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Today
Monthly Newspaper

• Vol-X

• Issue-10 • Phone : 480-250-2519

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• October 2017

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celebrations
in Phoenix
by Gujarati
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THE 2017 ANNUAL PHOENIX CHAPTER GALA
Local Community Lending Their Talents to Educate India's Poor Children!



On September 16, 2017 in Phoenix, AZ, local business leaders, dignitaries and residents, passionate about education, turned out in full force

at the Annual Pratham Phoenix 2017 Gala. Held at idyllic Scottsdale Hilton with its breathtaking views of Camelback Mountain, the

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9/30/2017

by Deepa Kaur Walia

The medical South Asian community of Arizona came together to support

Tom Forese, a physician and South Asian community friendly candidate, for the position of Arizona State Treasurer. Sponsored by • More on Page 26

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Navratri celebrations in Phoenix by Gujarati Cultural Association



Gujarati Cultural Association celebrated Aatham Utsav with Garba and Dandiya Raas on 29th September in Phoenix. Gujarati Cultural Association (GCA) is a Non-Profit Volunteer Organization since 1981. A well-organized event followed by nice Gujarati dinner. Whole ambience is full of traditional Indian music for Garba. There was ample space to accommodate everyone to dance at the hall in Greenway High School. Lots of colorful traditional Indian Gujarati attires were making the environment more festive.





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Festival Season...The Triumph of Good over Evil

As the South Asian community steps foot into its prime festival season with Dussehra, Diwali, Durga Puja, KarvaChauth – festivals celebrating the triumph of good over evil or fasts for the long and healthy life of their loved ones, we are shaken by the pure evil in Las Vegas that is responsible for the loss of so many lives in the tragic event that occurred recently.

While we celebrate historic battles where our ancestors, gurus, gods destroyed pure evil and brought justice and prosperity to their lands, we are in the midst of an ongoing battle— a battle of good over evil. This battle is not between people of different races, religious backgrounds, sexual preferences, or any such characteristic but between good versus bad. There are many good people of all religions and backgrounds and many bad people in those same religions and backgrounds – heartless people that feel no remorse senselessly firing at thousands of people with no regard for human life.

Many of us are heartbroken by the tragedies constantly surrounding our daily lives and pray for those impacted by them and wish for a savior to once again help humanity win the fight of good versus evil. However, simply praying is no longer enough and as it is said, even God only helps those that help themselves.

We live in a country constantly divided by hate and unable to come together for simple things such as gun control, affordable healthcare, climate change, equal treatment, affordable and quality education – things our government would like to tell us are privileges and not basic rights. And while we cannot control the actions of the Stephen Paddock's, the gunman behind the Las Vegas shooting, or the destructive aftermath of hurricanes such as Maria and Harvey, we can make a difference by influencing our elections and ensuring



Editor's NOTE

that those that believe in our fundamental rights to food, shelter, healthcare, education, and safety are elected in power to help make our world a better place to live for us and our future generations. Our elected officials will serve as our saviors and we as a community must get more involved by using our votes to ensure those that care about our wellbeing are elected to help the United States of America win the fight of good over evil.

This Festival Season, hold your loved ones close and be grateful for the opportunity you have to do so. As you celebrate the triumph of good over evil with your loved ones, make a pact to get more involved in your local communities and upcoming elections to help our wonderful country win its war against evil by placing caring, kind hearted souls in political positions.

Asia Today wishes its readers a happy, healthy, and safe festival season and prays for strength, courage, and love for those impacted by the senseless tragedy in Las Vegas, Nevada and all others impacted by the mass shootings that are becoming a common phenomenon in the United States as well as the destructive natural events such as hurricanes and earthquakes caused by our ignorance towards climate change.

We keep the innocent that have fallen in our thoughts and prayers and above all that, we encourage our readers to pledge to do all they can to make sure this doesn't happen over and over again. It is not insensitive to talk about climate change as we see destructive weather hit us one after the other and tear apart lives and families and it is not insensitive to talk about gun control as we see guns take away loved ones destroying lives and families. Preventative measures over recovery efforts – we can no longer turn a blind eye to the harsh realities surrounding us.

-Deepa Kaur Walia

Editor, Asia Today, editor@asiatodayz.com

Dear friends,

I am sure you will be enjoying the beautiful weather of Arizona, autumn leaves are on display in Arizona and elsewhere, fruits are ready for picking. trees are filled with green fruit. The migrating birds come back, and you hear different bird calls early in the morning.



Marketing Director NOTE

Its really nice everywhere, and such a fun celebrate our one of the biggest festival Diwali during this beautiful season, i wish you all celebrate the festival and enjoy the most beautiful season of Arizona.

-Manju Walia (Marketing Director)

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हमारी शुभकामनाएँ करें स्वीकार**

Happy Diwali

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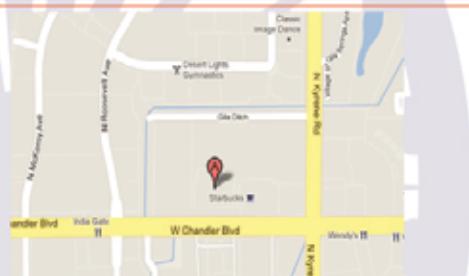
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October 1 to October 31

PRATHAM SHINES A SPOTLIGHT ON EDUCATION WITH

event brought together close to 600 guests and raised an astounding 160 K for Pratham's programs that enable India's children and youth to break the shackles of illiteracy and poverty.

Those programs resonated deeply with the night's keynote speaker, Mr. Amin Meredia, who engaged the crowd with moving words about the importance of education and keeping oneself grounded. He talked about factors that influence success. According to him, "Success is a result of an action of one or multiple other people, not just your own action." He also continued saying that, "Success is function of timing and circumstances, not necessarily brilliance."

Dr. Rukmini Banerji, CEO of Pratham, also rendered a very inspiring speech about how her exposure to downtrodden areas in Chicago drew her to volunteering work, where she realized the challenges of educating kids in backward areas. Her involvement with Pratham in India brought awareness of the lack of educational facilities that existed in the slums. As Dr. Banerji said in her speech, her biggest goal now is, "Every child in school and learning well." She also said that Pratham is around for 23 years, and its goal is "...to provide basic foundational building blocks of reading and writing, so a child can avail the benefit of education and be ready for real life."

The Gala was also graced by the presence of Arizona Governor, Honorable Doug Ducey. Governor Ducey was impressed by the work of Pratham. He said, "With the work of Pratham, giving the gift of literacy and quality education to millions of children in India is truly exceptional!" He also mentioned that he was inspired by Pratham's program as it was similar to his own focus on education in the state of Arizona.

Phoenix Chapter's passion, excitement, generosity, cooperation, and positive vibes were reflected in the evening's program. It included an exhilarating and entertaining "Dancing with the Stars" from the local talents, Inspirational speeches from dignitaries, and Pratham's success stories punctuated by Dr. Rukmini Banerjee, CEO of PRATHAM. Elegantly presented cocktails and dinner with tantalizing and palatable taste from OM Indian Bistro, and a live auction hosted by the Emcee, Selene Nelson, were added features for Gala's success. Presence of local politicians such as Honorable Governor Doug Ducey, Honorable Scottsdale Mayor Jim Lane and his wife, Joanne Lane, State Representative Lela Ashton, brought special honor and recognition to Pratham Phoenix



Chapter. To put it in the words of Sangeeta Sobti, Pratham's Event Planner, "Pheonix gala was a terrific evening and it was wonderful to see so many like minded people come together to further Pratham mission of keeping children in school and learning." Sangeeta also conveyed her wishes for Pheonix Pratham chapter to reach new heights. Pratham Phoenix Chapter also honored a local educationist, Ms. Kathleen Purdy, for her passion and commitment to education. She has worked with impoverished students and families and guided in their educational journey to make a difference in their lives.

"This is our city's FOURTH annual gala, and every year we see an increase in participation and enthusiasm for Pratham's innovative programs," said Dr. Sheena Banerjee, President of Phoenix Chapter and the Gala Chair. She also added, "Many people are astounded when they learn that of the 26 million Indian children who enter first grade each year, nearly half of them reach fifth grade, unable to read

or write. Pratham is working to change this learning crisis; our literacy programs reached 5.7 million children last year." According to Sheena, education is the only way that a child can reach his/her potential.

Pratham thanks everyone who made this event so memorable, including gala co-chairs Amit Shah and Priti Kaur, members of 2017 Gala Committee, and Pratham staff and volunteers. Additional thanks to the following sponsors and local supporters: Platinum Sponsor BBVA Compass Bank, Diamond Sponsors UnisLink, Brain and Spine Clinic, and Medical Diagnostic Imaging Group (MDIG), BSC (Brain & Spine Center), and other proud partners and sponsors!

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About Pratham

Established in the slums of Mumbai in 1995, Pratham is now one of India's largest non-governmental education organizations, having affected the lives of more than 45 million underprivileged children in the past two decades. To achieve its mission of "every child in school and learning well," Pratham develops practical solutions to address gaps in the education system and works in collaboration with India's governments, communities, educators and industry to increase learning outcomes and influence education policy.

Pratham USA is a 501(c) (3) nonprofit organization with a consistent four-star rating from Charity Navigator that seeks to raise awareness and mobilize financial resources for its work in India. For more information, or to make a tax-deductible contribution, you may visit prathamusa.org.



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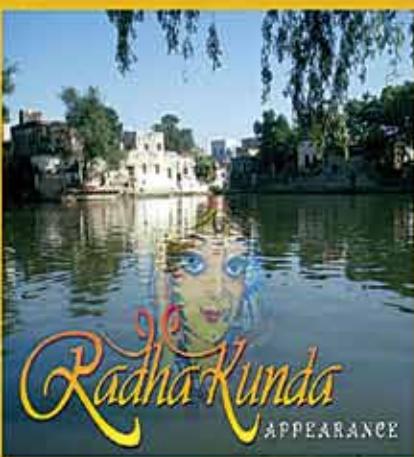
Srila Krishnadas Kaviraj Goswami - Disappearance day
 Srila Raghunath Bhattacharya Goswami - Disappearance day
 Srila Raghunath Das Goswami - Disappearance day



5th Oct. Kartik begins

9th Oct.
 Sri Narottam Das Thakur - Disappearance day

12th Oct.
 Bahula ashtami
 Appearance of Sri Radhakunda, Snan & Dana



13rd Oct.
 Sri Virbhadradeva - Appearance day



Daily Dipadaan for the whole month of Kartik start from 6th of October.
 Time: 7:00pm - 7:30pm along with Damodara Astakam

19th Oct.

Deepavali Festival of Lord Ramachandra Return to Ayodhya



Sahastra Deepavali wonderful melodious kirtan
 followed by Sumptuous Parsad.



Sahastra Dipa Archanam

20th Oct.

Govardhan Puja



Sri Rasikananda Prabhu - appearance day
 Bali Daityaraj Puja

21st Oct.

Vasudeva Ghosh - Disappearance day

Oct. 1st Pashankusha Ekadashi
 Break the fast next day
 at 6:24am between 10:20am.

Oct. 15th Rama Ekadashi
 Break the fast next day
 at 6:34am between 10:20am.

Oct. 31st Uthana Ekadashi
 Break the fast next day
 6:48am - 10:24am
 First day of Bhishma Panchak

23rd Oct.

Disappearance day of HDG A.C.
 Bhaktivinoda Swami Prabhupada.
 Fasting till Midday.



27th Oct.

Gopashtami
 Sri Dhananjay Pandit - Disappearance day.
 Sri Gadadhara Dasa Goswami - Disappearance day
 Sri Srinivas Acharya - Disappearance day.

28th Oct.
 Jagadhati Puja

30th Oct.
 Sri Gaura Kishor Dasa Babaji Disappearance day
 Fasting till Midday.



HG Dravida Prabhu, Disciple
 of Srila Prabhupada, visits
 Phoenix October 11th - 15th

HE WILL BE DELIVERING LECTURES ON
 Damodar Lila, Importance of Kartik
 and Lord Krishna's pastimes



Caitanya Charan Prabhu, Disciple
 of HH Radhanath Swami, visits
 Phoenix October 27th - 31st

HE WILL BE DELIVERING LECTURES ON
 Ramayana and the Price of Love

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In Conversation with the Elite Yet Humble Supporting Pratham Gala 2017



by Deepa Kaur Walia

Asia Today once again had the immense pleasure of supporting the Annual Pratham Gala in 2017, a gala dedicated to the cause of quality education for all that has become the must attend event for those in the Valley of the Sun. The Board did an outstanding job once again of creating a luxury event with excellent décor, ambience, music, and entertainment and the popular theme of Dancing with the Stars with local residents dancing to traditional beats, many attempting this unique experience for the first time.

The Gala attracted a star-studded guest list including the Honorable Governor Doug Ducey, Honorable Mayor of Scottsdale Jim Lane, CEO of Sprouts Amin Maredia, CEO of Pratham Dr. Rukmini Banerji, and many more. Asia Today was honored to have a few moments in conversation with many of these attendees and shares some highlights from the conversation.

Honorable Jim Lane, Mayor of Scottsdale

On the Pratham Gala 2017: "I am honored by the initial invitation but the mission itself is something that I am all engaged with and have a great appreciation for. Wherever the need is to educate children, it is important for all of us."

On Education in Scottsdale and Arizona: One of the things I am big on is results: how we measure how we are succeeding with our students. It is not about dollars spent, student/teacher ratio, but the quality of our curriculum and the education itself. There are a number of techniques being employed some of which are very innovative. We want to stay continually evolving and ahead of the curve as far as what we can offer our children to make sure they are at the pinnacle of what they can bring to the table.

