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Eid Celebrations Across the West Coast

By Deepa Walia
August 18, 2012

The evening before Eid, also known as Chaand Raat was celebrated with fun, excitement, and entertainment in Scottsdale Arizona on August 18, 2012 in an exceptional event organized by Arizona's very own Shy Khan and Prameet Bhargava of Dulhania Bazaar. Imam Shamshad Nasir also contributed coverage of Eid Celebrations in Chino, California on Sunday, August 19, 2012.

For complete coverage of **Chaand Raat** in Scottsdale, AZ, see page 6.

For **Imam Shamshad Nasir's thoughts on Eid**, see page 12.



Arizona Celebrates Janmashtami in all its Grandeur

By Deepa Walia
August 9-10, 2012

Janmashtami, the birth of Krishan Ji, was celebrated in grand style at mandirs (temples) all over the valley. Celebrations included fancy dress competitions, cultural programs, bhajan, kirtan, pooja, and sumptuous feasts to celebrate this joyous occasion.

For complete coverage of Janmashtami at **ISKCON**, see page 3.

For complete coverage of Janmashtami at **Bharatiya Ekta Mandir**, see page 8.

For complete coverage of Janmashtami at **Hindu Temple of Arizona**, see page 14.



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Janmasatmi & Nandotsava celebrations at the Hare Krishna Temple

Hare Krishna Temple, Chandler celebrated Sri Krishna Janmastami this year on Thursday August 9th and Friday August 10th 2012 in a very grand way. The program started with Sandhya Arati on Thursday followed by a cultural program which took place outside where a tent had been set up. Over the two day celebrations more than 90 participants took part showcasing their talent for Krishna Bhajans and dances. Continuous ecstatic kirtan took place inside the temple as people lined up to take darshan of the beautiful deities in their new outfits both days. The altar was decorated with exquisite fresh flower arrangements. Guests got an opportunity to swing baby Krishna and perform Abhishekam (bathe Lord Krishna) before midnight Maha offering and Maha Arati. Over 200 preparations were offered to the Lord.

One of the highlights of the festival was when the VIPs (Leah Powell & Niki Tapia), City of Chandler officials, chanted the Maha Mantra: "Hare Krishna Hare Krishna Krishna Krishna Hare Hare, Hare Rama Hare Rama Rama Rama Hare Hare". Leah Powell is the manager of Community Resources and Diversity department and Niki Tapia is the Community Resource Coordinator with the City of Chandler.

This year marked the Sixteenth anniversary for Hare Krishna temple's Sri Krishna Janmasatmi festival celebrations. Sumptuous prasadam was served through the evening with cold mango lassi and water.

Booths were set up outside with Srila Prabhupada's books and all kinds of spiritual paraphernalia including clothes.

Sri Sri Radha Madhava Hari's blessings got poured on all who took the darshan. We thank all the sponsors and all the volunteers who made this festival such a huge success.

Hare Krishna Temple provides vegetarian catering, pujas, and Home Programs, such as Satya Narayan katha, Grah Pravesh puja as well as other worship conducted by qualified priests. For more information please contact Premadhatri Devi Dasi, Temple President: phone 480-705 4900/480 720 2030.

Photos courtesy of Juan Loza





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Staying Connected with your Roots...

August was a month filled with a plethora of cultural and religious activities all over Arizona that had me gasping for breath trying to keep up. The entire Asia Today team, ran from program to program providing coverage for the various organizations putting these events together. It wasn't until the paper was close to completion and I got a chance to take a deep breath, sit down, and collect my thoughts to write my monthly note that an old thought struck me. A few months ago, I wrote an article on learning to let go of things that hold you back in life or add negativity to your life taking energy away from positive factors and helping you succeed. This month, I would like to lead you down an opposite path; instead of learning to let go, learning to stay connected – with your cultural and religious roots that is!!!

From India Association's celebrations in honor of India's Independence Day to the Hindu Janmashtami Celebrations on the birth of KrishanJi and the reading/enactment of KrishanJi's life in the Bhagwat Katha and Pujan to the Muslim Eid Celebrations to the classical ZakirHussain concert to the Bollywood BappiLahiri Concert, Arizona was bustling with South Asian activity both cultural and religious in August. I have met many residents in Arizona who have stated that their children grew up in Arizona at a time when the South Asian activity level and South Asian population was low. Hence, they did not have opportunities to be exposed to our culture and religion and are disconnected from it. However, these same individuals now get an opportunity to look after their grandchildren, in an effort to help their children in an economy that requires both parents to work to support the family. And, some of them are leveraging that time to instill in their grandchildren our religious and cultural traditions and it is a moment of pride and joy when they see those grandchildren teaching their parents.

When I was younger I always thought to myself, "why are older people so on nerves all the time?" Did you ever wonder that as a kid? Growing up is a trap, plain and simple. I don't recommend it to anybody, in fact if I could travel back in time to tell my younger self to not grow up, I would do it. The world becomes less of a playground and more of an obstacle course, where everyone is trying to push you in every direction. Your enemies are the ones you can trust, and everyone is a friend you can barely trust. You and your close friends never get a chance to hang out, and sleep is something that you dream about while working. You have all the freedom in the world, you can go anywhere...but we wake up, goto work, come home, relax and do it all over again. How exciting? Kids are tough, and adults aren't. You fall down; scrape knee/arm/leg/head.... 15 minutes later you're up again. As an adult failure is a life ending experience, a deep depression that tugs away at life. The stakes are higher sure...you lost your job how are you going to pay rent...But we refuse to get back up or try again and keep trying. Giving up is always easier than fighting. You always talk to other kids, make new friends, go new places. As adults we're stuck in our ways our groups and clicks that we base our lives around, who knows what the world is like? As a kid we're never content, wanting to learn more know more! As an adult we refuse to break our barrier of what we know, we know everything because let's face it "we've been through enough in our lives" we know what we're talking about. So I will refer back to what I said before, Growing up is a Trap! Sadly it happens and we can't do anything about it.... but keep a little part of that kid inside you. I've always been called childish or been told I act like a kid. I'm glad! What we learned as kids still applies to our lives now. If you care about something, don't give up on it! keep pushing and trying and it'll work out. Everything we learn in life can be re-used, the context changes but the basic idea remains the same. It's only when we disregard what we know that we are never able to push forward. Don't be so grown up all the time! Relax with your "big world problems" and remember what you learned



Editor's NOTE

I was highly moved by some of these stories and also inspired to share this with our readers. Just because a tradition or line is broken, does not mean it cannot be continued with the next generation or even at a later age. You are never too old to learn and definitely never too old to reconnect with your roots. Reach out and you will see because these sentiments and feelings are in our blood, you will feel an immediate connection and grasp the concepts and teachings quickly because of that connection. Maybe there was a time when Arizona did not afford us the opportunity

to attend events that kept us connected to our culture but that time is long gone and, in today's date, there are no more excuses. Even if your own knowledge on the subject is not that strong because you are from that deprived generation that did not have the luxury of exposure to such events, take your children and as they are learning, learn with them.

I cannot say that I followed this path knowingly. Just being involved with Asia Today got me more involved in the community and its various activities. However, something I was forced to do to keep this newspaper running, has grown into something I love doing. Each of these events afforded me an opportunity to learn something that may be new to me but was very old in our culture, connecting me to myself and helping me understand who I am. I don't know if this was dumb luck or destined from a higher power that made my paths cross with Asia Today at a time in my life when I was struggling to find myself but whatever it was, I am wholeheartedly grateful for it. And because it has added such positivity and calmness to my life, it is advice I want to offer to you our readers. Even if you are not associated with the media, become a part of the community and get involved and amazing things will come out of it!

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

as a kid.

This month our close family friends woke me up at 4:30am on a Sunday morning to go hike Camelback Mountain. It was something they've been wanting me to do for a while, but me being me (hates mornings) just didn't want to get up. However they didn't give up, even though I had, they were like "no, you're coming". I finally woke up, kinda late, drove to Echo Trail and proceeded to climb. The first 10 minutes were horrible, I kept asking myself "I woke up for this?", definitely not what I wanted to be doing at 5am in the morning on a Sunday. However my mind changed as I was going up, it felt good the air got fresher the views got more enjoyable, I grabbed my phone and started taking pictures of everything. After getting to the top, the view was amazing! The most enjoyable part was sitting with family and friends at the top and just laughing, talking about the week. It's slowly turning into our Sunday tradition now (unless we're out of town or have work of course) but that's our goal, every Sunday we'll climb Camelback Mountain because the most important part is not the climb, but taking time out of our lives to catch up with friends and family. So thank you to everyone who dragged me kicking and screaming to the top of that mountain! Let's make sure no one slacks anymore!

Second Annual Diwali Mela! Last year was or first attempt at putting together a Diwali mela for Arizona. Arizona has never had an official Diwali mela before, and it was about time we did. The community came together and helped make it a huge success. This year it's happening again so help spread the word. This month's newspaper is packed with back to back local coverage, definitely not summer any more that's for sure!

-Raja Walia
Publiser, Asia Today, publisher@asiatodayz.com



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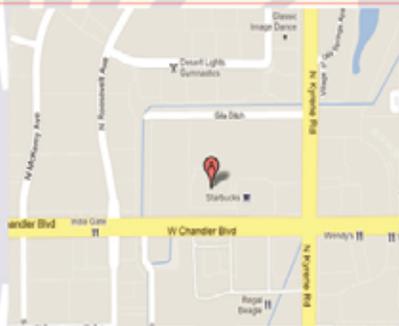
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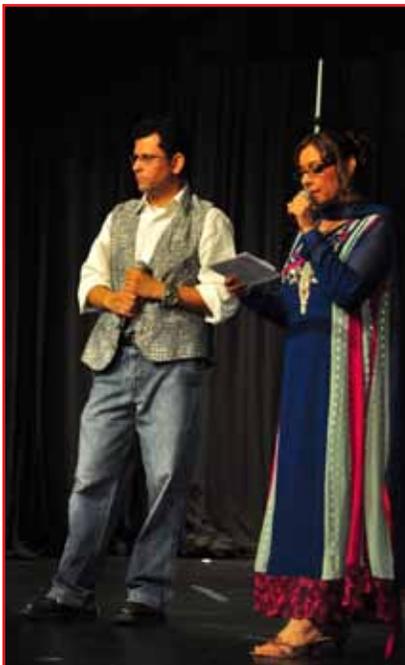
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Chaand Raat

Article By Deepa Walia,
Photographs courtesy of Juan Loza
August 18, 2012

As luck would have it, Eid fell on a Sunday giving the Arizona Muslim community the ability to celebrate ChaandRaat in grand style on a Saturday evening. ChanadRaat, the term officially being used to represent the eve of the Muslim festival of Eid-ul-Fitr, is usually celebrated as EidMela in Arizona because not all years does the community have the luxury of celebrating it on a Saturday evening and it is difficult to attract a large crowd on weekdays. However, this year, due to the heightened excitement around the timing, ChaandRaat attracted an even larger crowd than previous years. The parking lot was full as people searched for parking and the venue, Desert Shadows Middle School in Scottsdale, was packed with people well past 11 PM.

The event attracted many vendors including media booths, henna artists, food booths, commercial booth selling exquisite jewelry and clothes. The packed auditorium was entertained by a breathtaking fashion show, followed by dance performances and local singing sensations MansoorJohar and MeghnaRajaram. Congratulations to organizers Shy Khan and PrameetBhargava, with support from Pakistan Information and Cultural Organization (PICO) for an amazing event and turnout.



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Janmashtami at Bharatiya Ekta Mandir of Arizona

By Deepa Walia
August 10, 2012

On August 10, 2012, Bharatiya Ekta Mandir of Arizona celebrated Janmashtami in a grand style. The temple was open all day for Darshan, Abhishek, Archana, and Janma Pooja with Nandostsav and Jhoola at midnight. A grand maha Prasad was prepared by volunteers and included Mango Ras & Puri, Sabji, Mango Pickle, Papad/Papdi, Pulao, Rice, Kadi, and Patra. Due to the large number of devotees on this festival, the Prasad was served across the street at the Indo-American Foundation hall to accommodate the large numbers.

To keep adults and children entertained as they anxiously awaited midnight, there were cultural programs that consisted of singing and dancing with classical music. There was also a Fancy Dress competition where boys and girls age 3-12 dressed up as Radha and Krishna. The contest attracted 70+ contestants and a gift was given to all participants, along with first and second prizes for Radha and Krishna.

The temple was beautifully decorated by many organization members and volunteers. However, in all the grandeur and festivities, they did not forget to set aside some time to have the Sikh community join them and come to speak about the unfortunate happenings in Wisconsin a few weeks back. In fact, they had also set up a table outside the temple to collect donations to benefit the families of the victims and police officers who were injured or lost their lives in that tragedy. All in all, it was a beautiful evening full of activity. Congratulations to Bharatiya Ekta Mandir of Arizona for organization such a beautiful event and reaching out to their sister communities in time of need.



