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Today

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2015 Mahatma Gandhi Charity Walk - A Grand Success

The Indo-American Cultural and Religious Foundation (IACRF) of Arizona successfully conducted the 12th Annual Mahatma Gandhi Charity Walk on Sunday, December 6, 2015 at Kiwanis Park in Tempe.



The event was run by Indo-American community youth volunteers. Youth did the set-up arrangements, managed the reg-

istration booth, emceed the event, monitored the course, distributed the • More on P16

Which is India's national sport? It ain't cricket you guessed it right. Hockey it is....



This christmas became even merrier because pride of India padmashree Sardara Singh current captain of Indian Hockey Team visited Phoenix to share his wisdom & light to the young aspiring hockey talent.

Sardara became the youngest player to captain the Indian Team and his spirit indeed is that nothing is • More on P22

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East Valley Rings in the New Year at Makutu's Island

Makutu's Island arranged 2 New Year's parties this year as well. One was at noon for children called "Noon Year Party" with mid-noon countdown, NY style ball drop and massive balloon drop of colorful balloons along with the life-size characters Oscar, Kiki, and Makutu leading the dancing with Makutu's dancers.

The evening party was Bollywood-themed with Live Singers Madhu Vijay and Sri-ram enthralling the crowd with foot tapping classic numbers to the recent hits. DJ Isaac and DJ Sean took over after the initial performances with dance remixes going past midnight culminating with grand raffle prizes. Makutu's Island arranged Indian gourmet buffet and Makutu's specialty Paneer Pizza, Samosas and Chicken Tikka Pizza for the guests. Professional family portraits were also taken. Kids also had a lot of stuff to stay excited with the gigantic play tree, arcade games, crafts and movies that were professionally arranged. "We wanted kids to be part of the celebrations, so we created an environment where like-minded families can come together under one roof, socialize in peace, play where it is safe and families party just like being at home without worrying about after party cleaning up", said Kiran & Kiran Vedantam, the owners of Makutu's Island. They were thankful with the community support and overwhelming response to the parties this year.



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New Year, New Beginnings ...

ANew Year means new beginnings, new adventures, new memories, and for many of us, New Years' Resolutions. R. Joseph Hoffman once said "Rightly understood the New Year festival is an act of faith. It is easier for the year to change than to change ourselves. But we believe that somehow, magically, one will lead to the other." However, January passes and people forget their resolutions and fall back into their regular habits because there is no such thing as the new year magically bringing about change. Change is the result of conscious effort, dedication, and hard work.

Every year brings with it memories and the opportunity to strengthen existing relationships and build new ones. Through those memories and encounters, we learn and grow. And each new year brings with it the opportunity to take those learnings and apply them moving forward to become better individuals. As I look back at my year, it was filled with activity - parties, events, work, etc. However, the moments that come to mind first were those filled with a select few individuals who bring a smile to my face as soon as they enter my thoughts. And most of those moments didn't include anything big like a night out, or a formal dinner, or a grand party, but were rather times spent just hanging out at home doing absolutely nothing. More often than not, I had to miss someone else's special event in order to make those things happen and since no



Editor's NOTE

is not something I am used to saying, doing it came with a pang of guilt and a hope that the other person understood. As I sat with my guilt, I wondered if others feel the same thing when they are unable to make something I am organizing and doing or do they all know that I know in my heart if they could have made it, they would have and I understood.

I hope to have more of those low-key, relaxed moments in 2016 with family and year after year, this feeling grows stronger – life is too hectic and we are always on the run

with work commitments, social obligations, errands, etc. We forget to say no and as the year ends, we look back and think about all the things that we ourselves wanted to do that never got done. Year after year, that list piles up. Before you know it, so many years have come and gone, the list has gotten longer and the number of years left to fulfill the things on that list have decreased. And we are left with nothing but a lifetime of regret. As much as I told myself I would do better this year, there is still too much I didn't get to do. 2015 was as always a little bit better than 2014 and hopefully 2016 will be better than 2015. I am looking forward to some great memories in 2016 and wish the same for our gracious readers who have supported us year after year. Happy New Year to all our readers, advertisers, writers, and supporters. Thank you for your continued support!

-Deepa Walia

Editor, Asia Today, editor@asiatodayaz.com

Dear friends,

Time sure flies! The New Year is upon us again and it is a time for celebration, setting positive goals and resolutions and spending time with our loved ones.

I love the Christmas/New Year season. It is the time of year when I always feel blissfully happy despite the pressures and stresses of life.

I try to stay positive no matter what, and I would like to present that challenge to everyone in 2016. Sure, some problems you can't leave in



Marketing Director NOTE

2015, but you can always remember the positive side of things. So this upcoming year, do yourself a favor and look toward the positive.

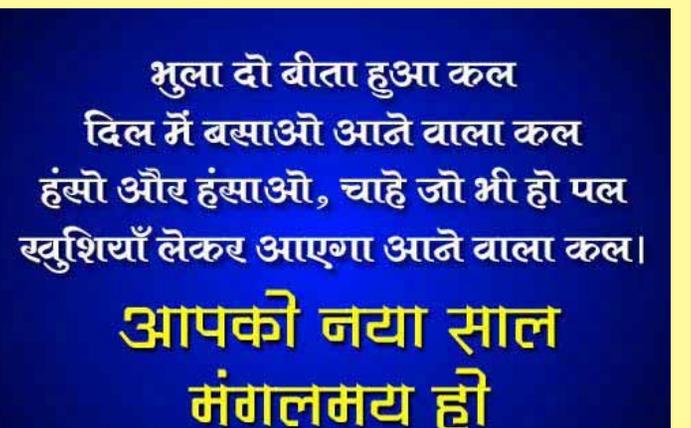
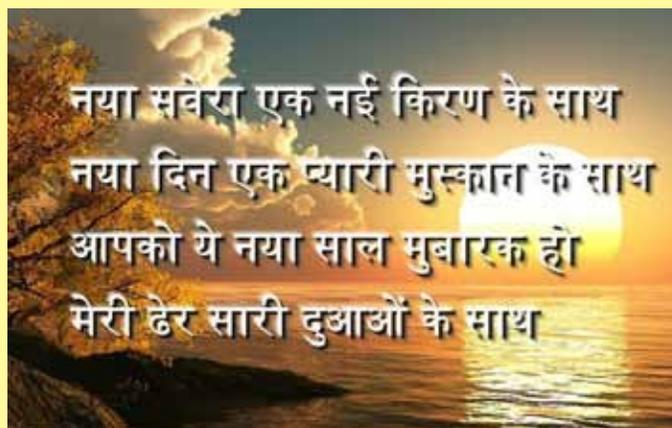
No matter what is going on in your life, be appreciative for the good things

that happen and take time to smell the roses and not take the world around you for granted.

Here is hoping everyone has a wonderful new year!

-Manju Walia (Marketing Director)

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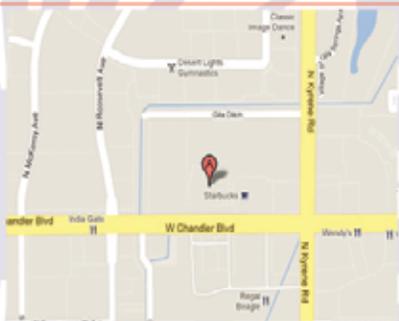
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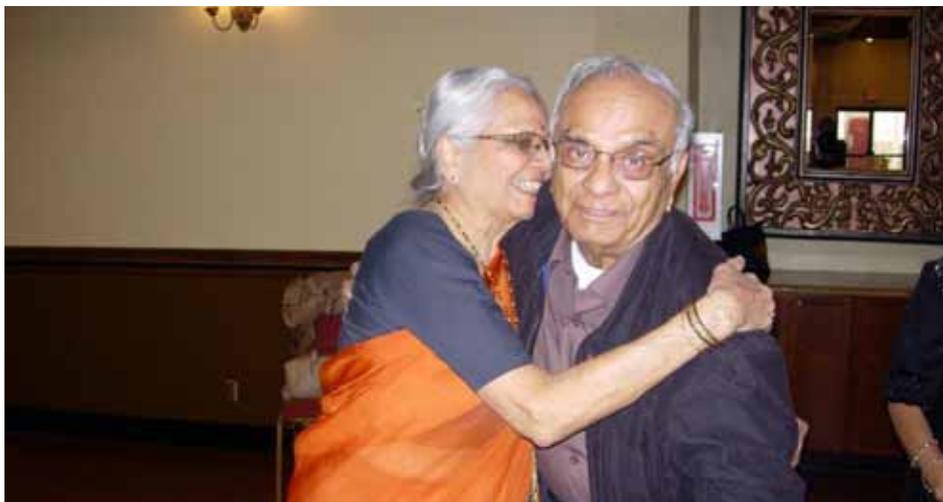
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Season's Greetings from Senior Group



Contributed by:
Dr. Prakash Kotecha and Lalit Patel

Future Events:
Diabetes Self Management Workshop: Jan 7 to Feb 11 (Every Thursday).

Republic Day Celebration: 28th January 16.

Mahatma Gandhi Charity Walk on Sunday, December 6 at Kiwanis Park

We had a planning meeting on Dec 3 for the walk in which Lalitbhai explained the objective of the walk to support New Pathways for Youth fund raising and then invited the guests Mr. Nelson Mendoza and Katie Thorson from New Pathways for more details.

Senior members joined enthusiastically

for the Charity Walk led by Bhagubhai and Lalitbhai. Bhagubhai briefly addressed the group before starting the walk how Gandhiji encouraged and included walk as part of his life and infused the enthusiasm and habit among others and everyone cheered with him for the walk. This was followed by most of the seniors joining 5K walk.

Charan Khurana in the meeting for 10th December congratulated all the members for the great activities by seniors and briefed about the important decisions taken by the Board about Community Center for the future and requested members to avail and promote the benefits of the center.

On December 23rd over 30 members of Seniors enthusiastically celebrated Happy Holidays at Chennai Chettinaad Restaurant.

Diabetes Self Management Workshop

With collaboration of Health Advisory Service Group and Asian Pacific Community in Action, IACRF will be holding a workshop on how to help for self managing diabetes for members who are diabetic or pre-diabetic or dealing with family members having these problems. The workshop will be held from Jan 7 to Feb 11 on every Thursday for two hours from 10-30 AM to 12-30 PM. 27 members have already registered for the same.

Celebration of Senior Members Birthday

Seniors' were happy to see Ramaben and Sumantlal Patel, Florida wet birds, who celebrated their birthdays on December 3 in the presence

of their son Hemant and daughter-in-law Vinita Patel.

Meenaben thanked Ramaben for the guidance, good work habits, entertainments, and untiring help to Bhutanese refugees. Seniors' sang and wished them Happy Birthdays for many many more healthy birthdays.

Seniors' heartily thanks to the lunch sponsors for the past month, namely, Hemant and Vinita Patel, Jashwantbhai and Chandrikaben Patel, Ashvin and Rita Patel and and Subhash and Neeru Sood.

Senior Group meets every Thursday, 10:00AM to 3:00PM at the Indo-American Community Center located at 2809 W. Maryland Ave., Phoenix, AZ 85017, for information please contact Mahendra Devgania Tel: 602-708-0733



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Christmas Celebration at United Indo-Pak Christian Church

Merry Christmas to you all. United Indo-Pak Christian Church and the Sunday School Children blessed about 97 underprivileged children in Namibia and Philippines with their Christmas Outreach, thanks to the support and encouragement of the Church members. Last year, we took baby step of reaching out to 39 children in Philippines, and this year, we were able to give more than double in our efforts to spread good cheer in the lives of many more underprivileged children. We partnered with the Samaritan Purse, a Ministry of Billy Graham Organization to send new clothes, toys, stationary and hygiene items lovingly packed in shoe boxes. These boxes were prayed over by the elders of the church to bring peace, happiness and joy that is the hallmark of the Christmas Season.

The children also celebrated the birth of Jesus by staging a pageant where the good news for mankind was depicted. The church also held a Singspiration musical evening where the congregation and members praised God by singing hymns and worship songs to thank Him for sending His Son Jesus into the world. "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

The UIPCC wishes one and all a blessed Christmas and prays for the peace, love and joy that the birth of Christ symbolizes and which is much needed in today's world of strife, angst, and fear.

God bless you all with many blessings in 2016.

United Indo-Pak Christian Church meets every Sunday 5 p.m. at 11832 S Warner-Elliott Loop, Phoenix, AZ 85044. Phone:

For more information please contact Pastor Jit Pegany @ 602-757-6185 and Pastor Kevin Jacob @ 602-380-8996.



Happy Holidays and a Happy New Year!

Dear IACRF Life Members, Trustees and Community Members:

As the holiday season is upon us, we find ourselves reflecting on the past year and those who have helped to shape the Indo-American Foundation. 2015 has been quite an outstanding year for us all in serving the community and with your support all the programs have been successful for the Foundation and Community!

On behalf of IACRF family, we wish you all a Happy Holiday season and a Very Happy New Year filled with great Joy, comfort, peace and prosperity in 2016.

Sincerely,

Jagdish Sagar
BOT Chairperson

Minaxi Patel
President



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TOP TEN TRAVEL ACTIVITIES FOR YOUR KIDS THIS HOLIDAY SEASON- part 1

Rima Desai

It is holiday season and travelling is up on the cards for many of us. Hence an article on: Top 10 things to keep your child entertained during a long journey.

Parenthood changes so many things for us and one of them is travelling. It is never easy to travel with children, no matter their age or with 1 child or more. Something similar had happened to me and I avoided even short travels for over a year. However, the flip side is that parenting makes us very creative problem solvers as well. Here I share with you Top 10 ideas that will make travel fun for you and your child.

Of course, the I-pad way is the easiest way but easy is rarely healthy or productive. I am totally the Anti-Ipad mom whether travelling or not. It pretty much rages me when I see children watching their travel dvds the moment they are picked up from SCHOOL! So Pretend the I-pad / DVD player does not exist and even if it does, it is the last thing to be picked up.