On Immigration and Immigrants: Our country is full of immigrants. America is based on the assimilation of immigrants to become Americans. Certainly, we have to protect ourselves from those that want to damage us and it is a fine line we have to continue to walk.

Dr. Rukmini Banerji, CEO of Pratham

On the Pratham Gala 2017: "You have a very large, warm, and welcoming audience. In particular I really appreciated the Dancing of the Stars because it was an indication of how the community is participating. It is not just writing checks but people have gone through such efforts to bring some part of themselves in supporting this cause."

On Supporting Pratham and Why

Pratham: When I was in the US, I was very impressed by the way that the communities in the US interacted with public schools. When I went back to India, I thought it was a good idea how to help the government school system. Within our government, it was difficult for an outsider to join the school system and someone told me about Pratham which had just started and so I met them and liked them and joined them 22 years ago and have been with them ever since. We started in Bombay and started with one set of education programs and people demanded a better life for their children. When people demand, it is very hard to not respond and a way surfaces on its own to meet that demand.

On the Success and Challenges of Women Leaders: We have a large team of about 6,000 full time people and many of my leaders are women as well and the challenge that many of my female colleagues face is that they are a mother, the household depends on them, and they want to do something for the world as well. However, when the core of the family steps out to help, it is a big education for the family as well. I find girls that want to work with us say I want to work with you but have responsibilities to my mother or my mother in law. I usually ask them to bring them with and sometimes find

that the girl does not make it but the mother or mother in law continues to be involved in Pratham. When a family member wants to do something, the whole family has to support it. Luckily for us, women, children, and education is a natural combination but we have to pull the brothers, fathers, husbands and say it is everyone's responsibility.

Final Message for Asia Today Readers: "While I am here on behalf of Pratham talking about education in India, these are universal things. Wherever you are and if you are working for the children in your community, you are Pratham."

Amin Maredia, CEO of Sprouts

On the Pratham Gala 2017: "The event was fantastic. It is so humbling to see so many people from so many walks of life when they have had success to come back and give back and it is humbling to see how many people were involved in this event and the fact that an event is sold out a month in advance for this many people is fantastic to see."

On Supporting Pratham and Why Pratham: Education has been such a big part of my life and how many opportunities are created from education. Once a family gets past the basics of life like food and water, the next step to move the quality of life is education. Pratham has an impact



not only on education but on the confidence and motivation of the mothers in the households and in some of these communities they have never had this level of inspiration to be involved. This is so empowering to them and when you have the most rural places that don't get help and you have a program like this, it can really do magic to the community.

On Phoenix and its Indian Community: Phoenix is such a wonderful, fast-growing community. Arizona is the 5th largest Indian community on a percentage of population basis in the country and not many people know that. Phoenix with its South Asian community and number of Doctors, Engineers, IT pro-

fessionals, and people in businesses is the fastest growing area in the country and a great place to live.

On Sprouts: Sprouts is always been focused on making food accessible and at a good price to everybody. 94% of our stores are natural (no artificial colors or preservatives) and organic. While not all foods at Sprouts are fully organic, natural products are more affordable than fully organic but healthier than a non-clean product, making them more accessible to a larger population. Making healthy food accessible and affordable to the masses is something we've always balanced.

Final Message for Asia Today Readers: "When you have had suc-

cess it is so important to give back to the community and carry the success generation after generation. It is so important to really be grounded and ground our children and grandchildren so we can position ourselves to not only be successful but success for the benefit of others.

Final Thoughts from Dr. Sheena Banerjee, President Phoenix Chapter Pratham

Dr. Sheena Banerjee expressed immense gratitude for the Gala Committee, Board of Directors, and 45+ volunteers that made Pratham Gala 2017 possible. She noted that many of them have been working since January put-

ting in hours and hours of hard work and the board sold tickets selling out the event 6 weeks in advance!

Final Message for Asia Today Readers: There are many ways to get involved with Pratham. Go to www.prathamusa.org and click on the Phoenix Chapter and you can get in touch with me directly. It doesn't matter if you want to volunteer, donate, or have a question about Pratham, I make sure I answer every email that comes through that website personally. There is also a donate button on the site and when you donate with a credit card that has a Phoenix address and zip code, the funds get credited to the Phoenix Chapter.

Deepika Padukone's unibrow look for Padmavati adds to the power of 'beauty in diversity'

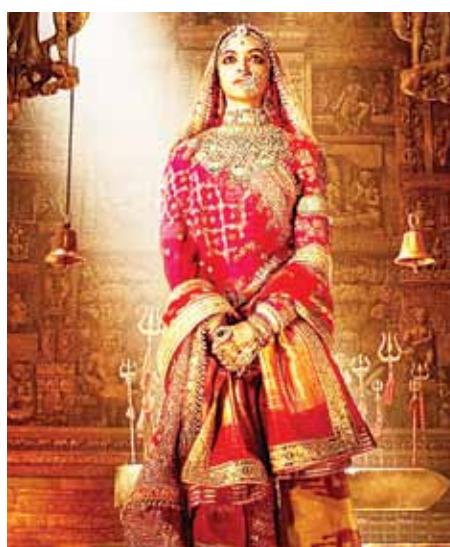
As per conventional beauty standards, the unibrow or monobrow is unflattering — if you have one, then you're encouraged to pluck it. But it seems the unibrow will soon be having its moment among Indian fashionistas, and actor Deepika Padukone would be the reason behind it.

Her new look in her upcoming movie, in which she plays the beautiful Rani Padmavati, has got everyone

talking. The 31-year-old is seen with a unibrow in the poster; fans can't stop gushing over it. The moment the look was out, Twitterati began praising her unibrow and gave Deepika a thumbs-up for rocking the look.

In the West, model Sophia Hadjipanteli is making the unibrow movement happen — her Instagram page has more than 85,000 followers, and people are appreciating her striking looks. Her aim is to celebrate diversity and normalize things that society pressures us to hide.

Talking about the acceptance of the unibrow, beauty expert Vidya Tikari says, "Celebrities are always the front-runners of fashion and people follow what they do. Deepika looks stunning with her unibrow. No doubt her fans who have unibrows wouldn't fix or hide



it [now] just because it doesn't confine to beauty standards. I've done makeup for Kajol and she never allowed me to touch her unibrow, because she em-

braced her look and was happy with it."

Kajol had a unibrow for many years after entering Bollywood, and became one of the top actors without changing her look. Her big hits Baazigar (1993) and Dilwale Dulhania Le Jayenge (1995) saw her with the unibrow look.

Celebrity make-up artist Abhijit Chanda also thinks that unibrows are cool. "They look beautiful. Having said that, unibrows only go with a certain face type. And I think with Deepika Padukone rocking the look, it's going to be popular among both men and women," he says.

However, beauty expert Aashmeen Munjal thinks that considering the unibrow as a thing of beauty is very subjective. He adds, "It may be beautiful for some, but for others it would still not be normal."

Yoga

Path to self realization

tulya-nindā-stutirmaunīsantuṣṭoyenakenacit
aniketahsthira-matirbhaktimān me priyonarah
(Bhagavad Gita 12.19)

Translation: One who is equal to ... fame and infamy, who is always free from contaminating association, always silent and satisfied with anything, who doesn't care for any residence, who is fixed in knowledge and who is engaged in devotional service – such a person is very dear to Me.



Reflection by Chaitanya Charan:

If we have a lot of waste in our house, we wouldn't throw it on any visitor. But strangely we sometimes throw our waste-words at others.

We often have a lot of garbage in our minds: anger, lust, greed, resentment, cynicism and so forth. And we throw that garbage at others through our unconsidered words.

If small children speak whatever comes to their mind, people often don't take their words very seriously, because they know that those children don't have any bad intention and are too immature to think before speaking.

But if an adult starts speaking whatever comes to their mind, , their words would be seen quite differently. Because adults are not considered guileless or immature like children, their words often shock or

Namaste Everyone. One of the famous yoga teacher and founder of "Purna Yoga", Aadil Palkhivala, summarizes the meaning of Yoga through these wonderful lines. "True Yoga is not about the shape of your body, but the shape of your life. Yoga is not to be performed; yoga is to be lived. Yoga doesn't care about what you have been; yoga cares about the person you are becoming. Yoga is designed for a vast and profound purpose, and for it to be truly called yoga, its essence must be embodied." With this beautiful thought in mind, lets review a spine strengthening yoga posture.

This month we will be focusing on a pose called Ardha Matsyendrasana or Half Lord of the Fishes Pose or Half Spinal Twist Pose. This asana usually appears as a seated spinal twist but with many variations, and is one of the twelve basic asanas in many systems of Hatha Yoga. This half Lord of the Fishes pose energizes the spine, strengthens it and stimulates the digestive fire.

How to perform it:

- Sit up with the legs stretched out straight in front of you, keeping the feet together and the spine erect.



Don't treat others as a waste-basket for your words

~Chaitanya Charan

infuriate others.

When we give vent to whatever thoughts and emotions that come up within us, people have to process our unprocessed thoughts. That becomes a burden for them and if our thoughts contain something offensive, they feel hurt.

What if we are so disturbed that we need to pour our heart out to someone? Such pouring out has to be done discerningly only with those who will solace and strengthen us, not those who will misunderstand us.

If we let ourselves become unfiltered pathways for verbalizing our inner world, people, in order to shield themselves from unnecessary burden or hurt,

will stop taking our words seriously, and then stop taking us seriously.

The Bhagavad-gita (12.19) states that a characteristic of an advanced devotee is that they stay steady amidst praise and criticism – and remain silent and grave, not giving in to the urge to speak thoughtlessly.

If we want others to take our words seriously, we need to take time to think about those thoughts and words, and learn to express them appropriately.

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Ardha Matsyendrasana (half spinal twist)

- Bend the left leg and place the heel of the left foot beside the right hip (optionally, you can keep the left leg straight).
- Take the right leg over the left knee.
- Place the left hand on the right knee and the right hand behind you.
- Twist the waist, shoulders and neck in this sequence to the right and look over the right shoulder.
- Keep the spine erect.
- Hold and continue with gentle long breaths in and out.
- Breathing out, release the right hand first (the hand behind you), release the waist, then chest, lastly the neck and sit up relaxed yet straight.
- Repeat to the other side.
- Breathing out, come back to the front and relax.



Breathing: Inhale in the forward position. Exhale while twisting the trunk. Breathe deeply and slowly without strain in the final position. Inhale while returning to the starting position.

Duration: Practise once on each side, gradually increasing the holding time to 1 or 2 minutes on each side of the body or up to 30 breaths.

Awareness: Physical - on keeping the spine straight and on the movement of the abdomen created by

the breath in the final position.

Spiritual - on Ajna chakra.

Sequence: This asana should be performed after completing a series of forward and backward bending asanas.

Benefits:

- It tones the nerves of the spine, makes the back muscles supple, relieves lumbar and muscular spasms, and reduces the tendency of adjoining vertebrae to develop osteophytes.
- When practised with care, it has proved beneficial for mild cases of slipped disc.
- Ardha matsyendrasana massages the abdominal organs, alleviating digestive ailments.
- It regulates the secretion of adrenaline and bile and is recommended in the yogic management of diabetes.
- Under special guidance it is used for the yogic management of sinusitis, hay fever, bronchitis, constipation, colitis, menstrual disorders, urinary tract disorders and cervical spondylitis, as long as it can be performed without any discomfort.



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Prema Bhagti: Pure Devotion

Namaskar, and Sat Sri Akal to all my readers.

A long time ago when Lord Vishnu and mother Laxmi were in human life they were talking about visiting their devotees. Lord Vishnu asked Laxmi, "Where do you want to visit first?" Laxmi answered, "My devotee's home, Lord. I will show you how they will serve us. "How much wealth my devotee has." Next day they started the journey. Laxmi was walking ahead very proudly. The lord walked behind with calm poise. The path was delighted with the presence of the divine couple.

When they reached the large palace they were greeted by the servants with great excitement. The servants informed the mother of the place and she greeted them very humbly and provided a special place for them to live in the palace. Laxmi asked the wife "where's my devotee" His wife

answered, "He's on a business trip. I hope he'll return in a few days."

Mother Laxmi was very happy because it was a most comfortable stay in her devotee's house. When the devotee returned from his trip he visited lord Narayan and Laxmi with great excitement asked

them, "Are you comfortable in your stay? Please forgive me for any discomfort. Tomorrow, I'm leaving again on business. I hope I will see you again soon."

Two days after that lord Vishnu said to Laxmi, It's time to move on and visit my devotees.



Mother Laxmi questioned the lord, "Where does he live? My Lord." Narayan said, "Laxmi, he is living in a heavenly place. It's in a thick jungle, calm and cool filled with the fragrance of nature. There is a little hut with a divine couple living with their cow in it. And they are very eager to see us.

Their eyes were there. And that divine couple washed the feet of lord Vishnu and Laxmi with their tears of joy.

In Laxmi's mind there was just oneness, joy and supreme peace and the absence of any worldly desires. There was no existence of Sun and Moon, Day and Night, just divinity.

B ut,

mother Laxmi was speechless to say to the lord, "Where will we stay there, in that little hut?" Lord Narayan answered the question with a hidden

laugh.

"Yes, Laxmi yes, with them in that hut. When we will reach there, Laxmi; that hut will become a heavenly place on this earth for them."

When lord Vishnu reached

the hut and Laxmi opened her eyes to see; what happened in her mind was unspeakable joy and all the heavenly comforts

and Prosperous Diwali.

God Bless You All with Divine Grace. Please pray for me.



