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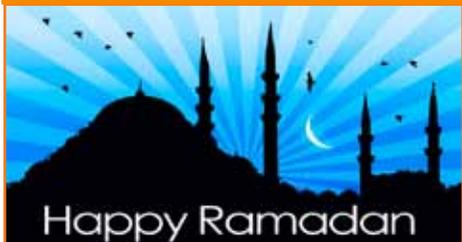
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Monthly Newspaper

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Hockey Player
Gagan Ajit
Singh



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True
Khalsa

Bollywood
stunner
**Vidya
Balan**



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Hasya Kavi Sammelan



June 13, 2014

Asia Today and Indo-American Cultural & Religious Foundation held a HasyaKaviSammelan at the Foundation Hall in Phoenix, Arizona.

The program features HasyaKavisardarManjit Singh and Dr. SurenderDubey and Shaayara Dr. Sarita Sharma who were a great combination of melody, poetry, and satire. The program was sponsored



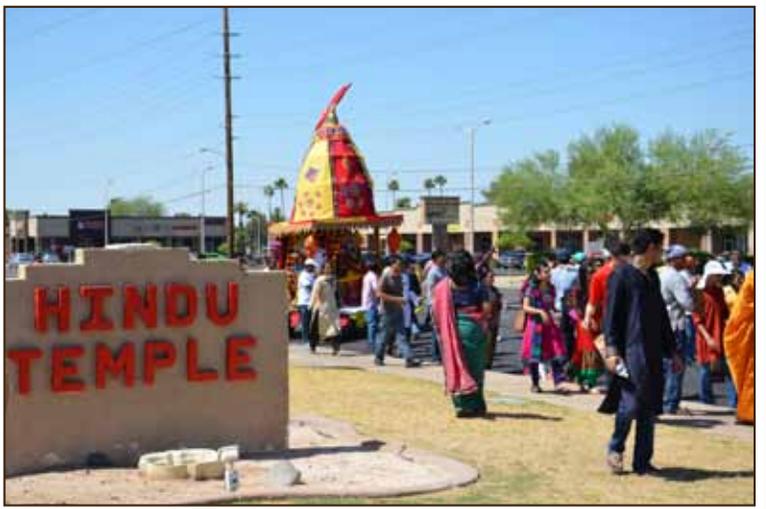
• More on P06

Rath Yatra 2014

Article contributed of Dr. Govinda Satapathy and Ashwani Bakshi

The sweltering heat of Arizona is no match for the enthusiasm and devotion of the people. Hundreds of devotees of the Hindu Temple of Arizona joined to pull the chariot of Lord Jagannath, Balabadhra, and Subhadra Ji on Hayden and Thomas Road in Scottsdale, Arizona. The chanting of Lord Krishna Nam and the aroma of sandalwood filled the air. People of all ages from children to seniors pulled the majestically decorated Rath (chariot). After the completion of Yatra, there was a cultural program depicting the sacred rituals involving Jagannath.

This is the 11th annual



Rath Yatra organized by the Hindu Temple of Arizona coinciding with the world famous Rath Yatra in Puri when the caste creed and religion becomes irrelevant. This is the festival where God, himself,

leaves his abode and comes down to bless his devotees.

The festival originated in Puri in the State of Orissa. The rath (chariot) carried Lord Jagannath ji, Lord Balabhadra and Subhadra Ji. "Ratha" in

• More on P8-9

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A Look into the Perspective of Hockey Player Gagan Ajit Singh

Asia Today had the pleasure of speaking with Gagan Ajit Singh, on his holiday visit to the US with his family including his only daughter. A hockey player that played for India's team from 1998-2006, he joined the Punjab Police as Superintendent of Police for Nava Shehar as a player in 2002. This is his second visit to the US and he has been here as part of a fitness camp in 2004.

Gagan Ji shared with us that his entire family for many generations has been very dedicated to sports. In 1972 and 1976, his father played in the Olympics and in 1968 and 1972, his father's brother was the Olympic Captain. From grandparents to cousins, all have played various roles in sports and are dedicated to hockey.

Gagan Ji also expressed his frustration with the lack of support and facilities available in India for Hockey compared to other countries. Back when hockey was played on grass, the players had the opportunity to practice and improve their skills. Now, with the introduction of Astro-turf which is very expensive and can be about 3.5 Crores, it has become harder to sustain the facilities needed to practice and increase commitment to the game.

When I offered the idea of doing fundraising to get support funds,

he mentioned that this would only be temporary help. What needs to be done is go back to an environment where Sports Wings and Sports Hostels, which have significantly decreased in number, were widespread and popular. The second thing he highlighted was the importance of family involvement to encourage and support children towards sports. He noticed in other countries, including US, there are a lot of efforts by family members to encourage kids and take them to and from games to keep them interested. However, there are also a large number of kids dedi-

cated to TVs and computers on Facebook, WhatsApp, etc. that are not being guided in the right direction. Last, but not least, he also mentioned that the team has to see success to get a following. You cannot expect support and a following if you are not optimally performing and for that to happen, the Federation that manages the sport of hockey has to get more organized. Today, he notices good teams and players are not kept together and changed out every few years. For a team to get good at performing together, there should be an emphasis to keep good players and

coaches together long-term so they can succeed as a team.

In addition to sharing his views on sports, being a police officer, Gagan Ji also shared his views on crime and drug abuse in India. He shared that the government is doing many things including creating help lines for women, opening addiction centers to help with drug abuse, etc. to find a resolution to these issues. The reason for drug abuse in India he mentioned is primarily unemployment and depression.

However, he also highlighted these issues are in every country but they are more publicized and picked up by media in India so they seem to be a bigger issue in India. The only issue he has noticed is actually bigger in India than other countries is petty theft.

Asia Today was grateful to Gagan Ji Singh for taking the time out from his holiday and family to share his perspective on sports and Punjab Police. His final message to our readers was that the environment he has seen here for children with the family involvement in their sports and desire to keep them educated on their roots and culture is extremely special and he was very pleased to see it. Asia Today wishes him much success in all his future endeavors.





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Passing Judgment...

What is it about human nature that tends to drive us towards passing judgment or having pre-conceived notions of someone without ever taking the time to get to know them? Is something you have heard or a behavior you have observed really a reflection of their heart and soul? And if you believe it is, do you really believe the heart and soul are so shallow that they can be seen or understood in a quick glance or a brief encounter or no encounter at all?

A person is defined by the richness of their soul and the depth of their heart and anything with depth requires a lot of time and energy to be expended before it can be seen or understood. I read somewhere "Be Kind: Everyone you meet is fighting their own battle." If you judge someone having one drink too many, maybe they had a fight with a loved one or a stressful day at work. If you see someone that is loud and overly talkative, maybe they are blowing off some much-needed steam. In all honesty if you see anything at all, unless the action is physically or emotionally damaging, you really have no right to judge at all.

There is a famous saying that translated means if you point a finger at someone, know that there are four fingers pointing towards yourself and there can't be anything more accurate than that. If you judge someone without meeting them or over a brief encounter and form a permanent judgment, it only speaks to the shallowness and lack of depth in your own heart and soul.



**Editor's
NOTE**

The month of June was interesting – I met some amazing new people, got the opportunity to get to know some existing people better, and was pleasantly surprised by the reactions of a few people I thought I knew who proved me wrong in a good way. Coupled with all these pleasant experiences, I also had a few negative – primarily coming across some judgmental individuals which is what inspired this post. When I found out about their judgment, it greatly upset me. Through some deep conversations with amazing friends and support in unexpected places, I found that something that would have upset me for much longer in the past went away much quicker this time around and in turn took less out of me personally. However, it also inspired me to read up on judgment and that reading led me to a great quote and this quote is what I think I want to aspire to be. "We are too quick to put labels on things. Everyone wants to put a label on it, but I am a free spirit, so I fight against that." Such simple words yet also so powerful. You can't change people's judgments, you can't change people's behaviors, but what you can change is who you choose to spend your time with. Time spent with those free of judgment who are also their own free spirits will give you wings to soar to great heights and time spent with those filled with negativity and judgment will bring you crashing down. The choice is yours – fly or crash! Wishing everyone a great July 4th weekend and the rest of the summer vacation.

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

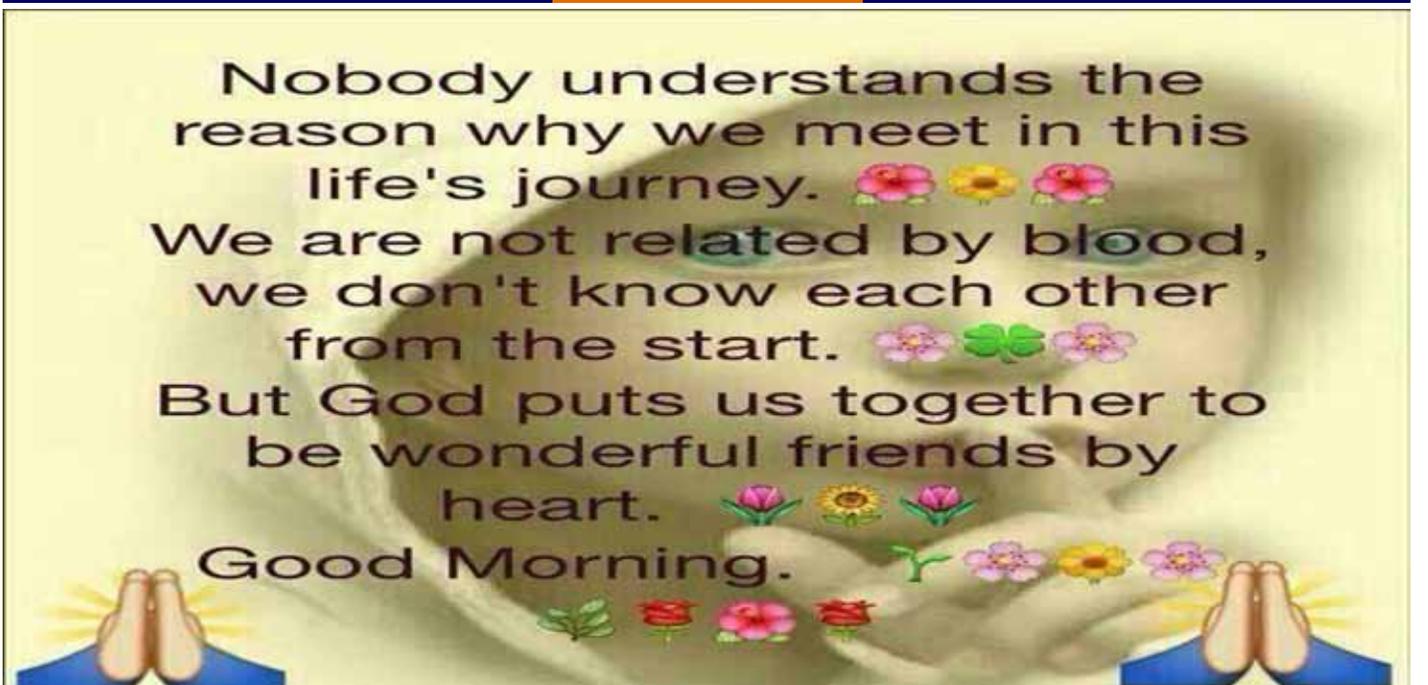
The month of July is the holy month of Ramadan and from the team of Asia Today, I would like to wish you a very blessed Ramadan; may this Ramadan bring you the utmost in peace and prosperity. Every month I have the opportunity to meet someone that inspires me with their



**Marketing Director
NOTE**

thoughts and learn from them. I am extremely grateful to all those new friends I have made and old that have taught me what I know about life. Wishing all our readers a great month of Ramadan and Summer Vacation.

-Manju Walia
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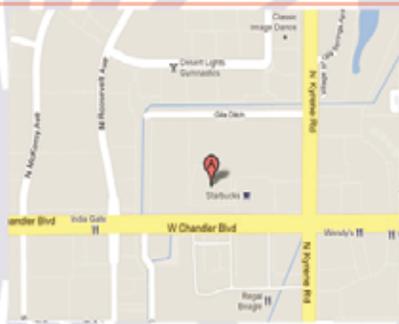
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Hasya Kavi Sammelan

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The program was a huge success and gave Phoenix a laughter-filled night to remember. Asia Today is thankful to all those who joined the event and made this successful.



Summer is here and also the hunt for that perfect family getaway. The much needed quality time with loved ones is the most important element in a vacation, whether it is lounging around in the quiet corner of the home sweet home or out in the sun in the most exciting vacationing spots around the world. With the present day conveniences of quick jet setting and plenty of options, there is no thinking twice when it comes to searching for that perfect destination. There is no dearth of places that go way beyond people's expectations and one such place is the Niagara Falls state park. Like John Keats who once said 'A Thing of Beauty is a Joy Forever', the Niagara Spectacle is breathtakingly beautiful and amazing with all its glory and splendor entertaining the young and the young at heart!

The Niagara Travel Organisations previously described as to why families love this place... 'A spectacle of staggering proportions, Niagara Falls is one of those rare places in the world where Mother Nature flexes her muscle without forcing any humans to run for cover. It's also the oldest state park in the US, surrounded by a flood of family diversions and amusements.' Hence people of all ages tend to appreciate its beauty and splendour.

The first trip begins to 'Maid of the Mist' where the boat takes the visitor

Beautiful Niagara

for a breathtaking view of the American and Horseshoe falls from the base. The elevator ride 175 feet down through the Niagara gorge leads to the site of the boatrides where souvenir rainponchos are provided to offer protection from the wild sprays of the waterfalls. After getting on-board the boat, be prepared to be mesmerised for sometime and experience one of Mother Nature's wildest powers where the boat travels amidst the 'Horseshoe Falls'. Its named so because it resembles an inverted Horseshoe (inverted U shaped falls).

Reminiscing my visit a long time back, there was a recorded commentary going on in the boat explaining to the people the vastness and other technical features of the Niagara, but it almost faded when the boat started to approach amidst the giant downpours of the gushing waterfall. What an irony that was! I guess the people could have as well read or seen Niagara's pride somewhere or the other and now what they really wanted was to experience the sights and sounds of this great waterfall without heeding to any kind of distractions around. The gushing waterfalls falling down with such tremendous force creates mist all over so much that

it is almost impossible to take a glance of the mighty Horseshoe falls. The world's most famous falls span a brink 323 meters in length and stand 57 meters tall. Imagine the thunder as almost 600,000 litres of water pour over every second! These spectacular falls are part of the border formed between Canada and the United States and can be viewed from both sides. On One side is the US and on the other side you can see Canada with all its hustling-bustling activities.

Next is the trip to 'Cave of the Winds' also known as the Hurricane Deck. It is advisable not to go directly under the waterfall for those who cannot handle the rushing water.

