

# ASIA

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# Today

Monthly Newspaper

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**17**  
**Tian Da**  
**Mela**  
**2014**



**North America**  
**Samagam**  
**2014- A**  
**Spiritual**  
**Convention!**



**Nishkam Seva**  
**Gurdwara**  
**Sahib**  
**remembering**  
**Dr. Jasbir**  
**Singh Sani**



**Shahrukh**  
**Khan roped in**  
**as Ambassador of**  
**Interpol's 'Turn Back**  
**Crime' campaign**



## Over 2000 Devotees Attend Indo American Foundation's Grand Janmashtami Celebrations

Indo American and Cultural Foundation celebrated Krishna Janmashtami with great devotion and Grandeur on August 17th, 2014 under the leadership of Dayaram Ahir. Celebration of birth of Lord Krishna is a much awaited yearly event and devotees from all age groups attended the event to show their love and devotion to the Lord.



Almost 2000 devotees attended and participated in the Abhishek, bhajans, fancy dress and cultural programs. Over 75 Volunteers started preparing for this event several weeks in advance to ensure a smooth flow of all the activities. Jalaram Mandal and Harsha Ben and her group kept the atmosphere lively and engaging with their melodious bhajans. An overwhelming 90 plus children ranging from

• **More on P14**

## Independence day celebration's



India Association of Phoenix successfully hosted the 68th Independence day celebration event on the 23rd of August at Shadow Mountain High school. The event was celebrated with a lot of pomp and ceremony. The event started with a melo-

dious rendition of the National Anthem of both India and US by young artists of the community. President Murugan Patham welcomed the gathering. Over forty items were performed with a participation of more than 300 artists ranging

from a varied age range of 7 to 40. The Indian Community turned up in great numbers in their bright and colorful attire and a lot of excitement on their sleeves.

The Association honored Mr Sethura- • **More on P18**

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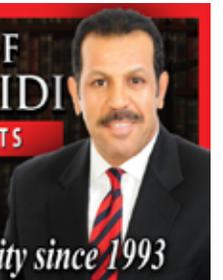
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# North America Samagam 2014- A Spiritual Convention!

The onset of August 2nd and 3rd 2014 brought in a landmark event in Providence, Rhode Island. An estimated 3000 devotees from the Sant Nirankari Mission-Universal Brotherhood travelled from USA, Canada, UK and India to celebrate HARMONY & ONENESS. His Holiness Baba Hardev Singh Ji Maharaj: the spiritual head of the Sant Nirankari Mission, accompanied by Her Holiness Pujya Mataji blessed the followers.

## Parade: "Harmony in Oneness"

A 'Harmony in Oneness Parade' was conducted in the form of a dance procession and was dedicated to Nirankari Rajmata Kulwant Kaur Ji, who has dedicated 60 years of her life in propagating the message of Universal Brotherhood. She has strengthened the ideals of humanity by travelling throughout the world with the message of Harmony and Oneness. It was with her blessings that the element of dance and music was first introduced into the mission. The Parade took place on the streets of Providence which portrayed the message of Humanity. His Holiness Babaji inaugurated the parade by releasing 100 butterflies, which are a symbol of transformation and new beginnings signifying HARMONY. As the butterflies were released, the devotees released several dozens of eco-friendly dove shaped helium balloons. It was a scene to witness the entire Empire Street, full of white balloons in the sky. The dove is a symbol of peace, hence signifying ONENESS. As soon as the 'Harmony In Oneness parade' was inaugurated, about 20 groups from branches all across North America marched and danced, displaying banners of spiritual and social reform messages. From Scottish Pipers to Stomp Dance, Flash Mob Dance, Salsa, Bhangra, Gidha and much more; the items depicted the balance between our spiritual and material lives. More than 200 children participated in Yoga and the Mission's sports teams emphasized on the significance of a health body for a healthy mind, during this parade.

A float named "HARMONY" was the highlight of the parade. The float glittered with décor symbolic of 'Harmony'. The lower level of the float portrayed the behavioral elements required for us to live in Harmony. The four corners of this float depicted: LOVE,



TOLERANCE, HUMILITY and PEACE. A Harmony dance was performed atop the float. As the parade ended into the Dunkin Donuts Center at Providence, His Holiness Babaji and Her Holiness Pujya Mataji, stepped into the float from their 'Palki' and created an ecstatic cheer amongst the thousands of devotees. Slogans of "ONENESS" from the emotional devotees could be heard from blocks away.

All-in-all, this Dance Parade was an innovative spiritual experience which revived and awakened new inspiration and motivation for Harmony and Oneness amongst the thousands of devotees and locals who witnessed this divine experience. His Holiness Babaji and Pujya Mataji witnessed and blessed the Dance parade from their "Palki": a vehicle converted and decorated with spiritual messages of Oneness. The streets across the Dunkin Donut Center in Providence were closed off for this parade and the volunteers of SNM organized and controlled thousands of onlookers with such discipline and ease, that a police officer on duty, on site, commented: "You all are doing such an awesome job, you all don't even need us."

## Exhibition: "Freedom in Spirituality-Harmony"

With several activities going on, the "Freedom in Spirituality-Harmony" Exhibition was another remarkable experience. Devotees from all across North America; participated and contributed by making 3-D projects on spiritual messages, along with videos, skits, power point presentations, panels, quilts and collages. An identical representation of the "Fountain of Oneness" located in Delhi, India was an eye catcher at this exhibition. A 2000 square foot area at

The Sant Nirankari Mission participates in Social Reform activities such as 'Saving Lives' by organizing Blood Donation camps and 'Go Green' which gives awareness about saving the planet. 'Spreading Love' is a program that focusses on feeding the needy and organizing toy drives for children. Groups also spread awareness about their program: 'Changing the Future' in which they support the efforts to find cures for Alzheimer's, Cancer and HIV. Branches in USA and Canada have also adopted roads which they maintain, to signify cleanliness in the environment.

the Dunkin Donut Arena in Providence was converted overnight into a state-of-the-art Spiritual Gallery. The messages portrayed in this Exhibition brought life to Spirituality in today's era.

## Samagam: "Harmony"

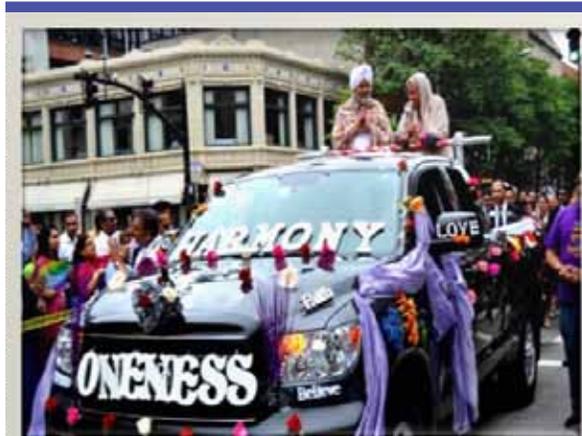
Both the days held the main 3 hour Events called the "Samagam" (Convention) in which speakers, singers and poets gave spiritual awareness to the thousands in attendance. On both the days, sessions ended with the Divine message by His Holiness Baba Hardev Singh Ji Maharaj. Hosted by the Boston chapter of SNM, the North America Samagam 2014 was a one of a kind spiritual experience which made us realize the significance of Harmony and Oneness for Humanity. With thousands of devotees involved in the arrangements with their voluntary service for Humanity, His Holiness Baba Hardev Singh Ji Maharaj, with His divine intervention was in essence the divine vision behind this entirely blissful experience.

The Sant Nirankari Mission is an active organization which focusses on Spiritual Liberation and Humanitarian reform. It is neither a religion, nor a sect of any religion. It is a spiritual organization working diligently towards the betterment of Humanity.

With 25 local chapters in United States and 14 in Canada, each branch participates actively in Social Welfare activities and contributes towards making a difference and spreading awareness about the message that:

"There is only one religion in the world; and that is HUMANITY!"

**Stay tuned with the social reform activities of the Mission, by logging onto: [www.nirankari.org](http://www.nirankari.org) or [www.facebook.com/santnirankarimission](http://www.facebook.com/santnirankarimission)**





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**People Don't Know How to Care...**

The world has advanced in technology, medicine, and quality of life in many ways but there is one very important part of life where the world is deteriorating and that is care. People just don't know how to care anymore. That's not to say no one knows how to care, it is just the percentage of people that do is decreasing and those that really know how to do it right is even less.

There was a time when friendships, relationships, and the interaction between human beings took priority over personal success and goals. It was in those times that one was not worried about their children because the neighbors would watch and protect them as their own, one was not worried about layoffs and jobs because even a job was a relationship between the employee and the company, people were not worried about sharing with friends because a friends' secrets and worries never left the walls they were spoken in.

And then there is the time we have today. Everyone is in such a hurry to get to their own things, no one has time to watch out for the guy or girl next door or in the next cubicle. Our work environments ooze of politics where instead of collaboration, the motto is share as little as you can to keep your own position safe and secure. And friendships, the soul of life, change on a daily, weekly, monthly, or yearly basis. Gone are the times where friends from childhood until old age and now we are into an era where you look at those you meet with the questions in your head – what is the point of investing too much, who knows whether this person will be there tomorrow?

And so we hold back – because of what we see in the world around us and our own doubts and suspicions, we hold back and we do not give those that we encounter the best of ourselves because what's the point – the person or people you are giving your all to may not even be a part of your life tomorrow. Even those that claim to love each other can turn around and go to sleep regardless of whether the person next



**Editor's NOTE**

to them has slept or is up worrying about something. Relationships are driven by fulfilling a need and not feelings and emotions that attract you to one another. In many friendships, I see people go into it with a perspective of what can I gain here and change their circle of friends once those needs are met or new needs arise. In many marriages, I see people either there due to financial dependency,

trying to keep families together for the sake of children, or a desire to have someone by their side and not necessarily because they are in love with the person that is by their side.

In this world of artificial relationships, I am still asked don't you want to settle down? When will you be over your stuff and start a new life? And I ask myself a new life filled with what – more artificial conversations and feelings for the sake of not being alone, another person in my life that can turn around and sleep peacefully regardless of whether my head is filled with worry and fears? Is all that fakeness really worth it just for the sake of not being alone and having some sort of physical companionship?

I see daily campaigns towards recycling, running natural gas cars to decrease pollution, and other initiatives to ensure that we leave a clean, pure world for our upcoming generations. But there is no thought to leave clean, pure feelings and thoughts in the hearts of those upcoming generations. We keep thinking we will live our life this way and give better advice to our children without realizing that children close their ears to advice but open their eyes to example. So, whenever you are faced with a decision that you have a hard time making, instead of making it practically weighing out the gain versus loss, think of what you would want your child to do in that same situation. Because he or she is watching and it is through your actions, he or she will make decisions in the future, not by your words alone.

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

**Another exciting month comes to an end. We are grateful to Deva for giving me the opportunity to experience many things in life and some of them are very memorable and I had some very pleasant memories from this past month. There were Jan-mashtami celebrations all over the temples in the valley.**

**Every temple was filled with people praying to Lord Krishna. Deva Prabhu from ISKCON temple also coordinated a play for that day. It was very exciting for me to be a part of the play and I am**



**Marketing Director NOTE**

**be part of such a unique experience. The entire team did an amazing job bringing the story to life. Pictures of all these happenings can be found in our September edition.**

**I hope you all enjoy the coverage and thank you once again for making me and Asia Today a part of your celebrations.**

**-Manju Walia**  
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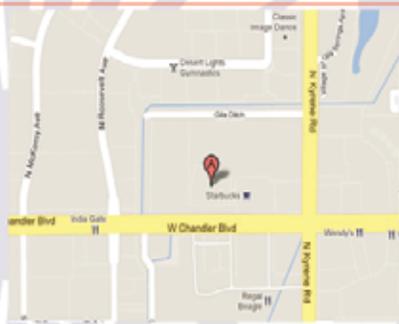
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Joyful ways of living are many. For avid travelers, nature lovers and visitors, experiencing the joy of life or the joy of profession for the lucky few is by exploring the less obvious aspects of any place, culture or cuisine. One such place is Malenadu. Dense forests, far stretching magnificent hills that are obscured amidst the mist and fog, virtually unceasing rainy weather, blankets of greenery wherever eyes behold, chilly but pleasant climate, are some of the must to be mentioned features that proclaim the picturesque beauty of Malenadu. This region is located in the southern part of India, in the state of Karnataka. Malenadu undoubtedly is one of Mother Nature's amazing expressions of beauty and charm. This region lies in the Western Ghats of the Sahyadri mountain range, and covers its eastern slopes as well. 'Malenadu' in its linguistic sense means 'the land of the mountain ranges' or also means 'the rainy region', depending on the phonics and the way of pronunciation in its native sense. It is obvious from the name that this region is hilly and receives incessant rains during the monsoon. But for nature lovers, this kind of a climate is a boon of sorts because it enlivens them with that heaven on earth feeling. While in the western perspective, a perfect weather might mean sunny and warm, for the people in the Malenadu region, the wet weather is just perfect

## Exploring 'Malenadu'

during the monsoon season. They look forward to embrace the rainy way of life for the next few months fully aware of the preparations that lie ahead to face this kind of weather. This kind of an attitude is a necessity because rain is a part of their lives and their livelihood and is also responsible for developing the patience and a positive outlook towards life in general. To describe a typical monsoon rain in Malenadu, the story goes thus. It rains, maybe rains hard, rains like showers, rains happy, rains again and rains some more without any pattern.

Light rains can be a common scene and this can go on for weeks and months in the monsoon season. Sources that record the annual rainfall data estimate that Malenadu region typically receives 1000mm to 3300mm of rainfall each year. The Malenadu region has richly forested areas that are conducive for supporting the coffee and areca nut plantations. The western mountain range supports rich vegetation for produce like tender bamboo shoots, jackfruit, colocassia and turmeric leaves. Many medicinal herbs and plants are native to these parts and find their use in the everyday authentic cooking. The mention of produce and herbs leads to exploring the cuisine of Malenadu.

This cuisine has retained its original flavors and authenticity to the present day. Typically, as the vicinity of the geographical locations gets closer, so do their cultures, languages and practices to a certain extent. The cuisine of the regions is no different either. This is the reason for similar or common dishes to prevail beyond the region. Having said so, certain dishes from Malenadu have retained their original tastes amidst similar cuisines. 'Sihi Kayi Kadubu', a sweet dumpling made of coconut, jiggery and a hint of cardamom and steamed to perfection is very popular in Malenadu's cooking. The savory version of these dumplings is equally delectable. They are also steam wrapped in the turmeric leaves, jackfruit leaves or banana leaves which gives them a unique aroma and flavor.

Another cooling dish is called the 'thumbuli' made by roasting medicinal spices like cumin and pepper, and grinding it along with a base of fresh and nutritious coconut and mixing it with cooling buttermilk, lemon juice (optional) and salt. This dish is mixed with steaming rice and clarified butter or ghee and consumed at beginning to aid in digestion and good health. Different versions of thumbuli can be made say from fenugreek seeds, ginger, curry

leaves, cilantro, spinach and various other locally grown greens. Jackfruit is very popular in Malenadu cuisine and is used in making Jackfruit pancakes, jackfruit dumplings, jackfruit crisps that are deep fried and even jackfruit pickle. Another dish is the steamed rice noodles known as ottu shavige served with fresh coconut chutney and a sweet concoction of poppy seeds, coconut, jaggery and milk called payasa. Although these dishes are common outside the region, they can be made in a unique Malenadu style of cooking. The list can go on with varieties of pancakes (dosas), curries, pickles and snacks prepared in the unique style of this region and have to be explored only in segments to enjoy the true taste of Malenadu.

Overall, Malenadu is like a microcosm of nature's best offerings and beckons the souls to experience the same, along with the uniqueness that she has to offer through her story of rains, ancient history, temples, waterfalls, bountiful harvests, her nurtured lives, and the evolution of delicacies that fill the reader's virtual taste buds and hearts with this joyful experience of getting to know her.