Gyani Ji,
Harbhajan Singh Sandhu
Email: GHSSandhu@gmail.com



Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

OCTOBER 2017 Programs & Events

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

Oct. 6 - 8 (Fri. - Sun.) –

Parkash Sri Guru RamDas Ji. (Actual: Oct. 7, 1534)
Mela Beed Baba Budha Ji (Thatha) (Actual: Oct 6-7)
Akhand Paath: Arambh: Friday, 10:00 AM
Bhog: Sunday, 9:00 AM

Oct. 13 - 15 (Fri. - Sun.) –

Joti Jot Sri Guru HarRai Ji (Actual: Oct 13,1661)
Gurgaddi Sri Guru HarKrishan Ji (Actual: Oct 13, 1661)
Shaheedi Bhai Sukhdev Singh Ji (Sukha) &
Bhai Harjinder Singh Ji (Jinda). (Actual: Oct 9, 1992)

Oct. 15 (Sun.) – Homeless Langar Seva. Call 602 741 8021 for more info.

Oct. 17, Kattak 1 (Tue.) – Sangrand Monthly Program. 9:30 AM – 10:30 AM.

Oct. 19 (Thur.) – Bandi Chhor Divas (1619) and Diwali. 7pm - 8:30pm: Deep Mala, Kirtan Darbar

Oct. 22 (Sun.) – Gurgaddi Sri Guru Granth Sahib Ji (Actual: Oct 21, 1708)

Oct. 27-29 (Fri. - Sun.) –

Joti Jot Sri Guru Gobind Singh Ji (Actual: Oct 25,1708)
Birthday Baba Budha Ji (Katthu Nangal) (Act.: Oct 23, 1506)
Saka Panja Sahib (Actual: Oct 30, 1922)
Birthday Bhagat Nam Dev Ji (Actual: Oct 31)
Ardas: Shaheedi Bhai Beant Singh Ji and Bhai Satwant Singh Ji
(Actual: Oct 31, 1984)

Regular Programs:

Main Kirtan Diwas on Fridays (7 PM – 9 PM) and Sundays (10 AM – 1 PM).
Morning Banis: 5:30 AM – 6:30 AM followed by ASA-DI-VAAR to 8:30 AM.
Evening Banis: 7:00 PM – 8:00 PM.
Sukhmani Sahib every Wednesday: 10:30AM - 11:30AM

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

Waheguru ji ka Khalsa! Waheguru ji ki Fateh!



Sri Guru RamDas Ji



Guru Har Gobind Ji –
Bandi Chhor



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Phone: 623-516-1413. WWW.NishkamSeva.org. NishkamSeva@yahoo.com



INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA) - LA PRINCESA



On Aug 29, 2017, the hall was all abuzz with classical flute as members greeted their friends whom they had not seen for just one week. Dr. Narayan Ojha introduced the group to Brent Pine, CFP®, CPA, President of Integrated Wealth Management, (IWM). IWM is a Scottsdale based Wealth Management firm which works with professionals, business owners and individuals who are retired or are nearing retirement. After introducing himself and his company, Brent presented Randy I. Anderson, PH.D., CRE President, Griffin Capital Asset Management Co. as a guest speaker. Dr. Anderson spoke in detail about the Griffin Institutional Access Real Estate Fund (GIREX). The GIREX fund offers diversification across public and private real estate holdings in the form of an Interval fund. The unique aspect of this offering is access to private equity managers, the same private equity managers that work with many of the largest pension plans in the country. After the presentation both Brent Pine and Dr. Anderson were available for questions on the fund and about Integrated Wealth Management. Brent and his staff from IWM will provide follow up to anyone who has questions about IWM or about the GIREX Fund. Brent may be reached at 480-663-6000. Today's luncheon was sponsored by Integrated Wealth Management which also made a charitable contribution of \$1000 to ISAA. Thanks IWM. Nearly seventy-five people enjoyed the luncheon. ISAA prayed for the safety and



quick recovery of the Hurricane victims in Texas as well as huge number of flood victims in India. The members and guests present started a cash collection to be sent to Texas as well as India. ISAA has sent donations to various natural disasters in the past.

On Sept 05, 2017, program was a dedication to late Narbadaben's 90th birthday were she alive. This was the wish of his son Rasik Mistry & his family. It was also a celebration of the Labor Day (Sept 4, 2017). "No work is insignificant, any labor that uplifts humanity has dignity and importance and should be undertaken with excellence." Dr. Martin Luther King. The first video was Ganapati Prayer followed by Amazing Mind, Grade 8-student, Crying Club, Dr. S. Swamy on India, Old songs Medley, Live Tornado, Monkey Man, and Amazing Artist. In the prayer tribute- Narbadaben was remembered as a happy, kind, and warm lady. May her soul rest in peace. Thanks to Rasik & family for sponsoring the luncheon. Punam Singh introduced herself and her 24 Hour Home Health services. (623-738-5766).

On Sept 12, 2017, it was a day

full of fun festivities celebrating sixth anniversary of ISAA. Today began a historic start of the seventh year. With prayers to Lord Ganesh, the program got underway with the highlights of our fifth anniversary memories. Two main items were Ghoomer dance from Rajasthan choreographed by Sarojben Amin. The other offering of "Kala Chasma" on the floor was managed by Meena Sharma. Participants did a fantastic job with minimum preparation. The hall was full of clapping. Thanks to Chandler group-particularly Lataben, Renukaben and Dakshaben for their help in decorations. The group continued to have garba dance with many participants from the floor. The sponsors today were BakulabenTanna and her family. The enthusiastic crowd of over eighty members and guests enjoyed the treat. All present remembered the victims and sufferers of the terrorist attack (9/11) effecting nationals from sixty two countries. It was really nice to see Minaxiben and Kanubhai among the guests at the hall.

On Sept 19, 2017, Jitubhai, showed the beautiful dances performed last week by the ladies on the

1. Jitubhai Amin Family sponsored the food on Sept. 19th 2. Diwali Special preparations meeting in progress 3. Kalachashma dance performers celebrating 6th ISAA Anniversary 4. Bakulaben Tanna Family and Friends sponsoring the Sept. 12th luncheon Bakulaben Tanna's Family and friends sponsored the luncheon on 5. Rasik & Bhavini sponsored the lunch on Sept. 5th 6. ISAA making collection for the Flood victims in USA & India 7. Guests from Integrated Wealth Management

occasion of ISAA's sixth anniversary. It was significant that both dances were produced with almost no or very little preparation. Thanks to Sarojben and Meena Sharma for their quick hard work and talented leaderships. This showed that the group has potential for wonders with good planning ahead and work hard with dedication. The video clips included- Shashi Tharoor, Jindagi Jeeni hai, and Pankh hote to ud aati main. Some time was spent practicing "Dandiya Raas" for next week under the guidance of Prafulbhai. The sponsors today were Sarojben and Jitubhai Amin. Jitubhai briefly described the hacking of Equifax data effecting over 143 million subscribers. One should follow up and apply for protection coverage offered by Equifax.



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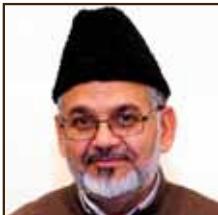
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Phone : (714) 637-6370
Fax : (714) 637-2744
E-mail : info@mylotuswellness.com

Muslims offered Eid al-Adha Prayers at Bait ul Jamay Mosque in Glen Ellyn

Riyaz Ahmed, Chicago

"Our condolences, sympathy and prayers are with the victims of Hurricane Harvey" said Imam Shamshad Nasir of Bait ul Jamay Mosque of Ahmadiyya Muslim Community at Glen Ellyn, Chicaggo



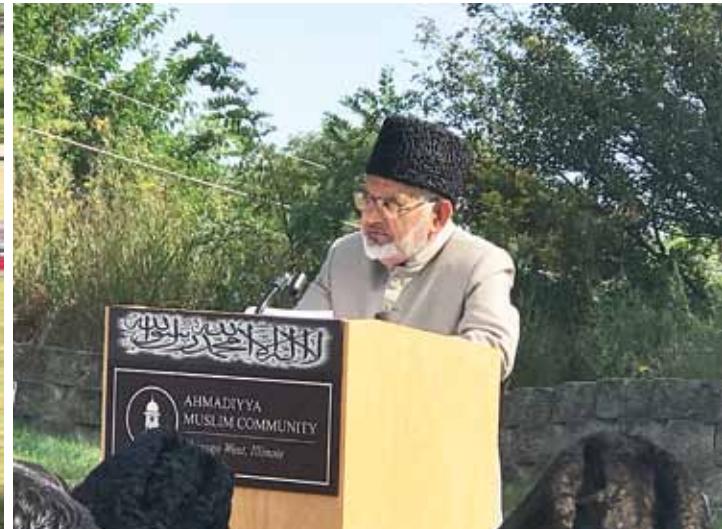
by Imam Shamshad
A. Nasir
(Baitul Hameed Mosque – Chino)

Members of the Ahmadiyya Muslim Community celebrated Eid al-adha and offered Prayers on Friday, September 1st at Bait ul Jamay Mosque's open area in Glen Ellyn.

In his Eid Sermon, Imam Shamshad Nasir expressed his condolences, sympathy and prayers to victims of Hurricane Harvey and requested the members of Ahmadiyya Community to help the victims through Humanity First which is an International Charitable Trust of Ahmadiyya Muslim Community.

He then emphasized the significance of Eid al-adha festival to the congregation by narrating the incident of how Prophet Ibrahim peace be on him was ready to sacrifice his son in the cause of God Almighty and how his son Prophet Ismail was ready to obey his Father.

He urged all the parents to follow the footsteps of Prophet Ibrahim by upbringing their children in a manner which will be beneficial for the Community and the Society at large. He



also advised the Children to obey their Parents by following the footsteps of Prophet Ismail and to be attached with the Mosque and Community as well.

Imam Shamshad also said that we should remove misunderstandings about Islam in the society and follow

the true Teachings of Islam in words and spirit.

All the members then wished Eid Mubarak in the traditional Islamic way by hugging each others.

Imam Shamshad Nasir
Masjid Baet-ul-Jaamay

2 S 510 IL Rte 53
Glen Ellyn, IL. 60137
Work Phone: 630-790-4100
Fax : 630-793-4100
Cell Phone : 909-636-8332
Shamshadanasir@gmail.com

Imam Shamshad A. Nasir's New Appointment in Detroit Michigan

Imam Shamshad A. Nasir, Midwest region Missionary stationed in Chicago Glen Ellyn of Ahmadiyya Muslim Community has been appointed as the Regional Missionary in Detroit. He will proceed to Detroit to take over the new responsibility in the second week of October. He is replaced by Imam Muhammad Hanjra, who is a Missionary in Chino, California. Imam Shamshad A. Nasir arrived in Chicago in June 2014 and served in the region for more than three years. During his stay, he served the community with great zeal and devotion. He will be immensely missed throughout the mid-west region.

Imam Muhammad Zafrullah Hanjra is arriving in Chicago in the first week of October 2017. He has vast experience in serving the community as well.. We welcome him to the Midwest region

and pray for his wonderful and successful stay.

Imam Shamshad A. Nasir devoted his life to serving Islam in 1973 and after graduating from Jamia Ahmadiyya Rabwah, he has worked in many parts of the world to spread the message of peace, love, and the true teachings of Islam Ahmadiyyat. Over the last 44 years, Imam Shamshad has served in Pakistan, Ghana, Sierra Leone (West Africa) and the United States. Imam Shamshad has been an Imam and missionary in the U.S. for more than thirty years. In the past, he has served in Houston (Texas), Dayton (Ohio), and California. He has also served in the National Headquarters for eight years in Silver Spring, Maryland.

Throughout his service of the Faith, he has continuously promoted the cause of peace through interfaith



Imam Shamshad
A. Nasir



Imam Zafrullah
Hanjra

dialogs, peace symposiums and humanitarian and civic outreach, and by engaging in the free exchange of ideas in the available media. He is a prolific speaker and an experienced writer on spiritual, interfaith and secular issues. His passion for spreading the message of peace and love have earned

him great respect and honor especially among the religious communities in the USA. He is also a regular contributor to many Urdu, English and Arabic newspapers. His articles have been printed in numerous religious and non-religious publications as far away as Europe, South Asia, and Africa. He has published articles in more than 27 national and international newspapers and magazines.

His services to the community are commendable. He is among the founding fathers of the Masroor Academy Chicago, First Ahmadiyya Muslim Elementary School in the United States of America. He is well-known for his scholarly knowledge of Islam and for building bridges of understanding, cooperation, and friendship between Ahmadiyya Islam and other faith-based communities.

IACRF celebrates Navratri and Ganesh Chaturthi



Report By: Ramu Ramakesavan and Dr. Prakash Kotecha

During the month seniors had privilege to enjoy two festivals; Ganesh Chaturthi first and then Navratri. All our seniors are back in sunny Arizona! With all the Hurricanes and flooding in Texas, Florida and the Caribbean, our state is a safe haven for all of us. Fall is full of festivities at the Ekta Mandir and the Community Center. The seniors are now looking forward to everybody's favorite festival, Diwali.

Memorable Events: Navratri

Navaratri was celebrated on September 21st with full gusto - in Senior Style. Mataji were installed, Garba music was filling the Hall and members enjoyed Garba and Dandiya Rass. Thanks to Lalithbai, Meenaben, Jayaben, Vinod Shah, Deviben and others to set up everything and lead the activities.

Ganesh Chaturthi:

Prakash Deshmukh being an active organizer of the Ganesh Chaturthi at the Ekta Mandir, the seniors had front row seats. We enjoyed the week-long festivities including the Visarjan of a dozen or more Ganesh moorhtys at the temple pond on the last day. Pushpa Deshmukh enlightened the seniors on the meaning of the Ganesh Stuti sung during the festival and with specially made Modaks.