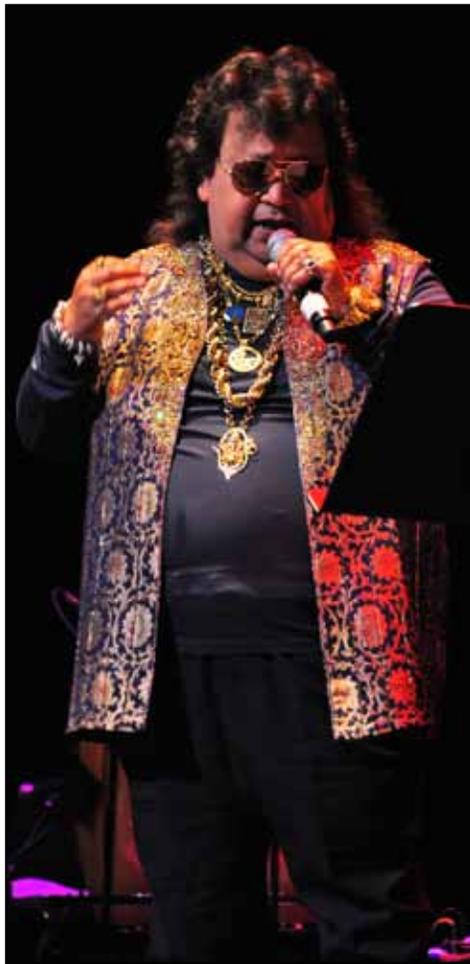
Bappi Lahiri Concert by IACRF

Article By Deepa Walia

Photographs courtesy of Juan Loza
August 19, 2012

On the evening of August 19, 2012, Indo-American Cultural and Religious Foundation hosted an evening of Bollywood style music and entertainment by bringing to the Mesa Arts Center Bappi Lahiri, accompanied by Sa Re Ga Ma Pa singing sensations Dipanwita Choudhury and Mampee Nair. Bappi Da has been the music director for more than 400 movies and sang for famous classic Bollywood personalities such as Amitabh Bachchan, Rajesh Khanna, as well as sang for latest hits including the mega-hit song Ooh La La from Vidya Blana's "Dirty Picture." Bappi Lahiri, Dipanwita, and Mampee entertained the crowd with foot-tapping numbers throughout the night.

The show, organized by Indo-American Cultural and Religious Foundation of Arizona, was chaired by Board of Director and Trustee Subhash Thathi and the Emcee for the evening was also Board of Director Nitin Gupta. Congratulations to the organization and volunteers for hosting a lovely evening of music.



India Night

Article By Deepa Walia,
Photographs courtesy of Juan Loza
August 18, 2012

India Association of Arizona once again hosted a spectacular India Night in honor of India's 65th Independence Day at Arcadia High School in Phoenix, Arizona. The program, which consisted of dances, music & plays, and singing was organized by the various members of the organization and volunteers, under the leadership of President VenkatKommineni. The event boasted an extravagant backdrop, which was a replica of India's Red Fort overlapped with India Gate. The backdrop was created by dedicated volunteers and took over 400 hours of manual effort to complete and is a testament to the commitment of the volunteers and organizers that put these events together. It was a lovely evening comprised of well-choreographed dances and melodious tunes. Congratulations to India Association for another successful event.



Article by Deepa Walia
Pictures by Mumbai Beats and Valley Dreams
August 25, 2012

Classic Souls

On August 25, 2012, the same team that brought you the classical duo of Pandit Shiv Kumar Sharma and Zakir Hussain last year, brought another classical treasure to the residents of the valley. Mumbai Beats (which consists of Kiran and Sneha Dhole), Valley Dreams (which consists of Sudhir Chaudhary, Kamaljeet Sachdeva, Raman Deep Singh, and Varinderpal Singh), Neha & Aziz Mallik, and Prakash Deshmukh once again joined hands and hosted Ustad Zakir Hussain, combined with Usad Shahid Parvez Khan, at the extravagant Orpheum Theatre in downtown Phoenix for an evening of soul-stirring melody. The show was a sold-out success and the team attributes their success to the unity of their team members and their ability to leverage each individual's unique strengths to put together successful performances. This show could not have been possible without all the sponsors and volunteers that made this event possible, as well as the audience that came and appreciated the talent of the artists. We look forward to many more exciting events from the same team of people that have brought you many magical evenings in the last few years.



Muslim Celebration Focuses on Thanksgiving - Annual Muslim festival commemorates the month of fasting

By Imam Shamshad A. Nasir
August 19, 2012

Chino, California: Muslims across the world mark a day of thanks on Eid-ul-Fitr, the celebration that marks an end to Ramadan, the Islamic holy month of fasting. This joyous day is celebrated to remind Muslims of the importance of caring for others. Fasting during Ramadan not only fosters discipline, strength and increased focus on worship; it also inspires sympathy for the hungry and poor and encourages Muslims to donate generously to those who need it the most.

At BaitulHameed Mosque in Chino, California, over eleven hundred Muslims gathered to offer prayers and joined in mid-morning thanksgiving festivities. The Eid sermon was delivered by Shamshad A. Nasir, Imam of BaitulHameed Mosque and southwest regional missionary of the Ahmadiyya Muslim Community, USA.

Quoting from the verses of the Holy Qura'an and citing sayings of the Holy Founder of Islam, the Prophet Mohammad, ImamShamshad reminded worshippers that we must not forget the lessons learned during the month of Ramadan.

"We must not forget that our God is most forgiving and ever merciful and therefore, we must continue with our daily prayers, he said.

"We must encourage our children to make a strong and lasting bond with God, Almighty and we must continue with our devotion to help those that are less fortunate."

Imam Shamshad reminded worshippers that it is now the responsibility of the parents to pass the training received during the month of Ramadan on to their children; teach them not to surrender to the outside environments;

and emphasize to them that this is the true Jihad of this age.

Imam Shamshad said that Islam always remains the same before, during, and after the month of Ramadan but the month of fasting should be a source of strengthening our practice of faith.

On the eve of Eid-ul-Fitr Imam Shamshad led the community in concluding silent prayers when over 500 members had gathered to break their fast in the evening hours on the last day of fasting.

About the Ahmadiyya Muslim Community:

The Ahmadiyya Muslim Community is a dynamic, fast-growing international revival movement within Islam. Founded in 1889, the Ahmadiyya Muslim Community spans 200 countries with membership exceeding tens of millions. The Ahmadiyya Muslim Community USA, established in 1920, is the first American-Muslim organization.

The Ahmadiyya Muslim Community is the only Islamic organization to believe that the long-awaited messiah has come in the person of MirzaGhulam Ahmad (1835-1908) of Qadian, India. Ahmad claimed to be the metaphorical second coming of Jesus of Nazareth and the divine guide, whose advent was foretold by the Prophet of Islam, Muhammad (peace be upon him). The Community believes that God sent Ahmad, like Jesus, to end religious wars, condemn bloodshed and reinstitute morality, justice and peace. Ahmad's advent has brought about an unprecedented era of Islamic revival and moderation. He divested Muslims of fanatical beliefs and practices by vigorously championing Islam's true and essential teachings.



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12th Barsi of Late Dr. Jasbir Singh Saini

Article By Deepa Walia,
Photographs courtesy of Juan Loza
August 17-19, 2012

An AkhandPaath was held at NishkamSewaGurudwara in memory of Late Dr. Jasbir Singh Saini, in whose memory the Gurudwara was built, on the event of his 12thbarsi. The paath which began on Friday morning continued through Sunday, with a KirtanDarbar by the RagiJatha of BhaiNirmal Singh JiNagpuri, BhaiGyan Singh Ji, and BhaiMegh Singh Ji on Saturday, who were also joined by GianiHarbhajan Singh Ji on Sunday. The AkhandPaathBhog took place on Sunday followed by a Guru kaLangar. Late Dr. Saini was a beloved, respected member of the community and we wish peace to his soul and strength to the family he left behind.



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Janmashtami at Hindu Temple of Arizona

By Deepa Walia
August 10, 2012

On the evening of August 10, 2012, Hindu Temple of Arizona celebrated Janmashtami in all its grandeur on its premises in Scottsdale, Arizona. The evening which started at 6 PM with bhajans included cultural programs, Pooja, and Bhog and Aarti followed by Prasad. After Prasad, the crowd was entertained by Bhajan, Kirtan, and Dandiya Raas as they awaited midnight to celebrate Krishna's birth. Shortly before midnight, Krishna Puja was conducted followed by MahaAbhishek, Bhog, and Aarti. The temple was decorated beautifully both inside and outside and all attendees enjoyed the food and festivities on this grand occasion.



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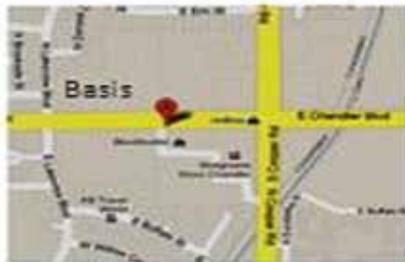
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Wed September 19, 2012 from 7pm-9pm



PROGRAM

7-7:45pm Ganesh Mantra, Abhishek, 108 Names Of Lord Ganesh
 7:45-8:45pm Swami Ram Kamalji's Pravachan
 8:45-9pm Bhog & Aarti
 9-10pm Prasad
 Sponsor: Puja \$101, Prasad \$101, Archana \$21

Sunderkand by Swami Ram Kamal Das Vedantiji
 Sun Sept 16, 2012-Sat Sept 22, 2012



Swamiji will explain the meaning of each Chaupai in Sunderkand

Sunday, Sept 16 from 11am-1pm
 Monday, Sept 17-Friday, Sept 21 from 7-9pm
 Saturday, September 22 from 10am-1pm
 (Sunderkand Conclusion)

Sponsor: Sunderkand \$501, Last Day \$251
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 Event Coordinator: Madhu Aggarwal (520) 730-5764

Look for ballots for HTA Constitution & Bylaw changes after Sept 10th

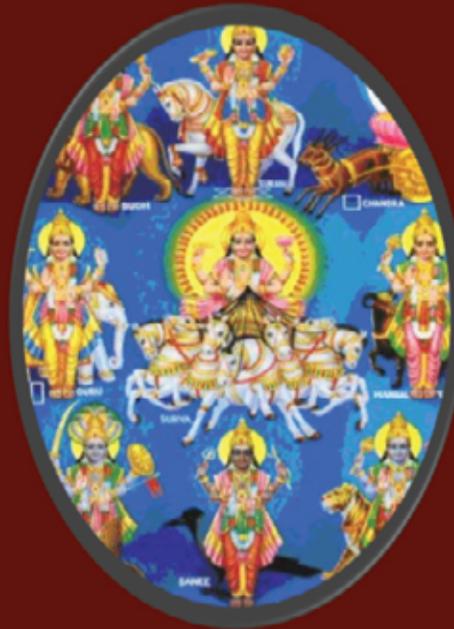


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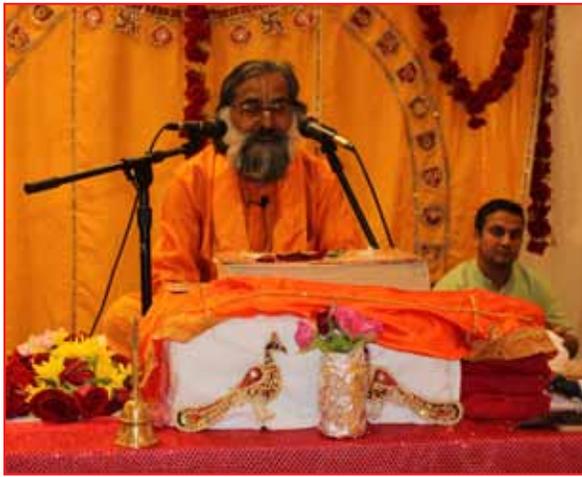
If you would like to sponsor a particular "Graha" murti, please mention it with your donation

The Magnificent Kathakaar - Pandit Hari Prasad Joshi

Bhagavat Katha & 108 Pothi Pujan at Bharatiya Ekta Mandir of Arizona
 Article By Deepa Walia, Photographs courtesy of Sudhir Kalra, Nishant Agarwal and Lokesh Joshi (August 18-25, 2012)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Even though Arizona may already know Pandit Hari Prasad Joshi Ji as the resident Pandit at Bharatiya Ekta Mandir of Arizona, not all are aware of his excellent skills as an enchanting Kathakaar. Having had the chance to witness it first-hand last month, I was moved to recognize him and this event under the regular Hidden Gems column of Asia Today. Joshi Ji had a dream to have a Bhagavat Katha & Pothi Pujan in Arizona and for the first time ever, this took place with support from IACRF. In the auspicious month of Purushotam Maas, Joshi Ji began the Katha & Pujan on August 18. Throughout the week, he gave life to the story of Sri Krishan Ji by getting organization members, volunteers, and devotees involved in the enactment of major utsavs (events), bringing to life stories such as:



wrath of Indra
 * The romantic escapades of Krishanji as he honors the request of Rukamni who asks him to kidnap and marry her
 * The friendship and generosity of Krishanji when his old, poor friend Sudama comes with the intention of asking him for help but receives it without saying a word
 Accompanied by melodious singing from his wife Harshaben Joshi and daughter Vrinda Joshi, as well as Dilipbhai and Sandeep for accompanying on Tabla and Dholki, they attracted a large crowd that grew in number every evening including weekdays. Joshi Ji truly brought the story

18 – Bhagvat Puja & Pothi Sthapana Parikshit & Sukhdev Milan



of Krishanji to life, keeping the audience young and old engaged and involved.
 At the end of the week long program, all Utsav and Pothi Sponsors were honored with a Pothi. Asia Today is blessed to have covered such a rewarding event and is pleased to share pictures from the week-long program.

