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Monthly Newspaper

• Vol-VII • Issue-3 • Phone : 480-250-2519 • sales@asiatodayaz.com • March 2014

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International Mother Language Day celebrations



International Mother Language Day celebrations took place in Murdock Hall at ASU last Saturday. Sponsored by the Bangladeshi Community and supported by the AZ Asian American Association. The tribute to indigenous languages was an extraordinary event to witness.

Artists, representing 16 cultures, sang and performed in their mother language, namely Arabic, Bengali, Brazil/Portuguese, Chinese/Mandarin and Cantonese, English, Filipino, Indian/Hindi and Tamil, Italian, Japanese, Korean, Laotian, Pakistani/Urdu, Spanish,

• More on P10

Maha Shivratri Celebration in Arizona...

Siva Ratri was celebrated at the Hare Krishna Temple, Chandler on Friday, February 28th 2014.

The evening started with ecstatic bhajans followed by Gaura Arati. Abhishekam was performed by HG Damodar das through the evening. There was a nice class given by HG Jaya Gaura Sundar Prabhu. Sumptuous Maha Prasada followed. A lot of devotees stayed for the Shayana Arati also. Here is an excerpt from the class:

Lord Shiva is the greatest devotee of Lord Vishnu -Vaishnavanams yatha Shambu

Lord Krishna (Vishnu) is in this analogy considered to be likened to Milk. Milk is the origin of so many dairy products –



Krishna tu bhagavan swayam, and so Krishna or Vishnu is the origin of everything. When Krishna wants activity overseen of the modes of Tamo guna He expands Himself transforming His supreme powers to act in

that way, as no-one else could, and in that state He is Shambu – Shiva. So it may be seen that milk that is transformed becomes yogurt, but that yoghurt can never again become milk,

• More on P3

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Maha Shivratri Celebration in Arizona...

this is presented in Brahma samhita 5:45.

Brahma Samhita chapter 5 TEXT 45

ksiram yatha dadhi vikara-visesa-yogat
sanjayate na hi tatah prthag asti hetoh
yah sambhutam api tatha samupaiti karyad
govindam adi-purusam tam aham bhajami

SYNONYMS

ksiram—milk; yatha—as; dadhi—yogurt; vikara-visesa—of a special transformation; yogat—by the application; sanjayate—is transformed into; na—not; hi—indeed; tatah—from the milk; prthag—separated; asti—is; hetoh—which is the cause; yah—who; sambhutam—the nature of Lord Siva; api—also; tatha—thus; samupaiti—accepts; karyat—for the matter of some particular business; govindam—Govinda; adi-purusam—the original person; tam—Him; aham—I; bhajami—worship.

TRANSLATION

Just as milk is transformed into curd by the action of acids, but yet the effect curd is neither same as, nor different from, its cause, viz., milk, so I adore the primeval Lord Govinda of whom the state of Sambhu is a transformation for the performance of the work of destruction.

Shivratri Celebration at Hare Krishna temple





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Being Nice...

For the last few years, I have been given this advice that I need to be nicer and this last month or so that advice seems to have increased in the number of times I hear it. As I sat back to evaluate what exactly that meant, I realized what people around me were really trying to say – it wasn't how I was acting that bothered them but rather the level of honesty I incorporated into all my conversations or lifestyle.

“Be nicer” actually meant sugar-coat the truth or don't say things as they are and make them sound nicer. I have been given this advice both in my professional and personal life and it still hasn't made sense in either place. Professionally, sugar-coating the truth is only going to hurt you in the long run by setting wrong expectations and then having to explain the outcomes at a later date. I have been in software consulting for over a decade and what has gotten me so far in my career is my honesty and desire to do what is right. If something doesn't make sense, I will say it as it is even if that means lost revenue for my company – what I have found is in the long run that builds credibility and you may lose a little bit today but it will make up for itself in the long run because your clients will trust that you are trying to do what is right for them even if that does not serve your own vested interest. So I may lose out in the short run but it almost always makes up for itself.

In my personal life, I follow the same philosophy and it may have cost me many a friend. While those around me look at it as a loss, I really think it has been a gain. I may now be surrounded by a limited number of people but it is based on honesty and those people accept me for who I am because I never pretended to be something I am not. So when I am with those people, I don't have to worry about playing a certain role or keeping up with whatever I may have told them – friendships have turned

Hello Everyone! The month of February was packed with activity and I had the opportunity to attend many events and make many new acquaintances and friends I had the pleasure of attending a senior citizen group meeting on February 18th, where I also met Meenu Thirwani and Komal Chaudhary. Having like-minded interests, we made friends instantly; they both had a wonderful personality and hearts of gold; I learned from both of them and they left good impressions of themselves. I also did coverage for International Language Night at Arizona State University where I met many different people. It was a wonderful event and I definitely enjoyed myself.

In addition to attending events, I also hosted a Shivratri Maha Prasad at Hindu Temple of Arizona. I spent my time cooking from morning to night just for one evening where hundreds of people attended. This



Editor's NOTE

into extended family relationships where I can feel relaxed and at ease and just be myself. Honestly, after working as long and as hard as I do, the last thing I want to have to do is “work” to keep up with social commitments, whether that be a friendship or any other social relationship.

It shocks me when I hear advice around me to women my age – don't come across so stubborn and set in your ways, don't share your career aspirations or thoughts on certain

topics, etc. The end message always is don't do any of that until you have gotten a guy interested in you enough to want to have to put up with that. Translated to me that means pretend to be something you are not until you find someone that falls in love with you and then shock them with who you truly are. That sounds like a recipe for disaster – that is one relationship where you would want full disclosure up front. Why would you want someone to fall in love with who you are not and then change it up on them late in the game? And, more importantly, why do we continue to give this ridiculous advice to South Asian women? Is our culture trying to say the South Asian men cannot handle a strong, independent woman with career aspirations so you have to lie to them to lure them in or is it trying to say settling down with someone is the most important aspect of life? Both messages in my opinion are setting women up for failure – I have met some of the strongest most intelligent women that do a good job of handling both their families/personal relationships and surpass all expectations set for them in their professional lives. It is time that our culture stop sending the message that sacrifice of your professional goals is critical to a successful personal life and remove the barriers that hold our women back from achieving the great heights they are capable fo.

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



Marketing Director NOTE

month has been very special to me due to the variety of events that I either hosted or attended, as well as all the people that I met. I would like to thank my readers, advertisers, volunteers, and supporters because I am here and am getting the opportunity to do so much and it is all thanks to you guys.

The month of March looks equally promising and is also filled with a variety of activities from Holi Celebrations including Hola Mohalla across from Nishkam Sewa Gurudwara on March 8th and India Association's Annual Holi Celebration at South Mountain on March 9th, as well as a grand finale with IACRF's Annual India Festival on March 29th. Good wishes to the extended family that makes up Asia Today. Hope to run into some of you at the various events in March.

-Manju Walia
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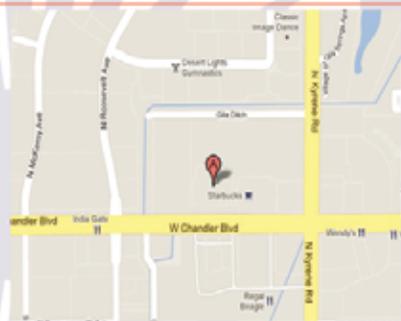
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Shivratri Celebration at Ekta Mandir



Shivratri Celebration at Hindu Temple



India's Harvest Festival in Phoenix, Arizona

By Manu Nair

THE Arizona Indian Activity Forum organizing an Indian Harvest Festival celebration "Utsav 2014" on Saturday, April 12, 2014 at ASU Preparatory School Campus, Phoenix, Arizona from 2pm to 6pm. Utsav 2014 promises an immersive environment that salutes history and a unique taste of seasonal harvest festival across India. India is a country of billion people of diverse cultural, religious and ethnic backgrounds. These cultures are connected by a common thread of history, social, festival and political norms that bind it as a nation.

The celebration includes Baisakhi, Vishu, Ugadi,

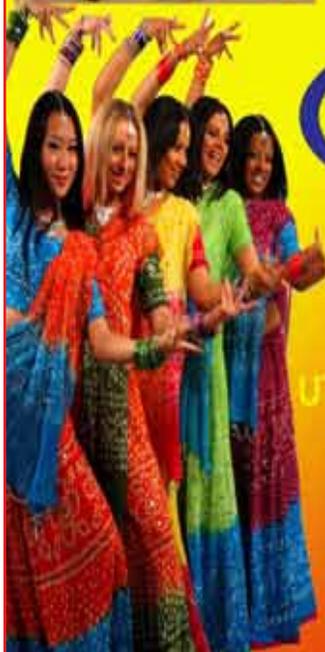
Puthandu, Bihu and Gudi Padwa festivities. The month of April brings in the harvest festival for many Indian communities like the Tamils, Telugus, Kannadigas, Malayalees, Assamese and Punjabis.

At the celebration, various Indian Traditional and Cinematic/ Bollywood dance, Songs, Instrumental fusion performances including Tamil, Telugu, Kannada and Punjabi classical and folk dances. Other highlights are Indian bazaar, Indian heritage corner, Henna workshops, Designer clothing, Indian Art& Craft, Non-profit organizations booths and Food booths by various Indian ethnic groups will be there to promote racial harmony and integration.

The unique event will be attended by people from all sections of Indian community. The event's organizing chair Suresh B said: "This event is being aimed to promote harmony among Indian folkloric groups. It is a platform where Indians from different region can learn and understand one another's culture. The event segments are being designed with this unifying theme. If you have a talent, we encourage you to participate in the Indian arts and cultural program. The event is open to the general public who has a talent that can amaze the audience. Group and solo performers from Dance schools, Indian cultural organizations are welcome. Please contact us azutsav2014@gmail.com"



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Maata Jagran
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Contact: Shashi (480) 614-1322

Satyanarayanji Puja
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Contact: Nirmal (480) 926-8835

Hanumanji Puja
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Satyanarayanji Puja: March 16th (Sunday 11:00 AM - 1:00 PM, Sponsorship \$101)
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Please note: HTA board announces AGM meeting, to be held on 30th March 2014 at 11:00AM

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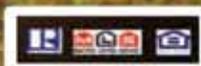


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International Mother Language Day celebrations

Vietnamese, and Welsh. Children's art was exhibited, wonderful food was available.

Next year's program promises to feature even more performances as this event takes on a life of its own; including more cultures celebrating their language as a human right - it will require a larger venue.

For those unfamiliar, the International Mother Language Day initiative was launched in 1952 after a violent attempt at ethnic cleansing by language dominance erupted into a dispute and resulted in the loss of innocent lives in Dhaka on February 21, 1952. Bangladesh (East Pakistan) was suffering this age old form of oppression and despite their size, historic and geographic fragility, the population refused to allow



their language to be replaced by Urdu. This empowering collective decision resulted in Bangladesh earning their independence. The Bangladeshi galvanized a

consortium of indigenous cultures, all of whom had either suffered a similar fate or witnessed centuries of ethnic language cleansing. Subsequently, 47 years of activism produced success. Finally, in 1999 International Mother Language Day was unanimously ratified by both The United Nations and UNESCO, deeming February 21st its annual day honoring the freedoms, awareness and unity provided by language.

Considered a milestone for Human Rights; annual International Mother Language Day celebrations are growing in number. Tiny Bangladesh will forever be remembered for their enormous spirit and global foresight preserving international cultural heritages for generations to come.

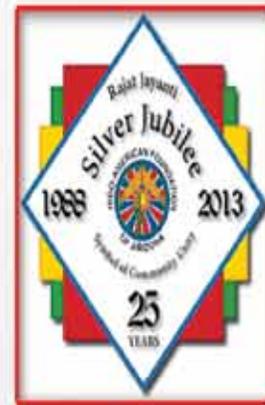


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1. How relaxing it is in the open air at the picnic!, 2. Everyone took a turn in stirring the Palau pot!, 3. Some ISAA seniors ready to go for a picnic walk at the Rio Vista Park, 4. Hot pakoda and the Indian Chay that makes the picnic most interesting and enjoyable!, 5. Great grandkids joined the 95th celebrations of great grandma - Pu. BA, 6. Pujya BA delivering her message to ISAA members on her 95th birthday celebrations, 7. Patriotic singing by the proud singers, 8. Proud patriots lauding "Jai Hind", 9. Nice way to celebrate the 26th January with these passionate singers!, 10. Happy ISAA members celebrating the Indian Republic Day with chorus patriotic songs.

On Jan 28, 2013, socializing in style was evidenced by many. Some took their favorite walk outside. Others enjoyed card games. Dr. Gulabbhai interviewed Manubhai Godiwala as a part of his project on "Seniors and Aging". Republic Day celebration with "Dhwaj Vandana" was led by Shreekantbhai with Shantikaka accompanied him. Patriotic songs were then rendered by Shantiben, Shreekantbhai, Harshadbhai, Umeshbhai and Chorus songs were offered by Chandrikaben, Ishaben, Sumanben, and Meenaben. Thanks to all.

On February 04, 2014, ISAA faced some technical difficulties and could not show the planned movie. Amazingly, the ISAA family showed good understanding and played antakshari with great zeal. Their spirit is greatly appreciated. The luncheon today was enjoyed by over sixty five members and guests. Shrikantbhai's granddaughter Pooja presented her background info and requested help from ISAA members, if possible, for her internship with any engineering firm or professional organization. First yoga class is scheduled to begin Feb 11th. Jitubhai discussed the plans with Hemlataben, Chandrikaben. They were joined by Meenaben, Kanwalben, Ge-

taben Vora and others. Please follow necessary instructions and complete the release form as provided before start. People should take precautions if they feel any aches and pains before starting. The class begins at 10:30 AM on Feb 11.

On Feb 11, 2014, over sixty five members and guests enjoyed "Bhajan Sangeet" celebrating Hemlataben Desai's mother's 96th birthday (Pujya Baa). Thanks to the participants - Harshadbhai, Deviben, Shrikantbhai, Chandrikaben, Shantiben and Damayantiben and all who joined them. It was really a memorable morning for Pujya Baa. She had a wonderful message for all of us "there is time for everything and everything should be done on its time". How well said! The sponsors for the delicious luncheon were Hemlataben and Harshadbhai. They introduced to ISAA group their lawyer family.

