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Today

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Thousands of devotees attended the Maha Kumbhabhishekam



Thousands of devotees attended the Maha Kumbhabhishekam event over the Memorial Day weekend at the Maha Ganapati Temple of Arizona. The consecration of four new shrines for Goddess Visalakshi (Parvati), Goddess Padmavati

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Second Annual Hasya Kavi Sammelan

June 8, 2012

Once again, Indo-American Foundation of Arizona and Asia Today Arizona, came together to bring Arizona its second annual Hasya Kavi Sammelan. The program of humorous and satirical Hindi Poetry was first brought to Arizona last year around the same time and was a huge success.



In an attempt to make it a tradition, the organizations brought back some familiar and new faces to give the Arizona audience a chance to see some familiar faces, but also get exposure to a variety of poets. The event MC'd by Deepa Walia, Editor of Asia Today, included a familiar face in Sardar Manjit Singh, who led the program last

year and returned once again bringing with him the hysterical Sri Mahendra Ajnabi and Sri Ras Bihari Goud. The kept the audience amused during the first half, and continued with the laughter and entertainment while also comically touching on some serious issues in India. Held at the Indo-US Hall in Phoenix, the program was once

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Thousands of devotees attended the Maha Kumbhabhishekam

(Mahalakshmi), Valli Devasena Sametha Sri Subramanya (Lord Muruga) and Lord Ayyappa took place along with the re-consecration of the existing shrines of Lord Maha Ganapati, Lord Viswanatha (Siva) and Lord Venkateswara. The divine energy that permeated the temple was palpable and the joy of witnessing this momentous event was evident all around.

The Kumbhabhishekam would not have been possible without the tireless planning and execution of the many volunteers and the priests. Six eminent priests in addition to our temple priests under the guidance of Shri Thangam Bhattar performed the Kumbhabhishekam by adhering to the process laid out in the shastras.

Devotees drove from near and far and surrounding states to participate in the festivities. A devotee visiting from India commented, "We have seen Kumbhabhishekams being performed in India but have never seen such attention to detail and the adherence to the shastras as we did here. We can't wait to see the temple completed

and become a major landmark in the Southwest"

Visitors to the temple were also treated to freshly cooked food on premises and entertained by local talent. In addition, devotees performed many of the pujas themselves and were able to touch the deities and make offerings of milk, grains and water. Devotees were also blessed to hear the discourse of Satguru Bodhinatha Veylanswami of the Kauai Aadheenam. The Satguru explained the importance of a shastra based temple and its relevance in the devotee's spiritual journey.

With the completion of Phase III of the construction, the temple is poised to begin the construction of the Vimana (spires for the main sanctums) and the shrine for Bhakta Anjaneya (Lord Hanuman). The temple looks forward to performing religious services associated with the new shrines and would like to thank you for your continued involvement in preserving and perpetuating our great Hindu religion.



An Attorney turned Yogi on a Special Visit to Arizona

RAJSHREE PATEL, one of the most influential teachers of our time in the field of personal and spiritual development, will be visiting Arizona from July 14 to July 16, 2012. Born in Uganda and raised in India and the US, Rajshree was a prosecutor who worked with the US Attorney Office and then the LA state attorney's office in Los Angeles. She gave up law to teach a remarkable range of self-development programs and ancient breathing and meditation workshops.

Rajshree Patel is one of the first instructors of the Art of Living Foundation. She has traveled extensively for the past 25 years and has left a lasting impression on hundreds of thousands of people worldwide with her messages about faith, human values, purpose, fulfillment and the art of living. Currently, she is the executive director of Art of Living in Los Angeles and South America.

With one simple sutra - "Change your breath, change your mind. Change your mind,

change your emotions", she popularized the Art Living Course and Sudarshan Kriya in more than 35 countries through her sold-out seminars, trainings, lectures and coaching programs. A trainer of trainers, she has created hundreds of instructors for the Art of Living Foundation across the globe.

In modern hi-tech busy world, she teaches easy, practical tools that change your outlook. In just a few moments, a busy executive, a housewife, or a student gets rid of anger, fear, feels calm, focused, energized, sleeps like a baby, and finds a renewed sense of happiness. Her legal career as well as her strong international perspective has made her a highly sought-after trainer.

Rajshree is known not only for being a riveting and inspirational speaker, but also for helping her audiences make

The Art of Living Foundation
Tempe, Arizona

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An "Attorney turned Yogi", RAJSHREE PATEL, former Los Angeles District Attorney, got up less than 23 years ago to teach a remarkable range of self-development programs and ancient breathing and meditation workshops. Today, in this fast-paced world, she teaches easy, practical tools that change your outlook. In just a few moments, a busy executive, a housewife, or a student gets rid of anger, fear, feels calm, focused, energized, sleeps like a baby, and finds a renewed sense of happiness.

RAJSHREE PATEL will be conducting the Art of Living course in Tempe, Arizona from July 14 - 16, 2012.

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#artofliving.org

COURSE DETAILS
July 14-16th, 2012
Sat, Sun, Mon - 9am - 3pm
Mon: 6:30pm - 9:30pm
Kyrene de las Manitas Elementary School
1201 West Courtney Lane, Tempe, AZ 85284

REGISTRATION
http://nyurl.com/az-aol-course

PUBLIC DISCOURSE
Introduction to Breath & Meditation by Rajshree Patel
July 14th, 2012
Sat 4:30pm - 6:30pm
CDN College of Design North 60
ASU Tempe Campus, Tempe, AZ 85287

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instant and profound shifts. She inspires faith and devotion in people from all walks of life. A leader of thousands of interfaith gatherings, she enlivens a renewed trust in the spirit of one's own tradition while awakening a deeper understanding of people of other faiths. She brings forth Eastern teachings and Advaita (Sanskrit for "non-dual") with humor, simplicity and a contemporary flare.

The local chapter of the Art of Living Foundation will be hosting Rajshree Patel from July 14th to July 16th, 2012. During her visit, she will be conducting a 3-day Art of Living workshop in Tempe and a special two hour discourse on Breath and Meditation at Arizona State University.

Developed by His Holiness Sri Sri Ravi Shankar, the Art of Living Course is a highly effective yogic practice that cleanses the system of emotional blocks, while increasing awareness of the habits of the mind that reduce joy. Sri Sri says, "It is the birthright of every human being to live with a stress free mind and a disease free body. Neither at home nor at school have we been taught how to handle negative emotions. Breath is the link between body and mind because every rhythm of the mind has a corresponding rhythm in

the breath. When you cannot handle the mind directly, the breath can be used to effectively handle it, and through the breath we can release the stored-up impurities."

Event Details:

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Learning to Let Go...

We hold on to our past, we don't let go of things, we don't forget, and most of all we do all of these things more so with events that have brought negativity to our lives. Why do we do this? I guess because we are human. When something shakes us or hurts us, it leaves a mark and if we did not have this trait, we wouldn't be anything more than a robotic machine so, honestly, these traits are an inherent part of our very being. Recommending that we don't feel pain when someone hurts us or forget all negative experience would be foolishness, but there is a right and wrong way to remember them. Learn from them, grow from them, make yourself stronger and, after you have done all of that, learn to let go! We do the first three naturally but it is always the fourth where we tend to fail. And when we do this, the only person we are failing is ourselves. Maybe the person that hurt you did something that was unforgivable – I am not advocating you have to forgive everyone. But, even if you can't forgive them, keep it in your memory in a positive way: learn from it so the person does not fool you again, grow from it so you notice those signs early on in the next individual you encounter, and make yourself stronger through that learning. But don't make the mistake of hanging on to it forever, because in doing so, the only person you will hurt is yourself.

The person that was going to hurt you did so and moved on. Hurting yourself won't have any effect on that person because if they cared, they never would have hurt you to begin with. But wallowing in its misery will have an effect on you. It will change you as an individual costing you the ability to love and trust, until one day you wake up and either do not recognize the person in the mirror or are not proud of it. Or, worse, will let it taint your view and take it out on



Editor's NOTE

undeserving individuals you encounter moving forward, losing relationships that could have brought you unconditional love and happiness in your life and once again wake up one day regretting it. You can get so lost in devoting time and energy into hanging on to this negativity that one day it may just take over and turn you into the very individual that gave you the hurt. When this happens, you will unknowingly switch roles and become the attacker, hurting innocent bystanders who were originally well-wishers but eventually distanced themselves because they became victims of your negativity. If you want

that attack on you to backfire, the best thing to do is use it to be stronger not weaker. Do more than just letting go and moving on: make it evident you are moving on, do not let it change you as an individual except to make you stronger, smarter, and more aware.

Always remember, it is through hardship that beautiful things emerge and the hardship you experienced was meant to make you more beautiful, not take the beauty out of you. Poets have put this more eloquently over the years in verses such as:

SurkhroohhotahaiinsaanthokreiNkhaanekebaad, Rang laatihai henna patharpepisjanekebaad

(A soul is purified from a few knocks of harsh reality, Henna gives its beautiful color after it is crushed with a rock)

Toot padeyehbijli to hi qismatchamke, Aagmein tap kar hi sonaaurbhidhamke

(When lightning strikes destiny shines brighter, After being put through a blazing fire, gold shines brighter)

- Deepa Kaur Walia

Editor, Asia Today, editor@asiatodayaz.com

Wow 29 years old. I'm the youngest of my family too! So this year I turn 29, and 1 year away from dun dun dun!!!! 30! Maybe I am weird but I like getting older, there are so many things I have learned and continue to learn that with each passing year almost a newer version of me comes around. If my current self-traveled back in time to meet my old self, my old self wouldn't believe it. Life is ultimately your experiences wrapped in your ability to move forward or understand and change. What I've learned is that there will never be a time that you will know

everything regardless of how much experience you think you have, some people I have met think because of one experience they know how the entire world is how the entire world works. I still don't know anything ha-ha and I won't ever admit I do, there is a world out there and everything/ everyone has helped me to become me. It took a while that's for sure, what I wanted to do where I wanted to go, it's always confusing but when the time is right you know. My parents still think I want to work for Disney and draw cartoons and animate 3D characters. That was the idea at one time, I even took classes and learned some cool tricks but ultimately life decided to take me where I needed to go, and that's where I am. I like being here, it's fun. I still have goals, and these goals will never get any less always pushing for more and always having the need to do something bigger, something more. It's not a want, there's a big difference between want and need, myjiju taught me that. There has to be a balance however, I need to learn more because I want to improve myself, personal, professional, all around. I never want to be content, and I never need to be stagnant in what I do. The best part about living is learning, and until you have nothing left to learn you always have a



Publisher's NOTE

need to live. I don't know what 30 and beyond holds, it's pretty big turning point (so they say) I still feel like I'm 24!

Opportunity is my worst enemy. It comes at times when I don't want it to, and when I do want it to, it decides it wants to goto Hawaii and have a corona. The worst feeling in the world is knowing you can do more but being stuck in a position which you can't get out of. "go out there, you can't wait" yeah I know, I've heard that too. Every time I try to "go get em tiger" it seems like the tiger bites me and I run my little brown legs as fast as I can until I eventually get bitten and am down for the count once again. "if at first you don't succeed..." I hate those quotes...I really do. What am I "going after?" it's hard to go after something you have no idea what? Until I figured out what I really wanted to do, all those inspirational quotes seemed idiotic. In fact sometimes they were even counter-productive, you start going after something you're not even sure you want to do. A hobby that you try to turn into a profession, that doesn't work. Once you know your strength, what you can be great at that's when opportunity quits slacking and starts to pull its weight. It's a give and take relationship, just like with everything. I always believe that what you need to do and where you need to go will become clear as you move forward in life, the only thing we forget to do is keep moving forward. The path will become clear, but then you'll have to be brave enough to walk it. It still won't be easy, a lot of handwork, up's and downs, curve balls and fast balls, but once you find the path you want to walk, it hardly matters what comes your way.

-Raja Walia

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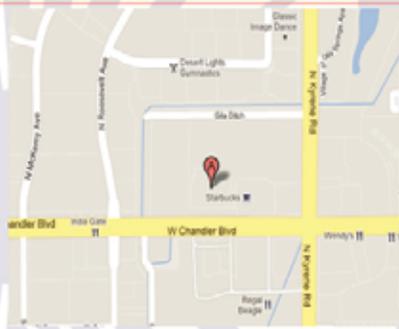
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The monk disappeared in the air in front of Gyan Swami's eyes!!!

Recap: Gyan Swami (Arjun Sinha) was miraculously cured by a monk in Himalayas. The monk asked him to go back and continue his studies.

The doctors were surprised to see Gyan Swami recovered from deadly heart disease. Gyan Swami (Arjun Sinha) went back to his college to continue study. At this time he did not know anything about the monk who cured his heart disease.

His health was becoming better day by day. The heart disease had disappeared and the problem of stammering also vanished. He was able to speak very fluently. He started taking part in group discussions and won the debate for speaking in favor of and against the topic of debate. A few months later, when Gyan Swami was studying in his hostel room with his roommate (Rajnikant – a medical student), a monk came to meet him. When Gyan Swami went downstairs he was surprised to see that this was the same monk he met earlier in the forest who cured his heart diseases. Gyan Swami was speechless; a flood of thoughts passed through his mind. How come this monk found my address? He invited monk to his room upstairs. Within few minutes he told Rajnikant to go downstairs and bring some flowers. After Rajnikant went downstairs, the monk stood up and caught Gyan Swami's right hand and touched it to his forehead and asked in Hindi "do you still not believe??" Out of fear and astonishment Gyan Swami replied yes I believe you, but in side he was feeling very difficult to believe. While his roommate - Rajnikant was away the monk quickly gave him many instructions – what to do in his life. The monk showed Gyan Swami, how to recognize him in future by looking at raised fingers of his both the legs. In the meantime Rajnikant came back with flowers in his hands; the monk immediately changed the topic of discussion. He started blessings them like any other normal monk and started leaving. Gyan Swami and Rajnikant decided to follow the monk to find out from where he came.

The monk went downstairs and started walking on the main road, Gyan Swami and his roommate decided to follow him. After they had walked few steps, the monk disappeared in the air in front of their eyes!!! This was a big shock for Gyan Swami and his roommate – Rajnikant who was a medical student.

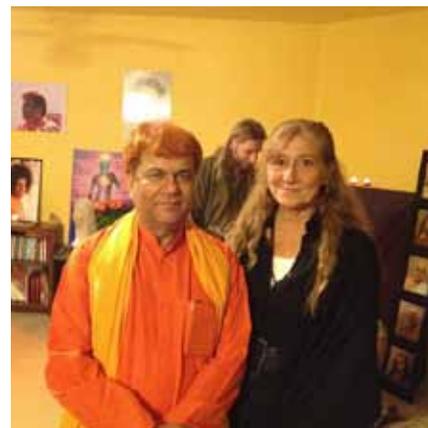
Few months later Gyan Swami read the book "Autobiography of a Yogi" written by Paramahansa Yogananda, when he read about Babaji and saw his picture, he immediately recognizes that the monk he met was none other than Mahavatar Babaji himself!!! Without telling anyone Gyan Swami (Arjun Sinha) decided that after completing engineering he will go to Himalayas to meet Babaji.

Next Month: How Gyan Swami found Babaji in Himalayas, and also read about great yogis he met in Himalayas.

