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INDIAN
SENIORS
ASSOCIATION
OF ARIZONA
(I SAA)



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A Unique Sikh Identity Awareness Nagar Kirtan & Vaisakhi Program in Phoenix

Dr. Jaswant Singh
Sachdev, M.D.
Phoenix, Arizona

The Sikhs, all over the world wherever they have large population have been taking out religious processions, i.e. Nagar Kirtan on Vaisakhi as well as Guru Nanak Dev Ji's birthday. This certainly brings joy and offers a method for Sikhs to pay respect and bring Guru Granth Sahib Ji, the eternal Guru of the Sikhs out in public from within the Gurdwara Sahib. This is a tradition well rooted in Sikh culture for centuries.



After 9-11 such processions have become common in larger cities of U.S. However what has been missing is a concerted effort to use this

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4/14/2013





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Ambitious Double Standards

Ambition – a must have for males of South Asian descent but a frowned upon personality trait in females. Now, that is what I call double standards! A man lacking ambitions to provide the very best for his family financially and lacking desires to move ahead in his professional life is not considered an acceptable choice for husband/son-in-law in traditional South Asian families. Just take a look at the matrimonial sites filled with Doctors, Lawyers, Engineers, and C-level executives – probably one of the first filter criteria parents look for as they seek a suitable match for their single daughters. However, a woman with ambitions to achieve something significant and climb up the corporate and educational ladders is incorrectly labeled as lacking the traits required to be a good wife or daughter-in-law.

I recently overheard a conversation where someone was asking to find a girl for their single son and mentioned that they do not want someone too independent or educated – they don't adjust well with the family and probably won't understand or accommodate with their darling son. Some key words struck at me as I listened to this ridiculous list of requirements.

Too independent and too educated? The only reason one should fear independent (both emotionally and financially) and educated women is because he/she is afraid of losing them or having them walk out. There is no reason any woman, no matter how educated or independent, will walk out without cause. If you have a solid relationship and treat each other right, the level of education, income, independence becomes irrelevant. You are with each other because you want to be, by choice. Even if you find a dependent spouse for that special single male in your life (whether it be your son, cousin, nephew, or brother) to reduce the risk of the woman walking out on him, do you really want him to be with someone that is with him because she has no other choice or would you rather have him spend his life with someone that truly cares to be there.

Not adjusting with the family? You get what you put into a relationship. If the family treats the new member of the family,



Editor's NOTE

whether that be your daughter's husband or your son's wife, with love and respect, they will get back love and respect. Our culture has traditionally bent over backwards to please the son-in-laws of the family and ensure they are happy and, whether intentionally or unintentionally, neglected or abused the daughter-in-laws. Hence, the difference between the perceived relationship between a son-in-law and his in-laws versus a daughter-in-law and her in-laws.

Our culture has come a long way. We have moved on from the time where we provided higher education for our sons and failed to do the same with our daughters, thinking that they will be married off into another family so why invest there. Today, we give equal opportunities to the sons and daughters in our families – sending both to higher education institutions and giving them opportunities to grow and succeed in life. However, when it comes to son-in-laws and daughter-in-laws, why is there still a double standard? Why do a large number of South Asian men, whether on their own or through family pressure, go back to their native homelands to find "accommodating" i.e. not so educated and independent wives? In doing so, you are only hurting both your sons and daughters. With the son, you risk his marriage not working out or being unhappy, as the two are from different worlds and may have difficulty connecting or understanding each other. With the daughters, they will struggle to find a suitable match within their own community; they will not connect with the patriarchal males from their native lands, and with the men that grew up in the same environment as them leaving the country to find their ideal mates, they will deviate from looking within our own community. For double standards to end, they must be eliminated from all relationships, regardless of whether that relationship does or does not end with a "in-law." Only then will we empower our children and culture to grow and succeed and build strong, cohesive families that grow and become solid support structures to handle anything that life may throw our way.

- Deepa Kaur Walia

Editor, Asia Today, editor@asiatodayz.com

Hello Arizona! I can't even begin to start on April, what a month! What a month! A lot of changes happening this year, for beginners I got married, and we have about 3 to 5 more weddings this year to attend. I'm not sure if this is the type of change or new beginning that the Mayans predicted for 2013 but it is definitely a change. I've heard a lot of horror stories about marriage and what it involves over the years. "Man never get married," or "once you're married your life is over". My brother in law is the only person I can remember that never said any of it. All he said was it was a new life, and a new beginning. If you go into it with the idea that everything that will be the same, you're going to have a bad time adapting. Marriage is like learning how to become a new you. You have to forget the old you and start fresh. Those words are still in my memory to this day. Out of the hundreds upon hundreds

negative view of life after marriage, that one point is what I remember the most because it has truth. In any part of my life that I remember, whether it's a new job or a new place I'm living; I haven't remained the same. I've learned new skills and have continued to grow.