I could segregate my article in 3 ways but lot of the content overlaps so find these three themes throughout this article:

1. Road vs.air travel
2. Things they can do independently vs. ones where you must be involved
3. Age wise
4. Games that require something to play vs. those that require just you and child talking

Honestly, below age 2, most of them sleep much longer during travels and doctors can suggest a small medicinal if it is very important to have your child sleeping during the travel.

IDEA 1: Age 1.5years to 10years.

Independent

Doesn't matter what age your child is, starting age 1, kids love to scribble and later color. Rarely have I known a child who resents this activity. You cannot argue that girls love it more because I have done over 10 weeks of camps with kids and boys are just as much into this if



they are given the opportunity. Coloring lets kids express their creativity without any boundaries.

You can also have a notepad and pencil colors / pencil for kids to write on.

Interactive

My daughter loves playing tic tac toe (X and O) and dots.

IDEA 2: Age 2 to 10years.



Stickers are the magical way to bring thrill to a child. You need some plain paper or a coloring book and sticker sheets. You can either draw pictures or borders for them to direct where the stickers must go OR you can let them use the stickers randomly.

IDEA 3: Age 1.5 to 10 years

Travel games and activity books are fun and easy to carry in the hand bag. I personally love the travelling piano if you have private transport and don't mind the noise. It is available in USA, online as well.

Some they can use independently and some require either 2 similar age children or an adult to play with.





IDEA 4: Age 4 to 10 years

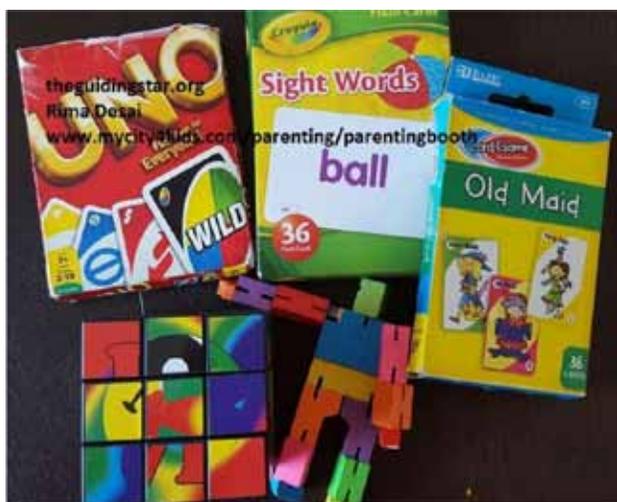
Carrying Play-doh can get a bit messy and tricky. I carry a plastic sheet to keep in my child's lap and even sometimes the high-chair tray to facilitate this. This is possible only in private transport and requires monitoring for kids below age 6.



IDEA 5: Age 4 to 10 years

You can cover several miles with these card games.

Go Fish, Uno, Plain cards give hours of entertainment. Playing memory may be hard, but you can split the deck to a few pairs and rotate the pairs.



IDEA 6: Age 1.5 to 10 years



Books! Reading! Nothing like it. Kids learning to read can get their reading hours finished while travelling. Choose your books wisely: light to carry, smaller size, let your kids choose their favorites and ones that you can use to play I-SPY book with them. Meaning, you could use that Under The Sea book to tell them to spy different sea animals.

IDEA 7: Age 5 to 10 years

The V Reader and The Digital Story books don't harm their eyes half as much + they teach them a TON of things. The V reader has special features that teach vocabulary. The speaker allows you to choose words to ask meaning for and the meaning is very easily explained. There are stories, educational games and other features. You also get many V reader chips to change the characters, story, etc. So there are chips for the movie cars, Madagascar, Cinderella, Hello Kitty, Sponge Bob, etc.



There are many different types of Digital books. I have the Power Touch. There is Leap Frog, etc. as well. They have different story attachments. I also have book attachments that teach about musical instruments, I-Spy games, etc. The base itself has features like –read the story, I-spy, Find the word, Music, etc. So you see it is very educational. The flip side with this digital books is that it is heavy and so carrying it is easier in one's own car.

The volume can be adjusted to many levels so it doesn't really disturb the neighbors.



IDEA 8: Age 1 to 4 years

Musical toys and toys that teach phonics in a fun way.

I used to hand the leap frog which sings A,B,C near her seat. You can also HANG A MIRROR in front of their seat for infants. They just love watching themselves (they think it is another child).



IDEA 9: Age 3 to 10 years

Verbal games go a long way in making travel meaningful and fun. It also saves your teaching time at home. I use these games while travelling from school to home as well!

1. I-spy in the sky or in the car, etc. Start with easy objects and take turns. Let the child give you I-spy questions too!

2. Animal quiz: This animal has the longest neck. My daughter played animal quiz endlessly and learnt so much about animals just



through that. More than anything, I don't even need to look at her in the back seat while I drive. It is so much fun to bond in this manner

3. Math games: You can ask addition, subtraction questions. In fact, you can even use toy currency to teach them if you have a chance to sit next to them during the travel.

4. Objects from an alphabet: how many words can each of us say from the letter 't' for example. Take turns till you burn out all words!

5. Invent your own games.

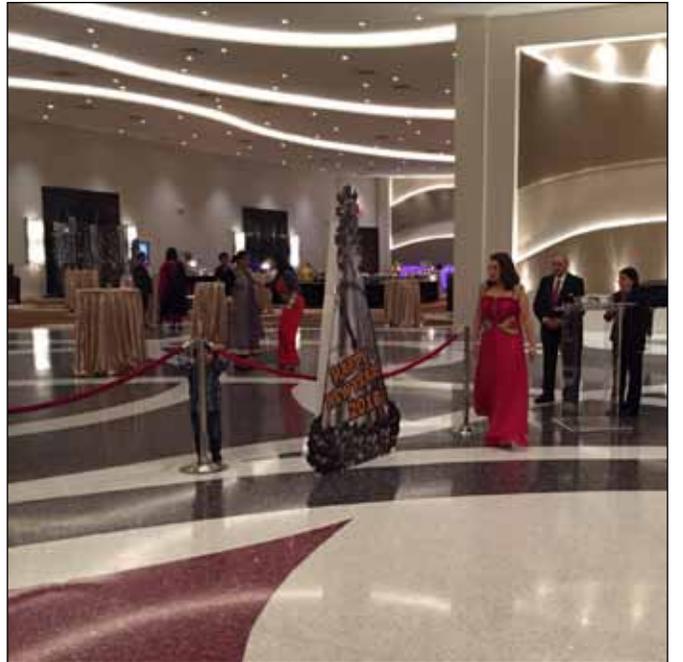


IDEA 10: Age 1 to 10 years

Carry CDs that are age appropriate. There is so much in the market today for kids of all ages. Rhymes for younger lot and Bollywood songs / radio for years 5+ make travel hassle free for you. One of the major incentive I give my child for appropriate behavior is playing her favorite song 5 – 8 times over. It works and I love it because the more she hears the song, the better singer she becomes and gets a hold on the language as well!

Wishing You all a Wonderful Diwali and Happy Travels. Have you already or do you use any of these techniques? Write to me at rima.desai28@gmail.com

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Working Collectively is Not in Our Blood



Here is an interesting observation that relates to the behavior of many Eastern people. Most people from the Indian subcontinent usually don't achieve their ultimate potential, commensurate with their skills or intelligence, while living and working in their mother countries. Upon leaving their homelands for greener pastures abroad and after settling, they seem to achieve the success that otherwise would not have happened had they remained on the subcontinent in their previous environments.

This phenomenon may be related, in part, to the political and economic setup in the countries of their birth. Poorly organized schedules, lax work ethics, less than honest environments, prevalence of corruption, and dishonesty both at the level of social living and political, are not conducive to career, growth and performance. Yet this may not be all and there is more to the story.

The people of India seem to have a built-in cultural deficiency that prevents them from working collectively, in tandem with, or under the supervision of one of their own people. Most of the time, it bothers them that a person like them may have leaped forward or moved ahead of them in the chain of command. Or else they may feel that the other person is "out to get them." Consequently, subtle or overt attempts are made to let that "other one" down, especially if "the other" happens to be one of their own. Figuratively speaking they would hold the foot of the one who is trying to climb the ladder of success. To pull down the legs of one who seems to be climbing higher than the person in question is something fairly frequent. This may lead to a pre-emptive strike to out-manuever that "other one."

To elucidate my point a little further, I wish to recapitulate here this joke that many might have come across at one or the other Indian get-togethers. This will help further in clarifying what I am planning to bring home through these lines. A lobster from the shores of the state of Maine encountered another lobster from the beaches of India. The Indian lobster was very healthy, muscular, and strong. The American lobster had a pre-conceived notion that the Indian lobster should have been rather skinny thin and weak, without any muscle mass. The American

lobster could not comprehend this anomaly so he confronted the Indian lobster and asked, "Why are your muscles so big and strong?" The Indian lobster explained, "Whenever I try to swim ahead of my other Indian lobster friends, they attempt to pull me back so that I do not get ahead of them. My strong and big muscles that you see are the result of that constant resistance to the pull by other Indian lobsters." This joke, while funny, may apply equally well to the nature of human Indians.

Instead of focusing on our own success, we sometimes concentrate our efforts on setting up the downfall of a fellow countryman. In order to prevent a fellow Indian from scaling the height, we do not hesitate to go an extra mile, even if that extra mile might be laid out with all the thorns and hurdles. In fact, infighting and bickering that we often witness around us in all facets of our lives seems to be rooted in these attitudes and behavior. All platforms, whether political, or religious, such as houses of legislations, party headquarters, Gurudwaras, Temples or Masjids, unfortunately have been used for this purpose, at one or the other time.

In the political set up, our people will often make sure that the other loses while it isn't essential that we win. All the noise made in the legislative assemblies and in the Indian parliament by our elected representatives is not always meant for the betterment of people. At times some of us will try to get in office for the sole purpose of pulling and bringing down those in power while raising our own status at the expense of others. Rather than keeping the commitment to a promised philosophy or political concept, our allegiance slowly shifts to a deep, hidden desire for personal success. Usually this becomes our only and prime objective.

To settle personal scores with the people on the other end of the isle, even if it involves flip-flopping party lines or changing the philosophy, is a 'business-routine' for us. Our political differences are usually not based on commitment to a philosophy or respect for a political concept. Rather, our allegiance is to our deep hidden desire for a personal success over our fellow beings. And to succeed, we wouldn't care even if we have to traverse an extra-mile. We may see and yet try to un-see what

comes on the way and easily ignore the fundamental philosophy of our forefathers. The pages of Indian history are replete with such instances over and over again. We lost our country to foreign invaders not because we weren't smart enough or strong enough but because we had a desire to pull the plug on our own type of people.

On the contrary, the people of the West have always appeared superior to us regardless of one's credentials or intellect. There is also a reason for this; the centuries of slavery has created this mindset in us and changed our philosophy.

However, once an Indian settles in a structured environment, such as in the West and begins working under well-established ground rules, suddenly the best is brought out of him or her. Removed away from quasi-serious environment of its own group of people and without interference from Indian bureaucracy, the true color of a motivated Indian is unleashed. The success waits at the door-step ready to touch the feet when efforts are made systematically, under an organized structure. The accomplishments in the West by many immigrants from the East seem to prove this hypothesis time and again, regardless of their professional or educational backgrounds. Despite stiff competition, limited financial resources, and other initial disadvantages, our people have climbed higher and faster on the ladder of success when compared to the indigenous population.

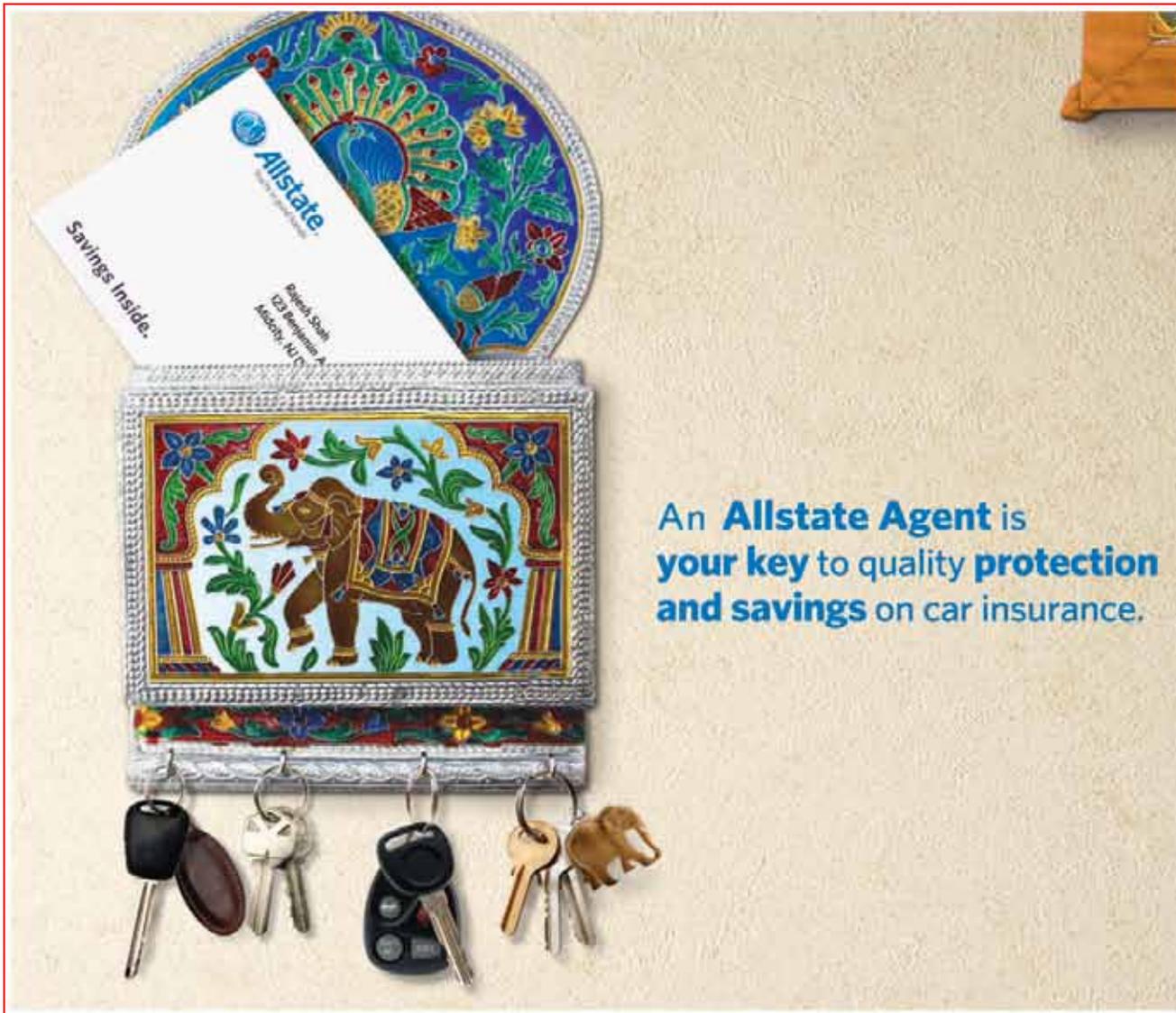
For example, the immigrants and naturalized citizens from the East continue making dents into what were once considered as elite clubs for a chosen few. They have come to occupy positions of high responsibilities as well as authorities and have taken over the reins of several establishments. Likewise, the business sector has already penetrated much more than what could have been expected based on their numbers. People of India have proven their worth in running many large high-tech as well as small and intermediate types of businesses such as hotel industries, gas stations and so on. Stiff competitions, lack of upfront resources and relatively meager numbers don't seem to prevent their ascents to the peaks. Given the fact that many walked away from their native lands without much of hard cash

or resources, it is no less than a miracle to comprehend their great success in the adopted homelands.

