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The Festival of Chariots in Phoenix. (Ratha Yatra)



The Festival of the Chariots, referred to as Ratha Yatra, originated 5,000 years ago in India on the East Coast state of Orissa in a city called Jagannatha Puri.

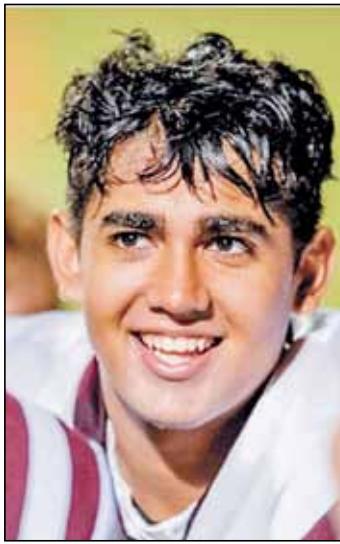
The Festival celebrates Lord

Krishna's return to Vrindavan and is held annually in the months of June -July to honor Lord Jagannatha, which means Lord of the Universe. Lord Jagannatha is a particular Deity form of Lord Krishna,

• More on P18-19

"Nothing splendid has ever been achieved except by those who dared believe that something inside themselves was superior to circumstance."

We have always heard that hard work pays off and that lesson has proven true by two youngsters from our very own Phoenix, Arizona – Gary Johal and Namit Mangat. Gary and Namit have done their parents and Arizona proud



by being selected in the US National Field Hockey team (Under-16).

They will have the opportunity to represent the • More on Page 12

Congratulations Gary Johal and Namit Mangat

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Vaikunta Ekadashi Celebration- SVK Temple

By- Kiran Rao, Chief Priest-SVK Temple

With the blessings of Lord Venkateshwara and His Holiness Sri Sri Sugunendra Theertha Swamiji of Sri Puttige Math Udupi, SVK Temple, Temple, AZ celebrated Vaikunta Ekadashi on Dec 29th, 2018 in a grand manner.

The event had an added significance this time with the esteemed presence of Sri Swamiji himself as a prelude to usher in New Year. The day started with Pooja to Lord Venkateshwara followed by Vaikunta Dwara (Door to Salvation) pooja by Sri. Swamiji himself. Devotees were blessed to be led through Vaikunta Dwara by Sri. Swamiji after Mangalarthi. The passing through the door signifies a path to salvation and fulfilment of wishes and desire of devotees.

This was followed by Sri. Sudarshana Homa and Tapta Mudra Dharana to assemble devotees. During Mudra Dharana the symbols of Lord Narayana Shankha (Conch) and Chakra (Disc) are put on devotees hands by Sri. Swamiji. Devotees on their own desire participated and had the symbols put on them by Sri. Swamiji. The mantras which are chanted while doing 'Mudhradharana' bless us – let the glow of 'Sudarashana' remove all our ignorance and the sound of 'Paanchanjanyashankha' destroy all our accumulated sins and lead us in the path of 'Vishnu marga'. This event happening on Ekadashi (Day of Fasting) has a special meaning for devotees.

In the evening after Pooja Sri. Swamiji addressed the assembled devotees and explained to them the significance of Vaikunta Ekadashi. The days of Dashami, Ekadashi and Dwadashi form what is known as Parva. During Parva devotees offering to Lord gets multiplied by 10 times. Swamiji urged devotees to pray Lord during these days with devotion and get His blessings. Swamiji nicely compared it to consumers shopping during Black Friday in US where you get all kinds of offers like items being sold at discount, buy one get one free and others. Swamiji highlighted the fact that its the wake up time or morning time for Devathas as the transition happens from Dakshinayana to Uttarayana (Sun's journey from Southern hemisphere to Northern hemisphere). Hence it is very important that we pray Lord during early morning times when you are fresh before you get on with your daily routines. He related this to prayers during Ekadashi where you get multiple fruits for your prayers to Lord.

He urged devotees to continue in this path. he highlighted that He will be offering special prayers to



Lord for welfare of devotees.

Overall, this event happening right around the

corner of stepping into Calendar New Year will be remembered by devotees in days to come.



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For sale inquiries:
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Conquering Your Fears

Not much can be achieved without a lot of hard work, pain, and dedication. It also seems that life has a way of putting you in situations where you must face your fears to achieve something you really want. You will have no choice but to either face that fear or give up on something that is extremely important to you and those moments are what will define you. Do you choose to succumb to your fears and walk away from your desires or look fear in the face and conquer it to fulfill your desires? While walking away may seem like the easy thing to do, it will leave a lifetime of regret and questions on if things could have been different if you had tried harder. On the other hand, there's always the risk that you give it your best, face your fears, and the end result is disappointment and failure. And you are sitting empty-handed wondering why you put yourself through such uncertainty and turmoil. However, as they say, you will never know until you try and try you must. Because nothing is more painful than the what-ifs that plague you for the rest of your life if you choose to walk away.

While there are no guarantees in life, walk the path less traveled even if it is filled with your innermost fears. There are probably many things you really desire but

Here we are at the beginning of a new year with the first Asia Today Edition of 2018. Another year has flown by and a lot of things have happened: some good, some bad. What are your thoughts? Did you enjoy this year? Or was it a year of regrets?

Well for me this year was just fine. When I reflect on my life this past year, I think of all the changes that changed and all the things that have not changed...the one thing that stands out for me is that I have had some awesome and amazing people visit my life leaving with me with some wonderful times, some sad times, and some deeply serious time. Some have shown me things within myself I never knew or awakened feelings I thought had died. There were hopes and dreams I still have yet to find and hopes and dreams that were a flash in the span of time. They have shown me things that have made me laugh so hard it



Editor's NOTE

have been putting off because they seem too hard or your fears stand in the way of achieving them. Let 2018 be the year that defines you, lets you face your fears, and fulfill all your desires. Life is too short and we often tell ourselves that we will do something or the other later – when it's easier, when there's more time, when we are ready, and so many other excuses. But

life has a funny way of running out of time – what you thought may be easier if you wait becomes harder and harder and sometimes impossible because you waited too long. And then all you are left with is regrets and the question what if I'd done this sooner?

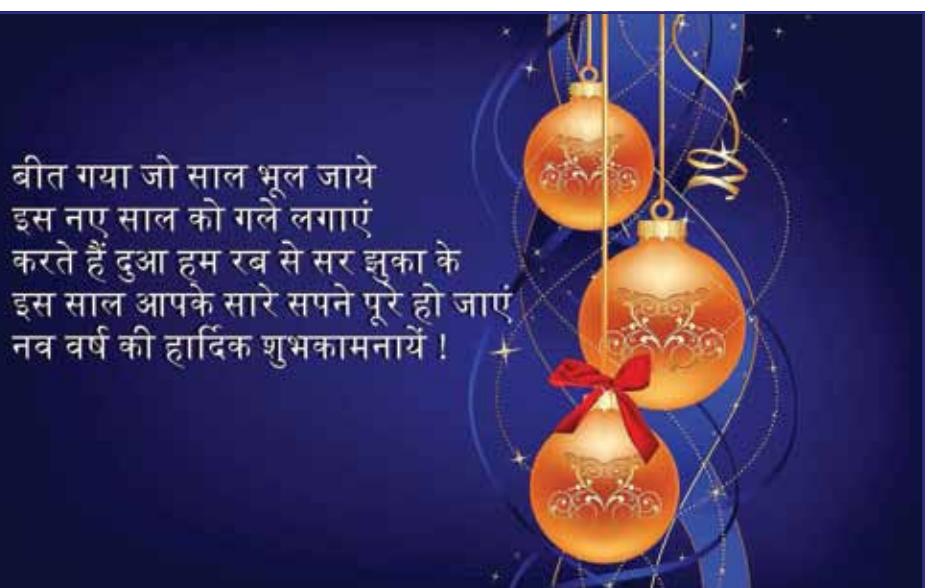
We thank all our readers for their continued support and look forward to the new journeys and adventures that await us in 2018. Conquer your fears and write to us to share your stories of attempt, success, failure, lessons learned.

It's never too late to fulfill any dream and we wish our readers success in all their endeavors and look forward to hearing and publishing your unique stories in 2018. A very happy new year to everyone! May 2018 bring you all that your heart desires!

-Deepa Kaur Walia

Editor, Asia Today

editor@asiatodayz.com



made me cry.

I am honored and fulfilled by sharing myself with my readers, my friends. I have discovered how truly lucky I am to have family and friends who

have supplied an incredible amount of support and comfort during my time of need. It is humbling to realize how much people care about you



Marketing Director NOTE

and how much they are willing to do to help you.

May I always treasure the moments I find myself in and know that it is where I will find my past, my present, and my future....

and all of you will always be in it.

-Manju Walia

Marketing Director Asia Today,
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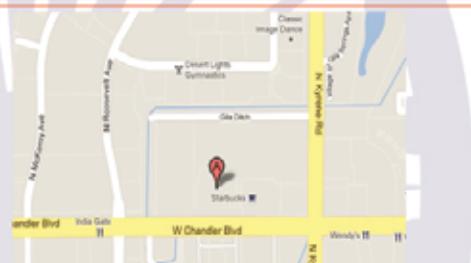
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Religion is a path, a method, and a science to realize the reality of the universe. It is the beginning of the spiritual way of life for the human. In this creation, the human being is a unique creature. One person can create the heaven or hell for this planet. In the last 300 years we as humans have developed many useful things in the technical, mechanical, and scientific fields. For example: in communication and transportation using the high technological tools, we can reach in a minute, any corner of the planet.

We have lost many things also. We have lost the humanity. We have become selfish and aggressive for power, money, and unity. Every one thinks "My way is the highway." Most religions condemn the other religions and manipulate innocent people using concepts of heaven and hell, sin and virtue, good and bad, right and wrong, and prosperity and poverty.

This is a great sadness in the human race. The wealthy class thinks the lower classes

Dharm Kya Hai What is Religion

don't deserve equal rights. This kind of division is growing on behalf of race, color, caste, and language. Presently this consciousness is causing instability in the planet. Religion is a source to realize, we are all equal as humans. Any thinking less than this is destructive for humanity and the environment.

As a religious person I feel sad to say, religious places of worship should be peaceful, safe, and a source of human unity. Instead we are killing each other in the places of worship on behalf of religion, because our religions are not the base of humanity.

Thousands of years ago, our religion was based on humanity. In this unfortunate period of time, our religion is based on politics. If you question this statement, then study all the great religious leaders of the world. Why don't they

open their mouths against the corrupt politicians? Because politics runs the religions of the world.

As a human being, if we want to live peacefully, we need to change the definition



of religion. When we are born we start as a human. Which religion we adopt after a certain age is not a religion of humanity, it's a religion of community. It's a beginning of the division in the human race.

Those who like to live as

a human, believe in one God who is the creator of the universe. He created every human equal, no more no less. He gave equal rights to live independent without fear of any element, to worship the creator in any way or form preferred. No one has a right to disturb or disrupt any one's worship.

All creatures have equal relations with the creator. We all share the same soul. Our soul is part of the supreme soul (God). The supreme soul is the life of every soul.

When we start to believe God is one, the life of creation and this universe is the physical manifestation of the One, this is the beginning of "Human Religion" and the first step of the spiritual path. It's not possible to explain humanity, spirituality, creation, and creator in one article. It's a life long subject. Finally, it's my 2018 gift to the readers. I am sharing this

prayer.

Once a day, find a quite corner anywhere possible, close the eyes, hold the breath, reach the high conscious mind, and say to God: "Oh my Divine, Why am I separate from you? Banish my mental darkness, so that I can see you in the creation. Give me understanding of thee, I can dedicate to you and serve humanity without discrimination."

Happy New Year 2018. This is a flaky year, please pray for unity.

Thank-you.

God Bless You All with Divine Grace and Unconditional Love.

Please, feel free to reach out if I can be of any help in your spiritual journey. E-mail : G.H.S.Sandhu@gmail.com or http://www.TheSpiritualMission.org



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Hare Krishna Temple- ISKCON of Phoenix: January Events

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His Grace Jivananda Vanacari Das, senior disciple of Srila Prabhupada visits Phoenix:

Sunday Feast Classes: January 14th and January 28th



Appearance of Lord Varaha Dev:
Sunday, January 28th

Fasting till Noon on the previous day (January 27th)



HG Advaitachandra Prabhu and HG Kalasudha Mataji visit Phoenix

Bhakti Vriksha Seminar: January 20th and 21st

Sunday Feast Class: January 21st



Appearance of Lord Nityananda:
Monday, January 29th
Fasting till noon

Festivities on Sunday, January 28th:
5:00 PM to 7:00 PM - Aarti, Katha, Kirtan, Prasadam

Festivities on Monday, January 29th:
11:00 AM to 1:00 PM – Aarti, Katha, Kirtan, Prasadam



Appearance of Sri Advaita Acarya:
Tuesday, January 23rd
Fasting till Noon

11:00 AM to 1:00 PM - Aarti, Katha, Kirtan, Prasadam

Ekadasi (Fast from grains and beans):

Sat-tila Ekadasi: Friday, January 12th (Fast break next day- 07:33 -10:56 AM)
Bhaimi Ekadasi: Saturday, January 27th (Fast break next day- 07:27-10:56 AM)

Weekly Home Programs (Bhakti Vriksha) on Fridays 7 PM – 9 PM. For more information, please call: Sri Govinda Das – 2817991777 or Ishvara Gauranga Das – 4805193975

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IACRF Seniors Celebrates Christmas

Lalit Patel

Indo-American Foundation Senior Group celebrated Christmas on Saturday, the 23rd of December, at the Foundation Hall. There was exuberance of joy and excitement everywhere. Environment was very vibrant. Members started arriving around 9:30 am and they were welcomed by soft background music. The hall as well as the entrance was beautifully decorated with colorful lights. The tables were decorated with flower vases with sparkling lights.

