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Today

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Chai with Management of New Jersey Bridgewater Gurudwara **30**

Actor's film choices reflect political, social beliefs: Naseeruddin Shah **25**

Deepavali celebration at the SVK Temple



Malavika Muralidharan
Deepavali (or Diwali) festival this year was celebrated at the Sri Venkata Krishna Temple between Oct 18-

20th. The SVK Temple established by His Holiness Sri Sri Sugunendra Theertha Swamiji of the Sri Puthige Matha, Udupi caters to the • **More on P 6**

Amitabh's 75th birthday Celebrations



Mrs. Santoshi Maduri
Change is the nature of life, but challenge is the aim of life. So always challenge the changes not

change the challenges – Amitabh Bachchan
This year on the 21st Nov 2017, The Amitabh • **More on Page 16**

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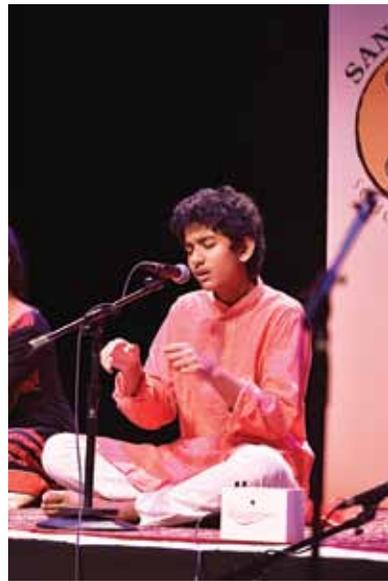
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The Real Joy of Indian Classical Music at Sangeetshri Music Festival

Sangeetshri Music Festival held in fall every year has become an annual treat for the Indian Classical music appreciators in Arizona. This year the festival was held on Saturday, October 7th at the Chandler Center for the Arts. Sangeetshri students rendered classical, semi-classical, vocal and instrumental performances par excellence.





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Transitioning from the South Asian Festival Season to American Festival Season

The advantages of being immigrants is the ability to celebrate traditional festivals from our countries of origin and the festivals of our home country as Americans. As we leave the South Asian festival season behind, Asia Today is once again proud to present coverage from the various colorful happenings around town celebrating the diversity of our culture. As I watch social media feeds change from colorful attires at traditional celebrations to costumes from Halloween, I am reminded of our dual identities as immigrants and Americans.

In the coming months, we will celebrate Thanksgiving and Christmas holidays with just as much affection as we celebrated Diwali, Eid, KarvaChauth, Durga Pooja and many more other festivals. We are the immigrants that continue to respect and pay tribute to our diverse backgrounds but also assimilate wholeheartedly into the country that is now home. And having done that, I continue to be saddened by the constant news of division in a country which once prided itself as a melting pot that accepted and provided equal opportunity for everyone.

We fight for diversity and equality in the workplace; there is study after study that shows that diversity drives innovation and success for an organization and is the key to staying competitive. The same can be said of a country but we continue to turn our backs to this harsh reality. Our diversity and ability to respect our differences was what kept us competitive and on top globally. The continued division in America and our inability to get along and respect each other's beliefs



Editor's NOTE

is slowly driving us away from the success we have always seen in the global world. While it is not required that you agree with another's beliefs, what keeps us civilized as a society is respecting those beliefs and not forcing your beliefs on to others. And we are slowly moving away from that and moving towards a world where one party is either right or wrong and it is not okay to agree to disagree and have different beliefs. Many immigrants

that moved to this country not only respected the beliefs, traditions, and history of this country but started practicing them; they celebrated America's Independence Day regardless of whether their families were here during those trying times or not, celebrated the traditions associated with Christmas regardless of whether they practiced Christianity or not, and so on. In addition to that, they also practiced the beliefs, traditions, and history that they grew up with; they celebrated the Independence Day of the country they are from and the religious festivals for the religion to which they align. I personally feel blessed to be an immigrant American and have the opportunity to double up on the celebrations and be a part of a diverse set of festival seasons.

I encourage our readers to continue to embrace all opportunities for celebration from various cultures and religions and pray for a future where all of us can respect the diversity in this country. It is actions like these that will eliminate the division in this country and continue to strengthen our position in a world that continues to get smaller due to globalization!

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

Dear Friends,

It's hard to believe that we're close to December and the end of the year. It seems like only yesterday that we were still in the hot days of summer and were surviving through the dog days of August. We've passed through a relatively orderly fall and as we come to December, it feels like I blinked my eyes in January and we're looking at the Holidays being upon us



Marketing Director NOTE

now. It's nuts really, but a fact of life I suppose.

As people, I think we like to have closure and then follow that up with new beginnings. It becomes second nature I believe. This, not surprisingly, is part of why we'll see a slew of new year resolutions posts come the New Year. I love having goals, I really do but as I get older I come to see the need to have a purpose or a drive behind those goals. Otherwise, they're just not going to happen. However, if I have a singular focus behind the goal then my chances of success increase exponentially. Of course, this is just in theory as I have no scientific data behind it.



As you start looking over this past year and looking towards what you want to accomplish next year my encouragement is to start looking to take action now. Start dealing with your fears. Start dealing with the excuses you've used in the past. Start thinking about the "why" behind the goal. I know that isn't easy by any means, but the more you do those things the stronger the bond is towards attacking that goal and thus you are more inclined to see some level of relative success with it.

-Manju Walia
Marketing Director Asia Today,
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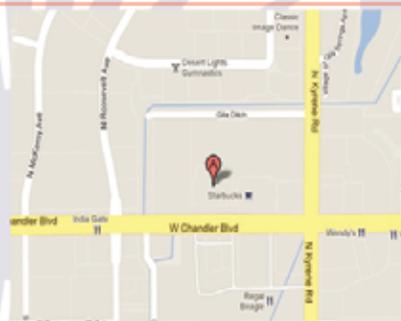
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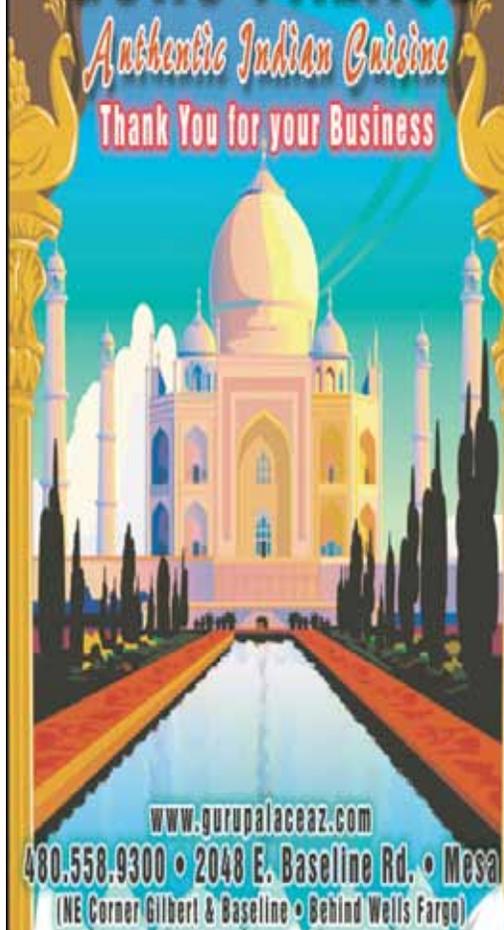


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Deepavali celebration at the SVK Temple

needs of the Hindu Community in the Valley.

This year the Mayor of Phoenix, Greg Stanton and ASU's Executive Vice-President Professor PanchanathanSethuraman participated in the celebration by lighting the lamp at the temple.

Prof Panch spoke about the significance of Deepavali as a celebration of light over darkness and said that this was the biggest festival celebrated throughout India by various communities in diverse ways. He spoke about the humble beginnings of the temple in the 90's and how it has grown in leaps and bounds to serve the Arizona community. He introduced, Mayor Stanton, the 59th Mayor of Phoenix, and invited him to light the lamp.

Mayor Stanton in his address to the gathering of over 400 devotees said he considered it an honor to be invited for the "celebration of light over darkness, hope over despair...". He remarked that we need it now more than ever before.

The mayor thanked the gathering for their love and support and added that he needed the community "to participate in the city government, run for office, serve on boards, in the City of Phoenix or Tempe or wherever you are from as we are a wonderfully diverse community and this community is what makes up the beautiful tapestry". Mayor Stanton mentioned that he will be running for US Senate 2018 elections as the Democratic Representative for Arizona's 9th congressional district.

The significance of Deepavali: There are many reasons to celebrate this festival but the underlying theme is the triumph of good over evil. During Deepavali the community gathers together to pray for the awareness of the inner light the atman- the pure, infinite and eternal; for the awareness of the God within each of us; for the light that dispels ignorance with the light of higher knowledge; the light that awakens compassion and for the well-being of the whole community – not just of oneself. The community prays to Lakshmi – the consort of the Lord to bestow prosperity and well-being.

Diwali is celebrated by waking up early in the morning and taking a ritual oil bath which is equated to bathing in the holy river Ganges to purify oneself; then wearing new clothes and making and sharing sweet dishes and snacks with family members and friends.

For the Hindus, Diwali is one of the most important festivals of the year and is celebrated over multiple days and for many reasons.

To commemorate the return of Lord Rama, along with Sita and Lakshmana, from his 14-year-long exile and vanquishing the demon-king Ravana. People of Ayodhya, celebrate by decorating their homes, made sweet dishes, lighting lamps and bursting fire-crackers.

The first day of the festival Dhanatridashi 13th day of the waning moon and is very auspicious to buy material things. This day is also regarded as the Dhanvantri Jayanti. This is the day the physician of Gods, came out



during Samudramanathan, the churning of the great ocean by the gods and the demons – during Kurma Avatara.

The second day of the festival, Naraka Chaturdasi, marks the vanquishing of the demon Naraka by Lord Krishna and his wife Satyabhama. Naraka king of Pradyoshapuram imprisoned the wives of 16,000 kings that he defeated. He had a boon that only Bhudevi could kill him. In a fight he shot an arrow and wounded Krishna. Satyabhama (Bhudevi) took over and killed Naraka Asura. Krishna freed and married all the 16,000 women.

Amavasya, the third day of Deepavali, marks the worship of Lakshmi, the goddess of wealth in her most benevolent mood, fulfilling the wishes of her devotees. Most Indian business communities begin their financial year by open new account books.

The fourth day is celebrated as Bali-Pratipada or Bali Padyami, it tells the story of Lord Vishnu, who in his dwarf incarnation – Vamana Avatara vanquished Bali, and banished him to Patala – the nether world.

Govardhan Puja is celebrated as the last day of Diwali and it is the day Krishna defeated Indra, the deity of thunder and rain by lifting the Govardhan mountain to shelter the folks of Brindavan, during the raging storm that lasted the whole week. This is celebrated by cooking and offering different varieties of food to Lord Krishna in appreciation for saving their lives.

Each day's celebrations ended with the prayer
Om AsatoMaa Sad-Gamaya
TamasoMaaJyotir-Gamaya
Mrtyor-MaaAmrtamGamaya
Om ShaantihShaantihShaantih.

Literal meaning of this prayer is: Lead us from untruth to truth, from laziness to action, from death to life eternal, Let there be Peace, peace, peace.

The deeper meaning of this beautiful Sanskrit slokas is as follows: O Lord, keep me not in the Unreality, of the bondage of the phenomenal world, but lead me towards the Reality of the Eternal Self, O Lord, keep me not in the Darkness of Ignorance, but lead me towards the Light of Spiritual Knowledge, O Lord, keep me not in the Fear of Death due to the bondage of the Mortal World, but lead me towards Immortality beyond Death, Om, May there be Peace, Peace, Peace at the three levels – Adi-daivika (peace in the world of God and the unseen world), Adi-bhautika (peace in the world of living beings) and Adhyatmika (peace in the mind and atma).

Shri Kiran Kumar – Chief Priest

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IACRF Seniors celebrates Diwali with Music Dhamaka !

By Prakash V Kotecha & Bhagubhai Patel

Diwali Celebrations: Diwali was celebrated on Thursday 19th October, day of Diwali at IACRF Hall, our usual meeting place on large scale with 155 members enjoying the musical program and excellent lunch in the company of invited guests from IACRF leadership. Program started early at 10.00am with Diwali breakfast arranged by Meenaben Bhavsar and her team. Vinod Shah coordinated guests arrival. The hall was beautifully decorated with lights, rangoli and IAFSG banner on the stage. The seating arrangement near the stage and in the lunch area with beautiful table cloths and flowers on the tables was gorgeous. The background music was very soothing. Members were wholeheartedly meeting and greeting each other wishing Happy Diwali and a prosperous New Year to each other.

Celebrations: Between 10.00am and 11.00am, the guests and members enjoyed Gujarat traditional Diwali snacks - Mathia, Chevado, Ghughara (sweet), biscuits and hot Masala Chai. Thanks a lot to Meena Bhavasar and Vinod & Kokila Shah to prepare tea and serve the refreshments. Program started with blessings from our priest Sri Sudhershana from Ekta Mandir by his invocation.