-Deepa Badrinath

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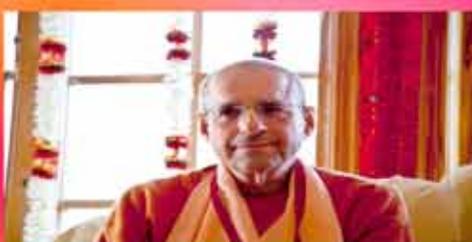
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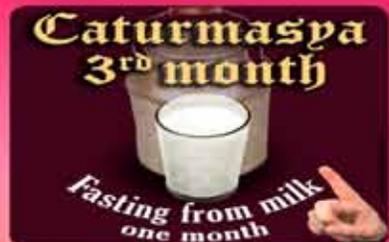
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Dumping ice water on ourselves has become a huge fad within the past couple of weeks, but while many people are participating in the challenge, a lot of them do not even know what the challenge is for or why it has become so big. Amyotrophic lateral sclerosis, better known as ALS, is a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord. This disease causes these nerve cells to die and when they do, the brain is no longer able to initiate and control muscle movement. In later stages of ALS, patients' bodies are in most cases become completely paralyzed. Early symptoms of ALS include significant muscle weakness in the arms and legs especially, speech, swallowing, and breathing. While there is no cure for ALS today, recent studies have brought a plethora of new scientific understanding about this disease. ALS attacks people most commonly between the ages of 40 and 70 and there are currently around 30,000 people with the disease.

ALS has shined a light on a new sensation that is bringing people together all over the world: the ALS Ice Bucket Challenge. According to als.org, "In the last two weeks, the Ice Bucket Challenge™ has quite literally

# Dumping ice water

"soaked" the nation. Everyone from Ethel Kennedy to Justin Timberlake has poured a bucket of ice water over his or her head and challenged others do the same or make a donation to fight ALS within twenty-four hours." With the incredible help of social media, this new phenomenon is taking over the world by storm. Alsa.org has also shared that "the visibility that this disease is getting as a result of the challenge is truly invaluable. People who have never before heard of ALS are now engaged in the fight to find treatments and a cure for ALS." At first, the challenge started where a person can either decide to do the challenge, or donate money to ALS. However, people started doing the challenge and donating money, causing the organization to raise more money than they ever expected. Lots of celebrities also did the challenge and nominated each other, as well as donated money to ALS. "This is a creative way to spread ALS awareness via social media and in communities nationwide," said Barbara Newhouse, President and CEO of The ALS Association. So far, the ALS Association has raised an

outstanding number of about \$88.5 million, which the association plans to use towards treatment and cure research for patients with the disease.

While the amount of support for ALS is incredible and growing everyday, a lot of people who take the Ice Bucket Challenge do not even know who or what they are taking the challenge for. Some people are taking the challenge just because they got nominated, and do not know a single thing about ALS. People around the world are saying that the challenge is positively impacting the ALS Association and that they are certainly raising a lot of money, however, in order to take the challenge, people should know what and why they are being nominated and participating in the challenge. According to Shari Puterman, a writer for the Asbury Park Press, "Some call it "slacktivism" — showing support for a charity without having to do much of anything — and others are making noise about how much water this is putting to waste. Then there's the bullying factor and the notion that publicly calling someone out to donate to a specific cause isn't truly raising

awareness." All of these points are entirely true, and while it is great to do the challenge and donate money to support ALS and its patients, people should not just stop once the water dries.

Overall, it's amazing how the ALS Ice Bucket Challenge has brought families, patients, schools, communities, and so many other things together to support one cause, as well as the fact that social media is able to create such an outstanding amount of awareness for the association.

Barbara Newhouse, President and CEO of The ALS Association said that "We have never seen anything like this in the history of the disease," and "We couldn't be more thrilled with the level of compassion, generosity and sense of humor that people are exhibiting as they take part in this impactful viral initiative." It is good to keep the challenge going, but people should not forget to donate and continue to spread awareness even after they are all dry!



-Sammy Mallik

**Maata Jagran**  
Friday September 12<sup>th</sup>, 2014  
7:00pm-9:00pm  
Contact: Shashi (480) 614-1322

**Satyanarayanji Puja**  
Monday September 8<sup>th</sup>, 2014  
7:00pm-9:00pm  
Contact: Nirmal (480) 926-8835

**Hanumanji Puja**  
Every Tuesday  
7pm-9pm  
Contact: Sushma (480) 970-4439

**Venkateswara Swami Puja**  
Every Saturday  
10am- Noon  
Contact: Sriniji (602) 535-6989

**Sunday Puja**  
11am-1pm  
1<sup>st</sup> Sunday - Ram Parivar  
2<sup>nd</sup> Sunday - Shri Jagannathji  
3<sup>rd</sup> Sunday - Balaji & Krishnaji  
4<sup>th</sup> Sunday - Shivji Puja  
Special puja: Rudra  
Panchamrit Abhishekam  
5<sup>th</sup> Sunday - Ganeshji Puja

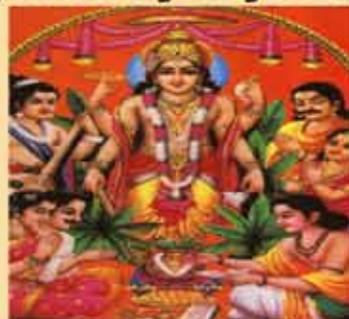
Contact Temple Priest at  
(480) 874-3200 for any information  
related to Temple Puja events or if  
you need to schedule any Special  
Puja at the Temple site or at Home.

## Hindu Temple of Arizona



### HTA EVENTS September 2014

#### Satyanarayanji Puja, Maata Jagran & Navratra



**Satyanarayanji Puja : September 8<sup>th</sup> ( Monday 7:00 - 9:00 PM, Sponsorship \$101 )**

**Maata Jagran : September 12<sup>th</sup> ( Friday 7:00 - 9:00 PM, Sponsorship \$101 )**

**Navratra: September 24<sup>th</sup> Wednesday - October 1<sup>st</sup> Wednesday ( Ramayan recital during Temple hours )**

**October 2<sup>nd</sup> Thursday ( Ramayan conclusion: 7:00 PM - 9:00 PM Ramayan Purnavathi & Kanya Pujan, 9:00 PM Aarti followed by Prasad )**

#### Please call for additional details:

Maata Jagaran:	Shashi Tuli @ (480) 614 1322
Satyanarayanji Puja:	Nirmal Chhibber @ (480) 926 8835
Navratra:	Ashwani Bakshi @ (480) 250 0903
For scheduling puja at home:	Rohit Aggarwal @ (248) 613 4615
For general information:	Venkat Madduri @ (212) 518 1142

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# SUCCESSFUL YOUNG ASIAN EXECUTIVE PROFESSIONAL-Dr. KISHORE TIPIRNI

Countless times have we heard “follow your dreams”, “if you just apply yourself, you can do anything...the sky is the limit”. What does this really mean? I have the privilege to know a brilliant and determined individual who epitomizes these phrases. He happens to be a humble Indian-American in my neighborhood. Dr. Kishore Tipirneni has truly applied his passion for computer science...when the norm of society and every parent is to encourage education; this inquisitive mind reached out to his passion and followed a different path. We all wish our children to be educated so they can be productive and self-sustaining individuals in society. Here is an example of higher education complemented with ingenuity and applying this knowledge to achieve something beyond anyone thought possible. A true inspiration to all of us, Kishore’s story exemplifies the potential we all have in us...if only we are allowed to “follow our dreams”. I have known Kishore and his lovely our daughter-like wife Hiral as very dear close friends and neighbors of my daughter and son-in-law for over eight year.

The following is Kishore’s success story that he told me during our recent conversation:

QUOTE: I first became interested in computers in high school. One of my friends got an Apple computer and when I saw it, I wanted one immediately. He was playing some very cool video games on it and I wanted to do that too. At the time, computers were about \$2000 which is similar to what they are now, but in the 80’s, this was a lot of money. So I asked my father if he would buy us a computer. At first my father said no, but finally after much persuading from me, he finally relented by saying, “OK, so why do you want a computer?” I couldn’t tell him that I wanted to play games on it, so I said that I needed it for my homework. He then said that he would get me one, but on the condition that I was not allowed to buy any video games for it.

So I got my first computer, an Apple 2 plus, and when it arrived, I really didn’t know what to do with it. It however came with a manual on beginning programming in BASIC and I taught myself BASIC in order to program my own video games. I had a passion for programming and picked it up fairly easily. BASIC was too slow for programming video games, and then I moved on to assembly language. At my high school, it was fairly well known that I was very adept at programming and this led to a job offer for me to help write some software for Ohio State University which I did during my senior year in high school.

My father is a physician and really wanted me to be a physician as well. There is a 6-year MD program in Ohio where I grew up that allows students straight out of high school to get their BS and MD degrees in 6 years. At my father’s request, I applied for this and was accepted. But I had no real interest in medi-

cine and wanted to go into computer science. This led to a discussion with my father where we agreed that I would try out the medical program for a year and if I didn’t like it, I could switch to computer engineering.

So I started the 6-year medical program at Akron university and after the first year decided to continue on that path. It was not that I had gained some real interest in medicine, but I was 18 and had made many great friends at my new college and was not willing to leave them. Even though I still kept in touch with computers and programming, I would go on to finish my MD degree and enter residency for orthopedic surgery.

After I finished my first year in residency at Henry Ford Hospital in Detroit, I was married to Hiral and it was around this time that I decided to get back into computers and programming as a hobby. I had not owned a computer for 7 years, but I finally bought one and then read some books on the C programming language that at that time was the new language that everyone was writing software with. During my residency, computers and programming were a hobby and I would write simple shareware programs that I would distribute on the Internet and people would send me \$5 or \$10 if they liked them.

I finished residency and we moved to Arizona and I started my practice with a group called Phoenix Orthopedic Consultants in 1996. During my first year of practice, I was on call one night and just after going to bed, I was called by the ER for a kid with a broken wrist. The ER physician was describing the fracture over the phone, but I could not get a good idea of what the fracture looked like from a verbal description. Was it something that needed to be set right away or could it just be placed into a split and be taken care of the next day in the office? Without having proper information to make this decision, I got out of bed and drove to the hospital to look at the x-ray. Upon reaching there and seeing the x-ray, the fracture was not bad at all and did not need intervention from me that night and I drove home. I had just wasted an hour and a half of my time just to look at an x-ray. I decided that there had to be a better way.

This was about the time that digital cameras were first being introduced and so I purchased a camera to see how an x-ray would look if I were to take a digital picture of it. After doing this, I realized that the image quality was adequate and set about writing some software that would automatically take the image from the



**Dr. KISHORE TIPIRNI, MD**  
CEO-MedTunnel LLC., CEO-Tipirneni Software LLC. & CEO - Voispot Inc.

camera and then transmit it to a secure website so that I could see it from home. After finishing this software and using it at our hospital, I realized that this is something that I could sell and started a company called RemotelImage in order to sell this product.

I had no experience in business and did not know how to set up a company let alone sell this product. I decided to rent a booth at an orthopedic trade show and had a sign made at Kinkos saying “view x-rays over the Internet.” It was a very plain looking booth, but I was one of the busiest booths at the whole conference since this product was solving a problem at the time that was frustrating all orthopedic surgeons.

Three months after the trade show, I had recruited some of my friends to help with the company and we formed a corporation and I had applied for a patent for the technology. The patent was subsequently years later granted and therefore I have one of the earliest patents for x-ray transmission over the Internet. In the first 3 months we had already installed a few of our systems and were in the process of getting national distribution.

We only owned RemotelImage for 3 months because a group of investors that were at the trade show called me and wanted to buy the entire company. After some negotiation, I decided to give up 80% ownership in the technology and this technology would be used to form a new company called eTrauma and I would own 20% of eTrauma. Over the next 6 years I was the CTO for eTrauma and helped it to become the #1 digital imaging provider for orthopedics nationwide. In 2005 eTrauma was acquired by Stryker Medical and became the Stryker Imaging division. Soon after the eTrauma acquisition, the mobile revolution took hold with the advent of the iPhone and I taught myself the Objective-C programming language and started my own software company called Tipirneni Software in order to write apps for the Apple App Store. To date I have over 15 app in the app store under Tipirneni Software which are doing very well.

Currently, I’m working on two separate software projects. With my previous partners from eTrauma, I’ve started voispot which is a mobile voice conferencing app that allows users to have voip-based conference calls on their phones or tablets. It has just recently been launched in the app store and we are in the process of marketing the app to a wider audience.

The second project I’m working on is called MedTunnel which is a medical communication app for healthcare. To

date there is no simple secure way for physicians to send patient documents to each other and as a result, most physicians are still faxing documents. Faxing is a very outdated technology fraught with errors and I therefore decided to create a solution for this problem by creating MedTunnel which is a free, secure service that anyone including patients and providers can use to send private health information. MedTunnel is in the process of development and should be launched in the next couple of months.

Mine is a true story of the American dream. I as someone who has never taken a computer class, but had a passion for computers and programming has been able to be successful following this passion. I would not have been successful without the help and understanding of my wife Hiral who has had to endure many days that I would be locked in front of a computer, but allowed me to chase my passion freely.

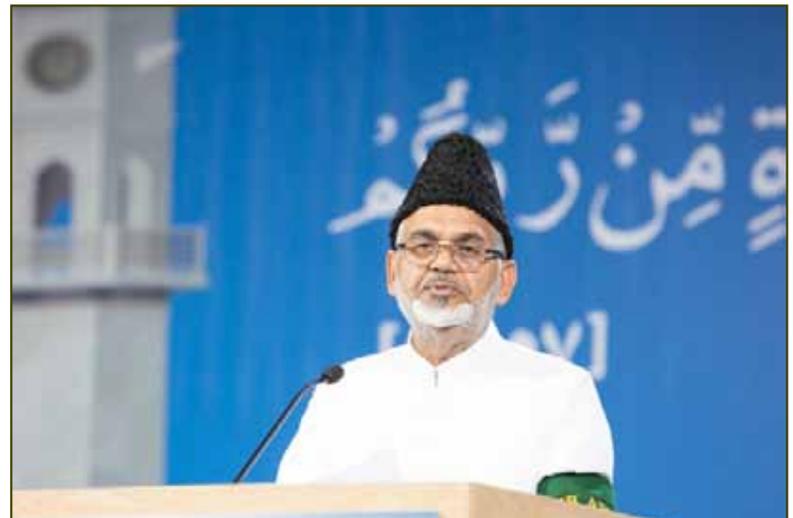
I feel that Indians in general are not risk takers and this is why many Indian parents force their kids into a field like medicine because it is a guaranteed path to success. But are they keeping their kids from doing something that they are truly passionate about? To truly succeed in America, you must have passion for something and be willing to also take a risk, and sometime it works out. UNQUOTE

Kishore’s story, tells us an evolution of his passion for computer science leading to everyday application from video games to physician communication. His achievements are countless and laudable. However, if you meet Kishore in person, he will come across as humble but engaging and passionate about his vision. He is an accomplished orthopedic surgeon, invented numerous patents and has created and founded companies, all in midst of raising a close-knit family.

I am lauding this with great pride and high honor, a word about Dr. Kishore Tipirneni whose contributions of well-developed and invented computer software offer simple solutions to complicated procedures and are found to be of great help to orthopedic surgeons globally. He has been bestowed upon innumerable awards and honors of high distinct and repute. I take personal pride in submitting this profile of Dr. Kishore Tipirneni because I perceive him as an outstanding human being, highly knowledgeable and a very down to earth i.e. no show off. His accomplishments are exemplary, just to mention one of so many as an example; he is a Technical Director at NASA for the projects associated with Challenger. He is always willing to help tutoring all interested especially to younger generation by sharing his computer knowledge and skills at a free of cost. Panna and I are happy and proud to be around Kishore, Hiral and their two beautiful daughters and a smart son. Our continued good wishes and blessings to the family.

