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# Today

Monthly Newspaper

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## AZ Business Magazine, awards prestigious 2013 Philanthropist of the year award to a local NRI for giving back to the local community

Year after year we hear success stories of NRI's in Medicine, Engineering, Hotels, Real Estate, so on and so forth. Now we are hearing the stories of NRI giving back to the local communities.

The **2013 Philanthropist of the year Award** goes to **Kuldip Verma of Vermaland** an NRI who migrated to Arizona in 1991. Kuldip is helpful, pious, fare individual an individual who has always supported the philanthropist and religious causes.



recently set up a Verma charitable Foundation with initial contribution of \$1.2 million. His prior such contributions locally include over \$40,000 to Hindu Temple of Arizona, over \$10,000 to India Association of Arizona. Verma is involved in several other philanthropic efforts out side of Arizona.

The recent foundation was funded to help underprivileged students afford education in order to have a brighter future. The foundation

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## Arizona Telugu Association Ugadi 2013 was celebrated



Arizona Telugu Association ([www.azteluguassociation.com](http://www.azteluguassociation.com)) Ugadi 2013 was celebrated on 5/5/2013 (Sunday) at Indo-American foundation hall, Phoenix.

Ugadi is the marking of a beginning. A new dawn! While the members of the board prepared to present a wonderful platform for the local talent, the participants worked hard in giving their best. The early birds were encouraged to participate in drawing competition based on 'Ugadi' theme. Kids from the ages of 4 to 13 depicted their understanding of Ugadi in Telugu script as well as pictures.

Soon the cultural events started • More images on P03

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# Arizona Telugu Association Ugadi 2013 was celebrated

with VandeMataram and American national anthem beautifully presented by young rejoicing voices, followed by a traditional rendition on Ganesha. The stage then presented a line-up of cute, colorfully dressed kids who participated in the fancy dress competition, classical, folk, disco; you name it, there was a participant who performed brilliantly. Carnatic, film based music, karaoke was the variety of music that was presented with equal vigor.

AZTA President VenkatKommineni invited the sponsors on to the stage and offered his appreciation for their continued support to the Organization. Sponsors of the event are as follows Kiran and Associates Realty (KiranVedantam), AZINDIA (SatishKosuri), Kolla Soft Inc (SekharKolla), Radio Sri (Sri

Serineni), Kamath Indian Cuisine (Sri Serineni), Bawarchi Indo-Pak Cuisine (MastanChowdary), Adept Pros (JayaramKode, VenkatNallapati), Expert Technology Services (SaritKommineni), Sullan (Surya Muvvala), US Preferred Realty (VenkataRamanaNarla), Renavitas Technologies (Dr. Vasudeva P. Atluri). Also the judges SwarnaSitaraman, VijayaPeela and KritiAgrawal for drawing competition, costume competition and dance competition are recognized.

DHIM-TANA is the dance competition designed by TANA and TV9. They conduct this event in all major cities in USA and select the best talent and give an opportunity to compete with every one the winners will get a notional award and get a chance to dance on TANA convention

at Dallas, TX on May 24th. With programs registered to participate in Dhim-Tana dance competition, the glamor and appeal of the event raised. Rock Mountain TANA regional director SaritKommineni conveyed his appreciation to the participants.

One of the prominent members of Telugu Community SessaSayeeBellamkonda was leaving the valley for better opportunity elsewhere. SudhakarGopal, Jaya Velagapudi, Prasad Chavali conveyed their gratitude about his contribution to the Telugu community. Then Sayee took the lucky draw and distributed the prize to the winner. As the evening grew dark, a sumptuous dinner was served by enthusiastic volunteers. Kids and their parents, who had anxiously waited, were delighted with the announcing and awarding of winners of drawing,

fancy dress and dance competitions by President VenkatKommineni. A patriotic singing of Indian national anthem drew the event to a close.

Every one enjoyed the delicious and traditional food catered by Bawarchi Indo-Pak Cuisine. Lot of shopping by ladies in the Indian Dress stall and many of them used the opportunity of FREE Medical Test – Body Fat Analysis

There was a great appreciation to the board members and volunteers AnandSabapathy, LaxmanPeela, SudhakarGopal, Suresh Pattipati, Janardhana Reddy Gurralla, SekharKolla and JayaramKode for their hard work and dedication to make the event a great success. Finally, Kudos goes to Jaya Velagapudi for her fantastic Emcee for the entire program.

What a show! What a beginning!





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**A beginning and an end...**

Everything has a beginning and an end and often times, in our ignorance, we mistake the middle of things to be the end because we do not have foresight into the future and are basing things off of what we have seen so far. Have you ever heard someone say, "It can't get any worse than this?" They may make that statement because it is the worst of what they have seen so far and have no visibility of what is to come. However, sometimes that mindset can become so overpowering and that belief can start to set in. The human mind is a powerful beast and keeping it positive will keep your life moving in positive directions but burdening it with thoughts such as this can lead to devastating consequences, leading an individual to the state of losing all hope and maybe even taking steps as drastic as taking one's own life.

If you compare your life to a movie, you will understand that just because you did not like one scene in the movie, you did not turn it off and walk away. Life is the same way; just because you didn't like a segment does not give you the right to walk away. There is a writer and director far more powerful and mature than



**Editor's NOTE**

us and has a good ending in store for us but we have to be willing to sit through his production. If you are religious, that may be God. If you are spiritual, that may be your spirituality. If you believe in astrology, it may be your stars. But whatever it is you believe in, something is guiding you across a path for a reason and you may not understand the difficulties you are enduring today and how they relate to the ultimate story. We can never judge our life

completely until we are looking back from the end of it.

However, often times, one loses hope and determines his or her own end. The effect of that decision can be devastating to family, friends, and those around you and it is one of the most selfish acts one can commit.

Not only will you be missing out on whatever story could have been, but you will impact many other lives and stories and force them into directions they weren't intended to go. When things get you down, just keep playing the part and seeing the movie through. One day it will all make sense.

**- Deepa Kaur Walia**

Editor, Asia Today, editor@asiatodayaz.com

And the countdown to 30 begins! It seems like in just a few months my entire life seems like it's different, but its not in my nature to change. I'm expected to be more "mature" and more "grown up"...well I'm married and about to hit 30 so I guess it's time for me to wear some full sleeved shirts and slacks and talk about grown up things like, politics, business, and whatever the hell "grown ups" talk about. In the most educated and up standing way I say, "I don't wanna". Now I have a reason I'm not just fighting the power or trying to bring down a civilization or not wanting to take on more responsibility. Responsibility as defined by the English language is "The state or fact of having a duty to deal with something." Now, that something could be a bill, being on time to meet a friend, or just getting day-to-day tasks accomplished. Now what I just wrote in the last sentence, people will read and say, "Well that is becoming an adult," No, that's being responsible. Everyone has their own responsibilities, those responsibilities just changes.

That doesn't mean I need to sit at the grown up's tables or start being more "mature". I mean what a bore, right? Kids are always thinking of new creative things changing more so challenging how things work, asking the question "why". While adults, they see what they see and live the way they live. There are comfortable in their lives of setting appointments, driving to work, and the cup of coffee that puts a bit of stability in every day tasks. Kids on the other hand, question and ask why something is done, why do you need coffee everyday? The answer "when you're an adult you'll see why".

That answer is the biggest cop out I've ever heard in my entire life. This desire to grow up is nothing more then to justify actions even if they are wrong. Adults get away with being right and wrong and no one can say anything but a child does something bad, I'll bet you at least 6 to 10 people if not the entire family will tell them how



**Publisher's NOTE**

wrong they were. So far from what I've seen, you become more disillusioned when you are an adult. You have some sort of authority or power automatically granted to you, you refuse to admit when you're wrong, and the most important you

forget how to dream or learn. You forget that there is more to life than what you know and even if you weren't able to travel the world there is probably something you can do to learn more. Learning is a hunger and it's a hunger that needs to be fed. It needs to be active, you need to dream and question the changes, not just watch news and be aware of what's going but ask why is it going on! As soon as that hunger dies and you set into a comfort zone, you truly have grown old. "Your body will age, your bones will weaken, the person that continues to learn will remain forever young" – Anonymous.

**-Raja Walia**

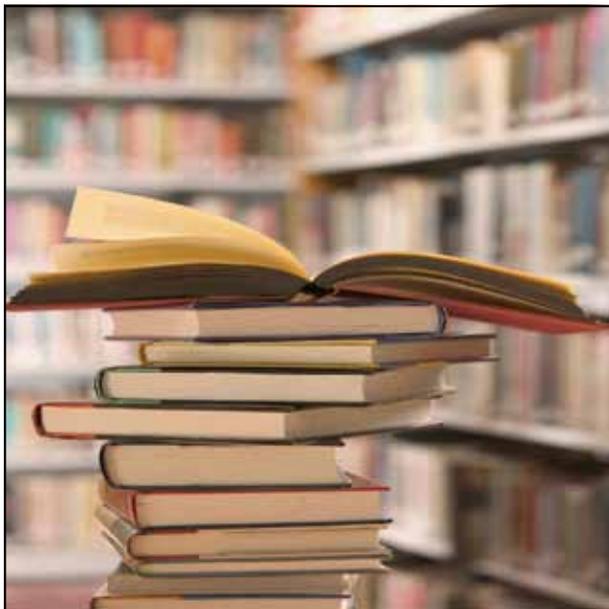
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# Now, authors prefer to be in control of their stories

**W**ith publishing houses allegedly opting to play safe, many niche Indian writers are turning publishers of their own works

Writing was often limited to intellectuals and those with literary expertise. However, with changing lifestyles, writing too has witnessed a sea of change. People today wish to read light stories, both figuratively and literally. And, this has prompted several to pen their ideas and imaginations and put it out there in the form of a book. While some still like to stick to the traditional writing style, most authors keep the language and context casual and relatable. Not just that, since everybody out there is now busy writing a book, they're also taking the reins of publishing in their own hands. We try to understand why writers are turning publishers today...

Amurta Dongray, who recently published her book, feels, "Publishers do avoid taking a risk with anything that is considered 'non-commercial'. I have had quite a few of them telling me that a book like mine, a collection of poetry, does not sell. My intention was to put out my work in order to be able to share it with people. I decided to publish it myself. Yes, it involves having to deal with distributors, and reaching out to people is never easy. But it's worth a shot." Putting together a book about her mother — the former Telugu actress T Krishnakumari, who has also acted in Kannada and Tamil films — is Dipika V Maiya, who has chosen to publish it herself. Ask her why and she says, "I approached several publishers, but realized that the



entire process is quite a mess. While one publishing house told me that I'll only get 10% of the remuneration as the remaining will be utilized in marketing, publishing and the works, another said I'll only be getting 40% and if, after three months, the book is still in stock, it will be up for sale with a discount of 50%, again of which I'll get only 40%, which is pretty bad. And, I also felt that publishers are not very clear about where the book is reaching and how it's being received. That's why I decided to publish it myself."

Avinash Rao, who has authored and published a book, provides a clearer picture. Having approached leading publishers, Avinash says, "There are too many first time authors and most publishing houses don't accept their proposals. It doesn't make sense for first time authors to invest so much money because if they go to a publishing house, it costs twice or thrice as much. But, if they publish it independently, they not only save money, but can also use it for other promotional activities."

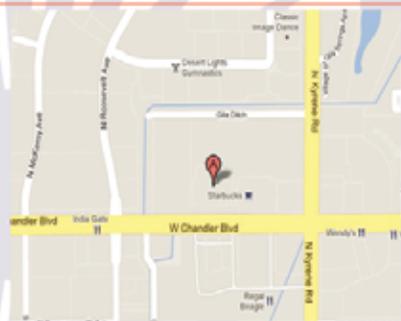
Rishabh Chaturvedi, who is one of the authors of a compilation of short stories, decided to publish it himself for several reasons. Now the owner of litizen, an online portal on which writers can put up their stories and get it published on a popularity basis, the author-turned-publisher says, "We realized that even if we approached a publishing house, we'd still have to be present in every bookstore, call the online retailer, and push for shelf space. So, we decided to take control of everything ourselves. And, honestly, short stories are not often printed by publishing houses. They prefer epic series, novels and it's only once in a year that anthologies are published, and that too of already published authors." He adds, "The marketing aspect is definitely easier. Since today, everything has a better impact when marketed on social media, we ran a campaign on a social networking site, uploaded trailers of short stories, made them viral and a lot more things that eventually helped us become a bestseller," he adds.

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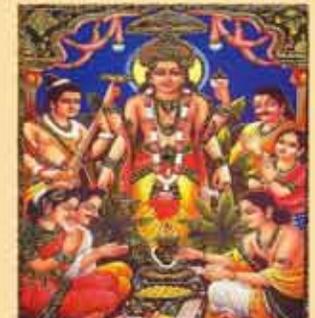
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 HTA 11th Anniversary celebration and Maha Rudra Abhishekam on June 23<sup>rd</sup>: {Pooja and  
 Maha Rudra Abhishekam from 10:30am}  
 Hanuman Chalisa discourse from June 23<sup>rd</sup> to June 29<sup>th</sup> {detail in separate advertisement}  
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# When 'No' means 'Yes'

The other day, we hosted an American acquaintance to a dinner at an Indian restaurant. Once the dinner was over, plenty of food was left, enough to have it as full meals for two people. My wife casually asked our acquaintance, if he wanted to take the leftovers back home. She was under the impression that he is going to say, 'no' like most Indians under such circumstances would. And if he did, she thought, she would ask him once again. After asking him two to three times, if he still responded in 'nay' she herself would take the leftover home for the food was excellent and was in plenty.

But our American guest didn't take a minute and promptly responded back in affirmative stating, "Yes, he would love to have the leftover." He then asked the waiter to bring the boxes so that he could pack it all. Once he had done so, we left the restaurant after saying good bye to him. He took to his own way and we drove back to our home.

En-route, we started to rehash what I felt was a rather particular behavior of our American acquaintance. The interesting fact about this incident truly boiled down to the fact that he did not have the courtesy to say, 'no', not even once? We could not imagine that by casually asking and that too for only one time; he would accept the offer, pack the food and sweep away the entire stuff without reciprocating. The acquaintance didn't try to find out whether we, the hosts would also be interested in taking a portion of the food with us, if not all of it. Further on, being a host, my wife felt imperative to seek the first right of refusal from him prior to taking an initiative to pack away the food for us. She didn't expect the guest to be so abrasive in his behavior. It is possible that while she was asking the American about taking leftover to his home, she might well have been hoping the outcome would be the other way around like most of us under such circumstances would have thought.

Putting some thoughts into this incident, I started to envision this commonly observed dichotomy between the behaviors of the people of the East compared to that of the West. It was an interesting issue, for it threw some light upon how an Indian mind thinks and works under such circumstances as opposed to that of a Westerner.

Such a behavior in accepting something spontaneously, whether

leftover from food or a gift is not considered typical for most of the peoples from Indian subcontinent. In fact, when they meet and greet with their friends and relatives and something is served or offered by the host, the usual tendency is to say, 'no.' first. For example, when Desi people are invited to a dinner to a friend's home, they will initially attempt to refuse; be it food, soft drink or even a simple glass of water. Often times the statement offered would be, "Oh! I have just taken the food, or water, I don't need it anymore." The host knows it well and so does the guest that such is not the case. One may be extremely hungry or thirsty; still the initial response would always be negative at least once or twice, if



not more. Showing abruptness by saying "yes" in such matters appears to be less than acceptable behavior in the mind of a person from Indian subcontinent and consequently the word 'no' automatically appears on the lips. Yet, in the backdrop, one keeps on hoping against hope that if only the host offers it once again, the offer will be accepted and the inner hidden desire of the guest would be fulfilled while avoiding disappointing the host.

Furthermore, this behavior is not entirely limited to the offer of food. In other circumstances and situations, for example, when a friend or relative offers a gift on the wedding ceremony or for the celebration of the birthdays of children, the same tendency of

initial negative response is exhibited, albeit superficially. Once again this is understood by the host that the gift has been brought for that very purpose of offering to him or her. Most of the people from Indian subcontinent, at time of offering or accepting a gift or while serving or being served food at the dinner table, are usually aware of this unique cultural artifact of Eastern behavior. Consequently, repeated attempts are usually made by the Indian hosts despite repeated 'no' by the guest and initial 'no' is often not taken at its face value by them.

A rather spontaneous behavior of non-Indian acquaintance in the above situation should not have appeared unusual to those who had been



Dr. Jaswant Singh  
Sachdev, MD\*  
Phoenix, Arizona

said so, I need to add that this might not necessarily be true all the time and at every situation.

