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Is the Housing Boom in Phoenix Creating Another Bubble? 28

14 Interfaith Dinner Langar Seva by Phoenix Sikh Community

33 The top heroines turn me down: Sunny Deol

DHARMA & YOGA FEST ARIZONA

Sujay Mehta, Oct 27, 2013

Phoenix, AZ—Phoenix experienced majestic and extremely well-organized celebration of 'Dharma and Yoga Festival' with the message of 'Universal peace through Dharma and Yoga' on October 27th commemorating Swami Vivekananda's 150th anniversary facilitated by Hindu Swayamsevak Sangh.

The event was organized at Steele Indian School Park; spread over 75 acres near Phoenix downtown. It was attended by approximately 2500 people who came all over from Arizona. More than 60 different religious, cultural and yoga organizations across the valley actively participated in this event. This was first of its kind attempt in Arizona to bring all the organizations togeth- • More images on P03

DISCOVER INDIA FESTIVAL 2013

"Celebrate Indian Culture & Heritage – West of Western Ghats"

Venkat Kommineni

December 03, 2013: 12th Annual Discover India Festival, 2013 is celebrated at, a new location, Scottsdale Civic Center on Sunday, Nov 17th 2013, showcasing the multitude of culturally rich India Heritage spreading a better understanding of the warmth, friendliness of "unity in diversity " of Indian Culture.

The Discover India Festival which has grown into a prestigious annual Indian Affair is organized by Indian Association of Phoenix (IAPHX) today enjoys patronage of AZ Government cultural organizations including Arizona Commission on the Arts, City of Phoenix Office of Arts and Culture. Various public and private corporations such SRP, AMEX, Intel, Grand Canyon University, APS along with multiple AZ local businesses sponsor the event and local communities, social groups & cultural organizations actively participated making the festival a grand success.

Featuring a unique culture of specific region within India, the IAPHX Board of Directors chooses a theme unveiling richness of Indian culture • More on P6-7

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Continued from page 1

DHARMA & YOGA FEST ARIZONA

er. These organizations were represented by varied ethnic and religious communities such as Sikh, Buddhist, Jain and Native Americans. 400 people from Bhutanese community in Arizona also attended this event. More than 350 children and local artists got an opportunity to showcase their talent through 80 different well organized programs. There were 4 main stages dedicated for these activities. These stages represented the four principal yoga; Raj-Yoga, Bhakti-Yoga, Karma-Yoga and Jnana-Yoga. Children's cultural programs were arranged on separate platform – Kala Manch. Attendees donated blood through Red Cross' blood donation camp representing Karma-Yoga.

There were 30 booths that offered variety of exotic products and mouth-watering vegetarian food. Kids were entertained in specially arranged Dharma Theme Park. More than 20 scholars and Yoga-Gurus shared their thoughts on Swami Vivekananda's life and his contribution towards universal peace through Dharma and Yoga. Around 300 local Americans attended these speeches and tried to learn more about Swamiji's message of universal peace. Students from Arizona State University and professionals from organizations across the valley volunteered for this event. The whole event was supported through donations offered generously by organizations and individuals across Arizona.

Ms.Sheela Bringi and Mr.Prafulla Athalye entertained everyone through spiritual music and classical Tabla concerts. Highlight of this event was the live Kirtan extravaganza by the Mayapuris group.

The concert was enjoyed by more than 500 people and it was an amazing scene when all the people and performers started dancing together on the tune of Radhe-Krishna bhajan at the sunset.

Dharma & Yoga Fest is the culmination of Hindu Swayamsevak sangh's year-long celebration of Swami Vivekananda's 150th Birth Anniversary and was celebrated in at least 30 locations through out US.

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Tis the Season...

Editor's NOTE

Hope all of you had a wonderful Thanksgiving and are looking forward to the upcoming holidays. Even though we may be different religions and cultures, the time off that Thanksgiving, Christmas, and New Year bring is a great opportunity to spend some quality time with family. With those that have children in college, it is an opportunity to see them come home. For those that don't live close, it is an opportunity to get together, catch up, and reminisce. And these holidays are also a great opportunity for one more thing…forgiveness. As the year goes by and life gets the best out of you, it is common for people to make mistakes and lose sight of what is important. Many things in life will come and go, including life itself, but family is forever. So this holiday season, let bygones be bygones and take the opportunity to cherish the time off from work and embrace your loved ones.

This Thanksgiving was extra special for the family behind Asia Today. We had the opportunity to gather together as a family, with some new additions to the family, but it was also the first birthday celebration of the start of a new generation for us.

Last year just flew by and it seems my nephew Sanam was just born yesterday and here we were celebrating his first birthday. Watching him grow up has been one of the most amazing experiences of my life – his first word, his first step, his first Halloween, and many other firsts.

What amazed me the most was not all his firsts but rather his innocence and simplicity. We ran around looking for the perfect gift and he was surrounded by everything a child could ask for – clothes, cars, toys, digital gadgets. He played with all of them for a little bit until bored and then would toss them aside. But what brought constant smiles and laughter out of him were not all of these material things, but it was simple things like crinkling an empty water bottle, shaking a plastic bag, crumpling a piece of paper, making funny faces, and most importantly running around him spending quality time together. The laughter and smile on his face over things so simple was priceless and the lesson he taught me about life was even more priceless.

As you run around looking for that perfect gift, re-defining your holiday budget to make sure you get all those around you the things they want, or even look at what others got you and make an impression of them, remember that the perfect gift doesn't have to be expensive – just heartfelt.

The most priceless gifts can be the cheapest – a quiet evening together, a hand-written note, a few words from the heart.

That is the stuff memories are made of. Technology will lose its value over time, clothes will go out of fashion, and all things will fade but heartfelt words and moments spend together are forever. Here is wishing all of you a very happy holiday season and looking forward to bringing you the latest and greatest of the South Asian Community in Arizona in 2014.

- Deepa Kaur Walia
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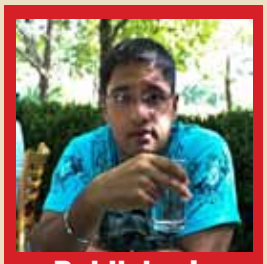
editor@asiatodayaz.com



Publisher's NOTE

Yay we're almost to 2014! This has been a very busy year, marriages, traveling, traveling for marriages! Man O Man I'm beat. Congratulations to everyone that had some life changing event this year haha I know there were quite a bit for a lot of people. Change comes at you fast, sooner that you probably think. Macho Man Randy Savage said "Expect the Unexpected" and man I know wrestling is fake but those words are so true. Change is something you can never expect, if you think you're ready you're not. A lot has changed this year and everything has been for the better, my sister's new husband is awesome. My nephew, super awesome! My wife, awesome as it gets! It's definitely come with a few hurdles, nothing good every is easy but once the smoke clears and everything starts to calm down, things get better. Everything takes a lot of adjustments, especially new things but most times it's not for the worse, it's just something different.

This Thanksgiving, out of all the other years has truly felt like a thanksgiving. Everyone was together to celebrate my nephew's birthday; even my cousin from jersey came down. We made a very traditional thanksgiving dinner and the time was priceless! It was filled with laughing, drinking….a lot of drinking and some good old story times about embarrassing stuff we did! We wrapped up the week with a very special 1st birthday party for my nephew Sanam! The party was the perfect end to a stress less, and relaxing week. I can only hope that every year going forward thanksgiving is like this! Christmas is just around the corner and I can't wait to see the family again! It's the few times a year where we can actually spend time with each other. I hope the your Thanksgiving was good and hopefully unlike myself, the weight gain wasn't extreme!

A lot of good happenings this month! Discover India was a huge hit as always, it sparked everyone's attention the team did an awesome job this year with the theme and the setup. The performances were awesome, and the food stands were amazing. The events, and the flash mobs were always a good time and I'm glad that every year the community really comes together and shows support for this event. It's been happening over 10 years and I believe is the longest running Indian event in Arizona. So congratulations to the team of India Association and you guys are amazing and put together an awesome event!

I hope everyone has a safe Christmas and New Years! I'll see you in 2014!

-Raja Walia
Publiser, Asia Today
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Continued from page 1

DISCOVER INDIA FESTIVAL 2013

"Celebrate Indian Culture & Heritage – West of Western Ghats"

to the public, year after year. This year, IAPHX board chose a wonderful theme presenting the culturally rich Maharashtra, Goa, Karnataka and Kerala states, which is appropriately named as "West of Western Ghats".

A narrow strip of land sandwiched between the older than Himalaya-the ' Western Ghats' and the Arabian Sea-part of mighty Indian Ocean, with major trading ports going back to Ancient Indus Civilization, are the four great states of Maharashtra, Goa, Karnataka and Kerala provide a unique view of amalgamation and assimilation of cultures.

Doing a huge event such as Discover India 2013 as a community service is highly commendable. India Association executive board member's leadership as well as their people skills greatly help all Indians in Phoenix in getting together.

As the chief guest Scottsdale Mayor Jim Lane communicated "Discover India kind of events will allow to understand better about Indian culture erasing any inhibitions one may have about Indians, there by bringing in harmony and easy integration between different ethnicity" and at the same time helps learning, preserving our valued diverse culture.

To conduct such an event where more than 10,000 visitors; 10s of delicious mouth watering diverse food booths, wide variety of stalls, two big stages of professional & community cultural events providing back to back packed entertainment throughout the day with close to 60+ performances with 400+ participants, is not a small task! While local artists perform to the Bollywood beats, distin-

guished invited artists will expose audience to intricacies of folklore renditions of Kathakali and Yakshagana.

Keeping so many people connected, entertained and making their day eventful was an enormous undertaking, a marvelous job done India Association. With meticulous planning the board involved all the community by conducting the Discover India meetings before hand throughout valley encouraging everyone to get involved.

Every one of the visitor to the venue walked into an atmosphere of warmth, festivity and felt immediately welcomed by all of board and their smiling faces. In spite of the new venue and many unknowns for organizers, Discover India 2013 was a great success and received great appreciation from all community and one such quote is “please accept my appreciation for the excellent job IAPHX Board & Volunteers who have done over the past several months in organizing THE BEST Discover India till date”. Discover India activities are of interests for all ages.

These events revolved around the cultural activities mainly around Indian western states Maharashtra, Karnataka, Goa and Kerala; parades are main attraction to the event.

Each stage put tremendous amount of work and effort to showcase for their state and traditions/ culture. Kerala Association made a boat as theme’s symbolism and played traditional instruments.

In addition to the above multiple Indian cultural activities are performed by children from dance and music schools around AZ combined with many other packed events throughout the festival. Delicious authentic multi cuisine Indian food is specially prepared for attendees, and served by more than 10s of Indian restaurants from AZ.

“All the Indian community owes to the team who put in long hours sacrificing the family time and it is a great service bringing all Indian origin people through this great Discover India event”.

The venue was so festive, pleasant and everyone had a wonderful time and enjoyed this unique day.

The executive board for year 2013 are Mr. Venkat Kommineni - President, Mr. Srikumar Nambiar - Vice-President, Mr. Jatin Sheth – Treasurer, Ms. Swarna Sitaraman – Secretary, Ms. Shruti Parekh – Cultural Director, Mr.Surendra Kadegowda – Youth Committee Director, Mr. Srinivas Gottipati – Public Relations Director, Mr. Anup Agarwal – Fund Raising Director and Mr. Subbarao Cherukuri – Director at large.

Some of the highlights the team is proud of are:

- First time in Scottsdale
- First time, more than 10,000 attendees.....
- First time people extended the event beyond scheduled times till 7:30 PM
- First time cultural Parades (and a very successful one)
- First time no primary and secondary stage....

In a nutshell, the festival was the feast of Indian authenticity and ethnicity to all five senses of the greater community of the Valley of the Sun! A great accomplishment by India Association executive board 2013 which shall take great pride of it.

****

INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)

On Oct. 29, 2013 the hall was full with over 100 members and guests who were fully charged with high spirit! ISAA celebrated Babubhai & Deviben's 50th Wedding Anniversary with a huge blast where the group was entertained with a concert by Madhusudanbhai Bhakta. ISAA wished the couple with a memorable gift for the happiest time of their lives and also for their continued good health on these remarkable accomplishments. The couple was the sponsors of the home-cooked delicious huge feast – appropriate for the golden anniversary. The slide show prepared by the couple's son and the grandchildren on the history of their youth, was amazingly outstanding. Thank you! Furthermore, a few members came dressed-up in Halloween costumes and made the day even more interesting! They came asking; "Treat or Trick" and were pleasantly surprised with BIG treats of Anniversary celebrations and the feast! Twenty-eight seniors took advantage of the Flu Shot camp, for which ISAA extended their sincere appreciation to Dr. Kumar Daulat and his staff.

On Nov. 05, 2013, ISAA wished everyone HAPPY DIWALI! WOW! What a Diwali Gala it was! We had a day filled with so much fun! The hall was full again with nearly 100 members and guests who came well-dressed to exchange Diwali greetings and were busy having their pictures taken and also enjoyed the lots of variety of Diwali snacks with hot masaledar Chay. Thanks to all those who shared the happiness with these special sweets & savories! Thanks to Dipika for decorating the hall suitably each week according to the theme of the day which is greatly supported by Pablo. Big thank you to Lataben & Chandrakantbhai for the Diwali Gala that was thoroughly enjoyed by all present with such lavish treat! Jitubhai presented a slide show of the selected pictures reviewing the highlights of the activities that we undertook during the past two and a half (2.5) years having great memories making us feel proud of! Chandrakantbhai too selected four video clippings out of so many making the attendees so happy where the seniors were the major players and did a wonderful job of presenting each time something unique and most memorable! It was nice flashback of all the good times we had!

On Nov. 12, 2013, ISAA celebrated Manubhai Godiwala's birthday with a concert by Franklin Jason & Kishore Ganatra. Manubhai's son Pankaj added the fragrant by singing some popular bolywood songs as well. The hall was full with nearly eighty (80) members and guests. Big thank you to Godiwala Family for sponsoring the luncheon that was served in style, which was thoroughly enjoyed by all present with such lavish treat!

