



Uniting all South Asians in the Valley

Today

Monthly Newspaper

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• Issue-6

• Phone : 480-250-2519

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• June 2014

16

Sukhi
Ghuman of
Octavian



Narasimha
Caturdasi –
Appearance
of Lord
Narasimhadeva



10



35

Chai with....
Goshala of
Arizona

Hawaa
Hawaa
is a must
watch



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Badrachalam Sri Seetha Raama Kalyaana Mahotsava & Sri Rama Pattabhisheka At Sri Venkata Krishna Kshetra, Tempe



Sri Kiran Rao

Badrachala Sri Seetha Raama Kalyanam and Sri Raama Pattaabhishekam were celebrated at Sri Venkata Krishna Kshetra in Tempe, Arizona on Saturday, May 3, 2014 with blessing and Guidance from our Sri Puthige • **More on P06**

Pran-Pratishta at the Hindu Temple of Arizona (HTA)

Hundreds of devotees from all age groups participated in the Pran-Pratishta for Satyanarayanji, Padmavatiji, and NavGraha'sat the Hindu Temple of Arizona on May 23rd and 24th, 2014. This two-day event marked another significant milestone in the history of the Hindu Temple of Arizona.

After the Temple's administration developed the vision to perform Pratishta for Satyanarayanji, Padmavatiji, and NavGraha's shrine, the Phoenix community came together once again during the fund raising events and contributed vastly to the project's success. A sustained collective effort by several members, and the temple board helped move this project to comple-



tion. From concept to design to inauguration, the project was completed in a record time of only 10 months.

The MurtiSthapanawas performed with Abhishekam, MahaHavan, and Pran-Pratishta ceremonies. After Pran-pratishta, the Gods

were offered the sight of a live gaumata (cow) when they first opened their netras.

Hindus believe that the position of planets at the time of human birth influences his or her life and perform specific pujas to these gods for health, • **More on P8-9**

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Happy summer

There is always a “however.” There is always a way to mend a situation or turn a problem around. Everybody has a different point of view or another explanation that can allow him or her to turn a complicated situation to one that they are content with.

Take for example, a student who is swimming in nothing but academics, college applications, and stress all drowning him or her. Some people may view this girl as being very driven and on the path to success, but others might feel like she is killing herself by drowning in stress and think that she needs to have fun in life as well. At the end of the day, it is all about perspective, and these two groups of people are perfect examples of different perspectives on this particular situation.

As finals and AP test season rolls around, this girl finds herself studying day and night for these exams, running on only 15-20

hours of sleep each week for the entire month as her stress level continues to rise minute by minute. The week before “Test Week,” she collects herself and realizes that she is not ready

stress was eating her inside out and through her brain. She also realized that she was not able to comprehend anything she was reviewing, so all of her time was wasted, and now she was extremely tired.

At that time, she stopped and took the time to think and admit to herself that it was probably a good time to slow down a little bit and take a short break from everything in her life. She tried to recuperate and let loose and have some fun in order to get her mind off of studying. She was so caught up in her own perspective on life that she forgot to look at, and even live, the other point of view, the “however”.

In the end she came to a realization and finally understood the problem with her mindset and quickly sought to turn it around for her

own benefit. She kept studying for her finals and AP tests, but this time, with no stress or weight on her shoulders. She had just overcome her greatest weakness, all thanks to a little change in perspective and a “however”.

There is always another side to a story, another solution to a problem, or another pro for a con. Step back for a second, put things in perspective, and then think if this is really how something should be, or could be done and whatever you come up with will make you very happy. Keep trying, however, don't forget to make the most of each moment and do your best in everything you do.

Happy summer everyone and congratulations to the Class of 2014!

-Sammy Mallik



Surrender or Live in present moment and be happy

Surrender is grossly misunderstood and it always appears to be a tool for poor and courage less people. But if we carefully examine, it is not different from living in present moment or hear and now. You can use either surrender or living in present moment in daily life

depending upon your temperament. Let us understand the logic behind the surrender and how we can benefit using surrender in our daily lives.

Let us start with some reasoning; have you ever seen a rich person surrendered to God or anyone except money? Have you ever seen a muscle man or woman, having real muscles or muscles of power surrendered to anyone except the power? Is it really possible to figure out if someone is surrendered to God or not? I have seen some devotees of krishna, not to mention the name of organization shopping their essentials items from dollar shop. Why someone devoted to krishna who himself was a king have to be so poor? Have you ever thought if you give lots of money to someone who is surrendered to God, what would they do? In my opinion they will still surrender but inside a big mansion or while driving an expensive car. What is the meaning of surrender, then?

Let us start with an example: When I came to US in 2005 as a consultant, the first thing was to find a contract job. Due to pricing and other issues I did not



get a job for one and half month. If you have sat on bench for longer, you might know how frustrating is to do nothing, right? So I called my Guru (Gyan Swami) in India, told him that please help me, thinking he will do some miracle to get me a job. But opposite to my expectation he told me that if you sit with your hands folded, you will not get a job. Work hard to prepare yourself for interview, look for different options and don't stop until you get a job. Typically this is not what a Guru would answer, right? I was little shocked, and I was already working hard. But I followed his advice, worked extra hard and became innovative. In that process I had to switch job and transfer my visas etc. My idea of surrender was corrected by

my Guru, surrender is not to be passive or inactive.

So the right meaning of surrender to me is not to dream about something I don't have today or regret about my past, but do the right action in present moment. If someone lives in future or past, it would be hard to put their brain at work in present to get anything done. In other words inaction is not surrender. If you can achieve something by your hard work, you should work hard. I hope it is clear that surrender is not possible for someone who is not capable of doing things. In daily life we can make use of surrender, say your kids are preparing for exams, you helped them with everything you can at home. But if you keep thinking whether they

will do well in exam or not is trying to control something outside of your control. The surrender in this scenario would be to put efforts from your side and then leave it up to your kids. It is their business to write test, you have no control how they will do in exam.

In spiritual path, surrender is very ambiguous. Many people become pray of business oriented teachers. If you find a right teacher, the correct way to surrender is to follow the spiritual practice taught by him or her, at the same time not to think about what you will get out of it. If someone is changing their spiritual teachers every now and then, it shows that they are living in either past or future. Means they are either finding faults in teachers they met in past or thinking about some other teachers who are more attractive in some way or can solve all their problems instantly.

We can try few simple things to live in present moment and be happy:

- Find out who is in charge of your worry or problem? Is it you or you are trying to control something or someone else to make things happen the way you think is right?

- What will happen if you let go your control? Once you identify this, it is really easy to compare what you want. Do you want freedom or pain and suffering?

- Allow things to happen without your control if you are not directly in charge.

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There's Nothing More Powerful than Knowing Yourself

It is becoming more and more common for people to define themselves by what others think of them and their capabilities. If you get lucky and are surrounded by people that constantly tell you that you are capable of more than what you are doing today, that positive energy will push to achieve new heights. However, just as positive thoughts and energy can push to new heights, negative energy can prevent you from reaching your true potential. If you are surrounded by negative people that want to constantly remind you of what you are lacking or incapable of, sometimes those words can have enough power to make you start questioning your own abilities. It is possible that person has his or her own insecurities or weakness and since the world is a reflection of who we are, their weakness can come out in harsh words not meant with a bad intention but words that can have a devastating impact.

One cannot always control the type of people that enter their lives or the words that come out of those people's mouth, but one can control the impact those words have. There's nothing more powerful than knowing yourself. And, furthermore, there's nothing more powerful than knowing yourself so well that another person's words cannot alter your impression of yourself. When you are fully confident in who you are and your capabilities, it is not even important to correct someone that might be describing you incorrectly. The entire need to argue back and correct them comes from an insecurity that maybe they are right. But if you are fully



Editor's NOTE

confident in yourself, those words become irrelevant and can be forgotten in minutes because the only person that has the right to judge what you are and are not capable of is yourself.

The first part of this message is pretty easy to follow for most people. Get to know yourself and don't let others opinion bother you. However, the reason I am stressing on the second part of not arguing back or trying to convince the speaker of how wrong they

are about you is that as soon as you are arguing back, you have failed in the first. The only reason you would argue back or try to correct them is because it is bothering you. And when you let it get to you enough to correct them, it will have a negative impact no matter how small. There is a lot of strength in listening to someone talk about your potential or lack thereof, smile internally and say to yourself "What does he or she know about me?," and then never think of the incident again. It is the only way you can ensure that no negative energy or thoughts from that incident have any negative impact on you. It is one of the simplest and hardest things to do. But I encourage all of you to try. A few times, you will have to consciously think about it and make it happen but after a while, it will become second nature and you will be amazed at how much strength and satisfaction can come from such a simple concept. Wishing all my readers a wonderful summer ahead Keep reading Asia Today Arizona for all about the local South Asian Community of Arizona.

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

The month of may was an exciting month ,the Hindu temple of az has a Pran Pratisha for Nav GRaha 2 days event took place thx a lot for the Narinderjit singh took the picture for the event and and also a lord



Marketing Director NOTE

Nrismhadeva Appearance day was celebrated at the Hare Krishna temple, very exciting and new experience for me God is one

-Manju Walia
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Badrachalam Sri Seetha Raama Kalyaana Mahotsava & Sri Rama Pattabhisheka At Sri Venkata Krishna Kshetra, Tempe, Arizona Saturday, May 3, 2014

Swamiji, Udupi India. This was a part of USA tour of the utsava moorthies and priests from Badrachalam Sri Seetha Raama temple, AP, India.

Celebrations started at 6 am with the recitation of Sri Venkatesha Suprabhatham by priests led by Sri Kiran Kumar, Chief Priest. This was followed by the Panchaamrutha Abhishekam for the presiding deity Lord Sri Venkateshwara, special alankaara with garlands made locally with fresh flowers. As usual, during the abhishekam and alankaaram, panchasooktham, devotees chanted sookthas Upanishads and Sri Vishnu sahasra naama Stotram.

The utsava moorthies of Sri Rama, Seetha, Lakshmana and Anjaneya were decorated to suit the special occasion of Sri Seetha Rama Kalyanam. Sri Raama and Lakshmana were installed on a palanquin and Sri Seethamma was on another palanquin with Anjaneya at her feet. The devotees carried the palanquins from the main prayer hall in a procession to the specially erected and decorated stage outside in the parking lot of the temple. Live naadhaswaram performed by artists from Canada and vedic chanting set the tone for the special celestial wedding to follow. A special air-cooled tent covering about 6000 square feet provided seating for nearly 1500 devotees who participated in the celebrations.

Kalyana utsavam started with exchange of garlands, vaag dhaanam, and Kanyaa dhaanam and the traditional ritual of wedding including malgalya dhaaranam. Sri Seetha and Sri Rama were decorated with variety of flower garlands, jewelry, and silk vastram. A notable feature was

dancing with flower garlands by a Priest from Badrachalam and Sri Kiran Kumar, the Chief Priest of Sri Venkata Krishna Kshetra before the garland exchange ceremony. The sight was delightful and the audience were amazed and wonder struck with the grace and beauty. The function was punctuated by nadhaswaram, descriptive commentary by the priests, and contextual Carnatic songs sung Sow. Rama Mathur.

The Masters of ceremony were Dr. Govind Iyer and Dr. Narasinga Rao. Govind Iyer welcomed the gathering.

After the wedding ceremony, Tempe City Councilman Hon'ble Kolby Granville represented the city

by reading out the proclamation issued by the Mayor Mark Mitchell declaring "Badrachala Sri Seetha Rama Kalyana Mahotsava Day in Tempe" on Saturday, May 3, 2014 and asked all people in the city to join the Indian Community in celebration. The councilman was introduced by Dr. Narasinga Rao who

also requested Mr. Granville to release a book on "Secret Essence of Ramayana" – an English Translation of Discourses on Ramayana given by Sri Sri Sugunndra Theertha Swamiji, Head of Puthige Mutt and Founder-President of our temple in Arizona. Mr. Granville lighted the traditional oil lamp and released the book for public. Mr. Kolby Granville was honored in the traditional manner

with a shawl and a plate of fruits by Kiran Kumar. Mr. Granville praised the cooperation of the community and expressed that such cooperation and unity is what the City of Tempe needs and is proud of. There were offerings of Classical Music and Bharatha Natyam by local artists and devotees.

The second part of celebration was Sri Rama Pattabhishekam which was performed in pomp and glory to the sounds of bells and drums to Lord Sri Rama by the Priests. It was a joy to watch. The Pattabhishekam was a special and unique event held for the first time. Eight Sages and Eight Rivers of India were invoked and the holy water from all rivers were sprinkled on Lord Rama. The traditional ornaments like, Sword, Gadha, The Seal, and foot wear were offered to Lord Rama and finally, the Idol was crowned as the King with a Special Crown. The audience Chanted "Success to Rama" and rejoiced.

The TV 9 from Hyderabad covered and broadcasted the whole event.

The idols were carried back into the temple on palanquins. The devotees had an opportunity to see at close quarters and worship Sri Rama Parivar from Badrachalam. Theertha Prasadam was distributed. All 1500 devotees were treated to a traditional Indian Lunch prepared by the Priests Sri Rammohan Kodancha and Sri Gundu Rao at Sri Venkata Krishna Kshetra. Sri Sripathy Tantry, the Assistant Priest and Sri Jnanamoorthy Bhat from Sri Krishna Brindavana at Los Angeles helped for the functions.