Likewise, people of the Indian subcontinent have been successful in infiltrating several high profile governmental jobs of great responsibilities. Some have taken big aims for high spots in the political arena such as that of the Congressmen, Senators and Governors. The medical profession is penetrated by so many Indian practitioners that often times Indians are referred to as "born healers." People of the West have already accepted India as a prime destination for outsourcing their medical needs. Our skill and success in the information technology, doesn't need any special mention. Same goes true for teaching in the universities and for the profession of Engineering.

Yet, there does seem to be a true silver lining. No doubt, the dark dense clouds of our built-in cultural inability to work collectively with one another hovered over us for a long period of time. But now the rising fresh sun-rays, pregnant with newly acquired unique knowledge have started to penetrate, demystifying their darkness as they illuminate a future filled with new knowledge and enlightenment. The emphasis need not be on dark clouds i.e. our deficiencies anymore, rather, it should be directed towards the powerful rays of new knowledge that will, for sure, dispel such darkness. We must first understand and acknowledge our shortcomings and weaknesses. Once we get truly enlightened about our own inefficiencies and deficiencies and then use our minds with a new "out of a box mentality," there will be no stopping. Heavens are ready for us to be won, now let us do it. Together or alone, it doesn't matter!

*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>



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2015 Mahatma Gandhi Charity Walk - A Grand Success



food, and cleaned-up after the event. They did it with so much positive energy as you can see in the pictures. Congratulations to all youth for a job well done. The day's events included 1-mile and 3-mile walks, yoga sessions and presentations from representatives of NPFY and IACRF. About 170 people attended the walk. A total of over \$16,000 was raised through the charity walk.

IACRF donated 100 percent this amount to New Pathways for Youth, a local Phoenix-based charity group that aims to transform the lives of troubled youth through mentorship. Thanks to the community members for attending and supporting the event. Thanks to Charity Walk Chair Kalyan Raman and team members, Sister Organizations, IACRF Board of Directors and Trustees, IACRF Staff for all the support in making this a successful event for the community at large while accomplishing the Charity Walk goal "to help the poor in the larger local community in Arizona"



Glimpses of New Year Celebrations at Nishkam Seva Gurdwara Sahib



New Year 2016 and SVK Youth group Fund raising for TN releif



HAPPY
MAKAR SANKRANTI

Free Entry

Bonfire

Rangoli
Competition

Games
for
Kids and Families



Jan 16th 11 AM - 2 PM

PONGAL - KITE CELEBRATIONS



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Naren 602 740 4388

Rajesh 480 229 9723
Satish 602 492 6023



“Charity Walk for Local Shelters” started in 2004 has a new name. “MAHATMA GANDHI CHARITY WALK” to indicate the South Asian Indian community's effort and to honor his love for walking and serving the poor. Gandhi considered walking as the prince of exercises and loved walking. He imbibed the habit of walking as a young boy and used to walk eight to ten miles every day while studying law in London. While it was a daily habit for Gandhi, it came as a surprise to the world when he, along with many other Indian freedom fighters, walked 241 miles from Sabarmati Ashram to Dandi. Popularly known as the Salt March or Dandi March, he was 60 years old at that time.



12th Annual Mahatma Gandhi Charity Walk

1 Mile & 5K

Sunday, December 6, 2015
Fiesta Ramada, Kiwanis Park, Tempe
5500 S Mill Ave Tempe, AZ 85283
ADMISSION IS FREE!

Organized by:



INDO-AMERICAN CULTURAL & RELIGIOUS FOUNDATION (IACRF) OF ARIZONA

A registered non-profit organization under section 501(c)(3)

Program

- 9:30 am: Registration, Welcome & Yoga
- 10:00 am: Walk Start (1 mile & 5K)
- 11 am-Noon: Food & Fun activities for all ages

Pre-registration is requested but not required
www.iacrffwalk.eventbrite.com

IACRF and its Sister Organizations invite Children, Adults & Seniors for the **12th Annual Mahatma Gandhi Charity Walk**

This event is a fund-raiser to benefit



Transforming Lives Through Mentoring!
Learn more at www.npfy.org

Donate through:
Arizona Working Poor Tax Credit*

- Donate up to \$400 at zero cost to you
- Help under-privileged youth
- Feel good about transforming lives!

(* When you donate to 'New Pathways for Youth', the ARIZONA CHARITABLE TAX CREDIT allows you to receive a dollar-for-dollar tax credit on your Arizona state income tax return. You can receive a tax credit of up to \$400 when filing a joint tax return or up to \$200 when filing a single tax return.

Please make checks payable to **New Pathways for Youth** and handover to IACRF Treasurer at the Walk. You may also mail your checks made to **New Pathways for Youth** to: IACRF, P.O. BOX 35275, PHOENIX, AZ 85069

For additional information, contact:

- | | |
|-------------------------------|--------------------------------|
| Kalyan Raman (623-521-5265) | Mina Patel (928-925-5062), |
| Murugan Patham (480-510-3826) | Jagdish Sagar (480 235 5001) |
| Prasad Ravi (602-400-8629) | Bhagubhai Patel (602-524-9658) |
| Rajeev Sethia (480-390-3429) | Dr. Gautam Shah (602-750-5122) |

SAVE THE DATES



Kite Festival

Sunday, Jan 17, 2016

Contact:

- Dr Gautam Shah
602 750 5122
- Minaxi Patel
928 925 5062

India Festival

Saturday, March 5, 2016

Please Contact:

- Business Booths**
Joe Dodani
480 242 6607
- Cultural Programs**
Kinal Movalia
623 308 2909

Food Booths

- Srini Gottipati
480 522 8649
- Nitin Jain
480 621 9196

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Contact:

Cultural Director:
masalamaggi@gmail.com
(623) 326-0856

Other details:

President@iaphx.org

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Free for Life Members

www.phoenixindiaassociation.org

Which is India's national sport? It ain't cricket you guessed it right. Hockey it is....

impossible if you believe in yourself.

Phoenix Scorpions Field Hockey Club members were so delighted that words cant express their joy. It was a meet & greet session at the Reach 11 Sports Complex 2425 E Deer Valley Road on 26th Dec. Sardara coached the young talent and was excited to

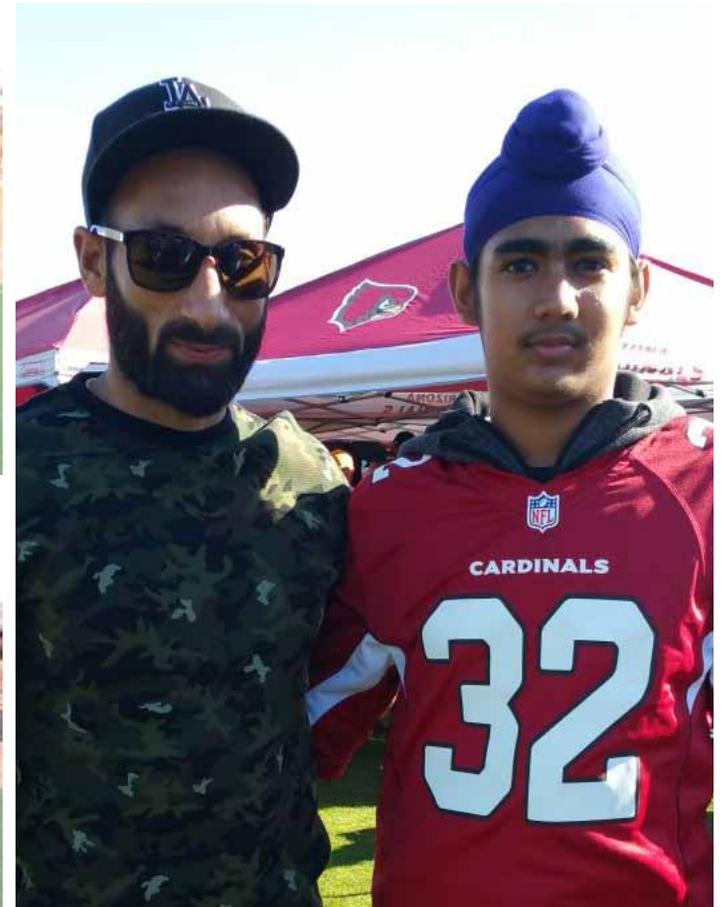
know that our Indian youth is shining bright in United States hockey team U16 & U18. (needs confirmation)

Mr Tony Mangat & his team have been trying to invite Sardara since many years but because of his busy schedule it wasn't possible until now.

So the players are grateful to Mangat Inc who

turned their dream into reality. Phoenix Scorpions Field Hockey Club coaches young players to have the skill, experience and energy to teach any player from beginner to advance.

Make your time more worthwhile if hockey is your sport go for it.





Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

JANUARY 2016 Programs & Events

17 Poh – 18 Magh, 547 Nanakshahi Era (NE)

Dec 31, 2015 (Thur) – New Year's eve Kirtan Darbar 10:00 PM – Midnight
Followed by Jallabia and milk.

HAPPY NEW YEAR EVERYONE!!!

Jan 1, 2016 (Fri) – NEW YEAR program

Asa-Di-Vaar 9:00 am to 11:00 am
Evening Kirtan Diwan 7:00 pm to 8:00 pm

Jan 3 (Sun) – Punjabi School Spring session begins. Please register ASAP.

Jan 8 - 10 (Fri-Sun) – Parkash Sri Guru Gobind Singh Ji (1966)

Akhand Path Arambh: Fri. 10:00am, Bhog: Sun. 9:00am
Shaheedi Bhai Kehar Singh Ji, Bhai Satwant Singh Ji (Act: Jan 6, 1989).

Jan 13 (Wed) – Happy Lohri !! – 6:30pm – 8:00pm

Jan 14, Magh 1 (Thur) – Sangrand Monthly Program (10:30am – 11:30am)

Jan 17 (Sun) – Laying the foundation stone of Sri Harmandir Sahib

Sri Guru Arjan Dev Ji, Hazrat Mian Mir ji (Actual: Jan 13, 1588).
Mela Sri Muktsar Sahib (Mela Maghi) – remembering Mai Bhago and Chali Mukhtay (40 liberated ones) (1705).

<http://www.info-sikh.com/PageMukht.html>

<http://www.sikh-history.com/sikhhist/warriors/bhago.html>

Homeless Langar Seva – Call 602 741 8021 for more info.

Jan 24 (Sun) – "Chabia da morcha" – a campaign for the recovery of the keys of the Golden Temple treasury. (Actual: Jan 19, 1921)

http://www.sikhiwiki.org/index.php/Morcha_Chabian

Jan 29 (Fri) – B'Day Baba Deep Singh Ji Shadeed (1682-1757) (Act: Jan 26)

Regular Programs:

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

Sukhmani Sahib every Wednesday: 10:30AM - 11:30AM

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

Waheguru ji ka Khalsa! Waheguru ji ki Fateh!



Guru Gohind Singh Ji



Sri Harmandir Sahib



Mai Bhago and Chali Mukhtay



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& DR. JASBIR SINGH SAINI MEMORIAL HALL

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



How to not waste food this party season

As you prepare to host lunches and dinners, make sure you don't end up wasting food. We usually bulk-buy grocery when preparing food for a big gathering, and a lot of it goes waste. Here's how you can avoid it.

- Keep an eye on what's inside your fridge. Be mindful of the perishable food you have and plan meals to fit in with their best-before dates.

- Store food according to the instructions on pack - leaving food out of the fridge can cut the life of foods like milk, cooked meats and salad by up to 100%.

- Using leftovers to make delicious meals is a smart way to ensure you eat everything you buy.

When cooking, use every piece of whatever food you're cooking with. For example, leave the skin on cucumbers and potatoes, saute broccoli stems along with the florets, and so on

- Veggies don't have to be tossed just because they're not as fresh. Soft fruit can be used in smoothies; wilting vegetables can be used in soups, etc. And both wilting fruits and veggies can be turned into delicious, nutritious juices.



Quick recipe for a healthy pancake

Winters and something warm, gooey, sweet, decadent yet healthy is something that every food loving soul seeks for. While it is extremely important to keep a tab on calories and not go overboard with food, balancing healthy food options that awakens your taste palate is the trick. How about making winters a little bit more fun by treating your sweet tooth in a healthy manner?