Submitted by: Jitu C. Patel, CPEA

# 66th Annual Ahmadiyya Muslim Convention held in Harrisburg, Pennsylvania. More than 7000 people attended from across the Nation



Ahmadiyya Muslim Community welcomed 7000 plus members from all over USA to the annual convention held in Harrisburg, PA from August 15th to August 17th. Dr. Ahsanullah Zafar, President of Ahmadiyya Muslim Community USA presided the convention. In his opening speech he conveyed the message of the Worldwide Head of Ahmadiyya Muslim Community, His Holiness Mirza Masroor Ahmad. In the message His Holiness advised people to practise tolerance and forgiveness in daily lives and to strengthen relation with our Creator, shun the ill of society and forgive those who wrong us.. Imam Shamsahad A. Nasir of Baitul jamaay in Glen Ellyn represented Midwest region along with 100 plus residents of Midwest. The convention focused on the message of his Holiness about the golden characteristics of forgiveness, patience, kindheartedness, relationship with God etc. which when incorporated within brings inner change and purifies one's heart and soul and thus contributes in reforming a community as a whole. Imam



Shamsahad A. Nasir shed light on forgiveness which is pardoning the wrongs of our fellow beings. He said that it's a divine quality to forgive by quoting from Alexander Pope, an English poet. Further Imam Shamsahad suggested how one can adopt this pious quality. "According to the Promised Messiah, Hardhat Mirza Ghulam Ahmad (Founder of Ahmadiyya Muslim Community), we must set aside the judgments in our hearts, and pledge to remove all previous objections, and embrace each other in such a manner that we forget all past transgressions," said Imam Shamsahad. One



should stay away from unnecessary conversations and not interfere in other person's affairs. By doing so one will be saved from getting involved in disputes. And he had said that the one who says "Salam" first is the better among the two. Two people who meet each other with love, affection and open arms and then depart, Allah's Prophet says their mistakes will be forgiven. That is why Islam prohibits suspicion,

jealousy, lies, grudges, backbiting and gossip. He reinstated the hadith (Saying of the Prophet Mohammad) that the beauty of Islam is that one minds his own business and avoid interference in others affairs. Lastly, Imam Shamsahad of Glen Ellyn emphasized that forgiveness brings personal gain to an individual. It turns feeling of sorrow to joy, pain to pleasure, animosity to friendship, ill-will to goodwill and defeat to victory. It is a power which kills badness and turns into goodness and thus brings the phenomena of 'Love for all, Hatred for none' into real life.

While the rest of the speak-

ers focused on being Merciful, self-reformation, giving precedence over one's faith to worldly objects, strengthening relation to the living God and peace, thus establishing a path (solution) that would lead to world peace as a whole, the convention came to end on August 17th. Ladies had their own one day Prpgrame on Saturday.

#### Other speakers were:

Molana Nasim Mahdi  
Mirza Maghfoor Ahmad  
Molana Azhar Haneef  
Dr Rana Bilal  
Dr Faheem Younas  
Brother Rashid Ahmad  
Dr Mansoor Qureshi



# INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)



On Jan 29, 2014, the group paid a tribute to Pannaben's mother-"motamummy" who passed away last Sunday, with a beautiful bhajan sangeet's program. The participants were-Shantiben, Jayshreeben, Manjuben, Maheshbhai, Sarlaben, Shreekantbhai, Sumitraben, Deviben. Jitubhai concluded with her favorite bhajan. The group observed one minute's silence. The food was sponsored by Miniben. Vidyaben enhanced the flavor of food with delicious prasad of "shiro"(halwa). Lataben brought in cut "jamfal" Renukaben supplied delicious chips and pickle. Over seventy members and guests enjoyed.

On August 05, 2014, what a fun filled day it was! We started with socialization, card games and exchange of greetings. Narayanbhai shared the origin of Raksha bandhan. Then we conducted live raksha bandhan starting with Vidyaben and Prakshbhai. Thanks to Ashaben who provided rakhis made by her with love and care. Meenaji educated us about Teeyan da

**1. Janmashtami Hindola Darshan in the Haveli at ISAA Center 2. Gopika Dancers at the ISAA Janmashtami 3. Sponsors of Mahaprasad on Janmashtami 4. Sponsor of August 5th - Chunibhai & Pushpaben Family 5. Joyous ISAA groupon Janmashtami 6. Who says we are seniors at ISAA? 7. ISAA celebrates Teeyan da Mela. 8. ISAA maintains traditions on the day of "Rakhi" 9. Planning of Tribute to Motamummy-Pannaben's mother 10. Bhajan Sangeet paying respect to Motamummy**

Mela. Everyone then joined the Punjabi dance with heartwarming music. No sooner this reached climax music was set for garba. This went on until lunchtime. Today's dancing was appreciated by all those who took part. Some even wondered if we could have this from time to time. Sponsors today were Chinubhai and Kusumben when over seventy folks enjoyed the delicious food.

On Aug 14, 2014, it was a memorable tribute to India's 68th Independence Day celebration. We also congratulated Gitaben on her birth day. It was genuinely a dual celebration with lots of singing and dancing. Sarlaben & Shantibhai were guest of honors when we saluted the Indian tricolor. This followed by chanting of national anthems and patriotic songs by many singers in the group. Manjuji from "Asia

Today" also was the guest of honor. Mini Pandit challenged ALL Indians through her excellent presentation on how India's rich heritage has been practically stolen by foreign forces in the past. Even now it's being presented in such a manner as if it belongs to them. She would like Indians to wake up or face up extinction. Chhotubhai & Gitaben had cake cutting ceremony of beautifully decorated cake.

They were the sponsors of today's luncheon which was enjoyed by over seventy-five guests and members. Many thanks to all volunteers who came early to decorate the hall and helped make the Independence day so beautiful. Renukaben deserves a lot of kudos for spending enormous amount of time away from the family in organizing a cruise for seniors come Sept 14, 2014. Narayanbhai and Chho-

tubhai helped collecting the funds from all who are looking forward to go on this exciting cruise. Meena Sharma was very happy distributing the cookies during all these moments of fun.

On Aug 19, 2014, Janmashtami was celebrated with gusto in the Haveli at the Holiday Inn hall. Thanks to Deviben & Babubhai who set up the mandir and decorated it beautifully. Background music was played by Chandrakant & Babubhai.

Gopikas danced to a continuous inquiry by Radha if anyone had seen her beloved Krishna.

Thanks to Meenaben and her troupe of lovely & charming friends. Maheshbhai & Kanubhai helped them along in calling Krishna. As Lord Krishna arrived everyone was thrilled. Song and dance continued to welcome

the Natkhat Lord. Deviben & Shantiben, got completely entrained while Shreekantbhai challenged Krishna to accept him the way he is. Ramanbhai explained the real meaning of acceptance. When aartis was offered, everyone came forward to give a gentle push to the "Jhula" and to have the Lord's "darshan". The mahaprasad was sponsored by Ramaben & Jayshreeben. Jagdishbhai was kind to bring the prasad from the Shreejibaba's haveli. Shrikantbhai contributed bananas. Over seventy members and guests thanked the Lord for their good lives.

**Announcements: As soon as Shashikantbhai and Renukaben announced the 4-day cruise to Baja Mexico leaving Phoenix on Sept 14, 2014, the bus of 48 seats was overwhelmed with the response for cruising by the Carnival.**

# Ariz. Republican Party Election Night Festivities Asian Americans Active Part of Event

By Barry Wong  
(Phoenix, Ariz.)

The ballroom looked like the setting for a major election night event: along the perimeter of half the room were television news stations – 12News, CBS5, Fox10, ABC15, AzFamily, Univision – set up with mini-studios (raised platforms, video cameras, bright lights, directors chairs, reporters with ear pieces and wireless packs glued to their backs) ready to interview an elected official on the spot; a large main stage platform in the back center of the room decorated with red, white and blue balloons next to the American and Arizona flags; and with giant projection screens on either side of the stage to show election results.

GOP at Hyatt. Yes, that was the setting for the Arizona Republican Party's Primary Election night Unity event, August 26, 2014, at the Hyatt Regency Phoenix. Several hundred people attended to support their candidate and watch the election results. Among those attending were from the Asian American community including members of the Asian American Coalition of the Arizona Republican Party.

Barry Wong, chairman of the Coalition, has been working closely with the Party's chairman to expand the reach of the Party to the many Asian ethnic communities, and arranged for Asian Americans to be part of the official Party program for the evening.

Asians on Stage. "The Arizona Republican Party, under the leadership of its chairman Robert Graham, has been committed to expanding the

Party membership by reaching out to various ethnic communities including the Asian-American community," Wong said. "Participation by Coalition members at the election night event provided them with first-hand experience on the American system of selecting government leaders and also showcased to the public Asian American involvement in the Republican Party."



State Senator Kimberly Yee, who ran unopposed in the primary in her legislative district, spoke to the crowd about the importance of electing candidates who stand for personal responsibility, opportunity for everyone and growing our state to prosperity and economic success. "As a Chinese American, I have seen our nation and Party grow through diversity and contributions of hard working citizens," Yee said. "That is what makes America great...the people who believe in the land of opportunity and who work their way to prosperity and economic success because they saved, they invested and they understood the value of self-discipline."

Other Asian Americans who participated on stage in the formal program were Yayu Khoe, a coloratura soprano and artistic director and conductor of the Arizona Chinese Chorus, singing the National Anthem

followed by "America the Beautiful;" and Kevin Dang, president of the Vietnamese Community of Arizona, leading in recitation of the Pledge of Allegiance.

Asians with Gov. Nominee. Invited on stage for the announcement of the Republican Nominee for Governor Doug Ducey were Jae Chin, Korean community Coalition member, Wansik Choi, Yayu and Steve Khoe, Kevin Dang, Hon. Kimberly Yee and Barry Wong. It was a privilege to be on stage with GOP gubernatorial nominee Ducey and his family along with prominent officials Governor Jan Brewer, U.S. Senators John McCain and Jeff Flake and Maricopa County Sheriff Joe Arpaio.

Candidates for other offices also gave victory speeches including Congressmen Trent Franks, Paul Gosar, David Schweikert and Matt Salmon; and top state offices of Secretary of State (Michelle Reagan), Treasurer (Jeff DeWit), Attorney General (Mark Brnovich) and Superintendent of Public Instruction (Diane Douglas).

Other Asian Americans attending included Marie Cunning and Leo Aromin, Filipino community Coalition members; Murugan Patham, president, India Association of Phoenix; Jegadesan Krishnamurthy; Mai Le, Vietnamese community Coalition member; and Raphael and Farhana Ahmed, Bangladeshi community Coalition members.

Party Chairman Robert Graham made an active effort to diversify his official program participants and people in the ballroom took notice. His plan of expanding the Party is working.



## Wind

Commissioned by spirit  
Landscapes shift  
Ideas blow by  
Humanity sniffs  
Cocoons in plastic  
Ice melts  
Messages dangle in drops  
Mirth merges into an oily glob  
Craters open  
Slim falls in  
Humanity  
Saved again  
By wind

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## Phoenix

Shining through ashes  
Rising in flashes  
Phonetically phrasing philosophy  
at will  
The idea is ludicrous  
It merits no pun  
It's burning in paradise whatever  
from  
The stark realization that the exit  
is up  
Lightness of being must empty its  
cup  
So what of the view from the  
height of the soar  
If only a myth  
Then whatever for

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# Glimpses of janmasastmi celebration in Hindu Temple arizona



# Pratham Phoenix Thanks Their Donors

Pratham Phoenix, a local chapter of Pratham USA is a group of like-minded professionals, who volunteer their time to raise funds for the education of under-privileged children in India. The group is passionate about giving back to their home country by promoting education, for those who do not have access to or resources for continuing education at India's public schools. Pratham, which means 'first' in Sanskrit is a non-profit 501 (c) (3) organization with a four-star rating (the highest possible) from Charity Navigator and accepts tax de-

ductible donations from US based donors to educate millions of children in India. Pratham trains adults from the local community to teach children who cannot read at grade level or are at the verge of dropping out of the public school system. They also provide vocational training to the youth in partnership with corporations. During the 2013-14 school year, Pratham has been present in

20 Indian states, imparted vocational training for 7,200 young adults, got 16,000 volunteers trained and 4.7 million

children educated. Pratham's success is attributable to providing innovative low cost solutions. The model focusses very heavily on successful outcomes, a fact that contributes to its success. On Saturday 23rd August, Pratham Phoenix organized a lunch at Flavors of India restaurant for their donors. Pratham Phoenix's President Dr. Priya Radhakrishnan shared the

report on Pratham's work last year and that Pratham is the proud recipient of the 2014 BBVA Foundation 'Frontier of Knowledge' award among several others. The group thanked the donors for their continued support and invited them to their upcoming fundraiser gala – a black tie event on October 10th at the Commemorative Air Force Aviation Museum in Mesa. The board members include Hemashree Chaliki, Ashok Kanagal, Shipra Garg, Abhay Kothari, Ashok Garg, Manika Gupta, Swati Pandey, Sheena Banerjee and Harleen Singh.





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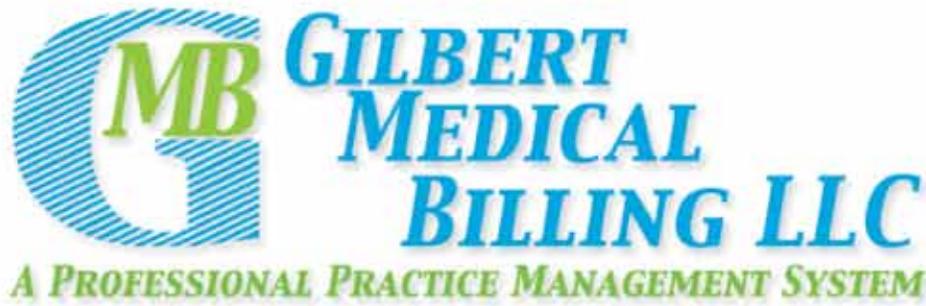
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# To Walk the Talk

Sometimes back, I was afforded a singular opportunity to join with a group of 25 other community volunteers in helping out to package meals for the hungry children of the world through an organization known as "Feed My Starving Children" (FMSC). This is an America-based charitable organization founded in 1987, a branch of which happens to be located right here in Tempe, Arizona. In addition to this outlet, there are few other branches in the U.S. from where the packages of meals are prepared for shipping to feed the starving children all over the world.

The volunteers, the children as well as the adults, in small groups from the community are invited by this organization to hand-pack a specialized meal formula consisting of ingredients purchased by this organization through donation. This combination

of the specialized meals ingredients has been developed by food scientists to reverse and prevent malnutrition among the starving children of the world. There are four basic ingredients, i.e. (1) mixture of various vitamins and mineral in powder form, (2) dehydrated vegetables, (3) a dry granulated powder like preparation of soybean and finally (4) the most important ingredient, the long grain rice.

Small packages containing equivalent to 6 meals are hand-packed by volunteer groups which then are collected in boxes to be shipped over to about 70 countries World-wide including India. The humanitarian organizations in recipient countries then distribute these food packages to orphanages, schools, clinics and other feeding programs for the needy children. The recipient child simply has to mix it in boiling water for certain minutes as per instruction on the label and a very tasty meal consisting of rice mixed with soybean, vegetable, spices and all the essential nutrients becomes instantaneously available for eating.

Although I have been living in Phoenix, Arizona for close to four decades but like many other people from India, I had no idea about this organization and the wonderful work it has been doing just across the town. I was rather surprised to learn on the Internet that 657,000 volunteers through this organization have packed over 163 million meals in the fiscal year 2012-13. Out of the packages sent, 99.6% of meals arrived safely at the intended destination in Haiti, Nicaragua, the Philippines and North Korea.

In fact, it so happened that a few

months earlier than visiting this place, I had become a member of the Phoenix Rotary 100, one of the oldest Rotary clubs of Arizona. It was here that I came to know about this opportunity that allows one to perform this important service for couple of hours on an assigned day. My motivation to write about this organization actually stems from that firsthand experience. I hope and pray that through these lines few other



members of our community would also come to know about this unique service and will follow the lead in helping out in serving the needy.

Along with me on that particular shift, 25 to 30 other volunteers were present, some as young as 15 and other as old as ninety. Irrespective of their ages, all were full with a spirit to serve. Their excitement, indeed, created an atmosphere that could have been easily described as a spiritually charged yet filled with fun. We were divided into groups of about six individuals to work much like on an assembly line. The first person will pour a mixture of vitamins, minerals and other necessary ingredients with a measure into an envelope, followed by next person in line adding dehydrated seasoned vegetables. Addition of soybean preparation followed by a large cup of long grain rice in predetermined and measured quantity would then be added by the third and fourth individuals respectively. All four items would be poured into the envelope with a cup or container through a funnel making sure that the food is not touched with hands. Everyone was required to wear plastic gloves for added precautions. Those who could not stand on feet due to physical disabilities or age were provided chairs to do other ancillary jobs such as affixing labels on the envelopes. Once the session was over, an opportunity was provided to donate, only if someone wished to do so.

