu
 GHSSandhu@gmail.com

Sikh Identity Awareness Day

ਸਿੱਖ ਪਹਿਚਾਨ ਚੇਤਨਾ ਦਿਵਸ

**A Turban is to a Singh
what a Crown is to a King**

Everyone is most humbly informed that combined Sikh Community of Phoenix Metro Area Arizona will be celebrating Sikh Identity Awareness Day in Downtown Phoenix. Kirtan Darbar and Sikh Turban Competition for the children will be followed by Nagar Kirtan as per program below:

ਸਾਰੀ ਗੁਰੂ ਪਿਆਰੀ ਸਾਧ ਸੰਗਤ ਨੂੰ ਨਿਮਰਤਾ ਸਾਹਿਤ ਬੇਨਤੀ ਕੀਤੀ ਜਾਂਦੀ ਹੈ ਕੀ ਇਸ ਸਾਲ ਸਰਬ ਸਾਂਝਾ ਸਿੱਖ ਪਹਿਚਾਨ ਚੇਤਨਾ ਦਿਵਸ ਹੇਠ ਲਿਖੇ ਪ੍ਰੋਗਰਾਮ ਅਨੁਸਾਰ ਡਾਊਨਟਾਊਨ ਫੀਨਿਕਸ ਵਿਖੇ ਬਹੁਤ ਧੂਮਧਾਮ ਨਾਲ ਮਨਾਇਆ ਜਾਵੇਗਾ |

Sunday March 6, 2016

Phoenix Convention Center Downtown 475 E. Monroe Street, Phoenix Arizona

Kirtan Darbar 10:00 AM Nagar Kirtan 2:30 PM

Snacks followed by Atut Guru Ka Langar will be served

ਕੀਰਤਨ ਦਰਬਾਰ - 10:00 ਵਜੇ ਨਗਰ ਕੀਰਤਨ - 02:30 ਵਜੇ

ਨਾਸ਼ਤੇ ਉਪਰੰਤ ਅਤੁੱਟ ਗੁਰੂ ਕੇ ਲੰਗਰ ਦੀ ਸੇਵਾ

All are cordially invited to attend this important event

ਆਪ ਜੀ ਸਣੇ ਪਰਿਵਾਰ ਦਰਸ਼ਨ ਦੇਣ ਦੀ ਕ੍ਰਿਪਾਲਤਾ ਕਰਨੀ ਜੀ |

Suminder singh Sodhi: 623-332-2266

Dr. Jaswant Singh Sachdev : 602-315-7411

Sharanjit Kaur Saini: 623-516-1413

Darshan Singh Gill : 623-570-3542

Bhai Gian Singh Ji : 602-716-0408

Gurkiran Kaur Khalsa: 602-510-1541

INDIA NITE: A Grand Republic Day Celebration

was tremendous with more than 60 programs by talented dance groups and singers. It was such a pleasure watching our little ones singing and dancing to Bollywood melodies and dance numbers. Grownups and moms were not any behind. The depiction of Kaliya Mardhana to the music of Pirates of the Caribbean was an outstanding experience. There was a serene beauty in the dances by our own talented youngsters and mothers. Arcadia High School became a sea of colors swaying to

the Bollywood beats. India Association President Dr. Satheesh Ambadi introduced the new Board of Directors and also thanked all the attendees, the volunteers and the Youth who made this event go so smoothly.

The Chief Guest, Dr. Ved Nanda Ji gave a brief speech motivating our youngsters to aim high and not stop until their goal is achieved.

In spite of the large number of programs, the event was conducted most professionally and

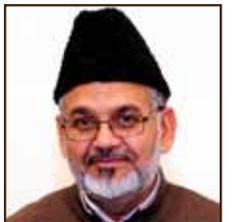
smoothly by the Cultural Director, Rashmi Menon, and the Emcees, who were eloquent but brief. Overall, this was truly an outstanding expression of our local talent at its best and most well organized. India Association deserves a big kudos for providing such a beautiful stage. We can't wait to see the Holi celebration on March 13th at the South Mountain Park. A variety of entertainment is in store, we are told including color sprays, musical Anthakshari, and DJ music.



Bibi Baljit Kaur Khalsa at AZ Sikh Gurudwara



Islam means peace, Islam teaches respect to all, The Messiah who was to come, already has come said Imam Shamshad



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

Report by Dr Iftekhar Ahmad
One hundred ten students from Glenbard South High School in Glen Ellyn, IL visited Masjid Baitul Jaamay of Ahmadiyya Muslim Community in Glen Ellyn of Chicago on January 28, 2016. The students were from an honors world history class and had recently completed a study of Islam. They were accompanied by three teachers.

Imam Shamshad welcomed the students and lead with some opening remarks that this is the need of the hour we should come together to understand other faiths specially The Islam because there are a lot misunderstanding about Islam and people do believe what ever they listen or have information from the press and media, This was followed by a short presentation on Islam and Ahmadiyyat given by Dr Iftekhar Ahmad, Qaid of the local Majlis Khuddamal Ahmadiyya chapter and also local Secretary of Public Affairs.

At the completion of the presentation the students and teachers were able to ask



many questions which were answered by Imam Shamshad . In response to The students and teachers one of the question asked Imam shamshad said,



in the presence of Holy Quran which is The Last Shereyah, Old Testament and the new Testament why all Muslim, Jews and Christen are waiting for the

Messiah? it means all 3 persons are not coming only one will and that one already had appeared. When any body says that No one will come then he should not wait for the Esa son of Marey too from the Heaven. responding to an other question Imam said Mother is paradise and the father is a gate to the Paradise so respect your parents and elders. Students were satisfied with the answers.

Imam Shamshad presented Path to peace by Mirzaz Masroor ahmad head of the worldwide Ahmadiyya Muslim Community.

Jihad and world peace. Our Teaching. The Muslim Sunrise and The Messiah has come.to the teachers for the School library. They appreciated the time they had at the mosque and will be visiting again in the future. Mr Ahamd Malik amd Mr Aashir Meer both the Ahmadi Muslim students of the school arranged this meeting.

How to reuse cooking oil?



HIGHLIGHTS

- Every oil has a specific smoking point, the temperature where the oil starts breaking down.
- Avoid reusing olive oil as it has a low smoking point and a dominant flavour, which makes it a bad choice for deep-frying in the first place.

Are you wary of using your cooking oil after frying a batch of nachos, because of the health implications? Here are some tips to reuse them.

Choose the oil

If your frying technique is off, your oil won't be reusable. Every oil has a specific smoking point, - the temperature where the oil starts breaking down. Use oils like canola, peanut or vegetable oils with a high smoking point that won't break down easily.

Avoid reusing olive oil as it has a low smoking point and a dominant flavour, which makes it a bad choice for deep-frying in the first place.

Filter the oil

After the first (and each subsequent) fry, drain the oil and filter it. Any impurities and unwanted extras like loose crumbs or bits of batter are going to spoil the oil's integrity, making it burn the next time you heat it. Put a few layers of cheesecloth in a metal strainer to filter out the crumbs.

Refrigerate it

Let the oil cool down till it's at room temperature, and then refrigerate it in an air-tight container. Use separate oils according to flavour

The oil is going to take on the flavour of the food you cooked in it, which makes fried fish oil ideal for shrimp, but not good for onion rings. Separate the oils to prevent bad flavour overlaps.

Consuming fish oil will keep eye problems away

Omega-3 fatty acids have been known to prevent cardiovascular diseases like heart attacks and strokes and now, this polyunsaturated fat, most commonly found in cold-water fish like sardines, salmon and mackerel as well as some nuts and seeds, has been found to ward off debilitating 'dry eye' syndrome, the Mirror reported.

And because it also boosts contrast sensitivity, an important measure of visual function in situations of low light or fog, omega-3 could keep you safe when negotiating dark roads too. Researchers found that omega-3 oil supplements can improve dry eye by as much as 105 per cent.

David Allamby, a world-renowned specialist and laser eye surgeon, revealed that tear film has a layer of oil that helps keep water on the surface of the eye and if people are deficient in omega-3s, they may suffer dry, uncomfortable eyes.

He added that cold water fish like salmon, mackerel, herring, tuna are best, adding "Or flaxseed oil is a good vegetarian alternative. I give my patients flaxseed oil supplements before and after laser eye surgery, to improve the quality of their eyes and their vision."

The findings have been unveiled at the American Society of Cataract and Refractive Surgery Symposium in San Diego, USA.

8 healthy oil options



Most of our readers are already aware of the fact that olive oil and sesame oil, along with other poly and monosaturated oils are heart protective and offer multiple health benefits. But what good is that knowledge if you don't know how to use it in your daily day-to-day cooking? We give you a few guidelines...