The devotees thanked and rejoiced at one of its kind event that took place. What a joy and a Pleasant Experience it was!





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Sunday, June 29th, 2014



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Pahandi Bijaya - 8:00 AM
Chera Pahunra - 8:45 AM
Rath Yatra - 9:00 AM to 11:00 AM
Cultural Program - 11:30 AM
Puja and Maha Aarti - 12:00 PM
Maha Prasad - 1:00 PM

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Saturday	June 21	10:30 AM - 12:30 PM



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Satyanarayanji Puja/ Jagannathi ji Puja	Thursday	June 12 th ,	2014	7:00pm-9:00pm
Hanumanji Puja	Every Tuesday			7:00pm-9:00pm

Venkateswara Swami Puja
Rudra Punchamrit Abhishekam
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Every Saturday 10am- Noon
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5th Sunday 11am-1:00pm

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Pran-Pratishta at the Hindu Temple of Arizona (HTA)

peace, and success. The nine (Nav) major celestial bodies (Grahah) of Hindu astronomy form the NavGraha's shrine. Surya (Sun) is the most powerful and bestows good health and prosperity. Chandra (Moon) which rules over mind and is a lovable God. Kuja (Mars) is regarded as a God of martial character. Bhudha (Mercury) is the God which gives knowledge. Guru (Jupiter) gives education and knowledge. Sukra (Venus) gives bestower of long life, and happiness. Sani (Saturn) is generally known to affect one adversely on occasions when he occupies certain positions in one's horoscope. Rahu provides strength. Ketu brings good health, wealth and all round prosperity.

The enthusiasm, and commitment by the devotees and the temple Board to the development of



Hindu Temple of Arizona has not waned in the past 14 years. From humble beginnings in the year 2001, the vision, commitment and perseverance by the temple board and the devotees has transformed the Hindu Temple of Arizona to one of the finest temples in Ari-

zona. In the year 2000, a prominent & visionary community member was inspired by a Swami of Udupi to start up a Hindu temple in the Phoenix metro area. The name "Hindu Temple of Arizona" was subsequently registered as a non-profit organization during May 2000. Several community members stepped forward to provide loans and donations for the purchase of a building and for the first time, the Hindu Temple of Arizona opened its doors to its devotees on 20th June, 2001. Today, the temple is a hub of the Hindu culture, traditions and religious activities. Devotees from all over the metro Phoenix area come to visit the temple. The PranPratishta for NavGraha's is expected to expand services to devotees and further extend the Temple's reach in the metro Phoenix area.



Pran-Pratishta at the Hindu Temple of Arizona (HTA)

Pictures by Narinderjeet Singh and Ravi



Narasimha Caturdasi – Appearance of Lord Narasimhadeva



Lord Nrisimhadeva's Appearance Day was celebrated at the Hare Krishna Temple on May 13th with a fire sacrifice ceremony, Abhishaekam, Arari,

a class by HG Purna Pragya Prabhu and a sumptuous prasadam feast. Thank you to all the participants for such a joyous celebration of the Lord's appearance day.



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

Sunday Feast Class June 1st



5:30pm to 6:30pm
HH Romapada Swami
Prayers to Lord Rama

Discover Your Self Series continues:
June 7th Why do bad things happen to good people?
June 14th One God or Many Gods?
June 21st Yoga For the Modern Age
June 28th Practical Application of Bhagavad Gita.

Disappearance of Srila Bhaktivinod
Thakura Thursday June 26th

Program 11:00am - 1:00pm



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7:30pm



INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)



On Apr 29, 2014, seventy-five members and guests enjoyed the presentation by Surinderji on their visit to Australia, New Zealand and other SE Asian countries. Umaji had everyone joined in the celebration of Mikul's birthday with a beautifully decorated cake. The Aggarwals also had sponsored today's delicious luncheon on this occasion. On May 06, 2014, Mother's Day was celebrated, a bit early, with a lot of fanfare and fun. Ladies were beautifully dressed up in colorful saris, and some gents had Modi-style kurtas too. The celebration weaved into International Workers Memorial Day paying tribute to those who died on the job and providing comfort to families, especially, Moms. Jitubhai mentioned about the International Labor Day with a purpose of improving working conditions, wages, globally. He presented a small clipping on the moms who work around-the-clock selflessly. [https://www.](https://www.youtube.com/watch?v=HB3xM93rXbY)

1. Dr. Mini Pandit spoke on "Slow Poisons in our Foods" and sponsored May 13th, 2. Sponsors of May 20th – Kapilaben & Thakorbhai Patel 3. Jitubhai speaking on "Living Will" and "Safe & Secured Asset Management" 4. Mothers Day celebrations at ISAA 5. ISAA gentlemen serving food on the Mothers day 6. Special entertainment program by men for all ISAA mothers 7. Lataben & Chandrakantbhai with family as sponsors of May 6th 8. ISAA celebrated birthday of Uma & Surinder Aggarwal's grandson

youtube.com/watch?v=HB3xM93rXbY Today included celebration of Lataben's birthday too. The group enjoyed garbas, Ranzaniyu, and rail-gadi dance as special fun items with a lot of lively music. Sponsors for today's lavish luncheon were Lataben and Chandrakantbhai. Over ninety members and guests enjoyed the food. Jayshreeben distributed "pedhas" in celebration of her grandson's "mundan". On May 13, 2014, Dr. Miniben Pandit made an educational presentation on "Slow Poisons in Our Foods". For those interested in a follow-up the presentation was shared with her permission. At the end there were a number of questions. Miniben sponsored delicious luncheon

also with ingredients used per her presentation. Over seventy members and guests enjoyed the variety. Many thanks Miniben! On May 20, 2014, as usual there was socializing and card playing for first forty minutes or so. The main highlight was the presentation by Jitubhai on "Living Will" & "Safe and Secured Asset Management"- a subject which is dear to many seniors as there are a lot of unanswered questions. The outlines were shared with seventy-five attendees for their ready reference. Twenty-five members took the Living Will forms and most of them completed the formality including notarizing the document on-site at free of cost! Sponsors today were Kapilaben

and Thankorbhai. Home-made food was enjoyed by all the attending members and guests. Chhotubhai gave a brief accounting update for 2013 and a part of 2014.

Announcements: ISAA congratulated with great pride Sharadbhai for over 500 man-hours of volunteering work at a local hospital. Dr. Mini Pandit has arranged a presentation by Mr. Iggy from Shantiniketan, FL on July 13 at Hampton Inn Suites for those interested in seniors housing at noon at 601 North 44th Street, Phoenix, AZ 85008 RSVP: info@ShantiNiketan1.com minipandit1@cox.net, isha.real-tor@gmail.com, Lunch will be served. Book early. Limited seats available.



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GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

JUNE 2014 Programs & Events

19 Jeth – Harh 16, 546 Nanakshahi Era (NE)

May 30 – June 1 (Fri-Sun) – Shahidi Siri Guru Arjan Dev Ji (1606)
Akhand Paath Arambh: Fri. 10:00am
Akhand Paath Bhog: Sun. 9:00am (Actual: June 1)

June 6 – 8 (Fri-Sun) – Ardaas: 30th Anniversary of 1984 Ghallughara / Attack by Indian military on Harmandir Sahib, Akal Takhat and 42 other Gurudwaras.

1. Sahid Sant Jarnail Singh Ji Khalsa
2. Sahid S. Subeg Singh Ji
3. Sahid Bhai Amrik Singh Ji Khalsa
4. Sahid Baba Thara Singh Ji

And thousands of Sangat and visitors lost their lives. (Actual: June 4-6)

June 15, Harh 1 (Sun) – Sangrand & Monthly Sehj Path, 9am – 10am
Gurghadhi Siri Guru Hargobind Ji. (1606) (Actual: June 11)
Birthday Bhagat Kabir Ji (Actual: June 13)
Homeless Dinner Seva, Call 602 741 8021 for more info.

June 27 (Fri.) – Shaheedi Baba Banda Singh Ji Bahader (1716)
(Actual: June 25)

June 29 (Sun.) – Barsi Maharaja Ranjit Singh Ji (1780-1839)
(Actual: June 29)

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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Asian Professionals...an interview with Sukhi Ghuman of Octavian

Interview by Manju Walia,
Article by Deepa Walia

As its inaugural interview for its new column, Asian Professionals, Asia Today had the pleasure of speaking with Sukhi Ghuman, a new name in the Arizona manned security sector industry.

Sukhi, the founder of Octavian, has seen tremendous success in the UK. A Punjabi, Sikh, Sukhi who is one of three siblings, was born in the UK. Happily married with three children, he graduated as a lawyer. While practicing law, he was handling a case which involved suing a security company where he recognized a niche market in the security industry. Passionate about wanting to improve the quality of the manned security sector as a low-cost commodity, he broke away in 2003 to start his own business – Octavian. A year into it, he quit his full time day job as a lawyer and concentrated solely on Octavian. While he found many constraints in practicing



Lone Worker Support, Event Security, Risk Management, and many others. Octavian employees 1000+ people internationally with 35 of them being in its newest operation in Arizona.

Sukhi's final message to Asia Today's readers is that we sometimes fail to realize that the protection of its assets is of utmost important to a business. When employing someone for those services, the quality of service should be so high that the company can concentrate on their day to day business and that quality and level of service is what Octavian provides. For more information about Octavian and its services, please visit www.octavianusa.com or call them at (480) 991-2500.

Asia Today is grateful to Sukhi for his time, proud of his achievements and takes great pleasure in sharing the success of our South Asian Professionals. We wish Sukhi and Octavian success in all its future endeavors.

law, he found this new business he had started and his life as an entrepreneur liberating and enjoyable.

Sukhi saw much success in the UK and had many ties in the USA – close family friends that had moved and settled in Arizona persuaded him that this was the best place for him to start his US operations. A \$24 million operation internationally with success in the UK, Johannesburg South Africa, Dubai, and Middle

East, Sukhi's US operation has already secured \$1 million plus in business here in Arizona. He is looking to continue with the growth here in Arizona and then quickly expand into California and Texas. Octavian has won many awards since its inception including the 27th Fastest Growing Company in UK in 2008 and is short listed for many awards this year as well. Sukhi's US and South Africa operation is jointly held with partners while all other

locations are owned solely by him. He is the first Sikh in Arizona with a security company dedicated to the commercial sector. Using cutting edge technology and a detailed training program, Octavian's concentration is on quality and robust standards. The aim is to pitch to large corporations and organizations and help them understand the value of protecting their assets with services such as Manned Guarding, Remote Monitoring,





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Ayurveda for Everyday Living

by Ankit Chander, MD(H), ABIHM
Have you ever thought about potential health benefits of certain spices commonly used in Indian cooking? Turmeric is an excellent example of an ancient Indian spice with growing clinical data for its traditional uses.

Turmeric comes from the plant *Curcuma longa*, which belongs to the ginger family. It is a bright yellow spice, and has also been used as a dye and for religious and ceremonial purposes.

The use of turmeric dates back thousands of years, with one of its first reported uses to relieve the effects of food poisoning. It has since occupied a significant place in Indian Ayurvedic medicine, as well as in traditional Chinese medicine.

There are several areas where turmeric was both used classically, with mounting data for its use today. A first area is the gastrointestinal system,

where it has been used to improve digestion and reduce pain, gas and bloating. Recent science has confirmed its usefulness in a variety of situations, ranging from irritable bowel syndrome to peptic ulcers.

A second area is the brain: researchers have observed the rate of Alzheimer's disease in India is less than in the US, and think consumption of turmeric may be one of the explanatory reasons. Laboratory studies have shown turmeric prevents the formation of the plaques that can contribute to Alzheimer's disease, and a clinical study found it can decrease certain symptoms.

There are a variety of other uses and functions for turmeric. Data has shown anti-inflammatory as well as anti-cancer effects. Conditions for which it may prove useful include arthritis, sinus and throat infections, skin

conditions, liver problems, and menstrual cramping.

Turmeric can be used in many ways. The most common is the dried, powdered form, which can be added to dishes such as the Indian bean soup dal, vegetables, and even grains. Other forms include oil, tea, extracts, and in root form. It can also be found in pill/capsule form, but consult with your healthcare provider before starting any supplement.

And while turmeric certainly has power by itself, some studies suggest combining the spice with vegetables may be even more beneficial. In a study from Cancer Research, it was found that curcumin, an active component in turmeric, combined with phenethyl isothiocyanate which is found in cauliflower, can reverse the growth of prostate cancer - this combination of turmeric, cauliflower, and po-

tatoes is commonly served in an Indian dish called aloo gobi.

If you are using it for the first time, please keep in mind it has the properties of a dye and can stain clothing yellow.

Spices in your diet are a simple and powerfully effective way to maintain good health, as well as enjoy good-tasting food.

Dr. Chander is an integrative medicine physician in Scottsdale, AZ. He is a diplomate of the American Board of Integrative Holistic Medicine.

He completed his MD and residency at Johns Hopkins University in Baltimore, MD, and then a fellowship in integrative medicine at the Tennant Institute in Dallas, TX.



Suren Sheth

Medical billing is highly growing field in healthcare industry. Every year doctors are spending hours of hours in this task to get the reimbursement as quick as possible. They can increase efficiency, if they outsource the billing task to medical billing companies.