While, I am particularly referring to this philanthropic service for the write up, yet this is not the only one Catholic institution that helps out the needy people living in poverty, both here in

this country and abroad. In fact, their zest in serving others is consequent to a burning flame in their hearts not only to follow their faith but also to disseminate it worldwide. Watching 15 years old young boys and girls working in tandem with 90 years old adults, barely able to stand or walk, it dawned upon me that this is one of the reasons why the Christian missionaries are so successful in disseminating their faith. Whether it is in this country or other, the people of the Catholic faith will be frequently found serving needy people, irrespective of religions.

Starting from homeless people right here in their hometowns and states, the Christianity have gone out on to establish many highly sophisticated world class charitable mission hospitals and nursing homes in every corner of the world. Yet this is not all!

The convent schools and colleges, established by Christians are spread all over the world busy providing the best possible education. Through their service-oriented missions in taking care of the sick and helpless as well as educating the young, they find ways and means to let their message sink in through practical example of nobility. Much akin to adding spice to bland food that makes it tasty and thus easy to ingest, disseminating message about one's faith through service-oriented acts makes it attractive and thus effective. The people of the other cultures, countries and religions get easily drawn towards the Christian faith when they watch them taking care of the essential needs of others through selfless services.

In saying it all, I do not imply that the people of the Eastern faiths have no belief or are not involved in charitable activities for that will be farther from the truth. No doubt, they certainly do. But given the chronic poverty and limited resources, we are mostly busy serving ourselves paying not much heed to the people not in our field of vision. There again, looking through a probing prism, it becomes further obvious that our emphasis is mostly directed to the issues pertaining towards celebrations of religious events as well as establishing new Temples or Gurdwaras, spending tons of monies and resources. Yet, as far as I know, paying a little attention to the core philosophy of any of indigenous faiths of India, a service to the helpless, the needy and the sick happens to be the



main pillar among all. I know for sure that at least such are the ordained principles of the Sikh faith to which I profess my allegiance.

Unfortunately, over period of time, we have become accustomed to follow only those concepts that suite our own needs at a given point in time. There is nothing wrong with serving our own people at our own religious places, rather that is where one should start with. But unfortunately we start and then end there. As soon as we walk out of the divine space all what was stated and done is totally forgotten. Like pouring water on an oily surface, the message refuses to stick on. For example, I often question my Sikh brethren as to what happened to the concept so eloquently stated by Guru Gobind Singh Ji and so emphatically preached by Sikh preachers, "Manus Ki jaat sabho aikay pehchanbo," implying that the entire human race must be seen as one? Why have they lost touch with such wisdom? Perhaps same will be true for the others too!

Talk is cheap and plenty but to walk the talk is what actually matters. Through these few lines, my intent is to bring to the attention of the readers the necessity of taking active role in helping the less fortunate ones, irrespective of, who they are, where they belong to or what their faiths and culture happens to be. The true way to walk the talk will be to reach out and serve outside the four walls of our religious places and beyond the boundaries of our countries and people. Of course, it should not be the one or the other, rather, it should be both and beyond. To walk the talk has to be practically incorporated in our lifestyle in all of its aspect so that the lives of the needy are truly enhanced. This, in turn, will bring peace, comfort, satisfaction and enjoyment in our lives, much more than what we do seem to have now.

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

# Glimpses of Tian Da Mela 2014



# Independence day celebration's

man "Panch" Panchanathan, Arizona State University's senior vice president of the Office of Knowledge Enterprise Development, who is the first American of Indian origin to be appointed to the U.S. National Science Board by President Barack Obama.

Mr Sethuraman is a treasured jewel of the Indian Community in Phoenix.

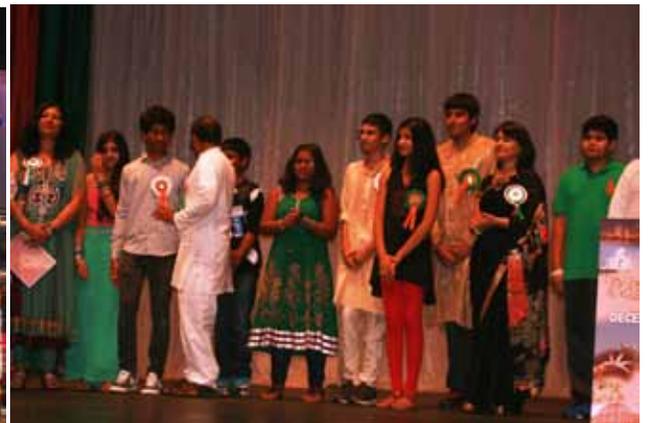
The Event was also blessed by the presence of Arizona Republican Party chairman Robert Graham and also Mr Barry Wong.

The board worked tirelessly in mak-

ing this event a memorable one for the community.

The President Mr Murugan Patham and the entire board put together a wonderful effort and were pleased to see an overwhelming response from the community which turned up in numbers surpassing expectation, for which the Association expresses gratitude and appreciation.

The Current board also extended a warm invitation to all to the upcoming annual Discover India event to be held on December 13 at the Scottsdale Center for performing arts.





**NEW BAPS SWAMINARAYAN MANDIR OPENING**  
3620 N BLACK CANYON HIGHWAY, PHOENIX, AZ 85017

# Mandir Inauguration

*Vishvashanti Maha-Yagna*

SATURDAY, NOVEMBER 1, 2014 | 9:00AM - 12:00PM



THOSE WHO PARTAKE IN THE YAGNA WILL HAVE THE CHANCE TO GAIN PERSONAL AND FAMILIAL PEACE. MOREOVER, A GRAND OFFERING TO THE YAGNA WILL ALLOW PARTICIPANTS TO OFFER WISHES FOR WORLD PEACE AND UNITY. THE YAGNA WILL BE PERFORMED IN THE PRESENCE OF

SADGURU PUJYA TYAGVALLABH SWAMI.

RESERVE YOUR SEATS TODAY AT  
<https://events.na.baps.org/mmphoenix>



*Kirtan Aradhana*

SATURDAY, NOVEMBER 1, 2014 | 5:00PM - 7:00PM

*Murti Pran Pratishtha*

SUNDAY, NOVEMBER 2, 2014

VIDHI: 8:00AM - 10:00AM

CULTURAL PROGRAM: 10:00AM - 12:00PM

EVENTS' VENUE: NEW BAPS SWAMINARAYAN MANDIR: 3620 N BLACK CANYON HIGHWAY, PHOENIX, AZ 85017  
EVENTS FOLLOWED BY MAHAPRASAD



FOR MORE INFORMATION PLEASE CONTACT  
JAGDISHBHAI PATEL 480-330-9683 | CHETANBHAI PATEL 602-332-2878 | EMAIL: BAPS.PHOENIX@GMAIL.COM  
INSPIRER: PRAMUKH SWAMI MAHARAJ | WWW.BAPS.ORG/PHOENIX





# 6TH ANNUAL PRATHAM GALA

**October 10, 2014 | 7 PM - 10:30 PM**

## A Black Tie Event

COMMEMORATIVE AIR FORCE AVIATION MUSEUM  
2017 N Greenfield Rd, Mesa AZ 85215

*Entertainment:* 100% Clean Indian Comedian' Dan Nainan (www.danielnainan.com)

*Featuring:* Former Mrs India America, professional model & Pratham Phoenix Ambassador Brintha Gardner

*Delectable Indian food and open Bollywood dance floor.*

Tickets: \$75 per head, Early bird special \$65 per head (until Sept 15, 2014)

TO BUY GALA TICKETS, VISIT: [WWW.PRATHAMUSA.ORG/EVENTS/PHOENIX-GALA-2014](http://WWW.PRATHAMUSA.ORG/EVENTS/PHOENIX-GALA-2014)

FOR QUESTIONS CONTACT: [PRATHAMPHOENIX@GMAIL.COM](mailto:PRATHAMPHOENIX@GMAIL.COM)



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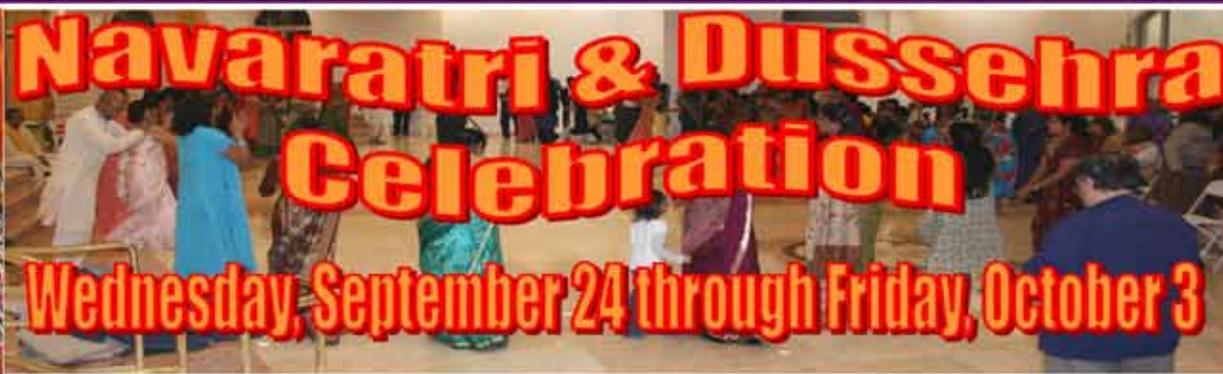
## Indo-American Foundation of Arizona



(Registered Non-Profit Organization under Section 501 (C) (3))

Hindu and Jain Temple Ekta Mandir and Community Center,

Please Check Ekta Vision, [www.EktaMandir.org](http://www.EktaMandir.org) & [www.iacrfaq.org](http://www.iacrfaq.org) for more details



**Wednesday, September 24 through Friday, October 3**

### Navaratri Puja

Every Morning @ 9:30 — Kalash Puja  
Every Evening @ 6:00 PM — Devi Puja  
Daily Durga Aarti followed by Maha Aarti at 7:15 PM

Thursday, October 2, Maha Navami

9:30 AM — Durga Homa

6:30 PM — Kanya Puja

Daily Garba/Raas from 7:45 to 9:00 PM

Nine day Puja Sponsorship \$101

Friday, September 26th, &

Saturday September 27th

Garba & Raas for Children

from 7:45 PM to 9:00 PM

For Every one from 9:00 PM till

midnight @ Ekta Mandir

Saturday, September 27th

Best Dressed & Best Dance

Prizes For children under 10

And 11 to 14 years

### Dussehra

Friday, October 3, 2014

6:30 PM, Ram Puja,

Significance of Vijayadashmi

Ravan ka Dahan at 7:15 PM

Followed by Aarti &

Prasad, Come & Enjoy

Fresh Fafda, Jalebi &

Other food for sale

### Other Upcoming Major Events

Tuesday, October 7 — Sharad Purnima, Saturday, October 11 — Karva Chauth Celebration after 6:00 PM.

Dinner Served after Puja for nominal price. Diwali starts on Tuesday October 21st

## DID YOU MISS THE BOAT ON HOUSING?

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(TESTIMONIALS AVAILABLE ON REQUEST)

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# EGO, bad or good? How to deal with it?

**E**GO is our pseudo self, reflection of our true nature. But it gets distorted based on our nature and surrounding. It becomes almost impossible for most people to find their true nature, which is bliss. For most people EGO brings miseries in their lives. It isn't really that the ego is good or bad, rather it is misguided. The ego is the part of us which attributes to anger, arrogance, greed, jealous, insecurity, possessiveness and stubbornness. The ego wants to protect us, but it manages to do so in unhealthy, often painful and inauthentic ways. Much like to an overprotective parent who keeps their child in the house rather than letting them go out to play at the risk that they could get hurt.

There are many traits of ego, like Greed: I need to have it all, Jealousy: How can other get better than me?, Anger: How can you do that without my permission?, Arrogance: I am the best, Insecurity: What will happen to me? Stubbornness: I refuse

EGO is our identity, if used for good can produce fruitful results, but if a person is controlled by EGO it can manifest any of the attributes listed above. A person can become hypocrite, just because of EGO one can start assuming things which does not exist. For example, if you have an EGO issue with someone, you will find some fault in them. You might even avoid talking to them or change your way if you see them from far. In spiritual path the EGO can be deadly, it can stop you going for the spiritual practices; or make you stop doing the spiritual practices

all together.

Is there a way to control the EGO or go beyond it? Yes, many great avatars have tried many different ways to conquer the EGO. Buddha gave begging bowl to his disciples, which was the practical way of facing the EGO in that time. But it is not possible in modern age. We live in such a shallow culture that it is even not possible to tell the truth or get honest feedback from others without sugar coating. If you want to fight against EGO, you must first know your EGO. In my opinion the best approach is to practice combination of yoga systems, specifically Raj Yoga, Karma Yoga and Bhakti Yoga. The combination of three is required to successfully face our EGO and don't get affected by others.

Raj Yoga involves practice of meditation and pranayama. These are very important techniques to increase your consciousness and calm your mind. Raj Yoga is concerned with the mind and its functions. It aims to go beyond the mind by practicing deep meditation. In the deep meditation, you can go above every thought, feeling, perception or memory, and experience your true self. However it is very difficult to go into deep meditation if you are immersed in activities which provoke your EGO during your daily routine at

home or work. For examples family issues, long and agitating phone calls, dead line at work or a bad customer or manager. How do you control your stronger senses like touch and test? How do avoid EGO issues within and outside?



Actuating devotion in our selves helps a lot to fight against EGO centric thoughts and attributes of EGO described earlier. This can be achieved

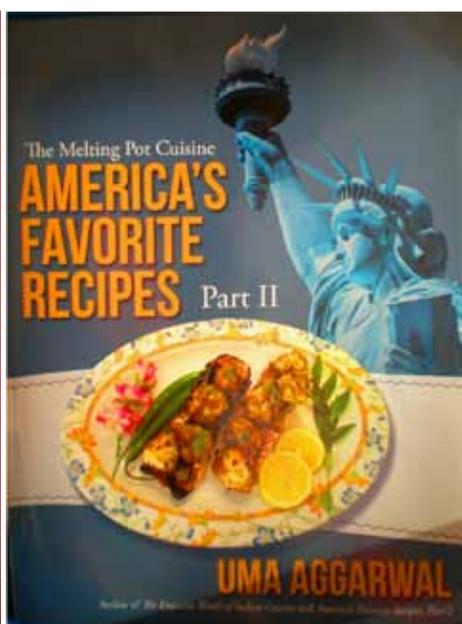
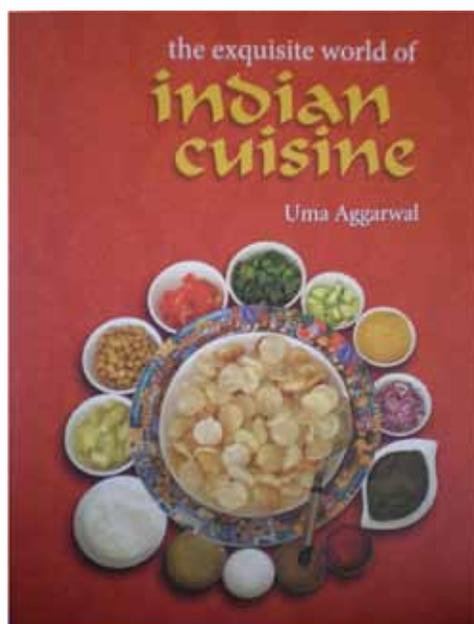
by reading spiritual books or by singing devotional songs or by satsanga. Purer you become in your mind and soul; there are greater chances of contamination. Devotion toward god helps to overcome the tsunami of emotions and erupting volcano of anger. But if you choose to only follow the path of devotion, for sure you will fall and become a hypocrite, because you are not doing anything to elevate your consciousness. An elevated consciousness achieved by practice of meditation and pranayama, and controlled EGO by the practice of devotion can bring you bliss. However in real life there are many extremes like ups and downs, success and failure, respect and insult, praise and abuse. How to not get affected by them?