19 – Bharat Rahugan Katha	20 – Prahaladji Katha	21 – Vaaman Katha	22 – Sri Krishna Janma (Nan Mahotsav)	23 – Govardhan Puja & Utsav	24 – Shri Krishna & Rukmani Vivah Mahotsav	25 – Parikshit Moksha & Purnahuti

Manish Gupta, who chaired this highly successful event for Bharatiya Ekta Mandir of Arizona, would like to extend a special thanks to the Kathakaars and Directors that worked closely with him during the entire event – Pandit Hari Prasad Joshi, Srimati Harshaben Joshi, Lailitbhai Patel, Deepa Walia, Jagdish Sagar, Mahesh Shah, Bajrang Aggarwal, and Vikram Shah, Volunteers for support, coordination, and set-up during the event – Sudhir Kalra and the Mangalwaar Group, Kamlesh Patel, Harshad Bhatt, Pandit Varadarajanji, and Shashi Prasad Ji for coordination of the Maha Prasad volunteers each night. He is also grateful to IACRF President Dayaram Ahir and the entire Board of Directors for their support and encouragement during the program. Last, but not least, he would like to thank all of the Pothi Sponsors, Utsav Sponsors, performers, and attendees for their contributions. This event could not have been possible without the support of our Grand Sponsors Anju and Vraj Sidapara & Preeti and Tushar Modi.



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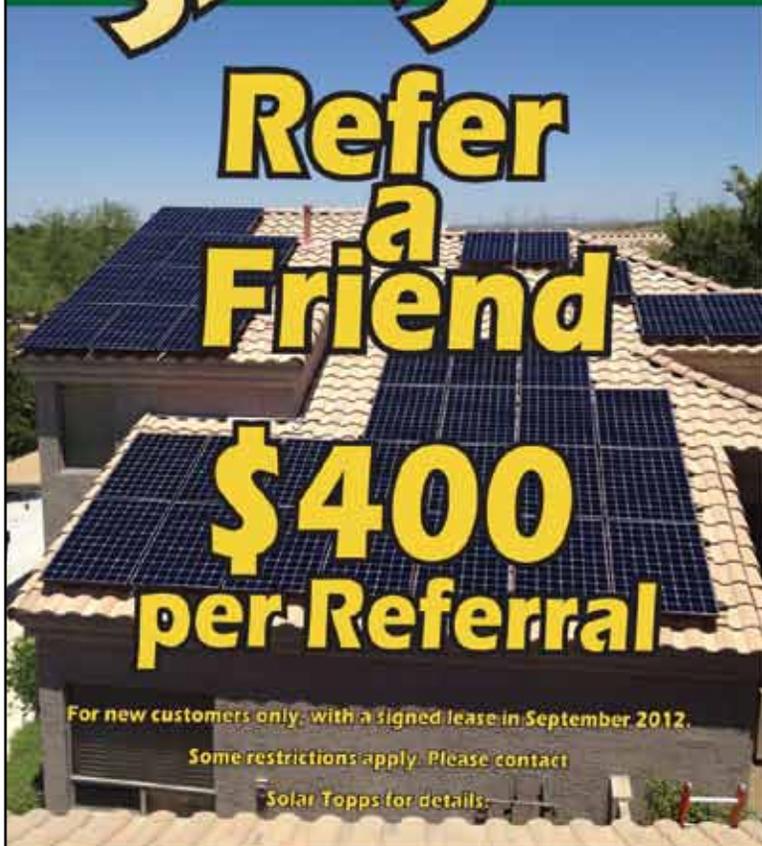
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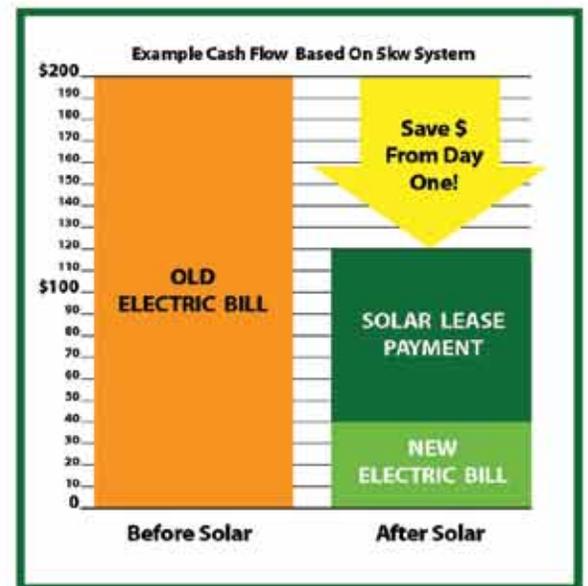
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Chettinaad cuisine is the cuisine of the Chettinaad region of Tamil Nadu state in South India. Chettinaad cuisine is one of the spiciest and the most aromatic in India. Chettinaad cuisine is famous for its use of a variety of spices used in preparing mainly non-vegetarian food. The dishes are hot and pungent with fresh ground masalas. Most of the dishes are eaten with rice and rice based accompaniments such as dosais, appams, idiyappams, adais and idli. Chettinaad cuisine offers a variety of vegetarian and non-vegetarian dishes. In Chettinaad food, the most important spices are maratti mokku (dried flower pods), anasipoo (star aniseed) and kalpasi (a lichen known as the "black stone flower", also known as dagad phool). In addition, tamarind, whole red chillies, and sombu (fennel seed) are also used along with pattai (cinnamon), lavangam (cloves), bay leaf, karu miLagu (peppercorn), jeeragam (cumin seeds), and venthayam (also called mendhiyam or fenugreek). Chettinaad is known for its culinary delicacies. Chettinaad food now is one of the many reasons why people visit Chettinaad. Chettinaad food is essentially spicy, with a standard full meal consisting of cooked lentils, Brinjal curry, drumstick sambar, ghee for flavouring rice, and sweet meats like payasam and paal paniyaram. Kara kolambu is a highly regarded south Indian sambar.

Atharva's Corner

Timelessness

Time can be defined as the indefinite continuance of existence and events as they progress through stages of history, the present, and the unknown projection of the future. But what is timelessness? It's easy to suggest that the concept of "timelessness" can be summed up in synonymous terms such as "eternal," or "everlasting." However, the connotation is lost; the term is stripped of its accompaniment of nostalgia and recollection. In tandem with the emotions instilled by a feeling of amaranthine memory, the mindset unique to humans adds to our ability to recognize the unforgettable events in our lives. Humans are granted with the capacity of foresight as well as the ambivalent idea of hindsight; these are the mediums through which people are able to comprehend that which is "timeless." Hindsight rests in the realm of the ambivalent because it has the aptitude to both instill burden on an individual through bitter memories, and on the converse, pleasure that person with recollection and reflection.

The difficulty in establishing the perpetual imprint on the world is to engage in an action or event with such a profound impact that it is able to evade the grasp of the human de-

sire for the "next big thing." In an essence, it must be able to capture immense interest while maintaining importance for a considerable amount of time without prompting the public to wait for something to surpass this latest achievement. This ephemeral curse further augments the immense pride and caliber of the contrasting achievement of an incessant triumph. The difficulty to accomplish such an arduous task is recognized and respected in a population. Conventionally, for an event to be of the magnitude required to be timeless, it must involve the exultance of a conquered foe: man vs. nature, science vs. imagination, actuality vs. probability, etc.

Individuals that have engraved a mark on this world are acknowledged to be timeless in their impact. They have successfully manifested their legacy in an action or an image which directly relates to that individual. We can see examples of this with Walt Disney, Neil Armstrong, Steve Jobs, etc. Each individual has left a timeless token that carries their legacy through the

ages. Walt Disney introduced the world to Mickey Mouse, a care-free, cheerful, and slapstick representative character who entertains the world with his humorous short cartoons. Astronaut Neil Armstrong has

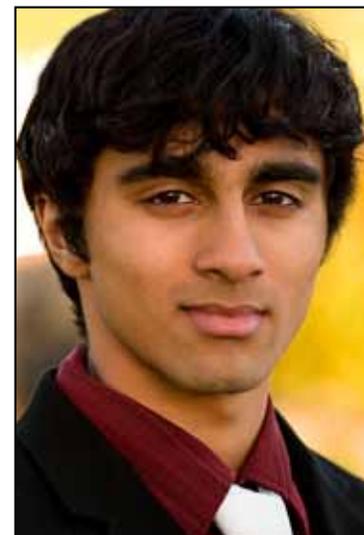


left his imprint – literally – on the surface of the moon as an eternal symbol of a conquering human race. Steve Jobs introduced the world to a new wave of technological advances which can be accredited to having sparked a vast movement to model sleeker, faster, and more efficient articles of technology. What each individual holds in common is the fact that they acted as pioneers in a field and established a foreground for others to kick-start projects and further the scope

of human expanse and intelligence.

However, timelessness represents a coin with polar sides; one side represents the progress and development of a people, the second side represents devolution or the negative aspects of a population. In the same category of timeless figureheads, one could expect to see figures Adolf Hitler, Benito Mussolini, Stalin, Andrew Palmer, etc. The deeds of these men require little discussion, for their legacy continues to haunt men and women alike. And although they contrast the individuals mentioned earlier, they still fall into a category of timelessness. They left their legacy, however recusant to the benefits to humanity provided by positive figureheads, and have made an imprint whose echoes can still be heard today.

Timelessness is a difficult concept to define because we understand WHAT is considered to be timeless, yet we find it onerous to distinguish what made that "thing" so memorable. The recent 2012 Summer Olympics is easily re-



garded as being timeless because of its intense show and the impressive performance of the athletes. We understand that the event is memorable because of the emotions instilled in being recognized as one of the top world athletes, but this same factor cannot be applied to every example. And even then, smaller events can be considered to be timeless to an individual without having influence on that person's neighbor.

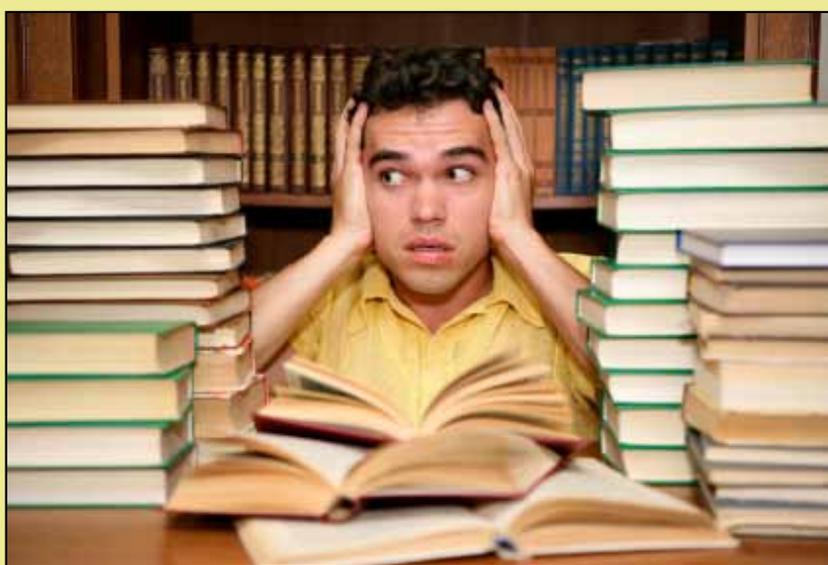
Until next time, I leave you with this challenge: identify an event in world history – within the scope of your life – that you consider to be timeless. Then, find an event in your personal life that you consider to be memorable. Compare the two events and distinguish the similarities in the emotions they evoked and why you consider them to be unforgettable experiences.

- Atharva Kiran Dhole

Stress

Stress. Stress has many different meanings and synonyms. Strain, weight, force, emphasis, they all relate to each other in some way or another. It is like the outer layer of all of our thoughts, although, mostly relating to work or school. Stress can make us feel like ripping our hair out of our very heads, crying like tomorrow will never come, and just getting so angry over everything that gets in our way, whether good, bad, or annoying. The thought of stress just makes you stressed, isn't that true? Even though stress comes with every human being, even though we are very well born with it, no matter what, we always wonder why it exists in our minds and lives. Is it worry? Is it procrastination? Is it because of having too much work? Or is it just stressing for the sake of stressing? Who knows?

I think I do this last one a lot, stressing for the sake of stressing, for whatever reason, I do not know. I am always stressed or worried and trust me,



it is not at all the best way to live your life. In fact, it is actually very annoying. This dreadful "S" word comes back day-by-day to haunt each and every one of us, eating us and our brains, and our nails, to the core, until we can't possibly think to get rid of it or go on with our tasks.

To get rid of stress, well, actually I don't really even know. That is like a whole other story, right? There are these things called stress balls, have you guys heard of them? I do not think they really help, but that's just me, maybe they do. Stress is just something that every person experiences, some more than others, and we try to take it in the most simplest form, hopefully succeeding, then try our hardest to get rid of it, wishing it will soon go away.

Okay, I say enough of about stress for this month! I am getting stressed just thinking about stress, aren't you guys? So, summer is officially over and it is back to school. I am excited for this year; I think it will definitely be a good one for all of us. Well, have an amazing start to the school year, stay safe and have fun with your friends, and happy September! I will talk to you guys next month!