P.S: While these oils are healthy, they are loaded with calories too, so use them sparingly; no more than 2 tablespoons a day!

Mustard and rapeseed (Canola) oil

These work well in salad dressings, plus can withstand higher cooking temperatures before they begin to smoke. Canola oil has a more neutral taste than does a moderate amount of alpha-linolenic acid (ala), which is the plant version of omega -3 fatty acid.

Because of its mild flavour canola can be best substituted for ghee in maalpuha, gajjar ka hakwa and panjiri. Although you won't get the rich ghee taste you will gain health benefits too! Other dishes that do well with this oil are Rogangjosh and Biryani.

Olive oil: Rich in monosaturated fats and beneficial antioxidants, olive oil is best for sauteing, stir frying and for spritzing on salads. Try stir fried pepper chicken, paneer ki khurchan with it! Contrary to popular belief, olive oil goes perfectly well with Indian curries. The strong spices we use do a good job of covering up the oil's tangy flavour, while letting it add its goodness and heart-health properties to Indian cuisine.

Choose brands that say refined, cold-pressed (a process of extraction that does not involve heat). This type is lower in acidity.

Safflower oil: Nearly flavourless and colourless, this oil makes an appealing salad dressing ingredient because it doesn't solidify when chilled

(olive oil is a great oil for salads too). It also has a high smoke point and can be used when cooking at high temperatures for long durations.

Look for safflower oil that specifies that it is high in oleic acid, which indicates that it is higher in monosaturated, heart-healthy fats.

Peanut and sesame oil

These are great stir-fry oils, as they have high smoke points and they give your stir-fry a nutty flavour, especially dark sesame oil. It's good for pickles too. Both peanuts and sesame oils are high in monosaturated fats.

Peanut oil is good for cooking because it doesn't absorb or transfer flavours. Its smoking point is slightly lower than corn or safflower oil. You can use it in traditional Indian vegetarian dishes.

Walnut and flaxseed oil

Both are high in ALA omega-3 fatty acids, but they don't heat well. They are best used for salad dressings and light sauteing.

Sunflower oil

This is a good option for most Indian dishes. It may be used instead of sesame or corn oil. It is non-fragrant, neutral and non greasy. However, sunflower oil does not have the same heart-health benefits as olive oil, since it is more processed and tends to have a higher calorie count.

Rice bran oil

This is a relatively new entrant in the cooking oil segment in India. Oryzanol present in this oil has been shown to have cholesterol lowering properties. It is suitable for high temperature cooking, so it can qualify as good for Indian cooking.

Fish, chicken and baked cookies will turn out well with this oil.

Soybean oil

High in polyunsaturated fats, it works best in aaloo methi, gobhi, karela and other side dishes.

Tryst with traditions: Dastkar Fair puts the spotlight on handicrafts

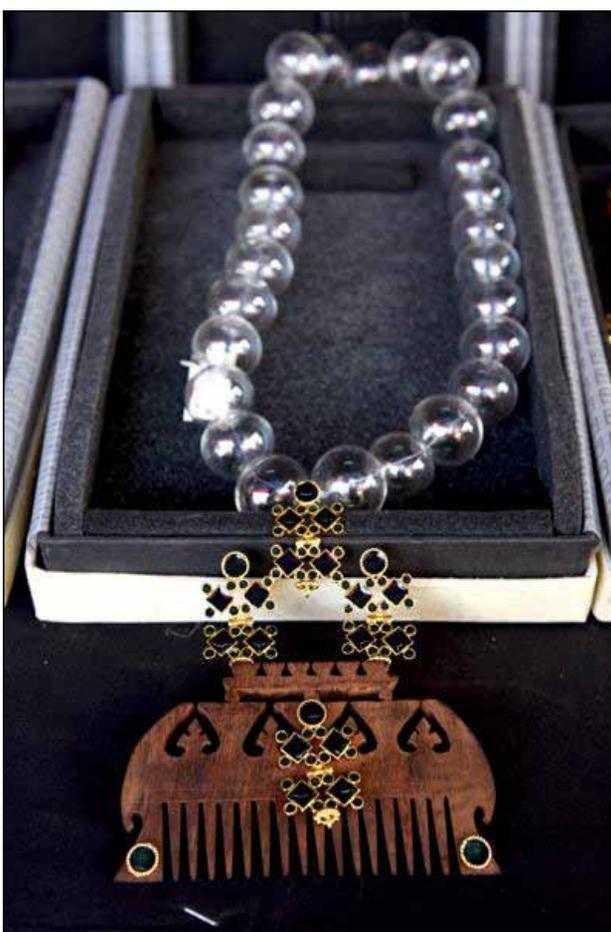
The Sun must be a shopaholic. After two days of painful near-disappearance and abandoning Delhiites to the sudden drop in temperature, it rose bright and warm on Thursday, as Dastkar opened the gates to the third edition of its annual Design Fair, making it a perfect afternoon to browse and buy.



Featuring the creations of designers working with traditional handicraft-skills in handloom textiles, embroidery, garments, jewellery, accessories, home decor items and furniture, the 12-day fair has drawn about 76 participants from across the country.



"The annual Dastkar Design Fair is an opportunity for young craftspeople and crafts entrepreneurs who are working with different craft forms, techniques



and materials to showcase their creativity and enter the urban retail space that is otherwise beyond their means. It also affords an opportunity for young entrepreneurs and designers to meet, interact and dialogue with young craftspeople — exchanging ideas, skills and experiences," says Dastkar chairperson Laila Tyabji.

If Nomad offers skirts and garments inspired by rustic wear, Manas K Ghorai from West Bengal has jewellery, handloom saris and blouses fashioned out of gamchha (or cotton towels) and Read India brings



skirts and dresses in contemporary designs fashioned out of traditional Manipuri handloom.

Karmantik gives a quirky twist to leather shoes and Sameer Designs from Kashmir has exquisite embroidered curtains for the house. Jayati Mehta with studio pottery, Pankaja Sethi from Odisha with Ikat weaves and Shunya with Batik designs, are some of the other participants.

Weekends will include cultural performances, the first of which, on January 24 will be a Nati folk dance performance from Kulu. Cuisine from Afghanistan, Bengal, Bihar, Delhi, Kashmir, Himachal Pradesh, Hyderabad, Punjab and Tamil Nadu add just the right bite of spice to the entire experience.

INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA) Holiday Inn North



SEASON'S GREETINGS & HAPPY & SAFE 2016! On Jan 05, 2016, the new year ISAA started at the new hall with a prayer to Lord Ganesh by Narayanbhai with traditional lighting of lamps by Deepika&Laticia as a part of GrihaPravesh ceremony. Thanks to Manjuben for bringing in prasad on this occasion. Jitubhai covered a Brief about La Princesa with Do's and don't and presented Entertainment & Educational Programs including Amazing Russian Pop Singer, Sher Paaye Bhangra Punjabi, Tulsigabbard-Bhagwad Gita, Incredible Acrobats, Unbelievable act, Ghazal by JagjitS-ing, Laagachunri me daag - aishwaryamajmudar, Cell phones Safety, Continuous Chest Compression CPR and finally a ppt on ISAA-2016 Path Forward. Every one's cooperation was appreciated as the program got underway (see the agenda). The sponsors today were Kokilaben&Shantubhai. The luncheon was enjoyed by over ninety people. Jitubhai thanked the donors to Pearl foundation and requested for continuation of support. It was sure a great start for the new year at La Princesa.

On Jan 12, 2016, it seems that the 'chai' in the morning is becoming popular. Those who arrive by 10:00 enjoy a fresh cup while socializing especially in the current cold climate. The program started with presentation on "Lohri"- a harvesting festival in Northern India, particularly Punjab. Meenaben Sharma put together a video program who



also prepared 'goody' bags of popcorn, peanuts and candy for everyone to enjoy. Jitubhai presented breathtaking and educational video clips as per the agenda, which included beautiful 2016 Wishes by Hindu, Muslim, Sikh Isai; Importance of Boarding Pass Security; How to contain the Kitchen Oil-Fire; Uttarayan Reverse Timelapse; WOW-One has to See it to believe it how the lady without hands lives excellent independent life; beautiful singing YaadPiyakiAayeUstad Rashid Khan; full of humor in Gujarati-Doshlaone-shusamjanpade and also an outstanding presentation on 'Compassion' by a blind scholar. Those interested can view some of them on "You Tube" or Google. Kanubhai provided suitable music to celebrate Makar Sankranti. The sponsors today were Manjuben and Shardaben who served home-cooked meal with help from friends.