- a pinch of salt
- milk 4-6 tbsp

Method:

A quick, simple, healthy and easy pancake recipe that has the goodness of oats, bananas and strawberries that will add that extra zing to your morning breakfast time.

So here you go!

Ingredients:

- 1 cup oats (nicely roasted and finely powdered)
- 2-3 bananas
- 5-6 strawberries
- a pinch of cinnamon powder
- a pinch of cardamom powder
- few drops of vanilla extract (you can add if you want to; any other flavor can also be added)

1. Roast the oats and then powder it finely; keep it aside.

2. Blend bananas and strawberries, make it in a puree form. Do not add any water while blending it.

3. In a bowl, add the powdered oats, blended fruit puree, cinnamon powder, cardamom powder and milk.

4. Mix it well, the batter shouldn't be very watery neither it should be very thick.

5 On a nonstick pan, grease very little butter, and start putting the pancake batter, let it cook on both the sides till it becomes nice golden in colour.

6. Take it down and serve it with cut fruits and honey.

Add some fresh fruit zing or just stay true to the classics with innovative cocktail recipes on your Christmas party.

Lam Chi Mun, director of Diageo Bar Academy, Asia Pacific, shares exciting recipes to create tasty concoctions for the festive season.

Smirnoff melon passion

A fresh fruit-themed cocktail to add zest and freshness to the season's most exciting brunch parties

Ingredients

- Smirnoff Red - 60 ml
- Watermelon - 4 to 5 chunks
- Monin Passion Fruit Syrup- 15 ml
- Lime Juice- 10 ml

Preparation: Muddle wa-

Innovative cocktail recipes for your party

termelon; add Smirnoff Red, Monin Passion Fruit syrup and lime juice to your shaker. Add ice and shake. Finely strain into a martini glass. Garnish the beautiful drink with a crisp watermelon wedge.

Smirnoff spritz

A fun drink that will lend spice to a sundowner party

Ingredients

- Smirnoff Red- 50 ml
- Cranberry Juice - 45 ml
- Lime Juice - 15 ml
- Tonic Water - top up
- Cinnamon Sticks - 1 to 2

Preparation: In a wine glass, add Smirnoff Red and cinnamon sticks. Add ice, cranberry juice, lime juice and top it off with tonic water. Don't forget to garnish your drink with an aromatic cinnamon stick.

Black & White Jag Sour

This classic drink with an extra twist will definitely be the highlight of your party.

Ingredients

- Black & White Whisky - 50 ml
- Jaggery Syrup- 15 ml
- Lime Juice - 20 ml
- Egg White- 1/2 no
- Angostura Bitters- 1 dash

Preparation: Add Black & White Whisky, jaggery syrup, lime juice, egg white and angostura bitters in a shaker. Give it a shake with lots of ice. Pour the concoction into an old-fashioned glass. Garnish this classic drink with a cocktail cherry.



Behind closet doors: Nadine Dhody

Nadine Dhody is living the fashion-loving woman's dream — she owns a walk-in wardrobe at her Napean Sea Road residence; she has special designated sections for her shoes, bags and accessories, while the remaining cabinets are reserved for her clothes. As she shows us around, dressed in a structured white top, white jeans, pearl ear jackets and nude heels, she talks about her love for monotone clothes, and more.

Closet staples: "I like wearing monotones, and often add a touch of colour by way of my accessories. I have started gravitating towards pants of late and prefer skirts over dresses. Twinsets are flattering too. I also like wearing structured tops, jumpsuits and maxi dresses. When it comes to Indian wear, I wear my own label."

Style influences: "My mom (stylist Rita Dhody) has been a big influence. She is an immaculate dresser. I studied in London and the city's style culture completely changed my sartorial



sensibility. Other than that, street style inspires me. I also like looking at Instagram accounts of fashionable women for inspiration."

Top shopping destinations:

"London is one of my favourite cities to shop in. Los Angeles and New York follow as my other top favourites. I always look for unique, unknown boutiques in these two cities."

Accessory accessories: "I am big on accessories, and invest in classic styles. Chanel is my favourite label for bags. I am really comfortable in high heels. In fact, I can run in them. Six inches is my go-to height and Christian Louboutin is my go-to brand for heels. Also, I can't leave the house without a watch."

Never say never: "I never thought I'd give in to the pointy heels trend, but I've converted very recently. The same goes for culottes too."

Home girl: "I'm so dressed down at home and the office (when I don't have client meetings) that you probably won't recognise me. I practically live in tights as I find them very comfortable."

Beauty diaries: "I am not a make-up junkie, but I love collecting lipsticks and nail polishes as they complete a look. Matte shades in nude, pink and blood red are my top picks for both."

Most attached to: "I cherish a dark blue-green Chantilly lace sari passed down to me by my grandmother. My mother's vintage hand-me-downs — a lot of them from Dolce & Gabbana — are prized possessions too."

Closet envy: "Though I won't call them my style icons, I think Blake Lively, Olivia Palermo, Rachel Zoe and Kate Moss dress really well. So I'd love to raid their closets."

Your attention 'hair': 5 easy ways to make your mane fabulous

Winter season is upon us and so is the season when you don't feel as excited about washing your hair every other day. Your hair gets slick or dry as hell with all the static from rubbing with your sweater.

To keep the strays controlled and to also sport a new look everyday, you can try experimenting a bit. Seriously girls, open hair or ponytails are not the only options available to you.

So try these nice, quick lifesavers of hairstyles and glam on!

The French braid

For those sparkly occasions when you want to be a headturner, try French braided pony. Pick up a two-inch thick strand of hair from the front. Divide it into three equal strands.

Now, while braiding, pick up a bit of hair, add it to the rightmost chunk, and then cross it over the middle chunk. End it into a pony.



Braided Ponytail

This will turn the ponytail from boring to snazzy. Make a side part. Then, take a section of your hair and start weaving it in braids. Stretch out the braid to make it look thicker and flatter. Secure the end

with a pin or a rubber band. Lead this braid to the ponytail. It is no longer a straight-from-the-gym hairstyle.

Half-up

There might be a dearth of hairstyles for short hair, but

this is the one you must master for a fun look. Take two thick front strands of hair and roll it all the way back. When you reach the centre, roll the right side towards the left, and the left towards the right. Hold with a bobby pin. You can

even try some braiding.

Braided bun

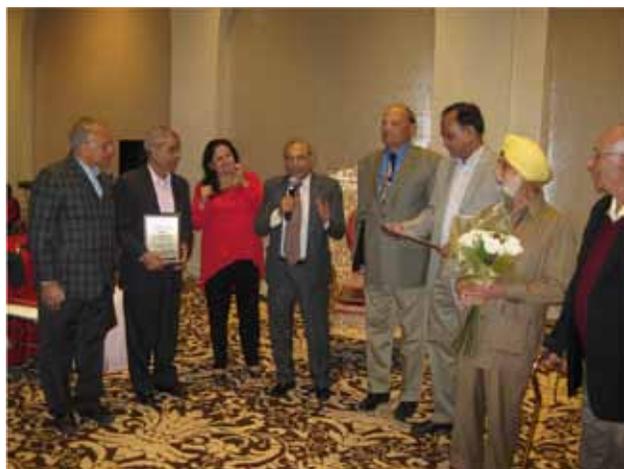
Give an unexpected twist to the predictable bun! Loosely braid your hair, and secure it with an elastic band. Wrap the braid, like you would do while tying a normal bun. Tuck the ends of the hair with bobby pins. Voila!



Soft waves

If you wake up at zero-time, and still want to look your stylish best, all you need to do is braid your hair loosely after washing your hair at night. Make around 7-8 braids. Undo the braids in the morning, and scrunch them with your hands to get bouncy waves.

INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA) SEASON'S GREETINGS & HAPPY & SAFE HOLIDAYS!



On December 01, 2015, Jitubhai welcomed Ramaben & Sumantbhai from Shantinekatan (FL) as ISAA's guests where Ramaben shared her experiences for all to appreciate. Jitubhai described celebration of Dev-Diwali, Giving Tuesday, and World Aids Day. Dr. Kanubhai spoke on Aids and his contributions to its definition and possible solutions. Shantubhai Amin was praised and recognized by institutions for his three major contributions in cancer R&D. An appeal was made by Jitubhai to contribute generously to PEARL Foundation. Please contact Renukaben for pledging your support with cash or checks to ISAA Today's sponsors for the luncheon were Chandrikaben & Ritaben. Jitubhai highlight-

ed the recognition of Umang Shah in the corporate executive world at such a young age. Parents upbringing has played a very positive role.

On December 08, 2015, after an hour of meet & Greet Jitubhai presented various video clips of general interest including some beautiful melodies from Bollywood of Yester years. A short video of "Last Hundred Years in ten minutes" was shown. This was well received. Here are the titles of clippings that were shared: Khane me kya banau, Tere Husn Ki Kya Tareef, Ghei Chhand - Shankar Mahadevan, Duniya Ke Rakhwale, India is Tolerant - Explanation, Preetam Aan Milo, Jalte Hain Jiske Liye, and, 100 Years in 10 Minutes. The sponsors today were

Sumanben & Ishaji. Over seventy five members and guests enjoyed the treat. Miniben, thank you for ISAA's ad in Diwali Mela by Asia Today.

On Dec 15, 2015, ISAA marked the day of year-end summary by Jitubhai. It was aptly titled- Meethi Yaden. Selected slides from power point presentation were shared with those who couldn't make it. The talk covered the path forward to new-year as we change ISAA meeting venue to La Princesa. The sponsors today were Kapilaben and Thakorbai. Many thanks for a wonderful treat as enjoyed by over ninety members and guests. Narayanbhai thanked the Holiday Inn for its hospitality over the years as it made our get together here enjoyable for good

two years. Jitubhai thanked all who lent their support to PEARL foundation and appealed for a continued hand. An anonymous donor pledged support for a projector and a screen. ISAA's regular meeting will be at La Princesa effective from January 05 2016.

ISAA at Chateau Luxe for a BIG X-MasTreat!

The ISAA members were looking forward to the day when Deepika Bhal-la was hosting Christmas party for the seniors in her latest resort facility -Chateau Luxe. No sooner the announcement was made at ISAA's regularly scheduled meeting in early December, the wait was getting longer. Finally, the day dawned, with clouds and a little



chill in the air. But, no sooner one entered the fine semi-circular entrance; it was a feel of stars in the cloud. A bright opulence all around filled the entire surroundings. It was just “wows” and “wows” as one looked up and as far as the eyes could see!

One by one the members and guests started arriving. Ladies were decked up in beautiful saris of all colors and materials. Their natural beauty was brought out by glamorous jewelry. Men had their suits on making them look distinguished. The halls filled up with sounds of hello and hi! Some grabbed a cup of coffee and pastry. Deepika conducted a tour for the guests through shining and marvelously decorated halls, gorgeous spacious and immaculate spotless kitchen. There aren't enough adjectives to describe the facility.

As the tour ended people took their seats. Deepika welcomed all with a beautiful music in the background. During the welcome of the guests Santa entered the hall with an uproar of “Merry Christmas” and- ho!ho!ho! Clicks and flashes from cameras and cell phones made the halls into a sparkling beauty. Fancy dress- walks for men and women were judged by the Chateau Luxe manager. The best were recognized and rewarded.

Deepika paid a special tribute to ISAA, its objectives and growth. In so



doing she recognized the hard work by the working committee as she awarded each one a plaque. In another short ceremony Deepika recognized and thanked

her dad, and her mentor “papa” with bouquets. ISAA recognized Deepika, with a bouquet, for her encouragement and devotion to its growth and success.

Once the formal part was over it was just all sing and dance- bhangra, garba, classic and some acrobatics by the staff (boys). People were anxious to enjoy the multi-course luncheon prepared by the world-class chef. The sat-

isfaction of the food and fun was very obvious on their faces. Alas, it was time to say bye and leave the beautiful place behind. But the sweet memories of the day will linger on forever in their minds. The ISAA members and the working committee cannot thank Deepika, enough, for her love and kindness. Briefly, on December 22, 2015 at Chateau Luxe, ISAA's Christmas Party was the climax of ISAA's activities through for the year 2015. Over one- hundred ten (110) people attended the annual gala hosted by Deepika. The new resort facility -Chateau Luxe was like a dreamland of lights and laughter. The chef did an outstanding job in the preparation of variety and delicious items. The Santa came and left but clicking of cameras continued utilizing his chair by couples, friends and visiting guests. It was truly a memorable day.

Classical Music Examinations and a Violin Concert Concludes Another Year at Sangeetshri



Arizona took part in Akhil Bharatiya Gandharva Mahavidhyalaya (ABGMV) Mandal examinations held at Sangeetshri School of Music, which

is also an approved center in Arizona to conduct ABGMV Mandal examinations. Dr. Swarna Khuntia, Assistant Professor of Violin at Banaras Hindu



University, India was the external examiner who conducted the examinations. Dr. Khuntia also presented a enchanting concert on Friday, December

4th at the Holiday Inn Desert Ridge and enlightened the audience about the unique Gayaki Ang (Singing style) of Violin playing.

Don't just visit: Explore new destinations, take longer vacations

Last month, a study conducted by global consulting firm Northstar, in 26 countries, revealed that India ranks fourth among the world's most vacation-deprived nations. Apparently, around 73% of the respondents polled felt they deserve more breaks than what they got. But the reverse also seems to be true. Travel experts say a growing tribe of vacationers are taking off on holidays that extend for weeks or even months.

Madhurima Banerjee, 28, swears by this kind of a break. She and her husband recently took a three-month holiday from their respective offices, and went to France. "We spent our time in Paris, and drove to places nearby. Our friends were shocked by how limited our itinerary was, but we didn't want to just see places, we wanted an authentic French experience," says the IT consultant.

