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Today

Monthly Newspaper

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Sikh Community held an Open House in Nishkam Seva Gurdwara, Phoenix.



The Phoenix local Sikh Community held an open house on June 25, 2017 at the Nishkam Seva Gurdwara in Glendale, Arizona. This open house gave a in-depth understanding of Sikh community and their tradition. Guest from various ethnicity visited the open house, where **• More on P08**

Phoenix Mayor Greg Stanton visited Sikh Art Gallery in Phoenix Art Museum



“Upon special request, Phoenix Art Museum hosted Phoenix Mayor Greg Stanton on June 13, 2017, for a private, guided tour of the newly-named Sikh Art Gallery with Amada Cruz, the Sybil Harrington Director, and Dr. Janet Baker, Curator of Asian Art at the Museum. The Dr. **• More on Page 14**

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Father's Day at United Indo-Pak Christian Church

Father's Day was celebrated at United Indo-Pak Christian Church. During the service, the children presented a special program for the fathers. They read Bible Scriptures and sang songs to encourage all fathers in the church. Pastor Kevin Jacob shared the Word of God where he emphasized all the Fathers to be a good role model for their children, continue to pray and worship at home with their families. Grandfathers were appreciated. Children were reminded to heed the advice of their parents and honor their father and mothers. In the Sermon, Pastor Kevin shared the passage where the Lord Jesus Christ was remembered as being greatly concerned for the father who had an extremely sick daughter and how He healed the girl because of the faith of the father. Similarly, fathers were exhorted to keep their faith in face of any trouble in their families.

The families also thanked their Heavenly Father for all the love and blessings that had been showered on them by singing worship songs. The service ended with fellowship tea where everyone greeted and met each other. United Indo-Pak Christian Church meets at 5PM every Sunday. For more information, please contact Pastor Kevin Jacob 602-380-8996





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Asia Today Team

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(Manjeet K Walia)

Editor: Deepa Walia (MS CIS)
(Sandeep Kaur)

Publisher & Designer:
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For additional inquires/comments:
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Is Chivalry Sugar Coated Sexist Behavior?

Recently, I walked into a very interesting conversation regarding chivalry being sugar-coated sexist behavior stemming from those that believe women are the weaker sex that need to be taken care of and protected. Conversation ranged from the opening of doors indicating a woman's inability to open the door herself to a male defending her honor when she is being harassed being an indication that she cannot speak for herself or defend herself when in these situations. The person arguing that chivalry is sexist behavior in disguise was citing studies related to Hostile Sexism versus Benevolent Sexism. Hostile Sexism is what we see on a daily basis in which women are being degraded or treated unequally based on gender – catcalling, being paid less in the workplace, being forced to take on traditional female roles of caretakers and housewives, etc. But benevolent sexism is not as easy to identify; it is delivered in a positive disguise so instead of forcing you into traditional roles the person may choose kinder words like why don't you do the household chores since you are better at it. The person having the argument stated that chivalrous behavior is actually benevolent sexism: a man getting upset on your behalf when someone is treating you poorly, insisting to pay for dinner when you go out, or opening doors for you when you walk by is practicing benevolent sexism.

As I listened to this topic, I was somewhat amused and started to think what my opinion on those actions is – do I feel like I am offended by someone taking me out to dinner and paying for it, fighting with someone disrespecting me, or opening a door for me as I enter? These behaviors in themselves are not offensive but can be depending on the situation. First and foremost, the person doing this on my behalf may make all the difference on whether I am offended or not. If someone's not respectfully listening to me at work and someone steps in to speak up on my behalf, in that case I may be offended because I am perfectly capable of doing



Editor's NOTE

this for myself and definitely don't want the message sent that I can't fight my own battles. If I am out and about with my husband and someone's making rude comments, I am not going to be offended if my husband fights back with the individual. I know he is doing it out of care and love and not because he thinks I can't. And, last but not least, if I have requested that this not be done and the person insists this needs to be done for me, I will definitely be offended at that point. And the reason for that is not the behavior but the simple fact that this person did not respect my choice.

At the end of the day, it is all about personal choice. If a woman chooses to be a housewife, it does not make her weaker or less of a feminist and it does not automatically make her husband a sexist. Now, on the other hand, if she is forced to do that against her will, this is where that same situation can be construed as sexist: in hostile sexism, a person would use anger or fear to force that behavior while in benevolent sexist behavior a person may just say you should play this role because you are better at it. The words are kinder but ultimately have the same impact: taking the decision out of your hands. It is possible that this is being done out of ignorance which is why it is very important for women to speak up about what they want. If I want doors opened for me, I need to convey that to my loved ones and also respect their opinion if they feel like they shouldn't have to do that because just like I don't want to be forced into something, neither do my male counterparts. If I want you to stand up for me when someone is treating me unfairly or being disrespectful, I need to let you know that or vice versa, if I don't want you to do it, I still need to let you know. In today's world, you never know how your actions will be perceived: as chivalrous or discriminatory so it is best to speak your mind about how you want to be treated and if that voice is ignored, you will know whether the intention was chivalrous or sexist even if it is disguised as benevolent.

-Deepa Kaur Walia

Editor, Asia Today, editor@asiatodayz.com

One of the hottest month in Arizona is now over, June usually has the hottest HIGH temps, but it is not the worst time of the year if you want to experience that. It is still quite pleasant in the mornings and evenings in spite of the high peak temps because it is very, very dry..we still have two more months to face Arizona heat.

But don't forget to welcome our upcoming festival, yes I am talking about Teej, If your heart still goes 'sha la la la' at the thought of dancing and singing in the rain, swinging to your heart's content in colourful clothes, participating in blissful festivities and still managing to please the God, then make all your wishes come true during the Teej festival. Celebrated on the third (teej) day after the new moon in the auspicious Hindu month of Shravan, Teej celebrates the onset of monsoons while honouring devotion and love.



Marketing Director NOTE



Wish all my reader a very Happy Teej...enjoy the festival

-Manju Walia (Marketing Director)
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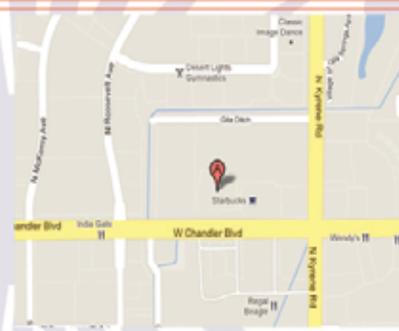
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Yoga Path to self realization

*catur-vidhābhajantemāmjanāḥsu-
kṛtino 'rjuna
ārtojijñāsuarthārthijñānī ca
bharatarṣabha*
(Bhagavad Gita 07.16)



Translation:
O best among

the Bharatas, four kinds of pious men begin to render devotional service unto Me – the distressed, the desirer of wealth, the inquisitive, and he who is searching for knowledge of the Absolute.

Reflection by Chaitanya Charan:

To be curious is natural for us as conscious beings. Where we direct our curiosity is largely shaped by our culture; what we are exposed to determines what triggers our interest and imagination, impelling us to further exploration.

Culture is meant to channel our curiosity

constructively, not destructively

~Chaitanya Charan



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The defining challenge of humanity is to channel our curiosity constructively and prevent it from being channeled destructively. Our present existence is two-dimensional: we are spiritual beings encased in material bodies. We are parts of the supreme spiritual being, God, who is meant to be the supreme and supremely fulfilling object for our curiosity. The Bhagavad-gita (07.16) mentions curiosity as one of the factors that can bring people towards God. In fact, the Vedanta-Sutra (1.1.1) begins by exhorting all humans to become spiritually curious.

Our bodies have the natural drives to eat, sleep,

mate and defend. These drives stem from functional physical needs, but when the culture unduly glamorizes the pleasures associated with these needs, our capacity for curiosity gets consumed by the craze to explore newer, supposedly better forms of sensual gratification. Such sensual exploration frequently ends in frustration when the actual pleasure turns out to be pathetically meager as compared to the hype. Despite the frustration, however, the relentless hype keeps inflaming our sensual curiosity. It makes us seek more and more depraved forms of pleasure, thereby bringing out the worst within us. Thus, contemporary culture channels our curiosity destructively.

In contrast, a culture filled with spiritual stimuli channels our curiosity constructively. A spiritual culture exposes us to saints deeply absorbed in God; seekers focused on realities beyond the mundane; devotional savants relishing fresh insights from ancient wisdom-texts. Such stimuli inspire us to explore and discover our spiritual side. Gradually, the best within manifests without – our pure potent divine core expresses itself in loving service to the omnipotent whole.

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Namaste everyone. "Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow." Very rightly said by Swami Satyananda Saraswati, a prominent yoga Guru. We are really thankful to Indian Prime minister Mr. Narendra Modi for preserving our valuable inheritance by suggesting UN for International Yoga Day. Yoga Day, is celebrated annually on 21 June as it is the longest day of the year in the Northern Hemisphere and shares special significance in many parts of the world.

In the Sanskrit language Supta means Reclining, Pawan means wind or air whereas Mukta means Release or relieve. Leg Lock Pose is the English translation for Supta pawanmuktasana. This asana improves digestive system and helps to cure constipation. Moreover it tones the muscles excreting or freeing away pawana.

Steps for Supta Pawanmuktasana (leg lock pose) Stage 1:

- Lie in the base position.
- Bend the right knee and bring the thigh to the chest.
- Interlock the fingers and clasp the hands on the shin just below the right knee.
- Keep the left leg straight and



Supta Pawanmuktasana



Stage 1



Stage 2

on the ground.

- Inhale deeply, filling the lungs as much as possible.
- Holding the breath, raise the head and shoulders off the ground and try to touch the right knee with the nose.
- Remain in the final position for a few seconds, retaining the breath and counting mentally.
- While slowly exhaling, return to the base position.
- Relax the body.
- Repeat 3 times with the right leg and then 3 times with the left leg.
- Ensure that the straight leg remains in contact with the ground.

Stage 2:

- Remain in the base position.
- Bend both knees and bring the thighs to the chest.
- Interlock the fingers and clasp the hands on the shin bones just below the knees.
- Inhale deeply.
- Holding the breath, raise the head and shoulders and try to place the nose in the space between the two knees.
- Hold the breath in the raised position for a few seconds, counting mentally.
- Slowly lower the head, shoul-

ders and legs while breathing out.

- Practice this 3 times.

Awareness : On the breath, mental counting in the final position, pressure on the abdomen and the movement.

Benefits:

- Supta pawanmuktasana strengthens the lower back muscles and loosens the spinal vertebrae.
- It massages the abdomen and the digestive organs and is, therefore, very effective in removing wind and constipation.
- By massaging the pelvic muscles and reproductive organs, it is also useful in the treatment of impotence, sterility and menstrual problems.
- This asana is very good for hip and knee joints.
- It strengthens abdominal and lower back muscles.
- It tones up the thigh muscle.
- This asana also strengthens the digestive system and helps in indigestion, constipation, acidity or excess wind or gas.

Contraindications: People suffering from following should avoid doing this asana

- High blood pressure.
- Serious back conditions.
- Sciatica.
- Slipped Disc.
- Abdominal surgery.
- 2nd or 3rd trimester of pregnancy.