It was nice to see all the seniors back in town. Manubhai/Sharadaben and Meenaben/Ramanbhai Bhavsar returned after several months; Charan/RajinderChabra, Neeru/Subash Sood, Prakash/Meena Kotecha, Davinder Kaur, Amrita/Balbir Khurana, Kishorebhai/Taraben, Bhagubhai/Jayaben and Venkat Mukku returned after a long hiatus. Jon/ Doris Banks returned after their extensive travel in Northwest USA. Even Prem/Krishna Lahoti who were marooned in Houston have returned to dry land. It is a full house at the Thursday get-togethers! The Monday meetings have resumed since the beginning of month of September.

The Chair Stretch Exercises, Table Tennis and Card game have become the staple activities for the

seniors. With Bhajans and Anthakshari on the first and third Thursdays to compliment it, we have a very attractive list of activities for every taste not to mention women folks' favorite Lunch cooking!

Dr. Prakash Kotecha, our resident Health Promoter doctor, told us a little secret about our heart. It pumps 2000 gallons of blood and it beats over 100,000 times every day even at rest! He advised us to live an active and healthy lifestyle (not be couch potatoes) to keep the heart going strong for years to come.

We had four new members in the Senior Group: Varsha Javia, Vijaya/Sekhar Babu, Noshir Hansotia. Welcome aboard!

Lunch Sponsors:

Kamini and Jayesh Shah sponsored a South Indian meal with idlis/vada/upma to celebrate her 60th birthday. Manjuben and Sharadaben/Manubhai cooked a traditional meal with kheer and modak on the week of Ganesh Chaturti. Brinda/Kumar catered a nice lunch with cake and Halwa for Kumar's birthday, there was a large contingent of their family members to celebrate. Finally, Mohan/Neela treated us to a pizza/salad lunch on their 51st wedding anniversary. Meena/Prakash sponsored lunch on Navratri celebration day, consisting of Khir, Sukhadai, Bhakervadi, etc. We celebrated Meena's birthday and wished her a long happy life.

Member News:

Ramaben Patel, one of our Senior Group leader from the past, who is now in Florida had a successful knee replacement surgery and is at home undergoing physiotherapy as part of recovery. Mahendrabhai Dave has recovered well and is back home with his son. Umaben Shah is waiting to recover her strength before a second stent is implanted. Ranga Sarangan has almost completed near isolation period after Kidney transplant and we look forward for him to start attending our gatherings. Usha Gautham is in India because her beloved father passed away unexpectedly. Our condolences to Usha

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 Devania Tel: 602-708-0733.



WHY IT IS GOOD TO EXERCISE

It is good to exercise because it makes us **HEALTHIER!** There are 2 different ways to exercise – one is physical exercise and the second is mental exercise.

Physical exercise is where you exercise the body. It makes the body stronger, flexible and more energetic. It also gives the body more oxygen, which is needed for better functioning of the body. Here are different activities you can do for physical exercise – yoga, sports, gymnastics, running, stretching, etc.

Mental exercise is where you exercise the mind. It makes the mind sharper, focused and helps us keep calm. Here are different activities you can do for mental exercise –

meditation, puzzles, memory games, tests/quizzes, etc. Here's a fun game – on a piece of paper write the word EXERCISE horizontally. For each letter of the word, write a word that describes exercise. I will do the first one and you can do the rest.

E = Energy
X =
E =
R =
C =
I =
S =
E =



-Rima Desai

rimadesai28@gmail.com

Life, An interface between Our Joys and Problems

"Talking about our problems is our greatest addiction. Break the habit. Talk about your joys."

— Rita Schiano

Life without problems of any kind is improbable. Our attitude plays a key role in handling these so called problems. It's human nature to talk or think more about problems instead of joys.

Talking or thinking less about problems keeps negative thoughts from overpowering the mind. Always talking about problems makes a person sound negative. People would be less interested in talking to that person. Not only this, the person will surely sound miserable to other people if one only talks about problems. And certainly it wouldn't make a person fun or pleasant to be around.

Talking /thinking more about joys makes one happy, spreads positivity, and makes a person feel better not only physically but mentally too. Talking about joys doesn't always mean you should just forget about the problem; it's plainly how a person handles it. I would like to share my own example, Every single evening on way back to home from work my biggest concern used to be : I have to go home and cook dinner, on top of that what to cook? My entire drive used to be a bleak interpersonal conflict which leads me to emotional stress conquering my evenings. I have had a talk with my husband and we both came up with a plan. Instead of going out for a dinner on weekend we decided to go for dinner on a mid-week day. And for remaining days of the week we built a menu together for each day. Honestly it's been working great and I don't spend my time thinking about this frivolous problem anymore. There are several daily issues we consider as problems, but they can be resolved with a plan. Talking / thinking about problems without a plan will only makes one more stressful. Another example that I would like to share is every day when I and my husband get home we used to talk for hours about all the negativities such as incidents, colleagues, employer, people on the road, traffic, system and on and on.....Soon we realized feeding problems with rage is not pleasant. Moreover, it's increasing our discomfort by making the problem bigger. We mutually decided every evening we will talk about at least one joy or positive thing that has happened to us that day. This practice makes us feel much better.

Talking joys only, doesn't mean a person has to stop wording the problem, but instead make a cognizant effort to reposition the spotlight. It's really important for us to understand that we all have problems. Negative things occur and happen and they heal. Health and well-being are the most crucial things. Administering the problems with an adequate plan is a skill which is needed to live calm and stress free life.

I am sure orienting our life to the positive and joyous side of things will bring peace in our busy lives and hectic schedules. Eventually, we will notice how, little by little, many walls are broken and we feel fulfilled, happy.

"Find Joy in the Ordinary"- Max Lucado
Keep celebrating joys and be safe!

-Dr.Nidhi Gupta
Educator



Thick is in: Show some love to your eyebrows, grow them out

If you thought the only eye makeup you had to focus on was the signature liner, a swipe of kohl on the waterline and maybe a pair of faux lashes, think again! Power brows can make or break your beauty game, and it's time you pay them some attention.

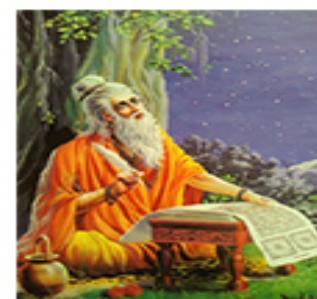


Comeback of the bold brows: Over-styled and over-groomed brows are out of fashion ladies, in case you are still following the caterpillar-thin brow route. English model-actor Cara Delevingne has been monumental in bringing back the thick-browed look and celebs have jumped on the bandwagon in full-force. Even our Bollywood ladies have not shied away from sporting eyebrows that frame the face perfectly, without looking painfully thin and forcefully arched.

Adding volume: Apart from your salon appointment, eyebrows also need their own home care regime and product space in your vanity case. Not all of us have bushy brows to start with, so the use of filler makeup that makes them look thicker and more luscious are also vital. "Use a brow shadow to fill in the eyebrows. With an angular brush, apply the shadow on and around the brows, without straying too far from the natural hair line. With an eyebrow pencil, give shape, and for voluminous look, use mascara over the eyebrows," says makeup expert Kanikka Gauraav Tandon.

Oil therapy and tricks: Your eyebrows need daily care too, which in turn helps in better growth and avoids dryness or flakiness. "Every morning after you bathe, when the brows are wet, comb the hair with an angular brush to give them adequate shape. You can also try massaging your brows with olive oil every night before bed to turn them darker and thicker with time," says beauty expert Bharti Taneja. "To thicken the eyebrows, the best way is to dip the eyebrow pencil in desi ghee/olive oil/castor oil and apply over the brows daily. Massaging the brows with the pulp of aloe vera plant every alternate day also helps," adds Tandon.

||Sri LakshmiNarsimha Vijayate||



Sri ChatrapatiGovinda Guruji
ASTROLOGER, VAASTU CONSULTANT & SPIRITUAL COUNSELOR
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He can guide you through problems you may have in your life with
solutions and remedies that he has are from Vedic text Bhrugu Samhita

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Deepavali Celebration

Thursday, October 19, 2017

Wish you all a Very Happy Deepavali in advance.

Dear Devotees,

With the Blessings of His Holiness Sri Sri Sugunendra Theertha Swamiji. Udupi Sri Puthige Math, We are glad to announce the programs of Deepavali Function at Sri Venkata Krishna Kshetra Temple, 615 S Beck Ave, Tempe, AZ 85281.

Special poojas are as follows:

Wednesday, October 18, 2017

Naraka Chaturdashi – Tailaabhyanga – Moonrise – 05:24 am

Thursday, October 19, 2017

Deepavali Amavasya

8:00 AM: Abhishekam to Goddess Sri Maha Lakshmi.

7:00 PM: Dhana Lakshmi Pooja followed by Lakshmi Kumkuma Archana.

8:00 PM: Special Deepotsava Pooja For Lord Sri Venkateshwara

Friday, October 20, 2017

Bali Padya : Karthika Maasa - Thulasi Sankeerthana - Pooja Aarambha

Wednesday November 1, 2017

Uttana Dwadashi – Ksheerabhdhi Pooja – Tulasi Kalyana

All are requested to participate in these Special poojas and obtain the Blessings of the Lord.

- SVK Temple

How to make Apple Halwa

Apple Halwa is a traditional North Indian recipe and is a flavourful sweet dish that you can make for festivals like Navratri. This popular dessert recipe is made of apple, milk and dry fruits and is truly delicious and healthy. Kids would also love to gorge on this lip-smacking sweet dish. Try out this easy and quick recipe!

Ingredients of Apple Halwa

- 1 cup grated apple
- 2 teaspoon Milk powder
- 1 teaspoon ghee
- 1 teaspoon powdered green cardamom
- 1 handful cashews
- 1 cup milk
- 1/2 cup sugar
- 1 handful saffron
- 1 handful almonds
- 1 handful pistachios

How to make

Step 1

For preparing this amazing halwa, wash the apples and grate them in a bowl. To avoid discolouration, transfer the grated apples immediately in the milk.

Step 2

Put a kadhai on low-medium flame and add ghee in it. When it starts melting, add the milk and apple mixture in it along with saffron and bring it to a boil.

Step 3

The milk will start curdling due to the sourness of the apple. Continue stirring the mixture.

Step 4

When the apple and milk mixture becomes dry, add sugar in it and stir continuously to avoid forming lumps.

Step 5

When the halwa starts leaving the sides of the kadhai, add milk powder in it along with cardamom powder. Stir it continuously.

Step 6

When the whole milk has dried up, remove it from kadai and transfer the halwa in a bowl. Garnish with dry fruits. Serve hot.



5 Foods that cause grey hair

1. Curing grey hair naturally!

Getting grey hair is normal but if this happens before we hit 30s, it is annoying. Age and genetics play a key role in the graying of hair.

There are many other causes like smoking, unhealthy lifestyle that result in premature whitening of hair.

Diet also plays a very important role in the health of your mane. Good nutrition is a must to prevent grey hair from growing. Below is the list of five foods you should avoid if you want to prevent premature graying as these are dangerous for your lustrous locks.

2. Sugar

Sugar can make our hair turn grey because of its aging effect. There are a lot of foods that contain sugar that you should avoid



such as sweets, junk food and soft drinks. Vitamin E is essential for healthy hair growth, sugar can lower the amount of Vitamin E in the body. Sugar also interferes with the absorption of protein in the body which is necessary for the structure of hair, teeth and bone.

3. Soft drinks

Apart from sugar, soft drinks are loaded with artificial sweeteners and colours. Consuming soda daily, will make us fat and cause teeth decay as high amount of sugar is present in it. Soft drinks are also one of the main causes of gray hair.

4. Salt

According to experts, salt should be consumed moderately. Taking more than 2300 mg of sodium a day is unhealthy. Sodium is important to ensure you have the right balance of fluids in the body. Over consumption of salt can cause grey hair, high blood pressure and chronic kidney disease.

5. High animal protein

Consuming animal protein excessively in the form of meat can lead to premature graying of hair. The human digestive system isn't capable of digesting certain animal proteins, and they directly get converted into uric acid. Excess production of uric acid can cause grey hair.

6. Artificial colour and sweeteners

Avoid foods that contain artificial colours and sweeteners. Artificial sweeteners are man-made and unnatural and cause serious health issues like allergies, migraines and also cause premature graying of hair.





DIWALI MELA PROGRAMS:

Tuesday, October 17, 2017 - DhanTeras 6:00PM

Coin & Dhanvantari Puja (Silver Coins of Lakshmi & Ganesh available for Purchase).

Donation \$31 (includes coin). Followed by Aarti & Prasad.

Wednesday, October 18 & Thursday, October 19, 2017 - Diwali Lakshmi Puja

Dhan Lakshmi Puja at 6:00 PM, Ganesh ji, Laksni Puja & Chopda Pujan from 7:00 PM to 8:00 PM

Maha Arti 8 PM followed by Spectacular Fireworks.

Naraka Chaturdashi.

Thursday, October 19, 2017 - Light UNITY LAMP at 7:00PM

Light UNITY LAMP at Ekta Mandir. Fire Works @ 8:30 PM

Friday, October 20, 2017 - Nutan Varsh / Govardhan Puja

Mangala Darshan & Aarti 7:00 AM. Annakut & Govardhan Puja 6:00 PM (Bring Annakut Offering by 6:30 PM)

Saturday, October 21, 2017 -Bhaiya Dhuj

Yam and Yamunaji Puja 6:00 PM & Brother/ Sister Bhojan 7:40 PM

PLEASE SPONSOR:

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Annakut

Mithai Sale by Youth
Food and Business Booths
Temple Illumination and
Decoration

Please Contact us to participate in Diwali Mela, Cultural Programs, Business Booths and Food Booths, Non Profit Booths and other information

CONTACT

Subhash Thathi : 480 797 0625
Dhirendra Patel : 928 713 5757
Gautam Shah : 602 750 5122
Mahesh Shah : 480 544 9438
Sudhir Kalra : 623 414 8248
Madhusudan Bhakta : 623 826 3972
Venkatesh Gurumurthy : 480 381 9976

Abridged The Medical Profession Demands Life

Physicians trained in modern Western allopathic medicine in India can easily be divided into two categories. One group is that of academicians consisting of teachers and professors affiliated with medical schools and universities. These physicians try to maintain their skills and keep up with the latest medical and scientific developments simply because they have no choice in the matter. It is part of their job to seek out and impart new knowledge to their students. If they are unable to keep up with the latest developments and methods of treatment by reading medical journals and participating in online training, they could not continue teaching medicine and thus lose their livelihood.