If someone abuses you vs. you see someone being abused, which one would be more traumatic? Of course,

the EGO will bring tsunami of emotions and erupt the volcano of anger in you if someone abuses you, right? However if same thing happens to someone else, it will not affect you as much, agree? Even if someone fails in business or gets fired from his job, we are not affected as long as we are not that person. What if we can see ourselves same way we see others? How can we not get affected by results or fruit of our efforts?

Karma yoga consists of selfless service, in which the EGO is sacrificed to serve the divine in everything and every action in our daily activity. An elevated consciousness and devotional heart can easily give up the fruits of action. If someone tries to do that without being conscious or devotional, it is just impossible. If we can remember that every action we do is to server the divine present in our self, our family, our country and our world there would be no tsunami of emotion when things go wrong or when things go extremely well. Here is how you can get started, read about benefits of mediation and pranayama from internet. A lot of research has been done on benefit of mediation. Start doing mediation at home or join a yoga studio. Read spiritual books, you will find many good books which suit your level of thinking and intelligence. If you have any questions or wondering what to do next, please get in touch with me. I can give you some pointers.

**-Pranav Sanghadia**  
Pranav@kyob.org



## THE NEXT GREAT INDIAN CHEF – UMA AGGARWAL

America's Favorite Recipes – part III.

Uma Aggarwal is a Chemist with a background in biomedical research and has worked as a researcher on varied subjects at august institutions such as Michigan State University, Federal Poultry Science Laboratory, Virology Lab at the Department of Public Health in Michigan, 'Bioport' research on Anthrax. She has enjoyed the full sup-



port of her loving husband, Dr. Surinder Aggarwal, PhD. They are proud parents of three children and seven grand-children.

If you are a foodie, then you must possess one of Uma Aggarwal's cook books. They are filled with exquisite recipes that not only date back millennia, but also include some innovations that add a new dimension to Indian cooking.

**Submitted by Mini Sarla**

**U**ma Aggarwal believes that Indian cuisine is more than just tasty food. The cuisine is loaded with the ancient Vedic wisdom that adds the goodness of spices not only to enhance the taste but add healthful benefits. She pursued her passion for Indian cooking in 2002, by giving cooking classes at adult education center at the College of Southern Nevada. She published her

first full color book, The Exquisite World of Indian Cuisine in 2010. She has to her credit other cook books: America's favorite Recipes – part-I; Melting Pot Cuisine, America's Favorite Recipes – Part II. She has other cook books in the pipeline that are loaded with gustatory excitement: Uma's Vegetarian Cooking; Uma's Non-Vegetarian Cooking; Turmeric – The Real Gold of India;

# Pratham Phoenix Thanks Their Donors

Pratham Phoenix, a local chapter of PrathamUSA is a group of like-minded professionals, who volunteer their time to raise funds for the education of under-privileged children in India.

The group is passionate about giving back to their home country by promoting education, for those who do not have access to or resources for continuing education at India's public schools. Pratham, which means 'first' in Sanskrit is a non-profit 501 (c) (3) organization with a four-star rating (the

highest possible) from Charity Navigator and accepts tax deductible donations from US based donors to educate millions of children in India.

Pratham trains adults from the local community to teach children who cannot read at grade level or are at the verge of dropping out of the public school system. They also provide vocational training to the youth in partnership with corporations. During the 2013-14 school year, Pratham has been present in 20 Indian states, imparted vocational training for 7,200

young adults, got 16,000 volunteers trained and 4.7 million children educated. Pratham's success is attributable to providing innovative low cost solutions.

The model focusses very heavily on successful outcomes, a fact that contributes to its success.

On Saturday 23rd August, Pratham Phoenix organized a lunch at Flavors of India restaurant for their donors. Pratham Phoenix's President Dr. Priya Radhakrishnan shared the report on Pratham's work last year and that Pratham is the proud recipient of

the 2014 BBVA Foundation 'Frontier of Knowledge' award among several others.

The group thanked the donors for their continued support and invited them to their upcoming fundraiser gala – a black tie event on October 10th at the Commemorative Air Force Aviation Museum in Mesa. The board members include Hemashree Chaliki, Ashok Kanagal, Shipra Garg, Abhay Kothari, Ashok Garg, Manika Gupta, Swati Pandey, Sheena Banerjee and Harleen Singh.



**D**an Nainan is the 100% clean, professional comedian of Indian origin and is an engineer by education. He took a comedy class to get over the nervousness of speaking on stage in his job as a demo engineer with Intel Corporation and then decided to take up comedy as his full time career. After leaving Intel to pursue comedy, he has toured with Russell Peters and other notable comedians. Dan has appeared on network television including "Last Comic Standing" as well as in feature films, on radio and in an Apple commercial. He just completed a comedy tour of India.

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Lotus Wellness Center is an alternative medical practice specializing in healing, improving and maintaining your health. We provide care through multiple health solutions. We make it a priority to establish long lasting relationships with our patients. Our goal is to help our patients achieve optimal health by providing exceptional continuous care.

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*Waheguru ji ka Khalsa! Waheguru ji ki Fateh!*

# *GURDWARA MONTHLY*

*A Monthly digest of Gurdwara Programs and Events*

## **SEPTEMBER 2014 Programs & Events**

16 Bhadon – 15 Asu, 546 Nanakshahi Era (NE)

**Sept 5-7 (Fri - Sun) –**

**Akhand Path:** Arambh: Friday, 10 AM.  
Bhog: Sunday, 9 AM.

Barsi Baba Jagir Singh Ji  
Mela Kandh Sahib, Batala (Actual: Sept 1)  
Birthday Baba Sri Chand Ji (Actual: Sept 3, 1494)

**Sept 7 (Sun.) – Punjabi School Starts;**

**Fun & Learning for 5 and up**  
Registration opens a week before but you can register on the first day.

**Sept 12-14 (Fri - Sun) – Barsi / Anniversary Baba Buddha Ji**  
(Actual: Sept 13)

**Sept 16, Asu 1 (Tue) – Sangrand & Monthly Sehj Path. 9:00 AM – 10:00 AM.**

**Sept 19-21 (Fri - Sun) –**

**Akhand Path:** Arambh: Friday, 10 AM.  
Bhog: Sunday, 9 AM.  
Joti Jot Sri Guru Amardas Ji & Sri Guru Ramdas Ji (Actual: Sept 16)  
Gurgaddi Sri Guru Ramdas Ji & Sri Guru Arjan Dev Ji (Actual: Sept 16)  
Gurgaddi Sri Guru Angad Dev Ji (Actual: Sept 18)

**Sept 21 (Sun.) – Homeless Dinner Seva**

Phoenix Rescue Mission, Call 602 741 8021 for more info.

**Sept 26-28 (Fri - Sun) – Joti Jot Sri Guru Nanak Dev Ji** (Actual: Sept 22)

**Birthday Shahid Bhagat Singh Ji** (Actual Sept: 28, 1907)

### **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!*



*Sri Guru Ramdas Ji*



*Sri Guru Nanak Dev Ji*



*NISHKAM SEVA GURDWARA SAHIB*  
& *DR. JASBIR SINGH SAINI MEMORIAL HALL*

4950 W Tonopah Drive, Glendale, AZ 85308. (NE corner of 51<sup>st</sup> Ave and Hwy 101)  
Phone: 623-516-1413. [WWW.NishkamSeva.org](http://WWW.NishkamSeva.org). [NishkamSeva@Yahoo.com](mailto:NishkamSeva@Yahoo.com)



# Nishkam Seva Gurdwara Sahib remembering Dr. Jasbir Singh Sani Guest ragi jatha Bhai Sarabjit singh ji rangila ( durg wale) visited



Sri Krishna Janmastami was celebrated at the Hare Krishna Temple on Sunday August 17th, 2014. There were a lot of festivities with the Tulasi, Govardhan and Jhullana pavillions in the south parking lot. The cultural program stage was set up in the north side with the prasadam.

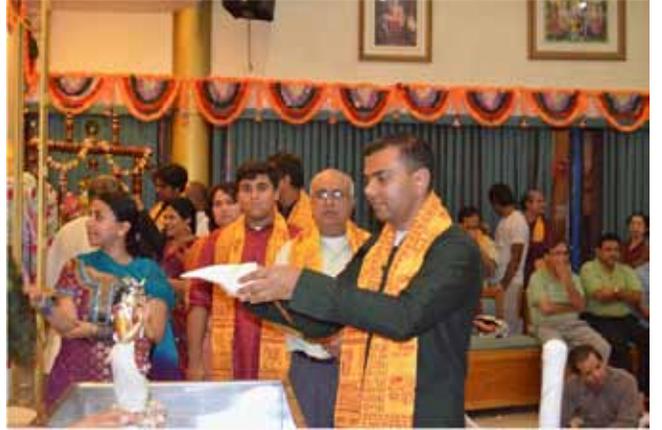
Four members from the City of Chandler( Greg Rodriquez, Chandler Human Relations Commission Chair Eddie Baldenegro, Chandler Human Relations

## Sri Krishna Janmastami at the Hare Krishna Temple, Chandler

Commission Past Chair Cynthia Hardy, Chandler Human Relations Commission Past Vice-Chair Leah Powell, City of Chandler Community Resources & Diversity Manager) attended the festival. There was continuous kirtan in the temple room. Abhishekam of the deities followed a class by HG Purna Prajna

prabhu about the appearance of Lord Krishna. After Maha arati, Maha Prasadam was served at 12.35 am.

More than 116 items were offered to Lord Krishna. We would like to thank all the donors, volunteers and participants to make the festival a huge success.



**Prawn patia**

This Persian delicacy is a hot favorite with non-vegetarians

Ingredients:

Dry roast 1 tsp cumin seeds, 1 tsp coriander seeds and 1/2 tsp fennel seeds. Cool and then grind them into a powder.

Squeeze some lime juice and salt on the shrimp and set it aside. Also, make a wet paste of two cups of chopped red onion, four green chili, two ginger and about four cloves of garlic, 3 tbsp yogurt and a little bit of water.

Method:

Heat a frying pan, then toast 1/2 tsp of cumin seed, 1/2 tsp of coriander seed and 1/4 tsp of fennel seeds. Add oil, and then add 1/2 tsp of mustard seed, 1/4 tsp of paprika and 1/4 tsp of red chili powder. When the spices start popping, lower the heat and add the wet onion paste. Fry this for about 20 to 25 minutes in medium heat, till you see it turning golden and there is no raw smell. This will need some time, so make it a point not to try and hasten the process. Now add the dry roasted spice powder, 1 tbsp of tomato puree, 1 tsp of white vinegar, salt and sugar to taste. Fry for 5 more minutes. Afterwards, add about 1/2 cup of water and let the gravy come to a simmer. Add the shrimp but do not overcook it. When the shrimp is done, garnish with some finely chopped coriander and serve with hot rice.

**Easy tomato soup**

Healthy tomato soup that can add up to be healthy and filling at the same time.

Ingredients:

- 800g tomatoes, chopped
- 2 onions, chopped
- 4-5 garlic cloves, crushed
- 1 carrot, grated
- 2tbsp tomato puree
- 400ml vegetable stock
- 2-3 sticks of celery, chopped
- 4tbsp cream
- 2tsp paprika
- 2tbsp Olive oil

Toppings:

- Salt to taste (if needed)
- Cheese/bread toasties, to serve

Method:

-In a pan cook together the onion, carrot, garlic and celery in olive oil till soft.

-Then add the paprika and cook for about five minutes and add the puree and the vegetable stock. Let it simmer for 15 minutes or until the vegetables are cooked and soft.

-Let it cool for some time then in a blender blend the cooked mixture. When completely blended add the cream and blend again.



-Serve hot with the toppings.

**Saffron rice & salan**

A traditional Awadhi dish dug out from the secret kitchens of Awadh

Preparation time: 30mins

Cooking time: 30 minutes

Serves:4

Ingredients

- 1kg chicken breast
- 1 litre milk
- 1tsp saffron
- 4tsp fennel
- 10 green cardamoms
- 5 cloves
- 2 bay leaves
- 2 cinnamon sticks (1")
- Refined oil to deep fry
- Salt to season

For the batter

- 1/4 cup basmati rice
- 1/2 fennel power
- 1/2 tsp tallow chilli powder
- 10 tsp yoghurt

Method

-Wash and soak the rice in water for 1hour.

-Cut the chicken breast into 1" pieces. Boil the milk and the chicken pieces, saffron, fennel, cardamom, cloves, cinnamon, bay leaves and simmer over medium heat until tender. Remove the chicken pieces and reserve the liquids. Keep the chicken pieces in the refrigerator.

-Drain the rice and put in a blender with the yellow chili powder, fennel powder, salt, 100ml of the reserved liquid and make a fine paste. Whisk the yoghurt and add to the paste.

-Skewer 4 chicken pieces, without any gap, on 4" wooden skewers. Heat the oil in a karhai. Dip the skewers in the batter and deep fry over medium heat till the golden and crisp. Serve hot.

Ingredients

- For saffron rice
- 1 cup white basmati rice
- 1 cinnamon stick
- 1 bay leaf

- 1/2 tsp. salt
- 1/2 tsp. saffron threads
- 1/2 tsp shahi jeera
- 3 cardamoms
- 2 tbsp- ghee
- Water - 2 cups

Method

-Heat ghee. Saute the shahi jeera and then add spices. Add rice and saute for 3-4 mins. Add 2 cups water (water should be double the quantity of the rice), saffron, salt and cover it with lid. Allow it to cook till done.

Ingredients

For the salan

- 3 medium sized onions
- 1 cup fresh curd
- 1 tsp turmeric powder
- 1 1/2 tsp red chilli powder
- 2 tsp coriander seeds powder
- As required oil
- To taste salt
- 1/2 stick cinnamon
- 1 tsp cloves
- 1 tsp cardamom
- 2 bayleaves
- Few drops of kewra essence
- 1/2 cup cashewnuts
- 1 tsp shahi jeera
- 3 to 4 green chillies
- A few drops of rose water

Method

-Peel and thinly slice the onions. Heat oil in a lagaan on the gas and brown the onions.

-Heat oil in a pan and roast the cashewnuts. Cool and place in cold water. Drain off excess water and grind to a smooth paste. Keep aside.

Grind the fried onions to a paste.

-Heat oil in a pan and add the whole garam masalas, shahi jeera, browned onion paste, cashew nut paste, powdered masalas and cook on a medium flame. Add slit green chillies, curd, salt and cook on a slow flame. Add few drops of kewra essence and rose water and mix well.

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# Real Estate News of Arizona - September 2014

By Arti Iyer ABR, CFS, CSSN

**Hello Friends,**

End of hot 3-digit temperatures and weather finally cooling down. Schools back in full swing and the beginning of indian festival season for the rest of the year. Now, that we are getting past summer, lets see how the valley real-estate performed during the peak of summer.

let's look at the July sales of Residential Homes in Maricopa county-

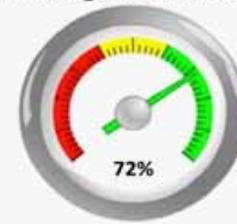
- Total sales for Single Family, Town homes, Condos for July were 5,996 whereas June were 6,390 and May were 6,572
- The Active listings for July were 22,062 whereas June were 22,917 and May was 23,882
- Pending sales for July were 5,445 whereas June were 5,846 and May was 5,738

In July with the median sales price, average sales price or total sales volume. They all came in as expected. The ARMLS PPI for July 2014 projected a 1% rise in the median sales price to \$197,000, an average sales price of \$249,200 with a projected sales volume around 6000. For the 2nd consecutive month, first in June and now July, we've seen the lowest total of new listings coming on market.

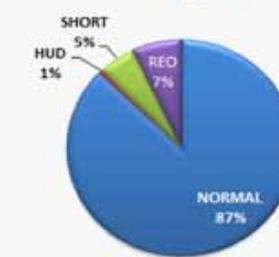
A senior vice-president and chief economist at Fannie Mae stated- We have always believed that for the housing recovery to be considered robust, we will need strong and sustained full time job and income growth. Recent data indicates that more than 200,000 jobs created over each of the last six months, combined with this month's improvement in the share of consumers reports which significantly shows higher household income than a year ago, does provide some reason for optimism. Here are some graphs to showing the monthly statistics.