Over seventy five members and guests enjoyed the luncheon.

On Jan 19, 2016, it was obvious that morning tea is getting popular as this gives an opportunity to members to relax and socialize. Our main program started out with a prayer and a minute of silence for the departed soul of Neel - Champaben and Late Rameshbhai Patel's son. He passed away in an accident. Deviben's group, Shantiben and Shrikantbhai offered the prayers. Narayanbhai gave a short background on Martin Luther King's day which was observed Jan 16, 2016.

Chhotubhai narrated a passage from a book about a young engineering couple who grew up here and decided to move to Punjab. Their main objective was to appreciate life in rural area. Today's sponsors were Shantiben&Narayanbhai. Over ninety members and guests enjoyed the deli-

1. Proud newly re-married couple showing off the memorable gift from ISAA 2. What beautiful ways to renew the vows after 50 years of marriage 3. Sponsors of the Jan 19th 4. Three happy pretty ISAA ladies! 5. Meenaben's treat on celebrations of Lohri/Makarsakranti 6. Sponsors of the first day at La Princesa 7. Lamp lighting ceremony by Deepika Bhalla and Laticia of La Princesa on the 1st day at La Princesa

cious items on the menu.

Jan 26, 2016 was the sixty sixth Republic Day of India. We saluted the tricolor with the national anthem of India before beginning the celebration of golden wedding anniversary of Chandrakantbhai&Lataben. Jitubhai narrated the fairy tale story of how it all began while Narayanbhai conducted the rituals to formalize. Kanubhai&Meenaben presented "Life Long Delights" for the couple. The entire program was well orchestrated and presented with style and elegance.

There followed the reception with garba and other dances. The delectable luncheon was enjoyed by over ninety attendees along with the wedding-cake. Congratulations to CH &Lataben on their wedding and sponsorship of the luncheon! Jitubhai presented to the couple a memento to the couple as a gift from ISAA. It will be a great memory. On this occasion Chandrakantbhai&Lataben made a donation of \$501 to ISAA fund.

10 things that Parents Tell Children not to do but do it themselves

After the previous serious articles, it is time for some fun! Here are 10 Things that We Parents ask Kids not to do but do it ourselves. Note that this is just a fun article of awareness and not meant to point fingers or disrespect anyone. It is meant for all of us and not anyone in particular. Enjoy!

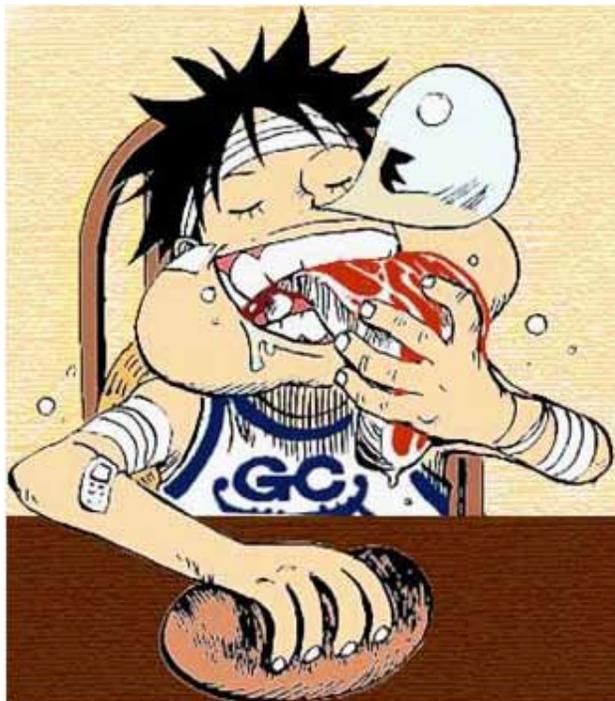
Do we think kids don't notice these? ;) haha

1. Pick our nose

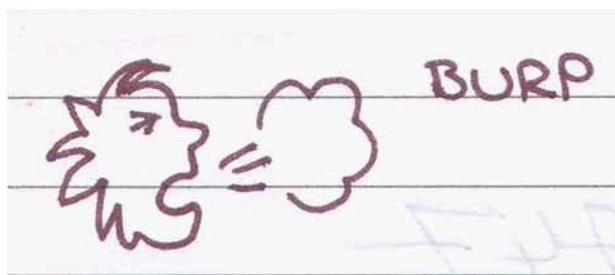
Just because you are in your car



2. Eat shabbily



and



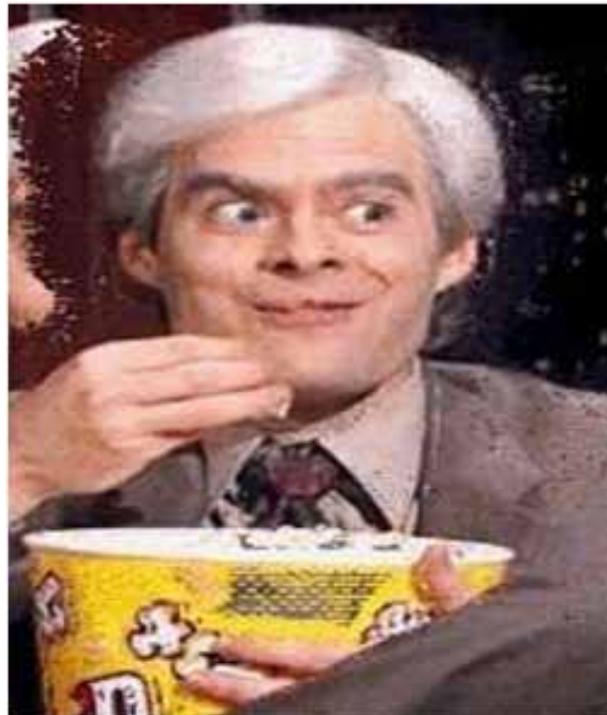
3. Watch a lot of TV. "O common, I watch TV ONLY after they go to sleep". Well, that's what your kid told me too! Kids know.



4. Stay up late



5. Eat while watching TV



6. Not bathe! ~ Eww... Don't you hug me ~



7. Lie



- "Beta you take the phone and tell uncle I am not home". Ha ha!!

8. Keep a Messy Room



9. Yell



10. Be Jealous and Not Share

Aren't we the ones who often want to HIDE that lovely resource - the cleaning lady, a wonderful book or greatest deal in a store. Why share? Why give others the benefit? And then I don't want to give that to my sister! Hell No, it belongs to me! Ha ha. These are the moments when are just grown up kids and small kids learn by observing us ;)



-Rima Desai <rimadesai28@gmail.com>

Travelling for a living: Meet those who are living their dream

What do a hospitality consultant, an angel investor and an artist have in common? In this case, they're all living the ultimate dream, travelling for a living and living on the road.

These are people who have quit their full-time jobs and settled lives and instead identify ways in which they can leverage their core skills to earn as they move about, making at least enough to keep travelling. Gurgaon-based angel investor Prasad NP, for instance, helps startups identify new markets and scout for locations for new offices.

Mumbaiite and design strategist Anuja Joshi, meanwhile, compiles consumer reports in every city she and her husband visit, and gets paid for each report by a New York-based company. "We both work on the move and we don't make what we were making, obviously, but we earn enough to fund our trips without dipping into our savings," she says.

New technology has been a key driver to living this dream.

"Having the internet almost everywhere makes it possible for me to function smoothly," says Rutavi Mehta, 29, who offers marketing, sales and branding consultancy services as she makes her way around the world. "It also helps me promote myself."

Delhiites Neha Chawla, a marketing consultant, and her husband Nikhil, a corporate communications specialist, like to think of it as sponsorships. "We realised that, essentially, we have people who will pay for our travel," says the marketing consultant. "We quit our jobs a year ago and have travelled to over 20 destinations and worked for as many brands in that time."

For many, the core skills fetches them the bulk of their earnings — about 60% to 70%. The rest comes from blogging and writing about their travels. It's not all sunlit beaches and bottomless Margarita pitchers, though.

"It's important not to go into this kind of lifestyle with too many unrealistic expectations," says Vardhan Kondvikar, editor of the Indian edition of Lonely Planet magazine. "Travelling non-stop can be exhausting. You're essentially fending for yourself, in one unfamiliar territory after another. You have to also be planning your next step all the time. It's not easy at all."

Selling stories in a box:

If not now, when? That was the question that drove Gaurabh Mathure and Anuja Joshi to give up their 9-to-5 jobs and orderly lives in favour of a life on the road.