The beginning

Slow travel is on the rise in India. The concept has its origins in the slow food movement, which began in Italy in the '80s as protest against the opening of a McDonald's in Rome. Since then, it has developed into a whole new way of life called the Slow Movement. The emphasis, however, remains on making connections — be it with local food, culture or people. When it comes to slow travel, the idea is to not squeeze as many sights and cities as possible into an itinerary, but to explore each place thoroughly and experience local culture. "Over the last three years, we've seen a 100% growth in the number of people opting for vacations that last longer than 20 days. These travellers book flight and hotel combos, and plan their on-ground itineraries themselves," says Amit Taneja of Cleartrip.

Intense experience

Such travellers are also focused about their approach to a holiday. They want to learn more about their destination, so they spend at least days or weeks at the same location, and live in homestays where they get firsthand knowledge about the culture and traditions from the host family. They also like to savour local delicacies, take part in activities, and gain an insight into the lifestyle of that area. "Slow travel allows you to experience the place more intensely. The idea is to have an immersive experience. It is not about seeing five countries in 10 days," says Karan Anand of Cox & Kings.

While Europe, Egypt, UK, Australia, New Zealand and the US are the preferred international destinations for



long breaks, Indians have also begun travelling within the country for 20-25 days.

"The see-as-much-as-you-can whirlwind packages are giving way to more meaningful exploration. Slow travel holds more allure, as it provides an ideal opportunity to soak in the culture, engage with people, sample the local food and wine, and isn't this what travel is about?" says Jatinder Paul Singh of Thomas Cook India.

How to go slow

Accommodation: Opt for vaca-

tion rentals or homestays. They cost less, are spacious, and offer a more homely feel than hotels. Most rentals in Europe need to be booked from Saturday to Saturday, and are snapped up fast in peak and shoulder seasons. So, choose and book one as soon as possible.

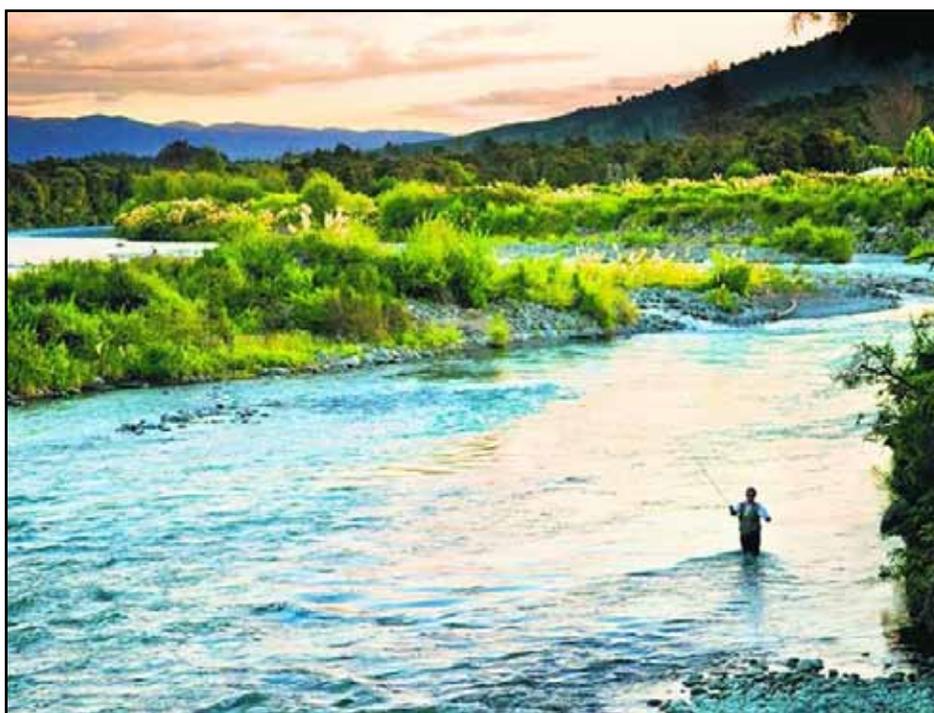
Food: Such trips are best enjoyed with local experiences. So, head to the farmers' market on Sunday, and seek out local ingredients. Taste the regional cuisine at spots frequented by the locals, or visit markets to pick the best veggies or the freshest catch of the

day.

Transportation: For the harried traveller, flights are a time-saver and a convenient option. But if you intend to stay in the same spot for a while, opt for public transport like buses and trains. Better yet, cycle or walk around to soak in the vibe of the destination. "We have observed that the growing popularity of slow travel coincides with the rise in the number of people opting for self-drive holidays, which offer the convenience of being in charge of one's pace and exploring a getaway at leisure," says Rakshit Desai of Flight Shop.

Vacations in India

Slow travel works best for those who want to enjoy a laid-back life while discovering a new place. "The ultimate aim is to break away from everyday life. The benefit is the abundance of time one has on hand. You can start by exploring your immediate surroundings, and gradually broaden your horizons by getting to know more about the place that you are visiting," says Alope Bajpai from Ixigo. India offers a lot of scope for such voyages of discovery, and train travel is a great way to explore the country's secrets. "Staying at a coffee plantation in Coorg, taking the time out to learn local arts like pottery or Kalaripayattu, participating in rejuvenating yoga programmes are facets of slow travel that instill a deeper appreciation of our culture and ethos," says Rajeev D Kale from Thomas Cook India.



A laid-back, slow travel plan helps you explore new places better.

JANUARY 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Year Celebrations at Maha Ganapati Temple of Arizona	2 Free Guided Meditation
3 Sri Rama Paduka Patabhishekam by HH Sri Ahobila Jeeyar Swamiji	4	5	6	7	8	9 Hanumath Jayanti Celebrations
10	11	12	13	14	15 Art of Silence Workshop	16 Makara Sankranti, Pongal Celebrations and Ayyappa Irunudi Walk
17	18	19	20	21	22	23 Free Meditation and Breathwork
24	25	26	27	28	29	30
31						

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Your charisma will no doubt attract a lot of attention. You can have an enjoyable time if you socialize with friends. Your ability to work with detail will bring recognition. Get involved in groups that are creative in nature. Your luckiest events this month will occur on a Sunday.

ARIES



Mar 21 to Apr 20

Your magnetic, outgoing personality will capture hearts. Caustic language may cause you to want to get out of the house. You may find it necessary to confront a situation that has gotten out of hand. Put your time and energy into travel, philosophy, and soul-searching. Your luckiest events this month will occur on a Tuesday.

TAURUS



April 21 to May 20

Minor accidents are likely if you take risks. Don't turn down offers that include sports activities or children. You are best to look into investments that will grow in value over an extended period of time. You may want to try your hand at a little creative writing. Don't let your boss get the better of you. Your luckiest events this month will occur on a Tuesday.

GEMINI



May 21 to June 21

Travel and creative hobbies will be your best outlet. You will enjoy events that lean toward theater, art, or music this month. Talk to someone with experience about budgets or consolidating debts. Concentrate on work. Your luckiest events this month will occur on a Friday.

CANCER



Jun 22 to Jul 22

You will be extremely sensual; take precautions and don't take any risks. Your high energy must be directed into productive goals, or frustrations will occur. Take care that arrangements to spend quality time together are made in advance. You can get ahead if you are willing to take a partner. Your luckiest events this month will occur on a Sunday.

LEO



Jul 23 to Aug 23

Help children complete projects they're having difficulty with. Don't get involved in secret affairs or underhanded involvement's. Try to bend but by no means should you give in completely. Try not to push your philosophies on others. Your luckiest events this month will occur on a Thursday.

VIRGO



Aug 24 to Sep 23

Be discreet about your personal life or whereabouts. Be mysterious. Sit back. Socializing will be more than just entertaining. Get busy on projects that improve your own image; you'll have the discipline to succeed. Your luckiest events this month will occur on a Monday.

LIBRA



Sep 24 to Oct 23

You are apt to meet someone special on your journey. You may find that someone you really cared for in the past has come back into your life. Opportunities for romance may develop through dealing with groups that have a purpose. You will be ready to jump on anyone who gets in the way of your progress this month. Your luckiest events this month will occur on a Tuesday.

SCORPIO



Oct 24 to Nov 22

You can make a serious attempt at quitting those bad habits that you've picked up over the years. Control your anger. Unexpected events may be upsetting. Don't let your jealousy be the reason for a decaying relationship. Your luckiest events this month will occur on a Sunday.

SAGITTARIUS



Nov 23 to Dec 21

You will have extra energy; put it to good use. Don't be afraid to pursue unfamiliar grounds. Take the whole family and make it an enjoyable outing. You may need to make a few alterations to your living arrangements.

CAPRICORN



Dec 22 to Jan 21

Travel for business purposes may bring the highest returns. Emotional disputes will only end in sorrow. They will not be in the right frame of mind to put up with tactless comments. You'll find it difficult to control your emotions.

AQUARIUS



Jan 22 to Feb 19

Recognition can be yours if you present your ideas and stand behind your beliefs. Look into career choices and courses being offered. Don't blow situations out of proportion. Rewards for past good deeds will be yours. Your luckiest events this month will occur on a Saturday.

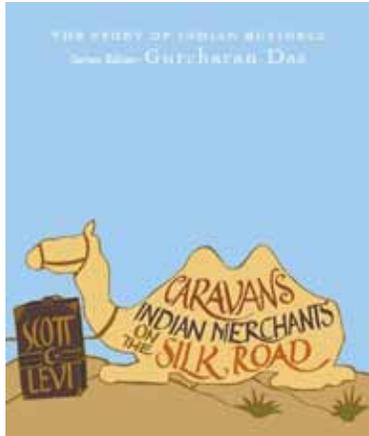
PISCES



Feb 20 to Mar 20

Your luckiest events this month will occur on a Wednesday.

Indian Merchants on the Silk Road review: A book with bias and agenda



This book traces an Indian trade network that originated in Multan in the sixteenth century, and operated between India and Central Asia, eventually extending into Russia and China. Colonies of Indian merchants lived in distant foreign lands, at points where caravans stopped to replenish their stocks of cotton textiles, indigo, sugar, rice, spices, weapons and precious stones. In exchange, bucketful of gold and silver poured into India. While India looked to Inner Asia for horses, it dispatched livestock in the form of slaves, exporting thousands each year.

The Indian merchants lived away for long years but maintained close links with home. And they were not mere traders but sharp businessmen dedicated to multiplying their capital through the various financial instruments which they devised. They funded local agriculture, local business, travelling businessmen, and local warlords. They may have been unpopular, but their indispensable function invariably ensured their safety.

A well-timed reminder of the link between tolerance and progress, *Caravans: Indian Merchants on the Silk Road* is well written, well designed, and feels good to hold. However, there were a few things about it that made me uneasy. Why, for one, was Penguin Indian using an outdated colonial spelling of Sindh? Every time I read 'Sind' I wondered whether they were still saying 'Cawnpore' instead of 'Kanpur'.

Second, in an era of diver-

sity and inclusion, it seemed indelicate to be working so hard to consolidate brand 'Multani'. It was as far back as the 1700s when the traders of Multan began to disperse and Shikarpur, already a major centre of Central Asian trade, became the nucleus of this network. Shikarpuri traders came from Multan — but also from Iran, Afghanistan, Rajasthan, Gujarat, and other localities of Sindh. It is the direct ancestors of those who call themselves Shikarpuris today who managed the network described in this book, until the Russian Revolution and Soviet occupation of Bukhara displaced them. However, the Shikarpuris found themselves still being called 'Multani', even as far from home as Coimbatore. After Partition, many Sindhis who settled in Bombay too stoically accepted the label 'Multani'.

The truth is that 'Multani' is a generic which, like 'Madrassi', dishonours a kaleidoscope of ethnic identity. I found it surprising to see it repeatedly reinforced in a book which on the other hand traces fine caste distinctions and seems determined to establish that Khatris are Kshatriyas, not Baniyas!

Most disturbing of all were the last two sentences in this book: "As Markovits has demonstrated, by the beginning of the twenty-first century, large numbers of Multani-Shikarpuri merchants operated a vast network of communities that stretches from Hong Kong, Manila and Singapore in the East, across the Gulf, Africa and Eu-

rope, to the Caribbean islands, Central America, Canada and the United States in the west (sic). Their ambitions, like their network, know no bounds."

However, Claude Markovits demonstrated two separate networks, and neither was specific to Multan. One — described here — extended overland from Shikarpur into Central Asia, Russia and China, but no further. Markovits' second trade network, which linked the seaports listed by Scott C Levi, owes little to either Multan or Shikarpur. It originated in the town of Hyderabad, near Karachi. It was the Hyderabad Bhaibands who created the Indian multinationals of the mid-nineteenth century with branches in Hong Kong and Panama and every port between, and head-offices in Hyderabad, Sindh. It astonished me that the achievements of these remarkable entrepreneurs could be ascribed to the 'Multani-Shikarpuri merchants'. After all, their descendants, who continue to operate the global networks, would be appalled to be classified 'Multani-Shikarpuri' — or even just 'Shikarpuri'.

Levi, a careful scholar, aimed only to end with a summary flourish, not steal anyone's thunder. Claude Markovits himself responded with the kindly dismissal, "I think it is a slip of the tongue". However, in a book which forms part of a series about Indian business history, and which claims to set right the misconception of Eurocentric world views, it reveals its own bias and agenda.

POET OF MONTH

Lorna Blake

Lorna Knowles Blake was born in Havana, Cuba and spent her childhood in Argentina, Uruguay, Venezuela and Puerto Rico before coming to the United States for college. Her collection of poems, *Permanent Address*, won the Richard Snyder Memorial Award from Ashland University Press. Work from a new collection has appeared or is forthcoming in *The Cortland Review*, *Literary Imagination*, *Tampa Review* and the *Hudson Review*. She has been the recipient of a residency from the Virginia Center for the Creative Arts and a Walter Dakin Fellowship at the Sewanee Writers Conference. She serves on the editorial board at the journal *Barrow Street* and currently teaches creative writing in Brewster, on Cape Cod and at the Walker Percy Writing Institute at Loyola University in New Orleans. She feels fortunate to divide her time between two beautiful coasts in New England and New Orleans.