This is 'THE PLACE' for those looking for crazy fun. The elevator takes the visitors down to the bridal veil fall base. A short walk through the narrow passage gets to the falls. There's a wooden deck built under the falls from where visitors can take the 'Niagara Showers' as would like to call it. There's also a bypass for those who can't get close enough to the falls. This is a sure bet that it is the most exciting moment when standing under the wa-

terfall. The water force is such that it's impossible to open the eyes or breathe easily while beneath it. Also, this is one of the narrowest of the three falls and the falls hit the rocks before splashing on the deck. But this much is enough to throw one into all the craziness and off the feet emotionally and physically of course, for the force is tremendous. Adequate security is provided at each and every step of the deck. The wooden deck is taken off in November and rebuilt every spring to protect from the harsh winter weather and snow.

A must not miss attraction is the Night Illumination of the falls. Falls are illuminated by different colors from the Canadian side. It is like a glittery dream coming true. Also, the night illumination of the falls can be viewed from the Observation Deck which is the highest point to view the falls, providing a spectacular view of Canada, making the visit worthwhile. There are a lot of gardens too with lovely blooming and colorful flowers just enough to be described as true paintings of Nature.

So make sure you can scratch off Niagara Falls off from the next year's summer vacation list... Continue enjoying the summer!

-Deepa Badrinath



Maata Jagran
Friday July 18th, 2014
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Contact: Shashi (480) 614-1322

Satyanarayanji Puja
Friday July 11th, 2014
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Maata Jagran : July 18th (Friday 7:00 - 9:00 PM, Sponsorship \$101)
Rudra Panchamrit Abhishekam : July 27th (4th Sunday 11:00 AM – 1:00 PM)
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Oriya means chariot and “yatra” means journey. The concept of the chariot has been explained in the Kathopanishada in the following words-

Atmaanam rathinam viddhi shareeram rathamevatu Buddhim tu saarathim viddhi manah pragrahameva cha. The body is the Chariot and the soul is the deity installed in the chariot. The wisdom acts as the charioteer to control the mind and thoughts.

The festival thus refers to the annual journey of the divinity in the form of idols to their aunt’s house. This annual festival is celebrated on Ashad Shukla Dwitiya (second day in bright fortnight of Ashad month).

In Odisha, as part of Ratha Yatra, the deities of Lord Jagannath, Lord Balabhadra and Subhadra are taken out in a procession to Gundicha Temple and remain there for nine days. Then the deities return to the Main Temple. The three chariots are decorated as per the unique scheme prescribed and followed for centuries. They are covered with bright canopies made of stripes of red cloth and combined with those of black, yellow and blue colors. Three richly decorated chariots resembling temple structures are pulled through the streets of Puri. This commemorates the annual journey of Lord Jagannath, Lord Balabhadra, and their sister Subhadra to their aunt’s temple.

During the festival, devotees from all over the world go to Puri with an earnest desire to help pull the Lords’ chariots with the help of other priests pulling the chariots with ropes. They consider this a pious deed. The huge processions accompanying the chariots play devotional songs with drums, tambourines, trumpets etc. Children line the streets through which the chariot will pass and add to the mass chorus. The Chariot’s are pulled by the thousands of pilgrims who turn up for the event; the chariots are built anew each year only from a particular type of tree. A glimpse of the Vamana, the dwarf form, an incarnation of Lord Jagannath, is sure to ensure emancipation, release from the cycle of birth and death. Yatra is an essential part of the ritual of the Hindu system of worship. The yatra is considered as an important part of festivities and ceremonies of each temple and is considered as a special and sacred occasion. Rath yatra being unique among all yatras is the grandest festival of the supreme divinity who has manifested himself in the Kali Yuga to emancipate humanity and to relieve them from their sufferings.

A glimpse of Lord Jagannath on the chariot is considered to be very auspicious and saints, poets and scriptures have repeatedly glorified the sanctity of this special festival. The sanctity of the festival is such that even a touch of the chariot or even the ropes with which these are pulled is considered enough to confer the results of several pious deeds or penance for ages.

If you missed this year’s annual Rath yatra, please come and join us next year and get the blessings from the Lord.

God Bless

Rath Yatra 2014







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The Arizona Asian American Association is pleased to announce the 2014 -2016 Executive Board. We extend our heartfelt appreciation to this very committed and enthusiastic team.



Their active participation and willingness to serve AAAA with the Cultural Directors, Members at Large and Community is a powerful civic statement.

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- Executive Director: Al Carstens
- Executive Director: Keiko Conn
- Executive Director: Richard Tutman

The AAAA extends a heartfelt thank you to our former President, Ms. Maribel C. Dillard for being a true leader of AAAA for the last four years. Her guidance, hard work and passion set an example for many years to come. Ms. Dillard successfully maintained the AAAA's presence in community for the benefit of many organizations, includ-



ing Mesa's MLK celebration committee, and the 3000 Club and all the Cultural, Education, Community, and Non-profit Organizations represented by the AAAA. Again, we thank you Ms. Mari for an outstanding job!

This year the AAAA will celebrate its 20th Festival under the consummate leadership of Raphael Ahmed. The Theme "Asian Treasures" has been ad-

opted as an annual name. The festival this year will be held at the Mesa Arts Center with many new and inventive characteristics.

AAAA Artistic Director, Keiko Conn [TCCE] will once again bring her creative imagination and extensive entertainment contacts to the AAAA Festival to once again ensure a magnificent show.

The 2014 Asian Treasures Festival will take place on November 8th and 9th with many special features to engage all ages. We are inviting you to join us this year in celebrating Asian arts, kids' activities, foods, entertainment and educational offerings

For the festival information contact Raphael Ahmed – Raphael.Ahmed@cox.net 224-633-9160



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INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)



1. Happy Golden Wedding Anniversary to Dr. Shyam and Vijayben Tangri-Congratulations! 2. Bhagada at ISAA on the 50th Wedding Anniversary celebrations of Tangris 3. ISAA offers prayers for renewal of the vowels on the 50th wedding anniversary of Tangris. 4. ISAA celebrates Dr. Shyam and Mrs. Vijayben Tangri's 50th wedding anniversary with the fullest of joy. 5. Prof. Jagan & Umaben Lingamneni – sponsors of June 3rd luncheon 6. Luncheon sponsors of June 17th - Krishna & Prem Lohiti with ISAA Working Committee 7. Physical wellness with musical entertainment by garaba dancing 8. Manjuben, Ambaben & Shardaben – June 10th luncheon sponsors 9. Kudos to Miniben Pandit for honoring all the fathers and grandfathers at ISAA with beautiful roses including their spouses on the Fathers Day. 10. Indubhai & Family paid Tribute to Lt. Mrs. Vimlaben together with ISAA

On May 27, 2014m Vijayben & Dr. Shyam Tangri's 50th Wedding Anniversary was celebrated with lots of fun. Everyone dressed up beautifully to grace the occasion. Vijayben and Dr. Tangri looked stunning in their outfit. We all welcomed the Honorable couple and started the program by Renewal of Vows exchanging the garlands. Chandrakantbhai did the recital of Ganesh Mantra and everyone blessed the couple. Pannaben, Lataben, Kanwal, Hiraben, Chandrakantbhai and all ISAA members supported this wonderful moment. Kanwalben prepared beautiful Wedding cake with lots of love. After cake cutting ceremony the couple was presented 50th Wedding Anniversary card which was prepared by Jitubhai on behalf of all ISAA members. Shyambhai and Vijayben said they going to treasure this. Everyone jointly sang Happy Anniversary song and wished the couple many more happy years together.

Jashreeben & Lataben, Harshadbhai, and Shreekantbhai sang popular songs that made everyone to get up and dance. Dr Shyam Tangri entertained the audience by his Humorous and romantic Shayari. Chandrakantbhai played non-stop most favorite Bhangra and Ras-Garba music. Everyone had a blasting time dancing. Sponsors of today's lavish luncheon were Vijayben and Dr. Shyam Tangri. Over 60 members enjoyed the food.

June 3, 2014 was a change from routine activities. The movie "Bhum Bhum Bhole" turn out to be very good. More than 45 people watched it in two pieces. Dr Lingamneni and Umaben had provided a lunch in memory of his mother's punyatithi.

On June 10, 2014, we had a wonderful Father's Day celebration. On this occasion we showed a short clip on the joys of raising children as acted out. <http://www.forbes.com/sites/willburns/2014/06/05/>

cardstore-fathers-day-video-a-touching-use-of-the-reality-prank/ Narayanbhai read a beautiful poem about "A Mahila's story", which was enjoyed by all very much. Minaxiben sent in a perfect poem about "Papa" that was rendered by Paul Anka. It was just awesome. The day affected Geetaben as she was overwhelmed by the memories. Chandrikaben narrated her story too. Miniben distributed beautiful roses to all fathers in the spirit of the day. Luncheon was sponsored by Ambaben, Manjuben, and Shardaben.

June 17, 2014 theme was "Apni Apni Pasand". Prem & Krishna wanted to have some "fast" dance. After a short song by Shreekantbhai, surely, there was fast dancing by a number of participants. The music was arranged by Chandrakantbhai. After a while it was "garba" so more people could join. Everyone had a lot of fun. Over seventy members and guests enjoyed the deli-

cious food sponsored by Prem and Krishna who acknowledged their love for the group during their brief introduction.

On June 24, 2014, Jitubhai made a beautiful presentation of his mission to India in connection with health, hygiene, safety and environment quality improvement process in industry and public sector. Executives from industries, government and academic institutions attended his symposia and the conferences in Chennai, Pune, Vadodara and Delhi. The day was marked as "Tribute" to Vimlaben Patel who passed away last March. Her sons, Mahendrabhai, from Phoenix, and Indubhai from California and their respective families expressed their appreciation to ISAA for its love and care for Lt. Mrs. Vimlaben. Shantiben, Shreekantbhai, Maheshbhai and Harshadbhai rendered beau-

tiful bhajans. Savitaben from Brhamakumari recollected the times with Vimlaben. A short "dhun" was presented by Savitaben. The families sponsored today's delicious, multi item luncheon. Over seventy members and friends enjoyed the meal. Thanks to Ashvinbhai and Ritaben for coordinating everything.

Announcements:

Dr. Mini Pandit has arranged a presentation by Mr. Iggy from Shantiniketan, FL on July 13 at Cedars Banquet Hall, 1702 East Northern Ave, Phoenix 85020 [NE corner of 17th Street and Northern – just west of SR 51], for those interested in seniors housing at noon RSVP: info@ShantiNiketan1.com, minipandit1@cox.net, isha.realtor@gmail.com, Lunch will be served.

ISAA is sad to announce the death of Renukaben's mother-in-law.

Art for therapy's sake! When talking doesn't help

The classic image that comes to mind when you think of counselling is a psychiatrist sitting in a comfortable chair, notebook and pen in hand, and the patient lying on a sofa, talking non-stop about the early childhood experience.

This is because the best way to deal with a problem, or even know the problem, is to talk about it. That's the common narrative, and it's true to a great extent. But sometimes, a person suffers trauma so severe that he/she can't talk about it. Can't open up. Can't deal with the pain in any way but to hide it away or keep it locked. That's when the experts know words are useless. What this person needs is, to express himself some other way.

Which is why counsellors are now using art therapy to aid their non-talking patients to open up.

EXPRESS YOURSELF

Art therapy includes doodling, drawing and painting, but it's also more than just these. It includes music, colours, dance and story-telling as well. "Art therapy, when combined with counselling, speech therapy and occupational therapy, is known to show superior results for people of all ages



including children, individuals, couples, families, groups and communities," says Dr Samir Parikh, director, mental health and behavioural sciences,

Fortis Hospitals. "Through the creative process involved in the artistic self-expression, people can resolve conflicts better, develop interpersonal skills,

manage behaviour, reduce stress, and improve self-esteem and self-awareness."

Doodling helped an 18-year-old girl, who suffered from anxiety and was unable to connect with anyone including her counsellor, open up. "I gave her paper and crayons and once she started doodling, she started talking about her childhood and problems," says clinical psychologist Kamna Chibber. Story-telling also helped a nine-year-old boy diagnosed with Attention Deficit Hyperactivity Disorder increase his power of concentration. And painting helped a 56-year-old cancer patient cope with her illness.

CREATIVE TOOL

"Art therapy brings benefits to children and people suffering from sexual abuse, terminal diseases and cases of marital discord when the couple simply cannot communicate with each other," explains Chibber. So it's a useful mode of therapy - but not one that should be used on its own. "It's used as part of counselling, not a therapy by itself," says art therapist Kanika Mehrotra. "Counselling must continue. But art therapy is used when words cannot reach a patient's emotional space."



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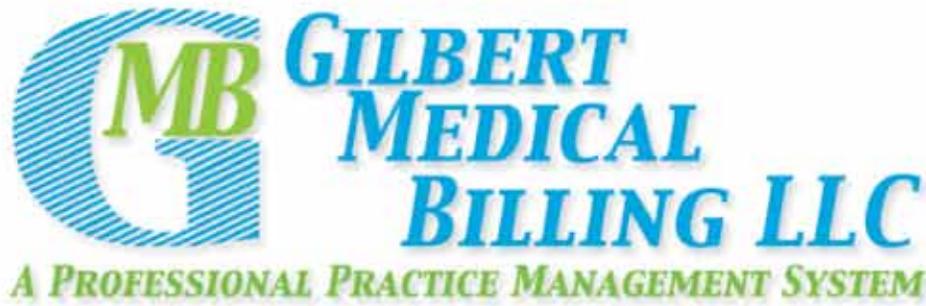
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GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

JULY 2014 Programs & Events

17 Harh – 16 Sawan, 546 Nanakshahi Era (NE)

July 4 - 6 (Fri-Sun) Akhand Path in honor of:

Sri Akal Takhat Sahib Foundation (1606) (Actual Day: July 2)

Parkash Sri Guru Hargobind Sahib Ji (1595) (Actual Day: July 5)

Barsi Baba Buddha Ji (1631)

Akhand Paath Arambh: Fri. 10:00am

Akhand Paath Bhog: Sun. 9:00am

July 11, 13 (Fri, Sun) – Shaheedi Bhai Mani Singh Ji (1737)
(Actual Day: July 9)

July 16, Sawan 1 (Wed.) – Sangrand & Monthly Sehj Path
9:00 AM – 10:00 AM.

July 18 (Fri) – Shaheedi Bhai Taru Singh Ji (1745).
(Actual Day: July 16)

July 20 (Sun) – Miri-Piri Day – Guru Hargobind Sahib Ji (1606)
(Actual Day: July 21)

July 25 - 27 (Fri-Sun) – Parkash Sri Guru Har Krishan Sahib Ji (1656)
(Actual Days: July 23).

Aug 1 (Fri) – Shaheedi Bhai Udham Singh Ji (1940).
(Actual Day: July 31)

Regular Programs:

Main Kirtan Diwans on Fridays (7 PM – 9 PM) and Sundays (10 AM – 1 PM).

Morning Banis: 5:30 AM – 6:30 AM followed by ASA-DI-VAAR to 8:30 AM.

Evening Banis: 7:00 PM – 8:00 PM.

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

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

Waheguru ji ka Khalsa! Waheguru ji ki Fateh!