On Nov. 19, 2013, UMABEN AGGARWAL was pleasantly surprised with her gift of a slide-show depicting the highlights of her achievements and accomplishments. Her passion particularly for helping the fellow beings as a wife, mother, grandmother, a friend, an author, a chef, a historian, and a lover of art, artifacts and architect and more was highlighted by her loving husband Prof. Dr. Surinderbhaiya. He did an outstanding job of developing and delivering the presentation which was full of information and humor with touching stories and pictures. We thank Aggarwals for sponsoring the luncheon that was served in style, which was thoroughly enjoyed by all attendees.

Announcements:

Dr Rasikbhai shared the update on Rasikaben's health conditions that required regrettably her to be re-hospitalized. We pray for her comfort and safe return home with successful treatment at hand!

Vidyaben shared that Kiritbhai Naik's knee surgery went very well and was completed successfully!

ISAA observed a moment of silence praying for the peace of the soul of Vijayben Tangri's mother who recently passed away in California!

1. Happy Birthday Umaben, 2. Happy Birthday Manubhai, 3. Sponsors of Diwali Gala luncheon, 4. Happy Diwali - ISAA celebrated the 2013 Diwali as a one Big Family, 5. Happy Golden Wedding Anniversary Deviben & Babubhai!, 6. Sporty happy romantic couple performing; "Mei Kya Karu Ram Mujhe Budha Mil Gaya"!, 7. Flu shots at ISAA – Thank you Dr Kumar Daulat, 8. Deviben & Babubhai'd family at ISAA celebrating their 50th Anniversary, 10. ISAA celebrates the Halloween – treat or trick!

What is Homeopathy and How does it work?

Written by Gurpreet S. Mann, M.H.S.M., B.H.M.S.

Homeopathy is a widely discussed and targeted subject these days, despite the fact it has been practiced for more then 200 years. This may be due to lack of knowledge on homeopathy among the public. Some of the more common questions that people ask are,

What is Homeopathy?

What sorts of ailments canit can cure?

How does the treatment work?

Homeopathy is a natural way of healing the individual as a whole rather then merely treating a disease. A German Physician, Sir Christian Fredricke Samuel Hahnemann, discovered homeopathy. Since then it has been widely practiced in England, Germany, Russia, India, Brazil and many other countries around the world. It is also widely gaining popularity in the USand Canada. Homeopathy is based on the law "SimiliaSimilibusCurantur" which means "Let like be cured by like." Unlike the traditional medical system, Homeopathic medicines are tested on healthy human beings and results are verified and recorded in a book called MateriaMedica. Homeopathic medicines are derived from the animal, plant, and mineral kingdoms.

The main job of a homeopathic practitioner would be to gather all the information about the patient through Homeopathy case taking, sorting out the recorded symptoms & then selecting the medicine out of thousands that produce similar symptoms in healthy human beings. This medicine will be unique to the patient. This requires detailed information about the patient, which includes careful observations by the Homeopathic practitioner, patient's narration of symptoms, and his experience of disease sensation, and patient's friend or relatives' observation about the patient. Therefore, it's very important to provide accurate symptoms to the practitioner.

The applicability of homeopathy is wide scale. Some of the common disorders that Homeopathy can treat are

- Allergies
- Anxiety
- Aspergers/Autistic Spectrum
- Asthma
- Attention Disorders
- Autoimmune Disease
- Candida & Other Yeast Problems
- Chronic Fatigue
- Cystitis
- Degenerative Diseases
- Depression
- Digestive Problems
- Dyslexia & Learning Disabilities
- Ear Infections
- Eating Disorders
- Eczema
- Epidemic Diseases
- Epilepsy
- Fibromyalgia
- Gallbladder and Liver Disorders
- Gynecological and Menstrual Problems
- Headaches and Migraines
- Heart Disease
- Hypo- and Hyper- Thyroidism
- Infectious Disease
- Irritable Bowel Syndrome (IBS), Colitis & Crohns Disease
- Infertility
- Insomnia
- Lymes Disease
- Malignancies
- Mood Swings
- Multiple Sclerosis
- Rheumatoid Arthritis
- Tourette Syndrome
- Skin Disease
- TMJ Problems

Homeopathy is both a science and an art due to the fact that it is based on a scientific principle and is an art in selecting the individual medicine for the patient.

Homeopathy is a great alternative to those who are looking for a more natural and gentle way to cure their ailments. If you feel Homeopathy could be right for you or a loved one, please contact our Homeopathy Wellness office to set up an appointment.

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Time Sensitive Article relating to December 4th Assembly Elections in New Delhi, India

A GPS Navigation System for India's Political Governance? A look at Arvind Kejriwal as the face of the Aam Aadmi Party.

Deepa Badrinath

A seemingly naïve person at a glance, but sophisticated enough to garner attention from the true hopefuls of the anti-corruption dreamers squad, this 'Aam Aadmi' (Kejriwal) seems to be truly enabling the precursors in favor of his party.

The Wikipedia search yields the result of Arvind Kejriwal, as a social activist, a former IRS (Indian Revenue Service) Officer and a former Joint Commissioner in the Income Tax Department, apart with the lesser known fact that he is also an alumnus from IIT (Indian Institute of Technology),Kharagpur.And least withstanding, it is crucial to speak of the Aam Aadmi Party (known as the AAP), which was formally launched in November 2012 as he entered into the political scene with hopes of materializing the India Against Corruption (IAC) movement ;with the Janlokpall Bill (Citizen's Ombudsman Bill against corruption) having failed to pass in the Parliament. The AAP intends to redefine the term 'Politics', by finding a panacea for the misuse of power and restore its clean image as was in the pre-independence era, but which now is known to be marred with corruption and money laundering in the face of local and national level leadership.

Having consciously decided to jump in to the social activist scene, to fight corruption, this Aam Aadmi's saga was conceived long before the India Against Corruption (IAC) campaign leading to proposition of a Janlokpal bill. While waiting for the outcome of the Civil Service Examinations, the opportunity to meet Mother Theresa after a long wait in a line, with questions in tandem with her humble behest, led him to work on the streets of Kolkata. The will to help the people was still intact even as he continued to serve in the IRS .This urge fostered him to start movement called 'Parivartan' that relevantly tried to oppose corruption in the familiar territory in the Income Tax Department, and while solving around 800 cases in 18 months, it also led to the filing of a PIL(Public Interest Litigation) to bring about a structured functioning in the Income Tax Department, which later expanded to the electricity department and Public Distribution System (PDS) trying to address public woes in matters of basic facilities like ration. (Source: Kejriwal's Reader's Digest Interview – 'Quest for Change'). He is also credited in helping people benefit from the Central Right to Information Act [RTI], a bill which was passed by the Parliament in 2005, but was not yet in full force in the departments that were supposed to abide by it. But later, it was felt that the only permanent solution to address peoples woes was to empower them to help themselves, and equipped with this kind of mindset, he became a frontrunner with the social activist group led by Anna Hazare, who along with Kejriwal and his own supporters, convened at the Ram Lila Maidan (an annual convention ground in New Delhi) in 2011, to propose the passage of the Janlokpal Bill, and in due course, went on hunger strikes in an attempt to try everything possible to get the bill passed. This kind of an effective perseverance spread like wildfire bringing with it hoards of the Aam Aadmis, who were desperately seeking a common ground against major issue like corruption and keen on participating in its rally, which is yet to see the light of the day. Easy to opinionate, but nonetheless this is a truly impressive step ,after witnessing the fact that a 'common man' with zero experience in the politics, attempted to do something concrete, unlike the decades old chitter-chatters against the increasing corruption. Of course, any Aam Adam for that matter is not in a zone where practically something can be done, and even if something could be done, it is nowhere close to launch because of lack of support.

In a populous nation, things take go from bad to worse within a short

time, and the nation should continue to address issues at an ongoing level,

even long after it has been implemented effectively. It is a known fact that there is no nation without challenges and no one magic wand that can solve all its problems minus the overpopulation woes in most of the developed nations. And talk about a country like India which is so diverse, populous and continuing to bear the brunt of mismanagement, with roots of the systems deep enough to nurture the corrupt practices of those in power ,with a noteworthy mention about certain sections of the public sector employees, who time and again continue to elect leaders based on their own vested interests and also the general public who are compelled to vote against their ideologies because of their dependencies on the corrupt system for livelihood. The above statements give us a good insight of the serious underlying problems that are manifesting exponentially, making it harder to feel the effects of change.

And going by the general opinion of 90% of problems stemming from corruption, any good outcome is automatically negated into a downward spiral. It is high time for the nation to find a blessing in her kitty with the wisdom and intelligence of the youth of the nation as they explore newer waters to investigate and dissect the epidemiological factors of corruption in all spheres of the governance.

And yes, it is not wrong to describe it as an amazing feat on the part of a social activist turned political party of having blown up this serious issue at this crucial juncture, when India has one of the most Gen Zs (the younger population), with ongoing visions to take their country forward through their educational backgrounds built on the foundations of good values, morals ,principles, a keen awareness

for doing the right things, that make India poised to be a competitor in educational strides, in world economy, and in the field of science and technology. This phase seems to be excitingly heralding a new change going by the overwhelming statistics not barely from the people's opinions, but statistics that speak volumes about the

inspiration behind Aam Aadmi Party's uprising against the corrupt practices, its

vision of sparking interests and ideas in the younger generation to stand up for the Citizenship rights, to generate a system of governance that is transparent and fair. AAP's 'Jhaadu chalao' (literally meaning 'Work the Broom') mission in India is aiming to sweep clean, the political scene! (well.. at least that is what the slogan says).This has come through as an extemporaneous gesture from the weary Aam Aadmis who intend to confound the citizens of this hopeful nation, in an amazing manner, but this hope relies entirely on the wisdom of the people of this largest democracy to explore or speculate on such opportunities.

To conclude, as the entire nation looks forward to the upcoming Delhi Assembly

Elections in December, it makes sense to keep a keen eye on the outcomes, and especially with a unicameral legislature in Delhi, whatever changes are brought about by any of the parties coming into power, (hopefully, without having to go through a hung assembly anytime soon), either with a sincere spirit of serving, or to gain a competitive edge in the future 2014 General Elections, will unintentionally encourage them to implement faster and effective solutions through adhoc committees, to work in the people's favor, which might increase the development quotient of the regions, giving the citizens of Delhi plentiful of reasons to gauge the governing potential of the ruling party before arriving at an unequivocal consensus as to whom to vote for in the future.

deepa_badrinath@yahoo.co.uk

Nagar Kirtan by Nishkam Seva Gurudewara Sahib

Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

DECEMBER 2013 Programs & Events

16 Maghar – 17 Poh, 545 Nanakshahi Era (NE)

Dec. 1 (Sun) – Shaheedi Baba Gurbaksh Singh Ji (1688-1764) (Actual: Dec 2)
No Punjabi School (Thanksgiving break)

Dec. 13 – 15 (Fri - Sun)
Akhand Path – Arambh: Fri. 10am. Bhog: Sun. 9am
Birthday Sahibzada Fateh Singh Ji (1699) (Actual: Dec 12)
Birthday Bhagat Sain Ji (1400). (Actual: Dec 10)
Life of Bhagat Sadhna Ji (1180)

Dec. 15, Poh 1 (Sun) – Sangrand and Monthly Sehj Path (9am - 10am)
Last Day of Punjabi School – Next session begins January 5, 2014
Homeless Dinner Seva – Call 602 741 8021 for more info.

Dec. 22 (Sun) – Shaheeds of Chamkaur Sahib:
Sahibzada Ajit Singh Ji & Sahibzada Jujhar Singh Ji,
Bhai Jiwan Singh Ji, Bhai Sangat Singh Ji. (Actual: Dec 21 & 22, 1705)

Dec. 27 – 29 (Fri - Sun) –
Akhand Path – Arambh: Fri. 10am. Bhog: Sun. 9am
Shaheedi Sahibzada Zorowar Singh Ji,
Sahibzada Fateh Singh Ji and Mata Gujri Ji's.
Shaheedi Bhai Moti Ram Mehra & family. (Actual: Dec. 26, 1705)

Dec. 31 (Tues) – New Year's eve Kirtan Darbar 9:00 PM – Midnight
Followed by Jallabia and milk.
HAPPY NEW YEAR EVERYONE!!!