"We felt it would only get more difficult later," says Mathure, 33, a user experience consultant. "We wanted to



do this before we started a family. Plus, having worked for more than 10 years, we were both confident about getting back into our careers."

Mathure and Joshi, 33, a design strategist, have been married three years. Originally from Bangalore and Mumbai respectively, they met in New York in 2010, and decided to hit the road eight months ago.

To help get them started, the couple signed up with Remote Year Programme — a US-based community set up in 2015 that helps professionals travel while they earn. For a fee of \$2,000 a month (about Rs 1.35 lakh) per person, members are guaranteed accommodation, airfare and co-working space in a different country every month for one year. Members must find their own long-distance or local work to sustain themselves through the year.

Mathure, for instance, consults with three companies based across two continents, charging an hourly fee; Anuja writes reports on consumer trends in every city she travels to, for a New York-based company. "We don't make what we were making, obviously, but we earn enough to fund our trips without dipping into our savings," she says.

As they juggled deadlines, finances and adjusting to a new place every month, Mathure thought it might be a good idea to send their families a box of souvenirs from each city they visited. And that's how they started Pikkabox, a curated mystery box that combines artifacts, stationery, toys, postcards, edibles, home décor products and stories from each place they visit, sold via a website. The couple has so far sent out boxes from cities in Vietnam, Malaysia, Turkey, the Czech Republic and Slovenia. Coming soon are Argentina, Uruguay, Chile and Peru.

The downside, Joshi says, is she misses her bed and having a fixed rou-

time. On the upside, the couple says they have had the best year relationship-wise. "Our time is our own," says Mathure, "and we have bonded on a completely different level as a result."

A roadie, a marketing whiz

Rutavi Mehta, 29, a Mumbai-based marketing and sales professional specialising in the hospitality industry, quit her full-time job and settled life seven years ago, in favour of travelling, earning and living on the go. While she made some money by blogging about her travels, it was while visiting her sister in Qatar in 2013 that she took up her first overseas marketing assignment, for a local tourism portal, finally giving her a sustainable revenue model.

"I thought my marketing skills were restricted to cubicles, but with the success of my first pitch I knew there was a big market for consultation services too," she says.

Since then, she has consulted for tourism boards in Thailand, Malaysia and Italy, among others. "I handle Twitter accounts and newsletters, coordinate events. This work now makes up 40% of my income — the rest comes from travel writing — and I consider these earnings my travel budget, and use them to fund further trips," she says. On average, then, she spends 10 months of the year on the road. "Good internet connectivity almost everywhere makes it possible for me to function smoothly," she says. "And helps me promote myself." One speedbump for her has been resistance from her parents. "They have only now warmed up to the idea of me travelling solo and working on the go," she says, laughing. "And I do miss home food."

Her advice to those who'd like to follow in her footsteps: "Develop a niche and always, always, charge for every service."

Pictures on a postcard

Abhinav Chandel always had

a yearning to travel. While working as a content writer in Delhi, he took breaks to go hiking in Meghalaya, visit Mussoorie and live in Ladakh for two months. In 2014, he decided he couldn't bear a full-time job any more and quit. Originally from Kashipur in Uttarakhand, the 26-year-old went backpacking to McLeod Ganj in Himachal Pradesh, fell in love with the place and moved there. He then decided to combine his two great loves — travel and photography — to help fund his roadie lifestyle. As he travelled through Himachal Pradesh and then beyond, to states such as Jammu & Kashmir, Rajasthan and Karnataka, he began to sell his photos as postcards and prints.

His first series of 100 images of McLeod Ganj sold out within a week. "I prefer to sell them in person or at self-organised exhibitions because each postcard is accompanied by the story behind it," he says. "For two months last year, I survived only on the money I earned from them." The rest of his income comes from freelance photography gigs for resorts, the odd singing gig at local cafés and paid blogs.

"A lot of fellow tourists buy my pictures as souvenirs," he says. "Next, I am planning an ebook featuring poems and short stories on my travels."

In an interesting aside, Chandel says he sometimes barter stories for food or homestay accommodation, telling his hosts tales of adventures he has had and friends he has made across the country.

Finding the best locations

Prasad NP, 45, quit his job as India head for a US-based mortgage company in 2013. An IIM-Calcutta graduate, his job had demanded a lot of travel, which he supplemented with personal trips. But by his early 40s, he had saved up enough to begin envisioning a different life. "I decided to craft my own itinerary," says the Gurgaon-based father of two. He now offers consultancy services to startups looking to scale up. "I also scout out locations for new offices and help identify new markets," he says. Sometimes, if the start-up is a fledgling one, they will only pay for the travel; other times they also pay him a fee for his services. "It's still worth it," he says, grinning. These consultations make up about 60% of his travel expenses and livelihood; the rest comes from investments; Prasad also acts as an angel investor. Additional income flows in from travel blogs and social media consultancy work for hotels and tourism boards. "The downside is being away from my family," he says. "Also, you work 10 times harder for lower financial rewards."

FEBRUARY 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 Free Meditation Classes Natsamrat (Marathi movie)
7	8	9	10	11	12 Phoenix Desi Karaoke Night	13 Saraswati Puja
14 Food For Life Goshala Maha Raja Gopuram Bhoomi Puja	15	16	17	18	19	20 Free Meditation Classes
21	22	23	24	25	26	27 Indradhanush 2016 Free Meditation Classes iWalk for Maha Raja Gopuram
28	29					

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Take your time; do not make any decisions in haste. You might not be as reserved on an emotional level as you'd like. You will be encouraged to get involved in a moneymaking venture. You mustn't give too much to your children. Your luckiest events this month will occur on a Sunday.

ARIES



Mar 21
to
Apr 20

If you're preoccupied, be careful while operating a vehicle or any kind of equipment or machinery. You need to be active and spend time with friends you enjoy. Don't push your luck with authority. You can bet that you'll draw attention to yourself. Your luckiest events this month will occur on a Thursday.

TAURUS



April 21
to
May 20

Travel could bring you the adventure and excitement you require. Children will be of major concern if you haven't kept the lines of communication open. You are better off visiting friends or relatives than entertaining at home. Your emotional stability may influence the changes taking place in your personal life. Your luckiest events this month will occur on a Wednesday.

GEMINI



May 21
to
June 21

Health problems may prevail if you haven't been getting enough rest. You need to spend some time with individuals who have more experience than you. Don't expect anything for nothing and you won't be disappointed. It's hard to stay mad if the object of the anger refuses to react. Your luckiest events this month will occur on a Thursday.

CANCER



Jun 22
to
Jul 22

However, you must not neglect your family. Family members may want you at home, when your heart is telling you to spend time with someone you recently met. Personal problems may be hanging over your head but don't confront the situation. You're likely to encounter new partners if you take short trips. Your luckiest events this month will occur on a Tuesday.

LEO



Jul 23
to
Aug 23

Your mate may want to pick a fight but if you're persistent with your affections their anger should dissipate. Entertainment should include the whole family or a lot of your friends. Later in the week your boss will pat you on the back for a job well done. Talk about your intentions and confirm that you both feel the same way. Your luckiest events this month will occur on a Wednesday.

VIRGO



Aug 24
to
Sep 23

Coworkers may not be completely honest with you; try not to rely on help from others. Financial difficulties may be worrying you. Do yourself a favor and leave your plastic at home. Work at home if at all possible. Be prepared to encounter new friendships that will provide you with valuable information. Your luckiest events this month will occur on a Wednesday.

LIBRA



Sep 24
to
Oct 23

Make changes regarding your friendships. Exercise is always a good way to relieve stress. You may find yourself in an emotional fix if you interfere in other people's problems. Your changing philosophies may lead you into new circles and open doors that will give you a unique outlook on life. Your luckiest events this month will occur on a Thursday.

SCORPIO



Oct 24
to
Nov 22

You will be popular with acquaintances; however, loved ones could feel left out and insecure. The knowledge you have will enhance your reputation. You need to look into new philosophies. Make sure any presentation you have is ready. Your luckiest events this month will occur on a Sunday.

SAGITTARIUS



Nov 23
to
Dec 21

You can win points if you present your ideas this month. You can invest in profitable ventures. Organize social events or family gatherings. Romance can develop; however, it will most probably be short-lived. Your luckiest events this month will occur on a Thursday.

CAPRICORN



Dec 22
to
Jan 21

Look into attending seminars that can expand your perception. Try to join groups of interest such as ballroom dance classes or perhaps an internet organization. A romantic infatuation from your past may surface if you frequent places that you both used to go. You will have to put those you live with in their place if they try to interfere with your work. Your luckiest events this month will occur on a Saturday.