*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!!*



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Fear plays a major role in our society. It is part of the drive that keeps the government going and keeps our society functioning. Without fear, our country would not know how to handle even the slightest of problems that are thrown at us on a daily basis, such as a crime or air pollution. The idea that fear plays too big a role in government policy is both true and untrue due to several contributing factors.

Fear has too large of an impact on the government in more ways than one. According to Lydia Khalil, a former counterterrorism analyst for the NYPD, the government "often enacts[s] sweeping measures at great financial and social cost." There is too much money that goes into our safety, sometimes even for an unreasonable account, which can be used in more useful manners by the govern-



ment. Also, our society is too dependent on the government, even when it comes to safety. If there is a time that someone is in danger in their house or neighborhood and the government or police is not there in

time to help, can we honestly say we would be able to help ourselves and be okay?

With that being said, however, fear has also given the right amount of impact to government policy in certain

area. For example, security checks at airports and stadiums are very important to the safety of our citizens from dangers such as weapons. Not only that, but when it comes to fear, the government does

an excellent job in being concerned for the country's safety and satisfaction by doing all they can to ensure that they are out of danger. Also, it is the government's job to protect citizens "from what we can't protect ourselves from as individuals: from criminals and terrorists and air pollution and tainted food and untested drugs, and a host of other perils," according to David Ropeik, an author and Harvard professor. Overall, fear is what drives us to put our trust in the government, and the way that the government chooses to handle our fear is what we asked for by being afraid everyday by things such as 9/11. In all reality, the government is trying to provide safety and satisfaction for its citizens.



-Sammy Mallik

Saving Time and Money with Electronic Medical Billing

Suren Sheth

Physicians are rejoicing in their new found freedom and benefits of electronic Medical Billing Service. Eliminating the worries of in house Medical Billing. Medical Billing Companies are taking over doctor's office hassles of data entry, insurance billing and responsibility of all of the government regulations and laws that are constantly changing.

A New Era for Medical Claim management

Physicians can now concentrate solely on their patients and their practice and spend less time tracking down insurance companies who are not sending in their claims. Previously, with paper billing and snail mail, claims would take time to get to an insurance company, and then the claim

would take more time to process there and then more time to send payment back to the office. With the new electronic computer age, the time it takes to send a claim and receive payment takes weeks now instead of months. The paper trail, exchanged between several hands is limited because the same claim can be looked at by several people online and not by several people with one copy of a bill. With electronic Medical Billing service, all a doctor needs now is a computer with internet to access the same dashboard as their Medical Billing Company and they are able to monitor all of their patient's claims online. It is a secure site, only accessible to the medical biller and the physician, allowing for any small adjustments to be made quickly in real time.

Other Features the MedOffice medical practice management software that is often included with your electronic Medical Billing Service by itself is very expensive. That's because it does so much more than accounting. It helps your office track claims, manage scheduling and is able to generate a range of reports on all of your patients. The other nice advantage to MedOffice medical billing software is that it is HIPAA compliant, and automatically updates your software when you sign up for the service, without a Medical Claim management service to outsource your medical billing to, you will have to take pains to keep up with all the changing regulations.

By making your medical practice management more efficient, you improve a lot more than your billing in

your office. Having smoother running MedOffice software, ensures happier staff and increased productivity. Better access to personal information and more accessible scheduling improves customer satisfaction.

About the author: Suren Sheth is a Medical Billing specialist for Gilbert Medical Billing LLC. For more information about electronic Medical Billing Service, MedOffice-medical practice management software, Medical Claim management, Medical Billing, go to www.gilbertmedicalbilling.com OR e mail: srs@gilbertmedicalbilling.com OR call 602-814-9400.



Ambrosial time is a unique time in the cycle of day and night of 24 hours, this is the time of divine touch, and heavenly visit internally. During this time we can feel; we can understand; we can taste the essence of nectar. We can smell the presence of fresh flowers, and heavenly smell from Mother Nature's garden. We can also hear the celestial divine music internally in our high consciousness.

Reflecting upon the eastern spiritual history in the lives of Rishis, Sages, Saints and Devotees; they all developed

Amrit Vela (Ambrosial Time)

their spiritual way of life during the Amrit vela, specifically, the ambrosial time from 2:30 AM to 5:00 AM.

Remember, human birth is the last step in the creation. This is the threshold of the divine temple. If we fall down now without opening the divine door, this chance may not come again for thousands of lifetimes. Don't be lazy, no one can do this for you.

A misleading conception

of humans is to think that the divine or enlightenment can be bought like worldly pleasures. Thus, we tend to hire the best Pandits, Gyanis, Mullas, Priests, and Great Baba Ji's for performing religious tasks so that we can reserve a safe spot for ourselves in the heaven.

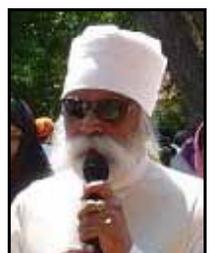
Keep forever in your mind that money can open the door to hell but not to heaven. These intellectual authorities don't know the address to heaven.

Every breath of yours is a priceless diamond, thus please don't waste them on this confusions. Devote at least 15 minutes from the 24 hours cycle to the divinity.

The directness of this article may seem harsh to some, however we need to convince you; dear reader, of this necessary step in your spiritual growth. Without establishing a relationship with the divine we will waste this human birth.

Do you understand why I am pushing you this way? Because, life is dark without meditation. It doesn't matter even if I am unknown to you, my love and prayers are with all those who seek a spiritual path.

Thank-you so much for listening to this message.



Gyani Ji Harbhajan Singh Sandhu

Activation of the Pineal gland lead to realisation?

The pineal gland, also known as the pineal body, conarium or epiphysis cerebri, is a small endocrine gland in the vertebrate brain. It produces the serotonin derivative melatonin, a hormone that affects the modulation of sleep patterns in the circadian rhythms and seasonal functions. Its shape resembles a tiny pine cone (hence its name), and it is located in the epithalamus, near the center of the brain, between the two hemispheres, tucked in a groove where the two halves of the thalamus join. This definition is from Wikipedia.

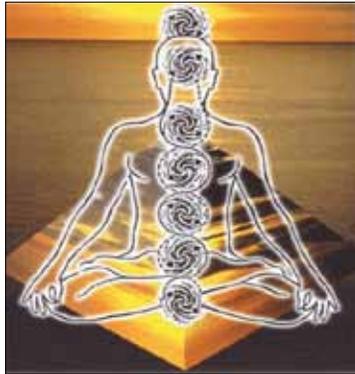
There is a lot of research and marketing and money making on the name of pineal gland and techniques to activate it. These days many spiritual teachers have divided spiritual progress into various stages and they teach one stage after another. The pineal gland also has its astral significance; it is also called bindu chakra. An advanced meditation or breathing technique will eventually activates pineal gland. But do we have to know the theory behind how does it get activated? Assume that there is a tree that is growing. There is something that is making it grow. In a pot if you put soil and sow a seed, the seed becomes a plant and grows, but the amount of soil in the pot remains the same. There are so many trees on this earth and they are growing into huge trees, but the soil on our planet has always remained the same. If the plants or trees were to eat the mud (like human beings eat food), then all the soil on this planet

would have got over by now. So there is some energy that is making it grow. How does this happen? If you try to go into the process and do research on it like a pundit and try to get a Phd, you will at most become a pundit and write an intellectual thesis on it, but you will never have the real experience.

Easy or sahaj techniques like Kriya Yoga (mentioned in Bhagvad Gita Chapter 4 Verse 29) is an easy and straight forward technique that just by practicing it all the things automatically starts happening and all the glands are activated and start secreting their juices. You don't have to think what is happening, when and how. So don't let all these things confuse you. You have to just keep going. The word 'Charaiveti' in the vedas is a very interesting word. It means "Keep Going". In spiritual path you don't think where you have reached. You just keep going. Actually speaking, there is no reaching anywhere. You are already there because there is nothing here other than the divine.

Does this mean that pineal gland is not a physical gland? No, I don't mean that it is not a physical gland. There is something called the pineal gland. It is also called Bindu chakra. In some people, it is prominent while in others it may not be visible. Just by doing Dhyanasadhana, there is secretion of juices

from various glands which are dormant. These glands remain dormant in people who do not do any sadhana. All this can be verified now by machines which can take a picture of a person's aura. One can check if the aura is balanced or not. There might be a person who might appear to be very religious, but his aura might tell a totally different story. The aura may not be balanced. When Mahavir used to walk among people, there used to be sandal wood scent emanating from his body. So, all the glands and chakras are there in the body, but for the person who does sadhana, they start secreting. The aura starts getting balanced.



Tulsidas says that the divine is present everywhere like there is butter in every molecule of milk, but only when you churn the milk will the butter be separated and rise to the top. Thus the divine can be realized only when churning of ida, pingala and shushumna is done by love and sadhana. Krishna steals and eats only butter. It is never said that he steals and drinks milk. All this is symbolic. It means that the divine likes only that which is a product of the churning with love and sadhana. The devotee churns the milk and the butter rises up and then the divine steals it and makes it his own. In a yagna (sacrificial fire), oblations (havan) of ghee is done. Why not milk?

Even in the temple, ghee is used to light the lamps. If you keep ghee and milk for a few days, the milk gets spoilt, but the ghee can remain for years. Lighting lamps in temples is also symbolic, but there is some physical significance also. The environment gets charged with positive (divine) vibrations. This has also been photographed and found to be true.

Today there are so called teachers who have made the path of sadhana very complicated. In general they brainwash you with their in-depth research stories and jargons. They deliberately do it so that people give them business. Most of the spiritual teachers make the process of meditation very complicated. They give such a complicated procedure that the person doing it will go wrong in some step. Then they would say that because of some mistake that the person committed, the expected results were not got.

Thank you for reaching this article, here is what you probably were looking for. Even a simple breathing technique like following your breath every day for 15 minutes will activate your pineal gland. Sit on floor or chair comfortably, slowly breathe in, follow your breath as it travels from your nostrils to your lungs, and do the same while breathing out. When you become comfortable, add one more step: focus your gaze in between two eyebrows. This simple technique will give you all the advantages of any \$\$\$expensive mediation techniques taught by many teachers.

-Pranav Sanghadia

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A Whimsical True Tale

The Beetle that Stoked His Heart

By: Holly Parsons

The garden greeted midnight in darkness, till lite by the sun it began to hum. Critters of all manner left slumber down under to emerge as usual, clicking along at a snail's pace marking each moment.

Breakfast at the Taj, was cancelled for Sunday due to over booking. This



was the day's big news, cause let's just say mistakes happen! Sunday would be Father's Day and with anticipation steadily rising,

selecting who would dine alfresco and who'd be denied was well beyond the maître d's morning mantra.

Spirits were a little too low that morning for festivities to flow. Let's face it, Daddy's were dismal. Breakfast would have to stir its own pot.

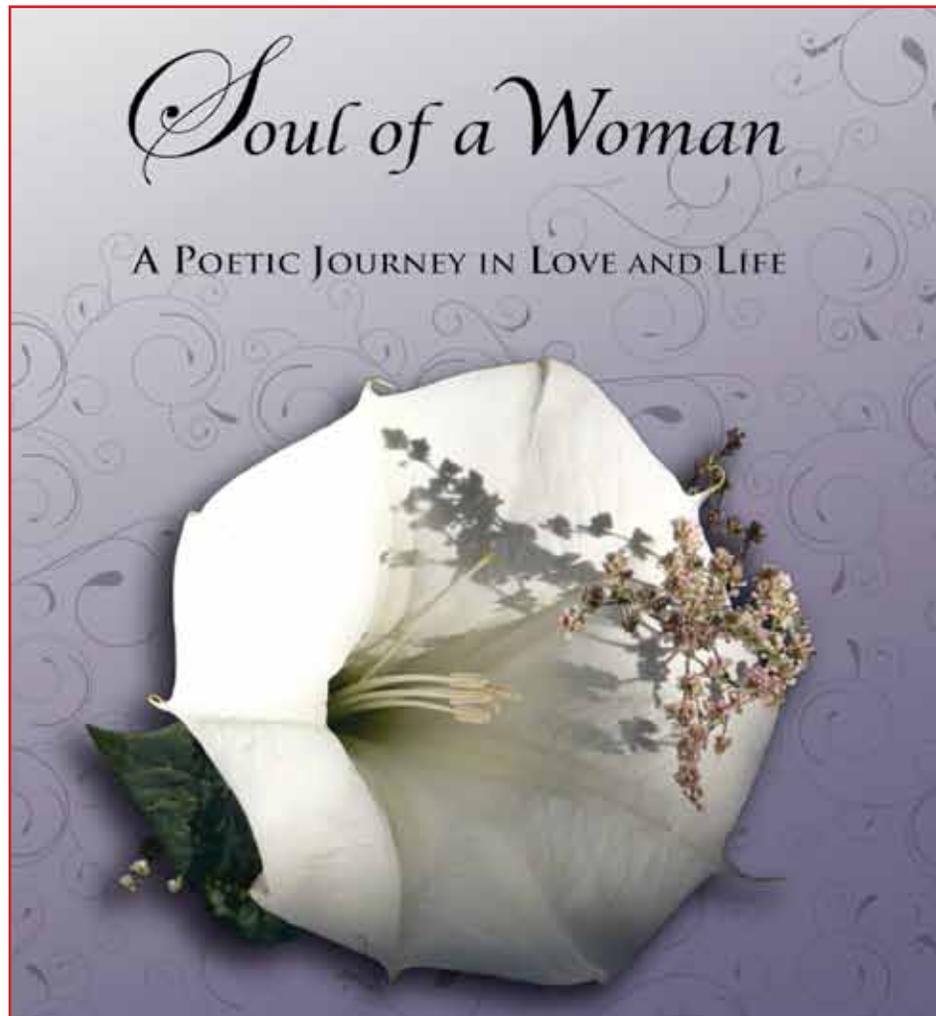
The cascading emotion bouncing around the garden was overwhelming for Buttress Beetle. He rarely ate breakfast and he had no daddy - so why was he morose? Wasn't it just another day of cloud watching, lady bug counting and checkers with the fruit flies? Probably...yet he couldn't get it out of his furry little head that something amazing might happen that would forever change him.

Furtive and frustrated he set off that fateful day in search of destiny; in search of his purpose. By and by the terrain changed; he'd unwittingly traded his cushy loamy patch of sweet tundra for the man-made zone of anonymous cement on the edge of his Humans garden. How boring. He trudged on, weakening by the moment while dreaming of a chance encounter with eternity; he lost his bearings and flipped.

His beetleeyes were immediately embraced by an azure sky. He could feel his spirit peacefully rising, while lying on his back in a dazed repose. Then, the unexpected occurred! Off to his lateral north came a looming figure he knew only too well, crouching and presenting a gentle finger. "Leave me beee", BB bellowed! But the Human seemed insistent upon rectifying his function!

Over and over he gently nudged his beetle bottom. But after repeated failure to launch, his keeper silently bid farewell and resumed his mission, digging garlic from his dream garden.