On Feb 18, 2014, It was a day of

celebrations- Shantiben's birthday, and Valentine Day even though belated. Harshadbhai, Shrikantbhai sang several songs to mark the occasion. Shantiben also rendered a beautiful geet. She was joined by Mrs. Sarla Pandit too with a beautiful melody. She was at one time a radio singer in Nairobi. During the early part people mingled and socialized while some played cards. The sponsors today were Shantiben and Naryanbhai. Over sixty members and guests enjoyed delicious Mexican bhel.

Thanks to Prakash Gandhi for distributing almond packets to member families. 24 people have signed up for yoga/Stretching classes. Mrs Wallia brought the Asia Today for distribution to ISAA members. Sharanya who has been our guiding light and friend is leaving for India to be with her family. We'll miss her very much. Gokulji is at home recovering. We wish him

well and quick recovery. ISAA wished Shantiben well on her birthday. She is devoted to her guru's teaching, enjoys her family and participates in community affairs with positivity and no gossip or politics.

On Feb 25, 2014, it was quite a picnic ISAA seniors had despite the day was cloudy and the sun stayed pretty much out of sight. It was a lot of fun. Thanks to the hard and dedicated work of Chandrikaben & Jaswantbhai, who sponsored the picnic. The needed help was provided by volunteers at the park. Pakodas and hot tea was served on time for people to enjoy. Then delicious lunch of pulav, raita and bundi was served around 1:30. Everyone had a ball. People played cards, sang beautiful songs, played antakshari and laughed at jokes. Mini Pandit and her mom Sarlaben were introduced. Mini has been passionate about issues involving seniors retirement.



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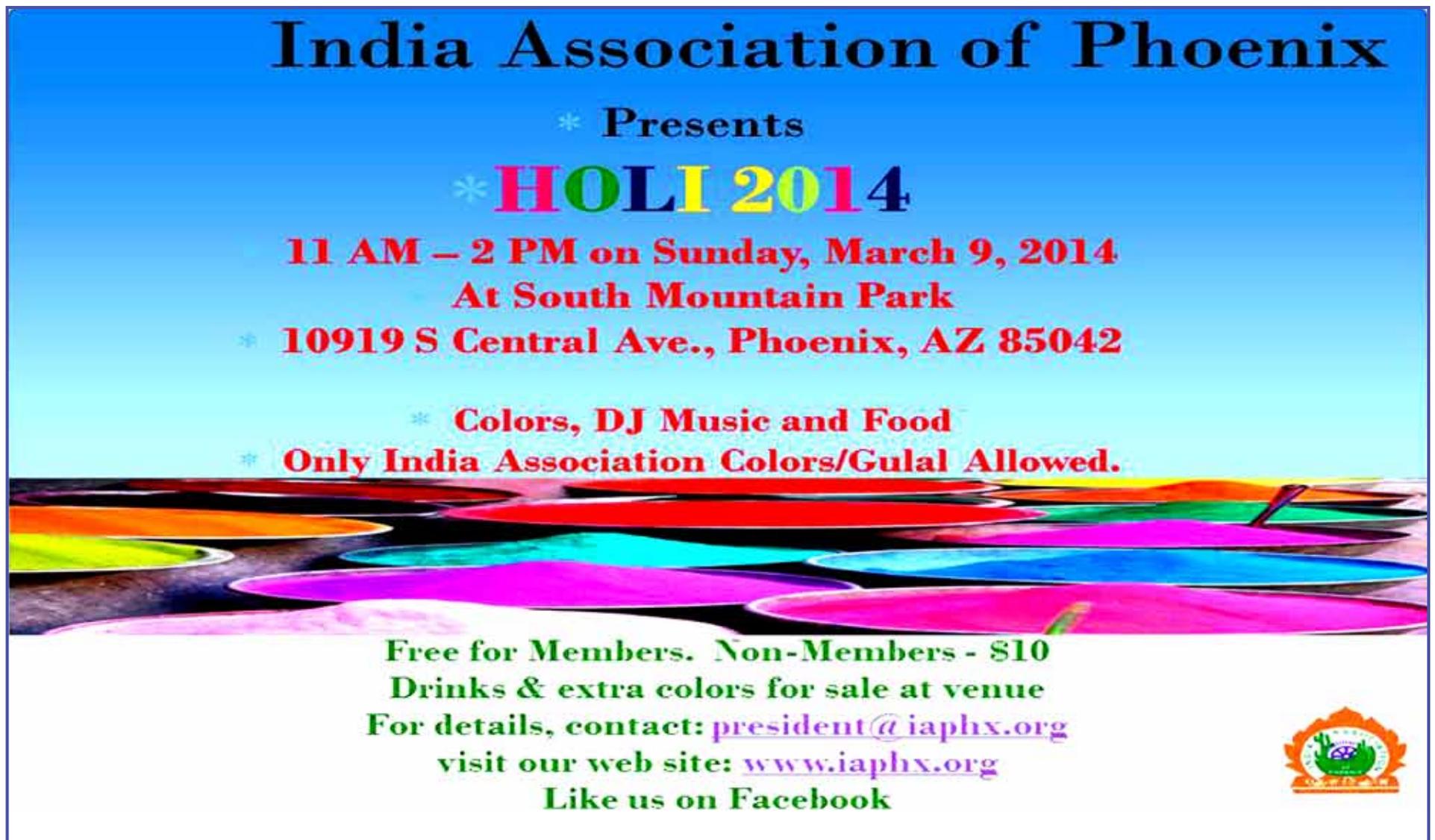
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Senior Enjoyed Picnic on January 30



Seniors caught spring fever by early spring like weather, and hence gathered on January 30, 2014 to have a picnic right in the middle of the great city of Phoenix called Piestewa Park. It is a beautiful place right on the foothill of mountain called "Piestewa Peak". The place is surrounded by tall and beautiful mountain having excellent facility, enough paved parking, wash room facility, and plenty of covered

benches to accommodate more than 100 people. Of course there are plenty of trails for enthusiastic seniors to explore the mountain.

Under the leadership of Lalitbhai a few seniors joined him to go on hiking and went almost half way to the peak. Meanwhile, back at the base, masala tea was brewing and Bhajias and snacks preparation was under way. On their return, hikers joined all other

seniors to enjoy tea, bhajias, chavanu, delicious almond and cashew chikkis, and ladoos.

Soon after having plenty of snacks and tasty masala tea, seniors were ready to play antaxary, play cards, and do simply socializing. Seniors had a jolly good time and lots of fun in singing, laughing, laying bridge and judgment to keep their brain actively engaged. Seniors enjoyed healthy lunch

of Khichadi, mixed cut green beans vegetable and cookies. Thanks to Manjuben for sponsoring the picnic, Mee-naben and Ramanbhai for chevado, cookies and Ladoo, Mr & Mrs Reddy for mixed nut sweet, Babulal & Naynaben for chips. Thanks to Meenaben, Shantiben, Kapilaben, Sureshaben, Nayanaben and Babulal for preparing morning snacks and delicious lunch.

Lalitbhai reminded that it was to-

day, Jan 30th, Pujya Mahatma Gandhi, father of our mother land, free India, was assassinated and in the memory of him Seniors observed 2 minutes silence and sang Gandhiji's most favorite, Vashnav Jan to tene ... and Raghu-pati Radhav Raja ram ...bhajans.

Some 65 Seniors, including visitors Ashok Shah, Pratibha Shah from N.J. and new arrivals Dr Mini Pandit, Rodda Reddy, Praful & Mrudula Parmar. They all became members of IACRF Seniors Group.

Seniors' Meeting on Feb 6th.

On February 6th, some 53 Seniors were happy to welcome back Kiran & Sewa Dulai who brought some red grapefruits for seniors. Santiben also brought very sweet naval oranges from her own back yard for seniors. Meena-ben & Ramanbhai took an opportunity to express their happiness by distributing goody-bags (mithai) in celebration of their daughter's wedding in India.

The lunch was sponsored by Babulal and Naynaben, who are winter visitor from Canada. Seniors enjoyed delicious lunch of puri, dudhi and green peas shak, colorful soup of red rasma beans & yellow corn, jira rice, green marcha, athanu, and sira (halwa).

Seniors' Celebrated Valentine's day on Feb 13th.

Happy Valentine Day celebration

was attended by 70 Seniors. During first hour seniors socialized

and played cards game. Seniors also celebrated 40th anniversary of Lataben & Harshadbhai Desai and 95th birthday of Lataben's Pujya Mother, Pushpaben.

With this triple celebration, an appropriate music program was organized with romantic songs such as, Lena Hoga Janam Hamane.... Kai Kai Baar...(film-Aarju). They sang so beautifully that whole audience was set back by some 40 years. Kiranben also sang, Aage Bhi Janena Tu....Bas Ahi Ek Pal Hai, in her lovely voice. Then Shrikantbhai came up with his all courage, got up and sang a song, Abhi Na Jao Chhod Kar... ..Dil Abhi Bhara Nahi, so strongly in the memory of his wife who left him not too long ago. Then Harshadbhai sang sang, Zindgi Khwab Hai...(film-Jagte Raho) aroused some seniors to dance on the floor.

Pushpaben was surrounded by her family and friends to celebrate her well deserved 95th Happy Birthday. She raised beautiful family of Harshadbhai, Lataben, Rupa, Jay, Avani, Sefali, Sagar, Pavan. Sureshaben wrote in her own words and read loudly a birthday card to wish her long life.

A Brief Bio of Pushpaben:

Pushpa Bhavsar who lives with

her daughter and son-in-law (Lata and Harshad Desai), has experienced many changes during the nine and a half decades her celebrated life.

She was born on February 11, 1919, in the small village of Kator in the state of Gujarat in India where there was no running water or electricity. She still remembers going down to the river to fetch water or wash clothing. She moved to Rangoon, Burma, where She attended an "English-medium" school run by Catholic nuns. She learned to speak English at a very young age which became handy in talking with her American-born grandchildren and great-grandchildren. She married to Pushpendra Bhavsar in 1939 and moved back to India in 1952. She lived in Bombay and later, Navsari, where she raised her five children. She came to America in 1985 and has lived in Phoenix off and on since then, going back to India several times to tend to sick relatives and to visit her other children and grandchildren. In 2008, She became an American citizen.

In addition to helping raise her three American-born grandchildren in Phoenix, She volunteered at the Sun Health Care Center, Sun City from 1989 to 2009, winning several volunteer awards for her hard work and dedication to the seniors in the care center

where she worked.

Pushpaben - whose five children, eight grandchildren, and nine great-grandchildren span three continents and four countries - has this wisdom to share on the subject of a long and joyful life. She attributes her long life due to regular in religious activities, sleeping, getting up, timely eating, walking, and learn and adept good things from the others. Mr. Jai Seecharran introduced Bharatiya EKTA Mandir's new priest Shri Sudershan ji and his wife Padmavati ji and requested to help them get settled. Gokulji sent his a happy valentine best wishes to all seniors since he is unable to come to the hall. Lalitbhai and Ramaben took opportunity to entertain the group by telling a few jokes which seniors enjoyed with laughter.

The lunch was sponsored by Harshadbhai and family. The menu included puri, mung beans soup, green papadi shak, jira rice, bundi, gota, chanti, papad, salads, and to top up with a piece of cake. Thanks to all volunteers for preparing such a large varieties of delicious lunch. Thanks to Dr. Mini Pandit who bought very beautiful red roses to wish Happy Valentine to all.

Thanks to Sevantibhai for photography and Mahendra Devganina for writing Senior Group weekly reports.



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GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

MARCH 2014 Programs & Events
18 Phagan, 545 – 18 Chet, 546 Nanakshahi Era (NE)

Mar. 8 (Sat) – Hola Mohalla Festival (Actual: Mar. 17).
Please see separate flyer for more details.
To learn more about this festival visit:
http://www.sikhiwiki.org/index.php/Hola_Mahalla

Mar. 14, Chet 1 (Fri) – Nanakshahi NEW YEAR 546.
HAPPY NEW YEAR Everyone!!!
Sangrand and Monthly Sehj Path: 9:00a – 10:00am
EcoSikh – Sikh Environment Day.
See: <http://www.ecosikh.org/programs/sikh-environment-day/>

Mar. 16 (Sun) – Gurgaddhi Siri Guru Har Rai Sahib Ji (1644)
(Actual: Mar. 14)
Homeless Dinner Seva. Call 602 741 8021 for more info.

Mar. 21 (Fri) – Joti Jot Siri Guru Hargobind Sahib Ji (1644)
(Actual: Mar 19)

Mar. 28 (Fri) - Shaheedi Bhai Subeg Singh and Bhai Shahbaz Singh Ji (1746)
(Actual: Mar 25)

Mar. 30 (Sun) – Shaheedi Baba Moti Ram Mehra & family (1704).
Sakhi Baba Diwan Todar Mal.
Hemkunt Foundation Speech Competition - Starts: 10:00am

Amrit Sauchar is coming up in April.
Are you ready? Contact Ragis.

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

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Keep our eyes on the prize

For many of us, it is time to start thinking about college applications, career choices, and primarily, our futures. Well, I am definitely at that time, being a junior in high school. Wanting to go into the medical field, I grabbed an opportunity to go shadow a very experienced pediatrician, Dr. Raj Patel. I loved it so much that I thought to share my fantastic experience with all of you:

Thanks to Dr. Raj Patel in Good-year, AZ, I had the amazing opportunity to shadow him at Banner Estrella Medical Center on February 22, 2014. Out of the 10 patients he treated, I saw 9. Six of the patients were between six months-three years old, two were teenagers, and one was 6 years old. All of the patients were sick, with only one of the patients coming for a checkup. Most of the infants were ongoing patients of Dr. Patel, so he knew them well and knew what was wrong with them. 3-4 of the patients had coughing and wheezing problems, so Dr. Patel gave them nebulizers. One of the pa-

tients had pneumonia, one of the patients had a diaper rash, and one of the patients had brachycephaly, to name a few. This shadowing opportunity really opened my eyes to a new side of the medical field, one that completely captivated my interest, specifically the pediatric aspect of it. It was also very fascinating to see how Dr. Patel interacted with every family depending on how long he's treated them and how comfortable he felt with them. When I got through the day, I realized that I know for sure that I want to work with kids, in the pediatric field, no matter what I end up specializing in. I hope to continue this shadowing opportunity through the summer as well.