Your practice can get extreme advantage of medical billing companies. They can help you in growing productivity, reducing the time of collection and processing claims effectively with fulfillment of HIPAA regulations and government procedures.

Medical billing companies offer wide range of services. Usually, these services include:

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Medical Billing

compensation

- > Constant monitoring and follow-up of claims
- > Payment plan setup
- > Customized reporting to track business activity and productivity
- > Credit bureau reporting
- > Solving the billing queries personally
- > Analysis and recommendations

Some company also provides services such as transcribing, coding and record storage.

Your business can reduce or eliminate the process of hiring and training employee for in house billing and collection procedures. Your clinical staff is free from the trouble of collecting detail information about not paying patient because patient responsibility

accounts are handled. They also offer skip tracing services for those accounts of patients who are unable to be contacted. As compared to in house, medical billing companies can offer more effective collection efforts that are less expensive and less time consuming. By acquiring these services, you can cut down the reimbursement cycle. With quick reimbursement, your accounts are turned over faster by creating more cash flow.

Medical billing companies can have updated detail on coding, HIPA regulations and latest technologies that enable them to decrease the time. They are dealing with insurance company's complicated requirements which cause headaches. Having them at your service, you can decrease or

eliminate the errors within the claims. Decrease in paper work because of electronic recoding, storing and claiming. Now, you know how medical billing companies can handle your requirements. Many medical billing companies out there ready to offer accurate and quick services. The best place for searching a company for your practice is online. Before hiring, make sure about their contracts and services they render. Ask for trial to get actual idea about their services.

Description: Sheth & Walia likes to write on medical billing related topics. He is currently affiliated with Gilbert Medical Billing LLC- Gilbert, Arizona, and a company providing medical billing services. He invites you to log on <http://www.gilbertmedicalbilling.com> or write to info@gilbert-medicalbilling.com



Today, I want to introduce to you a spiritual super human, Bhagat Kabir. Generally speaking, we believe we have very few important things in our lives including money, physical beauty, social status, worldly affairs, romance and mental freedom. Those who have less than that, we consider they are less than upper class in society.

This is a big delusion in our mind. These things we consider very important to us are not reality.

As a human being, if we don't learn what's most impor-

A Golden Opportunity

tant in our life, we are putting ourselves on the level of the lower creatures of the universe.

I would like to share thoughts of Kabir with you, which are very important to us as a human.

Kabir says: "Search everyday in your mind for the truly important things of life for us. Don't spend any moment in frustration about the small things in life. What the senses show you is just a magic play.

None of this will stay with you in the end"

Kabir says: "God is one, reality of the truth, and life of every life. There is no place to doubt this. He is kind, merciful, doer of all and is the knowledge of the universe. As long as we don't truly believe this, we will never be free of the cycle of Birth, Death and Duality. Duality is the root cause of our separation from the reality."

Kabir Finally says: "Human

birth is unique. Don't waste it in confusion. As the luscious fruit which falls to the ground and can never go back to the same tree, so the human life spent without divine experience is also wasted like the decaying fruit on the ground. Please don't waste this precious chance without belief in the one God and Meditation."

This is not an intellectual article. This is a spiritual message to humanity. Please wake

early in the morning between 2:45 and 5:00 AM. Sit in fresh air in open space. Close your eyes, then hold the breath as long as you can and repeat in

your mind your favorite mantra. This practice will develop peace, happiness, divine love and unity with the universe.

Thank-you.

Gyani Ji Harbhajan Singh Sandhu



Congratulations to Michelle Anthony's

Congratulations to the 18 years old, Michelle Anthony for finishing her High School career. Out of the class of 800 students, Michelle maintained a 4.91 GPA and is the Valedictorian for Chandler High School Class of 2014. Michelle will be attending Barrett the Honors College at Arizona State University in the fall of 2014 and will be majoring in Molecular Bioscience and Biotechnology. Michelle is aiming to attend Medical School and hopes to become a Physician. Her family in the United States and Pakistan are extremely proud of all her hard work and accomplishments. It is truly a blessing from God that has helped her achieve this moment. Continue being a positive influence in others life. God has a unique plan for her in the future. Congratulations and good luck at ASU next year. God bless!



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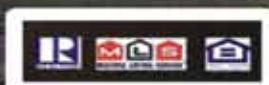
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Seniors' Corner – Activities May 2014

“Sit and Be Fit” video led exercise is conducted from 10:00AM to 10:30AM every Thursday. This exercises are formulated specifically for Seniors and are practiced mainly seating in a chair. All seniors are requested to be on time so that you do not miss this golden opportunity.

Every senior as usual wait eagerly for Thursday meeting, the reason being they meet their age group friends freely and exchange their thought, problems, events and current political scenarios of USA and their motherland India.

May 1, 2014, being a movie day, some 60 seniors enjoyed screening of Shangam. After socializing for short time, some found group of their own interest - card playing games judgment and Bridge, some watching movie and left over in socializing.

Seniors welcomed new comer and those who returned after short break. They were:

Harshadbhai and Gitaben Shah from New Jersey, Dr. Prakashbhai and Meenaben Kotecha, and Dr. Balbir and Amrita Khorana both couple returned from India. Prakashbhai regretted that he could not



change his tickets and hence could not vote for historical election. Sumanbhai and Chitraben introduced themselves as new visitors. Alkaben Zaveri, a guest of Shavantibhai from Pitsburg also enjoyed the meeting. Arunbhai Upadhyay did not require any introduction, though he visited us after long time. Pramodbhai and Ninaben Gupta as a new comers introduced themselves appreciating all activities of senior group. Seniors also welcomed

Mahendrabhai and Tarlaben, Bombay's seasonal visitor.

Lunches were sponsored by Shri Jagdishbhai and Sheelaben Trivedi, Dr. Mini Pandit, and Champaben Patel. Jagdishbhai is like a winter bird. They come to Phoenix in Dec. from Chicago and return in May. Menu was simple but delicious. Poori, bhaji, rice and curry, with kachori as an appetizer and salad. No lunch can be complete without desert, so Rasmalai was also served.

Champaben sponsored delicious lunch on Mothers' Day and served 75 seniors. Even though Champaben had a Knee surgery just 2 weeks ago, she kept her promise with the help of her friends and regular volunteers helping out in Kitchen. Menu was Puri, bhaji, khaman curry and rice and Fresh Mango Ras.

SIT AND FIT EXCERCISES is becoming part of regular activities of the meeting. Small group meet at 10:00 am an ac-

tively participates for 30 min.

Seniors enjoyed most awaited and announced program of MOTHER'S DAY CELEBRATION. All mothers came in Indian traditional dresses like Sari, Punjabi Kurta Khamish and so on. All male and female singers dedicated their songs, bhajans and poetries to mother bharatmata and Goddess Saraswati. High light of music program was a well famous gujrati song "JANANI NI JODE SAKHI NAHI JADE RELOL". Many of us became emotional and went into past remembering our old days. It was ended with giving roses to all mothers by their spouses, in absence of their sons and daughters.

Female Senior members had a group meeting, led by Ramaben, and they maid a proposal to have a simplified and yet delicious and nutritious menu for lunch. The proposal was presented and unanimously approved by all Seniors on May 22.

Menu for lunch is suggested as Khichdis of different verities, Pilav, one vegetable curry, Salad, and sandwiches served on alternate Thursdays. It was decided to cook no more than two items in the kitchen.



Furthering the Cause of Sikh Identity in Arizona!



Dr. Jaswant Singh Sachdev

The Arizona Interfaith Movement (AIFM) added another jewel to its crown by arranging special prayers by representatives from different faiths on the National day of Prayer at the 9/11 Memorial built at Wesley Bolin Plaza on the grounds of the State Capitol of Arizona. The event took place from noon to 12:30 P.M. on the first Thursday of May that incidentally happened to fall on May 1st this year. The 9/11 Memorial was built in the memory of the victims from Arizona who lost their lives at ground Zero. It also includes the name of S. Balbir Singh Sodhi, a local Sikh killed four days after 9/11 in Mesa, Arizona due to the hate crime.

One after the other, the prayers were said by almost 15 members of the Board of AIFM including among others, a Hindu, Anita Rangaswami, a Sikh, (Dr. Sachdev) and a Hare Krishna member, Prathibha Somaiya in accordance with their own faith traditions and in the presence of other people including their family members. Given that 15 faiths collectively invoked the "Power That Be", the Nature seemed pleased enough to let the cool wind blow, thus making sure that everyone felt comfortable, in spite of the May heat of Arizona.

To recapitulate the history of the National Day of Prayer, it should be stated that while the Continental Congress had called for it since 1775, the modern law formalized its annual observance in 1952.

It was only recently in 1988 that the law was amended and now the National Day of Prayer is fixed for first Thursday of the May. In fact, there are two stated intentions for this National Day of Prayer, i.e. to help join the adherents of all religions to unite in prayer and to bring renewed respect for God to all the people of the world

Nationally, this year, the 63rd Annual National Day of Prayer was observed in the historic Caucus Room of the Capital in Washington DC which helped serve as a springboard for more than 43, 000 similar gatherings from coast to coast (as per Internet). In addition, an estimated 200 Nations world-wide participated in the annual observance including South Korea and India (Internet). Here in Arizona, choosing the observance of this day at the 9/11 Memorial, also served as multi-faith initiative, reflecting upon the horrendous crime against innocent lives as well as disapproval of the act of hate towards other innocent but different looking people .

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Ahmadi Muslims join Nat'l Day of Prayer



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

The first Thursday in May is designated as America's National Day of Prayer and all across the country representatives from across the spectrum of religions gathered to offer prayers and spiritual insights into how to foster and maximize the power of prayer in our lives, our communities, our religious congregations and in our world.

This year the National Day of Prayer fell on May 1st, and at 6:00 pm representatives from the Upland Interfaith Council, along with members from local area churches, synagogues and mosques,

convened in the courtyard between the Upland City Hall and the Library in support and commemoration of the power and necessity of prayer. The event began with students from Western Christian High School performing a choral number.

Jim Thomas from the local LDS-Mormon Church then welcomed all the attendees and participants and gave a brief introduction of the speakers and other presenters in the order they would appear. Rev. James Pike from Grace Lutheran Church in Upland then led the audience in the Pledge of Allegiance.

Mike Ingram from the Church of Christian Science read a prayer dedicated to First Responders, followed by several verses from the Old and New Testaments on the subject of brotherly love.

After this, Rehana Mowjood from the Inland Empire Islamic Center in Rancho Cucamonga read the English translation of verse 13 from chapter 49 in the Quran explaining how God made people into tribes and sub-tribes so they may know one another in peace and friendship and not as adversaries, and that God recognized no superiority of one group or person over another except in matters of righteousness and good works.

Rabbi Zev-Hayyim Feyer delivered a bi-lingual English-Spanish rendition of a prose piece that was very affecting on the audience.

Imam Shamshad A. Nasir from the

Ahmadiyya Muslim Community's Baitul Hameed Mosque in Chino recited the Arabic text of verses 10-11 from chapter 10, Yunus (Jonah), and then read aloud the English translation:

...As for those who believe and do good works, their Lord will guide them because of their faith. Rivers shall flow beneath them in the Gardens of Bliss. Their prayer therein shall be "Glory be to Thee, O Allah!" and their greeting therein shall be 'Peace.' And the conclusion of their prayer shall be "All praise be to Allah, the Lord of

participants that "talking the talk" is easy, but "walking the walk" is hard. A key to successfully doing that is by working for justice, because without real justice -- which affirms people's equality before God -- there can never be real peace. So to make this a reality, we must all strive to be just in our personal lives. This will start to create peace by itself.

Imam Shamshad said living in peace goes hand-in-hand with justice, respect, and better understanding of each other. "Everyone know the expression 'you can't just talk the talk

the Interfaith experience of coming together to strengthen bonds of friendship while working to better the world.

A representative of Catholicism spoke about the recent canonization of Pope John 23rd and Pope John Paul II and the impact these Church leaders -- the former responsible for Vatican II and initiating interfaith dialog and outreach programs never before seen in

Catholicism, and the latter being perhaps the most well-known and beloved Pope of the 20th century.

A second song by the Western Christian

High School choral group was followed by the closing address by Rev. Jan Chase of Unity Church in Pomona. She read a Jain Buddhist prayer affirming the essential elements of peace, love and health that make one's life in this world a rewarding spiritual experience. This was made possible by the Jainist respect for all life. Rev. Chase added a final touch with her reminder to all in attendance: "Let us all rejoice that we have each other."

Cantor Paul Buch from Temple Beth Shalom closed the event as usual with his energetic guitar playing and a unifying spiritual message taken from the Jewish tradition of marking the seven weeks from Passover to Pentacost. The evening ended an hour later with refreshments and informal conversation among the attendees.

Who are the Ahmadi Muslims?

Ahmadis are members of the worldwide Ahmadiyya Muslim Community, established by Mirza Ghulam Ahmad, the Promised Messiah and Imam Mahdi, in 1889. Their motto is: "Love for All -- Hatred for None." Ahmadis are the only peaceful, non-political and unified body of Muslims in the world. They are united under a spiritual leader (Khalifa) who condemns all terrorism and works tirelessly for global peace and interfaith



the worlds."