Listing Success Rate



Monthly Sales



City of phoenix is using stimulus funds to help first-time homebuyers purchase homes in foreclosure. The federally funded Neighborhood Stabilization Program (NSP) enables eligible applicants to realize homeownership by offering newly built or remodeled homes for purchase in established Phoenix neighborhoods, while providing monetary incentives to assist with down payment and closing costs. The city has \$39.5 million in federal Neighborhood Stabilization Program funds. The program is part of the Housing and Economic Recovery Act approved by Congress in 2008. Buyers must meet certain income and other requirements to qualify for funds, which are available to help purchase foreclosed homes within the city limits. Household incomes cannot be higher than \$55,350 for someone who is single, \$63,250 for a couple and \$79,100 for a family of four. They must be new homebuyers and use the foreclosure as their primary residence. The program is not open to people who are shopping for foreclosures as investment properties.

Now let's take a look on commercial

side-

Health Choice Arizona has signed a lease renewal and expansion for an additional 21,669 square feet, bringing its total occupancy to 74,000 square feet at the Three Ga-teway office building located at 410 N44th St in Phoenix. Located in the center of the Phoenix metrothe 11-story, 217,314-square-foot, 4-Star office was built in 1988 on 4.7 acres in the 44th Street Corridor submarket of Maricopa County. It is part of the Phoenix Gateway Center, a three-building business park that features landscaped courtyard, fitness center, food service, and views of the Phoenix skyline with immediate access to routes 202 and 143, light rail, Sky Train, and Sky Harbor International Airport.

EverWest REP LLC and CarVal Investors acquired the flex building at 615 S River Dr in Tempe for \$11.4 million, or about \$59 per square foot. The 193,000squarefoot building was constructed in 1982 on 16.5 acres in the Tempe East Industrial submarket of Maricopa County. The buyer plans on redeveloping the building into creative, open-plan office space.

Denverbased SPLCo purchased the 355-unit Bella View Apartments in Phoenix for \$12.5 million or about \$35,000 per unit. Its a 176,220-square-foot community with studio and one-bedroom units in four buildings.

Hyperion Fund LP acquired the specialty building at 2932 W Deer Valley Rd in Phoenix for \$5.98 million or about \$148 per square foot. The 40,427-square-foot, three-building school campus was built in 2002 on four acres in the Deer Valley / Airport submarket of Maricopa County, a half-mile from I-17 and two miles from the

North Loop 101.

Humana, a leading provider of health care coverage and business services, leased 78,996 square feet at 7825 SHardy Dr in Tempe. Located in the Elliot Business Park, Bldg 5 features heavy power, a 30-foot clear height, four drive-in bays and 23 dock-height doors.

Ariwah LLC sold the retail property at 7650 W Bell Rd in Glendaleto Wadsworth Devel-opment Group for \$2.11 million or about \$135 per square foot. The 15,549-square-foot property was 100 percent leased at the time of sale. The property is located in front of the Arrowhead Town Center Mall, with visibility on Bell Road.

Denverbased SPLCo purchased the 355-unit Bella View Apartments in Phoenix for \$12.5 million or about \$35,000 per unit. Its a 176,220-square-foot community with studio and one-bedroom units in four buildings.

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



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September 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> * Ganesh Chaturthi @ MGTOA  Rabhasa @ Pollack Tempe Cinemas - Telugu Movie (Starts @ 7:30 PM)	<b>2</b> * Ganesh Chaturthi @ MGTOA 6 PM to 9 PM	<b>3</b> * Ganesh Chaturthi @ MGTOA 6 PM to 9 PM  Raja Natwarlal @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 7:30 PM)	<b>4</b> * Ganesh Chaturthi @ MGTOA 6 PM to 9 PM	<b>5</b> * Ganesh Chaturthi @ MGTOA 6 PM to 9 PM  Classical & Bhajan Sandhya- Shri Sankaran Namboothiry	<b>6</b> * Legends of India Concert  Ganesh Chaturthi - Sri Maha Ganapati Visarjan @ MGTOA 10AM - 2PM
<b>7</b> * Roshini @ Scottsdale Center for Performing Arts  "Matsyakanya" Magic in Movement	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> * Guna Darshan An Annual Feature 2014 @ Mountain View Community Center
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> * PovSolve Presents Casino Royale Charity Gala
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>				

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**D**on't get intimately involved with a coworker. You can make excellent purchases this month. Involvement in financial schemes will be followed by losses. Your sensitivity toward those you love will capture their hearts. Your luckiest events this month will occur on a Saturday.

**ARIES**



Mar 21  
to  
Apr 20

**Y**ou should spend your day trying to get things completed at work. You can accomplish a great deal. Think before you act. The advice you get this month may be based on false information. Your luckiest events this month will occur on a Saturday.

**TAURUS**



April 21  
to  
May 20

**E**ntertainment should include sports events or physical activities. Advancement can be yours if you are assertive in your approach. Pursue outdoor activities or any physical exertion. This will not be the time to give too much to your children. Your luckiest events this month will occur on a Tuesday.

**GEMINI**



May 21  
to  
June 21

**S**ocial events will be favorable. You will enjoy travel and getting together with peers. This is a good day to check out your investments. You should look into making some physical changes, such as new hair color or toning up your body. Your luckiest events this month will occur on a Saturday.

**CANCER**



Jun 22  
to  
Jul 22

**D**o not over expand if you have your own business. Sit tight. Difficulties with children will surface if you try to break a promise you made. You need to look into new philosophies. Don't overdo it. Your luckiest events this month will occur on a Tuesday.

**LEO**



Jul 23  
to  
Aug 23

**I**f you work in conjunction with someone else you may find they're trying to steal your thunder. Look to a close friend for advice. Your lack of interest in your partner is a problem. Problems with your mate will develop if you don't let them have their way. Your luckiest events this month will occur on a Sunday.

**VIRGO**



Aug 24  
to  
Sep 23

**R**omance will unfold if you take trips or get together with friends. Take care of chores that have been hanging over your head. You will have to help family members sort out unfortunate difficulties. Do not get involved in joint financial ventures. Your luckiest events this month will occur on a Wednesday.

**LIBRA**



Sep 24  
to  
Oct 23

**D**o not let others exhaust you financially. Socialize with friends, but don't overspend on lavish entertainment. Secret activity is evident. Your charm and generosity will bring new friends and romantic opportunities. Your luckiest events this month will occur on a Monday.

**SCORPIO**



Oct 24  
to  
Nov 22

**I**t might be best to keep your ideas to yourself this month. Focus your efforts on details, and keep to yourself in order to finish your work. You can win if you're open and up front with your boss. Cultural activities open your eyes to new ways of doing things. Your luckiest events this month will occur on a Saturday.

**SAGITTARIUS**



Nov 23  
to  
Dec 21

**Y**ou may find that lectures or travel will be highly successful. Hassles with in-laws could put a damper on your day. Education may be the answer. You should catch up on correspondence. Your luckiest events this month will occur on a Wednesday.

**CAPRICORN**



Dec 22  
to  
Jan 21

**T**ry to compromise rather than having an all out battle. Difficulties at an emotional level may be likely. Don't hesitate to sign up for creative courses or physical fitness programs. The experience will be good. Your luckiest events this month will occur on a Friday.

**AQUARIUS**



Jan 22  
to  
Feb 19

**O**lder family members may try to put unreasonable demands on you. Avoid any erratic behavior or it could cause isolation at home. Not everything you hear will be legitimate. Do a little extra work at home. Your luckiest events this month will occur on a Wednesday.

**PISCES**



Feb 20  
to  
Mar 20

## 'Manmohan sought a soft job, but Indira did not agree'

Manmohan Singh, who steered the UPA government for 10 years as prime minister, was looking for a 'soft' job in his 50s but was told by then prime minister Indira Gandhi to become the governor of the Reserve Bank of India as he was "too young to do a soft job", a new book by his daughter has revealed.

Authored by the second of his three daughters, Daman Singh, the book, titled 'Strictly Personal: Manmohan and Gursharan', says that Indira Gandhi wanted Manmohan Singh as a member of the Planning Commission to prepare the Sixth Five-Year Plan (1980-85).

"But when he expressed his difficulty in retiring 10 years early (from the civil

service), she was magnanimous enough to appreciate this. She also took the trouble to find a way out. The post of member-secretary was created, for which he did not have to resign," says the book, published by HarperCollins India (pp 452, Rs.699).

"Two and a half years later, she wished to appoint him governor of the Reserve Bank of India. When he (Singh) went to see her, he mentioned that he had been in a tough job for many years and that he was now looking for a 'soft' option."

"She looked up and, with a radiant smile... said you are only 50. You are too young to do a soft job," said the book.

Daman Singh, 48, a writer who is a graduate of St. Stephen's College, Delhi and Institute of Rural Management, Anand, Gujarat, has based the book on her conversations with her parents and her research. It also contains some interesting nuggets about Manmohan Singh's past.

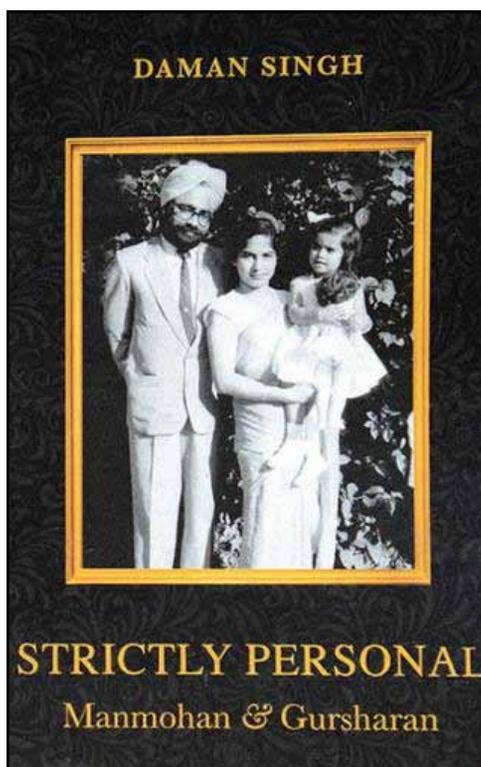
In April 1948, he joined a two-year F.Sc. course that would lead to further studies in medicine at Amritsar's Khalsa College as his father wanted him to become a doctor. He dropped out after just a couple of months as he had lost interest in becoming a doctor. In fact, he had also lost interest in studying science, the book says.

"I went and joined my father in his shop. I didn't like that either, because I was not treated as an equal. I was treated as an inferior person who ran errands... Then I thought I must go back to college. And I entered Hindu College in September 1948," says the book quoting the former prime minister.

After getting his master's degree in economics, Manmohan Singh went to Cambridge to pursue his Economics Tripos with the help of a scholarship from Punjab University.

As per a signed bond, when he returned in 1957, Manmohan Singh taught in the university for two years.

He went to Oxford in 1960 to pursue doctorate



in philosophy and upon its completion joined the United Nations in 1966, staying till 1969.

It was during this time that Manmohan Singh thought of serving the nation and was laterally inducted into the civil services in 1971.

Talking about her father's workaholic nature, Daman Singh writes that he would often bring "big cloth bundles" of papers home and work was his first priority.

"Every day, his office accompanied him home in big cloth bundles that we helped lug out of the car. He worked in bed where he sat cross-legged with a pillow on his lap, a stack of files beside him. As he hunched over his papers, inscribing neat squiggles, he would tug his

beard and mutter to himself."

"When he was not working, he was usually preoccupied with a book or else with his thoughts," the author says.

And at times, he would "sit with an index finger perched on the side of his nose... completely helpless about the house and could neither boil an egg, nor switch on the television."

Manmohan Singh read avidly during his college days and his repertoire covered theological critiques, social commentaries and political ideologies, says the book.

About his days at Cambridge, Daman Singh writes that money was the only real problem that bothered her father. Though he would never borrow money his entire life, this was when he came closest to doing so.

"His tuition and living expenses came to about 600 pounds a year. The Punjab University scholarship gave him about 160 pounds. For the rest he had to depend on his father.

"He was careful to live very stingily. Subsidized meals in the dining hall were relatively cheap at two shillings six pence. He never ate out, and seldom indulged in beer or wine. Yet he would be in crisis if money from home fell short or did not arrive on time...

"When this happened he skipped meals or got by on a six pence bar of Cadbury's chocolate," says the book.

A desperate Manmohan Singh finally wrote to a friend in India asking for a loan of 25 pounds.

"I find that over the two years, my budget falls short of 25 pounds. I therefore hope you will send me, say, 12 pounds this year and 13 pounds next year," Manmohan Singh wrote in the letter.

"Two months later a money order for three pounds arrived. This must have been all that his friend could immediately spare, and Manmohan was immensely grateful," says the book.

## POET OF MONTH

### Anna Ross

Anna Ross is the author of *If a Storm* (selected by Julianna Baggott for the 2012 Robert Dana-Anhinga Prize for Poetry) and *Hawk Weather* (winner of the New Women's Voices Prize from Finishing Line Press). Her poetry and criticism have appeared in *Tupelo Quarterly*, *Guernica*, *Barrow Street*, *The Paris Review*, *The New Republic*, *Southwest Review*, *Salamander*, *Southern Poetry Review*, *The American Reader*, and *Boston Review*, and she is the recipient of fellowships from Sewanee Writers' Conference, Squaw Valley Poetry Workshop, the Massachusetts Cultural Council, and Grub Street. A visiting poetry editor for *Salamander*, she teaches in the Writing, Literature & Publishing at Emerson College and is Poet in Residence at Stonehill College. She lives in Dorchester, MA with her husband, daughter, and son.



### SELF-PORTRAIT IN DEPARTURE

1

Early morning up from the sea level runway at Logan airport, up from the sea itself, it seems, the plane's wing valiant against sky, it's snub tip trembling as we climb up over the giant white concrete eggs of Deer Island Waste Water Treatment Plant, an even dozen balanced upright at the harbor's lip as though about to set sail on some newly ancient journey, and up again past Grave's Light guarding the Atlantic ledges from wreck, a small stem clinging to rock froth at this height, as we curve back West now, heading over land instead, below us the city stretching up, waking in the engine's rev and fall as we flee—The captain will not extinguish the fasten seatbelt sign until we reach cruising altitude—but we are beyond recall now, the ground crew turned to other concerns as we launch up and again up, high enough that other, toy-sized, planes cross beneath us in their descent—and I cannot rise from this city, this airport, without remembering those four men who learned to fly a jet but refused all lessons in how to land—as now clouds begin to intercede, carving their alternate geography, and the cabin lights blink on again and then off.

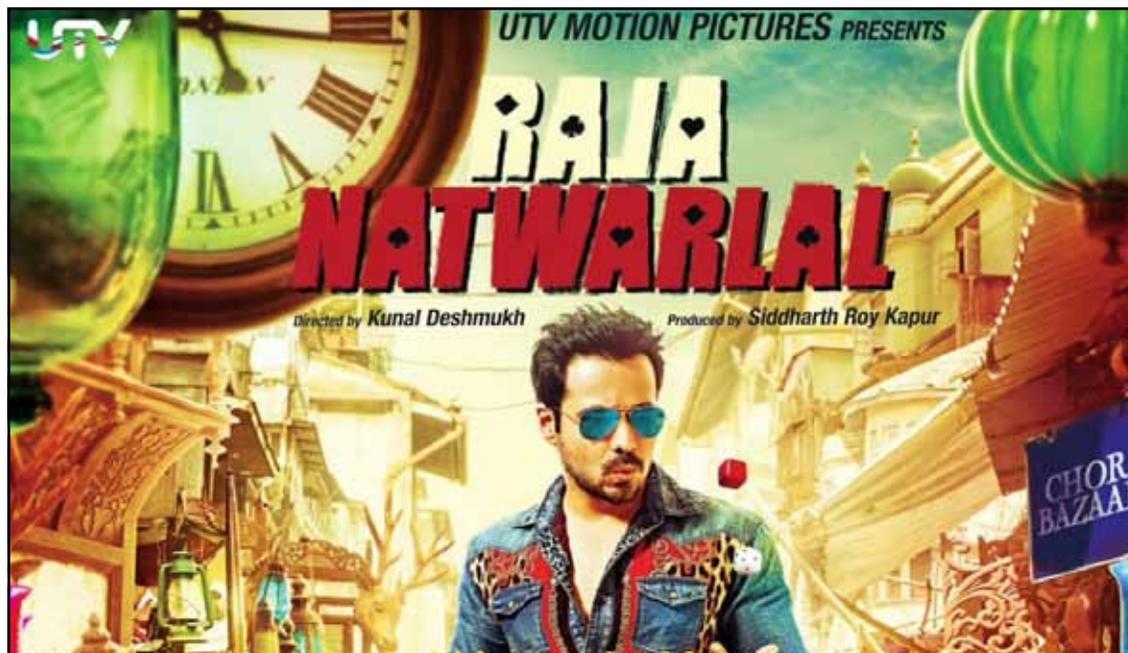
2

When she was just learning to form sound into words, my daughter would stand in the backyard and point straight up, calling ha-pee, ha-pee!, her arm electric, her body a frenzy of telling glee—ha-PAE! For weeks, we misunderstood this for mere joy until we looked up to see the shining metal fuselage, a missile through afternoon blue. Airplane. How wonderful, we'd thought, to have this miracle of noise and flight appear because she'd called it, and keep appearing—its trails gusting pale against the backyard reach of sky as I do now, her still-sleeping body curled fast to earth so far below.