Members and the guests were meeting and greeting each other wishing a Merry Christmas and a Happy New Year. They were treated with light refreshments and hot masala tea. Our heartfelt thanks go to decorating team of Sarla Dave, Jayaben Patel with help from Center Manager Alma. Our Food and Beverage team of Neeru Sood, Dipa Bagai, Rasik Patel and Jayaben Patel got all the refreshments ready in time before guests' arrival.

Everyone was dressed up appropriately for the occasion. Usha Gautam welcomed and requested everybody to take their seats and mentioned the significance of Christmas celebration. This was followed by the invocation by EKTA Mandir Priest priest, Prakash Pandya. The program started with Diya dance choreographed by Sarla Dave and performed by the group that included Sarla Dave, Usha Gautam, Kaniza Bangalawala, Uma Aggarwal, Krishna Lahoti, Deepa Bagai, Kiran Dulai, Meena Bhavsar, Malti Devgania, Purnima Asarawala, Santosh Mathur and Anjana Shah. This excellent Diya dance was well received and applauded by the audience.

Lalitbhai welcomed all Guests and IACRF President Subhash Thathi. IACRF BOT Chairman, Dr. Dhiren Patel, sent a message of Happy Holidays as he was out of town and could not attend the event. Meena Bhavsar warmly introduced a great singer and performer Mouly Bhatt. Her melodious voice mesmerized the audience who couldn't control and got engrossed on the dance floor. The environment was full of colorful life.

Mr. Subhash Thathi mentioned about the renovation of the foundation hall in the near future, making the organization more inviting and useful for the community. This will cost estimated \$600,000. He also encouraged the members to come forth and donate generously to help carry out the renovation project successfully. He congratulated Dinesh & Sandhya Amin who pledged to become IACRF Life member by donating \$2,000.

Bhagubhai in his vote of thanks, expressed gratitude to all the event sponsors who donated \$500 each. Their names are Sekhar and Vijay Vallabhaneni, Rohini Sharma, Arun and Purnima Asarawala, Dinesh and Sandhya Patel and Vikram and Rekha Shah. He also thanked all volunteers who were devoted their time to make the event highly successful. They were Sarla Dave and Jayaben Patel, Hall manager Alma, all enthusiastic Diya dance participants, Neeru Sood, Deepa Bagai, Rasikbhai Patel, Mahesh Dewan, Jon Banks, Pradyumna Kshatriya, Babulal Mehta, and many more.

Thanks to Singer/Performer Mouly Bhatt, for superb performance who kept all seniors dancing throughout her singing. Thanks to DJ Issac for managing sound system, and Usha Gautam as master of ceremony, who kept the program running very well on time.



bun. Everyone enjoyed the sumptuous lunch.

Lalitbhai Patel and Bhagubhai Patel appreciated all volunteers, participants, guests, and support from IACRF to make this Christmas Celebration unique and highly successful.

Senior Group meets every Monday and Thursday, 10:00AM to 2:00PM at the Indo-American Community Center located at 2809 W. Maryland Ave., Phoenix, AZ 85017, for information please contact Mahendra Devgania Tel: 602-708-0733.

Makutu's Island NYE Celebration Was Wildly Exciting

By Sierra Medina
January 2, 2018

Makutu's Island of Chandler, Arizona hosted its third annual family-friendly New Year's Eve celebration this past Sunday with Bollywood theme and it's safe to say that the party animals in attendance certainly did not leave disappointed.

"We are happy to have hosted a sell out crowd this year too. We are into families getting together and building relationships. The community support is overwhelmingly positive and we are thrilled with the response", said Kiran and Kiran Vedantam, the owners of Makutu's Island.

Designed with a tropical theme, Makutu's is a lush, exciting indoor "island" with towering trees, climbs, mysterious caves, a "bungee jump", a zip line, an arcade, a café, and a special toddler zone. The centerpiece of Makutu's Island is a magnificent indoor tree. The tree is filled with tunnels, tubes, mole-holes, and slides. The "snake" slide is a sure thrill as it starts on the forth level and winds more than 35 feet around the outside of the tree to its base. After exploring the tree, many of guests found themselves in one of the three adjoining play structures including the Blue Fantasy Tree, Pirates Cove and Palm Slide featuring tunnels, caves, and a zip line!

Guests enjoyed delicious Indian specialties catered by Curry Bowl while DJ Kumar's high-intensity music kept spirits high and hands even higher. Although the celebration was unquestionably exciting, mama bears and papa bears were able to experience the evening with ease knowing that their cubs could have a blast in the trustworthy hands of the Makutu's Island Natives. It was optional for children to dance with their parents, adventure the lush island or participate in activities coordinated by staff. Kids had a special kid-care and craft sessions, along with the magical tree, slides, zip tracker



Additionally, several families enjoyed priceless raffle prizes provided by Makutu's Island and the local businesses catering to the community - Arushee Divyakirti with New York Life; Engineering for kids; Rishin Patel, Liberty Mutual Insurance; Amish Mistri, Navya Wedding planners; Mortgage loan financing consultant: Kavita Bhateria, Academy Mortgage; and Kirans & Associates Realty.

Among the many amusements of

the night, families also had the option of freezing their precious memories in time with on-site professional photographer Sierra Medina.

"We are motivated to make it fun for the entire family and we have learnings from each time we do an event of this magnitude and we will keep on improving to bring the best family fun to the valley. We are motivated to bring world class vendors to help cater the event in the future", said Kiran Vedantam.

If you missed this adventure, be on the hunt for more of Makutu's events in the future by liking us on Facebook at facebook.com/MakutusIsland and maybe you and your pals can monkey around with us at our next event. Makutu's Island hosts an average of 45 parties each week offering attractive birthday party packages for children. They can be reached at info@MakutusIsland.com - 480 344 3740.



Yoga

Path to self realization

jatasya hi dhruvomrtiyurdhruvamjanmamrtasya ca
tasmadapariharye 'rthenatvamsocitumarhasi
(Bhagavad Gita 02.27)

Translation: One who has taken his birth is sure to die, and after death one is sure to take birth again. Therefore, in the unavoidable discharge of your duty, you should not lament.

Reflection by Chaitanya Charan: Death is life's scariest reality. Even when we see it happening around us, we shield ourselves from it by believing that it won't happen to us, or at least it won't happen to us for a long time to come.

Despite our denial, our body's destruction is unavoidable; impermanence is the very nature of material nature. And death is traumatic to the extent we are attached to material things, starting with our material body – attachments that are inevitable in a material conception of life. We fear that we will lose everything dear to us, and we fear even that we ourselves will cease to exist.

We can overcome this dread by acquiring a spiritual understanding of life. The Bhagavad-gita stresses that beyond the destructible body is the indestructible soul. It (02.27) states that just as death is inevitable, so is the soul's reincarnation after death. And we have an eternal relationship with the Su-

Namaste everyone. Hope all readers have geared up for holidays and new year. New year comes with new hope and fresh energy. It prepares one to take new challenges with new vigor. And for so many of us, it also inspires them to take new vows and resolutions. For most of us, life is a race and unknowingly we keep running nonstop day and night and months and years without even noticing what's happening around us. Let's pause for a while and comprehend on the purpose of life. Let's understand that life is not a race as we even don't know when it is going to end. And while being in this mad race, we spoil our mental as well as physical health. For relishing happiness, we need to have a healthy body and mind. Let's take a resolution to include Yoga in our daily routine. Yoga can give you peace, energy and ultimately purpose.

This week we are going to focus on Supta Vajrasana or sleeping thunderbolt yoga pose which is an advanced and reclined version of Vajrasana where the upper part of the body bends backwards and the rear rests on the ground. It deals with improving our digestive system, abdomi-

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The event of
death isn't
avoidable,
but the
trauma of
death is

~Chaitanya Charan

preme, Krishna, whose eternal parts we are.

Our post-mortem journey, as well as our pre-mortem journey is guided by the Supreme Lord who is present in our own hearts. The Gita (08.05) assures that if we remember him at the time of death, we attain him. Cultivating his remembrance is the essence of the practice of bhakti-yoga.

By diligent bhakti practice, we become increasingly attached to Krishna and increasingly attuned to his indwelling presence. We realize that he is always with us and that at death he will come with us – we

won't lose that which we are most attached to. To the contrary, we will go closer to him, eventually uniting with him for an eternal life beyond death.

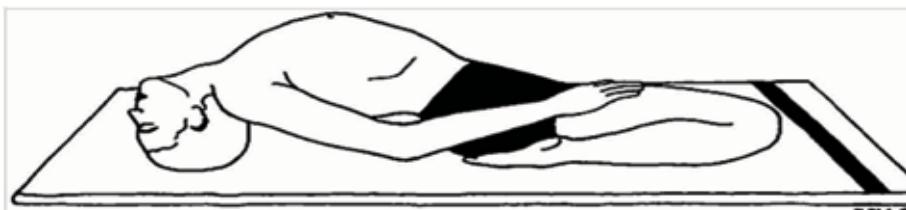
With this understanding, when we face death, our consciousness rises beyond the trauma of bodily breakdown to devotional absorption in our Lord's loving embrace.

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Supta Vajrasana(sleeping thunderbolt pose)



nal organs and nerve system.

Steps for Supta Vajrasana

- Sit in vajrasana. Slowly bend back, taking the support off first the right elbow and arm and then the left.
- Bring the top of the head to the ground, arching the back.
- Find the balance in this position, then place the hands on the thighs.
- Try to keep the knees in contact with the floor. If necessary, separate the knees. Care should be taken not to strain the muscles and ligaments of the thighs and knees by forcing the knees to touch the ground in the final posi-

tion.

- Close the eyes and relax the body.
- Breathe deeply and slowly in the final position.
- Return to the starting position by breathing in and taking the support of the elbows and arms to return to vajrasana.

Breathing:

- Deep but slow

Awareness: On the crown of the head, neck, lowerback, abdomen or breath.

Sequence: Follow supta vajrasana with a forward bending asana.

The most convenient counter pose is shashankasana or child pose since it may be performed immediately from vajrasana without unnecessary body movement.

Contra-indications: people suffering from neck problems, sciatica, slipped disc, sacral ailments or knee complaints should not practice this posture.

Benefits:

- This asana massages the abdominal organs, alleviating digestive ailments and constipation. It tones the spinal nerves, makes the back flexible and realigns rounded shoulders. The nerves in the neck and the thyroid gland are particularly influenced. The chest is stretched and expanded to full capacity, filling the lungs and bringing more oxygen into the system. It is beneficial for those suffering from asthma, bronchitis and other lung ailments. It loosens up the legs in preparation for sitting in meditation asanas.

Practice note:

- Never leave the final position by straightening the legs first, as this may dislocate the knee joints. Return to vajrasana first and then straighten the legs.

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Set a Goal: Commence2018 with a Purpose of an Action

The New Year stands before us, like a new chapter in a book waiting to be written. We can help write that story by setting goals. — Melodie Beattie

With the advent of New Year we must set a goal for ourselves to help us function better. Life without a goal is like shooting an arrow without knowing the target. Goals lead and motivate us to a specific direction. Goals give us a long haul vision and an interim stimulant. A goal focuses on our procurement of knowledge, and aids us to arrange our time and resources to make most of our life.

By setting a goal we are accountable to ourselves until we attain it. Goals consistently conduce our brain that there is an objective to be completed. If not they remind us somewhere in our subconscious mind that something is pending and needs to be done. There is no harm in disseminating a goal into little chunks. For example, I have set a goal for myself that I will compose a monthly article in the local



newspaper. To achieve this goal, I have firm deadlines assigned to myself. I make sure that the topic of the article is ready by a certain date, the rough draft is prepared before its deadline, revision must be completed in the assigned time frame, and eventually the final article is ready to be submitted by the deadline. To be very honest, till date I have been successful in carry out the deadlines, and hoping for same in the future. Assigning the timelines and meeting them not only gives me immense satisfaction but, also helps me overcome the fainesse.

By appointing goal/s to ourselves we are able to record our growth which keeps us cinched and unswerving. Seeking goals give us a TARGET. Goal setting bestows us with the base for our ride. By fabricating a goal we give ourselves a solid ceiling and get inspired about. It leads us to concentrate on an entity and to give our cent percent to our effort, and this focus/target is what develops our desire to do something. Goals are plainly instru-

Congratulations Gary Johal and Namit Mangat

US in an international field hockey tournament held in Chile in March 2018. Passionate hockey players, Gary and Namit started their career in Field Hockey since early childhood. They are both active members of Arizona's own Phoenix Scorpions field hockey club where they are gaining guidance from Coach Laveen Jandu.

Their strong determination, willpower, and dedication has played a major in this achievement and so has the immense support and encouragement from their parents. Asia Today congratulates both Shamsher Johal, father of Gary Johal, and Parminder Mangat, father of Namit

Mangat for all the support, advice, and encouragement that led these two youngsters to reach such a milestone at an early age.

It is clear that Gary and Namit have a very bright future ahead and will make their parents and nation proud in the coming years.

We wish them both much success, happiness, and look forward to cheering them on in March 2018 in the international field hockey tournament and many other events in the coming years.