Jan. 1, 2014 (Wed) – NEW YEAR program
Morning Sukhmani Sahib 10am to 11:30am
Evening Kirtan Diwan 7pm to 8pm

Shaheed Baba Gurbaksh Singh Ji (1764)

Younger Sahibzade - Ages 6 & 9 years

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

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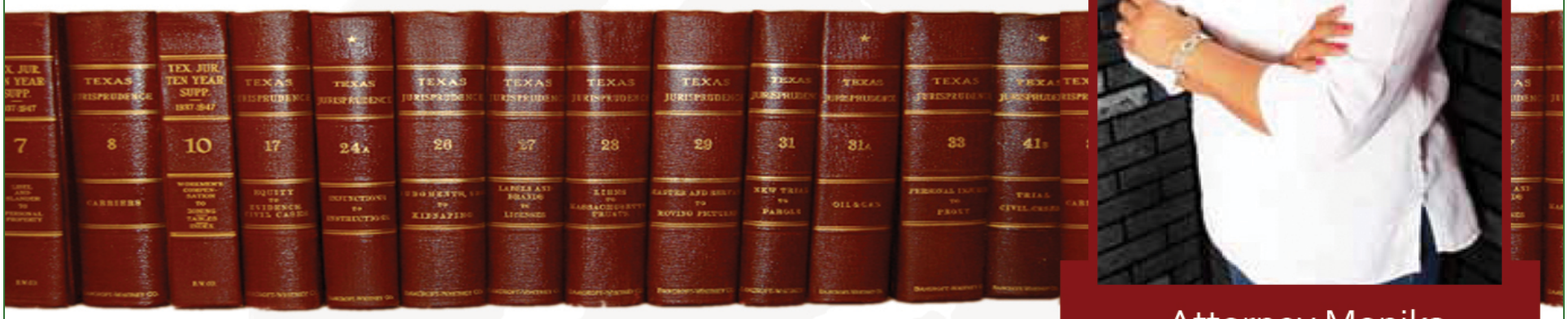

Attorney Monika Sud-Devaraj, is a former trial attorney for the U.S Immigration & Naturalization Service

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Interfaith Dinner Langar Seva by Phoenix Sikh Community

Dr. Jaswant Singh Sachdev, M.D.*
Phoenix, Arizona

The Sikh community of Phoenix metro in Arizona is very active in Inter-faith events. In fact despite being small in numbers there are three members of the community on the board. For several years, the Sikh community has taken upon itself to perform Dinner Langar Seva for the annual "Experience Interfaith" event arranged by Arizona Inter Faith Movement and which is attended by 300-400 people of different faiths. This program is held at Heritage Square, Downtown Phoenix, Arizona in the fall. Representing 25 different faiths, the movement has become a great vehicle for Sikh awareness among members of different faiths through their selfless seva of the Langar. This year the event was held once again at the same venue but on the evening of November 7, 2013. Langar was donated by five Sikh-owned restaurants i.e. Guru Palace (Rana Sodhi), India Oven (Sarabjit Singh Pappu,) Indian Delhi Palace (Harjit Singh Sodhi,) India Palace (Manjinder Singh) and India Bazaar (Badwal Family.) Freshly prepared, the items included Saag Paneer, Raajmaah, and Vegetable Biryaani, Naan as well as Salad, Raita, Kheer and bottled water. What was interesting this year was the presence of a large contingent of 30-40 young Sikh members to serve the Langar.

In keeping with Sikh tradition, the participants were advised to remove their shoes prior to Langar service so that all who came could sit in a traditional Sikh way in rows (Pangats) on floor to enjoy the freshly prepared hot vegetarian food while Sikh music was played in the back drop. Those who could not sit on floor, chairs were at hand.

Prior to serving the Langar, the general audience was informed about the Sikh faith and their unique tradition of Langar as well as its significance. Invocation was given by five different faith groups. Nine year old Sikh boy Chiraag Singh was asked to perform invocation from Sikh perspective. Once the Langar had been served, several groups of 6-8 people were formed including one member from each faith to discuss about previous chosen topics of common interest to all faiths but somehow that turned out to be very much relevant to the problems we face as Sikhs. Every one truly enjoyed the Langar and learned about Sikh faith, Sikh identity and their unique tradition of Langar. At the end, everybody thanked Sikhs for their selfless service and hoped to have the same event once again come next year.

**The author serves on the Board of Arizona Interfaith Movement.*

"We are Children of Guru Nanak!"

Dr. Jaswant Singh Sachdev, M.D.*
Phoenix, Arizona

Thanks to a few committed volunteers for the cause of Sikhi at Gurdwara Sahib, Nishkaam Seva¸ the Sikh children of Arizona turned their Faith-training day into a Fun-fest in anticipation of the most important event in Sikh history i.e. the birthday (Prakash Utsav) of the founder of their faith, Guru Nanak Devji. In the first adjoining snap, a part of the group is seen in front of Nishkaam Seva Gurdwara Sahib reaffirming their belief with the highest pitch of their voice to let the entire world know that they are "The Children of Guru Nanak."

Close to a hundred Sikh boys and girls from the Punjabi School of Nishkaam Seva Gurdwara Sahib and a few from Gurdwara Sahib, Guru Nanak Dwara, ranging in age from 5 to 15 arrived at the Nishkaam Seva Gurdwara Sahib on November 16th 2013, Saturday afternoon. They came to practice Shabds that they were scheduled to perform next day i.e. November 17th at the Kirtan Darbar in celebration of Guru Nanak DevJi's Prakash Utsav. In addition, about 25 of them were also there to enter into a competition for reciting six Pauris of Anand Sahib in front of the judges.

Anand Sahib is one of the five prescribed baanis of Nitnem that an initiated as well as many other Sikhs must recite in the morning. In addition, six Pauris (Stanzas) from it are also recited or sung at the end of any Sikh religious congregation at Gurdwara Sahib or elsewhere for that matter. These children had prepared themselves to contest with one another by reciting six Pauris either by heart or from the Gutka. Five judges including the author were asked to judge them. Finding little children recite from memory, the Gurbani verse in Punjabi with remarkably correct pronunciation made us feel proud that despite all the difficulties that Sikhs are encountering in the World today, there is light at the end of tunnel and Sikhi as prescribed by Sikh Gurus is here to stay. At the same time while this was going on, other children were also busy practicing their Shabd with musical instruments that they would then be singing in the Gurdwara Sahib a day later at Gurpurab celebration in presence of a huge gathering.

But wait! The real fun and excitement among the children showed its color when the Pizza party began. Hot Pizza was arranged to be served to the children by the parents of the Punjabi School, again in the traditional way of serving langar (the second picture.) Perhaps the anticipation of Pizza made it easier for the young Khalsa to cry aloud, "We are children of Guru Nanak." They were trying to let the world at large watch celebrate the birthday of their dad, Guru Nanak, who without doubt is believed by all the Sikhs and many others as their father! Long Live Guru Nanak and his philosophy.

Arizona Sikh Gurudwara Nagar Kirtan

Real-estate sector in Arizona

Hello Friends,

Its that time of the year with cooler temperatures, perfect afternoons, wonderful evenings and colder nights. Suddenly It makes all the hot summer days behind us and well worth it. However as if to replicate the weather pattern, the valley real-estate market is cooling down as well, although its typical to slow down during this time of year with holidays just around the corner.

Lets look at the October sales of Residential Homes in Maricopa County –

- Total sales for single-family, Town-homes, Condos for October was 5,291 whereas September was 5,522 and August was 6,117
- The Active listings for October was 21,253 whereas September was 18,714 and August was 16,937
- Pending sales for October was 5,391 whereas September was 5,781 and August was 5,986
- Cash closing were 1,624 whereas conventional closings were 2,203 and FHA closings were 1,089.

As the supply and demand move towards a balance state, expected price increases to moderate. Both the median and average sales price rose in September. Though, in October we saw an increase in average sales price and decline in median sales price.

Lets look at the Commercial side-

One of the biggest news has been that of Apple building its newest manufacturing facility in Mesa. It is expected to create a minimum of 700 jobs in the first year alone. It has been a collaborative effort by the State of Arizona, led by the Arizona Commerce Authority along with SRP, the Greater Phoenix Economic Council, City of Mesa and the Maricopa County. Mesa project will produce construction and other associated jobs at the site, which is the former First Solar Inc. facility in East Mesa, according to published reports.

Apple will have an incredibly positive economic impact for Arizona, said Brewer, "Their investment in renewable energy will also be greening our power grid, and creating significant new solar and geothermal power sources for the state." It is the most admired company around the world.

The largest projects underway at the end of third quarter 2013 were 1450 S Spectrum Blvd, a 100,622-square-foot building and 1616 E Maryland Ave, a 5,200-square-foot facility.

Total office inventory in the Phoenix market area amounted to 159,276,625 square feet in 8,090 buildings as of the end of the third quarter 2013. The Class-A office sector consisted of 40,945,502 square feet in 251 projects. Within the Office market there were 853 owner-occupied buildings accounting for 14,443,224 square feet of office space.

Continued strong demand for multi-housing has led the way for an increase in construction. As per the Apartment Research Market Report, rents grew for the fourth consecutive year, leading to 3,900 units delivered to market by year-end.

The unit construction count represents a 1.3% increase in inventory, year-over-year. In 2012, 1,100 units were completed and delivered to market. Scottsdale is leading the region in apartment construction, with 2,000 units under development.

As new homes are getting popular again, builders are buying land where ever they can get. K. Hovnanian Great Western Homes acquired about 19.8 acres at the corner of W. Jomax Rd. and N. Dysart Rd. in Peoria where it plans to construct 156 single-family residences. Robson Communities sold the vacant land for approximately $8.42 million, or about $425,000 per acre. The community will offer three- to five-bedroom homes.

Orsett Properties Ltd. has paid $12.1 million to acquire the 273,349-square-foot Sky Harbor Towers. The vacant property, consisting of three office buildings at 4605, 4615 and 4635 E. Elwood St. was once home to University of Phoenix until 2011, when the company relocated.

The Dolores F. Martin Foundation purchased the retail property at 2830 N. 3rd St. in Phoenix for $2.85 million, or about $442 per square foot. Originally built in 2007, the single-story, 6,450-square-foot property sits on approximately seven-tenths of an acre in the Downtown Phoenix Retail submarket of Maricopa County.

Hope this article gives you a peek in what's happening in our valley.

As always, I love all the questions, comments & feedback. Please keep them coming at arti@artiiyer.com or call me at 480.242.8573 and call me for all your future real estate needs!

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

Malala Yousafzai

How many of you have heard of Malala Yousafzai? Malala is a 16-year-old Pakistani girl who lived in Mingora in the Swat Valley in Pakistan, and is something very special. She has done something that most 16 year-olds would never even imagine of having the courage to do. When the Swat Valley fell under rule, Malala was shot in the head and neck on her way from school by two Taliban gunmen in an attempt of assassination because of her outbreak on education rights and how they are unfair to kids in the Middle East, especially girls. Since then, she has made herself into an education activist and inspires girls of all ages around the world. Malala has won many awards, including the biggest European human rights award "Sakharov",Glamour's Women of the Year 2013, and other prizes presented by Nelson Mandela and others equivalent to him. Among all the winners of these prizes, she is the youngest and the first Pakistani girl to ever achieve such accomplishments. She has also been nominated for a Nobel Peace Prize, a massive achievement for someone so young.

One thing that Malala has said that has touched the hearts of many is, "There are millions of girls across the world aren't eligible to join school due to different situations, there are girls who can't get higher education due to early marriages, there are girls who are threatened, there are girls who are tortured." She wishes to help these girls and give them the education and attention they deserve to live a healthy and prosperous life. She has also explained "the powerful nations are not those who have weapons, guns and bombs, in her opinion the powerful nations are those who have educated society, human morals, education for everyone and equal rights for both genders female and male. The world and developed countries have to help Pakistan and other developing countries to increase the literacy rate and reduce the poverty which is the major reason why girls are not getting education." In order to further aid this horrible problem, she has created the "Malala Fund", and every donation goes to children, especially young girls, to get an education and make something worthwhile out of their lives.

After all of this, she wrote a book called I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban and had a day in her honor, Malala Day, which was on July 12, 2013, acknowledging her first public speech since the attack. That day, Malala proudly explained, "Malala day is not my day. Today is the day of every woman, every boy and every girl who have raised their voice for their rights."

Overall, Malala is an inspiration and role model to many people around the world, what she did will be forever remembered and honored in the hearts of everyone who appreciate her dedication and love for education and the right thing.

So guys, welcome to the last month of 2013! I don't know about you all, but this year has been pretty stellar. Let's make this last month the best one, happy holidays, and talk to you guys in 2014!!

-Sammy Mallik

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Happy Holidays from Senior Group

Submitted by: Bhagubhai Patel, Photos by: Sevanti Shah and Prakash Kotecha

Season's Greetings: Senior Group conveys Best Wishes for Happy Holidays and a Healthy and Prosperous New Year to all Friends and Indo-American Community members.

Looking Ahead: Picnic on Thursday December 5th - Last Picnic of the year is planned on Thursday, December 5th, from 10 am to 4.00 pm at Piestewa Peak, 2701 E Squaw Peak Dr., Phoenix, AZ 85016. Please bring one gallon of drinking water. Please call Kishor Vyas #623-570-1520, or Lalit Patel #480-820-8700 if weather prediction for Dec 5th is not conducive to have picnic on that day.

Holiday Schedule - Senior group will be celebrating Christmas on Thursday December 19th. No Senior Group Gathering on Thursday December 26th; normal Senior Group Gathering schedule on Thursday January 2nd.

November 21st, Baby Shower: On November 21st, a perfect fall weather day, Seniors started gathering in the hall to celebrate Sonya's baby shower. All ladies who were preparing for this auspicious and joyous occasion arrived in colorful dresses and enthusiastically dressed up Sonya in beautiful saree and make-up. She looked like a queen in Gabriel's kingdom. Gabriel and his relatives decorated and set up chairs and tables for the occasion.

The celebration started with Masala Chai and Garam Garam Bhajia. Thanks to Meena Bhavsar for making tea and Chandrika Patel and Manjulaben Khatri for their help in the kitchen.

Once the seniors were satisfied with welcoming breakfast, they gathered in front of the stage to participate and witness Sonya's baby shower process. Ladies were singing and dancing with appropriate songs creating joyful atmosphere in the hall. The joyous occasion was also attended by Sonya's mother Sonya, Gabriel's mother Lorana, Sonya's two sisters and two cousins.

Delicious lunch was sponsored by Sitaben and Amritbhai Patel. The menu included Ladoo, Puri, khaman, vegetable Shak, Rice, Papad, Acchar, and Chatani and it was catered by Champaben.

"ObamaCare" Presentation: Ms. Gitika Parvar from " APCA --Asian Pacific Community in Action" presented highlights of the "ACA – Affordable Health Care Act". She discussed Healthcare benefits and Application resources and procedures. She pointed out items concerning to Medicare and Medicaid beneficiaries which Seniors and USA Permanent Residence Visa (Green Card) holders have most interest. Gitika also described related procedural assistance available from APCA. Our many members had discussion with Gitika for individual situation. Gitika may be reached on Tel # 602-265-4598 for any assistance regarding these matters.