AQUARIUS



Jan 22
to
Feb 19

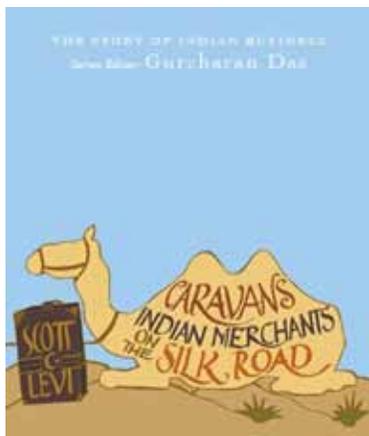
You should check out prestigious clubs or groups that have a cause you believe in. Look into joining groups that can give you hands-on advice about business. You will have a greater involvement in groups; however, they may not be to your advantage. Travel will also entice you. Your luckiest events this month will occur on a Friday.

PISCES



Feb 20
to
Mar 20

Indian Merchants on the Silk Road review: A book with bias and agenda



This book traces an Indian trade network that originated in Multan in the sixteenth century, and operated between India and Central Asia, eventually extending into Russia and China. Colonies of Indian merchants lived in distant foreign lands, at points where caravans stopped to replenish their stocks of cotton textiles, indigo, sugar, rice, spices, weapons and precious stones. In exchange, bucketful of gold and silver poured into India. While India looked to Inner Asia for horses, it dispatched livestock in the form of slaves, exporting thousands each year.

The Indian merchants lived away for long years but maintained close links with home. And they were not mere traders but sharp businessmen dedicated to multiplying their capital through the various financial instruments which they devised. They funded local agriculture, local business, travelling businessmen, and local warlords. They may have been unpopular, but their indispensable function invariably ensured their safety.

A well-timed reminder of the link between tolerance and progress, *Caravans: Indian Merchants on the Silk Road* is well written, well designed, and feels good to hold. However, there were a few things about it that made me uneasy. Why, for one, was Penguin Indian using an outdated colonial spelling of Sindh? Every time I read 'Sind' I wondered whether they were still saying 'Cawnpore' instead of 'Kanpur'.

Second, in an era of diver-

sity and inclusion, it seemed indelicate to be working so hard to consolidate brand 'Multani'. It was as far back as the 1700s when the traders of Multan began to disperse and Shikarpur, already a major centre of Central Asian trade, became the nucleus of this network. Shikarpuri traders came from Multan — but also from Iran, Afghanistan, Rajasthan, Gujarat, and other localities of Sindh. It is the direct ancestors of those who call themselves Shikarpuris today who managed the network described in this book, until the Russian Revolution and Soviet occupation of Bukhara displaced them. However, the Shikarpuris found themselves still being called 'Multani', even as far from home as Coimbatore. After Partition, many Sindhis who settled in Bombay too stoically accepted the label 'Multani'.

The truth is that 'Multani' is a generic which, like 'Madrassi', dishonours a kaleidoscope of ethnic identity. I found it surprising to see it repeatedly reinforced in a book which on the other hand traces fine caste distinctions and seems determined to establish that Khatrias are Kshatriyas, not Baniyas!

Most disturbing of all were the last two sentences in this book: "As Markovits has demonstrated, by the beginning of the twenty-first century, large numbers of Multani-Shikarpuri merchants operated a vast network of communities that stretches from Hong Kong, Manila and Singapore in the East, across the Gulf, Africa and Eu-

rope, to the Caribbean islands, Central America, Canada and the United States in the west (sic). Their ambitions, like their network, know no bounds."

However, Claude Markovits demonstrated two separate networks, and neither was specific to Multan. One — described here — extended overland from Shikarpur into Central Asia, Russia and China, but no further. Markovits' second trade network, which linked the seaports listed by Scott C Levi, owes little to either Multan or Shikarpur. It originated in the town of Hyderabad, near Karachi. It was the Hyderabad Bhaibands who created the Indian multinationals of the mid-nineteenth century with branches in Hong Kong and Panama and every port between, and head-offices in Hyderabad, Sindh. It astonished me that the achievements of these remarkable entrepreneurs could be ascribed to the 'Multani-Shikarpuri merchants'. After all, their descendants, who continue to operate the global networks, would be appalled to be classified 'Multani-Shikarpuri' — or even just 'Shikarpuri'.

Levi, a careful scholar, aimed only to end with a summary flourish, not steal anyone's thunder. Claude Markovits himself responded with the kindly dismissal, "I think it is a slip of the tongue". However, in a book which forms part of a series about Indian business history, and which claims to set right the misconception of Eurocentric world views, it reveals its own bias and agenda.

POET OF MONTH

Lorna Blake

Lorna Knowles Blake was born in Havana, Cuba and spent her childhood in Argentina, Uruguay, Venezuela and Puerto Rico before coming to the United States for college. Her collection of poems, *Permanent Address*, won the Richard Snyder Memorial Award from Ashland University Press. Work from a new collection has appeared or is forthcoming in *The Cortland Review*, *Literary Imagination*, *Tampa Review* and the *Hudson Review*. She has been the recipient of a residency from the Virginia Center for the Creative Arts and a Walter Dakin Fellowship at the Sewanee Writers Conference. She serves on the editorial board at the journal *Barrow Street* and currently teaches creative writing in Brewster, on Cape Cod and at the Walker Percy Writing Institute at Loyola University in New Orleans. She feels fortunate to divide her time between two beautiful coasts in New England and New Orleans.



Testimony of the Senses

On earth you never can rely
On what the senses understand.

—Saint John of the Cross

Lowling cows, cello
notes, mobbing birds (seet,
seet, chick-a-dee-dee),
claxon, choir, surfroar,
silence, breath, breathing...

Blood on the tongue; taste
of sex in the mouth,
salty. Wine, lemons,
and sweetness: dripping
berries, plums, ripe figs.

Flesh rotting (rodent,
clipped by the mower),
scent of linden trees,
mid-summer rain, stale
tobacco, warm bread.

Skinned pelt, infant skin,
soft bruise, red welt; hands
grip, slap; lips on nape
of neck, kiss—yes—feel
love's caress; love's bite.

Sky, scraped by shadow;
maple, blazing; stained
glass; starlight; phosphor;
pixils; pitch dark; ice
storm; sudden sunlight.

*

Film Review

'Airlift' review: The very real story of an ordinary man being pushed to heroism

Raja Krishna Menon's *Airlift* isn't about a true story; it's based on true events. This is a term most commonly used in Hollywood – when some aspect of a real incident is taken and then padded with fiction so that the film could

Film Review

Movie: AIRLIFT
Directed by: Raja Krishna Menon
Starring: Akshay Kumar, Nimrat Kaur, Purab Kohli
Rating: ***

be positioned as a 'true' story. *Airlift* too, as revealed to us by its makers in the beginning and end of the film, falls in the same format. Loaded with fictional characters and circumstances, *Airlift* therefore, falls into the realm of a regular drama/thriller, with a few real-life references. Ranjeet Katiyal (Akshay Kumar) is an ambitious, go-getter Indian settled in Kuwait with his wife (Nimrat Kaur) and child. He has no love for his country (not even its music); in fact Ranjeet considers himself a Kuwaiti. But when Saddam Hussain invades Kuwait leading to panic and pandemonium, everything changes. Ranjeet, with his wealthy background, has the option of leaving the country with his family. A sense of responsibility dawns over him when his own employees look at him for help and Ranjeet refuses to abandon



them. More distraught Indians join them as Ranjeet sets up a transit camp for them all. How he helps bringing back 170,000 people back to India forms the crux of the rest of the film.

What's Hot:

The film is set in the early 90s and the director does a fair job recreating the era – even the detailing in costumes and

backdrops is noteworthy. The war invasion scenes may not be massive in terms of scale but still give you a decent description of the havoc caused. Overall, the film has a stark look and feel, which works in its favour to quite an extent. Prakash Belawadi as the cranky old man in the camp is a scene-stealer. Akshay Kumar's stellar performance is the film's backbone. In almost

every frame of the film, he doesn't let his grip loose even once. Easily one of his most effective and restrained acts in recent times.

What's Not:

If *Airlift* were entirely a true story, there would be no room for complaints simply because you cannot alter the screenplay of real events. But when so much of fiction

had to be added anyway, why couldn't that fiction be more gripping and dramatic?