Additionally, this month I learned about the three qualities that we as people should have that are very important to our futures and how we can

strive to get to exactly where we want to be in life in the next 10-20 years. According to Sheryl Sandberg, COO of Facebook, authenticity, perception, and self-confidence are key to anything and everything in life, and they are what make you "your own competitive advantage."

Authenticity. In the dictionary, it means "an undisputed origin; genuine," or in other words, yourself and your personality. That's the self that you need to bring to the table in the future, whether it's for a college interview or a job interview, and that is what is going to get you farther than any other part of yourself. Perception means, "to recognize, understand, or envision," and is the co-pilot to reality. How people perceive you is so important, it is how you will get that job or get into that college, based on how the

interviewer perceives you and how well they think you will succeed. Self-confidence. At this point in all of our lives, it is imperative that you do not submerge your voice and it is especially important to feel comfortable in your own skin, because you are your own person and no one can steal that from you. Also, failure can only contribute to experience, and experience is a very powerful gift not only to ourselves, but also our friends and loved ones.

Overall, this time is the time to "keep our eyes on the prize" and "go for the gold" to make the next 10-20 years exactly the way we imagine them to be. Stay strong, good luck, and happy March!



-Sammy Mallik

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Weekend Loud Music Parties: A Sure Prescription for Ear-Death!

On December 28th, 2009, Dr. Sanjay Gupta of CNN TV news, in his morning report, once again high-lighted a well-known fact about which the medical community and many others within the diaspora are well versed of, yet chose to ignore it. And this relates to the harmful effects of constant and continuous loud music on the hearing mechanism, irrespective of the source. Basically noise itself is difficult to define but it is an unwanted sound, a pervasive pollutant that is harmful to human hearing mechanism. Painfully loud music, blown out of proportion by the modern day high powered speakers frequently used in diaspora parties and to which many of its members are frequently exposed, weekend after weekend, is dangerous to the ears. And of course, the author is certainly no exception to this rule.

Recurrent and repeated noise leads to an annoying and constant 'ringing' in the ear which in medical terminology is known as 'tinnitus.' Tinnitus, in fact, is a cry or a scream from the dying hair cells of the ear trying to inform the person suffering from it to do something about it. If no attention is paid but exposure to noise is allowed to continue, it first causes incipient hearing difficulty ultimately resulting in significant and true hearing loss. In fact, the mechanism of hearing inside the ear can be injured if it is exposed to a degree of loudness that is enough to make one shout to be heard. With increasing noise all around in the modern society, the hearing loss now occurs much earlier than would have been expected even 30 years ago. More than 30 million Americans are exposed to harmful sound levels on regular basis as per National Institute on Deafness and Other Communicative Disorders (NIDCD). Out of 28 million American with hearing loss, at least one third have been affected by noise. This fact has been amply corroborated by NIDCD, National Institutes of Health (NIH), National Institute on Environmental Health Sciences (NIEHS) and National Institute for Occupational Safety and Health (NIOSH).

Most members of the diaspora from the Indian subcontinent have come up of age and their numbers are on constant rise. Their children are growing up to the marriageable age every day. Consequently, they are being regularly invited to various weekend parties for weddings, anniversaries and birthdays. Without inclusion of loud music by a DJ, it is no secret that such parties

now a-days would be considered incomplete. Therefore, there may not be much of choice for the guests in this regard. However, an awareness about the anatomy and physiology of the ears in laymen's terms as well as the availability of preventive measures to defeat this important enemy of our ears in order to limit the damage is essential and worth exploring. And this is precisely the intent here.

Like eyes, the nature has provided human beings with two ears, one on each side. Each ear has three parts. The first is the external ear which again is divided into two components, the outer cartilaginous tissue - the pinna or the auricle - attached to each side of face while the second component is the external canal. The pinna is designed by nature in such a way so as to catch incoming sound waves and then funnel them into the external canal, a long opening in the bony skull close to its base. The external ear is only meant for the transmission of the sound to the second part - the middle ear - from which it is separated by a thin membrane, 'the ear drum.' The ear drum vibrates with any sound or noise it receives through external ear.

The middle ear has three tiny small bones connected to one another in a sequence; the first one is attached to the back of eardrum, the other end of which connects to the second bone. This second bone in turn connects with the third one which transmits the sound vibrations to the inner ear (the Vestibule). It sets into motion the organ of Corti which then stimulates tiny hairs in the cochlea (a snail-shaped organ in the inner ear, the most important part of the inner ear). The hair cells then transform the sound vibrations into nerve impulses that are transmitted to the brain through the auditory (cochlear) nerve. It is the brain which then organizes the information into what we perceive as complex sounds.

As a result of repetitive exposure to loud music over period of time, the Noise-induced hearing-loss (NIHL) shows its color slowly and incipiently. Amplified loud music in rock concerts or in the night clubs and in the weekend Indian parties even for 15 minutes daily can damage hearing. Keep in mind that such kind of music is about 128 to 512 times as loud as normal. NIHL could also result from one-time exposure to an intense impulse sound such as an explosion. Initially the loud exposure brings about a change in the hearing that could be defined as a cross

between the hum of a Hammond organ and the purr of a well tuned luxury car. Other changes in hearing may include sounds like a faint noise, a kind of high squeal that surges and recedes. Hisses are heard like inside of a seashell that causes a cool sensation as if ears are leaking gas.

If the damage or destruction to the hair cell continuous, 'tinnitus' or ringing in the ear which is not created physically rather it is literally in one's head, starts bugging the sufferer. Once one gets out of the harmful environment, the hair cells may recover somewhat and the temporary hearing loss may come back to normal in a day or so though it wouldn't be as good as it was before. This can only happen if the hair-cells are merely damaged and are not dead. Eventually over a long period of time, hair cells damage and hearing loss becomes permanent instead of staying temporary. Once destroyed, the hearing nerve cells will not regenerate.

Some may carry a belief that their ears are tougher than others and therefore, they have the capacity to somehow 'tune it out.' On the other hand those who consider that they have gotten used to the routinely exposed noise, in fact, may have already suffered the damage with resultant permanent hearing loss. It will not be out of place here to refer to the moderate degree of high frequency hearing loss that our past president Bill Clinton suffers. He played saxophone in a band in his teen years resulting in the damage to the ear with consequent moderate degree of hearing loss of high frequency.

The issue that needs to be addressed here relates to finding a reasonable compromise between one's desire to enjoy these weekend parties with friends and relatives vs. saving the good old hearing, the loss of which may turn one into a helpless moron. Going to weekend parties is one pastime that many among us look forward to in an otherwise busy and relative bland type of life style, at least for some members of diaspora. The presence of loud music in these parties is akin to a thorn that always comes attached to the stem of a beautiful rose.

Knowing the limits of safe vs. harmful loud music and then taking precautions to prevent the damage to the ears is the first step in the right direction. A sound above 85 decibels (dB), a unit of sound measurement, is usually dangerous to the ears. The amount of noise level as well as the length of time both will determine the



damage to the ear. To understand it further, one may compare it to the relative loudness of different common sounds in dB. A normal conversation is usually at 50 dB, a food blender is at 88-90 dB, a flying jet is 103 dB and a rock band is in the range of 114dB. (As per Dr. Levine in the Internet)

But there always is a hope for the light at the end of tunnel. Likewise, hearing loss is preventable to some extent provided certain precautions are taken.

First of all, amplification devices in the parties should be kept at such a moderate level as to allow the people to talk and be heard without shouting while the loud music is on. Sitting close to speakers blowing out loud music must be avoided. Walking out of the parties intermittently especially when loud music is playing is a worthwhile effort. The headphones for Walkmans and ipods, if used, should have a volume to a level where music coming from it could not be heard by a person standing close to the user. During exercise in the gym, the ears also get stressed out like rest of the body and as such they are more susceptible to damage by sounds of ipods and other such devices.

Use of hearing protectors, earmuffs and certain kinds of custom made earplugs that are individually molded or purchased at drug stores under the guidance of an expert in the field such as an audiologist should be considered. Use of cotton ball or plugging ears may sound attractive but such efforts unfortunately do not work and should not be relied upon. Finally, there is nothing like awareness and carefulness about such actions that over period of time may not turn out to be in the best interest of our body mechanism though superficially they appear to bring an immense short-lived pleasure.

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



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Schedule of Tournaments

Friday, April 18th
Pre-Tournament Event to be held at
Whirlwind Golf Club
Cattail Course

- 11:00am Registration
- 12:30pm Shotgun Start
- 7:00pm Dinner to be held at
*Taj Indian Cuisine & Banquet Hall

Saturday, April 19th
Main Tournament Event to be held at
Whirlwind Golf Club
Devil's Claw Course

- 11:00am Registration & Boxed Lunch
- 12:30pm Shotgun Start
- 2:00pm Dinner & Awards to be held at
Whirlwind Clubhouse



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Hot style: edgy faux leather to pop neons, panelled tights

Arpita Kala

Move over distressed denims, retro plaids and corduroys! Leggings and pants with contrasting strips of panels are the latest trend in town. From pop-hued contrasting panels to faux leather ones on cotton leggings, many celebrities have recently been spotted rocking this trend.

While the panelled trend is already a rage internationally, actor Shilpa Shetty Kundra recently flaunted her curves in striking red, black and white panelled leggings. You can also take your pick of celeb inspiration from singers Jessie J, Rihanna, Nicki Minaj, model Rosie Huntington-Whitley, among others.

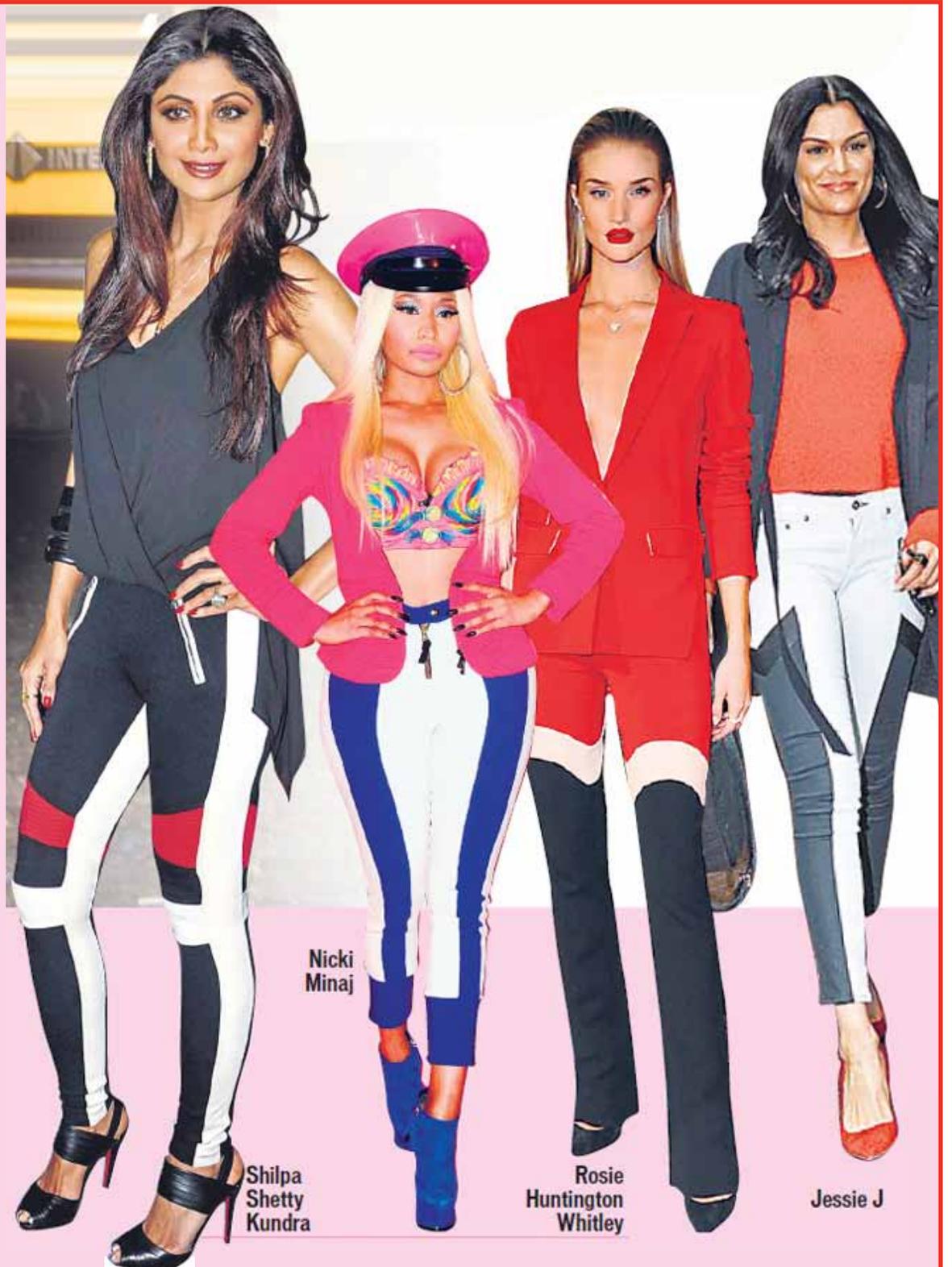
But panelled leggings are a fashion dare of sorts, so beginners can use leggings with leather panels on the sides to flaunt a slimmer silhouette. Daring divas can mix and match patterns on their printed leggings or opt for ones with random panels of lace.