Congratulations Gary and Namit – we can't wait to see you represent and make the US proud in a few months!

ments to focal point the vigor and energy in positive directions. These can be modified as per individual preferences, brand new appended, and others discarded or released.

So, this new year let's delve within, and determine what we would like to have cropped up in our lives this year. Also we should introspect ourselves that what would we like to do, to achieve: meager things or colossal things? What precise areas of advancement would we like to have happen to us? What pieces, or personality flaws, would we like to have eliminated? What would we

like to have happen in companionship? What would we like to have happen in your household life? What complications would we like to see resolved? What compromises or agreements would we like to make? What would we like to happen in our professional life?

This will surely assist us to do our part. It is an assertion that we are willing to live an absolute positive life in the year to come.

Have a blessed new year!
Keep aiming and be safe!!

-Dr.Nidhi Gupta
Educator

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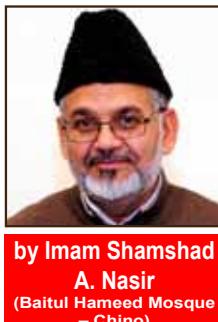


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Interfaith Symposium Titled “Connecting Our Hearts, Connecting the Dots, Connecting the Work” at the St. Peter’s Episcopal in Detroit Michigan



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

“Prophet Muhammad peace be on him was a champion of peace and his mission continues to be carried out by his subordinate Mirza Ghulam Ahmad of Qadian, The promised Messiah” said Imam Shamshad

Report by Muhammad Ahmad Detroit

Interfaith Symposium titled Connecting Our Hearts, Connecting the Dots, Connecting the Work” was held at the St. Peter’s Episcopal in Detroit Michigan on December 21, 2017. The event was co-sponsored by the Women’s International League for Peace and Freedom, St. Peter’s Episcopal Church, IHM Sisters, Marygrove Masters in Social Justice, Meta Peace Team, Friends of Immigrants, Poor People’s Campaign, We Stand with our Neighbors and Detroit Light Brigade.

The Speakers from each organi-

zation provided their perspective on wide range of issues including Social Justice, Poverty, Hunger, Exploitation of young boys and girls, Immigration Issues and lack of peace in our society.

The program started with Prayers led by Yusif Barakat. The host church’s Director Kim Redigan welcomed all interfaith leaders and provided brief introduction of the speakers.

Nina Rodriguez from Friends of Immigrants provide real life stories of immigrants who came to the US when they were really young and have been working here in the US and raising their families under Dreamer ACT and now will lose protection under the current Administration. This was followed by Imam Steve Mustapha Elturk of Islamic Center of North America who spoke on the importance of diversity and quranic teachings of equality among all human beings irrespective color, creed or language. He read translation of some verses of the Holy Quran. Imam also read a portion from the last sermon of Holy Prophet Muhammad peace be on him at Hajj.

Barbara Harvey from Jewish Voice for Peace Detroit Chapter spoke on

new developments of moving the Israelis’ capital and what negative consequences it would bring. She also spoke in favor of two state solution and giving dignity to the Palestinian people.

She described stories of various Palestinian families who have been brutalized by the Israel’s armed forces.

Imam Shamshad Nasir after introducing the Ahmadiyya Muslim Community, focused his speech on lack of fear of God and lack of connection to God and righteousness, in our lives as the leading reason for so many social and justice related problems.

He elaborated that if everyone could simply follow the teachings of their scriptures and holy founders that will be enough to bring peace in the world and in our individual lives, for example he said, Jesus Christ said, if any one slaps you on your right cheek then turn the left one, does any Christian follow this teaching he inquired from people, every one answered NO, Imam quoted verses from the Holy Quran that there is no superiority of white man over a black or yellow. God Almighty has simply created us in different skin colors, languages and so that we can

recognize and appreciate each other. Only those have superiority in the eyes of Almighty then ones that are pious.

He highlighted the fact that these days we have forgotten the teachings and traditions of the holy founders of each religion. Youth have no interest in the religion and hence the churches, Synagogues and mosques rarely see the youth attend these places of worship. Human being in general has lost the connection with the creator.

He described how harmony can be created in one’s life by having respect for everyone irrespective of race or religion. Imam gave examples from the life of Holy Prophet Muhammad peace be on him, and how he treated Jewish, Christian and people of other faiths with utmost respect and dignity, Imam said that Prophet Muhammad was champion of peace for all time, and now his mission is carried out by the Promised Messiah and Ahmadiyya Muslim members all over the world.

Imam later invited the guests to visit the Ahmadiyya Muslim Community’s mosque and gave the book “Life of Muhammad” to each of the speakers as a gift.



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The glittering lifestyle of economically advanced Western countries has always been attracting less than well-off people from Asia, Africa, and Latin America and will continue to do so, much like honey attracting bees or a magnet pulling the iron-fillings. This pull is made stronger by the ever expanding needs of the Western people and the desire of the technically advanced and rapidly progressive nations in leading the world. Two kinds of jobs or works are in demand by the well-established nations or the "new world" from the economically weaker countries of the world.

One is that for the minimally paying jobs that indigenous people are unwilling to accept but immigrants would happily take. In most circumstances, they leave their motherlands primarily to make money by whatever means necessary to help their families back home.

The second is for the very well-trained techies and highly educated professionals from the large available pools in few Eastern countries such as India, Philippines and China that are not easily found locally. Western students are often unable to afford the time and money for lengthy professional training spanning over many years, as they want to, or have to, move away from their parental nests early on as per their cultural set up to establish and support their own families. The weaker nations, on the other hand, are more than happy to oblige them by unloading their burden of readymade, highly trained brigade of youth in order to scale down their unemployed teeming population. Consequently, professionally trained individuals from the nations of Asia, Latin America, and Africa have been continuously and regularly turning to the West. These professionals then continue making their permanent homes in the advanced nations of the West in ever increasing numbers thanks to the generosity of the West to accept people of other nations as their nationals.

History reveals that in the years past, a good number of South Asian countries were turned into British colonies and ruled by royal throne of England. Their populations were assigned the status of Commonwealth subjects by their masters. The visa restrictions for inter-Commonwealth travel, including an entry into Great Britain itself, were relatively lax. Thus the initial thrust of immigration from these countries was naturally and mainly directed towards their master's land, the U.K. However, with a downward trend of British economy, it did not remain an attractive destination anymore. With the passage of time and with the availability of abundant resources in these countries, first Canada, then U.S.A. and now Australia, they have indeed; become the choice over Great Britain as a destination for immigrants from these areas.

With the dominant culture of the host countries offering so many material

Drug Abuse and Indian Diaspora Youth

comforts, it was but natural that the process of cultural and psychological change or acculturation would follow in the rapidly expanding youth population born of the immigrant parents and now being raised in the West.

One of the most serious and bad consequences of this phenomenon of acculturation that started to raise its ugly head among Asian Indian youth in the West was their leaning towards alcohol and drug abuse. Cultural loneliness, disparate socio-cultural norms during social activities, and an ongoing sense of alienation at work place plus some degree of a language barrier, all added to the dilemma. A reluctant desire to escape by becoming more westernized through superficial looks and means began to take hold. As a result, the young people's adherence to traditional South Asian culture, in particular the preservation or the practice of religious principles, started to lessen. Instead, the use of the illicit drugs and alcohol, as well as immoral sexual practices consequent to loosening social taboos, took over.

The ugly and painful phenomenon of drug and substance abuse among the immigrant communities did not stay limited to the U.K. alone. After establishing its grip over the Asian youth in the U.K., substance abuse began to rear its ugly head in North America. Accurate statistics might not be available, yet the lack of sufficient available data doesn't necessarily translate into the lack of its presence. According to a study done by Lal and Singh in 1979 and reported in the book Ethno-cultural Factors in Substance Abuse Treatment edited by Shulamith Lala Ashenberg Straussuer and published by Guilford publications, the rate of alcohol abuse in rural areas of Punjab, was found to be 4.7% in a cohort of 127, whereas a study by the United Commission (1989) of a similar group in Vancouver estimated an alcoholism rate of almost 25% of the males. This simply proves that Indian immigrants are more prone to use alcohol and drugs after their migration to foreign countries than their counterparts in India.

As to the story of drug abuse among the diaspora youth in the U.S.A., Bhattacharya G. from the University of Illinois has documented the extent of drug use based on the self-reporting of 200 U.S.A.-born Asian-Indian adolescents. "According to the study by the participants' self-reported lifetime use, 28 percent had used alcohol on at least one occasion, 16.5 percent had used cigarettes, and 2.5 percent had used marijuana." In offering an explanation for this behavior, researchers arrived at the same conclusions: "Immigrant parents and their U.S.A.-born children may

experience stressful family conflicts over the disparate socio-cultural norms of the United States and their countries of origin. Such stresses may heighten adolescents' vulnerability to drug abuse."

In regards gender, the study determined that "the pattern of illicit drug use among South Asians appears little different from that of the general population in terms of the drugs used and the age of users. There may be a smaller proportion of South Asian females than females in the general population who have used illicit drugs, although some of the studies highlighted the reluctance of such females to respond to questions on personal drug use." It is worth noting, however, that the drug use among the South Asian youth on the whole, including females, is gradually catching up as the population becomes "westernized."

This phenomenon of becoming more "westernized" deserves special attention from the Sikh perspective. It is common knowledge that the fading of Sikh religious principles, especially in relation to uncut hair and turbans--a 'sine quo non' for unique Sikh identity--is becoming much more rampant among Western-born Indian Sikhs, much like what is happening in Punjab. The Sikhs from rural Punjabi backgrounds seem to top the list in this venture of apostasy while non-Jats Sikhs and Sikhs of other minority segments are rapidly catching up in getting entrapped in this unfortunate behavior.

Ironically, neither Sikh youth nor their parents seem to realize that the unique Sikh identity displayed proudly with turbans, uncut hair and beards, might at times act to their advantage. It often tends to create a psychological barrier against the flagrant liberty needed in the use of illicit drugs and extramarital sex, thus preventing them from getting involved in these kinds of antisocial activities. Turbans and beards do dampen, albeit to a varying degree, the chances of young persons in making friends or being accepted in such anti-social endeavors, as opposed to those who decide not to maintain them. In other words, it may become relatively easy to join and blend with a wider pool of all kinds of friends after forsaking unique Sikh identity at least theoretically speaking. My personal non-scientific observations seem to support this proposition.

My reason to highlight this issue of drugs is a deep concern for the increasing vulnerability of Western-born Indian youth to substance and alcohol abuse. Not drinking at all or staying away from alcohol



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

is the best possible solution. This is only possible if open discussions and motivational talks about the dangers of substance abuse are repeatedly carried out by parents with their growing-up children. Other family members will have to chip in to provide moral support as well. However, a mere lecture by the parents against the dangers of drinking or using drugs while they themselves continue to personally engage into them in the presence of their children will not work. The parents themselves have to be motivated to create an environment where their young children are spared from this agony of the duality if they truly want their children to listen to them.

Our people have always been reluctant to discuss such matters in public. "The major factors influencing families' reaction to drug abuse among their children are the importance of maintaining the respect of the family within their community as well as having no information about availability of drug-rehab services. The result is that families often employ strategies that focus on not seeking professional help from mainstream drug services for the drug user, but rather, on hiding and denying the situation from the extended family and the rest of their community. However such efforts to tackle drug use are largely unsuccessful."

The same study mentions, "The denial among the South Asians might be due to their inherent cultural fear of losing face among their own people, thanks to the cultural baggage that they carry from home for good or bad. Like other Asian diaspora, Indians too are a close-knit group, and such issues are not discussed or brought to the lime light, probably due to guilt, shame, and stigma, despite the need for the opposite to happen. All efforts are made to keep the matter hush-hush for a fear that if the lid is opened, the contents will spill out, spoiling the family's reputation and status in their respective communities."

It is time to act now. Closing our eyes will land us in more troubles that could be much more serious and unmanageable in the future.

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INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA) - LA PRINCESA

ISAA WISHES EVERYONE A MERRY CHRISTMAS & HAPPY 2018



On November 28, 2017, ISAA enjoyed Hariprasad Chaurasiyaji's magic flute while busy socializing. We had a short prayer for quick recovery of our friends- Chhotubhai and Minaben. Arushee Divyakirti's guest Mike Gregson from New York Life touched upon basics of Long Term Insurance. Arushee and Mike will be back in January to present detailed information about the subject. Among many video clips were – Laughter therapy, Magic unbelievable, Wonders of banana, America got talent, Giving Tuesday, Protect back from injuries, Aadhar card message, Walkers for seniors, and Super kavita, Bollywood- sixty years of musical entertainment in three minutes. The sponsors today were Arvindbhai, Nilaben and the family on the occasion of Arvindbhai's eightieth birthday celebration. Happy birthday to Arvindbhai. Jitubhai welcomed back the members who enjoyed their South East Asia tour under the able leadership of Shashikantbhai.

On December 5, 2017, we had a very educational and informative presentation by Mr. James Phelps, Estate Planning Attorney from Phelps Law Offices. The highlights of the talk were identifying "Ten Mistakes in Estate Planning". He enjoys helping his clients achieve "Peace of Mind" by preventing "Fires" instead having to put them out. People work hard to earn and save money. This was a great opportunity for all at ISAA to verify, whether we are on right path in the Estate Planning! Attorney Phelps explained, why a Bad Estate Plan is Good for the IRS:

- Why merely having a Will (or the wrong Living Trust) may cost your loved ones thousands of Dollars in needless fees and many months or



years in Arizona's Probate Court system.