Imam Shamshad said, "These verses show that humbleness is the key to having peace. God loves humbleness, and it is humility that lays the foundation for peace -- within ourselves and within our communities. We must all work at being humble in order to create peace in this life. Then we will experience peace in the next life."

The Imam continued by saying that God made us different from one another not so that we should be separate and fear each other, but so we can come closer together as friends. He also reminded the audience and partic-

-- you have to walk the walk,' but now days this saying has become so well-known that I feel it no longer has the impact that it should. Therefore," the Imam concluded, "in order to impress it more deeply on our minds, we must all strive to 'walk the talk'."

Next, the Rancho D'Vines choral ensemble performed a multi-harmony musical piece that wonderfully demonstrated how people could be different, yet through mutual respect and a willingness to work together "in harmony," they could all still be unique and yet still all sing together to make beautiful music. It was the perfect metaphor of

Trend alert: this year, it's all about the flat shoe

When it comes to an evening out or a special occasion, most women opt for heels rather than flats because they feel dressier, more feminine and sexier. This year, it's all about the flat shoe but the trick is to choose the right pair according to your wardrobe.

Celebrity Karlie Kloss chose a pair of flat sandals while at the amfAR Gala during Cannes film festival - she wore simple gold flats with her navy beaded Chanel Couture number.

There is a plethora of choices available in market. From varied colours, pattern and embellishment to animal print and sparkly ones, flats are ideal for those who like to play it safe when it comes to fashion, reports femalefirst.co.uk.

Style experts of cosmetic brand Colour Me Beautiful have shared all the essential style tips on how to wear flat shoes this season.

Loafers: Wear with long and Cropped trousers, culottes, some skirts; heavy loafers with winter skirts only. For spring and summer choose bright or pastel colours which look more feminine.

* Tips: They work best with tailored clothing and suits but the lighter pastel shades can be worn with summer skirts. Patent and two-tone looks give them a current edge. The high front can make the leg look shorter so be careful if you have short legs - keep your tights and shoes the same colour. They are the perfect work wardrobe staple.

Round toe ballerinas: Wear with long and cropped trousers, jeans,



skirts, dresses or shorts.

* Tips: There are some gorgeous pumps out there so invest in them



whilst you can. The low front makes shorter legs look longer. If you choose a patterned or embellished pair, make

them the statement in your outfit and keep your skirt or trousers simple. These are really a summer show and not sturdy enough for cold weather.

Pointed ballerinas: These can be worn best with skirts to show them off fully but also long or cropped trousers. Not ideal with skinny jeans; the skinny leg and elongated foot are not a flattering look.

* Tips: Considered the 'grown-up' ballerina, it offers a more elegant look for going out (perhaps because it feels like a flat version of the pointed court which is still considered to be the sexiest heel). Toe cleavage and cut-away sides are also a bit vampish and feminine. As with round-toe ballerinas, consider the colour, pattern or embellishment when you put your look together. Not good for large feet as they will make them look longer.

Slingbacks: Wear with trousers, jeans, all length of skirts and culottes.

* Tips: These are also a good choice for a night out, especially in metallic, patent or a statement design.

The pointed styles are dressier. Again, the low front helps elongate the leg. For those who still like a bit of heel, you could graduate to a low kitten heel.

Any flats with ankle straps, T-bar or gladiators: Wear with trousers, jeans, skirts and dresses, but it must be bare legs only.

* Tips: These look splendid on long-legged models but on shorter legs they will 'chop' them at the ankle. The short-legged should wear them with above-the-knee skirts and dresses are more leg on show will make the leg look longer. This is the time to keep up your heel maintenance and pedicures.

organic cotton is the best for summer

Cotton is the first choice for summer dressing, but there are more options to explore when the temperature soars.

Designer Kaveri Batla says organic cotton is the best for the season.

"It is good for the body and soul. It's also known for its soft texture. Its breathable nature makes it very wearable as it just feels good against your skin," she said.

Linen is another option.

"It's a material made from the fibers of the flax plant and no other type of material can be more comfortable and more satisfying than linen in summer for men and women," said Batla.

For office wear, she suggests teaming up breathable fabrics with light coloured leather and playful pumps.

She also says that silk is considered to be one of the best and most comfortable fabrics for clothing.



Real-estate sector in Arizona

Hello Friends,

Kids Out-of-School, Summer vacations and of course 100+ degrees during the day.. A typical Arizonian summer I must say. Also typical during these summer days are peak home buying and selling activities in the valley. Just every other summer, this year has been no exception, to the real estate market as well and the home sales activities are picking up for the summer.

Taking a look at the April sales of Residential homes in Maricopa county-

- Total sales for Single Family, Town homes, Condos for April were 6,746 whereas, March was 5,842 and February was 4,744

- The Active listings for April 24,662 were whereas, March was 30,864 and February was 24,719

- Pending sales for April were 6,624 whereas, March was 6,451 whereas February was 5,883

As the charts above represented, we are on the front end of this potential wave of buy-ers. Looking ahead, it will be interesting to see just what impact buyers have on our market. From the beginning of 2008 through the end of 2012 approximately 200,000 homes were foreclosed in Maricopa County. For the years of 2009 through 2013 approximately 77,000 homes were sold as short sales. These are astoundingly high numbers of former homeowners who let the market as a result of economic factors. While these are extreme numbers and by no means represent how many buyers will return, based on sheer numbers alone, this pent up demand will have a significant impact on our market in the future.

People often ask me this question- CAN I BUY A HOUSE? SHOULD I BUY A HOUSE? IS THIS THE RIGHT TIME?

Your new home should be entirely a blessing for you, and you don't want your payments or financial obligation to start feeling like a curse instead. With that in mind, the next question to ask 'can I afford a house?' there are on-line calculator which gives you a range, or you can go to any local bank and get a pre-qualification.

Don't maximize your limits! that means don't go overboard on your max range. Keep some room for upgrades or repairs in the house after moving in.... you should look at houses that are priced somewhere below your maximum, you will have some room to bid if you end up competing with another buyer for the house.

Perhaps more importantly, however, you have the option of not putting yourself at the limits of your financial resources if you choose a house with

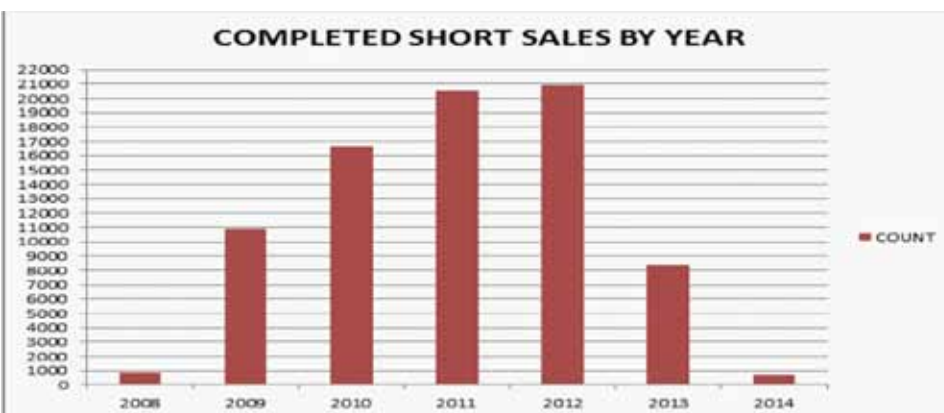
	-Sgl Fam-	-Other-	-Mfg-
Bond/IDA	2	0	0
Carryback	23	11	6
Cash	1499	609	76
Cash to Loan	16	3	0
Conventional	2304	402	13
Exchange	12	0	0
FHA	1373	91	10
FMHA	15	1	0
Rent/Lease	1	0	0
SBA	1	0	0
VA	363	18	1
Wrap	2	0	0
Total Sales	5611	1135	106

a price lower than your maximum. You will have an easier time making your payments, or (better yet) you will be able to pay extra on the principle and save yourself money by paying off the loan early.

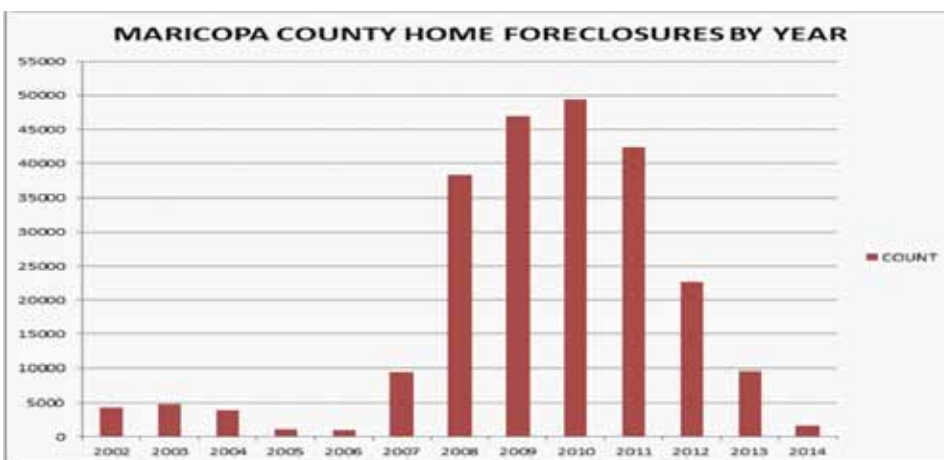
The more of a down payment you can bring to the table, the smaller the loan you will have to be paying interest on. In the long run, the largest portion of the price you pay for a house is typically the interest on the loan. In the case of a thirty-year mortgage (depending, of course, on the interest rate) the loan's interest can add up to three or four times the listed price of the house. For the first ten years of a thirty year mortgage, you could be paying almost solely on the interest and hardly making a dent in the principle on your loan.

That's why it can make a significant difference if you make even small extra payments toward the principle, or start with a bigger down payment (which of course translates into a smaller loan). On the same principle, if you can afford a fifteen year mortgage rather than a thirty year mortgage, your monthly payments will be higher, but your overall cost will be drastically lower because you won't be paying nearly so much interest.

If the fifteen year mortgage puts you uncomfortably close to your maximum—meaning you won't have any room in your budget for emergencies or extras—you could always lock into a thirty year mortgage while making a commitment to yourself to make payments the size of the fifteen-year plan unless there's a financial emergency. Not every-one has the self-discipline to follow through with that sort of plan, but if you do, it's a good option. Whatever the terms of the mortgage you sign, make sure of one thing. Make sure that there is no penalty for paying off the loan early.



Source: ARMLS



Source: The Information Market

Now let's take a look on commercial side-

Cohen Asset Management, in a joint venture with Intercontinental Real Estate Corp., purchased a three-building industrial portfolio at 3601 and 3701 E University Dr in Phoenix and 405 W Geneva Dr, in Tempe from Alliance Commercial Partners LLC for \$29 million, or about \$166 per square foot. The portfolio totals 174,644-square-feet on 12.3 acres.

American Airlines extends lease at the US Airways site in Tempe. The company just renewed a 5-year lease for its 201,724-square-foot space at Tempe's Rio West Business Park, a few miles west of the former US Airways headquarters in downtown Tempe.

De Rito Opportunity Investors LLC, a group affiliated with Phoenix-based De Rito Partners, spent \$16.75 million on a 147,000-square-foot shopping center at the corner of Indian School Road and 32nd Street with plans to redevelop. The center is anchored by an Ace Hardware store and a 41,500-square-foot Food City supermarket.

SkySong enters next phase with Retail- New retail complex for local eateries and shops planned at SkySong, the ASU Scottsdale Innovation Center. Western edge of SkySong project, about 42 acres at the southeast corner of Scottsdale and McDowell road. Construction is expected to begin this fall

and wrap up by spring 2015. It is being developed by Plaza Cos in partnership with the ASU Foundation and Tucson-based company the joint-venture owners of SkySong. The city of Scottsdale owns the land. DCT Industrial Trust acquired the Fifth Street Industrial building at 3405-3445 S 5th St. in Phoenix from Clarion Partners for \$9 million, or about 82 per square foot. The 109,700-square-foot warehouse was built in 1986 on 6.4 acres, part of the South Valley Industrial Park. Old Town Group acquired the Original Chop Shop property at 7158 E 5th Ave in Scottsdale from National Western Capital Corp. for \$1.2 million, or about \$479 per square foot. Originally built in 1963, the single-story, 2,503-square-foot retail building sits on almost one-tenth of an acre in the Central Scottsdale Retail submarket of Maricopa County.

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

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

Team of Asia today congratulating to ARSHI SHERGAR for completing her 5th birthday. She is the daughter of Prashant Shergar the owner of Woodland south Indian cuisine. We wish her with all the happiness, health and good education and bright future ahead.



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MINI PANDIT, MD, MBA WHO CARES FOR INDIAN SENIORS

I am lauding this with great pride and high honor, a word about Dr. Meenakshi (Mini) Pandit who has procured a distinguished career academically, professionally and socially. Her contributions academically as a faculty at Harvard Medical School and New York University, are significant and remarkably noteworthy.