Pranav K Sanghadia

For more details visit: www.kyob.org

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Esha Deol's grand mehendi ceremony

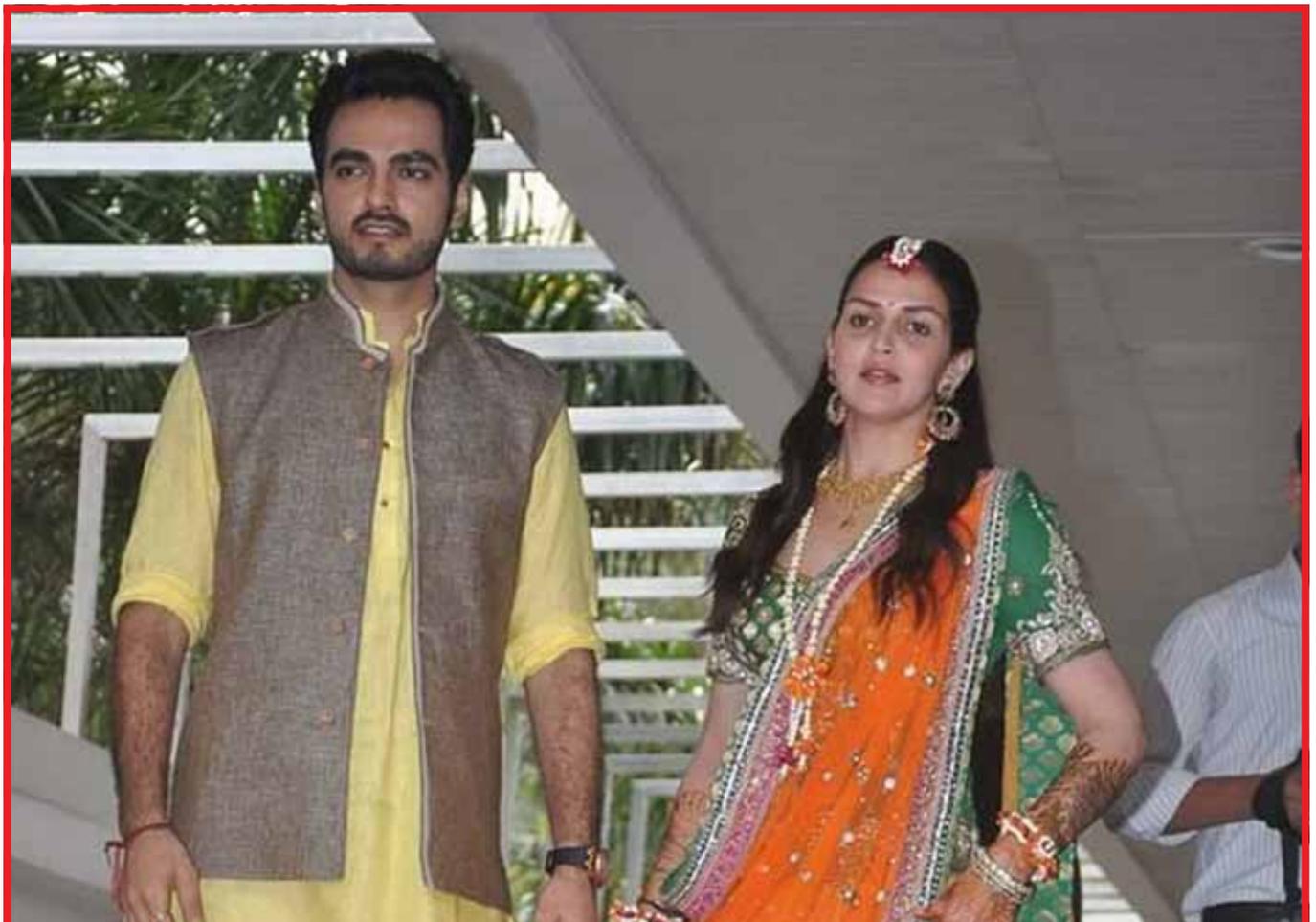
Mumbai: After a star studded sangeet ceremony, Bollywood veteran Hema Malini organised a grand mehendi ceremony for her daughter Esha Deol at her residence in Mumbai. The event was more of a family occasion with close friends and relatives attending the ceremony.

Esha Deol looked exceedingly beautiful in a yellow and green Neeta Lulla lehenga at her Mehendi Ceremony Party at the Royalty Club in Bandra, Mumbai held on June 27.

While the demure beauty, Esha showed off her fresh mehendi design extending all the way to her elbows, her fiancée Bharat Takhtani looked a figure of royalty in brown linen Nehru jacket atop a yellow linen kurta.

The couple complemented each other's look and their makeup was not over done which went perfect with the sultry Mumbai afternoon.

Esha and Bharat's wedding will take place tomorrow, i.e., on June 29. We looking forward to the D-day and wish the happy couple all the best of luck!



Satyanarayan Puja
6:30pm-8:30pm

Guru Purnima
Tuesday July 3, 2012

Rakhi Purnima
Wednesday, Aug 1, 2012

Maata Jaagran
Friday July 13, 2012
6:30pm-8:30pm

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Arizona Warmly Welcomes Hasya Kavis

By Deepa Walia
June 5, 2012

Arizona warmly welcomed the Kavis (Poets) that were scheduled to perform in the Kavi Sammelan, hosted by Asia Today Arizona and Indo-America Foundation of Arizona, to be held on June 8, 2012. The Kavis arrived the evening of June 5th and a welcome dinner was graciously sponsored and hosted in their honor by Mediterranean Buffet located on the Southwest corner of 16th Street and Camelback Road. Mediterranean Buffet served many delicious vegetarian and non-vegetarian delicacies, while the guests got a chance to sit down with the humble poets and get an insider's perspective into their lives and poetry.





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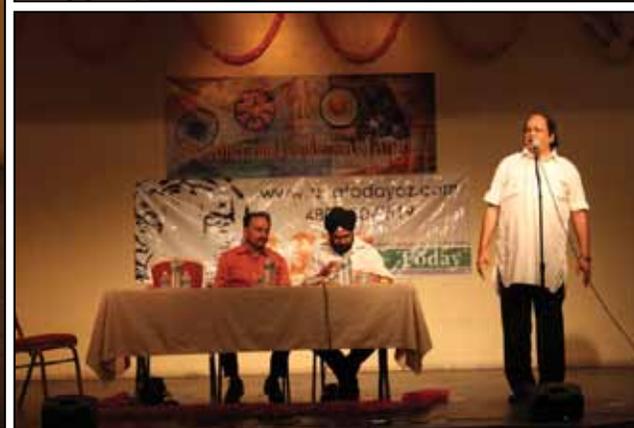
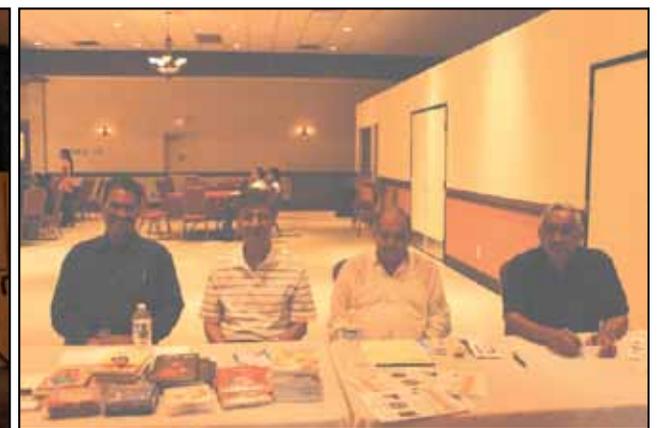
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Second Annual Hasya Kavi Sammellan

again a huge success. This could not have been possible without the generous support of our sponsor organizations Southern Spice, Mediterranean Buffet, Monster Drinks, and Solar Topps, as well as generous contributions by individual contributors Dayaram Ahir, Munnu Bajpai, Deepika Bhalla, Kul Bushan Chhibber, Dr. Ashok Garg, Manish Gupta, Nitin Gupta, V. Narang, Vikram Shah, Mahesh Shah, Dr. Kulbushan Sharma, Dr. Zuber Tahir, and Manju & Tom Walia. Special thanks to Raja Walia for capturing the lovely evening in photographic images throughout the night. And, last but not least, both organizations are extremely grateful to the audience, without whose support events such as this could not succeed. With our audience and sponsors by our side, we hope to continue this tradition and bring to you many such programs that keep our language, culture, and history alive.



Second Annual Hasya Kavi Sammelan



Active Arizona Retiree becomes Globally Renowned Health & Safety Leader

This is a story about a child who comes from a rural area of Gujarat in India. He began his schooling under a tamarind tree sitting on dirt ground with other kids from near-by slums. In spite of his tough and rough childhood, he was happy amongst his friends from the neighborhood community! He comes from a lower middle class family. However, he and his family lived with respect and dignity!

Ambitions, enthusiasm, eagerness to learn and shine, curious and adventurous nature supported with positive polite and always willing to help types of behavior with a pleasant personality, made him popular amongst his peers, faculty and also the upper class families! Caring parental guidance, love and sacrifice for the family coupled with his own hard work, dedication and self supporting efforts with his passion of living a simple life helped him succeed a high school diploma and a college degree majoring Chemistry.

He worked hard and long hours with many sleepless nights for saving money to support his education and also to extend a helping hand to his parents. He had never seen a city till he was ready to leave India! He had worked often up to eighteen hours a day as a machine operator, R&D trainee, an undergraduate student assistant, a bus conductor, a waiter and a bartender. All this he did, to avoid taking loans for pursuing his further studies with dignity and honor! He proudly succeeded graduate program studies in Energy, Fuel Science & Gas Engineering. Subsequently, he conducted substantial laboratory and pilot plant scale research making him a successful scientist who made significant contributions for benefit of industries world-wide.

He was a faculty member at UK University in Applied Sciences. His earlier work was for improving fuel efficiency in jet-propelled engines, which also had application to domestic cooking range and industrial boilers' burner design for utilizing North Sea gas making economic and environmental difference.

He continued research for thirteen more years in the field of fire & explosion, health and environment issues at a manufacturing company owned by British Oil companies, for safe processing, storage and world-wide distribution of dangerous company products, such as, Chlorine, Bromine, halogenated hydrocarbons, AK-Lead additives, Hydrogen, Caustic and Acids. His work produced vast number of study reports which were published and distributed world-wide. These had applications in making businesses profitable and also assisting in reducing injury and property damage with added environmental benefits. This included safe handling of highly toxic, corrosive and reactive chemicals, designing a total containment vessel to capture toxic emissions, developing techniques to salvage dangerous organo-metallic compounds contaminating sea waters, and developing sensors for the state-of-the-art gas detectors.

This exhaustive research work assisted him in enhancing his understanding of the fundamentals involved which made him a strong international health & safety practitioner.

Since then, he was engaged for 21 years leading a large team of Fire, Health, Safety & Environment Engineers responsible for the world's largest oil & gas corporation at its refineries and



Jitubhai with ASSE President Terrie Norris with his Diversity Award

gas processing plants, crude oil and its products' storage and super tanker-loading on- and off-shore Distribution Terminals and also at their associated multi-billion dollar expansion projects.

Having British educational and R&D background and now working with an American oil & gas corporation, he got inspired to form the first ASSE foreign chapter in the Middle East for better understanding of the US philosophy in HSE standards and best industry practices and also to networking with the HSE professionals. Seeds sewn in this Middle East are continuing to bear excellent fruits even after 30 years.

Since retirement, he is serving globally through various ASSE chapters and committees within the USA and abroad as an international HSE Specialist. He is also an executive member of many professional organizations and high commission committees. Above all, he passionately serves the senior citizens in Arizona and experiencing immense joy coordinating activities that are beneficial to keep our seniors happy, healthy and safe.

A pivotal time in his life was when he stood strong against those more concerned with public image instead of facts and protecting employees. As safety professionals, he believes that at times; we have to make hard choices and champion some unpopular positions and that we have to "stand our ground" for safety to champion the value of a human life as opposed to the demands of production, profits and public image.

He attributes his accomplishments to family & community values learned from his parents, leadership guidance received from the mentors at University, Octel, Aramco & ASSE Fellow Professionals, and, inspiring fellow seniors who made it all possible to achieving the highest and the most prestigious recognition of a Fellow of the ASSE, the Diversity Award and the International Professional Specialty- Safety Professional of the Year Award. He is "Slum Dog Global HSE Leader" Jitu C. Patel, CPEA - a Senior Board Adviser to Arizona, Middle East, Philippines & India ASSE Chapters; an IPS Membership Chair; CoM-RA Global Committee member, Principal Senior Consultant, AcuTech Consulting Group, VA; Director, DHSD, KSA; Chief Consultant, Bill Sims Co., SC; and, a T&E Committee Member, BEAC, USA.

JITU PATEL WAS HONORED WITH A DIVERSITY & INTERNATIONAL PROFESSIONAL SPECIALTY SAFETY PROFESSIONAL OF THE YEAR AWARDS

On June 14th, 2011 at a conference in Chicago, the world's largest professional organization American Society of Safety Engineers recognized Jitu Patel with the highest honor of a "Fellow of the ASSE" with a gold medallion and a grand personalized plaque in front of 4500 delegates.

One year later on June 3rd, 2012, the society honored Jitubhai with a Diversity Award presented by the ASSE President Terrie Norris at the Denver Convention Center conference attended by nearly 5000 delegates from 75 countries. The Diversity Award, voted on by peers is given to a member for outstanding accomplishments, leadership and service in support of diversity enhancement in the SH&E profession throughout the world. On June 5th, 2012, IPS Administrator Jack Fearing recognized Jitubhai for making the difference in reaching to HSE professionals in addressing the society's mission to reach world-wide for protecting people, property and environment by lauding Jitubhai an International Professional Specialty-Safety Professional of the Year and presented a customized plaque to him at the Convention Center.

Jitubhai is a senior board advisor of ASSE's Arizona Chapter. He was instrumental in founding ASSE's first international chapter in the Middle East, and he served as its president. He led successfully establishing more chapters; namely; Egypt, Kuwait, the Philippine Islands and a section in Guam.

Jitubhai was a key player in spearheading the successful launch of ASSE's new chapter in India on March 4th, 2012. India is rapidly rising economically and technologically but facing humongous SH&E challenges. Encouraged and supported by Jitubhai, the India Chapter participated in the "World Day for Safety & Health at Work" by holding a successful joint Safety & Health workshop on April 28th, 2012 in Kolkata, India with SE Indian Railways & Medical organizations where the executives, Medical Chief & Directors and the ASSE executives and professionals discussed vital issues concerning injuries and public HSE awareness. A giant step in the right direction!

Additionally, Jitubhai has spread ASSE's message around the world by sharing his vast knowledge of the SH&E profession by teaching seminars organized by ASSE's Middle East & Kuwait Chapters that took place in the Middle East nations for benefit of construction and oil, gas, petrochemicals industries and the regulatory authority.

"Jitu has continuously promoted ASSE and the value of being a member of ASSE regardless of career level or geography," says ASSE President Terrie Norris, CSP, ARM. "Through his work we have strong representation in the Middle East and Asia, which he is extending it to Africa, Central & Southern America for adding richness to the member experience."

"It is indeed a great honor for me and ASSE has been so kind for honoring me with such distinguished recognition awards," says Jitubhai. "The achievements that I get credit for truly belong to so many others who support me with a great team spirit allowing working together for preventing losses by increasing public HSE awareness world-wide."