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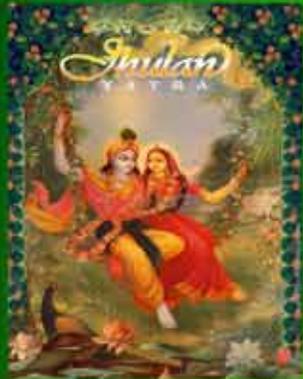
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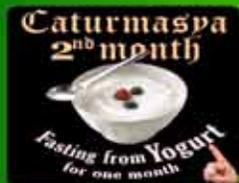
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PROGRAM TIMING: 6PM - 1AM

janma karma ca me divyam
evam yo vetti tattvatah
tyaktvā dehah punar janma
naiti mām eti so 'rjuna

One who knows the transcendental nature of My appearance and activities does not, upon leaving the body, take his birth again in this material world, but attains My eternal abode, O Arjuna.



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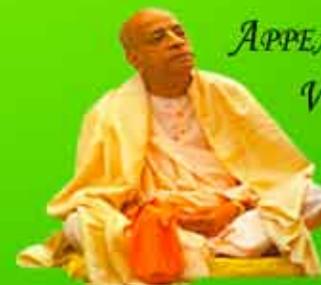
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DIVINE APPEARANCE DAY OF SHRIMATI RADHARANI
TUESDAY, AUGUST 29, 2017

6:30PM - 8:30PM
COME JOIN US FOR ARATI, KIRTAN, KATHA & MAHA PRASADAM.

Sikh Community held an Open House in Nishkam Seva Gurdwara, Phoenix

the volunteers gave a tour of the spiritual center. Phoenix Mayor Greg Stanton was one of the local civic leaders who graced the open house along with speakers from multi faith communities. The open house opened up the thought process to know about their Sikh neighbors, friends and colleagues. The guest experienced the Sikh religious services, including the a free



community vegetarian meal called langar. Turban, a popular headdress, of a long length of silk or cotton wound around the cap or head, is one of the distinct feature of Sikh community and tradition. The open house hosted turban tying session where the guest enjoyed wearing colorful turbans on their head. The guest to house were so cooperative in following the Sikh tradition like



removing the shoes before entering the payer hall or community meal service area, men and women covered their head with scarves they brought along with themselves or the ones provided at the payer hall entrance or be it having the langar seated on the floor. The open house paved way to other communities to learn about the Sikhs.





INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA) - LA PRINCESA



On May 30, 2017, morning started with classical instrumental music. During this period the ladies conducted a planning session for their program for Father's Day. Asha Patel facilitated the discussion. On the occasion of the Memorial Day Miniben made an excellent presentation paying tributes



to fallen heroes from the past global wars (WW I and WWII). The presentation provided historical perspective and some details about the cemeteries around the world-particularly from Europe. At the end of the presentation, a minute's silence was observed. Many educational, informative and entertaining video clips were shown. These included- A Message for Life, Best Magic, Hard Work Pays, Humorous Talented Senior, and Britain Got Talent/Proud to be Indian, A Lesson for Happy Life, and Yogic Karma-PM Modi. Hazards of plastic disposable cups/glasses used for hot drinks were shared by Jitubhai. Piyush Shah and Bhavanaben Mota made a short video presentation on the upcoming event in Scottsdale on July 23, 2017. The show is a fund raising event for a 200-bed charity hospital in Gujarat, India. The show covers the life and teachings of Yug Purush- A Mahatma (Mentor of Mahatma Gandhi). Today's sponsors were Shashikantbhai, Ashvinbhai & Ritaben.

On June 06, 2017, the morning got underway the classical music by

Pundit Jasraji welcomed the members. (<https://www.youtube.com/watch?v=qjSSLYeiB0I>). Ladies were busy for the morning hours practicing putting together the celebration for Father's Day. A tribute to Nabadaben, who passed away last Friday, was paid through observing a minutes. Video clips shown were "Darwaza Bandh", Aja sanam madhur chandani, Gazab Teri duniya-Gazab Tera Khel, Teaching Geeta in Netherlands schools, Road that Honks, Aajare pardesi and Amazing Kid Magician. Today's sponsor was Mrs. Ambaben (Manjube's samdhin). She was in Phoenix for a visit from LA. She was so gracious and inspirational in sponsoring the luncheon. ISAA is very grateful to her.

On June 13, 2017, the ISAA seniors were surprised to hear that Meghna was going to be at today's program. As it were, she sure showcased her talent during the short rendering that she won the hearts of all present. ISAA extended its gratitude to Meghna, her mother Indiraben for arranging the concert for the seniors. Jitubhai introduced Mini-



ben prior to her outstanding presentation "the Good and the Bad" about the foods as offered to the population. She enlisted the hazards associated, and described the ways for safe handling by the consumers of the toxins present in the foods. The presentation was provided to all for use at home and for sharing with family and friends. Meghna and Miniben, both were recognized for their outstanding contributions. Delicious luncheon was sponsored by Miniben. Ninety-five members and guests enjoyed the treat. It was indeed great to see some old friends along with new ones.

On June 20, 2017, ISAA celebrated the Fathers' Day. Pannaben, was the Master of Ceremonies, who wished all Fathers and grandfathers a happy father's day. Renukaben & Meenaben Sharma delivered the Fathers' Day messages. Program started with a bhangra dance by Meenaben Sharma's grandson and daughter, which was choreographed by Dipti & Meenaben Sharma. That kept everyone's attention focused on to their performance.

1. Ladies Fashion Show choreographed by Asha Thakar and her daughter 2. Excellent dance by Saesha and Savar choreographed by Meena & Dipti Sharma 3. Some of the Fathers posing on the Fathers Day 4. ISAA ladies celebrated the Fathers Day with excellence 5. Jitubhai recognised Meghna Rajaram's outstanding performance 6. Dr. Mini Pandit receiving a laud plause for her talk on FOODas an outstanding educator! 7.A visitor from LA - Ambab en (L) graciously sponsored the luncheon at ISAA 8. Good-hearted Emergency Rescue Luncheon Sponsors

The next item was the ladies Group Dance performance. They displayed their talents with full enthusiasm. The Kala chasm dance was hit and hilarious! This was also choreographed by Meenaben Sharma. This followed by a superb fashion-show, excellently choreographed by Asha Thakar and her daughter. As usual, this was followed by enjoying dancing by all – men & women. Ashaben and Indiraben sponsored the luncheon and both families had a good representation with their family members Lots of food. Puri potato Baingan shak. Rice Kadhi and Shrikhand. Manjuben complimented with delicious 'Nan khattai'. On this day, Fathers were served the food first by the ladies! All the help and support provided by so many toward the success of the event, were duly appreciated. A very well organized function that was attended by 65 attendees despite the scorching heat of 120 degrees.



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Summer holidays the much awaited mirth.....

"Come with me,' Mom says. To the library. Books and summertime go together."

— Lisa Schroeder, *I Heart You, You Haunt Me*

Summer holidays fetch ample of fun, excitement and relaxation. This is the much awaited vacation almost for everyone. For children it's no school, they do not have to stick to the same routine and they might go to fun places or spent a relaxing sojourn to their grandparents, close relatives, or friends.

In summers everyone relish icecreams, shakes, popsicles, and visits to the swimming pool. Along with the

fun it should be a learning experience as well. Children of all ages must make the summer noteworthy. Below are some tips for children to fabricate the summer holidays:

- Phoenix Valley experiences the extreme heat every summer, with temperatures crawling towards 120 degrees. So try to be in home during the day time when the temperature is on its crest. Keep hydrated, drink plenty of fluids, and maintain a healthy diet.

- Wake up early, and go for a morning walk or bike riding. Experience the rejuvenating beautiful summer mornings. Say "NO" to hiking during the day time.

- Reading is fundamental to functioning in present era. Summer holiday is the felicitous time to enhance reading skills. Reading fiction or non-fiction is an amazing channel to aid kids to unfold their imaginations, build up

vocabularies, and broaden their minds. For children who don't enjoy reading, adults should support them to explore books that match their interests. NEWSELA (free 40 day trial), Scholastic Summer Reading Challenge, Times for kids free trial, storylineonline.com, starfall.com, childrenslibrary.com are some of the beneficial websites which challenge young aspiring children.

- "Writing is an exploration. You start from nothing and learn as you go." By E.L. Doctorow

Writing is an excellent form of self-expression. Some of the children possess great writing skills. Summer time could be a right time to enunciate the unseen talent from them. Figment.com, writingfix.com, magneticpoetry.com are some of the beneficial writing websites on which the kids could get their writings published and much more.

- Vlogging is amusing; it's a blog in which the postings are primarily in video form. Vlogging could be a great learning experience for the kids who have a very strong liking for technology. There is a huge variety of vlogs on gaming, fashion, beauty, lifestyle, food, health, funny dares etc. There is a considerable amount of 'vloggers' who cover various subject matters. For kids, it's not only pleasant to see them on the screen, but it's a great practice in evaluating and communicating their speculations on a topic.

Children keep exploring..... Have an exuberant summer holiday & be safe!!

Dr. Nidhi Gupta
Educator



Nidhi Gupta embraces teaching. She says, "I cannot imagine myself without having been a teacher. Education / Teaching run in my blood, it's my soul."

Nidhi Gupta was born in Delhi, India in a Jain family. She is the third child among four to her parents. Her father was a businessman who dealt in export and import of garments, and her mom was a homemaker. Nidhi was brought up in a theological joint family adorned with strong cultural and ethical values.

Nidhi was closest to her mother Shakuntala Jain. Nidhi used to see her mom's daily routine of performing house hold chores morning till night, catering needs of the entire family. The two much needed skills "Being Consistent" & "Perseverance" were inculcated in Nidhi's subconscious mind through her mother's daily routine.

Nidhi inclined to become a teacher when she was in 5th grade. She was inspired and motivated by Mrs. Bhatnagar her Social Studies teacher. Mrs. Bhatnagar made a huge impact in Nidhi's life. She learnt from Mrs. Bhatnagar a minor help or assistance can change a person's life. Mrs. Bhatnagar became her role model over the time.

Since early age, Nidhi used to support her younger brother in his homework. She used to collect the chalk pieces and would write on the doors, as the board, and pretend to be a teacher for his younger brother and his friends. She used to adore it, and couldn't wait for this day.

Her older sister Deepa Jain got married when Nidhi was in 11th grade. Nidhi herself being an apprentice took over her sister's tuition class after her marriage. The class consisted of 5 students, and she taught those 5 aspiring students with full zeal and zest. Nidhi had an assigned chore in the evenings

"A Journey from One Realm to Another"

to water the plants, while doing that she treated the plants as if the plants were her students.

She completed her high school, and commenced the next level. She received her bachelor's degree at Delhi University, India and continued with teaching the tuition class which now consisted of 11 students. She added another feather to her hat when she began to teach 5-8 graders in a neighborhood school as a part time teacher.

As a norm in a Hindu family her parents decided to tie the nuptial knot for Nidhi. She was married to Ashish Gupta from Meerut UP, India, and a chemical engineer working in a multinational company. She was excited for the next undertaking while concerned if she would be able to pursue her passion along with the new responsibilities on her shoulders. Initially, she was hesitant to share her plans/passion with her husband, and when, though she continued to nurture her passion by keeping an eye on different possibilities in an unfamiliar state of India. In due course the most exciting thing happened to the young couple, they were blessed with a baby boy. Nidhi's passion took to back with the arrival of the child while in her subconscious mind.