In fact, being upfront and having clarity of mind has several advantages. No chance of confusion and procrastination is left for others to dwell upon. One knows where one stands, what is going to happen next and what the consequence of the stated action would be. In fact, a synchronicity between the thought process and what is being spelled out by the tongue is essential for it leads to spontaneity in action and fairness of the results. Holding something in mind as an under-thought at a given moment while acting out differently, is not a fair idea simply because the truth would become naked and show itself off ultimately somewhere along the line.

On the other hand, one might counter state here that the initial 'no' in accepting a gift, meals or for that matter even a glass of water among the people of East, is usually a manifestation of humility and soberness of their behavior. It is a custom well-rooted in their behavior. An abrupt acceptance of anything offered is considered cheap suggestive of emptiness among most of the people from Indian subcontinent and therefore is often not encouraged. Once again, this situation could be compared to that oft-repeated proverbial statement about this matter "a glass half empty or half full" depending upon how one finds things in life and from which culture one happens to come from. An action synchronic with clear cut inner thought process coupled with elements of humility usually produces solid results and should always be emphasized and encouraged.

*\*Author of 1. "Square Pegs, Round Holes" [www.SquarePegsRoundHolesBook.com](http://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 this new book, please go to the LINK <http://inkwellproductions.com/one-coin-two-sides.htm>*

## DETOX -THE HEALTH BENEFITS OF THE LEMON PEEL

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### HEALTH BENEFITS OF LEMON PEEL:

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- The flavonoids present in the peel are known to be effective when it comes to curbing the division of cancerous cells. Therefore, consumption of lemon peel is known to be a preventive measure against development of various types of cancers including breast cancer, colon cancer, and skin cancer.

- Lemon peel is rich in citric acid which prevents such teeth and gums related problems.

- Lemon peel is a natural source of vitamin C and citric acid, which helps in purifying the blood vessels in the body and eliminating all the impurities present in the skin cells. This actually promotes a healthy skin. Lemon peel is also great for acne and pimples because it contains antioxidants which detoxifies the skin to a great extent.

- In order to avail the health benefits of lemon peel, it is important to include it as a significant part of your daily diet. Every 100 grams of lemon peel contains about 160 milligrams of potassium, 134 milligrams of calcium, 129 milligrams of vitamin C,

and about 10.6 grams of fiber. Apart from that it also contains more than 44 kinds flavone glycosides, and other plant acids and nutrients that makes it as valuable as it is today.

### GRATED LEMON SKIN AND FOOD TIPS:

Freeze the entire lemon and grate lemon skin, this is delicious to use in various salads and other foods.

Sprinkle it onto vegetable salad, vegetable soups, curry soup, sushi, fish dishes. It doesn't matter whether it's a Chinese dish, Italian dish, French dish, African, Indian, Japanese, Korean, or Latin American dishes, adds a delicious flavour to all! It will give an unexpectedly wonderful taste, something that you may have never tasted before in your life. Try it and you will experience for yourself, everything will certainly taste great! Most likely, if you hear the word lemon, you only think of lemon juice and vitamin C. Not anymore. Now that you've learned this lemon secret, of the properties of the lemon peel!

To learn more how to take care of kids during summer:-

Contact:

**Priyanka Bhatia Gurnani**

Bhatiapriyanka2002@gmail.com



Once, there were two brothers who lived in a village. One was a sculptor, the other a weaver, and they both were poor. One day they decided to visit the temple in the jungle, daily, with the hope of improving their life. The sculptor brought a flower with great reverence. The weaver visited the God with great anger and gave him three slaps everyday.

This went on for a few years. Then one day the weather was very threatening. The sky was black, with a powerful wind, and horrifying thunder. The sculptor was full of fear and stayed home. The weaver courageously reached his destination with more anger than usual and started beating the image of God with unrelenting force uncountable times.

All of a sudden from a great distance he heard a faint yet powerful laugh. He wasn't sure he really heard it so he continued beating the statue.

## Two Devotees

Then the laugh again sounded. This time much closer, louder, and more condescending. The weaver yelled out in his fury, challenging the God. "I have no fear of you as long as you don't appear", and he continued striking the image.

Then there was a loud explosion and a cloud of smoke, and out of the smoke appeared a most beautiful yet fearful image of the God, very alive, and God said "your great faith has brought me here to bless you with your desire. What you want you shall receive"

The weaver was astonished yet quickly recovered his composure and said lord, bless me with two more arms and two more legs so I can do twice as much. The God said, "As you ask, so you shall receive." And the image disappeared. With great excitement

the weaver with his four arms and legs started walking back to his village.

When the villagers saw him they saw a frightful creature walking towards them. They said let us attack this demon before he destroys our village. And they did attack him with large stones and sticks, knocking him to the ground. The poor weaver was crying from pain and fear of death. "It's just me, your weaver, please stop." No one heard his plea.

When near to death he called an acquaintance by name, who then recognized him. They stopped the beating and heard the story of his experience. He told the story then added: Because I beat the statue every day I'm now dying from my own beating as a result of my karma.

The next day the other brother visited the same temple with great faith,

devotion, reverence, and a flower. He started to pray full of tears. Oh Lord! Please forgive me for missing yesterday's visit. I was weak. He continued crying. Please forgive me.

Then, a most compassionate image appeared out of a light, equal to many suns. And the image said, "Oh my devoted son, what do you desire?"

The sculptor humbly replied, "oh, my divine father, bless me with divine knowledge so I can serve the creation with great compassion and without discrimination." And he was blessed with his desires instantly and he became a great saint. My dear friends; what we sow, it will grow. Serve the creation with humility, grace, and selflessness. When we follow this formula we can see the creator in the creation everywhere.

**-Harbhajan Singh Sandhu**



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Sunday feast lecture on Sunday June 2nd 2013 at 5:35pm – Bhagavad Gita Chapter 10 Summary.

## HG Kaunteya Prabhu

Saturday 8th, 2013 & Sunday 9th, 2013



7:35:am - 8:15am Srimad Bhagavatam Class

Sunday feast lecture on Sunday June 9nd 2013 @ 5.35pm – Bhagavad Gita Class

*JUNE 3RD, 2013 APARA EKADASI & JUNE 19TH, 2013 PANDAVA NIRJALA EKADASI*



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June 9th, 2013  
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# Effects of social networks on students

There are multiple effects of social networks on students, more negative than positive and as we have noticed in this world, students always tend to lean more on the negative side, or the side with more positive outlooks for them, like popularity and gossip. Social networking has grown to be a big part of this generation. Everywhere we turn, the words "Instagram", "Twitter", and "Facebook" are incorporated into our daily lives and haunt our social calendars and outlooks. Of course there are pros and cons to social networking, however, most student only live by the cons. Social networking comes with many effects, mostly negative, which affect students in more ways than one, whether they realize it or not.

One of the many negative effects of social networking is low grades and reduced learning. Social networking sites, all of them, are simply a distraction and a getaway from the "hard stuff" like learning in this case. Low grades are a huge effect on social networks, and it is a shame to see students being eaten up by them day by day without having the strength to turn back to the education side of all of it.

Another very negative serious effect of social networking is reduction in human contact, or lack of communication. The problem is that while social networks can sometimes help students and teenagers express their feelings, experience real-life empathy, ability to understand and relate to other's feelings, it is all happening over the Internet, not face to face. This, more than anything is causing basic communication skills to drop majorly. Everything happens over the Internet and social networking these days, and it is causing face-to-face reaction or confrontation to become extinct day by day.

Not only does social networking reduce human contact, it also lessens proper language use and writing skills that are a necessity in our everyday lives. Abbreviations and the shortened English language have gotten the best of social networkers. It has gotten so bad the last few years that it can very possibly lower a student's chance of getting into college. There



students do not realize how into social networking they get and how much effect it has on them. A lot of students who are mentally ill or non-active are probably because of social networking and its effects, which make them think very lowly about themselves. Social networking can take away a student's love for being active, and being on a school or club sports team and keeping him/herself busy, and forcing them to just sit at home. Honestly, social networking in general is far from healthy, and students need to take a break from them to take a look at the world outside of them with a fresh pair of eyes.

Now that we have seen the cons, let's compare to how social networking can be good, come on, it is not all bad. This effect is usually very good for organizations and businesses so they can get their word out very quickly and very effectively. Teachers have created social networks that are educational, such as Edmodo, tailored for kids hoping to be used like Facebook or Twitter today, which is good, because at least it is used for educational purposes instead of gossiping purposes. These are the smart ways to use social networking; however unfortunately, students fail to use them in a beneficial way. Social networking can also be used to stay in touch and see what is going on with other family around the world, and they can easily start up a conversation without having to pay for long distance phone calls. Although, students around the world lean more towards negative effects, therefore they get hit with the negative effects.

is a huge lack of communication due to online shortcuts that does anything but strengthen communication skills, which are very highly needed in the future, as well as any career someone wishes to pursue. This is a very powerful negative effect of social networking that can lead students in the wrong direction of life.

Everybody knows that these social networking sites are addictive, whether we want to realize it or not. Of course it is denied by students multiple times that they are not addicted, or it is not affecting their studies, but think about it. They always want to be in the know about the latest gossip or "Who wore it best", when really that's not where their focus should be, even though they are tethered to the idea of just simply knowing. No matter how hard they try, these sites are a part of students' everyday lives. This negative effect is one that they unfortunately cannot pull away from right away.

Not only are there a lot of educational mishaps, there is a long list of negative health effects to go along with social networking as well. First, they make students very lethargic and unmotivated to create even the slightest bit of contact with people. They do not eat their meals on time or get a proper amount of rest. Also, as some personalities thrive in healthy attention, others become depressed or arrogant. Cyber bullying actually plays a huge role into social networking, which is why it needs to be lessened or even, stopped completely. It can lead to lowered self-esteems, confidence issues, and even suicide. There are not only mental health effects, but physical as well.

These health effects come with social networking and sometimes, stu-

Again, social networking comes with many effects, mostly negative, which affect students in more ways than one whether they realize it or not. All of these negative effects can only help a student to be less and less motivated, prepared, and educated for the life ahead of them. These sites do not allow them to face reality and overcome their fears, whatever they may be. In fact, they push them back further from all of it. The fact of the matter is that social networking sites may be where students want to be now, but they will not help whatsoever in the long run, which they need to stick into their brains in order to be mentally and physically prepared.

-Sammy Mallik





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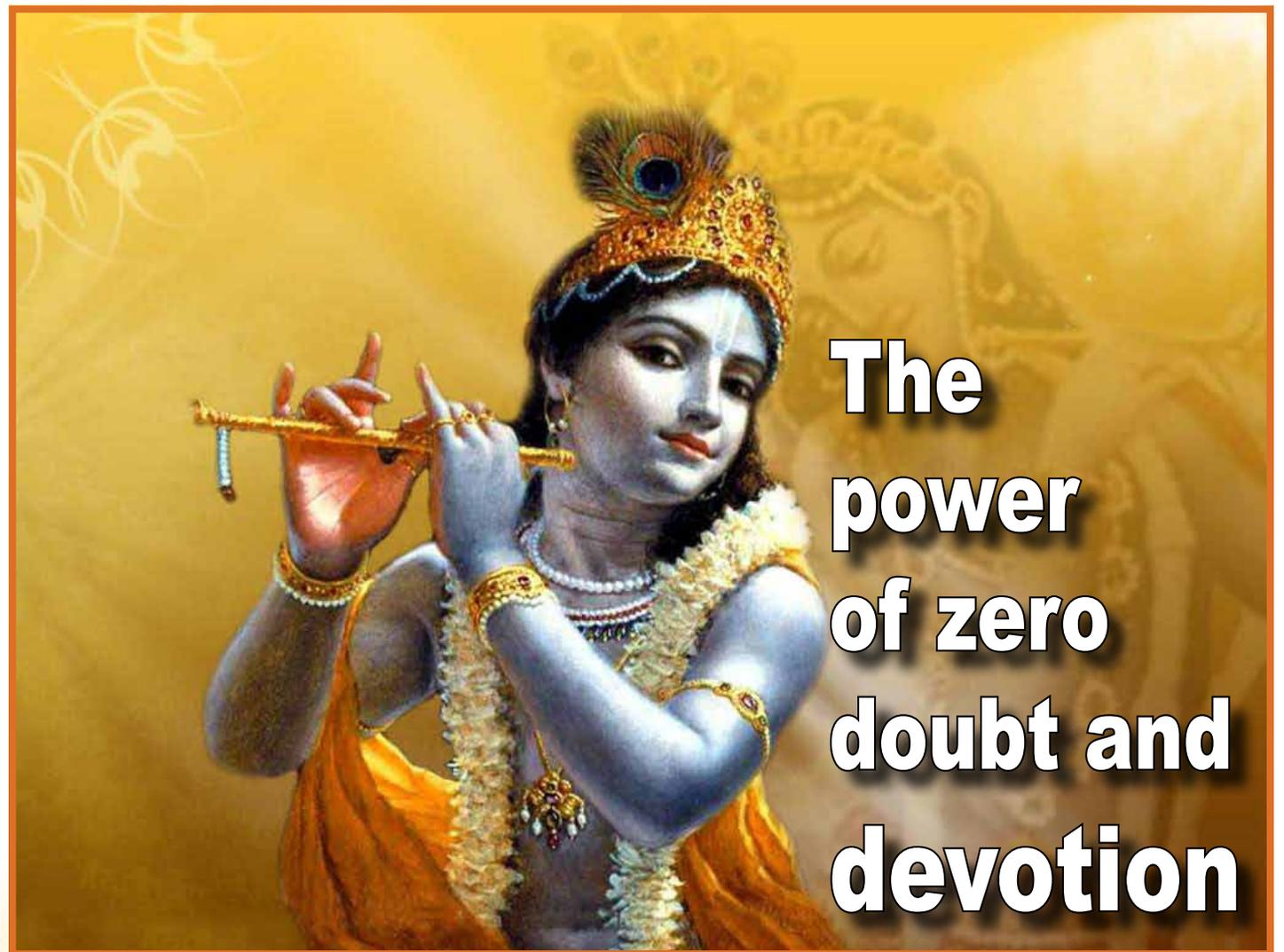
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The entire existence (with all the creatures, trees, rivers, oceans, stones, etc.) is one. It is the divine energy that is happening all the time. Just as the movie that you see in the cinema hall is only the play of one source i.e., lights, so also the entire creation, the entire universe is just the play of that one divine energy. Although everything is one, the divine, to help his devotees, sometimes assumes the form of a realized human being like and gives glimpses of the divine possibilities to their devotees. Such events are beyond reasoning and logic, hard to believe for a rational mind. But one should not forget that a rational mind is restricted to its own experiences and learning from surrounding. Here are two real life stories to prove the power of faith and devotion:

There was once a devotee of Gopala (lord Krishna) who had taken a loan from a rich landlord. He had to keep some of his belongings as security for the loan amount. It was agreed that the devotee would pay up the amount in installments in a certain number of years. The land lord's clerk to whom he used to give the installment amount was not a good person. He never used to make entries in the correct account book. Instead, he used another book and made the entries there and took the person's thumb print. In the agreed time period, the person paid up the entire loan amount. He went to the landlord and asked for his belongings. The landlord asked the clerk if the entire loan amount had been repaid. The clerk answered in the negative. The devotee was shocked. He told the landlord that he had paid all the installments to the clerk and the clerk had made a note of it in the account book and the clerk had even taken his finger prints. The landlord asked the clerk to produce the account book. The clerk produced the account book in which he had made no entries at all. When the devotee saw the account book, he was shattered and he started to explain to the landlord how he had made the payments. The landlord was not convinced and the case was taken to the court. The judge asked the devotee if he had any witness to prove that he had made the payments. The devotee said that his only witness was Gopala (lord Krishna). The judge mistook Gopala for a person and asked him if Gopala could come to the court and speak on his behalf. The devotee nodded. The next day, a person who



# The power of zero doubt and devotion

had covered himself in a cloak and stood in the witness box. He gave full details of the payments made by the devotee along with the exact dates and time when the payments were made. He also told the judge that the entries had not been made in the correct account book but were deliberately made in another account book by the clerk. He also told the place where the second account book was kept. The judge immediately sent some policemen to search the clerk's office. They found the book and produced it before the judge. When the judge went through the book, he was amazed at the correctness of the statement given by Gopala. He could not believe that an ordinary person could remember so many details so accurately. The judge gave the verdict in the

devotee's favor. After most of the people had left, the judge asked Gopala who he really was. Gopala slightly removed his cloak from his face and one look at the divine face, the judge went into ecstasy. When he came back to his normal self, he was beside himself with joy. From that day onwards, the judge was completely transformed.