# 'Raja Natwarlal' is predictable and does not keep the audience guessing

Raja Natwarlal was touted as a crime-comedy film. Makers are now mixing genres in order to attract different audiences, but the result is often disastrous. There was no comedy at all and crime is not what it should be. Raja (Emraan Hashmi) pulls small



**Film Review**  
**Film:** Raja Natwarlal  
**Director:** Kunal Deshmukh  
**Cast:** Emraan Hashmi, Humaima Malik, Paresh Rawal and Kay Kay Menon  
**Rating:** \*\*1/2

time cons with his partner Raghav (Deepak Tijori), a small time con artiste. He is in love with Ziya (Humaima Malik) a bar dancer and in search for the last big con to rescue her from that murky world. Unfortunately in his bid

to do so, he messes with the wrong man, Vardha Yadav (Kay Kay Menon). His partner is killed and he is on the run. In desperation he turns to Yogi (Paresh Rawal), a retired ex-con to help him avenge his friends death and pull his

biggest job yet. But everything goes wrong.

**What's good:** It starts off well. The first con is pulled off deftly, and the film moves along briskly, preparing you for the good movie experience. But then it derails quickly. The

film has a brilliant supporting cast. Paresh Rawal is brilliant as ever.

Kay Kay Menon is a delight to watch, whether he is clobbering a poor soul with a bat, or when he finds himself poor, having lost every last

penny. Humaima looks pretty and that is all that is required from her. Emraan seems to be going through the notions, including the smooching scenes.

**What's not:** When you are making a con film, it has to be clever. You have to keep the audiences guessing. Unfortunately here, you guess what the next scene will be. You can predict it. The cons need to come at the viewer fast and furiously but that doesn't happen here.

The romance angle between Raja and Ziya does not blend well and acts like roadblocks in the film that is already disappointing. Yogi is supposed to be the mastermind here... but Raja keeps doing his own thing, defeating the purpose and buildup to the Master Con.

**What to do:** Watch the old Natwarlal, starring Amitabh Bachchan.

## Aditya looks into box office numbers: Rani Mukerji on 'Mardaani's success

Actress Rani Mukerji, who has won accolades for her tough cop act in her latest release 'Mardaani', says she cannot equate her creativity with box-office numbers, which is why her producer-husband Aditya Chopra deals with that aspect.

The Pradeep Sarkar-directed film gives a peek into the world of child trafficking. "As a producer he (Aditya) wants the film to have a wider reach. He does have aspirations for the film to do well.

Today, success of a film equates with the box office numbers so it is important for the film to make that kind of impact.

Critically and perception wise it has made a mark so now it is box office wise," Rani said in an interview here.

Even though Rani is married to a producer, she says she does not understand the number game. "I don't know about the recovery in detail. As a producer, it is important for him (Aditya) to deal with numbers.. for me as an actor I can't equate numbers with my creativity. If I do so then I will have to do films which in my head will get numbers," Rani said.

"As a creative person it is important for me to look at the role and the film. It is the merit of the film that it has got



so much recognition and praise from audience," she said.

The 36-year-old actress says her mother and industry friends are happy for her and the success of the film. "Industry people like Rekhaji, Shabanaji, Aamir Khan, Mukesh and Nita Ambani, Madhya Pradesh Chief Minister (Shivraj Singh Chouhan) are praising

the film.

People are appreciating my character and everyone is saying this is my career best performance.. it feels nice," Rani said.

"Rekhaji told me God has chosen me to do this role... it is very heartening to hear this from her," she said.

Rani had organised a special

screening of 'Mardaani' for actor-friend Salman Khan's family.

"Salman's parents saw the film and they really loved it, they gave me blessings and good wishes for the film. The day the film got released Salman was in LA and he said he will watch the film there. He told me he was eagerly waiting to watch the film," Rani said.

# Is Anushka really responsible for Virat Kohli's failure?

Indian batting sensation Virat Kohli has come under severe scrutiny for his poor form in the recently concluded test series. He managed only a few runs and even dropped a few catches. BCCI has blamed his girlfriend, Bollywood actress Anushka Sharma, and alleged that wives and girlfriends on tours can be a major distraction and that doesn't help the players focus on their game.

Kohli, who was initially given clearance by BCCI to take his girlfriend on the England tour, but post the Test series loss, BCCI has now formally decided that 'girlfriends' of players will no longer be allowed on tours and there will also be restrictions on the duration of stay of the wives of players during a tour. Wives accompanying cricketers on a tour has been common thing in the past. Cricketers know that their failures could cost them their careers. It is their responsibility to segregate their personal and professional time appropriately.

Virat Kohli has been a prolific



player for India for some time. In this series, we have seen Kohli's first lean patch - something that we all go through in our careers. He is an aggressive and a passionate cricketer. He surely will be under immense pressure, but it would be inappropriate at this time to discuss his personal life to explain his recent failures.

That is sheer opportunism. Drawing a co-relation between form of a cricketer and his personal life is not always logical. When Indian cricket is doing well,

controversies like these never crop up. It is only when a cricketer goes through a bad patch that our media and administrators begin to scrutinize the private lives of these players. Other similar noteworthy examples from the past are Azharuddin-Sangeeta Bijlani and Yuvraj Singh-Deepika Padukone.

The main question is - Is the BCCI addressing the real issues for our failure? Why not cut down on T20 cricket? How about improving cricketing infrastructure? Why target wives and girlfriends?

## When Aamir Khan dined with Deepika Padukone, Parineeti Chopra and Kangana Ranaut

Aamir Khan might have gone all teary at the launch of his third season of 'Satyamev Jayate' but fans will definitely get to see a newer side of him on the show in this year. Like we already informed you, the show has changed its concept this year and will have celebrity guests speaking on various issues.

On account of that, Aamir invited three of the gorgeous Bollywood ladies- Kangana Ranaut, Deepika Padukone and Parineeti Chopra to discuss their success stories on the show. The three actresses, who have struggled their way to the top spoke at length about the numerous hurdles they



faced before getting the much needed recognition. While Kangana made waves this year with 'Queen', Deepika has been the hot favourite ever since last year

delivering back to back super hits. And among the newer breed of actresses, Parineeti Chopra has definitely proved her mettle as an actress with some terrific performances. All in all, the show is expected to garner huge hype, thanks to the celebrity presence this year.

But shortly after the shoot was over, Aamir Khan went on a dinner with all the three ladies, we hear! The bunch of four headed to a suburban Mumbai restaurant for dinner where they talked about the show, the ongoing issues in the society and definitely films!

Parineeti even took off to Twitter to post a picture of the amazing trio.

## Bollywood actor Shahrukh Khan roped in as Ambassador of Interpol's 'Turn Back Crime' campaign

Bollywood actor Shahrukh Khan has become the first Indian actor to be roped in as an Ambassador of Interpol's 'Turn Back Crime' campaign, aimed at promoting greater awareness on how to prevent crime.

"It's a very special honour to be a part of INTERPOL's 'Turn Back Crime' campaign as an Ambassador. As Mahatma Gandhi once said, 'I shall not fear anyone on Earth. I shall fear only God. I shall not bear ill will toward anyone.

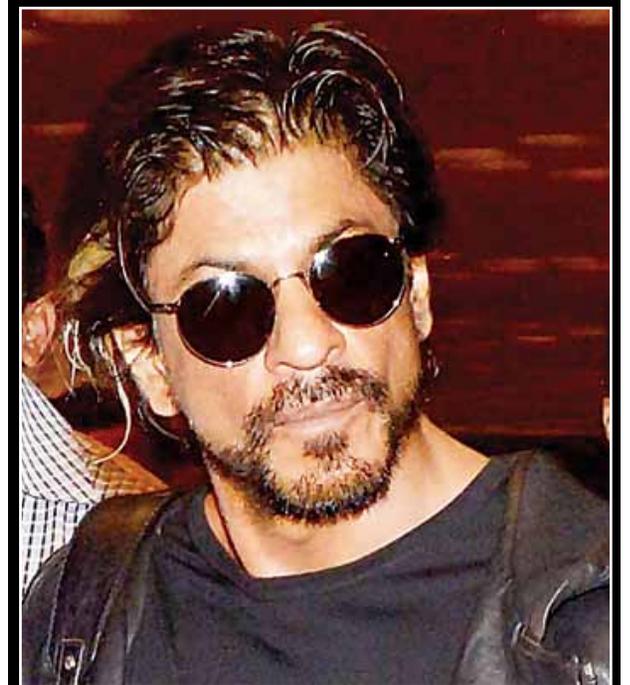
I shall not submit to injustice from anyone. I shall conquer untruth by truth. And in resisting untruth, I shall put up with all suffering, if I have to'.

"We all should believe in this maxim and in whatever way possible resolve not to let unjust people who might threaten us with criminal activity make us fear them. Because I believe we can, we should, and we must stand together against the few who commit crimes against any human being, in whatever form or guise these crimes might take," Khan was quoted in an official release from Interpol Headquarters in Lyon in France.

The multi-award winning actor, the first Indian to be made an Ambassador for the global campaign, is lending his voice to help spread the message that all of society benefits when citizens respect the law and fight crime, it said.

Khan joins actor Jackie Chan as an Ambassador for the campaign, which has already garnered support from public figures including footballer Lionel Messi, Formula 1 racing drivers Fernando Alonso and Kimi Raikkonen in addition to law enforcement agencies around the world.

The 'Turn Back Crime' campaign is aimed at raising public awareness that organised crime is often involved in seemingly unrelated crimes.



# Chai with.... Narender and Rosy of RSVP Special Events LLC and The Pressroom

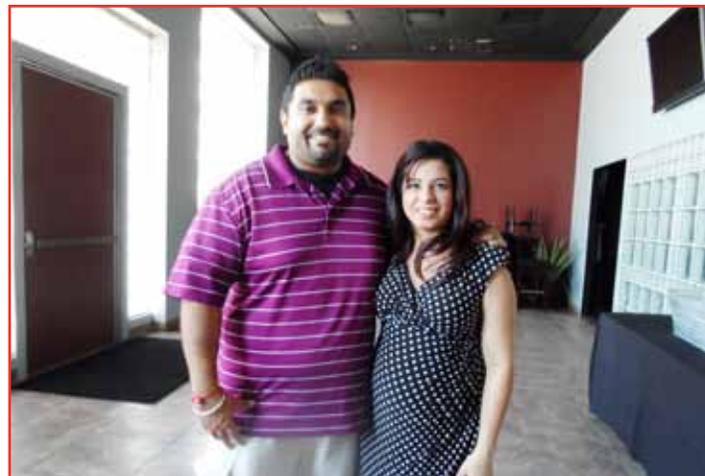
Interview by Manju Walia  
Article by Deepa Walia

## The Individual Stories...Narender and Rosy

Many of the valley residents may have held or attended an event planned by Narender Raju and Rosy Singh of RSVP Special Events LLC. Narender, born and raised in Chicago, and Rosy, born and raised in Houston, were both passionate about event planning throughout their studies. Narender, who completed his Bachelors of Science in Computer Science at University of Illinois has always been somewhat of an entrepreneur. He started his first business of building custom computers for corporations when he was 15. He did electrical board maintenance throughout high school and also ventured into the auto field business for a while.

During all these business ventures and studies, Narender was also busy planning events. He was on many different school boards in high school, worked at a sports bar in college and DJ's many events. As a result, many people would ask him to help plan different things for them. So, it was only natural progression for him to start RSVP in Chicago and people responded very well. He took his time to study the market and learn what gravitated people to do different planners form which he created his working style. As he stated very simply, "a smile can solve more problems than anything else." People want delivery with a smile and it doesn't always have to be agreeing with them. People are hiring you to do things properly for them so it is very important to be up front and transparent, even if that means disagreeing with them or educating your clients on the consequences of their asks and decisions.

While he was doing that, Rosy was on a similar path in Texas. Born and raised in Houston, she completed



her Bachelors and Masters at the University of Texas in Arlington. During her studies, she was constantly planning events and serving on many organizations. During college, the university held an international week where all organizations came together such as the Indian Association, Pakistani Association, Japanese Association, Middle Eastern Association, etc. It was a week full of events such as food fares, fashion shows, black tie events and all that required a Chair Person. Rosy was selected as the Chair Person where she gained invaluable experience. She has a passion for organizing events and making them look good from start to finish.

## The Stories Unite...RSVP Special Events LLC in Arizona

As they were walking down parallel paths in different paths of the US, they eventually met each other on, believe it or not, the cliché shaadi.com. Things happened quickly and they got married within 10 months and moved to Phoenix to start their lives and RSVP in Phoenix 9 years ago. Happily married, they have a son Shaan Singh Raju and another baby on the way. Both of them are extremely social people and their passion for quality events can be seen in some of the events they have hosted themselves such as Rosy's baby shower, their son Shaan's First Birthday and Lorhi, and many others. They enjoy going above and beyond and doing it right.

For Narender, RSVP is a full time job and Rosy does this while

working at the hospital. Trying to balance a personal life, children, and the many other responsibilities they have, they have figured out a way to divide the duties that come with organizing events in a way that makes it ideal for the customer to get the best out of both of them. Narender handles the vendor acquisition, contract negotiation, design aspects such as floral and light. They work with top notch experts in their respective fields (light designers, floral designers, etc. who all work under the RSVP umbrella) to bring the best of the best together for high quality events within their client's budgets. Rosy handles the master timeline and is part of the initial consultation. She is also responsible for the leading the coordination day of and based on the size





of the event, she will have anywhere from 2-3 or 10-15 coordinators assisting. Each event they do is unique and tailored to the client. Because of their desire to work with the best of the best, they work with many out of state vendors and compete with the top 20% planners in the nation. Due to this, they also do a lot of events out of state. People contact them from New York, Chicago, Texas, to help take care of their events. And the only difference in cost for their clients is the cost of their flights. Unlike other vendors, they do not charge a per diem or add extra costs for out of state events.

#### The Stories Continues...The Child of RSVP...The Pressroom

Many of you may have heard of Narender and Rosy's successfully planned events and RSVP. Their next progression, what they call the child of RSVP, is the Pressroom. This came about as a joint venture between RSVP and its' in-house lighting company that works with RSVP on most of their events. They have done 100s of events with this lighting company and the individual that brought The Pressroom opportunity to them has been in the lighting and sound business for 25+ years.

The Pressroom located in downtown Phoenix was created in the 1920s and served as a printing press for 50-60 years. As soon as they saw the place, they knew it needed work but saw the vision right away. Having held many events at various hotels and banquet halls in the valley, they had realized they were all the same with multi-colored carpets and beige walls. Making them look different was difficult and came with a high cost to their customers. For example, since ceilings at these halls were not rigged to hang things, trying to hang something from a ceiling itself could run an extra \$4,000-\$5,000. And The Pressroom could be the solution to the same, mundane venues with little opportunity to be creative; this empty space was a box—a box that could be turned into anything you wanted. Wanting to retain its historic value, they kept the name and took the logical, next step. Everything in the room is on wheels and it can be changed to meet the needs of the client. The entire ceiling is exposed so anything can be done with the ceiling. Since this was a Pressroom in the past,

temperatures had to be lower so it has a powerful AC, which can sometimes be a problem with warehouse types of environments.