Once again to cater to her passion she got herself enrolled in Nursery Teachers Training Program (NTT) followed by Early Childhood Care Education (ECCE). She was rewarded with two diplomas. Having these diplomas helped her to find a job in an elementary school. Nidhi says "I can never forget my first day to job accompanied by my husband and son. I was having an amalgamation of feelings both nervous

and excited simultaneously." Soon she was able to establish herself as a strong educator and in a year she was assigned chair of the Social Studies Faculty. She proved her administrative skills did great things like conducting Science Exposition, various inter school competitions, excursions etc. Her school established "Gyanodaya": Gyanodaya is striving to enable less privileged people to prosper via learning and showing them how to lead a life of dignity by standing on their own feet. It is giving back to the less privileged children their childhood and all that their childhood should comprise of Gyanodaya runs Vatikas (Non-formal education in the slums) and assists children to get into the education mainstream by way of admission to formal schools. Assistance is provided in terms of finances to attend school and the guidance to be successful at school. Nidhi felt proud to touch lives of those underprivileged young girls and boys.

Nidhi decided to go back to school to obtain the degree of Bachelors in Education, to further her passion as a teacher. She has had a plethora of duties and she took care of all the responsibilities with the persistent support of her husband. She successfully acquired her second Bachelor's degree in Education. After working for four years in an elementary school, she joined a reputed school in Meerut. She worked truly hard while being a learner. Nidhi didn't stop and decided to seek Master's degree in English. And yes she did it! She scored the highest scores in her first years of Masters, and earned the Master's degree with the second highest scores in the college.

Nidhi didn't limit herself to elementary and secondary school teaching. She decided to impart education and knowledge to undergraduate students. While teaching English at an Engineering College enrolled herself for PhD in English. Pursuing her career and passion never held her from house hold responsibilities. Her husband says, "Nidhi is a conscientious professional, wife, mom, and daughter in law." She worked hard with her son to get admission in the best school of the city, and they both succeeded. Very well quoted by her son Aashman Gupta "My mom is a diligent and hardworking woman."

Nidhi turned in the synopsis of her research work/ dissertation titled "Arts and Ideas in the Novels of Rohinton Mistry." The synopsis got approved by the panel of professors at Meerut University. Hard work paid, and eventually was awarded Doctor of Philosophy in English.

Nidhi wanted to go further and decided to impart knowledge in other parts of the world and learn the education system in other countries. She was offered teaching job in Saudi Arab and United States of America. She embarked upon an expedition to explore the education system in Arizona, USA. Her first year assignment at a public school district teach 7th and 8th grade students wasn't easy, but Nidhi wouldn't give up. The conditions made her even stronger. She spent most of her time getting acquainted to the new system and the culture. She successfully completed her first year of teaching on a foreign land. She relocated to New Mexico and taught English to 9-12 grade students at a High School. She developed an excellent rapport with the students, colleagues, and the community. She now had more responsibilities. She played the role of Yearbook

advisor for the entire school. She initiated creative writing class and the speech class. She taught in New Mexico for three years, and then relocated back to Arizona.

After being employed with public, private, and charter schools over the time Nidhi realized that she wanted to teach in public school looking after the individual needs of students from different backgrounds. She was recognized as an effective teacher, consistently one after another year. Her students produced comparable scores on the state tests and the district wide benchmark tests. Her administrators recognized her efforts and her willingness to help students in every possible way.

The journey of teaching and learning continues, and has to achieve many more upcoming successes. While in USA, she writes articles for the journals published in India which are being used by many young talented research scholars. Nidhi says, "Stay in my job is not my job. My journey is unstoppable and there are miles to go."

This brief anecdote about Nidhi might be a great inspiration for others. Nidhi Gupta is definitely an example for many of the females who want to pursue their passion. Like Nidhi if one has a derring-do attitude then nothing is impossible. We could easily pursue our dreams; the condition is that we consistently focus at the target.

We hope this article might change the perception of many. Good luck for your journey.....

This is what some of the Nidhi's administrators, colleagues, and her close friends say about her:

Dr.Koba, superintendent of her present District say: "Dr. Gupta is extremely dedicated and aggressive in assisting students and adults in the effective use of technology as a tool of learning. She has developed an excellent camaraderie with her students as result students always have a boosted morale in her presence and instruction."

Mr. Juan Sierra, her present principal says: "Dr. Nidhi Gupta has been a faculty member of our Jr. High team for 3 years. She is well known in our community for her firm yet fair discipline, structured curriculum, and genuine care for her students. Dr. Gupta's work and dedication has been instrumental to building one of the strongest Jr. High teams of teachers in the Roosevelt School District."

Ms Margie Milne, her team partner says: "She teaches ELA, and I teach Social Studies, so, we work closely together. Many of our students come to us, in Jr. High, well behind their grade level in Reading and Writing. Dr. Gupta is an invaluable asset to our students. Her knowledge, character, high expectations, and deep commitment to her students, benefits everyone. Her students especially appreciate the hard work she puts in to being a teacher. Dr. Gupta is an asset to Education in every way."

Mrs. Norma Castro, her colleague says: "Nidhi is very caring about her friendships she creates with her friends. She always greets her friends when she encounters them. She is also passionate about her teaching career. Many of her students have shared that they enjoy her class because she is very knowledgeable about the subject she teaches."

Mrs. Camilla Mardis, her colleague says: "I have worked together with Nidhi for 3 years at Southwest elementary school, but this past year I had the pleasure to work closely with her to collaborate with Language Arts and Visual Arts on a couple of major projects for both 7th & 8th grade students. I have learned Nidhi works very hard to establish important relation-

ships with all her students and encourages them to always be respectful, to do their best in school and in life."

Mr.Darrin Fetters, MCSEA Peer Evaluator says: "The most striking feature of Nidhi's practice is the great amount of thought and specificity that she brings to her planning and classroom. Her students experience a classroom of intellectual safety as she has mastered the art of creating models, practicing in pairs or small groups, and slowly scaffolding students to independence. This process is fluid in Dr. Gupta's classroom. Dr. Gupta creates clear tasks that help students feel like successful learners. Dr. Gupta is of strong character, which is at the foundation of the "seamless" environment she creates for student learning. Her approach is traditional; students are well aware of the clear expectations for both academic and behavior success. Mutual respect from both students and herself for these standards drive achievement; this steadfast approach is paired with deep caring and compassion for her students. Nidhi also approaches self-reflection of her practice with grace and intention, which has enabled her to stand out as a distinguished educator"

Mr.Ram Das, her former colleague says: " She has established herself as a respected colleague, mentor for our students especially some who are academically challenging that needs differentiated

instructions. "

Mr.Kenneth Martinez, her former high school principal says:"Ms Gupta is prompt in her assigned duties, meticulous in her planning, and demonstrated her knowledge of the curriculum. She is extremely capable of working with diverse populations in language and culture.Ms Gupta's most notable attribute is that she is a team player. She understands the power of empowering others through her leadership style."

Mrs. Dee Dee Heffner her former mentor teacher says:" Nidhi Gupta is a committed professional educator who is dedicated to success for every student. It has been a pleasure to have her as my colleague."

Mr. Avinash Singh Alag, her former principal in India says: "Nidhi Gupta is a highly motivated, responsible, and reliable teacher of our school."

Mr. N.S Gupta dean JPIET, India says:"We appreciate Mrs. Gupta's contribution."

Mr. Shekhar, her former principal says:" Nidhi has been quite efficient, sincere in her work and is capable of putting hard work."

MsZaidaLinares, her former colleague and friend says:" Nidhi is an exceptional woman who inspire others, hard worker, honest, caring and generous with a great sense of humor, big heart and love for many people. She is a rose that gives forth a keen scent, a distinctive fragrance, delightful, and pleasant. She is and always be my dear friend."

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Phoenix Mayor Greg Stanton visited Sikh Art Gallery in Phoenix Art Museum

Darshan Singh and Ajit Kaur Khanuja and Mr. Jaswant Singh and Mohinder Kaur Sikh Art Gallery was dedicated on April 22, 2017 and is one of only two gallery spaces in the country dedicated to displaying Sikh art. Its current exhibition "Virtue and Valor: Sikh Art and Heritage," explores key aspects of Sikh religion and history through a broad group of objects from The Khanuja Family Collection.

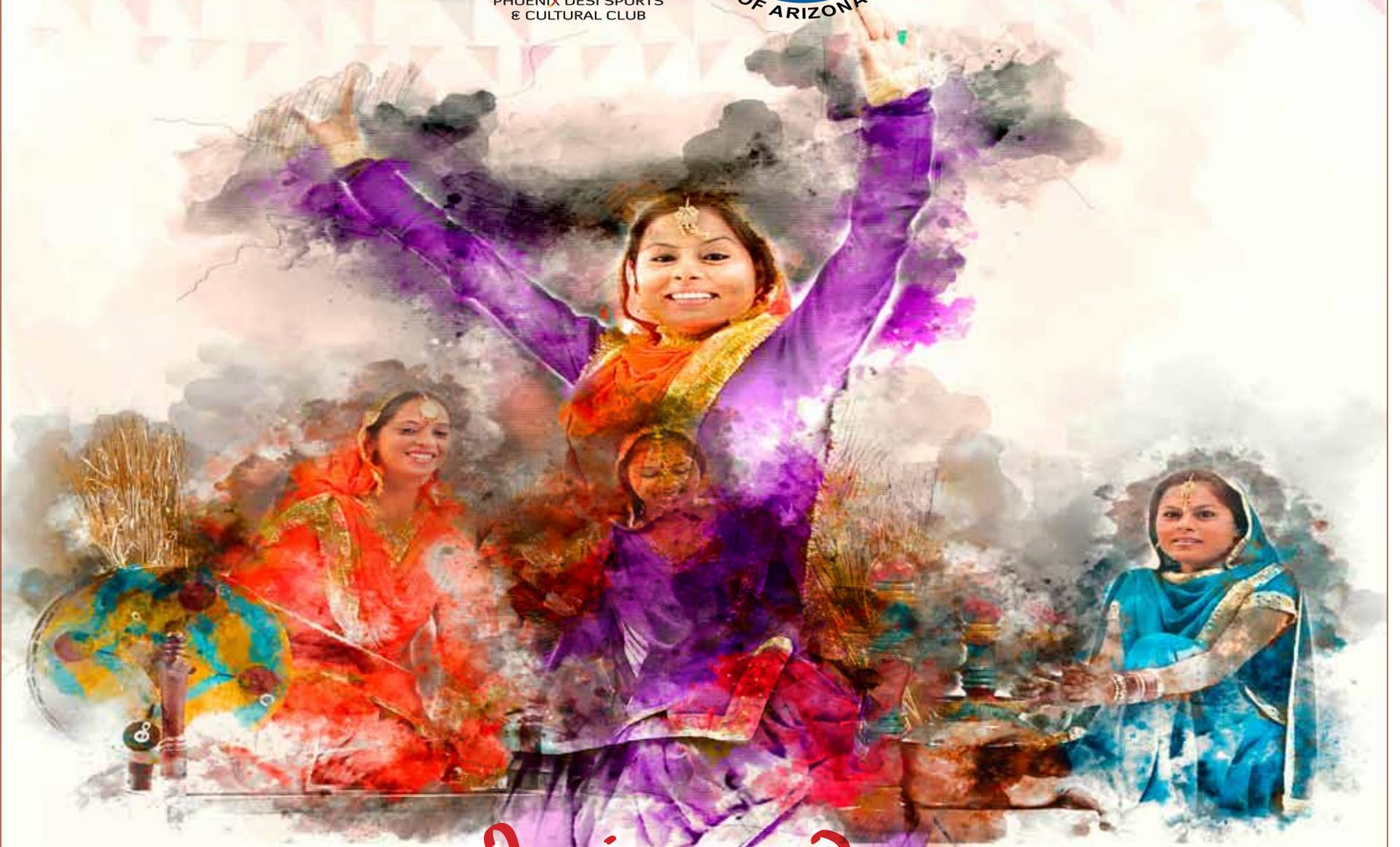
"I've been blessed to have a great relationship with our local Sikh community and they have taught me so much," said Mayor Greg Stanton. "The biggest collection of Sikh art in the United States is now at Phoenix Art Museum. That's a point of pride for me as Mayor, and it should be a point of pride for everyone in the city."