There was once a judge (in the criminal court) who was known for his righteousness. He would not swerve from the right path for a n y - O n c e his son got involved in a murder case and the case was registered

in the criminal court. After hearing to the arguments for and against his son and listening to the witnesses, it was clear that his son was involved and that it would not be possible for him to escape punishment. After the hearing was over and the court was closed for the day, the judge went home and started to write the judgment incriminating his son in the case. The judge's wife was a devotee of the lord. When she came to know that her son had been proved guilty and that the judge was writing the judgment for the same, she immediately sat in front of the lord's idol and worshipped the whole night. The next day the judge went to the court and opened his judgment. As he started reading it, he found that some of the sentences were changed, but the writing was his own. The changed sentences had references to certain clauses which cleared the involvement of his son from the case. The judge was also amazed to note that they were all right and as per law. The son was saved from the punishment, but from that day the judge was a changed man. He understood that there was a higher force in existence in this world.

-Pranav Sanghadia  
(pranav@kyob.org)

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# INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)

On April 30th, 2013, Chandrkantbhai's family and friends celebrated a very special day in Lataben's life - her Seventieth Birth Day. In her honor Chandrkantbhai and friends danced to the tune of a memorable kawwali. Then the floor opened up for rounds of garaba-raas which went on non-stop for almost forty-five minutes. After a short break the fun started with dandiya-raas. The music and people became one. Finally, with the bhangra dance it was time for luncheon. During all this activity the cameras flashed, people hugged and smiled. The family had a beautiful cake, pictures and welcoming of special guest - Vasuben from Kansas City. She made a surprise journey for Lataben, just to be here with her on this occasion. The snacks earlier this morning, and the luncheon at the end was enjoyed by over eighty members and guests. Lataben will sure remember this day. Congratulations Lataben!

On May 07, 2013, it was Babubhai Gohel's birthday, and 50th wedding anniversary of Shrikantbhai & Raskaben's. The hall became alive with the voices of Kishor Kumar and Mukesh as Harshadbhai and Shrikantbhai presented their favorite songs from yesteryears with karaoke music. At times the audience joined in singing and dancing. Shrikantbhai and Rasikaben's three daughters and their son with his wife had joined the group. Babubhai and Deviben's son and his family surprised his parents when they appeared for the celebration. Over eighty members and guests enjoyed delicious luncheon of ladus, barfi, puri, shaak, daal, bhaat, papadi, dahiwadras and salad. Thanks to Deviben who worked hard despite her injured hand (with a lot of help from Babubhai). Thanks to family members from both the sides who helped serve the food lovingly. Of course the Gohels and Vaidyas co-sponsored the luncheon.

On May 14, 2013, it was a special celebration of Mother's Day. Once all the Mothers present got situated on the stage the program got underway with Prayer by Narayanbhai, each mother was given a red rose by Deepika and Nilam, a special serenade with "Janani Ni Jod Sakhi Nahi Jade..." by Jitubhai with the Working Committee, a group picture of mothers, selection of Best Dressed Lady and Good at Heart Man, distribution of Mothers Day Gift of almond package by Prakash Gandhi, "Pass-the-Parcel" game Winners of the contest were awarded prizes by Vijayben & Pannaben, a short skit by Prakash Gandhi based on movie - "Sholey", Cake-Cutting by Deepika & Mrs Sanghera, and, delicious big luncheon sponsored by Pannaben & Jitubhai was enjoyed by over ninety members and guests. Many thanks to all the volunteers and helpers at every step of the celebration with many "wows, oohs and ahhs".

On May 21, 2013, Hemlataben Desai gave an excellent presentation on - "Slips, Trips and Falls" which was quite relevant and beneficial to seniors. As it was the third Tuesday in the month, ISAA had birthday and anniversary cakes. The number of participants was just great for the month. All had fun. Thanks to Kanwal & Neelaben Desai for preparing the cakes. Jitubhai started with a moment's silence to pray for the families of Oklahoma tornado victims. We will continue to have informational and entertainment programs as everyone enjoys them. Sponsors today were Shantibhai Rajyaguru and family. The delicious dinner was enjoyed by over eighty members and guests.

Hats off to ISAA Seniors for being so active and having so much fun! Every Tuesday is like Diwali!

**Announcements:**

- Chhotubhai reported that the 2012 ISAA Tax Returns (IRS, AZ) have been filed.
- ISAA observed a moment's silence in memory of Late Shree Amritbhai Dave and Lt. Mrs. Shardaben Patel known as Motiben and prayed for their souls to rest in peace.
- Jayantibhai & Smitaben who visited the center made a generous gift of \$101 to ISAA.



Excellent presentation on Slip, Trip & Fall by Hemlataben Desai



Happy 50th Wedding Anniversary to Rasikaben & Shreekantbhai



Mothers Day celebration started with prayers by Narayanbhai Ojha



Pass-the-parcel victim - Lataben is singing a song as compelled by the ring-master Shashikantbhai!



Mothers who were honored and respected as part of the Mothers day celebrations



Mothers Day privilege by a birthday boy - what an honor!



Vasuben surprised Lataben on her 70th coming from Kansas City - What a happy moment!



Lataben surrounded by her lovely and proud family and friends on her 70th birthday!



Luncheons at ISAA are tasty, but, they are tastier when served by pretty ladies with big smiles!

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# IAF Senior Group Celebrates **Mother's Day**

Senior group celebrated Mother's Day on Thursday May 9th. The program was organized under the leadership of Shreekant Vaidya. We started sharply at 10:30AM with introductory songs by Mahendra and Tarla Dave. Our talented "Inhouse" singers were Shreekant Vaidya, Harshad Desai, Suresha Shah, Sevanti Shah, Meena Bhavasar and Umesh Parikh. Of course, we cannot have any program without Ramaben's jokes and cute appropriate message, and she had her share of the time too. We missed Amrita and Balbir Khorana as Amritaji's was recovering from a recent illness. Our guest Kalaben Patel from Raleigh, NC gave a brief talk on equal importance of Mothers and our female deities in Hindu religion. Suresha Shah composed and read a touching message regarding mother's as follows:

"On this a Mysterious Beautiful world, Mothers are the incarnation (Avatar) of God. We see the most unselfish unconditional real love is in the Mother. She is always a Loving, Caring, Sensitive, Talented, Creative, Intelligent, Wise and strong person, who is also very supportive, reliable and loving. She is always cooking and doing things for the family in her own simple way. On occasion of this Mother's Day, I honor all Mothers who survive in Life's Ups and downs. I salute her strong will power, achievements and courage."

We had two invited VIP visitors – recently elected year 2013-1014 President of IACRF Board of Directors Mr. Kul Bhushan Chhibber and editor of Valley India Times Ms. Jesal Dholakia Gandhi. Kul expressed IACRF board



of Directors' belief on the importance of this IACRF Senior Group program to the Indo-American Community and assured continued support for the Senior Group activities. Valley India Times has been a strong supporter of the cause of the Senior Citizens and has devoted a full page (Seniors Corner) of the monthly newspaper since our Senior Group's inception in November 1999. Jesal mentioned how happy she is to be visiting us and VIT's strong commitment to help further our cause. Jesal presented a rose to all women present and conveyed Happy Mother's Day greetings to them. Both visitors had a Cake for the group and the cakes were cut with the Group singing Happy Mother's Day. Bhagubhai thanked both of them for being present in our celebrations.

Prakash Desmukh gave a brief presentation on a project under development for Indo-American Community or Senior Citizen residences by a group of investors, developers and himself. He solicited inputs from the Senior group members on certain features of the development. If anyone missed giving input and will like to, please contact Prakash Desmukh on kashdesh@yahoo.com or Bhagubhai Patel on bhagubhai98@yahoo.com

36 members of the Senior Group went on a tour to Rock Point, Mexico on April 26,27 and 28. The ride in 15 passenger vans were enjoyable. Once settled in seashore condos of the Rocky point it was time for leisurely walks on the sandy beach, sitting in Jacuzzi and watching waves pounding the shores

or just laying in lounge chairs by the swimming pools!! Friday evening was spent playing Antaksweri in the open air meeting place. Saturday was spent visiting the town of Rocky Point, shopping for the trinkets and having lunch in a Mexican restaurant. Saturday evening many group members enjoyed sumptuous Italian meal at a fancy restaurant on the shore. We learned a lot about the 36 people group dynamics and managing a large group tour, may be the experience will help us in our future tours.

Senior Group lost a good friend when Amritlal Harishanker Dave passed away on April 25, 2013 at the age of 88. He was born in Tanzania (East Africa) and came to USA in year 2000. He had lost both parents at age 9. He had never been to school, yet he taught himself how to read and write both Gujarati and English. He was self made successful business man. He married to Pushpa-ben Dave in 1944. He is survived by wife and 6 children and their families, totaling 40 living direct decedents. He was a philanthropic man though out his life, helped pay tuition fees for needy students and always donated for the right causes without hesitation and never once wanted attention for his philanthropy.

**IACRF Senior group meets every Thursday 9:30AM to 3:00PM at the Indo-American Community Center located at 2809 W. Maryland Avenue, Phoenix AZ 85017. For additional details, please contact Lalitbhai Patel on Tel: 480-820-8700.**

Thanks to Sevantibhai Shah and Mahendra Dave for Photos.



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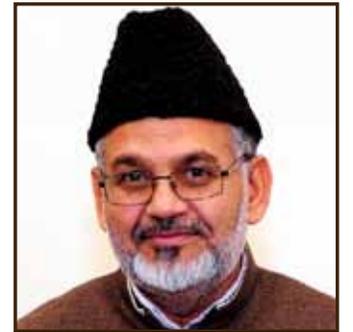
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# Ahmadiyya Khalifa makes historic first visit to Southern California

Hadhrat Mirza Masroor Ahmad, the Khalifa of Islam Ahmadiyya and the 5th successor to the Promised Messiah and Imam Mahdi, visited the west coast of the U.S. from May 4th to the 15th, staying at the Baitul Hameed Mosque in Chino. His main purpose in coming to Southern California was to meet with local members of the Ahmadiyya Muslim Community, the denomination of Islam he has headed since April 2003 when he was elected to the lifelong position of Khalifa or spiritual leader.

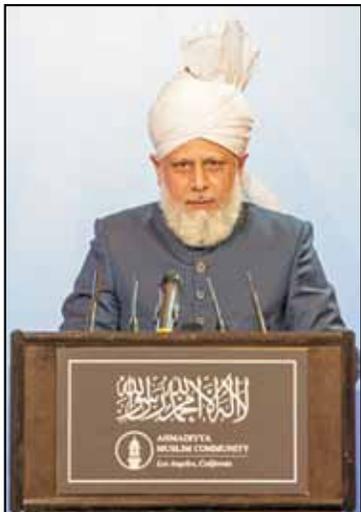
His Holiness Khalifatul Masih the 5th spent the better part of a week conducting 550 private meetings with families, conversing with around 2,200 members of the Ahmadiyya Muslim Com-



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

munity. Most of the Ahmadis who met with His Holiness live in southern California, but a sizable portion came from central and northern California, Nevada, Arizona, New Mexico, Texas, Oregon, Washington, and half a dozen other states from

the mid-west to the eastern seaboard. Some members traveled from Canada and others came from as far away as the UK, Norway and Pakistan. All were eager to spend even a few minutes with their Khalifa, and all tried their best to make it for the five daily prayers, which His Holiness personally led. Having the Khalifa on the



mosque premises for 12 days was an amazing blessing and a spiritually revitalizing experience for everyone, said Imam Shamshad A. Nasir, the Chino Mosque's prayer leader and southwest regional missionary for the Ahmadiyya Community in the U.S. It was the Khalifa's first trip to the west coast, and Ahmadis came from far and wide just to be able to meet with him for a couple of minutes and have pictures taken with him.

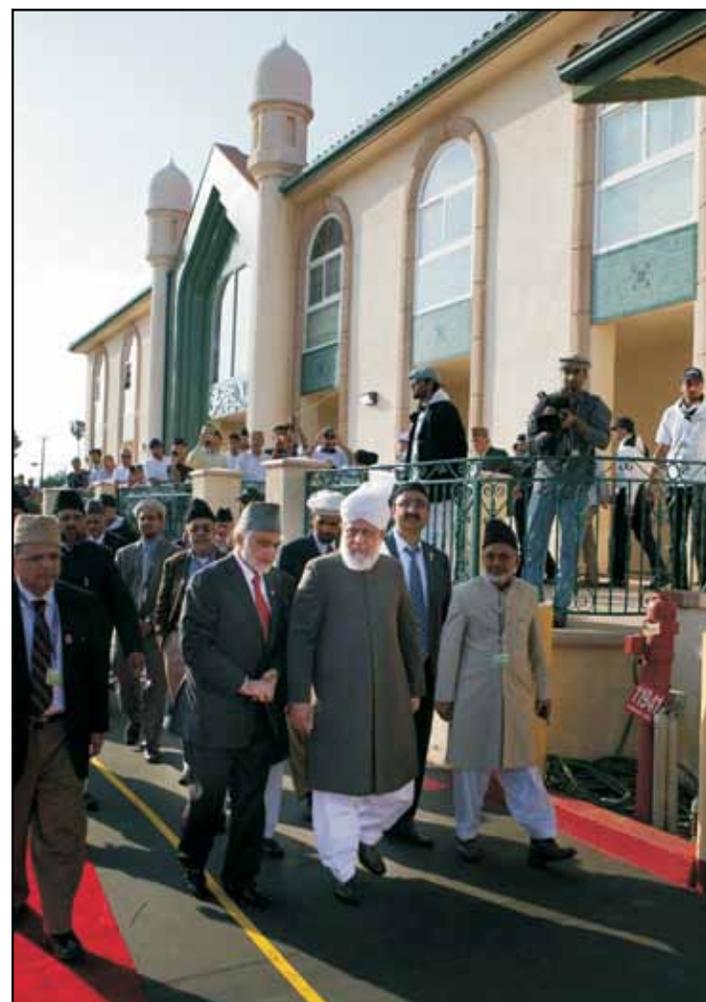
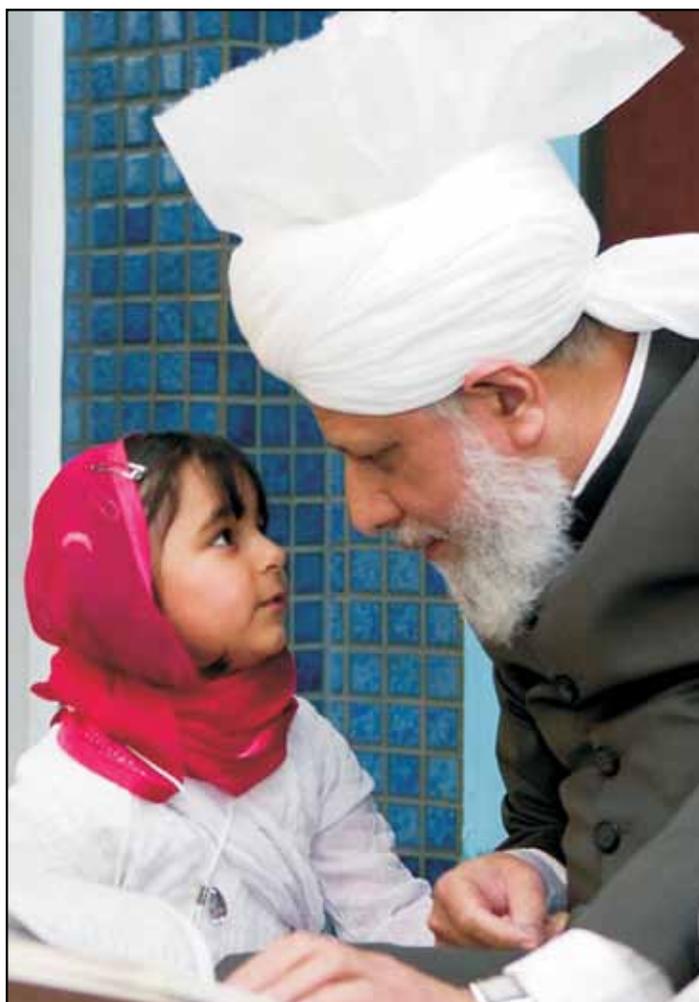
Imam Shamshad summed up the overall feeling of Ahmadis in the presence of their spiritual leader: "There are millions of Ahmadi Muslims who have never been able to meet the Khalifa, so to have him come to Southern California and stay right here at the Mosque and to have him lead the five daily prayers, which he does with complete attention and focus, well, that's something we will remember and treasure for the rest of our lives."