Buttress Beetle was gobsmacked! "I'm just a dot on his floor. How is it he cares to this degree, down on one



knee, concerned about me? It may be my destiny, I just may discover, I am as important as a cucumber, heavier than a number, he acknowledged my thunder!"

"I'll watch him; it's perfect he's right in my view as I lie here transfixed, close to his shoe." He whispers poignantly to a friendly blade of grass.

In a rare turn of fate, my keeper forgot about my buoyant state of youth. Here I lay poised on the edge of nirvana when he mindlessly registers a crunch by the door (that was me) while heading due south to water some more.

"Yikes I've killed him!" Screamed the conscious bound mortal.

My keeper's heart swooned in rapt disbelief while the spirit of Buttress the Beetle waived a fond adieu and floated off toward the great mystery where he was already headed. "But wait" he wondered! "Why's this guy so upset?"

With the spirit of BB still lingering in his aura our Human opined of his grief a day later on the edge of the sea, to a charming brunette sipping green tea.

A purposeful poet with a soulful ear is listening intently to our sad and blue tale. Moved by concern his countenance twisted, her heart lifted, her sentiment listed and she leaned in for the compelling conclusion...

"Who is this Hu/Man", she beckons to know to the mystical aire that informs her soul? "He sees, he witnesses and intervenes in small ways, suffers with distinction, saddens with solace and accepts his disturbed fate with aplomb. This is pure class!" She thinks with panache!

BB is miserable and opines to his soul, "Somehow my story, as told by my hero, is gravely misleading, lonely and bleeding. I'm not dead as a door mat; I'm a full day older, though my tragic death rests heavy on his shoulder."

Throughout this fine drama, our beetle divisible hovers in space witnessing the invisible.

He perceives love is forming in Bindi design, foaming with luxury, like a latte with whip and cherry topping! Sparks surely sizzled, like chai spice in heat, beneath their Starbucks umbrella, a 100 birds chirping are more discrete?

Our boisterous Beetle, whose purpose now clear, shouts to the heavens "My SASSY life, though little more than a series of endless minute steps issued a eight legs fashion forward wiggling with merriment, waiting for purpose to present like a purple porpoise - is fulfilled! My dear friends new found heartbeat artfully arranged by MY sacrifice, delivered by

A Cosmic Invitation

Ether beckons stars, arise
A moons advice lifts the tide
Breezes swing under wings that glide
Fire liberates flames far and wide

Wonder elicits a wandering eye
Mystery sweetens the view
Magical myth in melodic verse
Life itself will pursue

Come to me when you are thirsty
Come to me if you are blind
Come; take the keys to the cosmos
Come; and inspire your mind

© Holly Parsons 2011

his ill-fated shoe of destiny - how ironic!
Isn't life amazing..."

Yet..."was it a flip-flop or a Nike?"

Dedicated to BB the unforgettable

Beetle

Buggers Rising

***Holly Parsons is an international performing poet and writer**

Author of, Soul of a Woman - A Poetic Journey in Life and Love

Available on Amazon.

www.HollyParsons.com

She welcomes your comments.

"Soul of a Woman is an inspiring and spirit-soaring collection of poems that will heal your soul and accelerate your passion for what it is to be human."

Jerrie Ueberle Founder/President Global Interactions and The World Academy for the Future of Women



Ever since I could walk I always said I wanted to be a doctor. However, when I was in high school, a dear friend and practicing attorney encouraged me to join Mock Trial. I did, and it changed my life forever. I grew a passion for the law, the theatrics, and being in the courtroom. At the state level I was recognized by all of the four judges I appeared under as an “outstanding performer.” Still, at that time I was convinced I still wanted to be a doctor, only now I was certain that I wanted to be a surgeon; however, my passion for law had me thinking about a JD.

When I started college I had this grand plan to do both an MD and a JD after completing my Bachelor’s. About one a half years into my short three years of college, I had a divine intervention. One day I woke up questioning what kind of family life I wanted for myself and what kind of mother I wanted to be. I realized that I didn’t want to be the mother who missed her kid’s soccer game or the school play. I wanted to be the mom who would be the first one there and the last one to leave.

Being a surgeon just didn’t quite seem to fit this build. Although I know ER and Grey’s Anatomy are not wholly realistic in certain aspects, I was sure the time commitment had not been wholly over-exaggerated. So that had me thinking twice. God always kept one

TRUE KHALSA



hand on my shoulder, and thanks to His grace I was able to realize at this very young age that an MD was not for me. A JD would be my path to success.

So I dropped my pre-med courses, and started focusing on a Business Economics major, knowing that one-day I would want to have my own law firm, and completed my B.S. in three years total. Throughout my law school years

I had the joy of working with clients and learning just how rewarding the legal field is. I did everything from working with tenants to writing wills to conducting my own asylum hearing in open Immigration court.

Throughout law school I also took Amrit (became a baptized Sikh), and learned a little bit more about what it meant to have God’s hand on my shoul-

der. I realized that I didn’t just want His hand on my shoulder, I wanted more.

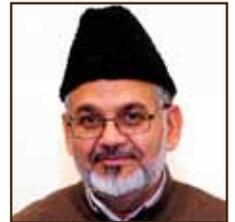
When I got sworn in to the Arizona State Bar Association a couple of weeks ago (see pics), I realized how God not only had His hands on my shoulders, but He physically embraced me. With each hug that I received from each family member who attended my ceremony, I felt His hand upon my head. My family has been a great wealth of support, and I am so blessed to have all of them in my life. Moreover, I am blessed to have God’s grace through them.

For that reason I have named my practice Khalsa Attorneys at Law, P.L.C. With His grace I know my practice will thrive. For anyone who is seeking assistance in Estate planning, Drawing up wills, Contract formation and review, Immigration, Landlord/Tenant issues, and more, please know that it is my honor to serve you with a pure and honest heart. The goal of my firm it so serve the community with purity, as a true Khalsa would. So call 1-855-My-KhalsaAttorney for any kind of legal help I can provide you. For more information about me, my practice, or what it means to be Khalsa, please visit my website at KhalsaAttorneys.com.

Reena Kaur Khalsa
Attorney/Owner
Khalsa Attorneys at Law, P.L.C.
KhalsaAttorneys.com



Fasting is good for body and soul



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

Sunday, June 29th will be the first day of the Fast in Ramadhan this year for all healthy Muslim men and women. The Fast, which starts an hour and 20-minutes before sunrise and ends after sunset, will run for 30 days, concluding with the sighting of the new moon on Monday, July 28th. The following day, July 29th, will be Eid-ul Fitr, the festival commemorating the end of Ramadhan. The Eid Prayer and Sermon will start at 10 am at the Baitul Hameed Mosque in Chino for any Muslims or non-Muslims who wish to participate.

For many non-Muslims who don't fast (and for many Muslims who do), a few questions may arise: Why does God require fasting? Are we doing it to voluntarily experience hunger so we know what those less fortunate -- many billions of people, in fact -- suffer on a daily basis? Are there other, spiritual, reasons why we should fast? Regarding fasting, God tells us clearly in the Holy Quran in ch.2, v.184:

"O ye who believe! fasting is prescribed for you, as it was prescribed for those who were before you, so that you may become righteous."

Therefore, the primary purpose of fasting in Ramadhan is to increase and strengthen your righteousness to protect yourself against moral and spiritual dangers. Verses 186-187 of chapter 2 relate how God does not desire any hardship for you but provides the means to complete the required number of days for the Fast so that: "... you may exalt God for having guided you and that you may be grateful. And when My servants ask thee [Prophet Muhammad] about Me, say: 'I am near. I answer the prayer of the supplicant when he prays to Me. So they should hearken to Me and believe in Me, that they may follow the right way'."

Those who are exempted from fasting include: travelers, the sick, the elderly who are in bad health, pregnant and nursing mothers, and children. Adults who cannot fast or who miss any days during the fast due to illness are expected to make up their missed fasting days at a later time. If a person cannot fast for health reasons, they are expected to feed a certain number of poor people during Ramadhan. Giving charity, regardless of whether one is fasting or not, is highly encouraged in Ramadhan.

Join us this Ramadhan for all of God's Blessings as we strive to in-

crease in righteousness and love of God and His creation. All are welcome to visit the Chino Mosque -- to pray to God and seek His Forgiveness, to learn more about Islam and its teachings, or to just meet Ahmadi Muslims and share a meal together in peace and friendship.

There will also be nightly lectures

in English on Islam about an hour before sunset. After we break the Fast just after sunset, join us for congregational prayer, followed by a free dinner, then another congregational prayer. After this, the long recitation of the Quran (called Taraveeh) will begin.

For more information, please call 909-627-2252 or stop by the Baitul

Hameed Mosque at 11941 Ramona Ave. in Chino just north of the 60 Fwy. For a Ramadhan Fasting schedule, come by the Chino Mosque or we can Email you the schedule -- just call us.



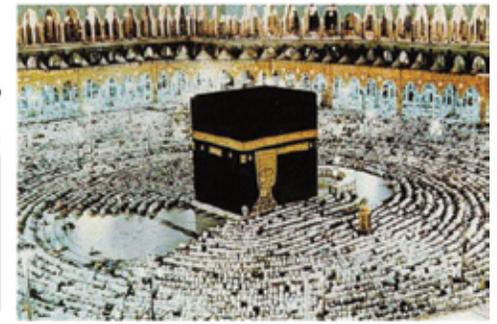
In the Name of Allah, the Gracious, the Merciful.

فَمَنْ شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمْ

"He who witnesses this month, should fast through it."

Timetable for Fasting: 1435 A.H.

Ramadhan 2014



Please Note: Taraveeh Prayers begin Sat. June 28th after Isha				
Fast #	Day	Date	Sehr End	Iftar
1	Sunday	June 29	4:20 am	8:08 pm
2	Monday	June 30	4:21 am	8:08 pm
3	Tuesday	July 01	4:21 am	8:08 pm
4	Wednesday	July 02	4:21 am	8:08 pm
5	Thursday	July 03	4:22 am	8:08 pm
6	Friday	July 04	4:22 am	8:08 pm
7	Saturday	July 05	4:23 am	8:08 pm
8	Sunday	July 06	4:23 am	8:08 pm
9	Monday	July 07	4:24 am	8:07 pm
10	Tuesday	July 08	4:24 am	8:07 pm
11	Wednesday	July 09	4:25 am	8:07 pm
12	Thursday	July 10	4:25 am	8:07 pm
13	Friday	July 11	4:26 am	8:06 pm
14	Saturday	July 12	4:27 am	8:06 pm
15	Sunday	July 13	4:27 am	8:06 pm
16	Monday	July 14	4:28 am	8:05 pm
17	Tuesday	July 15	4:28 am	8:05 pm
18	Wednesday	July 16	4:29 am	8:05 pm
19	Thursday	July 17	4:30 am	8:04 pm
20	Friday	July 18	4:30 am	8:04 pm
21	Saturday	July 19	4:31 am	8:03 pm
22	Sunday	July 20	4:32 am	8:03 pm
23	Monday	July 21	4:32 am	8:02 pm
24	Tuesday	July 22	4:33 am	8:02 pm
25	Wednesday	July 23	4:34 am	8:01 pm
26	Thursday	July 24	4:34 am	8:00 pm
27	Friday	July 25	4:35 am	8:00 pm
28	Saturday	July 26	4:36 am	7:59 pm
29	Sunday	July 27	4:36 am	7:58 pm
30	Monday	July 28	4:37 am	7:57 pm
EID-ul-FITR	Tuesday	July 29	PRAYERS 10:00 AM	Eid Site loc. Listed below

SOME PRAYERS TO REMEMBER

On Observing the New Moon

"أَللَّهُمَّ أَهْلَهُ عَلَيْنَا بِالْأَمْنِ وَالْإِيمَانِ وَالسَّلَامَةِ وَالْإِسْلَامِ - رَبِّي وَرَبُّكَ اللَّهُ"

"Allahumma Ahillahou 'Alaina Bil Amne wal Eimane Wassalaamate wal Islame, Rabbee wa Rabbokallah."

"O our Lord, let this month rise upon us in Peace and Faith, Security and Islam. My Lord and your Lord is Allah."

NIYYAT (INTENTION) TO BEGIN THE FAST

"و بصوم غد نویت من شهر رمضان"

"Wa Besaume Ghadin Nawaito min Shahr-e Ramadhan"

"I intend to fast this morning in the month of Ramadhan."

NOTE: A PERSON'S DETERMINATION AND ACTIONS TO PREPARE FOR THE FAST ARE 'NIYYAT' IF NO VERBAL DECLARATION IS MADE.

PRAYER BEFORE BREAKING THE FAST

"اللَّهُمَّ لَكَ صَمْتُ وَبِكَ أَمْنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ"

"Allahumma Laka Sumto wa Beka Aamanto wa 'Alaika Tawakkalto wa 'alaa Rizqeka Aftarro."

"Allah, for Your sake I observed the fast, in You I believe, in You I trust, and I end my fast with the food which You have provided for me."

This fasting timetable is prepared for the Chino, Chino Hills, Pomona, Montclair, Upland, and Ontario areas. The people living out of these areas should take into consideration the difference in time: Norwalk/Orange +1 min., Los Angeles +2 min., Rancho Cucamonga -1, Banning -3 min.

Dars-ul Qur'an and Hadith will be held every day approximately 45-minutes before Iftar / sunset time. Iftar Dinner served every night after Maghrib. Taraveeh Prayers held every night after Isha Prayers.