Diwali Celebration: Diwali celebration was kicked off with "Greet & Meet" session, with serving of traditional Diwali snacks - Mathia, Fafda, and variety of Indian Sweets freshly imported from India, and of course Masala Chai! Music enhances creativity, music reduces pain, music reduces stress and music is fun. Madhusudanbhai Bhakta, one of us and a great artist on the auspicious Diwali festive not only convinced us of the benefits of music but made us experience all of these benefits with the nostalgic Hindi and Gujarati hit songs. Our lunch sponsor of the day Meenaben and Raman Bhavasar are celebrating their 50th Wedding Anniversary and were wished many joyful years together. Suresha Shah and her team - Shusil & Urmila Jain and Mina Kotecha Decorated the Hall excellently. Thanks to Jagu Patel for preparing and donating fresh flower Center piece for the tables. We recognized Champaben Patel for her selfless contribution to Senior Group and to the Foundation.

Seniors Fall Foliage Tour: IACRF Senior Group organized a Tour of Sedona, Flagstaff and Williams on October 24 and 25 to see the Colorful Natural Vista. The group of 22 Seniors took off in two vehicles early morning of October 24. As we approached higher elevations at Palo Verde the sprinkling of trees with colorful leaves was evident, but the nature showed it's full works as we entered Oak Creek Canyon (Sedona). This spattering of colors was enjoyable on all our stops – riding winding road coming out of the north end of the Canyon, Flagstaff, Williams, Montezuma's Castle and even in Arcosanti. We enjoyed home cooked vegetarian Spinach Lasagna lunch at Sliding Rock Park lovingly cooked by Chandrika Patel and Amita Vora. A specially catered Mexican menu feast for dinner was arranged by our Host Hema and Samir Patel at their Comfort Motel in Williams. Few cold hardy souls hiked the hills in Williams on early morning of October 25. On our return at RV Park, Delicious coffee, cookies and pastries were waiting for all the members, courtesy Shanti & Lalit Patel. This was a memorable trip for Seniors, two days away from Phoenix and enjoying warm hospitability of Hema, Samir and of course master Prince Patel – our thanks to Chandrika and Jaswant Patel for suggesting this tour, making arrangements and being our guides.

Lunch Sponsors: We extend our thanks to lunch sponsors during last few weeks – Manjulaben patel, Minaben and Ramanbhai Bhavasar, Deviben Gohel and Pushpa Dave, Krishna and Prem Lahoti, and Sitaben and Amaratbhai Patel.

Deepawali celeberation in Ekta Mandir

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Don't compare my style with Lady Gaga: Kangana Ranaut

Kangana Ranaut makes many quirky fashion statements, and her style is sometimes also compared to that of international singer Lady Gaga. However, the Bollywood actress says comparison is not right. Gaga is known worldwide for her fashion antics. "Comparisons keep happening. I don't think I should be compared with Lady Gaga because I am an actress and she is a pop star," the 26-year-old said here at the Blenders Pride Fashion Week. "But every woman today is very powerful when it comes to fashion, be it Miley Cyrus or Lady Gaga - all of them are experimenting with their looks. I think in India also we should do a lot more of these looks and clothes and make women look very strong," Kangana added. Kangna's latest release Rajjo bombed at the box office. She is currently shooting for Queen and Revolver Rani.

Manish Arora debuts Indian collection at NYC

Ace designer Manish Arora marked the official launch of his collection titled Indian by Manish Arora in New York City. He says that "it feel great to launch the line in such a fun, hip and fast city". "It feels great to debut my Indian collection in New York City as we

launch my website! New York is such a fun, hip and fast city. There's no other place that screams accessibility than the Big Apple and we're excited to keep the buzz going," the designer said in a statement.

The collection was launched at 15th anniversary entertainment gala of Indo-American Arts Council (IAAC) Thursday.

The event also marked the official launch of the designer's global online store - www.manisharora.com.

Known for psychedelic colours and kitsch motifs in garments that combine traditional Indian crafts with Western silhouettes, Arora's clothing was showcased at the Angel Orensanz Foundation for the Performing Arts.

The show was presented by Exclusively.in, one of the leading online retailer for Indian fashion.

"With the launch of my very own website, clients can now buy my latest collections and collaborations from anywhere. This partnership with Exclusively.in pushes us right to the top of the online, mobile and social media world," said Arora.

Apart from the collection, the night also witnessed the premiere of designer's film Holi Holy.

The film celebrates widows from Varanasi, the holiest of the seven sacred cities in Hinduism and Jainism through holi color and a vivid, eye-catching collection.

"Showcasing Manish's incredible Indo-Western collection at the same venue where Lady Gaga did her Vogue photo shoot and 'Sex and the City' star Sarah Jessica-Parker married Matthew Broderick is rather befitting," said Sunjay Guleria, CEO of Exclusively.in.

Don't be a cookie-cutter bride

You are not getting married to please Pammy aunty. (If you are, skip this page and go seek her advice on what suitcases to buy.) If you're a fearless fashionista who lives by her rules, and dreads looking like every other bride's clone, here's some help.

We've killed the wedding uniforms (the 25-kilo red lehengas, the uninspiring anarkalis, the overwhelming saris) and put together dressing up ideas for various wedding functions that'll make you look like the princess you've always wanted to be on the most special occasion in your life. So follow your heart and don't let your individuality get drowned in buffoonish, bling-loaded attires. Trousseau 'mast' haves Think global and sexy when you go trousseau shopping. Get imaginative, and instead of all head-to-toe reds or pinks, colour block some of the pieces (pink kurti with a seagreen lehenga), include on-trend shades such as ivory, peach, teal, champagne, nudes and creams. Experiment with modern cuts and silhouettes, let there be some skin show, and if you have a tattoo, show it off. Add some drama with outfits that have a trail and have fun with fusion (a corset teamed with a sari, or a sari draped like a gown, teamed with an obi belt). Pick pieces that have some magic about them, and you'll be the most gorgeous bride people have ever seen.

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His professional responsibilities include facilitating systematic education and training in these techniques for people in North America and Asia. He is a revered teacher in university campuses and metropolitan communities.

Saturday December 21st 2013

Disappearance of Srila Bhaktisiddhanta Sarsvati Thakura 10;30 am - 1:15 pm
Kirtan,Katha,Pushpanjali, Arati & Maha prasadam.

Wednesday January 1st 2014

Usher in the New Year with Mangala Arati @ 4:30am

New Year's fire sacrifice ceremony will begin at 10:00am followed by Arati @ 12:00 noon and Mahaprasadam at 1:00pm

We would like to chant 1 Million names of the Lord on New Year's day please join us at the temple any time during the day 4:30am - 9:00pm.

Tuesday December 31st 2013

Celebrate new year's eve at the Temple
6:00pm - 9:00pm
Ecstatic bhajans, arati & prasadam.

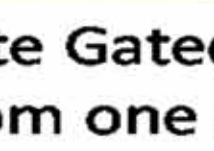
Yoga Classes for adults & children
every Saturday & Sunday
9:00am - 10:00am

Group Japa Chanting Wed.
7:00pm - 7:30pm

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

Bhagavad Gita Study

Tuesdays
7:15pm
to 8:15pm



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CELEBRATING ZARINAH AWAD DAY

PROCLAMATION ISSUED BY MAYOR GREG STANTON-PHOENIX, ARIZONA

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

By Habibullah Saleem

Mayor Greg Stanton proved that the proclamation declaring Zarinah Awad Day was something we as citizens should always honor without hesitation. After watching the documentary produced at the Walter Kronkite School of Journalism the mayor without question stated Zarinah was truly a major duplication of his mother. He went on to say we deserve many more Zarinah's in order to assist in making Phoenix and other cities a wholesome and enjoyable place to live.

The occasion occurred at Indian School Steel Park inside the Memorial Hall auditorium. The program offered amazing entertainment with those knowing Zarinah had put forth a special professional effort. From start to finish no one was disappointed. Cameras and cell phones were flashing to capture as much as possible because it was an occasion that no one had anticipated. According to feedback it was an absolute "WOW".

Zarinah was the founder and director of the Cultural Cup Food Bank with service to the public for ten amazing years. She was another victim of cancer which overcame her July 19, 2013 at the age of sixty five. Born in Louisiana in 1947 and eventually moving to Phoenix to eventually earn many prestiges awards due to her Mother of Peace and Mother of Phoenix personality. She easily attracted people to her awesome smile and style of winning multiple hearts and souls!

Zarinah was married with four children remaining and her husband Habibullah Saleem to oversee the continuation of the Food Bank while Sabiha Keskin is now the new director.

During the evening of the program the Mayor presented the proclamation to her husband on a beautiful plaque as those in attendance from all walks of life stood and applauded. The Mayor was also given a beautiful plaque as an appreciation for his honoring Zarinah.

Making sure the location was properly secured was close friend Jerry Van Gasse because he knew that it was something Zarinah was most deserving of. The entertainment was second to none with Wes playing the flute and Ed on the guitar as the people were thoroughly amazed. Once they completed their performance it was Rasheed Salaam from California offering the opening prayer. He later made it clear that Zarinah A wad community service scholarship fund would be established and given to students each year. Brother Saleem welcomed everyone with a powerful musical poem with Mini'imah El Amin reading a letter from Pastor Stewart stating the value of Zarinah and her service to humanity. Then a piano solo special to Zarinah by Shebah Muhammad. Then a C.D. promoting the fact we must save the children. Next it was Kenneth and Joshua both reciting poetry with the audience applauding once again. Next came the awesome documentary where Zarinah explained she didn't want to exclude anyone, therefore naming the Food Bank Cultural Cup. That's It, she was excited! Cultural Cup!

One of Zarinah's closest friends, Nancy Splain, stated she learned long ago while in Moroco that Muslims were great people and Zarinah confirmed it even more. The documentary showed people happy and smiling because Zarinah had extended her mission without doub t, hesitation or failure. Her compassion effectively penertrated. In conclusion,Brother Saleem thanked everyone as did both of Zarinah's sons,Rashad and Muhammad for coming with such remarkable support. The event was skillfully decorated causing great enthusiasm leaving memorable satisfaction. Matter of fact, Saleem 's recent visit to City Hall found the Mayor stating that he is still experiencing the creativity and the substance of the occasion. Prior to the closing prayer Saleem had everyone stand as he used instrumental music for creative writing and rhyming song "Zarinah For The People". The crowd left with nothing but praise for the entire program. Also, honor and appreciation was given to the staff of the facility including recognition of honor student Richard Ford for his technical expertise and assistance. Without a doubt, Zarinah Day was a day of great history in the history of Phoenix. It's the first time a Mayor has ever given a Muslim such an extrodinary proclamation. Kenneth Ford's principal Mr. Michael Robert and his son Raymond were also present to hear and see Kenneth recite his poem with honorable perfection. In essence it was Zarinah Day paving the way. In support of the childrens book about Zarinah and her great service to humanity, donations can be sent to her husband Habibullah Saleem 315 W. Highland Avenue Apt. 2 Phoenix Arizona 85013. For more information call 973 9681289 0R 602 2965639. Once again we thank Mayor Stanton for his support and his statement that Saleem should be seen in every school. With the detrimental behavior of our young people something must be done. ZARINAH DAY MAY SHE REST IN PEACE

Indulging in Personal Talks instead of Sharing Pains of Others!

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

The people from Eastern cultures have a rather supportive social tradition of visiting the bereaved families to share the pain at the moment of loss of their near and dear one. When a relative or friend becomes sick, they often put in extra efforts to visit the individual in the hospital or later when the person is recuperating at home instead of sending flowers. These actions deserve merit for they are the true blessings for those experiencing painful times and happen to be in need of such helpful gestures.

But ironically, instead of listening to the poor souls, whose grief they came to share with in the first place, some of them end up emphasizing their own problems. The original purpose of visit to inquire about an unfortunate occurrence, such as a critical illness or bereavement of the grieving host, is thus almost forgotten.

As soon as the grieving host opens his or her mouth to describe how the unfortunate event unfolded, the visiting sympathizer loses track, ignores the host, and instead starts his or her own story. Comparative examples of painful experiences that the sympathizing visitor has been through in the past are thoroughly dissected by the sympathizer, told and retold, notwithstanding the amount of pain it causes to the already grieving host. It doesn't bring any solace to the psychological well-being of the sufferer at that time. The host, overflowing with pain and grief, is not in a position to pay heed to such ancillary talks. Instead it further entangles a sick or grieving host into unspoken hurt and defeats the main purpose of the visit.

Such behavior became apparent to me sometimes back after several of my family members lost their lives in a roadside accident in India. In keeping with the established traditions, almost every individual in town who had ongoing contact with me either visited to share my grief or tried to call me. Realizing that I have people in faraway lands willing to spare their time and money to share my emotional burden, indeed, brought a tremendous amount of solace and comfort. Their visits and their gentle comments helped me in tiding over the pain of the tragedy when it was needed the most; yet such behavior only lasted for the first few minutes of the visits.

As is often the case, after first few minutes of discussion, the subject shifted to what the visitors themselves in the past had been through at some point in their lives. They didn't hesitate to interject how one of their friends or relatives had succumbed to, or been injured and maimed under similar circumstances. In this situation my relatives were involved in a roadside accident; therefore, everyone who paid a visit would first blame the roads, then negligence about traffic rules, and finally the government.

Certainly, to some extent, one has to be thankful for this built-in characteristic of our culture where friends and relatives are always ready to take time off from their own busy schedules to visit with the grieving host on such difficult occasions. It is understandable that situations like these do remind people of similar experiences that they have been through in the past at some point in time.

The suppressed feelings about their losses as well as pains and hurts from similar tragedies and their need to vent are understandable and may even be justifiable. When such an incident happens to someone whom they know, it creates an opportunity for them to bring closure to their own pain. It may also help the sufferer realize that he or she is not the only one upon whom this kind of tragedy has befallen. In a way these encounters serve a dual purpose of providing comfort and solace not only to the host but also to the visitors.

However, what is important on such occasion is the awareness and understanding among the visitors that the need of the hour demands sensitivity and prudence. The true purpose of visit at those painful moments shouldn't be lost sight of, for it is truly limited in scope and it needs to be kept that way. Such moments of visitation should be directed only toward the bereaved host at least during the initial phases of the visit.