- How to create a Living Trust that protects the inheritance from being wasted away by a child's frivolous spending, ex-spouse, or creditors. (A Living Trust that merely avoids probate isn't good enough anymore!)
- How to make sure the right person steps in for you if you are ever ill or disabled.
- How typical Living Trusts force the surviving spouse to endure needless paperwork and legal & accounting fees.
- How to protect your IRAs and retirement plans from automatic taxation when you are gone. Why internet, do-it-yourself and bargain-priced attorney plans almost always end up in court. Luncheon today was sponsored also by his firm too. ISAA appreciates the fine gesture by the company. If anyone is interested in pursuing per-

sonal questions you are encouraged to contact his office.

On December 12, 2017, Light music greeted the members as they walked into the hall. The socializing continued until the meeting got under way with a video clip on "Laughter Therapy". Today we had some clips of songs from the past to remember Shashi Kapoor who passed away a few days ago. It sure brought the memories. Some other clips portrayed fusion of classical dances with contemporary ones, a talk on "Gita- established values for life and corporate world", ATM & gas station skimmers, etc. Copies of the letters received from "Akshay-patra" were attached to the Minutes of the Meeting. ISAA thank members for their generous donations earlier to help flood victims in the USA as well as India. A generous donation of \$458 from Manjuben's son- Sanat Patel, towards the cost of Diwali snacks is also

1. Pravinbhai's Birthday was celebrated when Shantubhai & Kokiben Sponsored the Luncheon 2. Seniors love to pose for a picture! 3. Mike Gregson from New York Life touched upon basics of Long Term Insurance. 4. Happy 80th Birthday to Arvindbhai and thank you to Nilaben & Family for the luncheon sponsor

appreciated very much. The luncheon today was sponsored by ISAA. Thanks to our food committee for doing a fine job of treating the membership.

On Dec 19, 2017, the festive music of the Christmas 2017 put everyone in the right mood with "Jingle bell jingle bell". This followed with the laughter therapy. Subsequently a number of video clips including- Continuous chest compressions - CPR, Dholi taro dhol baje, Comedy by Mr. Bean in hospital, TEDx inspiring clip, Nagada song dhol and Very touchy clarinet were shown. Kokiben and Shantubhai sponsored the beautiful luncheon for the guests and members. Many thanks from ISAA. ISAA welcomed Ashokbhai -Minaxiben's brother and celebrated his birthday with a cake. Other guests included Satyendrabhai and Gitaben, Rameshbhai & Minaxiben from Vadodra. Shantubhai and his Team were appreciated by ISAA for conducting research on looking into specificity of administering Antibiotics without harming good bacteria in the body, at Hershey Cancer Research Institute!

Phoenix Prospects in 2017: Our Year in Review



Turmoil and controversy may have dominated national and international headlines in 2017, but for Phoenix, it was another year of steady, positive change. A stronger economy, a more sustainable city, and the pursuit of real opportunity for everyone.

Let's look back at the results that shaped the last year and read the full year in review on Medium.

Phoenix Earns National Recognition

This year saw Phoenix—and its leaders—earn recognition for leading the way on some of the country's most critical challenges:

Governing Magazine named Stanton the Public Official of the Year among mayors for his work rebuilding the city's economy and making key strides on sustainability. The publication also named Phoenix the nation's most innovative city.

C40 Cities Bloomberg Philanthropies honored ten innovative cities around the world for taking major climate action. Phoenix was recognized with a "Cities 4 Zero Waste" Award for its sustainability progress.

U.S. Conference of Mayors recognized Phoenix with the 2017 City Livability Award for its forward-thinking mass transit plans.

Phoenix earned the Arizona Forward Governor's Award for Environmental Excellence in recognition of the landmark water agreement between the City and the Gila River Indian Community.

Phoenix Economy Continues to Boom

Investments the City made to turn the local economy into one rooted in knowledge and skills continue to pay off as indicators show that Phoenix is leading Arizona's economic recovery:

Average wages grew more in Phoenix than anywhere else in the nation—a whopping 7.6 percent. And the Phoenix metro unemployment rate plummeted to 3.7 percent, nearly a full point lower than the state's.

Phoenix ranked third in the country for high-tech job growth and became one of the nation's top 10 fastest growing economies.

Skills are driving the Phoenix economy as more than 60 percent of the workforce now hold jobs in advanced industries such as business and financial services, precision manufacturing, health and life sciences, and technology. More businesses are choosing Phoenix. This year, 32 new companies moved to the city, bringing more than 11,300 new jobs. Overall, metro area job numbers rose by 45,200 from last year.

Trade with Mexico is up more than 150 percent since 2010—now at more than \$8 billion annually. To continue to strengthen the trade relationship with our southern neighbor, Phoenix opened its second Mexico-based trade office—in Hermosillo—in March.

Taking the Lead on Sustainability

As the federal government withdrew from its leadership role on combating climate change, Phoenix took the issue head on:

Stanton, alongside mayors across the country, recommitted Phoenix to the goals of the Paris Climate Accord combating climate change and promoting sustainability.

The City began to replace nearly 100,000 city street lights with energy-efficient LED bulbs—a task that will save millions of dollars and reduce electricity usage by up to 50 percent.

Phoenix increased its recycling and compost volume 10 percent from

last year, making the city's total waste diversion rate 30 percent.

The City entered a cutting-edge partnership—the largest of its kind in the country—with renewable energy company Ameresco to turn biogas from the 91st Avenue Wastewater Treatment Plant into green gas that can be sold for profit. With the help of Downtown Phoenix Inc., nearly 150 new shade trees and more than 500 new plants are making the downtown walking experience even better and growing our urban shade canopy.

Higher Education Partnerships Grow

Phoenix's commitment to higher education continued:

Phoenix, ASU and Mayo Clinic partnered to develop a site on the Arizona Biomedical Corridor in Desert Ridge that will become home to the 150,000 square-foot ASU Health Solutions Innovations Center.

U of A's Biomedical Sciences Partnership Building opened on the Phoenix Biomedical Campus—and ASU's development is moving forward on the seven acres of land on the north side of the campus.

In another Phoenix-ASU partnership, the ASU Thunderbird School of Global Management announced it would relocate to the downtown Phoenix campus.

Transportation Options Grow Throughout the City

The Transportation 2050 Plan, approved by voters just two years ago, had a significant impact on Phoenix transit:

Construction began on the plan's first capital project—a light rail station located on Washington Street near Ability 360—with a special design aimed to be a model of accessibility for

individuals with disabilities.

Voter-approved funds allowed bus service hours to expand on Fridays, Saturdays and Sundays to match light rail service hours seven days a week. Ridership rose by 6.1 percent.

Phoenix installed its first protected bike lanes on 15th Avenue between Van Buren and Jefferson streets—the first step in our long-term effort to build safer streets for bicyclists.

Staying True to Our Values

We continued our work to be a city that welcomes everyone and respects everyone, with an economy that creates real opportunity for everyone:

Phoenix stood up to pharmaceutical companies and distributors whose fraudulent marketing helped create the opioid crisis—one of the deadliest drug epidemics in our nation's history. In November, the City Council unanimously supported taking legal action against drug companies to demand accountability for the stunning rise in opioid addiction.

Phoenix opened Starfish Place, the nation's first long-term housing project for human trafficking victims and their children. The 15-unit housing complex offers on-site services and case workers to support its residents.

The strategic action of the Opportunities for Youth initiative had a positive impact on young people in our community: the disconnected youth rate dropped a stunning 26 percent in the Phoenix area in the last year—the most significant improvement in the country.

Phoenix earned another perfect score from the Human Rights Campaign's Municipal Equality Index, which recognized ongoing efforts to make sure everyone in our community receives equal treatment regardless of how they identify or who they love.

The Festival of Chariots in Phoenix. (Ratha Yatra)

and the residents of Puri have been worshipping this form for many centuries. Five hundred years ago, Lord Chaitanya, the most merciful incarnation of Lord Krishna, used to visit Lord Jagannatha in the temple daily and see Him in a mood of intense separation, much like Srimati Radharani who was parted from her beloved Krishna most of her days.

The Festival of Chariots is an invitation for the Lord Jagannatha, to enter into our hearts by pulling His cart down a street. It is an ancient Indian tradition, brought to the West by A.C. Bhaktivedanta Srila Prabhupada (1896-1977), the founder-Acharya of the International Society for Krishna Consciousness.

Outside India, this festival was first celebrated in San Francisco, USA in the year 1967 under the guidance of his Divine Grace A.C. Bhaktivedanta Swami Prabhupada. Since then Ratha Yatra became an international festival celebrated in many countries including USA, UK, Canada, South America, South Africa, Poland, New Zealand, Australia, etc.)

On December 16th, ISKCON of Phoenix temple held their first Ratha Yatra celebrations. Lord Jagannatha, Lord Balarama, and Lady Subhadra were placed in canopied chariots which were decorated with flowers, flags, etc.

The procession started with chanting Lord Jagannatha ashtakam by ISKCON devotees. Arizona Interfaith Chairman, Larry Fultz performed the coconut breaking ceremony Bharatanatyam dancers from Sampradaya School of dance offered Pushpanjali prayers dance to the Lord. The cart parade, with mridanga drums and kartala cymbals resounding, proceeded from Palm Lane to Steele Indian School Park. During this procession, many people experienced Lord Jagannatha's darshan and received His merciful glance. Devotees handed out Prasadam sweets, as well as books and flyers while dancing to the melodious Hare Krishna Kirtan. Many that day perhaps had no idea the spectacle they would experience as the procession passed their apartments and streets!

While the cart paraded down, back at the Steele Indian School Park-the main event venue- various booths greeted visitors. Different booths included Chanting of Maha Mantra, Vegetarianism, Reincarnation, Bhagavad Gita, Yoga Meditation, Henna and Face Painting, and others. Few other vendors joined in our booth display, including crafts, food, traditional clothes and jewelry. Upon the cart's return to the pavilion, various cultural events were performed at the stage included ISKCON of Phoenix Sunday School performance, Bharatanatyam by Sampradaya School of dance and other individual performers, Mohiniattam, Chenda (traditional drum performance) by Kerala Hindu Association and Kirtans by different groups. During the stage performance, various bits of philosophy were explained to the guests, such as the origin and amazing truths about Jagannatha Puri events by the emcees (Radhika DD, Anita Mataji, and Mahi Mataji). Temple President Prema dhatri Mataji invited the guest of honor, Arizona Corporate Commissioner, Tom Forese on to the stage for a short address to the attendees.

The deities were moved to a nicely decorated tent where They were offered prayers and bhoga and vegetarian prasadam, or sanctified food, was served throughout the event. The event concluded with Prema dhatri Mataji thanking the attendees, volunteers, devotees, and City officials for their support for this great event. Phoenix ISKON will make this an annual tradition henceforth.

With this event, ISKCON of Phoenix was able to join Srila Prabhupad's legacy of celebrating Jagannatha Rath Yatra. This was a great opportunity to take the Lord's mercy out to the streets in the form of the deities and the holy names.

Jai Jagannath!





What does your handwriting say about you?

"What is Handwriting? "You might be think, Handwriting is the drawing of symbolic lines with a stylus of some sort. Some call it 'Language by Hand'. It is a physical way of expressing thoughts and ideas and a means of communicating with others. Nevertheless, I say, "Handwriting is image or projection of our Subconscious mind; hence, it reveals personality and character of person."

We all know that, every individual has their own unique style of handwriting – cursive, print, mix, bold, simple, curly etc. Indeed, it is impossible that, two people on the planet have the exact same handwriting. Just like as a fingerprint or your own DNA. While a fingerprint would identify the key traits of your physical DNA, your handwriting identifies your mental DNA. It is scientifically proven that handwriting is akin to bio-electric impulses, both relevant and interpretable. To simplify it, as you need a mirror to see yourself from outside, your handwriting gives a clear picture of what you are from inside. In essence, handwriting is a mirror of soul.

Handwriting Analysis(Graphology), a modern

form of psychology that identifies personality traits and human character through handwriting. The shapes and mechanisms of the lines that form letter is a clear and relatively current indicator of the brain's modes and capabilities. Our subconscious mind controls strokes, slants, loops, spacing, margins, pressure exerted and many other aspects during writing. Graphologists note such elements as the size of individual letters and the degree and regularity of slanting, ornamentation, angularity, and curvature. Other basic considerations are the general appearance and impression of the writing, the pressure of upward and downward strokes, and the smoothness of the writing. Each of these handwriting elements map to various personality traits, thus reflecting our personality through our handwriting.

Handwriting analysis is used for self assessment and personality enhancement on base of more than 120 traits and/or strokes like creativity, intelligence, enthusiasm, willpower, persistence, administrative ability, goals, imagination, attitude, communication skill, physical drive, sexual drive, defense mechanism, desires, success and much more... The applications of graphology are enormous for instance Childhood Development, Career guidance for child and adults, Self-Development, Partner Compatibility, hiring activity for HR department, Management for any organization and ease medical treatment in medical science.

As like Handwriting analysis, few other elements such as Signature analysis, Signature makeover and Grapho-therapy, approved and certified by Handwriting University, California.



India Nite 2018

Presented by India Association of Phoenix

Venue: Arcadia High School Auditorium
4703 E Indian School Rd,
Phoenix, AZ 85018

Date: Sunday Jan 28th, 2018

Tickets: Buy tickets online at www.iaphx.org
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Rachel : 480-529-7158
Babu : 602-768-3308
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Entry: Members \$7 | Non Members \$10

Contact: President@iaphx.org

Registrations now open, login to www.iaphx.org



محبت سب کر لئے ترقیت کسی سے نہیں



LOVE FOR ALL HATRED FOR NONE

Our everyday should be reflective of the good model of the Holy Prophet(saw). Our days and nights should be spent in a way that help us fulfill our pledge to the Promised Messiah(as).