"Virtue and Valor: Sikh Art and Heritage" is on view through November 5, 2017, at Phoenix Art Museum's Sikh Art Gallery, located on 1625 N. Central Avenue. (phxart.org)



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Real Estate News of Arizona - July 2017

Hello Friends,

Last month Phoenix's string of high temperature set records! We literally felt the heat waves. last time I experienced this kind of temperature was in 2013. Many flights were canceled due to heat warning. Glad that kids had vacation time. let's look what's happening at real estate side.

Pima county Board of Supervisors approved the final Fiscal Year 2017-2018 budget for pavement and Roadway preservations. To minimize the tax impact of the Pavement Preservation, Roadway Surfacing and Repair Plan, the Board approved reductions to existing primary and secondary property tax rates. In coming years we will see much improvement in growing cities, there is lot of potential for growth due to abundant land areas.

Eco Green is in trend, here are some of the best ways to incorporate a more eco-friendly way of life into your world or easiest ways to go green is like recycling at home, watering plants early or late in the day when the sun is not at full strength, and doing laundry and dishes during the coolest part of the day to save your air conditioning from working overtime.

Compact fluorescent lightbulbs (CFL) is a great thing! According to the Environmental Protection Agency (EPA), CFLs use as much as 75% less energy than those old incandescent bulbs and can also last up to 10x longer.

Washing your clothes in energy star appliances, using cold water helps reduce 90 percent of the energy used for laundry which goes up by heating water. Buy some coldwater detergent and see the difference.

Replace the appliances in the house like the old dishwasher, washer and dryer, are sucking up energy bills. Swapping them out for newer, Energy Star versions, is good for the environment. Whether you get a new refrigerator or not, these tips from Prevention will help you save even more: "Keeping your fridge pushed tight up against the wall limits circulation and makes the unit work harder, increasing your energy use and costs. Keep it a few inches away from the wall, and follow the manufacturer's instructions to safely keep the fridge's coils clean.

Many house cleaners include toxic ingredients that can harm the environment and are also potentially dangerous to members of your household. Instead, use natural items like baking soda, white vinegar, and lemon just to clean about everything in your house.

For your yards, mulch is great option because it keeps moisture in and also makes it look nice and tidy. But nowadays rubber is a step up from the barklike texture which are more common. Made from 100percent recycled tires, rubber mulch is suitable to use on most landscapes. It has several benefits like safe play surface for children, prevents weeds, does not attract insects and water and air can easily flow through it.

Now let's take a look at the May sales of Residential Properties in ARMLS-

- Total Sales for Single Family, Town-home, Condos, for May were 9,641 whereas, April was 7,592 and March were 8,034

- The Active listings for Single Family, Town-home, Condos, for May are 22,484 whereas, April was 20,132 and March were 20,731

- Pending sales for Single Family, Town-home, Condos, for May are 7,807 whereas, April was 6,478 and March were 6,933

The total home sales by financing were-

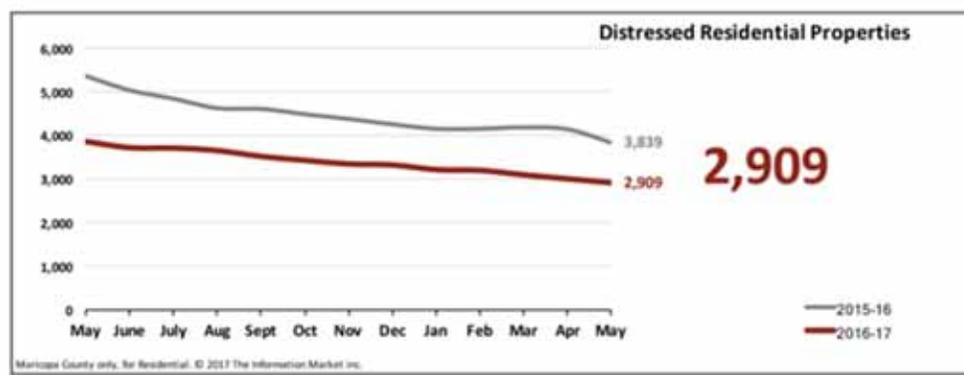
- Cash Sales - 1,943
- Conventional - 4,999
- FHA - 1,869
- VA- 721

STAT numbers for May were strong. Sales were up and prices were up for 2017 housing numbers, Sales are up +11.3% month-over-month. The year-over-year comparison shows an increase of +11.1%.

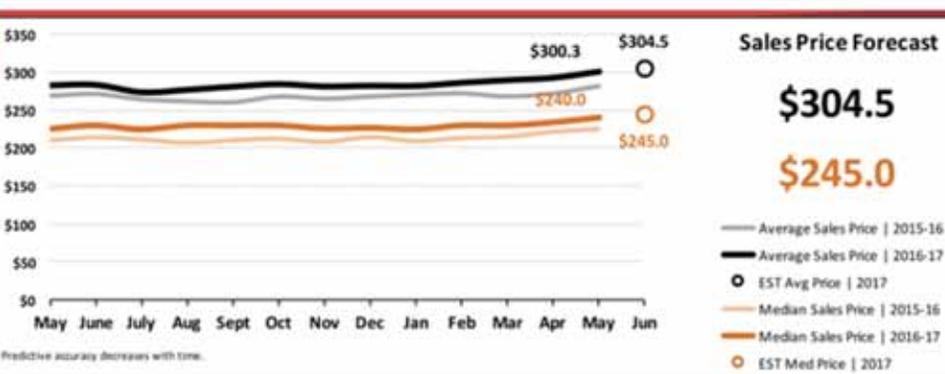
Let's take a look at the May sales of Residential Properties in Pinal County-

- Total Sales for Single Family, Town-home, Condos, for May are 912, whereas, April was 847 and March were 889

- The Active listings for Single Family, Town-home, Condos, for May are 1,882 whereas, April was 2020 and March were 2,094



Foreclosures pending month-over-month showed a decrease of -2.9% while the year-over-year figure was down -24.2%.



A slight increase is forecasted for average sales price with median sales price also increasing in May.

- Pending sales for Single Family, Town-home, Condos, for May are 770 whereas, April was 736 and March were 832

Let's take peek in commercial side-

Three commercial land parcels that total 5.3 acres just east of the northeast intersection of Rural and Baseline road. The property will be developed featuring two retail components Alamo Draffhouse, a movie theater and dining concept with another location in Chandler and a retail development dubbed, The Collective, a center featuring shopping and restaurants being developed by LGE Design Build and DBM Ventures.

Starlight acquired a 100% interest in the 360unit Spectra South property north of downtown Phoenix. The property is comprised of 19 threestory buildings on an 11.35acre site.

Canadabased Pure MultiFamily REIT LP acquired the 152unit Park 28 apartment property in Phoenix from Evergreen Development Co. Apartments had a vacancy rate of 5%. The property is located in Biltmore sub-market and consists of two buildings totaling 126,000 square feet.

Massachusettsbased Northland Investment Corp has purchased the 274unit Villas at San Dorado apartment community in Tucson. The property was constructed in 2014.

Bridge Investment Group Partners LLC bought the Onnix apartments in Tempe. The 550,880-square-foot luxury multifamily community sits in close proximity to Arizona State University and minutes from major freeways in the area. The Onnix was built in 1984 and had renovations completed in 2007. It features a state-of-the-art fitness center, new clubhouse, several swimming pools and a pet park.

Westwood Financial Corp sold the Tatum Plaza in Cave Creek. The shopping center totals 29,460 square feet and was built in 2007.

Centene Management Company has leased 60,405 square feet at the Tucson International Gateway Center office building in Tucson. The 60,405squarefoot industrial building was constructed in 1999 on three acres in the SW Tucson / Airport.

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-geni, Realty times, azcentral, wall street journal.





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Are you addicted to the Internet? Withdrawal may increase heart rate, BP, finds study

Just as a drug addict may face withdrawal symptoms, people who use the internet a lot may experience significant physiological changes such as increased heart rate and blood pressure when they go offline, scientists have found.

"We have known for some time that people who are over-dependent on digital devices report feelings of anxiety when they are stopped from using them, but now we can see that these psychological effects are accompanied by actual physiological changes," said study lead Phil Reed, professor at Swansea University in Britain.

The study involved 144 participants, aged 18 to 33 years, having their heart rate and blood pressure measured before and after a brief internet session. Their anxiety and self-reported internet-addiction were also assessed.

The results showed increases in physiological arousal on terminating the internet session for those with problematically-high internet usage. There was an average 3 to 4% increase in heart rate and blood pressure, and in some cases double that figure, immediately on termination of internet use, compared to before using it, for those with

digital-behaviour problems, according to the study published in the journal, PLOS ONE.

Although this increase is not enough to be life-threatening, such changes can be associated with feelings of anxiety, and with alterations to the hormonal system that can reduce immune responses.



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GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

JULY 2017 Programs & Events

17 Harh – 16 Sawan, 549 Nanakshahi Era (NE)

July 2 (Sun.) – Foundation Day Sri Akal Takhat Sahib (1606)

Miri Piri Divas (Actual Day: July 3)

Barsi Baba Buddha Ji (1631)

July 9 (Sun.) – Shaheedi Bhai Mani Singh Ji (1737)

(Actual Day: July 9)

July 16, Sawan 1 (Sun.) – Sangrand Monthly Program (9am – 10am)

Shaheedi Bhai Taru Singh Ji (1745). (Actual Day: July 16)

Homeless Langar Seva - Call 602 741 8021 for more info.

July 21 -23 (Fri.-Sun.) –

Parkash Sri Guru Har Krishan Sahib Ji (1656) (Actual Day: July 18)

Akhand Paath Sahib:

Arambh: Friday 10:00 AM

Bhog: Sunday 9:00 AM

July 31 (Mon.) – Shaheedi Bhai Udham Singh Ji (1940).

(Actual Day: July 31)

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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the seat of Miri***



***Shaheed Bhai Taru Singh Ji,
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Monsoon fashion tips: Here's how to stay dry as well as fashionable this season



As the rains bring a much needed respite from the heat, it's time we take a break from everyday formal outfits and try out new styles. Here are some tips for women and men by Vaanee and Dheeraj Bhatia, founders, Gritstones.