BAITUL HAMEED MOSQUE - 11941 Ramona Ave. - Chino, CA, 91710-1661
Ph. (909) 627- 2252 www.TheChinoMosque.org 1-866-WHY-ISLAM www.alislam.org

Versace opens new Hong Kong flagship, largest in Asia

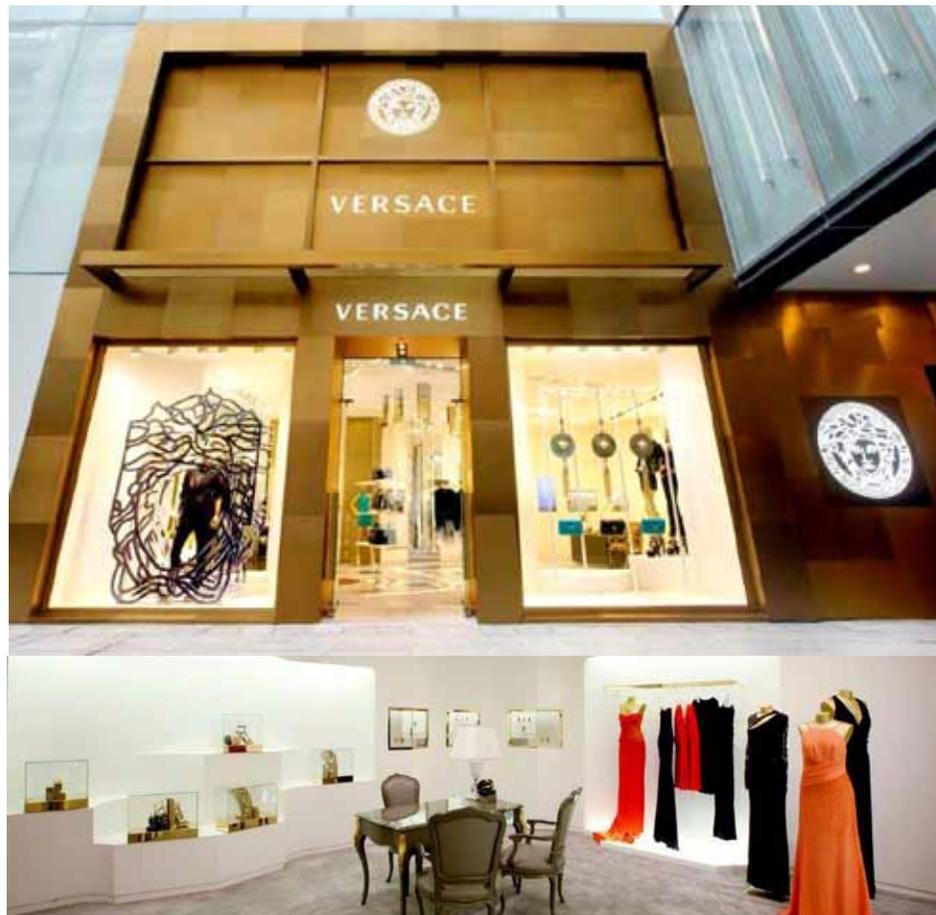
The Italian luxury brand has opened its second Hong Kong store -- its first flagship in the city. Located in Harbour City, Kowloon, Versace's new 732-square-meter store is the brand's largest flagship in Asia.

The design concept, which was conceived by Donatella Versace and British architect Jamie Fobert, blends Classical Italian features with modern touches and features Byzantine-style mosaic floors, perspex walls and shelving, and brass decorative stars.

The store stocks the men's and women's ready-to-wear and accessories lines as well as the Versace Home collection and also houses a watch and jewelry corner and a VIP room.

"For me the boutique suggests an uninterrupted dialogue between our past and our future, between me and Jamie Fobert and obviously between Versace and our clients," observed Donatella.

To celebrate those clients, and the launch of the store, Versace has designed two new limited edition versions of the 'Signature' bag in a choice of white or black leather, with only 60



pieces available.

On sale exclusively in the new flagship, the metal mesh version comes in calfskin, while the quilted version is in nappa leather, and all the bags come with a gold and leather 'Versace for Hong Kong_Limited Edition' tag.

Wacky hair colour on your mind? Think twice

Credit it to celebrity influence or the need for an image makeover, sporting wacky hair colours like blue, yellow and burgundy has become a style statement for youth. But before you take a final call, think of your face structure, profession and personality.

From dark chocolate, umber, burgundy, smoky metallic to indigo, blue and even yellow, hair colours seem to be getting funkier every day. Celebrities - in Bollywood and Hollywood - have given the trend a fillip.

When Bipasha Basu got her tresses coloured burgundy or Esha Deol went for red and gold streaks and Kareena Kapoor chose to go blonde, they received their share of criticism. But when Hollywood star Jennifer Aniston chose to go with a light brown base with golden-blond highlights, her look received a thumbs up from fashion critics.

The Indian hair texture and skin tone requires careful selection of hair colour, says Santosh Gahatraj, style director of hair at Lakme Absolute Salon.

"For Indians' hair texture, permanent colour is not advisable. Once the colour starts fading, it makes your hair texture dry and frizzy and the hair colour changes to brown or blonde. I would suggest try temporary colours or highlights for a soft trendy look," Gahatraj said.

Makeover expert Aashmeen Munjaal warns against aping celebrities blindly.

"It's obvious that you can't opt for bold colours if



Lea Michele

Jessie J

Stacey Solomon

you're a professional. Texture of hair is another important factor as coloured hair highlights the texture even more.

"If you have frizzy hair, colouring will highlight that frizzy texture to a larger extent," Munjaal said.

There's another factor - the hair length.

"Streaks of bold colours will suit your long tresses but a full head will destroy your entire look," Munjaal added.

At the same time, it is best not to ignore your skin tone as choosing a wrong hair colour can either make or break your look.

"One should be comfortable with the colours one is selecting and most importantly select colours as per one's skin tone and face structure. If your skin tone is dark, do not opt for dark, bold hues and go

for highlights towards the bottom for your hair," advised Gahatraj.

For Indian skin tone, red and purple are the best shades to try apart from shades of brown. Colours like blue, green and olive are not meant for Indian skin tone and hence these should be avoided.

"Those who have fair complexion can try spicy red, bluish fuchsia, sun-gold streaks or brownish blonde highlights. Those with wheatish complexion can go for shades of chocolate, copper brown, khaki brown and honey blonde.

"Those with dusky complexion can try for coffee, caramel, charcoal grey or mahogany," said Munjaal.

Also you should be mentally prepared to see yourself in a new look. So first be confident about your choice before you visit your salon.

"Opting for bold colours is completely fine unless you can carry them well and ready to experiment with your looks. The bold colours can change your entire look in a few hours. If you are not confident about getting your hair coloured, try using hair extensions for a week or two so that you can get clarity for your desired look," said Munjaal.

Also, the process of colouring might make your hair hard and reduce the quality of your original colour. To avoid this, use colour protecting shampoo with conditioner.

And, yes, don't forget a hair spa regime every 20 days.

Real-estate sector in Arizona

Hello Friends,

Summer time is here again !! Hot temperatures, School vacations and India visits but this time, we have the world cup soccer as well. Moreover as a tribute, the valley real-estate has been as exciting as some of the soccer matches.

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

- Total sales for Single Family, Town homes, Condos for May were 6,572 whereas April was 6,746 and March was 5,842
- The Active listings for May were 23,882 whereas April was 24,662 and March was 30,864
- Pending sales for May were 5,738 whereas April was 6,624 and March was 6,451

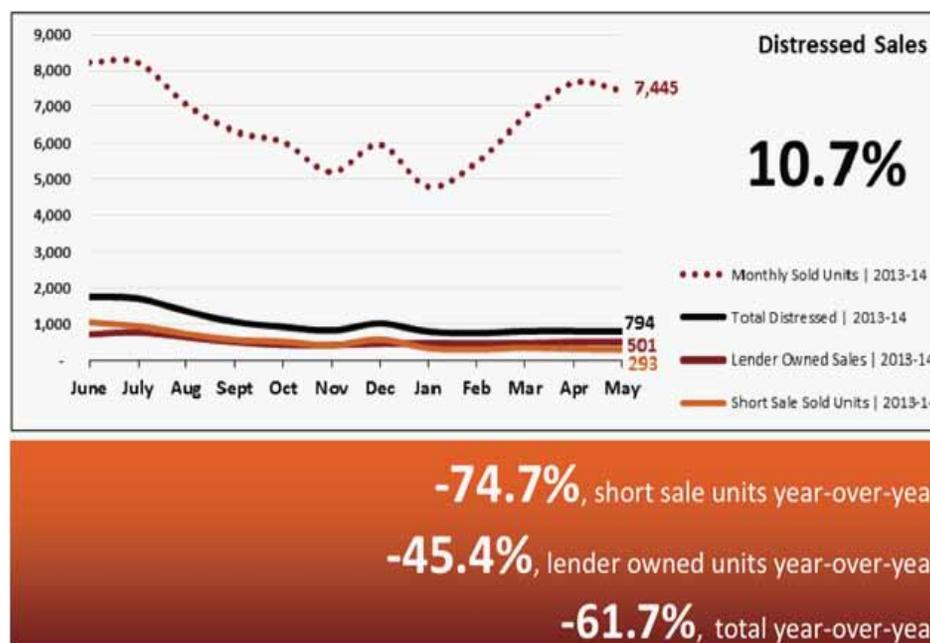
The sales volume in May from the MLS took a slight step back from April coming in 2.8% lower than the previous month. Year-over-year sales volume for May was down 21.1% than April when sales were down only 12.5% over the previous year. There have been 32,087 total sales through the first five months of 2014 compared to 38,762 for the first five months of 2013, a decline of 17.2%. The 17.2% decline in sales activity is in line with what we saw for the first three months of 2014. Our market is constantly changing and constantly evolving. We've experienced the highs and the staggering lows! It is not uncommon to see valley real-estate market at either the top or the bottom of the list as the best or the worst. Though I am glad its an Active market and we are no longer in that category of distress market.

Here are some charts....

Let me address here some of the Seller's questions/Concerns which I am frequently asked for-

Why my Neighbor's property has higher value than mine? Not all properties are created equal. Your house may have the same square footage as your neighbor's, but your neighbor have the better view. The family next door may have a larger lot and is professionally landscaped. Lot Size, Privacy/Noise, View, Interior Features, Exterior Features impact the value of your house. Your home valuation should get credit for these features, so we've given you the power to adjust for them.

Why my house is not shown daily? Make your house easily available. Let your listing agent put a lock box in a convenient place to make it easy for other agents to show your home to homebuyers. Otherwise, agents will have to schedule appointments, which is an inconvenience. Most will just



skip your home to show the house of someone else who is more cooperative. I understand strangers coming to your house, its difficult to keep the house clean all the time, but please make sure your house should always be available for show, even though it may occasionally be inconvenient for you. If you refuse to let them show it at that time, they will just skip your house. Even if they come back another time, it will probably be with different buyers and you may have just lost a chance to sell your home to a potential buyer.

Can I show them around as I know my house better? That's true you know your house better! but, buyers won't look openly if you are constantly with them. They will feel like intruders if you are there when they visit, and they might not be as receptive toward-viewing your home. Just step outside when they are looking, you want them to take time and see it properly. Do not volunteer any information, but answer any questions the agent or Buyer may ask.

My pets are adorable and friendly they won't bite- Not all buyers are com-

fortable with pets loose, some may have allergies too. If you know someone is coming, it would be best to try to take the pets with you while the homebuyers tour your home. If you cannot do that, It is best to keep dogs in a penned area in the back yard. Try to keep indoor cats in a specific room when you expect visitors, and put a sign on the door. Most of the time, an indoor cat will hide when buyers come to view your property, but they may panic and try to escape. The last thing you want is to have your pet running out the front door and getting lost.

Now let's take a look on commercial side-

Valley is getting strong on the Commercial end. Its good to see that major companies are moving here.

Crown Realty & Development Inc sold the Mountain View Apartments at 333 E. Van Buren St in Avondale to Coastal Properties (US) Corp. for \$6.3 million, or \$42,000 per unit. The 88,396-square-foot multifamily property was constructed in 1984. The property has 18 studios, 108 one-bedroom, and

24 two-bedroom units.

The retail building at 1712 E. Guadalupe Rd in Tempe was sold for \$1.4 million, or about \$188 per square foot, to Kingdom Row LLC. The 21,749-square-foot Santa Fe Palms Plaza was constructed in 1999 on 2.7 acres.

Conference Services International signed a new lease for 75,660 square feet in the industrial building at 4802 W. Van Buren St in Phoenix. The national trade show company will move into the distribution building September 1st. The property sits on 5.7-acre parcel and features 30-foot clear heights, about 6,000 square feet.

An LA based investor acquired the Ranch at Midtown apartments at 110-122 W. Maryland Ave in Phoenix from Hartman Consulting LLC for \$2.56 million or \$80,000 per unit. The 27,744-square-foot multifamily building was built in 1957 on 1.1 acres. It consists of 32 units comprised of a mix of one- and two-bedroom layouts.

SAGO LLC acquired the Parkwood Villa apartments at 1255 E. University Dr in Mesa from an investor for \$3.8 million, or about \$57,000 per unit. Originally built in 1969, the single-story, 67-unit, multifamily property totals 59,304 square feet on 3.6 acres in the Royal Palms / Sherwood submarket of Maricopa County.

Fresenius Medical Care leased 15,317 square feet at 4141 N. Scottsdale Rd in Scottsdale. The health care company based in Waltham, Mass signed a 12-year deal. The 150,892-square-foot building was constructed in 1989 and renovated in 2012, at the corner of Indian School Rd in the heart of Old Town Scottsdale.

ViaWest Properties LLC and Merit Properties Group LLC sold the 5110 N. 40th St in Phoenix to Development Services of America, Inc. for \$5.2 million, or approximately \$167 per square foot. The two-story, 31,231-square-foot property was built in 1983 and renovated in 2005. The office building is located within the North Bank Office Park.

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

Disclaimer: This article makes no representation or warranties of any kind as to the accuracy of the data. The source of data has been taken from several sources such as Armls, croma report, Costar, Globest, BizJournal, NewsGeni, Realty times, azcentral, wall street journal.

Konkani egg curry

It is an egg delicacy that stands apart from the rest

Ingredients: Four eggs, half cup finely chopped onion, three or four medium sized tomatoes (blanched and skin removed), one tsp chopped ginger, one tsp chopped garlic, one tsp red chilli powder, four or five curry leaves, one tsp mustard seeds, four or five coriander leaves, oil, salt, garam masala, one tsp coriander seeds, one tsp cumin seeds, one tsp poppy seeds, three or four cloves, cinnamon.

Method: Heat oil and add mustard seeds. When they start popping, add curry leaves. Add ginger, garlic, onions. Add half of the spice powder, salt, chilli powder. Chop the tomatoes and add it to the onions and fry till the tomatoes become a paste (you can just puree it and add it to the onions). Add half cup of water and cook for a minute. Break the eggs and add it to the curry. Add the remaining spice powder, close the lid and let it be. Later, add coriander leaves and serve.

Keema samosa

Rains may not have arrived yet, but there are some monsoon delicacies, which can be enjoyed nevertheless. And spicy, exotic keema samosas certainly belong to this category...What's more! They are quite easy to make!

Ingredients:

Mutton mince ½ kg.
singer 1" piece
garlic - a few flakes
Garam masala 1 ½ tsp.
coriander leaves chopped 2 tbsps.
Mint leaves chopped 2 tbsps.
Onion finely chopped 1 no.
Green chillies cut fine 4 nos.
Thick curd 1 tbsps
Maida 300 gms
Oil for frying
Salt to taste To taste

Preparation:

Make a stiff dough with the maida, 4 tablespoons oil and salt. Make 20 medium sized balls of this dough.

Roll thin round chappatis of the balls. Heat a tava and roast the chappati on one side only.

Make all the chappatis in the same way.

Now cut each chappati into two pieces and keep them covered.

Using a little water make a thick paste of 2 tablespoons maida and keep aside. Make a paste of ginger and garlic

Heat oil in a frying pan and fry the onions, chillies and ginger and garlic paste.

Now add the mince meat, salt and cook on a low flame till done.

Add the garam masala, curd, coriander and mint leaves and cook for



some more time.

Remove from the flame and let it cool.

Make a cone of each half chappati and fill with the mince.

Then seal the edges with the flour paste.

Make samosas with the rest of the chappatis in the above manner.