I take personal pride in submitting this profile of Mini Pandit because I perceive her as an outstanding human being, highly knowledgeable, very down to earth i.e. never shows off and is an extremely transparent individual. She is very passionate about doing things for elderly in Indian community. I have said repeatedly in our seniors gathering at ISAA that she just does not talk but she walks her talk with passion. She and her beloved mother respected Sarlaben cherish their friendship with all at ISAA and feel fortunate to have them in our life. Mini was recently made the President of the AZ chapter of the Brahmin Society of North America. She wants to change the misconception and misperception that people are born Brahmin; she believes that it is the deeds that make Brahmins.

Mini Pandit is always willing to help, especially the seniors. She is an inspiration to her friends and colleagues. I find myself fortunate to have been associated with her closely as a friend and working with her on the mission that she has at hand dealing with seniors retirement homes in Arizona. She is a lady of integrity, honesty and humbleness possessing an extremely pleasant personality. She is a specialized Radiologist physician with great effective public speaking skills. Her community spirit and family values keeping fully focused on love and care of senior citizens are truly adorable. Amongst many important teachings, I would love to learn skills for effective debating, and above all, the most important teachings of passionate way to engage in helping those who are in need.

Mini Pandit is an author of over thirty medical research papers and also of numerous medical book chapters. Her non-medical book on Power & Privilege has direct relevance with societal, corporate and political mismanagement throughout the world, provoking insightful debates. Her write-ups are precise and concise but contain effective substance. She retired from academia in 2005 but I am proud to say that she continues to share her expertise with medical students and radiolo-

gy residents in India, over cyberspace, and also serving as a senior consultant for businesses based in India.

Mini Pandit was born in Gujarat and raised in post-Independence India. She hails from a family of freedom fighters. Her paternal grandfather was a contemporary of Mahatma Gandhi and lived an austere life at Sabarmati Ashram. Her father was a student at Banaras Hindu University when he was inspired by Subhash Chandra Bose. Thus, Mini grew up in a loving home where debates on diametrically opposite patriotic ideologies co-existed. Thus, it was home where differences of opinion were honored and not suppressed.

When Mini was an adolescent, her father, who was fondly called Pandit-ji by everyone, forced Mini to read every day all editorials, op-ed page articles and letters to the editors of five daily newspapers. This not only kept her abreast with the latest developments in the world, but broadened her perspective on life. As a class monitor in high school, she shouldered the task governed by democratic principles. She graduated as the top female graduate of her high school class and went on to Medical College at Delhi University.

After completing her medical education, she got married to a Punjabi boy who studied with her since high school. While trying to get desired post graduate positions at the main teaching hospital in New Delhi, she and many of her classmates were so shocked by the blatant way in which the most coveted residencies at Irwin Hospital were being reserved for student with "shifari-sh." So, she and her husband, along with many highly deserving graduates of her class immigrated to the USA shortly thereafter.

Mini became a board certified radiologist, and practiced in New Jersey at a tertiary care teaching hospital, St. Michael's Medical Center affiliated with the University of Medicine and Dentistry of New Jersey. She enjoyed teach-

ing so much that she gave up practice, and joined academic medicine as a full time faculty, teaching medical students, interns and residents for most of her career. She held tenure-track academic appointments at august institutions



such as Harvard Medical School, New York University (NYU) School of Medicine, among others. She has to her credit many original research papers published in peer-reviewed journals, as well as text book chapters in radiology. In addition to teaching and research, she

also enjoyed leadership roles as head of the departments of hospitals she served. Most notable were Chief of Radiology at NYU's Down Town Hospital in Lower Manhattan, Clinical Director and Vice Chair of Research at Louisiana State University's Charity Hospital in New Orleans, as well as Radiology Residency Program Director at Maricopa Medical Center in Phoenix. In order to function effectively as a leader, she even obtained an executive MBA from Tulane University.

After two decades of trying to make a marriage work, she decided that it was time to part company with her husband. She and her husband had an amicable divorce, and Mini moved to New Zealand to rejuvenate and recharge. For two years she worked as Chief of the Radiology in North Island, in charge of five regional hospitals. Despite heavy workloads and administrative responsibilities, Mini took art lessons and started writing poetry and non-fiction prose.

Phoenix AZ is now her home. Her mother, Sarla-ji, lives with her. Being the sole care-giver of her aging mother, she retired from the demanding academic career and started her own tele-radiology company, Minimaging, LLC, and began working from home. She is licensed in 20 US states and credentialed at over 40 hospitals spread all across the USA. She does pro bono work for charity hospitals in third world countries and shares her expertise in

India over cyberspace.

In 2008, after reading the distressing news of the real estate bubble and the global recession precipitated by mismanagement of people in charge, she decided to write a book titled Power and Privilege - Their Abuse in the World. Mini used a nom du plume using her mother's first name as her last name. She sent over a thousand free copies to CEOs and elected leaders all over the world, including some heads of state. Her only hope in so doing was to promote freedom and fairness in the world led by caring and compassionate leaders. After publishing her book, Mini feared that she may be viewed as a sad and disgruntled individual. Quite the contrary! So she felt compelled to publish a poetry book titled, OM - the Vortex of Love. The common thread between her two books is that she is a romantic who dreams of a perfect world. Mini Pandit was "wanderlust" even as a toddler who ran out of the house if the door was ever left open by accident. Throughout her life she has been a hard working lady, "seva bhavi" - social worker who always thought of others before herself, exerting whatever sacrifices needed, regardless of expenses. Amongst so many awards and honors she has received, she was recognized as early as high school for receiving best female graduate of her class at Sardar Patel Vidyalaya, New Delhi. As a young girl, Mini had performed a dance at the Prime Minister's residence before the Lt. Pandit Jawaharlal Nehru at his last birthday in office. Mini has inherited the cultural, social and charitable noble values from her parents and grandparents who were closely associated with Mahatma Gandhi at Sabarmati Ashram. Mini is a sole crusader fighting for what is right. She has been a great support to her mom - Sarlaben. Her vision in life is to see diverse people live in peace and harmony all over the world; her mission is to promote communal harmony and raise the awareness of people to serve those in need; and her values are respect and honor for all regardless of national or ethnic origin, religion, caste, skin color, sex and age.

Mini currently is passionately working hard for the so called "Shanti Niketan" - seniors' retirement homes' project for Indian seniors in Phoenix. Members of the ISAA join me and my wife Panna in wishing Mini Pandit and her beloved mother Sarlaben, continued good health and happiness.

Submitted by: Jitu C. Patel, CPEA

June 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 *Meeting of the Masters *Dulhania Bazaar Bridal Expo 2014 *Satsang on Vedanta Shastra by Pujya Acharya Prem Siddharth Ji of Arsha Vidyalaya, Hyderabad	2	3	4	5	6	7 *Quick Bollywood Workshop *PICO Counsular Visa Camp
8	9	10	11	12	13	14 *Quick Bollywood Workshop
15	16	17	18 *The Message of the Bhagavad Geeta	19 *The Message of the Bhagavad Geeta	20 *The Message of the Bhagavad Geeta	21 *Quick Bollywood Workshop
22	23	24	25	26	27	28
29	30					

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ARIES



Mar 21
to
Apr 20

Limitations with females could lead to unfortunate circumstances. Later in the week your boss will pat you on the back for a job well done. Shopping could cost more than you bargained for. You may have difficulties with foreigners. Your luckiest events this month will occur on a Tuesday.

TAURUS



April 21
to
May 20

Get back into a routine that promises a better looking, more aware individual. Take some time out. Organize your day well if you wish to accomplish all you set out to do. You can ask for favors but don't take them for granted. Your luckiest events this month will occur on a Monday.

GEMINI



May 21
to
June 21

Residential moves will also be advantageous for all concerned. Someone may be trying to pull the wool over your eyes. The only thing you'll accomplish is a bad reputation. You may be emotional about the way an organization you belong to is handling its business. Your luckiest events this month will occur on a Wednesday.

CANCER



Jun 22
to
Jul 22

Heed the advice given by family or old reliable friends. You will have excellent ideas and you should be able to help your partner get ahead. Be careful when dealing with superiors. Be sure to look into travel opportunities that will provide you with mental stimulation. Your luckiest events this month will occur on a Friday.

LEO



Jul 23
to
Aug 23

Pleasure trips will bring you into contact with new and interesting people. Try to be there for someone if they need assistance. Expect to have more people on your domestic scene. Realize that you don't have to do everything yourself. Your luckiest events this month will occur on a Sunday.

VIRGO



Aug 24
to
Sep 23

Abstain from getting involved with married individuals. Try to enlist the support of your coworkers first. The emotional state of peers may cause a problem for you. Your mind may not be on the job. Your luckiest events this month will occur on a Saturday.

LIBRA



Sep 24
to
Oct 23

Don't volunteer private information about yourself unless you're prepared to be talked about behind your back. Finish projects that have been hanging over your head. Someone you least expect may not have your best interests at heart. Spend some quality time with the one you love. Your talents will shine at work. Your luckiest events this month will occur on a Thursday.

SCORPIO



Oct 24
to
Nov 22

Ferret out information that will hold them responsible. Protect your interests legally if necessary. Your generous nature could be taken advantage of. Problems with your mate will develop if you don't let them have their way. Your luckiest events this month will occur on a Friday.

SAGITTARIUS



Nov 23
to
Dec 21

You will find your vitality is lowered. Try not to push your philosophies on others. You'll have problems with authority figures if you don't play by the rules. It might be best not to spend your money on luxuries this month. Your luckiest events this month will occur on a Wednesday.

CAPRICORN



Dec 22
to
Jan 21

Make plans to mix business with pleasure. Dinner with clients or business associates should be successful. Your partner may be somewhat irritable this month. Your own small business on the side sounds pretty lucrative. Ask a close friend for advice. Your luckiest events this month will occur on a Thursday.

AQUARIUS



Jan 22
to
Feb 19

Self-improvement projects will payoff in more ways than one. Your contributions will be valued and helpful. Lovers may prove unworthy of your affection. Try to put your money away for a rainy day. Your luckiest events this month will occur on a Friday.

PISCES



Feb 20
to
Mar 20

Look into real estate. Financial affairs do not look too favorable this month. Don't be shy; show your abilities! You may have a hidden adversary who would love to prove you wrong. Your luckiest events this month will occur on a Monday.

Book review: In search of Communism

The Oxford Handbook of the History of Communism

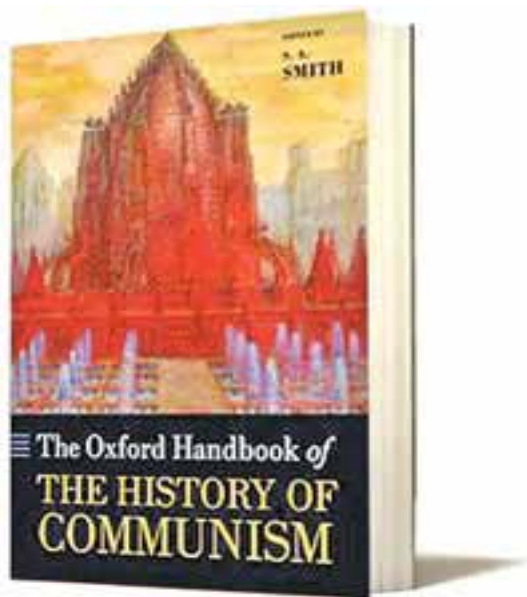
Edited by SA Smith
OUP

Rs 10,316; PP 672

A few years back, when I told a veteran communist 'ideologue' that the International Marx Engels Foundation (IMES) had brought out the second manuscript of Volume II of *Das Kapital* (in French) and that Prof Paresh Chattopadhyay had been assigned by the journal, *Historical Materialism*, to write a review on the 1000-plus page text, he had looked stupefied as it was absurd. The IMES runs the international MarxEngels-Gesamtausgabe or the Complete Works of Karl Marx and Friedrich Engels (MEGA), which has already published 59 of the 114 planned volumes comprising original texts, correspondence, notes and other manuscripts. However, as the top brass of all the communist parties of India are mysteriously indifferent to the great venture we can't expect the biggies of CPI, CPI(M) or variants of CPI(M-L) to read or ask their members to read *The Oxford Handbook of the History of Communism* (edited by Stephen Anthony Smith). Here too, the most important paper — Karl Marx and Friedrich Engels on Communism — has been authored by Chattopadhyay.

The 672-page book is a gold mine, not just for political theorists but for the new political class of the 21st century, as it helps rescue the works of Marx and Engels from Plekhanov's 1891 vulgarisation of Marxian thought that was carried forward by Lenin, Trotsky, Stalin, Mao, Khrushchev, Brezhnev and their followers. Split into six chapters under the heads of ideology, global moments, global communism, communist politics and economy, communism and social relations, and communism and culture with 35 well-researched papers, it begins with Smith's brilliant *Towards a Global History of Communism*. Here, the OHHC is insulated from "reducing communism to a single, all-determining essence, as the *Blackbook of Communism*". But "whether one may speak of communism in the plural, as does *Le Siècle des communismes*, may also be doubted: variations between regimes were substantial, but they are perhaps best construed as mutations of a single genus — its species, as it were — that spread across far-flung geographical spaces and temporal zones".

Then, Chattopadhyay asserts: "The conditions for the rise of communism are not given by nature. Communism is a product of history." Quoting Marx, he points out: "Individuals build a new world from the historical achievements of



their foundering world. They must themselves, in the course of their development, first produce the material conditions of a new society, and no effort of spirit or will can free them from this destiny".