Director Raja Menon maintains the same momentum throughout the film. Even where there's a chance to accelerate the high, he underplays it. That's why the roar of patriotic fervour is somehow missing in this film. The climax is tame and leaves you a bit confused. Air India flights came to Jordan and evacuated all the Indians. But Jordan was always a safe zone. Air India flew a number of flights for the job and made it the biggest evacuation. But there's no *Argo* in this if you're looking for one. Menon's choice of character actors also leaves one disappointed. Inamulhaq as the Iraqi major is more of a clown. Why would you trivialise your main negative character, especially when you have fictionalised it? Nimrat Kaur looks misplaced and out of sync. *Airlift* also needed a mature producer who would not burden it with unnecessary songs (a couple of them make you gasp in embarrassment as Katiyal starts doing a jig) and ruin the film's credibility factor.

What To Do:

A spirited effort and Akshay Kumar's performance are the high points of *Airlift*.

Aishwarya Rai Bachchan pulls one take shot for a crucial scene in 'Sarbjit'

Bollywood actress Aishwarya Rai Bachchan, who is shooting for *Sarbjit* biopic based on Indian prisoner Sarabjit Singh, performed a crucial scene of the movie without cuts.

In the Omung Kumar-directed *Sarbjit*, the 42-year-old actress plays the role of Sarabjit's sister Dalbir Kaur, while actor Randeep Hooda will be seen in the titular role.

"Aishwarya pulled off a two mins (minutes) performance-oriented scene so gracefully in one take, with no cuts and retakes, it was more like a real moment than a scene being filmed," producer Sandeep Singh said in a statement here.

The film is slated to release on May 20.



We all know that Virat Kohli got into an ugly spat with a journalist a few days back. He was under the impression that he (the journalist) had published a story about his personal life. Although he apologised to the confused journalist as soon as he came to know about the misunderstanding, the incident went viral and he got flaks from his teammates and seniors.

The next celebrity to have lost her cool with media is the bubbly actress Alia Bhatt, who is known to have played sport whenever her IQ and General Knowledge have been questioned in the past; all thanks to the one time mistake she committed by stating Prithviraj Chauhan as the President of India in a chat show.

Ever since then, jokes and trolls on Alia have become common, and people from media and the film industry keep taking a dig at her for this. The incident was followed by a line of jokes, memes and trolls, and the hashtag #YoAliaSoDumb trended for a good few days.

Alia also showed that she is not someone who would easily get offended by starring in a short video where she takes training to improve her IQ. The video was made by the YouTube channel All India Bakchod (AIB), whose founding member Rohan Joshi was rumoured to be dating Shaheen Bhatt, Alia's sister.

Even at the recently held AIB Roast,

After Virat Kohli, Alia Bhatt loses her calm

which was in news for all the wrong reasons, Alia's IQ was questioned and mocked at by the same AIB team, and she was seen laughing and enjoying while sitting in the audience.

Apparently, the actress has had enough of this. At a recent award show, when a journalist asked why people celebrate Holi, obviously with the motive of another scoop of news to make headlines, the actress got miffed and



left the altar, only to return and shoot back at him, asking if he knew who the President of South Africa or China was?

The question must have brought her the memories of the night when Alia made that remark on the President of India, because otherwise, there was no question related to any President.

Well, we certainly do believe that Alia has been a sport for quite some

time now, and it's high time that people stop asking her stupid questions.

Team Business Insider India believes in serving entertaining news to its readers but certainly not at the cost of someone's comfort. Now that Alia has made her stand clear that she is no more comfortable with such remarks, we hope that her wish is respected and no further questions or remarks are shot at her.

'Comedy Nights With Kapil' last episode was emotional: Akshay Kumar

Akshay Kumar was the last celebrity guest on Comedy Nights with Kapil, which aired its final episode yesterday, and the superstar says bidding adieu to the popular TV show was an emotional task.

Akshay, 48, who promoted his recently launched film Airlift with his co-star Nimrat Kaur on the show, said though the artists were making them laugh, they were sad from inside.

"The last episode was very good, there was so much love and affection among all of them. We actually saw them crying and they knew that it was the last time they were performing together on same stage in those characters," Akshay told PTI.

The comic talk show, hosted



by Kapil Sharma, had Navjot Singh Sidhu as the permanent host besides Ali Asgar, Sumona Chakravarti, Sunil Grover, Kiku Sharda and Roshni Chopra

in various avatars.

"We actors get so much attached when we do movies together for 45 or 50 days and they have been together for so many years, so one can understand the bonding. They were making everybody laugh but crying from inside. We laughed so much during the shoot..." Akshay said.

The show, which ended after three years, was in a big soup regarding the airing date of the final episode after the channel postponed the date by a week amid reports that there were differences between them and the host.

Freedom of expression shouldn't hurt others: Kangana Ranaut

National award-winning actress Kangana Ranaut says freedom of expression cannot be such that it hurts other's sentiments as India is a vast country with many languages and religions.

"Freedom of expression cannot be such that it is hurtful to other's sentiments. It has to be considered that we are a country of so many languages, religions colours... To talk about something on a public platform is a very big thing, I believe what you talk even at your home, at workplace, you should be careful of what you are saying," Kangana told reporters here.

"One must understand the power of words. If it can be perceived in many ways then please value those many ways and come

up with the most precise and accurate way to express yourself. So that if you have to go back and evaluate the context of your comment, you should not be in a place where you think 'oh this is something which doesn't belong to me.'"

The actress was speaking on the sidelines of a special screening of the sports drama Saala Khadoos.

Recently, Bollywood filmmaker Karan Johar had raked up the debate on intolerance saying

India is a "tough country"

where speaking about personal life can

land people behind the bars. The

Queen actress feels being a

public figure one should be careful

with words and said she

has received "backlash" for

giving opinions.



Chai with... Bibi Baljit Kaur Khalsa Talware Wale

I had the pleasure to meet Bibi Baljit Kaur Khalsa Talware Wale and am extremely grateful to the Sodhi family for inviting her and her Jatha here in Phoenix to do Kirtan. They did Kirtan at the Guru Nanak Ashram on January 29, 2016 and Arizona Sikh Gurudwara on January 30, 2016 and I had the pleasure of attending. I was really overwhelmed by listening to her as it was my first experience with an all ladies Jatha. Then, their next event was at the Nishkam Seva Gurudwara Sahib where I listened to her sweet Ruhani Kirtan.



I had the opportunity to meet all of them including the Tabla Player Harpreet Singh ji and I requested Bibi Ji to sit and discuss about their Jatha. Then I went to Mr. Harjeet Sodhi's house and we had a talk about them. Bibi Ji was born and brought up in Talware and the Jatha includes three of her sisters Bibi Randher Kaur, Bibi Jaspal Kaur, and Bibi Baljeet Kaur. In

their early teenage years, they all joined the Akhand Kirtan Jatha and it became their hobby to do Kirtan. In 1976, they took Amrit (Amrit Chakna) and the three sisters devoted their life to Guru Ji and never married. They have one brother that lives in Punjab.

I also asked Bibi Ji about her opinion on parents in India who are dis-

owned by their kids and what can be done to help them. She said you have so many people here that can help them from here. I have this white attire that is without any blemishes and I want to remain like this when I leave this world. She also mentioned that her father still thinks he could not complete his responsibility but she had told her

father that his only duty is not only getting his daughter married but it is also to increase the education and adoption of Sikhi and Sewa which they are doing. She launched her first album Pooran Hoi Hamaari Asha in 1989 which became famous overnight and was highly appreciated.

Finally, we asked about her message to all of Gu-

rudwara Sahib and she said that her only message is that all the committees should not do election but rather should do selection. "Guru Ki Golak Garib ka Moh Hota Hai."

I am grateful for the opportunity to have met this amazing and unique Jatha and wish them all the best in their future endeavors.

-Manju Walia





Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

FEBRUARY 2016 Programs & Events

19 Magh – 17 Phagan, 547 Nanakshahi Era (NE)

Feb. 7 (Sun.) – The Great Holocaust (Wadda Ghalughara). Approx. 32,000 Singh, Singhnia and children lost their lives. (Act: Feb 5, 1762)

http://www.sikhiwiki.org/index.php/Wadda_Ghalughara

Jor Mela Kotha Sahib in Valla, Amritsar. See...

<http://sikhgurusandgurdwaras.info/wordpress/?p=2751>

Feb. 12 (Fri.) – Birthday Sahibzada Ajit Singh Ji,
Paonta Sahib (Actual: Feb 11, 1687)

Feb. 13, Phagan 1 (Sat.) – Sangrand Monthly Program
(10:00am – 11:00am)

Feb. 19 – 21 (Fri-Sun) – Parkash Sri Guru Har Rai Ji (Actual: Feb 20, 1630)
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>

Akhand Paath Arambh: Fri. 5:00am

Akhand Paath Bhog: Sun. 11:00am

Feb. 21 (Sun.) – Homeless Langar Seva.
Call 602 741 8021 for more info.