The Khalifa's Friday sermon on May 10th was broadcast live from the Baitul Hameed Mosque in Chino, and all over the world, tens of millions of Ahmadis in 202 countries listened to the Urdu broadcast or a translation in one of twelve major languages.

The Khalifa's sermon focused on the need to spread Islam to the Hispanic population by printing more Spanish books and literature, and training Spanish-speaking missionaries to convey to the Hispanic people the message of Islam and its revival through the Ahmadiyya Community. After the sermon, the Khalifa conducted an emotional re-initiation ceremony for members that was televised live and participated in around the world.

On May 11th, His Holiness gave the keynote address at the Montage Hotel in Beverly Hills before an "Invitation-only" audience of 300 people composed of civic and academic leaders, the media, law enforcement officials, sheriff Lee Baca, L.A. mayoral candidate Eric Garcetti, Lt. Gov. Gavin Newsom, and members of the California state assembly and the U.S. House of Representatives.

His Holiness started by condemning the recent Boston Marathon terrorist attack as well as all acts of terrorism committed in the name of Islam or by so-called Mus-



lims. He stated that because Islam forbids terrorism and requires Muslims to seek peace and be peaceful, it was factually incorrect to say that terrorism in any form is commanded or sanctioned by Islamic teachings. The Khalifa then outlined the Islamic solutions for world peace, based on the fundamental need for true justice between people and nations. [ His entire address can be read online at: <http://alislam.org/e/2261> ]

What makes the Ahmadiyya Khalifa unique is that His Holiness openly claims to be the Khalifa appointed by God for the spiritual and moral reformation of the Muslims, and that the return of the glory days of Islam will never occur through political or military means but only when Muslims return to the true Islam of the Holy Prophet Muhammad (peace and blessing be upon him). This was promised to be re-established in the world with the advent of the Imam Mahdi, who Ahmadi Muslims believe came in the latter part of the 19th century (of the Christian era) in the person of Mirza Ghulam Ahmad of Qadian (1835-1908). Ahmadis believe that he also fulfills the Second Coming of Jesus (pbuh) for the Christians and the Muslims.

The Ahmadiyya Muslim Commu-

nity -- which has always stood by the claims of its founder, Mirza Ghulam Ahmad, that he was the Imam Mahdi and Promised Messiah -- has been blessed with a continuous succession of Khalifas following the demise of Ahmad in May of 1908.

The present Khalifa normally resides in London, where he governs the largest unified body of Ahmadiyya Muslims in the world. Every Friday, his hour-long sermon -- broadcast live via satellite and the Internet -- reaches tens of millions of Ahmadis across six continents. The sermon is done in Urdu with translations into German, French, Arabic, Bengali, English and many other languages.

The Ahmadiyya Muslim Community's main website, [Alislam.org](http://Alislam.org), can also be viewed in more than 30 languages, and the Community has led the Muslim world in the translation of the Holy Quran into more than 70 languages, being the first Muslims to translate the Quran into English in the early 20th century. Prior to that, all European language translations of the Quran were done by non-Muslims who were either openly hostile to Islam or largely ignorant of Arabic or the teachings and history of Islam and the Holy Prophet Muhammad (pbuh).

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*For more information about Islam or the Ahmadiyya Muslim Community, please call the Baitul Hameed Mosque at 909-627-2252 or Imam Shamshad directly at 909-636-8332 or via Email at: [Shamshadanasir@gmail.com](mailto:Shamshadanasir@gmail.com), or visit the Community's websites at: [www.Alislam.org](http://www.Alislam.org) or [www.TheChinoMosque.org](http://www.TheChinoMosque.org).*

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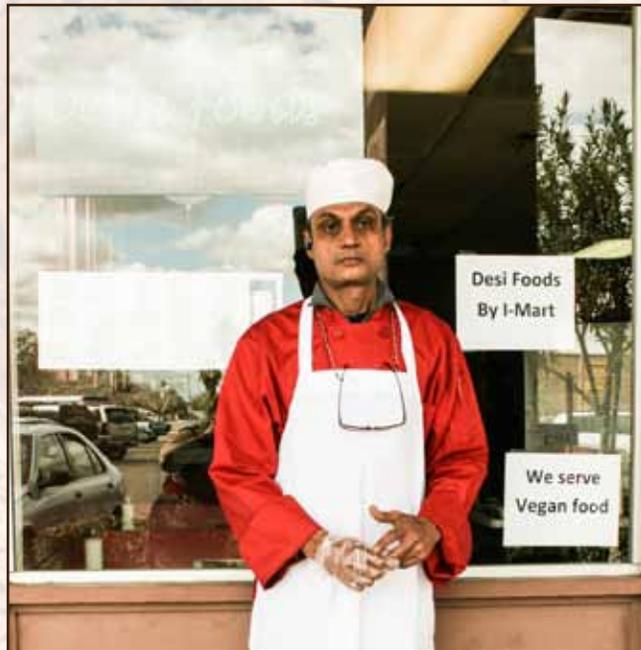
## About the Ahmadiyya Muslim Community

The Ahmadiyya Muslim Community is a peaceful, non-political and fast-growing international reform movement within Islam. Founded in 1889 in Qadian, India by Hadhrat Mirza Ghulam Ahmad (1835-1908), the Promised Messiah and Imam Mahdi, the Ahmadiyya Muslim Community is now established in over 200 countries with membership numbering in the tens of millions. Their motto is: "Love for All – Hatred for None" and they can be reached in the U.S. and Canada toll-free at

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# Real-estate sector in Arizona

## Hello Friends!

Summer is almost here with hot and sunny days, kids on the ground, vacation plans that may include Disney and other theme parks for some of us. It's really the fun part of the year, barring the 3-digit hot temperature outside. The AZ real estate market seems to be ready to bask in the sun as well. We now have the biggest delinquencies dip! Current delinquency rate now puts in below the national average of 4.56 percent, which eased from 5.78 percent one year earlier. Credit-bureau Trans-Union said the proportion of Arizona mortgages 60 or more days past due fell from 6.86 percent in the first quarter of 2012 to 4.26 percent in the first quarter of 2013.

That delinquency decline of 37.9 percent was the Nation's best, followed by neighboring California's 36.6 percent drop and Colorado's 28.5 percent improvement. All 50 states and the District of Columbia saw their mortgage-delinquency rates improve over the past year. North Dakota, South Dakota and Nebraska currently have the lowest delinquency rates, all below 2 percent. Florida has the highest percentage of past-due mortgages at 11 percent, followed by Nevada (9.12 percent) and New Jersey (6.93 percent).

Now lets look at the April sales of Residential Homes in Maricopa County -

- Total sales for single-family, Town-homes, Condos for April was 7,612 whereas March was 7,085 and February was 5,763.

- The Active listings for April was 15,818 whereas March was 16,377 and February was 17,197

- Pending sales in April was 9,659 whereas March was 8,813 and February was 9,077

- Cash Buyers are still dominating the market with 3,086 closings

- Conventional closings were 2,801

- FHA closings were 1,291 as the Mortgage Insurance is high on FHA then Conventional PMI.

Here are some graphs on the overall valley activities on Traditional sale, foreclosures and short-sales

**Let's looks at the Commercial side** – The Kroger Company acquired a gas station and convenience store at 7949 E. Thomas Rd. in Scottsdale, AZ, part of the Indian River Plaza, for roughly \$1.09 million, or more than \$1,000 per square foot. The service station was built in 1984. It will continue to be used as a service station operated by The Kroger Company.

Talia Jevan Properties LLP, based in Vancouver, BC, has acquired the 94 Hundred Shea mixed-use project at 9325-9397 E. Shea Blvd. in Scottsdale,

AZ through an Auction for \$15.55 million. The property consists of four retail and office buildings totaling 74,079 square feet on 7.03 acres, along with an adjacent parcel of 3.6 acres of vacant land. The buildings were 92 percent occupied at the time of sale. The adjacent land will offer additional development opportunities for the new owners.

Westwood Financial Corporation acquired a portion of the Heatherwood Plaza from American National Insurance Co. for \$3.6 million. The transaction included a free standing out parcel building at the plaza plus a portion of the main strip attached to the Fry's building at the location, including the vacant space at the plaza.

O. McMillan purchased the 3.7-acre apartment site located at 260 E. Rio Salado Parkway in Tempe, AZ from a subsidiary of Sunbelt Holdings for \$5.85 million, or about \$1.58 million per acre. The proposed 264-unit apartment building will total 327,182 square feet of living space. It will be four-stories with a fifth-story loft. Including two levels of underground parking will bring the project to 524,815 square feet.

Cal Ranch Stores and Hobby Lobby have leased the former Wal-Mart space at Plaza Vista Mall, located at 657 Hwy 90, Sierra Vista, AZ. Cal Ranch signed a 10-year lease for 72,436 square

feet, while Hobby Lobby signed a 10-year deal for 54,811 square feet. The 313,261-square-foot power center was built in 1983 on 13.7 acres at the northeast corner of Hwy 90 and Charleston Rd. in Cochise County, southeast of Tucson. Both tenants are undergoing extensive remodeling and build-out to the new space, with Cal Ranch scheduling its grand opening in first quarter 2014 and Hobby Lobby opening its doors in the fourth quarter 2013.

A & C Properties, Inc. acquired The Village at Surprise shopping center at 13980 W. Bell Rd. in Surprise, AZ from Pacific West Land for \$6.02 million, or approximately \$221 per square foot. Built in 2003, this 27,205-square-foot retail strip is located on 3.3 acres in the Surprise / North Peoria Retail submarket. So friends, this was the summary of the news for the current happenings in the valley. Please stay cool and enjoy the summer time with your friends and family. As always, I love all the questions, comments & feedback. Please keep them coming at [arti@artiiyer.co](mailto:arti@artiiyer.co), or feel free to call me at 480.242.8573 if you need more information.

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

यहां पर भारत की सभी प्रकार की ताजी सब्जियां व अन्य घरेलू सामान सस्ते दाम पे मिलता है।

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Sita stood next to her mom at the sidewalk waiting for the traffic light to turn red. The crutches felt heavy under her frail arms. The blue sky had turned black a long time ago. A few cars drove by and there were hardly any pedestrians on the street. She was tired, hungry and wanted to go home. Home meant the narrow street behind the dumpster they slept at night.

Mom counted the few coins they had collected again. As if recounting would somehow increase the amount. The scary-man would get furious. Every morning he came home to take away a major portion of their earnings. Her eight-year-old mind couldn't understand why they had to give away their hard earned money. Mom said the traffic light, like most traffic lights in central Bombay was his territory. If they didn't give him money he won't let them work. He had warned mom that next time she didn't make the minimum amount Sita would be placed elsewhere. The thought terrified her. She didn't want to be separated from mom and wished that man disappeared into thin air.

The traffic light turned red. She and mom rushed to the nearest car. Outstretching their hands, they plead for money. A man and woman sat in front seats of the car with a kid of Sita's age in the back seat. Sita turned to the kid and begged. The kid gaped at her without

uttering a word. The woman turned back and picked up the bag lying carelessly next to kid. From the bag the woman took out a piece of clothing and gave it to her mom. The light turned green and they rushed to the sidewalk again.

Mom turned the dress around and examined it. Bright as the afternoon sun with big white flowers scattered on it, the dress wasn't torn anywhere.

"Is for me?" she asked mom in an excited voice. She had heard of people in cars giving away

clothes to people like her, but she hadn't been lucky till now.

"Yes," mom said with a smile and put the dress over the torn and tattered t-shirt-the only clothing she owned. The soft

fabric caressed her coarse skin.

Mom rolled up the sleeves of the dress and kissed her. "You look like a princess."

Happiness spread through the body like a gentle stream flowing from mountaintop. "I want to see how I look," she said and started walking towards the restaurant at the corner of the street. Mom picked up their rucksack and followed her.

Standing outside the restaurant's tall window, she admired her image. The dress hung loosely on her small body and her hands hid inside the long sleeves but it looked beautiful like the dresses in the shop windows. A waiter from the restaurant came out to shoo them away. That didn't make her angry today.

She and mom laughed at the waiter's annoyance.

and walked away to their street to show-off the dress.

"I have a new dress! I have a new dress!" She screamed as she prom- enaded the street. People gathered around her. She threw her crutches on the ground and put her arms forward for everyone to touch the smooth fabric. No one on the street ever had a dress like hers. Compliments were showered. The dress was admired and envied. She loved the attention, and felt like a real princess. Friends asked if they could borrow the dress for a day. She firmly refused. She would never take the dress out.

The crowd slowly dispersed. She and mom went to their usual spot to sleep. Lying down on the hard ground she laid awake looking at the dark sky. Mom prayed the scary-man shouldn't take away her daughter. Sita heard the prayer but kept gazing at the stars. Tomorrow she may be separated from her mom. Like some of her friends she may be placed at a railway station far away from her home. She didn't know what daylight might bring but right now she felt like the tiny star twinkling in the sky.

**Priti Kothari**  
prtickothari@hotmail.com



## Vaastu tips for your home's main entrance

The entrance of the house brings in the main energy. Read on to find out more about the vaastu of the main entrance

The main entrance of the house is one of the most important areas. Dr Snehal S Deshpande, Advanced Feng Shui & Pyravastu Consultant tells us more about it. The main entrance is the mouth of a house which brings in main energy and here are certain rules about the dos and don'ts regarding the door.

Avoid a property which has a door facing South West as it is the entry of the devil energy and brings in struggles and misfortunes. If the wealth energy as per advanced Feng Shui of that house is good, the occupant may prosper dur-

ing initial 3-4 years. But then may face a down fall. If your house already has a door facing South West, fix 2 Hanumanji's tiles ( with the Gada in his left hand) outside the door & see the difference. Certain gems like Yellow Sapphire, Earth Crystals, Lead with the Expert's advice can also further reduce the severity of this defect. But it is always better to avoid such properties.

The door facing South East is said to be a door which brings in illness, anger and court matters. wo stickers of Gayatri Mantra should be fixed on both the sides of the door from outside. Use of gems like Coral, Yellow Sapphire etc. and copper with a proper advice will further reduce the defects of this door.



South facing door brings in sharp energy which disturbs positive energy field of the house. Door here means a highly active social life. Some times it may bring in arguments or disagreements. Again fixing two above mentioned Hanumanji's tiles outside the door will help. It can further be protected by using lead, cat's eye etc. But this door if it is in fourth Pada is very good for an occupant.

West facing door is also not bad for the youngsters as it has an active energy & energy of enjoyment. That is why in Japan, Geisha houses are always facing west.

North West facing door is not so bad. It can bring in health, wealth and prosperity if supported by other vastu rules.

Only thing that the main male member of the house may remain out of the house

for a longer time if the door faces west and a female if the door faces North.

Normally doors facing East, North, North East are said to be good doors. But again there are many other things like Cuts, Extensions, Under Ground Water Tanks, Feng Shui (Flying Stars Chart) of the house which decide the wealth and health of the occupant. A few words on these topics some other time.



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## GURDWARA MONTHLY

*A Monthly digest of Gurdwara Programs and Events*

### JUNE 2013 Programs & Events

19 Jeth – Harh 17, 545 Nanakshahi Era (NE)

**June 9 (Sun.) – Ardaas 1984 Ghallughara / Attack** by Indian military on Harmander Sahib, Akal Takhat and 42 other Gurudwaras.