Des Plaines, IL-based ASSE's 34,500 occupational safety, health and environmental professional members lead, manage, supervise, research and consult on safety, health, transportation and environmental issues in industries, government, labor, health care and education.

President Larry Gast lauded; "we are fortunate to have Jitu Patel as a senior board advisor of the Arizona Chapter executive board. Jitu had an outstanding career in Oil & Gas Industry where he has been an influential force for health & safety in this industry and now around the world. He is a driving force internationally as a pioneer and founder member of the Middle East, the Asian Philippine, and India Chapters, and has been a leading force to begin ASSE Chapters in other countries making the difference". ASSE celebrated Jitubhai's Fellow, Diversity & IPS-SPY Awards with pride & honor!

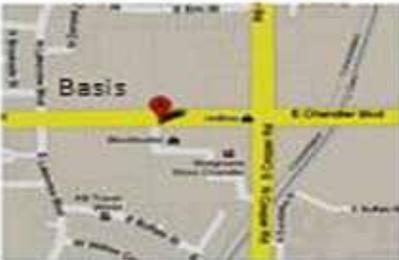


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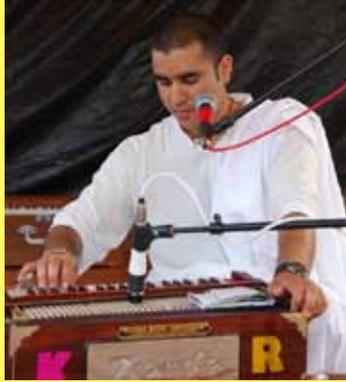
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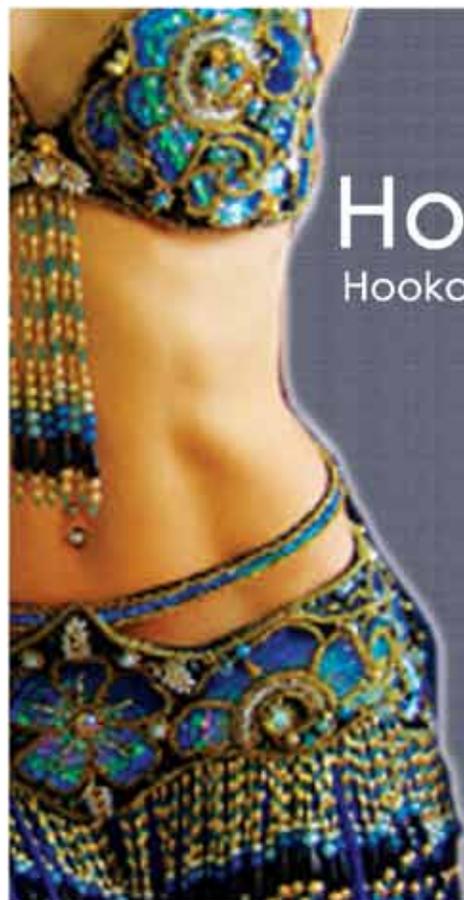
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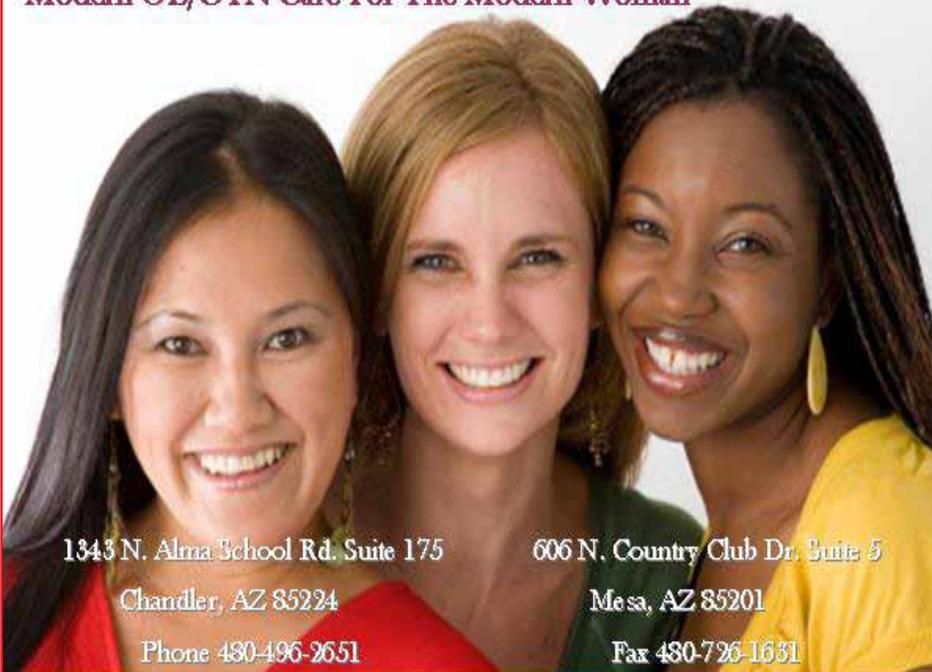
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INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)

Seniors celebrated Riyasha's Graduation:

On May 22, 2012, as the members and guests entered into the beautifully decorated hall, the music started to flow, people got up to participate in eagerly awaited garba dancing. Subsequently, Riyasha and Eesha blasted the roof of the hall with their exploding Bollywood dancing performance entertaining the audience. It was so refreshing. Bharatbhai said; "Riyasha's solo was considerably lot better than even Katrina dancing in the movie". Manisha Daulat – the mother of Riyasha and the mentor of both the girls together with Deepika – the mother of Eesha were introduced along with the rest of the family on the graduation celebrations. Riyasha will continue her education at University of Arizona, Tucson. In the meantime, Eesha who is anxious to start her medical education repeatedly volunteering her services to the seniors. We wish both these beautiful and talented girls a great success. On this occasion, Manisha's relatives who are visiting from India made an excellent performance of classical and modern vocal singing. Umeshbhai, Arunbhai and Prafulbhai also offered some beautiful songs. The Daulat family sponsored today's ice cream and sumptuous luncheon with gulabjambun. It was a day full of fun and joy!

On May 29, 2012, ISAA celebrated Bakulaben, Pushpaben and Abhi's (grandson of Bakulaben and Neelaben Desai) birthdays with almost seventy seniors sharing a grand feast of homemade laddu, daal, bhaat, puri, raita, subjee, and papdi. It was truly a "brahma" bhojan.

On June 5th 2012, Dr. Rajinder Saigalji, Shasikantbhai. Chandrakantbhai and Aggarwalls returned after a few weeks. Shriikantbhai presented his philosophical thoughts and Anilbhai talked about his work on translation of Ramayan. Narmadaben Mistry and her family sponsored the luncheon. This included pulao, rotali, shaak, kadhi, khaman, chutney, papdi, and burfi. Over seventy attendees. Enjoyed the treat. Bharatbhai captured all beautiful people and the events through his camera lens.

On June 12th 2012 Chandrikaben Lotwala sponsored today's luncheon in memory of her late parents. The menu had laddu, rotali, daal, bhaat, batawada, shaak and athanu. Over sixty people graced the occasion. On this day, Chhotubhai, the Paddas, Uma Agarwal and Anilbhai narrated their memorable experiences for benefit of all.

On June 19, 2012, Chetna Mistry organized "Fathers Day" celebration games of musical chairs for all fathers and grand fathers. The winners were awarded prizes. This was captured by a group photo of winners. Three grand kids wished all dads- Happy Fathers Day. Gokoolji entertained with songs of the yester-years bringing back sweet memories. Vidyaben shared some humors for laughs presenting her observations of "humming" by one of the dads while entering the hall today. The ladies prepared a wonderful potluck luncheon with a myriad of items for all the dads/grandpas. They even let dads be served first! To top the event, the dads saw a happy "Fathers Day" card from the ladies. Thanks to all the ladies for their wonderful spirit for men which was much appreciated.



Dancing gem Riyasha



Riyasha (L) and Eesha (R) blasted the hall with their outstanding bollywood dancing performance.



Daulats with visiting family who came from India specifically for the graduation celebration party!



Proud moms Manisha (R) – who is also a mentor and Deepika (2nd from R) with Eesha (3rd from R) & Riyasha



Jaswantbhai, Priti & Vidya joined ISAA seniors celebrating Bakulaben, Pushpaben & Abhi's birthday



Narmadaben Mistry & Family sponsored the luncheon on a fun-filled day.



Sponsor of the June 12th luncheon Chandrikaben Lotwala (2nd from L) seen with Kapilaba (2nd from R) and Velika (apology-Amisha & Ursula)



ISAA seniors celebrating 'Fathers Day' enjoying "Pass-the-Package" game.

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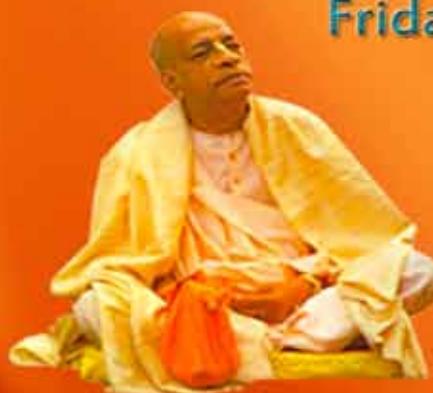
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- 1:00pm Maha Prasadam
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Dhoop Arati 4:30pm - 4:45pm

Sandhya Arati 7:00pm - 7:30pm
Evening Darshan 4:30pm - 8:00pm

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Hidden Gems...Deepak Thakur

By Deepa Walia
June 2, 2012

This month's hidden gem is actually not so hidden, but rather the world-famous hockey forward in the Indian team. However, having had the chance to speak with him personally about his passion, we could not pass up the opportunity to share our interview and conversation with the legend himself. Son of ex-serviceman Nardev Singh and house-wife Lalita Thakur, Deepak also has a younger sister Navita who is a national badminton player. Deepak debut for the Men's National Team in June, 1999 against Germany and picked up in popularity after his unforgettable effort in helping India win the Junior World Cup Hockey Tournament in 2001 in Hobart, Australia. Due to his many accomplishments, he was graced with the Arjuna Award in 2004 for taking Indian Hockey to the next level.

Deepak was in Arizona coaching Arizona's very own Phoenix Scorpions in the Cal Cup Tournament, which under his coaching and guidance brought back a victory to Arizona. Passionate and dedicated to hockey himself, he went on to say that he passion and dedication he saw in our very own Arizona players far surpasses that which he has even seen

in India. Deepak was made to feel so at home and welcome that he could not tell he was out of India and also said that he has seen many players play for fame and money in India, but our entire team here in Arizona was clearly playing for the love of the game. The love, dedication, and passion for Hockey he saw here could benefit the Indian Hockey team and they could learn something from this group of individuals.

Last, but not least, Deepak went on to make a statement that Arizona and Arizonans should be very proud of. He said that before India used to be known for true love, hospitality, and commitment, but that same level if not more can be found in Indians living abroad in other states, like the love and commitment he felt being amongst Arizonans and the Phoenix Scorpions. Hockey is a very popular sport in India and we are glad to see it is being kept alive here in Arizona and has attracted world-famous players such as Deepak Thakur who come here to coach, train, and play amongst our very own players. Congratulations to the team once again and special thanks for allowing the Asia Today Team an opportunity for an up close and personal interview with Deepak Thakur.



Put somewhere with heading "Deepak Thakur celebrates victory with Arizona's very own Phoenix Scorpions Hockey Team"



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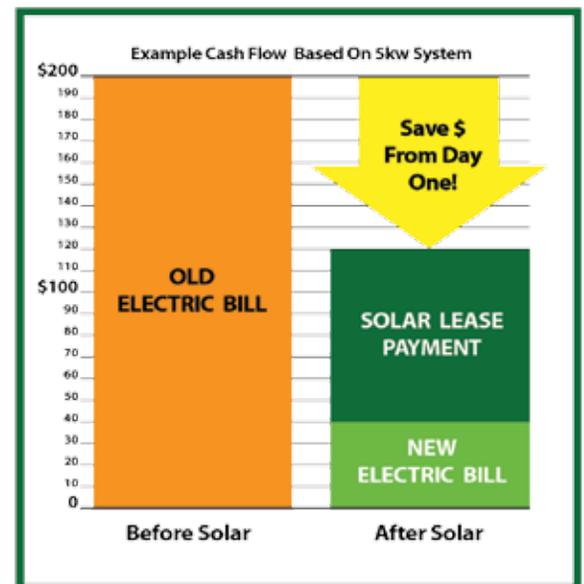
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HOT FLASHES (IMBALANCE HARMONES)

As we age our body's estrogens levels starts dropping. Due to menopause also estrogens level drops and we start getting hot flashes. Hot flashes are simply the symptoms of menopause. Most of the women start feeling these symptoms at the age of 50, it happens somewhere from the age 48 to 55 and for many women it is hard to accept. But there is no choice. In particular cases women do get symptoms at the age of 40 also. This is something natural and cannot be avoided. One minute you are very comfortable and next moment you are so hot that you cannot stand or you cannot handle the situation – it gives that much discomfort. Your face is flushed, you want to take off your clothes and jump into cold water. You are sweating profusely, feeling very uncomfortable. You feel the sweat running down from your hair line and on the back of your neck. These all are the signs of hot flashes.

We have to accept this condition as a change of life. Sometimes you take a few sips of hot coffee or eat hot food and the body temperature goes so high that you start sweating and feel very uncomfortable. It may stay for a few seconds to a few minutes, but makes us miserable. If you take hormone medicine, they have horrible results. Suddenly lots of hair is seen on the face, which is terrible. Some women feel very hungry and eat more food, which results into gaining lot of weight. Some feel headache, heart palpitations and difficulty in breathing, mood swings, dizziness, low self-esteem and depression and sleeplessness due to the lowered estrogens.

When I had gone to learn yoga exercises first time in India, my yoga instructor had told me that learning and practicing yoga was an investment to enjoy a good health in life. I could not understand his point at that time, but later when I saw my friends going crazy having menopause problem, then I realized what my yoga instructor meant by saying that I was investing my time for a future fruitful cause. First thing, I had this imbalance hormone syndrome at a very later stage and secondly I did not suffer

much. This is just because I became a yoga person.

Yoga brings changes in our system and body holds us to stay young and vibrant. Pranayam regulates our breathing system and helps body to produce and restore more energy in the body. Meditation opens the closed door for us and showers spiritual knowledge and also we get answers to all our questions in life. I, very strongly, believe that this the only reason I am enjoying a great health.

Practice 30 minutes yoga postures every day. This limbers our joints and there are less pains and aches in the body. Slow stretches will make you feel so good and relaxed all the time - must practice Yog nidra daily.

Pranayam, Anulom Vilom for 10 minutes daily will keep your mind and emotions cool. This will regulate breathing system and train you mentally to be strong to face physical challenges. Practice of Bhastrika for two minutes will bring more oxygen in the body which, helps produce more energy and healing.

Meditation is the only one way to make our life peaceful and one of the best tool to control our mind and discipline our body. Sit in silence in a clean, quiet corner of the house and go inside for the inner vision. Start with 5 minutes, then 10 and then 15 minutes.