Heat oil well and deep fry the samosas till golden brown.

Serve hot with pudina chutney.

Chilli cheese toast

I'm sure you would have tried this at a cafe. These easy to make chili cheese toasts can go with a variety of toppings.

Ingredients:

1 bread loaf
1 cup cheese, grated
2 green chillies, thinly sliced
1 large onion, finely chopped
Some chopped coriander leaves
Salt to taste
Fresh black pepper powder

Method:

-In a bowl mix the cheese, chillies, onion, coriander leaves, salt and black pepper together.

-Take a slice of bread and spread a little cheese mixture.

-Bake in a pre heated oven at 175 C till cheese melts and the bread it toasted, approx 5-6 minutes.

-You can use the normal cheese, Mozzarella or cheddar cheese.

Garlic fried rice

A favorite Indo Chinese rice preparation loved all across the country.

Preparation time: 30 minutes

Cooking time: 20 minutes

A favorite Indo Chinese rice preparation loved all across the country.

Serves: 4

Recipe Ingredients:

300g rice
10 cloves garlic
2 spring onions
2 medium carrots
1 medium capsicum (green bell pepper)

the garlic.

Heat oil in a wok. Add the crushed garlic and saute till golden brown in color. Add the sliced onions, carrots and the capsicums and stir fry over high heat for 2 minutes. Add the rice, oniongreens, soy sauce, vinegar, white pepper powder and stir fry over high heat for 3 minutes. Serve hot.

Jelly pudding

Let's make the traditional jelly with a twist. This recipe is easy to make and the best dish to make when you're having a kids party at home. Anyone can make this easy jelly pudding.

Ingredients:

1 packet of jelly crystals (any flavour)

200ml fresh cream, chilled and whipped

200gm condensed milk

Method:

- Prepare the jelly as per the instructions on the packet.

- In another bowl mix the cream and condensed milk.

- Once the jelly starts to set on the side gently mix in the chilled cream and milk mixture in the semi set jelly and pour the mixture into a wet dish.

- Allow to set in the fridge and serve chilled topped with fresh fruit or ice cream.

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With thanks from 'India Today' July, 2014

INDIA TODAY

THE MYTH BUSTER

AMIT MITTER (39)

PUBLISHER

Because this Barnala-based publisher, who comes from a family of rationalists, has been instrumental in educating people against superstition and communalism, not just in Punjab but also in Haryana, Uttar Pradesh, Rajasthan, Himachal Pradesh and Jammu and Kashmir. His publishing house, Tarkbharti Prakshan, publishes literature encouraging scientific thinking.

Because he believes in fighting religious fundamentalism scientifically, no matter what the cost. "My family received 29 death threats from Khalistani militants during their peak in Punjab. Not to mention, protests and severe criticism when we busted the nation-wide Ganesh milk drinking phenomenon," he says.

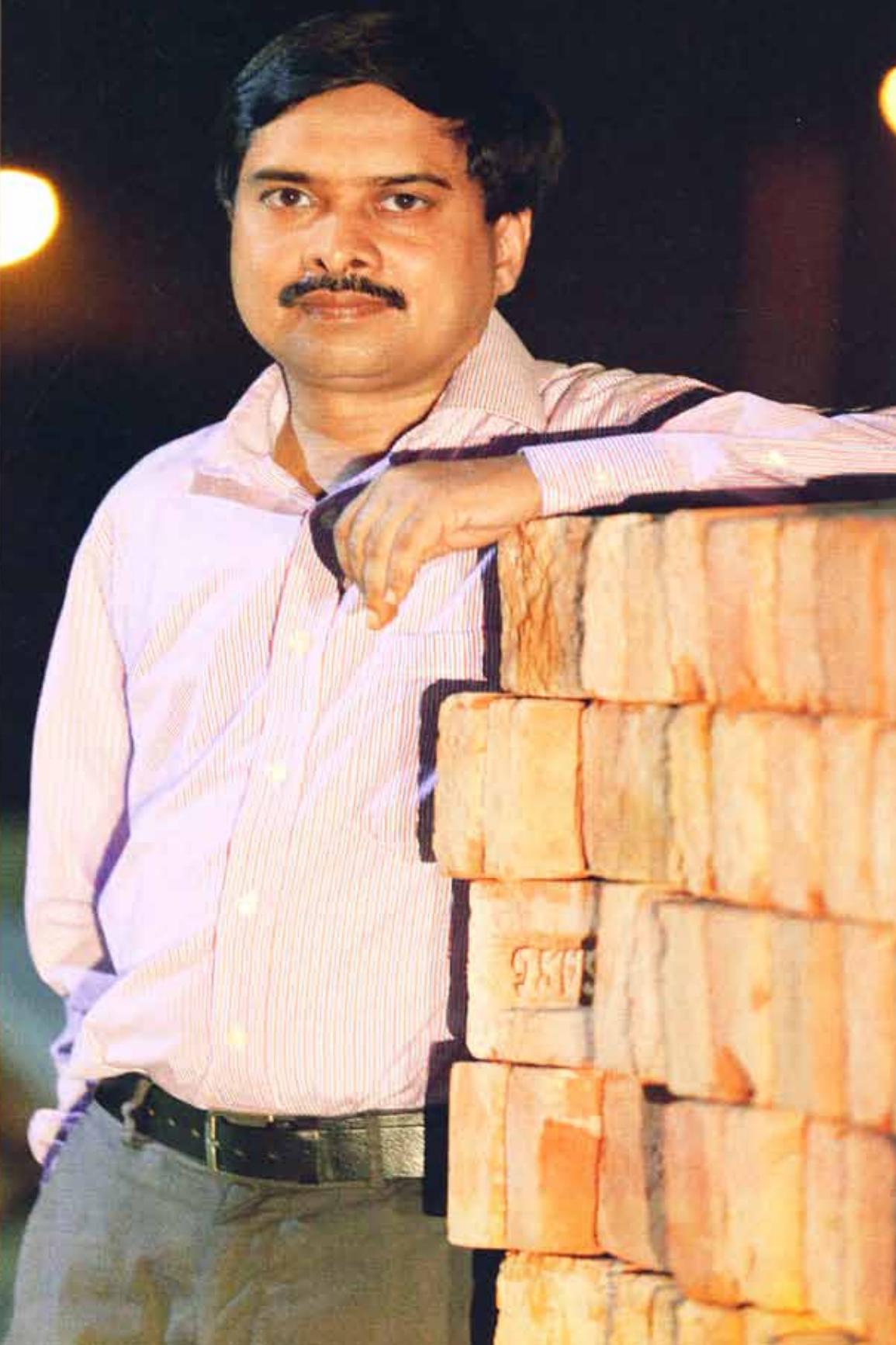
Because his publishing house, which has to its credit more than 200 books on scientific thinking, 300 on health and society, besides 500 literary works, aims to bring a scientific temperament renaissance in the region. "Our continuous efforts have started bearing fruits now. There are fewer reports of child sacrifice, black magic and other such things in and around Punjab. Considering the state government is doing absolutely nothing to inculcate scientific thinking, it is people like us who have to come forward," he says.

State's machinations Lamenting that the government was yet to frame any guidelines regarding usage of caste denoting words used by authors before the relevant act was enacted, Mitter says, "I was arrested for 15 days for publishing a piece of writing that used such a word. It's a different matter the state could not even frame charges against me. Frankly, this act is being used by the government just to harass people like us," he concludes.

Photograph by SANDEEP SAHDEV

“ AMIT IS DOING A COMMENDABLE JOB BY MAKING LITERATURE ACCESSIBLE AND SELLING IT AT A LOW COST. HIS PUBLISHING HOUSE IS NOT RUN LIKE A TYPICAL BUSINESS WITH PROFIT AS THE MAIN MOTIVE.

SATNAM, WRITER



July 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 * Ek Villain @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 7:30 PM)	3 * Bobby Jasoos @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 7:30 PM)	4	5 *
6	7	8	9	10	11	12 * Bollywood workshop for adults and kids
13	14	15	16	17	18	19 * Bollywood workshop for adults and kids
20	21	22 * Dada Bhagwan Satsang @ Indo American Community Center	23	24	25	26 * Bollywood workshop for adults and kids
27	28	29	30	31		

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Passion is inevitable and commitments can be made during the heat of the night. You can mesmerize anyone you meet with your cultured attitude and outlook. Go out with friends. They won't pay you back and you'll be upset. Your luckiest events this month will occur on a Thursday.

ARIES



Mar 21
to
Apr 20

Do things you enjoy instead of being a chameleon. Romance will unfold if you take trips or get together with friends. You could find yourself having problems with coworkers and employers. If you can, make phone calls instead of going out. Your luckiest events this month will occur on a Saturday.

TAURUS



April 21
to
May 20

You need to be sure that you aren't in your present relationship because it is convenient. Spend time getting into physical activities with your lover. Watch your weight gain due to water retention. Put your thoughts into some trendy new ideas. Your luckiest events this month will occur on a Thursday.

GEMINI



May 21
to
June 21

Your energy will be high. Business partnerships should turn out to be quite lucrative. Don't believe everything you hear. You will meet a person who may turn out to be more than just a friend. Your luckiest events this month will occur on a Tuesday.

CANCER



Jun 22
to
Jul 22

Your temper may erupt if you have allowed others to cost you too much money. Visit someone who hasn't been feeling well lately. Don't let your partner put you down. Try to stay calm and do the best you can. Your luckiest events this month will occur on a Thursday.

LEO



Jul 23
to
Aug 23

Any attractions toward clients will be one sided and must be put right out of your head. Disharmony will result in a lowered vitality. Stress may result in minor illness. Secret information will be eye opening. Put your energy into learning new skills or picking up valuable information. Your luckiest events this month will occur on a Sunday.

VIRGO



Aug 24
to
Sep 23

It may be a disappointing day emotionally. You will find that valuable knowledge can be gained if you are willing to listen. Physical limitations are possible if you aren't careful. Be cautious handling tools, machinery, or dangerous objects. Your luckiest events this month will occur on a Sunday.

LIBRA



Sep 24
to
Oct 23

Make sure that all your legal papers are in proper order. Do not lend money to friends, or contribute more than necessary to groups unworthy of your cash. Look after financial transactions this month. Travel will be in your best interest. Your luckiest events this month will occur on a Thursday.

SCORPIO



Oct 24
to
Nov 22

Your sensitive, affectionate nature will capture the heart of anyone you are attracted to. Rid yourself of that which is old and no longer of use. Situations could easily get blown out of proportion if you have made unreasonable promises. Delve a little deeper if you really want to know the score. Your luckiest events this month will occur on a Sunday.

SAGITTARIUS



Nov 23
to
Dec 21

Rely on the one you love for support and affection. Cultural activities will prove to be quite enlightening for everyone. You should be getting into self-improvement projects. Your confidence will stabilize your position. Your luckiest events this month will occur on a Sunday.

CAPRICORN



Dec 22
to
Jan 21

Your emotional partner will push the right buttons this month. Social activities will be satisfying. Changes in your residence may be financially favorable. Romance will come through involvement with fundraising organizations. Your luckiest events this month will occur on a Monday.

AQUARIUS



Jan 22
to
Feb 19

You can help a close friend find solutions to personal problems. Put your efforts into job advancement. You can buy or sell if you're so inclined. Taking on too much won't help the situation. Your luckiest events this month will occur on a Saturday.

PISCES



Feb 20
to
Mar 20

Michael Jackson spent last days lonely, paranoid: book



Michael Jackson was a complicated human who gave millions to charity and brightened lives with his talent, but also struggled with personal pain, says a book by two bodyguards who were with the singer in the last years of his life.

Bill Whitfield and Javon Beard, record their experiences as the only gatekeepers between his family and world outside, spending time daily with the King of Pop for close to three years till he died of an anesthesia overdose in 2009.

By writing Remember the Time: Protecting Michael Jackson In His Final Days, the duo say they wanted the world to see a glimpse of the good man and the wonderful father they had the privilege of serving.

Whitfield, who was previously head of security for rapper Sean Combs, writes Mr Jackson trusted no one.

"The man was paranoid. Didn't sleep much. He was always going around the house at three, four in the morning, checking the locks on all the doors," says Whitfield.

The bodyguard writes that even Jackson's father and siblings had to make appointments to meet him and nobody could get into the singer's house unannounced with the exception of Katherine Jackson, his mother.

"Except for letters from fans and occasional visits from his mother he was just alone with his kids inside this little bubble," says Beard in the book published by Harper Collins and co-written

by Tanner Colby.

Jackson made his children - Prince, Paris and Blanket-the sole focus of his day-to-day life and concentrated on shielding them from media's harsh glare. He used a variety of disguises like wearing a motorcycle helmet and leathers and even wearing bandages on his face.

He home schooled his children and kept his children's faces covered with masks and veils when in public. "The tabloids said it was weird and crazy but they didn't understand the reason. If no one knew what his children looked like they could occasionally go out in public places without him and have a somewhat normal experience," says Whitfield.

Michael Jackson was devastated by allegations of child molestation and sexual abuse, says Beard.

After the singer was acquitted in 2005 he left Neverland, his self-made sanctuary in California but the huge publicity the trial generated left him a broken man. "I'm a father myself and I wouldn't have worked for him if I'd had any doubt. He wouldn't hurt a fly," Javon adds.

The Boss, as Whitefield and Beard called Jackson, had a phenomenal fan following, which made it difficult for him to do ordinary things like go out shopping.

He had to go after store hours and usually dropped huge amounts of money on toys and books and would sometimes buy everything in the shops.

POET OF MONTH Jennifer Reeser

Jennifer Reeser is the author of four full-length books, including *An Alabaster Flask*, winner of the Word Press First Book Prize, of which poet, critic, anthologist and former editor of *The Paris Review* X.J. Kennedy wrote, "...ought to have been a candidate for a Pulitzer." Her poems, criticism and translations of French and Russian poetry have appeared in such magazines, journals and anthologies as *POETRY*, *The Hudson Review*, *Light Quarterly*, *The Formalist*, *The National Review* and *The Writer*, as well as Longman's text *An Introduction to Poetry*, edited by X.J. Kennedy and Dana Gioia, and *Poets Translate Poets: A Hudson Review Anthology*. Her translations of the Russian poet Anna Akhmatova appear with authorization from the FTM Agency in Moscow. She has received awards in writing from the Pulitzer Prize winning author Robert Olen Butler, as well as The New England Prize and The Lyric Memorial Prize from *The Lyric*. Her poetry has been set to music by the classical/art song composer Lori Laitman, and American artist Briareus. Her third collection, *Sonnets from the Dark Lady and Other Poems*, was a finalist for the Donald Justice Prize. Her most recent collection, an epic in verse entitled "The Lalaurie Horror," has remained on the best seller list for epic poetry at Amazon since its release in September of 2013. She lives amid the bayous of southern Louisiana with her husband and children.



Poetry

Ghost and Guest

Collapsing on a sleeping friend
Upon the couch, I fell
Sincerely sorry to offend
This guest in my "hotel."