- Sanam Mallik





By Arman Sidhu

On May 11th, 1998 the then-Prime Minister of India Atal Biharee Vajpayee addressed his countrymen with what he proclaimed was a "brief announcement." As short as the speech was, his words, nonetheless echo in the proud hearts of Indian citizens: "Today, at 1545 hours, India conducted three underground nuclear tests in the Pokhran range. The measured yields are in line with expected values. Measurements have also confirmed that there was no release of radioactivity into the atmosphere. I warmly congratulate the scientists and engineers who have carried out these successful tests." With the success of the nuclear tests, India would join the elite group of nations that possessed weapons of the same effect, and could prove that the former unstable, Socialist India could now put itself in a select group of world powers, and could prevail over its enemies, while stimulating the South Asian region with its militaristic advancement. Of course, it was only a matter of time, seventeen days to be exact, that an outraged Pakistan would proudly test its own nuclear capability, further instigating an arms race between the two nations. Former U.S. Presi-

A race with no end

dent Bill Clinton said that he would come down on India "like a pile of bricks" as if the United States had any right to dictate the testing of nuclear weapons in other nations. The Chinese, baffled by the test, quickly suppressed India's claims that the reasons were in a response to a "China threat." In the next decade came the transformation of India, who quickly rose within the ranks of powerful nations, so powerful in fact, that in the next 14 years, a test of the Intercontinental Ballistic Missile Agni-V successfully launched, with no opposition. Agni-V was noted for its capability to reach major cities in both Pakistan and China. Compare Pokhran-II with Agni-V and this time, none of the world powers, with the exception of a concerned China, condemned the tests openly. Instead, the only thing that didn't change, was a test by Pakistan in succession. Thus comes history's déjã vu. As the Soviet Union and the United States once did, India and Pakistan's supplementation of nuclear devices sparked brinkmanship, a concept of building nuclear weapons to have them, rather than to use them in offense. But what makes these test signifi-

cant is the power and respect that comes with them. Despite instability still plaguing Pakistan, India had created a new image in the world, with improvements in the economy, the addressing of societal problems, and the advent of looking and acting like a leader in the world. To say that the nuclear tests were a catalyst for all of those changes may be a bit much, nonetheless, they assisted in the development of a "New India." Military has always been a priority of India, as it should be, especially when they share a border with both Pakistan and Afghanistan. The military of a country serves as its source of nationalism, and in time where political corruption headlines India's list of problems, the success of the militaristic improvement is imminent for India. Both Pakistan and India may have multiple tests scheduled in the future, and should war break out between the nations, it'll be devastating, but nuclear weapons are a source of security and safety that no other weapon as of yet can match. Therefore, the support of India's nuclear programs is needed not only by its key leaders but its citizens as well.

Senior Group celebrates India Independence Day

By Bhagubhai Patel

The Senior Group celebrated India Independence Day on Thursday 16th August with proper procedure and Dignity suitable for the occasion. Our "Bujerg" Shri Shantibhai Rajyaguru was guide for this nostalgic celebrations. Shri Mannubhai Patel was selected as program organizer and master of ceremonies, which started promptly at 11:00AM as scheduled. "Gandhi Topi" and tri-color "Khes" were showing the member's spirit of the occasion. USA and Indian national anthems were played as the respective flags were raised by Dr. Rasikbhai Patel and Shantibhai Rajyaguru. This was followed by patriotic songs of independence struggle days and post Independence by Shrikant Vaidya, Harshad Desai, Kishor Vyas, Taraben Patel, Meena Bhavsar and Kapila Patel. Raman Bhavsar spoke on Independence struggle and Sevantibhai Shah for Suresha Shah gave a talk on value of independence. The program concluded with sumptuous lunch of Mango Ras, Poori, Pakoras, etc. which was sponsored by Kishor Vyas and Taraben Patel. Following is a special message written



by Mrs. Suresha Shah. After surviving many civilizations and various foreigner's rules, India got its independence from British rule in 1947, after a long struggle and sacrifice. India celebrates its freedom from British rule on August 15th every year. It's five thousand years old civilization, very few countries in the world have such an ancient and diverse culture. In each and every field it's people are

talented. It's arts, architect, sculpture, paintings, food and festival are celebrated by variety of linguistic communities. It's also the world's one of the largest economy. India achieved its freedom under the guidance of Mohandas Karamchand Gandhi, who is lovingly known as Bapu - Father of the nation and Mahatma.

Gandhiji attained his goal and achieved the freedom

with Satyagraha and non-violence. India had decided on August 15th 1947 that all her economic reorganization would be managed by democratic means, so it is very challenging situation. With so many talent and man power it can reach highest achievable level of progress, but with rampant corruption and black money do not allow to become a shining star. We admire leaders like Anna

Hazare and Baba Ramdev who is devoting their efforts to clean and root out the corruption. We the Senior Group of Indo-American Foundation of Arizona celebrates today "Swaraj Din" with all the excitement and wish our Mother Land all the best from the Seven Seas.

"Zanda Uncha Raheem Hamara" Our Flag Fly High all the time. **(All Photos by Sevantibhai Shah)**

INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)

On July 10, 2012 Kapilaben/Thankorbhai shared their near-fatal experience with a narrow escape from a severe car accident. They thanked Dada Bhagawan for saving their lives. Anilbhai and Arunaben provided an inspiring bhajan concert in memory of Lt Manojbhai Patel sponsored by Nirali/Sailesh, Kokilaben, Nidhish, Purvi& family. Everyone enjoyed the delicious luncheon. One minute silence was observed with prayers for Pushpaben Unarker's sister who passed away in London. Update on much improved Munnuji's condition and information on Surinder Aggarwal's health condition were shared.

On July 31, 2012, two main activities that people were busy with were playing card games and "bhajanmandli" by ladies. The atmosphere was relaxing. Jayshreeben and company started dance practice on site for the upcoming Sept 7th anniversary celebration. Pradyumanbhai recited poetry and AD Patel narrated his experience under "Sajuka Choubara". A generous contribution of \$1000 was received by ISAA from Dr. Ashwin and Rupal Patel which was appreciated.

On August 7, 2012, the Janmashtami celebration was apparent in the air. Ladies were all well dressed up, and some men too. The stage was set with baby Krishna in "hindola" surrounded with decorations all around. Garbas got underway as Shantiben and Deviben provided the beautiful lyrics. Everyone got into the perfect mood for raas as the blast of music got flowing. It continued for a long time. This part concluded with bhajans and aarti, which was joined by Induben with some more bhajans. A moment's silence was observed to offer our prayers to the families of those who lost their near and dear ones in the massacre in Wisconsin. ISAA has decided to send the collection from aarti, along with some more donations, to the Gurdwara victim families.

This turned out to be a very generous gesture! Jitubhai requested a short life history summary write-up from all members, with their electronic digital picture, for ISAA membership book. He reviewed the tasks of various volunteers to coordinate the process for a safe, smooth, peaceful, enjoyable and successful Anniversary Program. Birthday days of Amritbhai, Vijayaben, Umeshbhai and Vijay Khopkar were celebrated.

On Aug 14, 2012, ISAA celebrated the Independence Day of India in a unique way by hoisting the Tri-rangi on one side and the ISAA on the other. The flags were raised during Vande Mataram followed by the National Anthem. Harshaben Joshi did the honor of presentation of the patriotic songs. A musical concert continued in honor of Gitaben's birthday by Harshaben, which was applauded by all. Dr Dana Patel joined the fun-looting Gitaben's celebrations. The luncheon was sponsored by Chhotubhai's family which was enjoyed by over eighty members and guests.

On August 21, 2012, Preparations and practice for the ISAA Anniversary Program is in good progress. This included banner, hall decoration, seating, and discipline and crowd management control. A volunteer team is formed to handle just that. Jitubhai gave the program overview and recommended that on Sept 7th everyone should arrive at the hall by 6:30 PM and be seated by no later than 6:45 PM. The program will start promptly at 7:00 PM. The dinner will be served soon after completion of the entertainment program around 9:00 PM. All those who have purchased the tickets are requested to come prepared accordingly. As the program has been sold out, names are being taken for the stand-by list. If there are any cancellations then only tickets would be issued on first come first serve basis. Please contact Jitubhai or Chhotubhai. Prakash and Vimal Gandhi celebrated their birthdays sponsoring the luncheon.

Response to the ISAA Anniversary Program booklet is very encouraging pledging with voluntary contributions by Vijay/Shyam-Tangri-\$100, Kinal/Hitesh Movalia-\$200, Dipa/Sanjay Verma \$400, Nilam/Biren Patel \$400, Nirali/Sailesh Patel \$400, Ashwin/Rupal Patel \$1000, Sapna/Sukhdev Padda \$400, Kiritbhai/Sumatiben/Milan Patel \$200, Shital/Ameet Patel \$400, Jaswant/Chandrika Patel \$200 and by Sandeep/Priti.



Celebrating Gitaben's birthday with a feast with Dana Patel!



Indian Independence Day with Harshaben Joshi



ISAA Seniors Chanting Indian National Anthem with pride!



How proud these ISAA Seniors are raising ISAA Flags!



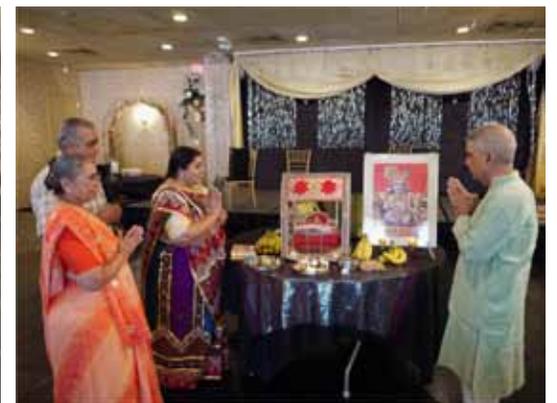
Devotees of Lord Krishna Celebrating Janmashtami!



Don't they look gorgeous while playing Dandia-Raas for Lord Krishna!



Family Celebrating Vijayben's 82nd birthday with ISAA seniors!



Putting Lord Baby Krishna to sleep on the day of Janmashtami!



Nirali hosted a shradhanjali concert by Anilbhai in memory of her father Manojbhai!

Teeyan Da Mela
hosted by
Desi Sports
& Cultural
Club
August 3, 2012
Phoenix, Arizona



Anything which goes wrong in our life is being blamed to "Shani Maharaj" Why?. Saturn is a slow moving planet in our solar system.

He is the son of 'Sun' but still, their qualities of are quite opposite Lightness/Brightness verses Darkness. Saturn is the lord of Capricorn and Aquarius signs. Exalted in Libra and debilitated in Aries. It takes Saturn planet 29½ years to go round the Sun. Hence on an average it remains in a sign for 2 ½ years. Mercury and Venus are his friends whereas Sun, Moon and Mars are his enemies and Jupiter is neutral to him. If in your horoscope, Saturn is in lagna lord or Fifth lord or Ninth lord and placed in 3,6,11 houses then Saturn brings happiness and prosperity in business. One cannot get what has not been promised in his Natal Chart and transit can only give or take what has been promised in his Natal Chart. So rules of transit have limited liability. They are applicable to only planets whose Dasha and Antar-Dasha are running. Transit can only specify a point in time when a promise is likely to take place. The name Sade-sati literally means seven and a half y. There are two views regarding the period. One view is that transit of Saturn from 12th and 2nd house from Moon, other view is more precise it says subtract 45 degree from the Natal Moon, it will give starting point and add 45 degree in the Natal Moon, and it will give end point of Sadesati. Saturn takes 2 ½ years in passing from one Rashi to other so it takes 7 ½ years in passing three Rashis.

Myth - Saturn gives good result in only

SADE-SATI- The 7½ Long years of Saturn (Shani)

3, 6, 11th position from the Moon.

In other words out of 30 years cycle of Saturn only 7½ (1/4th) years are good and rest 22½ (3/4th) are bad. This very fact is wrong.

As stated earlier "sade-sati" consist of 3 cycles. Each cycle called Dhaiyya (2½ years each). All three cycles are not bad for native directly or self. It affects him being the head of the house or the institution. People have given undue goodness to Jupiter and attributed undue evil to Saturn. Practical experience proves otherwise.

Saturn is the only planet which gives service to the mankind or God. It is KARAK of spiritual knowledge. In the first cycle when Saturn transit 12th house for 2 ½ years its evil effects are felt by parents, near relatives and may cause increased expenditure. When in 2nd aspect it remains in 1st house (called lagna), it effects domestic and professional fields as it aspects 3rd, 4th and 10th houses. While in 3rd cycle it aspects 4th 8th and 11th houses. It effects one's health, children etc.

As per Rishi Narad the total period of 7 ½ years comes to 2700 days and during this period it travel from different parts of body and accordingly gives result as follows :-

So, as per above chart, only about 700 days are bad and rest are good. Saturn gives particularly bad result in Mesh and less bad in Dhanu. It gives worst result in Kark and lesser evil in Meen Rashi.

DAYS	PART OF BODY	RESULT
First 100	MOUTH	TROUBLES
101 TO 500	RIGHT ARM	PROFITABLE, WINNING, SUCCESS
501 TO 1100	LEGS	TRAVEL, LABOR (RESULT WILL DEPEND ON SATURN'S POSITION IN NATAL CHART)
1101 TO 1600	STOMACH	PROFITABLE, WINNING, SUCCESS
1601 TO 2000	LEFT ARM	ILLNESS, TROUBLES, SORROW, LOSS
2001 TO 2300	HEAD	PROFITABLE, SUCCESS IN WORK RELATING TO GOVERNMENT.
2301 TO 2500	EYES	PROGRESS AND GOOD LUCK
2501 TO 2700	ANUS	VERY BAD FOR BODY, IT GIVES PHYSICAL AILMENTS

In Taurus and Libra lagan, it gives good result. In Capricorn and Aquarius Lagna it also gives good results. If Sade-sati falls during the Dasha of lagnesh or Trikonesh or during Raj Jog karak Dasha the effects of sadesati will be unnoticeable.