Tips for Monsoon Clothing for Women:

1. Women can start with their fresh light fabrics, bright colours like yellow, orange, red, pink, blue and some mixtures of fluorescent and electric colours.
2. Light fabrics like cotton, chiffon, and silk dry out quickly.

3. Follow Bollywood celebs and incorporate culottes, playsuits, printed dresses and skirts, cigarettes pants, in your wardrobe.

4. There is a new trend of wearing short kurtis with leggings or churidar; long dupattas can be replaced with scarfs and stoles.

5. Jeans, long skirts, and heavy material should be avoided in this

weather.

8. Accessories like fancy umbrellas and jelly shoes will help to complete your look.

Tips for Monsoon Clothing for Men:

1. Go for cotton shirts or casual printed shirts this season.
2. Shorts and capris are attractive and easy to wear. Even getting

drenched in rain will result in less of a hassle.

3. Athletes who are into running, football, cricket wear dri-fit (a polyester microfibre) mechanized clothes as they are comfortable and dry off sweat quickly.

4. Monsoon accessories men can opt for are waterproof bags, a waterproof watch, umbrella and flip flops.

You can look taller than what you are. Just follow these 6 simple style tricks

If you want to look taller than what you are actually, here are 6 simple style tricks that will do it for you. No, it doesn't require you to blow a hole in your pocket.

If you are short or of average height, you may sometimes wish to look taller than you are. You can do that by dressing smartly. Even medical experts say being short or of average height has its pros and cons.

According to a study by Indian-origin cardiovascular expert, Nilesh Samani, of the University of Leicester, every 2.5 inches change in your height affects your risk of coronary heart disease by 13.5%. However, there is a positive side to it as well. If you are moderately short or even short, one study suggests that if you are about 5 feet 9 inches and under, you could be enjoying sex better



and plenty.

Whatever keeps you happy, here are some styling tricks from experts on how you can dress to look tall:

FLARED JEANS

Well-fitted flared jeans that have a long hemline will instantly make your legs look

longer.

DEEP V-NECKS

Deep and elongated V neck dresses and tops automatically shift the focus to the upper half of your body and will subtly take away the focus from your legs, while adding glamour and style to your out-

fit.

MAXI DRESSES

Maxi dresses look good on all body shapes and heights. Pairing up heels with your maxi dress is a win-win as it enhances your body shape and add a few inches at the same time.

LOW CONTRASTING FOOTWEAR

Shoes for short men are critical as they can have a lengthening effect. But ensure that the shoes don't contrast too much with the trousers. The low contrast will visually elongate legs.

LONG TOPCOATS

Topcoats that fall to the mid-thigh area helps to lengthen the torso and create the illusion of height. Just make sure that it doesn't contrast heavily with the rest of the outfit.

BELTS

Keep them slim. It's best if they are no thicker than 1.5 inches and shouldn't contrast too heavily with your outfit. Thin belts or no belts make you look tall. Also, suspenders are a refreshing way to add to the vertical visual effect. Plus they look classy.



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- » Systemic Conditions



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Recreating Tibet Outside: Early Years of the Refugee Community

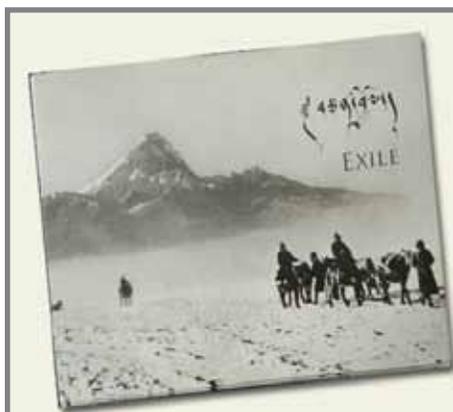
A photo journal of the early years of the Tibetan community in India, Nepal and Bhutan exhorts fresh generations of Tibetan exiles to sustain their legacy

Going through the pages of *Exile*, one is amazed by the generosity of India and how this generosity has enabled the Tibetan refugees to re-construct Tibet outside of Tibet. Lobsang Gyatso Sither, the compiler and editor of the photo journal, focuses on four key efforts of the Tibetan refugees in the re-construction of their community in exile. These efforts include the rehabilitation of the refugees in farming settlements, education of the refugee children, strengthening the exile administration and resurrecting the core elements of Tibet's cultural heritage.

The early years were the most challenging. Many escaping Tibetans dropped like flies while negotiating the treacherous Himalayan passes. They also succumbed to malnutrition, tuberculosis, and the searing heat. Those who successfully escaped Tibet and safely landed in India felt they had not crossed one country to another but had left the medieval world of old Tibet behind and emerged in the bewildering complexity of the modern world. To them everything was new and strange except the selfsame earth and sky.

The escape routes of Tibetans covered the whole of northern India from Ladakh to Arunachal Pradesh, Nepal and Bhutan. We are told that those Tibetans living in south-eastern Tibet adjoining Yunnan escaped to Burma. In all some 87,000 Tibetans followed the Dalai Lama into exile in 1959 and the following years and found sanctuary in Nepal, Bhutan and India. The answer to how the Tibetan refugees scattered across this vast swathe of land was bound together into a cohesive community lies in the inspirational leadership provided by the Dalai Lama and their own tenacity and the hospitality of the governments of India, Nepal and Bhutan. In those days the Dalai Lama re-energized the exile community by providing them with the rallying cry: hope for the best and prepare for the worst.

20 years later, the Tibetan refugees were able to successfully re-establish themselves in exile. With the active assistance of the host govern-



Exile: Photo Journal 1959-1989
Compiled and edited by Lobsang Gyatso Sither

Tibet Documentation and National Geographic Society 2017
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ments and guided by the Dalai Lama, the Tibetan refugees established separate schools for their children and build compact farming settlements serviced by hospitals and health clinics. The refugees re-constructed in exile monasteries destroyed in Tibet to educate and train future spiritual masters, the torch bearers of Tibet's cultural heritage. The Central University of Tibetan Studies, based in Sarnath, educate young Tibetan scholars in Buddhist philosophy and sciences. The traditional Tibetan medical system nurtured in exile has a world-wide clientele. In the 1980s, the Tibetan carpet industry started by Tibetan refugees generated more income and employed more workers for Nepal than the country's own tourism.

Having guided his community to establish itself firmly in exile, the Dalai Lama travelled outside India to engage the world on Tibet. The reach and the diversity of the Dalai Lama's, and by default the Central Tibetan Administration's, engagement with the world was at its peak truly astonishing. Even before he was awarded the Nobel Peace Prize in 1989, the Dalai Lama was the guiding light in some unique international institutions like the Allied Committee that brought Mongols from Inner Mongolia, Manchus, Uighurs and Tibetans to make common cause. The Unrepresented People's Organisation (UNPO) brought together people without a seat in the UN to create an international platform to speak up for their collective rights. The Tibet Support Groups, the worldwide Tibet movement, remain the most sustained non-violent movement in the world. All the while, the Dalai Lama was engaged with the Chinese government in his efforts to persuade it to formulate a tolerant policy to the Tibetan people.

At the same time, he has reached out to Chinese students and scholars to explain to them the Tibetan people's struggle is neither anti-China nor anti-Chinese but pro-justice. And they have responded with sympathy and support, amplifying Tibetan voice to the Chinese public.

Little commented on is how the present Dalai Lama has provided and continues to provide spiritual ministry to the traditional parish of the Dalai Lama's of Tibet. From Mongolia and the republics of Tuva and Buryatia snow-bound deep in the tundra of Siberia to Kalmykia (the only region in Europe where Buddhism is the dominant religion) strung along the Caspian Sea to the whole of the Buddhist Himalayan belt, the Dalai Lama has given guidance, encouragement and hope. In this way, he has sustained Tibet's Buddhist civilization and made this ancient heritage of India immediate, relevant and critical to how we lead our lives.

Exile is a testimony to the generosity of India and how the Tibetan refugees responded to that generosity. Lobsang Jigme Sither's painstaking re-creation of the early days of the Tibetan refugees is a timely reminder to the new generation of Tibetans born in exile the hard work and dedication that their parents and grandparents put in to create a productive and cohesive community. *Exile*, in moving photos and concise text, is a wake-up call that this legacy is not to be frittered away. It is an exhortation to fresh generations of Tibetan exiles that this legacy must be sustained with the same energy and hard work of the first generation of Tibetan refugees.

Thubten Samphel is the director of the Tibet Policy Institute and author of Falling Through the Roof

POET OF MONTH

Shel Silverstein

(1930 - 1999)

A truly unique and multi-faceted artist, Shel Silverstein was a renowned poet, playwright, illustrator, screenwriter, and songwriter. Best known for his immensely popular children's books including *The Giving Tree*, *Falling Up*, and *A Light in the Attic*, Silverstein has delighted tens of millions of readers around the world, becoming one of the most popular and best-loved children's authors of all time.



Messy Room

Whosever room this is should be ashamed!

His underwear is hanging on the lamp.
His raincoat is there in the overstuffed chair,

And the chair is becoming quite mucky and damp.

His workbook is wedged in the window,
His sweater's been thrown on the floor.
His scarf and one ski are beneath the TV,
And his pants have been carelessly hung on the door.

His books are all jammed in the closet,
His vest has been left in the hall.

A lizard named Ed is asleep in his bed,
And his smelly old sock has been stuck to the wall.

Whosever room this is should be ashamed!

Donald or Robert or Willie or--
Huh? You say it's mine? Oh, dear,
I knew it looked familiar!

Bear In There

There's a Polar Bear
In our Frigidaire--
He likes it 'cause it's cold in there.
With his seat in the meat
And his face in the fish
And his big hairy paws
In the buttery dish,
He's nibbling the noodles,
He's munching the rice,
He's slurping the soda,
He's licking the ice.
And he lets out a roar
If you open the door.
And it gives me a scare
To know he's in there--
That Polary Bear
In our Frigiditydaire.

Family outings should include visiting friends or relatives. Romantic relationships could be under pressure. Your family may not be pleased with your decisions. Time is money and you must be ready to take action in order to reach your highest potential. Your luckiest events this month will occur on a Friday.

ARIES



Mar 21
to
Apr 20

You will be able to work in fine detail and present the best possible proposal. Your goals will be in reach if you direct your energy wisely. Relationships will become stronger. You can make career moves that will be prosperous. Your luckiest events this month will occur on a Thursday.

TAURUS



April 21
to
May 20

Problems with colleagues are likely. Your concern with older family members and those less fortunate than yourself will only add to your attractiveness. Avoid friends or acquaintances who drink too much. Help an older member with a problem that faces them. Your luckiest events this month will occur on a Wednesday.

GEMINI



May 21
to
June 21

Don't get intimately involved with a coworker. Older members of your family may try to take advantage of you. You need to be careful not to make promises that you can't fulfill. Education may be the answer. Your luckiest events this month will occur on a Wednesday.

CANCER



Jun 22
to
Jul 22

Take the whole family and make it an enjoyable outing. Job changes are in order. Go for interviews or send out resumes. Unrealistic promises will only get you in trouble. Do the necessary chores and then do things that please you. Your luckiest events this month will occur on a Friday.

LEO



Jul 23
to
Aug 23

You may want to get involved in financial investments presented to you. Older family members may take advantage of you by making you feel guilty. Consider making pleasure trips or participating in entertainment that will require energy. Take the day to relax and pamper yourself. Your luckiest events this month will occur on a Saturday.