For a new generation of Marx scholars, MEGA is magnetically elegant. The OHHC synchronises with the reinvigorated interest in Marx among economists across theoretical allegiance, who are delving deep into *Das Kapital* to understand the crisis in the neo-liberal finance capital. Remember JK Galbraith's presidential speech at the American Economic Association in the early 1970s, where he nailed both, the neo-Keynesian and neoclassical schools: "Our capacity for erroneous belief is great." New Marx scholars, insulated from partyocracy, feel 20th century socialism was based on the faultlines of Leninism, Trotskyism, Stalinism and Maoism — all vulgarisations of Marx in theory and practice.

Essays like Kevin McDermott's Stalin and Stalinism that characterise the Stalinist system as "an increasingly hyper-centralised, and ultimately personalized form of decision making and a highly complex, multi-layered, arguably ramshackle decision-implementation process", Timothy Cheeks's work that perceives Maoism as a 'Sinification' of Marxist-Leninist orthodoxy, or Lars T Lih's admission that the Bolsheviks embarked on old 'statism' that was authoritarian, should generate debate. Five narratives on "global moments" in 20th-century communism: 1919, 1936, 1956, 1968 and 1989 expose the monolithic nature of Bolshevik power, the savagery of Stalin's terror and international anti-fascism's legitimisation of violence, and the inevitable and dialectical course of de-Stalinisation.

Sankar Ray is an analyst on the environment and Left politics. He lives in Kolkata.

POET OF MONTH Juliana Gray

Juliana Gray's second collection, *Roleplay*, won the 2010 Orphic Prize and was recently published by Dream Horse Press. A chapbook, *Anne Boleyn's Sleeve*, won the 2013 Winged City Chapbook Press poetry chapbook contest was published this



year. Recent poems have appeared in or are forthcoming from PMS: poemmemoirstory, Measure, 32 Poems, River Styx and elsewhere. An Alabama native, she lives in western New York and is an associate professor of English at Alfred University.

Anne's Beginning

It began with a touch. It began with two bodies.
And so, it is a very old story.
Breath, flesh, the hot blood beneath
the skin--

At court, so much of a woman's body
is public. Anyone may take her hand,
clutch her waist in a dance, run his thumb
along her spine, steal a lock of hair--
small intrusions they name courtesy.
We tightened corsets, presented upthrust bosoms
like coats of arms. Even Katherine,
when she was Queen, was not assessed as woman,
but like an aging broodmare, part by part.
Is she fertile? Was her maidenhead
intact when she and Henry wed? If not,
would she have known? What is the state of her
womb?

How to tell the real from courtly game?
Ladies, look sharp. Listen to your blood.
I was carrying something, a bundle of silk
for Katherine's sewing, when he stepped out to me.
He moved close, to take the costly burden
from my arms. Holding fast my gaze
within his own, he slipped two fingers
inside my sleeve and lightly-- as light as wind
loosing petals from a rose-- stroked
the pulsing skin of my wrist. A moment, two.
We bore the silk to the chambers of the Queen.

Previously published in Anne Boleyn's Sleeve, Winged City Chapbook Press, 2014

Film Review

Hawaa Hawaai is a must watch

Bollywood ignores two genres of films, sports and children's films. Amole

Film Review

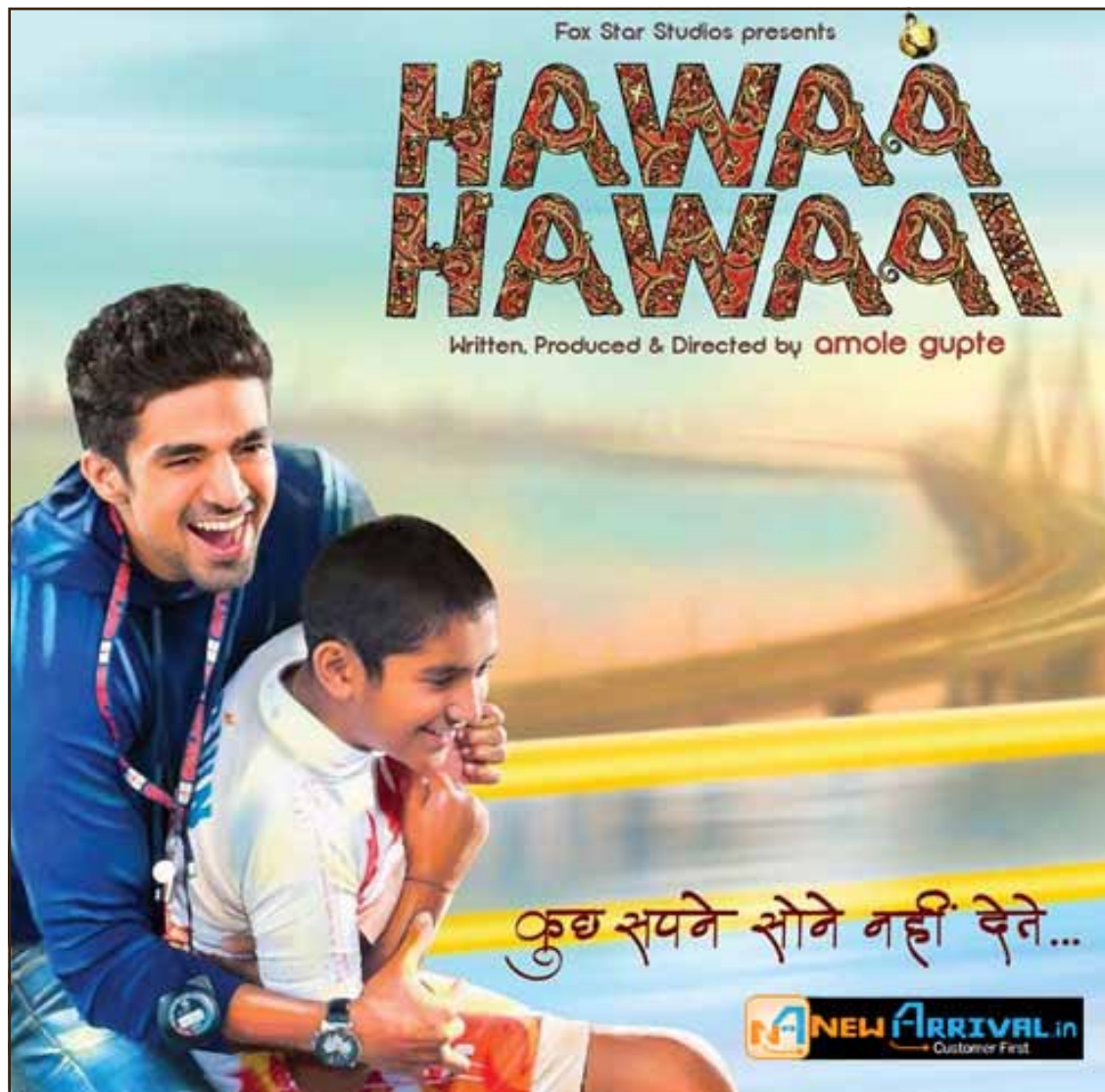
Rating: ***1/2

Directed by: Amole Gupte

Starring: Saqib salim, Partho Gupte, Pragya Yadav, Anuj Sachdeva and Makrand Deshpande

Gupte brings both the genres together in one moving, touching and an emotional tale of a boy's dream. Hawaa Hawaai is the story of a boy Arjun (Partho Gupte) who moves to Mumbai along with his mother, little sister and granny after his losing his father and home. He drops out of school and begins to work with a tea seller. There's no joy in his life till he makes friends with three street kids. He watches rich kids skates and dreams of winning, with the help of coach Lucky (Saqib Salim), who mentors kids. his friends help him to make his dream come true.

What's good: Hawaa Hawaai has all the ingredients for an absorbing and touching film that anyone who has ever had a dream can relate to. It is an inspiring, well-cast and well-enacted film. The street kids will win you over from the moment they walk into the frame. Gupte captures friendship between the four



boys so beautifully, you start hoping the story is only about that. He brings to life the children who work around us and we don't really see or do anything about. and for me that's the most important take away from the film. It makes you care without making the

film about a social message. Saqib fares well as Lucky the coach. Scenes like when the boys all venture out to buy skates for Arjun aka Raju, when the little boy's mother takes him for the job then has second thoughts, or when he collects a day's salary late

at night will melt your heart. Plenty of moments will have you smiling and dabbing your eyes alternately.

Don't miss the boy called chore Salman Khan who is always shirtless. Pragya Yadav makes a confident debut in a small role. Neha

Joshi is fantastic as Raju's mother. You need to have a heart of stone to not be moved by this film.

What's bad: There is a fine line while telling an emotional story between moving and manipulating, and here the director fails us. After a point you begin to feel like too many emotional devices are being used. The tension between the brothers, the tragic accident how lost their parents, another accident by a drunk teenager that leaves Lucky with a broken foot, the convenient romance, ... A lot of parts seem forced and preachy. Also, those many scenes of lighting diya in front of the dead father were not needed.

The father looking on proudly from the window at the son reading out a chapter in the class -- cheesy. It doesn't come together as well as in Nagesh Kukunoor's Iqbal, which remains my benchmark for a film like this. You hate yourself for noticing the flaws in a film that was made with so much heart and good intention. What could have been an honest film turns formulaic by trying relentlessly to drag an sentimental reaction out of you. The result could have been so much better had Amole stuck to the core.

What to do: Everyone who cribs that Bollywood doesn't attempt good films, must go see this.

My wife Twinkle's luck has worked for me: Akshay Kumar

Bollywood actor Akshay Kumar says his actress wife Twinkle Khanna has brought luck to his professional life.

The 46-year-old actor, who would be next seen in A R Murugadoss's action thriller 'Holiday', said that she has always supported him in his decisions. "Her (Twinkle) luck factor has always worked for me. She has supported me in all my decisions and has always been there. She doesn't read the scripts that I am offered," Akshay said in an interview here.

"She has her own life and she is busy with it. She is happy that we have

a good family and we are all together," he added.

Twinkle, daughter of Rajesh Khanna and Dimple Kapadia, married Akshay in 2001. After leaving the film industry in the same year, the 'Jab Pyar Kisi Se Hota Hai' actress ventured into interior designing.

At a time when many B-town actresses like Sridevi, Kajol, Aishwarya Rai Bachchan are making a comeback, Twinkle does not seem to be very keen about it. When asked, if Twinkle has any plans to return to films, the actor, popular for 'Khiladi' series said, "No she has no such plans. I

asked her and she says she just wants to stay happy."

For Akshay it is an absolute delight to watch his children— son Aarav and daughter Nitara — grow in front of him. "It is the biggest joy for any father to see their kids growing up. Earlier, when I used to finish my shoot, I wasn't really interested in going home. But after my kids were born, I would wait to finish work so that I could rush back home and spend time with them," Akshay said.

"I want to hear them calling me daddy, dad, dada. It is something, which I can never measure... I can't put these



feelings in words," added the actor.

'DDLJ' starring Shah Rukh Khan and Kajol is pillar of all love stories: **Karan Johar**

Filmmaker Karan Johar today said that the Shah Rukh Khan--Kajol starrer superhit 'Dilwale Dulhania Le Jayenge' is the "pillar" of all love stories.

In the Aditya Chopra directed romantic drama, Karan, 42, had played a cameo of a lovable, bespectacled sidekick of SRK.

"I have a lot of memories of 'DDLJ'. I started my career from there... It is and will be the largest part of my career. The film with its epic love story and innocence had set the barometer," Karan told reporters here at the trailer launch of Bollywood film 'Humpty Sharma Ki Dulhania'.

"After this, a lot of love stories were made but nobody could touch that bar. It is the pillar of love stories," he added.

Karan said that through 'Humpty Sharma..' he is paying tribute to 'DDLJ'.

"Our film ('Humpty Sharma..) is an ode to 'DDLJ'. One will see glimpses of 'DDLJ' but the love story is different from 'DDLJ'. We have made this film with honesty, integrity (and) with an intention to entertain people," he said.

'Humpty Sharma...' starring Alia Bhatt and Varun Dhawan is directed by newcomer Shashank Khaitan.

Karan has always mentioned the 1995 romantic comedy as one of his favourite films in the genre of romance.



Aamir Khan's unreleased film on small screen!

One of Aamir Khan's unreleased film will be seen on the first time on the new channel & pictures. Aamir, who is orchestrating the film's publicity has barred the channel from share the name of the film as he wants it to makes a splash on the day it's aired!

It is film close to Khan's heart, but could not be released in the theatres. A source from the channel says, "According to Aamir this movie is unlike others. It is not fiction but a real life film. The unreleased film will air on June 8, 2014. The film has drama, love, dreams, action and tragedy and reveals Aamir's feelings, hard-work and dedication."

A documentary?