The Promised Messiah (as) has said that oneness of God doesn't mean that you just say La Ilaha with your mouth but have thousands of idols in your heart.

May Allah show us the victories destined for this Jama'at in our lives and may Allah destroy the evil plans of our enemies and keep all Ahmadis safe worldwide

On 31st Dec., 2016 evaluation Hazrat Khalifatul-Masih V (may Allay be his us Helper) delivered the Friday Sermon at Baitul Futuh Mosque, London which was televised at the coming www.MTA.TV live with translations in many languages. After reciting THANA, TAWUZ and Surah Fatiha Hazoor-e-Anwar(aba) Said: According to the Gregorian Calendar, the New Year will insha'Allah start after two days. Worldly people pass these days in worldly pleasures, thus ending the previous year and starting the New Year in vein and useless activities. The reason is that they have lost their spiritual senses. The true believers stay away from such actions. The Promised Messiah (as) has presented the essence of Islam for us and has given us the conditions of Bai'at as our guideline. So if we start this New Year by evaluating ourselves and with prayers, only then we will be able to improve our hereafter. If the weaknesses still prevail and the self-thoughts?

does not give then we should pray to Allah that we may not be the one that would reduction in spiritual enhancement. Our everyday should be reflective of the good model of the Holy Prophet (saw). Our days and nights should be spent in a way that help us fulfill our pledge to the Promised Messiah (as). We can evaluate ourselves by asking the question that did we try to any other thing in your life. The question is that did we stay away from falsehood in this year? Did we keep ourselves away from all sources of indecent thoughts? These days



Imam Juma'at Ahmadaviyya Mirza Masroor Ahmed

there are many such programs on TV and internet which is also a form of Zina. Do we keep ourselves away from trespasses of eyes? The question is that did we keep ourselves away from all quarrels with other believers? Did we stay away from all Zulm or oppression meaning devouring other's wealth unlawfully? Did we stay away from becoming a source of any disorder for anyone? It is also fasad or disorder to misguide a person who follows his faith and Nizam-e-Jama'at faithfully. Do we offer prayers and Namaz-e-Tahajjud as instructed by Allah and the Holy Prophet (saw). The Holy Prophet (saw) has said that leaving prayer takes one close to Shirk and Kufr. Did we do istighfaar regularly during this year? The Holy Prophet (saw) has said that whoever does

Allah takes away all of his difficulties. Did we maintain a relationship of love and affection with Allah in this year and did we try our best to follow the Holy Quran and the commandments of the Holy Prophet (saw)? Did we fulfill this promise that we will give precedence to our faith over all worldly matters and will obey the Promised Messiah (as) in all matters? Did we keep a relationship with Hazrat Khalifatul-Masih(aba) in this year and advise our families in this regard? If the answer is yes to many of these questions, then we have gained a lot in this year despite of weaknesses. If the answer is no, then we should be worried about ourselves and enter the New Year with prayers that may Allah remove our weaknesses. May Allah enable us to live our lives according to the wishes of the Promised Messiah (as), may Allah hide our weaknesses, may Allah show us the victories destined for this Jama'at in our lives and may Allah destroy the evil plans of our enemies and keep all Ahmadis safe worldwide, especially in Pakistan and Algeria. Amin

CONTACT: Imam Shamshad A Nasir, Baitul Jammy Mosque, 2S 510 IL Rte 53, Glen Ellyn IL 60137. TEL: (909) 636 8332

WEB: www.alislam.org; LIVE TV: www.mta.tv



ہمارا ہر دن اسوہ رسول ﷺ پر چلنے والا ہو، ہمارے دن و رات حضرت مسیح موعودؑ کے ساتھ عہد بیعت نبھانے کی طرف لے جانے والے ہوں
”حضرت مسیح موعود نے فرمایا تو حید صرف اس چیز کا نام نہیں کہ منہ سے لا الہ الا اللہ کہہ دیا جائے جبکہ دل میں ہزار بت ہوں“
نیا سال برکتوں کے ساتھ آئے اور دشمنوں کے تمام منصوبے ناکام کرتے ہوئے تمام احمدیوں کو امن میں رکھے

امام جماعت احمدیہ حضرت مرزا سرور احمد صاحب نے مورخ 30 دسمبر 2016ء کو مسجد بیت الفتوح لندن میں خطبہ جمعہ ارشاد فرمایا جو کہ ایمیڈی اے ائٹر نیشنل پر برادرست مختلف زبانوں میں ترجمہ کے ساتھ نشر کیا گیا

والے فسادی یا محبت ہم دین کو دنیا پر مقدم رکھیں گے اور کرنے والوں کے حضرت مسیح موعود علیہ السلام کی اطاعت در میان جو بگاڑ پیدا کریں گے؟ کیا ہم خلافت سے تعلق رکھتے کرتے ہیں وہ فسادی تو ہیں اور اپنے اہل و عیال کو بھی اس طرف نہیں؟ کیا ہم نفسانی توجہ کرواتے رہے ہیں؟ اگر تو ان سوالوں جو شوون سے مغلوب تو کے اکثر جواب ثابت ہیں تو ہم نے باوجود



سماںت اسے سدا سرور احمد علیہ السلام سے

نہیں ہو جاتے؟ پھر کیا کمزوریوں کے بہت کچھ حاصل کیا۔ اگر

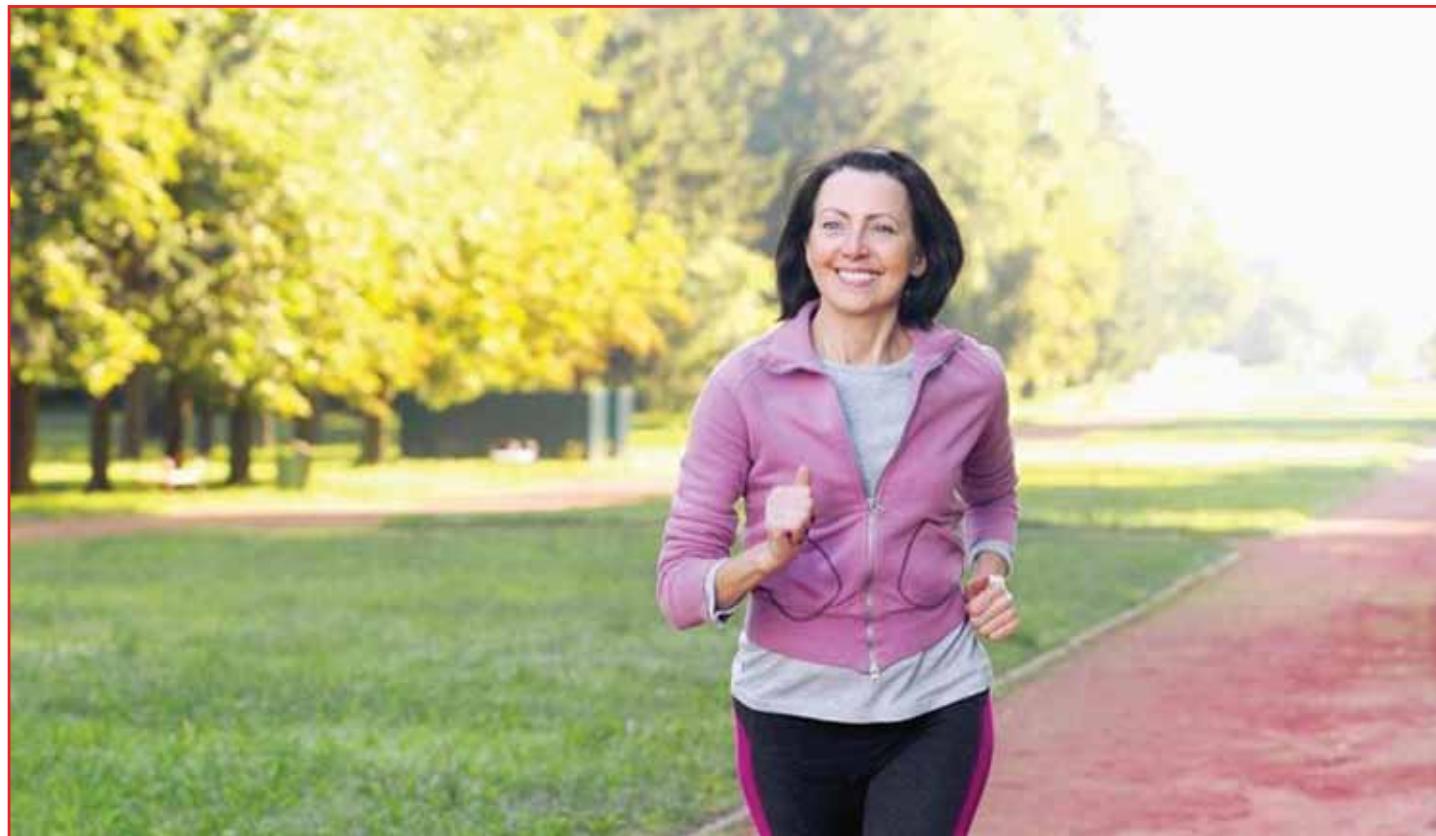
ہے کہ ان کی دینی آنکھ اندھی ہو چکی ہے۔ موعودؑ کے ساتھ عہد مومن کو ان لغویات سے نہ صرف بچنا بیعت نبھانے کی طرف لے جانے والے ہم پانچ وقت نمازیں پڑھتے رہے ہیں؟ کیا جواب نفی میں ہے تو پھر ہمیں فکر سے نئے چاہئے بلکہ اپنے گزرے سال پر اپنا دینی ہوں۔ حضور انور نے فرمایا: اصل سوال تو نماز تجد پڑھنے کی طرف توجہ رہی؟ اس کی سال میں داخل ہوتے ہوئے دعا کرنی اور روحانی محاسبہ کرنا چاہئے کہ کیا پایا اور کیا یہ ہے کہ کیا ہم نے گزرے سال میں عادت گناہوں سے روکتی ہے برا یوں کو چاہئے کہ اللہ تعالیٰ ہماری کمزوریوں کو دور کھویا۔ ہم احمدی خوش قسمت ہیں کہ شرک سے اجتناب کا وعدہ پورا کیا؟ ختم کرتی ہے اور جسمانی بیماریوں سے بھی فرمائے۔ پھر حضور انور نے حضرت مسیح جنہیں اللہ تعالیٰ نے مسیح موعودؑ کو ماننے کی حضرت مسیح موعودؑ نے فرمایا ہے کہ توحید بچاتی ہے۔ پھر ہم نے سوال کرنا ہے کہ کیا موعودؑ کے چند اقتباسات پیش فرمائے جس تو فیق عطا فرمائی۔ حضرت مسیح موعودؑ نے صرف اس چیز کا نام نہیں کہ منہ سے لا الہ الا اللہ علیہ وسلم پر دور دے پتہ چلتا ہے کہ آپ کو اپنی جماعت سے ہمارے سامنے اللہ تعالیٰ اور اس کے رسول لا الہ الا اللہ کہہ دیا جائے جبکہ دل میں ہزار بت بھجنے کی باقاعدہ کوشش کرتے ہیں؟ کیا تو قعات تمہیں اور یہی کے کس معیار پر کی تعلیم کا خلاصہ نکال کر رکھ دیا اور ہمیں ہوں۔ پھر یہ سوال ہے کہ کیا ہمارا سارا باقاعدگی سے استغفار کرتے رہے ہیں؟ کیا آپ ہمیں دیکھنا چاہتے تھے، پھر دعا فرمائی کہ تم اس معیار کو سامنے رکھو تو تمہیں پتا سال جھوٹ سے پاک ہونے پر گزر؟ کیا ہم دوسروں کو تکلیف پہچانے سے بچتے کہ اللہ کرے کہ ہم اس نصیحت کو سامنے کہا کہ تم اس معیار کو سامنے رکھو تو تمہیں پتا سال جھوٹ سے پاک ہونے پر گزر؟ کیا ہم دوسروں کو تکلیف پہچانے سے بچتے کہ اللہ کرے کہ ہم اس نصیحت کو سامنے چلے گا کہ تم نے اپنی زندگی کے مقصد کو ہم نے اپنے آپ کوئی وی، انتہنیت وغیرہ رہے ہیں؟ عاجزی ہمارا اقیاز رہا ہے؟ خوشی رکھتے ہوئے زندگی گزارنے والے پورا کیا ہے یا نہیں۔ پس ہم سال کی آخری جو خیالات کو گندرا کرنے کا ذریعہ بننے ہیں غمی اور تنگی آساںش ہر جگہ خدا سے وفا کی ہوں، عہد بیعت کو پورا کرنے والے ہوں رات اور نئے سال کا آغاز جائزہ اور دعا سے ان سے دور رکھنے کی کوشش کی ہے؟ کیا بد ہے شکوہ تو نہیں پیدا ہوا؟ ہر قسم کی رسوم زندگیاں خدا کی رضا کے حصول میں کریں گے تو اپنی عاقبت سنوارنے والے نظری سے بچنے کی کوشش کی ہے؟ کیا ہم جو بدعات کی طرف لے جاتی ہیں ان سے گزرنے والے ہوں۔ نیا سال برکتوں کے ہوں گے۔ اگر کمزوریاں رہ گئیں اور جائزہ نے گناہ سے بچنے کی کوشش کی ہے؟ کیا ہم بچتے رہے ہیں؟ کیا قران کریم اور رسول ساتھ آئے اور دشمنوں کے تمام منصوبے تسلی نہیں دلارہاتیہ دعا کرنی چاہیے کہ اللہ نے اپنے آپ کو ظلم سے بچایا ہے؟ یعنی کسی کا کریم صلی اللہ علیہ وسلم کے احکامات کو ناکام کرتے ہوئے تمام احمدیوں کو امن تعالیٰ ہمارا آئے والا سال گزشتہ سال کی مال ناجائز طور پر تو نہیں لیا۔ کیا فساد سے مکمل طور پر اختیار کرنے کی کوشش کرتے میں رکھے خصوصاً پاکستان اور الجزاں میں۔ طرح روحانی کمزوری دکھانے والا نہ ہو اور بچنے کی کوشش کی ہے؟ چغل خوری کرنے رہے ہیں؟ کیا ہم اس عبید پر قائم رہے کہ آمین

Dear senior citizens, bi-weekly exercise can improve thinking ability, memory

Sometimes memory problems are a side effect of medications, sleep disturbances, depression, or other causes that can be treated. It is important to meet with your doctor to determine the root cause.