Dr. Prakash Kotecha warmly and in eloquent Hindi language welcomed and introduced our artists of today's musical program - Madhusudan Bhakta and Priyal Parikh both great singers, Pradyumana Kshatriya who guided on Karaoke and Mahesh Shah who helped through the setting up on music system. He mentioned that both the singers have separately conducted various shows successfully. Priyal Parikh & her husband Niken Parikh are from Vadodara, Gujarat India. Priyal has studied from M.S. University of Baroda and arrived to USA in 2016. Today she performed for the first time in USA. Madhusudan Bhakta being resident of the Phoenix valley for over 30 years and past president of Gujarati Cultural Association and IACRF is no stranger and we have frequently enjoyed his vocal talent and bursting tempo while singing. Musical program started with songs from old and new melodies from Bollywood. Our guest artists were amazing; they set the stage on fire involving the audience in dance. Everyone enjoyed it to the fullest.

Invited Guests for Diwali: Our invited dignitaries were IACRF president Mr. Subhash Thathi and his wife Manisha Thathi, board of trustees chairman Dr. Dhiren Patel and his wife (and past president) Minaxi Patel. Also present as guest were past and present IACRF executives - Dr. Gautam & Taru Shah, Ashok & Rita Patel, Vasu Atluri, Ranjit Desai, Mahesh Shah, Jai & Chandra Seecharran, Prakash & Pushpa Desmukh. Lalit Patel and Bhagubhai Patel are also past IACRF presidents. Roses were presented to all IACRF Executives and their spouses.

We thank Manju Walia editor, Asia Today for allocating space in Asia Today and Satish for allocating space for our monthly news report in AZ India Times. We thank all the guests to attend our Diwali Celebrations and help us in making it a truly IACRF family occasion.

Leadership Recognition for IACRF Members:

After the show, Bhagubhai and Lalitbhai on behalf of members of the Senior Group expressed gratitude to IACRF leadership - acknowledging IACRF con-



ducting the Senior Program for over 18 years. IACRF mission statement includes Enhancing life style of Indo-American Seniors in Arizona by providing suitable campus and programs. Bhagubhai estimated that nowadays one year's senior program is equivalent to a \$40,000 financial impact to IACRF. He encouraged members to donate generously which will help IACRF pay the bills, maintain facility and for conducting cultural and religious programs.

Senior Group members - Rasikbhai Patel, Mani Paramanadam and Belur Chandramouly talked about how they joined our program and their experiences and the benefits that they are receiving. Senior Group members gave a standing ovation to IACRF leadership to show their gratitude and convey thanks for offering the senior program for past 18 years.

Bhagubhai acknowledged Senior Group members who have joined IACRF as life members this year - Ashit & Punam Shah, Surinder & Uma Aggarwal, Pinakin & Sarla Dave, Jon Bank and Prem & Krishna Lahoti. The life membership is one time donation of \$2,000 or more which can also be paid in installments.

Mr. Subhash Thathi praised Mahendrabhai Devgania for his excellent work at Ekta Mandir and introduced Vijay the incoming manager of IACRF. Dr. Dhirenbhai wished everyone happy Diwali and appreciated the senior program.

Vote of Thanks to Volunteers: Lalitbhai conveyed thanks to Bhagubhai for planning and leading the team in arrangements of the Diwali program. A special thanks to Mahesh Shah for Sound System operation, Pradyumana Kshatriya for Karaoke arrangements and Prakash Kotecha for overall man-



agement of the music part of the program. Pushpa Desmukh deserved special thanks for preparing beautiful Diwali posters. Thanks to Sevanti Shah and Mahendra Devgania for assuming the responsibility of photographs in place of vacationing Jon Banks and Vinod Shah for guest registration and deposit handling.

Lunch sponsors for the month included Ratilal Javia and Ramesh and Nina Jhaveri

Vinod and Kokila Shah, Kishor Vyas and Tara Patel, Mannubhai and Sharda Patel, Lalitbhai and Shantaben Patel, Pradyuman and Vijaya Ba Kshatriya and Rasikbhai Patel. Champaben Patel and her team for Diwali lunch.

Senior Group meets every Monday and Thursday, 10:00AM to 2:00PM at the Indo-American Community Center located at 2809 W. Maryland Ave., Phoenix, AZ 85017, for information please contact Mahendra Devgania Tel: 602-708-0733.



Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

NOVEMBER 2017 Programs & Events

16 Katik – 15 Maghar, 549 Nanakshahi Era (NE)

- Nov 4 (Sat.) – Parkash Sri Guru Nanak Dev Ji (Actual day)**
Evening program: 6:00 PM – 8:00 PM
- Nov 5 (Sun.) – We Remember the Sikh Genocide, Nov. 1-4, 1984.**
[Choutha (4th) Ghalughara]
In memory of over 30,000 Sikhs murdered in Delhi & other cities in India.
Birthday Mata Sahib Kaur Ji. (Actual: Nov 1, 1681)
- Nov 10 - 12 (Fri. – Sun.) – Gurgurab Celebration**
Parkash Sri Guru Nanak Dev Ji (actual: Nov 4, 1469)
Akhand Path, Nagar Kirtan....(See separate flyer)
Shaheedi Baba Deep Singh Ji. (Actual: Nov 13, 1757)
- Nov 11 (Sat.) – Special Program to bless new Sikh Study Center**
Sahj Paath Bhog and Kirtan in the new building
6:00 PM – 7:30 PM.
- Nov 16, Maghar 1 (Thurs.) – Sangrand Monthly Program**
10:00 AM – 11:00 AM.
- Nov 19 (Sun.) – Homeless Langar Seva.**
Call 602 741 8021 for more info.
- Nov 21 (Tues.) – Gurgaddi Sri Guru Gobind Singh Ji (1675)**
- Nov 24, 26 (Fri., Sun.) – Shaheedi Sri Guru Tegh Bahadur Ji**
(Actual: Nov 23).
- Nov 28 (Tues.) – Birthday Sahibzada Zorawar Singh Ji (1696)**



A Platoon of Army Soldiers on a killing rampage – the boy was later found with a crushed skull



Sri Guru Nanak Dev Ji

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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Yoga Path to self realization

*lobhahpravrttirambhahkarmanamasamah-sprha
rajasyetanijayantevivrddehharatarsabha
(Bhagavad Gita 14.12)*

Translation:

O chief of the Bharatas, when there is an increase in the mode of passion the symptoms of great attachment, fruitive activity, intense endeavor, and uncontrollable desire and hankering develop.

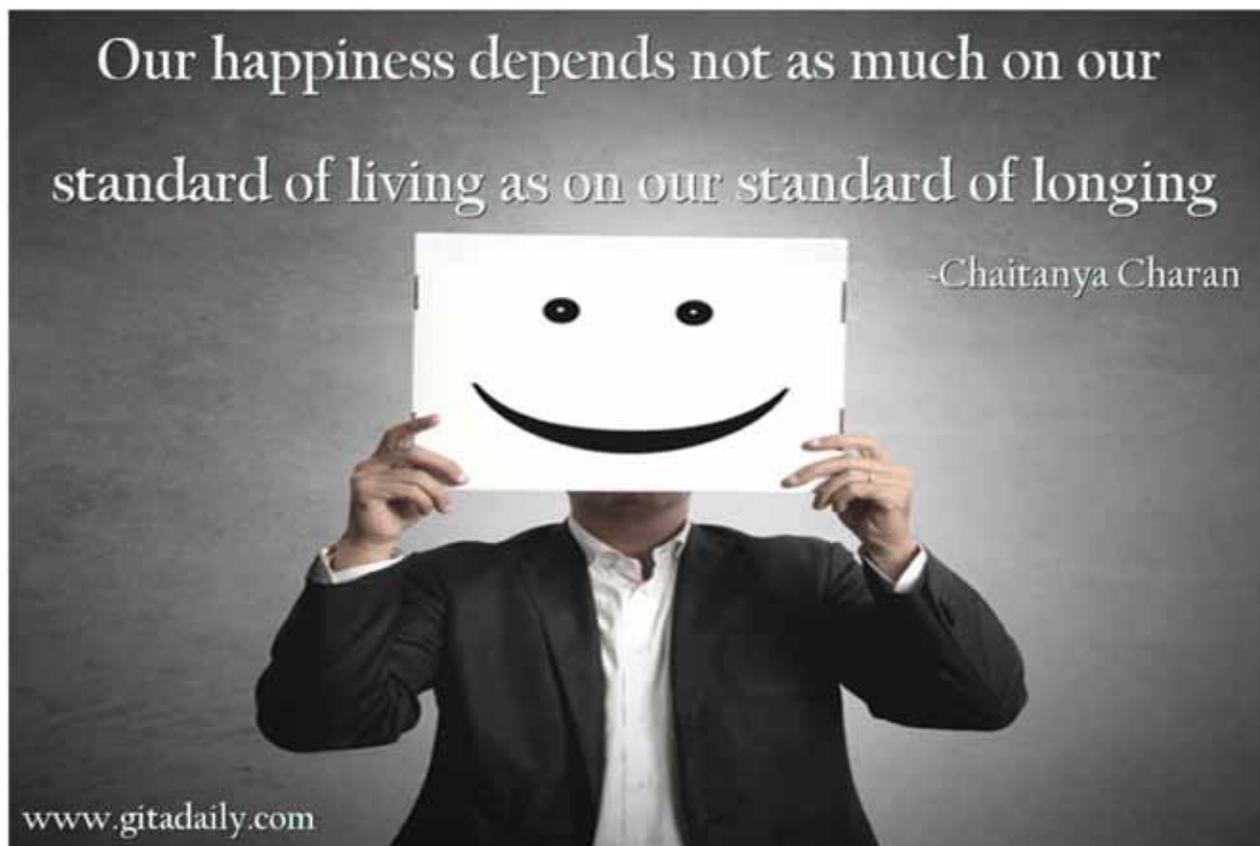


Reflection by Chaitanya Charan:

We usually seek to improve our standard of living. If we have a high standard of living, we will have the trappings of success; society will respect us; and we will be happy. Or so we believe.

The reality, however, is that our happiness is determined not as much by our standard of living as by our standard of longing, that is, by the kind of things we long for. Even when we have a lot, if we are still longing for the things we don't have, we will stay dissatisfied. No matter how much more we raise our standard of living, still our standard of longing will keep us longing for something more thereby keeping us dissatisfied. Such a life is, in the Bhagavad-gita's language, in the mode of passion; and it is characterized by insatiable longing (14.12).

Of course, longing itself is not bad – longing



characterizes the living condition. While some spiritual paths enjoin the eradication of longing, bhakti-yoga recommends its elevation. All living beings have longings at the bodily level – they long for food, strength, sleep and sex. But we human beings also have the developed consciousness to long for something more.

Bhakti-yoga connects us with the highest object for longing: the all-attractive reservoir of all pleasure, Krishna. Connecting with him, and with those connected with him, provides glimpses of sublime joy, thereby stimulating within us a longing for him. Such

longing is itself joyful because the more we long for him, the more we remember him and such remembrance comprises connection with the one who is the source of all joy. Over time, this divine longing eclipses all our mundane longings.

When we become absorbed in Krishna and long to be constantly absorbed in him, we become perennially happy.

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Namaste everyone!! With the festival of lights all around, you may all be enjoying and rejoicing. Diwali signifies victory of good over evil and light over darkness. But what about the inner darkness and evil which keeps us blinded towards our actual identity of being "sachidanand" or of being "true, conscious and blissful". Lets take this opportunity to kindle our heart with the light and sutras of Yoga.

This month we will discussing two of simple yoga exercises for eyes. This exercise can be done anytime and anywhere. As we know we have five sense organs and one of them is Eyes which lets us see all around. We should take care of them and keep them healthy. Many people wear spectacles or contact lenses to improve their vision. Glasses, however, do not actually cure bad eyesight. In fact, eye problems frequently get worse through their use, necessitating ever more powerful lenses. Factors which contribute to bad eyesight are: artificial and bad lighting, prolonged television or video watching, poor diet, muscle inefficiency due to prolonged hours of office work and study, mental and emotional tension, toxic condition



of the body and ageing.

Preparation: Before starting the practices, it is a good idea to splash cold water onto the eyes a few times. Hold a little water in the palms above a water basin and splash it onto the eyelids. Do this about 10 times and then begin the exercises. This procedure will

help stimulate the blood supply and generally tone up the eyes.

1. Palming

- Sit quietly and close the eyes. Rub the palms of the hands together vigorously until they become hot.
- Place the palms gently over the eyelids, without any undue pres-



sure. Feel the warmth and energy being transmitted from the hands into the eyes and the eye muscles relaxing. The eyes are being bathed in a soothing darkness.