Our customary schedules changed,
He lay as if in pitch,
No boundaries, his form estranged
From which idea was which.

He panted thrice, but barely stirred,
His fright dry and compressed –
Neither of us with a word,
We two: the ghost and guest.

My pulse stopped years ago, it's true.
That person is a ghost
Who stumbles; this, perhaps, he knew –
Unseeing, yet engrossed.

I fled the scene in full control,
Apologies ad hoc.
My terrorizing of a soul
Had come as little shock.

Film Review

'Ek Villian' is a vendetta of violence with great music

Ek Villian is a revenge drama; but not like ones the Hindi audiences have

Film Review
Starring : Siddharth Malhotra, Riteish Deshmukh, Shraddha Kapoor, Aamna Sharif and Remo Fernandez
Directed by : Mohit Suri
Rating : ***



been exposed to. This one is more in the space of Sanjay Gupta's adaptation to Korean film Old boy. This one is a tamer version of another Korean film. Guru (Siddharth Malhotra) is murderer for hire. He meets Aisha (Shraddha Kapoor) and reforms. Aisha is brutally murdered by Rakesh (Riteish Deshmukh) and Guru has no clue about the identity of the killer. When he finds out who was responsible, he sets to make Rakesh' life hell. At some point the tables are turned.

What's good: It begins easy-breezy with the love story but it doesn't skip a beat once Guru begins the hunt for the killer and starts bashing skulls in. Mohit Suri's latest offering is not for people with a weak stomach. It is brutal and relentless.

Riteish Deshmukh plays one of the toughest parts of his career. He delivers a chilling performance without crutches like a limp, a limp, physical deformity or trick make-up. His transformation from the coy to the cold-blooded is applaud worthy. You may have walked in thinking that chocolate-faced Siddharth Malhotra doesn't look the part of a thug or a killer but he disproves that in his very first scene.

Mohit manages to bring alive his torment and weariness on screen. The best thing about this vendetta of violence is that once it gets going, it sweeps you up in it. Shraddha plays her role great, but the film belongs to the boys. It is a film that will leave you shocked, shaken and moved.

What's not: Shraddha is great in the emotional scenes, but her happy-chirpy character in the beginning of the film is

annoying. The in-your-face blatant brand placements in the film are very, very jarring. There are points when it doesn't feel like a Mohit Suri film. He never explains his characters. If Aditya Roy Kapur was an alcoholic in Aashiqui 2, it was not because of any back story or trauma. Why did he feel the need to justify Guru's character? It wasn't needed. The brilliantly conceptualised fight scene when Guru is trying

to get to Prahlad (Remo) loses impact when the goons seem to be in a hurry to fall out of his way and throw themselves into glass, rather than being pushed and bashed. And then there are the questions: Why the cat and mouse game between Guru and the cop?

What to do:

If you're looking for a edgy thriller with some romance and great songs, Ek Villian is for you.

Deepthi Naval wants to shoot film in Ladakh

Veteran actress Deepthi Naval is so enamoured by the beauty of Ladakh that she is planning to direct a film titled 'Colour of Snow' with the picturesque place forming a backdrop in the story.

Veteran actress Deepthi Naval is so enamoured by the beauty of Ladakh that she is planning to direct a film titled 'Colour of Snow' with the picturesque place forming a backdrop in the story.

"I have a connection with this place and local people know me. I want to direct a movie in Ladakh. The film will be called 'Colour of Snow'. I have a story in my head," Naval told reporters on the sidelines of Ladakh International Film Festival here, which began today.

Naval has previously directed yet-to-release 'Do Paise Ki Dhoop, Chaar Aane Ki Baarish', starring Manisha



Koirala and Rajit Kapur.

The actress is here to present a au-

dio-visual tribute to her 'Chashmeba-door' co-star and friend Farooq Sheikh at the festival. Naval worked with Sheikh in classics like 'Saath Saath', 'Chashme Buddoor' and 'Katha'.

"The on-screen chemistry that I had with Farooq cannot be recreated. He was a wonderful artiste and a fabulous actor.

Our camaraderie was visible in films. He was an endearing actor," Naval said remembering Sheikh, who died in December last year.

Naval said she was attending the festival for the first time but has been to Ladakh a few times.

"It is a great venue to screen movies. I am looking forward to watch some great films. I also tried shopping yesterday. I had come earlier for trekking. Now I want to shoot a film here," she said.

I want to do a Bengali film with Prosenjit says Bollywood stunner **Vidya Balan**

Bollywood actress Vidya Balan, who considers Kolkata as her second home, is now thinking of acting in a Bengali film with Tollywood superstar Prosenjit.

Bollywood actress Vidya Balan, who considers Kolkata as her second home, is now thinking of acting in a Bengali film with Tollywood superstar Prosenjit.

"Now that Ritu da (director Rituparno Ghosh) is no more, we keep telling each other that we must work together.

We are looking for a script which suits us both. I hope we will find it soon," Balan told reporters here.

In town to promote her film 'Bobby Jasoos', Balan said she and Prosenjit always keep in touch with each other.

"I make it a point to meet him whenever I am in Kolkata and he gives me DVDs of his films. He had encouraged me a lot when I was new in the industry," she said.

The actress has always



maintained that Kolkata is her second home and many of her films like 'Parineeta' and 'Kahaani' have been shot in the city.

In her next film which releases July 4, she plays a detective.

When asked which case would she like to solve in Kolkata as a detective, she hinted at the multi crore Saradha chit fund scam.

"There are many scams here. I want to bust that," Balan said.

I refused 'Gangs of Wasseypur' because I was tired: Shilpa Shukla

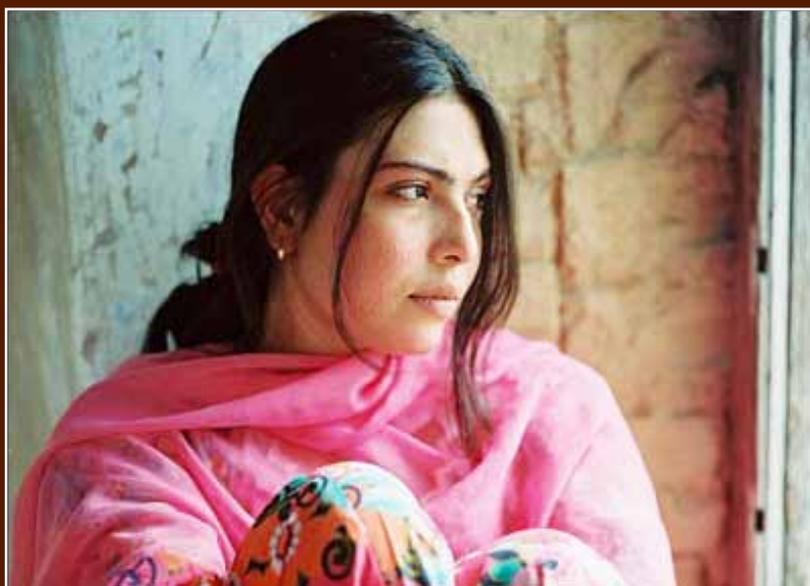
Actress Shilpa Shukla, best known for her roles in 'Chak De! India' and 'Khamosh Paani', says she was offered Anurag Kashyap's 'Gangs of Wasseypur' but had to decline it as she needed a break.

Actress Shilpa Shukla, best known for her roles in 'Chak De! India' and 'Khamosh Paani', says she was offered Anurag Kashyap's 'Gangs of Wasseypur' but had to decline it as she needed a break.

"I refused the movie because I was tired. I just went to Banaras and stayed there for some time. I took some time off from films and I think I needed that break. I just came back to complete my film 'Coffin Maker'," she said.

The 32-year-old actress is looking for a change after starring a slew of serious roles.

"My stereotyped image will be broken by the next two comedies



I am doing.

One is produced by Prakash Jha and I am all geared up for it," Shilpa said.

Meanwhile, she is enjoying her stint at the third Ladakh International Film Festival (LIFF).

"I have hosted an award show

earlier but there it was all rehearsed.

Here everything was impromptu so I was nervous as well as happy," she said, adding that she is looking forward to watch Iranian films to be screened at the three-day festival.

Karan Johar acts in Anurag Kashyap's 'Bombay Velvet' starring Ranbir Kapoor and Anushka Sharma for free

Filmmaker Karan Johar, who is making his acting debut with Anurag Kashyap's 'Bombay Velvet', has not charged a single penny as an actor fee for his role.

Filmmaker Karan Johar, who is making his acting debut with Anurag Kashyap's 'Bombay Velvet', has not charged a single penny as an actor fee for his role.

Johar, 42, is playing a negative character in the film.

As a token of appreciation Phantom Films (Anurag Kashyap and Vikas Bahl) sent a cheque of Rs 11 to Johar

"Yes, he has not taken any remuneration, because this film is his 'passion project'. I think the full team will always be indebted to him," Bahl said in a statement.

"We are thankful to Karan for agreeing to do the film. He is absolutely fantastic in his role and we don't have words to describe how proud we are that he chose to debut as an actor with this film," Bahl added.

'Bombay Velvet', a romantic thriller, stars Ranbir Kapoor and Anushka Sharma in lead roles. It is set to release on November 28.

Gauri Khan dodges question on Shah Rukh Khan's driver being arrested on rape charges

Superstar Shah Rukh Khan's wife Gauri today refused to answer questions about her family's driver being arrested for allegedly raping a minor maid.

The 43-year-old producer-interior designer along with her son Aryan and daughter Suhana, was in the capital to inaugurate a bakery shop 'The Brown Box' of her cousin Priyanka Tiwari.

This was Gauri's first public appearance since the case came to light.

"I will not answer any personal questions. I am here for my sister's bakery launch and will only speak about that. I am here to bless her and share her joy with her as it was her dream to open her own bakery store one day and I am happy to be a part of the day," she told reporters here.

"If I will talk about my own things then the focus would be shifted from her (Priyanka). And I don't want that to happen,"



Chai with... Manjinder Singh of India Palace

August 30, 2014

Asia Today had the opportunity to share the journey of Manjinder Singh of India Palace on Bell road in Phoenix, Arizona. Originally from Jalandhar, Punjab, he came to Germany in 1980 where he lived for three years before coming to the US in 1983. He stated his life in the US with \$200 and did odd jobs for a few months here and there including landscaping and painting and then moved to LA to work at a furniture factory. After 8-9 months, he moved to Mississippi where he had relatives that owned a pizza place. He worked there for 3-4 months and then worked another few months at New Orleans's Famous Fried Chicken until he was asked to move to a store they owned in Memphis, Tennessee. However, that store was held up at gunpoint his second day on the job, when he decided to leave and move back to California. In California, he worked as a dishwasher at Ambala Sweets.

After years of odd jobs here and there, he finally opened his first restaurant in partnership with Pappu called Delhi Palace in Diamond Bar, CA. After that, Pappu came to Arizona and opened a new restaurant and Manjinder also followed in 1987. They opened a restaurant in Mesa, AZ but the town was too small and it did not survive. They then attempted to open another one on Camelback and I-17



and that also did not survive.

His family arrived in the US in 1988 and he moved with his family to Las Vegas where he also worked in an Indian restaurant for six months. He learned Chef work there and then came back to Tucson, AZ to work at Delhi Palace. While working there, PappuJi was opening a new restaurant in Flagstaff and came to him asking him to move there. However, Manjinder had his fears with the failures the restaurants had seen in Arizona but PappuJi confirmed that if there was a loss he would take it but if it was profitable, they would

split the gains. Who could pass up an offer like that and again they went into business together. The restaurant as luck would have it was very successful. After that, they opened another restaurant in New Mexico within three months which was also very successful. After another few months they opened another one in Phoenix and then one in Sedona in 1994 and the trend continued. They would open a restaurant, take it to success, and then sell it or keep partial partnership. Up until 2001, they opened many successful restaurants in Memphis, El Paso, New Mexi-

co, and Arizona.

In 2001, they went their separate ways and Manjinder moved back to Phoenix in 2005. Deciding the restaurant line was really hard, he bought a gas station on Gold Canyon Highway and then tried his luck in the motel business. Similar to the restaurant experience, he bought and sold motels in Flagstaff, Kansas City, Illinois, etc.

Finally, in 2008, he opened what is currently India Palace and has been here ever since. In addition to the restaurant, he also provides catering to both the Indian and non-Indian communities all over Arizona including Tucson, Kingman, Yuma and that business does very well with word of mouth and previous customer referrals. He is very grateful to the Almighty for all the success he has seen. Growing up, he never imagined he would be a chef or be in the restaurant business but is grateful for all the success he has seen in it. From a personal standpoint, he has two daughters both married with one settled in California and the other in Florida and one son who is in his second year of college pursuing Law at University of Arizona in Tucson. Asia Today is grateful to ManjinderJi for his time and wishes him continued success in his future endeavors. Please visit India Palace at 2941 W. Bell Road in Phoenix, AZ or call 602/942-4224 to place your next catering order today.



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Sweden's The Ice Hotel is more a destination than a hotel

Two hundred kilometres north of the Arctic circle in Sweden, The Ice Hotel is more a destination than a hotel. It's where we went to embrace the discomfort, and where sleep was an afterthought. It's built entirely out of a single material — ice. Harvested from the frozen Torne River steps away, each year, the ice blocks are cut, carved, chiseled and shaped with utmost precision.

Despite the fragility of the material, the edifice created is strong and functional with immense delicacy and beauty. We were drawn to the glassy transparency of the carved ice pillars, partitions, beds and chandeliers and to the blue lights captured in them. The frothy white ceiling and walls had the texture of hardened snow. We felt it, tasted it and heard its crunching sound underfoot. We marveled at its purity. If the Ganges were to freeze over and an Ice hotel carved from it, we would undoubtedly find a bizarre collection of flotsam in the murky walls.

Exploring the Swedish 60 room creation stoked our sense of wonder. It was like being in an awesome art gallery with a whole selection of rooms, the art-suites, specially designed in keeping with each architect's theme. 'Pole

Dancing' had sculptures of two life-sized polar bears wrapped around poles. 'Frozen Flower' was a medley of snowflakes and winter flowers. 'Mind the Gap' was designed as a cabin from the London Underground.

The central hallway had an enormous unicorn sculpture, and it led to the Ice Bar where everyone gathered late into the evenings, sipping drinks out of exquisitely shaped ice glasses. It was early April, and we knew that it was soon going to start dripping, and then melting to the ground, flowing back into the river it came from.

Many avatars since 1990

Each year in March, when the Torne River is most thickly frozen, 500 tons of hard packed cuboids are harvested from it. They're stored in a temperature-controlled warehouse, and as soon as it is cold enough in November, the cutting and carving begins, and the 60 rooms open, as they are ready. By Christmas, the chapel is completed. A priest consecrates the impressive ecclesiastical igloo and



couples come all the way to tie the knot, hoping that unlike their wedding, their marriage will not be on thin ice!