The person paying a visit must not forget that it is intended for providing comfort to family in question and not the other way around; and therefore, talks should be directed to this end only. Introducing the experiences of one's own pain, though important, might give the impression to the grieving family that they are being ignored which certainly is not the intent.

Finally one may also comment here that such ancillary discussions could turn out to be therapeutic, at least temporarily, for they divert the attention of the sufferer away from grief. In a way, it may also help in the process of recovery. This is something one cannot entirely refute. If the host is not in too much of a sad state of mind and tries to bring in topics other than the tragedy at hand, there certainly is no harm in continuing discussion on such matters provided the grieving host shows interest and involvement.

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

Wishing you all a very Happy Holidays and Prosperous New Year

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Hum Aatma Hai Sarir Nahi!

We are a soul; not body or mind. Body and mind is a combination of the external and internal five elements. The external five are earth, air, fire, water and ether. The internal five elements are lust, anger, greed, pride, and attachment. These elements are all part of the physical structure of the universe (nature). The soul is above all creation and is a part of the supreme soul (god). The supreme soul (god) is revealed in the creation through the soul just as the sun is reflected in the creation through the sun's rays.

We talk about soul and many religious books explain about soul in many different ways, because without the knowledge of soul, liberation is not possible. As long as we don't understand the soul, we are stuck in the bondage of the five passions.

In the battle of Mahabharata, Lord Krishna convinced Arjuna to fight when Arjuna said "Oh my lord, in this battle many of the enemy are my elder relatives. How can I kill them?" The lord said, "Arjuna, close your eyes and concentrate in yourself and you will see it is all god's will. You are just a tool. Juts follow my order."

When lord Krishna blessed Arjuna with the vision of the soul, Arjuna understood, "I am nothing. Everything is god's will." Then he was ready for battle.

Now the question is: How can we understand the soul? When sitting in a dark room, we need light to see. First, we need to know the location of the switch. When someone will turn on the switch the dark will vanish and everything will be visible instantly. If it can happen in an instant, why are we constantly in the internal pitch dark? How long has it been? How long will it be? As long as we don't understand, we are Soul; not body or mind.

The internal pitch darkness will not vanish from our life until we realize we soul; not body or mind. There was once an old woman who was sitting outside her house scratching on the dirt with her fingers, searching. A young man walking by saw her and realized her vision was weak and she needed help in her search. He asked her "What are you looking for, Mother?" She laughed and replied, "My son, I am looking for my needle." He said, "Mother, let me look it for you." The old woman laughed again and said. "You cannot find it." The he questioned, "Why?" She replied, "I dropped my needle inside my room and it is too dark to search in there."

As long as we won't believe we are only soul, we will live in the same situation as the old woman; searching for reality in the wrong place.

My dear readers, we are soul. When soul leaves our body, medical science declares we are a dead body. Our closest family starts to think, how soon can we cremate and bury this body, because the soul is not there.

In this way, it's very clear of the importance of the soul in our life. If we think to remove the internal darkness from our lives, we need meditation. Mediation is the switch of divine knowledge; and divine knowledge is experience of the Soul.

- Harbhajan Singh Sandhu

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Is the Housing Boom in Phoenix Creating Another Bubble?

By Anita Verma-Lallian

This past year marked a dramatic turnaround for the housing market in Phoenix. Just two years ago prices were down 56 percent of their peak values of 2006 and 2007, and foreclosures plagued the city. Speculation was that banks were holding shadow inventory and were slowly releasing it, which made it uncertain how much inventory was available. Additionally, the U.S. was barely crawling out of a severe economic recession, so many were weary of putting money in real estate.

But seemingly overnight the housing market improved. Suddenly, the Phoenix area had limited inventories, while the number of foreclosures continued to be reduced.Banks claimed that their distressed sales had been flushed out. All of a sudden there was actually a shortage of housing. Prices have soared in Phoenix this year, climbing nearly 30 percent over the past year to an average of $175,000, based on a July report from Arizona State University.

What caused this drastic turnaround nearly overnight?

The primary reason is the fundamental principal of economics: demand finally met supply. During the recession there was an excessive glut of housing on the market. Due to the weak economy people were afraid to buy, causing a high supply and low demand. However, banks worked through all the foreclosures and returned homes to the market. With additional sources of capital in Phoenix, investors are purchasing homes and creating new business models, which include rentals. Now, as the recovery continues, there is a major lack of supply in the Phoenix area. A healthy month's supply of homes is around five to six months; currently in Phoenix there is a two-month supply. The prices have risen rapidly in response to this lack of supply.

Furthermore, Phoenix is attracting investors from all over the world. It has become a modern day gold rush. Large investment firms are investing large amounts of capital in purchasing vast quantities of homes, fixing them up, and then marketing them as rentals. For years they have been buying homes at auctions. Over the last year Wall Street hedge funds with high levels of cash have been coming into the Phoenix market and buying homes.

Adding to this, new prospective homebuyers, families and individuals, have been rushing to purchase homes before it's too late. They want to get in before prices go even higher and they are priced out of the markets they are interested in.

Finally, the population of Phoenix is continuing to increase. Earlier this year Forbes Magazine ranked the Phoenix-Mesa-Glendale area as the eighth-fasted growing city in the nation, behind Austin, Houston, Dallas, Raleigh, Salt Lake City, Seattle, and Provo. The population of Phoenix is forecast to increase 2.7 percent in 2013. Research shows that given this growth rate, homebuilders are not building enough homes to keep up with the increasing population.

A New Bubble?

While the increase in home prices comes as a huge relief to the city of Phoenix after almost five years of a severe recession, people are worried if Phoenix is poised yet again for another housing recession.

While it is human nature to worry about losing money again, based on the available data, Phoenix is not headed for another bubble.

Michael Orr, the Director, Center for Real Estate Theory and Practice at Arizona State University, described what is happening right now in Phoenix as "a fast bounce."

"If prices can go down fast, they should be allowed to go up fast as well," he said.

One of the primary reasons for the recession was investors pulling out of the market simultaneously and defaulting on their loans. This is not the case now, since the buyers represent large investment groups, which are backed by Wall Street in several cases. These groups have the holding power to stay in the market and are looking at the Phoenix market from a long-term perspective. Finally, these houses have been purchased with cash, making it impossible to default on any loan payments, forcing these investors to stay in the market for the long haul. Furthermore, investors are actually renting out the homes they are purchasing, thereby, not adding to the overextended supply pool.

Another huge contributing factor of the housing recession was banks that were extending loans at very low rates to people that otherwise would not have qualified. That is certainly not the case now. Banks are only providing financing to buyers that are well qualified and are typically not purchasing as an investment.

According to Michael Orr, "The idea that there is another bubble in the real estate market is absurd. We are just seeing a normal reaction to lack of supply. Prices are still below the long-term trend line and none of the conditions that define a bubble are currently in existence." He also adds that bubbles rarely occur in the same market where they just burst.

There has also been an increase in employment, which is allowing people to re-enter the housing market. Furthermore, the Phoenix market is continuing to grow. Just a few weeks ago Apple announced the opening of their new manufacturing facility in Mesa. Several other large companies are looking to relocate to Arizona as well due to the lower cost of real estate and labor.

The current market portends a promising future for growth of Phoenix. We have survived one of the worst real estate recessions of all times, and now we are moving into time of expansion for housing. In a state that sees sunlight 85 percent of the year, the future of Metro Phoenix's housing market is just as bright.

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December 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Bullet Raja @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 7:30 PM)	**2**	**3**	**4** Bullet Raja @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 7:30 PM)	**5**	**6**	**7** SAVE THE DATE! Pratham Gala Gala of Dinner and Awards @ Kerr Cultural Center
8	**9**	**10**	**11**	**12**	**13**	**14** Ayyappa Mandala Maha Puja
15	**16**	**17**	**18**	**19**	**20**	**21**
22	**23**	**24**	**25**	**26**	**27**	**28**
29	**30**	**31**				

"Courtesy of www.azindia.com"

ARIES

Mar 21 to Apr 20

You will have to be careful not to let others find out about your intentions. A romantic dinner, followed by a quiet evening with the one who is enticing you, should be most satisfying. Look before you leap. Problems on the home front might be a little disconcerting. Your luckiest events this month will occur on a Thursday.

TAURUS

April 21 to May 20

You can mix business with pleasure to get favorable results. Entertainment could cost you more than you expect. You may be experiencing emotional turmoil in regard to your mate. It might be time to make a fresh start. Your luckiest events this month will occur on a Wednesday.

GEMINI

May 21 to June 21

Get help to finish a project if you need it. Matters pertaining to work must be completed before you leave. Be aware of any emotional deception. Do not sign legal contracts or documents this month. You will be able to get your own way if you use your intellectual charm and know how. Your luckiest events this month will occur on a Sunday.

CANCER

Jun 22 to Jul 22

Older family members may take advantage of you by making you feel guilty. Avoid any over indulgences. Avoid getting involved with married individuals. Discord may arise with someone you're close to. Your luckiest events this month will occur on a Monday.

LEO

Jul 23 to Aug 23

Be careful if a friend asks you for advice. Problems with gas, oil, or water in your home may disrupt your routine. Discord may arise with someone you're close to. Try to keep any mood swings under control; they may result in alienation. Your luckiest events this month will occur on a Sunday.

VIRGO

Aug 24 to Sep 23

You could expand your circle of friends if you get involved in unusual activities. You're in the mood to get out and visit friends. You are best to stick to yourself this month. Investments are best left alone this month. Your luckiest events this month will occur on a Saturday.

LIBRA

Sep 24 to Oct 23

Have a heart-to-heart talk with family and find out what the problems are. Try not to let relatives or friends cause any friction with your mate. You're best to avoid disputes. You will find the perfect outfit if you shop this month. Your luckiest events this month will occur on a Tuesday.

SCORPIO

Oct 24 to Nov 22

Physical work or exercise should be part of your schedule. Take time to find out if anyone has a better suggestion before you make arrangements for the whole family. Older family members may try to make demands that are impossible for you to handle. You are able to make changes in your home that will be favorable to all involved. Your luckiest events this month will occur on a Tuesday.

SAGITTARIUS

Nov 23 to Dec 21

Romance may be better than you ever thought possible. Be prepared to encounter new friendships that will provide you with valuable information. Don't overdo it. You need to enjoy yourself. Your health may have suffered due to neglect or abuse. Your luckiest events this month will occur on a Sunday.

CAPRICOM

Dec 22 to Jan 21

Residential moves will be favorable, and larger quarters the most probable direction. Use your genuine warmth and compassion to win hearts. Travel if it's needed to start the ball rolling. You may win favors if you present your ideas and include your family. Your luckiest events this month will occur on a Thursday.

AQUARIES

Jan 22 to Feb 19

Be careful if a friend asks you for advice. Don't let the moods of those you live with get you down. Reevaluate your situation. Observations will be far more productive. Your luckiest events this month will occur on a Monday.

PISCES

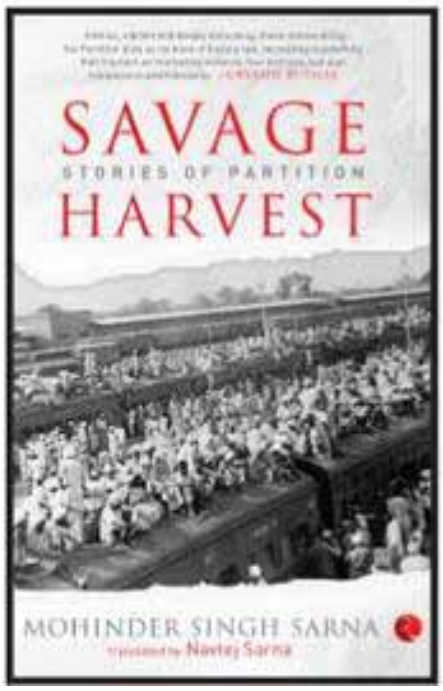
Feb 20 to Mar 20

You may find that your mate is well aware of the circumstances. Your emotional stability may influence the changes taking place in your personal life. You will easily capture the interest of those you talk to. You need an outlet. Your luckiest events this month will occur on a Thursday.

Review: Savage Harvest, stories of partition

Book: Savage Harvest - Stories of Partition
Author: Mohinder Singh Sarna
Translated by Navtej Sarna
Publisher: Rupa Publications.
Price: Rs. 295

The Partition was a traumatic chapter in the history of sub-continental India. Some two million people are said to have been slaughtered on either side of the religious divide, sacrificed to fanaticism and hatred. Over 20 million people were displaced. It was the biggest peace-time carnage-One that dwarfed war-time violence.



Mohinder Singh Sarna was among the millions who suffered. He endured, witnessed and lived through it when the world around him was crashing down to recount the horrors, loss and pain. What he felt, saw and heard those days found words later in his outpourings in poems, volumes of short stories and novels and then again in epic poems.

But his Partition stories stand out.

"Perhaps this is because I passed through that cataclysm unprotected ... I saw humanity sobbing as it breathed its last. It shook my faith in mankind and in life," he wrote in 1990 in "Meri Sahityik Svaijeevni".

The Partition, as Sarna tells us, seared many generations, from father's father to son's son, withered grandmas and crushed granddaughters. The land from Delhi to Rawalpindi was soaked in blood. Once lush farms were strewn with the dead and covered with ash from burning piers and smoky shells of houses.

The babus and leaders in Delhi couldn't have in their wildest dreams dreamt of what nightmares they were about to unleash when they red-inked a line on paper to demarcate India and Pakistan. The boundary line divided villages into "us" and "them", set once friendly neighbours at one another's throats, and tore families apart, never to come together again.

"Savage Harvest" tells of the stories of riots and rapes, plunder and pillage, arson and killings. These acts of violence were to permanently fracture society, leave a deep imprint on arts and culture in the decades to come, and most importantly wreck the psyche of the people far beyond the geographical confines of the holocaust.