So go ahead, patch up your style quotient | We tell you how! (Below)

1 Perfect the fit: Too tight or too loose fit of the legging can mar your look. Never cease your quest to find the perfect fit even if it means trying out a million pairs.

2 Top it up: Unless you are playing dress up, avoid pairing attention-grabbing or overly matching tops. One trick to master is to match the top with the dominant base colour of your leggings or pants.

3 Playing footsie: Choose your footwear according to the occasion. Strappy gladiator sandals, sequined flip-flops, mules are ideal for daytime. You can pull out your pointed-toe stilettos and boots for a night time do.



Nicki Minaj

Shilpa Shetty Kundra

Rosie Huntington-Whitley

Jessie J

Our cool picks



« Flaunt your feminine side with sheer side panelling. Price: ₹699 Available at: fashionfever.com

» Pep up your workout with pop pink panelled tights. Price: ₹3,490 Available at: Mango stores across the city



« Don't want to go all out with faux leather? This pair is a cool pick. Price: ₹1,695 Available at: koovs.com



» Go crazy with stripes in different dimensions Price: ₹725, Available at: fashionara.com



» Channel the punk rock movement with tartan panels Price: ₹4,319 Available at: asos.com



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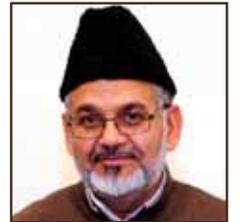
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Pakistan's blasphemy laws are the real act of blasphemy



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

“There should be no compulsion in religion...” Quran 2:257

“...And do not say to anyone who greets you with the greeting of peace, [i.e., salaam alaikum] ‘You are not a believer.’...” Quran 4:95

Religious blasphemy laws are a touchy subject, especially in Pakistan. Just bringing them up and questioning their validity is considered, well... blasphemous. This is wrong.

Historically, most blasphemy laws were written to deter members of one religion from indulging in offensive speech or actions that hurt the feelings of, or provoke physical harm against, members of another religion -- Muslims against Hindus or Christians against Jews, for example. But religious persecution can and frequently does occur between groups within the same faith; Catholics against Protestants, or Sunni Muslims against Shias.

It is this sectarian persecution that can turn blasphemy laws into a double-edged sword used to cut the throats of the very people they were intended to protect. This is exactly what is happening -- and has been happening for nearly thirty years -- in Pakistan, where accusations by Sunni Muslims of desecrating the Quran or uttering blasphemy against the Prophet Muhammad (peace and blessings be upon him) are routinely used to jail business rivals or personal enemies or members of minority sects like the Shias and the Ahmadis or members of other religions.

Because of this sad state of affairs, Pakistan today has a reputation as one of the most dangerous and religiously intolerant places on earth. And what many people in the West do not appreciate or even understand is that the inferno of religious violence and bigotry tearing Pakistan apart is being stoked not only by the anti-Western, Jihadist agendas

of Al-Qaida and the Taliban, but by the tacit approval -- via legislative and Constitutional sanction -- of the Pakistan government itself.

This began in 1974 under democratically-elected president Zulfikar Ali Bhutto, who endorsed and signed an amendment to Pakistan's Constitution which declared that Ahmadi Muslims were non-Muslims. Article 260 was amended with Clause (3) below:

AMENDMENT OF ARTICLE 260 OF THE CONSTITUTION.

“(3) A person who does not believe in the absolute and unqualified finality of the Prophethood of Muhammad (peace be upon him) as the last of the Prophets or claims to be a Prophet, in any sense of the word or of any description whatsoever, after Muhammad (peace be upon him), or recognizes such a claimant as a Prophet or a religious reformer, is not a Muslim for the purposes of the Constitution or law.”

Clause (3) of Article 260 was written specifically to legislatively nullify and deny the claims of Mirza Ghulam Ahmad (1835-1908), who founded the Ahmadiyya Muslim Community in 1889 in Qadian, India, for the purpose of bringing people back to God and restoring Islam to its original purity and spiritual vitality.

Ahmad proclaimed that God had appointed him the Imam Mahdi and Promised Messiah, whose advent was foretold in the Holy Quran and in the Hadith (sayings) of the Prophet Muhammad (pbuh). What particularly incensed Muslims of his day (and to this day) was that he forbade the Jihad of the sword to convert people to Islam or wage offensive wars, replacing it instead with the Jihad of the pen.

To that end, Mirza Ghulam Ahmad wrote over 80 books in defense of Islam, the Quran

and Prophet Muhammad (pbuh) to remove the misconceptions and corruptions that had disfigured Islam from its true form and beauty. Ahmad's writings and life have inspired tens of millions of Muslims (and non-Muslims alike) to dedicate themselves to God and strive in the Greatest Jihad -- to become righteous, God-fearing and peaceful members of society and of his Community, whose motto is: “Love for All -- Hatred for None.” They are also the only Muslims with an unbroken series of Khalifas, or spiritual leaders, guiding the Community since 1908.

With all this going for it, you would think Muslims would flock to join the Ahmadiyya Muslim Community, but no -- most reject it and consider the founder an apostate and his followers “wajibul qatl” -- Arabic for “deserving of death.” The obvious question most non-Muslims would ask is: why all this hatred against Mirza Ghulam Ahmad and his followers? The answer has to do with what Muslims expect the Imam Mahdi to do.

Muslims anticipated the Imam Mahdi (literally, divinely-Guided spiritual leader) to manifest at the beginning of the Muslim 14th century -- the last quarter of the Christian 19th century (1870s). This corresponded with expectations by millions of Christians of the Second Coming of Jesus (pbuh). Ahmadis are the only Muslims who believe that both events happened as prophesized in Islam and Christianity with the advent of Mirza Ghulam Ahmad. All other Muslims believe that Jesus (pbuh) was taken bodily alive to heaven before the crucifixion and that he will bodily descend from heaven after the appearance of the Mahdi.

What will ensue then won't be peace and love, but war and bloodshed by the Mahdi and Jesus to restore the worldly power and material glory of Islam through the con-

quest of its main enemies, the Christians and Jews.

Because the Ahmadiyya Community founder's mission was completely non-violent, non-political and entirely focused on spiritual and moral reformation, the extremist Muslim clerics and their followers (from the late 19th century to the present) have always opposed Mirza Ghulam Ahmad, his teachings and his followers. Peace, tolerance and non-violence are dangerous practices -- especially to those who use Islam to justify their un-Islamic beliefs and barbaric actions.

Thus, Clause (3) of Article 260 has to define as “non-Muslim” anyone who makes any claims to be a reformer or prophet after the Prophet Muhammad (pbuh). This effectively declares anyone who ever claims to be the Imam Mahdi -- who by definition must be a Muslim -- is not a Muslim, along with all those who believe in and follow him.

The inherent evils of Pakistan's blasphemy laws are laid bare by just one concept central to our understanding and protection of the basic right to freedom of religion: the blasphemy laws are unjust on more than just legal grounds because no political assembly -- no human assembly, period -- has any authority or right to interfere with anyone's chosen religious beliefs so long as they are not harmful to others.

Below are the blasphemy laws which do not name Ahmadis directly, but are routinely levied against Ahmadis, Shias, Christians, Hindus, Sikhs and the members of other religious minorities in Pakistan.

Pakistan's Criminal Codes (PPCs) relating to blasphemy.

295 forbids damaging or defiling a place of worship or a sacred object.

295-A forbids outraging religious feelings.

295-B forbids defiling the Quran.

295-C forbids defaming

the Prophet Muhammad (pbuh)

With the enactment of Ordinance XX, penal codes 298B and 298C specifically targeting Ahmadis were added, making it a crime punishable by fine and up to three years in prison if Ahmadis say “As-Salaam alaikum” (peace be upon you), or recite the call to prayer (Azan), or call their place of worship a “mosque,” or publicly perform any of the five daily prayers, or refer to themselves as Muslims, or propagate their faith.

Pakistan's blasphemy laws and Constitutional amendment targeting Ahmadis targets everyone who believes in freedom of conscience and the end of religious bigotry and intolerance. The blasphemy laws also highlight the behavior of two distinct camps of Islam: the Ahmadis, who have never once repaid the violence they suffer with violence from their own hands; and those Muslims who either turn a blind eye and a deaf ear to the evils borne of their infamous blasphemy laws, or those Muslims who applaud such evils -- or perpetrate them -- as if the intolerance and inhumanity inflicted upon the Ahmadis, Shias, Christians, Hindus and others were the sworn duty and religious obligation of every “devout” Muslim.

Every truly devout Muslim must stand up and take sides and say, “No, this is not what it means to be a Muslim.” It means standing with the Ahmadis, Shias, Christians and all others who are victims of evil at the hands of so-called Muslims. It means choosing to be the kind of Muslim that others can say without hesitation: “This is what being a good Muslim looks like.” If that ends up looking like an Ahmadi Muslim, then so be it. That shouldn't be something other Muslims are ashamed of.

I possess an MS (1966) in Organic Chemistry from India, and, also an MS (1970) and PhD (1975) in Organic Chemistry from Stevens Institute of Technology, NJ, USA.

I am a Professor of Pharmacology, Department of Pharmacology, Penn State College of Medicine, Director of Organic/Medicinal Core, and Co-Director of Drug Discovery and Delivery Core at Penn State Hershey Cancer Institute. My laboratory is nationally and internationally recognized for drug discovery and development. I have extensive publications with more than 350 publications in leading scientific journals. The focus of my research is to investigate the mechanisms of chemical carcinogenesis as a tool for developing chemopreventive strategies to reduce the morbidity and mortality from cancer. Our primary focus is to study lung, breast, colon, prostate, liver, and skin cancers. In addition to chemical carcinogenesis, our research has simultaneously addresses the area of cancer chemoprevention and therapy, which has resulted in the development of several chemopreventive/chemotherapeutic agents and an understanding of their mechanisms of action.

I held various positions during the period from 1975 till to date 2013 and on-going; just to name a few; Stevens Institute of Technology, Research Fellow, Stevens Institute of Technology, Senior Research Fellow, Princeton

Shantu Amin, Ph. D.

University, Princeton, NJ, Associate, Institute for Cancer Prevention (Formerly American Health Foundation), Valhalla, NY, Head, Section of Organic Chemistry, Institute for Cancer Prevention (Formerly American Health Foundation), Valhalla, NY, Chief, Organic Core Facility and Bio-Organic Laboratory, Institute for Cancer Prevention (Formerly American Health Foundation), Valhalla, NY, Associate Chief, Division of Carcinogenesis and Molecular Epidemiology, Institute for Cancer Prevention, Valhalla, NY, Adjunct Associate Member, Memorial Sloan Kettering, New York, NY, Thesis Reader, New York University, School of Science, New York, NY Professor, Department of Pharmacology, Penn State College of Medicine, Hershey, PA, Director, Organic Core, Penn State Hershey Cancer Institute, Hershey, PA, Co-Director, Drug Discovery and Delivery Core, Penn State Hershey Cancer Institute, Hershey, PA.

My work has been recognized nationwide in the USA and globally. I am honored with awards such as - Westchester County Best Scientist Award by the American Chemical Society, Nominated for outstanding contribution to the field of Polycyclic Aromatic Compounds (PAC) by the International

Society for Polycyclic Aromatic Compounds, Reviewer, NCI grants and Contracts, Advisor to United States Environmental Protection Agency, Editorial Board, European Journal of Medicinal Chemistry, and a Secretary, International Society of Polycyclic Aromatic Compounds.

I am also awarded several Collaborative Patents; namely; A Selenium derivative of PBIT to therapeutically target cancer, Treatment of canine hemangiosarcoma with a histone deacetylase inhibitor, Anti-Cancer Compositions and Methods, and, Using a Novel Selenium containing inhibitor Selenocoxib-1 GSH inhibits Cancer tumor development to inhibit cancer development.

I have ten Provisional PSU Invention Patents which are: Novel naphthalimide derivatives as potent Anti-Cancer Agents, The composition and use of sphingosine Kinase 1 specific inhibitors for hyperproliferative and Inflammatory diseases. Temozolomide-selenium analogs as novel antitumor agents, Novel Indazole derivatives attenuate expression of cholesterol synthesis genes, Novel Indazole derivatives attenuate induction of Gouty Arthritis, Marinopyrrole a and derivatives as Mcl-1 antagonist to overcome



ABT-737 resistance in Cancer, The Akt Inhibitor ISC-4 Synergizes with Cetuximab in 5-FU-Resistant colon cancer, Selenium-NSAID Hybrid Molecules as Novel Anticancer Agents, and, Combination of Novel Sirtuin Inhibitors and Histone Deacetylase Inhibitors as Cancer Therapeutics,

My Research work is Cited in the Front Covers of 1. Cancer Research, 2. Journal of Molecular Biology, 3. Chemical Research in Toxicology, 4. Nucleic acid, and, 5. Carcinogenesis. More than 10 universities are collaborated with my research laboratory in the US and globally. I am fond of Hockey, Soccer and Tennis.



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Real-estate sector in Arizona

Dear Friends,

We are indeed fortunate to be in the valley of the sun and escape the harsh winter in rest of the country. Now is the time for some beautiful spring weather with wonderful blooming flowers accompanied by March Madness. Phoenix has not only been gifted in terms of winter weather but also in real estate recovery in the last few years.

Phoenix has always been a profitable place for real-estate investment. The large appreciation gap left by the 2008 real-estate bubble burst made it even more attractive for institutional buyers. The dramatic drop in foreclosures across the Valley means there are few houses to be bought cheaply, fixed up and resold quickly for a profit. So the house-flipping frenzy is significantly dropped in metro Phoenix, though a few investors are still able to make it work if they can find the right house.

Though Good News is Rental Market is stronger than last year! There were 43,111 closed rentals in 2013, up from 37,941 rentals in 2012, a change of 13.6% year-over-year. The average closed lease price for 2013 was \$1,279, \$25 more than the average lease price in 2012. Average Days On Market increased by 2 days over 2012 to land at 45 days in 2013.