It applies to everything I've done. More importantly it's always something I've wanted to do; I've wanted to learn, explore new areas of life. The type of person I wanted to marry, is who I am now married to. I am learning a lot that's for sure lol but I also don't mind!

What happened this month in the state of Arizona? Vaisakhi was celebrated all over Arizona. Vaisakhi is the birth of Sikhi and the Khalsa. In 1699 (from what has been recorded in history give or take a few years) Guru Gobind Singh Ji established



Publisher's NOTE

the PanthKhalsa or that is the order of the pure ones. All Gurudawaras came together and celebrated Vaisakhi and also united together in downtown phoenix to spread awareness about Sikhism and Sikh's (followers of Sikhism). Thank you everyone for helping out

in any way you can, whether it was food or organization or even helping clean up, the community showed up in support in numbers. Our very own editor in chief, Deepa Walia also was on Fox news as well spreading the word about the Nagar Kirtan/ Sikh Awarenessparade in downtown phoenix! Thank you everyone for your support and best wishes on these life changing events in April and your continued support.

-Raja Walia

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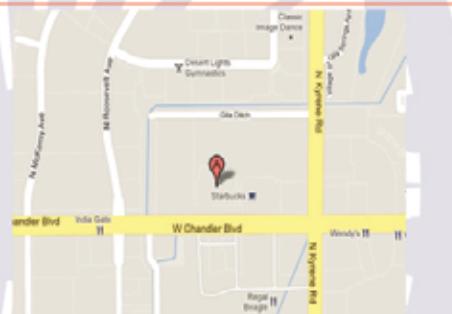
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Simple home decor tips for collegians

More and more students are opting to live in flats as they enjoy the independence that goes with college life. A few simple style tips can make the experience even better!

As a student when you are doing up your own place, you have your limitations. You have a tight budget, you don't have much time and you want to be cool. The next few years are going to be a blur of temporary living arrangements that range from college dorms to shared apartments or paying guest digs. Whether you beg, borrow or buy the necessities, make the most of your allocated space and kick it up with your unique personality.

Comfort is the key

Yes, you are there to study hard, and play hard. But take the time to

plan your personal living quarters so that you can rest, relax and rejuvenate. Your body will thank you for a comfortable mattress that gives you the support you need for a healthy rest. Choose a standard twin-size mattress and try it out; too hard or too soft and your neck and spine will suffer. Bedding is plentiful and less expensive for twin, and your bed will easily fit into a small space.

Lined up against a wall, a twin bed readily converts to a sofa. Add long bolsters and plump pillows for comfort. One or two fat floor cushions are indispensable. Cover these with hard-wearing, cotton canvas or soft and cuddly fleece. Both fabrics come in a fabulous array of colours and patterns that give you the freedom to set your own style.

There's nothing like a hot shower or deep bubble bath to soothe. Refresh and recharge your mind and body. Shared bathrooms demand rules of etiquette and cleanliness. Keep your personal grooming products in a portable plastic bath basket that can be easily identified and stored either in

the bathroom or your bedroom. A personalized laundry bag will add practical pizzazz.

Be practical

Always think multi-purpose when setting up a small space. A bed that is a sofa, an ottoman that is a footrest, an extra seat which opens up for storage, a table that is a desk, a comfortable chair for reading, watching TV and eating and a low dresser that is a bedside table on the move.

Always go for readily convertible and easy-to-move stuff. Look for knock down furniture that will hold up after being assembled more than once like the foldable hanging bags for clothing, sturdy storage containers that stack or that are on wheels. Buy a few small, washable area carpets as well.

Always be prepared. A basic toolbox is indispensable for hanging pictures and mirrors, tightening bolts on furniture and other assorted fix-ups. Home and hardware stores will have a starter kit that should include hammer, screw drivers, pliers, wall plugs, nails and screws, duct tape, metal retract-



able measuring tape, and a level. And don't forget a flashlight. To go along with the toolbox, you will also need a basic first aid kit. Use baskets as containers for your odds and ends. And there you are, who said students can't live in style.

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HTA Board Annual General Body Meeting, 5th May

11:00AM	Meeting Starts
11:30AM	Announcement of quorum
11:30AM - 12:00PM	Acting President and Treasurer report
12:00PM - 12:15PM	Nomination Committee introduction and floor nomination
12:15PM - 12:30PM	Election Committee introduction and candidate verification
12:30PM - 1:00PM	Election
1:00PM	Announcement of results
After 1:00PM	Prasad

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yield Placidly to Age

The religious scriptures of all faiths have always been propagating a fundamental truth that "whosoever is born, will ultimately perish, be it today or tomorrow." This is precisely what Guru Teg Bahadur, the 9th Guru-Preceptor of the Sikhs implied when he stated "Jo Upjo So Binas Hai, Paro Aaj Kay Kaal," as documented in Sri Guru Granth Sahib Ji - the final and eternal Guru of the Sikhs.