Rules of Dasha pravesh are applied to Sade-sati. Some astrologers say placement of Moon at the time of start of Sade-sati decide its role. Some counts from Nakshatras of Moon and some count from Rashi of Moon but they are not much prevalent. In case of slow planets such as Jupiter and Saturn, modern view of seeing its transit through is gaining momentum and is proving correct. After taking stock of Natal, Saturn and its placement and Dasha running at the time of Sadesati, one can easily assess the effects of Sade-sati.

Saturn acts as a Magistrate (Judge) and gives punishment for bad deeds. My experience is that one who has not done anything wrong need not fear from Saturn. Sade-sati is a cleansing process and the

only thing required is to accept the truth and allow smooth cleaning. If one resists Saturn cleaning he has to face the music. Saturn is being described as the planet of complete surrender. Surrender means surrender. We make wrong decisions and we try to go ahead. This is not correct. Simply bow before the Shani Maharaj. Devote time to God or Meditation or selfless service to mankind and accept the Divine will and Saturn will not harm you. Saturn gives the punishment for wrong done, if you have the cause, you only can remove it.

In my opinion every Sadesati gives a very clear cut turn in life, please go ahead and check the validity of my this statement, compare life before Sade-sati and after Sade-sati. You will find a clear departure. So whenever you have sade-sati period, kindly do consult a qualified astrologer, he may be able to guide you properly.

-Rajesh Khanna (Astrologist)

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Rajesh.Khanna@iThinkAstrology.com

Who has ever said that life is a bed of roses? To live life is to accept all what comes along, the good and the bad, the happiness and the sadness, the pleasures and the pains, for after all it is a package deal. Sometimes we may get what we wish for, but oftentimes we don't. The material necessities of human lives are usually under the control of someone else, over and above the needy. A child's needs are usually met by parents. The adults have to work for their needs or else depend upon someone other than themselves. If one's demands are reasonable, those who are in positions of control will go along most of the time. But if our social, political or financial needs or demands seem beyond what those in control are willing or able to provide, frustrations usually ensue.

Conflicts arise when aggrieved parties are not able to get what they perceive to be rightfully theirs. Such conflicts are often the root cause for protests against the authorities or the people in control. Many people with Western orientations consider protests as their birthright and not an all out battle for life. On the other hand, the perception about protests among people of ethnic backgrounds, especially Asians, happens to be somewhat different. The Asians and most others who grew up outside of Western Europe and North America usually do not carry positive perceptions about authorities. We are all aware that protests of any kind in our homelands often turn into violent clashes. Such violent protests rarely lead to positive changes, no more than the Western styles of relatively benign protests. From a conceptual point of view the authorities, whosoever they might be, are 'supposed to' work for the people over whom they rule. In the past, most of the world was ruled by kings, queens and emperors who exerted complete authority and control over their subjects. In order to rule without trouble, such rulers made sure that the basic needs of their subjects were met. They knew that the stability of their thrones was directly proportional to the satisfaction of the people they ruled. If the people were too unhappy, it didn't take long for the thrones to tumble down. Over time, this equation has changed and such scenarios do not exist anymore. There are not many kings, queens or emperors left in this world with absolute authorities over their subjects and those still in power, can easily be counted on the fingertips of one hand.

To Protest is Our Birthright, To Cause Mayhem is Not!

As times changed, so did the style of governance. Western-style democracy has become the principal method of governance over a major part of the world. The democratic governments bring forth their own sets of regulations to which all concerned must adhere. No single individual has the degree of absolute authority or responsibility equivalent to that of



bygone kings and queens. The elites of the ruling class are fully aware that their control upon the people is not dynastic. Their authority is not absolute, rather it is shared among several layers and as such the responsibilities have become limited. In order to run governments successfully, elected representatives must rely upon huge bureaucracies hired from within their subjects. Often, the employees of such bureaucracies end up locking horns with the authorities when they perceive a discrepancy between their responsibilities and their financial remunerations.

The bureaucracies are huge in Eastern countries. Proportionately more people are on government payrolls in the East than the West, both at the federal (central) level and at the state level. At the same time, elected officials and other decision-makers often find their hands are tied as the revenues collected often fall short of the budgets needed to run the government. In part, this is a consequence of a lack of desire among the people to pay their taxes. When government salaries fail to keep up with the cost of living, the only option left for employees is to resort to a protest.

The people of East, generally speaking, are more dramatic and do not hesitate in acting out in the streets,

especially when they perceive to have been slighted by the authorities. This often results in confrontations that easily can turn violent, leading to shouting matches, fist-fighting, and hurling stones even at the security officers trying to break up the protest. The security people in turn do not hesitate to confront protesters with force. The use of crude and excessive force is not unusual. Hurling sticks without caring much as to where it hits and whom they hit is common on both sides of the protest line. With the privatization of the media, especially live-media, such scenes are easily projected all over the world.

This is not to say that this doesn't happen in the West. A good percentage of the Western people work in the private sector and as such the government bureaucracies do not imply the kind of importance, as they do in the Eastern world. Raises in salaries are taken care of proactively on a routine basis in keeping with cost-of-living indices, thus avoiding the necessity for the employees to protest for their share of the pot. The government's coffers are not as limited as is often the case in Eastern countries, thanks to much greater wealth and a higher percentage of taxpayers who pay voluntarily or under penalty of the law.

In fact, the revenues from taxes on properties and businesses are mandatory for everyone including the elites. While nobody on earth ever likes to pay taxes, and while each and every human being tries to find legal or illegal ways to avoid them, on the whole the pool of willing taxpayers is relatively larger in the West.

In the West, should a discrepancy arise between the expectations of the employees and an unwillingness of the employers, a process of mediation is always available. And if that fails, certainly people can protest and even strike. But it is here that the difference between the West and the East becomes obvious.

The protests in the West are rarely loud, violent, or result in the kind of mayhem that we so often get to watch in the streets back home. The Westerners, most of the time, exhibit a



Dr. Jaswant Singh
Sachdev, MD*
Phoenix, Arizona

rather toned-down behavior under such circumstances. One often watches a group of people quietly walking in fairly orderly rows and holding banners that explain their cause. The protestors also make sure that the ordinary public, the people not involved with the protest, are not affected. Even law enforcement agencies are not too much bothered by such protests. But when protesters try to violate the law through non-violent civil disobedience, the law enforcement agencies use prescribed methods to detain the protesters, methods that require minimum necessary force to accomplish their tasks.

On the other hand, the concept of delivering a message through non-violence seems to have gradually been lost on the people belonging to the land of non-violence messiahs. If the purpose of the protest is simply to inform the authorities concerned, and if the ends could be achieved without violence and mayhem, why is there a need to interject violence into the protest?

While we are busy interrupting the functions of our highest legislative bodies of governments at both the central and state levels, the people of the West keep on finding ways to get the job done without unduly disrupting commerce or the government. While we keep on forcefully closing shops and businesses in support of some conflict almost every day somewhere in the country, the Western countries continue concentrating on the business of doing business seriously in order to stay in business and thus have an upper edge.

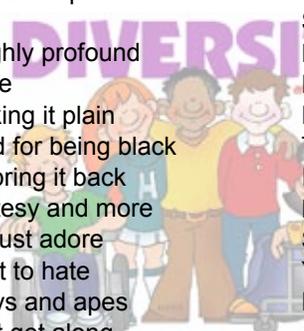
There is a dire need to turn our eyes toward the West and focus on a peaceful and disciplined way of protests. Hopefully this will project a better image of our people to the rest of the world, making it easier for us and our future generations to earn the respect that we rightfully deserve but which we have lost in the mayhem of such protests.

Honoring Being Human – Our Nature Is The Same

Honoring being human, becoming real smart
 Doing the opposite, tears us apart
 Dismissing selfishness and foolish greed
 America for all, is what we need
 America for justice, America for peace
 Honoring being human, without deceit
 Respecting our differences, no longer at war
 Seriously removing whatever the flaw
 Using our courage, as well as our guts
 Honoring being human, overcoming all ruts
 As true human beings, we're all the same
 Divide and conquer, has brought us shame
 Born to be equal with eyes and nose
 Mockery of others, disgracefully shows
 Culture like colors, in the crayon box
 Inclusive ownership, soaring to the top
 Beyond Black, White or Brown
 Honoring being human thoroughly profound
 Young or old, we're all the same
 Understanding our nature, making it plain
 Victims of the past, condemned for being black
 Love that was lost, it's time to bring it back
 Benefiting from kindness, courtesy and more
 Appreciating differences, we must adore
 Children no longer being taught to hate
 People are human, not monkeys and apes
 Beyond all differences we must get along
 Living at our best, righteously strong
 No longer stand offish, afraid to speak
 Honoring being human, reaching our peak
 Jews and Christians, Muslims and others
 Like it or not, we're sisters and brothers
 We all are human, regardless of race
 Honoring being human, without disgrace
 We all have bones, flesh and skin
 Valuing our inner, is the way to win
 It's about people, it's about love

Ignorance of the past, rising above
 Humans as animals, the life to shun
 Disgusting violence, knife or gun
 Some people short, some real tall
 Honoring being human, answering the call
 Born to breathe, born to eat
 Honoring being human, becoming complete
 Husband and wife, sweetheart or honey
 Appropriate conversation, greater than money
 The purpose of differences, challenging thought
 Love ye one another, constantly sought
 Abuse of young children, insanity on the rise
 Honoring being human, winning the prize
 Protect and secure, our young future leaders
 The greatest of scientists, magnificent readers
 Amazing human beings, functioning without fear
 Seekers of greater knowledge, life made clear
 Removing boredom, removing doubt
 Honoring being human, not having to pout
 Earning acceptance, not a liar or thief
 The best within, created to release
 It's about sharing, uplifting others
 Never forgetting, we're sisters and brothers
 Some from Africa, Europe or Spain
 Yet by nature we're all the same
 Honoring being human, honoring who we are
 Avoiding hostility, with vision to go far
 Born to be the same, breathing and eating
 Attacking our president, lying and cheating
 Suppressing voters a trick of fame
 Hungry for power the behavior of Cain
 The purpose of differences, dismissing being mean
 The tricks of slavery, remain on the scene
 Fighting for equality, so many were killed
 Denmark Vessey, his death brought chills
 Refusing to bow to those who were white
 Vessey understood, slavery wasn't right

Living what he taught, Vessey was proud
 Planning to escape, justice not allowed
 A devout member of the Methodist church
 From the scars of slavery, America hurt
 Walking Sunday mornings, with his prayer book in hand
 Rejecting inferiority, Vessey was a man
 The dignity of his appearance, not one to be afraid
 Never to accept, the abuse of a slave
 Beyond just a tap, slavery was a bang
 The courageous Richard Allen, he too was hanged
 Personal freedom, was never enough
 Freedom for all, what made him tough
 Establishing his own, Allen fought back
 Inspiring others with tremendous impact
 Honoring being human, our nature is the same
 The distortion of power, America of Shame
 So let us recover from the struggles of the past
 Honoring being human for America to last
 So timely it is, to stop the game
 As honorable human beings our nature is the same



For comments or concerns, contact: Habibullah Saleem at hscrtal@aol.com www.futureimpact.weebly.com

By Habibullah Saleem

Bhagat Prahlad was the most unique child in the universe. When he entered his mother's body, she was living in the ashram of Rishi Narada. She was serving many Rishis and devotees in the ashram as a devotee of Vishnu, who is the primal personality of God. When Prahlad was born his mother, Kayadu, was worshipping Vishnu for grace and peace. His father, Hiranyakashipu, was meditating on Brahma for the power to conquer his death. When Prahlad was five years old he was a most sincere devotee of Vishnu. This was a blessing and prayer of his mother. At that tender age he had a great reverence and faith in God because his mother taught him, "If Lord Vishnu is your protector, and no other power in the universe can harm you". When his father was deeply immersed in his prayer for a vision of Brahma, suddenly Brahma Dev appeared in front of him. That was an unspeakable moment. Hiranyaksh heard the divine word, "Oh my beloved, what do you need?" Hiranyaksh was so thrilled and asked "Oh lord, bless me with immortality". He heard again "I cannot do that, but ask anything else of the universe and I will give it". Then Hiranyaksh said "Grant that none of your creation will be the cause of my death. No weapon should be the cause of my death. I must not die in or outside the house: not during the day nor the night: not on the earth or in the sky. Neither man nor animal can kill me. Please grant me this boon". After

Bhagat (Devotee) Prahlad

that Hiranyaksh heard a loud thunder, the laughing of Brahma Dev. "My child, you are blessed with this boon. Your desire is fulfilled. As you ask so shall you receive" Hiranyaksh was so happy. "Now I alone will be worshipped in the universe. No one is above me. I will rule the three worlds." He laughed and repeated, "I will rule the three worlds. This creation will worship me, only me."

Then he started to force his will all over the creation. He ordered only his name shall be worshipped. He allowed only this mantra: Jal (in the underworld) Hiranyaksh

Thal (on the earth) Hiranyaksh
 Hai Bhee (present) Hiranyaksh
 Hosee (future) Hiranyaksh

Giving this mantra, he was content and said, "Now I will rule this universe forever". And this mantra was the first prayer of every educational institution.

At age five Prahlad was sent to school and his teacher taught him this Hiranyaksh mantra. Prahlad refused to cooperate because Prahlad learned from his mother to worship only Vishnu. When his father heard this, he was so upset he called his child and attempted to change his mind and follow his father's reality. Prahlad stood firm with his strong faith from his mother's teaching. This was an unspeakable situation in the mind of Hiranyaksh. He threatened his son with

a sword to no avail. He ordered his son taken from him and thrown from the top of a mountain. This was done as ordered however Prahlad was unharmed and became fearless.