VIRGO



Aug 24
to
Sep 23

Unreliable people will be negative about your ideas. Take some time to change your house around. Do not reveal personal information to those you feel may be untrustworthy. You've been in a rut and you need to do something that will help you break the pattern you've fallen into. Your luckiest events this month will occur on a Wednesday.

LIBRA



Sep 24
to
Oct 23

Your flair for dramatic appeal will unleash itself at social functions. Your ability to visualize will help you convince others of the possibilities. I Don't let siblings put pressure on you. You should get out and meet new people this month. Your luckiest events this month will occur on a Monday.

SCORPIO



Oct 24
to
Nov 22

Rely on yourself and you will look good to superiors. You may find yourself changing crowds. You will be quite excitable this month. Overindulgence will mean poor health. Your luckiest events this month will occur on a Sunday.

SAGITTARIUS



Nov 23
to
Dec 21

Secret affairs may be brought out in the open. You may overspend if you travel this month; however, the trip will be one to remember. Secret affairs may only cause complications in your life. Take the initiative and go after your goals. Your luckiest events this month will occur on a Saturday.

CAPRICORN



Dec 22
to
Jan 21

You should regain some of your self esteem if you get involved in organizational functions. Chances are you could get stuck with a colleague's job unexpectedly. You will be prone to carelessness that could result in accidents. Do your job and don't ask for favors. Your luckiest events this month will occur on a Wednesday.

AQUARIUS



Jan 22
to
Feb 19

Try to make arrangements with close friends or relatives to spend a few days away. Red tape could be impossible to clear up this month. Don't make excuses. Expect some flak. Your luckiest events this month will occur on a Saturday.

PISCES



Feb 20
to
Mar 20

“It takes a minute to find a special person, an hour to appreciate them, and a day to love them, but it takes an entire lifetime to forget them.”

With profound grief

Dear all,

With profound grief, We would like to inform you that Smt. Agyawati ji (W/O Late Sh. Raja Ram Aggarwal) left for her



heavenly adobe on 21nd June 2017. She was a very Religious, Hard working and positive attitude human being. Her continuous guidance and blessings kept all the family filled with Health, Wealth and prosperity for decades.

Please pray for the departed soul and for the bereaved family members to have strength to bear the big loss.

With sincere prayers,

Krishan Kumar (Son) and Ritu Rani (wife)

Manish (Grandson) and Aradhna Gupta (wife)

Sorrowing Family

Son and Daugther in law

OM Prakash and Meena Rani

Krishan Kumar and Ritu Rani

Rajinder Gupta

Paramjit Gupta and Kiran Bala

Ravinder Gupta and Sunita Rani

Dharmendra Gupta & Shashi bala

Hemant Gupta and Neha Gupta

Daugther and Son in law

Krishna and Roshan lal Gupta

Kamlesh and Sudarshan Mittal

Geeta Rani and Jugal Kishore
Manju Gupta

AND the whole Gupta Family.

Super Singh movie review: Diljit Dosanjh's superhero is no king

The good news about Diljit Dosanjh's super hero act is that it was released on the same fateful Friday when Riteish Deshmukh -- another entertainer like Dosanjh justifiably known for his comic timing -- was caught 'wrecked'-handed robbing a bank.

Compared with Bank Chor, Super Singh is like a bowl of melting ice cream after a particularly indigestible frozen meal. But it's still not good

Film Review

Super Singh

Director: Anurag Singh

Cast: Diljit Dosanjh,

and Sonam Bajwa

Rating: 2/5



enough to be considered a worthy desi super hero successor to Captain America or Deadpool. The special effects are cringe-worthy, and when Diljit flies, he looks like Ashok Kumar marching across the army base in a comatose condition in Manoj Kumar's Clerk (check out the famous sequence on the internet).

But let's be fair. Diljit has considerable rustic charm of the regular desi bloke who drinks lots of lassi (no hard drinks unless hard feelings are to be handled), flirts harmlessly with women and makes a fashion statement out of not speaking English properly.

Doesn't he remind you of a certain Kapil Sharma? In fact, I'd like to see Kapil play a Punjabi super hero with Sunil Grover as the arch-villain.

Diljit is engaging when he woos women in Canada with

his rusticity. The supposedly sophisticated co-star Sonam Bajwa (why is she not being lapped up by the heroine-famished Bollywood film industry?) is allowed to pull up Diljit for his poor command over the English language -- the sophisticated lady who probably dreams in English.

All this banter and backslapping keeps the proceedings lively and perky. Once Diljit dons the super hero mantle, he must strike out a balance between being self-deprecatory and super-heroic.

The entertainer falls between the two stools. Neither super hero nor Aam Aadmi Diljit is like a caped Kejriwal trying to convince the world he must be taken seriously even when he doesn't take himself seriously.

Diljit comes across as somewhat anxious in his efforts to woo audiences in his new avatar. The performance lacks the effortlessness of Udda Punjab. Nonetheless, he is fun to watch when hanging out with Sonam. She is required to only give ego-boosting cues

to Diljit. She knows she is in a situation where she must play the self-styled super hero's 'insignificant other'. She does it with grace.

Unforgivably, the film wastes the extraordinary talent of Pavan Malhotra, one of Indian cinema's most underused actors, used effectively in Anurag Singh's Punjab 1984, and here reduced to a preposterous prop. Why did Malhotra do it? Why, for that matter would director Anurag Singh waste his talent directing a poorly

conceived super hero film? Who would want to see Diljit in a cape suit when the Wonder Woman is passing by?

Diljit's diehard fans may find his aerial antics amusing, but only to a point. After a while the OMG scale of performances gets on your nerves. Akshay Kumar's turbaned goofiness in Singh Is Kinng was far more endearing.

But if you have been unfortunate enough to see Bank Chor this week, "Super Singh" may just be the antidote that your nerves need.



Alia Bhatt to play a Kashmiri girl opposite Vicky Kaushal in Meghna Gulzar's Raazi



Filmmaker Karan Johar announced Meghna Gulzar's next film - Raazi - that stars Alia Bhatt and Vicky Kaushal in lead roles. The film is based on Harinder Sikka's novel, Calling Sehmat.

After playing a Bihari migrant in Uda Punjab, Alia Bhatt is set to play the role of a Kashmiri girl in Meghna Gulzar's espionage thriller Raazi.

The film will see Alia's character married to a Pakistani army officer,

which will be played by Masaan actor Vicky Kaushal. Karan Johar shared the news on Twitter.

The movie is produced by Junglee Pictures and Dharma Productions and is based on Harinder Sikka's novel,

Calling Sehmat, a thrilling saga of a spy who gave all of herself and that of her family in the service of her nation, so that all may live in peace.

Kaushal also expressed his excitement on Twitter and thanked Karan

Johar for welcoming him on board the project. "An honour to be a part of Raazi. Thank You sir," he wrote.

Alia too, is happy to be part of the project. "This one is going to be truly special!!!"

Leaked online: Shah Rukh Khan's cameo video



Actor Shah Rukh Khan's special appearance in Salman Khan's film Tubelight has been in the news since fans are eager to catch the two on silver screen together after a long time. The two acted in the classic film Karan Arjun (1995) and were last seen together in one frame in the song Deewangi Deewangi in the 2007 film Om Shanti Om. Considering the not-so-pleasant relationship between the two, when they finally appeared together on reality TV show Bigg Boss — where Salman was the host and SRK came to promote his film Dilwale (2015).

But the excitement to see the two together on the big screen is so much that a video of SRK playing a magician in Salman's forthcoming film Tubelight has been leaked online, and of course are going viral.

Nargis Fakhri: I don't react to online trolls, because they don't pay my bills

Nargis Fakhri is perhaps one of Bollywood's best foreign imports, if not for her films then definitely for her wit. Be it her link-up rumours with actor Uday Chopra or getting trolled by body-shamers, the American model-turned-actor has always maintained a rather funny approach to how she deals with it all. "I'm just funny all the time. Ask the people who work with me. We are always laughing," says the 37-year-old.

There's an undercurrent of sarcasm in Nargis' social media posts as well, which hardly go unnoticed, and are often fodder for gossip. But that doesn't annoy the actor whatsoever. "There's nothing to feel about it because I don't need to pay for PR (public relations)! I'm always in the news without doing anything," she laughs.

As talks veer to frequent trolling



that Bollywood celebrities go through online, Nargis has her priorities sorted. "I don't react to them because those who troll are not paying my bills, so they don't have any significance in my life.

I give love back to my fans. They are the ones that mean something to me and have a space in my life. I appreciate their support and positivity towards me," says the actor, who is glad to have become "somewhat immune" to mean remarks.

Commenting on recent instances of actors Priyanka Chopra, Deepika Padukone and Fatima Sana Shaikh being body-shamed for their choice of clothes, Nargis says "it's more of bullying" that happens all over the world. "Celebs don't care, because they are

getting paid big bucks for their looks and for what they wear. So people [who are] trolling are wasting their time, while we laugh at them all the way to the bank," quips Nargis.

The actor, who has worked in films such as Rockstar (2011), Main Tera Hero (2014) and Azhar (2016), recently made her singing debut with singer-composer Parichay and Canadian musician Kardinal Offishall. About the Punjabi single, she says, "I'm not a trained singer and don't know Punjabi, so it was challenging. [But] experiencing and learning new things are what get me excited about life," says Nargis, who is on a break from Bollywood films, and has been living in Los Angeles for about eight months now.

ChaiWith..... **Bill Kamer** – Certified Advanced Rolfer

What is Rolfing?

The therapeutic technique is named after an American biochemist, Dr Ida P. Rolf. She identified the importance of connective tissue in our body and how it can be treated to rid people of chronic aches and pains. Rolfing is a technique of applying sustained pressure to decompress tissue allowing muscles to have the correct span so the bones can articulate properly, thus allowing peoples' bodies the correct alignment so their body parts are set for optimal and pain-free mobility. Rolfing basically releases connective tissue that traps or locks body parts, preventing people from having normal mobility.

What sort of patients do you generally care for?

These are usually people with aches and pains caused by prior injuries such as sprains and fractures; chronic overuse of body parts such as carpal tunnel syndrome; bad back due to exertions and bad posture, neck pain due to bad workplace ergonomics and straining. Then there are others who come to rid their bodies of stiffness that prevent them from functioning optimally, such as dancers, golfers, etc.

How does it differ from massage or chiropractic manipulation?

Massage simply involves squeez-



ing muscles using specific stroking movements. Chiropractic manipulations focus on joint alignments. Rolfing, in contrast, involves sustained firm pressure on the involved connective tissue till it releases the tightness. It can be locked muscle, scar tissue or contracted muscle. The patients usually feel the tissues letting go after a successful session.

How does one train for it?

There is a Rolf Institute in Boulder

CO. The training requires an undergraduate degree. This can be in any field. Or, the student can be in business for themselves for at least 4 years. They must submit a master's quality thesis of at least 20 pages showing an in depth understanding of fascial anatomy, specifically, showing the relationship between muscles, bones and organs.

How long is the treatment?

Each session is 90 minutes. Of-

ten during the first few sessions it becomes obvious that the source of the pain is elsewhere in the body, necessitating additional sessions.

This is so because connective tissue in one body part is connected to another - hence the name. For example, low back pain may be connected to an old ankle injury, or neck pain may come from an overused wrist, or stuck rib.