I understand that people do not have tolerance and endurance at this modern time and when any physical disorder happens they immediately run to their family physician. You have to know that these doctors and pharmaceutical companies want your money – this is their only goal. When we take those prescription drugs, they temporarily give us relief and it is not a permanent cure. Slowly, one by one problem increases and this human body becomes a mini hospital, full of medicines. There is a Spiritual Physician inside each of us. Awaken your awareness and witness His divinity

and you can heal yourself for little problems. If, it is not easy then it is not difficult also. Give little time and put little sincere effort – you are not far from your destination. We all are children of The Big Lord. He is always with us. Please start doing some homework today, right now. You are very special - only one of your kind in the whole world.

IMPORTANT POINTS;

1. Wear pure cotton in summer to give your body more ventilation and keep you cooler.

2. Regular exercise with weights, between 3 to 5 lbs in each hand and as per your physical capacity, may help you in the prevention of bone loss.

3. Increase the level of Calcium supplement with the consent of your physician to improve the bone health. Consumption of two tablespoons of sesame seeds and a glass of milk daily are highly recommended. Fresh turnips can also be eaten raw or cooked as this vegetable contains the maximum contents of Calcium. Do you know if you eat black sesame seeds, they thicken your hair and bring back its natural color? But you have to eat on daily basis. And chewing sesame seeds slowly brings shine on your teeth.

4. Learn to relax and in this way you will be able to reduce or control your stress in life. Also think positive and believe that stress is a state of mind only.

5. You must focus on a well-balanced nutritious diet and eat at schedules only. No munching whole day.

6. No meats, alcohol, starches, sugars, too much salty food. This may aggravate the problem. Try to avoid coffee also, but if you have coffee addiction then start drinking very mild coffee, quarter cup at a time only twice a day and drink green tea three to four times a day. Also avoid drinking too hot, too cold and too spicy food.

7. Grind fresh green ci-

lantro and eat one tablespoon with your meals every day. This has cooling effect. You may wash and grind whole cilantro bunch and put in the refrigerator. It stays good for one week.

8. Put one teaspoon of ghee or almond oil in the center of your head before going to bed and pat for 20 seconds. Repeat two more times. After a week you will start sleeping well. Continue this procedure for couple weeks. This one minute oil therapy is very useful in this condition.

9. Try to take a quick nap for 5, 10 or 15 minutes in the day time after lunch.

10. Go into Shavasan for at least 10 to 15 minutes after you feel tired, slip within, be one with your soul and experience completely relaxed and contented. Practice Yog nidra to relax completely.

11. Besides drinking water in the morning, adopt a habit of drinking a glass of water before anything you eat or drink. This will keep your body hydrated, moisturized and at a lower temperature.

Recipe to eat;

Gokshur pdr	1 tsp
Jeshtimadhu pdr (Licorice)	1 tsp
Cumin seed pdr	1 tsp
Ajwain powder	¼ tsp
Fennel seeds pdr	1 tsp
Hing (asafetida) pdr	1 pinch

Mix all these above ingredients very well, make three parts of it and swallow three times a day. This is enough for one day. You may prepare this mixture for one month at a time and consume every day. After three months you will feel relief.

Selecting a nutritional diet is also very important. For protein, you may consume lentils and all kinds of beans. Soybean is the best. Half a cup of lentils or cooked beans is a proper portion for one day's consumption. You may also sprout these lentils and eat quarter cup with breakfast

every day. This will fill you up and till lunch you won't feel hungry. Remember, when we eat raw food, it cleanses our intestines and slowly removes the bad bacteria, which attacks human body and makes us sick. These beans and lentils also contain fiber which is very essential for our digestive system. The more fiber you consume, the more waste material will be pushed out from your body, thus making you feel better, light and healthy.

Try to eat lots of fresh fruits, green leafy and fresh green vegetables as much as you can. Celery, spinach, avocado, cabbage, carrots, cucumber, beetroot, tomatoes and radish can be easily eaten raw. These are also full of fiber, nutrients, minerals and enzymes. There are lots of more vegetables, which you may cook or steam and try to consume on daily basis. Squash, sweet potato and pumpkin are also full of fiber and very beneficial foods. Always focus on mixed grain bread or whole wheat bread. You may buy corn flour, wheat flour; millet flour, soy flour and bean flour of your choice also, make dough and cook your own flat bread.

Swallow half a teaspoon of amla powder before breakfast every day. If, due to time inconvenience, you are unable to consume in the morning, then take half teaspoon of amla powder after lunch and dinner with lukewarm water.

Eat watermelon one piece three times a day as it has cooling effect.

Consuming a glass of milk everyday is very essential. If overweight, then you may drink non-fat-milk. Eat half a cup of yogurt with breakfast or lunch only. You may drink lassi (yogurt drink) with lunch. It is filling, refreshing and very beneficial, especially in summer. This also helps keep energized.

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Atharva's Corner

Perception is Key



Perception dictates how we witness events, capture images and memories, recognize faces and pictures, and essentially live our lives. It's interesting how a simple change in perspective can alter and possibly even skew the way we see the world. This past month and the next month, I'll be in India by myself for the first time in five years, granting me the ideal opportunity to draw comparisons between my experience five years ago, and that which I gain through exposure today. Perception plays an acute role in the entire experience. The world today is one that is rapidly expanding in the limited space provided geographically and physically. Technology has erupted into massive feuds between which provider can make their product smaller, faster, more efficiently - all with little regard to the repercussions of such actions. These repercussions are what we, as society, witness.

When I first entered India, I noticed that familiar smell of gasoline and rain that has become essentially tandem to India itself. But soon after, my sensation of smell was distracted by the sight of heavy industrial progress. Buildings were erected in vast numbers

that were taller and larger in physical dimensions while demonstrating a more "westernized" style of architecture and design. Roads were lined with tar rather than stones - granted that still no one follows the lane lines. In essence, the every environment was victim to years of industrial progress that branched into an overall visible increase in the standard of living. However, riddled amongst the immense step forward were the sights also correlated to India. Stray animals traversing the streets, beggars on every corner, broken sidewalks, open boreholes and sewer pipes, makeshift shelters, etc.

It must first be understood and accepted that in regards to perception, the past is equally, if not more, as important to the present. One who knows the past can see the change, while he who stays cornered in the time constrains of the visible "now" will be trapped to a narrower view. Pursuant to my experience prior to my visit, I could see that the India before me was, minus the extremities surrounding the poverty and the lack of sanitation and

control, better. However, to the untrained and novice eye, the sight beholden was rampant with disease and sickness, poverty, lack of traffic control, poor electricity infrastructure, crumbling roads, etc. This individual, unfamiliar to India prior, will be alarmed at how a



nation with such an immense population and significance to the global economy and prosperity could be suffering such indignities as even the most basic of necessities.

An additional example can be seen in the person-to-person relationships in India. I recently spent some time shadowing a doctor, which included following his visits to patients and his witnessing his conversations with other medical personal. Something that immediately caught my eye

was the fact that in India, the patient and the doctor actually talk and know each other, whereas in the United States, the patient is simply examined by the doctor and prescribed medicine by another physician - little conversation occurs between the patient and the examiner. Perception here is again skewed by background. Someone from the United States seeing what I saw would be dumbfounded by the fact that the doctor would actually humorously handle the patients one second, and then scold them for not following his prescription exactly the next. Someone in India arriving in the United States would be alarmed by the clear lackluster attitude given by many doctors when dealing with their clients.

The problem with perception is that there is often bias. When there comes a group of people with an invariable view of the world, bias is formed. This bias can either hinder or help project a person's ability to perceive the world. One can witness the world as an optimist and see only the good, or a pessimist and feel the bad. Thus, in order to more accu-

rately acknowledge surroundings, one must adopt a state of relative indifference, while also accounting for previously gained knowledge.

Perception is the way we view the world around us, whether with indifference or with a keen perspicacity to the intricacies of nature and life. Our view of our system and surroundings has as much to do with what is actually occurring as it does with what we have already experienced. Memories engrained in our long term are everlasting in more ways than just thought. They manifest themselves in our actions and our sensations. What we see in front of us is the result of not the physics of the actual action, but the intake of information in junction with what we already know. Until next time, try looking through someone else's eyes!

- Atharva Kiran Dhole

Respect is needed and used everyday

Hey everybody! How is everyone's summer so far? Mine is great! We only have like a month more until school starts again, so enjoy every moment! So, remember when I talked about trustworthiness, citizenship, and responsibility last month? Well, this month I am going to talk about respect, kindness, and fairness. These three characteristics of life are needed for every healthy relationship, and even good for every day conversations. Without respect, kindness, and fairness, our lives would be boring, uncivilized, and well, just not normal at all!

Respect is needed and used everyday by us. Even though we may not realize it at this age, respect is probably one of the most important traits to have as a person. Respect brings people, especially kids our age, sense and wisdom that we can all carry on throughout our lives. Respect allows us also to set good examples and impressions of ourselves, for the people around us. Sometimes we are not at all like someone thinks we are, you know? Respect in general is a very crucial and critical part of our lives and

in showing our true colors and liveliness to everyone surrounding us day in and day out.

Kindness is the sort of thing that signifies care and empathy by everyone, to everyone. To be kind, we have to be gentle, caring, and compassionate. Kindness gives off positive thoughts and feelings, and leaves everyone to feel warm, good about themselves and everyone they love around them. Kindness also requires heart and an understanding to the meaning of life. When someone is kind, they really are all of these things, including happy with who they are. We have to feel good and not be afraid to be ourselves and make other people feel the same way. Kindness is almost like a reflection of who we are and how we feel everyday.

Have you guys heard of the phrase "All's fair in love and war"? If you really think about it, this thought is so true. Love plays out, and so does war. I think the same thing applies to our lives; sometimes we just fail to see it. Fairness is something that a lot of people tend to get used to; the more fairness you dish out,

the more you get in return. Fairness plays an essential part in our lives and reflects everything we do in all aspects of playing fair. Whenever I think of the word "fair" somehow, I think of kindergarten and when "My friend stole my pink crayon, that's not fair!" I'm sure we have all had those moments, right? But honestly, fairness is much more than that. We may not realize it now, but come time and as we get older in the future, it will all make sense.

Do you guys know the golden rule, "Treat others the way you wish to be treated"? Well, this quote applies to all three of these open-minded and influential traits and makes them even more important to our lives than they are to begin with. These three traits give off good vibes and positive influences. With that, I wish all of you guys a happy rest of your summer, talk to you guys next month!

- Sanam Mallik



Hindu Astrological Sciences - Marriage – Horoscope Matching - II

There are seven planets viz.

- Sun
- Moon
- Mars
- Mercury
- Jupiter
- Venus and
- Saturn

In addition there are two shadow planets Rahu and Ketu.

For match-making the position of all planets must be studied to arrive at final conclusion.

Broadly speaking, Sun is considered as king, Moon as queen, Mars as commander of army, Mercury as prince, Jupiter as guru, Venus as female servant and Saturn as servant of people. Rahu acts like Saturn and Ketu acts like Mars.

All planets have full aspect on the 7th house from its position. Mars has full aspect on 4th and 8th house, Jupiter has full aspect on 3rd and 10th houses. Planets give results as per its nature. However, the nature of the planet gets influenced by the Rashi in which it resides and also the influence of other planets. So while matching the horoscopes, following important points must be considered. A little deviation can lead to bad results :-

- (i) Planet Jupiter signifies male and Venus – female
- (ii) Planet Venus signifies wife and Mars – husband
- (iii) Link between 5th and 7th lord means either marital life is not good or children are affected.
- (iv) Mercury in trines to Mars – the husband will have another (extra-marital) relationship.
- (v) Mars in a female chart behind Venus – husband is attracted towards wife or husband is attached to her. He is more sexually inclined towards her.
- (vi) Venus in male chart behind Mars – wife is attracted towards husband or wife is attached to him. She has more sexually inclined towards him.
- (vii) Moon in trine to Venus - wife is cheating on the husband.
- (viii) Mars in trine to Rahu in a female chart – lady is very passionate.
- (ix) Mars in trine to Ketu in female chart – frigid lady
- (x) Venus in sign Cancer gives inter-caste marriage
- (xi) Planet with Jupiter or Venus in a male chart gives trouble to husband or the wife as the case may be.
- (xii) A planet with Mars or Venus in a female chart gives trouble to hus-



band or the wife as the case may be.

(xiii) Jupiter in 12th to Venus – not a happy marriage.

(xiv) Saturn in transit comes into trine to natal Mars in a female chart – husband's ill health.

(xv) Venus in trine to Rahu – wife is arrogant and adamant nature.

(xvi) Saturn in the trine to Venus – happy marriage.

Analysis of various horoscopes have revealed that the delay in marriages generally occurs due to placement of the following planets :-

- i. Saturn in 1st and 7th house
- ii. Mangal dosh due to moon
- iii. Venus in Gemini, Leo or Libra
- iv. Venus is debilitated
- v. Planets of 7th and 8th house are exchanged
- vi. Mars in 8th house or Rahu in 7th house
- vii. Moon and Saturn joins together in the 7th house
- viii. Lord of 7th and Venus (in case of male) or Jupiter (in case of female) aspected by Saturn.
- ix. Sun placed in 7th house

In case of any of the following combinations, either there will be no marriage or there will be divorce:-

- i. Malefic planets occupying 7th house.
- ii. Venus and Mars in 5th, 7th and 9th house.
- iii. Lord of 7th is in 12th house.
- iv. If Saturn occupies 7th house with malefic and aspected by malefic.
- v. If nakshatras of both fall in neck there are chances of death of female and
- vi. If nakshatras of both fall in

head there are chances of husband dying early or causing a lot of stress.

Generally we ask the astrologers how many Guna matches and the astrologer tell us the number out of 36 Gunas, and in case more than 18 Guna match, we get a green signal. Neither do we ask him which gunas do not match nor we ask the implications. We have no knowledge as to what these Gunas are. For the benefit of the readers we'll explain these. In total, there are 36 Gunas. Gunas have been divided into 8 categories and specific points have been assigned to each category as follows, what these Gunas specifies are also given :-

i. Varna	1 point	
ii. Vaishya	2 point	
iii. Tara		3
point		
iv. Yoni	4 point	
v. Greh_matri	5 points	
vi. Gana	6 points	
vii. Bhakut	7 points	
viii. Nadi	8 points	

a) **VARNA** If varna agrees or is of superior category, one point or otherwise zero point is assigned. It helps in indicating the profession but in today's context it has lost its significance.

b) **VAISHYA** There are three types of Rashi. Nara Rashis (two legged) Chatuspada Rashis (four legged) and Jala Rashis (water). Gemini, Virgo, Libra, Sagittarius 1st part and Aquarius are Nara Rashis. Aries, Taurus, Leo, Sagittarius (2nd part) and Capricorn are chatuspada Rashis and Cancer, Scorpio and Pi-

scas are Jala Rashis. As per the prescribed table 2-0 points are assigned. 2 points are given when Chatuspada of both male and female is the same. It helps in deciding from which direction the couple will be and in which direction they will settle in the life.

c) **TARA** Nakshatras of the male from the female should be less than that of female i.e the male nakshatras should be behind as far as possible. 0-3 points are assigned as per prescribed scale. Nakshatras plays a very big role in bringing happiness in marital status.

d) **YONI** It reveals the sexual compatibility. Some nakshatras are male and some are female. Each nakshatra whether male or female, has been assigned to certain animals. Some animals are hostile, some friendly, some neutral, some unfriendly, some enemies and some are of the same sex. The marriage between the same sex yoni is ideal. 0-4 points assigned on the basis of scale.

e) **GRAHA MITRI** It reveals their mental qualities and their affection towards each other. This also shows whether the couple concerned will be friends, neutral or enemies. Some planets are friendly to each other, some are neutral and some are enemies. 0-5 points are assigned as per prescribed scale.

f) **GANA** There are three Ganas- Deva Gana, Manushya Gana and Rakshya Gana. There are 27 nakshatras. Every Gana has been allotted nine nakshatras. A comparison of nakshatras reveals the mental attitude of the couple, their temperament/nature, character and the effects of environmental influence 0-6 points are assigned as the prescribed scale.

h) **BHAKUT** Comparison of these reveals the wealth and expenditure, whether male or female will spend more, longevity, misery and sorry state of affairs, ill health, conjugal misunderstanding, happiness, enmity, loss of property, loss of happiness, enjoyment, prosperity, loss of children, progeny and its prosperity, health, enmity and loss of property. 0-7 points are assigned as per prescribed scale. It is always better that man's nakshatras precedes to the female so that the man feels confident, loud and respected and the female also feel cherished, secured and loved.

i) **NADI** :- This tells us about the nervous system and also temperament and hereditary factors of both. There

are three types of nadis i.e Adi , Madhya and Anthya. 27 nakshatras have been divided under 3 nadis. If both the nakshatras fall in same nadi there will be imbalance, if both fall in left, the female will feel insecure and there will be decay in relationship, if both the nadis are middle, there will be feeling of frustration in the man, there will be anger, impatience, frustration and decay in relationship. So the points 0-8 are assigned on a prescribed scale.