Consequently, every member of the human race, regardless of its ethnicity, culture, creed and country or religion is fully aware of this fact. Yet irrespective of age, place of residence, faith, or culture, each one of us simply tend to ignore this painful, but fundamental truth about death. We seem to hope that death won't affect us for it is meant for others.

We all want to live a comfortable life style and why shouldn't we? And we wish to live long, in fact, as long as we can. Throughout our stroll on the face of this earth, we also anticipate to stay healthy and perhaps wealthy too. We often pray that we be spared of the sufferings and misery in the final days of our lives so that we do not become invalid or disabled and thus end up depending upon others. Not bad wishes at all. But alas! The truth often turns out to be otherwise and not everyone is granted the wish in total. When we look around, we notice that many who lived and worked among us are no more to be seen. Like us, they also longed to live long and healthy but when the call arrived, they could not stay and had to leave. Some of them did have painful final departures which they did not wish or ask for. Likewise, many among us living today will have to face their final departure from this earth which may or may not be that easy.

We also know, yet try not to know that each day we spend on this earth leads us closer to the final chapter of life. Time moves on and so does life, whether we like it or not. We are scared of that final moment. We are scared of aging and scared of leaving this universe. If it were a truth, which we all know it is, shouldn't then it make sense that we adopt a life-style that makes the arrival of that ultimate eventuality easier to handle as and when that befalls upon us? Why is it that we try not to yield placidly and pleasantly to the changes of life bound to occur with age rather than getting scared of what lays ahead?

Do we not obey the rules and laws of the country and town where we live? Do we not often try to tell ourselves, "Hey? we can't do this way or that way or our way for it is against the law of the land?" Do we not go to work and stay at work and return only at the time prescribed by our employer? Why should then it bother us to accept the ultimate law of nature - the supreme law - pleasantly and placidly? Why shouldn't we prepare

of abundant relatives as well as of an extended brood in the form of sons, daughters and grand-children does create a dent in those lonely days thus making lives somewhat palatable.

But out here in the Western world, as we advance in years and as the children start coming of age, the nests begin to get empty. The elderly individuals often end up staying at their homes, lonely and alone. They fight against it as much as they can, but being



ourselves graciously for what is in store ahead knowing fully-well that aging is a pre-destined process? We all have to ultimately pass through that pre-destined process to finally get to the moment of truth. And that moment of truth is time of death, the time when that ultimate reality supervenes about which we certainly avoid thinking now.

To enjoy old age, like we enjoyed our youth should be the ultimate objective of all. However, such enjoyment is usually dependent upon the health and resources of an individual as well as availability and presence of a reliable company. It may be the company of a friend or a family member but more than anything else, it is the company of one's life partner that can truly bring happiness in that stage of life. The loneliness that one faces during the final days of human existence happens to be the cruellest form of the punishment to which an elderly person could be subjected to. In the countries of our births, presence

brittle, uncertainties usually abound. Here today and gone tomorrow, at home one day, and in a hospital-bed the next, surrounded by tubes, bottles, machines and little queens dressed in whites - the nurses, and the haughty kings - the doctors, this unfortunately is the natural outcome of life in most circumstances at this age. Of course it is more so in Western countries but now even back home countries are not lagging behind. Unfortunately, once one of the spouses leaves this earth for the so-called heavenly abode, the life of the other simply turns into a mere existence and it doesn't remain interesting any more. I, oftentimes, come across several individuals of this age in my practice. Their stories and their living could not be considered a life in the true sense of the word.

Yet there are rays of hope that help make life yield placidly to aging and death. In order to perceive those bright rays one has to realize that the process of death begins the very



Dr. Jaswant Singh
Sachdev, MD*
Phoenix, Arizona

moment a conception takes place in mother's womb. The fact is that we all, the living beings are suffering from a fatal illness known as the life itself, the ultimate outcome of which happens to be death.

The question then arises is the situation so bad? And if so, what a poor mortal should do in such circumstances? Should one be seeking a "Banbass" (permanent residence in a remote jungle) away from the worldly affairs like the Yogis and Sanyaasies (hermits) of the India-past did? Or should one attempt to leave the hustle and bustle of the universe and perch on a mountain top for the remaining years? While practiced still by some hermits and yogis of India, this option doesn't carry the true spirit of life for many ordinary mortals like me.

And it is here that the submission to the Will of God, the ultimate driving force, or the "Power that be" for those who believe in it, comes into play. Interpreted in a simple way, it amounts to a life that yields placidly to the "Will of God" by playing subservient to the circumstances and environment beyond one's control yet with an active participation in thoughtful decision making for day to day living. The doors to the wisdom of science and knowledge must not be closed rather need be kept wide open so as to allow seeping through all what is humanly and scientifically possible. Working in sync with the nature and with the ultimate truth at the same time exploring science to the fullest for the benefit of mankind and not for self alone, indeed, happens to be a true path to placidity and this is what is being referred to herein. This is what we should attempt to practice, in order for us to live a meaningful life. So happens to be my humble view!