Was everything lost forever? Sarna's stories unfold tragedies, but also uphold the hope in humanity. They rejuvenate faith.

Meet the characters whom Sarna brings alive with deft expression.

The village iron-monger, fearful of his brigand son, is hammering out a pile of sickles the gang would use later in the night to chop down the infidels.

Shabir, the strapping young man, risking his life, rescues an abducted girl from his own rogue uncle. And Syeda, a god-fearing housewife, cuts her husband down with a glance full of contempt, impelling him to cast into the fire a spinning wheel he had looted.

Religious divide does not stand between an old Muslim faithful and his Sikh landlady when her entire family, and even daughters and a dog, have fallen to a frenzied mob. It is, in fact, piety and vision of his mother reading the Quran that saves a sex-starved middle-aged Kashmiri Muslim from sinning when he chances upon a young Kashmiri woman as godsend.

But these are not the stories of just courage and compassion. Sarna blends the heart-wrenching with the heart-warming.

Like the story of a distraught Sikh mother baring her own bosom before her son incensed at his parading of hapless Muslim women naked in the streets of Delhi. Or another of an elderly Sikh woman refugee taking under her cover two young Muslim girls stripped of their clothes when a mob was about to lynch them in revenge for the violence on the border they had not even seen.

And while Partition provides the ashen background to his tales, in some Sarna delivers a sting in the tail.

Meet then, a middle-aged officer in New Delhi who at a get-together at his house throws out the father of a prospective groom for his niece whom he had seen slaying an innocent Muslim in the killing fields of the border. Or, a Muslim woman from India who breaks off her daughter's marriage proposal in Islamabad because of the would-be groom's father's obsession with the Kashmir problem.

There also are the delightful stories of a postal clerk who wins the heart and hand of a young woman assistant to whom he scribbles notes because he thinks she is deaf and mute, and of vegetable seller Bashir Ahmad who offers to take his wife to Barnala years after settling in India only because he hears an Azaan in the town and feels safe.

The underlying social message in Sarna's stories is that hate and violence cannot have a place in society and have indeed no religion. Basic human values must be the guiding spirit in any society.

Originally written in Punjabi, the stories have been translated by Sarna's diplomat-son Navtej, who too has a way with words.

***

POET OF MONTH

Caroline Cabrera

Caroline Cabrera is the author of Flood Bloom (H_NGM_N BKS, 2013) and the chapbook, Dear Sensitive Beard (dancing girl press, 2012). Some of her most recent poems appear or are forthcoming at B O D Y Literature, The Bakery, Ilk, and Sink Review. She teaches at Florida Atlantic University and lives in Fort Lauderdale.

LUCIA, CASSIOPEIA

What a winter to weather us through

we could be warm in the
smallest of rooms we could
paint ourselves dry with this palette

he way you stop moving
is not nearly fractured enough
I will teach you to pose
on your walk down the stairs

Lucia your eyes are not any color
I'd dreamed up

they have a temperature

it fits here

I am extra in this room Lucia
I am erudite and simple
but maybe still too adorned
if clothing is adornment

if sitting next to a person
makes you friends
especially when she squeezes
your knee when you make a joke

and she fluffs her hair and
you think you might love her

goodnight Lucia
I believe you
the moon is a feast
in this cold

Originally appeared in Flood Bloom (H_NGM_ BKS, 2013)

Film Review Ram Leela is an unabashed Bollywood love story

What it's about

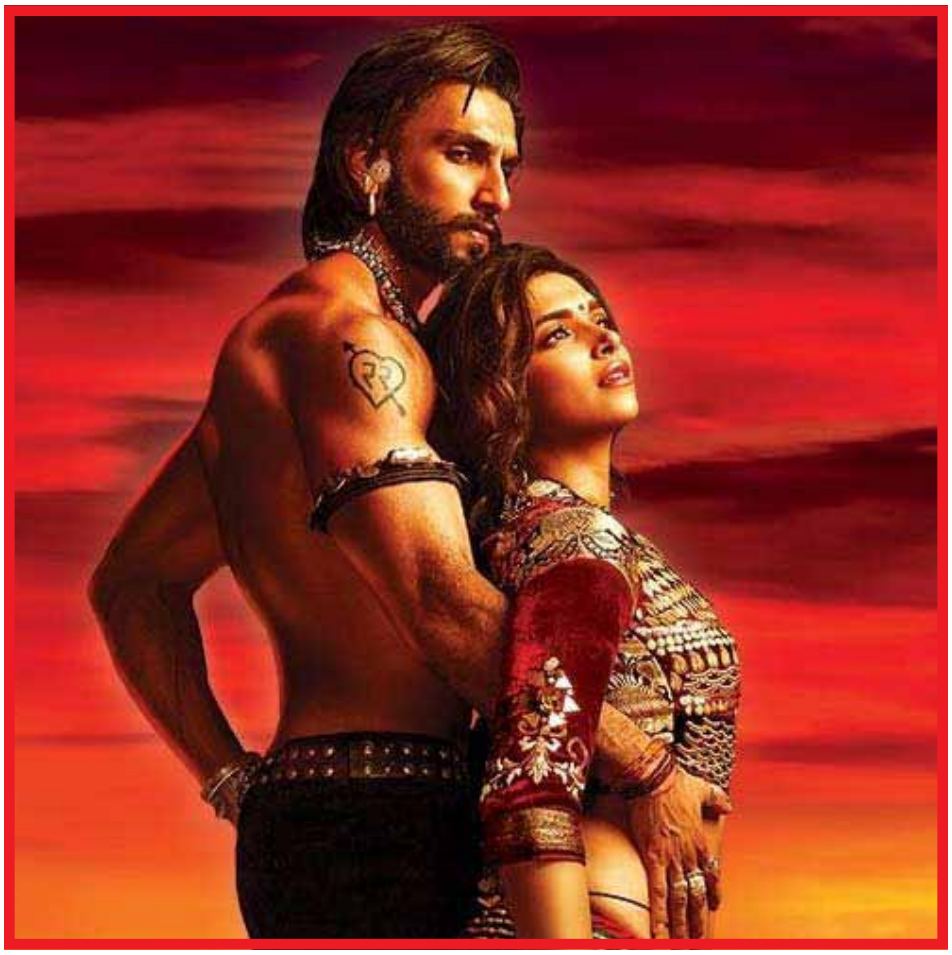
Ram Leela, director Sanjay Leela Bhansali's crazed tribute to Shakesphere's Romeo and Juliet, is a doomed love story of Ram (Ranveer Singh) and Leela (Deepika Padukone). Set in Gujarat, they belong to two different families who have been enemies for over a hundred years. The lovers realise that the only way they can be together is to elope. When they do, all hell breaks loose and a bloody battle ensues. Can Ram and Leela find happiness together?

Film Review

Cast: Ranveer Singh, Deepika Padukone, Supriya Pathak, Richa Chaddha, Abhimanyu Singh, Gulshan Deviah, Sharad Kelkar and Barkha Bisht

Director: Sanjay Leela Bhansali

Rating: ***1/2



What's shot

What stands out most about the film is passion; the filmmaker's, that of his actors', and even in his characters. There is a certain boldness in Ram and Leela's chemistry and dialogues that will draw you in, almost instantaneously.

The first half is so fast-paced, cheeky, and energetic, it will enchant you (and then shock and awe). This is an unabashed Bollywood love story. It has the happy parts: songs, drama, the kiss and cheesy text messages. The not-so-happy parts: parental disapproval, separation of the lovers, clash of powerful people and conspiracy. The story has been told a hundred times, and we all know how it ends, and how the characters will play out, yet it keeps you spellbound for most part.

It is a lovely mixture of the familiar and the fresh. It is impossible to watch this film impassively. There are enough magical scenes, to make you feel you have to watch it a second time to soak it all in.

The technical aspects of the film are extraordinary: breath-taking sets, spellbinding cinematography, perfect music and a wonderful supporting cast. Deepika is perfect in every scene. Ranveer has surrendered to the director's vision and delivers a power-packed performance. He stands out in many scenes, even where he barely has dialogues. But you've got to admit that the real hero of Ram Leela is the man behind the camera.

What's not

The length for one. You wish the director would end the story at least twenty minutes before it actually does. Poetic dialogues in heavy-duty emotional scenes can be jarring. Also, there are too many double meaning dialogues. You have to remind yourself, this is an SLB film. This is a movie about love and hate and there are parts that you will love and portions you might hate but you cannot remain dispassionate and that would be this director's best compliment.

What to do

This is a film by a true romantic, who is brimming with crazy passion. If you share that with him, watch it.

Semi-nude intimate scene featuring Sunny Leone may earn 'Jackpot' adult certificate?

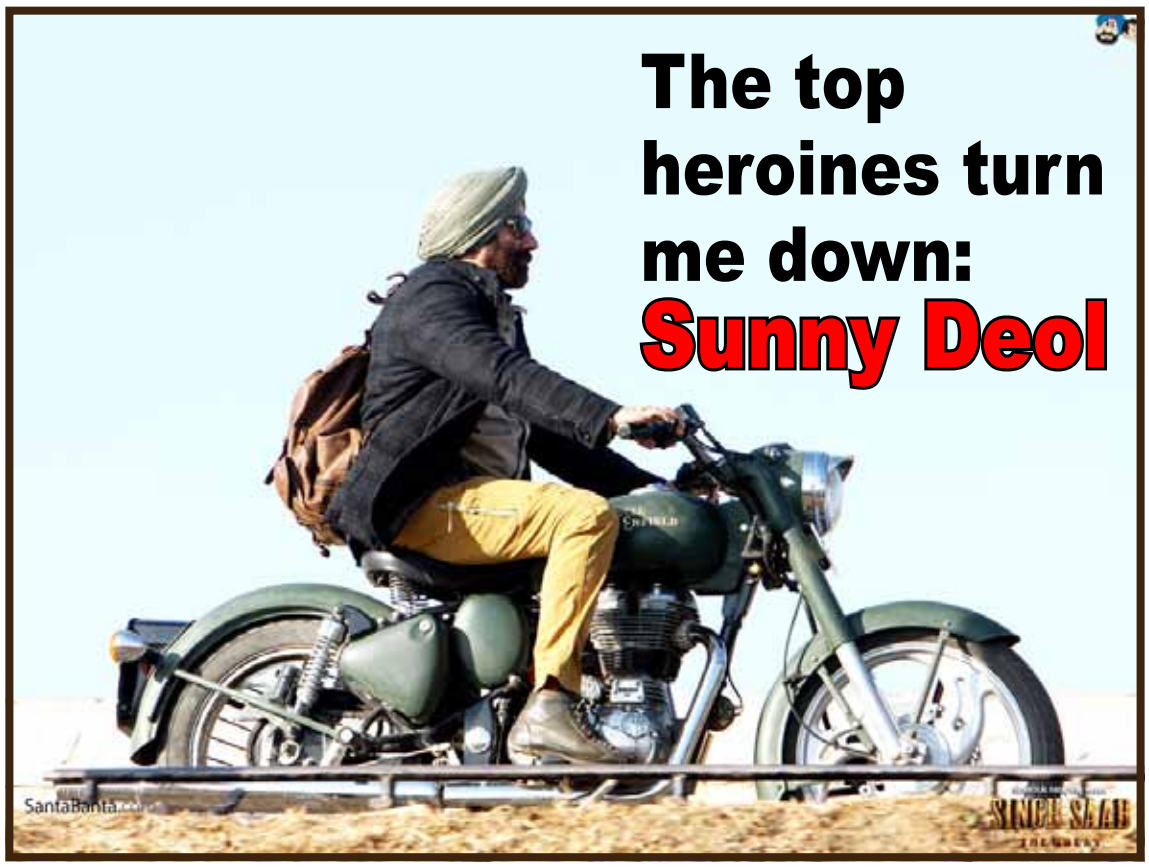
There are many steamy scenes between Sachiin Joshi and Sunny Leone in Jackpot. The team is worried that one of these lovemaking scenes will get the film an A certificate.

Jackpot has already had one major controversy when Javed Jafferi's risqué rap song Eggjactly on anti-corruption was dropped from the film because of its controversial and bold lyrics. Now Sunny's steamy scenes may get them into trouble with the censor board. Says a source connected to the film, "You can't have an adult film star in your film and not have sensual scenes.

Sunny's fans expect it. And director Kaizad Gustad will be stupid not to exploit that. In fact, in this (picture left) scene she has gone topless. Sunny had been briefed about it before she shot for it so she was comfortable. But Sachiin is now anxious that this scene will prevent his film from getting an U/A certificate and that means losing half the audience."

Sachiin, however, puts up a brave front, "The film has already gone for the Censor certificate and we'll hopefully come to know very soon. I will respect what certificate the censor board gives but the only thing is it should not be given because it's a Sunny Leone film," he says.

The top heroines turn me down: Sunny Deol



Sunny Deol is seen romancing a much younger Urvashi Rautela in Anil Sharma-directed "Singh Saab The Great" and he says he will continue to work with new talent as established actresses are not keen to work with him. He is also in no mood to mince words about the way the film industry functions nowadays.

"About time a film of mine was well-received. I am tired of the long non-happening phase. Unfortunately I haven't had too many releases recently. There are some of my films that are on hold. Hopefully, they'll be released soon. But let me add, I don't need to prove myself. I just need good cinema, the kind of cinema I believe in," said Sunny.

Sunny, 57, is seen romancing 19-year-old Urvashi Rautela in the film.

Why a co-star half his age?

"We are acting. We are not really husband and wife. If she's much younger, that's fine. A lot of wives are much younger than husbands. That's no secret. And by the way, I am sure Urvashi is not 19 year either," said the actor who completes 30 years in filmdom after starting his journey with "Betaab" in 1983. On the way, he has given hits like "Ghayal" and "Damini".

The actor, who worked with the likes of Dimple Kapadia and Meenakshi Sheshadri, says that the current lot of established actresses are not keen to work with him.