Exercising twice a week may improve thinking ability and memory in people with mild cognitive impairment (MCI), suggests a recent study. Researchers explained that people with MCI have milder symptoms like they struggle to complete complex tasks or have difficulty in understanding information they have read, whereas people with dementia have trouble with daily tasks, such as dressing, bathing and eating.

Mild cognitive impairment is a medical condition that is common with ageing. While it is linked to problems with thinking ability and memory, it is not the same as dementia. However, there is strong evidence that MCI can lead to dementia. Lead author Ronald C. Petersen from Mayo Clinic in Rochester said that it is exciting that exercise may help in improving memory at this stage, as it's something most people can do and of course it has overall



health benefits.

According to the guidelines, the doctors should recommend that people with MCI should exercise regularly as part of an overall approach to managing their symptoms. Moreover, there are no high-quality, long-term studies that suggest drugs or dietary changes can improve thinking ability or delay memory problems in people with MCI. The American Academy of Neurology's

guideline authors developed the recommendations after reviewing all available studies on MCI.

Worldwide, more than six percent of people in their 60s have MCI, and the condition becomes more common with age. More than 37% of people, aged 85 and above, have it. "If you or others have noticed that you are forgetful and are having trouble with complex tasks, you should see your doctor to be

evaluated and not assume that it is just part of normal aging," Petersen noted. "Sometimes memory problems are a side effect of medications, sleep disturbances, depression, or other causes that can be treated. It is important to meet with your doctor to determine the root cause. Early action may keep memory problems from getting worse," Petersen explained. The research appears online in journal of Neurology.

Ladies, are you facing abnormal hair loss? You may be at risk of developing fibroids

A new study says that women with a common form of hair loss have an increased chance of developing uterine leiomyomas, or fibroids.

Beware, a study has recently warned that women with a common form of hair loss, are at an increased risk of developing non-cancerous tumours that grow along or within the walls of the uterus. According to researchers, the medical records gathered on hundreds of thousands of African-American women suggested that women with a common form of hair loss have an increased chance of developing uterine leiomyomas, or fibroids.

The results suggested a five-fold increased risk of uterine fibroids in women with CCCA, compared to age, sex and race matched controls. CCCA predominantly affects black women and is the most common form of permanent alopecia — baldness — in this population.



Author Crystal Aguh from the Johns Hopkins University's school of medicine, said that the scarring associated with CCCA is similar to the scarring associated with excess fibrous tissue elsewhere in the body, a situation that may explain why women with this type of hair loss are at a higher risk for fibroids. The team analysed patient data from 2013-2017 of 487,104 black women ages 18 and over.

The prevalence of those with fibroids was compared in patients with and without CCCA. The findings indicated that 13.9% of women with CCCA also had a history of uterine fibroids compared to only 3.3% of black women without the condition. In absolute numbers, out of the

4,86,000 women who were reviewed, 16,212 had fibroids. However, the association was strong enough, she adds, to recommend that physicians and patients be made aware of it.

The researchers call on physicians who treat women with Central Centrifugal Cicatricial Alopecia (CCCA) to make patients aware that they may be at increased risk for fibroids and should be screened for the condition, particularly if they have symptoms such as heavy bleeding and pain. Women with this type of scarring alopecia should be screened not only for fibroids, but also for other disorders associated with excess fibrous tissue, Aguh noted. The research is published in the JAMA Dermatology journal.

Star Wars The Last Jedi: One of the best films of the year

Star Wars: The Last Jedi movie review - Director Rian Johnson delivers the best, most spiritual Star Wars film since the Empire Strikes Back. It is one of the finest blockbusters of the year. 5 stars.

When was the last time you had a spiritual experience at the movies?

When was the last time a movie brought you to your knees? It doesn't happen too often, but when it does, it reminds us why we put ourselves through this at all -- surrender ourselves to strangers and their vision. There is a certain amount of trust involved, but it's something more than that, something more sacred, more intangible.

Film Review

Star Wars: The Last Jedi
Director - Rian Johnson
Cast - Daisy Ridley, Mark Hamill, Carrie Fisher, Adam Driver, John Boyega, Oscar Isaac, Domhnall Gleeson, Gwendoline Christie, Benicio del Toro, Lupita Nyong'o, Laura Dern, Kelly Marie Tran, Andy Serkis
Rating: 5/5

It's faith.

Star Wars: The Last Jedi is a rewarding experience for anyone who has stuck with this venerable series through thick and thin. But for the uninitiated, it could prove to be just as enjoyable as being held in a Force Choke for two-and-a-half-hours.

I didn't grow up with these movies – mine is the Harry Potter generation. I discovered them, like the rest of my friends, years later on TV. I have only the faintest memories of the frenzy that accompanied the release of The Phantom Menace in 1999, but I was too young to understand what all the fuss was about. But no one forgets the first time they watch A New Hope – it's like



the first time you listen to the Beatles, or like the first time you're confronted by the Mona Lisa.

Things change after that.

The Last Jedi will not win any new converts – by now, you're either in or you're out, and even if you're on the fence, you're hardly going to jump in with the eighth movie – but it will be just the elixir those having a crisis of faith need.

Like Luke Skywalker, who has been living a monk-like existence on Ahch-To – an island that is home to the oldest Jedi temple in the galaxy, where we last saw him in the final scene of The Force Awakens – resigned to the future he has decided for himself.

He lives out his days in isolation, occasionally yelling at animals, but mostly keeping to himself, biding his time until he dies, away from his family and his duty. Having lost his nephew and protege Kylo Ren to the Dark Side, Luke denounced his religion. In death, he hopes to take with him what remains of the Jedi, refusing to accept that for thousands of rebels, he is their last hope, the only one powerful enough to stop Supreme Leader Snoke.

So when he failed to be there when his people needed him the most, hope came to him.

The Last Jedi picks up right where The Force Awakens left off, on that mountain top on

Ahch-To, with Rey offering Luke his lightsabre, a symbol from his past, a plea for help, and a sign of things to come.

But if there's ever a moment that will define what kind of movie The Last Jedi is going to be, it is the moment we've waited two years to see – on that mountaintop, Rey reaching out to the man who has been deified since his disappearance. In Luke's reaction to coming face to face with Rey, director Rian Johnson announces the sort of movie he has made – a funny, foreboding and deeply spiritual story of one family, torn apart by the sins of the father.

The Skywalker Saga owes a great debt to Eastern

philosophy – most notably Buddhist, Taoist and Hindu texts – but for some reason, after having alluded to it in the original trilogy, creator George Lucas curiously shied away from the very thought of thematic heft in his much derided prequels. The Force, a metaphysical idea that binds the Star Wars universe together was sidelined in favour of something more scientific, and altogether less fun. With The Force Awakens – a movie I love just as much as The Last Jedi, but for different reasons – director JJ Abrams paid due reverence to these concepts, which, for an entire generation of Star Wars fans, were sacred. And Johnson, while adding his own unique voice to the Saga, has continued the pilgrimage.

He takes his time with the story, carefully peppering smaller character moments within the grander scheme of things, aided by his film school buddy and cinematographer Steve Yedlin's distinct visuals, some fluid editing by Bob Ducsay, and a propulsive score by the legendary John Williams. Even at two-and-a-half-hours long – it's the longest movie in the series, by the way – there isn't a minute wasted. Everything is in service of the characters – Rey, Finn, Kylo, Poe, Leia and others – men, women and droids we've come to care for.

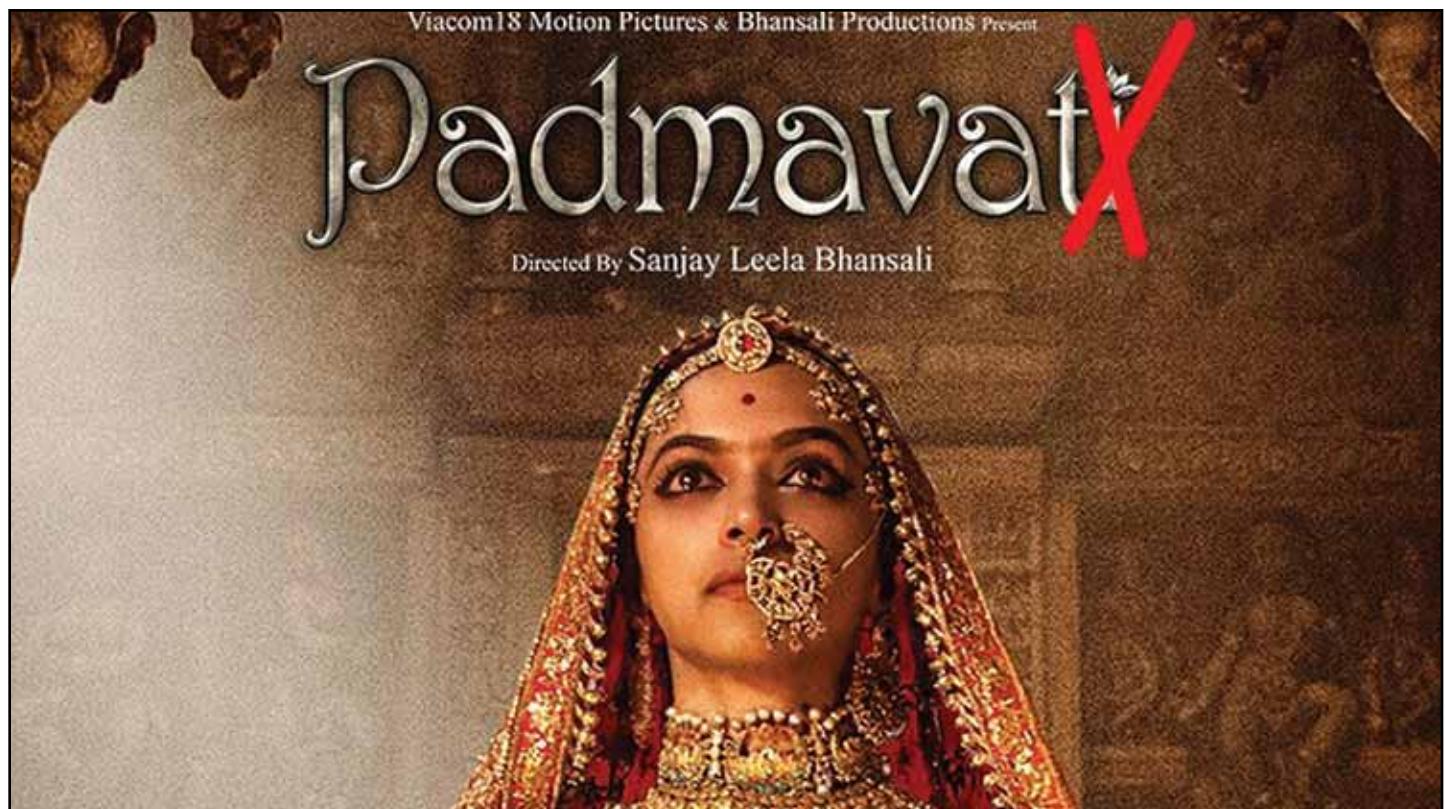
For what is Star Wars but a story about family? What is it but a story about hope? It's about seeing light when there is only darkness. It is about how, when faced with peril, even the most rational of us bow our heads and pray.

But what are we praying for? Whom are we praying to? Why must we have faith, when all we see is death and destruction – in real life, as with the galaxy far, far away. There are no easy answers, not even in Star Wars. But as one character says towards the end of the film, we mustn't destroy what we hate, we must save what we love. So breathe. Just breathe. The Force has always been with you.

Padmavati to be changed to Padmavat? Twitter has a field day with 'i' jokes

If all goes well, Padmavati, perhaps the most controversial Hindi film till date, will finally see the light of day. However, it will have to come to viewers as Padmavat.

According to reports, the Central Board of Film Certification, aka Censor Board (CBFC), has reviewed the film and agreed to certify it as U/A (universal adult), provided the Padmavati filmmakers — the director is Sanjay Leela Bhansali, and the film stars Deepika Padukone, Ranveer Singh, and Shahid Kapoor — change the title to Padmavat, removing the 'i'. Padmavat is an epic poem written in 1540 by Sufi poet Malik Muhammad Jayasi and it is based on a historical account — the veracity of which is not confirmed — about how



Delhi Sultan Alauddin Khilji saw the magnificently beautiful Rani Padmavati, Queen of Chittor, in a mirror, and immediately fell for her. The CBFC review

committee has also asked the makers to add disclaimers that they are not trying to glorify the practice of sati, and make some modifications to the song,

Ghoomar. The film, however, shows the self-immolation ritual of jauhar, which Rajput women practised when facing capture by invaders.