• Remain in this position until the heat from the hands has been absorbed by the eyes. Then lower the hands, keeping the eyes closed. Again rub the palms together until they become hot and place them over the closed eyes. (Make sure the palms and not the fingers cover the eyes). Repeat this procedure at least 3 times.

Benefits:

- Palming relaxes and revital-

ises the eye muscles, and stimulates the circulation of the aqueous humour, the liquid that runs between the cornea and the lens of the eye, aiding the correction of defective vision.

2. Blinking
 - Sit with the eyes open.
 - Blink the eyes 10 times quickly.
 - Close the eyes and relax for 5 or 6 relaxed breaths.
 - Repeat the blinking 10 times quickly and then again close the eyes and relax.
 - Repeat 5 times.

Benefits:

• Many people with defective eyesight blink irregularly and unnaturally. This is related to the state of habitual tension in the eyes. This exercise encourages the blinking reflex to become spontaneous, inducing relaxation of the eye muscles.

Practice note: The benefits are enhanced if the exercise is practiced in front of the rising or setting sun. Be aware of the warmth and light on the closed lids. Never look directly at the sun except for a few initial moments when it is just rising or when it is about to set.



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INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA) - LA PRINCESA



On Sept 26, 2017, the hall was bright with colorful sarees and jewelries as ladies were all prepared to welcome Navratri 2017. The socialization was just enthusiastic as the colors. Before we could start the garbas celebration Mr. Jeff Dean from the Area Agency on Aging presented the highlights of what the agency stands

for and various functions it performs for the people in Maricopa County and the state of Arizona. It was very informative and useful talk to members of ISAA. We'll continue to work with AAA on subjects of mutual interest. Jeff is the Director of Contract Administration for AAA. At the end of his talk he was given a token memorabilia from ISAA.

He appreciated the short education he received on the spirituality and culture of India. As the morning began with garbarumzut Jeff watched a part of the same. Thanks to Deviben and other ladies for decorating the beautiful set up of Mataji's photo and the surroundings. Welcoming ceremony concluded with aarti. Today's sponsors were Rat-

ibhai, Ninaben and Rameshbhai Zaveri. Seventy-five devotees and guests joined the luncheon. The ISAA thanks the sponsors.

On Oct 03, 2017, the day began with soft music on flute. People enjoyed the morning socializing. Some played cards while others just renewed the greetings after a long week. The

practice for Diwali dances continued in the back. We started with observing a minutes silence in the memory of those became victims of shooting in Las Vegas a couple of days ago. We also prayed for a quick recovering of those injured. It was a sad day in the history of the USA. One of the video clips was singing of “vaishnav jan to tene re kahiye” as we remembered Gandhiji on his birthday Oct 2. He was truly the personification of non-violence and truth. Other clippings were- “maa baap”, 13 year old Malvika. The audience joined and played garba to commemorate Dashera and Sharsd Purnima. Today’s sponsorship was by the Alagia family to celebrate Jayantibhai’s 84th birthday. Jitubhai clarified the message from Jeff Dean of AAA so that members can avoid reaching him directly. One should always call the hotline open 24/7 for personal needs. It is best to coordinate with Jitubhai matters related to ISAA. ISAA also wished Kokilaben Patel on her 75th birthday together with Pannaben’s belated birthday as well.

On Oct 10, 2017, the beautiful morning was greeted with sweet flute music and lovely sarod beats. Ladies spent the morning part practicing dance beats for Diwali Dhamaka. Jitubhai explained using a PowerPoint presentation the plans for the celebration of Diwali and requested help from all those who could volunteer. He presented a few video clips including- Kohinoor Diamond, Great vocal by Mohammed Rafi’s great grand-son – O’ Duniya ke Rakhwale....’, Tari Dhak ma Jinaro Pagal eklo, ISAA’s third quarter financial report was presented for all to review. Today’s luncheon was sponsored by Hemlataben and Subhashbhai.

DIWALI CELEBRATIONS: Oct. 17, 2017, WOW! What a colorful day literally, and figuratively. Ladies participating in dances, and other guests were in their best elaborate saris, and jewelry filled La Princesa hall. Invited guests and their families, general audience was eager to enjoy the program once their tummies were adequately filled with morning snacks and masala chai.

One of the above attachments has an outline of the program of the day. Jitubhai’s presentation on the significance of Diwali was attached to the MoMtoo. The outline of the Indian Seniors Association of Arizona and its growth, contributions by members of the community in its march were also attached. As the audience got fired up with excitement two dance performances ensued- “Diva Dance” choreographed by Vidyaben, and the “Bole Chuneria” dance choreographed by Meena Sharma. What followed the above dances was memorable event of music and songs by Mouly Bhatt.

People were just ecstatic while enjoying and dancing to her tune of Bollywoodgarba. Mouly had a little time constraint but the folks continued with other garba dances. Jitubhai thanked everyone in making the Diwali celebration a grand success. ISAA appreciated and thanked our sponsors of the morning snack -Manjuben and the Rajyaguru family for the luncheon. The photographs of the event are attached below. Additional photos will be shared as they become available.

After two mind-blowing performances by our members, who set a benchmark sky-high level, today’s artist Mouly Bhatt - a trained vocalist in Indian Classical music blasted the floor and the hall with her mind-blowing live performance resulting the Diwali celebrations as a huge success. She did a Great Job of providing a wonderful entertainment!

Guest attendees were Munish & Aradhana Gupta of Desi Jhataka, Daniel Rondberg and his wife Jennifer of Nation’s 1st Financial, Miss Arushee Divyakirti, NY Life Insurance Agent, Miss Ariel Carroll, a professional writer, and, Nathan Carroll, a consultant and auditor of OSHA. Comments received from one of the guests are as follows:

Diwali Generosity by Arielle Carroll “Maybe you like spicy food, or maybe the catchy tunes and captivating dances draw you into another Bollywood binge-watch on Netflix. You might even say “Namaste” on a daily basis during yoga practice... But if you’re an outsider to India, nothing can truly prepare you for the pure beauty and generosity of Indian culture. And I have never met a more generous people.

ISAA invited me to celebrate Diwali, the Festival of Lights. Diwali celebrates the story of Lord Rama’s return to Ayodhya where the people welcomed him on the moonless night by lighting clay lamps. We celebrated Diwali with delicious food, generous gifts, countless expressions of gratitude, three prayers, two dances, and one vocal concert. When I arrived at La Princesa Hall on the day of ‘DhanTeras,’ or Laxmi (goddess of wealth) Pooja, I felt like I was walking into a family reunion of 131 brothers and sisters—the ISAA community is so tight-knit. I was met at the door by stunning senior women dressed in sparkling gold and richly colored saris, but the savory smell of masala chai tea and sweets quickly drew me further inside to my brightly decorated table. Sharp at 11AM, ISAA’s affectionately known as ‘Jitubhai’ acted as master of ceremonies. He expressed gratitude for every volunteer involved in the celebration. There were a lot of volunteers to thank from

the performers to sponsors to supportive friends of ISAA. I was particularly impressed by the cultural respect for seniors. On the first day of Diwali, the head of the family buys gifts—traditionally gold or items for the kitchen—so at ISAA, the senior-most members of the group provided gifts.

Prayers were sung to Lord Ganeshji and Laxmi Mataji and a group of senior women held lights for an entrancing Diwa dance, paying homage to the meaning of the ‘Festival of Lights.’ After that, we enjoyed a livelier Bole Churiya dance featuring both men and women. Jitubhai joked that he should not reveal that the average age of the dancers was 27. “Flip those two numbers!” another man called out in good humor. But the dancing did not stop. The seniors generously pulled me onto the dance floor, allowing me to join. We continued to dance through the live concert performed by incredible, guru-trained classical artist Mouly Bhatt and well after the live music had finished.

Jitubhai asked the guests to eat first, even going so far as to shove me ahead of the line for lunch. I’m already a fan of Eastern spice, but the soup tasted like coming home for Christmas.

I went from being an outsider to feeling accepted by an unbelievably generous community. Ultimately, Diwali is a celebration of victory of good over evil, and whether you count your blessings for Thanksgiving, pay respects to your ancestors on Chuseok, or share mooncakes for the Autumn Moon Festival, we can all express gratitude for the beautiful gifts of Diwali and the generous people who give them.”

1. ISAA’s love for Pannaben is Aparampar! 2. Well-Trained Sangeetkar Mouly Bhatt & Family were the Guests of ISAA 3. Choreographer Meena Sharma with Bole Churiya Dancing Team – Great Job! 4. Sponsor of the Diwali luncheon – Kiritbhai Rajyaguru & Family 5. Sponsor of the Diwali snacks – Manjuben Govin seen in red sari 6. DhanTeras Born Indravandanbhai – Happy Birthday! 7. ISAA appreciated the thoughtfulness and generosity of Munish Gupta. 8. ISAA recognised Sangeet Mastroe Mouly Bhatt for an outstanding mind-blowing concert 9. ISAA ladies performed superb Deewa Dance choreographed by Vidyaben Naik 10. Beautiful ISAA ladies with Lord Ganesh on such intriguingly decorated table 11. ISAA celebrated birthdays of friends in a Group 12. Many Happy Returns to Jayantibhai on his 84th! 13. ISAA celebrated Kokilaben’s 75th! 14. Javia & Zaveri Families sponsored the luncheon together 15. Jeff Dean gave an excellent presentation on Area Agency on Aging





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Here are the risk factors for heart attack in people under 40



Heart surgeons are performing open-heart bypass surgeries in children as young as 10 years of age, and the number of youngsters in their 20s and 30s landing up at hospitals with acute angina, pain that comes from the heart, has nearly doubled in the past 10 years.

Evidently, heart disease is no longer limited to your grandparents or par-

ents, and the prevalence of disease in youngsters more often than not is their own doing. Experts say nine in ten heart attacks can be prevented. And it's never too late to protect your heart from disease as modifying lifestyle has been proven to lower heart attack risk by 35% and death by heart attack by 40% in people between 45 and 64 years.

We provides a lowdown on the risk

factors, prevention and warning signs:

Risk factors

- *Smoking or use of other tobacco products
- *Lack of physical activity
- *High blood pressure
- *High blood cholesterol
- *Obesity
- *Diabetes
- *Family history of heart attack

Preventive measures

- *Staying fit: exercise at least 2.5 hours a week.
- *Body Mass Index (weight in kg/ height in m²): keeping the body mass index between 22 and 23.
- *Quit tobacco: Smokers have a five times greater risk of heart attack than non-smokers.
- *Control blood pressure: less than 120/80 mm Hg.
- *Controlling cholesterol: less than 200 mg/dl.
- *Diet: Eating high fibre-low fat food; five or more helpings of fruits and vegetables a day.
- *Managing stress: chronic persistent stress puts pressure on the heart.

Red flags to watch out for

- *Discomfort in arms, shoulders, jaw, neck or upper back
- *Shortness of breath
- *Tightness or heaviness in chest
- *Excessive sweating
- *Dizziness
- *Indigestion
- *Nausea

Almost half of the approximately 56 million abortions performed every year unsafe

Close to half of the approximately 56 million abortions performed every year worldwide are unsafe, researchers said Wednesday in a study.

All but a relative handful of those 25.5 million risky abortions - which can endanger the lives of mother, child or both - occurred in Africa, Asia and Latin America, they reported in The Lancet medical journal. In many African countries, less than 15 % of procedures to terminate pregnancy met minimum medical standards, according to data used to compile the global analysis.

The findings highlight a strong link between abortion laws and safety. "The highest proportions of safe abortions were seen in countries with less restrictive laws, high economic development and well developed infrastructures," said lead author Bela Ganatra, a researcher at the World Health Organization in Geneva.

The study was based on data covering the 2010-2014 period. In North America, 99 % of abortions were classified as safe, followed by



northern Europe (98 %), western Europe (94 %), and southern Europe (91 %).

Unlike previous estimates, the new study divides the category of unsafe abortions into two groups, "less" and "least" safe. "Less safe" abortions - accounting for 30.7 % of the total - include those induced with the drug misoprostol without the support of professional health providers, or those performed by trained personnel using outdated methods, such as scraping the lin-

ing of the uterus with a surgical tool.

Some 14.4 % of all recent abortions - more than eight million per year - fell into the "least safe" group, meaning those provided by untrained individuals using dangerous or invasive methods.

"The vast majority of unsafe abortions in Africa were categorised as 'least safe', and were associated with high rates of death," the researchers said in a statement. The share of safe abortions exceeded 50 % in only three developing world

regions: southeastern Asia (60 %), western Asia (52 %), and southern Africa (74 %).

In countries where abortion is available upon request, more than 87 % of abortions were deemed safe. In the 62 countries where the procedure is banned or allowed only to save a woman's life, barely 25 % of abortions were safe. "Our findings call for the need to ensure access to safe abortions to the full extent of the law, particularly in low income regions," said Ganatra.