*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>

Terrorism will never succeed

The Ahmadiyya Muslim Community wishes to express its deepest and most heartfelt condolences to the families of those murdered by the terrorists responsible for the Boston Marathon bombings on Monday, April 15th. We condemn in the strongest possible terms this latest act of evil perpetrated against the innocent.

As sympathetic and compassionate human beings, our hearts and thoughts are with the survivors, and our tearful prayers are for those whose loved ones were so mercilessly killed and for all those injured who will be physically and emotionally scarred for

life. And because, as individuals, we are so far removed from the process of justice, all we can do is pray that those responsible are brought to justice as swiftly as possible.

What truly measures the determination to prevail between those who commit such acts of terrorism and those who suffer from them can be summed up in one word: humanity. Those



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

who have none -- terrorists by definition -- will continue to believe that acts of violence against the innocent meant to instill fear and hopelessness will somehow break the spirit of the afflicted and force them to submit to whatever crazed ideology or hateful worldview the terrorists seek to impose by the force of their evil. Those who have not lost their humanity will endure any

sorrow, any tragedy, any evil -- as they have valiantly done so in the past -- because it is the very act of endurance in the face of unimaginable evil that demonstrates the power of the spirit over the flesh, of good over evil, and of love over hate. Terrorism is just another word for hate. Our determination to resist evil and stand up to hate and not let it control or destroy us is what makes us better than the terrorists. As long as we retain our capacity to love, and to care about others, and to feel the pain and loss of strangers which we ourselves are spared, terrorism will never succeed.

Cooking is crucial to our diets. It helps us digest food without expending huge amounts of energy. It softens food, such as cellulose fiber and raw meat, that our small teeth, weak jaws and digestive systems aren't equipped to handle. And while we might hear from raw foodists that cooking kills vitamins and minerals in food (while also denaturing enzymes that aid digestion), it turns out raw vegetables are not always healthier.

Lycopene is a red pigment found predominantly in tomatoes and other rosy fruits such as watermelon, pink guava, red bell pepper and papaya. Several studies conducted in recent years have linked high intake of lycopene with a lower risk of cancer and heart attacks.

Cooked carrots, spinach, mushrooms, asparagus, cabbage, peppers and many other vegetables also supply more antioxidants, such as carotenoids to the body than they do when raw.

Deep fried foods are notorious sources of free radicals, caused by oil being continuously oxidized when it is heated at high temperatures. These radicals, which are highly reactive because they have at least one unpaired electron, can injure cells in the body. The antioxidants in the oil and the vegetables get used up during frying in stabilizing the cycle of oxidation.

Cooking carrots increases their level of beta-carotene. Beta-carotene belongs to a group of antioxidant substances called carotenoids, which give fruits and vegetables their red, yellow, and orange colourings.

Are there any benefits of having raw food.

Raw Vegetables Healthier Choice ???



Certainly, there are benefits to consuming plenty of raw fruits and vegetables. These foods supply us with high nutrient levels and the smallest number of calories. But the question we are looking at is this—Are there advantages to eating a diet of all raw foods and excluding all cooked foods?

Clearly, the answer is a resounding "No." In fact, eating an exclusively raw-food diet is a disadvantage. To exclude all steamed vegetables and vegetable soups from your diet narrows the nutrient diversity of your diet and has a tendency to reduce the percentage of calories from vegetables, in favour of nuts and fruit, which are lower in nutrients per calorie.

To eat the most healthful diet on earth, include a sufficient quantity of raw fruits, vegetables, nuts, and seeds. If you are not very overweight or diabetic, add a glass of freshly squeezed raw vegetables to your diet. Try one of the following combinations beet/carrot/cabbage/apple; kale/parsley/carrot/apple; or beet/carrot/celery/cucumber. Have a blended salad a few times a week.

An additional consideration about the raw food diet is the potential for food poisoning from bacteria, parasites and mold. This presents a particular danger for raw foodists who consume raw fish, unpasteurized cow's milk and raw meats. These toxins are also present in raw nuts and seeds, which are an essential element in a raw food diet.

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

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Truth is Purity, Piety, Grace, Mercy, Kindness, Contentment, Unity and Oneness.

Truth has Four Fundamental Rules:

- 1) Honesty
- 2) Equality
- 3) Justice
- 4) Unconditional Love

If we desire to learn about the Truth first we need to understand these Fundamental Rules of the Truth.

As humans we use three kinds of truth. If we are attempting to learn the real Truth first we must eliminate these three kinds of man made truth.

The first of these is individual truth. We all use the individual truth in our daily lives and each of us considers their truth as the only truth. But it is not Truth. Community truth is the second truth. There are many traditional rituals from times past and we are using them as Truth in our communities. If we try to avoid the community truth the community will condemn us. They will speak against that person who doesn't want to believe the community truth. It is a very difficult situation, but, community truth is not real Truth.