Testimony of the Senses

On earth you never can rely
On what the senses understand.

—Saint John of the Cross

Lowing cows, cello
notes, mobbing birds (seet,
seet, chick-a-dee-dee),
claxon, choir, surfroar,
silence, breath, breathing...

Blood on the tongue; taste
of sex in the mouth,
salty. Wine, lemons,
and sweetness: dripping
berries, plums, ripe figs.

Flesh rotting (rodent,
clipped by the mower),
scent of linden trees,
mid-summer rain, stale
tobacco, warm bread.

Skinned pelt, infant skin,
soft bruise, red welt; hands
grip, slap; lips on nape
of neck, kiss—yes—feel
love's caress; love's bite.

Sky, scraped by shadow;
maple, blazing; stained
glass; starlight; phosphor;
pixils; pitch dark; ice
storm; sudden sunlight.

*

Bajirao Mastani vs Baahubali:

Why the two films are different, yet similar

Most people would say don't compare these two films because they are as different as chalk and cheese. While the films may be different, the directors of these two films have some traits that seem to be similar. And these come through in these well-made films that have captured the imagination of the audience worldwide. Here's a look at how Sanjay Leela Bhansali and SS Rajamouli may have more in common than we thought.

The Folk Story

We know now that Sanjay Leela Bhansali and SS Rajamouli are two directors who can create opulent films that are not just breath-taking to watch, but can also make you cry, laugh and cheer with every scene. These two magical directors have some similar traits – they make sure their characters are well-etched, look good on screen, the sets are lavish, music and BGM are formidable and songs are a visual treat. And the most important trait – they love folk stories that have been told since centuries.

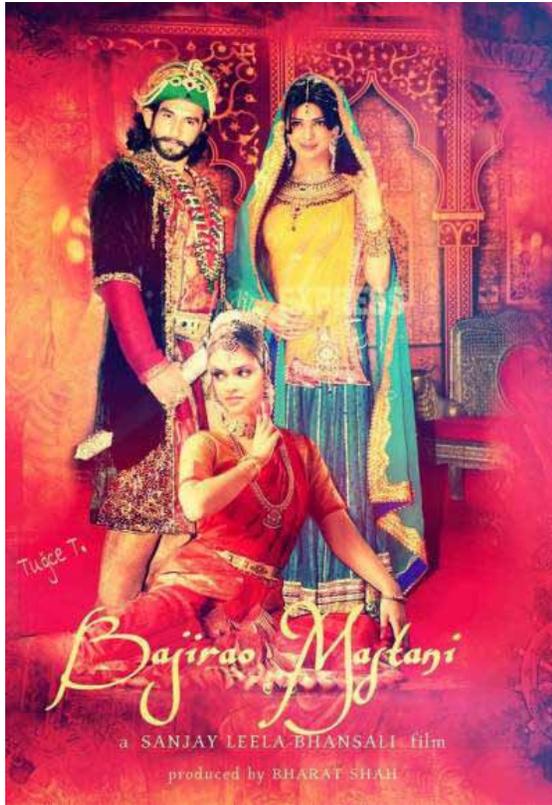
Sanjay Leela Bhansali knows how to portray period romances on screen – in fact, he is the King. No other director in India has his vision for opulence and can bring alive romantic drama like he does on screen. On the other hand, Rajamouli loves history and has stated earlier that he has been influenced by Amar Chitra Katha when he was a kid. This director knows how to show relationships and revenge and the twists he adds are riveting in his films.

The Art of War

Both the films revolve around love, rivalries and war. And both these directors are taken in by war. While Bajirao Mastani may have beautifully showcased the love triangle between Bajirao, Kashi and Mastani, it's war that brings about this love story that made history. In Baahubali, we have two brothers who are at war with each other. War is central to the themes of both these films. However, while the former focussed on just the romance, the latter gave us a glimpse into many lives in a kingdom.

The Bold and the Beautiful

Actor Ranveer Singh's well-oiled



ladies.

War and Love

It's a very strange coincidence that in both Baahubali and Bajirao Mastani, there are strong women who are central to the film. There are women who are fiery warriors. They are strong, vengeful and can wield the sword as well as (if not better) than any man. But when they fall in love, they transform into demure ladies who will follow their man to the moon and bow to his every wish. Baahubali's Avanthika and Bajirao Mastani's Mastani leave you wondering whether it is common perception – among men (and these eminent directors) - that irrespective of how strong a woman is, when she falls in love, she becomes a wimp.

SLB and SSR, the filmmakers

As individuals, they have one major common characteristic - both these directors love their work to speak for them. They don't hanker to talk to the media and are more keen on giving the audience a film to be proud of. Hard work, dedication and the ability to spend years on perfecting each film are what make Sanjay Leela Bhansali and SS Rajamouli directors who are far ahead of the rest.

muscular body glistening in the shadowy light as he bathed was a Sanjay Leela Bhansali treat that most women won't forget so easily. But Rajamouli wasn't far behind, as we saw Prabhas show off his chiselled physique when he lifted the Shivling to place it in water. And of course, we had a bare bodied Rana Daggubati as a double treat. Both the directors made sure their heroes were delectable

eye candy for the female audience. But let's not forget the women in their films. While it was pretty Tamannah (Avanthika) who ended up doing a sort of scintillating striptease in Baahubali, Deepika Padukone (Mastani) and Priyanka Chopra (Kashibai) in Bajirao Mastani looked ethereal and sensual. In fact, these women were exactly what men fantasise about and the directors didn't fail to showcase the leading



Deepika Padukone as Mastani



Prabhas in 'Baahubali'



Priyanka Chopra as Kashibai



Tamannaah as Avanthika

Bollywood celebs, kin bid adieu to actress Sadhana

Last rites of veteran Bollywood actress Sadhana Shivdasani were performed on Saturday at a crematorium in suburban Santacruz here where few celebrities and family members bid adieu to the departed soul.

The 74-year-old actress passed away of Friday at a hospital in suburban Mahim after a brief illness.

Film personalities like Helen, Salim Khan, Deepti Naval, Raza Murad, Poonam Sinha and others were present to pay their last respects.

The yesteryear actress, who was hospitalised for high fever, passed away at around 10 AM, Sadhana's close associate and advocate Ameet Mehta told PTI.

One of the top actresses of Hindi film's golden era in the 1960s and 70s, she became the first cine star to have a hairstyle famously named after her.

Born in a Sindhi family in Karachi, British India, she was named after her



father's favourite actress-dancer Sadhana Bose. Her father was the brother of actor Hari Shivdasani, father of actress Babita.

The family fled from Karachi during the post-Partition riots and settled in Mumbai.

In 1955, Sadhana featured in popular song 'Mur mur ke na dekh mur mur ke' in Raj Kapoor's Shree 420.

She was only 15-year-old, when she was approached by some producers who had seen her act in a college play. They cast her in India's first Sindhi film titled Abaana (1958).

Sashadhar Mukherjee, one of Hindi cinema's major producers at that time, noticed her and she joined Mukherjee's acting school. The Filmalaya Production banner thus introduced Joy Mukherjee, Sadhana and her iconic hairstyle in their 1960 romantic film Love in Simla. The film was declared a hit at the box office. She continued to deliver memorable performances in films like Parakh, Hum Dono, Ek Musafir Ek Hasina, Mere Mehboob, Woh Kaun Thi, Mera Saaya, Waqt, Arzoo, Intaquam, Ek Phool Do Mali, Geeta Mera Naam which she also directed.

Sadhana suffered from a disorder of her eyes due to hyperthyroidism. After her retirement, she refused to be photographed simply as apparently she wanted to be remembered the way she was.

Parents should impart Vedic teachings in kids: Sonali Bendre

Actress Sonali Bendre says imparting education and values is not only the duty of schools as parents should also try and inculcate them through vedic teachings. "We cannot put all the onus onto schools. What are the parents doing? There has to be some responsibilities that parents have to take. It is not that you send your children to the factory (school) and the final product comes out - that's not going to happen," Sonali said.

The 40-year-old actress, who released her book "The Modern Gurukul - My Experiments With Parenting" here, believes with the culture of nuclear families coming in, children are losing the connect with the culture which sustained in joint families.

"In Gurukul system

there was a holistic approach to impart education. The holistic way of upbringing was not just to impart education but also the concept of Dharma as enunciated in Vedic literature. In our joint family system that space was filled by grandparents, but we are now moving more and more to nuclear family. So it is something that the parents have to take on the responsibility of imparting Vedic teachings at house."

Sonali said parents should not control or restrict kids, but encourage them in what they are good at. "I think I have never controlled him (son Ranveer) and I hope not to ever control my child. I really want my child to think for himself." Sonali said she never expected to turn an author but is happy that the book ultimately came about.



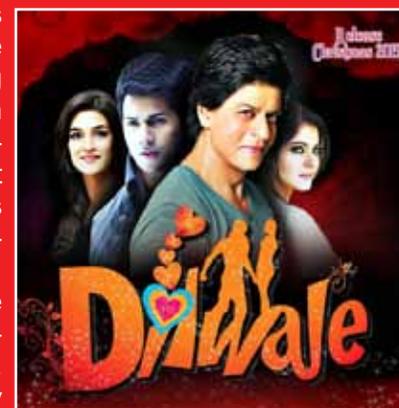
Shah Rukh Khan's Dilwale to cross the 100 crore mark at box office!

Technically, Shah Rukh Khan films have mostly recorded few of the highest opening weekend and opening week collections in the past. Although Dilwale could not set such records, considering the fact that it clashed against Sanjay Leela Bhansali's magnum opus Bajirao Mastani, the film is all set to record a great opening week total.

For a film like Dilwale which is more populist and aimed at the family audiences, it's easy to rake up the money. And Dilwale managed to hold on pretty well at the box office on Wednesday as well. After collecting in the range of Rs 9-10 crore over the weekdays, the film added another Rs 8.79 crore to its kitty on Wednesday.

With that the total six day collection of the film stand at Rs 93.39 crore, which is pretty good. While you might think the figures are low, you can't forget that two films released on the same day and both have been putting up a great show at the box office ever since then. Bajirao Mastani too is standing at a 6-day total of Rs 75.63 crore and is expected to rake in more moolah in the second week.

Dilwale and Bajirao Mastani are expected to get a spike in their collections, thanks to the much needed holiday season and it needs to be seen who overpowers whom in the second week. Given that the Christmas season will be on, the second week will give both the films a great boost and will help the films put up a bigger total at the BO.





محبت سب کے لئے نفرت کسی سے نہیں
LOVE FOR ALL HATRED FOR NONE



آنحضرت ﷺ اپنی پال باطنی و انشراح صدری و توکل و وفا اور عشق الہی میں سب انبیاء سے بڑھ کر تھے

اللہ تعالیٰ نے آنحضرت ﷺ کو عطر کمالات خاصہ ہے سب سے زیادہ عطر کیا

اے پیارے خدا! ہمارے اس پیارے نبی ﷺ پر وہ درود بھیج جو ابتداءً دنیا سے کس نبی پر نہ بھیجا گیا ہو

امام جماعت احمدیہ حضرت مرزا مسرور احمد صاحب نے مورخہ 18 دسمبر 2015ء کو بیت الفتوح، لندن میں خطبہ جمعہ ارشاد فرمایا جو کہ ایم ٹی اے انٹرنیشنل پر براہ راست مختلف زبانوں میں ترجمہ کے ساتھ نشر کیا گیا

بڑے زبردست بادشاہ جو ایک دنیا کو فتح کرنے والے تھے۔ آپ ﷺ کے قدموں پر ادنیٰ غلاموں کی طرح گرے رہے ہیں۔“

انہوں نے کہا کہ ان تحریرات سے یہی پتہ چلتا ہے کہ حضرت مسیح موعود ساری زندگی آنحضرت ﷺ کے ساتھ کیسی عقیدت و محبت رکھتے تھے اور ہمیشہ درود و سلام آنحضرت ﷺ پر بھیجتے تھے۔ شروع کی تحریرات اور آخری تحریرات میں بھی آپ ﷺ کی غلامی پر ہی فخر کیا۔ اور آپ نے حضرت محمد مصطفیٰ ﷺ کے مقام کا صحیح ادراک پایا اور اس کا ذکر فرمایا۔ آج دنیا نے اگر آنحضرت ﷺ کے مقام کا صحیح ادراک پانا ہے تو وہ آپ کی تعلیمات و تحریرات سے ہی پا سکتی ہے۔

انہوں نے آخر میں فرمایا کہ اللہ تعالیٰ ہم سب احمدیوں کو بھی اس بات کی توفیق عطا فرمائے کہ ہم حضرت مسیح موعود کے ارشادات و تحریرات کو پڑھنے، سننے اور سمجھنے والے ہوں اور ان کے ذریعہ آنحضرت ﷺ کے مقام کا ادراک پانے والے ہوں۔

الاصفیاء ختم المرسلین
فخر النبیین جناب محمد
مصطفیٰ ﷺ ہیں۔ اے
پیارے خدا اس پیارے
نبی پر وہ رحمت اور درود
بھیج جو ابتداءً دنیا سے تو



امام جماعت احمدیہ حضرت مرزا مسرور احمد

نے کسی پر نہ بھیجا ہو۔“
انہوں نے حضرت مسیح موعود کا یہ اقتباس پیش فرمایا۔ ”پھر جب ہمارے بزرگ نبی ﷺ دنیا میں ظاہر ہوئے تو ایک انقلاب عظیم دنیا میں آیا اور تھوڑے ہی دنوں میں وہ جزیرہ عرب جو بجز بت برستی کے اور کچھ نہیں جانتا تھا ایک سمندر کی طرح خدائی توحید سے بھر گیا۔۔۔۔۔ ہمارے سید و مولیٰ آنحضرت ﷺ کو جس قدر خدا تعالیٰ کی طرف سے نشان اور معجزات ملے وہ صرف اس زمانہ تک محدود نہ تھے بلکہ قیامت تک ان کا سلسلہ جاری ہے۔۔۔۔۔ اور رجوع خلافت اور قبولیت کا یہ عالم ہے کہ آج کم سے کم بیس کروڑ ہر طبقہ کے مسلمان آپ ﷺ کی غلامی میں کمر بستہ کھڑے ہیں۔ اور جب سے خدا نے آپ ﷺ کو پیدا کیا ہے بڑے