Do insurance companies cover Rolfing?

Fortunately, the answer is NO. The healing occurs faster and lasts longer when the client takes responsibility in their involvement in the unwinding and healing process.

How long have you been in practice, and where is your clinic?

I have been in practice for more than 20 years here in Phoenix. My clinic is at 7227 North 16th Street in Phoenix AZ 85020; on the east side of 16th Street, between Northern Ave. and Glendale Ave.

Do people have to make appointments?

Yes they do; they can reach me at 602-808-1448. I can usually work clients in within a day or two. I often work after hours or weekends to help patients get out of pain in emergency situations.



IACRF Seniors celebrates Father's Day

Report by Ramu Ramakesavan
and Dr. Prakash Kotecha

With the temperatures soaring high in the triple digits, many seniors have gone away to the cooler states. Our numbers may be low, but our enthusiasm is not. We celebrated a birthday, a wedding anniversary, Father's Day and a great session on mind power by our guest speaker. The best news was of Hiral Tiperneni, Kishorbhai's daughter, joining the congressional electoral fray for the Democratic Party.

Memorable Events

The first Thursday of June, we celebrated the 50th wedding anniversary of Shyam and Vijay Tangri, who also sponsored the lunch. Some food was home cooked, while other foods were catered. There was an overabundance of food and everyone enjoyed it. We had rasgulla, jalebi and chikki for dessert.

There were invitations to attend several special events during the second week of June: Pitush Shah briefed about "Yugpursh" a play about Mahatma Gandhi, Dr. Uttam Prajapati announced a talk by his friend Dr. Jeetendra Adhia on the power of mind on June 22 during our get together and Prakash Deshmukh announced about Hindu Sangathan Divas at the Ekta Mandir, where they had planned on honoring the seniors. The lunch was sponsored by Rasikbhai Patel and Pradyuman Khshatriya's family.

The third week was Father's Day. Many men arrived in the traditional dress to celebrate the event. The highlight of the day was a tribute to all fathers by Ushaji, the regular Antakshari and a Musical Chair. With the CD player not being loud enough, we switched to Ushaji looking away and banging on a large plate in lieu of the music. It took a while for the seniors to follow all the rules of the game, but it was fun. The winner was Harshad Desai, who was awarded the classic work by Sanjeev Sanyal, "Land of the Seven Rivers: A brief history of India's Geography." It was also Rasikbhai's birthday, so we all sang the birthday song for him, only to realize at the end that the birthday boy was absconding! The food was sponsored by Kishorbhai and Taraben. The lunch menu included puris, dal, eggplant curry, everybody's favorite patra and shrikhand for dessert.

On the fourth week, everyone was so eager to hear Dr. Jeetendra Adhia's



talk on the Power of Mind that kitchen volunteers completed the kitchen duties ahead of time to attend the presentation! Mr. Jagdish Sagar from the Board of Trustees also graced the event with his presence.

Dr. Jeetendra Adhia a visionary and an expert in Mind Power was our visiting our guest thanks to Dr. Uttam Prajapati and Kusum Prajapati.

A medical doctor from India, coming from a middle class family, Dr. Adhia is a self-made man with his graduation and post-graduation in medicine from Maharashtra and working experience in Gujarat, Saudi Arabia and various parts of the world. Dr. Adhia has been fortunate to have held four different roles in his career as a Medical Doctor, namely: Clinician, Hospital Manager, Health Program Manager and Medical College Professor.

Dr. Adhia first developed an interest in the subject of 'Mind Power' in 1991, and since then has been having program at various places nationally and internationally and has been exclusively working for it since 2005 when he resigned from his medical college work to devote full time to mind power work

In his interesting and interactive presentation, Dr. Adhia explored what is the goal of life and made members realize that while we plan for physical

achievements in life, we fail to plan for better and more important parts of our life and that is to achieve inner happiness. He then went on to explain what is subconscious mind and how much more powerful it is. With an entertaining discussion he demonstrated how to enter in to subconscious mind using relaxation technique and then use visualization for giving positive suggestion to seed them in to subconscious mind.

He demonstrated the power of suggestion during alpha stage on volunteer Pradyumna Khsatriya by making his physical body like stone and putting the body between two chairs and sitting on the body that Pradyumna could easily bear without even being aware about it.

He answered number of questions and mentioned about his book "Power of Mind" that was made available and members quickly availed the opportunity and purchased the books

Dr. Prajapati thanked him for the talk and the opportunity he provided to the members

It was Doris' birthday, so we all sang the Happy Birthday song for her. We had pav bhaji and onion/tomato salad for lunch sponsored by Uttam Prajapati. Dessert was sweetened boondi and Doris brought delicious cake for her birthday.

Member News:

It was pleasant surprise to see Sharadbai Shah return after his knee replacement surgery. We had many family members and guests of member's visiting us, including some from faraway places, like Virginia and Georgia. Urmila/Sushil Jain, Devi/Babubhai Gohel/ Seecharan, Seema Singh and Jitubai Amin returned after a long break. Hansa/Narendra Jarecha, Jitubhai Amin, Bharti Vaghela, Ambaben Patel and Umesh Desai became new members. Jon Banks/ Pradyumna and Bhadrkibai have taken over photography and membership management respectively from longtime volunteer Mahendra Devgania. Inspiring to see new volunteers!

Obituary

With a shocking surprise the members learnt about a sad and sudden demise of Dr. Miral Patel, the son of Asit and Ila Patel, and the son-in-law of Chandrika and Jasvant Patel. Members observed a two minute silence to pay homage to the departed soul of Miral Patel and prayers for the family.

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

Western Mirror, Eastern Reflections



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

The other day, we invited an American acquaintance to dinner at an Indian restaurant. Once the dinner was over, plenty of food was left—enough for two people to have full meals. My wife casually asked our acquaintance if he wanted to take the leftovers home. She was under the impression that he will say “no” like most Indian guests would. And if he did, she thought, she will ask him again. After asking him two or three times, if he still responded with a “nay” she herself would take the leftovers home as it was plenty. But our American guest didn’t take a minute and promptly responded, “Yes, I will love to have the leftovers.” He asked the waiter to bring boxes to pack it all up. It did not take him long to scoop away every bit of the food. Once he had done so, we left the restaurant after saying good bye to him. He went his own way and we drove back to our home.

En route we started to rehash what we thought was rather peculiar behavior of our American acquaintance. Being a host, my wife felt it was imperative to first ask the guest to take the food home before taking the initiative to pack the food for her. Seeking the first right of refusal from the guest was essential as etiquette demanded. But she didn’t expect the guest to be so spontaneous in his behavior.

Both of us were of the opinion that our guest should have shown a bit of courtesy by saying “no” at least once. It was beyond our imagination that by casually asking him and that too for only one time, he would accept the offer, pack the food, and sweep it all away. Our acquaintance didn’t try to find out whether we, the hosts would also be interested in taking a portion of the food with us, if not all of it. My wife, like most of us under similar circumstances, was anticipating that the outcome would be the other way around. In spite of clearly having a “Western Mirror” in front of her, she was somehow hoping to see “Eastern Reflections.”

Putting some thought into the incident, I started to think about this commonly observed dichotomy

between the behaviors of the people of the East compared to those of the West. It is an interesting issue, for it throws light into how an Indian mind thinks and works under such circumstances as opposed to that of a Westerner. Our length of stay in the Western world does not matter. The underlying ingrained cultural thought process, irrespective of our financial status, educational level or position oftentimes attempts to unmask and exert itself, be that for good or bad.

In this instance, the behavior of our American acquaintance in spontaneously accepting something, like leftover food could not have been considered typical by most of the people from the Indian subcontinent. When people from the Eastern culture meet and greet their relatives and friends and when the guest is either served or asked, be it food, soft drink, or even a simple glass of water, the usual tendency of an Indian guest is to refuse first by saying “no” in most of the situations. One may be extremely hungry or thirsty; still the initial response would always be that of refusal, at least once or twice, if not more. And this sometimes may happen even if one has been formally invited for a dinner. Oftentimes, the statement offered would be, “Oh! I have just eaten or had a drink and I don’t need anymore.” When this is said, both the host and the guest always know inside that in reality this is not the case.

Generally speaking, under this kind of situation, the word “no” would have automatically sprung up from the lips of a person from Indian subcontinent. Saying “yes” spontaneously without showing initial reluctance is not typical; rather it is less than acceptable behavior among the people from East. However, in the back of the guest’s mind when “no” is being pronounced externally, the thought keeps on lingering that the host will soon offer once again, and this time the offer will be accepted so as not only to disappoint the host but more importantly to fulfill the inner suppressed desire of guest also.

This behavior is not entirely limited to the offer of food. In many other circumstances and situations, for example, when a friend or relative offers a gift for a wedding ceremony or for a child’s birthday celebration, the same initial negative response is exhibited by the host, albeit superficially. Of course, the host knows well that the gift was brought for giving to him as this happens to be customary on such occasions. Most of the people from the Indian subcontinent, when offering or accepting a gift, or while serving or being served food at the dinner table, are usually aware of this unique aspect of their Eastern cultural behavior. Therefore, repeated attempts are usually made by the Indian hosts despite repeated “nos” by the guest, and this initial “no” is usually not taken at its face value by the server i.e. host

On the other hand, when one offers a gift to a Westerner, he or she would not hesitate in accepting the offer, but of course after thanking appropriately. The receiver of the gift will always appreciate the gift with an exaggerated loud, twisted, prolonged exclamation such as be..au.....tiful, even if it might not be of his or her liking. Certainly, by no means does this imply that the people of the West are short on gifts or that they are more selfish than the Easterners. In my way of thinking, this is just a simple manifestation of their basic upfront attitude about such matters. Western Mirror, Eastern Reflections 73 74 Western Mirror, Eastern Reflections

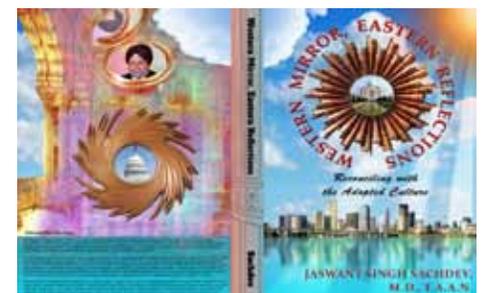
The rather spontaneous behavior of our American acquaintance at dinner should not appear unusual to diaspora members, especially those who have been through similar kinds of situations at one time or the other. Most often than not a Westerner will act or respond exactly the way he or she thinks at that given moment in most cases. Their inner thought process is not at variance with what is being stated outwardly. There is no conflict or duality present in their minds. Having said that, I need to

add that this might not necessarily be true all the time and or in every situation!

Being upfront and having clarity of mind has several advantages. There is no chance of confusion and there usually is no procrastination. One knows where one stands, what is going to happen next, and what the consequence of the stated action would be. A synchronicity between the thought process and what is being spelled out by the tongue is essential for it leads to spontaneity in action and fairness in results. Holding something in mind as an under thought, while acting differently, is simply not fair because the truth would come out eventually.

On the other hand, one might counter that the initial “no” when accepting a gift, a meal, or, for that matter, even a glass of water among the people of the East is indeed a manifestation of humility and soberness of their behavior. It is a tradition well-rooted in their culture. An abrupt acceptance of anything offered is considered cheap behavior among most of the people from the Indian subcontinent, and therefore, is not encouraged.