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

Median Lease \$: \$1095

Average Lease \$: \$1474

Avg. Days on Market: 48

Rent Check Quotient™: 49%

- Total sales for Single Family, Town homes, Condos for January were 4,095 whereas December

Unit Sales by Financing Type			
	-Sgl Fam-	-Other-	-Mfg-
Bond/IDA	2	0	0
Carryback	22	3	0
Cash	1044	376	61
Cash to Loan	14	2	0
Conventional	1359	208	17
Exchange	6	1	0
FHA	753	43	7
FMHA	10	1	0
Rent/Lease	3	0	0
SBA	1	0	0
VA	234	13	1
Wrap	0	0	0
Total Sales	3448	647	86

was 5,180 and November was 4,553

- The Active listings for January were 23,420 whereas December was 20,673 and November was 21,645

- Pending sales for January were 4,660 whereas December was 3,957 and November was 5,289

Let's take a look on commercial side-

The Frank-UrsoTrust acquired the Crossroads Plaza retail building at 7660 S. McClintock Dr in Tempe for \$1.35 million, or about \$225 per square foot, from Pacific West Land. The 6,000-square-foot free-standing retail building sits on two-thirds of an acre and was constructed in 1997. The multi-tenant retail strip was 100 percent leased.

Hannay Realty Advisors acquired the Camelback East Village shopping center at 3201-3225 E. Camelback Rd in Phoenix from Camelback East Shops, Inc. for \$12.2 million, or about \$485 per square foot. The 25,150-square-foot, multi-tenant retail center was built in 1957 on two acres in the Central Scottsdale Retail submarket of Maricopa County, at the southeast corner of 32nd Street.

Alberta Development Partners has received financing to acquire and entitle a 1.86-acre mixed-use development site on the northwest corner of University Drive and Ash Avenue in downtown Tempe. San Francisco-based company provided a \$5.7 million senior loan to Alberta Development, which has plans to entitle the site for 40,000

Unit Sales by Time on Market			
	-Sgl Fam-	-Other-	-Mfg-
1-30 Days	1410	251	34
31-60 Days	692	127	8
61-90 Days	561	106	12
91-120 Days	278	49	7
More Than 120 Days	507	114	25
Total Sales	3448	647	86

square feet of ground-floor retail and 187 high-rise apartments units. With a shortage of grocery retailers in downtown Tempe, Alberta is seeking a grocery tenant for the retail portion of the space. The nearest grocer is a Safeway two miles away.

Stardust Properties LLC purchased the Dollar General located at 6600 W. Van Buren St. in Phoenix for \$1.81 million, or about \$199 per square foot, from Southwest Development Group LLC. The 9,100-square-foot retail building was constructed in 2013 on 1.1 acres.

Creative Touch Interiors has signed a three-year, 36,540-square-foot lease at 1002 E. University Dr in Phoenix. When the tenant takes occupancy in May 2014, the building will be at 100% occupancy. The 73,080-square-foot warehouse was built in 1989 on 3.3 acres in the SC N of Salt River Industrial submarket. It features 15% office build-out, 15 loading docks and two drive-ins, 26-foot clear heights, and 48-foot columns spacing.

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



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

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Divine and Duality

God only knows how long ago he created this universe. Some holy books mention that he created this universe unknown million of years ago. Science tries to say billions of years ago, God created the universe. In reality no one knows how and when was the universe created.

From the time when this unique creature, human being, arrived, it's been a secret riddle in their mind; but no one is able to explain how the universe came into existence.

Only the creator knows how it really happened. As a human, if we think to understand this phenomenon of the creator, it's impossible because we are a part of the creation. Our intellect and science cannot answer this question. Our duality is the main reason our mind is in the dark about this matter.

In the Past century there was one highly qualified couple. The wife was spiritual and husband was a scientist. God blessed them with one boy child. He was growing, day-by-day, month-by-month. His Mother taught him spirituality

from an early age. His father wanted to train him as a scientist.

One day, when he was at a young age, he asked his mother; Mom, who created this Sun, Moon, Sky, Earth, Water, Air, and all the planets where we live? When she heard these words from her child she was thrilled since she wanted to teach him of the creator.

The mother began to explain: My sweet child, God created everything, which we can see, feel, and touch. He is the inner knower, life or every life, cherisher, merciful, and kind. He created this creation through nature. In the creation we are all his children. He is our divine father.

The child was so happy and blissful to hear this. He asked the mother, how can I see him? Mom replied: with faith, reverence, devotion, and prayer. Then he learned a prayer from his mother and started to worship the God same as his mother.

His father wished to train

his as an elite scientist of the world. When his father learned he was worshipping God as his mother did, he was troubled, since this wasn't the direction he wanted the child to go.



One day the father invited his son to his office. He was most graceful with his child. All of a sudden, the child asked the father the same question. Who created the universe? The father replied; no one! it just happened. The child was surprised! When he was back with

his mother, he asked, Mom, Why did father say there is no such thing as a creator of the universe? Everything just happened through evolution. Mom was uncomfortable with this situation. She replied, my child, nothing can happen by itself. Everything happens by God's grace. Child Said, Mom, who should I believe, you or Father? Mom, with calmness and grace replied, my child, you should believe in the God who created this universe and he will protect you in your life with every breath. The child asked again, how do I convince my father, that nothing happens by itself? How do I convince my father, that God created the universe by his grace?

Mother replied, go to your father's office when he is not there with a pen and thoroughly scratch his desk. When he returns and sees the desk he will call you with anger. He will then question, who did this? Reply humbly, I didn't do it. When he asks again with more anger, who did it? Say Father, it just

happened. Obviously, your father will respond, "Nothing can happen by itself." Then with humbleness ask, father, then how did the universe happen by itself without the creator?

After listening to son's reply, Father questioned the son. Who taught you to say this? My Mother taught me about God who created this universe. But as long as we don't have a strong faith, reverence, devotion, and prayer, we cannot experience this reality. This is because our mind is internally in pitch dark. This is Duality, and with this duality we cannot experience the divine.

My dear readers, read this again and again. If you don't have prayer, please bring prayer, and meditation in your life. Prayers and meditation will cleanse your mind and remove the duality from your life.



Thank-you.

-Gyani Ji. Harbhajan Singh Sandhu.



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Decoding the Hypothesis of B Positive Blood Type and B(e) Positivism - (Pun is Strongly intended)

Is it all in the head or is it in the blood? This web of retrospection is the reason behind the strong motivation for my thoughts turning up into words that could be shared with my readers.

I have always wondered about how some individuals seem to be free of worries and B(e) positive in any ordinary situation. The rule books do not necessarily call for this contentment and hopefulness because for most part, worrisome thoughts seem to be ruling the helm of our lives, encouraging us to either dwell in the past or scrupulously governing us to carve out a future, just like the rivers carve their ways across various land forms. This kind of a state constantly keeps us engaged to tread on the tight rope-walk of life, like a perfect maneuver of a Nick Wallenda. For those who beg to differ, I wonder what their secret is. Maybe it lies in their blood type! Well at least for those who can claim their positivism on being in this 'elite' group (pun intended), and it gets even better with a multiplicity of fervors arising from certainties in their lives. For all others who albeit are not able to find a membership in this elite club willingly blame it on their 'gifted' conceit which they show off with such pride and ease. In any less than normally perceived setting, this quality of theirs makes an alluding statement to the pessimists and the pragmatics to recognize their 'state of the mind' deficiencies and they are left wondering about the formers uncanny ability to



sustain this 'positivism' with meager effort.

An ambiance of positive upbringing might be another reason to cite for individuals who are in the acquired skill group. (Neither the elite nor the gifted) This acquired positivism might have stemmed from a very early age, for strong foundations are the testimonies for this 'Best Friends Forever' relationship with any of the morals, principles or qualities such as happiness and positivism.

Talking of the barely blood group elite (having the negative frame of mind), when they desperately try to give

the 'positive-holics' a run for their second nature, they often seem to come across, not as just trying to 'fit in', but trying a bit too hard to match up being well aware that they are an underdog in this competition of the optimists and also weary of their consistently inconsistent natures. And it becomes all the more apparent when these individuals are caught unawares as they stick to their ever so unchanging pessimistic nature even in conflicting situations, earning more accolades for the so called 'elite' or the 'gifted' individuals. It is also worth mentioning about the outspokenly hypocritical 'barely blood

group elites', who now have a challenge to prove the hypothesis of the B positive blood type and the positivism right.

Here it makes sense to inculcate the popular 'Try, Try, Try is the golden rule' wisdom, but with a difference. And that difference lies in trying to incorporate the right attitude by accepting the non-inherent with humility and approaching it as something that can be acquired with understanding and practice. This is truly unlike something that can be passed off as a momentary mask of false expressions. The truth of the matter lies in knowing that its possible to be genuinely equipped to welcome positivism as a learned skill, by developing a constant craving to be the kind of person one wishes to be, to promise oneself to reap the benefits that come with this change and keep on inching towards the goal, until one fine day, it is realized that all the adversities are mysteriously being taken in stride, nevertheless with a grain of salt, for without this humbleness, its hard to face this challenge, even if it means bringing with us, a legacy of the positive blood types; which leads me to wonder about revisiting the hypothesis from another angle, keeping in mind yet another blood type....and you guessed it right!

Let the 'B negative' decoding begin!

- Deepa Badrinath
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2 Shaadi Ke Side Effects @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 7:30 PM)	3	4	5 Shaadi Ke Side Effects @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 7:30 PM)	6	7 Pt. Kashinath Bodas Music Festival	8 *Pt. Kashinath Bodas Music Festival * FUN FAIR * Hola Mohalla * Hola Mohalla (Contest for Singh Vs Kaur)
9 *Sri Ramakrishna Puja *Charles Lloyd's Sangam with Zakir Hussain & Eric Harland@ MIM Music Theater *Holi Celebrations @ South Mountain Park	10 Chinmaya Mission Phoenix Spring Camp ARTIST GUIDED SPRING CREATIVITY ACTIVITY	11	12	13	14	15 Holi Celebrations @ Goshala
16	17	18	19	20	21 *Carnatic Violin Duet *Amma Sri Karunamayi 2014 World tour	22 *Dhuleti Celebrations *Basant Mela 2014 (Kite Flying Festival) @ Fountain Park
23	24	25	26	27	28	29 16th Annual Grand India Festival @ Indo-American Community Center
30 *FOOD FOR LIFE @ Watkins shelter *Shivananada Lahari an Ode to Lord Shiva @ Tempe Center For the Arts	31					





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Travel and social activity will bring about interesting talks, not to mention contacts. Don't get involved in joint ventures. Don't expect romantic encounters to be lasting. Plan your day carefully. Your luckiest events this month will occur on a Saturday.

ARIES



Mar 21
to
Apr 20

You will be able to talk to your lover about future goals and perhaps make plans for the two of you to take a vacation. Your position may be in question if you haven't been pulling your weight. Opportunities to get involved in investment groups will payoff. You can expect the fur to fly on the home front. Your luckiest events this month will occur on a Friday.

TAURUS



April 21
to
May 20

You will be accident prone if you aren't careful this month. Your partner will be emotionally unable to cope. Plan your day carefully. Don't take offense at comments made by coworkers. Your luckiest events this month will occur on a Tuesday.

GEMINI



May 21
to
June 21

Avoid any erratic behavior or it could cause isolation at home. You should be looking into making changes around the house. Alienation may be the result of a misunderstanding. You can certainly gain popularity; however, don't do it by paying for everyone else. Your luckiest events this month will occur on a Sunday.

CANCER



Jun 22
to
Jul 22

You can make personal changes that will enhance your appearance and bring about greater social activity. You will get out of shape easily if you don't keep on top of things. Your dynamic, determined approach will win favors as well as a helping hand. You can make a serious attempt at quitting those bad habits that you've picked up over the years. Your luckiest events this month will occur on a Wednesday.

LEO



Jul 23
to
Aug 23

Stand up and propose your ideas, and you'll be surprised how many people will follow you. Try not to get upset or angry without having all the facts. Catch up on overdue phone calls and correspondence. Avoid scandals of any sort. Your luckiest events this month will occur on a Wednesday.

VIRGO



Aug 24
to
Sep 23

You are best to put your efforts into redecorating or inviting friends over. You probably aren't getting straight answers to your questions. Travel will enhance romance and adventure. Comfort is a necessity. Check your motives. Your luckiest events this month will occur on a Wednesday.

LIBRA



Sep 24
to
Oct 23

You will have problems with coworkers if you are too extreme about doing things perfectly. Be diplomatic and honest, and that person will only be made to look bad. Try to deal with the problems of those less fortunate; however, don't allow them to make unreasonable demands. Don't let relatives make demands of you. Your luckiest events this month will occur on a Sunday.

SCORPIO



Oct 24
to
Nov 22

Control your temper by getting immersed in your work. You need to spend some time reflecting on past experiences and involvement's. You'll have great insight. Competitive games will be your forte. Your luckiest events this month will occur on a Sunday.

SAGITTARIUS



Nov 23
to
Dec 21

Your charm will mesmerize members of the opposite sex this month. Take time to make physical improvements that will enhance your appearance. Financial limitations may add to your depression. Hold on; your time will come. Your luckiest events this month will occur on a Monday.

CAPRICORN



Dec 22
to
Jan 21

Your relationship is undergoing some changes. Help those incapable of taking care of their personal affairs. Try not to let your emotions interfere with the completion of your work. Past partners may try to come back into your life. Your luckiest events this month will occur on a Monday.

AQUARIUS



Jan 22
to
Feb 19

Opportunities to upgrade your living standards will come through your lover or through joint financial investments. Build on friendship rather than starting out in an intimate encounter. Don't make excuses. Don't be too quick to spend money. Your luckiest events this month will occur on a Saturday.

PISCES



Feb 20
to
Mar 20

Remembering Ghalib's angst through his life, poetry

'Aah ko chaahiye ik umr asar hone tak,
Kaun jeeta hei tirii zulf ke sar honey tak'
(The sighs of love a life-time need, their object to attain, Who lives long enough for your dark mysteries to retain)

The iconic Urdu poet died February 15, 1869, in his Ballimaran haveli in the walled city of old Delhi's Shahjahanabad and was buried near Chaunsath Khamba, close to Hazrat Nizamuddin's shrine. There was nothing to mark his last resting place for a century later till an ardent fan, an Englishman, came to Delhi in search of his grave.