This film has no big names attached to it. reveals an insider, "The cinematographer of the movie was an amateur with very little experience in his field when he shot this. The movie has more than 50 local people acting in it. One of the actors of the movie emerged as a real hero. While shooting for the film he injured



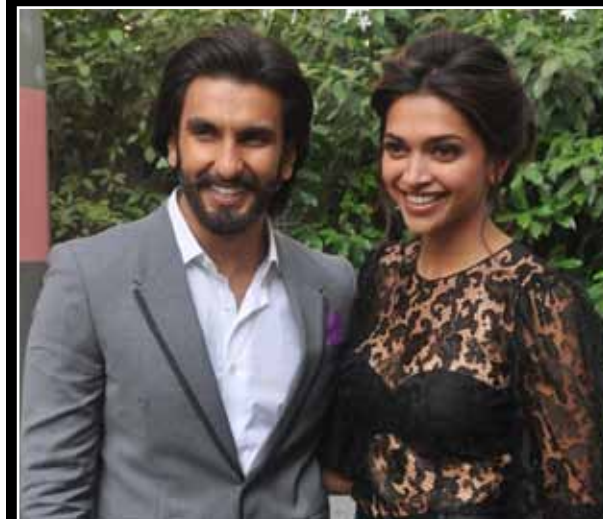
his back and was in excruciating pain but it didn't stop him to do his job. In spite of doctors advising complete bedrest and a break of at least a month, the actor continued to work as it would affect the schedule."

Talk to Aamir

There will also be a live inter-

active initiative with Aamir. The channel will select lucky winners across India to watch the film with the actor, who will be watching it live and audiences can call-in and answering questions during the breaks of the film. He will be interacting with fans about the movie, his performance and more.

Ranveer Singh denies rumours that he is in a relationship with Deepika Padukone



Actor Ranveer Singh feels that rumours of him and actress Deepika Padukone being in a relationship are abuzz because they hang out together.

"No (there is nothing between us).. She is a very special person in my life and is a very close friend. She is one of the most wonderful people I have met. I have great amount of admiration and respect for her as an artist and as a professional. That's it," Ranveer told PTI in an interview.

Rumours of the two dating each other had started making rounds of Bollywood after they were paired opposite each other in Sanjay Leela Bhansali's romantic drama 'Goliyon ki Rasleela Ram Leela'.

Ranveer and Deepika have, however, never acknowledged that they are in a relationship.

The actor said he is completely into his work and does not keep a tab of tabloid news.

"I am completely immersed in my work. I don't subscribe to tabloids. I go on with my daily life and completely devoted to my work," he added.

Ranveer doesn't seem okay with the two of them being called as a 'couple'.

"I think people are jumping the gun. I think it is very presumptuous of people to assume that two people are romantically involved if they are seen going out together. I don't think that is correct judgement," he said.

But he also does not feel the need of any sort of clarification.

Ranveer, who recently joined social networking website Facebook, says, "I don't intend to use this social media platform to refute anything. I want to stay connected with my fans and I love them, that is why I am on social media," he added.

Ranveer- Deepika will again seen together in Bhansali's magnum opus project 'Bajirao Mastani'. Ranveer is also doing a small role in Homi Adjanian's upcoming film 'Finding Fanny', which has Deepika in the lead.

Chai with.... Goshala of Arizona

Interview by Manju & Deepa Walia,
Article by Deepa Walia

This month, Asia Today had the pleasure of speaking with the founders of Goshala of Arizona. Satya Narayana Koka, President of Goshala, is originally from Andhra. Impressed by the Hare Krishna organizations where cow is given utmost importance, he joined the organization to focus on protecting the cow and raising awareness for people to increase kindness towards animals, which he believes will result in general kindness towards other people. Pan-kaj Kumar, Vice President of Goshala, is from Himachal and has been in the US for 17 years and is a Chief Architect at Intel. He is also passionate about raising awareness in the society about Krishna consciousness and protection of cow. Satish Kosuri, also original from Andhra and Secretary of Goshala, works in the IT industry and has been following the Goshala since its inception. Rajesh Mishra, originally from UP, has been associated with ISKCON for the last 18 years. He feels that in India, everyone knows about Goshala and their purpose, but it is a new thing here. His goal is to bring awareness about Goshala in the Indian Community in Phoenix, Arizona and the Southwest in general.

All four of them are volunteers and their main goal is to protect cows from slaughter houses. Goshala was started four years ago and due to its contribution to society just received tax exemption status last year from the IRS. The current facility where Goshala of Arizona has leased a place is a 5 acre property in Queen Creek. At this facility, Goshala of Arizona has two cows and two calves.

In addition to protecting the cows, they do various events where they bring families to the farm so they can see and feed the cows. They are able to experience how animals can live freely instead of in 2x2 areas where they can-



not move. It connects more people to the Goshala and increases the number of people that come forward to help. They also celebrate festivals especially those related to the cow where people can come and participate. Festivals such as Holi, Diwali, and most recently MakarSankranti in January. At that festival, over 300 people came to the farm and the volunteers provided them with kites to fly for a different experience.

Just like in India, you can feed and pray to the cows. Families that want to do Cow Pooja, feed the cows, or pet the calves can call and make an appointment. When temples request to bring cows to the temple, just like there was a request at the MahaKumbhabhisekam event for installation of the deities, Goshala of Arizona also takes the cows there for the darshan of the lords. All kids and families fed the cows and the cows spent 4 hours at the Maha-Ganapati Temple of Arizona to serve the community.

In addition to the five Board of Directors, 50-60 volunteers support Goshala and its activities and events. There are 70+ families that are interacting and the number is growing as

people hear about them at various events. Goshala, the parent organization, has also started Hare Krishna Spiritual Center. This is a spiritual center not to be mistaken for a temple since it does not have daily poojas and full deity installations. The goal of the spiritual center is to raise awareness about cow protection and Lord Krishna's teachings. The volunteers distribute literature and teachings at various events such as First Fridays in downtown Phoenix and every third Friday at Tempe Town Lake. Teachings include information about cow protection, chanting the name of Lord Krishna, teachings about Bhagvad Gita, and living a vegetarian lifestyle. With 10-15 people at each event, they sing bhajans and distribute this literature. Videos of these activities can be found on youtube at AZ Goshala. The spiritual center was formed as a result of people at these events asking them where they can meet them to get more information. Since they could not invite everyone into their homes, they rented a facility and started the Spiritual Center. The name, suggested by a devotee of the Founder of Krishna Consciousness

Prabhupada, was selected with the purpose that anytime someone takes the name of the Spiritual Center, they would glorify the Lord's name first. However, it is important for people to understand that the name is selected to glorify the name of Lord Krishna but does not indicate that the spiritual center is a temple; it is just a spiritual center with the purpose of spreading knowledge and protecting the cows. The center also holds various classes for children and adults on Sunday.

Goshala of Arizona's future goals are to get more cows and buy a bigger facility where they can host more cows and protect them from slaughter houses. They would also like to provide all natural milk products, unlike the milk products sold in stores which are contaminated, pasteurized, or filled with antibiotics so people don't get sick. In addition to being all natural, they would also be what is called "Ahimsa Milk." This is due to Goshala's commitment to protect the cows and calves to the end of their lives, even if they stop giving milk. In normal dairy farms, when cows cease to give milk, they are transferred to another facility to become meat. However, at Goshala, even a cow that does not give milk is safe under the protection offered by the commitment made by its volunteers. An example of this can be seen in the fact that the two cows Goshala first had gave birth to two calves, both of which are bulls. Even though they will never give milk, Goshala has vowed to protect them for their entire lives.

Goshala of Arizona is grateful to all those that have contributed to the Goshala so far. All community leaders, associations, volunteers, and supporters who have supported with money, their time, or helping spread the word. Some donors have also committed to help with Goshala's next big goal of owning their own facility for the Goshala and Spiritual Center as soon as a suitable location is found. Goshala of Arizona wants readers to know that they are purely a spiritual center that welcomes all religions that are interested in the cause of saving the cow. They do not want to divide the community but rather bring it together. Followers of all faiths, Sikh, Christian, Muslim, Hindu, are welcome to come to the facility and learn more about their cause.

Asia Today wishes the volunteers and the organization much success in this honorable cause. For more information or to support their efforts, please visit www.azgoshala.org.



Guru Brahma Guru Vishnu
Guru Devo Maheshwara
Guru Sakshat Param Brahma
Tasmai Shri Gurave Namah

Coming back to know about this greatest ever Indian Philosopher and Theologian, it was a period of chaos and confusion when Adi Shankaracharya was born. Sectarianism and fanaticism prevailed in the whole of India and beyond, and its devastating effects were felt in every region and mind by the way of bigotry. Various schools of thought superseded by atheism, superstition and solely ritualistic practices started to pervade the society at large. In such a tumultuous period, the Vedic Dharma (Dharma as mentioned in divine scriptures) started to be questioned with pragmatism only, (which again can be debated given that Vedic Philosophy does not confine only to the realms of exclusive human logic but goes beyond the senses) and even falsified by many other budding philosophies and schools of thought. As it is rightfully said in the scriptures about the resurrection of Dharmawhen harmed, history was able to witness this divine manifestation in the form of 'Shankara', who amazingly revived of what is known as today's Hinduism to its absolute glory. It would certainly not be an overstatement to say

Shankara was born in Kaladya, a quiet village in Kerala in 8th century AD to a pious Brahmin couple Aryamba and Shivaguru. He had mastered all the four Vedas (the sacred scriptures) by the age of eight and proceeded to take Sanyasa brought about by his penchant to enquire about the spiritual truth. He is also known as 'Eka-Sruti-Dhara', which means the one who can retain anything that is read just once. He continued his journey to North India in search of a 'Guru' and met Govinda Bhagavatpada on the banks of the river Narmada. When Shankara was asked about himself, with an extempore he answered that he was neither fire, nor earth or water but the pure selfless soul. Fully satisfied and joyous with his approach, the Guru formally initiated him into Sanyasa. Going forth by his Guru's instructions, he wrote commentaries on the Brahmasutras, one of the three canonical texts in the Hindu school of Philosophy, the other two being Upanishads and the Bhagavad Gita. Collectively, these three canonical texts are known as the Prasthanatrayi. Commentaries on all three form Shankaracharya's major works.

most soul which is the true self ,unless this sheath is cast away by practising 'Yoga' or 'Sadhana' to attain 'Jnana' or Knowledge which leads to liberation.

Rejoining the matter of flexibility in Shankaracharya's philosophy in deity worship, he established the 'Shan-matha' or a system of worship giving prominence to all major deities (not in any particular order) in the form of Ganesha, Vishnu, Shiva, Shakti, Surya and Skanda. He also established the monastic order called the 'Dashanami' tradition allowing the Ekadandi Sanyasis (wandering renunciates with a single staff) to associate themselves with the Advaita philosophy. Hymns and meditation verses composed by Shankaracharya are in copious amounts, like the Ganesha Pancharatnam, Kanakadhara stotram, Soundaryalahari, Shivanandalahari, Krishnashtakam, Annapurnashtakam to name a few. The popular devotional composition of 'Bhaja Govindam' stresses on the aspect of Bhakti Yoga.

Travelling by foot from Kanyakumari to Kashmir, Shankaracharya propagated the Vedic Dharma and to sustain this revived Hinduism, Shankara established the four vedic centers also known as the 'Amnaya Peethas' in four corners of India in a symbolic perspective. The mutts are Jyothir Mutt at Badrinath in northern India with Atharva Veda; Sarada Mutt at Sringeri in southern India with Yajur Veda; Govardhan Mutt at Jaganath Puri in eastern India with Rig Veda and Kalika Mutt at Dwarka in western India with Sama Veda. It is no less than a miracle that Shankaracharya accomplished whatever was impossible in a span of just 32 years. He is said to have attained the heavenly abode in 820 AD at Kedarnath.

Having to unwillingly conclude about the greatness of this spiritually enlightened leader, it can be said by all means that the crux of this article is to emphasize and reiterate the gigantic task of Adi Shankaracharya who in 8th century AD profoundly propagated and singlehandedly revived the eternal Sanathana Dharma equally expounded by great Acharyas like Ramanujacharya in the 11th century AD and Madhvacharya in the 13th century AD, to as we know it today.

Sources: Wikipedia and Various Hinduism blog sites in lieu of individual citations.

-Deepa Badrinath



Dubai: going beyond its mall culture

The desert is magical enough by itself. The dark sky dotted with bright stars, smooth grains of sand warm under bare feet, the cool night breeze tickling our senses. We were in a campsite lit entirely by lanterns, the moon, a gleaming pearl. The oud was playing - its mellifluous notes evoking a sense of something out of the Arabian Nights. Food was in abundance and drinks were overflowing. But we were intoxicated by the poetry.

If there was ever one...