1. Sahid Sant Jarnail Singh Ji Khalsa
2. Sahid S. Subeg Singh Ji (R.G)
3. Sahid Bhai Amrik Singh Ji Khalsa
4. Sahid Baba Thara Singh Ji

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**June 14, Harh 1 (Fri.) – Sangrand & Monthly Sehj Path**  
9:00 AM – 10:00 AM.  
Gurghadhi Siri Guru Hargobind Ji. (1606) 7PM – 8:30PM

**June 14 – 16 (Fri.-Sun.) – Shaheedi Sri Guru Arjan Dev Ji (1606)**  
Akhand Path starts Friday at 10 AM.

**June 16 (Sun.) – Homeless Dinner Seva at 3:30 PM**  
Phoenix Rescue Mission. Call 602 741 8021 for more info.

**June 23 (Sun.) – Pooranmashi and Birthday Bhagat Kabir Ji**

**June 28 (Fri.) – Shaheedi Baba Banda Singh Ji Bahader (1716)**

**June 30 (Sun.) – Barsi Maharaja Ranjit Singh Ji (1780-1839)**

**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!*



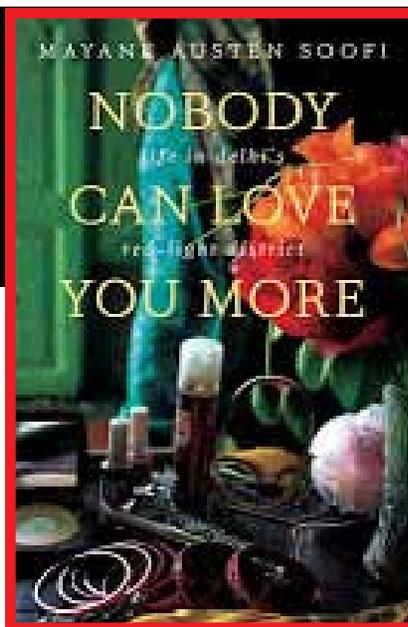
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*Siri Guru Hargobind Ji,  
Thus began Miri & Piri*

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# A book about life in Delhi's GB Road



**Book title:** Nobody Can Love You More  
**Author:** Mayank Austen Soofi  
**Publisher:** Viking (Penguin Books India)  
**Pages:** 225

Lifeless posters of Aishwarya Rai, Madhuri Dixit, Amisha Patel and Mahima Chaudhary are plastered on the walls. They smile back at you from the cramped room that has never been graced by the sun's rays. Turn away from the walls and you'll find the living posters of Sushma, Nighat, Mamta, Roopa, Phalak and Fatima - roaming about idly or simply busy with daily chores. Welcome to life in GB Road, New Delhi's notorious red light district.

Mayank Austen Soofi is a blogger and author who writes about Delhi and its people. His latest expedition into the streets of Old Delhi comes bound in a glossy, green jacketed book called 'Nobody Can Love You More - Life in Delhi's Red Light District'. Although there is no prologue, the story of GB Road's sex workers begins even before you open the book. While the front cover is a picture displaying a make-up tray with cheap lipsticks, dull-red bangles, and blurred figure of a woman, the back cover is that of a green door bolted by a heavy iron lock, and a fragrance-less jasmine gajra twined along the handle.

'Nobody Can Love You More' tells a story that everyone (including me) has been inquisitive about but not many have dared to, or perhaps, got a chance to explore. Mayank's narrative is neither emotional nor heartless. It is, in fact, a commentary on what he sees. "I used to go to GB road every evening to teach informal English to a kotha owner's kids. Soon, I became a part of their world and it was like visiting any other friend's home. I had absolutely no intention of writing a book back then but I couldn't close my eyes to the world around me. So, I simply carried my notepad, made notes about what I saw, experienced, and came back home to write about it. The decision to write a book came much later," says he.

In the course of decoding the abnormality of GB Road, there are times when Mayank tries to escape the murk by entering "civilisation", a Connaught Place cafe for him, where "uniformed stewards" bring him "club sandwich and Darjeeling tea". Later, when he revisits those dark alleys in the middle of a foggy, December night and the police arrive, he is not left with any choice but to take shelter in teen sau (300) number kotha, which he ironically calls "home".

**Real women, real stories:** Women in GB road are as normal as others. They cook, pray, raise children, on occasions nag and fight, and earn money. "In the very first chapter, I take the reader into Sushma's world", says Mayank. But understanding the life of a sex-worker is not easy - how she entered the dhanda, how much does she earn from one customer, what is the share of the kotha owner, where is her family, if she ever truly fell in love, what would happen when she ages - are some of the questions that you cannot blatantly ask. In one chapter, Mayank says that he had to drink their unfiltered water and eat their food, because why else would they share their stories with him. "It wasn't like I went there for seven days and wrote the book. I spent almost three years getting to know them. I talked about my life, shared my fears and even told them about my favourite authors. Even though they knew nothing about them, they listened with interest. It's a two-way street. I wanted to share my story because I was interested in hearing their stories too," explains Mayank.

It's also amusing that any topic that is meant to be kept under-wraps is the one that generates most curiosity. One such chapter is where Mayank meets Hasan Khurshid, a legal journalist who lives near GB Road and who tells him that as kids "while walking on GB Road, we were not to look up...for decent people like us, looking up at the kothas is a taboo."

**The bystanders:** What's remarkable about the book is the fact that Mayank has taken into account all those who play a role, small and big, in shaping the disposition of the sex-workers. First, there are the shopkeepers who operate right below the kothas and yet behave as if they don't exist. Then, there are men in the nearby mobile stores, who are least bothered about who comes to them for a talk-time recharge as long as they pay up on time. And lastly, there is the local priest who performs a satya narayan pooja in the homes of Muslim sex-workers. But never do these people disregard the women with contempt. Their honesty is evident when one shopkeeper says, "GB Road is a part of our society. How can you say that they are not civilized?" and also when the mobile store man defends them by saying, "They never cheat."

**Everyone wants to escape:** The women, the kotha owners, the children and even the pimps, everyone dreams of escaping the shackles of GB Road. But in the end, deep in their hearts, they all seem to know that "GB Road is a quicksand. Once you get into a red light, it is very difficult to get out."

'Nobody Can Love You More' doesn't evoke any sympathies for GB road, its women, children and their circumstances. Neither does it justify their choice of work and existence. It is a perspective of a neighbourhood distanced from the accepted societal norms. It is a reminder and a comprehensive understanding of the extraordinary lives of ordinary people.

# POET OF MONTH Ned Balbo

Ned Balbo's third book, *The Trials of Edgar Poe and Other Poems* (Story Line Press), was selected for the 2010 Donald Justice Prize by judge A. E. Stallings, and was also awarded the 2012 Poets' Prize. His second book, *Lives of the Sleepers* (U. of Notre Dame Press), received the Ernest Sandeen Prize and a ForeWord Book of the Year Gold Medal; his first, *Galileo's Banquet*, was awarded the Towson University Prize. A selection of poems based on the paintings of Nora Sturges appears in the current *Avatar Review*, and variations on poems by Apollinaire, Baudelaire, Rilke, Rimbaud, Trakl, and Valéry are out or forthcoming in *Able Muse*, *Antiphon*, *String Poet*, *Unsplendid*, and elsewhere. He was featured poet in the Fall 2011/Winter 2012 issue of *Valparaiso Poetry Review*, and his reviews of contemporary poetry may be found in most issues of *Antioch Review* from 1999-2009. He lives in Baltimore with his wife, poet-essayist Jane Satterfield, and her daughter Catherine.



## A Parable of Flight

Wouldn't it be great if lizards flew,  
the world's mind thought and, thinking, made it true.  
The pterosaur, ascendant in the sky,  
would last an age and, over eons, die.

The world's mind thought and, thinking, made it true.  
From trilobite to slow triceratops,  
some good ideas would, over eons, die.  
The bird-hipped dinosaur took baby steps

past trilobite, beyond triceratops,  
till archaeopteryx, the feathered lizard,  
sought the sky. No time for baby steps—  
Sharp claws and teeth protected it from hazard,

though the creature looked less bird than lizard.  
Was its blood, perhaps, already warm?  
Sharp claws and teeth protected it from hazard  
when it fought, inflicting real harm—

The blood of carrion is always warm.  
Who flew beside the starling and the crow?  
The passenger pigeon, though it meant no harm,  
rose up in great flocks shadowing the snow,

but who survived? The starling and the crow.  
And yet, the world's mind also loves a joke—  
ostrich and emu, striding over snow,  
lush veldt, or outback took another look

(because the world's mind always loves a joke),  
and said, No, thanks. The concept in reverse.  
The dodo, too, from which a single look,  
sad-eyed, brought traders' clubs down with a curse,

followed survival's trend-line in reverse.  
Would it have fared much better in the sky?  
It couldn't tell a blessing from a curse....  
Earth-bound unfortunate, it never flew.

## AZ Business Magazine, awards prestigious 2013 Philanthropist of the year award to a local NRI for giving back to the local community

will also build a religious retreat center, in which the focus will be yoga and meditation for all members of the community.

Mr. Verma said he learned the philanthropic efforts from his father, who has an active charitable foundation in India in his name.

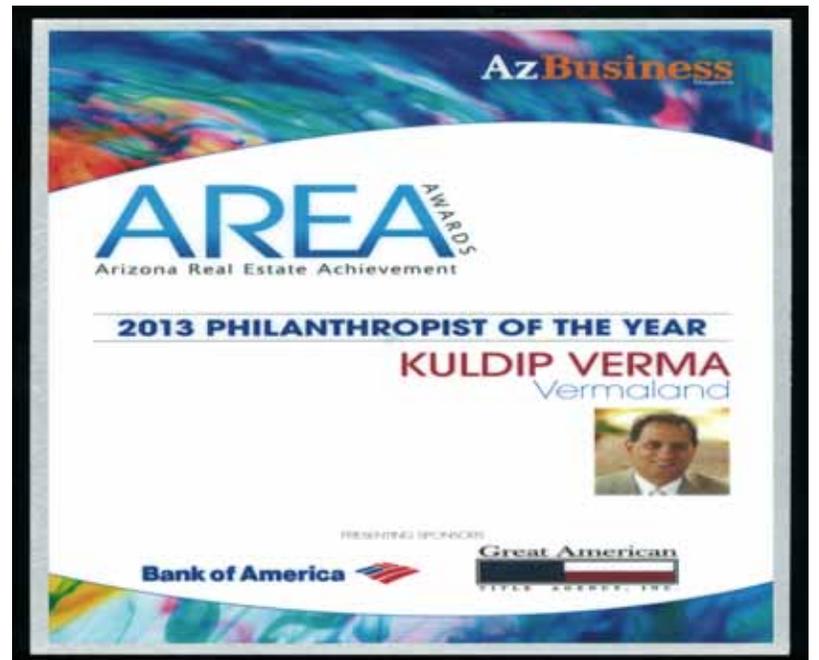
The Arizona Real Estate Achievement (AREA) Awards -selected by a panel of industry experts - honor the state's best and brightest companies, bankers, home builders, individuals who give back to the community, and those in the business whose careers have left an indelible mark on the community

and on the industry.

Also Ira A Fulton was given another charitable award called, 2013 LIFETIME ACHIEVEMENT AWARD

Fulton is the founder of Tempe-based Fulton Homes, but his biggest impact on the world may have come through his philanthropy.

BusinessWeek magazine has listed Fulton among its 50 Most Generous Philanthropists. According to BusinessWeek, Fulton and his wife have given away a staggering \$265 million, approximately 60 percent of their net worth.



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# What mindless fools they have been: International media on Sreesanth, Chandila and Chavan



International media and cricketers react to the recent spot-fixing scandal

The recent spot-fixing scandal caught a lot of attention of the Indian as well as international media. The media condemned the three Indian cricketers involved blaming the entire concept of the Indian Premier League (IPL).

"IPL officials have been infamously slow to take proper anti-corruption measures and their reticence has always been seen as a sign that they were scared of what they would find", Herald Sun, an Australian daily said.

S. Sreesanth, Ajit Chandila and Ankeet Chavan, players from Rajasthan Royals were arrested in Mumbai by the Delhi Police on charges of being involved in spot-fixing in the IPL. The Australian daily described the cricketers as 'mindless fools'.

Sreesanth, popularly known to be a competent and passionate cricketer, managed to upset and anger many by his involvement.

The cricket writer for The Australian newspaper, Peter Lalor said in an interview, "A little bit surprised about Sreesanth, a player who's probably known to Australians for his hysteria".

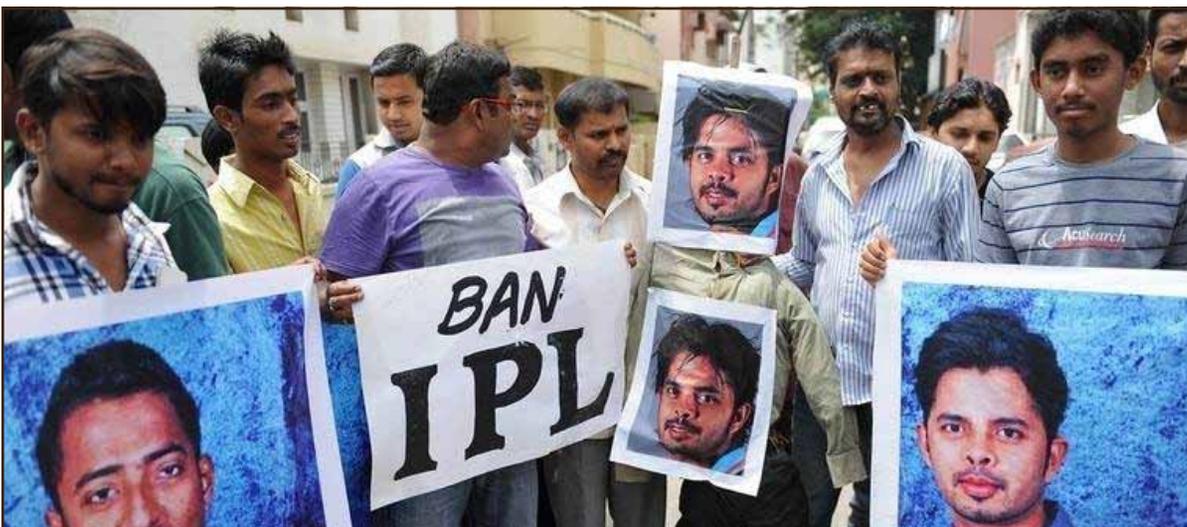
International cricketers, who have been closely following the IPL as well as the players, not only expressed disappointment but also sympathised with their teammates. Isa Guha, a women cricketer from England tweeted,

"I'm privileged to have interviewed David and Watson yday - one thing they talked about was how great the team were. They must feel betrayed. Cricketers lamented the scandal that led to spoiling the name of the sport. Former Australian cricketer Tom Moody tweeted: Match fixing controversy again harming the game we all cherish so much. #zerotolerance

"Beneath the glitz, glamour and hype so plastic you could wrap your sandwiches in it, the Indian Premier League is a smouldering cesspit", commented Robert Craddock of the News Limited.

The article led an Australian cricketer, David Warne, the vice-captain of Delhi Daredevils, to post expletive-laden tirade on Twitter against the journalists.

Social media has seen a lot of action from followers of the sport all over the world. The recent controversy has been a thorough disappointment.



## IPL spot-fixing: One more bookie Kishore Badlani detained at Mumbai airport; police custody of Vindoo Dara Singh, Gurunath Meiyappan ends

Police are now questioning Badlani as he could be a major link between the bookies in India and Pakistan.

Mumbai Police on Monday detained one more bookie at the international airport here in connection with the IPL betting racket.

"We have detained Kishore Badlani alias Kishore Pune at the Mumbai international airport," said police sources. Badlani, who had reportedly gone to Europe after his name cropped up in the betting racket, was taken into custody on his return, they said.

Police are now questioning Badlani as he could be a major link between the bookies in India and Pakistan. Meanwhile, CSK team owner Gurunath Meiyappan and actor Vindoo Randhawa, will be produced in the court later in the day as their police custody ends today.

On May 31, a Mumbai court had extended the police remand of Meiyappan, Vindoo and two others arrested in the IPL betting case till June 3 after prosecution sought further custody to unravel their connection with absconding bookies.

On Saturday, Mumbai cops got the custody of Delhi-based bookie Ashwin Agarwal alias Tinku Delhi in the betting case. A local court had remanded him in crime branch's custody till June 6 after it said that they wanted to find out whether Tinku had links with IPL players other than Ajit Chandila.

Tinku placed bets using a mobile number registered in the name of one Kothari and the crime branch wanted to trace this person, public prosecutor Wajid Sheikh had said.

The court had also extended the police custody of Pune-based bookies Dinesh Sharma and Kishore Pablani till June 6. Prosecutor Sheikh said police wanted information from them about co-accused Badlani to which defence lawyers had said that he was abroad and his family had informed police that he would be returning to India on June 3.

So far, Mumbai Police have arrested 13 persons in connection with the IPL betting racket.