The marriage to be a happy one nakshatras of the female should precedes that of the male, if Nakshatras are the same then we examine the pada (quarter) of Janam nakshatras. A female bride born in the following nakshatras cause evil to relatives:-

Ashlesha (1st pada) – for mother
Vaishaka (last pada) for husband, younger brother

Jyeshtha (first pada) for husband, elder brother

Moola (1st pada) for father in law
Apart from the above the following two aspects in both the horoscopes must be examined:-

- A). Mangal dosha
- B). Rajju

a) Mangal Dosha:- Some great astrologer have assigned 9 points to Mangal Dosha. As explained earlier if the Mars in 1st, 2nd, 4th, 7th, 8th and 12th house in male / female horoscope it is considered detrimental to the fam-

ily and marital happiness. No Mangal Dosha in both the horoscopes is desirable. If there is Mangal Dosha in either of the horoscope, as far as possible marriage should be avoided but there are certain exception when Mangal Dosha gets cancelled as follows :-

i. Mars in 1st 2nd 4th 7th 8th 12th house from the Lagna, Moon or Venus but in own sign.

ii. Mars in venus sign but is in 4th or 7th house

iii. Mars has no dosha in the house owned by Sun, Moon and Saturn

iv. In Jatak chandrika, it is mentioned that if mars in cancer and Capricorn it removes Mangal Dosha.

v. If mars in the 12th house in both the horoscope of male and female

vi. If Jupiter or Venus is in the Lagna

b) **RAJJU**:- Some noted astrologers have assigned 4 points to this. Under Rajju we divide the body in five parts i.e Feet, Hip, Naval, Neck and Head. Here we examine whether the Janam Nakshatras of the couple does not fall in the same RAJJU. It is always better that the nakshatras of the couple fall in different division to result in happiness. It also reveals the strength and the duration of married life, widowhood and separations.

From the above we can see that a

complete study of the horoscopes for matching at the time of marriage is extremely essential, as it helps us in getting the best of body, mind and spirit thereby gaining health, wealth and happiness. From this comparison we come to know in advance about education, career, profession, financial, fidelity and progeny. A critical comparison also reveals whether the couple will have a harmonious married life. Whether they are of strong, tough and fixed characters or will they always try to outdo each other or they can have control over their forceful nature. Whether their nature will complement each other or destroy each other.

Only examination between the male or female horoscope alone is not enough and adequate to judge a happy marital life, as many a times, the horoscopes are not casted properly and thus must be checked with the events already happened. The other principle behind matching of horoscopes is that major defects in one of the horoscope should be well compensated by opposing forces in other horoscope to be matched with. Whenever one is going for an alliance please have the horoscope casted and thoroughly matched for a purposeful successful marriage.

Marriage can be killed by contempt stonewalling and unwillingness to meet a spouse's request. For making a marriage to be long lasting, a couple

needs love, commitment, communication and problem solving skills, fidelity honesty and ability to handle conflict in constructively. Many times they can be remedied by removing the malefic effects of planets by pooja, japs (chanting of mantras), daan (charity), vrata (fasting), wearing of precious stones, visits to the temples to seek pardon and blessings of the concerned Gods. The main emphasis in astrological remedies is to feel sorry for the wrong doings, seek pardon and blessings from the Almighty. The recitation of the mantras have a deep spiritual impact on the person. It gives us ways to work with the negative planetary influence in birth chart or varsha phal. This is the most easiest and powerful way of healing the wounds. Prayer and meditation is frequently advised to shift negative effects on the horoscope, yantras is a visible form of an energy body, represented by a Mantra. It is also prescribed to shift energy faster to bring all-round prosperity, wealth and for maintaining cordial relations between the couple.

-Rajesh Khanna

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All are notified that this month is Purushottam Maas, that comes in 3 years. Purushottam Maas is embodiment of God, just as Shrimad Bhagavat is.

In Arizona for the first time, Ekta Mandir is conducting 108 Bhagavat Pothi Puja and Katha from Saturday August 18 to 25th. During these 8 days, Shrimad Bhagavat Pothi puja, Path and Katha will take place culminating in Poorna Ahooti on August 25th and Bhagavat Pustak will be presented to sponsors.

Bhagavat Puja will be done by Pandit Varadragan (Ekta Mandir Priest) Katha Pravachan and Bhagavat Path will be performed by Pandit Hari Prasad Joshi (Ekta Mandir Priest).

Sangeet and Bhajan during the Katha will be performed by Shrimati Harsha Joshi (wife of Pandit Hariparsad Joshi), Sangeet Vishavad, Radio, TV artist Shrimati and Shri Joshi have performed Katha and Bhajans in 27 countries around the world.



108 SHRIMAD BHAGAVAT POTHI PUJAN AUGUST 18TH, 2012 TO 25TH, 2012



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TIMINGS

WEEK DAYS
AARTI &
MAHAPRASAD
6:00 PM
KATHA
6:45 PM - 8:30
PM

WEEKENDS
AARTI &
MAHAPRASAD
7:30 PM
KATHA
4:00PM - 7:00 PM

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Alcohol Abuse Discriminates Between **Sexes**

When I thought of writing on this sensitive issue, the consequences of such an undertaking were fairly obvious to me. In this kind of endeavor, one could inadvertently cross a fine line and open oneself to being labeled a 'Male Chauvinist.' Yet I felt imperative to highlight the ill-effects of habitual drinking upon the so-called Bharatiyaa-Naari, or the Indian Woman, as well as on the other women of the Indian subcontinent, given the fact that such awareness among the diaspora is less than adequate. The adverse effects of habitual drinking are far more injurious to the fairer sex than to their male counterparts. The well-informed and educated woman might simply consider this writing an unnecessary and unwanted sermon. However, not all of us come in contact with pertinent scientific medical literature in relation to this topic, hence the need for such a write up.

Times were, especially in the Eastern cultures, when most women didn't get into the habit of drinking alcohol in any way, shape or form. Drinking for women was a taboo and was limited to a very few of the so-called "economically well-placed" families. As times changed, so did habits and cultures. The world kept on getting smaller and dissemination of information became easy. The Western culture, being dominant, in its appeal, readily took upon the lead in all what was good or bad while others simply followed suit.

Consequently, some modern Indian women, especially those who belonged to the Diaspora, felt compelled to initiate or adopt this so-called culturally acceptable habit. This could well have been due, in part, to an internal desire that they kept suppressed voluntarily or as a consequence of circumstances that were out of their control, one of them being a subtle encouragement from their life partners. Drinking induced a sense of God-sent pseudo-liberation and reprieve from age-old repression of the "Fair-Sex" that has been in vogue in Eastern societies. This behavior also brought about a feeling of equality as well as camaraderie and over a period of time some women started considering such unhealthy indulgences as their rights. Unfortunately they didn't prepare themselves for all the eventualities, known or not, that could befall them and their families with incessant indulgence.

Women on the whole, by no means

have surpassed men in so far this undesirable habit, if I may say so, is concerned. Even now, various surveys reveal that women are only half as likely as men in terms of their numbers and dependence upon alcohol. Yet it is important for our "better-half" to realize that they are intrinsically more vulnerable to the ill-effects of alcohol simply because their body organs are more likely to sustain damage as compared to men with an intake of equal amount of alcohol. And this I say, not out of discrimination but because physiologically, a woman's body has a higher percentage of fat and a lower



percentage of water.

Such a ratio causes less dilution of alcohol with resultant more ill-effects. A woman who is the same size as a man shows the ill effects of alcohol more quickly and strongly. With the same amount of alcohol intake, the blood level in a woman rises a third higher and it takes a third longer to eliminate. A young man's liver takes one hour to process one drink whereas a similar drink will take a third longer in a woman. It should be noted, however, that gender-specific genetic factors leading to differential sensitivities in two sexes are not yet clearly defined. They are being aggressively looked at in various animal studies.

Cirrhosis of the liver and alcoholic hepatitis develops in a shorter time and with the use of less alcohol. Likewise, mal-nourishment in women comes quickly. Alcohol has also been described as another important risk factor for breast cancer in women, again proving the fact that "drinking hits a woman hard where it hurts the most." The incidence rises if a

woman smokes concomitantly and uses contraceptives. Osteoporosis, or thinning of the bones, is another consequence of heavy drinking in women and comes with an increased incidence in fractures.

Magnetic resonance imaging (MRI) has shown that a woman's brain, especially the part concerned with multiple functions, is more vulnerable to the ill-effects of alcohol than that of a man. Pound per pound, women are more susceptible to suffer from alcohol-related damage to heart muscles, causing what is often known as cardiomyopathy in medical



Dr. Jaswant Singh
Sachdev, MD*
Phoenix, Arizona

risk of driver-deaths than men.

Although statistics for alcohol use in women have been well-known for Western women, such information about Asian women in general and Indian women in particular is sketchy. However it seems that Asian women are gradually catching up in numbers. A perusal of recent surveys in the U.K. has brought forth conflicting incidence amongst different communities of Asians. In one internet report, the alcohol use in Pakistani women is 10% whereas in Bengali women it is about 17%. In Hindu women, the incidence is about 20% while Sikh women stand atop with a 25% incidence.

What is important is to realize that drinking does not need to be used by "Fair Sex" as a tool in seeking equality with men. There are many more positive avenues through which this can be achieved. At the same time, I hope that this write up in any way, shape or form is not construed as a license authorizing men to take up habitual drinking for that is the farthest thing from my intent.

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

terminology. With alcohol, the pancreas is also damaged more in women than men. More information about drinking-related health concerns in women and men is available in the Alcohol Policies Project fact sheet issued by the Center for Science in the Public interest

Some woman might believe that drinking enhances their sex drive but it is just a belief rather than fact. Drinking per se doesn't enhance the libido rather young women who drink usually end up having early sexual experiences, either consensual or against their will, and that too with a greater number of partners. Likewise, women alcoholics are more susceptible to interpersonal violence and traffic accidents, according to the report "Are women more vulnerable to Alcohol's Effects?" from the National Institute on Alcohol Abuse and Alcoholism, published in Alcoholism 1999. With similar levels of alcohol concentration in blood, women have a higher



Enlightening the Minds of Our Young Future Leaders with Effective and Astonishing Motivation

When we think about 'Enlightening the Minds of our Young Future Leaders we must seriously consider what's needed the most for America to become the America our founding fathers envisioned. They envisioned an America with the best leadership possible. They envisioned young future leaders being thoroughly qualified to manage and govern our country without allowing any form of deterioration whatsoever. The best mayors, judges, superintendents, teachers, principals, business men and women, clergy, scientist, engineers and by all means the best parents and presidents you can find. The best doctors, researchers, law enforcement officers, councilmen and women, city managers and etc.

They envisioned an America with young future leaders who would hurdle obstacles of hate, jealousy, envy, foolish ego and the use of drugs while steering us away from crime, violence and unlawful behavior. They envisioned upright citizens with character reflecting the highest level of integrity for freedom, justice and equality.

They envisioned a society where no one would be seen wearing their pants below their state of dignity whereby that which is private becomes public and disgraceful.

They envisioned a society where people were united regardless of race, religion or ethnicity. They envisioned America the beautiful while not allowing America the ugly to show its head much less its eyes and nose. They envisioned young

future leaders who would practice self restraint in order to become well respected human beings with a strong sense of pride towards each other. They envisioned a society of workers who would never embrace being comfortable in the pool of laziness and regressive profanity. They envisioned families and communities with love and kindness as the foundation.

So, what are some of the things we need to be careful of in order to make sure we don't deprive our young future leaders nor America of its greatest potential? It's all about the character of productive Americans who reject the idea of being selfish, stingy and inconsiderate of others. It's about knowing and reaping the multiple benefits from having a sharing and caring attitude; Holding on for today without letting go for tomorrow means nothing unless we connect in a very positive manner.

Today, so many of our young future leaders are going astray and wrecking their potential to become highly intelligent productive citizens. Their innovative ideas and plans for a new and greater America are constantly being lost as they seriously go after materialism and wealth by any means they believe necessary. The question remains...why? One of the main reasons for this kind of behavior is that we honor talent that we put on television while failing to appreciate the remarkable talent we see in our communities on a regular basis. Too many of us are quick to punish our young future leaders while failing to reward them. Oh, that's

nice! I wish you the best of success. Keep it up because you are amazing.

Well, since they are so amazing, what about putting a few dollars in their hands before the drug dealers or pimps get a hold of them? What about introducing them to people who will help them to be properly guided for a greater future? We must not forget that negative minded people are always looking for positive minded talent.

For us to be selfish, stingy, jealous or envious is a sign of mental decay or corrosion. It's a sign of unconscious leadership that needs to be replaced without hesitation. We've actually taken the word volunteer and driven it into the ground. We tend to think that everyone is able to volunteer when they really need to be compensated for their talent as future young leaders. Again, drug dealers don't hesitate to make the pay lucrative enough for them to end up in jail for life while we are still saying – Oh, that's nice! When can you give of yourself and talent again?

It's a known fact that those who are asking others to volunteer are often being paid big time. They don't even offer a sandwich or a book of stamps. What about a bag of oranges or apples? What about a nice thank you letter or a certificate?

Hey, this doesn't mean that we don't have some real human beings among us who refuse to work people for nothing. There are many people who will not only give, but give more than expected. To not show appreciation for someone else's talent

and time is a total disgrace to what America really stands for. For the most part I think slavery has spoiled us in a terrible way. We've lost our touch for being a charitable people when time to give to each other. We send billions of dollars outside the country while devastatingly denying our own. When our young future leaders and adults perform for us, let's make it our business to pay them or give them something special. Ask you neighbor or friend to join you in finding something that's worthwhile. Again, there is a time to volunteer and there is a time to get paid. It's the American way.

That's right – what happened to the old slogan 'it is better to give than to receive'? When properly understood this slogan is absolutely powerful. To put seeds in the ground, look how much we benefit in the end. The Creator is the greatest giver of all. Just for obeying we are rewarded multiple times, yet how quick we are to forget.