Their partner handles all A/V and sound and the current sound and lighting system is top notch and well over \$200,000. Their partner is an extremely experience professional who has been in the business for 25+ years, run many different venues, serves as the in house for all Red Bull infrastructure in the valley, and was also part of doing installs at many of the clubs and lounges in Old Town Scottsdale. In addition to serving as a unique venue for events, this also serves as a space where RSVP can design creative mandaps and décor and see them come to life before taking them to a client location.

Since their venture into this avenue, they have hosted many events including the Democratic Electing Viewing Party, a hip/hop concert by Kid Ink, corporate, and private parties. None of those events, including the hip/hop concert, required anyone to bring in extra equipment. Kid Ink was able to just come in and perform. So, it offered a venue where the host did not have to worry about another \$5,000-\$15,000 in audio/video.

The Pressroom boasts a full bar license so outside alcohol is not permitted due to government regulations. However, the staff at the Pressroom can do any kind of setup with alcohol as needed, including splitting the area with VIP and bottle service or any way the organizer prefers. Narender and Rosy's partner, Jason, also handles any additional Audio/Video needs required. They also have preferred vendors for catering, floral, décor, etc. that they work with but are open to people bringing in their own experts in this area. The venue at 10,000 square feet can serve as an all-inclusive choice for those not wanting to deal with the hassle of coordinating vendors or you can take advantage of the venue, alcohol, and audio/video equipment and bring in other vendors, as long as they are licensed and insured. The space can accommodate approximately 1400 people standing. Seating arrangements with tables and

chairs have been set up by splitting the room in half to accommodate a wedding and a reception and there was enough space for 350 on each side. Standing concerts can accommodate about 1400 or the room can be split with seated tickets up front and standing room in the back.

The Pressroom has a composition of the best staff in the entire valley, including the Bar Manager Michelle who has been in the industry 20+ years. She has worked with many people in the valley and been very meticulous on picking the staff. Depending on the event, staff caters to an appropriate dress code and is extremely professional. The venue also has three green rooms, a full bathroom with shower, and a space for commercial tour buses to come through. They can provide add-ons such as valet services, pedi-cab services, ticketing services if you do not want to print your own tickets, marketing services. Since everything there is on wheels, anything can be moved and the stage can be changed to any style. It includes two VIP decks but more can be added if needed.

All of these are optional and can be added on as needed to host the ideal event. Or you can go with the audio/video equipment and alcohol and bring in your vendors to take care of the rest—the possibilities are endless and it is truly up to you.

#### Final Message to Community...

Narender and Rosy's final message to the community is that this community, especially the Asian community, is under the impression that they are supposed to stress out and do everything themselves and be glad when the event is over, instead of enjoying it. People should realize that time is money and instead of spending weeks and weeks taking care of everything, let professionals handle it and enjoy your event when you walk into it. You can meet and greet your guests and enjoy your event and you will probably end up spending the same money maybe a fluctuation of 5-10% up or down. Planners are no longer luxuries but a necessity so please give us a call for all your planning needs. They can bring in valued and trusted vendors and strive to make your event better

than what you wanted. They are experts at recognizing genuine deals and knowing how to spend your money to get the most out of it. They also have creative ideas to make the impossible possible. For example, a customer that wanted to host an event in their backyard which was too small was insistent on that being the venue. Rosy and Narender brought in plexi-glass to cover the entire pool in the backyard to create more room and were able to accommodate all their guests, something one wouldn't even think of if trying to do it themselves.

They do anything from small to large events. They have done events ranging from 50 people to 1500 with costs ranging from \$5,000-\$10,000 to \$2.5 million so no event is too small or too big. Their most recent accomplishment was being contacted by WDC, the largest wedding planning company in India, to be their US counterpart to host a wedding involving politicians and people from Fortune 500 companies. All entertainment was handled from India and RSVP was responsible for all décor, floral. They had three week notice for an event including engagement, sangeet, wedding, and reception during the week of FBR open and Super Bowl, when all rental companies were fully sold out, they were still able to make this happen by leveraging their connections nationwide and shipping in everything from out of state. The floral arrangements for that even were shipped from South America and the entire ballroom was floored with wood and then removed.

Rosy and Narender are experienced with both types of customers—the ones that know exactly what they want and those that have no idea where to start. If you have a vision, they can help make it a reality. Their list of top-notch vendors have done events such as the New York Film Festival, Fiesta Bowl, and many more. So they only bring the best of the best to the table to get you a professional, high quality event.

Asia Today thanks them for their time and wishes this beautiful couple and family continued success in all their future endeavors. Please feel free to visit their website at [www.rsepvse.com](http://www.rsepvse.com) or contact them at 602/476-1434 or by email at [events@rsvpse.com](mailto:events@rsvpse.com) for more information.



## World's **cleanest hotels** in Tokyo, dirtiest in Rio de Janeiro

Not all hotels live up to the same standards when it comes to cleanliness. And while some properties seem to have made it a top priority, others seem to have let things slide in the housekeeping department. According to a recent study conducted by Hotel.info, spotless hotel rooms are easier to find in some cities than in others.

Tourists are most likely to find an immaculate hotel room while traveling to Tokyo. In the cleanliness category, hotels in the Japanese capital scored an average rating of 8.93/10 on the website.

Next in the ranking is Warsaw, Poland with an average rating of 8.76, just ahead of Seoul, South Korea.

Bratislava, the capital of Slovakia, also achieved a high score (8.54), tying with Bulgarian capital Sofia.

At the other end of the ranking, although the ratings are not catastrophic, Rio de Janeiro holds the dubious distinction of the lowest score with 7.29/10.

Overall, Western European hotels hardly impressed the website's users in terms of hygiene. Four of the continent's capitals obtained some of the worst scores: London, England (7.52); Oslo, Norway (7.53); Amsterdam, the Netherlands (7.58) and Copenhagen, Denmark (7.60).

The world's top tourist destination, Paris also has room for improvement



when it comes to the cleanliness of its hotels. The French capital scored a paltry 7.63.

Hotel.info based the ranking on hotel ratings entered on its website by its over 6 million users.



## Some women seek sexual liberty on vacations: Study

For some female tourists, travel is like finding their lost sexual liberty - in one night stands - and "feel like a man", says a fascinating study. According to a researcher from University of Illinois at Urbana-Champaign, some women feel free from sexual double standards at home and are ready for no-strings-attached sexual encounters.

"While for some, sexual activity has to be related to feelings and some degree of attachment," said Liza Berdychevsky, an assistant professor in the department of recreation, sport and tourism.

She, along with Heather Gibson from University of Florida and Yaniv Poria of Ben-Gurion University of the Negev in Israel, conducted in-depth interviews with 34 US and Israeli women for her study.

She found that some tourist destinations and experiences promote "an altered sense of reality... while minimising perceptions of risk and long-term consequences", said a report in Sydney Morning Herald.

Some tourist experiences offer a very unique social context that is often very different from everyday life, researchers noted.

According to Berdychevsky, "We should address that sense of invincibility that young people tend to have and make them understand that not everything that happens on vacation will stay there."

# New estrogen-based compound may curb binge eating in women: Scientists

Scientists have found that a new estrogen-based compound may help prevent binge eating. Binge eating, an eating disorder in which a person frequently consumes unusually large amounts of food in a short period of time, is more common in women than men.

Researchers at the Children's Nutrition Research Center at Baylor College of Medicine and Texas Children's Hospital found that the hormone estrogen can trigger brain serotonin neurons to inhibit binge eating in female mice.

"Previous data has shown that women who have irregular menstrual cycles tend to be more likely to binge eat, suggesting that hormones in women play a significant role in the development or prevention of the behaviour," said Dr Yong Xu, assistant professor of pediatrics and senior author of the paper.

In the study, Xu and colleagues first found that estrogen can strongly inhibit binge eating in mice, which was consistent with data in humans.

"We can speculate that in women who develop binge eating who also happen to have irregular menstrual



cycles, it is probably because their estrogen function is somehow damaged, which is what leads to the development of binge eating," said Xu.

Xu and colleagues then determined what receptor was mediating the estrogen effect on binge eating and where this receptor was located.

Using genetic mouse models, they found that the estrogen receptor-alpha, expressed by serotonin neurons in the brain, mediates the effect of estrogen to suppress binge eating.

However, the current estrogen therapy produces detrimental effects, such as high risk of breast cancer.

Xu's collaborators at Indiana University developed a compound called GLP-1-estrogen, which was a conjugate between the peptide GLP-1 and estrogen.

The idea was that GLP-1 would be used to carry the estrogen and deliver it to a region where there are GLP-1 receptors as well as estrogen receptors and the estrogen would be released there, producing a biological function.

Researchers at Indiana University reported that this compound was good for body weight control and would not increase the risk of breast cancer because the compound did not deliver estrogen to the breast tissue.

Xu and colleagues used this compound to show that when a systemic injection of this compound is given in mice, there is increased activity of estrogen in the serotonin region of the brain, meaning the compound can deliver estrogen in the serotonin region where they believed binge behaviour is regulated. They further showed that the compound substantially inhibits binge eating in mice.

The study is published in the Journal of Clinical Investigation.

## Package offer! **Heart** exercises also benefit the brain

Exercising to improve your cardiovascular strength may protect you from cognitive impairment as you age, according to a new study.

Researchers at the University of Montreal and its affiliated Institut universitaire de geriatric de Montreal Research Centre studied 31 young people between the ages of 18 and 30 and 54 older participants aged between 55 and 75.

"Our body's arteries stiffen with age, and the vessel hardening is believed to begin in the aorta, the main vessel coming out of the heart, before reaching the brain," said Claudine Gauthier, first author of the study.

"Indeed, the hardening may contribute to cognitive changes that occur during a similar time frame. "We found that older adults whose aortas were in a better condition and who had greater aerobic fitness performed better on a cognitive test. "We therefore think that the preservation of vessel elasticity

may be one of the mechanisms that enables exercise to slow cognitive ageing," Gauthier said.

The researchers compared the older participants within their peer group and against the younger group who obviously have not begun the ageing processes in question. None of the participants had physical or mental health issues that might influence the study outcome.

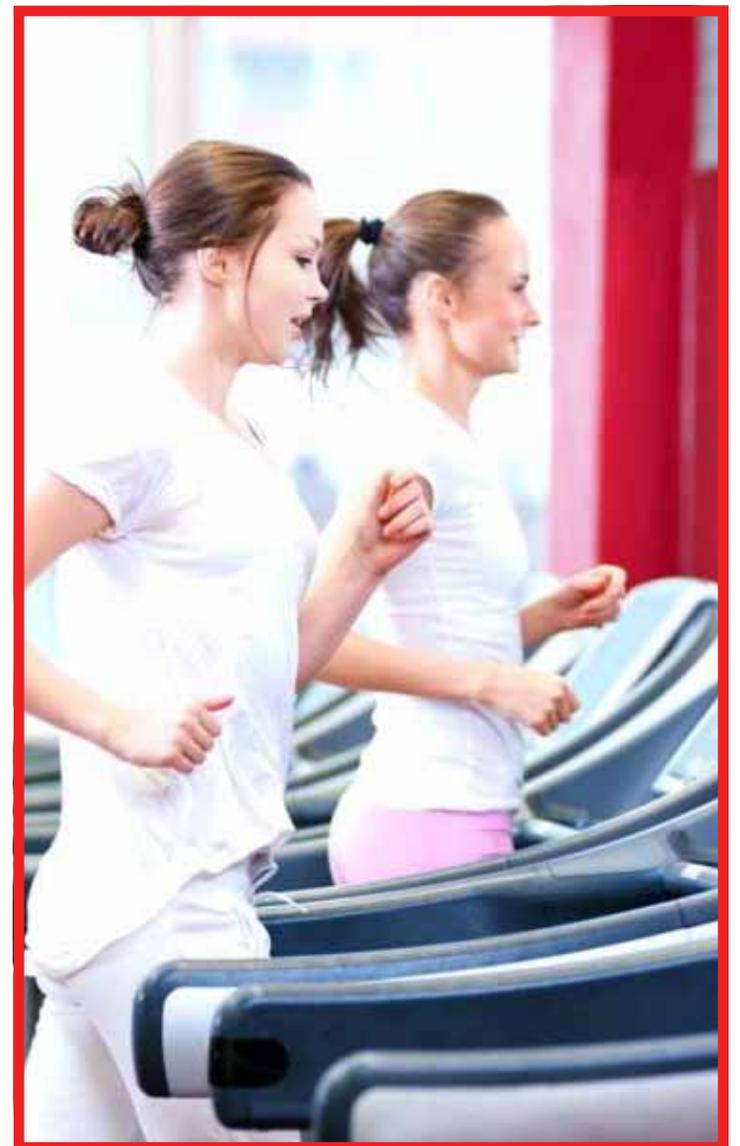
Their fitness was tested by exhausting the participants on a workout machine and determining their maximum oxygen intake over a 30 second period. Their cognitive abilities were assessed with the Stroop task. The Stroop task is a scientifically validated test that involves asking someone to identify the ink colour of a colour word that is printed in a different colour.

A person who is able to correctly name the colour of the word without being distracted by the reflex to read it has greater cognitive agility. The

participants undertook three MRI scans: one to evaluate the blood flow to the brain, one to measure their brain activity as they performed the Stroop task, and one to actually look at the physical state of their aorta.

The researchers were interested in the brain's blood flow, as poorer cardiovascular health is associated with a faster pulse wave, at each heartbeat which in turn could cause damage to the brain's smaller blood vessels.

The results demonstrated age-related declines in executive function, aortic elasticity and cardiorespiratory fitness, a link between vascular health and brain function, and a positive association between aerobic fitness and brain function. "The link between fitness and brain function may be mediated through preserved cerebrovascular reactivity in periventricular watershed areas that are also associated with cardiorespiratory fitness," Gauthier said.



# Seniors' Corner

by Lalit Patel

Some health conscious Seniors religiously participating in exercise using Stretch & Strength by Anne Pringle Burnell, and it is getting popular as seen by increased participation from members. These exercise routines are done seating in a chair. Members are encouraged to take full benefit of this health activity starting promptly at 10:30AM. Ramaben's absence was felt among all of us, particularly by women folks as the front seat at the rectangular table was vacant and her witty jokes.

Seniors joyfully gathered at India Community Center and celebrated India's 68th Independence Day on August 14th.

Following the hoisting of tricolor flag by Shreekantbhai and Lalit Patel and salutation by the all participants, several patriotic songs were sung by Sreekantbhai, Harshadbhai, Mee-naben, Amritaben, Mahendrabhai and Jaishree ben.

Lalit bhai gave a short chronological history of 15th August; getting permission from Jahangir, then Mogul Ruler of India, by East India Co to land and do commerce at ports under his rules in 1707, the landing of East India Company in Surat, Battle of Plassey in



1757 and victory over Nawab of Bengal, taking control and beginning of British Raj over India in 1857, freedom movements by people of India led by Mahatma Gandhiji, and ultimately getting independence from British Raj in August 15th 1947. So you see, number 7 has played a significant roll in history of India as it brought an end to the British suppressive and exploitative rule.

Sevantibhai read a message composed by Suresha Ben that emphasized India's progress and success of diversity in unity. The progress and tri-

umph of the Indian freedom movement was one of the most significant historical processes of the 20th century. India's democracy is known and stable which has taken deep roots over nearly three quarter of a century.

Seniors celebrated Munnu and Rajani Bajpai's anniversary. Mahendrabhai Dave's speedy recovery from an accident and Lalitbhai's birthday.

This month the lunch was sponsored by Rajani Bajpai, Bharatiben Patel, Tarla and Mahendra Dave, and Shantiben and Lalitbhai.

Seniors were happy to welcome back Mahendra and Tarala Dave, Bachubhai Gohel and Krishna and Prem Lahoti. They also welcomed and greeted Yashvir Ahlawat, Mr. Shashikant Gorjar, Mr. Vikram Shah Dr. Aruna Basu from Culcutta, and Manohar and Veena Sohal of California as Senior Group's guests.

Thanks to Mannubhai for stepping in and conducting seniors meetings and he did it superbly well. Thanks to Sevanti shah for continued support taking photos of the events.





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