"I've had problems with established heroines. For reasons best known to them, they don't want to work with me. It's a fact. The top heroines turn me down whenever I ask them to work with me. They want to work with Shah Rukh Khan, Salman Khan and Hrithik Roshan. So it's fine," said Sunny.

"I search for new heroines, like Urvashi Rautela. These girls do not ration dates. While working on a film I don't have to deal with my heroine's tantrums when she's a newcomer. Now if you give an A-lister co-star I won't be able to work with her. Also, I get a chance to give new talent to the film industry. So yeah, I'll be seen with new co-stars in the future.

"There are lots of new talented and pretty girls in the industry. And trust me, these new girls won't look mismatched with me. I am open to adapting myself to the changes around me," he added.

Sunny plays a Sikh in "Singh Saab The Great" and this is said to be the sixth time he is playing a turbaned character on the screen.

Speaking of his affinity to Sardarji roles, he said: "I don't know how it happened. It started with J.P. Dutta's 'Border'. These Sardarji roles offer me powerful characters. 'Singh Saab The Great' may seem old-fashioned to some. I suggest they move out of Mumbai and look at the rest of the country. Har kahaani ka apna rang hota hai."

Lately Sunny featured on the small screen to promote his films. "I've to confess, I enjoyed it," he said.

Regarding the sorry box office outcome of his last film "Yamla Pagla Deewana 2", Sunny says he had no idea how it would pan out.

"Forget what I thought about the film. It's what the audience thought that matters. They rejected the film, and that's that. It may have deserved to flop. But are you trying to tell me that only good deserving films do well? There are so many films that you feel are not working out well and they turn into hits," said Sunny.

When Aamir played ball

He had escaped for a holiday to the picturesque North East to celebrate wife Kiran Rao's 40th birthday and spend some quiet time with family, but things didn't quite turn out the way he'd expected.

Not that Aamir Khan is complaining. Despite the efforts of the district administration to keep the visit private and secure, when tourists and locals discovered the actor was staying at Nameri Eco Camp, a beautiful tented resort along the Assam-Arunachal border in Sonitpur district, it become something of an event. Not only did Aamir readily oblige his admirers, many of whom were swooning women and excited children, he even joined local village kids for a friendly game of football.

"He is so down-to-earth in real life," cooed one visiting Mumbai housewife who never imagined she would run into the superstar nearly 3,000 kilometres away from home.

It's how you behave when the world isn't looking that separates the truly great from pretenders. Right, Tarun?

Honey Singh to be seen in a negative role in new film xpose

Yo Yo Honey Singh is all set to make his acting debut in Hindi films. It's a suspense thriller called Xpose directed by Ananth Mahadevan. According to reports Yo Yo plays a negative character in Xpose. But he denies this. "It is not a negative role. It is a dark edgy character with many shades. It starts off one way and ends up another. We never know which way the character is going."

Yo Yo admits he doesn't have a very lengthy role. "But it's interesting. I took it up mainly because I can't say no to Himesh bhai (Reshammiya)." Himesh is not only producing but is also the main lead. Says Yo Yo, "We have been working together on stage. When he asked me to do this role I didn't think twice. But I'd need to brush up my acting skills. I've done a couple of Punjabi films.

They were basically extensions of my own personality. In Xpose I play a character who is not like me at all, although he is a musician."

Yo Yo will go through acting classes before he starts shooting. "The film's director will teach me what to do."

A Dreamer with a Vision...Chai with Bivas Biswas

Article by Deepa Walia
Bivas Professional Photos courtesy of Peter Salama Photography
Interview Photos courtesy of Dr. Deepak Moosad
11/28/2013

If you are of East Indian descent, you are already familiar with the cross-road where your parents will allow you to choose the path of your future – a road that goes one of two ways, either towards engineering or medicine. How does an East Indian that chose the path of engineering end up on the sets of "Mere KhaayalonkiMallika" as a suitor to MallikaSherawat's reality show and attempt to find a suitable match? Asia Today had the rare opportunity to chase down the answer to this question by spending time chatting with Bivas Biswas, a software engineer turned actor/director/producer and one of the Top Three on MallikaSherawat's quest to find her life partner.

Bivas, who completed an engineering degree from Pune University and a Master of Science in Computer Science from Arizona State, fulfilled his father's dream of becoming an engineer but his own dreams lay far from the world of math and science. Bivas's passion for the arts could easily be seen in his hobbies and side ventures as a student – a photographer, guitar/piano player, part of bands in both universities he attended, Bivas was never cut out for an 8-5 engineering life. And he knew this as soon as he entered the working world after graduating from ASU.

Destiny was also trying to push Bivas in the direction of his dreams. When he was laid off, he started freelance consulting in 2004 as a Software Consultant. As luck would have it, Bivas achieved great success in the consulting environment with his most recent assignment being for Boeing and the Department of Defense. The consulting environment, which was a lot different than his standard 8-5, also gave him the flexibility to pursue his passions. One of those passions was an aspiration to direct a movie. In Phoenix at that time, he contacted all the production companies who all responded saying that he has no experience and does not speak the industry language and it would cost them more to have him on the set than benefit them. Adamant about making his dreams a reality, Bivas used his skills as a photographer to learn the industry lingo; he offered the production companies behind-the-scenes coverage of their makings, which helped him learn the language as well as build a solid contact network in the industry.

Since that difficult beginning, Bivas has been a part of three feature films as a producer, co-producer, or financer. Even though he compared choosing his favorite artistic endeavor to that of choosing a favorite child, he did finally come out and say that Paranoia, which is scheduled to release on DVD next year, was the experience closest to his heart, primarily because it fulfilled his dream of working as a Director on a feature film and it was completed with a very intimate finance model. A low-budget film, it required the team of 117 to come up with creative solutions to small problems making the project challenging and exciting. In addition, Bivas has also appeared on HBO and the Discovery Channel.

Bivas latest venture in the arts industry was a suitor to the renowned actress MallikaSherwat on her reality show Mere KhaayalonkiMallika. While other candidates applied and went through interviews to capture a slot on the show, Bivas was getting late night calls from the creators of the show asking him to join the show. Initially, he ignored the late night calls which did not take into account the time difference between India and the US. Friends warned him it may be a scam when he was told that to participate he would have to give up his wallet, passport, cell phone, etc. until eliminated. But when he saw legitimate advertising and MallikaSherwat's tweets and Facebook posts, he decided to take the chance to experience this unique opportunity.

Like all of you, I have always wondered how real these reality shows are. When we posed this question to Bivas, he was candid that it was mostly all real except the traditional Bollywood practiced dance sequences. The suitors were kept in the dark about who was coming and what was to happen and all dialogues were impromptu. What looks like fun-filled days is anything but that. When not on camera, the candidates are either doing dance rehearsals or woken up in the middle of the night t shoot video diaries. Never getting complete sleep and never being allowed to connect off camera, it makes it hard to form a romantic connection. This task was even harder for Bivas since him and Mallika never clicked.

When asked about an insider's perspective to Mallika, Bivas stated

that she was a very determined, ambitious woman who usually has a great assessment of people. She makes decisions with her heart even if they don't seem practical. However, what made him not click and his job of attempting to sway her harder was that she was always acting. The show was clearly an attempt at an image makeover and not a real pursuit of the man of her dreams. According to Bivas, when the cameras turned on, Mallika was acting and it was hard to find a few moments with the "real" Mallika to form a real connection. Even if those moments occurred where real conversations could happen off camera, producers would come rushing in asking you to save the good stuff for the camera or not want to show scenes that would not drive up ratings. He compared the show to being placed in a box where the people around you are constantly trying to play with your mind. Even though he is grateful for the opportunity to meet Mahesh Bhatt, a man he described with an impressive presence, and learn dance from the infamous Saroj Khan, it is not an experience he would repeat unless it paid extremely well.

What the show did do for Bivas at a personal level was allow his family to participate in Bivas' career as an actor for the first time – a switch from engineering which they were not very happy with. However, during the show, his father was very supportive and even went as far as encouraging Bivas when he felt like he couldn't do the show anymore. As part of making it to the top three, Mallika visited his home in Kolkata and spent time with his family, where Bivas commented that she was very homely and down-to-earth even though she was such a big name in India. His family was nervous about the visit as they had never had cameras in house let alone a celebrity like Mallika, but also excited to support him and become a part of this exciting venture.

Even though Mallika didn't turn out to be Bivas'sKhwabonkiMallika, it was a great learning experience and a memorable opportunity. Bivas future aspirations include becoming a successful actor and film-maker. Bivas is at peace following his passions as an artist, but grateful that his parents pushed him into engineering – a career that has financially paved the way for him to follow his dreams. His advice to those looking to enter the industry is also the same – have a career that can pay the bills and pay for your ventures because this is a difficult road and it may not be fruitful for years to come. He has seen many friends having to give up on their passion due to financial instability and is grateful for the stability software consulting provides allowing him to follow his dreams.

Asia Today is grateful to Bivas for giving us an insider's perspective on a reality show, as well as his transformation from engineer to artist. We wish him the best in all his future endeavors. For more information about Bivas or to follow his journey, please visit his blog at www.24frameslater.com.

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Chiropractic, Acupuncture, N.A.E.T

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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Lotus Wellness Center

48 Hours in Birmingham, Alabama

Birmingham is honoring its turbulent past by commemorating the 50th anniversary of the bombing of the 16th Street Baptist Church, which killed four young girls, and other historic events that were part of the civil rights movement in the Alabama city.

Today Birmingham is known for fried chicken and James Beard-nominated chefs, and a music scene ranging from blues and country to jazz and opera. It also has one of the finest art museums in the region, home to Old Masters and folk art.

Reuter correspondents with local knowledge help visitors make the most out of a short visit.

Friday

2:30 p.m. - Start with a visit to Sloss Furnaces, a towering monument to Birmingham's steel era. The 1902-1970 mill, now a national historic landmark, is the country's only preserved 20th century blast furnace.

3:30 p.m. - Head to the Birmingham Museum of Art, which has the largest collection of Wedgewood china outside England. The free museum is also home to more than 25,000 artworks, ranging from pre-Columbian to postmodern.

4:30 p.m. - Sports fans should not miss the Alabama Sports Hall of Fall. Few states have produced more athletic champions, from track and field star Jesse Owens, an African American who won four gold medals at the 1936 Olympic Games in Berlin, to football teams that have captured the last four national championships.

5:30 p.m. - Head to the Renaissance Ross Bridge, the city's only four-star hotel, and sip a cocktail while listening to the sounds of a bagpiper at sunset.

7 p.m. - Visit the Hot and Hot Fish Club for dinner. Chef Chris Hastings won the Iron Chef America TV cooking contest with his grilled chorizo sausage. Also try his tomato salad, snapper and okra.

8:30 p.m. - For some after dinner entertainment walk to Five Points South to listen to music. Try Zydeco, at 2001 15th Avenue South, which features Southern bands.

To hear a trio head to The Garages, at 2304 10th Terrace S., where chauffeurs once waited with Ford Model T cars. Underground Jazz (2012 Magnolia Ave. S.) features local favorite, Marian McKay and her Mood Swings. Dance on Bacchus's roomy floor. (1928 11th Ave. S.)

Midnight - The Nick, where rock star Bono of U2 has been spotted, claims to have the hottest music and coldest beer.

Saturday

8 a.m. - Stop for breakfast at the Crestwood Coffee Shop at 5512 Crestwood Boulevard. It offers local coffee blends with quiche and is frequented by local artsy types.

9 a.m. - Begin your tour of the Civil Rights trail at Kelly Ingram Park, the site of famed marches. As you view the statues commemorating the protests call 205-307-5455 for a free audio tour.

9:30 a.m. - Cross the street to the Birmingham Civil Rights Institute, which has original artifacts such as a bloodstained Ku Klux Klan costume. Volunteers are often "foot soldiers," who marched in 1963.

11:00 a.m. - Lunch at Niki's West, where a 70-item steam table holds everything from country fried steak and collard greens to roast lamb with mint jelly.

12:00 p.m. - Visit Barber Vintage Motorsports Museum, which displays one man's collection of more than 1,200 motorcycles, cars and racecars. www.barbermuseum.org. Check www.barbermotorsports.com for races or for the Porsche Sport Driving School.

1 p.m. - Take a hike on Ruffner Mountain, one of the country's largest urban parks with more than 1,000 acres. Climb to the overlook to see the city and Alabama's dense biodiversity. Red Mountain Park borders on the east side.

2:30 p.m. - The Vulcan statue towers over the city as its symbol. The Roman god is the largest cast iron statue in the world and the symbol of the city. Climb or ride to the top for a view of downtown and the lush hills surrounding it.

3:30 p.m. - Feed giraffes, lorikeets and flamingoes at the Birmingham Zoo, and catch the Sea Lion Splash Show and Predator Zone for behind-the-scenes shows.

5 p.m. - Cross the street and explore 25 gardens and 12,000 species of plants at the Birmingham Botanical Gardens.

6 p.m. - Visit the Avondale Brewing Company, a former house of ill repute, and try the Brothel Brown.

7:30 p.m. - Have dinner at the legendary Highlands Bar & Grill, where an award-winning chef combines French style with Southern ingredients. Try the Beef Carpaccio, Mountain Trout and Crème Brulee.

9 p.m. - Blues lovers should head to Gip's Place at 3101 Ave. C in nearby Bessemer. Gravedigger by day, bluesman by night, Gip Gibson hosts hot bands in his backyard.

10:30 p.m. - Head to the Lakeshore District for live music at 8th Avenue S. and 29th Street S. Try Ona's Music Room for sexy soul, Bottletree for indie rock and Workplay for regional bands.

Midnight - Head to Marty's for rock 'n' roll.

Sunday

10 a.m. - Dress properly for a visit to the 16th Street Baptist Church where a bomb killed four girls in September 1963. Four women in white start the singing with a cappella gospel.

1 p.m. - Lunch at the Irondale Café, inspiration for the movie "Fried Green Tomatoes." Try the fried chicken and fried green tomatoes.