It's so wonderful and a real special feeling when we take the time to write a nice letter thanking those for their great talent with a small check or gift card enclosed. It's been said – where there is a will, there is a way. Among many of us it's the will that's been killed. The sad part about it all is that our young future leaders will soon emulate our selfish stingy habits. I've actually seen people volunteer and not even receive a worthwhile thank you.

So, in conclusion, let us stop refusing to be honorable human beings by properly honoring those who deserve it. It's our



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

By Habibullah Saleem

future doctors and lawyers who will lead us out of the mess our country is presently experiencing. It's the uncommon leader who gives without looking back with regret. To properly release is to properly receive. We are to control money by not allowing money to control us. Another example is to make money and not allow money to make us. It's all about enlightening the Minds of Our Young Future Leaders with Effective and Astonishing Motivation. For our future to live its bestwe give. Let us show by example what real motivation is all about.

SPECIAL NOTE
This message is supported by our President Barack Obama and all the women he has attracted to re-elect him. Young women and others who no longer see themselves as being volunteers without equal pay or status. Remember equal justice is the best motivation for Enlightening the Minds of Our Young Future Leaders.

Sat Sang is a religious class. From this class we can learn discipline to become a regular student in learning the reality of the truth. Without it, we are living in this universe as a fish without water. We are struggling and drowning in the five passions: Lust, Anger, Greed, Pride and Attachment. We haven't yet the skill to swim carefully with these five; because we haven't yet experienced the Sat Sang. When we will have the experience of the Sat Sang we will learn to balance the five. The question is how to balance the five. Sat Sang will teach us to choose the proper life partner with commitment, courage and compassion; and to devote your life to each other to the last breath. It will also teach us to fulfill the mental and physical desires with each other; share the pain and pleasure, earn honestly as a householder and share with the needy. This way we can

Sat Sang (A Sainly Gathering)

balance Lust and Anger. Remember, without honest Love between husband and wife, how can we love any other person? If a human cannot love another human with purity; how is it possible to devote ourselves to God? Remember, God can do everything for you. You can see the God everywhere. God is our Mother, Father and higher than all our worldly relations, if we can devote ourselves as his child.

How can we balance Greed and Pride? We can balance Greed by limiting our worldly desires. Try to acquire wealth based on our needs, not our wants. If we try to bring unlimited wealth into our life, our greed will grow unlimitedly beyond our death, perverting our human life.

When we judge another, if our pride

is involved, our judgment is based on their wealth, beauty and status. When we look upon a poor person whose beauty and status is less than ours; it's unfortunate that we ignore them because they are less than us. This is Pride. Kabir says: Don't be proud. The boat of life is in the ocean. Anything can happen at any time.

How do we limit Attachment? If you are a mother and you give birth to a child; think, it a gift from nature. Without God's grace, it cannot happen. Many women are not blessed with children. In my mind, this creation is a beautiful garden of Mother Nature. Believe your child is a beautiful gift from the Mother. Raise the child with love and grace without future expectations. Expectation is at-

tachment. As a wife, become a climbing Jasmine and wrap your husband in your love and grace. In this way you can enjoy the heavenly life in the human body. As a husband, provide for all the needs of life and love your wife as an angel. As a wife and husband, if we assume ownership of each other, that is Attachment and Attachment can create suffering, destruction and cause separation.

As humans we need Unconditional Love in our lives, not Attachment. Sat Sang can teach us the secret of life is Unconditional Love, not Attachment. Thank you, I love all of you equally.

Harbhajan Singh Sandhu.



The term "Phyto" originates from a Greek word meaning Plant. So phytonutrients are plant nutrients, although they're of a different class than the traditional nutrients of fats, proteins, vitamins and minerals.

How Phytonutrients and Bio-Energy Benefit the Human Body

Plants produce these substances to protect themselves from bacteria and viruses, but they help the human body as well. They are highly nutritious active compounds within plants which promote good health.

The main importance of Phytonutrients in our body is given by their property of acting as antioxidants. This function is also performed by other elements (such as C and E vitamins), but Phytonutrients are among the most efficient. Their main role is to diminish the negative effects and numbers of free radicals found in our blood. The free radicals have a negative impact on our body, causing cells to become weak and less active.

These nutrients are not considered "essential for life" but they are important for health and longevity. Fruits, vegetables, grains, legumes, nuts, and teas are rich sources of phytonutrients. Fruits and vegetables that are high in carotenoids appear to protect humans against certain cancers, heart disease, and age-related macular degeneration.

What does this have to do with bio-energy?

Bio-energy is the actual energy source of the body that keeps you alive every second. Science knows that the body not only uses and generates electricity but also electromagnetic energy. The Chinese call this energy "Chi". It is derived and absorbed from nature including the Sun, moon, stars, heavens, the earth, and most importantly from the air itself, also known as ionic energy.

Plants absorb this energy as they grow in the

PHYTONUTRIENTS -THE SECRET TO COUNTER AGING

Colour Category	Choose your fruit and vegetables	Health functions
Green	Green Tea, Spinach, Green peppers, Watercress, lettuce, Zucchini, Brussels' sprouts, green beans, soy beans, broccoli	Maintain healthy liver function, Lung health, cell health, support arterial function
Red	Red apples, tomatoes, watermelon, strawberries, raspberries, sweet red peppers, radishes, pomegranate, Guava, red grapefruit, Cherries, cranberries	Cell health and prostate health
White	Turnips, onions, mushrooms, horseradish, white kidney beans, parsnips, garlic, cauliflower, black eyed peas, pears.	Support arterial function, circulatory health and maintain healthy bones.
Violet / Purple / Blue	Figs, grapes, blueberries, boysenberries, red cabbage, black currants, brinjal (a.k.a eggplant or aubergine), purple sweet potatoes, black beans, plums, beets, blackberries.	Heart health, support arterial function, cognitive health, antioxidant protection
Yellow/ Orange	Corn (yellow mielies), pineapple, lemons, passion fruit, oranges, melon, carrots, apricots, sweet potatoes, tangerines, squash, papaya.	Eye health; maintain skin hydration, healthy immune function, healthy growth and development.

ground from the earth and absorb this energy from the sun and transfer it to their fruits. We then consume this energy when we eat the fruits which are extracted from the food during digestion.

That is why these nutrients from natural plant sources are so important and beneficial to human health and longevity. It's the same reason why drinking herbal and natural teas are so popular in China which has the greatest number of centenarians (people who live to be one hundred years old or older) in the world.

Some Main sources of Phytonutrients

Carrots, leafy green and yellow vegetables (eg. broccoli, sweet potato, pumpkin, carrots), peaches, apricots, leafy greens such as kale, spinach, turnip greens, tomato products, pink grapefruit, watermelon,

guava, green vegetables, eggs, citrus.

So to boost your own immune system and cell regeneration of the body, eat more phytonutrients, practice deep breathing exercises daily and make sure that your diet is at least fifty percent raw, unprocessed natural foods (preferably organic whenever possible) and you too can soon be singing the praises of phytonutrients.

To know more, feel free to contact:

Priyanka Bhatia Gurnani

Health and Wellness

consultant

Organic Choices

Bhatiapriyanka2002@gmail.com



Hello Fellow Readers,

Sunny days are here again!! Summer vacations with kids off the school, Family outings, Picnics, Kids spending time outdoors and of course, the phoenix Real-Estate market getting better and better, everyday.

May is always a crucial month in real-estate setting the tone for summer. This year, May continued April's year-over-year upswing, reducing the for-sale inventory by 44.71%, as compared to May 2011. Phoenix also ranked 4th in the national Index for greatest year-over-year reduction in for-sale Inventory. The good news is not limited to Phoenix but is seen across the country. Some of the markets hit hardest in the housing crisis -- Atlanta and metros in Florida, California and of course Arizona -- are showing some consistent, month-by-month turnaround. See table below for the Top 10 metros in the US for shrinking Inventory --

Top 10 metros for greatest year-over-year reduction in for-sale inventory, May 2012

In addition to the reducing inventory, the total homes sold for May was 7,454 as compared to 7,375 in April. The total active listings for May was 13,588 as compared to 14,377 in April and the pending sales was 9,204 for

Valley Real Estate Market

May as compared to 9,478 for April.

These are some real good indicators that the momentum from earlier this year is continuing and the fact that the real-estate turnaround is beyond phoenix metropolitan area indicates the turn-around is here to stay.

Lets take a look on Commercial Side

The turn-around on the residential side is showing its impact on the commercial side as well. Here are some major commercial transactions for the month of May --

- The Michael P. & Patricia A. Black Trust sold the 170,625-square-foot industrial building located at 125 N. 67th Ave. in Phoenix, AZ to life insurance company Thrivent Financial for Lutherans

for about \$7.2 million.

- Banner Health purchased 22 acres of land from Crisko LLC for \$6,289,485, or about \$283,000 per acre. The land is located on the southwest corner of SW US 60 and Pierpont in Mesa, AZ.

- Avatar Development Group LLC sold the 18-unit condominium complex at 352-398 S. Farmer Ave. to Synergy Farmer Avenue LP for \$6.6 million, or approximately \$367,000 per unit.

- Cornerstone Property Services purchased the Reflection Bay health care building at 2932-2942 N. 14th St. in Phoenix, AZ for \$2.5 million, or about \$82 per square foot, from Investors Mortgage Holdings.

- Reeb Group acquired the industrial building at 21775 E. McCowan Ln. in Queen Creek, AZ from MidFirst Bank for \$1.1 million, or about \$66 per square foot, in an REO sale.

- Garden Ridge LP has acquired the Superstition Triangle shopping

center, located at the northwest corner of Baseline and Greenfield Roads in Mesa, its 163,892-square-foot retail center is located on 12.75 acres.

- Estenson Logistics, a dedicated transportation solutions provider, purchased the four-story Mesa 560 Professional Building at 560 W. Brown Rd. in Mesa, AZ for \$1.93 million, or about \$35 per square foot.

- Infusionsoft, Inc. leased 92,109 square feet of office space at 1260 S. Spectrum Blvd. in Chandler, AZ.

- Infusionsoft will move its headquarters to the Allred Park Place property in December 2012, bringing the building to full occupancy. The company plans to add 700 employees in the next few years.

I am very positive and remain encouraged by the good signs in the valley real estate. I trust you are seeing the positive indicators and if you have been thinking of buying that property, act now!!! Else it might be too late. Call me if you need any help in buying or selling!

Also THANKS to all the Readers pinging me with your wonderful questions. Keep them coming!! I can be reached at 480.242.8573 or email me at arti@artiiyer.com



Rank	Metro	For-sale inventory, percent change, May 2012 vs. May 2011
1	Oakland, Calif.	-56.60%
2	Fresno, Calif.	-48.76%
3	Bakersfield, Calif.	-48.59%
4	Phoenix-Mesa, Ariz.	-44.71%
5	Seattle-Bellevue-Everett, Wash.	-42.65%
6	San Jose, Calif.	-40.80%
7	Tampa-St. Petersburg-Clearwater, Fla.	-39.76%
8	Stockton-Lodi, Calif.	-39.25%
9	Atlanta	-39.19%
10	San Francisco	-38.90%

Someone you live with is ready to play emotional games. Travel could bring you the adventure and excitement you require. You need to enjoy the company of those who enjoy the same pastimes. Be careful; your ideas are good but make sure that you're realistic and start off on solid ground. Your luckiest events this month will occur on a Wednesday.

ARIES



Mar 21
to
Apr 20

You may be up for some changes in your home. Co-workers may not be giving you all the pertinent information. The advice you get this month may be based on false information. Pleasure trips will ease the tension between you and your mate. Your luckiest events this month will occur on a Wednesday.

TAURUS



April 21
to
May 20

Your tendency to dramatize may be a little much for your partner to take constantly. Don't overlook that fact that someone you care about may be hiding something. A day at the beach may satisfy the whole family. Curl up with a good book or go for a drive in the country. Your luckiest events this month will occur on a Wednesday.

GEMINI



May 21
to
June 21

Don't be too eager to buy things for those who really don't deserve it. Problems with females you live or work with will try your patience and cause temper flare ups. Don't cause a scene, but when you get home let your partner know how you feel and why. Sudden changes regarding friendships are likely to occur if you have tried to change others. Your luckiest events this month will occur on a Wednesday.

CANCER



Jun 22
to
Jul 22

Don't get so wrapped up in being rich that you overlook the fact that your plan may not be as solid as you thought. Spend some quality time with your lover. You are best to stick to yourself this month. You can accomplish a lot if you deal with other people's money or possessions this month. Your luckiest events this month will occur on a Wednesday.

LEO



Jul 23
to
Aug 23

Focus on using your creative abilities in other ways. Concentrate on work. Sudden romantic infatuations could lead to a significant and prosperous connection. Educational pursuits can bring interesting, helpful people. Your luckiest events this month will occur on a Wednesday.

VIRGO



Aug 24
to
Sep 23

Be careful while traveling. You must be extremely careful not to let relatives or friends interfere in your personal life. Any renovation or decorating to your home should include the whole family. You are ahead of your time, and trying to stay in one spot could be asking too much. Your luckiest events this month will occur on a Tuesday.

LIBRA



Sep 24
to
Oct 23

Go out with friends and avoid the situation on the home front. Do not sign contracts or get involved in any uncertain financial deals. Do your job and don't ask for favors. If you're feeling uncertain, spend some time alone and reevaluate your motives as well as your needs. Your luckiest events this month will occur on a Wednesday.

SCORPIO



Oct 24
to
Nov 22

Don't let peers distract you or push their work your way. You will impress others with your initiative and ability to accomplish while on short business trips. A long, quiet walk alone may help you sort out your thoughts. You won't have much time for your mate this month. Your luckiest events this month will occur on a Tuesday.

SAGITTARIUS



Nov 23
to
Dec 21

You may find that family members may not be too easy to get along with. Not everything you hear will be legitimate. Your boss won't be too thrilled if you leave things unfinished. In return, the satisfaction you get is enough for you. Your luckiest events this month will occur on a Sunday.

CAPRICORN



Dec 22
to
Jan 21

People trying to entice you to join in will be less than trustworthy. Travel will be fun, but expect it to cost you. Property deals will pay big dividends. Consider making pleasure trips or participating in entertainment that will require energy. Your luckiest events this month will occur on a Thursday.

AQUARIUS



Jan 22
to
Feb 19

Get together with friends who like to participate in indoor sports. Based on your excitement, serious-minded individuals will be more than interested in backing your ideas. Use discrimination and play hard to get. Don't be too quick to judge your position or surroundings at work. Your luckiest events this month will occur on a Thursday.