The second group is that of general private medical practitioners that are fairly familiar to many of us who had spent part of their adulthood in India prior to the departure for the West. Many of these medical practitioners after receiving a medical degree either as a graduate or post-graduate would often start to believe that everything worth knowing has been learnt and there is no need to continue further studies. The books were left to collect dust in the closets. Opening them after having been through medical school and earning their degrees didn't appeal to them anymore. In their minds, keeping up with new technology or information not closely relevant to what they could utilize in their individual day to day practice, was considered non-essential and not worth spending time.

From a business perspective, the stiff competition from truckloads of untrained pseudo-doctors, quacks, Vaidas and Hakeems dotting the landscape of India, plentiful in every nook and cranny, did not allow the trained physicians to spend time improving their skills. They had to work hard to make a living and no time was left for such activities. The unscrupulous untrained practitioners did not hesitate to exploit pseudo-religious beliefs of their illiterate patients in mesmerizing and attracting them. A trained medical professional, having burnt midnight oil many nights, year after year, going through many years of schooling and spending exorbitant amounts of money, was always at the receiving end with this uneven competition.

The pseudo-doctors, on the other hand, ventured into treating all kinds of sick people by simply putting a sign with a prefix of Dr. in front and RMP (Registered Medical Practitioner)

behind their names. Anyone willing to take a chance could set up a shop under the title of RMP, especially in small, remote villages and towns. Pharmacists, chemists, quacks, pseudo-religious saints and sages, and any elderly individual with grey hair who might have learnt a bit about the concoction of potions, mixtures, blends and home remedies from his elders could begin dispensing and start treating people.

These untrained persons neither paid stacks of money to attend formal medical schools nor did they spend countless days and nights seeking formal medical education. They did not go through lengthy periods of training and did not read tons of books. Never did they attempt to review the latest medical journals nor even tried to train in the latest technology. Rather, their good social skills, of which they had plenty, and aggressive advertising, were all the tools they had which came in handy in fooling the innocent people so as to attract them for trapping in their lengthy tentacles.

Our dependence upon rituals, beliefs in pseudo-religious teachers, and unfailing respect for grey-haired elderly were all compelling reasons to listen and follow their advice for whatever it was worth. A highly trained individual with full medical knowledge and understanding of the latest innovative technologies could not stand a chance in life if he or she were lacking the social skills necessary to impress the public with lengthy talks sprinkled with semi-religious advice. Yet, it is well-known that new scientific developments and discoveries in the field of medicine are so frequent and so common that not staying current with the latest developments causes injustice to patients and leaves a practitioner of medicine far behind and backward.

Obviously, there never was and nor will there ever be any dearth of patients in countries like India, simply because the production of babies in the Eastern world has always been full scale, plenty and without interruptions. A lack of awareness about the importance of hygiene and good nutrition, as well as an absence of interest in systematic physical exercises are all risk factors in causing plentiful illnesses among our people.

When one adds limited resources to a prolonged rainy season with its attendant disease-spreading mosquitoes and other insects, the

situation turns perfect for the rampant spread of infectious diseases among the masses of people. Long queues of patients eagerly waiting on the doorstep of these pseudo-doctors was and still is a common scene back home. These patients are not necessarily an uneducated lot from remote rural areas; rather, some are from well off and educated segments of the society; for after all the diseases do not discriminate when choosing their victims.

Let us turn the page now.

Fortunately most of the providers in the U.S.A. have no choice in this matter and are fully aware that they must keep themselves abreast of, and learn the latest advances and technologies, not only to sharpen their skills but also to withstand the high pressure of this profession. They know that should they falter and not keep up, they will not only have no patients, but the malpractice attorneys waiting at every step of the way will pounce upon them in a blink of an eye turning their lives and careers upside down. In order to be competitive with the native-born physicians who have been through local medical schools, the Indian subcontinent physicians, after settling here in the West, do their best not to lag behind. They take aggressive initiatives to learn more about technology, education, and research in order to climb the pinnacle of success, perhaps even more than they would have otherwise done back home. In good number of situations, save some exceptions here and there, Indian physicians often earn the distinction of being some of the best here in the West, not only from their colleagues, but also from their patients.

With the growth of the Internet, all kinds of information about health issues or various disease entities is now readily available to anyone with the touch of a fingertip, be that a lay person or a professor of medicine. One doesn't need a college degree to stay informed about their health, as well as to find out possible remedies to their ailments. All it needs is a bit of research on Internet prior to visiting their physicians (although their knowledge may require some fine tuning by their medical providers). They typically keep their eyes and ears open, even more than their physicians who may or may not be up on the latest research.

Unfortunately, there are physicians in the West also, who, in view of their excessive lure for dollars keep themselves entangled in money-making efforts, not bothering to further



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

their knowledge beyond those minimum prescribed CME hours. Too much socializing and partying, sometimes day in and day out, and staying drowned in booze and play, wouldn't leave any time to study or learn new skills. But it is encouraging to note that patients themselves have not remained passive spectators anymore and are often armed fully with knowledge about their health and sickness.

The world is rapidly changing and so is India. With the onslaught of privatization in healthcare, many state-of-the-art facilities are sprouting all over. A good number of physicians and surgeons staffing these new private facilities are trained in the West and, as such, are well familiar with the Western system that requires continuous training and education. The general public, including a common man of India, now definitely has a broader horizon thanks to various easily available means. With multiple international channels broadcasting frequent programs about maintaining health and preventing illness, the people, especially the residents in metros as well as mid-sized towns and cities, much akin to the people of the West, are well-equipped to understand what goes in their bodies and what their medical needs are. People are also fairly well-informed about how to use this quickly advancing technology to their advantage.

Simply put, the dark clouds of ignorance seem to be dissipating steadily and the rays of knowledge have started to shine and penetrate, bringing enlightenment and hope through awareness. Fortunately, all this is proving more helpful in providing the patients with choices and useful information about their health as well as the disease prevention.

*Adapted and abridged from "Western Mirror, Eastern Reflections", the latest fourth book of the author. Earlier books include 1. Square Pegs, Round Holes; 2. One Coin Two Sides; 3. Sikhism: Perspective of a Sikh Living Abroad.



Durga Navarathri Celebrations in the SVK temple

Ashok Chandrasekhar

Navarathri or the 9 nights of prayer leading to the eventual victory of good over evil is one of most important festival in the Hindu Culture, though there are some regional variances in the way it is celebrated. In Bengal and in the Northeast, it is Durga Puja. In Karnataka, it is called Dasara, where Durga in the form of Chamundeshwari slays the demon Mahishasura. This festival is the celebration of Devi, the divine mother.

In the Sri Venkata Krishnan Kshetra (SVK) temple, we celebrate Navarathi in the traditional way with great reverence and devotion and in consonance with our customs. Our preparatory work this year as in previous years began with a thorough cleaning of our temple and putting up of the BommaGolu or Bombe-Habba (alsoor the court of toys or the doll festival). This is a tradition where the dolls are displayed on a series of steps. The significance of this is that we are calling Devi come in and reside in the Golu and release Shakti which will bless everyone. In our temple it is a community effort, with volunteers from the community who help put up the steps and arrange the dolls. This is very popular attraction in the temple and many visitors, especially children were so enthralled that they did not want to leave. We began this tradition a few years back and look forward to continued support to for these activities.



The Main Navaratri festival began on Wednesday the 20th (Prathama tithi or first day). This year due to the planetary alignment, Navarati went on for 10 nights, which is unusual. We had abshikaa every day to Devi in the morning. In this season, Devi is worshiped as tri-Shakti or para Shakti. The first three days are devoted to Durga, the next three days to Lakshmi and the last three days to Sarastwati., culminating with the last day Vijay Dasami. On the day of Saraswati puja, we had in addition display of the veena in order to pray for skills in the arts. On each day the vigraha (idol) of devi was decked in a new saree donated by devotees and puja was done in our

traditional style with full abshheka (bathing the vigraha with water and other items). (Devotees are encouraged to contact us if they wish to sponsor the saree next year.) Devotees chanted different stotras and often recited the Lalitha Sharsnamam. We had visitors coming in throughout the day to get the blessing of Devi.

Vijaya Dasami was celebrated on September 30th with a whole set of programs. We began the day with Akshara Abayasa or VidayAramabam. Vijay Dasami is the day when we start new ventures and activities, and it is tradition that young children (2-3 years old) begin formal education on that day. Over 40 families participated in this

ceremony with their young children. This was followed by the special abhisheka for Devi in the morning. We had two special Archana's for Durga in the evening and there was community recitation of Lalitha Sharsnamam and Mahishasura Mardini. We also had a community car puja.

One of the hallmarks of Navaratri is that in addition to prayer we celebrate the arts (Sarawati is the patron Goddess of the arts) and we had a whole slate of cultural events including music and dance. Many members of the local community showcased their talent and many of them were the young and budding artists.

We had singers, instrumental and a variety of

dance types. The cultural programs were very well attended.

Even though we had very large number of devotees visiting our temple during this period, we did not waver from our tradition of serving free mahaprasada both in the afternoon and the evening. (The mahaprasada is cooked by our own priests and is served daily).

On Vijaya Dasami day we had such massive crowds but with the help of volunteers and understanding public, we were able to satisfy the religious and cultural needs of our community. We are very open and welcome everyone to come to our temple and benefit from the serenity.

Real Estate News of Arizona - October 2017

By Aartie Aiyer

Hello Friends,

Wishing all my readers a very Happy Diwali and a Prosperous New Year! This time of the year is a joyous and celebratory season with a number of festivals and Diwali being one of the most significant festivals for hindus all over the world. Let this festival of lights bring you joy, health and wealth in your lives. With that, lets look at how the valley real estate performing in this festive season-

Last month STAT projected a median sales price for August of \$242,000. The actual median sales price was \$245,000, missing the mark by 1.2%.

Looking ahead to September, the ARMLS Pending Price Index anticipates

the median sales price will fall in September, projecting a median sales price of \$239,900. Though, median price will be lower in September but not that much..It's not unusual for the median sales price to fluctuate downwards in the fall months as seasonal patterns take hold. Sales volume in August was 8,113, roughly 3.4% higher than the 2016 total of 7,843. Sales volume for the first 5 months of 2017 was 7.6% higher than 2016, with 65,147 sales in 2017 compared to 60,564 for the first 8months of 2016. We begin September with 6,203 pending contracts, 3,581 UCB listings and 521 CCBS giving us a total of 10,305 residential listings practically under contract. This compares to 10,498 of the same type of listings one year ago. Even with fewer "pending" listings this year compared to last, September sales may be higher than the volume of 2016.

As we see foreclosures are rising little bit, its due to HOA dues, the law

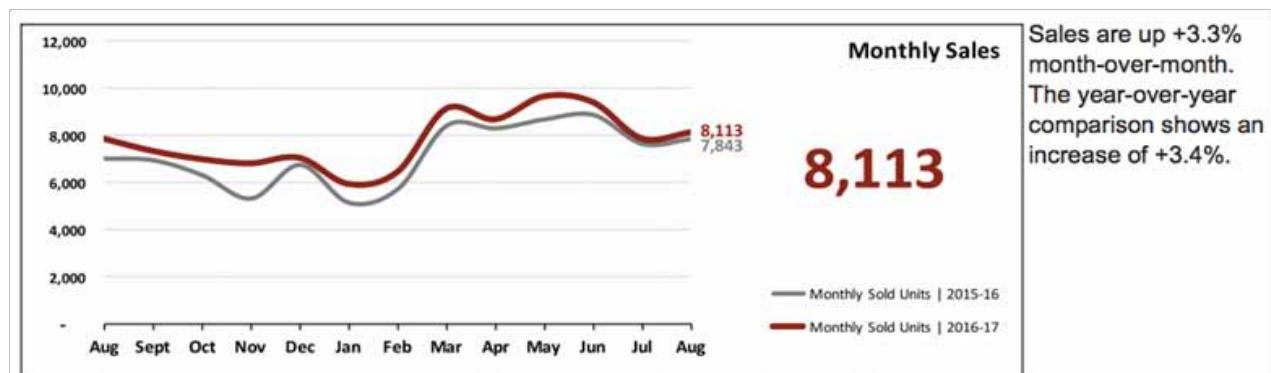
Camelback Road and Central Avenue, the heart of Phoenix's uptown area is now the Valley's most popular intersection, according to a new poll among real estate and growth experts. Urban Land Institute Arizona members recently voted the central Phoenix spot the "hottest intersection" in metro Phoenix. It beats out Phoenix's Camelback and 24th Street, an area that garnered the title the last time the group vote. It's the only intersection in the entire Valley with four historic neighborhoods surrounding it. A boom and bust, light rail and a move toward an urban lifestyle by more Valley residents have shifted our growth. Restaurants like Postino, Windsor and Federal Pizza, around Camelback and Central are there past few years.