Dharmendra to Salman Khan: You will always be a son to me



Veteran actor Dharmendra says superstar Salman Khan will always be a son to him.

Dharmendra on Friday tweeted a few photographs along with Salman from his farm house. In the photograph, the two actors were seen holding hands as they pose for the camera. "Deeply touched by your surprise visit to the farm. You will always be a son to me Salman Khan," tweeted Dharmendra, who has worked with Salman in Pyaar Kiya To Darna Kya.

Dharmendra is currently busy with the upcoming film Yamla Pagla Deewana: Phir Se.

The third instalment of the Yamla Pagla Deewana franchise also features Kriti Kharbanda, Sunny Deol and Bobby Deol.

Meanwhile, Salman will be seen in the third instalment of the Race franchise.

Virat Kohli-Anushka Sharma and other fairytale weddings of 2017

Sometimes they came with a prior notice and a run-up to the big day, at other times they were hoisted upon us with photos, statements and a generous dose of shock. And then there was the Virat Kohli and Anushka Sharma wedding which, without an iota of doubt, combined features of both and was the wedding of the year.

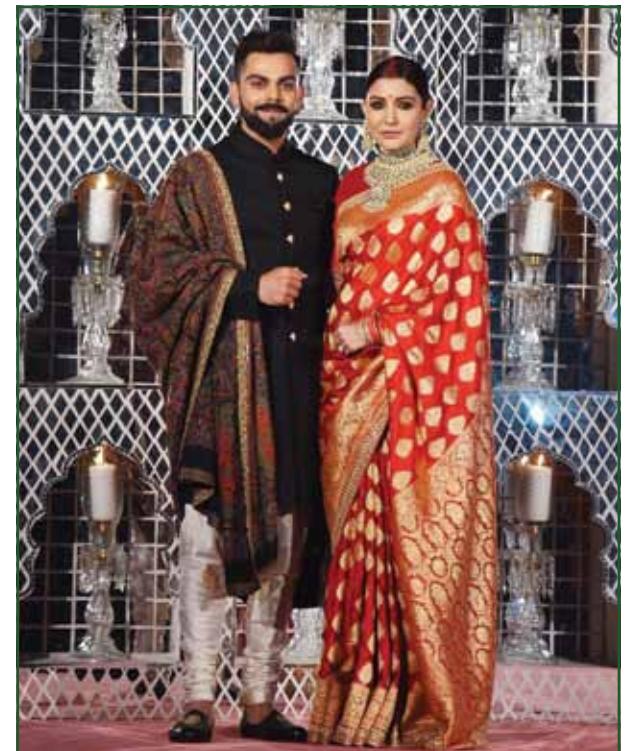
The year saw a host of TV celebs — Ashka Goradia and Brent Goble, Bharti Singh and Haarsh Limbachiyaa, among others — tying the knot. And then, there was the gorgeous wedding down south — Nagarjuna's son Naga Chaitanya and Samantha Ruth Prabhu's. Here is a quick run through the fairytale affairs.

Virat Kohli-Anushka Sharma

After days of rumours and speculation came the confirmation — yes, we are married and the wedding was absolutely stunning. Virat Kohli and Anushka Sharma confirmed their wedding in Tuscany, Italy via social media. Sharing a photo and a statement, the couple managed to not only surprise India but take the country along for a fairytale ride. Anushka's tweet became the golden tweet of the year and the photos from their wedding reception — they hosted two, in Delhi and Mumbai — went viral in no time. From PM Narendra Modi to Bollywood and cricket world celebs, everyone was in attendance.

Samantha Ruth Prabhu-Naga Chaitanya

Samantha Ruth Prabhu and Naga Chaitanya got married in Goa in the presence of family and close friends. It was a two-day affair, which saw Sam and Chay get married twice — in Hindu and Christian ceremonies. In November, they hosted a wedding reception in Hyderabad. SS Rajamouli, Nandamuri Harikrishna, UV Krishnam Raju, veteran actor



Krishna, Chiranjeevi were some of senior members of the Telugu film industry who attended the celebration.

Sagarika Ghatge-Zaheer Khan

Chak De actor Sagarika also married cricketer Zaheer Khan and hosted a week of celebrations which had people from both the worlds partying together.

Neil Nitin Mukesh-Rukmini Sahay

Neil Nitin Mukesh exchanged wedding vows with Rukmini Sahay on February 9 in Udaipur.

Chai with Seema Syed Zuberi of Event Architects... A Sneak Peek into the upcoming Wedding Experience

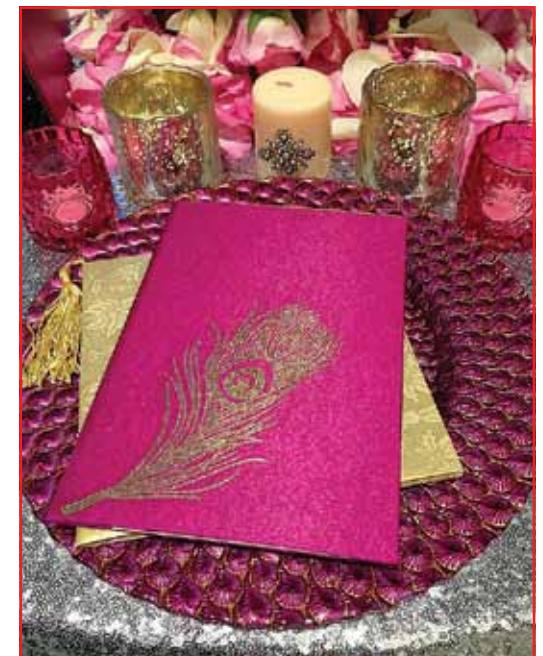
Bringing to the Valley of the Sun 25 years of international experience, Seema is debuting her first production in Arizona - The Wedding Experience at The Hyatt Regency Scottsdale Resort & Spa at Gainey Ranch on January 20, 2018. Presented by Event Architects, The Wedding Experience is a unique bridal show which will go away from the traditional bridal show consisting of rows filled with numerous vendors. Instead, it will focus on being a visual experience with multiple stages where people can truly see exhibitors come together and display what their event can look like with their décor, services, and products instead of just showing a few isolated pieces. Bringing together many seasoned, local vendors as well as designers from California, it will be an event filled with amazing entertainment, great food, and refreshing drinks. It promises to be a unique production which is the product of 25 years of Seema's experience in Hollywood, India, and Dubai where she has done events that will take your breath away. This will be her first production in Arizona in partnership with the Hyatt Regency Scottsdale Resort and Spa and we are very excited to see what her international experience will bring to Arizona's event management scene. In order to receive free entry, free self-parking, and a free gift bag, make sure to register at <https://www.eventarchitects.in/> by January 15, 2018. Seema is very excited about the show and extremely grateful for all the love and support she has received in helping make this a success in Arizona.

Born and raised in Dallas, Texas, Seema is the child of 1st generation immigrants from Uttar Pradesh, India. With a background in Business



Administration and Management, she spent most of her adult career life in Los Angeles working in all aspects of Hollywood production such as casting, music, production. While working in casting at Warner Brothers, she had the opportunity to attend a lot of Hollywood events with great décor, props, and entertainment. She did not have as much interest in casting as she did in the creativity that went behind these star-studded events. At one such event, she was amazed at the type of event they were able to produce and realized that this is where her true passion and interest was.

To pursue her passion, she pursued further studies at UCLA related to event management and as luck would have it, her teacher for one of those courses was a big Hollywood event producer who gave her an opportunity in Hollywood events production. This is where she started gaining experience with star-studded movie premieres and glitzy and glamourous Hollywood events and fell in love with all the detail and creativity that went into creating them. After gaining experience in Hollywood, she combined that experience with her love for her culture and started specializing in Indian Weddings up and down the West Coast in 2005. After many years of success, Seema put her successful business in Beverly Hills on hold and headed to reconnect with her roots in India in 2007. She spent 6 months travelling all over India learning more about the culture and later went to Dubai working as a Director at the Atlantis at the Palm Jumeirah. After building her reputation and contacts there, she established her own event company and worked with many other large event companies to do projects.





such as royal weddings, corporate events, and much more. From 2008-2014, she travelled between Dubai and India working on events and wedding projects. In Dubai, she met her husband, Kashif Zuberi, and they got married in Hyderabad in 2014. After her wedding, Kashif and Seema both decided to settle in Arizona where her family and siblings were and moved back to the USA settling in Arizona in January, 2015.

With the opportunities she has had in Hollywood, Dubai, and India, she has a sense of how extravagant and

creative events can be and wants to bring something really special to Arizona based on her vast array of experiences. She has done many Indian weddings in Arizona and in Los Angeles since returning but now wants to transition from being a wedding planner to becoming a show producer and creating a unique platform for other vendors and new planners in the industry to showcase their talents. Having been a Lead Planner for 25 years, she has a large network and loves connecting people and helping people discover new and exciting things. She

is passionate about bringing to Arizona what she has seen worldwide and connecting vendors to the right clientele. In addition to showcasing seasoned professionals, she is also passionate about showcasing creative individuals looking to establish their mark in the industry. In order to accomplish this, she hopes to have an annual show in Arizona and possibly take it to other cities, as well as do smaller, intimate shows or mobile shows to bring to light the creativity of newcomers in the industry. Asia Today is grateful to Seema for her time and wishes Seema and Event

Architects much success in all their future endeavors. We are excited to see someone of her caliber and experience come to Arizona to shake up the special events industry in our hometown. Visit <https://www.eventarchitects.in/> for more info or email them at eventarchitectsaz@gmail.com. And don't miss the show on January 20, 2018! With two times to suit you an Afternoon Showcase from 11AM-3PM and an evening showcase from 4PM-8PM, there is no excuse to miss this spectacular event! Some images courtesy of Zohar Productions.



A series of misunderstandings may be at fault. Travel could include delays and other minor problems. So smile! Empty promises will cause confusion. Your luckiest events this month will occur on a Wednesday.

ARIES



Mar 21
to
Apr 20

The only thing you'll accomplish is a bad reputation. You have the stamina and determination to succeed. You may have difficulties with someone who lives with you. You may be fortunate while traveling. Your luckiest events this month will occur on a Wednesday.

CANCER



Jun 22
to
Jul 22

You are best to work behind the scenes on projects that require detail or precision. Your depressed mood has been hard to shake. You may not be able to help, but your support will be favorable. Get out and experience the spice of life. Your luckiest events this month will occur on a Sunday.

LIBRA



Sep 24
to
Oct 23

Try not to be too harsh with loved ones; there will always be two sides to an issue. Real estate investments will payoff. You could experience unusual circumstances and meet eccentric individuals. Work diligently and you will get ahead this month. Your luckiest events this month will occur on a Tuesday.

CAPRICORN



Dec 22
to
Jan 21

TAURUS



April 21
to
May 20

You can certainly gain popularity; however, don't do it by paying for everyone else. Opposition is present and you should be prepared to counteract it as best you can. You must avoid gossip and focus on what you have to do. You can open up to your mate and let them know what you expect out of this relationship. Your luckiest events this month will occur on a Thursday.

LEO



Jul 23
to
Aug 23

Keep your cash in your pocket and offer them sound advice rather than your financial assistance. Don't let your emotions interfere with moneymaking deals. You don't like confrontations at the best of times; however, you may find them difficult to avoid. Listen to the complaints of others. Your luckiest events this month will occur on a Friday.

SCORPIO



Oct 24
to
Nov 22

Changes to your self image will be to your benefit as long as you don't over pay. Stand up and propose your ideas, and you'll be surprised how many people will follow you. Be sure to cover all the necessary groundwork before signing binding contracts. Your ability to deal with humanitarian groups will enhance your reputation. Your luckiest events this month will occur on a Tuesday.

GEMINI



May 21
to
June 21

Take a close look at contracts and agreements that have been offered to you. Rest and relaxation will be more favorable than you think. You may win favors if you present your ideas and include your family. Pleasure trips will be favorable and bring about romance. Your luckiest events this month will occur on a Friday.

VIRGO



Aug 24
to
Sep 23

Limitations will set in if you haven't followed the rules. Don't get involved in joint ventures. Don't forget to read the fine print. You may want to have a heart-to-heart talk with a close and trusted friend. Your luckiest events this month will occur on a Tuesday.

Difficulties with children will surface if you try to break a promise you made. Channel your energy into decorating or household chores. Be confident in your endeavors and others will believe in your efforts. Trouble could be brewing at home. Your luckiest events this month will occur on a Saturday.

SAGITTARIUS



Nov 23
to
Dec 21

AQUARIUS



Jan 22
to
Feb 19

Think twice before you agree to take on any new projects. Problems with your partner could be reaching a high level of concern. Don't let your emotional upset interfere with your professional objectives. You may have a problem with coworkers if you try to tell them what to do. Your luckiest events this month will occur on a Saturday.

PISCES



Feb 20
to
Mar 20

Unexpected romantic connections can be made if you go out with friends or take a pleasure trip. The information that you gain can be used in every aspect of your life. Don't press your luck with your loved ones. You will easily blow situations out of proportion. Your luckiest events this month will occur on a Thursday.

2017 in books: The year will be known for best-sellers that reflected the burden of society

The year 2017 witnessed the release of at least three powerful novels, along with two short story anthologies, all of which use the medium of art and fiction to reflect the burden of society.