PISCES



Feb 20
to
Mar 20

July 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Holy discourses by Sardaji (Vibhuji) Maharaj @ Westminster Presby Terian Church	2	3	4	5	6 Imran Khan will be Phoenix	7 Akram Vignan Satsang in Phoenix
8 Akram Vignan Satsang in Phoenix	9 Akram Vignan Satsang in Phoenix	10	11	12 Billa 2 Premier Show @ Pollack Tempe Cinemas - Tamil Movie (Starts @ 7:30 PM)	13 Billa 2 @ Pollack Tempe Cinemas - Tamil Movie (Starts @ 9:30 PM)	14 The Art of Living Course @ Art of Living Center Billa 2 @ Super Saver/ Silver Cinemas - Tamil Movie (Starts @ 9:30 PM)
15 Billa 2 @ Pollack Tempe Cinemas - Tamil Movie (Starts @ 7:00 PM)	16	17	18	19	20	21 Super Dance - Talent Hunt 2012
22	23	24	25	26	27	28 Super Dance - Talent Hunt 2012
29	30	31				

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Bollywood stars who made it on their own

Call them brash, bratty or outspoken; the recent lot of newcomers bombarding B-Town seems to be self-made. There has been an increase in the number of newcomers being offered solo-hero independent projects and these actors have proved that they deserve all this and much more coming their way. Presenting the Gen Y of actors, who have all made it to the industry, without any support from their filmi khandaan or friends in B-Town:

Ileana D'Cruz

A sensation in South, Ileana D'Cruz is already creating a buzz in Bollywood much before her film with actor Ranbir Kapoor has released. The Telugu star's Bolly debut film Barfi boasts of some powerful performances with her co-stars Ranbir and Priyanka Chopra playing challenging roles. Though it isn't clear as to what Ileana's role is all about in the film, her crackling chemistry with Ranbir is already being raved about by those who've seen the rushes. So watch out for this babe!

Ayushmann Khurana

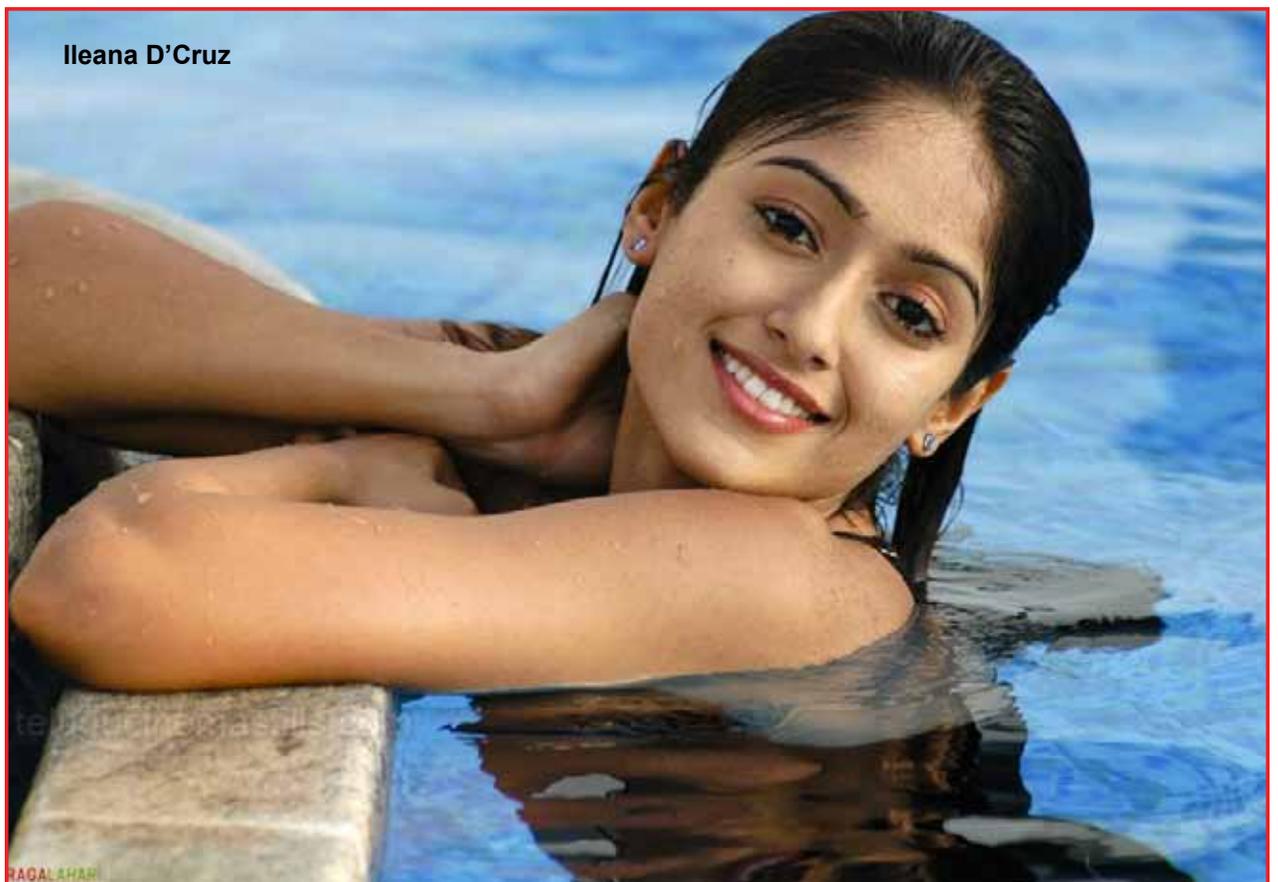
When actor John Abraham decided to turn pro-



ducer, he took special care to ensure that the script and his actors were perfect. Thanks to his film Vicky Donor, actor Ayushmann Khurana, today is a household name. The actor, who was widely appreciated for his performance as a sperm donor, has worked his way up from winning a reality show on TV to hosting it and turning veejay. But clearly, that didn't stop him from looking at films. When John cast him as the leading man of his debut film production, there was no looking back. Ayushmann is popular for his singing skills.

Parineeti Chopra

Fresh, bubbly, outspoken, brash and firecracker — are words often used to describe actress Parineeti



Ileana D'Cruz

Chopra. A PR personnel at a production house, Parineeti was picked up by the same house to act in Ladies V/s Ricky Bahl. Though the film had three heroines, it was she who turned out to be the proverbial scene-stealer and grabbed all the best debutant awards this year. The fact that she's actor Priyanka Chopra's first cousin came to light much later. The actor recently followed up her debut act with a stellar performance in Ishaqzaade. Way to go girl!

Nargis Fakhri

Her much talked about debut in Rockstar made New-York based Nargis Fakhri a name to reckon with in Bollywood. The former ramp model was spotted by filmmaker Imtiaz Ali, when she came to try her luck in Bollywood, and cast her opposite actor Ranbir Kapoor in the film. Though the reactions to her performance in the film were mixed, she has apparently signed on another project and is now one of the most sought after faces for endorsements. She's also a tabloid favourite with her link-ups off screen.



Yami Gautam

Quite popular in the ad-world as the vivacious face of some popular beauty products, actress Yami Gautam's debut in Hindi films was equally impactful in actor John Abraham's debut film production Vicky Donor. Yami apparently wanted to become an IAS officer before trying her luck in television. She also dabbled in the South with Telugu films. Though Vicky Donor was largely about the male protagonist, her role was widely appreciated.

Arjun Kapoor

Considering he is a famous Bollywood filmmaker Boney Kapoor's son, Arjun Kapoor's debut in films was a foregone conclusion. But the actor was pretty clear that he wanted to pursue his career behind the camera. All that changed when actor Salman Khan persuaded him to lose weight and try his luck in front of the camera. The actor who made his debut with Ishaqzaade has been appreciated for his performance. Last heard, the actor was on a film signing spree.



Remembering Michael Jackson!

It's been three years since the legendary singer and dancer Michael Jackson passed away, but his tunes are still being hummed and dancers, determined to master his distinctive dance moves, keep at it. You can't help tapping your feet to Black or White, slowing down when listening to Heal the World, or attempting to break into the moonwalk on Smooth Criminal.

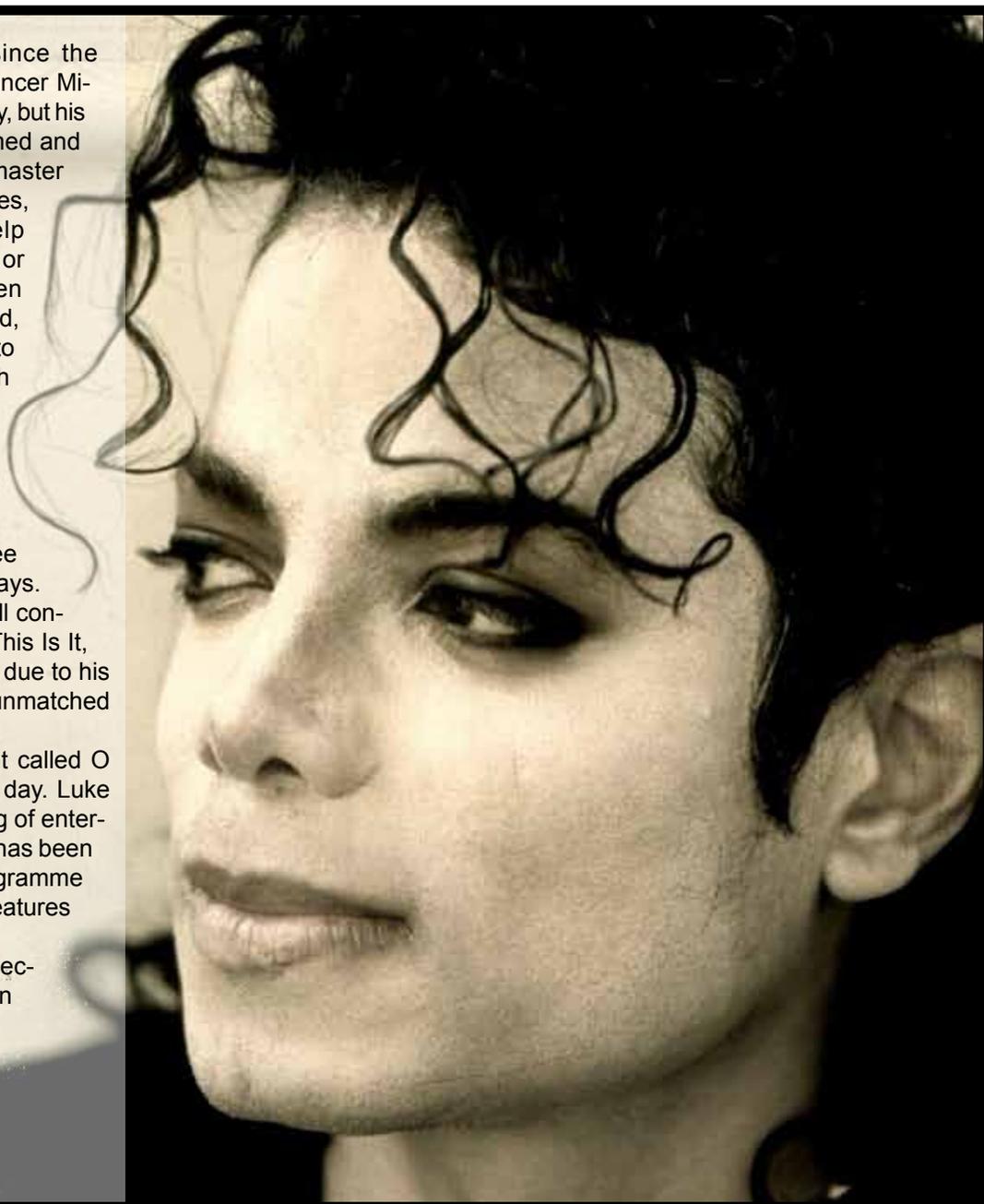
His distinct musical sound and vocal style have mesmerised generations and will continue to beguile music lovers. Terence Lewis, choreographer and judge on Zee's Dance India Dance and DID Li'l Masters 2 remembers the King of Pop. "MJ has not really left us — his soul is eternal. Every time I see a child dance, MJ style, with such elan, I know that he lives on," he says.

He further adds, "My tribute to MJ will not be for just a day but will continue forever through my academy. When I watch the documentary This Is It, I feel really sad that such a brilliant concert didn't see the light of day due to his untimely death. But MJ lives on forever in our hearts as a performer, unmatched and far ahead of his time."

International music channel 9XO will present a special segment called O Heart MJ today, airing a playlist of MJ's best videos all through the day. Luke Kenny, Head of Programming, 9XO said, "Michael Jackson is the king of entertainment — a singer, artist and a performer par excellence. His music has been a huge inspiration for music lovers across the globe. This special programme has videos that open with a special packaging — a video wall that features MJ album covers."

On their Facebook page, fans can win an extra special 3-DVD collection of all his landmark and legendary short film music videos, and can download MJ songs as ringtones, Luke added.

Hard Rock Café paid tribute to the dance icon on the weekend with a high voltage performance by city musicians in a show titled The Thrillers. Bonobo, too, paid tribute on Saturday with a night of good old-fashioned MJ groovy tunes.



Sonal Chauhan gets 'Cast Away'

Actress Sonal Chauhan had been shooting in Fiji for her upcoming film 3G, where she was stationed for almost a month. The actor had been shooting for the horror film at Mana Island there and not many are aware that the same island was majorly featured in the Holly flick Cast Away, which starred Tom Hanks. And if shooting on the same island was not enough, the cast and crew of the film faced a similar situation recently.

A source tells us, "While shooting at Mana Island, the entire cast and crew of the film were caught up in a major storm that struck the island. The storm had them stranded for quite some time.

Though they had to return by evening, they had to stay back due to the bad weather condition and they didn't want to take any risk of returning in the choppy seas. Instead they decided to start shooting on the main land, early next morning."

Sonal says, "While we were shooting, the weather seemed normal. But, later in the evening when we were about to wrap up the shoot and leave, the weather got real bad. The sky was overcast and it was really stormy. So, it was decided that we should all stay back rather than take the risk."

Producer Viki Rajani adds, "For our shoot we would take a boat and go to the area where we needed to shoot. The weather was perfect in the morning. But later in the evening, things changed. The stormy weather did not seem safe at all to travel in a boat, so I decided that we should stay back for the night and then get back early in the morning after the storm subsides."



Chai with.... Ravi Singh of Balance Landscaping LLC

Interview by Manju Walia,
Article By Deepa Walia
June 25, 2012

Ravi Singh, originally from Fiji Islands, can bring a touch of home to your home away from home here in Arizona. A professional landscaper, he specializes not only in all aspects of complete landscaping, including mowing, edging, line trimming, grass receding, winter receding, rock cleanup, installation, soil work, and complete new house landscaping, he can also make the impossible happen bringing special plants that may be your heart's desire from remote parts of the country.

Tied to hands-on landscaping work from his roots, he comes from a farmer's background. His father, Sajjan Singh was a farmer in the Fiji Islands and he has a very vast farming background. The family loved to be outdoors and being from a paradise country, he always wanted to be outdoors when working and not stuck in an office. Being outdoors and doing something related to agriculture was a passion and hobby for him. He did not know what he would do when he grew up but did spend some time in the auto industry only to realize he needed to be outdoors. One day with a dream to have a business of his own, he bought this practice from a Mormon family and worked hard to grow it, making it take off and be successful with his passion and love. The philosophy was simple and founded on quality and loyalty. Once client came in, they always stayed long term due to that philosophy and today they have over 200 accounts, both commercial and residential.

His family consists of Father Sajjan Singh who was from the Fiji Islands and his grandfather who was originally from Malpur, India. His father had five brothers and two sisters and



Ravi himself is from a family of three. The youngest, he has an older brother Manjit Singh and sister Sangeet Kaur Singh. All siblings have two children each, while Ravi himself has one with his beautiful wife.

When asked about how satisfied he is in his job, he ecstatically stated that he loves it and is very satisfied dealing with different types of customers, meeting different types of individuals, and making their dreams come true. He has gone anywhere from planting banana trees to bamboo plants to curry leaves – some of which involved ordering them from specialists in Florida and other states. Many customers want in

their landscaping projects vegetables or plants that bring with them a feeling of their home countries and Ravi and his company strive to accomplish that for their clients. And, most of all, they are not just about planting; planting is one thing but provide continuous maintenance to ensure these special requests survive the extreme heat and drastic temperature changes Arizona brings.