Downtown Tempe's Mill Avenue and Rio Salado Parkway was voted too, in the hot intersection contest. The popular urban hub moved from third a decade ago. Tempe led the nation for filling existing office space with tech firms from 2014-16

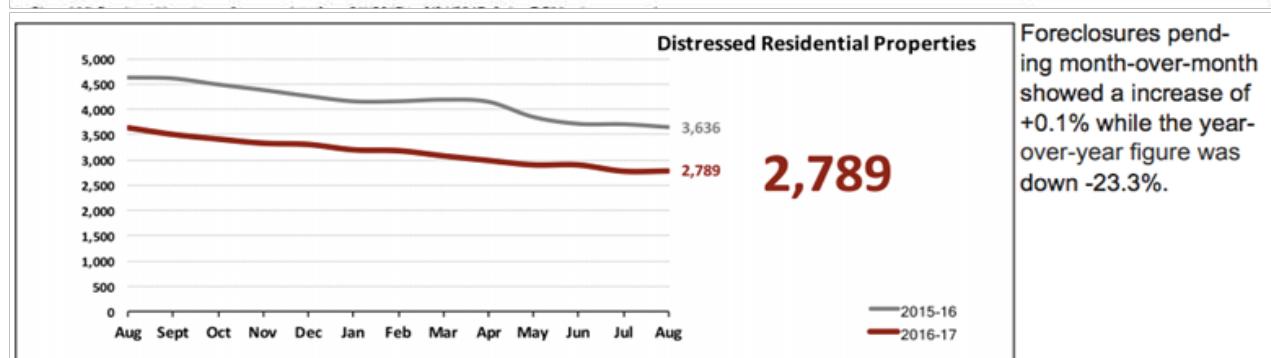
Scottsdale and Camelback roads came in the list too, as there are multiple hot retail areas.

Chandler's bustling Arizona Avenue and Chandler Boulevard tied for fourth. Danny Plapp of LGE Design Build pitched the area for its \$70,000 median household income, office space, new apartments and jobs. "A younger, richer and hipper generation wants to live in new suburbs like Chandler," he told the crowd. "Just look at San Tan Brewery's sales at this intersection."

Phoenix's 24th Street and Camelback intersection tied for fourth. The area is still a hot spot of offices, hotels, shopping and eateries but has a lot more



Sales are up +3.3% month-over-month. The year-over-year comparison shows an increase of +3.4%.



Foreclosures pending month-over-month showed a increase of +0.1% while the year-over-year figure was down -23.3%.

competition now.

The Scottsdale Road and Greenway Hayden Loop area, near the city's popular airport did make the in the list. Casey, Scottsdale economic development director, said there are often celebrity sightings at the airport and in the area. The intersection didn't make the list the last time. Downtown Phoenix's Central Avenue and Roosevelt Street has recently emerged as a hub for new apartments, condos, cool restaurants, historic renovations and light rail. Washington Street and Central in the heart of downtown Phoenix has many new highrises attracting more residents and offices. ASU's downtown Phoenix expansion is helping. Gilbert Road and Vaughn Avenue in restaurantrich downtown Gilbert came didn't make the previous list.

Phoenix's 44th Street and Camelback intersection made the list too.

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

- Total Sales for Single Family, Town-home, Condos, for August are 7,156 whereas July were 6,920 and June was 8,292
- The Active listings for Single Family, Town-home, Condos, for August are 17,337 whereas July were 17,662 and June was 18,406
- Pending sales for Single Family, Town-home, Condos, for August are 5,815 whereas, July were 5,722 and June was 6,329

The total home sales by financing were-

Cash Sales - 1,404

Conventional - 3,970

FHA - 1,202

VA- 523

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

- Total Sales for Single Family, Town-homes, Condos, for August are 678 whereas July were 720 and June was 854
- The Active listings for Single Family, Town-homes, Condos, for August are 1,790 whereas July were 1,782 and June was 1,801
- Pending sales for Single Family, Town-homes, Condos, for August are 656 whereas July were 608 and June was 676

Let's take peek in commercial side-

Arizona Mining has leased 14,500 square feet at the Fort Lowell Professional Offices building located in Tucson. The 14,500squarefeet single tenant office building was constructed in 2006 on a 40,000square-foot lot in the Central Tucson/

Western Wealth Capital, a British Columbiabased firm, acquired the Marble Creek apartment complex in Phoenixfrom a private investor. The 206,080square-foot multifamily community is made up of 244 units on a 9.7-acre lot in Maricopa County. It features a fitness center, on-site laundry, sauna and swimming pool.

Consumer Cellular leased the entire 163,607squarefoot office building locatedin Phoenix. Built in 1987, the single-story office building is situated on an 11.5-acre parcel in the Deer Valley / Airport submarket of Maricopa County, within the I-17 Office Center business park.

Leading outdoor advertising firm Outfront Media, formerly CBS Outdoor, leased 13,187 square feet in the Biltmore Center I building locatedin Phoenix. The 211,624squarefoot office building is situated on a 2.7-acres.

Epic Real Estate Partners has purchased the Ventana Village Shopping Center in Tucson from Westwood Financial Corp. The 110,116squarefoot neighborhood center is anchored by Bashas's Supermarket and is situated on 11.9 acres.

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@artiayyer.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-gen, Realty times, azcentral, wall street journal.



Judwaa 2 movie review: Sense is not its strong point but Varun Dhawan is Salman Khan 2.0

In Judwaa 2, Varun Dhawan plays the roles of Raja and Prem, like Salman Khan in Judwaa, but Taapsee and Jacqueline aren't called Mala and Rupa like Karisma Kapoor and Rambha. Here's our movie review.

Dua aur muah (kiss) me yaad rakhna.

Salman Khan's Judwaa (1997) wasn't a great film, but it has nostalgia attached to it. This is why most of us

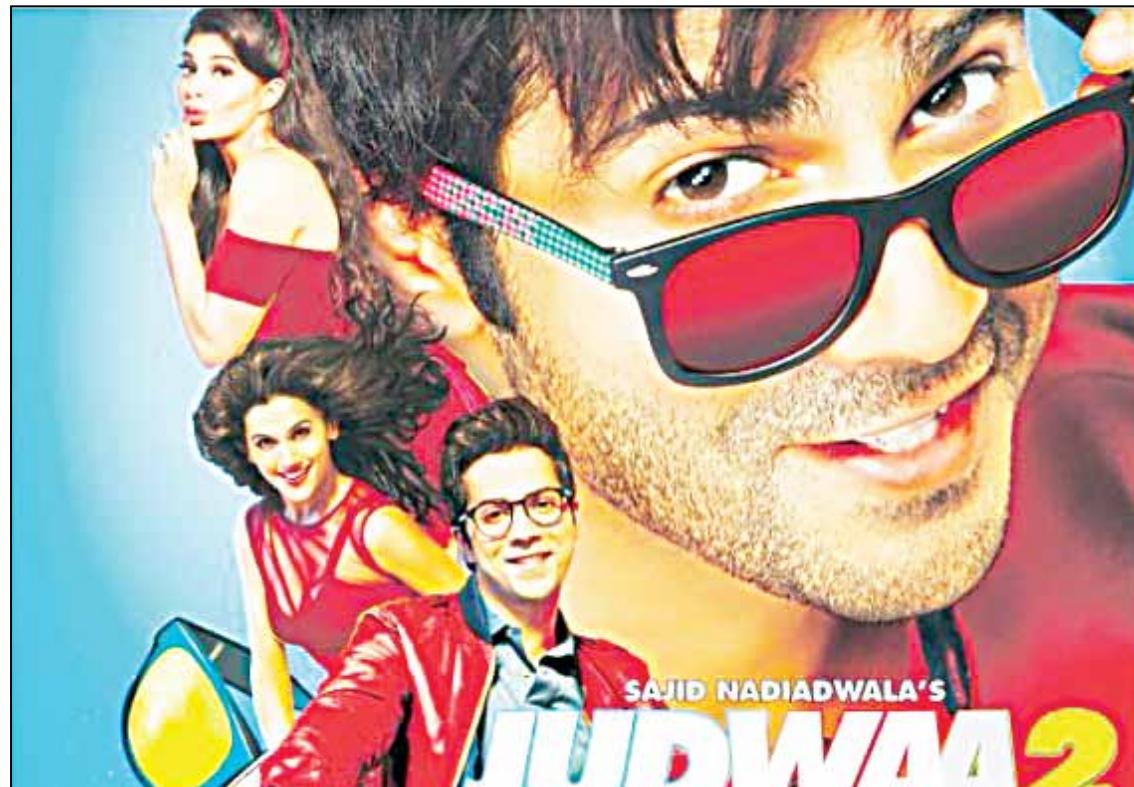
Film Review

Judwaa 2

Cast: Varun Dhawan, Jacqueline Fernandez, Taapsee Pannu
Director: David Dhawan
Rating: 2/5

were keen on seeing how close Varun Dhawan gets to Salman in Judwaa 2. He doesn't disappoint. The film also entertains without making a demand on your mental faculties. However, your ability to watch it twice or not will depend on your appetite for slapstick.

A smuggler called Charles (Zakir Hussain) kidnaps one of the conjoined twins of the Malhotra family right after their birth. They grow up as Raja and Prem (both played



by Varun Dhawan) who live in Mumbai and London respectively. They behave in a similar fashion whenever they're in proximity, which means they'll spank women and try to forcibly kiss them. A doctor in the film describes it as one in eight million cases, and actually pinches a kid to demonstrate his theory. As if we are looking for logic in such a film.

You know David Dhawan's cinema. It mostly works on

clichés, so nobody is surprised when a supposedly Christian character in the film says, "Hum god se tumhare liye prarthana karega."

Later, a shirtless Prem gets ragged at a Britain college, because why not? There's a reason why people sweat in gyms to get six-pack abs. You remember the background score 'Wicked Sunny' from Mujhse Shaadi Karogi? Here, it's 'Nanga Prem.' Never mind.

Soon, the two heroines,

Alishka (Jacqueline Fernandez) and Samara (Taapsee Pannu), join junior Dhawan and raise the temperature. By now, it's all gloss and punchlines.

How? Consider this:
Somebody asks Upasana Singh, Taapsee's mother in the film, whether she knows music. She replies, "Sa re ga ma Amitabh Bachchan."

Why? Because Pa! Get it?

Soon after this or maybe before, who cares, Upasana Singh looks happy when Prem brings an unconscious Samara to her house. She chirps, "Tumne aisa kya kiya jo ye behosh ho gayi!" Don't roll your eyes just yet. This happens when Dhawan's character kisses both mother and daughter because his twin is also doing the same somewhere nearby.

Ah, it's so original.

From 1997 to 2017, what has not changed at all in this film is its inherent misogyny and racial jokes. They come at you one after another, without a pause.

But you laughed in Judwaa! Well, you may laugh this time as well. I never said it's completely unfunny, and there are other gags that totally work.

Take a look at this conversation:

Raja: Afghanistan ka capital kya hai?
Alishka: Kabul (Read it in Jacqueline's voice).

Raja: What?
Jacqueline: Kabul, Kabul.
Raja: Al habibi, aaloo bukhara main tumhara.

It happens with so much spontaneity and energy that you laugh. At least, I laughed.

Secret Superstar: Shakti Kumaarr is a flirt, says Aamir Khan on his toughest role

Bollywood actor Aamir Khan's portrayal as quirky Shakti Kumaarr in upcoming film Secret Superstar is one of his toughest roles till date, the actor has said.

The Dangal star took to Twitter to share a video showing his transformation from the sincere and principled Mahavir Phogat to the outrageous Shakti Kumaarr and captioned it as,



"One of my toughest roles!"

Interestingly, Aamir, who has

played various intense and unconventional roles in films like Dangal, PK,

Ghajini, 3 Idiots, Lagaan: Once Upon a Time in India, Rang De Basanti, Sarfarosh, finds his role in Secret Superstar one of his toughest ones.

The talented actor is seen in a totally different avatar in the film, sporting a weird hair do, funky beard and tight and blingy clothes.

In the recently released BTS video, the 52-year-old said about the character, "He is a bit flirt, flirts with girls, Shakti Kumaarr consists of all the bad qualities you can imagine in a man."

Produced by Aamir Khan, Kiran Rao, under the banner name of Aamir Khan Productions, Zee Studios, and Akash Chawla, Secret Superstar is written and directed by Advait Chandan. The film is slated to release on October 19.

Swara

Bhasker: I am unapologetic in my real life too; it's ingrained in me

Actor Swara Bhasker has impressed fans with some really strong performances on the screen. Be it an intense portrayal of a selfless mother in *Nil Battey Sannata*, a modern, free-spirited girl in the *Tanu Weds Manu* films, or a small-town erotic folk dancer in *Anaarkali Of Aarah* — the one thing that stands out in all these is that they happen to be completely unapologetic characters who believe in defying the status quo and doing things their own way.

While it might seem tough to portray such intense roles on-screen, Swara says it comes naturally to her.



"I think it's innate and ingrained in me. I am quite unapologetic in my real life, too, and somewhere, it's got a lot to do with the kind of upbringing I have had," says the actor.

A law student, Swara hails from a "liberal family" and owes her on-screen

choices to her growing up days. "My parents have always encouraged me to think for myself. Being a law student, I've studied under open-minded teachers who pushed me to think in a critical sort of way. So, I do have a background associated with politics and academ-

ics," adds Swara.

The 29-year-old, who is shooting for her next, *Veere Di Wedding* in Delhi, believes that she is not apprehensive about speaking her mind on any given subject — whether related to the film industry, or society on the whole. "It's important to raise your voice against something that's wrong because fundamentally, to me, it feels like keeping quiet or being neutral is actually a way of saying that we admit it. So these are things that you feel strongly about while speaking or making a statement," she says.