To his disappointment, he couldn't find it. He then wrote an article in one of the newspapers about it, after which it came to light that Ghalib, after death, didn't have a place to call his own. That's when a tomb was built for him and beautified by the efforts of actor Sohrab Modi and Hakim Abdul Hameed of Hamdard.

The tomb, like most heritage structures in the city, is under the care of the Archaeological Survey of India but is run in a most haphazard way. The keys to the entrance have been entrusted to the guards. From there begins the ordeal for the visitor.

After asking for the keys from some five people around, an old guard called Tauqeer, shouts, "Babu bhai". But no one turns up. Finally, he looks for it in the most unlikely places - a mug, a torn black umbrella and broken earthenware. Finally, he finds it - in the base of the mug. Sad though, but true.

'Koi virani si virani hai,
Dasht ko dekh ke ghar yaad aaya'
(It is desolation personified,
I saw the wilderness and remembered my abode)

Ghalib wrote it only to see it turn into a prophetic couplet on the condition of his habitation and last resting place.

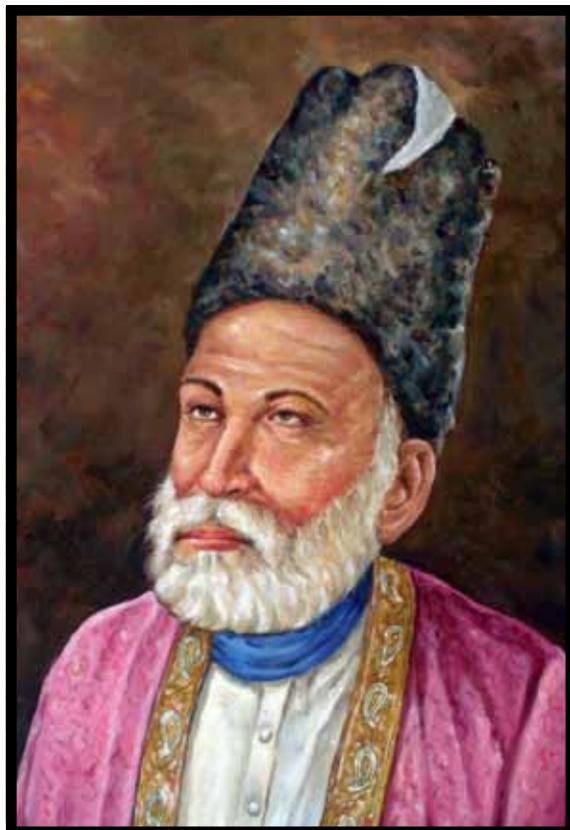
The condition of Ghalib's blatantly neglected haveli (mansion) is no better, with the 130 sq yard haveli still lying decrepit without any life infused into it by way of a reading room, a stall, the sale of his diwans (collections) and a kiosk for tea. Despite repeated representations to the Delhi government, nothing has been done to beautify it or make it a living monument to one of the most well-known literary figures of the city.

Like death, life wasn't exactly kind to Ghalib. He lost everyone he loved. In childhood, he lost his father and in adolescence his brother. He became a father of seven sons, but none survived.

Defeated, he adopted a child but even the adopted son expired in youth. These successive tragedies broke his spirit but he consoled himself that if all that happens is God's will, one cannot fight him.

But as he told his admirer and fellow poet Nawab Mustafa Khan 'Shefta' that one can complain and cry against divine dictates to make the heart feel lighter:

'Gham-e-hasti ka Asad kis se ho juz marg ilaaj,



Shamma har rang mein jalti hai sahar hone tak'
(There is no remedy to the sufferings of life for Asad/

The flame burns in every colour until the dawn).

It is said that he was the heir to a great legacy but Ghalib, valuing human relations more, had little significance for the wealth left by his forefathers. His poetry reflected life through a collage of indefinite human roles. His persona like his poetry had that extra dimension that made those who admired him get hooked on to him forever.

It is said that he would sit all night by a flickering lamp, humming and mulling over his thoughts, all the while playing with a long piece of cloth.

When he felt satisfied with a verse, he tied a firm knot on the cloth as a reminder. He would do that all night. Next morning, when he awoke, he would sit with the cloth and one by one untie the knots, gradually and carefully recalling every verse.

'Thhi khabar garm ke Ghalib ke urenge purzey,

Dekhney hum bhi gaye pe tamasha na hua'
(News was in the air about a desecrated and defiled Ghalib,

We also went to witness but found nothing glib).

Maybe his years at Ballimaran were unhappy, maybe the angst gave birth to such marvellous poetry. Maybe, that is why poetry lovers from all over the world still negotiate the by-lanes of Chandni Chowk to visit a small dirty corner of a huge, beautiful city. Even today!

POET OF MONTH Julie Kane

Julie Kane, a native of Boston and longtime resident of Louisiana, was the 2011-2013 Louisiana Poet Laureate. Her most recent poetry collection is *Paper Bullets* (White Violet Press, 2014). She is also the author of *Jazz Funeral* (Story Line Press, 2009), the winner of the Donald Justice Poetry Prize; *Rhythm & Booze* (University of Illinois Press, 2003), a National Poetry Series winner and Poets' Prize finalist; and *Body and Soul* (Pirogue, 1987), as well as two poetry chapbooks. She was the co-editor, with Grace Bauer, of the anthology *Umpteen Ways of Looking at a Possum: Critical and Creative Responses to Everette Maddox* (Xavier Review Press, 2006), which became a finalist for the Southern Independent Booksellers Alliance Book Prize in Poetry. She was also the associate editor for 20th century poetry of the Longman anthology of Southern literature, *Voices of the American South* (2005). Recently she also wrote the historical introductions for the anthologies *Villanelles* (Everyman's Library, 2012), and *Contemporary Lithuanian Poetry: A Baltic Anthology* (University of New Orleans Press, 2013). Her poems have appeared in such journals as *Prairie Schooner*, *Rattle*, and *The Southern Review* and have been featured on *Poetry Daily*, *Verse Daily*, and *The Writer's Almanac* with Garrison Keillor.



MY GREAT-AUNT GRACE

--In Memoriam, Grace Ellen Glynn Wild (1894-1941)

I would be lying where she lies if not for the grace of God.
That is the price for trying to drink a whole case of God.

She fell down a flight of stairs and fractured her skull.
"Complications of alcoholism," wrote the coroner in the space of God.

What shame did she bring her sisters, who would not claim the corpse?
She lay in the morgue six months. Slow is the pace of God.

When I was fat with cash, I tried to buy her a stone—
forbidden in potter's field, which is not a place of God.

I stare at the wedding photo, my great-aunt's little fox-face
radiant as if she had just glimpsed the face of God.

She married a sailor, was saved from a waitressing job—
but soon it was clear he was not from a race of gods.

"Straighten up or you'll end up on Dover Street"—
so warned the nuns of Boston, who were the chaste of God.

Her last address was a cold-water rooming house on Dover Street.
Carried out on a stretcher drunk, to the disgrace of God.

I carry her disease as I carry her middle name.
Written on paper, not stone, it cannot be effaced by God.

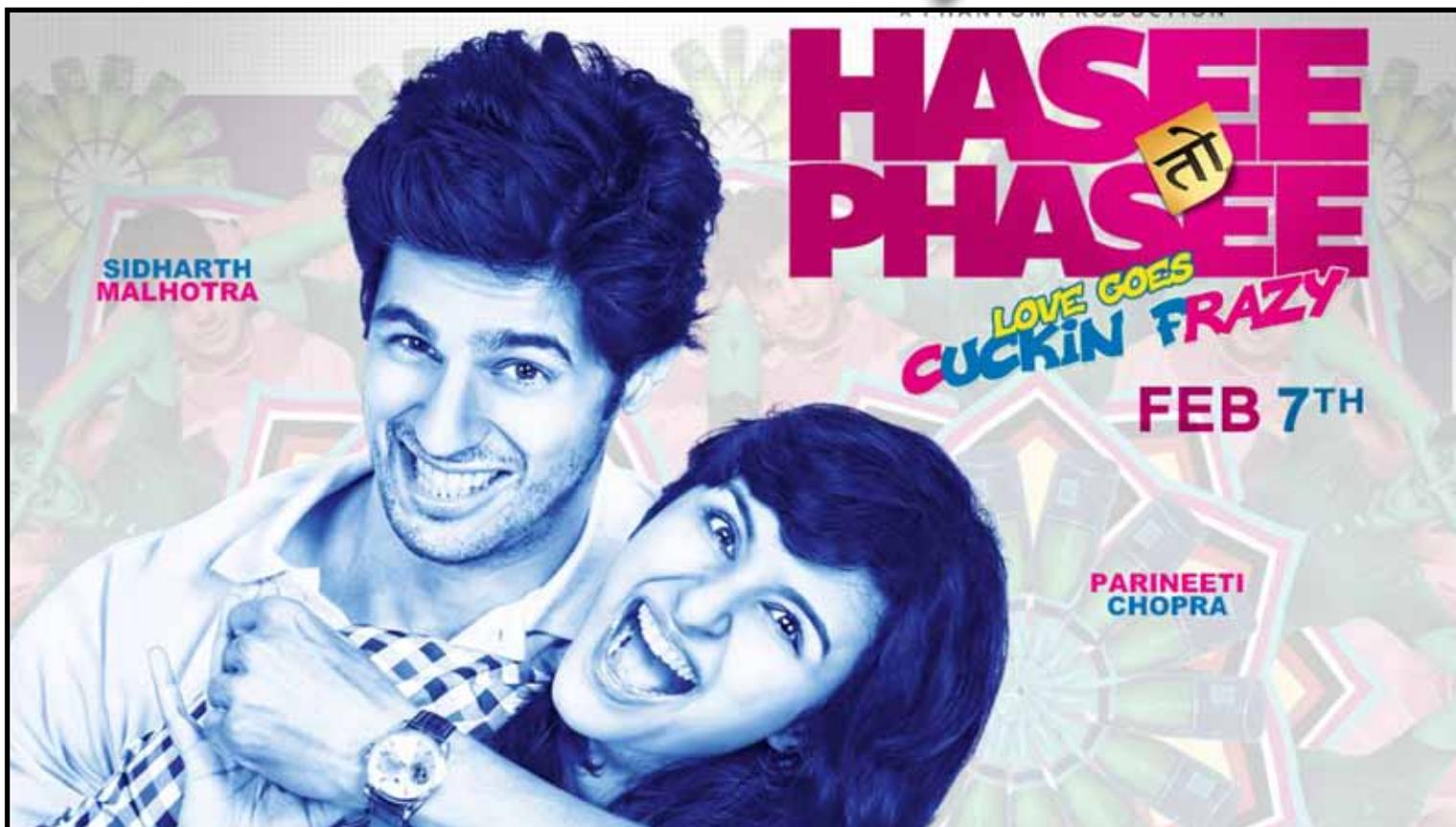
Film Review

'Hasee Toh Phasee' is a different take on modern day romance

Nikhil (Sidharth) accidentally bumps into Meeta (Parineeti) at her sisters wedding that she's running away from. Seven years later they again happen to meet each other. This time around Nikhil is marrying Meeta's other sister Karishma (Adah).

Film Review

Cast: Sidharth Malhotra, Parineeti Chopra, Adah Sharma, Manoj Joshi, Sharat Saxena
Director: Vinil Mathew
Rating: ***



ordinary girl, there's a history to her strange behavior where she eats toothpaste, speaks fluent chinese and has her own theories explaining events leading up to where she's come in life. Hasee Toh Phasee might sound like a simple love story between two strangers who meet under odd circumstances, but beneath the fluff there is a complex subtext of a father-daughter relationship as well. There are a dozen odd supporting characters from both the families and a Punjabi wedding serves as the backdrop for a musical climax.

What's hot

The lead pair of Sidharth and Parineeti make Hasee Toh Phasee enjoyable and believable. This odd pairing works only because these two actors take an effort to play

their characters with utmost sincerity. Be it Sid's constant attempt to impress Karishma and his father-in-law (Manoj Joshi) or Meeta's contagious chid like effervescence, these two perform beyond expectations and hit the bulls-eye. Sidharth has improved as an actor and is easy on the eye, relaxed and super comfortable even in the difficult scenes. Parineeti sheds her inhibitions and takes to Meeta like someone starving for a well written role.

She milks it and uses her body language and expressions to make subtle nuances about her character stand out. The writing is fresh and the one liners, especially the humorous bits are well scripted. The ACP Pradyuman and Daya scene will have everyone in splits. Music is in sync with the mood of the film and the ballads Zehnaseeb and Ishq Bulava are beautifully picturised.

What's not

HTP has to two parallel

tracks going on in its 141 minutes screen time. One is the romance between Nikhil and Meeta and the other is the story about her estranged relationship with her father. Trying to make these two reach a common ground and culminate in one final climax seemed bit of an effort.

There should have been more meat to Meeta's background story explaining her erratic behavior or throwing some light on her genius polymer invention.

The track about her stay in China seemed abrupt and half baked. The story takes a bit of a beating before reaching its climax, especially in Meeta's final meeting with her father which could have done away with the expected waterworks and dramatics.

What to do

Watch it if you want to see a different take on modern day romance. Hasee Toh Phasee is worth a watch for a solid act put together by its lead pair.