Last, but not least, they teach their clients on how to nurture their plants in between sessions to ensure that the landscaping project has longevity. Ravi's final words to the readers of Asia Today are that, once again,

our company is based on quality and loyalty. Anyone can do landscaping, but very few landscapers will be there within 24 hours from your call. He is always available via his phone, eMail, iPad, etc. For more information and for all your landscaping needs, please call Balance Landscaping at 602/459-6681, email ravi@balancelandscaping.com, or visit them on the web at www.balancelandscaping.com.

Asia Today thanks Ravi Singh for his time and wishes him and Balance Landscaping continued success as the work on turning houses into dream-come-true homes with their landscaping projects.



Amritsar: The Temple and Beyond

How do you describe a city that has food to fill the raging appetites of an army, dress each of the beautiful contours of a woman, stretch the well cultivated city dweller's instincts of survival to navigate its routes, lanes and bazaars, and at the end of it, silence all thoughts by the sheer grandeur of its single most defining feature - the majestic Golden Temple.

Indeed, this sacred city has the guru's presence everywhere. From the old guru ka bazaar to the Amrit Sarovar which was originally a tank that remained un-bricked till Guru Arjan Dev ascended the Gur Gaddi in 1581. It was later that it was made pucca and the place renamed as Amritsar. The Golden Temple or Shri Darbar Sahib came to be regarded as the holiest shrine of the Sikh religion. Here, is a benign presence of the Lord that you can feel in the air. Even random shopkeepers, rickshaw pullers and local residents will go out of their way to guide, offer advice, even accompany you to your destination and fine tune your itinerary.

We were a motley bunch of 10, including friends from the US and our wish list from the temple city was ambitious, to say the least. From visiting the temple during amrit vela time to seeing the sound and light show at Jallianwala Bagh, going to Wagah border, buying Amritsari juttis and Pakistani suits, to sampling its famed chola kulchas, kulfis, meethi lassis, shahi paneers, rogan josh, chicken tikka, chicken butter masala and lachedaar naans, we knew it was a tall order to accomplish in the two nights and three days that we had, but we were optimistic all the same.

The Temple: Entering the Golden Temple, which is in the old city, through an ornate archway with intricate inlay work, at first sight, one sees it sitting on a rectangular platform, surrounded by Amrit Sarovar or pool of water, Pristine beauty and an all-encompassing spirit of compassion and bhakti greet us as. How else would you describe the fact that as thousands queue up through the periphery of the temple, right up to the darbar sahib or sanctum sanctorum, standing cheek-by-jowl with bodies in close contact, nowhere is there an impatience or any sort of rude pushing and jostling. There is a quiet acceptance that each person's chance at bowing the head and seeking blessings will come and that everyone there has an equal right to darshan.

Pilgrims come from across the



world to this Mecca of the Sikhs to visit the shrine that houses the holy script of the Guru Granth Sahib. From devotees hailing from the small pindis (villages) in Punjab who come with their potlis (sheets and cloth bags stuffed with clothes and prayer books) or with steel trunks, camping in the many lodges and budget hotels the city has, to the well-heeled Canada and US returned Sikhs living in deluxe five star hotels like Ista, the spirit of compassion, devotion and charity with which they descend on the Temple, is Universal.

After a 90-minute wait, you get your chance to enter Harmandir Sahib to do your matha teko. A 52-meter, square-based structure that enshrines the Holy Book, Guru Granth Sahib. Placed on a palanquin with emeralds, rubies and diamonds, it has silver poles and a golden canopy. The fifth Guru, Arjun Dev (1563 - 1606) began its construction and completed it in the late 16th century. It is from the Adi Granth scripture that granthis recite hymns through the day. This is the entry to the last bastion of the temple and is guarded by Sikh guards attired in traditional finery. The Akal Takht, is the seat of Shiromani Gurudwara Prabandhak Committee, and the place where Guru Granth Sahib is kept during the night. Established by the sixth Guru, Guru Hargobind (1595 - 1644), it is also the repository of ancient weapons, used by Sikh warriors and Gurus. Since there is time still for the guru ka langar (roti, daal and sabzi served by sevadaars or volunteers), you decide to go up to the Central Sikh Museum on the second floor

Jallianwala Bagh: The first round of the temple done, you stroll down to

Jallianwala Bagh, about 400 metres north of the temple complex. The bullet marks on the boundary walls bring alive the agonising tale that still haunts Indians. Situated 400 meters north of the Temple, it has an air of solemnity, as tourists mill about, discovering the well, hand writing intonations on the wall and other signs that reveal vignettes of a tortuous past.

Wagah Border: Bracing ourselves for the Wagah border, we set off in two SUVs. On our left was the Swaran Jayanti, in front of which the 'Beating the Retreat' would be conducted by the Indian Border Security Force and the Pakistani Rangers. Perched high above on our right was the portrait of Mahatma Gandhi and on the left, Mohamamd Ali Jinnah. Before the 'change of guard' ceremony, patriotic songs from the 1950's right up till the present, blared. On both the Pakistan and Indian side, could be seen a building sense of enthusiasm that wanted to believe their side to be stronger, better and more energised. The event concluded with the lowering of the respective national flags at sunset and after much cheering and clapping, and a dispersal of the crowds, this time with not as much frenzy as at the time of entry.

For all its jingoism and attempts at fuelling the patriotic streak, you are left breathless, not so numb with wonder, awe and inspiration, as with sheer exhaustion. Yes, it is a must see. For you cannot come to Amritsar and not visit the Wagah border, though it would be hard not to be cynical about the entire manner in which the ceremony is carried out and the resultant emotions it builds up in an easily swayed audience.

Shopping: The lanes of the old Amritsar are where the remnants of a bygone era prevail. While the new part is more posh where successful traders, exporters and businessmen reside in beautiful bungalows, shopping from high-end boutiques and studios, we settle for the old lanes, where bargains are sought and a frozen-in-time feeling lingers. Embroidered suits from Rs150 to Rs 10,000 vie for attention. A few shops sell Pakistani suits which they tell you come into Amritsar not from the look-over-your-shoulder neighbour Pakistan, but through the more circuitous and complicated route of Dubai.

From salwar suits to juttis, dupattas and bangles, the lanes are a delight for women. Raunak's juttis at Hall Gate are exquisite. Just ask any rickshaw puller and be guided there. Then there are Punjabi paradis and glass bangles sitting pretty on thelas or push carts, all over the city. You cannot conclude your shopping without carrying stocks of daal waris, papads, achar, chutneys and aam papads that are available aplenty in the shopping arcade on outside the temple. Also, remember to pick up some memorabilia - statues and idols of Guru Nanak, miniatures of the temple, key chains, paper weights and fridge magnets.

Food: Here is a city where street food acquires haloed status. Generosity and hospitality drip from every nook and corner and food stalls beckon with hoardings, affordable prices and smiling owners and waiters, who run around eager-to please you. From sweet lassis to jalebis, maal pudas, samosas and kachodis serving as starters to richer variants of chole kulche, rajma chawal and butter chicken-naan combos, these are served in special lanes, shops and dhabas famous for their specialty food items. The only note of warning is that you must not count your calories when in Amritsar.

Fact File : Best time to visit: Oct to Mar. If you want to experience festivity, be here on Diwali, Basant Panchami (end Jan/early Feb), Baisakhi (Punjabi New Year), Gurupurb (birthdays/martyrdoms of gurus).

How to get there:

Sri Guru Ram Dasji International Airport is 11 km from the city centre; city is connected to all major cities by train. There is a small booking office in the Temple Complex from where reservations can be done. Buses, video coaches, shared taxis, private cars 24X7.



Superheroes reflect real world'

Editor in chief of Marvel Comics, Axel Alonso, has said that gay comic book superheroes reflect the “real world”, showing mutants have the same lives and issues as readers.

Alonso said the marriage of X-Men hero Northstar and his long-term boyfriend Kyle reflected real life and was inspired by the legalisation of same-sex marriage in New York. Warning the marriage was “only the start of the story,” he even hinted the characters may face a historic divorce further down the line.

He said the storylines were written with readers in mind, and were a deliberate effort to show that “characters live in the same world we do.”

His comments come after a recent debate over the sexuality of superheroes, after DC Comics “re-booted” Green Lantern as gay and Marvel’s Northstar and Kyle Jinadu married.

The wedding is published in issue 51 of ‘Astonishing X-Men’, which features the happy couple surrounded by superhero friends as they hold hands to pledge their commitment.

Alonso explained writers wanted to explore how the characters would have responded to the news of same-sex marriage being legalised in New York, after being in a relationship for many years.

“It immediately made us wonder how Northstar responded to this development given that he’d been

in a long-term relationship,” the Telegraph quoted him as saying.

“Our characters live in the same world as we do. They live in New York and San Francisco and frequently deal with the kinds of problems you do.

“Marvel comics always do best when we are living in the real world and commenting on the real world, and readers feel the lives of characters reflect the lives outside their window.

“This is all part of what we do best, which is to use superheroes to comment on the real world. This is the latest example of that,” he added.

He also hinted at storylines to come, adding: “I want to really impress upon people this wedding is only part of the story.

“The hardest part of a marriage is going to the grocery store on a Sunday afternoon; it isn’t the honeymoon.

“We could be looking at a historic divorce issue two years from now.

“This is only the beginning of the story,” he said.

Character Northstar, who has featured in the series since 1979, came out as gay in 1992. He had been in a relationship with Kyle since 2009.

Earlier this month, DC Comics’ superhero Green Lantern was “rebooted” as gay, as his character’s history was re-written to reflect modern society.

Poet of the Month

Lily Brown

Lily Brown was born and raised in Massachusetts. She is the author of one full-length collection of poetry, *Rust or Go Missing*, published by Cleveland State University Poetry Center in 2011. Her chapbooks include *Being One* (Brave Men Press, 2011), *Museum Armor* (Doublecross Press, 2010), *Old with You* (Kitchen Press, 2009), and *The Renaissance Sheet* (Octopus Books, 2007). Poems have appeared in journals such as *Gulf Coast*, *Pleiades*, *Colorado Review*, *Denver Quarterly*, and *Boston Review*. She edits the online journal *RealPoetik*, and currently lives in Athens, Georgia.



HISTORY

Birds heel the sky I
see through the body
scamming the mind.

Briefly not alone, then
not alone, I work hard
to rearrange the sand

when I do wrong.
The table’s flat tone,
my pony Christmas hope.

Beneath the microscope
we see donuts, soap,
tree bark chipped apart.

TRANSFERENCE

I am watching TV. We expect too much
from each other. Our faces are made
of stairs. Each step hardens.
Each case concludes nothing.
I am floating
down the stairs
after a morning
of serial drama. Fantasy
plays its part; TV weds me
to reverie. A sailboat’s a vessel.
A sailboat’s on the stair.
I’ve let you box my insides.

CERTAIN ALLIED EXPERIMENTS

To be very young and beached on a couch.
Describe this feeling as rubber,
warm to the touch,
lodged in the chest.
In a cabin in the mountains, see bluish fog
or the rogue sky coming
through cloud
to dislodge stone habit. To stand by
stood up against surprise—
a valve that lets another consciousness arrive.
For a figurine slung from the ceiling
see a fat-bellied hen, see a flat fish,
a glassed leaf, a blinking desert built,
like tonight, out of lightning.
I’m on a mountain, rocking in its side.

E-book trend slow at US libraries: study

Even as e-book sales surge, Americans are slow to look to their public libraries to take advantage of the format, a study showed Friday.

The Pew Internet & American Life Project found just 12 percent of Americans ages 16 and older who read e-books say they have borrowed an e-book from a library in the past year.

The study found most Americans are not aware they can borrow e-books from libraries, even though three-quarters of US public libraries offer the service.

Some 62 percent of those surveyed said did

not know if their library offered e-book lending. Just 22 percent said they knew their library lends out e-books, and 14 percent said their library does not lend electronic books.

Even among tablet computer owners, 53 percent said they were unaware of their local library’s e-book efforts.

Top bookseller Amazon last year said it was selling more digital than print books, but even owners of the Amazon Kindle were not looking to their library, the survey found.



Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

JULY 2012 Programs & Events

18 Harh – 16 Sawan, 544 Nanakshahi Era (NE)

July 1 (Sun.) – Siri Akal Takhat Sahib Foundation (1606) (Actual Day: July 2)

July 2 (Mon.) – Pooranmashi Kirtan Diwan, 7 PM to 8 PM

July 6 (Fri.) – Parkash Siri Guru Hargobind Ji (1595) "Saccha Patshah"
(Actual Day: July 5)

July 8 (Sun.) – Barsi Baba Buddha Ji (1631)
Shaheedi Bhai Mani Singh Ji (1737) (Actual Day: July 9)

July 15 (Sun.) – Shaheedi Bhai Taru Singh Ji (1745).
(Actual Day: July 16)

July 15 (Sun.) – Homeless Dinner Seva
Phoenix Rescue Mission. Call 602 741 8021 for more info.

July 16, Sawan 1 (Mon.) – Sangrand & Monthly Sehj Path
Sehj Path Bhog 9:00 AM.
Sehj Path Arambh for new month at 9:30 AM.

July 22 (Sun.) – Parkash Siri Guru Har Krishan Ji (1656)
(Actual Day: July 23)

July 29 (Sun.) – Shaheedi Bhai Udham Singh Ji (1940).
(Actual Day: July 31)



*Siri Akal Takhat Sahib Ji,
the seat of Miri*



*Siri Guru Hargobind Ji,
"Saccha Patshah"*



*Shaheed Bhai Taru Singh Ji,
Scalp but not the hair!*

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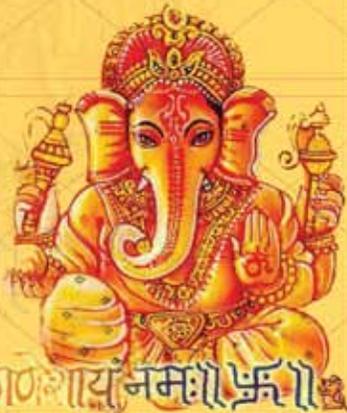


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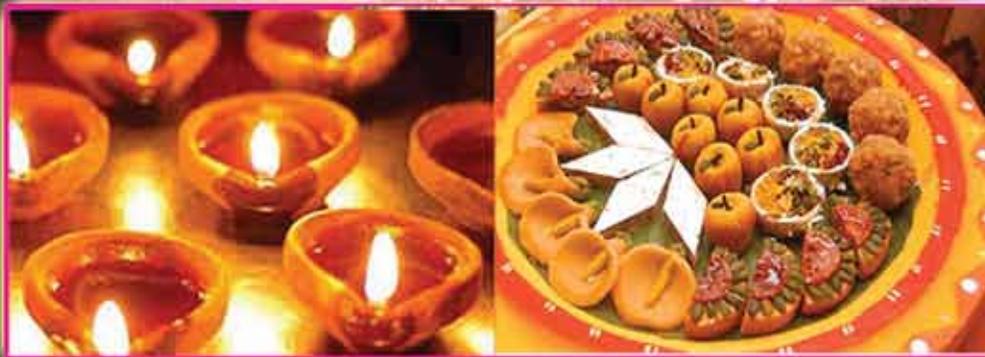
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