Amitabh's 75th birthday Celebrations



Bachchan Club of Arizona celebrated the 75th Birthday of Mr. Amitabh Bachchan, a veteran actor born in India in 1942 on Oct 11, who is also referred as "one-man industry in the film world.

This ABC of AZ, was started by Mrs.Beena Shah who is very passionate about Big B, and his work. Her day starts with saying "JAI BACHCHAN" to her family members and friends. From her childhood she had been a Diehard fan who adores Mr. Bachchan in each screen of his every film that he had acted so far. She happened to see Mr. Bachchan in an event that took place in California few years back, she could not control her tears of happiness rolling down her cheeks for three hours, that's how much she admires Mr. Big B.

Who do not know Mr. Bachchan, A tall and thin young man who known for his voice entered the city of dreams had to face rejections because of these two qualities of his which has later become his assets. As years progressed Bachchan has won numerous accolades in his career, including four National Film Awards as Best Actor and many awards at international film festivals and award ceremonies. He has won fifteen Filmfare Awards and is the most nominated performer in any major acting category at Filmfare, with 41 nominations overall. In addition to acting, Bachchan has worked as a playback singer, film producer and television presenter. He has hosted several seasons of the game show, Kaun Banega Crorepati, India's version of the game show franchise, Who Wants to Be a Millionaire?. He also had a stint in politics in the 1980s.

He won Padma Shri in 1984, the Padma Bhushan in 2001 and the Padma Vibhushan in 2015 for his contributions to the arts. The Government of France honored him with its highest civilian honor, Knight of the Legion of Honor, in 2007 for his exceptional career in the world of cinema and beyond. Bachchan made his Hollywood debut in 2013 with The Great Gatsby, in which he played a non-Indian Jewish



character, Meyer Wolfsheim. His acting career is still flourishing and green.

The committee lead by Mrs.Beena Shah and Mr. Manish Shah was supported very strongly by her family members and team members, decided on the theme for this year's event MR. AMITABH'S 75TH B-DAY. This is a topic that sparked much enthusiasm and engrossment amongst committee members from day1. The organizing committee included Mr. and Mrs. Shah, and their daughters Ms. Vidhi Shah and Ms. Khushi, The sound engineering/ Photography Decorations cum Ticketing dept. were handled by Mr. Gaurang Bhavsar, Mr.Sridhar Maduri, Mr. Rutvik Joshi, Mr. Abhishek shah and Ankur shah . The anchoring/Hosting Dept. was handled by Mrs. Shilpa Desai, Mrs.Santoshi Maduri and Ms. Miku Shah.

The team ruled out ideas for special food names-such as Shahenshah -e-Paneer, Shaan Tikka Masala, ParvarishPapad, etc. The dress code and theme was decided. Participants and organizers attended the party in Bollywood attires and dressed up like Amitabh's roles in different movies such as "Coolie" with baggage and with background song from Coolie, , another guest was dressed as "Sarkar", and ladies dressed up as Rekha, Parveen Babi, Deepika Padukonetc.Hence the theme "aajkishaam

BIG B keNaam." was justified. The setting was very delightful and grace filled featuring Amitabh's movies form 1970's till date. The tables were given the hit movie names such as TableKaalia, table Laawaris, Table sharabi etc.

The program started with welcoming guests by Mr.and Mrs. Shah and Mrs.Shilpa Desai inviting guests for food. Antakshari rounds and rules, Amitabh facts, Trivia and games such as Amitabh scramble, and puzzles were handed to the guests and explained by Ms.Santoshi Maduri and Ms.Miku Shah. The co-hosts were very entertaining and kept the audience engaged throughout the show. The photo session area was handled by Mr.Gaurang Bhavsar, was decorated with a black and white backdrop made with AMITABH BACHCHAN

printed on it for display were very fascinatedly chosen by our team members. One of the main attractions of this whole event was Mr. Sridhar Maduri who is one of the recipient of The Guinness book of world record for creating a "fastest comic book -2014", surprised Beenaji with his outstanding art work on Amitabh's Portrait. Mr.Sridhar kept the secret till that moment, to witness the thrill and excitement on the most fascinating fan of Big B- Beenaji. She was enthralled. After the surprise presentation ceremony, people took pictures with Mr.Sridhar and Beenaji along with the portrait.

Smart hangings of mini posters of BIG B, with balloons were very dainty. The team greeted guests and offered movies tags to pick as their personal tag for the event as they arrive at the venue. The dance floor area was kept low and was illuminated with a disco lights for people to have fun and frolic. Our DJ of the event Mr.Rutvik played old and current hits of Amitabh's on audience requests. The event was a treat to our eyes. Audience had a gala time at this event. Media was honored and thanked for covering this special event. The program ended with Mr.Manish shah thanking each one who attended the event and made it such a great event..

Being Thankful is the Greatest Virtue

“There is Always, Always Something to Be Thankful For” _____ Unknown

Thanksgiving—the giving of thanks

We are all surrounded by innumerable precious things around us . We grow used to our blessings and we start taking them for granted, without realizing that they truly are precious. Being a human being, we should exhibit our gratitude to every single blessing. Being thankful not only make us realize that how fortunate we are but also give immense satisfaction and joy.



I could definitely notice, feel, and experience all the bounties I am appreciative for. I would like to convey my gratitude to few out of infinite blessings. I am thankful to:

- God for everything my family and I have.
- Beautiful blooming flowers in my front yard for the tranquility supplied by them every single day, and how these flowers attract the gorgeous butterflies who make a declaration that how colorful our lives are
- Birds for their melodious chirping
- My husband who never forgets to keep a jug of water along with the medication every night for me on my bed side table.
- My son for regularly wishing me good morning at cockcrow, and good night at bedtime. This gesture of him helps me to celebrate my motherhood.
- My family members, especially my mother in law who never forgets to inquire if she doesn't hear anything from me for few days.
- My students who motivate me to pursue my passion.
- My friends who are always there to console me if I am not in my best mood or if I am upset.

Being thankful is gestures which not only make others feel important and precious, but gives contentment to oneself. Displaying gratefulness is one of the most pleasing actions one could do. Feeling thankful not only helps one to feel positive immediately, but it also helps to soothe resistance about challenging situations.

David Steindl-Rast has very well quoted, “The Root of Joy is Thankfulness.”

Be thankful and safe!

-Dr.Nidhi Gupta
Educator

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WIGGLY TOOTH

The last few days I have had a wiggly tooth. It hurts a lot. I have already lost 8 teeth. There were some good moments



THE WISDOM OF PULLING TEETH



and some bad moments.

The good moment was that I got to eat ice-cream and did not have to finish all my meals. The bad moment is that it hurts a lot. After you lose your tooth, u can put it under your pillow and let the tooth fairy come and give you a prize. I have been waiting for a tooth of mine to fall out at school so I can get a tooth necklace with a tooth container. I have been waiting since I saw someone lose a tooth and get a tooth necklace in kindergarten.

But do not worry, the pain will go. So remember to be a super hero by telling people their tooth will fall and everything will be okay!

By Dhreya Desai
Dhreya.desai@gmail.com

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“Falltastic” Shoshone Falls and Idaho Falls

Amardeep Kaur

If you love waterfalls, your travel list will include Shoshone Falls and Idaho Falls for sure. Idaho is a nature lovers’ dream. Waterfalls, canyons, rivers, trails, lakes – every such amazing natural beauty is here in Idaho.

Shoshone Falls or Twin Falls, as they are popularly called, are the ones which are even more majestic than Niagara Falls, when they have full water flowing in them. Shoshone Falls are also called Niagara of the west. These are situated around 3 miles out of city of Twin Falls in southern Idaho on Snake River. There is a platform few steps down on the falls, where you can go and enjoy the falls. It has a nice lake and park area, which is a good spot for family recreation. Easy parking right next to falls makes your outing easier. During summer, it’s too hot to enjoy the Falls for long time. Go in the evenings in summer or wait for change of season. One important tip would be to check water level in the falls online before making plans. Some tourists went disappointed because when they came water level was too low.

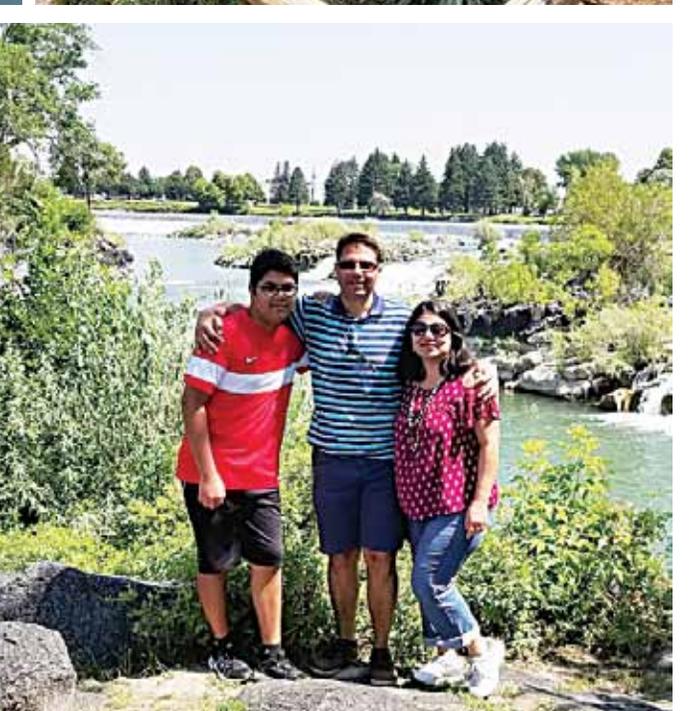
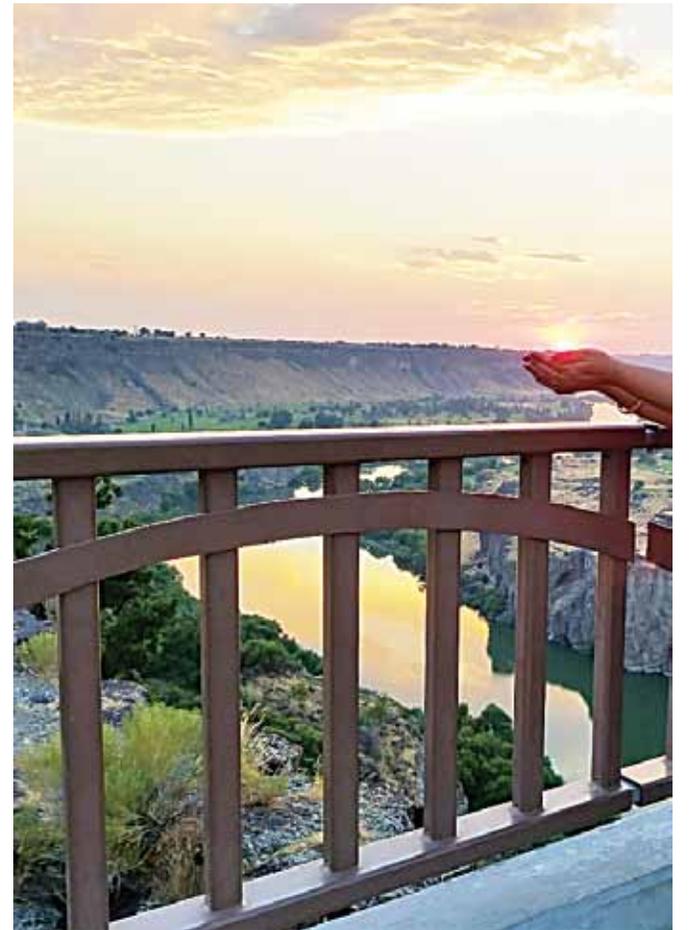
Perrine Bridge in Twin Falls city has spectacular views. You can stop to see the scenic views around it. There is a visitor center nearby which can tell you about the history of the bridge. It has nice walkways both ways, so you can take walks and enjoy the beauty both sides. Specially during sun rise and sunset, it becomes a place right out of a portrait, so photogenic and stunning. The Base jumpers can be seen jumping from the Perrine bridge into Snake River Canyon.

Snake River Canyon Trails offers great trails, little difficult though. It is pet friendly and family friendly trail which offers variety of unexpected views.

Idaho Falls is the name of city in Idaho. Idaho Falls have beautiful landscaped garden around the waterfall. The area around the falls is called Snake River Greenbelt, as the Falls are on Snake River itself. So many interesting statues of animals can be seen here. A bear seat, bike bench and abstract art bench, along with full blooming flower baskets hanging welcome you. Such a calm and nice place for a quick lunch and picnic. It has so many good spots for photo ops. The Zoo at Idaho Falls Tautphaus Park is small yet clean and adorable. Great exhibits. You can see lions, birds, penguins, zebras and monkeys, and many more animals. Kid friendly overall. Museum of Idaho has a good space exhibit that kids love. It has some interesting exhibits related to Idaho history and even NASA. It has some interactive features as well which specially the kids love. Hell’s Half acre trail has an unusual geology, as it is found on an island of lava. This is molten rock, where lava has cooled over hundreds of years to form such distinct landscape. Good stop to take a break and walk in nature.