عصمت و حیا و صدق و صفا و توکل و وفا اور عشق الہی کے تمام لوازم میں سب انبیاء سے بڑھ کر اور سب سے افضل و اعلیٰ و اکمل و ارفع و اجلیٰ و اصفا تھے۔

اس لئے خدائے جلال نے ان کو عطر کمالات خاصہ سے سب سے زیادہ معطر کیا اور وہ سینہ و دل جو تمام اولین و آخرین کے سینہ و دل سے فراخ تر و پاک تر و معصوم تر و روشن تر تھا وہ اسی لائق ٹھہرا کہ اس پر ایسی وحی نازل ہو کہ جو تمام اولین و آخرین کی حیویں سے اقویٰ و اکمل و ارفع ہو کر صفات الہیہ کے دکھلانے کے لئے ایک نہایت صاف اور کشادہ اور وسیع آئینہ ہو۔“

انہوں نے کہا کہ حضرت مسیح موعود فرماتے ہیں۔ ”وہ انسان جو سب سے زیادہ کامل اور انسان کامل تھا اور کامل نبی تھا اور کامل برکتوں کے ساتھ آیا جس سے روحانی بعثت اور حشر کی وجہ سے دنیا کی پہلی قیامت ظاہر ہوئی اور ایک عالم کا عالم مرا ہوا اس کے آنے سے زندہ ہو گیا وہ مبارک نبی حضرت خاتم الانبیاء امام

انہوں نے خطبہ جمعہ کے آغاز میں حضرت مسیح موعود پر مخالفین کی طرف سے کئے گئے ایک اعتراض اور الزام کو پیش کیا۔ انہوں نے کہا کہ حضرت مسیح موعود نے آنحضرت ﷺ کی شان کے بارے میں جو کچھ اپنی تحریرات میں فرمایا ہے آج اس میں سے چند حوالہ جات پیش کروں گا۔ حضرت مسیح موعود نے آغاز میں جو تصانیف لکھیں اور جو کتب آخر پر تحریر فرمائیں اور اس درمیانی عرصہ میں بھی جو کچھ تصنیف فرمایا ان سب میں آنحضرت ﷺ کے اعلیٰ مقام اور علو شان کا تذکرہ فرمایا اور خود کو بار بار آنحضرت ﷺ کا غلام اور خادم کہا ہے۔ اس کے لئے انہوں نے حضرت مسیح موعود کی کتب سے بعض منتخب حوالہ جات پیش کئے۔

انہوں نے کہا کہ حضرت مسیح موعود فرماتے ہیں۔ ”غرض وحی الہی ایک ایسا آئینہ ہے جس میں خدا تعالیٰ کی صفات کمالیہ کا چہرہ حسب صفائی باطن نبی منزل علیہ کے نظر آتا ہے اور چونکہ آنحضرت ﷺ اپنی پاک باطنی و انشراح صدری و

Wedding Pictures - Ramneek & Amanda Mathur



India defeat Afghanistan 2-1 to clinch SAFF Cup title



Sunil Chhetri had a role to play in all three goals. Fortunately, two of them came for India as they lifted seventh SAFF Cup title with a 2-1 win over Afghanistan at the Greenfield Stadium on Sunday.

First, his error led to a swift Afghan counterattack and a goal which gave them the lead. He rectified it two minutes later with a clever assist for Jeje Lalpekhlu's equaliser. The most important one came in the first period of extra-time, which ultimately proved to be a winner.

Coach Stephen Constantine had said on the eve of the final that, "If we fight from first minute to the last we would win it."

Fought they did, across the field. The defence hardly put a foot wrong. When Afghans did manage to get past them, Gurpreet Singh Sandhu stood tall. The midfield let much past them, shielding their defence and the forwardline did everything that was aspired of them.

Constantine was very concerned about his defence going into the final and they looked jittery on occasions but that was only for a brief moment as they were mostly in control of what was happening around the goal.

To hold a side at bay, which has scored 16 goals in four matches coming into the final, it needed a herculean effort and that's what they delivered.

Eugenson Lyngdoh and Rowlin Borges were huge in the centre of the midfield and didn't allow much room for the Afghans, pushing them to the wings, who were putting cross from the left and as well as the right but with not much success.

India were by far the superior side and more innovative when it came pushing forward and creating chances. The opportunities did fell for them but as has been the case in this tournament, they were tad unlucky, though, with Jeje hitting the crossbar in both halves and numerous chances they failed to latch onto. While Afghanistan kept arguing referees decision in the extra-time, they should

blame themselves for their capitulation. On the attacking front, they failed to create enough and defensively, they were horrendous. Such was their intensity of complaining that Japanese referee Horoyuki Kimura even sent-off their coach Petar Segr.

That was a lackadaisical display from a side that conceded just one in entire tournament. After all, India's both goals came because of lack of communication between their centrebacks and the goalkeeper.

As the game wore down so did the Afghans, especially in extra-time. Their defence couldn't cope with the pace of Chhetri, Jeje, Bikash Jairu and Holicharan Narzary, who were raiding them at every given opportunity.

Afghans hit the upright in the last few minutes but that's all they could manage as India shut shop and were successful in lifting the trophy.



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Real Estate News of Arizona - January 2016

By Arti Iyer ABR, CFS, CSSN

Hello Friends,

Wishing you all a very Happy New Year! Its the end of holiday season and back to school season. Its time to follow through on those new year resolutions as well as reflect into last year. Let's look at how the real estate performed during the holiday season.

In December Federal Reserve decided to raise short-term interest rates for the first time since the financial crisis. The US central bank has raised interest rates by a quarter percentage point and pledged a gradual pace of increases.

This marks the end to the near zero borrowing costs that have prevailed since the US was struck by the worst financial crash in modern times. Officials said the economy was strong enough to keep growing with a little less help from the central bank. The Fed is likely to raise rates slowly, but borrowing costs already have started to climb. As the Job growth has strengthened steadily since the recession, and the Fed's policy-making committee said in a statement it expected that progress to continue. Inflation remains weak, but the Fed said it expected prices to start rising more quickly.

Let's look at the November sales of Residential Homes in Maricopa County-

- Total Sales for Single Family, Town-homes, Condos for November are 4,599 whereas September was 6,120 and August were 6,142
- The Active listings for November are 20,368, whereas, September

was 18,928 and August were 18,152

- Pending sales for November are 5,526, whereas September was 5,445 and August were 5,519

This month buyer financing Conventional was the highest with 1,926, FHA was 1,048, whereas CASH buyers 1,277.

Sale to Keep Arizona Freight Railroad Alive

A lastminute sale of the bankrupt Apache Railway in the rural Arizona town of Snowflake is expected to keep the 55mile railroad operating, alleviating fears of local leaders who worried that the region's economic lifeline would shut down. The U.S. Bankruptcy Court in Phoenix cleared a group of investors and a local landowner to purchase the railroad for roughly \$7 million. The sale proceeds will pay off a lender group led by Californiabased Hackman Capital Partners, an industrial real-estate investor. Built in 1917, the railroad connects Snowflake with a bigger rail line in Holbrook in Navajo County. The paper mill's closure left the rail line with just one customer a 160worker hog farm for pork giant Hormel Foods that gets 90 railcars of feed a month.

Now let's take a look on commercial side-

Avalon Apartments sold for \$8.3M - 3rd Avenue Investments LLC acquired the 117unit Avalon Apartments at 3851 N28th St in Phoenix from Westwood Management LLC for \$8.35 million, or about \$71,000 per unit. Built in 1973, the 96,750-square-foot multifamily commu-

nity sits on 3.5 acres. It is comprised of 81 one-bedroom, and 36 two-bedroom apartments.

LA Mirada Apartment sells for \$9.4M - A family trust sold the La Mirada Apartments at 4415 E Grant Rd in Tucson to a private investor for \$9.41 million or about \$47,000 per unit. The 196,390-squarefoot multifamily building was built in 1973 and totals 201 units in Pima County.

Sunquest leases 83,000 square foot in Tucson - Sunquest Information Systems Inc executed a lease for all 82,942 square feet of office space at 3300 E. Sunrise Dr. in Tucson. The two-story 82,942squarefoot Offices at La Paloma was constructed in 1992 in Pima County. The tenant develops and supports software solutions that automate laboratory and diagnostic processes for healthcare.

Serrano Village sold for \$7.4M - Grand Canyon Education Inc purchased the Serrano Village apartments at 2828 W Camelback Rd in Phoenix from a private owner for \$7.4 million, or about \$60,000 per unit. Built in 1973, the two-story, 124-unit multifamily property totals 93,388 square feet on 4.5 acres in the Glendale / Rt. 60 Corridor.

Jefferson at One Scottsdale sold for \$88M - JPI/TDI sold the 388unit Jefferson at One Scottsdale multifamily community at 7355 E Thompson Peak Pky in Scottsdale to Olen Commercial Realty Corporation for \$88 million or about \$227,000 per unit. Built in 2014, the 300,000squarefoot apartment property is located on 13.7 acres in the Outer

Scottsdale Airpark.

Paradise Valley Corporate Center sold for \$37.4M - Buchanan Street Partners purchased the Paradise Valley Corporate Center office building at 4835 E Cactus Rd in Phoenix for \$37.4 million, or about \$188 per square foot, from Presson Corporation. The 198,534square-foot property was 94 percent leased at the time of sale. The buyer plans to upgrade the common areas.

Vista Sureno Apartments was sold for \$17.4M - Wood River Corporation sold the Vista Sureno Apartments at 4727 E Warner Rd in Phoenix to FSC Realty LLC for \$17.4 million or approximately \$94,000 per unit. The 161,876square-foot multifamily property was constructed in 1985 on 7.6 acres. It is comprised of 54 one-bedroom and 132 two-bedroom units.

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

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



An open letter to Senator Jeff Flake

It was a pleasure and an honor to meet you today at the Scottsdale mosque . You spoke so eloquently about American values that we hold so dearly , those values that are under attack by certain individuals running for president so they can get some votes .

America had always been and will always be a beacon of light because of people like you who preach love not hate , freedom not slavery , tolerance not intolerance and inclusion not exclusion . People around the world from Australia to Brazil now know who is Jeff Flake , a leader who is not afraid to take a stand against bigotry , intolerance and Islamophobia , even if it is coming from members of his own party .

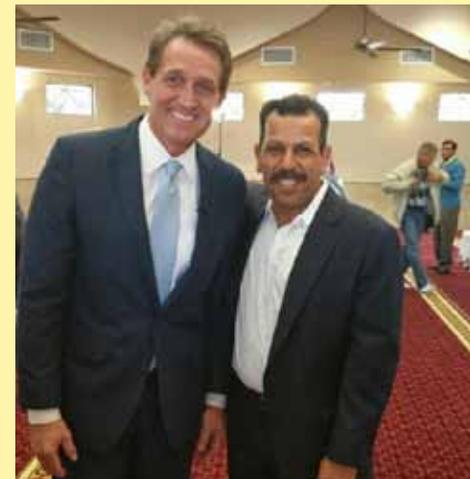
Muslims in Arizona and through out our country appreciate your courageous stand with them and will never forget it . One can only hope that other republican politicians , especially those in our state, will take your lead and condemn the message of hate , intolerance and bigotry coming out of their candidates for president of the United States .

Sincerely,

Mohammed W. Alzaidi, Esq.

Attorney at Law

malzaidi@alzaidilaw.com



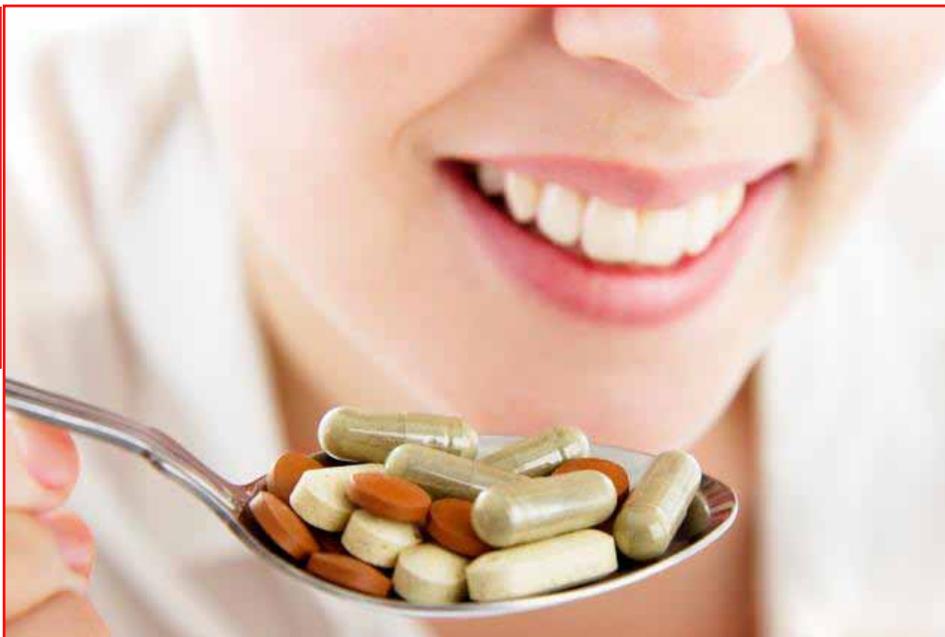
Kill pill: Are you deficit in these vitamins?

We all want to make smart health choices so we can live long without being overly dependent on doctors. The trouble is staying healthy is hard work, for which most people don't have the time or inclination. So instead of a 6 am run and a soup and salad dinner, most people make their peace with prevention by popping multivitamins and other pills in mindboggling permutations and combinations.