To shorten a long story, this action was repeated many times and many ways. Prahlad was unharmed and his supreme devotion to the Lord only grew. His father called Prahlad after all of this and asked him, "where is your Lord Vishnu? I want to see him". Prahlad was very calm and fearless. "Father, God is everywhere and in everything." His father repeated, "Is he even in this pillar?" Humbly, Prahlad answered "yes". Hiranyaksh, burning with anger said "now I am going to kill you". He jumped from his throne and struck the pillar with his sword. With the sound of thunder, the pillar broke into two parts and out came the Lord in a body that looked like a human and a lion. He angrily grabbed Hiranyaksh, carried him to the threshold, the sun was setting. He put him on his lap, neither earth nor sky, no day no night, no human or animal, no weapon, neither in the house nor out. The lord then tore his entrails out with his nails and teeth.

After the death of Hiranyaksh, Lord Vishnu asked Prahlad, "Oh, my divine child, what can I give you?" Prahlad touched his forehead to the Lords feet and humbly begged, "Oh Lord, forgive

my father's demon behavior toward you and liberate him. Keep me under thy protection". The Lord blessed Prahlad with his desire saying, "Your father and twenty-one generation after him are liberated my child. The universe will remember you forever for your devotion."

This was the victory of Truth and the result of prayer with full devotion. And all the Gods and Demi-Gods and Angels were singing the songs of joy and peace and happiness.

Note. Dear readers, read this article very carefully because it is a very great lesson as a human. If you want anything from God, choose carefully. God can give us anything we ask of him. When you pray, ask for grace, reverence, faith, meditation, devotion and unconditional love. Pray for humility not ego because egoistic way of life is internal blindness. Dear Devi jis (Women readers), if you wish to give birth to a child, the kind of nature you wish your child to have is in your hands. Mother's teaching in the child's life is unique and powerful. What mother can teach, no other influence is as strong. What you teach in the first five years is the foundation for the rest of their life. Please, as a mother, give the right direction.

Thank you,

-Harbhajan Singh Sandhu.



Omega-3 fatty acids are considered essential fatty acids. They are necessary for human health but the body can't make them - you have to get them through food. It is important to have the proper ratio of omega-3 and omega-6 (another essential fatty acid) in the diet.

Benefits associated with following health issues :-

- **High cholesterol**-Several studies have shown that fish oil supplements reduce triglyceride levels.
- **High Blood Pressure**- Studies on those consuming fish oil supplements found that taking 3 or more grams of fish oil daily may reduce blood pressure in people with untreated hypertension.
- **Heart Disease** -The role of omega-3 fatty acids in cardiovascular disease is well established. One of the best ways to help prevent heart disease is to eat a diet low in saturated fat and eat foods that are rich in monounsaturated and polyunsaturated fats (including omega-3 fatty acids). Clinical evidence suggests that EPA and DHA (eicosapentaenoic acid and docosahexaenoic acid, the two omega-3 fatty acids found in fish oil) help reduce risk factors for heart diseases.
- **Diabetes** -People with diabetes often have high triglyceride and low HDL levels. Omega-3 fatty acids from fish oil can help lower triglycerides and raise HDL level. So eating foods or taking fish oil supplements does help people with diabetes.
- **Rheumatoid Arthritis**-Most clinical studies examining omega-3 fatty acid supplements for ar-

OMEGA-3 FATTY ACIDS

thritis have focused on rheumatoid arthritis (RA), an autoimmune disease that causes inflammation in the joints. A number of small studies have found that fish oil helps reduce symptoms of RA, including joint pain and morning stiffness.

- **Systemic Lupus Erythematosus (SLE)** -Several small studies suggest that EPA and fish oil may help reduce symptoms of lupus, an autoimmune condition characterized by fatigue and joint pain.
- **Osteoporosis** -Few studies suggest that omega-3 fatty acids may help increase levels of calcium in the body and improve bone strength, although not all results were positive.
- **Depression** -Studies have found mixed results as to whether taking omega-3 fatty acids can help depression symptoms. Several studies have found that people who took omega-3 fatty acids in addition to prescription antidepressants had a greater improvement in symptoms than those who took antidepressants alone.
- **Skin Disorders** -In one clinical study, 13 people with sun sensitivity known as photo dermatitis showed less sensitivity to UV rays after taking fish oil supplements.
- **Inflammatory Bowel Disease (IBD)** -Results are mixed as to whether omega-3 fatty acids can help reduce symptoms of Crohn's disease and ulcerative colitis, the 2 types of IBD.

- **Asthma-Studies examining omega-3 fatty acids for asthma** are mixed. In one small, well designed clinical study of 29 children with asthma, those who took fish oil supplements rich in EPA and DHA for 10 months reduced their symptoms

- **Menstrual Pain**-In one study of 42 women, they had less menstrual pain when they took fish oil supplements.
- **Colon, Breast and Prostate Cancer**-Eating foods rich in omega-3 fatty acids seem to reduce the risk of colorectal cancer.

Dietary Sources:

- Fish, oils from plants&nuts are the primary dietary source of omega-3 fatty acids.
- Eicosapentaenoic (EPA) and docosahexaenoic acid (DHA) are found in cold water fish such as salmon, mackerel, halibut, sardines, tuna, and, herring.
- ALA is found in flaxseeds, flaxseed oil, canola (rapeseed) oil, soybeans, soybean oil, pumpkin seeds, pumpkin seed oil, purslane, perilla seed oil, walnuts, and walnut oil.

To know more, feel free to contact:

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Organic Choices
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Hello Friends,
The sweet smell of rains is in the air!!! That is how I felt whole last week with some good rains and of-course the famous colorful AZ lightening!! Also along with the rains came a lot more out-of-state buyers, making Arizona a little more cosmopolitan and multi-cultural. I love this time of the year, and more so with 24/7 Wall St listing Phoenix Metropolitan areas as one of the top-10 cities where homes sell the fastest. We always believed the valley real-estate was recovering really fast but always nice to hear us being listed as one among the top-10 in the country. Residential Sales were still going strong, Inventory is low (getting lower by the day) and Buyers are more in the market (Increasing by the day)!!. Lets look at the July sales in Maricopa County below -

As you can see, the valley real-estate residential market has never looked so good in a while and all indicators say its only getting better.

Lets look at the Commercial side, Out of State Investors are investing more in multifamily units.
• JRD Management Corporation sold the 280-unit Smoke-tree Apartments to BH Properties for \$7.25 million, approximately \$25,893 per unit. Located at Cheryl Dr. in Phoenix, the 189,880-square-foot, multifamily prop-

Valley Real Estate Market

erty was built in 1974 and is situated on a 10.2-acre parcel. The property is comprised of 86 studios, 148 one-bedroom and 46 two-bedroom units.

- Resmark Apartment Living, in joint venture with Greystar, announced plans for a 370-residence apartment development on just under 14 acres in the Desert Ridge master-planned community in Phoenix. Construction is expected to begin in September. The project on the northeast corner of Deer Valley Drive and 56th Street will include 10 buildings ranging from two to four stories tied together with outdoor gathering spaces and amenities.
- Pacific Transwest Real Estate, a developer based in California, has purchased the 174-unit Silver

Creek Apartments in Phoenix, AZ for \$7 million, or about \$40,000 per unit. The 137,400-square-foot, 18-building multifamily complex was built in 1984 on five acres in the Northwest Phoenix submarket of Maricopa County. The 80 one-bedroom and 94 two-bedroom units range from 663 to 870 square feet, and feature a balcony or patio, storage unit and washer/dryer. The community offers a clubhouse, fitness center and swimming pool.

- OSG Billing Services sold the industrial property at Guadalupe Rd, Bldg B in Tempe, AZ to Net Lease Holdings for \$2,666,756, or about \$103 per square foot. The 25,916-square-foot warehouse was built in 2002 on 1.5 acres in the Tempe Southwest

Industrial submarket of Maricopa County. It is part of Kyrene Tech park at the southeast corner of Guadalupe and Kyrene Rd. It features 30 percent office build-out, 21-foot clear heights, a fenced yard and 1,200-amp heavy power.

- People are getting more aware of Energy Efficient products. I am seeing builders promoting more green products. One of the Phoenix company, Parallel Capital Partners has been awarded Energy Star ratings for operational efficiency at The City Square Office Towers, located at 3800, 3838, and 4000 N. Central Ave. in Phoenix, AZ.



Inventory			
	Jul 2012	Jul 2011	% Change
Active Listings	11,789	25,620	-53.92%
All Contracts	16,985	13,337	27.36%
New Listings	8,433	9,252	-8.85%
New Contracts	8,947	8,050	11.14%

New Listings		New Contracts		Closed Sales	
2012	2011	2012	2011	2012	2011
8,433	9,252	8,947	8,050	7,060	8,337
-5.5%	-8.9%	-2.4%	11.1%	-21.3%	-15.3%
from Jun 2012: 8,924	from Jul 2011: 9,252	from Jun 2012: 9,184	from Jul 2011: 8,050	from Jun 2012: 8,872	from Jul 2011: 8,337
YTD 2012: 82,781	YTD 2011: 78,128	YTD 2012: 72,357	YTD 2011: 66,213	YTD 2012: 54,303	YTD 2011: 61,108
5-year Jul average: 11,102		5-year Jul average: 7,822		5-year Jul average: 7,369	

Statistic	Values	YoY	MoM
Total Sold Dollar Volume	\$1,380,894,361	+ 7.37%	- 20.42%
Closed Sales	7,060	- 15.32%	- 21.31%
Median Sold Price	\$145,000	+ 33.15%	+ 3.55%
Avg Sold Price	\$196,289	+ 27.26%	+ 1.12%
Avg Days on Market	71 days	- 26.8%	- 4.05%
Avg Sold to Orig List Ratio	98.75%	+ 5.18%	+ 0.04%



Valley is certainly getting better, not only in terms real-estate market but also in terms of infrastructure, green energy and of-course diversity. As always, I love all

the questions, comments & feedback. Please keep them coming at arti@artiier.com or call me at 480.242.8573

Disclaimer: This article makes no representation or warranties of any kind as to the accuracy of the data. The source of data has been taken from several sources such as wall street journal, Armls, Cromford Report, Costar, Globest and BizJournal

You need a day to rest and relax with the ones you love. Older family members will make demands on your time. You will have no trouble getting things to fall into place. Don't make any drastic changes or begin new projects this month. Your luckiest events this month will occur on a Tuesday.

ARIES



Mar 21
to
Apr 20

This might not be a day for hasty decisions. You will be highly entertaining when in contact with your lover. You need to lie back and enjoy a little rest. You need to mingle with people who can spark enthusiasm and confidence in you. Your luckiest events this month will occur on a Saturday.

TAURUS



April 21
to
May 20

Problems with skin, bones, or teeth may mess up your schedule. You may find that your quick wit and charm will help you in obtaining allies. Use your ingenuity to manipulate things to get what you want. Someone you live with will, be impossible. Sudden changes regarding your circle of friends could prove interesting and stimulating. Your luckiest events this month will occur on a Sunday.

GEMINI



May 21
to
June 21

Home improvement projects will run smoothly. Be prepared to neutralize any threats. You can raise your standard of living if you pick up some freelance work on the side. Residential moves will be favorable. Your luckiest events this month will occur on a Sunday.

CANCER



Jun 22
to
Jul 22

Sudden changes could result in estrangements. Be prepared to meet new lovers through colleagues. You should take good care of your health; get lots of rest. Don't let relatives get the better of you. Your luckiest events this month will occur on a Thursday.

LEO



Jul 23
to
Aug 23

New love connections can be made through group associations. Get involved in activities that will be fun for the whole family. Deception and confusion regarding your status in society is likely. Be sure not to burn any bridges. Your luckiest events this month will occur on a Wednesday.

VIRGO



Aug 24
to
Sep 23

You can make changes to your home that will be pleasing to all concerned. Hassles with in-laws could put a damper on your day. Financial limitations will not be as adverse as they appear. Pleasure trips will be a form of healing for your emotional state of mind. Your luckiest events this month will occur on a Sunday.

LIBRA



Sep 24
to
Oct 23

Be prepared to take care of the issues at hand. You may meet that special person if you attend fundraising functions. If you're preoccupied, be careful while operating a vehicle or any kind of equipment or machinery. You may find that you're being used. Your luckiest events this month will occur on a Monday.

SCORPIO



Oct 24
to
Nov 22

You may exaggerate your emotional situation. Your high enthusiasm will be sure to inspire anybody around you. Take time to help children with projects that may be too hard for them to do on their own. You may have to explain your actions to your family. Your luckiest events this month will occur on a Monday.

SAGITTARIUS



Nov 23
to
Dec 21

Plan a day of enjoyment with them. Keep your thoughts and opinions to yourself and you won't get dragged into an unsavory debate. Travel should be on your mind. You will communicate with ease this month. Your luckiest events this month will occur on a Tuesday.

CAPRICORN



Dec 22
to
Jan 21

Realize that you don't have to do everything yourself. Don't let your personal partner hold you back or slow you down. Be aware of any deception on the part of those you deal with. Use your own ideas to further your interests. Your luckiest events this month will occur on a Thursday.

AQUARIUS



Jan 22
to
Feb 19

Try to get away with your mate. Problems with peers is apparent. Outdoor sports events should entice you. You must be careful not to reveal secrets or get involved in gossip. Your luckiest events this month will occur on a Sunday.