Number three is country truth. Country truth is the constitution of the country. If we are able to sacrifice the first two kinds of truth, individual and community truth, we cannot go away from the country truth; because country truth is government power. If we try

to ignore country truth, the government of the country can throw us in jail, because the person is not obeying the constitutional laws of the country. That is a very severe problem in our lives. How can we go against the whole country?

However, if we understand these three kinds of truth are not Truth, and we try to understand, "what is the real Truth?" The answer to this question is

Universal Truth and this Truth is the basis of the four Fundamental Rules of Truth: Honesty, Equality, Justice, and Unconditional love.

When we start to experience the Universal Truth, we need to understand very clearly these four fundamental rules. When we will understand the four Fundamental Rules of Truth, we will start to walk towards the Universal Truth. And Universal Truth is the reality of the Truth.

Truth is high, higher than truth is Truthful Living. According to the Four Fundamental Rules of Truth, We will start to live in the Truthful Living way of life. In the Truthful Living of life, there is no discrimination. Any kind of discrimination cannot enter our minds. There is no racism. There is no religious rugged individualism. There is no hypocritical thinking. There is no egoism at all. There is Peace, Harmony, and

Universal Brotherhood.

The experience of Truth is Divine Knowledge. Actually, it is not two different issues when we need to understand what the Truth is. When we start to understand the Truth, we will start to experience the reality of the Truth. And the reality of the Truth is God. And when we will start to experience the God everywhere, in everyplace, as the Supreme Creator of the Universe, then what kind of fear will stay in our lives? And how can we discriminate against any person or living being? How can we harm any living being? Everyone will be equal in our mind. We will start to see the Nature everywhere. We will start to see that every creature is a part of the Universe. So, what is the difference between the other person and me? We are all equal and children of God. We are all brothers and sisters. We can live a Peaceful, Joyful and Happy life. We can enjoy the Nature as a part of our life and we can have the experience of the reality. We can become an Enlightened person and understand the reality of the Truth. Truth is God. When we understand the God, after that, we can live the Truthful Living. Before that if we think we are living a truthful way of life, it is just a theory. It is not practical, just mental imagination, not a true experience of life.

When we understand the Universal Truth, we will live with the practical experience of the Truth. The practical experience of the Truth is God. Then we can establish Heaven on this earth.

We don't need to find any other heaven above in the sky. Heaven is this earth, but, we forget the reality, we forget the Truth. We establish our three kinds of truth. That is the main problem. We have fighting and killing each other on behalf of Religion. We divide the humanity into many groups and many communities on behalf of Religion. It is hypocritical thinking. It is very unfortunate. Religion is a realization of the Truth, not a source of fighting, hate, discrimination, and dividing the community into many groups. We are all One. We are from the One. We will all go In the One.

So, that is Truthful Living. When we have the real experience of Truthful Living, then we have experience of the God. That is Truthful Living.

Thank You

If you would like to establish the reality of this message in your mind, there is one prayer you can repeat everyday:

Oh Divine Father, Compassionate, Merciful, and Kind; Give me the Glimpse of Thine vision and Bless me with your Grace.

-Harbhajan Singh Sandhu



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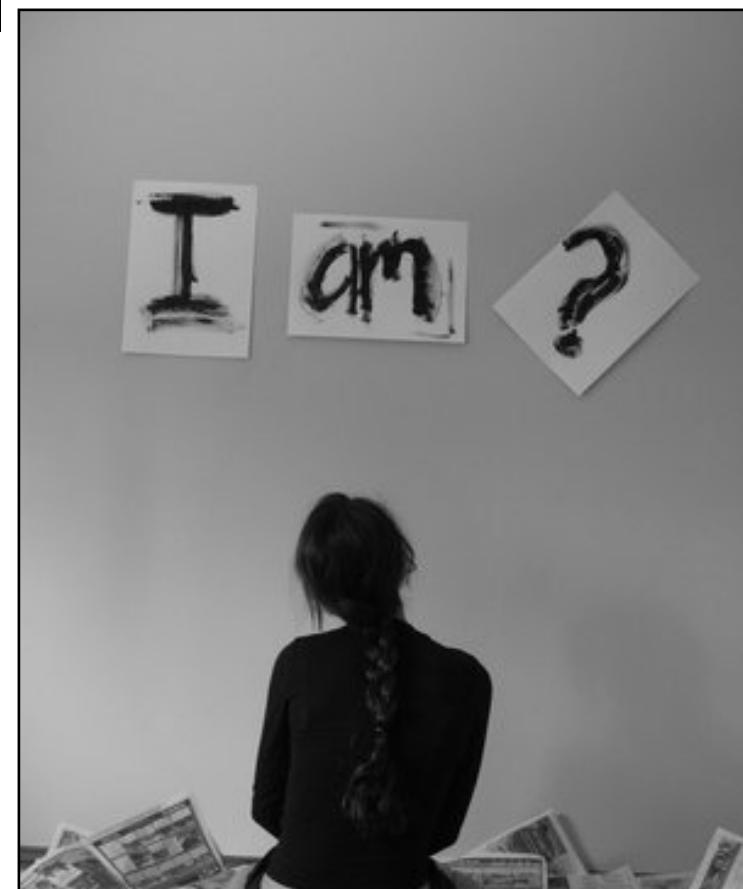
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Atharva's Corner