This issue indeed could be compared to that oft-repeated proverbial statement, “A glass is half empty or half full” depending upon which culture one happens to belong to and how one finds things in life. An action synchronous with clear cut inner thought process and coupled with an element of humility usually produces solid results and should always be emphasized and encouraged.



*From the latest 5th book of the author with the same name

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Incredible Lake Tahoe



Amardeep Kaur

Uncertain about vacation destination? May be still debating on being around nature and water in this heat or hanging in casinos and great night life? Lake Tahoe has best of both worlds. It has landscapes like straight out of professional paintings, and night life you will never get bored.

Lake Tahoe can be viewed from California or Nevada side. Both sides are breathtakingly beautiful. If you want to have calm and relaxing vacations, then you should explore it from California side. If you are looking for vacation full of parties, dance, awesome dining and casinos, spas; choose the Nevada side of Lake Tahoe. Flight from Phoenix to Lake Tahoe takes around 1 hour 45 minutes. The airport is only 5 minutes from downtown Reno. Whichever side you choose, you are going to have memorable vacations.

Emerald Bay is simply incredible, with its gorgeous backdrop, it is no doubt the number one tourist spot of Lake Tahoe. The Lake is surrounded by mountains and trees, which not only enhances its beauty but also gives it unbelievable panoramic views. The scenery is elevated to another level, when you visit Lake Tahoe on a sunny day. The clear blue waters and skies makes the landscape out of this world.

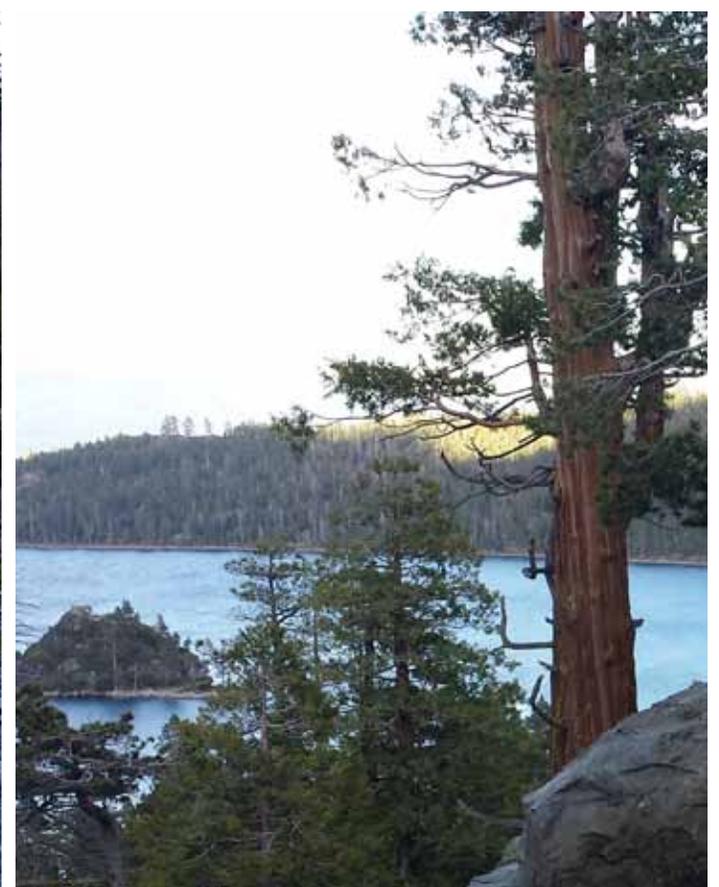
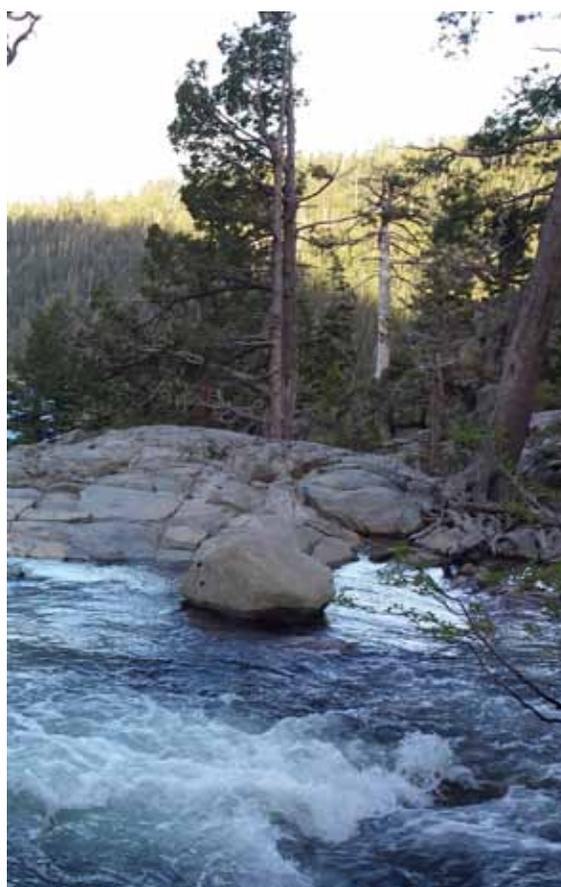
Lower Eagle Falls at Lake Tahoe are one of the best waterfalls ever seen. Parking can sometimes be tough as it is a popular spot with tourists, but definitely worth the short hike and effort to get there. Not to miss site at Lake Tahoe.

Vikingsholm is a grand castle in Lake Tahoe. You have to hike to get to this place. It has a great history and nice views of the lake. Inspiration Point Vista is a scenic overlook of Lake Tahoe. Best for taking pictures in this area. It can be a bit crowded sometimes.

Take Gondola rides at Lake Tahoe if you really want to experience the spectacle from the top of the lake. A bit costly, but worth the money for those awesome landscapes. Hike on Mt. Tallac Trail is so nice. The floating island hike is easy as compared to the cathedral lake. Stunning sights wherever you look.

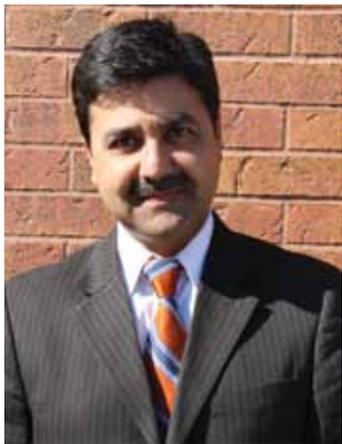
Lakeside beach is a calm and serene area. Perfect for enjoying the landscapes. It has amazing picture perfect sunset. Kings Beach State recreational area is great for kids and families. The water is shallow near the beach and kids can have fun playing in the sand. Taylor Creek visitor center is also a scenic spot, which you can visit throughout the year. Donner Memorial State Park is full of history, gives you knowledge about what happens to the Donner Party at that time.

Balloon Rides, Skiing, Zip lines, Kayaking, jet skiing, river rafting and tubing are some of the activities, you can do according to the time you have. There are some not to miss tours. First one being, the Lake Tahoe's Emerald Bay Cruise on M.S. Dixie II. We did take this tour and it was well worth it. Take the Lake Tahoe Helicopter tour, if you want to see the entire Lake and surroundings from the Top. Like taking pictures, then take Lake Tahoe Semi-Private Photography tour. Vacation at Lake Tahoe, winner for all age tourists for sure.



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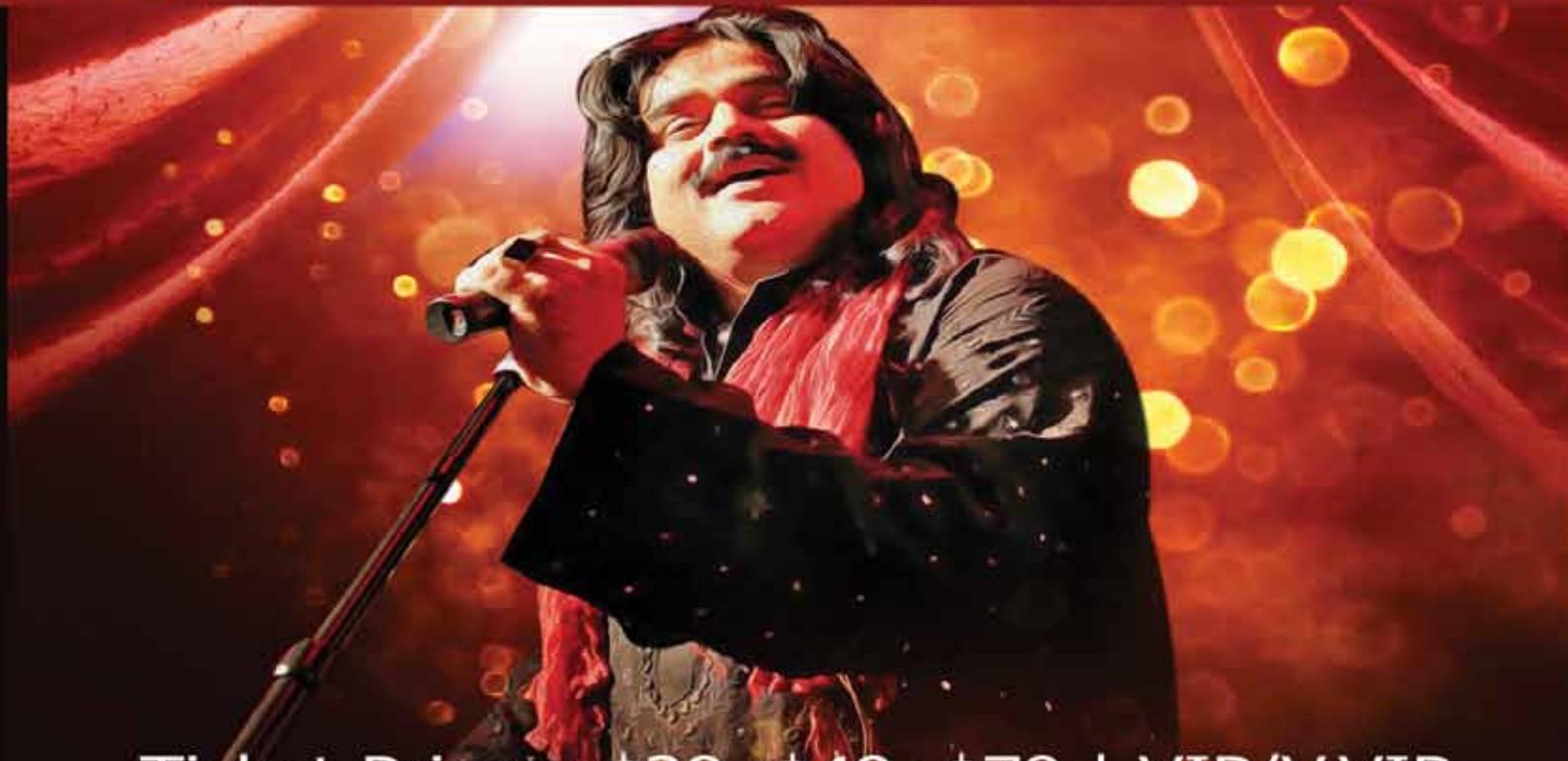
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