Japanese Pavilion is a beautifully landscaped garden with lots of waterways and amazing plants. It’s so much fun to go on those waterways. It’s very near to snake river greenbelt.

Twin Falls and Idaho Falls, both cities, are worthy of a visit if you love waterfalls and love to be pleasantly surprised with unexpected nature. What are you waiting for? Start planning your trip now!!



Food items that your body will thank you for eating!

1. For a healthy life!

There are certain food items that you might be ignoring because of their unappealing taste and looks, but, they are just magical. From curing a specific ailment to boosting your overall immune system, these nutritional powerhouses are truly a blessing for the mankind that you should start including in your daily diet. For instance, if you have been avoiding the banana shake believing the myth that it might result in weight gain, then you really need to know that banana is as healing as honey, and contains serotonin, which positively affects your sleep and mood habits. Also, you will be surprised to know that turnip is a great medium to detoxify your body. It treats diverticulitis, lowers blood pressure, and has cancer-fighting properties. And for better blood circulation and relaxed blood vessels, you should start using quinoa as a major breakfast element. It is high on protein content and contributes in muscle & tissue repair. And if you are looking for an alternative to milk to fulfil your regular calcium intake then go



for collard green. It is equivalent to the regular dose of calcium that milk can provide. It is also a key source of vitamin and mineral. Even health experts feel that these food items are rich in calcium, mineral, protein and other nutritional content that human body needs for effective and smooth functioning. Scroll below to know such 9 food items that your body is craving for and will thank you for including them in your daily diet.

2. Yogurt

A rich source of good bacteria (probiotics) yogurt is a healthy medium to boost the digestive and immune system. Especially for women, it is good for their vaginal health.

3. Honey

Known as the best healer for in-

ternal & external injuries, honey is a great source of energy and can also kill nasty germs troubling you on a daily basis. Honey has a rich source of antioxidants and minerals and has been a part of ancient medicines for years.

4. Turnip

You will be surprised to know that turnip is a great medium to detoxify your body. It treats diverticulitis, lowers blood pressure, and has cancer-fighting properties.

5. Collard Greens

If you are looking for an alternative to milk to fulfil your regular calcium intake, then go for collard greens (cauliflower florets, mustard greens, broccoli and kale). They are equivalent to the regular dose of calcium that milk can provide.

6. Quinoa

For better blood circulation and relaxed blood vessels start using quinoa as a major breakfast element. It is high on protein content and brings about muscle and protein repair.

7. Seed Oil

Forget all fancy names and start using all kinds of seed oils including sesame and sunflower. They are great for fertility and also help in balancing hormones during growing age. According to various studies, black seed oil is highly effective in asthma.

8. Ginger

Start using ginger in your morning tea, as it is known for its nausea reducing properties and also enhances the mood along with healing the belly ache. It also lowers congestion and strengthens the immune system.

9. Bitter Melon

If you had been avoiding bitter melon because of its bitter taste, then start ignoring the taste and start eating because it is an effective way to remove all toxins from the body and has cancer-fighting properties. It is also good for skin disorders and minor wounds.

10. Banana

If you have been avoiding the banana shake believing the myth that it might result in weight gain, then you really need to know that banana is as healing as honey and contains serotonin, which positively affects your sleep and mood habits.

Foods you should never reheat and why

ATENTION! We all have one common habit of storing food and then reheating it at the time of consumption. Some foods are fine to reheat while others are not as chemicals in the food change once they have been reheated. We are unaware of the facts that there are few foods if reheated lose their nutritional benefits and start harming our body. They can turn poisonous and make you ill. Potatoes for example give rise to a bacteria if reheated while green leafy vegetables like spinach and celery which are rich in iron and nitrates, when reheated can turn into nitrites

and carcinogenic food. Here is the list of foods that you should never reheat. Read to know more:

Rice: Raw rice contains spores that turn into bacteria which can survive even after the rice is cooked. When the cooked rice is left at room temperature, these can multiply and can cause diarrhea and vomiting.

Potatoes: Potatoes are



packed with nutrients and they lose their nutritional value if reheated. When left at room

temperature, with their absorption by the there is a rise of bacteria that

causes botulism.

Mushrooms:

The protein structure of mushrooms changes when reheated which can be harmful to the body. Eating reheated mushroom can cause digestive problems like bloating and stomach pains.

Eggs: Reheating eggs at a high temperature can interfere

body. **Chicken:** High levels of protein in chicken are negatively impacted by reheating. This can actually cause serious digestive issues as it changes the structure of the protein when reheated.

Beetroot: Beetroots are rich in nitrates and when reheated they turn into nitrites which are unhealthy for the body.

Green leafy vegetables: Green leafy vegetables like spinach, celery are rich in iron and nitrates and when reheated they can turn into nitrites and carcinogenic food.

International Indian Air Travelers and Wheelchairs

During my travels back home, I have repeatedly witnessed a unique phenomenon with international Indian travelers that may or may not make sense depending upon whose perspective one considers it from. I often travel via British Airways with a transit at Heathrow airport in London, both while going to India from U.S. and returning. I have been following this routine for several decades, at least once every other year or so if not more.

A good number of international Indian travelers, having arrived from various Indian cities, immediately start to line-up once they deplane and wait for the wheelchairs that were requested earlier at the time of booking of their seats. As such, the proportion of Indian passengers in wheelchairs compared to their total numbers on the plane seems to far exceed those from any other country or ethnicity. Many truly seem to be in real need of help and, therefore, have a right to ask for wheelchairs. But what seems interesting is that an equal number of others who might not be disabled enough, physically or mentally to require them have also reserved wheelchairs. This observation is not a mere curiosity on my part; rather a phenomenon in need of explanation.

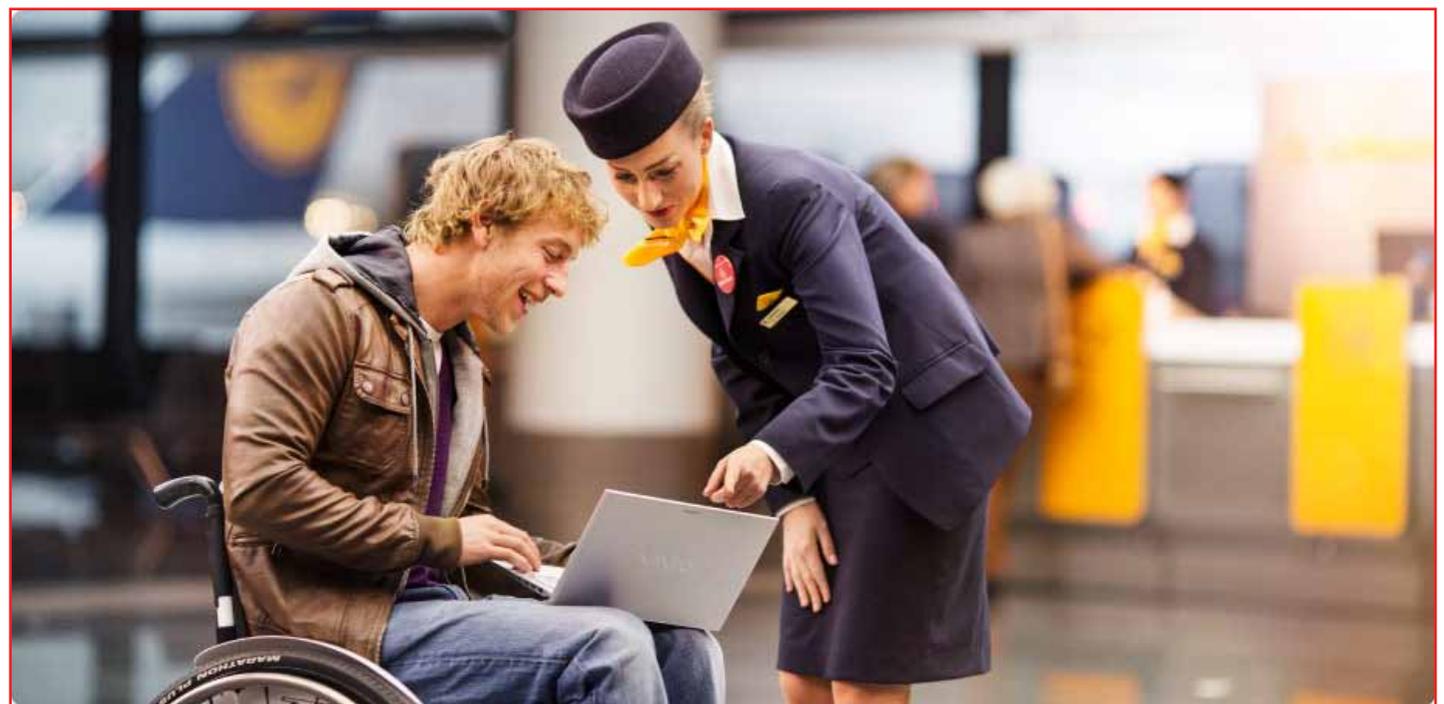
To reinforce this, I must relate an incident that I witnessed during one of my trips to India. When returning back from that trip, I boarded a plane in New Delhi for Phoenix with a transit at Heathrow airport and was really surprised to find that well over 50 wheelchairs had been ordered by my fellow Indian travelers. The total number of passengers on this flight could not have been more than 350. Those needing wheelchairs included elderly men and women, especially the parents and other relatives en route to visit their children and grandchildren in U.K., Canada, or the U.S. Many of them suffered from arthritis and other physical ailments and thus truly had difficulty walking the long corridors of Heathrow's Terminal 5. As such they seemed to meet the criteria that qualified them for such a service.

But at the same time, there were several others who didn't have any physical difficulty as far as I could judge and didn't fulfill the criteria to require a wheelchair. Among them was a gentleman in his early sixties, about six feet tall, very healthy and muscular

with military background. In fact, I had the opportunity to sit next to him at the departure gate in New Delhi while waiting to board the plane. There was no apparent reason I could discern that would have necessitated the use of a wheelchair. Furthermore, during the flight, he was frequently visiting the toilet and walking around in the aisle more than the other passengers. Yet as soon as he stepped out of the plane at Heathrow, he asked for a wheelchair. Watching him act as if he was having a

among Indian passengers, regardless of the presence or absence of any true physical difficulty.

One of the reasons, according to him, was a limited or no knowledge of English of this group of Indian passengers, which made it difficult for them to communicate with the local employees. They find it extremely confusing to locate the gate for their next flight and are afraid of missing it. A lack of familiarity with the culture and the heightened security after 9/11



tremendous amount of difficulty taking even a single step was something I couldn't believe. Ironically, on top of it, his skycap happened to be a 70-plus-years-old Englishman who looked rather tired and much frailer than the passenger he was pushing. Not only did this elderly English skycap have some physical difficulty, he also seemed to be having some emotional conflict with being forced to push a man from India who apparently was healthier than he.

Observing the scene, I became somewhat curious and perplexed in trying to figure out what makes us, the passengers of the Indian subcontinent background, rather unique in this regard. My curiosity led me to understand this phenomenon a bit more. I used the opportunity and started a conversation with one young skycap of Indian ethnicity, waiting for his passenger to show up. It turned out that that this skycap was a local resident of London for more than 20 years. He confirmed my belief that this kind of phenomenon, indeed, was something very common

makes them feel threatened. Add to that a general perception among the people of East that westerners or Whites (especially the British, for that matter) do not like them or pay any attention to their needs. This prevents our people from seeking help or openly demanding what is rightfully theirs.

Sitting in a wheelchair makes it somewhat easier to transit and hence a necessity, both in terms of going through security and avoiding the stress of running to the gate to catch the next flight in time. Furthermore, a need for finding the gates by asking others in our own style of English laced with a thick Indian accent is also alleviated.

Here is my humble suggestion to the airport authorities. The electric carts able to handle several passengers are always available in the long corridors of the airports at all the terminals. They need to be aggressively pressed into service. In fact, more of them should be made available at the gate prior to the arrival of a flight from India or any other South Asian country. By paying

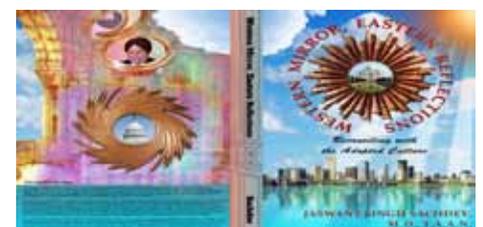


attention to this, not only some of the grumbling elderly skycaps, having problem in pushing a person of non-English ethnicity, would be relieved of their burden but it also might prevent the passengers from suffering subtle humiliation at their hands.

The electric carts could also benefit

passengers who are not disabled enough to require a wheelchair, yet have a mild to moderate genuine disability that makes walking through the long corridors of modern day airports difficult. Of course, loss of tips for the skycaps could be one of the side effects. This could be compensated by a small, mandatory fare or a built-in service charge for the use of such carts. The individuals using those carts should not have a reason to object to this kind of additional charge for ultimately it helps them more than the airport authorities.