Feb. 26 (Fri.) – Birthday Bhagat Ravidas Ji (Actual: Feb 22, 1399)

Regular Programs:

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

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

Evening Banis: 7:00 PM – 8:00 PM.

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

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

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Saka Nankana Sahib - 1921



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Real Estate News of Arizona - February 2016

By Arti Iyer ABR, CFS, CSSN

Hello Friends,

Hope everyone enjoys the Superbowl this year. It is a treat for the football fans with Super Bowl parties and some awesome games this season. The valley real estate market seems to be picking up pace right around the super bowl season as always.

We are seeing lot of Millennial Buyers coming in the market. They are tired of paying rent and want to own their home. Though I have seen mostly they want to go for low maintenance properties with Amenities. Like condos, urban lifestyle living.

Phoenix is trying the best to accommodate this demand. A new development venture is building three infill condominium projects in metro Phoenix, further cementing the trend toward high-density in the Valley. Liv URBN recently started construction on The Mason, a Frank Lloyd Wright-inspired project with 33 high-end town-homes in north Central Phoenix. Construction on a project called Contour, with 111 luxury condos on Campbell Avenue near the Camel-

back Corridor, is scheduled to start this summer. The group is planning a third condo project in Old Town Scottsdale. Plans for that development are still being worked out. Prices for homes at the Mason start in the \$400,000s. Plans call for the development to have roof top terraces, a community pool, barbecue area and patio, two car-garages and electric vehicle panels.

Talking about new builds, Arizona will see the CA builder starting a project soon here in the valley! The first of its kind outside of California, the Arizona division of The New Home Company marks a strategic expansion into the Phoenix market. NEW HOME's initial community will consist of 68 home sites in the former Mountain Shadows resort in Paradise Valley, AZ. The community will offer a selection of luxury detached homes and condominiums. They have been one of the most active home builders in California since the company was formed in 2009. It is a new generation homebuilder focused on the design, construction and sale of innovative and consumer-driven homes in major metropolitan areas within select growth

markets.

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

- Total Sales for Single Family, Town-home, Condos, for December are 5,957 whereas, November was 4,599 and October were 5,503

- The Active listings for Single Family, Town-home, Condos for December are 18,647 whereas, November was 20,368, and October were 20,140

- Pending sales for Single Family, Town-home, Condos, for December are 4,083 whereas, November was 5,526, and October were 4,719

Many people have asked me to provide Pinal county stats, so here are the December sales of Residential Properties in Pinal County-

- Total Sales for Single Family, Town-home, Condos, for December are 524 whereas, November was 435 and October were 523

- The Active listings for Single Family, Town-home, Condos, for December are 2,544 whereas, November was 2,391 and October were 2,265

- Pending Sales for Single Family, Town-home, Condos, for December are 393 whereas, November was 541 and October were 464

Now let's take a look on commercial side-

The Phoenix industrial market is to benefit from an accelerating pace of local economic growth in 2016, according to Colliers International of Greater Phoenix. Developers built spec space fairly early in the recovery cycle, which placed a supply overhang on the market at a time where tenant demand for space was uneven. Those conditions have been resolved during the past several months, as many of these spec spaces have secured tenants. Sales of industrial buildings have gone up by 3% in the fourth quarter, but for the year, sales velocity was down 11% from 2014. While the number of buildings sold in 2015 were lower, prices actually rose a bit. Now looking ahead in new developments will once again be outpaced by net absorption, driving vacancies lower and supporting continued rent growth. Employment growth will be fueled by populationserving sectors, including new home construction, which should gain momentum more rapidly than in earlier points in the recovery cycle. As homebuilders increase activity levels, construction businesses and retailers will require additional industrial space. Growth is slower in commercial but its

gradually stabilizing at its own pace.

BH Properties LLC purchased the former Bank of America building at 2727 S 48th St in Tempe from Bank of America N.A. for \$10.25 million. The two-story office building was constructed in 1975 and totals 162,760 square feet and sits on 12.7 acres.

Hedgewood Inc sold the Shea 70 Plaza shopping center at 6949-6969 E Shea Blvd in Scottsdale to a private investor for \$8.5 million. Originally built in 1988 and expanded in 2006 the single-story retail strip totals 39,270 square feet and sits on 2.8 acres.

Capital Real Estate LLC purchased the Cabana on McClintock apartments at 1701 E Don Carlos Ave in Tempe from Deco Communities for \$16.6 million. Built in 1962, the two-story, 181-unit multifamily property totals 146,980 square feet and sits on 6.4 acres.

Pearlman Properties sold the four-building Roosevelt Business Park at 7150 W Roosevelt St in Phoenix to WLA Investments Inc for \$14.9 million. Totaling 222,335 square feet, the industrial buildings were constructed in 2006 on 3.5-acre lots featuring facing loading docks.

Capital Real Estate LLC purchased the Cabana on McClintock apartments at 1701 E Don Carlos Ave in Tempe from Deco Communities for \$16.6 million. Built in 1962 the two-story, 181-unit multifamily property totals 146,980 square feet and sits on 6.4 acres.

Private investor acquired the 92-unit Sora on Rose Apartments at 6201 N 16th St in Phoenix from Gelt Rose Holdings LLC for \$7.85 million. Built in 1971 and renovated in 2014 the 76,151-square-foot multifamily community sits on 2.7 acres. It is comprised of 46 one-bedroom and 46 two-bedroom apartments.

Hope this article gives you a peek in what's happening in our valley. As always, I love your questions, comments & feedback. Please keep them coming at arti@artiier.com or call me at 480-242-8573.

Disclaimer: This article makes no representation or warranties of any kind as to the accuracy of the data. The source of data has been taken from several sources such as Armls, Cromford report, Better Homes and Garden, Costar, Globest, BizJournal, News-genie, Realty times, azcentral, wall street journal.





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Here's why migraine worsens in women approaching menopause



Migraine headaches heat up as women approach menopause, a new study reveals. The risk of headache was most apparent during the later stage of the perimenopause, which is a time during which women first begin skipping menstrual periods and experience low levels of estrogen, the study revealed.

"The risk for high frequency headache, or more than 10 days with headache per month, increased by 60% in middle-aged women with migraine during the perimenopause -- the transitional period into menopause marked by irregular menstrual cycles -- as compared to normally cycling women," said lead author Vincent Martin, professor at University Of Cincinnati in Ohio, US.

The menopausal years include

both the perimenopause and menopause. Menopause begins when women have not had a menstrual period for one year. Symptoms such as hot flashes, irritability, depression and insomnia are common during both. "Changes in female hormones such as estrogen and progesterone that occur during the perimenopause might trigger increased headaches during this time," noted Richard Lipton, professor at Albert Einstein College of Medicine in US.

Women who participated in the study also reported that high frequency headache increased by 76% during menopause, the findings showed. Researchers identified the group of 3,664 women aged 35 to 65 who experienced migraine before and during their menopausal years.

Women with migraine were asked to self-report their frequency of headaches as well as the characteristics of their menstrual cycles.

Based on the characteristics

of their menstrual cycles they were placed into one of three groups: premenopause (normally cycling), perimenopause (irregularly cycling) and menopause (no cycling).

Researchers suggested hormonal therapies for women approaching menopause and suffering from migraine.

The findings were published online this week in Headache: The Journal of Head and Face Pain, a publication of the American Headache Society.

Words worth: Typing slowly will help you become a good writer

Want to improve the quality of your writing? Type slowly! The quality of your writing, such as sophistication of vocabulary, is likely to get better if you simply type slower, a new study suggests. Researchers from the University of Waterloo in Canada asked study participants to type essays using both hands or with only one.

Participants in the study, who were undergraduate students, wrote essays describing a memorable school day for them, an event that had a positive effect on them, and that asked them to defend their position on a ban on cellular telephones in high schools. Using text-analysis software, the team discovered that some aspects of essay writing, such as sophistication



of vocabulary, improved when participants used only one hand to type.

The results led research-

ers to speculate that slowing down participants' typing by asking them to use only one hand, allowed more time for

internal word search, resulting in a larger variety of words. Fast typists may have simply written the first word that

came to mind. Speed could affect writing quality regardless of the tools, whether they are text-to-speech programmes, computers or a pen and paper, researchers suggested.

"Typing can be too fluent or too fast, and can actually impair the writing process," said Srdan Medimorec from University of Waterloo, who led the study. "It seems that what we write is a product of the interactions between our thoughts and the tools we use to express them," Medimorec added.