Gurunath Meiyappan

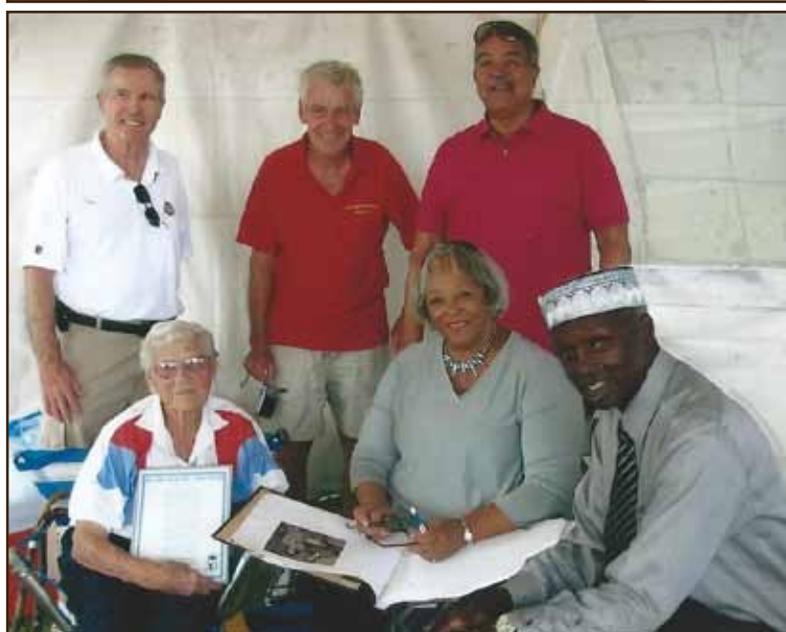
# Keeping Alive the Essential Legacy of the Amazing Jesse Owens at the May 8th High School State Track Meet at Mesa Community College

Isn't it amazing that we discover the letters s, e, and e in the name Jesse and the letters n, o, and w in the name Owens? Are we not able to 'see now' that Jesse's accomplishments are to never be forgotten or allowed to accumulate unnecessary historical dust or rust? Born September 12, 1913 the youngest of ten (10) children in Oakville, Alabama with great power in his legs, blinding speed, a flawless style of track and field with no sign of extra effort. He became such an athlete referred to as smooth as the West Wind. Due to his greatness, we are to keep his awesome legacy polished and shiny as he was in his miracle days of track and field. How can we as Americans even dream of forgetting how well Jesse represented the United States and African Americans in 1936 causing human thunder and earth quakes to shake and shock the minds of those who engaged the essence of his remarkable athletic perseverance.

The man who caused Adolf Hitler of Berlin Germany to have the racist air of his mental balloon once and for all deflated and deleted. It was Jesse proving that talent and the art of a genius was more than the color of an athletes' skin that just happened to be of dark complexion. Jesse ran and competed as a natural human being with natural talent.

The Centennial of his 1913 birth began one hundred (100) years ago. Here we are in 2013 acknowledging and celebrating the achievements of the son of a sharecropper and the grandson of slaves who always wanted to have the opportunity to be accepted as loyal abiding citizens who had more to offer than being over worked in the fields of disgraceful oppression. Jesse was not only able to win four (4) of eight (8) gold medals but crucified the Myth of Hitler's belief of race or color superiority. Jesse lived his last 9 years here in Arizona passing 1980 at age 66. It's been seventy seven (77) years since he competed in Berlin.

Well, here in the city of Phoenix and the state of Arizona, Jesse was not to be a forgotten man as an individual by the name of Jerry Van Gasse along with his close associate, Habibullah Saleem, were prepared to make Jesse's legacy a conscious celebration with Jesse's youngest daughter Marlene and her husband on the scene. The crowd at the High School State Track Meet was blessed to attend and witness seeing and touching Jesse's four (4) gold medals causing cameras and cell phones to capture this extraordinary moment. Known as nutritional coach Van Gasse was always a fan of Jesse's whereby connecting with a senior citizen by the name of Mary Lou who was on the ship that took her and Jesse to Berlin in 1936 to compete as a swimmer while winning 4th place not allowing her illness on that day to get in the way. Mary Lou spoke to the crowd explaining that Jesse was also a dynamic ping pong player as she discovered on the ship. At age ninety eight (98) Mary Lou made sure Jesse's daughter and others were able to witness her historical book of pictures showing Jesse and others who competed after having to penetrate the selfish-



ness of Germany's one-sided political politics. Neither Hitler nor others made it easy for athletes whether they were Jewish or African American. However, Jesse, along with many others, fought and in the end, highly victorious.

It has been recorded that Jesse won medals in the 100 and 200 meter dashes, the long jump and on the American 4 x 100 relay team. They scored it Jesse Owens four (4) and Hitler, zero (0)... yet as a remarkable human being, Jesse never rubbed it in. His focus never wavered concerning the ills he and other were facing in America as African Americans; ills that we are still fighting today even though we have an African American president.

Well, thanks to the great works of Mr. Van Gasse this occasion occurred at the State Track Meet at Mesa Community College with many people on hand who had the opportunity to meet Jesse and receive his signature. The poem presented to his daughter Marlene, written and recited by Saleem read as followed:

Jesse as a man committed to our youth  
 Jesse as an athlete consistently produced  
 Beyond being popular he always gave back  
 Triumphantly achieving a genius running track  
 Honoring his legacy we're not to forget  
 The Amazing Jesse Owens without regret

An awesome acknowledgment for those who are here

For all that he did the crowd would cheer

Track and Field Jesse had it made

The path of a champion skillfully paved

A natural competitor with natural form

An absolute blessing Jesse was born  
 Soaring to the top determined to achieve  
 Shocking his opponent with amazing speed  
 Proficiently prepared his goal was to win  
 Jesse for sure established the trend  
 Running or jumping talent to spare  
 Whenever he competed the crowd was there

Meeting every challenge earning his crown  
 Setting new records productively sound  
 Traveling abroad shocking the world  
 For the future of your youth more precious than pearls

Adolf Hitler, with racist beliefs  
 Embarrassed in Germany, suffering defeat  
 Capturing the long jump, including the sprint  
 Earning many medals thoroughly content  
 To Hitler's amazement a devastating blow

The Miracle of Jesse he just didn't know  
 Leading the way a legend forever  
 Jesse as an Athlete intelligent and clever  
 An African American, an obvious face  
 A man of global character, winning the race  
 In 1936, reflecting back  
 The history of Jesse Owens amazingly intact

In conclusion, Jesse's foundation is located in Chicago as explained by Marlene after accepting and expressing her appreciation for the poem. It would be shared with her two sisters, Gloria and Beverly, who also reside in Chicago. So let us not forget that One Hundred and Ten Thousand (110,000) people were present to witness Jesse's miraculous historical performance while Hitler refused to shake his hand and so did the President of the United States. However, we here in Phoenix with the support of his daughters and others are looking to making Jesse's name a major showcase for young people all over America to witness and benefit from. Jesse was for our youth ...and color was never a factor. By the way, Stuart, Marlene's husband also ran for Coach Larry Snyder Jesse's Coach at Ohio State.

**For more information or ideas please contact us at \*480) 991-4366 or (973) 968-1289...email: hscrtal@aol.com jesseowens100@hotmail.com**



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

**By Habibullah Saleem**

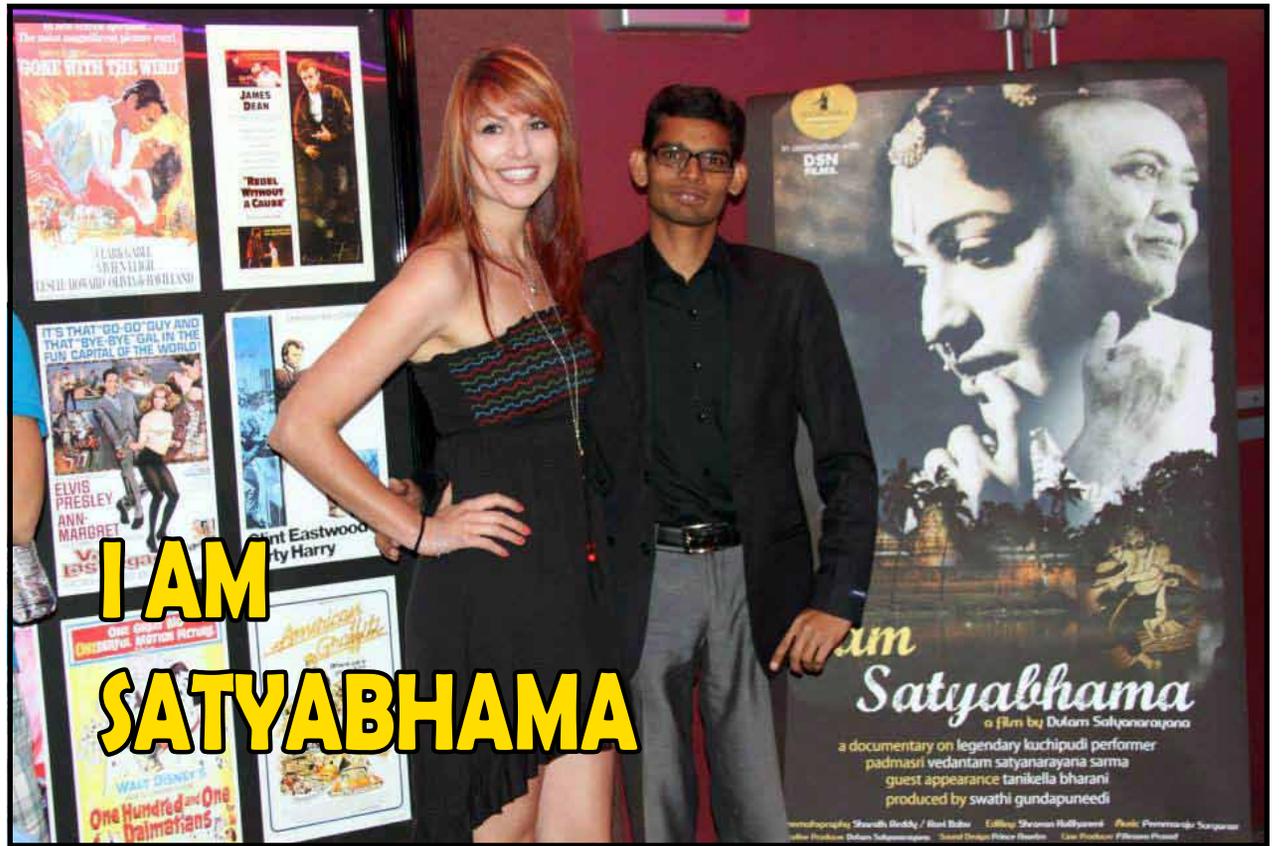
**TITLE:** I AM SATYABHAMA  
**GENRE:** DOCUMENTARY / BIO  
**LANGUAGE:** TELUGU(WITH ENGLISH SUBTITLES)  
**DURATION:** 54 MINUTES

**SYNOPSIS**

**I** am Satyabhama reflects the art-life of Padmasri Vedantam Satyanarayana Sarma, the legendary female impersonator of Kuchipudi Dance form. This hour long documentary narrates the virtuosity of a dancer that transcends gender barriers; a dancer who has immortalized female characters in Kuchipudi over the past five decades. Renowned Telugu film actor Tanikella Bharani appears in this documentary as a guest character to felicitate him in the village of Kuchipudi. Bharani, an ardent admirer of Satyanarayana Sarma, follows the life and experiences of Sarma in the film.

It also captures the village atmosphere – its people, lifestyles, customs and how an ordinary village became a cultural hub for a famous classical dance form. The film tries to evoke the artist’s passion for female roles and captures the unique acting moments of the artist. Using the Films Division of India’s rare Archive Footage, the film explores the mythological character of Satyabhama in Bhamakalapam dance drama performed by Vedantam Satyanarayana Sarma in his early 30s. **DIRECTOR’S STATEMENT** As a filmmaker, I strongly believe that documentaries contribute to a vibrant present, reflect on the past, and inspire a rich and harmonious future. Bringing important issues and themes into the living rooms, schools, community centers and cinemas of the nation can educate, inspire and drive fundamental social change with long-lasting effects.

After making two successful social documentaries that garnered the attention that I set out to achieve towards the issues addressed, I wanted to explore a culturally significant subject for my next project. Being born and brought up in Andhra Pradesh, my first idea was to know more about Kuchipudi art form. Kuchipudi dance is an outstanding contribution of Telugu region to the enrichment of Indian culture. Upon the suggestion of a friend Prashanth Bhat, a film journalist, I travelled to Kuchipudi village, where the dance form originated. While doing research on the lives of great artists from that village, I got an opportunity to meet and spend considerable amount of time with legendary Kuchipudi performer, Padmasri Vedantam Satyanarayana Sarma. His style of dance is unique for its female impersonation. The artiste was 77 years old and I thought before it is too late I should capture the essential moments of his life, and also some of his rare performances for gracious posterity. As I got involved further in the life of this great artist, and his sincere dedication to the art that has traversed centuries and has been handed down by gurus, it only strengthened my conviction that his story as one worth telling! It was a great learning experience for me to work with a great artist. As I was 25 and he was 75 when I started



this project, it took some time for me to connect at a level so that I can understand his personality. He is a person of humility despite of his great achievements in his career.

**DIRECTOR’S BIO:** Dulam Satyanarayana is an award winning documentary filmmaker from India. Born and brought up in a small town, Mancherial, in the state of Andhra Pradesh, he is currently based in Hy-



derabad. At age 23, he set out to the remote islands of Sunderbans for his debut short documentary Moushuni which focuses on a village that lacked electricity until 2001, which now uses solar power to generate power for its village community. Later he directed Dreadful Fate, an expose about ground water contamination in Nalgonda district of Andhra Pradesh state in India. His powerful work depicted politicians, who would claim to provide citizens with clean drinking water in exchange for votes, but failed to fulfill their promises for 4 decades! This documentary created an impact by raising funds for providing safe drinking water to 25 villages. Dulam has won awards and received critical

acclaim at national and international platforms for his first two attempts. Following these achievements, he has been awarded the CCIP grant for 2011-12 by the U.S. Department of State to study filmmaking at the SCC Film School in Scottsdale, Arizona, USA. Having returned from the US, he completed his first feature length documentary film I am Satyabhama, which is based on the art-life of legendary Kuchipudi dancer Padmasri Vedantam Satyanarayana Sarma.

**PRODUCER’S BIO:** Swathi Gundapuneedi is a Kuchipudi dancer and guru who is based out of New Jersey, USA. She started learning dance at the age of 5. She has completed Rangapravesam at a tender age of 7. She has been actively pursuing her interest in Kuchipudi over the last 30 years, and has been teaching Kuchipudi for the last 15 years. Swathi has given dance performances all over India, participating in many prestigious dance festivals and shows. She has toured and performed in major cities of USA, Canada and Australia. She is guiding her sons - Hanish Polavarapu and Manish Polavarapu - in her footsteps to pursue this art form. She is a versatile artist and has performed numerous leading characters in many productions. She runs a school in NJ called “Siddhendra Kuchipudi Art Academy (SKAA)” which is dedicated to have a new generation of dancers - who will serve and spread this art all over the world. SKAA’s mission is to showcase the beauty, complexity and depth of Kuchipudi through education and performance. SKAA strives to make Kuchipudi accessible to all audience, without compromising its integrity, core values and traditions. I am Satyabhama is the first venture of SKAA into the production of documentary films.



**M**ake amends if you can. Extend an invitation to clients you enjoy spending time with. Be sure to take time for old friends or relatives you don't get to see that often. One of your female friends may try to disrupt your day. Stand up for your rights. Your luckiest events this month will occur on a Thursday.

**ARIES**



Mar 21 to Apr 20

**S**hort trips will prove to be more fruitful than you imagined. Find out more, if you want to start your own business. Try to curb your habits, or you could find yourself in an awkward financial position. Delays are evident. Your luckiest events this month will occur on a Sunday.

**TAURUS**



April 21 to May 20

**D**o something special for them. You need to spend some time with individuals who have more experience than you. Someone you care about may let you down or criticize your methods. Try to spend more time with children and relatives. Your luckiest events this month will occur on a Saturday.

**GEMINI**



May 21 to June 21

**G**et on with business. Travel will be favorable. Resist overspending on luxury items. Trips, educational pursuits, or projects that could lead to new outlooks should be on your agenda. You have to let go of your past if you wish to get out of any sentimental mood that might be hanging over your head. Your luckiest events this month will occur on a Thursday.

**CANCER**



Jun 22 to Jul 22

**Y**ou should want to feel good about yourself and your goals. You need to do something energetic and different. Do whatever your mate wants; it really doesn't matter as long as you're together. Stick to doing things that will make you a better person both physically and mentally. Your luckiest events this month will occur on a Saturday.

**LEO**



Jul 23 to Aug 23

**R**emember that no one can walk through your door if there's someone standing in the doorway. Sign up for courses that will help you understand yourself better. Catch up on your reading and correspondence. Be sure to use your charm and diplomacy when dealing with potential new clients. Your luckiest events this month will occur on a Monday.