Minus 5 degrees centigrade

The idea of being cold is off putting, but my memories of being uncomfortable in the four days we were there, are trumped by the thrill of the experiences we enjoyed. Our first night was in an Art Suite, where we slept in thickly padded sleeping bags atop reindeer skins. The bag was somewhat slippery, and I zipped myself up, feeling like a seal with a blowhole. As a nightly ritual, I'd placed a glass of water on my bedside, but it soon froze at minus five. We were woken at seven with warm lingonberry juice, walked over to the warm reception area to get ready for the day's adventures.

The next two nights were

spent in a warm, wooden chalet nearby. We spent our days dogsledding, visiting the indigenous Sami folks at a reindeer farm, enjoying the delicious meals at Ice Hotel restaurant, but the highlight was seeing the magical northern

lights late one night on a snowmobile ride.

Plan your trip

WHEN TO GO — Mid December to Mid April

HOW TO GET THERE — Fly (60 minutes) to Kiruna in northern Sweden via Stockholm or Copenhagen. The Ice hotel arranges pick-up via taxi (15 minutes) to a small village, Jukkasjarvi, where the Ice Hotel is based. Check out www.icehotel.com for more details. The Ice Hotel has basic Ice Rooms, which are more reasonable than the Art Suites. The reception area is warm, with bathroom and locker facilities. You can also stay at the warm wooden chalets, a part of the Ice Hotel complex.

ACTIVITIES — Dogsledding — Ride along on sled as teams of Alaskan huskies

sprint across the wide, frozen river and through the taiga forest. Snowmobiling — Day and night tours take in the beauty of the landscape, and if you get lucky, the northern lights at night. Reindeer Reidu — Join the indigenous Sami people as they show you their way of life at a reindeer farm. Ice sculpture class — an hour-long session organized by the Ice Hotel. Ice Hotel guided tour — at 5pm each evening, a guide explains how it all comes together. Visit Kiruna — The nearest town, with its spectacular church built like a Sami tent.

ICE HOTEL RESTAURANT — The place to have all your meals. While breakfast and lunch are buffet style, do make dinner reservations ahead of time.

WHAT TO WEAR — Dress in layers, ski pants and jacket, warm sox, wooly hat, and thick gloves. The Ice Hotel provides ski overalls for all the activities.

WATCH — if you are curious about how the hotel is built each year, watch the 60-minute YouTube video, Mega Structures; The Ice Hotel.

OTHER ICE HOTELS — The Snow Hotel in Kirkness, Norway, Sorrisniva Ice Hotel, in Alta, Norway Ice hotel, Quebec, Canada.

\$135 millions for Sudan's 2,000-year-old pyramid hunt

Little by little, the deserts of northern Sudan slowly reveal the secrets they have held for 2,000 years and more. With wheelbarrows, pulleys and shovels, sweating labourers have unearthed the remains of pyramids, temples and other ancient monuments. But much of the country's rich archaeological heritage still remains hidden. An unprecedented \$135 million project, funded by the Gulf state of Qatar aims to change that. "Archaeologists had a dream that this site would attract more interest," says Abbas Zarook at the Napatan ruins of El-Kurru, about 300 kilometres northwest of the capital Khartoum. He heads a Sudanese-American mission excavating the site. Zarook said the Qatari funding, a five-year project announced in March, will support further discoveries at El-Kurru, and elsewhere. "Without the Qatari donation, no one knows how long this knowledge would have remained hidden," he says.

El-Kurru and more than two dozen other ar-



chaeological projects, spread over hundreds of kilometres along the Nile Valley, will benefit from the support, officials say. It will benefit projects by several foreign and Sudanese teams in northern Sudan,

where the first archaeological digs took place only about 100 years ago. That was much later than in Greece or Egypt, whose pyramids are grander and much better known.

Juvenile diabetes: Trouble at a young age

His day starts with a needle prick to check his blood glucose levels. It's followed by an insulin shot, after which he opens a notebook and makes a diary entry of the levels. This happens four times a day.

It was a shock for the family when Janesh Raju, who will soon turn 13, was diagnosed with insulin-deficient type 1 diabetes two months ago.

"We did not know young children could get diabetes. In our family, we have only grandparents and parents suffering from the disease. It obviously upset us all, and Janesh was worst affected," said Balakrishnan Raju, Janesh's father.

The doctor spoke to Janesh at length, explaining him how he would be fine if he kept his sugar levels under control by eating healthy food, exercising and taking insulin shots regularly.

"The diagnosis happened when his school was closed for summer break. The doctor asked us to inform her when school re-opened so that she could



reschedule his shots accordingly," said Raju.

Janesh's problem began a few months ago when he complained of excessive weakness, frequent urination, sudden increase of appetite and rapid weight loss.

"Tests showed there was acute insulin deficiency

in the body, so much so that his body had started metabolising the fat," said Dr Alka Jha, consultant-Fortis Centre of excellence for diabetes, metabolic diseases and endocrinology.

Experts say the incidence of insulin-dependent diabetes in children has increased and the age of diagnosis has lowered. "When I was a medical student our professors used to see probably one case of juvenile diabetes a year, I get at least two new cases every month. The age group is also of younger children in comparison," says Dr Vaishakhi Rustagi, consultant paediatric endocrinology, Max Shalimar Bagh.

There is no particular reason for getting the disease, and there's also no cure.

"The affected child has to be on insulin for life. Fortunately there are more super-specialists nowadays and treatment has also advanced that has led to better quality of life for these children," Dr Rustagi added.

For your heart's sake, a little exercise is better than none

Is infrequent cardiovascular exercise (like jogging once in a while) worse than not exercising at all?

By and large, exercising occasionally is better than never exercising at all. According to a telling 2004 study, men who worked out only on weekends - the stereotypical weekend warrior - were less likely to die prematurely than those who remained sedentary.

They also can attain a surprising level of cardiovascular fitness. In a 2006 study of out-of-shape adults, those who began vigorous endurance training on weekends were as fit after 12 weeks as those who worked out more moderately five times a week.

But of course there are downsides to sporadic exercise. Weekend warriors tend to suffer acute tears and sprains more often than consistent exercisers (though are less likely to develop overuse injuries). A more se-



rious concern involves the heart. Like any muscle, it can be overtaxed by

sudden, unusual demands, so people who exercise intermittently may put themselves at a relatively high risk of a heart attack compared to frequent exercisers or even to themselves when sedentary.

A major 2011 examination of activities that can cause heart attacks found that regular workouts reduced a person's overall risk of cardiac arrest, but any single bout of exercise, especially by weekend warriors, increased the risk of a heart attack at that moment.

As the review soberly concluded, "Acute cardiac events were significantly associated with episodic physical and sexual activity," but "this association was attenuated among persons with high levels of habitual physical activity."

So, for your heart's sake, make physical and sexual activity a habit.

Are you highly sensitive? Check your MRI scans

In a new study, Stony Brook University psychologists claim that MRI scans can identify the population whose genetic composition makes them highly sensitive.

The clinical term Highly Sensitive Person (HSP) was coined by study author, Elaine Aron.

HSP refers to someone for whom biological differences in the nervous system helps them process emotional information more deeply than others.

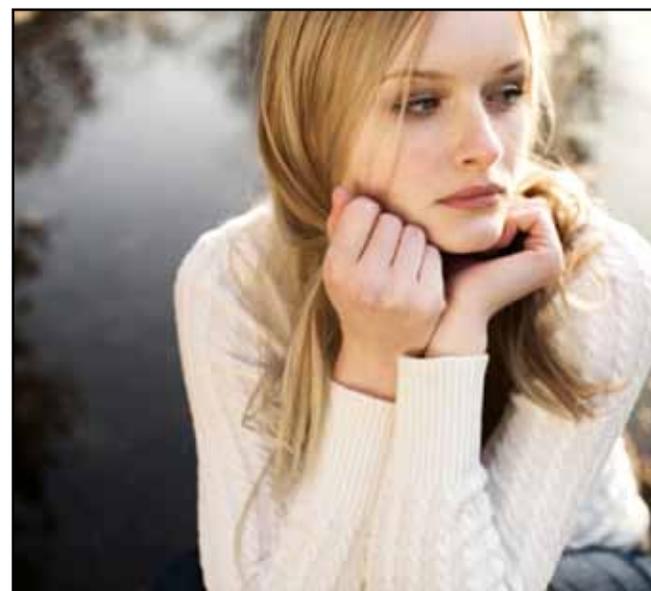
In the study, co-author Dr Arthur Aron and his colleagues processed functional magnetic resonance imaging (fMRI) brain scans of 18 married individuals.

Subjects were shown pictures displaying vari-

ous human emotions. Researchers used the MRI scans to trace how an HSP's brain activity processes the emotions of others.

"We found that areas of the brain involved with awareness and emotion, particularly those areas connected with empathetic feelings, in the HSP showed substantially greater blood flow to relevant brain areas than was seen in individuals with low sensitivity during the 12 second period when they viewed the photos," Aron says. The greatest degree of blood flow occurred when participants viewed photos of their spouses happy.

The study was published in the journal, *Brain And Behaviour*.



The Cultural Shock Revisited

To have our elderly parents visit us for a short period of time is a burning desire of most NRIs regardless of wherever we have settled in the U.S., Canada or for that matter in other countries of the West. Many times the NRIs settled abroad go out of their way to fulfill this desire by bringing their parents to the country of their adoption. What is often overlooked by them, however, in their roles as hosts, is a dire need for explanation to their newly arrived elderly parents about those not so obvious subtleties of the Western lifestyle that their parents might not have been aware of. Such an endeavor will definitely make the stay of their elderly parents in these countries more comfortable, safe and worth enjoying.

Talking to the elderly parents of a friend of mine who had just arrived from India for a visit, it became obvious to me that the elderly couple was going through an extreme degree of difficulty in comprehending the behavioral characteristics of the Western lifestyle. To this couple who happened to be in their seventies, life in the U.S. was at odds with how they had lived as the seniors in a joint family system in India. Before arriving here to visit with his well-settled son, the elderly gentleman had worked for a good part of his life on a top executive position in government. "Life was easy and free," he said to me. "There was no worry. My grandchildren in India were at my beckon call. They loved me to the hilt." And he further added, "Our daughters-in-law went out of their way to make sure that we were fed properly and that our daily needs were nicely taken care of."

But when he arrived in the West to visit his youngest son already settled here, he discovered that his adult grandchildren living in the West for a

while did not behave even an iota closer to what he expected. "They are in their twenties but the way they behave and act, makes me feel as if they are totally unaware of the meaning of the unique relationship between grandparents and grandchildren," he said. "They have been in this country for only seven or eight years but it seems as if they do not belong to us anymore for they act so indifferent" this was his second comment.

The elderly man kept on lamenting further, "When they wake up in the morning, if they wake up at all, to go to their jobs (Both grandchildren in this case were employed), they hardly say hello to us much less bow or touch our feet like my grandchildren in India did, for they always are in a rush to leave for work. With a can of Coke or a cup of coffee in one hand and a piece of toast in the other, they run to their cars. And if we ask them to do Puja (prayer) with us, they ask why? What is in there? But this is not all. Once they return home from work, they straight away hit to their rooms even if we might be sitting in the family room, waiting for their safe arrival."

Of course all this wasn't new to me. Most of us have been through these waters before. What became more disconcerting was the next conversation I had with the elderly man. He confided in me that back home he had a daily routine of taking a morning walk. Upon arriving here in this country, he did maintain his program of daily walks. Clad in his usual kurta pajamas (indigenous Indian dress appears like night time pajamas) as he wore back home, he left his son's house early in the mornings to stroll through the neighborhood. Occasionally he sat and rested in front of the neighbors'

houses. One morning he was stopped by a neighbor who frowned at him with a mean look and asked him if he were from the Mideast and what the hell was he doing here in this neighborhood? The stranger then walked away. The elderly man did not understand why a stranger would confront him with such a personal question.

Even more interesting was his further disclosure when he stated, "During my morning walks, girls and boys from the neighborhood, waiting on the corners of intersection for the school bus, often say hello to me and my wife. We smile at their innocent style with which they wish us good morning, especially given that they don't know much about us. One day, one of the girls, not more than seven years old, didn't come forward to say her usual greeting to us. I went to her, put my hand on her head, and asked her as to what was the matter with her? As she did not look well to me, I handed my son's personal card and told her to call me if she didn't feel better. She happily took the card from me."

And then he further stated with bewilderment, "Hardly an hour passed before we heard a knock on the front door of our son's house. I opened the door and saw two police officers standing outside. The officers told me that they were here to find out as to who I was and how long I had been living there. Upon being informed, that we are from India and visiting our son, they questioned me further as to why did I touch and talk to a little girl who I didn't know. My response was as pious as my mind. I made it clear to the officers that the little girl happened to be of the same age as my granddaughter back home. Today she appeared somewhat melancholic and I just mentioned to her to call us if we could be of any use. I added that in our culture, we reach out to those in need and obviously the child needed some encouragement."

He continued further, "The police officers then asked us to show our identities so we produced our Indian passports. Then one of the police officers responded that this place is not India and this is not your culture Sir! You do not touch a child who you don't know. We understand your intent but please, in future, mind your own business."

While the elderly man's actions were benign and simple, the situation was complicated by cultural differences. Yet therein, lay the pearls of wisdom that one could collect from the above mentioned situation. There is a dire need to understand the differences in



cultures of the East and West which at times may be one hundred and eighty degrees apart. Often it takes time to break in the new culture of West. The Western culture and its interpretations need to be emphasized time and again to the prospective elderly visitors that we decide to bring here to the West irrespective of whether their visit is going to be for a short or long period.

To minimize the occurrence of similar incidents, our elderly parents need to be informed that their grandchildren, who appear Indians on outside, are not truly so from within as they could not be. Grandparents can't expect the same attitudes and behavior from them like what they were used to have back home and they shouldn't. Our visitors also need to be explained that dresses for different occasions in the Western culture are not necessarily the same as they were back home. Wearing loose Kurta-Pajamas that may appear like night dress without gowns for visit outside the home is not an accepted norm. Such adjustments, of course within the bounds of what is acceptable in terms of their religious boundaries, are of paramount significance and should be attended to appropriately.

The most important lesson out of this story refers to the interaction of our elderly parents with strangers on the streets, especially the children. An intrinsic goodness of the heart could be interpreted the wrong way and there is a need to exercise caution. The long term residents might well all be aware of such subtleties.

Yet a little bit of extra education here and there by their NRI children or hosts, keeping in mind the circumstances and awareness level of the temporary visitors should not hurt anyone and instead will make their stay as well as that of the hosts smoother and more enjoyable.

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

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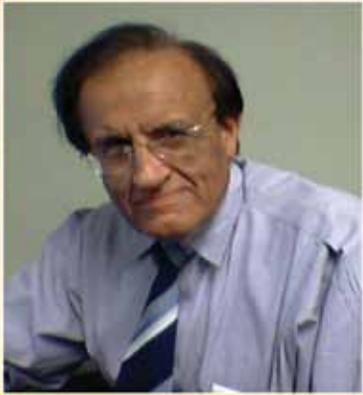
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