Identifying oneself is an undertaking which is often underestimated; those who seek to apply it soon understand that it is an arduous task to accomplish. It's an interesting, yet commonly-neglected, point of discussion because it is often assumed to be a rather quotidian request. And yet, one must not forget the merit and caliber of such a request; one is being requested to sift and filter through that which is the very essence of his or her being, and explain in a concise statement that which truly represents his or her disposition. It's asking the person to identify, sort, and list the few aspects of his composition that stand at the forefront to define him; in short, it's a tall order.

One must also look towards the difficulty in self-definition as a byproduct of societal norms and perception. There is such a thing as communal perception, which is similar to conformity and mental polarity. However, the disparity between social perception and conformity is that the former stresses judgment while the latter underscores decisions. Social perception provides a contingency to self-definition because one must



identify oneself through the eyes of the witness. In the instance that society deems a certain action in positive light, then an undertaker of such an action would be seen in a tantamount way. Through this viewpoint, one might see themselves through the eyes of the observing party, or society.

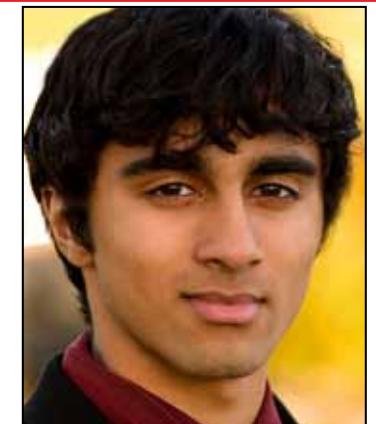
Alternatively, one might

accomplish self-definition through a philosophical outlook; one that stresses right over wrong as a moral or humane savoir-faire. Some see this as held in close relation with societal perception, as they both emphasize expectations of a person. However, the key distinguishing factor between the two is that the former, moral psychology, is

subjective to evoked emotion and obligation. Essentially, one must decide how to select an interest by that which mollifies his innate obligation to his community, a higher state of hierarchical needs. This in itself is difficult because it directly requires the individual to identify what he feels to be an obligation, and what he identifies as an intrinsic interest.

Lastly, one must look towards establishing an order of importance to the list devised through the previously discussed methods. One must realize that in a conversational dialogue, as is the situation of most instances when such a related request is made, each "speech" can only be limited to that time which captivates the interest of the receiving audience. Too long, and one risks losing credibility. However, the situation is not particularly high stakes, rather, it's simply a norm established in conversation.

As such, and being limited by time, one must be able to limit the response to a few points. It's a subjective matter of relation to the matter at hand. One may chose to chronicle his interests, paying heed to time of activity or



duration. On the other hand, one may assess the scope of achievement, underscoring the magnitude of accomplishment as being a matter of slightly more importance. One might even chose to note the caliber of the institution, marking that while the accomplishment itself may not be of an adequate merit, it holds the potential to be such.

Requesting someone to explain their inner essence is a difficult and demanding question to impose. It is essentially targeting the person and requesting that, in short form, they explain their comprise. An already arduous task is made even harder by the misunderstanding paraded with such a question. Until next time, consider what defines you.

Look into your interests, your wants, your lifestyle, your surroundings, etc. You might find that it's a more difficult task than originally made out to be!

Poem about our beloved India

Hello everybody! It's already May 2013, can you guys believe it? It is mind-blowing how fast the year is flying away. Fortunately, summer is almost here and school is almost out! So, this week I have been learning about poetry at school, and got a little inspired to write a poem about our beloved India, and thought about how amazing it would be to share it with my fellow Indian-American friends! This specific type of poem is called a metaphor poem; I hope you all enjoy it!

The culture, tradition, and colorful spirits, are like the air in the country of India.

She has a huge heart, filled with all kinds of people, mostly brown.

Her streets are crowded, with taxis, towncars, rickshaws, bikes.

Cows, birds, dogs, roaming on the road, as if India is a zoo.

The shops, brightly colored and inviting to the eye, in every corner of the streets.

The noises surrounding you, bouncing off of every voice, a blur.

A variety of languages, a variety of accents, laughing, liveliness, love on everyone's sleeve.

Her atmosphere, bubbling with everyone living their lives, the rich culture, tradition and colorful spirits inscribed into everything.