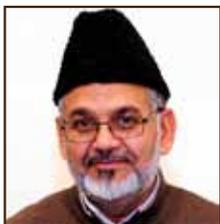
By the Author, "Western Mirror, Eastern Reflections" a latest book about Indian Diaspora and their issues



Caliph and Archbishop speak of need for worldwide religious freedom

On 10 October 2017, the Most Reverend, the Archbishop of Canterbury, His Grace, Justin Welby visited London's oldest Mosque, the Fazl Mosque where he met with the World Head of the Ahmadiyya Muslim Community, the Fifth Khalifa (Caliph), His Holiness, Hazrat Mirza Masroor Ahmad.

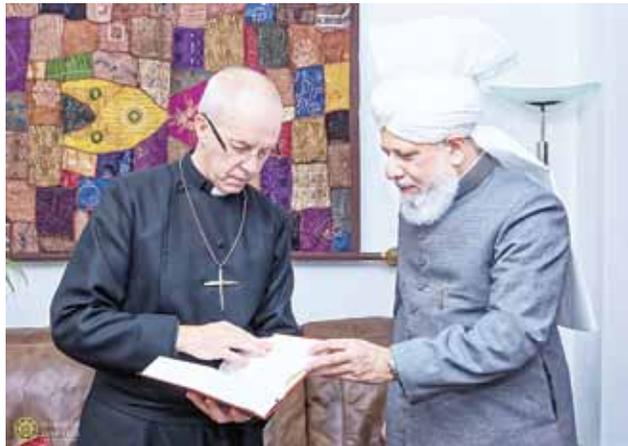
Earlier, the Archbishop also visited the largest Mosque in Western Europe, the Baitul Futuh Mosque in Morden.



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

During the meeting, the Caliph and the Archbishop discussed the continued persecution of religious minorities in various parts of the world. His Holiness informed the Archbishop that he himself had been falsely imprisoned in Pakistan in 1999 prior to his election as Head of the Ahmadiyya Muslim Community.

During the meeting, Hazrat Mirza Masroor Ahmad spoke of the need for 'tolerance' in society and for 'mutual re-



MAKIZAN TANAWER

spect' to be displayed by all people and communities.

He said that it was imperative that people had the Southfields.

right to practice their religion freely and without any form of coercion.

The meeting concluded as His Holiness presented the Archbishop with a copy of the Holy Quran, including both the original Arabic text and the English translation.

Following the meeting, the Archbishop of Canterbury, His Grace, Justin Welby said during an interview with MTA News:

"It was a great honour to meet His Holiness (Hazrat Mirza Masroor Ahmad). It was a wonderful meeting, hospitable and warm... We spoke principally about the issues of persecution, which is something the Ahmadiyya Community is well aware of and suffers hugely and we also spoke about the nature of religious extremism around the world in the different faiths and the importance of faith communities in the United Kingdom standing together, both for the common good of the country and for each other's support."

During his visit, the Archbishop was given a tour of both the Baitul Futuh Mosque in Morden and the Fazl Mosque in

Pooja is a privilege in the human life. In different groups and different religions, when people want to please the God, they do many rituals in their own way.

The way Hindu religious people worship the God is a unique way. When we see it, automatically it brings spiritual upliftment to our life. First, they establish the altar. Then they decorate it many ways with different flowers, the ghee lamp, candles, and burn much unique smelling incense. Then offer many fruits and foods. After all the preparations the place becomes very sacred. Then they stand up together and begin singing the prayers. The atmosphere becomes one of the unspeakable joy.

This is the first step to try to and feel the presence of the

Pooja (Worship)

divine in the physical image. This is the beginning of the spiritual path.

In the reality we need to learn internal Pooja. Without internal Pooja we cannot balance the five passions; Lust, Anger, Greed, Ego, and Attachment. As long as we cannot balance the five passions, liberations is not possible. Many people have in their mind; after liberation, we will go to live in the heaven. My friends, in my life, I spent a lot of time to find the address to heaven and hell.

In the largest religion of the world, they have the philosophy, if you don't follow their religion, you will go to the hell. I am surprised about one thing, when I ask the question

to them, please give me the address of the heaven and hell, their answer was; sorry we don't have it. I don't want to talk about any religion in a harsh way. The above experience is a sadness in the behalf of religion, they are living in the pitch dark, because they don't have meditation in their life. Without meditation life is dark. If we want to worship the divine in the reality, we need to learn the internal Pooja.

Please stay with me, What I want to share with you, you need to understand. Our physical body is a temple. Our mind is an Altar. Please decorate it with faith and reverence. Offer yourself with devotion and unconditional love. Dedicate your mind, body, and soul to the di-

vine and start to pray.

Oh, supreme creator of the universe, I am thirsty and hungry. I am empty handed without thy grace. I am suffering in the dark of five passions. Please hold my hand in the degradation of the universe. Please give me understanding of thee. I am thine. Please quench the thirst of separation from you, that I can devote myself to you and I can see you in this universe everywhere.

About divine, I would like to share one phrase. It is a key of the spiritual philosophy. Body is a tool of the mind. Mind is a tool of the soul. Soul, is a tool of the divine. The divine supreme soul prevails in the universe through the soul. The universe belongs to God

and God belongs to the universe. For example, tree is in the seed, seed is in the tree.

See you another time. Happy Birthday Guru Nanak, the first Guru. Year 2018 is not an easy year. Tough and flakey. Please pray for peace, unity and grace.

Thank-you.

God Bless You All with Divine Grace and Unconditional Love.

Please, feel free to reach out if I can be of any help in your spiritual journey. E-mail : G.H.S.Sandhu@gmail.com or <http://www.The-SpiritualMission.org>



Gyani Ji, Harbhajan Singh Sandhu GHSSandhu@gmail.com

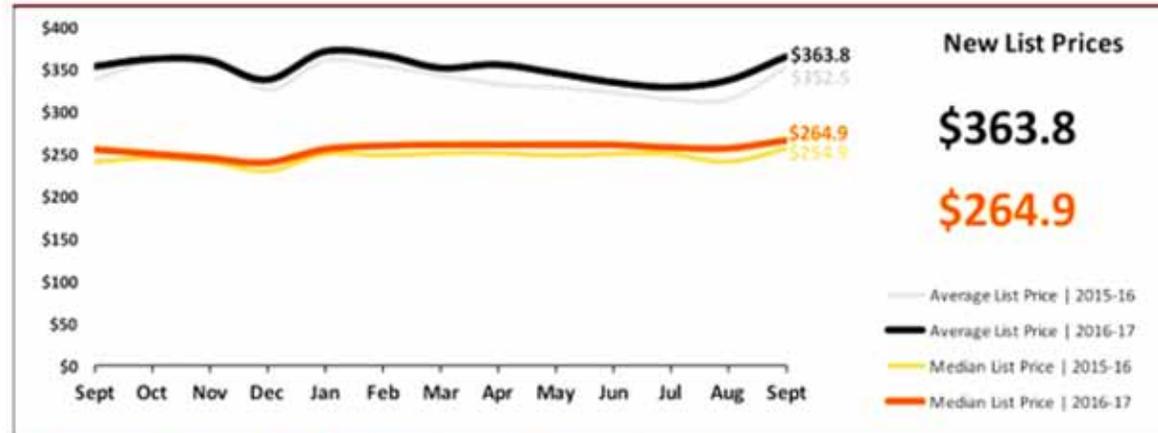
Real Estate News of Arizona - November 2017

By Aartie Aiyer

Hello Friends,
Wishing all my readers a very Happy Thanksgiving! Hope you will be enjoying this holiday season with your family and friends. The real-estate market in the valley generally slows down this time of the year and it's a good time to reflect back to see how we have performed. So lets take a look -
In 2017, we've seen a 1.01% decline in year-over-year pending contracts and a 6.75% increase in homessold. Public records data in Maricopa County gives us similar results with an 8.37% increase in total homes sold. Remember, public records data includes new builds and only 1 in 4 new builds are listed on the MLS.

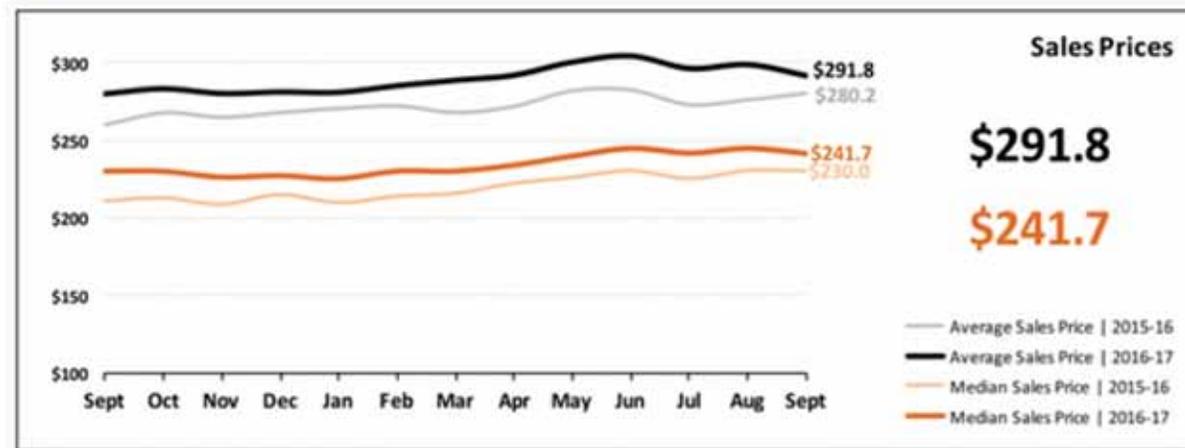
Last month STAT projected a median sales price for August of \$239,900. The actual median sales price was \$241,700, missing the mark by less than 1%. Armls had projected home closings in the 7,500 range. The final sales volume was 7,328, a difference of 172 sales. There was one more business day in September 2016 than September 2017. Looking ahead to October, the ARMLS Pending Price Index anticipates the median sales price will be \$245,000. It's not unusual for the median sales price to stabilize in the fall months as seasonal patterns take hold. Our median sales price hit its high watermark for the year in June at \$245,000. Sales volume in September was 7,328, the same as the 2016 total of 7,328. Sales volume for the first nine months of 2017 was 6.75% higher than 2016, with 72,475 sales in 2017 compared to 67,892 for the first nine months of 2016. Like September, we enter October with fewer residential listings. Even with fewer pending listings this year compared to last, its expected the October sales to be higher than the 2016 volume.

Now let's take a look at the September sales of Residential Properties in Maricopa County-



Average new list prices are up +3.2% year-over-year. The year-over-year median is up +3.9%.

List prices of new listings with list dates from 9/1/2017 to 9/30/2017, 0 day DOM sales removed



The average sales price is up +4.1% year-over-year while the year-over-year median sales price is also up +5.1%.

MLS sales prices for closed listings with a close of escrow date from 9/1/2017 to 9/30/2017, 0 day DOM sales removed

- Total Sales for Single Family, Town-home, Condos, for September are 6,410 whereas, August were 7,156 and July was 6,920

- The Active listings for Single Family, Town-home, Condos, for September are 17,767 whereas August were 17,337 and July was 17,662

- Pending sales for Single Family, Town-home, Condos, for September are 4,898 whereas, August were 5,815 and July was 5,722

The total home sales by financing were-

- Cash Sales - 1,315
- Conventional - 3,540
- FHA - 1,036
- VA- 467

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

- Total Sales for Single Family, Town-homes, Condos, for September are 696 whereas, August were 678 and July was 720

- The Active listings for Single Family, Town-homes, Condos, for September are 1,791 whereas, August were 1,790 whereas July was 1,782

- Pending sales for Single Family, Town-homes, Condos, for September are 587 whereas August were 656 and July was 608

Now let's take a peek in commercial side-

Phoenix is seeing growth in different sectors too, like Mercury Systems Inc a high-tech defense manufacturer has opened a new advanced microelectronics center in Phoenix. Massachusetts based Mercury is a microelectronics design and manufacturing firm that services the defense industry. The Arizona plant totals 115,000 square feet and includes 15,000 square feet of clean room space. It is located on University Drive near 40th Street that is just south of Phoenix Sky Harbor International Airport.

Also, Phoenix Raceway in Avondale has installed the highest steel beams in a \$178 million modernization project at the auto racing track. The project is sponsored by DC Solar and being built by Okland Construction. It will modernize and bring more technology and so-

lar energy sources to the race track west of Phoenix. Phoenix Raceway formerly Phoenix International Raceway hosts Nascar and IndyCar races. It will be named ISM Raceway next year via a naming rights deal with ISM Connect.

Flying Food Group, a large-scale catering company that provides airline catering services to more than 70 major airlines, has leased 56,249 square feet of industrial space in the Liberty Sky Harbor Center building. The 10-year lease commences in March 2018 and brings the 191,094 square-foot industrial building to fully leased. It was built in 1975 on 15.1 acres and renovated in 2013.