A novel that takes its readers into the abyss of poverty and patriarchy, thereby narrating the sordid uses of power and the agony it unleashes; a dystopian satire that draws a telling portrait of our times; and finally an international best-seller from India weaves together a writer's experiences as a social and environmental activist -- all of this in fiction.

Two years ago, there was a spontaneous protest by leading Indian writers who returned their Sahitya Akademi awards in the wake of what they called a growing climate of intolerance and a threat to free speech in the country. Later, these writers were dubbed as those with "vested interests", seeking "cheap publicity" at a time when their books had "stopped selling". Those opposed to them pointed out that, as writers, the ideal way to put their perspectives before the public was through their writings -- and few could disagree with this fundamental point.

Cut to the present: The year 2017 witnessed the release of at least three powerful novels, along with two short story anthologies, all of which use the medium of art and fiction to reflect the burden of society.

Leading the charge with huge publicity and global media attention was the return of writer-activist Arundhati Roy with her novel "The Ministry of Utmost Happiness". The novel came after a hiatus of two long decades, during which Roy was actively involved in a number of social and environmental campaigns -- a lot of which is reflected in the offering. From Kashmir to Maoists and transgenders to crony capitalism, it is an inward contemplation of a master storyteller on the times and surroundings she is living in. "I speak as a reader and a publisher when I say that I turn to fiction, as much as to non-fiction, when I seek to make sense of our times, or any time that has gone past us. 'The Ministry of Utmost Happiness' is a stellar example of the sheer humanity of the art of the novel. What such a book does is stand up for integrity: It shows us both searing beauty and the fearsome ugliness. Arundhati Roy's book is an empathetic, hopeful and fiercely idealistic response to the epic



tale of Independent India. What more can one ask of a great Indian novel," Meru Gokhale, Editor-in-Chief, Literary Publishing, of Penguin Random House India, asked while speaking to IANS.

Soon after Roy's novel came "When the Moon Shines By Day" by Nayantara Sahgal, a member of the Nehru-Gandhi family and a noted writer who spearheaded the "award wapsi" campaign in 2015. The moon obviously does not shine by day nor does the sun shine by night. "Something is wrong if one is forced to agree with such propositions, or be punished for refusing to agree," Sahgal said, pointing to the larger narrative that she presents in her novel.

Thus, a character finds her father's books on medieval history disappearing from bookstores and libraries. Her young domestic help, Abdul, discovers that it is safer to be called Morari Lal on the street, but there is no such protection from vigilante fury for his Dalit friend Suraj. Kamlesh, a diplomat and writer, comes up against official wrath for his anti-war views.

And finally, the year closed with the recent release of Kiran Nagarkar's "Jasoda", a commentary on society narrated as fiction. The readers question the protagonist Jasoda, seeking to understand whether she is a mother, murderer or saint?

"You could characterise 'Jasoda' as a novel that explores the incidence of female infanticide, its causes and its consequences in Indian society, particularly in the hinterland; or a novel that bridges the urban-rural divide through the theme of migration, a live issue for our times; or a novel that de-

picts the generation gap between the acquiescent pre-liberalisation generation and the ambitious, confident post-liberalisation generation; or a novel that shows how power tends to be all-consuming, and yet how vulnerable the votaries of power eventually are; or a novel that paints the inequities of gender disparity and discrimination in horrifying, poignant ways," Udayan Mitra, Publisher, Literary, HarperCollins India, told IANS.

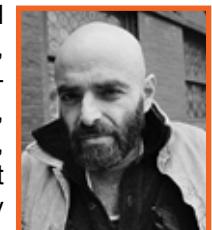
"'Jasoda' is all of this and more; for it is above and beyond everything a Kiran Nagarkar novel, written in his inimitable style and marked by his unique perceptions; it captures and transcends reality. Perhaps the most important thing to remember about the book is that the central character is a woman, she is a mother, and her name is Jasoda -- a name everyone familiar with mythology knows. What the book is ultimately about, for me, is how myth and reality are at cross-purposes in today's India," he added.

Above and beyond these names are "When Danniell Comes to Judgement" by Keki Daruwalla and "Up Country Tales" by Mark Tully -- both short story anthologies -- bringing many societal issues to the fore. The biggest achievement of these books lies in the fact that they have transported their settings to the ground realities of the times we are living in, moved away from an elitist urban-cape (the current trend) and, in doing so, they have only rekindled the rich legacy of the likes of Raja Rao, Mulk Raj Anand and R.K. Narayan, who gave expression to traditional cultural ethos of India and its ground realities in their writing.

POET OF MONTH

Shel Silverstein

A truly unique and multi-faceted artist, Shel Silverstein was a renowned poet, playwright, illustrator, screenwriter, and songwriter. Best known for his immensely popular children's books including *The Giving Tree*, *Falling Up*, and *A Light in the Attic*, Silverstein has delighted tens of millions of readers around the world, becoming one of the most popular and best-loved children's authors of all time.



Born in Chicago on September 25, 1930, Sheldon Allan Silverstein grew up to attain an enormous public following, but always preferred to say little about himself. When I was a kid, he told Publishers Weekly in 1975, would much rather have been a good baseball player or a hit with the girls. But I couldn't play ball. I couldn't dance. So I started to draw and to write. I was lucky that I did not have anyone to copy, be impressed by. I had developed my own style.

Poems by Shel Silverstein

Rain

I opened my eyes
And looked up at the rain,
And it dripped in my head
And flowed into my brain,
And all that I hear as I lie in my bed
Is the slishity-slosh of the rain in my head.

I step very softly,
I walk very slow,
I can't do a handstand--
I might overflow,
So pardon the wild crazy thing I just said--
I'm just not the same since there's rain in
my head.

The Toucan

Tell me who can
Catch a toucan?
Lou can.

Just how few can
Ride the toucan?
Two can.

What kind of goo can
Stick you to the toucan?
Glue can.

Who can write some
More about the toucan?
You can!

Want to get lucky in the New Year? Eat these foods to believe it!

Happy New Year 2018

Think of the New Year and we all wish to try every possible thing to bring in luck and prosperity. How about beginning the New Year with certain kinds of food that are considered to bring luck in other parts of the world? Sounds interesting! Here's a list of 10 foods that have been eaten traditionally to make the New Year a lucky one across the world! For instance, in Greece, when the New Year begins, a pomegranate is smashed on the floor in front of the door. The reason behind wasting a perfect fresh fruit is quite intriguing. These seeds symbolize luck for them, and they believe that the more seeds the smashed fruit has, the more luck the New Year will bring. So, get set to smash one on the floor! Also, the colour of cornbread resembles that of gold and is considered a lucky charm in the southern part of United States. To ensure extra luck, some people add extra corn kernels, which are emblematic of golden nuggets. Foods such as bagels, cookies, donuts, cakes, pancakes, and quiches that are in the shape of a 'ring' are said to symbolize upcoming year in a full circle. Eating ring-shaped food for New Year eve dinner or the first breakfast of the New Year is considered lucky. If you're health conscious, then you can certainly opt for healthier options like sliced tomatoes, mushrooms, potatoes and other veggies sliced in circles. Scroll through and let the magic of



food make it a tasteful New Year 2018.

Greens

This year make sure you gobble up tons of greens as they're believed to 'show you the money!' The more greens you eat, the more fortune (and fibre) you will have in the coming year. Spinach, cabbage and kale are all said to represent paper money.

Round Food

Foods such as bagels, cookies, donuts, cakes, pancakes and quiches that are in the shape of a 'ring' are said to symbolize upcoming year in a full circle. Eating ring-shaped food for New Year eve dinner or the first breakfast of the New Year is considered lucky. If you're health conscious, then you can certainly opt for healthier options like sliced tomatoes, mushrooms, potatoes and other veggies sliced in circles.

Pork

If you eat meat, pick pork over chicken on New Year day as it might bring some good luck to you!

Piggies dig with their snout which represents forward movement or progress. On the other hand, these fleshy and chubby creatures symbolize plenty and prosperity and their fatty meat are also symbolic of fattening their wallets.

Pomegranate

In Greece, when the New Year turns, a pomegranate is smashed on the floor in front of the door. The reason behind wasting a perfect fresh fruit is quite intriguing. These seeds symbolize luck for them, and they believe that the more seeds the smashed fruit has the more luck the New Year will bring. Go...smash it on the floor!

Grapes

Eat twelve grapes at midnight, one for each chime of a clock. Though eating grapes this quickly is not as easy as it may sound but according to the Spanish and Portuguese, this ritual guarantees sweetness and fortune in the year ahead. While you're engrossed in eating those grapes, pay attention to the taste of each grape – if the fifth grape is sour, then May might

be a rough month.

Soba Noodles

Slurp the noodles for even more luck. For Japanese, long noodles are directly proportional to longer life. Noodles are thought to bring longevity in many Asian countries. They're often eaten on New Year's Day because their appearance is symbolic of bringing long life.

Curd

This is more prominent in Indian families. The custom of having curd with sugar before an important event has been in prevalence since the old age. Doing the same on the first day of the New Year is said to bring in energy, good vibes and luck.

Cake with a coin

The New Year's eve without a cake is incomplete. In Greece, a coin is baked in a delicate chocolate cake. When the dessert is served at midnight, whoever receives the coin is granted extra good luck for the New Year. However in search for some extra luck, don't end up swallowing the said coin. Oops!

Cornbread

The colour of Cornbread resembles that of gold and is considered a lucky charm in the southern United States. To ensure extra luck, some people add extra corn kernels, which are emblematic of golden nuggets.

Whole Fish

Fish scales symbolize silver. In some countries, people actually put fish scales in their wallet as it's believed to shower immense good luck monetarily. Another reason to believe in this is that fish swim forward signifying growth. Hence a big no to lobster or crab keeping in mind their sideways and backwards walk.



Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

JANUARY 2018 Programs & Events

18 Poh – 18 Magh, 549 Nanakshahi Era (NE)

Dec 31, 2017 (Sun.) – New Year's eve Kirtan Darbar 9:00 PM – Midnight
Followed by Jallabia and milk.
HAPPY NEW YEAR EVERYONE!!!

Jan 1, 2018 (Mon.) – NEW YEAR's day program:
Morning Asa-Di-Vaar 8:00 AM to 10:00 AM
Evening Kirtan Diwan. 6:00 PM to 7:30 PM

Jan 5 - 7 (Fri-Sun) – Parkash Sri Guru Gobind Singh Ji (Actual: Jan 5, 1666)
Akhand Paath Arambh: Fri. 9:00 am. Bhog: Sun. 9:00 am
Shaheed Bhai Kehar Singh Ji, Bhai Satwant Singh Ji (Act: Jan 6, 1989).

Jan 7 (Sun) – Punjabi School Spring session begins. Please register ASAP.

Jan 13 (Sat) – Laying the foundation stone of Sri Harmandir Sahib
Sri Guru Arjan Dev Ji, Hazrat Mian Mir ji (Actual: Jan 13, 1588).
Evening Kirtan and Lohri program – 6:30pm – 8:00pm

Jan 14, Magh 1 (Sun) – Sangrand Monthly Program (9:00am – 10:00am)
Mela Sri Muktsar Sahib (Maghi) –
Remembering Mai Bhago and Chali Mukhtay (40 liberated ones) (1705).

Jan 21 (Sun) – "Chabia da morcha" – a campaign for the recovery of the
keys of the Golden Temple treasury. (Actual: Jan 20, 1921)
http://www.sikhwiki.org/index.php/Morcha_Chabis

Jan 21 (Sun) – Homeless Langar Seva – Call 602 741 8021 for more info.

Jan 28 (Sun) – B'Day Baba Deep Singh Ji Shaheed (1682-1757) (Act: Jan 27)

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 Gobind Singh Ji



Sri Harmandir Sahib



Mai Bhago and Chali Mukhtay

NISHKAM SEVA GURDWARA SAHIB
& DR. JASBIR SINGH SAINT 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

Verma Highlands at Sonoran Ridge Estates



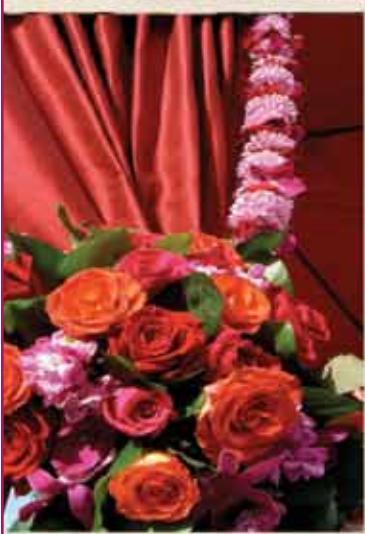
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EVENT PRODUCED BY



What:

You are invited to
join us for a wedding planning experience full of
captivating & decadent discoveries!

When:

Saturday, January 20, 2018
11am-3pm Afternoon Showcase
4pm-8pm Evening Showcase

Where:

Hyatt Regency Scottsdale
7500 E Doubletree Ranch Rd.
Scottsdale, AZ 85258
WWW.SCOTTSDALE.REGENCY.HYATT.COM

RSVP & EVENT DETAILS:

Seema
Event Architects
480.457.0077
eventarchitectsaz@gmail.com
WWW.EVENTARCHITECTS.IN

Attendees Must Pre-Register Online by January 15th for
FREE Entry, FREE Self-Parking & a FREE Gift Bag!

Join us to see the best in Entertainment, Decor, Fashion,
Food, Rentals & other Wedding-Related Vendors
in beautiful event spaces!