Sonakshi Sinha and brothers work together for an ad film

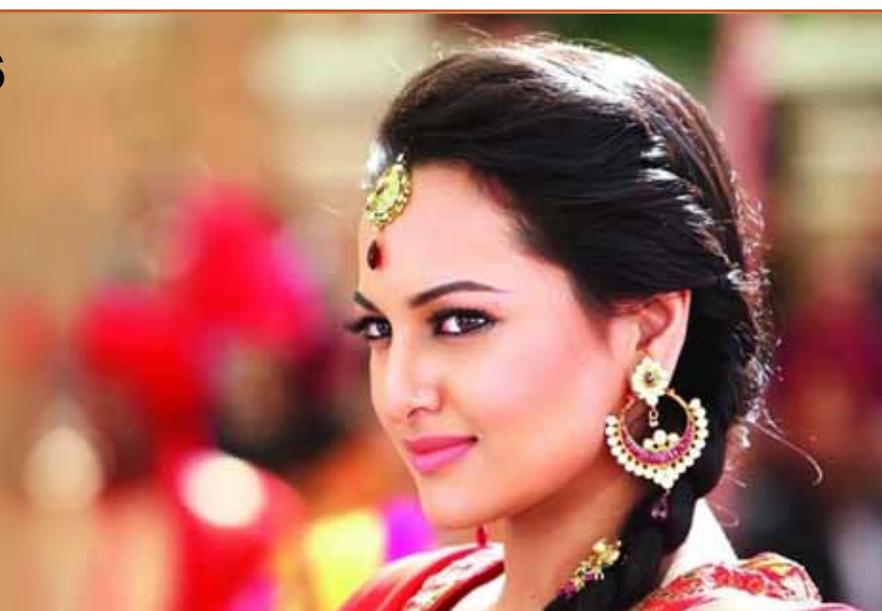
Shatrughan Sinha's children - daughter Sonakshi and sons Luv and Kush - have worked together to create an ad film.

Luv has produced it, Kush has directed it and Sonakshi features in the commercial. Shot for a real estate brand, the commercial, which is currently on air, is produced by Shotgun Movies.

Kush, who has assisted the likes of Sanjay Leela Bhansali and Abhinav Kashyap, always had an inclination towards directing ads.

"Our team developed the ad completely in-house, from the initial conceptualization to execution and delivery, while keeping the client involved in the process on a creative level. Sonakshi's fans have liked the ad a lot," Kush said in a statement.

He assisted Bhansali on "Saawariya", and worked with Kashyap on "Besharam" and "Dabangg".



'Gulaab Gang' set in matriarchal society: Director

Debutant director Soumik Sen says his upcoming women-centric film "Gulaab Gang" is set in a matriarchal society.

The filmmaker said the Madhuri Dixit-starrer "Gulaab Gang" is a story where both the protagonist and antagonist are women, while men are only playing supporting roles.

"You can say that it is a matriarchal society. I wanted to reverse the trend where men are either hero or villain, or both. It is sort of a Utopian idea in Bollywood where women are the hero as well as the villain," Soumik told PTI.

Once the "Dhak Dhak" girl of Hindi cinema, Madhuri plays a firebrand leader in "Gulaab Gang" while Juhi Chawla, who plays a power-hungry politician, is cast in a negative role.

The scriptwriter-turned-director said women had long been relegated to side roles in Bollywood like that of mothers, sisters and daughters, but in this film men are doing those jobs.

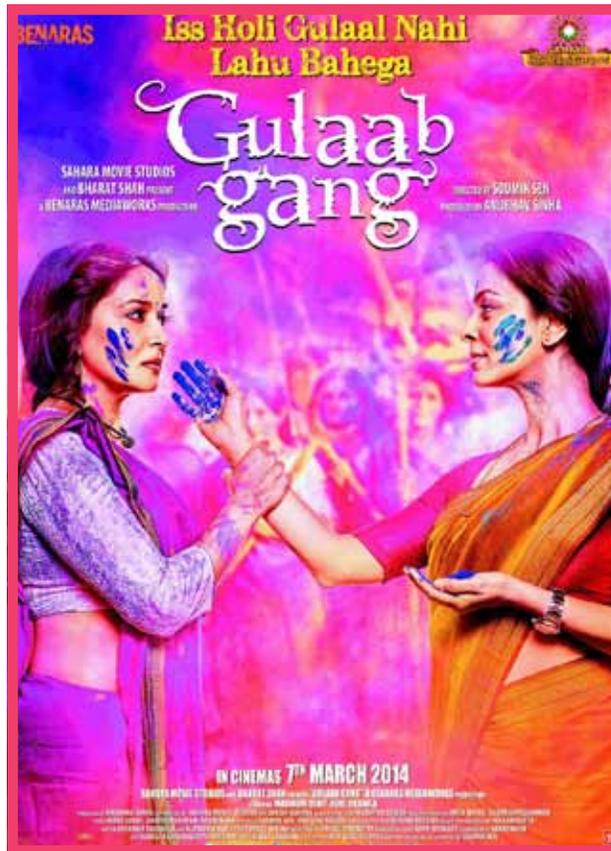
"The story, however, remains about the classical conflict between good and evil. The film is full of action scenes and 'naach-gaana' like any other commercial film. I have tried to make it a believable world where women are at the centre of everything happening," the Kolkata boy said.

Releasing March 7, a day prior to the International Women's Day, Gulaab Gang talks about women empowerment.

Set somewhere in the Hindi heartland, Rajjo, played by Madhuri leads an ashram where women armed with axes and sickles and dressed in pink saris fight for their rights while making hand-ground spices, hand-woven baskets and hand-woven sarees.

Sen came up with idea of the film four years ago when producers countered him with questions like, "You are doing an action film with girls. How will it work?" "But Madhuri came on board and then everything changed.

The next challenge was to find actresses who will do action sequences without a body double. I put the condition and many refused," the director said.



Even the 46-year-old Madhuri surprised everyone by doing dare-devil fighting sequences.

"She had prior experience of learning Taekwondo. We did combat skills training with her and other actresses. When Salman Khan can do it why can't women do it," he said.

On the naming of the film "Gulaab Gang" he said it has nothing to do with Sampat Pal's famous pink saree clad 'Gulabi Gang' in Uttar Pradesh's Bundelkhand.

"American rock band Aerosmith has a famous song 'Pink, it's like red but not quite'. The name takes inspiration from there. Pink is soft but it can also be fierce and angry. This is what I want to convey from the title," Sen said.

Farhan Akhtar made me laugh a lot on 'Shaadi Ke Side Effects': Vidya Balan



With his straight-faced jokes Farhan Akhtar found an easy bakra (scapegoat) in me, says Vidya Balan, his co-star in the upcoming film 'Shaadi Ke Side Effects'.

"I love to laugh and Farhan loves to make people laugh so the 'funda' was very clear. He found an easy 'bakra' in me. I enjoyed his sense of humour. He has a very sharp mind. I have seen the film and I am glad that we got together for this one where the comedy is very true to real life," Vidya told PTI in an interview. Having been a fan of Farhan's earlier films like 'Luck By Chance' and 'Zindagi Milegi Naa Dobaara', Vidya says they were well-matched in the Saket Chaudhary-directed comedy, a genre which is relatively new for both the actors.

"Farhan is one of those actors who are subtle even in comedy. It is effortless and yet it makes you laugh. He is supremely talented in a multi-dimensional way. "Acting is about reacting. This film would have suffered if any of us was out of tune but we were well-matched in it.

We were completely tuned into each other which is great as an actor. We complimented each other. The 36-year-old actress, who got married to UTV CEO Siddharth Roy Kapur in 2012, signed up the film a few months after the marriage but she does not believe her marriage life influenced the character she is playing in the film.

"I have played a married woman in many films. My first film was called 'Parineeta-the married woman'. I don't know whether I brought in my personal experiences into the film as it did not require that. Most love relationships are quite similar in many ways. Situations may differ but men and women tend to react in similar ways," says Vidya.

After 'Ghanchakkar' it is second comedy for Vidya, who is often credited for bringing strong women roles in vogue in Bollywood with films like 'The Dirty Picture' and 'Kahaani'. Vidya, however, says her role in 'Shaadi Ke Side Effects' is quite different from the loud, obnoxious and sartorially challenged woman she played in 'Ghanchakkar'.

"My character in this film is a regular working woman in a urban, two income household. It is very relatable because you have people around you who are like that. I did not have to prepare much for this film because we know so much about marriage and relationship from everyone around you. This was a familiar territory."

Bihar family waits for Aamir Khan to tell its 'Mountain Man's' story

Bhagirath Manjhi and Basanti Devi, son and daughter-in-law of a man who single-handedly carved out a road by cutting through a hill in Bihar, are living in abject poverty. They now hope actor Aamir Khan, who visited their village for his TV show "Satyamev Jayate", will tell the world the real story of their lives.

Both Bhagirath and Basanti are disabled and live in penury at Dasrathnagar Dalit tola near Gahlaur in Gaya district, about 100 km from state capital Patna.

"I heard that a hero is coming to our village soon. We will tell him the real story of our lives

full of misery," Bhagirath said in Magahi, a local dialect, in reference to Aamir Khan's proposed visit to see the road and meet the villagers.

Dasrath Manjhi had single-handedly carved out a 360 feet long, 30 feet high and 30 feet wide passage by cutting through a hill near Gahlaur with a hammer and chisel, working day and night. He died in 2007 after a battle with cancer.

The hill was between Attari and Wazirgunj blocks in Gaya district. Thanks to Manjhi, the village blocks have been brought closer. Manjhi began his uphill

work when his wife was injured and he had to go around the mountains to reach the nearest hospital. Basanti, who said she was proud to be the daughter-in-law of Dasrath - popularly known as "Mountain Man" - said she will request Aamir Khan to telecast their real story to the world.

"We have been left in the lurch, ignored by politicians and officials despite repeated assurances to help us," she said.

Aamir Khan reportedly said he will visit Dasrathnagar to dedicate this season's first episode of "Satyamev Jayate" to Dasrath Manjhi.

Chai with.... Personal Trainer, Kim

This month, Asia Today had the pleasure of speaking with Kim, a personal trainer. Health and nutrition is one area that we as South Asians tend to not take seriously but is critical to a happy and healthy lifestyle. So we thought that an insider's perspective may be useful information for our readers.

Kim's interest in fitness and nutrition started with elementary school gymnastics. She was always impressed by what the body could do and how it could be made stronger. She started Jane Fonda workouts when she was in middle and high school and feels blessed that she can do this as a profession in her life. Kim holds a Bachelors in Health Sciences and has a certificate in nutrition for health and well-being. She also has a certificate through the National Authority for Sports Medicine. She hasn't been training all her life and actually used to be in real estate but always got the feeling that she wasn't

doing what she was meant to be doing until she switched to this field.

Growing up in a typical middle class home, Kim was a twin. Her mother stayed and took care of four daughters; she has an older and younger sister, as well as her twin sister. They all went to school and most of them married and had children at a young age. She has four children and is a single mom. As a child, Kim never thought of herself as a personal trainer. She thought of herself as a flight attendant and wanted to travel the world. Her dreams were crushed when she didn't make the height requirement – she was 5 ft. 2 inches and at that time you had to be at least 5 ft. 4 inches to be a flight



attendant. At twelve, she became a vegetarian and got more information on nutrition.

As her interest in nutrition and fitness grew, she knew that a trainer was the perfect fit for her. Also, she felt this was good for her body. She never dreamed of doing this but now that she's doing it, it is like a dream come true. She feels like she is where she was meant to be and has been training at Fitness Works for 8-9 months now. She has

helped a lot of women, one she recounted during our interview was a woman she started working with about a year ago. That woman was having a really hard time making changes in her diet and working out was really hard for her, but she made it so the workout was her lifestyle. She has now lost over 80 pounds and has 30 more to go. She is working hard and on her way to achieving her goals. "I love helping people and helping them get healthy. To me, there is nothing more important."

In Kim's opinion, the most common myth people have about fitness and nutrition is that they should stay away from all fat. You can incorporate fat into your diets but

you just have to make good choices in regards to eating healthy. Good fats like those in fish and nuts are actually good for you. Helpful Tip: Eat a handful of nuts right before dinner and you will not eat so much at dinner. Her final message to our readers is that there is always someone who cares and someone who will help you. Just think about one thing you can do today to live a healthier life style, even if it as simple as going for a walk during your lunch break or cutting out soda. A little thing will go a long way and will lead to more changes in the diet that will eventually lead to a healthier life style. Kim recommends at least a 30 minute walk every day. For additional advice or to work with Kim, contact her to make an appointment at Fitness Works at 480-413-1111. She will get you a free assessment. Asia Today is grateful to Kim for her time and wishes her success in her future endeavors in such a noble and critical field.





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Australia offers a lot to foodies and wine lovers

Nirmika Singh

No road is too long for a foodie in search of manna. The 16-hour-long journey to Australia — comprising two long flights — will feel like nothing if you think about the delicious meals you're headed towards. For those who put their food and drink before anything else, the country offers an experience like no other. From a juicy steak to a flute of Chardonnay, the Southern state of Victoria has it all.

We explore the region and recommend experiences must not be missed.

Melbourne's café culture Melbourne puts you at ease the moment you set foot there.



No intimidating traffic or droves of formally dressed office-goers hurrying to work, this city will surprise you with its suburban breezy calm.

The food scene here, cannot be discussed without the mention of its café culture.

Melbournians love their coffee— from the creamy lattes and cappuccinos to the more intense cold drips for the strong of heart.

You will be surprised at the number of hole-in-the-wall cafés the city streets house, such as The Little Mule Co, lodged in a narrow lane with brick buildings on either side. You can start your day at a place like Cumulus Inc, a bustling eatery situated in the heart of the city.

Its minimalist menu features gems like an in-house speciality, Shakshouka baked eggs with roasted peppers and shanklish, a type of cheese.

St Ali in south Melbourne is quite a crowd-puller too; make a stop there and grab any of their quirkily named dishes (there's Holy Crepe, Mutton-in-law, and Pork Me on the menu) or the staggering variety of coffees they have.

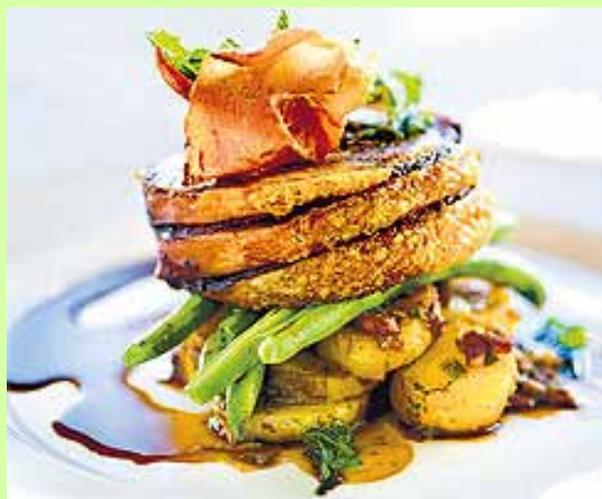


For an early dinner, hop over to The Huxtable, which offers mouth-watering seafood and an impressive array of wines.