**VIRGO**



Aug 24 to Sep 23

**U**se your energy wisely. Patience will be of utmost importance. Socially, you need a fast paced form of entertainment. If you're in the mood, go out and socialize, or get involved in sports activities. Your luckiest events this month will occur on a Friday.

**LIBRA**



Sep 24 to Oct 23

**D**on't confide in any relatives whom you know have a tendency to meddle in other people's affairs. Don't allow your personal problems to interfere with your professionalism. Opportunities for romance may develop through dealing with groups that have a purpose. You can look around for the right place and enlist some of your friends to help you move. Your luckiest events this month will occur on a Friday.

**SCORPIO**



Oct 24 to Nov 22

Involvement in groups will be favorable and lead to valuable information. You must watch your tendency to spend whatever you make. Take care that arrangements to spend quality time together are made in advance. You may find yourself caught in a triangle. Your luckiest events this month will occur on a Friday.

**SAGITTARIUS**



Nov 23 to Dec 21

**O**ld friends may not like your choices. Use your genuine warmth and compassion to win hearts. Visit friends who have not been well. Health problems may prevail if you don't take care of them immediately. Your luckiest events this month will occur on a Monday.

**CAPRICORN**



Dec 22 to Jan 21

**P**leasure trips will induce exciting and passionate encounters with those of foreign extraction. Do not get involved in joint financial ventures. Investments will cost more than you anticipated. Plans to make physical improvements may lead to psychological changes, too. Your luckiest events this month will occur on a Wednesday.

**AQUARIUS**



Jan 22 to Feb 19

**R**omantic opportunities will flourish through travel or communication. This is not the best day to visit relatives who get on your nerves. Do not travel unless absolutely necessary. Be careful. It's time to reevaluate your own motives and make changes to yourself first. Your luckiest events this month will occur on a Tuesday.

**PISCES**



Feb 20 to Mar 20

June 2013						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> Volunteer At St. Mary's Food Bank Organized by Goshala  Iddaramiyilatho @ Pollack Tempe Cinemas - Telugu Movie (Starts @ 9:30 PM)  Yeh Jawani Hai Deewani @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 9:30 PM)
<b>2</b> Words of Wisdom from Graduating Seniors  Iddaramiyilatho @ Pollack Tempe Cinemas - Telugu Movie (Starts @ 7:00 PM)  Yeh Jawani Hai Deewani @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 7:30 PM)	<b>3</b>	<b>4</b>	<b>5</b> Iddaramiyilatho @ Pollack Tempe Cinemas - Telugu Movie (Starts @ 7:30 PM)  Yeh Jawani Hai Deewani @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 7:30 PM)	<b>6</b> Tabla Workshops by Pt. Abhijit Banerjee	<b>7</b>	<b>8</b>
<b>9</b> Pt. Abhijit Banerjee Tabla Concert	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b> Annamayya Jayanthi	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> Ethnic Folk Music @ 6160 W Park Ave
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>						

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# Salman Khan-Sooraj Barjatya to reunite

Yes, it is happening; Khan has pushed the No Entry sequel to make way for the Barjatya film.

The cat is out of the bag. Salman Khan is reuniting with his favourite director Sooraj Barjatya. The director is presently out doing a recce and wants to begin shooting by the end of the year, or early next year. Before that he will shoot for his producer-director buddy Sajid Nadiadwala's Kick, which goes on floors this July.

Sooraj's film was not planned but when the director approached him, Salman decided to give him dates, making way for it into his overbooked dairy. He went out of his way to accommodate Sooraj's film. It is learnt that Salman even called Boney Kapoor and requested him to postpone his film No Entry 2 till he finishes the Rajshri Productions' film, even though he was committed to start it.

Boney confirms that he isn't starting the film anytime soon but is reluctant to divulge much. He adds, "Talks are on with Salman as far as dates are concerned but I can't reveal the details."

The actor shares a special connection with Sooraj. Sooraj made his directorial debut with Maine Pyar Kiya (1989) starring Salman which was a huge box office hit and launched both his and Salman's careers. He teamed up with Salman again for Hum Aapke Hain Koun (1994) which became one of the highest grossers. The last time they came together was for Hum Saath-Saath Hain (1999). While the Barjatya's are known for their family-oriented films, Salman who has also been part of a large family, believes in such films.

Salman never smokes or drinks onscreen and he has always been allergic to doing kissing or intimate scenes in his films and enjoys doing films that glorify family values.

Now their film will release a decade after their last film together.



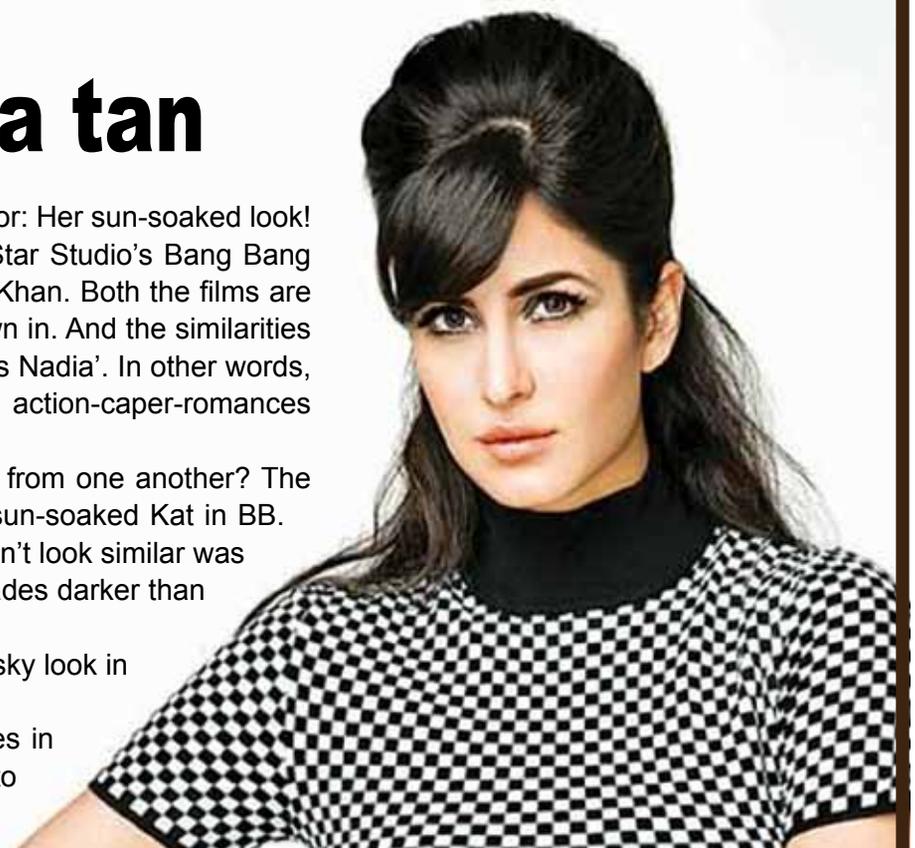
## Katrina Kaif gets a tan

There are many similarities between her next two films. The differentiator: Her sun-soaked look! Katrina Kaif is currently shooting for two films. Fox Star Studio's Bang Bang (BB) with Hrithik Roshan and Yash Raj Films' Dhoom 3 (D3) with Aamir Khan. Both the films are action capers with loads of sizzling romance between the lead pair, thrown in. And the similarities don't end there. In both films, Kat dons the role of a modern day 'Fearless Nadia'. In other words, she plays the action 'hero' with various action sequences and both the action-caper-romances have her sizzle on the dance floor with the lead actors.

The big question? How to keep the two Katrina extravaganzas apart from one another? The brains behind the two projects have hit upon a great idea. We'll see a sun-soaked Kat in BB. Says an insider, "The first thing Katrina did to ensure that the two films don't look similar was to change her own look. In Bang Bang she is tanned, looking several shades darker than her usual self."

Katrina is ensuring time in the sun on the Thai beaches getting her dusky look in place.

Also, great pains are being taken to ensure that her action sequences in both films are dramatically different. Everything from skin-tone to accent to clothes and hairstyle in Bang Bang will be different from Dhoom 3.



# Want Ranbir Kapoor or Bipasha basu's haircut?

A survey says that Jennifer Aniston's hairdo in Friends' is hotter than Kate Middleton's. After Hrs finds that back home, the Kapoor lad and the Bong Bombshell are making waves with their locks.

Bipasha basu B-Town's favourite hair stylist Aalim Hakim has many salons in the city and he and his team are bombarded with requests to give their clients cuts that have been made popular by a star. He says, "Ranbir and Bipasha's looks are very popular with people. Most of my clients come in asking for their hairstyles. Unlike yesteryear it's not movie specific, they just go with the current look of their favourite star. Long or short does not matter as long as they can relate with the actor's hairstyle. Other actors whose haircuts are also popular are Saif Ali Khan, Salman Khan, Shahid Kapoor, Katrina Kaif, Priyanka Chopra and Kareena Kapoor."

It may be recalled that Ranbir and Bipasha both change their hairstyles quite frequently.

Though there are rumours of the Kapoor lad opting for hair transplant for his thinning hair, Bipasha's crowning glory is something she is very proud of. She says, "Yes, I am told that a lot of ladies carry my picture to hairstylists to get the same style! We are in the business where people follow you for various reasons.

I feel flattered and this shows that my experiments with hairstyles always works. Hair change is the best way to actually give yourself a new look. It's



a breakaway from monotony. Also, being an actor we need to play different characters so changing your hair contributes to the character too. As an individual, I love to experiment with the cut and colour of my hair."

When quizzed on how she selects her various hairstyles Bipasha says, "I decide quickly and am always clear about what I want next! It depends a

lot on the kind of work am doing at that time. I also invest a lot in hair grooming and looking after it like using protein packs, oiling, scalp massage etc, because I do so much to the hair."

### From the era gone by

Duchess's hairdresser, Richard Ward recently admitted that the style worn by Hollywood actress Jennifer Aniston is still the one women want.

We look at some of the most popular haircuts made famous by Bollywood stars.

### Sadhana

This '60s star's haircut was nicknamed the 'Sadhana cut' because of its immense popularity. The Audrey Hepburn-inspired fringe remained her trademark and was synonymous with the actress.

### Rajesh Khanna

In the 1970s Rajesh Khanna made a trademark with his hairdo, and was one of the most popular heroes of his time. Salons were inundated with requests to copy his look. Such was the craze of the actor for whom the word superstar was coined.

### Amitabh Bachchan

The angry young man's look from Deewar was extremely popular with guys, so much so that all small-time salons had pictures of the look adorning their walls.

### Salman Khan

Everything that the actor does becomes a rage. His hairstyle from Tere Naam got huge following. It is learnt that the inspiration for that look is the former Indian president Abdul Kalam.

### Sanjay Dutt

Remember his long locks from Saajan? He kept the length and style for years sporting it in many movies including much popular Khalnayak, and every Dutt fan copied it.

### Aamir Khan

His buzz cut in Ghajini created quite a stir and became a rage with a lot of people.

## Hum Hain Rahi Car Ke

**Film:** Hum Hain Rahi Car Ke  
**Cast:** Dev Goel, Adah Sharma, Juhi Chawla, Sanjay Dutt, Anupam Kher, Chunky Pandey  
**Director:** Jyotin Goel  
**Rating:** \*

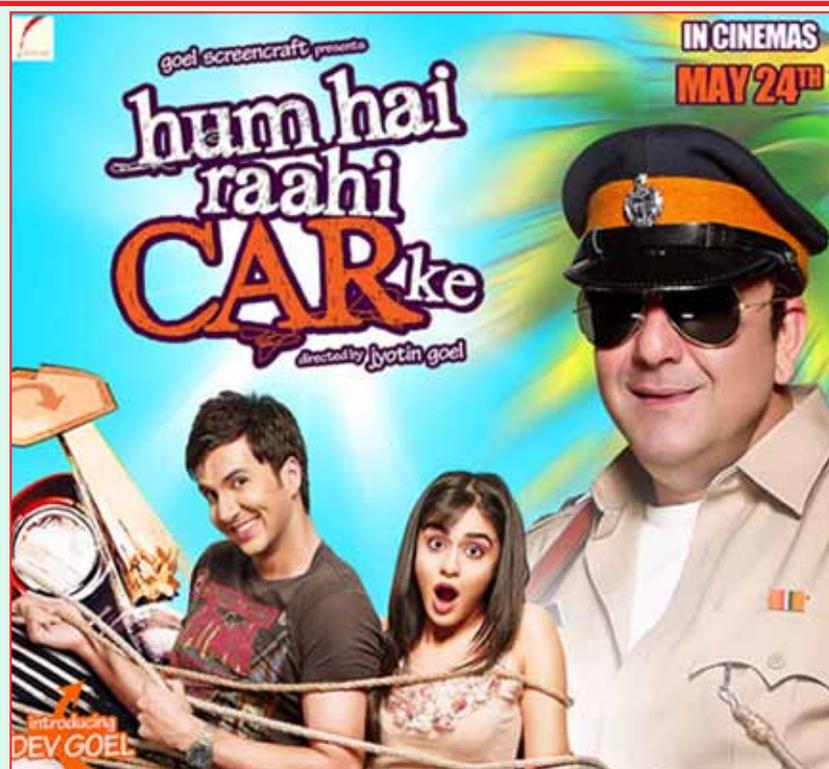
Punning on the yesteryear hit Hum Hai Rahi Pyaar Ke starring Aamir Khan and Juhi Chawla is the only innovation this awkward unintentionally romantic comedy film has. The plot, characters, setting and dialogues veer from being from silly to insanelly embarrassing.

In fact there are so many situations and sub plots that seem like bad jokes exchanged between college students in a canteen, that you wonder if the writers ever watched any of the contemporary films?

A Bombay-Pune road trip in a car serves as the setting for good friends Adah Sharma and Dev Goel who embark on a series of adventures that range from a man in a gorilla costume to exchange of some heavy duty double meaning dialogues. Along the way we stumble upon Juhi Chawla, Chunky Pandey and Sanjay Dutt in roles that will go down their IMDB history as the 'most forgettable' cameos.

Among the cast, Adah has moments due to her likeable persona, but the same can't be said about her co-star Dev who grins and smiles like he's auditioning for a toothpaste commercial. The songs are barely hummable and the climax tests your patience.

Don't car pool this ride, instead opt for another journey elsewhere!



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

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

**R**avi Singh, originally from Fiji Islands, can bring a touch of home to your home

# 'Only aunties wear sarees? Ridiculous!'

Sabyasachi Mukherjee defends Vidya's Cannes look, says respect not glamour was his brief

Vidya Balan's look at Cannes this year has raised eyebrows and enflamed opinions on an extreme scale. While most felt it overdosed on desi exotica, the man behind the look, Sabyasachi Mukherjee, will have none of it.

"You want my point of view? I have already put it on the red carpet in Cannes," the designer told Mirror from London. "India is divided into two major parts: One that embraces cultural heritage, the other is looking for newness. I don't mind opinions. We live in a democratic country. But I would like to ask a few questions. How can people say that Vidya is looking older than she is? How can one say that she is overtly dressed? These are such immature, stupid statements! I hear people saying that women are aunties when they wear sarees. It is the most ridiculous opinion I have heard."

Sabya said he was disturbed with shouts and murmurs that he wanted 'to flaunt his collection'. "If I really wanted to flaunt my collection, I would have given Vidya an array of strikingly different outfits," he said.

Vidya, Sabya revealed, was not too hung up about her wardrobe. "She



clearly kept saying that I and she both shouldn't forget that she was going there as a jury member and the look should be very, very respectable," Sabya said.

Vidya, with whom he has spoken on the phone post the hullabaloo, is not really perturbed, the designer said.

"Vidya has gone through enough on clothes in her early days to be rat-

tled after so many years," he quipped. "Yaar, she is not a model for God's sake! She is an actress! Sylvester Stallone told her that he loved her clothes. Need I say more?"

A close friend of Sabya called up TOI to add: "Okay, let me tell you that he (Sabya) knew he was putting forth a very strong point of view, which will draw extreme reactions. Even Vidya, I

think, knew that... One needs to understand that Vidya has gone there as a jury member. Being on the red carpet in Cannes is about cultural heritage, not mainstream glamour."

Meanwhile, the fashion fraternity rallied behind Vidya, Sabya, and stylist Jayati Bose. "Vidya is looking fine in Cannes," said designer Anna Singh. "Rekha has worn sarees for more than four decades to almost every place where she goes. Have you seen Hema Malini donning any other garb since the longest time? Vidya is the authentic face of our country and we want her to wear international gowns! Gosh!"

Sandeep Khosla (of Abu-Sandeep fame, who have garbed the likes of Dame Judy Dench and Aishwarya Rai Bachchan at Cannes the other day) had mixed views on Vidya's look and styling.