So, how was it? I became inspired to write a poem about India because I was told to pick a place

in the world that was special to me, or just very fascinating. India popped up right away, and I thought it was the perfect place to write my poem about. While I was writing, I felt like I could tell someone everything about India and how it feels to be there in just 16 lines, and they would know exactly how it feels to be there! I also found it interesting as to how I could tie in India with my schoolwork in such a captivating manner, and benefit from it at the same time! Poetry is a very special thing, not only to the person writing it, but to the person reading it as well. It can bring to you a new perspective on life, be good-humored, deep and captivating until you are hooked and want to know more, or it can be all of those things at the same time! Anyway, I hope you all enjoyed this poem I brought to you all, and have a bright and sunny start to the summer!

-Sammy Mallik





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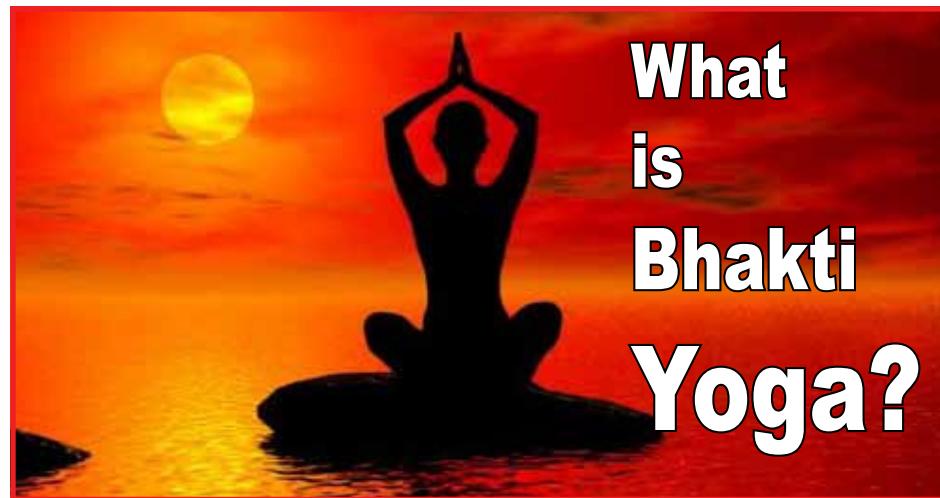
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Bhakti Yoga is easiest to start with; you think you might already know everything about bhakti yoga, let us revisit the true meaning of Bhakti Yoga. Following are few stories from satsanga with Gyan Swami.

A person went to Khetaji Maharaj's ashram and requested the saint to make him his disciple. Khetaji Maharaj told him that he needs to do a few things first before he was accepted as a disciple. The saint asked the person to look after the cow in the ashram and take care of all its needs. The person agreed. Many years passed and the person kept on doing his duty without any grumble. After many years when the person asked the saint again to make him his disciple, the saint said "Oh, I had completely forgotten about you. Yes, let me initiate you. Please bring some water in this pot." It was winter and the person had to have a bath and go to fetch the water in wet clothes. But the person did as he was told. When the person brought the water to the saint (holding the pot on his head), the saint said "You have brought the water from a dirty pond. Go and get it from a clean pond" and broke the pot with his stick. The person became completely drenched in the water. He was shivering terribly. But he silently picked up another pot and got water from another pond. This time too, the saint did the same thing and the poor person got drenched again. This continued till evening. The person hadn't eaten anything and he was getting drenched every now and then in that terrible winter. Finally the person thought that the saint was not interested in taking him as a disciple and thought of going away. He left the pot near the pond and was about to go when suddenly there was a voice from the pot "Got tired so easily?" The person was taken aback. The voice was of the saint but he could not see the saint anywhere. After sometime, the saint appeared and said that he had accepted the person as his disciple. He also told him that he was about to leave for the Himalayas and that the person would be his successor in the ashram. Such is the result of one's complete surrender to a Guru. The person had completely surrendered to the saint and did whatever he was told without any resistance. That is what Bhakti is.

Sai Baba has said that the only way to enlightenment is 'Shradha and Saburi' – Complete Faith and undying patience. Gurugranth Sahib talks only about Bhakti yog. There is only singing of bhajans and celebration of the existence. When Meera is doing Bhakti, she is not doing any yoga or any pranayam. She is just dancing and singing and celebrating with the divine.

There was a saint - Shivpuri Baba in Kathmandu. He lived up to 136 years



of age. He was from Kerala. His ashram was very close to the airport. When Dr. Radhakrishnan (then President of India) had gone to Katmandu and was travelling from the airport to the Rajbhavan, he expressed his desire to visit the saint. Everyone was surprised thinking how could the president of India go and meet a fakir living in a small tin hut. Anyway, they took him there. Radhakrishnan discussed with Shivpuri Baba for some time. When it was time to leave, Radhakrishnan removed his turban and placed it at Shivpuri Baba's feet and prostrated full length at his feet. Radhakrishnan was a great philosopher but still he had to fall at the Gyani's feet. There is a difference between a philosopher and a Gyani. A philosopher knows from the books, whereas a Gyani knows from direct experience. The last words of Shivpuri Baba when he was about to leave his body were "Just Pray to God. Just Pray to God. There is nothing here other than Him".