Unlike many actors who stay away from commenting on controversial topics, Swara feels you can't have a reason to skip pertinent questions. "As an artist, you have a responsibility, too, towards the world around us and we [actors] are also a part of this world. So, we can't just sit silent on a matter if it requires our opinion, saying that our job is only to entertain. I strongly believe our job is also to influence in other people's lives."

Karan Johar hints new film with birthday boy Ranbir Kapoor

As Ranbir Kapoor turned 35, Karan took to Twitter to wish the actor and even announced a new film with him.

Filmmaker Karan Johar and one of the finest talents of Bollywood, Ran-

bir Kapoor, have entertained us with some amazing films that include *Wake Up Sid*, *Ye Jawaani Hai Deewani* and *Ae Dil Hai Mushkil*.

As the star kid turned 35, Karan took to Twitter to wish the actor and even announced a new film with him.

KJo even took to Instagram to post his wishes for the *Tamasha* star. Along with a selfie, he wrote, "Happy birthday to this crazy, talented and full of love boy!!!"

A long list of Bollywood biggies, including Shah Rukh Khan, Aamir Khan, Alia Bhatt etc, visited the actor around midnight for his birthday celebrations.



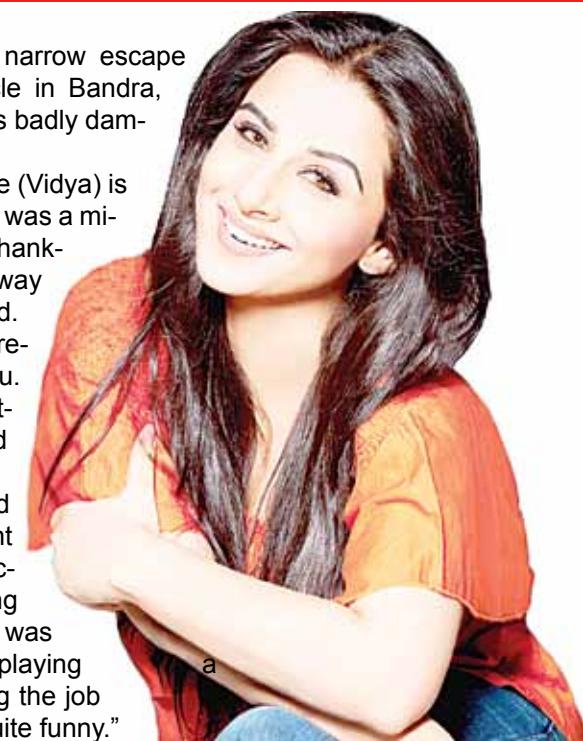
Vidya Balan meets with an accident in Mumbai, escapes unhurt

Bollywood actor Vidya Balan had a narrow escape when a car rammed into her vehicle in Bandra, Mumbai. While Vidya is safe, her car was badly damaged.

DNA quoted a source as saying, "She (Vidya) is fine and has not sustained any injuries. It was a minor accident that led to car damage and thankfully no one is injured." She was on her way to Bandra for a meeting, the report added.

Vidya is currently gearing up for the release of her upcoming film, *Tumhari Sulu*. She plays a radio jockey in the film directed by Suresh Triveni. Earlier, she played an RJ in *Lage Raho Munna Bhai* (2006.)

Talking about the two films, Vidya told *Hindustan Times*, "I think *Sulu* in a different zone because it's a very different character. For starters, the basic difference being my character in *Lage Raho Munna Bhai* was an early morning RJ, but this time, I am playing late night RJ. Imagine a housewife doing the job of a late night RJ. The thought itself is quite funny."



Salman Khan thanks Ajay Devgn, Parineeti Chopra and Golmaal Again cast for using Being Human e-cycles



Filmmaker Rohit Shetty's "Golmaal Again" cast, led by actor Ajay Devgn, has shown support for sustainable city development by using e-cycles which bear superstar Salman Khan's *Being Human* brand.

Salman thanked the team by tweeting a photo of the *Golmaal Again* actors Ajay, Parineeti Chopra, Arshad Warsi, Kunal Kemmu, Tusshar Kapoor and Shreyas Talpade. "Thank you Ajay, Rohit Shetty, Tusshar Kapoor, Arshad Warsi, Parineeti Chopra, Shreyas Talpade for using *Being Human* E-cycle in *Golmaal Again*," Salman captioned the photo, which he posted on Thursday, in which the actors are seen posing with cycles.

Salman launched the e-cycles on World Environment Day on June 5. "Since the time I got into movies, my fans have accepted me... They pay to watch my movies. It's my time to give back to fans," Salman had earlier told.

Akos and 4C Medical Group in Support of Tom Forese for Arizona State Treasurer

Akos – Remedies in Real Time and 4C Medical Group, a fundraiser was held at the residence of Dr. Kishlay Anand in support of Tom and many came together on a Saturday evening to support Tom, Akos, and 4C Medical Group to reach their fundraising goals for Tom. 4C and Akos are supporting Tom Forese because they believe he has done a great job for the Arizona Corporate Commission and is a physician friendly candidate. The position of Treasurer will have an impact he will be involved in Medicaid funding and the extension of the Medicaid programs.

About Tom Forese (www.foreseforarizona.com)

Arizona Corporation Commissioner Tom Forese announced that he will run for Arizona State Treasurer.

"The role of the Arizona Treasurer needs to be more than just growing the state's nest egg and managing its money. If elected Arizona treasurer, I will bring a focus on job creation and driving investment to Arizona," said Forese. "I have dedicated my career to doing that."

Forese is a successful businessman who entered politics to improve Arizona's economy. A founder and former CEO of an education software company, Forese first ran for office in 2010, winning a seat in the Arizona House, where he served on the Appropriations Committee and as the chair of the Commerce Committee.

"Serving as Commerce chair opened my eyes to Arizona's potential as an economic force in the global economy," Forese said. "I was elected after our state lost more than 300,000 jobs in the recession. I had confidence we could do better, and we have. Now I

would like to use the office of Treasurer to drive jobs and investment to Arizona."

Forese was elected to the Arizona Corporation Commission in 2014. The commission regulates utilities, railroads, telecommunications, investment securities, facilitates business formation and oversees the implementation of the new state equity crowd sharing investment program.

As a commissioner, Forese focuses his efforts on economic development, innovation and efficiency. His work includes creating a program to reduce the price of electricity for schools and put more money in school classrooms.

About Akos – Remedies in Real Time (www.akosmd.com)

Developed by a team of leading physicians, Akos opened its first virtual healthcare practice in 2016, located in Phoenix, Arizona. A contemporary telemedicine provider powering a new type of virtual healthcare practice, Akos offers the first complete healthcare solution for patients, physicians, employers and healthcare centers across the United States. By combining smart technology, seamless design, a patient-centric approach, grassroots strategy and the collective power of a preferred provider network, Akos is reinventing the traditional healthcare model one virtual call at a time. Available 24/7/365 days a year, patients get unparalleled access to board-certified physicians in their area via a smartphone device or tablet.



Akos is focused on the B2B offering which is unique and integrates Medical Benefits and Workers Compensation under one platform and is available in a majority of the USA with plans to be available in all states by November 2017. In a joint venture with a Medical AI company, Akos has developed "Akos Live," a kiosk product which can be deployed in Urgent Care and Box stores.

Akos Live collects patient symptoms and performs AI assisted needed examination and uses machine learning to firm diagnosis and develops care plan in collaboration with the Provider. Akos has received several awards and recognition for their platform and services.

About 4C Medical Group (www.4cmedicalgroup.com)

Founded with the mission to improve the health and quality of life for a community of patients, physicians, and employees, 4C stands for Communication, Compassion, Competence, and Camraderie. With 60 physicians and ~100 employees and a doctor at home based theme, 4C serves 45,000 patients all over Maricopa County at acute (hospitals, etc.) sub-acute (nursing homes, etc.), and outpatient facilities (clinics, etc.) at 29 locations (22 nursing homes, 4 outpatient locations, and 3 hospitals). 4C is a Top 3 Finalist for the Scottsdale Chamber of Commerce Sterling Award in the small business category, a prestigious award with a rigorous application, judging, and selection process.



RaasGarba and spiritual celebrations at EktaMandir



Think of Navratri in Arizona and the first thing that comes to anybody's mind is RaasGarba and spiritual celebrations at EktaMandir, AZ. Sharad Navratri falls in the Lunar month Ashwin during Sharad Ritu, which gives it the name Sharad Navratri. Navratri is dedicated to Goddess Durga and her nine avatars also referred to as the 'NavDurga'. On each of the nine days of Navratri, devotees worship a form of Durga or Shakti with special offerings, and traditional rituals to seek the divine goddess' blessings.

Festival of Navratri is full of lights, joy and festivity, all Hindus celebrated this with devotion and enthusiasm throughout Arizona. During these nine days, from September 20th to September 29th, of fun, different forms of Goddesses are worshiped at EktaMandir by 1000s of devotees. The first three days, Durga is worshiped since it is believed that Durga destroys evil and the next three days, Lakshmi is worshiped who is said to be Goddess of wealth and prosperity. Saraswati is the goddess who is worshiped in the last three days of Navratri who is said to be the Goddess of wisdom.

Day 1: Pratipada which is the first day of Navratri is the day when the first incarnation of Durga, Shailputri is worshipped and revered.

Day 2: The second day of Navratri is known as Dwitiya. On this day the Goddess takes the form of a Brahmacharini and a Brahmacharini is the one who strictly and whole heartedly practices austerity.

Day 3: On the third day also known as Tritiya, the goddess takes the form of Chandraghanta who depicts a perfect combination of beauty and bravery.

Day 4: The fourth day of Navaratri is also known as Chaturthi. On this day the Goddess is worshipped in the form of Kushmunda.

Day 5: The fifth day also known as Panchami is about Kartikeya who had led an army of Gods to fight the demons that were causing destruction in the world.

Day 6: The sixth day is Shashti wherein devotees worship Durga in the form of Katyayani.

Day 7: The seventh day of Navratri is popularly known as Saptami all over and on this day Kalratri is worshipped. Kalratri means the dark night.

Day 8: The Eighth day also called Ashtami is the day when Maha Gauri is worshipped. Being the eighth avatar of Durga, according to legend it is said that it was Maha Gauri who liberated the whole world from the bad and evil forces.

Day 9: The last day – Navami is in dedication to the last avatar of Durga- MaaSiddhidatri. Devotees believe that offering their prayers to Siddhidatri means getting to achieve whatever they have wished for.

Devotees from all walks of life in AZ, prayed to Goddess Durga to destroy the evil during Navratri.



They asked help and strength from the Goddess to fight against the evil and protect the Hindu dharma.

The Navratri culminated with Dussehra or Vijay Dashmi, which fell on 30th September this year was celebrated as Lord Rama's victory over the Demon king Ravana. He was the ten headed king

of Lanka and had kidnapped Rama's wife, Sita. The main objective is, however, to celebrate the victory of good over the evil. All NavratrisMahaPrasadam was prepared, sponsored and served by devotees &EktaMandir Volunteers to all who were celebrating festival at EktaMandir to pray to DurgaMaa.

ARIES

 Mar 21 to Apr 20

Do not let lovers cost you money or take advantage of you. Joining organizations will provide you with stimulating romantic contacts. Don't let your emotions get out of hand. Don't hesitate to visit someone who hasn't been well. Your luckiest events this month will occur on a Wednesday.

TAURUS

 April 21 to May 20

You may as well work on projects that will allow you to make progress. Try to avoid being extravagant this month. Don't count on others to cover up for your shortcomings. It might be best to spend time fixing up your premises and making changes that will be appreciated. Your luckiest events this month will occur on a Monday.

GEMINI

 May 21 to June 21

Communicate with relatives who may need advice in order to find solutions to their existing problems. It's hard to stay mad if the object of the anger refuses to react. Your doubt could lead to insecurity. Arguments with relatives may lead to a split in the family. Your luckiest events this month will occur on a Saturday.

CANCER

 Jun 22 to Jul 22

Don't share your dilemma with those you work with. Use your added discipline to get what you want. You may find yourself in an uncomfortable situation if you have overloaded your plate unintentionally. Physical work or exercise should be part of your schedule. Your luckiest events this month will occur on a Wednesday.

LEO

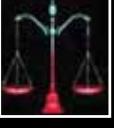
 Jul 23 to Aug 23

Interaction with colleagues will only be upsetting. Gambling will be a waste of time and money. Do what you can to help them but don't neglect your own family. Insincere gestures of friendliness may be misleading. Your luckiest events this month will occur on a Thursday.

VIRGO

 Aug 24 to Sep 23

You can bet that you'll draw attention to yourself. You need to be inspired and have your spirits lifted. Be sure to sidestep those who are eccentric or unpredictable. You can change your living arrangements. Your luckiest events this month will occur on a Thursday.

LIBRA

 Sep 24 to Oct 23

Lowered vitality could affect your work. Opportunities may come up at prestigious affairs. Tempers may flare if you haven't been completely honest about your intentions or your whereabouts. You will attract members of the opposite sex readily. Your luckiest events this month will occur on a Saturday.

SCORPIO

 Oct 24 to Nov 22

Your tendency to overreact could get you into trouble. You need to get down to basics with regard to yourself. You will be emotional when dealing with coworkers or employers. Your outgoing charm and obvious talent will be admired. Your luckiest events this month will occur on a Sunday.

SAGITTARIUS

 Nov 23 to Dec 21

Try not to be too aggressive or judgmental when talking to your mate. Put your efforts into job advancement. You must try to lay your cards on the table. Talk to your mate and tell them how you feel. You will be able to borrow money in order to invest. Your luckiest events this month will occur on a Tuesday.