"Vidya's first day outfit didn't work for me," he admitted. "But overall, she has looked so radiant. And we have forgotten that she has done India proud by getting selected as a jury member. Sad but true. Also, I am very disturbed by people criticising the embroidery on Vidya's sarees. Embroidery goes from India to all the other parts of the world. Why are we so mesmerised by globalisation?"

## From Ash to ashes at Cannes

Why do we look so closely at pictures of beautiful strangers and take the time out to form such strong opinions?

Because we're sitting home in our pajamas and gunji. There's a pit of photographers waiting to capture their poise; an army of sculptors for their faces and hair; rows of gossamer gowns woven by fairies. And then they walk out wearing that? We and our imperfections feel let down. Which is a feeling Aishwarya Rai Bachchan must share. Anyone else thinks she chooses stylists who are stabbing her in the back with a lipstick brush?

We welcome the colour, the sleek up-do and the very modern gash of lip colour. But satin is a very crude fabric to take to the red carpet. The dress is too tight, causing her to overflow unflatteringly.

The ensemble needed more wow in the form of a nice chunky diamond cuff or cocktail ring.

The worst betrayal is that her stylist did not advise her on the correct inner wear. There are secret sartorial agents that nip in, smoothen out and shape the body under the dress. Anyway, we finally know why she's fond of those long-sleeved blouses.

And then we have Sharon Stone whose resurrection is begging for some Basic Instinct references.

Surgical intervention aside, Sharon brought her personality to the ramp.



# How to have a fun holiday in **Goa**

Here are a few tips that will make your trip to Goa the best one..

So your bags are packed and you're ready to go to Goa. But are you sure you've got everything? Here's a checklist to get you ready for the sunshine state:

If you plan on spending time at the beach (and since you are going in summer, one would assume you are), don't forget to carry sunscreen. In case you do forget though, there are several pharmacies and shops where you can purchase a one.

Do you have your shades and a hat or cap? No? Never fear- Pick up a pair of sunglasses in jazzy colors from one of the little roadside stalls. Buy a dashing fedora or a great floppy straw hat. You'll be spoiled for choice.

If you plan on riding or driving, make sure you have your license with you. And don't forget to wear a helmet while riding.

Carry clothes and footwear that are appropriate to both the climate and the activities you have planned.



Goan roads and footpaths are not always smooth. Also, while people in Goa are generally liberal, it's better to limit the amount of attention you draw to yourself and not risk offending anyone's sensibilities.

Bling is fun to wear, but limit the amount of gold you carry and wear to the bare minimum. Goa does have a

few unsavory characters.

Don't carry huge wads of cash. A debit or credit card would definitely be a safer bet.

Keep yourself hydrated with water, nimbu paani and other juices. Even if you are in a coastal town or village, the heat can sap your energy.

If you do wish to sample the local

varieties of liquor- feni and urrak- remember to limit the amount you drink. These two may taste smooth, but make no mistake- they are potent.

Spending time in the sun after consuming them is definitely not a good idea.

Always listen to the lifeguard. The calm waves might look inviting, but they could hide a current or a sudden depression.

In case you have dietary constraints, check with your waiter about the ingredients in whatever you want to order.

Worried about getting lost but not willing to hire a guide or someone to drive you around?

Get a map! You could purchase one from your hotel or a shop nearby. If you are the sort who likes to plan in advance, map out a route for each day using Google maps and either print it or save it on your Personal Digital Assistant.

May you have a fantastic, memorable, and fun-filled holiday!

# Behold **Darjeeling's** green beauty

Perched amidst greenery, Darjeeling's tea garden landscapes welcome adventure lovers as well as leisure travellers with open arms

Regardless of what people said, light winters turned out to be a perfect time to visit darjeeling. Its surely was less crowded and therefore exploring it was all the more fun. The only thing I missed was the - the Kangchendzonga that remained shrouded in mist almost the whole time that I was there - except for one brief moment, which I would have missed if someone hadn't shouted out, "Look, there's the Kangchendzonga".

But there were many other compensations. While the weather was decidedly cold, spring was in the air and the 'first flush' had begun to appear on the tea bushes. The pink magnolias and camellias were out and the red rhododendrons had begun to appear - as far as I was



concerned it was the perfect time to visit Darj, for a visit that was long overdue. The

drive through the city was as picturesque as ever. The tea estates were yet to begin har-

vesting the first spring leaves on the tea bushes. There were no waterfalls to see, but

giant ferns covered the mountainside. The rail tracks ran along the road and we passed a freight train along the way. We passed Kurseong, which appeared to have added many more houses and sped towards Ghoom.

The Ghoom Railway Station at 8,000 ft., is said to be one of the highest in the world and sand is still sprinkled manually on the railway tracks, to stop the train from slipping down as it negotiates the steep climb.

I noticed that the fast food movement has reached Darjeeling.

Besides the original Kev-enters' snack bar, there now seem to be a number of others, selling burgers and pizzas. I realised that Darjeeling had now become a destination where the young and the old can enjoy equally. The young can get comfortable in their culture while the old enjoy the serenity.

## Recipe: Chilly prawns



### How to make chilly prawns at home

**Ingredients:** 5 tbsp light soy sauce, 5 tbsp white wine, 1 dried red chilly (finely chopped), 2 garlic cloves (finely sliced), 2 tsp grated ginger, 5 tbsp water, 1 ¼ lbs king sized prawns, 5 spring onions (sliced), 3 oz cashew nuts, 3 tbsp peanut oil, 2 tbsp cornflour

**Method:** Mix the soy sauce, white wine, chillies, garlic, ginger and water together in a big bowl and stir. Add the prawns, spring onions, cashew nuts and mix again. Cover it and leave to marinate in the fridge for at least 2 hours. Stir from time to time. Heat the oil in a wok. Drain the prawns, nuts and onions from the marinade and add to the hot oil. Stir fry for about 2 minutes, turning from time to time. Add the cornflour to the marinade and stir until the cornflour has broken down. Add this to the pan and stir fry till the prawns are coated in sauce. This will take upto 30-40 seconds. Serve with boiled rice.

## How to make a healthy mango smoothie

**D**id you know a mango smoothie is listed among one of the most nutritious and delicious drinks on earth!

Mango smoothie is rich in vitamins, minerals and full of phytonutrients (plant compounds that promote better health). This mango smoothie is a nutritious drink and can be had as a dessert or a refreshing drink, this summer. Beat the heat, stay hydrated and stock up on nutrients with a mango smoothie.

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This mango smoothie is a nutritious drink and can be had as a dessert or a refreshing drink, this summer. Beat the heat, stay hydrated and stock up on nutrients with a mango smoothie.

### Ingredients

1 ripe mango, skinned and chopped (chilled)

2 cups papaya, skinned and chopped (chilled)

1/2 cup water

Serves 1

### Method

Put all ingredients into your blender and blend until very smooth and creamy.

There should be no chunks! It's ready to be served.



## Why some love and others hate coffee

**A** gene plays a role in influencing how much coffee people drink, according to researchers from the Queensland Institute of Medical Research (QIMR).

Dr Enda Byrne from QIMR said that coffee is the most popular beverage in the world and their study has shown there is a small genetic variant in the population that determines how people react to coffee and therefore explains why some people will consume coffee at higher levels and why others won't drink it at all.

"Our study found coffee consumption is not only influenced by genes, but caffeine can also affect the expression of genes," said Dr Byrne.

"With caffeine impacting gene expression, we believe that caffeine

then influences chemical pathways in the body.

"We also found a link between caffeine genes and other complex conditions, such as hypertension and Parkinson's disease.

"Our study showed there were changes in the expression of genes previously linked to Parkinson's disease after exposure to caffeine. This follows previous studies that have shown caffeine to be protective against Parkinson's disease.

"While this finding relates directly to coffee consumption, it provides another small piece of the puzzle and could lead to further discoveries around the affect of caffeine on a range of complex disorders," Dr Byrne added.



The term 'aging' relates to degeneration of the body due to damage occurring to the macromolecules, cells, tissues and organs. Considering this, when a food is said to have anti-ageing properties, it has one or more of the possible anti-ageing mechanisms:

- a) Periodically replacing the damaged tissue with a healthy one.
- b) Bringing about the molecular repair of degenerated cells and tissues.
- c) Anti-oxidation i.e. decreasing the rate of free radical production and the subsequent damage to cell DNA.

Shamita Gupte and Hiral Sejpal, dietician, Hinduja Hospital, Mumbai gives us a list of 20 anti-ageing food that will keep those wrinkles at bay.

### Anti-ageing foods for your skin

#### 1: Whole grains

Whole cereals such as bajra, jowar, nachani, oats, and broken wheat form the base of balanced Indian diets. By the virtue of high fiber content, they show hypocholesterolemic and toxin-lowering effects thus, flushing out all the aging factors. Being a good source of B-complex vitamins, whole cereals ensure healthy metabolic functions in the body as well as prevent any DNA abnormalities.

#### 2. Milk and milk products

Milk and other dairy products are rich in good quality protein. If you are worried about looking old, you need to push in more proteins for yourself and prevent wrinkling and sagging of skin.

#### 3. Beans and legumes

Beans are rich in proteins and low in fat. These nutrients along with anthocyanin and isoflavones - are a superb combo of anti ageing agents. Blessed with this are the soybeans, kidney beans, chickpeas. However, the beans need to be riden of the anti-nutritional factors. Cooking, microwaving, germination (sprouting) are known to reduce anti nutritional factors in beans.

#### 4. Sprouts

Sprouts possess the good qualities of whole grains that include preventing stroke, thickening of the arterial walls, cancer and maintaining a healthy digestive system. Germination of pulses or grains increases the vitamin C content of sprouts, along with its valuable contribution to protein.

#### 5. Cruciferous vegetables

Cruciferous vegetables like cabbage, cauliflower and broccoli help keep fatigue, muscle weakness, heart failure and neurological disorders at bay by ensuring adequate energy levels in cells. Quercetin battles against inflammation, one of the leading causes of ageing.

Cruciferous vegetables prevent arteriosclerosis by maintain optimal calcium concentration in the brain,

# Skin care

## 20 anti-ageing foods for your skin

heart valves and walls of arteries. The sulphur content of these vegetables is beneficial against several toxins and cancer-causing substances.

#### 6. Leafy vegetables

Being rich in vitamin K, leafy vegetables mainly protect the endothelial function and circulation, hence keeping your heart healthy. Folic acid found in this group of vegetables helps repair damage to the DNA and keep the cells in an optimum healthy state, thus protecting us against cancer (particularly breast cancer) and brain and liver degeneration.

#### 7. Green vegetables

Carotenoids and selenium in green vegetables like capsicum, ladies' fingers, and gourd-vegetables; are important in maintaining the overall health in an individual. They prevent and improve the loss of energy, muscle strength and neurological functions linked with senility. Raw capsicum can be included in the salad preparations to enhance the vitamin C content of the diet.

#### 8. White vegetables and fruits

This category includes vegetables such as onion, white radish; and fruits such as apple and banana. The compounds present in these foods are strong antioxidants and can destroy the cancer-producing substances in the body. Onions are known to improve the immunity, which deteriorates by the vice of advancing age.

#### 9. Yellow and orange vegetables and fruits

Put plenty of anti-oxidants on your plate by adding yellow orange veggies and fruits like carrots, sweet potatoes, pumpkins, squash, sweet corn, papaya, peach, mango, musk melon. This will provide abundant beta-carotene - precursor of Vitamin A - the vitamin for your skin and eyes. Furthermore vitamins C, zeaxanthin, flavonoids, lycopene are the other antioxidants battling against ageing for you.

#### 10. Purple and pink vegetables and fruits

Flavanols is a class of anti-oxidants that among other benefits, is known to have a positive effect on the skin structure. It protects against the harmful effects of UV exposure and maintains the skin tone and elasticity by increased collagen production.

These anti-oxidants are mainly found in purple-colored foods, so be sure to regularly include brinjal, beet, pink radish, sweet potato, purple grapes, jamun in the diet.

#### 11. Brown vegetables and fruits

This group contains phenolic compounds which act as a barrier against bacterial, viral and micro-organism pathogens, thus protecting against several infectious diseases. This is an important function of these dark-colored foods (including potato with skin, mushrooms, dates, raisins, apricots) since better immunity and a lower incidence of diseases can help delay the age-associated deterioration of health status and hence ageing itself.

#### 12. Red range of fruits and vegetables

Lycopene, in tomatoes, watermelon, red and pink grapefruit, is a powerful weapon against free radicals. It has the ability to inhibit sun-induced aging. The anti-oxidant properties of pomegranate may contribute to the regeneration of skin cells and reverse the signs of ageing such wrinkles and saggy skin to give a rosy glow to the skin.

#### 13. Citrus fruits

Increased inflammation in body is associated with several degenerative diseases including cardiovascular diseases and arthritis. Anti-inflammatory properties of fruits such as oranges, sweet-limes, lemon, and grape fruits; have a significant role to play against degenerative diseases occurring with increasing age.

Flavonoids and polyphenols in citrus fruits can also suppress the formation of new cancers in the body by blocking the pro-carcinogens and reducing their toxicity.

#### 14. Berries

Berries get their bright color from anthocyanins, an antioxidant which helps to keep the capillaries healthy, preventing the risks of varicose veins and tumor growth. Flavonoids from berries possess anticancer properties and also improve the vascular endothelial function.

Berries - amla, blueberries, cherries, cranberries, jamun, raspberries, strawberries and blackberries - help in maintaining the energy levels of cells and keep your skin healthy and supple.

#### 15. Nuts

Nuts are high in fat and are concentrated energy source. However, almonds and walnuts among these are rich in tocopherols (a form of vitamin E) - the antioxidant that reduces the risk of artery blockages, stroke, improving blood circulation, and helping keep each cell intact and healthy.

Further, omega-3 fatty acids, phytosterols and tocopherols in these nuts protect against dementia, degenerative eye disorders and inflammation related to ageing.

#### 16. Garlic

Garlic, by the virtue of allicin, is an all-in-one food. Garlic is loaded with this antioxidant and anti-inflammatory properties. Functions on all levels to reduce ageing related symptoms - that is good for your skin; cardiac health; even boosts your immune system by providing protection against viruses and bacteria.

#### 17. Turmeric

Curcumin, anti-ageing factor in this wonder spice. Renders anti-inflammatory and antioxidation benefits, hence used traditionally for a healthy glowing skin. Besides, it also destroys pro-carcinogens, thus protecting against cancer. It is also seen as that inclusion of turmeric in the diet reduces the incidences of senile diseases like Alzheimers.

#### 18. Ginger

Ginger is anti ageing agent that helps people feel and look more youthful. Environmental factors like pollution, radiation and smoking release free radicals into the air, causing skin damage and appearance of accelerated aging. Making ginger a regular part of one's diet can slow the ageing process by eliminating free radical toxins from the body, stimulating circulation and improving complexion.

#### 19. Green tea

Collagen and elastin are two important structural fibers in your skin which need protection to retard the ageing process. This help is rendered by green tea by the virtue of its anti-collagenase and anti-elastase properties which prevents the breakdown of these fibers.

#### 20. Water

Water is extremely important to keep the digestive tract and skin healthy and the body hydrated. It plays a significant role in unloading the toxins which can otherwise harm the body.

A minimum of about 2 liters should be consumed daily. Given all the wonderful foods, an important key to anti-ageing is avoiding excess consumption of calories throughout the day, all year round. This leads to reduced biological life of toxins. Thus body cells have an increased and healthier life along with an improved activity of cell proteins.

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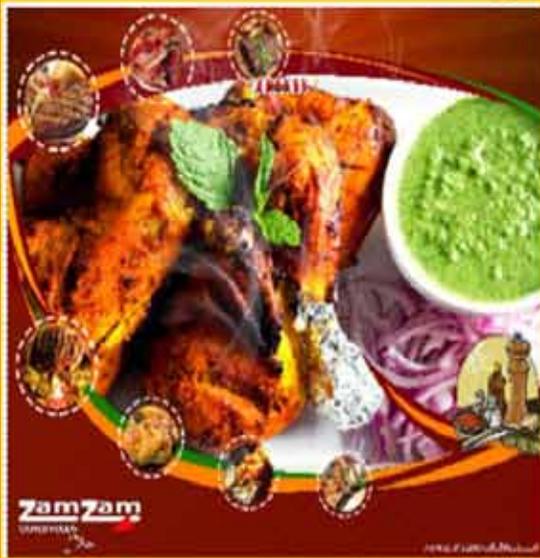
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