Wine trails in Mornington Peninsula Just a 90-minute drive from Melbourne, the Mornington Peninsula is a mecca for wine enthusiasts. In fact, the area has witnessed a surge in 'agro-tourism' in the last few years, thanks to a number of vineyards, creameries and strawberry farms that welcome visitors.

If you're adventurous (or even if you aren't), take part in the horseback winery tours.

Most such tours — usually three hours long — take a group of people through the beautiful region and stop at a couple of wineries for tastings.



In a day's time, you will identify with accuracy the notes in your Chardonnay as crispy and those in your Pinot Noir as oaky.

If you choose to drive around, make sure you visit the Red Hill Estate Winery, which also houses an excellent fine-dining eatery, Max's, T-Gallant, Green Olive and Manton's Creek. Seafood lovers can indulge themselves at The Baths, situated at a place with a spectacular view of the Sorrento foreshore.

Try their sumptuous seafood platter which contains juicy octopus pickle and melt-in-your mouth prawns.

Phillip Island The isle will stun you with its sheer beauty —the beaches and the clear blue skies are the kind of stuff dreams are made of. Besides, the region also has great wildlife – from penguins and koalas to wallabies and seals. Gourmands will be spoiled for choice at the beachside promenade.

Harry's On The Esplanade whip up European style preparations with everything from scallops and kingfish to beef and pork. The experience of lazing at the eatery by the bay and watching the sun set is



heavenly, to say the least.

(The writer travelled to Australia as a guest of Tourism Australia)



Don't miss

Penguin Parade What can be more delightful than watching a group of penguins emerging from the sea waddling across the shore?

Don't miss this attraction Koala Conservation centre If you're a first-time visitor to Australia, you will squeal with joy when you spot your first koala. These adorable, but lazy, bears will win you over with their innocence; some will even appear to pose for you as you click pictures.

While in Melbourne

Go on a walking tour of the city (We highly recommend Walk Melbourne, started by Monique Bayer who will keep you mesmerised with her stunning storytelling of the city's food and culture) n Visit Eureka Skydeck for a panoramic view of the city from its highest floor n Soak in atmosphere of the Victorian villas in the south.



Tech edge to cataract surgery makes it easier, more accurate

Medanta hospital has introduced a new cataract suite which is virtually seven machines in one.

Cataract surgery has come a long way. From the use of hand-held blades a decade ago to the use of bladeless technology in the form of laser, and from there to the very recent advancements in the type of operating machines and software, cataract surgery has become safer, more accurate and hassle free. The surgery these days is fully computer-guided.

"We have a perfectly integrated system now, wherein imaging, scanning, planning and delivery, everything is in conjunction. One machine is able to do the work of four people who were on four different consoles that reduces chances of human error significantly," said Dr Sudipto Pakrasi, chairman,

Medanta ophthalmology division, who has done six procedures using the new Verion machine.

The system also has the most advanced software in the world which helps surgeons give exact positioning of the person's eye even when he or she is lying on the table for the procedure.

"Positioning of the lens is extremely important for best results post-surgery, and this software helps us figure out the exact location where the lens needs to be placed," Dr Pakrasi explained.

The eye centres these days are ensuring people get quality treatment at par with international standards, especially when they are willing to pay for the services.

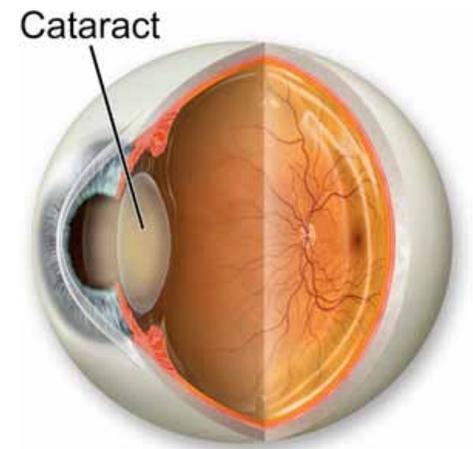
The Centre for Sight chain of eye

hospitals in the country also installed the Femto-Second laser cataract removal technique, soon after it received US Food and Drug Administration (FDA) approval in the end of 2010.

The use of this technique results in better outcome in terms of quality of vision and surgical precision than earlier forms of cataract treatments in practice.

"The new technique has been entirely machine-assisted, resulting in better accuracy and improvement of the quality of vision post-surgery and has been giving consistent results," said Dr Mahipal S. Sachdev, chairman, Centre for Sight.

"As there is no use of blade and no loss of blood, the risk of infection has significantly come down and recovery has become much faster," he added.



However, the steep price in comparison to the conventional cataract surgery still makes laser a niche treatment procedure as it costs approximately Rs. 50,000 more.

Vitamin C linked to reduced stroke risk

A small study presented at the annual meeting of the American Academy of Neurology indicated that risk of hemorrhagic stroke is lower among people with normal vitamin C blood levels compared to those with low or deficient levels.

While hemorrhagic stroke is less common than ischemic stroke, it is the deadlier of the two.

"Our results show that vitamin C deficiency should be considered a risk factor for this severe type of stroke, as were high blood pressure, drinking alcohol and being overweight in our study," study researcher Dr. Stéphane Vannier, MD of Pontchaillou University Hospital in France, said in a statement. "More research is needed to explore specifically how vitamin C may help to reduce stroke risk. For example, the vitamin may regulate blood pressure."



The study involved testing vitamin C blood levels in 65 individuals who had suffered an intracerebral hemorrhagic stroke and 65 people who had never had a stroke. Research showed that of all 130 people, 45% had normal vitamin C levels and

45% had very low levels. The people who had not experienced strokes were those with high levels of the vitamin.

While this research is still considered in the preliminary stage as it has not yet been published in a peer-reviewed journal, past studies have also linked vitamin C with reduced stroke risk. A 2008 University of Cambridge study found people with high blood levels of vitamin C reduced their stroke risk by 42 percent, and a similar 1995 study in the British Medical Journal indicated elderly people with low levels of the vitamin had a greater risk of stroke.

This research would only add to the long list of vitamin C benefits, such as its ability to boost immunity. Recommended doses for adult men and women are 90 and 75 milligrams per day, respectively.

It's no secret that sleep is crucial during the intensive growth phase of adolescence. Yet studies have shown that teenagers' average sleep per night has declined by 50 minutes over the past 25 years.

While the causes of this decrease are often hard to pinpoint, sleep researchers at the Hôtel-Dieu Hospital in Paris have found one way to remedy the problem: newer, bigger mattresses.

Professor Damien Léger, director of the Centre du Sommeil et de la Vigilance, the Parisian hospital's sleep research center, partnered with the founder of the European Sleep Center, Doctor François Duforez, to study the effects of high-quality bedding on teenagers' sleep. The two researchers were motivated by recent studies on the question, which show that French teenagers are not getting their recommended eight to nine hours of sleep

Tired teenagers may need a new mattress

per night. According to the country's National Institute of Statistics and Economic Studies (INSEE), subjects aged 15-19 slept just seven hours and 37 minutes per night on average.

Nearly one third of the study's participants had accumulated a "sleep debt," while 17% said they were dissatisfied with their sleep. More troubling, 7% of the teenagers in the study reported taking sedatives to help them sleep. "The quality and quantity of sleep depend among other factors on the synchronization of the body's internal clock with a sleeping and waking schedule. But teenagers have a tendency to delay going to bed, particularly at the start of the week when they feel less tired.

And on the weekends they tend to shift their sleep schedules and sleep more (for example, 15-year-olds sleep one hour and 41 minutes longer on average when they don't have school the next morning). This de-synchronization can be the cause of a sleep debt in the mid to long term," the INSEE study states.

A high-quality mattress to help make up for lost sleep

While making sure your 16-year-old goes to bed at the same time every night is no easy task, Léger and Duforez have found one way parents can ensure they are doing what they can for their teenagers' sleep: give them a large, unused mattress.

The researchers found that teen-

agers' mattresses were often too small to accommodate their rapid growth. Moreover, they were often worn out or of poor quality, having been inherited from another family member.

Specifically, the study showed that teenagers could gain an extra 31 minutes of sleep by upgrading to a newer, larger mattress, which would reduce the time they spend falling asleep by half. Teenagers would gain 22 extra minutes of slow sleep phases, which contribute to physical recovery and growth, and 8 minutes of REM sleep, which is essential to memorization and learning. Finally, teenagers with a new, high-quality mattress also have less waking episodes lasting more than 15 seconds.

Asia Today congratulates Mr. & Mrs. Krishan Kumar Gupta, Ritu Gupta and Kanta Sindhvani & Suresh Kumar Sindhvani. Arin Gupta (son of Manish & Aradhana) were blessed and so happy that they did prayers and a ritual at Arizona Sikh Gudwara. Here are some pictures captured by Manju Walia at their family and friends gathering. Walia family would like to bless the Arin from their bottom of their heart.



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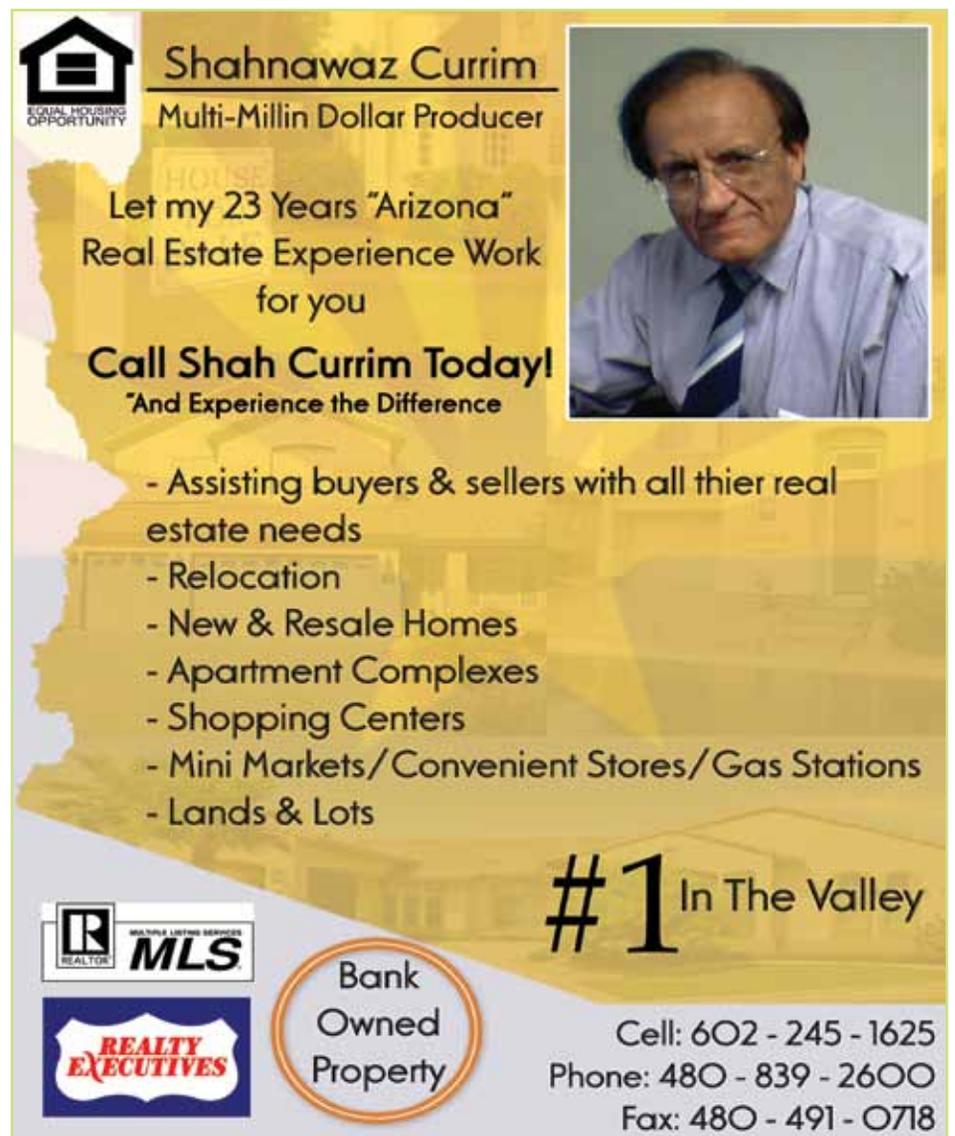


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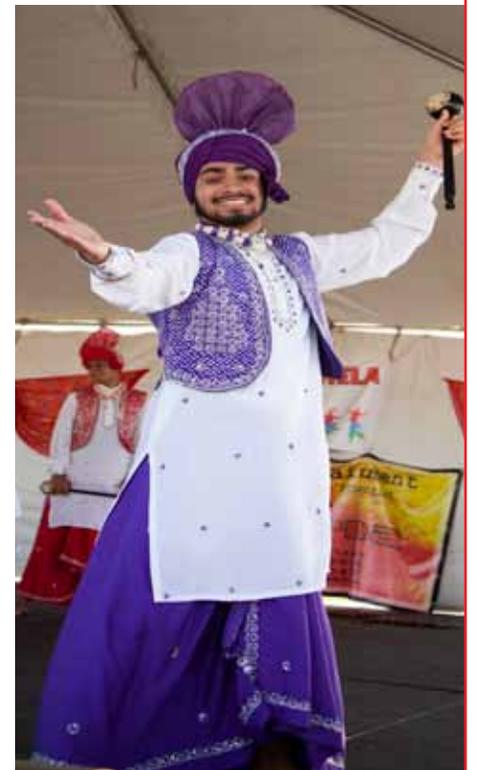
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