17 Must-have foods in your diet

In the city that never sleeps, people are always into their busy schedules and have started taking their body for granted.

They have forgotten that our nutrition determines how we look, act and feel. The type of food that one eats, is quality and quantity determines ones physiological and psychological well being. And for being healthy, one requires to eat well. Here are some must-haves in your diet:

1 . Consider water

Hydrate your body. Drink at least 10 to 12 glasses of water every day. Start your morning with a glass of lukewarm water.

2 . Eat timely meals

Eat at regular intervals. Have five meals a day in which three can be main meals and two can be mid meals.

3 . Breakfast is a must

Breakfast is a must because it provides 25 per cent of the total energy and nutrients required by the body.

4 . Quality call

Good quality of food is a must. Remember the quality of food you eat determines your efficiency in your work. Avoid refined foods like white rice, maida-based products like bread, pasta etc.

5 . Go green

Make sure to include green, orange, and yellow fruits and vegetables — such as broccoli, carrots, cantaloupe, berries and citrus fruits. These fruits are rich in vitamin C and vitamin A, which may help protect against various types of cancer and other diseases.

6 . Say yes to herbal tea

Include herbal teas. Having two cups of green tea can do wonders for the skin and also increase the efficiency of our immune system.

7 . Opt for healthy fat

Enjoy healthy fats. Include omega 3 fatty acids and unsaturated fat rich foods like olive oil, flax seeds, sesame seeds, soyabean, walnuts, seafood such as tuna and salmon to increase your immunity.

8 . Fibre is important

Have fibre rich foods like oats, barley, ragi, bajra, whole wheat grains, different variety of fruits and vegetables in your diet.

9. Protein perfect

Having protein is essential. Vegetable sources of protein are beans, nuts, pulses and whole grains. These are good choices as they offer fibre, vitamins and minerals. The best animal protein choices are fish and poultry.

10. Calcium

Include adequate amount of calcium in your diet by having milk and milk products, soybeans, shrimp, ragi, sesame seeds, and leafy vegetables.

11. Vitamin B12

This is a rare vitamin. A slight deficiency of it can lead to anaemia, fatigue and depression. Vitamin B12 rich sources are oysters, liver, fish, beef, eggs, fortified cereals, milk and milk products.

12 . Healthy snack

Have healthy snacks in between to keep up the energy levels the whole day.

13 . Plate of salad

Consume a bowl of green salad every day — a simple trick to keep away excess calories.

14. Two fruits at least

Have at least two fruits everyday.

15 . Spice it up

Include spices/herbs like saunf, basil leaves, one to two cloves, ginger or garlic in your daily diet to enjoy its enormous medicinal properties.

16 . Go nuts

Have a handful of nuts a day. They are calorie dense foods packed with proteins, healthy fats and some essential vitamins and minerals.

17 . Dine right

Have early and light dinners.

5 Great reasons to workout

There are hardly any negatives to working out and today we give you the five best motivations to hit the gym!

Boosts confidence: According to a recent psychological study, those participants, who followed some sort of an exercise routine, were found to be more confident than those, who didn't workout at all. The participants, when exercised, gained more confidence than before. It didn't matter for how long they exercised.

Better health: Not only does exercising get you in good shape and makes you look great, it also does wonders for your health. It keeps your blood pressure in check, reduces the chances of cancer and also helps prevent the early onset of diabetes.

Improves mood: Another study suggests that people with anxiety disorders felt better after exercising, as it reduces depression and stress.

Increases productivity: A fitness routine also boosts your productivity at work, as you are able to concentrate better and manage to get more work done in a shorter time, as per an international health journal.

Ripple effect: A physically fit person is able to give more in his/her personal relationships too. Since there is an increase in your patience levels, you are able to solve issues and problems of your family and friends. And it gives you the opportunity of living a healthy, stress-free life.

Foods to fight inflammation and belly fat

Does your eating plan require an overhaul or a slight tweak? Here are a few guidelines to have your body run well.

Fruits and vegetables: They are known to be rich in nutrients and fiber and helps combat chronic inflammation. Thus include adequate amounts of these foods daily in your diet. Some of these foods are — apples, berries, broccoli, mushrooms, spinach and papaya.

Green tea: This beverage does not only improve your skin tone but also aid in weight loss but also decreases inflammation. The flavonoids in the tea contain anti-inflammatory properties that helps reduce body fat.

Omega-3 fatty acids: According to several researches, a diet with high percentage of Omega-3 fatty acids and a low percentage of Omega-6 fatty acids has been linked with decreased inflammation. Foods that are said to contain these acids are walnuts, flaxseed and fish such as wild Alaskan salmon.

Spices: Garlic, turmeric, cinnamon, chilli peppers and ginger are known to be contain potent inflammation-reducing capabilities, so try adding them to your meals as much as possible to avoid inflammation in your system.

Water: Water is essential to help flush out inflammation-causing toxins from your body. Thus consuming 2 litre water is extremely essential throughout the day.

Whole grains: They are said to be rich in fiber, and also help control the insulin response in your body and prevent bloating.

Ahmadiyya Muslim Imam calls for interfaith dialog & cooperation; gives away book on peace

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

An intensive two-day Leadership Training Conference, sponsored by the Universal Peace Federation of North America, was held Friday and Saturday, Nov. 15-16, at the Embassy Suites Hotel in El Segundo, CA. The UPF is an interfaith-based outreach organization dedicated to bringing together people from various religious, social service and educational backgrounds to promote peace, interfaith dialog, mutual empowerment and social justice.

About 60 people attended the conference, and because the focus was on leadership training, there was a lot of attention paid to helping young people become better leaders so they can not only set and achieve their goals, but do so with spiritual integrity and become productive members of society.

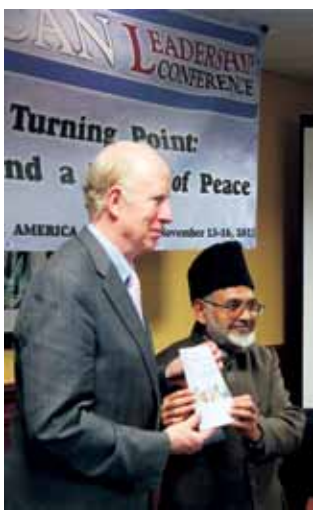
The first speaker was UPF- North America chairman Dr. Ki Hoon Kim. He narrated a video presentation detailing the history, objectives and accomplishments of the UPF. A large roster of speakers contributed their unique perspectives and experiences on such topics as: "Building a Nation and a World of Peace" and "The Significance of Marriage and Family for a Stable and Prosperous Society."

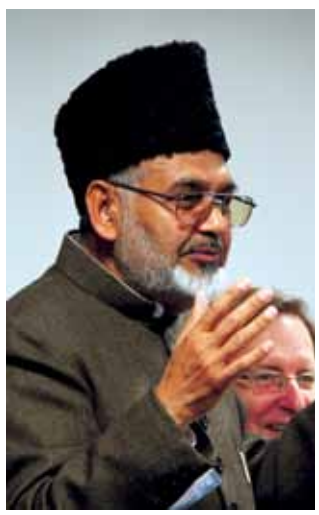
Friday's speakers were Dr. Thomas Walsh, president of UPF International; Mr. Ricardo de Sena, UPF's UN relations director; Ms. Diana Olga Elizarraras Kim of Mexico's National Council of Women's Rights; Rev. Phillip Hellmich, director of peace at Shift Network, Inc.; Prof. David C. McGaffey, director of the Global Stewards Institute; Dr. Gary Spanovich, founder of Wholistic Peace Institute in Seattle; and Rev. Kevin Thompson of the Family Federation for World Peace in N. California. L.A. County Sheriff Lee Baca was the special guest speaker during the dinner at 6:00pm.

Friday's evening lineup included Minister Michellene Milsap from Sadoc Christian Peace Family Church in Compton, CA; Pasadena City Commissioner Nat Nehdar; and Dr. David Burgess, former district director of UPF-USA in the Pacific Northwest.

Saturday's session featured speeches on the topic: "The Need for Interfaith Dialog, Mutual Respect and Cooperation, and the Vision for Youth." The principal speaker was Rev. Tom Cutts, national executive director of the American Clergy Leadership Conference. Following him at the podium were Imam Shamshad A. Nasir, SW regional US missionary for the worldwide Ahmadiyya Muslim Community; Mr. Naokimi Ushiroda, president of the Collegiate Association for Research of Principles (CARP); and Mrs. Tomiko Duggan, acting Sec. Gen. for UPF-North America. Concluding remarks were delivered by Dr. Thomas Walsh, president of UPF International.

Imam Shamshad came from the Ahmadiyya Muslim Community's Baitul Hameed Mosque in Chino, CA and spoke for about 15-minutes on how Islam upholds the necessity of living in peace with believers from other faiths.





The Imam stressed that Islam requires all Muslims to seek peace and make peace whenever possible, adding that Islam forbids Muslims from being the aggressors in any conflict and only allows fighting in self-defense.

The Imam also explained that Islam requires belief in all the prophets sent by God to other religions, and that it is a condition of the Muslim faith to respect the scriptures, holy places and followers of other religions. And since Islam mandates doing good works to serve humanity, it is only natural that Muslims work together with the members of other faiths and join them in helping the poor and needy and doing other good works for humanity.

On the subject of creating a vision for the nation's youth, Imam Shamshad cited the Prophet Muhammad pbuh), who was the example for all Muslims to follow. The Holy Prophet (pbuh), while still a youth himself, helped the poor, widows, orphans, and others in need in Mecca. He also instructed parents to show kindness and respect to their children as well as affection and love. In this way, when they became parents themselves, they would show this same love and kindness not only to their own children, but to their parents in their old age.

This is exactly what the Holy Quran teaches: "If your parents attain old age, do not show them any disrespect. Indeed, be kind to them and provide for them and lower to them your wing of mercy, and care for them as they cared for you in your childhood." In this way, when parents and children love and respect each other, it creates stable and spiritually successful families, and by extension, societies. Imam Shamshad ended his address by quoting the wise observation of the Ahmadiyya Muslim Community's 2nd Khalifa, Mirza Bashiruddin Mahmud Ahmad (1889-1965), who said on the topic of reforming a nation, "A nation cannot be reformed without the reformation of its youth." This is why so much attention is given in Islam to the proper raising and training of children. The success of society depends on its youth being righteous, humble, God-fearing and willing to serve God, parents and humanity in general. Imam Shamshad also brought and distributed for free more than 50 copies of the book "World Crisis and the Pathway to Peace" by Mirza Masroor Ahmad, the current (and 5th) Khalifa of the Ahmadiyya Community.

The book is a compilation of public addresses given over the past three years by His Holiness during his frequent world tours, visiting chapters of the Ahmadiyya Muslim Community across North America, Europe, India, Asia and Africa. (There are now thousands of Ahmadiyya Muslim chapters in 204 countries around the world. The Community was established in 1889 in Qadian, India by Mirza Ghulam Ahmad. Go to: Alislam.org for more info.)

His Holiness Mirza Masroor Ahmad has, since being elected Khalifa in 2003, addressed the legislative bodies of government in the US, Canada, Great Britain, France, Spain, Germany, Japan, Australia, Singapore, and the European Union. The purpose of his speeches has always been to educate the political and military leaders, educators and the media about the true teachings of Islam. Another key element of the Khalifa's public addresses is explaining how to achieve true and lasting peace and warning about the looming threat of cataclysmic destruction from a Third World War and how to prevent it.

Readers who wish to receive a free copy of "World Crisis and the Pathway to Peace" are invited to call the Baitul Hameed Mosque toll-free at 1-866-WHY-ISLAM or on the local number: 909-627-2252. Readers can also reach Imam Shamshad directly at 909-636-8332. He can also be contacted via his Email at: shamshadanasir@gmail.com.

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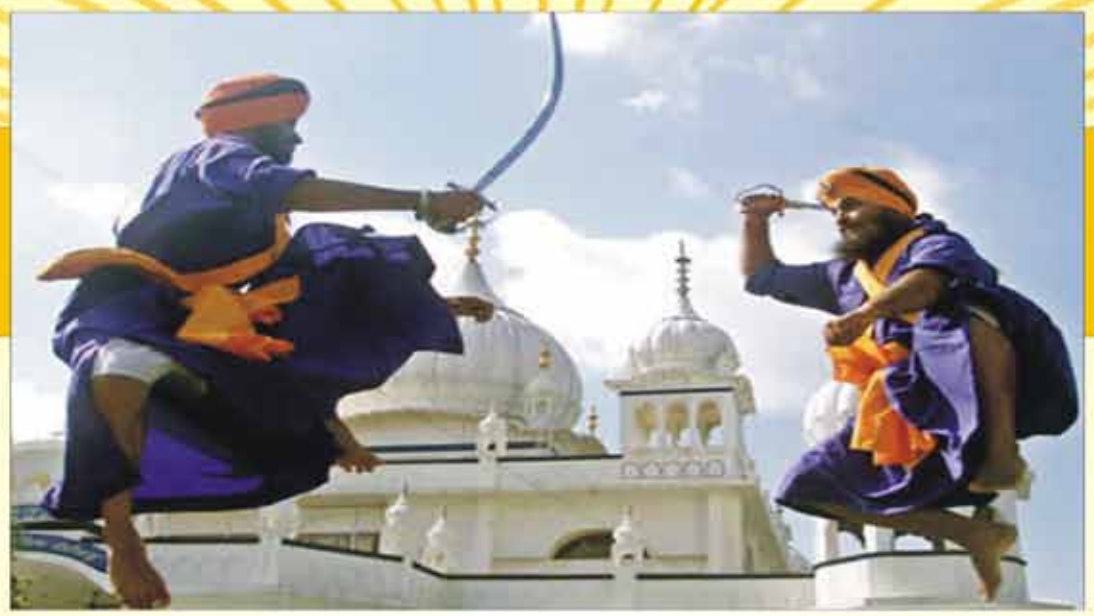

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