PISCES



Feb 20
to
Mar 20

September 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 SREE NARAYANA GURUDEVA JAYANTHY CELEBRATION & VISIT OF SWAMI GURUPRASAD Bollywood Dance @ US Airways Center
2 Mind & Meditation Free Seminar @ Art of Living Center	3	4	5	6 Mind & Meditation Free Seminar @ Art of Living Center	7 SEMI-CLASSICAL Devotional Vocal Concert by Sankaran Namboothiri @ Murdock Hall	8 Join Immigration Voice in the Fairness and Freedom Rally Krishna Jayanthi celebrations @ JET AZ Center
9 Mind & Meditation Free Seminar @ Art of Living Center	10	11	12	13 Mind & Meditation Free Seminar @ Art of Living Center	14	15
16 Mind & Meditation Free Seminar @ Art of Living Center	17	18	19	20 Mind & Meditation Free Seminar @ Art of Living Center	21	22 GCA Golf Tournament 2012 @ ASU Karsten Golf Course
23 Mind & Meditation Free Seminar @ Art of Living Center	24	25	26	27 Mind & Meditation Free Seminar @ Art of Living Center	28	29
30 Mind & Meditation Free Seminar @ Art of Living Center						

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Ek Tha Tiger — Method in the Salman madness

Ek Tha Tiger (ETT) is probably Hindi cinema's best action film yet. Conrad Palmisano, who's been stunt co-ordinator on films like the Rush Hour series, the Robocop series, Batman Forever and Romeo Must Die, directs four brilliantly put together action set-pieces. They are all lavishly mounted, shot at breathtaking locales, and executed with skilled precision. In the midst of it all is Salman Khan, Hindi cinema's poster boy for escapist entertainment. Thankfully, ETT is the rare

Film Review

Film: Ek Tha Tiger (U/A)
Director: Kabir Khan
Cast: Salman Khan, Katrina Kaif, Ranvir Shorey
Rating: *** 1/2

Khan film that has a plot too, thin as it may be.

After having acted in some good, bad and terrible films for over two decades, Salman Khan's Chulbul Pandey regaled masses in Dabangg, Abhinav Kashyap's quirky take on the masala genre. This was soon after Wanted brought audiences back to single screen cinemas.

Since then, it's been one monstrous hit after another for Khan, although the films have had little going for themselves other than the not-so-towering, bare-chested presence of the actor himself.

Most of these — Wanted first, and then Ready and Bodyguard — have been poorly written, haphazardly put together films that more or less follow a simple formula — piggyback on the 'Bhai' persona, and play to the gallery. ETT is similar in some ways — it's a film that presents Salman as a larger-than-life, superhero-esque secret agent. There's action, romance, music, all of which is infused to satiate Khan fans.

But, surprise surprise. Kabir Khan makes sure you acknowledge the director too. He banks on Khan's stardom, no doubt, but ensures he makes a spectacle of it. "I'll show you how to do it in style" — his film arrogantly seems to be telling other directors aiming for box office gold. There's method to the madness, and an ingredient almost entirely missing from most other Salman films — wit.

Tiger's a RAW agent — the best there is. The film opens with an action sequence shot on the outskirts of Iraq. Tiger kills a bunch of agents after



bumping off one of his own men, who defected to Pakistan's ISI. Back home, he's yearning for another mission.

He's sent to Dublin to keep an eye on acclaimed scientist Professor Kidwai (Roshan Seth), believed to be sharing nuclear secrets with Pakistan. There, Tiger meets Zoya (Katrina Kaif) and the expected happens — the two fall in love. But the revelation of Zoya's true identity throws things out of gear. Can a spy afford romance? And what if the lover might be the enemy?

The narrative is linear. Kabir Khan keeps the storytelling simple and the runtime short. Designed to be a two hour-long adrenaline rush, Ek Tha Tiger doesn't pause for breath. The pre-interval portions, establishing Tiger and Zoya's romance has some dull patches, but once the plot is established, the film moves swiftly. Rameshwar Bhagat's editing is watertight. Aseem Mishra's cinematography does the film's scale justice.

Hindi cinema's tryst with the spy genre has been scattered.

Dharmendra's Aankhen, Jee-tendra's Farz, Mithun Chakraborty's Surakshaa and the Mahender Sandhu-starrer Agent Vinod all met with varied success. Sridhar Raghavan's tongue-in-cheek take on the last one flopped just a few months ago. All of these films had 'khufiya agents', 'du-

shman-e-mulk' and double crossing femme fatales.

Where Ek Tha Tiger scores is the balancing act — it's a full-blown Hindi film, with desh prem, farz and mohabbat as part of the recipe. But Kabir Khan treats the film like a stylised Hollywood actioner, never getting into graver issues but using the set-up as a tool to regale. His plot takes the characters around the world a la James Bond films, each of the locations woven cleverly into the screenplay.

A spectacular ac-

tion sequence in Havana is enough to get back your money's worth. It delights you with its choreography as much as it does with humour. Sample this: Having landed in a house inhabited by an old couple in-between a chase sequence, Tiger struggles to open the exit door to the apartment. The old man calmly gets up and opens the latch to let Tiger and Zoya out.

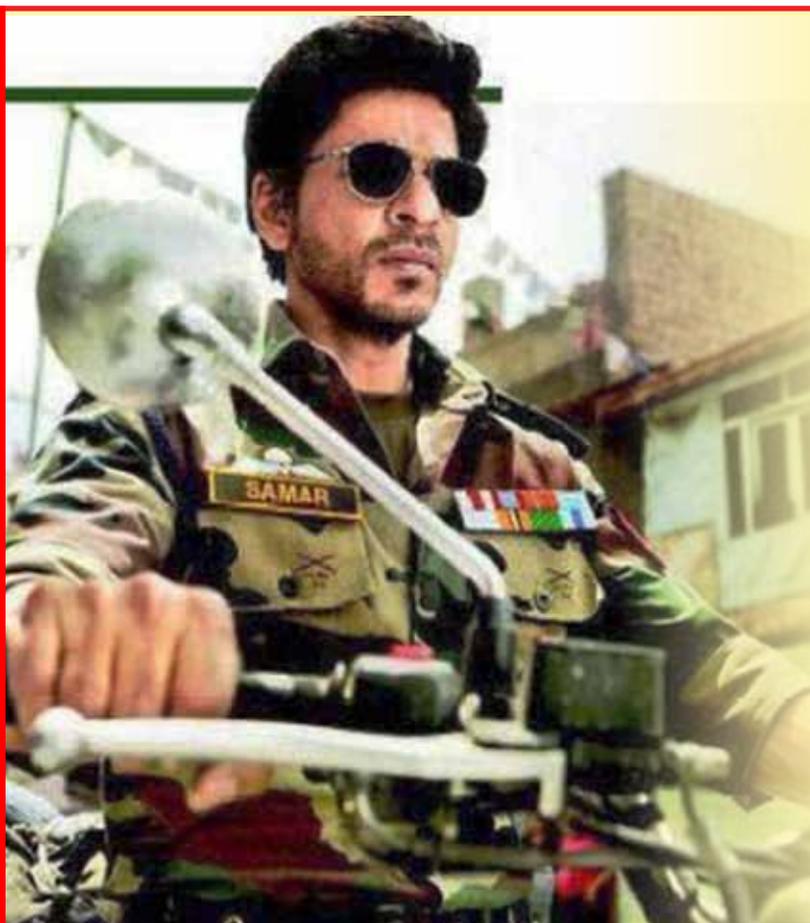
The film is well cast, with seasoned actors like Girish Karnad, Roshan Seth and the reliable Ranvir Shorey making up the ensemble. Khan's in his element, even though the film strips him off some of his antics — there isn't too much dialoguebaazi, neither is there scope for slapstick. But the usual Khanisms remain.

In one scene, TigerMan halts a speeding mono rail with nothing but brute force — the scene is as believable as a shirt tearing off his muscle-rippled body, but should do the trick for his obnoxiously large number of fans. Katrina Kaif looks smoking. She's especially sexy to watch while kicking some ass.

Ek Tha Tiger, as expected, is an out-and-out Salman Khan film. But it's also smart and stylish — not qualities you associate with a Sallu film. Escapism isn't always this much fun. Go watch.



I feel blessed to be in Kashmir, says Shah Rukh Khan



Shah Rukh Khan, who is on his maiden shoot in the Valley for Yash Chopra's untitled film, today said that he is enchanted by Kashmir, the land of sufis.

"How beautiful is Kashmir...how lovely the ppl & silences that can only be Nature's voice. Feel blessed to be here in the land of sufis (sic)," Shah Rukh wrote on microblogging site Twitter. SRK quoted Persian poet Rumi to describe his impressions of the Valley. "Rumi time...'Who could be so lucky? Who comes to a lake for water and sees the reflection of moon.' So apt for Kashmir." The 46-year-old actor reached Pahalgam yesterday for a week-long shoot for the film after completing a schedule in Ladakh. While Shah Rukh is enjoying his stay in Kashmir, hundreds of his fans had to return disappointed as stringent security arrangements stopped them from getting close to the star in the south Kashmir Pahalgam tourist resort. A large posse of police and paramilitary forces have been deployed around the Aru area in Pahalgam for his security. But such is his popularity that a large number of fans, especially youngsters, are reaching Pahalgam to get a glimpse of their favourite actor though without success. The untitled romance, which is slated for a Diwali release, marks Yash Chopra's return to the Valley after three decades. Chopra last captured the Valley on-screen in Amitabh-Rakhee starrer Kabhie Kabhie in 1976. He replaced Kashmir with Swiss Alps for his later films after the eruption of militancy in 1990. SRK plays an Army bomb disposal expert Samar in the film, also starring Katrina Kaif and Anushka Sharma.

Chopra, his son Aditya, Anushka and over 100 crew members are in Pahalgam for the shooting.

Vidya Balan's comic outing!

Actress Vidya Balan who's back to shooting after a longish break of sorts is apparently quite excited about her comic-thriller Ghanchakkar with Emraan Hashmi. And what makes the film rather special for her is that it's in a comic zone, a genre that the actor had been trying to tap for long now. Vidya had earlier admitted to wanting to try her hand at comedy, and if insiders are to be believed then Ghanchakkar has several such comic situations. The actor who will be seen trading her saris for salwar-kameezes, is already in the middle of her first shoot schedule.

Meanwhile, Vidya's performances in her recent hits continue to be high on the minds of most of her contemporaries. And she inadvertently finds her name being mentioned by several other actors publicly. An insider remarks, "There was a phase when all that the people in the industry could talk about

Vidya was her dressing sense, but today almost everyone acknowledges her for her acting skills, which is saying what a long way she has come from back then."

From Bolly hottie Kareena Kapoor often addressing her as one of the strongest actors today, to actor Vivek Oberoi referring to her as one of the heroes, almost all actors seem to be unanimous in their opinion about Vidya. In fact, at a recent event for unveiling the first look of Madhur Bhandarkar's Heroine, several questions directed at Kareena were about her film being compared to that of Vidya's The Dirty Picture.



**Honor 9/11 Victims.
Give Blood – Save Lives.**

2nd annual nationwide "Muslims for Life" campaign
in solemn memory of lives lost on 9/11

Date: September 8, 2012
8:00 am to 1:00 pm

Location: Baitul Aman Mosque
2035 West Elliot Road, Chandler, AZ 85224

Register at: <http://www.muslimsforlife.org/>

follow the link of "Find a Blood Drive" and click on
Scheduling Website on lower right side

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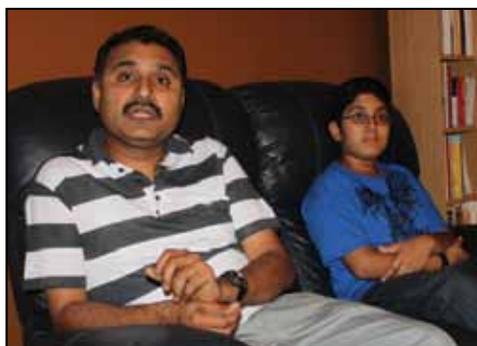
Chai with... Pranav K. Sanghadia (Kriya Yoga Disciple and Teacher)

By Deepa Walia
August, 2012

In today's world of materialistic pleasures, it is rare to find an individual or institution not motivated by financial gain. That is the main reason that Asia Today is pleased to highlight Pranav K. Sanghadia, a teacher of Kriya Yoga who teaches free of charge, in our regular Chai With column for this month. Pranav, a student and teacher of Kriya Yoga, is originally from Gujarat, India. Born to a traditional Hindu family, he followed the traditions his parents (who are still in Gujarat) taught him until luck or his destiny took him to Bangalore, India for work.

An Electronics Engineer by trade, he has worked for many recognized names in India such as Tata Telecom and Vipro and it was this profession that took him to Bangalore in 2003 where he met his Guru Gyan Swami Ji. Pranav, along with others, were drawn to Gyan Swami Ji and became students of yoga during that time; they would go weekly to learn meditation and breathing techniques and it was during these classes that Guru Ji told them they would all go to different parts of the country in a number of years. Even though Pranav did not know what that meant at the time, he looks today and that group is scattered across the globe. Guru Gyan Swami Ji makes 5-6 international trips a year, visiting his disciples across many countries who are spreading his message internationally.