Bascom Arizona Ventures LLC acquired a three property multifamily portfolio located in Tucson and Sierra Vista. The assets included in the sale are the 288 unit Summit Vista, 272 unit Crescent Ridge and 252 unit communities. All three feature a host of tenant amenities including a resort style swimming pool, 24-hour fitness center, business center, private

garages and a spa. Both Summit Vista and Crescent Ridge are located near the North Tucson with business centers nearby such as Northwest Medical Center, Foothills Mall and Arizona Pavilions shopping center. Port Royale is located near the University of Arizona South Campus.

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



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

Golmaal Again movie review: Ajay Devgn, Rohit Shetty blend horror and melodrama with comedy

When it comes to Rohit Shetty's Golmaal series, there are two kinds of movie buffs - one can't get enough of it while the other slams it as illogical. If you fall in the former bracket, the filmmaker has a heavy dose of nostalgia for you. If you are part of the second category, Rohit has tried his best to entice you adding elements of horror, melodrama, revenge and even a storyline but that takes an hour to build up.

Film Review
Golmaal Again
 Director: Rohit Shetty
 Cast: Ajay Devgn, Tabu, Parineeti Chopra, Arshad Warsi, Mukesh Tiwari
 Rating: 2.5/5

Golmaal Again, the fourth installment in Rohit Shetty-Ajay Devgn's Golmaal series, starts with Tabu narrating the childhood stories of Madhav-Gopal and gang - they were orphans and found home with Jamunadas who started an orphanage with our five stars as the first "batch" of kids. The story tells us what made the gang of five take different paths and what brought them back together.

Rohit takes a lot of time to establish this entire set up and there aren't too many one-liners or jokes to keep you entertained during this period. It is only after the ghosts enter the scene that I saw smiles on faces around me. The spirit



that is chasing the lead gang possesses several characters and Shreyas Talpade's version works perfectly.

As Laxman, he plays close aide to Gopal (Ajay) who often sings lullabys to Gopal whenever he is scared of ghosts. The sudden transformation from the saviour to the attacker is funny and the fact that this is the

first time the ghost makes its appearance works better.

The supernatural element in the story adds freshness to the narrative and it is interesting to watch Tabu in a different role - she pulls punches with a straight face and talks to spirits. She also manipulates almost half the events in the story.

Interestingly, before we

see the ghosts, Arshad Warsi, Tusshar and Kunal Kemmu are shown using technology to make people believe their houses are haunted. They work as goons-for-hire for real estate agents and tycoons.

Ajay seems overburdened with the weight of his own films: There are references to Singham - both the film and the famous dialogue (Ata

maajhi satakli). The romantic angle between Ajay and Parineeti is offensive. It has elements of paedophilia and the filmmakers want us to laugh at the hint of paedophilic relationship!

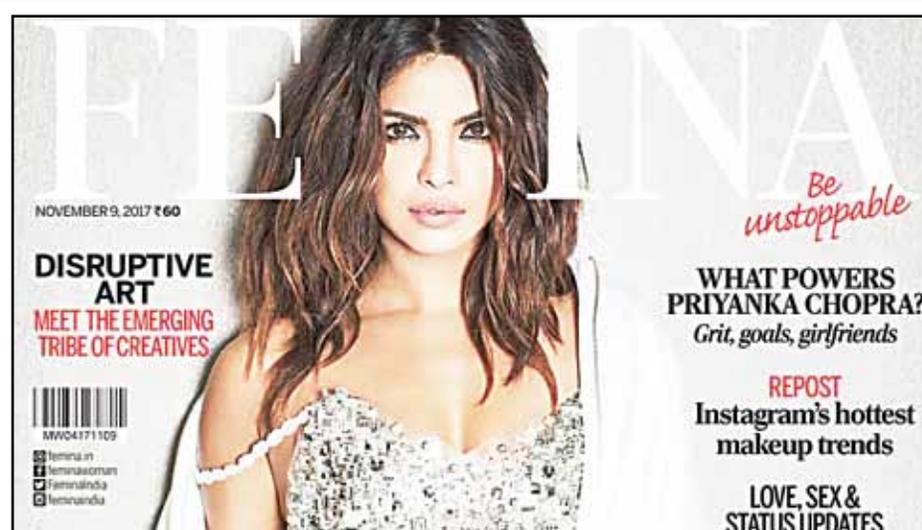
Promos of Golmaal Again promised Lucky aka Tusshar would speak in this one. He does, when possessed by the spirit, and his version is perhaps the worst of the lot. Lucky is best doing his silent jokes.

Neil Nitin Mukesh seems to be playing similar roles over and over again ever since Players (2012). He is the unapologetically mean, calculative and greedy. He has done this in Prem Ratan Dhan Payo (2015), Wazir (2016) and many more. In fact there is a scene where Neil is hanging by the railing of a very high rooftop - even the camera movements and frames are exactly like the ones used during the climax of Prem Ratan Dhan Payo.

The film that marks Golmaal series debut for Parineeti Chopra, Neil Nitin Mukesh and Tabu, brings back everything you remember and the things that you forgot, from the previous movies. From the blind owner of a house (Pareesh Rawal, Golmaal) to Vasooli bhai, south Indian goons (ala Chennai Express) and Pappi bhai (Johnny Lever), Golmaal Again is like a major throwback to not just Golmaal films but a lot more.

Priyanka Chopra shines bright like a diamond on new magazine cover

Priyanka Chopra is back on a magazine cover and this time, she has put up a very shiny display. The actor posed for Femina's



November issue in a shimmering silver dress, adorned with a hundred embellishments.

The issue intends to find out 'what powers Priyanka Chopra' and includes several more pictures from the shoot. Her look has been styled by one of Bollywood's favourite stylists, Mohit Rai, her hair is done by Marce Pedrozo, make-up by Daniel Bauer and the photos are clicked by Rohan Shrestha.

Priyanka plays FBI agent Alex Parrish on the show. The show, despite its bad ratings in the second season, was renewed for another and will be out soon on ABC Network.

Actor's film choices reflect political, social beliefs: Naseeruddin Shah

The films that an actor chooses reflect not just his or her political and social beliefs but also establishes the person's individuality, says film industry veteran Naseeruddin Shah.

"If I agree with the vision of the director, then and only then will I do the film. Therefore, an actor's individuality comes from his choices. The film you choose reflects your own political beliefs and social expression," said Naseeruddin, 67.

At the same time, he believes that the job of an actor in films is to be the messenger of writers and the director. "I think my definition of acting might just make many actors uncomfortable, but the fact is an actor's role is to follow and execute the vision of the writer and the director who has created the character. With time, cinema has changed, but my approach hasn't because I always attempted to tune in with their idea. I, an actor, am the messenger of the director's vision. I am not there to create my individuality. Yes, my signature could come from my means of ex-



pression, but those expressions are of the director," he said. With a film career spanning over three decades, Naseeruddin is among the prominent faces of India's parallel cinema. He has also been a part of more 'commercial' movies, but it's interesting to observe how the widely awarded talent does not prefer to put himself in the spotlight of a film. Asked what makes him not get seduced by attention unlike other actors, he said, "Because actors are basically

narcissists, they love themselves. Not that I am not, but over a period of time, I realised there are a lot more qualities that are required to be an actor. Narcissism is just one of them."

Naseeruddin spoke to IANS on the sidelines of the 19th Jio MAMI With Star, where his movie *The Hungry* was screened. He plays a dark character in the Bornila Chatterjee directorial.

On his process to internalise a character, Naseeruddin said, "I don't

look outward for inspiration, rather within, to find a connect with the character. I try to find the potential of the character within me, I try to understand how I would react if I am in a certain situation. If I can, I agree to do the role. It's an internal process. I do not take a reference to someone I have seen next to me," said the actor, whose contribution to the arts has been recognised with a Padma Shri and Padma Bhushan.

Yet to find definition of being an A-list actor: Taapsee Pannu

Taapsee Pannu, who has made her mark with films like *Pink*, *Naam Shabana* and *Judwaa 2*, says she is yet to crack the code of being an A-list in the Hindi film industry. The year 2017 has not been great for Bollywood, but Taapsee's *Naam Shabana* can be counted as one of the highest grossing female-centric films, and *Judwaa 2* has also raked in the moolah.

Yet, Taapsee wonders why she isn't counted among the "top". "I am yet to find out the definition of being an A-listed actress. What does that mean? See, as an actress, I am happy that people are offering me good roles and I am earning success critically and commercially. But it bothers me when a designer says, 'No, Taapsee can't be my muse or the show stopper, I want an A-listed actress for this collection. It happened with the brand endorsements as well. So, I am saying that I am ready to give the entrance exam of entering the club of A-listed actresses, but can someone please tell me the formula... Maybe awards? I do not know."

Taapsee transitioned from the



south Indian film industry to the Hindi movie world. She made her debut in Bollywood with *Chashme Baddoor* in 2013, and landed roles in films like *Baby*, *Running Shaadi*, *The Ghazi Attack*, *Pink*, *Naam Shabana* and *Judwaa 2*.

She does not fear failure. Remembering her early days in the Telugu film industry, Taapsee said, "You know, it is funny now, but in the beginning of

my career, some of the films failed at the box office and filmmakers stopped casting me saying I am bringing bad luck to their film.

The funny thing is that in those films, my contribution was nothing but three songs and five scenes. I have seen so much failure in the south that I know that we cannot control our success rate. It's not about our desire to perform in a great story. At the end of it,

box office result matters. And the weird thing is that we do not know the formula of that."

She says she has been "really lucky" to have worked in commercial potboilers as well as content-driven. "But I think it is the responsibility of an actor to find the balance because the film industry is ready to give you a tag in no time," she said.

Having said that, Taapsee's successful portrayals have been those of women with a fighter instinct. Has it been a conscious choice of doing women-centric films? Taapsee said, "No. Actually, I did not get an opportunity to do so, maybe because I have a very natural fighter instinct that filmmakers have noticed and offered me roles in films like *Baby* or *Naam Shabana* that need toughness, actions.

"I am an outspoken person in real life."

On the work front, Taapsee has also started shooting Anubhav Sinha's new directorial venture *Mulk*, also featuring Rishi Kapoor, Rajat Kapoor, Neena Gupta and Prateik Babbar.



محبت سب کر لے نفرت کسی سے نہیں



LOVE FOR ALL HATRED FOR NONE

We are Muslims and believe in all pillars of faith and consider the Holy Prophet (saw) to be Khatam an-Nabiyyin

The reality is that the Holy Prophet Muhammad (saw) is the Khatamal Anbiya after whom no new or old Prophet would come

It's good to see that a group has stood up and challenged the narrative of anti-Jama'at scholars and politicians

Hadhrat Mirza Masroor Ahmed delivered this Friday sermon in Masjid Baitul Futuh, London on Oct. 13, 2017. It was broadcasted worldwide on MTA International with live translations in many languages of the world.