Compared to a decade ago, more healthy people today are popping pills, not because they are ill but to prevent illness. A US survey found that one in four healthy Americans under 40 years take prescription medicines to prevent illness and lower perceived risk of potential illness.

It's little different in India. It's very likely a multivitamin, a calcium supplement, an anti-depressant for anxiety, a beta-blocker to lower blood pressure, a cholesterol-lowering statin or a blood-thinning disprin is already a part of your daily routine, irrespective of how old or healthy you are.

But do we really need these drugs? You do, if you have a diagnosed illness or are at high risk of disease. If you're having prescription medicines to prevent disease, however, you must stop because despite their popularity and widespread use, there is little information on adverse reactions between var-



ious drugs, which puts you at unnecessary risk of unexpected complications.

There are some vitamin deficiencies, however, that stalk almost all of us and testing for these to ensure you get supplementation is needed for you to function optimally.

Vitamin B12

Vitamin B12 is among the most common vitamin deficiencies in India, largely because meats and animal products are the best sources for this water-soluble vitamin. People who don't eat any meat, eggs, or milk are at greatest risk, but those who eat eggs and milk products also end up deficit because they get less than half the adult Recommended Dietary Allowance (RDA) of 2.4 micrograms a day. People on the diabetes drug metformin, those on proton-pump inhibitor or H2 blockers for gastric acid reflux, work infestation, people who lack the intrinsic factor (a protein produced by cells in the stomach) that help in its absorp-

tion, and those who've had weight-loss surgery also tend to have low levels of vitamin B12, which is essential to make red blood cells, nerves and DNA.

An acute deficiency – with symptoms of tingling hands, anaemia, weakness, poor memory, among others – can be corrected with weekly shots of vitamin B12 or high-dose pills, mild deficiency can be fixed with a standard multivitamin, which has about 6 micrograms of the vitamin.

Vitamin B6

Vitamin B6 deficiency usually occurs in people taking the respiratory drug theophylline to prevent wheezing and trouble breathing caused by lung disorders, such as asthma, emphysema and chronic bronchitis, among others. Apart from medicine, alcohol lowers vitamin B-6 levels by raising the rate at which the body gets rid of it.

This vitamin is essential for carbohydrate metabolism, the production of oxygen-carrying haemoglobin in the

blood, and the synthesis of neurotransmitters, the messaging molecules in the brain and nervous system. All three key neurotransmitters—GABA, dopamine, and serotonin—need vitamin B6 for synthesis. A deficiency causes anaemia, oedema, depression and skin disorders, such as cracked lips. Apart from tuna, chicken and salmon, vitamin B6 is found in sweet potato, potato, spinach, legumes, sunflower seeds, whole grains and fruits such as bananas, pineapples, and avocados.

Vitamin D

Even in sunny India, most Indians can't make enough of Vitamin D, the "sunshine vitamin" that the skin manufactures when exposed to sunlight. Uncovered skin needs to be exposed to ultraviolet (UV) B radiation to penetrate its surface and convert cutaneous 7-dehydrocholesterol to vitamin D, which is then stored in the liver and fat. Apart from clothes, other factors stop the sun from reaching the skin's surface is pollution, smog and sitting indoors.

People who are overweight, obese or are older than 65 need more sunlight, as do people with dark skin that is high in melanin – the pigment that gives skin and hair its colour – that makes it harder for the skin to absorb UV-B. Dark-skinned people, including south Asians, need at least an hour of daily sun exposure.

Its deficiency causes rickets, osteoporosis (weakened bones), heart disease, diabetes, infections and is linked to some cancers. For adults who stay indoors, an RDA of 400 international units (IU) is recommended, and 600 IU for people over 65 years. You get 400 IU of vitamin D from 200 gm of oily fish, so taking supplementation is the practical option.

Pigmentation giving you problems? Use potatoes, lemons to get rid

Pigmentation, freckles, dark spots and uneven skin tone are a few skin problems everyone faces but using potatoes and papaya can help in a big way as they provide cell renewal properties and skin exfoliation respectively, says an expert.

Divya Ohri, beauty expert and owner of Soham Wellness Clinic, has shared tips on how to get rid of pigmentation and other skin related problems.

Potato: Potatoes are a treasure house of vitamins, B-Complex, potassium, magnesium, zinc and phosphorus.

It has inbuilt skin lightning properties. Vitamin B in potatoes is known for cell renewal, especially niacinamide, a derivative of vitamin B complex. It is a vital skin lightning agent. Cut

potatoes into slices. Rub the slice in circular motion on your skin for 10 minutes. If you feel the potato slice is dry, use an-



other slice.

Lemon: This is rich in vitamin C. It's known for natural anti-oxidant properties that help to reduce melanin in your

egg white. Add one teaspoon of lemon juice to it. Apply this mixture on your face and gently rub with your fingers in

skin. Lemon consists of citric acid which is a first-rate exfoliating agent. Citric acid removes the dead cells and makes the skin look lighter and brighter. Take tablespoon of brown sugar and mix it with

circular motions. Repeat this process for 10-15 minutes and wash the covered area.

Papaya: Papain, better known as papaya proteinase, is an enzyme found in this fruit that helps in skin exfoliation. The process of regeneration of new cells occurs when you go for a papaya treatment. Take a ripe papaya and juice it.

Apply the mixture on the pigmented area and leave it for 10 minutes. Once you find the mask dry, wash the skin. Repeat this process for a month to achieve positive results.

Report on 2nd Annual Terbiyyat Ijtema Midwest region 2015 in Baitul Jamey Chicago

“If we want to give peace to the world then trained your children from childhood and teach them good moral right from the start.” Imam Shamshad

Report by: Azhar Ahmad

Islam is a proactive religion. It gives commandments which helps establish peaceful family units in the community, which collectively give rise to peace and restfulness as a nation and thus in the world. Islam lays stress on moral training and purifying oneself. Thus, in conjunction with the Islamic teachings, an Annual Moral Ijtema (Convention) was held at Baitul Jamey Mosque, Glen Ellyn, IL. on 19th and 20th December. This Ijtema (convention) consisted of four two-day sessions and was attended by more than 650 members from Illinois, Indiana and Wisconsin Area. “The attendees ranged from different ages and gender and all were there for one reason: to gain spiritual benefits and strengthen their brotherhood through moral training and upbringing. This Ijtema was held to show the true picture of Islam and erase the misconception that is being shown in today’s world,” said imam Shamshad of Baitul Jamey

The opening speech by M. NAEEM, National voice Presedent centered around the characteristics of true Muslims and spanned across all dimensions of life such as obedience to parents and their Khalifat, acts of charity and forgiveness, ill influence of bad company, and importance of being integrated with the community.

The second speech by Dr Baseer Rodny about Universal Brotherhood focused on the brotherhood of Holy Prophet Muhammad of Islam – his multicultural companions from Persia (Hadrat Salman), Africa (Hadrat Bilal), and Europe, his life in Mecca and Me-

dina. Holy Prophet(s.a.) never discriminated among humans, even his enemies were treated well. The takeaway for us was to help everyone in the times of their needs even at the cost of self-deprivation and have sympathies for all creatures.

The final speech, of the opening session, was on Congruity of Speech and Action. Imam Rabbani of Zion outlined four characteristics of Hypocrites and advised to refrain from these:

- Betraying trust and not fulfilling responsibility
- Telling lies
- Promising and not delivering (even unpunctuality)
- Using abusive language.

The second and third session was for and by Boys and Young Youths. To summarize, the main points for the boys were:

- recite darood at least 33 times a day
- don’t retaliate to bullying in school instead complain to authority
- don’t waste time in social media
- sacrifice financially for Jamat instead of spending money on unnecessary toys or video games
- set examples for your peers to follow you by being a true Ahmadi (humble yet sharp).



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

For Young Youths, the directives were to balance family, community and work life by planning ahead and fixing time for each in calendar. To be regular in Five daily prayers and Recitation, as these are the basic guide lines of Islam; maintain marital harmony by respecting and complementing each-other; answer difficult questions from your children by directing them to read required book and following up with learnings; and more importantly train your children by being an example yourself.

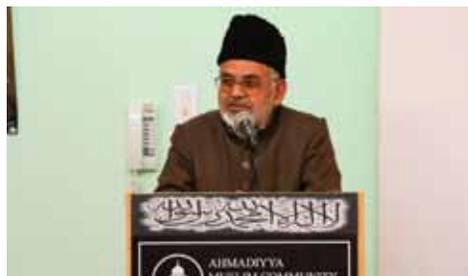
Separately, girls and women were holding their own program. Young girls started their program with a presentation on truthfulness. Then, the girls did a workshop focusing on the moral ills such as fornication, falsehood, dishonesty and mischief. The women then presented their speeches on Giving precedence to their faith over all worldly matters and on Societal Ills. The women discussed about Islam and their concept of marriage. They focused on young girls rights given by Islam and their roles as mothers. And they focused on mothers role in the moral upbringing of their children.

Last session of the day was presided by Mirza Maghfoor National voice Presedent of the Comunity, 2 speeches on how to make inactive to active and sacrifices, and more interesting

thing was Q/A of this session.

The Second day focused on two speeches on the topics of Heart to Heart and on the Actions of an Ahmadi Muslim. The first speech focused upon reinforcing and underlining the important messages of the previous day via educating children about history of forefathers, being examples for your children by being attentive to details, following Khilafat e waqt, and setting examples of Ahmadiyyat among non-Ahmadis. The second speech focused on the Ahmadiyya Muslim Community belief on Khilafat and their obedience to it. Imam Shamshad Nasir emphasized that parents could fully morally upbring their children only through Khilafat and being attached to it and setting up good example of their own before them. These four two-day sessions focused on every aspect of a Muslim’s life and tried to help every community member achieve their full moral capacity. This program was also crucial as it helped to erase any negative perception of Muslims and Islam and focused on giving the true picture of Islam through peaceful talks. In conclusion, the convention was a complete success and brought many members of the community together through brotherhood and love. Some high lights of Ijtema are:

Last year 450 members attended, this year over 650, This year many high official from the Comunity’s NHQ attended, like Dr Mirza Maghfoor Ahmad National voice Presedent, Falah Shams National voice Presedent, Dr Zaheer A. BAJWA National General Sec, Mirza Ehsan National Financial Sec, Dr Farooq Peder, National Sec Rishta Tata(marriage system) and locally resided National voice Presedent Munam Naeem.



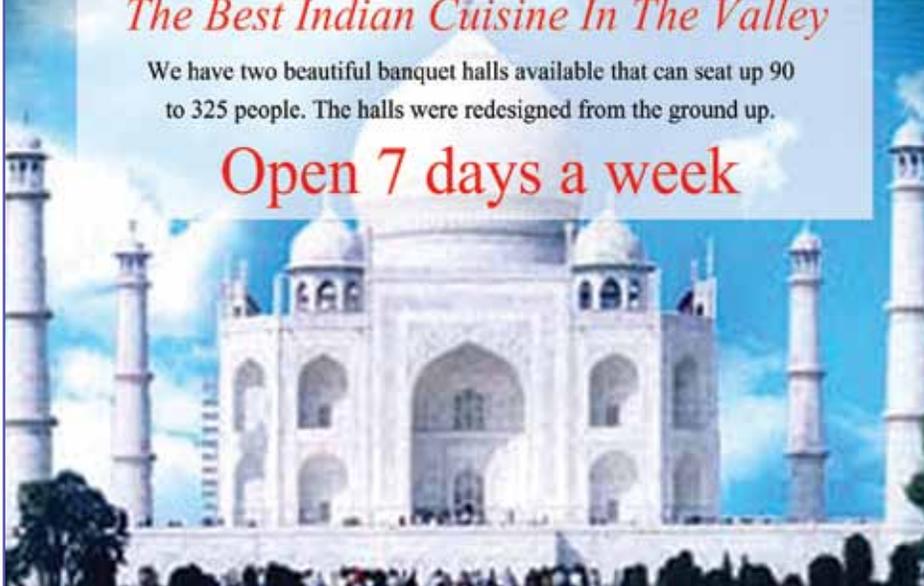
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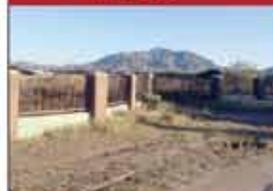


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Rates based on market conditions as of 11/10/2015 with a 740 FICO and a 1% discount point. These rates are for general market awareness and should not be considered as a live quote. Rates are subject to change and are not guaranteed. Certain restrictions may apply. **PITI based on 30 year fixed Conventional program. Payment includes taxes and insurance with a down payment of 20% V.I.P. Mortgage, Inc. does business in accordance with Federal Fair Lending Laws. V.I.P. This is not an offer to enter into an agreement. Not all customers will qualify.

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Premium Hearing Aids at Value Prices

A message from our Founder:

I am often asked why we sell ZOUNDS® Hearing aids for so much less than other premium brands.

Charging less for a superior product is unheard of these days, and as consumers, we are all accustomed to paying more for better quality.

The simple truth is that for me, hearing loss is personal. My daughter, Kate, lost most of her hearing as a toddler. Over the years, my wife and I bought a number of high priced hearing aids, searching in vain for the one that would really help our little girl. We witnessed many other children going without, because their families could not afford to provide them.

I have also met a number of adults who would not spend "that kind of money" on themselves, and so they purchase cheap amplification devices or go without. These experiences have had a major impact on my life and provided direction for my company.

The goal of Zounds® Hearing is to provide the best quality hearing aids with the most innovative technology at the lowest prices we possibly can.

From our talented team of designers and engineers at our corporate offices in Tempe,

AZ to the dedicated professionals in your local Zounds® Hearing Center, we are all committed to this shared goal.

I would like to personally invite you to come in and let our hearing professionals evaluate your hearing free of charge and fit you with a Zounds® hearing aid. You have nothing to lose and so much to gain.

If you or a loved one are suffering with hearing loss, come in and experience the Zounds® difference.

Sincerely,



Sam Thomasson
Founder and CEO



Zounds® Founder and CEO, Sam Thomasson and his daughter, Kate

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