"This is the first study to show that when you interfere with people's typing, their writing can get better," said Evan F Risko from University of Waterloo. The findings were published in the British Journal of Psychology.



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آنحضرت ﷺ اپنی پال باطنی و انشراح صدری و توکل و وفا اور عشق الہی میں سب انبیاء سے بڑھ کر تھے

اللہ تعالیٰ نے آنحضرت ﷺ کو عطر کمالات خاصہ ہے سب سے زیادہ معطر کیا

اے پیارے خدا! ہمارے اس پیارے نبی ﷺ پر وہ درود بھیج جو ابتداء دنیا سے کس نبی پر نہ بھیجا گیا ہو

امام جماعت احمدیہ حضرت مرزا مسرور احمد صاحب نے مورخہ 18 دسمبر 2015ء کو بیت الفتوح، لندن میں خطبہ جمعہ ارشاد فرمایا جو کہ ایم ٹی اے انٹرنیشنل پر براہ راست مختلف زبانوں میں ترجمہ کے ساتھ نشر کیا گیا

بڑے زبردست بادشاہ جو ایک دنیا کو فتح کرنے والے تھے۔ آپ ﷺ کے قدموں پر ادنیٰ غلاموں کی طرح گرے رہے ہیں۔“

انہوں نے کہا کہ ان تحریرات سے یہی پتہ چلتا ہے کہ حضرت مسیح موعود ساری زندگی آنحضرت ﷺ کے ساتھ کیسی عقیدت و محبت رکھتے تھے اور ہمیشہ درود و سلام آنحضرت ﷺ پر بھیجتے تھے۔ شروع کی تحریرات اور آخری تحریرات میں بھی آپ ﷺ کی غلامی پر ہی فخر کیا۔ اور آپ نے حضرت محمد مصطفیٰ ﷺ کے مقام کا صحیح ادراک پایا اور اس کا ذکر فرمایا۔ آج دنیا نے اگر آنحضرت ﷺ کے مقام کا صحیح ادراک پانا ہے تو وہ آپ کی تعلیمات و تحریرات سے ہی پا سکتی ہے۔

انہوں نے آخر میں فرمایا کہ اللہ تعالیٰ ہم سب احمدیوں کو بھی اس بات کی توفیق عطا فرمائے کہ ہم حضرت مسیح موعود کے ارشادات و تحریرات کو پڑھنے، سننے اور سمجھنے والے ہوں اور ان کے ذریعہ آنحضرت ﷺ کے مقام کا ادراک پانے والے ہوں۔

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مصطفیٰ ﷺ ہیں۔ اے
پیارے خدا اس پیارے
نبی پر وہ رحمت اور درود
بھیج جو ابتداء دنیا سے تو



امام جماعت احمدیہ حضرت مرزا مسرور احمد

نے کسی پر نہ بھیجا ہو۔“
انہوں نے حضرت مسیح موعود کا یہ اقتباس پیش فرمایا۔ ”پھر جب ہمارے بزرگ نبی ﷺ دنیا میں ظاہر ہوئے تو ایک انقلاب عظیم دنیا میں آیا اور تھوڑے ہی دنوں میں وہ جزیرہ عرب جو بجز بت برستی کے اور کچھ نہیں جانتا تھا ایک سمندر کی طرح خدائی توحید سے بھر گیا۔۔۔۔۔ ہمارے سید و مولیٰ آنحضرت ﷺ کو جس قدر خدا تعالیٰ کی طرف سے نشان اور معجزات ملے وہ صرف اس زمانہ تک محدود نہ تھے بلکہ قیامت تک ان کا سلسلہ جاری ہے۔۔۔۔۔ اور رجوع خلأق اور قبولیت کا یہ عالم ہے کہ آج کم سے کم بیس کروڑ ہر طبقہ کے مسلمان آپ ﷺ کی غلامی میں کمر بستہ کھڑے ہیں۔ اور جب سے خدا نے آپ ﷺ کو پیدا کیا ہے بڑے

عصمت و حیا و صدق و صفا و توکل و وفا اور عشق الہی کے تمام لوازم میں سب انبیاء سے بڑھ کر اور سب سے افضل و اعلیٰ و اکمل و ارفع و اجلیٰ و اصفا تھے۔

اس لئے خدائے جلشانہ نے ان کو عطر کمالات خاصہ سے سب سے زیادہ معطر کیا اور وہ سینہ و دل جو تمام اولین و آخرین کے سینہ و دل سے فراخ تر و پاک تر و معصوم تر و روشن تر تھا وہ اسی لائق ٹھہرا کہ اس پر ایسی وحی نازل ہو کہ جو تمام اولین و آخرین کی وحیوں سے اقویٰ و اکمل و ارفع ہو کر صفات الہیہ کے دکھانے کے لئے ایک نہایت صاف اور کشادہ اور وسیع آئینہ ہو۔“

انہوں نے کہا کہ حضرت مسیح موعود فرماتے ہیں۔ ”وہ انسان جو سب سے زیادہ کامل اور انسان کامل تھا اور کامل نبی تھا اور کامل برکتوں کے ساتھ آیا جس سے روحانی بعثت اور حشر کی وجہ سے دنیا کی پہلی قیامت ظاہر ہوئی اور ایک عالم کا عالم مر اہوا اس کے آنے سے زندہ ہو گیا وہ مبارک نبی حضرت خاتم الانبیاء امام

انہوں نے خطبہ جمعہ کے آغاز میں حضرت مسیح موعود پر مخالفین کی طرف سے کئے گئے ایک اعتراض اور الزام کو پیش کیا۔ انہوں نے کہا کہ حضرت مسیح موعود نے آنحضرت ﷺ کی شان کے بارے میں جو کچھ اپنی تحریرات میں فرمایا ہے آج اس میں سے چند حوالہ جات پیش کروں گا۔ حضرت مسیح موعود نے آغاز میں جو تصانیف لکھیں اور جو کتب آخر پر تحریر فرمائیں اور اس درمیانی عرصہ میں بھی جو کچھ تصنیف فرمایا ان سب میں آنحضرت ﷺ کے اعلیٰ مقام اور علو شان کا تذکرہ فرمایا اور خود کو بار بار آنحضرت ﷺ کا غلام اور خادم کہا ہے۔ اس کے لئے انہوں نے حضرت مسیح موعود کی کتب سے بعض منتخب حوالہ جات پیش کئے۔

انہوں نے کہا کہ حضرت مسیح موعود فرماتے ہیں۔ ”غرض وحی الہی ایک ایسا آئینہ ہے جس میں خدا تعالیٰ کی صفات کمالیہ کا چہرہ حسب صفائی باطن نبی منزل علیہ کے نظر آتا ہے اور چونکہ آنحضرت ﷺ اپنی پاک باطنی و انشراح صدری و

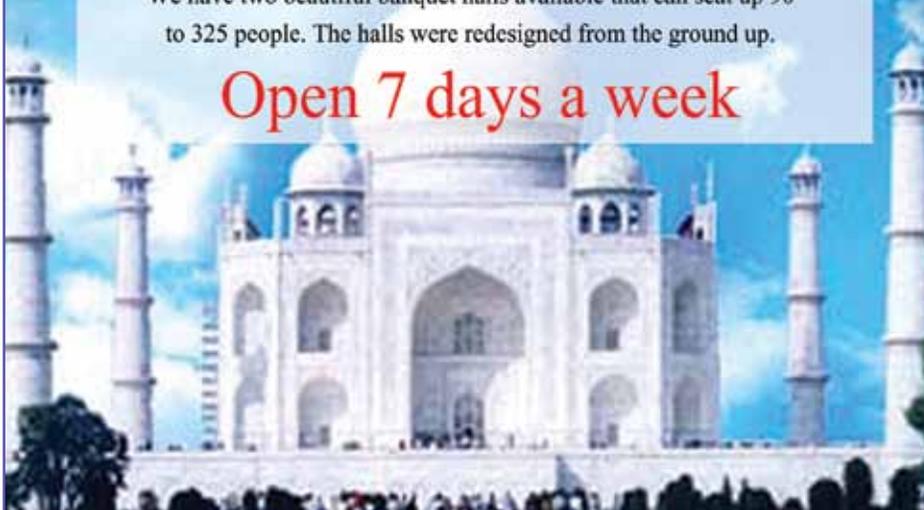
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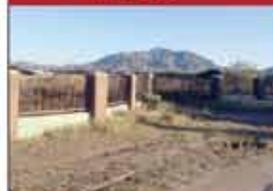


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