... Whose love lay more infinite
Than grains of sand

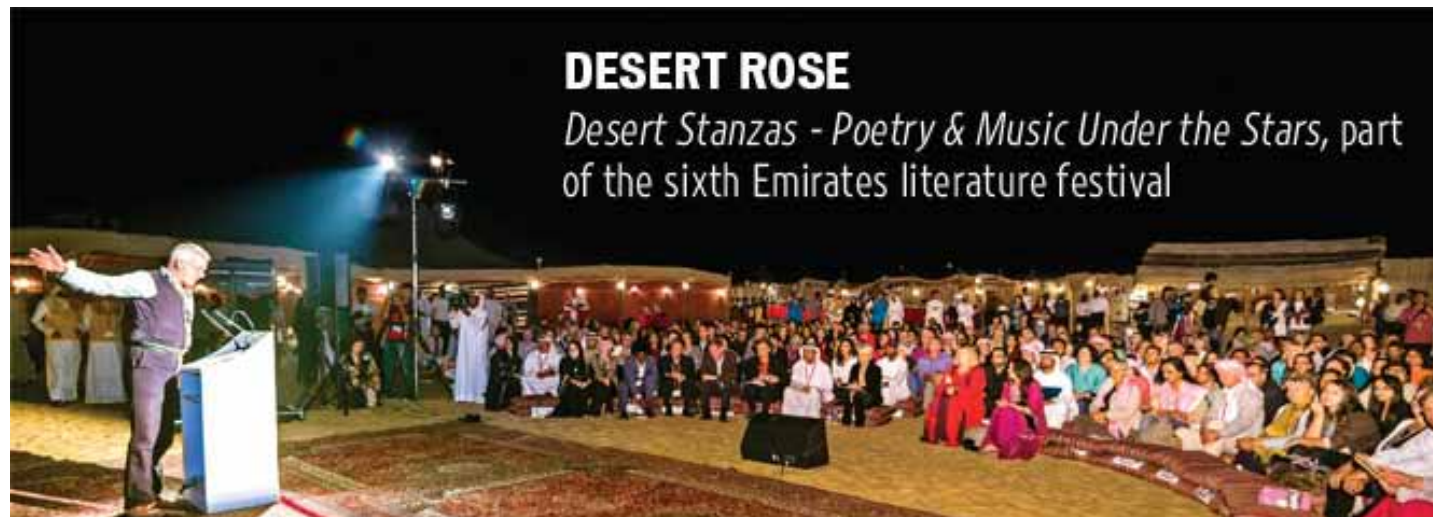
That's when I fell in love with a new poem - Invisible Kisses - and found a new favourite, Ethiopian-British poet Lemn Sissay.

We were at Desert Stanzas - Poetry & Music Under the Stars, part of the sixth Emirates Airline Festival of Literature in Dubai in March this year. Apart from Sissay, there were Emirati poets Khalid Al-Budoor and Khulood al-Mu'alla, German slam poet Frank Klötgen, Mandarin poet Lan Yi and the UK's Andrew Motion. Not all of them were translated, but even when the words were foreign, we were captivated by the cadence of the poets' voices - the fall, the pause, the peak. Recognising the shape of a poem is instinct.

The Festival

Dubai is a surprisingly suitable venue for a literary festival. 85% of its population is expatriate - so the pool of authors is a wonderfully varied mix from around the world.

There were some fantastic Middle Eastern writers (see box), there were bestselling writers - Joanne Harris (who wrote *Chocolat* - you've probably watched the film adaptation), Eoin Colfer (who man behind the 13-year-old criminal mastermind *Artemis Fowl*), our very own Amish (*The Shiva Trilogy*)



and Brunch's favourite Pakistani writer Moni Mohsin (*The Diary of a Social Butterfly*). British journalist Christina Lamb (who co-wrote *I Am Malala*) was there - you may have read her interview here last month.

There was a literary lunch with celebrity chefs Greg and Lucy Malouf. And there was a Murder Mystery Dinner (actors from a local theatre group enacted a play, somebody dies and the audience plays detective) - something you must add to your bucket list!

The Emirate

Indians love Dubai. I'd never visited because I never considered it a place for travellers. It's like a gigantic mall for shoppers and party animals. And it is.

The pride of Dubai is Ski Dubai, the indoor ski resort in the Mall of the Emirates (which I happily ignored, even though my first cabbie insisted it was the full Dubai experience - "we brought ice in the middle of a desert!" he boasted). There are countless clubs and bars (I highly recommend the Irish Village). I did party. And I did shop. It was everything a girl could ask for. But the real charm was in the fragments of culture scattered throughout my trip.

To start at the very beginning, you must visit Al Bastakiya, the oldest neighbourhood in Dubai. At the end of the 19th century, Persian merchants emigrated here and lived here until the 1980s when its residents moved to other parts of the city. Houses are built with coral and gypsum around a courtyard. It is distinguished by windtowers - a kind of natural air-condition-

ing. It now houses restaurants and art galleries.

A great way to understand Emirati culture and partake the local cuisine is the Sheikh Mohammed Centre for Cultural Understanding. We went for breakfast (surprisingly vegetarian because the Emiratis before the oil money couldn't afford to eat meat so often). The meal began with gahuwa (two sips of strong Arabic coffee with cardamom and saffron in tiny cups - only half-full so you hold it comfortably) and dates. A spread was laid out the floor and we sat around it - there was dungaw (boiled channa), balaleet (sweet vermicelli mixed with scrambled eggs and raisins), chabab (delicious Emirati pancakes) with date syrup, khamir (a kind of bread sprinkled with sesame) served with cream cheese and ligamat (delightfully sweet doughy balls covered in date syrup and sesame seeds). While we ate, a local host talked us through Emirati history and culture.

The History

Dubai lies on a khor, a natural creek with settlements on both sides. It was mostly a pearl-fishing village till the mid 19th century. People reared camel and sheep, and that was their

only wealth. By the 1950s, the north winds had caused silting, and dredging schemes began to widen the channel. In 1966, oil was discovered. And by the end of the '60s, when the creek project was completed, shipping lines began using Dubai as the main port in the Gulf. Oil export began in 1969. The population was about 59,000.

In the 1980s, it was made a free-trade oasis, foreign companies came in. And in the 2000s, technology and finance companies poured in. Dubai's population is now more than two million people.

With the tremendous inflow of wealth, art and culture is sprouting up in places. We recommend you visit Al Serkel Avenue, Dubai's industrial area, where warehouses have been converted into art galleries and creative spaces. "Everybody thinks we have a lot of money, so if we're not strict, we'll be the trash can of the world," a curator told us.

Driving through Dubai, you'll be baffled by the inconsistency in architecture. Impressive standalone buildings senselessly thrown together. (An Egyptian-themed mall next to a Pantheon-like structure?) It is almost unsettling, this emirate - it's too new, too sudden, too glitzy.

Dubai seems unreal.

But then the sun sets, and the world's tallest building, Burj Khalifa, pierces the night sky, glittering all the way to the top. A million photographs cannot prepare you for its glimmering magnificence - or for its dancing fountains.

And then you know what Dubai is - a mirage.

-Saudamini Jain

STANDING TALL

Burj Khalifa, at 828 meters or 2,717 feet, is the tallest manmade structure in the world



5 simple tips for perfect beach holiday skin

People love holidaying on beach, but they do not know how to keep their skin glowing. An expert tells you how to protect your skin and have that beautiful beach holiday look.

Jill Zander, founder of the Jill Zander Skin Rejuvenation Clinic, shares tips to keep skin looking beautiful in the summer sun and beyond, reports femalefirst.co.uk.

*** Sun protection:** Use a sun-block daily. Always include your neck, décolleté and backs of hands and re-apply frequently. Wear a hat and large lensed sunglasses.

*** Antioxidants:** We become more sensitive as we get older to external stresses, as a result of free radicals produced by environmental pollution, car exhaust fumes, UVA and UVB and cigarette smoke. Invest in a scientifically proven home care regime to protect your skin with vital nutrients providing good antioxidant protection enriched with vitamins C and E.

*** Repair sun damage:** When it



comes to sun damage, vitamin A is the most valuable skin care nutrients applied to the skin. Vitamin A helps to smooth sun damage, giving less wrinkled skin and also helps to even out skin tone.

*** Use a good facial scrub:** It is required to remove oil, dirt, impurities and dead cells to improve texture and restore natural glow. Do it at night only.

*** Summer scent:** Never apply fragrance to the skin in the day. Oil of Bergamot, often used as a fixative, can cause photo sensitivity and pigimentary problems. Only apply in the evening.

Tips for eating out on a diet



Are you one of the calorie-conscious people who shun friends in favour of your figure? If you think socialising would ruin your diet, think again as it's all about making the right choices. Fitness and wellbeing expert Jessie Pavelka shares tips, reports femalefirst.co.uk:

*** If you know you are going to be eating out, think about what you need to do to moderate what you're having throughout the rest of the day. You can even look up the menu online first so**

that you order wisely.

*** Don't be afraid to ask for your food to be adapted to suit your needs. Many restaurants are happy to adapt dishes to your needs.**

*** Look for dishes with lots of colour. If all else fails, eating lots of fresh and colourful ingredients means you're getting a range of nutrients.**

*** Check out lower carbohydrate options as it is required for energy.**

*** It's fine to treat yourself with a glass of alcohol, but don't overdo it.**

Want your kid to eat veggies? Don't tell her it's healthy

A recent study says that children who are told certain foods will make them stronger, smarter or taller are less likely to want to eat them.

"We propose that young children infer from messages on food instrumentality that if a certain food is good for one goal, it cannot be a good means to achieve another goal," says Dr Ayelet Fishbach of the University of Chicago's Booth School of Business.

"Similarly, if food is presented as something that makes them strong, then these children will conclude that the food is not as tasty, and will therefore consume less of it," Fishbach adds.

In short, the study concludes that the best way to foster healthy eating habits in young children is to avoid telling them how fruits and vegetables will make them stronger, taller or smarter.

For the study, researchers car-



ried out five experiments on a sample population of 270 preschool children (aged three to five).

The study found that these kids ate more of a certain food item when it was presented without commentary or was simply called tasty, without any further indication of its usefulness.

Meanwhile, a separate study published last year in the journal Psychological Science explored a different approach and found that teaching kids about nutrition through books could boost their vegetable intake.

Scientists from Stanford University in the US found that kids could benefit from a conceptual framework, built over a period of three months, which encourages them to understand why eating a variety of foods is healthy for them.

Over time, these kids chose to eat more vegetables.

Celebrating Graduations of American-Born Desi Children

“Graduation is the action of receiving or conferring an academic degree as well as its attendant associated ceremonies. The event itself in the western culture is known as convocation or invocation and also called a commencement,” as mentioned in Wikipedia. “In the United States and Canadian cultures, when a student child finishes secondary or even primary school, and advances to the next school level, the occasion is also labeled as Graduation. Sometimes, the celebration of graduation may even start from Kindergarten. But such is not the case in United Kingdom and many other countries with a British influence on education. The students in those countries do not graduate from school below university level for they are usually not considered diplomas and as such not presented in any formal ceremony” so is further stated in Wikipedia.

The celebration of graduation, especially in the countries of the West, is something that every student and all parents look forward to. Its significance follows the birth and wedding day of a child. In celebrating a graduation, parents acknowledge and announce to the world, that their child has achieved something worthwhile. The graduate, in turn, feels elated that he or she has taken another significant step in his or her life.

The celebrations of graduations take place in India too, and the element of joy during such occasions among the parents and the graduates is equally visible. However, the elaborate and rather expensive celebrations, like the way they are done here among the



diaspora families, are not that common back home. In fact, it was almost unheard of, at least, during fifties and sixties. There was nothing of the sort of frequency or the embellishment that is undertaken here for such celebrations. Yet under no circumstances, absence of such elaborate parties implied that children in India had not worked hard to complete their graduation or their joy was in any way less than what the students and parents happen to feel here.

Among much of the middle and poor classes of people, the celebration of graduation after middle and high school was usually something limited to the close family. The reasons, besides economics, were several. First of all,

it was not considered something of an extraordinary achievement of any unheard of proportions necessitating an announcement by the DJ in a huge collection of semi-drunk guests of the parents. It was not worth the sacrificing of thousands of chickens and plethora of thirty-six kinds of Bhojan (preparations of meals) for the fulfillment of bulging tummies of a large number of guests just because the host's child had been successful in passing middle or high school.

It seems that the members of diaspora have taken western-style get-togethers and celebrations to the next level. Like other local customs, they have not only adopted such celebrations but also customized them in a way so as to primarily enhance their egos. The festivities that take place are more elaborate than what the local population would ever consider. Parents are often more excited than children and eagerly look forward to such celebrations. Through the celebration of their child's graduation, they somehow try to re-live what they might have missed during their youths.

To some extent, celebrating graduation is a good idea, for it certainly helps children appreciate and enjoy their newly achieved success. At the same time, it may motivate some of them to attain more in their future careers. Because of the involvement of their parents in the celebration, children also realize that their parents truly care for them and are willing to go an extra mile especially if they achieve



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something that makes the parents proud. What intrigues me however, about the high-end celebrations affiliated with graduation is that not only such behavior tends to prove our passive acceptance of certain western customs but it also says something about our desires to outdo them in every possible way.

When such occasions are celebrated in a large gathering where booze and dancing are the main focus, the event ends up bordering into a mere show put on by the parents under the garb of an elaborate party for their own friends. The limelight is snatched away from the graduate whose celebration it was to begin with. Such a scenario not only leads to confusion in the minds of children but it also opens a floodgate of questions. On the one hand, children are told that they should work hard to achieve more, and not indulge in drinking. Yet excessive drinking by parents, their friends, and relatives who gather together in large numbers on these occasions sends a contradictory signal to children, suggesting indirectly that such actions are acceptable. These opposing messages further confuse American-Born Desi children who during that age are often seeking guidance from their parents.

Fortunately, most children growing up in diaspora homes are usually smart to begin with. On top of it, their perception and insight seems to have been already sharpened by availability of many resources in the adopted country of their parents. Consequently, they are usually in a good position to see through the double attitudes and behavior of their parents. As a result, they are able to preserve their sanity in distinguishing right from the wrong most of the time, if not always. And this happens even without their parents becoming truly aware about, thank to their built-in intelligence!

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

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