CAPRICORN

 Dec 22 to Jan 21

You can make life easier for an older member of your family. Don't torment yourself. Disharmony in the home will be extremely stressful. You'll find it easy to charm members of the opposite sex this month. You will reap the rewards for your kind actions. Your luckiest events this month will occur on a Wednesday.

AQUARIUS

 Jan 22 to Feb 19

Exhaustion will lead to minor injury if you don't know when to quit. You will profit from home improvement projects and real estate deals. Travel if it's needed to start the ball rolling. Try to include friends and relatives in your activities. Your luckiest events this month will occur on a Wednesday.

PISCES

 Feb 20 to Mar 20

You will attract new love interests. You are best not to nag or criticize. You can make new connections if you play your cards right. You should get into programs that will enhance your appearance and help you to be the best that you can. Your luckiest events this month will occur on a Friday.

What's in a name? The stories behind famous writers and their pseudonyms

From George Eliot to John le Carre, writers reaching out for the disguise or anonymity offered by a pseudonym is nothing new in the literary world. But the phenomenon has been put back in the spotlight by Italian publishing sensation Elena Ferrante's assiduous efforts to keep her real identity a secret, at a time when new reasons are emerging for publishing from behind a mask.

For Ferrante, who was reported last year to have been outed as Rome-based literary translator Anita Raja, anonymity was a choice; born of a desire to avoid the pitfalls of celebrity and a conviction that "books, once written, have no need of their authors".

Some of her predecessors did not have that luxury.

Alberto Moravia, author of *The Woman of Rome* and one of the greatest figures in 20th century Italian literature, was born Alberto Pincherle. He opted to drop his Jewish family name as part of his efforts to escape censorship and persecution at the hands of Benito Mussolini's 1922-1943 fascist regime.

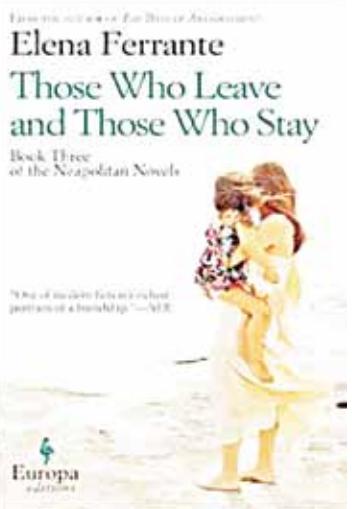
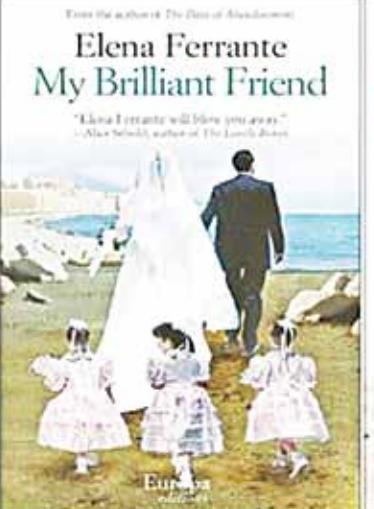
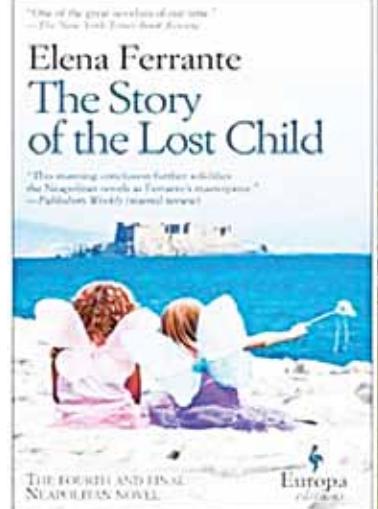
Natalia Ginzburg's first novel, published during the fascist period, appeared under the name of Alessandra Tornimparte and Giorgio Bassani became Giacomo Marchi for similar reasons, journalist Mario Baudino recounts in his recently published, *Lei non sa chi sono io* (You Don't Know Who I Am).

That was literally the case for the judges of France's top literary prize, the Goncourt, when, in 1975, they awarded it to Emile Ajar for *The Life Before Us*, unaware that Ajar was actually a pseudonym for writer Romain Gary.

The latter had already won the prestigious award, in 1956 for *The Roots of Heaven*, and, under the Goncourt's rules, was excluded from getting it again.

Real-life spy

Gary got round that problem by getting a young cousin to pretend to be Ajar -- a subterfuge that was only definitively revealed to the world with the publication of *The Life and Death of Emile Ajar*, an essay written before



the writer shot himself in his Paris flat in 1980.

It was not the only time Gary, a World War II pilot, a diplomat and filmmaker as well as writer, managed to hoodwink the literary establishment. Capable of writing equally well in French and English, he would translate his texts himself under other pseudonyms.

He even occasionally published as Romain Kacew, the name he was born with. "I've had a lot of fun. Goodbye and thanks," was how he signed off his posthumously published farewell note to the world.

"Romain Gary used pseudonyms partly out of his taste for provocation but also because he had the literary concept of the 'total novel' in which the author is a character in his own book," Baudino told AFP.

Gary was a case apart but the journalist found many recurring themes in the stories of writers and their alternative monickers.

Le Carre was adopted when the real-life David Cornwell began writing his spy thrillers while still active in Britain's MI6 intelligence agency.

Algeria's Mohammed Moulessehoul, who began writing when he was an army officer, published under his wife's name Yasmina Khadra to avoid military censorship, only revealing his true identity when he moved to France.

"And there have been many writers who have been exposed like Ferrante," says Baudino.

Rejected manuscript

Stephen King, the American master of horror, was a famous example, having eventually been revealed as being the creative force behind the seven novels of a certain Richard Bachman.

Prodigiously productive, King

adopted the pseudonym to sidestep his publisher's requirement that he release no more than one book per year under his own name.

And he also wanted to know whether his success was down to his talent, or the good fortune of having got the breaks that made him an established name: he got a sort of answer when sales of the Bachman books surged following his unmasking.

Nobel literature prize winner Doris Lessing tried something similar when she gave her agent a work under the name Jane Somers: her own publisher rejected the manuscript.

"The choice of a pseudonym is never completely random," said Baudino, explaining how Henri Beyle became the 19th century French literary giant Stendhal to distance himself from his hated father.

A few decades earlier, a similar desire to escape the clutches of family led a certain Francois-Marie Arouet to publish under the name Voltaire.

A trend reflecting the prevailing sexism of the time saw many accomplished female writers publish their work under masculine names: George Eliot's real name was Mary Ann Evans, George Sand was Aurore Dupin and the Bronte sisters were first published as Currer, Ellis and Acton Bell.

Lately, partly because of female readers becoming more important to the market for new writing, there has been a trend towards gender neutral pen names.

Thriller writer Tom Knox (real name Sean Thomas) opted for SK Tremayne when he turned to family-based drama, while JK Rowling famously opted for initials on the Harry Potter books for fear her first name, Joanne, would put boys off reading them.

POET OF MONTH

Dante Alighieri

(1265 - 1321)

Dante Alighieri (1265-1321) is generally considered the greatest of Italian poets, and also one of the greatest poets that Western civilization has produced. His reputation is primarily based upon his magnum opus *The Divine Comedy*. He was active in politics during the early part of his life and took an active interest in church reform. Dante was born in Florence, Italy, in 1265. Heir of a poor but noble family, he was one of the seven elected officials in charge of the government of Florence. Civil war was common in Florence at the time and the issues were further complicated by the question of Papal influence. In 1300, Dante along with his fellow magistrates confirmed anti-papal measures. When in 1302, the French prince acting under orders from the Pope captured power in Florence, Dante was sentenced on charges of corruption and opposition to the Church and exiled from Florence on pain of execution by burning if he ever returned.. He spent the rest of his life in exile, pining for his native city. He withdrew from active politics to a large extent and concentrated on his literary creations.



His first book was the *Vita Nuova* (The New Life), published in 1294, in which he relates how he fell in love with a young girl Beatrice. Though Beatrice and Dante both married other people, Dante's spiritual love for her persists and she functions as his chief Muse and inspiration..

Love and the Gentle Heart

Love and the gentle heart are one thing, just as the poet says in his verse, each from the other one as well divorced as reason from the mind's reasoning.

Nature craves love, and then creates love king,
and makes the heart a palace where he'll stay,
perhaps a shorter or a longer day,
breathing quietly, gently slumbering.

Then beauty in a virtuous woman's face
makes the eyes yearn, and strikes the heart,

so that the eyes' desire's reborn again,
and often, rooting there with longing, stays,

Till love, at last, out of its dreaming starts.
Woman's moved likewise by a virtuous man.

PHOENIX INDIAN LEADERS SUPPORT WORLD'S POOREST ENTREPRENEURS

Male local luminaries take on female tennis champions in a Battle of the Sexes

PHOENIX – Men from the Phoenix business and Indian communities will put their egos and tennis swings to the test Saturday, November 4th, when they face Billie Jean King's former doubles partner, Anne Guerrant, and her team of women in the eighth annual Battle of the Sexes Tennis Festival. The event will happen at 2 p.m. at the Phoenician Resort tennis stadium. The public is welcome to attend, and there is no admission charge. Proceeds from donations will benefit the Guerrant Foundation, raising awareness and funds to provide micro business loans to the world's most destitute people so they can start small businesses.



Left, **Vinod Gupta** who couldn't play tennis in India because it was a rich man's game, has been a fanatic player for 24 years. Center, **Biren Patel, MD**, is a Glendale urologist, and **Kishore Tipirneni, MD**, is an orthopedist. Right, **former Cox VP Ivan Johnson** will play in the Battle of the Sexes for the seventh time.

Vinod Gupta and West Valley physicians, **Biren Patel, MD**, and **Kishore Tipirneni, MD**, will represent the Indian community and Men's Team. They and their teammates will take the court against former world-ranked #11 **Anne Guerrant**, Biltmore-Arcadia precinct **Constable Carolyn Lane**, and other women tennis stars who have won national senior titles. Former **Cox Communications VP, Ivan Johnson**, will also play on the men's team. Ivan said "The men lost last year, and we are still licking our wounds. We really want to win it this year. Our egos are on the line, but more importantly, we want to beat the women in fundraising and support the Guerrant Foundation in its work around the globe." Anne Guerrant added "We are grateful for the generous support of the Indian community in Phoenix. I hope they will come out for a good time with good tennis, food and drink, music and a raffle. It's all in a gorgeous setting at the beautiful Phoenician Resort, 6000 E. Camelback Road, Scottsdale."



Left, **Constable Carolyn Lane** is a former tennis star at ASU, and has won seven national senior doubles titles.

Right, **Anne and Terry Guerrant** with a group of entrepreneurs near Chennai, India. The Guerrants take no salaries from the foundation. They pay all of the expenses so that donations can be passed on to the people who need help most.



Style quotient: Hairpieces are the must-have beauty accessory of 2017

The Spring/Summer 2018 catwalks have featured multiple wigs and hairpieces so far, from the deceptively simple to the downright ridiculous. In New York, Kendall Jenner and Gigi Hadid were transformed by their slinky cropped styles at Tom Ford; Laurence & Chico sent models down the catwalk in towering, sculpted wigs of various candy colors; and Teyana Taylor took to the stage at Philipp Plein in a false platinum bob.

In London, Pam Hogg's show saw the models don frilly headdresses that resembled something that might have been worn at Versailles in the 18th century, while in Milan, Jeremy Scott's Moschino presentation saw the models sporting gamine, 1960s-style pixie-cut wigs. Karl Lagerfeld's take on spring beauty for Fendi included clip-in bangs in mermaid shades of green and teal, fixed along the models' partings and swept over to one side.

The trend echoes an off-catwalk movement that has been gathering pace for some time. While certain celebrities, such as Rihanna, Nicki Minaj and Katy Perry famously love switching up their look via their extensive wig collections, the accessory has crept into the mainstream lately.

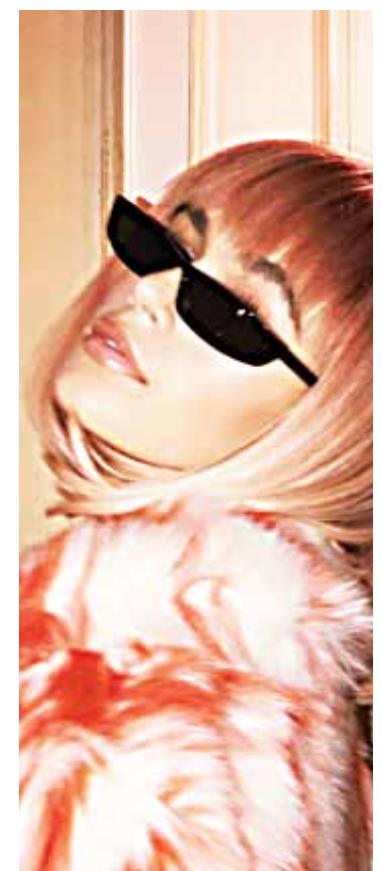
Wholesome supermodel

Gigi Hadid unveiled a photo of herself wearing a clip-in pink ponytail earlier this summer, Amber Rose shocked with a blonde wig on the red carpet of the MTV VMAs, and Emily Ratajkowski tried out a long, tousled wig with bangs for the Marc Jacobs show at New York Fashion Week earlier this month.

Wigs are also becoming popular for editorial use, with Bella Hadid sporting a shorter do for Vogue China, and Kaia Gerber dressing up in a rose-hued wig for a Vogue US shoot this month.

Will the trend filter down to the high street? While celebrity wigs come with a high price tag, the rising popularity of fun

clip-in ponytails and bangs could see more accessible brands extend their hairpiece offerings. Watch this space.



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