Guru Gyan Sami Ji, who himself is a disciple of Guru Mahato Baba Ji, sends the message of purity between a Guru/Teacher and Disciple and also states that this purity can only be achieved if the Guru is not financially motivated. Due to this, Yoga must be taught free of charge and no money is expected from disciple. The disciple in return must be very honest with his/her Guru and this is how Yoga is taught. Yoga is not only a form of exercise but reaches to Samadhi and the ultimate definition of Yoga is "Union with



God." Following this tradition, anyone that comes to learn receives something very pure in return. Even though one could rent a Yoga Studio and charge to teach there, they would be motivated by financial gain to offset their expenses and the purity in the teaching would reduce. To keep this teaching pure, Pranav and others that follow these teachings teach from their homes so no expenses are incurred and they do not have to charge anything. The message of his Guru is to keep the tradition alive between Guru and Disciple and teach the purest form of yoga, not just for exercise but to reach true Samadhi or Self-Realization.

Guru Mahato Baba Ji was the one that sent the infamous Parmahansa Yogananda, writer of Autobiography of a Yogi, to the west to spread the message of Kriya Yoga, the only technique mentioned in Bhagvad Gita and other holy scriptures, in the 1920s. His teachings state that our brain only functions at 3-4% and ultimate self-realization is reached at 100% consciousness, which can take a million years. However, each breath

of Kriya Yoga can equate to one year of evolution, taking that millions of years down to one lifetime to reach a state of Samadhi or enlightenment. So, the ultimate purpose of these teachings is much higher than exercise, good health, and to reducing stress – those are all byproducts of the ultimate goal of reaching enlightenment.

Pranav's final message, which is also the message of all his Gurus and their Gurus, is that if someone wants to aim for self-realization, they do not have to leave their job or family or anything else. They can achieve that living their current lifestyle. They do not have to change their religion or belief system and continue to go to whatever temple they choose. Practicing Kriya Yoga is a spiritual activity that does not conflict with any religious belief. Pranav himself is happily married to his lovely wife Reena and has a sixth-grader that attends Basis by the name of Chaitanya.

There are three places in Arizona, one in North Phoenix and two in Chandler, where disciples of Gyan Swamiteach this pure form of Yoga free of charge. For additional information, please visit www.kyob.org or email Pranav at pranav@kyob.org. Asia Today thanks Pranav for his valuable time and teachings and wishes him the best in all his future endeavors.

Pranav is also a regular contributor to Asia Today and we are happy to showcase his regular column in this month's Chai With to give our readers additional insight into these teachings and belief system.

Is Lord Krishna a mythical character? Have you ever seen him, or expect to see or realize him in this life?

By Pranav K. Sanghadia

As per the archaeological report published in 2005, evidences of ancient city Dwarka founded by Lord Krishna exist under the sea. A documentary published by BBC also found proof of the famous battle field - Kurukshetra in north India. History has been resolved, but for millions of Indian and people around the world Krishna is not only a historical figure.

Who can think of a war in which a charioteer – Krishna preaches his brother in-law Arjun to fight against his own relatives? Any rational mind would think that a soldier who is reluctant to fight would be sent back to the camp, right? Is it possible that the enemy would have waited for days for Arjun to become ready for war? Many hundred saints and scholars have written their commentary on Bhagvad Gita; it would take many months to understand any one of them. But how come Arjun was able to understand it in the middle of a battle field?

Many ancient scriptures also mention that the Vedas and Puranas were consoli-

dated in one scripture called Bhagvad Gita for the people of new age. If this is true, the story of preaching in battle field does not match. What kind of battle field is this in which enemy can wait forever? What kind of war was it which led Arjun to kill his family members? Most importantly what do we get out of it if we stick to history, how does it help us or guide us?

As per Hindu philosophy the purpose of our life is to realize our self, how can then the religious book of such a great religion only contains battle field discussion?

Message of Krishna in Bhagvad Gita is immortal, it is meant for one who is on path of self-realization.

The battle field referred in Bhagvad Gita is our spiritual life. The blind king or Dhritarashtra is actually our mind which depends on our senses (Sanjay) to see and feel the world. Character of Draupadi is our Kundalini energy which is capable of awakening our five chakras, or in other words five Pandav brothers. When Draupadi meets each of Pandav brothers she produces mighty offspring capable of fighting against Kaurav or hundred bad tendencies within us. A person is slave to bad tendencies and senses as long as his/her Kundalini (Draupadi) is dormant. A yogi awakens his/her Kundalini energy by practice of advanced breathing techniques and meditation. Even after Kundalini is awakened the battle is not over, yogi has to fight against negative forces within (relatives). Pure Krishna consciousness is achieved only after a yogi wins against his/her inner being. Bad tendencies (Kaurav) within ourselves can wait forever for us to become ready for righteous war. At this moment there is a war going on in your mind about what you just read. Message of Lord Krishna is alive within every one of us!

Please email me your comments and questions.

Reference: *Spiritual commentary on Bhagvad Gita - "God talks to Arjuna" written by Paramahansa Yogananda.*

Political Fundraiser for Steve Berman

Article By Deepa Walia,
Photographs courtesy of Juan Loza
August 10, 2012

Jagdeep (JD) Saran hosted a fundraiser for Steve Berman, running for Mayor of Gilbert, at India Grill Restaurant in Tempe, Arizona on August 10, 2012. A past mayor of Gilbert, Mr. Berman is looking to run for another term and is actively involved in connecting with the growing South Asian community of Arizona. Asia Today shares some pictures from the fundraiser.



Political Fundraiser for Paul Penzone

Article By Deepa Walia, Photographs courtesy of Juan Loza, August 25, 2012

Goldie and Paul Singh, hosted a fundraiser for Paul Penzone, at their house in Glendale, Arizona on the evening of August 25th. Paul Penzone, who has earned national and international recognition for capturing high-value fugitives and targeting drug traffic organizations during his career as an officer, is running against Sheriff Joe Arpaio for Maricopa County Sherriff. During his campaign, he has made efforts to connect with the South Asian community of Arizona and Asia Today is pleased to share some pictures from the event.



Arizona Stands with Sikhs to Mourn Victims of Wisconsin Gurudwara Tragedy

Dr. Jaswant Singh Sachdev, M.D.

How deeply the Arizona Sikh community has been saddened and hurt was all too obvious from the number of religious events and candle-light vigils held at various Gurudwaras and other locations in Phoenix, Metro in the days following the tragedy at Wisconsin Gurudwara Sahib. Many people belonging to different faiths stood with them in their hour of needs making such events very powerful yet somber.

Six Sikhs Bhai Sita Singh Ji, Ranjit Singh Ji, Parkash Singh Ji, Satwant Singh Kaleka, Parmjit Kaur Saini and Suhveg Singh whose lives were taken away by Bullets of Wade Michel Page were remembered and prayers were said for Gyani Punjab Singh Ji and Santokh Singh Ji presently being treated in the hospital. Tributes were paid to Lt. Brian Murphy, the first police officer to arrive at the scene who took eight bullets in protecting potential victims. Prayers were also said for Wade M. Page, responsible for the tragedy so that his soul may rest in peace so that his family could find comfort.

Here are some of Highlights of the Events that took place in Metro Phoenix.

1. The members of Board of Directors of Arizona Interfaith Movement led by Dr. Paul Eppinger, held a Candle-light Vigil on Tuesday August 7th evening at the AFIM head quarter on 20th street and University. Attended by about hundred people belonging to different faiths, prayers were said by one member from each faith holding hands and remembering the victims.

2. Gurudwara Sahib Nishkam Seva at Loop 101 and 51st Ave held a Candle-light vigil on Wednesday, the night of August 8th following Kirtan Darbar where close to 300 Sangat members took part holding candle and praying for victims as well as those who were injured.

3. A large community based Candle-light Vigil organized by a few prominent members of Sikh community was held on Thursday evening August 9th in Downtown Phoenix, 201 West Washington. Near about 400 people of different faiths took part of in this one of kind of somber event. With a back drop of very melodious soft Sikh religious music from a CD of Snatan Kaur, mourners, with candles in their hands, circumambulated around impeccably arranged large snaps of 6 Victims as well as that of Lt Brain Murphy, displayed around the trees. It was followed by 5-7 minutes of melodious Kirtan by Bhai Surinder Singh Ji's Raagi Jetha, the theme being "No One is our Enemy, No One is Stranger; We are Friends to all and one." Plenty of cold water and chips etc were distributed freely given extremely hot temperature.

4. Guru Nanak Dwara Sahib held a Candle-light Vigil on Friday evening, August 10th. Again about 200-300 devotees were at hand to pray through Shabad Kirtan Ardas followed by Candle-light Vigil outside around the Nishan Sahib and American Flag.

5. In Ekta Mandir, a huge gathering was present to celebrate Janamashtmi, the birthday of Bhagwan Krishan Ji on August 10th evening. The author was specially invited to address the audience and explain the horrible event. Not only people were moved but the concern was obvious from the efforts being put by little children in raising funds for the victims' family.

6. Both Gurudwara Sahibs, Nishkam Seva and Guru Nanak Dwara had arranged special Kirtan Darbars on Sunday August 12th in memory of the Trag-



Candlelight Vigil by Prominent Sikh Community Members on August 9, 2012 in Downtown Phoenix, Photos courtesy of Juan Loza.

edy. Honorable Mayor of City of Phoenix, Assistant City Chief Ed Zuercher along with Phoenix City Chief of Police, Danny Garcia, his assistant Chief Tracy Montgomery accompanied by Chief police detective Dottie Conray, a long time Liaison for the Sikh community, all attended the entire two hours long function at Nishkam seva. The author introduced guests on the stage to over 400 strong Sikh community members who were then honored by S. Naraung Singh Saini. Highly impressed by this somber Gurudwara function, they promised to be fully responsive to the needs of community always and ever. At the end of function, the guests joined community members in partaking Langar sitting in row on floor. Before entering Gurudwara Sahib they mixed with Sangat members and signed a huge displayed paper 4X10 feet to be sent to the Wisconsin Gurudwara Sahib.

7. Guru Nanak Dwara Sahib had also invited Inter-faith members from Paul Eppinger's group of AIFM who graciously accepted the invitation to be

part of their Sunday religious event.

8. The same evening a group of Sikh members from the West Valley arranged a Candle-Vigil at Good year Park where a significant number of community members took part paying their respect and showing concern for the victims

9. A group of Sikh Physicians along with Sangat members arranged a very emotional Candle-light Vigil at Arizona Sikh Gurudwara Sahib on Wednesday August 15.. Following Kirtan Darbar every one assembled in the front yard, held a candle in hand and meditated for about one minute.

10. And finally on August 18th, during celebration of Independence Day of India at Arcadia High, the author was graciously invited to speak to the audience of close to 500 people about the tragedy in Wisconsin. The mayor of Scottsdale along with other members of his staff were at hand and also took part in signing the letter to be sent to the families of the victims.

Arizona Mourns with Wisconsin

Candlelight Vigil at Nishkam Seva Gurudwara on the evening of August 8, 2012



Kirtan Darbar on August 12, 2012 at Nishkam Seva

Attended by Honorable Mayor of City of Phoenix Greg Stanton, Assistance Clty Chief Ed Zuerchor, Phoenix City Chief of Police Danny Garcia, his Assistance Chief Tracy Montgomery, and Chief Police Detective Dottie Conray.





Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events
SEPTEMBER 2012 Programs & Events
17 Bhadon – 15 Asu, 544 Nanakshahi Era (NE)

Sept. 2 (Sun.) – Pehla Parkash Sri Guru Granth Sahib Ji (1604)
First installation of "Pothis Sahib" in Harminder Sahib
(Actual Day: Sept. 1, 1604)

Sept. 7 (Fri.) – Mela Kandh Sahib, Batala (Actual Day: Sept. 4)
Birthday **Baba Sri Chand Ji** (Actual Day: Sept. 6, 1494)

Sept. 9 (Sun.) – Punjabi School Starts; Fun & Learning for 5 and up
Registration opens a week before but you can register on the first day.

Sept. 16, Asu 1 (Sun.) – Sangrand (Asu) & Monthly Sehj Path
Sehj Path Bhog 9:00 AM. Sehj Path Arambh for new month at 9:30 AM.
Joti Jot Sri Guru Amardas Ji & Sri Guru Ramdas Ji (Actual Day)
Gurgaddi Sri Guru Ramdas Ji & Sri Guru Arjan Dev Ji (Actual Day)

Sept. 16 (Sun.) – Homeless Dinner Seva
Phoenix Rescue Mission, Call 602 741 8021 for more info.

Sept. 21 (Fri.) – Gurgaddi Sri Guru Angad Dev Ji
(Actual Day: Sept. 18)

Sept. 28 (Fri.) – Birthday Shahid Bhagat Singh
(Actual Day: Sept. 28, 1907)

Sept. 30 (Sun.) – Pooranmashi Kirtan Diwan

Regular Programs:
Main Kirtan Diwans on Fridays (7 PM – 9 PM) and Sundays (10 AM – 1 PM).
Morning Banis: 5:30 AM – 6:30 AM followed by ASA-DI-VAAR to 8:30 AM.
Evening Banis: 7:00 PM – 8:00 PM.
Sukhmani Sahib every Wednesday: 10:30AM - 11:30AM
Please check Gurdwara notice board for latest details of all Programs and Events
Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

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& DR. JASBIR SINGH SAINI MEMORIAL HALL
4950 W Tonopah Drive, Glendale, AZ 85308. (NE corner of 51st Ave and Hwy 101)
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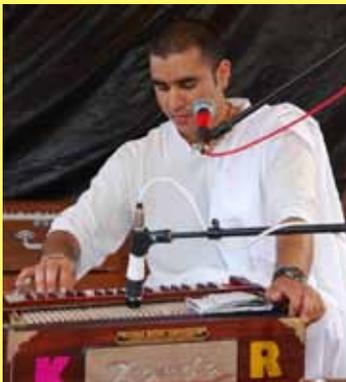
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