He said that in Pakistan, from time to time, both politicians and religious scholars speak out against Jama'at in order to gain popularity in the masses. Whenever facing any trouble or criticism, they use this issue to gain the sympathy of ordinary Muslims. For this purpose, they use the issue of Khatme Nabuwat or finality of Prophethood. They do this for political gains, however, innocent Ahmadis are the ones who end up paying a heavy price for those propagandas. As far as Jama'at is concerned, we aren't working with any foreign or Pakistan's government to change their laws against us. We do not require a certificate from any government or National Assembly to be a Muslim. We are Muslims and believe in all pillars of faith and consider the Holy Prophet (saw) to be Khatam an-Nabiyyin. The Promised Messiah (as) has clearly written that whosoever doesn't believe in Khatme-Nabuwat, I consider him as a faithless person. Therefore, this is a false claim against us that

we do not believe in finality of Prophethood or that we do not respect the Holy Quran and consider the revelations of the Promised Messiah (as) to be higher than the Holy Quran, or that we do not perform Hajj, or that our Qibla in prayer is different. Many Arab Ahmadis tell me how they heard such propaganda from Muslim scholars before their conversion to Ahmadiyyat. How can we not believe in the Holy Quran when the Promised Messiah (as) considered it the root of all goodness. His own revelations are subservient to the Holy Quran. One of his revelations points towards the fact that all goodness lies in the Holy Quran. Then he said that whosoever honors the Holy Quran in this life will be honored by Allah in the Afterlife. If we did not honor the Holy Quran, why would we spend so much money in propagation and translation of the Holy Quran in 75 languages? The scholars speaking against Jama'at should tell us what services have they provided for the service of Holy Quran. The Promised Messiah (as) has written exten-



Imam Juma'at Ahmadiyya Mirza Masroor Ahmed

sively about the finality of Prophethood of the Holy Prophet (sa). One of his revelations from Allah is 'send blessings upon Muhammad (saw) and his followers, who was the leader of children of Adam and Seal of the Prophets.' Another revelation of his is 'all blessings are due to the Holy Prophet (saw)'. Then the Promised Messiah (as) has written that if I was not from the followers of the Holy Prophet (saw) and did not follow his example, I could never have achieved this status even if my actions were as high as mountains. The reason being that all prophethoods have now come to end except the Prophethood of the Holy Prophet (saw). The Promised Messiah (as) has said: The allegation charged against me and my followers that we do not believe in the Holy Prophet (saw), as Khataman Nabiyyin, is a scandalous lie. Those, who blame us, do not positively believe in him with even the millionth part of the zeal, conviction, insight and dead certainty with which we believe him to be the Khatamal Anbiya. They do not comprehend the deeper insights

of the Holy Prophet (saw) being Khatamal Anbiya and have only heard this term from their forefathers. Regarding the finality of Prophethood of the Holy Prophet (saw) and his own status, the Promised Messiah (as) says: The word Mursal or Rasool or Nabi which has been used for me doesn't apply in its real meaning. The reality is that the Holy Prophet Muhammad (saw) is the Khatamal Anbiya after whom no new or old Prophet would come. Our view is that a person who claims to be a Prophet in its actual sense (Law-Bearing Prophethood) or separates himself from the blessings of the Holy Prophet (saw) or seeks to be a Prophet having separated himself from this pure fountain (Prophet Muhammad (saw)), he is a nonbeliever and without faith. Hu-zoor Anwar (aa) said that according to the Hadith of the Holy Prophet (saw), these people who declare us Kafir, their fatwa returns upon themselves. We should be sympathetic towards these people and explain to them the reality. It's good to see that after a speech was made in the National Assembly of Pakistan against Jama'at, a group has stood up and challenged the narrative of these anti-Jama'at scholars and politicians. Today, it is Ahmadis in Pakistan who dearly love their country and do not play politics over religion. Ahmadis gave numerous sacrifices for the independence of Pakistan; therefore it is the responsibility of every Ahmadi to pray that may Allah safeguard this country.

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WEB: www.alislam.org; LIVE TV: www.mta.tv

Things are looking up. You can come up with future trends in creative fields. Someone may try to damage your reputation. Difficulties with your mate may lead to isolation. Your luckiest events this month will occur on a Saturday.

ARIES



Mar 21 to Apr 20

You will learn a great deal from people with different cultural backgrounds. Avoid too much discourse with colleagues this month. Your sensitive, affectionate nature will capture the heart of anyone you are attracted to. You'll find it easy to upgrade your environment by redecorating or changing your residence. Your luckiest events this month will occur on a Friday.

TAURUS



April 21 to May 20

You may want to take another look at the investment you are about to make. Take action. Stubborn about making changes around your home. You may be ill-treated if you have to deal with institutional environments. Your luckiest events this month will occur on a Thursday.

GEMINI



May 21 to June 21

Don't jump too quickly if someone tries to make you join in on their crusade. Colleagues may try to undermine you when talking to superiors. Your creative ideas will be put to good use if you dig in and do things around the house that will make your family happy. You can look into new jobs but don't count on getting help from someone who may have promised you assistance. Your luckiest events this month will occur on a Wednesday.

CANCER



Jun 22 to Jul 22

You can make money if you work on personal investments. Don't hold back. You can meet a new romantic partner or secure the love connection you already have by going out and entertaining yourself. Things are looking good for you, so open your eyes and get to it. Your luckiest events this month will occur on a Wednesday.

LEO



Jul 23 to Aug 23

Do not get involved in joint financial ventures. You may want to put your creative thinking cap on. Make changes around your house and plan to do some entertaining. Talk to an older, established individual about your present situation. Your luckiest events this month will occur on a Sunday.

VIRGO



Aug 24 to Sep 23

Older family members may try to put unreasonable demands on you. Your emotional life may be up in the air if your mate has been going through a change of heart. You will have to watch out for minor health problems related to stress. You must consider yourself for a change. Your luckiest events this month will occur on a Tuesday.

LIBRA



Sep 24 to Oct 23

Take care of the needs of elders in your family. You may find that others do not do things the way you want; however, if the job gets done, let it pass. Try not to spend too much on children or entertainment. Your own small business on the side sounds pretty lucrative. Your luckiest events this month will occur on a Monday.

SCORPIO



Oct 24 to Nov 22

Creative pursuits should payoff. Empty promises will cause confusion. You will be able to make favorable changes in your living quarters. You are likely to be left alone if you aren't willing to bend just a little. Your luckiest events this month will occur on a Friday.

SAGITTARIUS



Nov 23 to Dec 21

Romantic opportunities will develop through friends or relatives. Try to understand their point of view. Travel should be on your agenda. You may need to lend an ear to an old friend. Your luckiest events this month will occur on a Wednesday.

CAPRICORN



Dec 22 to Jan 21

It may be a disappointing day emotionally. You'll find it easy to charm members of the opposite sex this month. Someone you live with will get angry if you are neglecting your duties. Sudden romantic encounters will set your head spinning. Your luckiest events this month will occur on a Friday.

AQUARIUS



Jan 22 to Feb 19

You need activity. You have a lot to offer. You can mix business with pleasure to get favorable results. Too many opportunities and too many changes going on. Your luckiest events this month will occur on a Wednesday.

PISCES



Feb 20 to Mar 20

The most interesting books

MF Husain was many things, curious boy from Pandharpur, painter of billboards, maker of toys, aesthete, the inveterate progressive artist he soon became, and later film maker and style icon who walked about barefoot with a long brush in hand. A legend, in short.

Two very interesting cookbooks and a friend's memories of MF Husain

Six years after first seeing him on a rainy day outside the Jehangir Art Gallery in Mumbai, Ila Pal met the star painter for the first time in 1961. It was the beginning of a long and enriching association between an eager student of art and MF Husain – a journey that lasted 50 years. This book is a product of that intimate relationship.

Filled with anecdotes about his charisma, his sharp wit, his sense of wonder about the world at large and his insatiable hunger for love, this warm and personal biography traces his evolution through his many avatars. It attempts to unravel the enigma of MF, who is considered the master of contemporary Indian art, and the auctions of whose works at Christie's and Sotheby's changed the Indian art market forever. It also delves into the artist's exile from his homeland at the fag end of his life, exploring the question of creative licence in a climate where people's sentiments are easily hurt and where censorship rules the roost like never before.

Husain: Portrait of an Artist gives us an up close and personal look at the life of a great painter who was hated and admired by millions alike – the one and only Maqbool Fida Husain. *

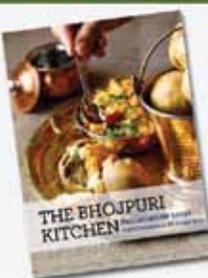
THE BHOJPURI KITCHEN



“Over 50 inspired recipes from the best-loved children's books.”

Bookworms and Jelly Bellies
Ranjini Rao and Ruchira Ramanujam
₹ 399; 130pp | Hachette

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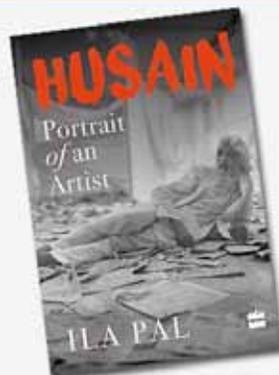


“A tribute to the traditional recipes of Bihar.”

The Bhojpuri Kitchen
Pallavi Nigam Sahay; photographs by Shabin E
₹ 499; 166pp | Westland

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As a young bride married into a family in Bihar, Pallavi Nigam Sahay was mesmerized by the vast repertoire of Bhojpuri bhansa ghars or kitchens. This is her tribute to the region's traditional recipes – the legendary litti chokha; choora mat-tar; Bihari halwai-style mutto machli ka sarsonwala jhor; the delectable bhujias; the unique parwal ki mithai, thekua and other fantastic sweets. The Bhojpuri Kitchen is not only a celebration of several recipes, lest they are forgotten in the future, but also the region's festivals, like Chhath, which is yet another reason for the kitchens to come alive with food most befitting the Gods.*



“The life and art of MF Husain as seen through the eyes of Ila Pal, a lifelong friend of the artist.”

Husain; Portrait of an Artist
Ila Pal
₹ 699; 306pp | Harper Collins

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BOOKWORMS & JELLY BELLIES

Eat your way through Pooh Bear's adventures one honey-crunch snack bite at a time, nibble on delicious scoop 'n' drop currant scones while discovering lost treasures and secret passages with the Famous Five, or suck on tangy tamarind pops as you run through the by-lanes of Malgudi with Swami and friends.

If you love to read and eat, Bookworms & Jellybellies is just the book for you. It is a joyride though some of the best-loved children's books, with over 50 inspired recipes that can be easily whipped up in your own kitchen. It is packed with quirky introductions, simple recipe instructions, fun trivia and beautiful colour photographs that bring the featured dishes to life.

In this fresh, imaginative take on books and cooks, Ranjini Rao and Ruchira Ramanujam, authors of Around

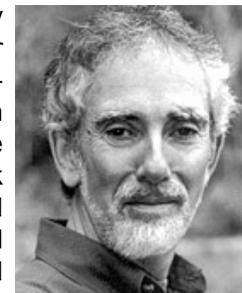
the World with the Tadka Girls, give you recipes with their own dash of drama, adventure and plot twists – just like the books that inspire them.

POET OF MONTH

Jack Prelutsky

(1940 - present)

Jack Prelutsky (born September 8, 1940 in Brooklyn, New York) is an American poet. He attended New York public schools, and later the High School of Music and Art and Hunter College. Prelutsky, who has also worked as a busboy, furniture mover, folk singer, and cab driver, claims that he hated poetry in grade school because of the way it was taught. He is the author of more than 30 poetry collections including *Nightmares: Poems to Trouble Your Sleep* and *A Pizza the Size of the Sun*. He has also compiled countless children's anthologies comprised of poems of others'. Jack Prelutsky was married to Von Tre Venefue, a woman he had met in France. They divorced in 1995, but Jack remarried. He currently lives in Washington state with his wife, Carolyn. He befriended a gay poet named Espiritu Salamanca in 1997 and both now work together in writing poems and stories for children and adults alike.



Be Glad Your Nose is on Your Face

Be glad your nose is on your face,
not pasted on some other place,
for if it were where it is not,
you might dislike your nose a lot.

Imagine if your precious nose
were sandwiched in between your toes,
that clearly would not be a treat,
for you'd be forced to smell your feet.

Your nose would be a source of dread
were it attached atop your head,
it soon would drive you to despair,
forever tickled by your hair.

Within your ear, your nose would be
an absolute catastrophe,
for when you were obliged to sneeze,
your brain would rattle from the breeze.

Your nose, instead, through thick and thin,
remains between your eyes and chin,
not pasted on some other place--
be glad your nose is on your face!

Chai with Management of New Jersey Bridgewater Gurudwara



by Manju Walia

This weekend, I had an opportunity to visit New Jersey Bridgewater Gurudwara and was extremely pleased to see how the management of this Gurudwara is being run. The Gurudwara is run by a group of very strong and dedicated women who not only run their homes, offices, and extremely busy lives but they manage to devote a significant amount of time and effort to run this place of worship – the Gurudwara. The management team of this Gurudwara sahib includes

Neera Kaur Dhaliwal (President), Jasbinder K Seehra (VP), Prabhdeep K Johal (Treasurer), SonuritaMinhas (Education), Vicky Behl (Building Management), Mandeeep Kaur (Langar), and Charanpreet Singh Bugga (Secretary).

President of GurudwaraMsNeera Kaur started teaching in Punjabi school to small children in the Gurudwara in 2014. She was teaching GURMUKHI, VIRSA and GURBANI.

From humble beginnings of one child in 2014 in an old building, she has grown to 150 children in her



Charanpreet Singh Bagga
Gurudwara Secretary, IT Professional



President
NEERA K DHALI WAL
IT Management



Treasurer
PRABHDEEP JOHAL



Vice President
JASBINDER SEEHRA
IT Professional



Gurudwara school Education
Sonurita Minhas
 a public school teacher



Langar In-Charge
MANDIP KAUR
 Profession Financial Analyst



VICKY BEHL
 Gurudwara Building Management

class today.

She put in a lot of effort to convert the old building to a new classroom with a new carpet, fire sprinklers, and a library. She is a well-educated woman who used to work as an architect and is now working a full time job in Information Technology Management. Looking at Ms. Neera Kaur's, time, dedication and hard work,

she was asked and elected to take over the care of whole Gurudwara with her team of champions. These women gracefully and humbly took this responsibility and have been doing a great job. In fact this is the only Gurudwara that we know of which is being run by a "women only" management where the whole management was elected by acclamation.

Women and men of Gurudwara are proud to have these ladies as their management team for which Asia Today is proud of these women for their accomplishment.

Asia Today is humbled to have met this amazing team and wishes the all women management team and the Gurudwara continued success in all its future endeavors.

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