It is very easy to be a Yogi - sitting in a posture and doing some pranayams. But it is very difficult to be a Bhakta. To surrender completely to God and leave everything to Him is the most difficult thing for a human being to do. When something good happens, human beings take all the credit to themselves, but when something bad happens, they say that it was the will of the lord. This is not Bhakti. This is ego. A real Bhakta is the same whether he is in a good situation or in a bad situation. He attributes everything to God.

King Harishchandra was completely devoted to the lord and was known for his truthfulness and for keeping his promises. He was of the belief that whatever happens, happens due to the will of God. Once, the Devas decided to test him (with the permission of God). They put him in such a situation that he had to leave his kingdom, sell off his wife, son and himself. He sold himself to a Chandala and did exactly as he was told by the Chandala. He had to collect a fee from the people who would come to cremate dead bodies. He did not dilute his duties even when his wife came to him with the dead body of their

son. The wife did not have anything to give him, but Harishchandra was adamant and said that she had to give him something. When the wife started to tear a part of her sari to give it to him, God appeared and said that their test was over. The king was given the title of Satya Harishchandra. You will never get such instances like the story of Harishchandra in any other country but in India. Have you ever heard of a story in any other country similar to the one of lord Rama? At the command of his father, lord Rama went to the forest without the slightest hesitation or resistance. Today, if your father asks you to go to the jungle, you will ask your father to go instead. Lord Ram had the same smile when he was going to the jungle as he had when he was being made a king. Because, for lord Ram everything was God and everything was the command of God.

Bhakti is the complete surrender to the will of the existence. Bhakti is the transcendence of love. When there is love, there is friendship, and then there is companionship. After that, it culminates in Bhakti. When only 'You' remains and 'I' vanishes, that is Bhakti. Whereas, when 'I' remains and 'You' vanishes, it is in a way the way of a Yogi. A Yogi says "Aham Brahmasmi (I am Brahman or I am the Divine). Nothing else exists." A Bhakta says "Everything is Brahman. I don't exist."

But if you really look at it, there is no difference in the two. They both reach the same point. The Bhakta believes in the form and the Yogi believes in the formless. If you really go deep, there is actually no difference in God with form and God without form. If you start from the form, you will ultimately reach the formless and if you start from the formless, you will reach the divine with form. Tulsidas was a Bhakta. He used to say that by the power of Bhakti and selfless love, the formless takes a form. Kabir who was a yogi said that the real guru is the one who reveals the formless in the forms. But really speaking, it is all the same. It just depends on one's view point. Seeing forms in the formless is Bhakti and seeing the formless in the

forms is Yog. Everything is the same. There is only one. There are no two.

One may ask – How can you say that an ant and an elephant are the same? If you really look deep into it, there is only the difference in size. There are both constituted of the same elements. If it is possible for you to be a real Bhakta, then realisation is very easy and fast because you already believe in God. But for a Yogi it is difficult. He doesn't have to have any faith in God. Finally after doing his sadhanas, if by the grace of God, Yog happens, then he realizes that there is nothing but God. It takes a lot of time for a Yogi to attain realization. For the Yogi, surrender is the last step when after doing all his sadhanas, he realizes that there is nothing here but God. But for a Bhakta, this is the first step. It is because he so completely believes in God that his surrender is automatic.

During the time of Meera, there was another devotee (one of the wives of Akbar) of Krishna. She was so devoted to Krishna that Krishna used to come and play ludo with her. Once, on hearing a male voice from his queen's chambers, Akbar went to the queen's room and on seeing only the queen, asked her with whom she was playing. The queen said that she was playing with lord Krishna. Although Akbar could not see anybody in her room, he could see the dice roll by itself. Akbar was deeply impressed by the devotion of Meera. Once, when Meera was performing her pooja, he gave his invaluable necklace to her. Although Akbar was an enemy of Meera's Rana family, Meera accepted his necklace, because for her everybody and everything was the lord. For a Bhakta, there is nobody else other than the lord.

The blind saint Surdas, who was a great Bhakta, had said that a Bhakta should avoid people who do not provide him with a conducive environment for his Bhakti. Instead of trying to change them, it is better that he goes away from them because trying to change them is as useless as bathing a donkey with perfumed water or putting expensive jewelry on a monkey or washing an elephant with clean water or hitting a stone with an arrow.

The great Adi Shankaracharya always used to talk about Knowledge and Advaita the whole day, but before he retired for the night, he used to say "Bhaja Govindam, Bhaja Govindam (Sing the praises of the lord). Only devotion to the lord has the power to take you beyond this sansaar."

Bhakti is the culmination of all Yoga when a human being completely surrenders to God and becomes one with God.

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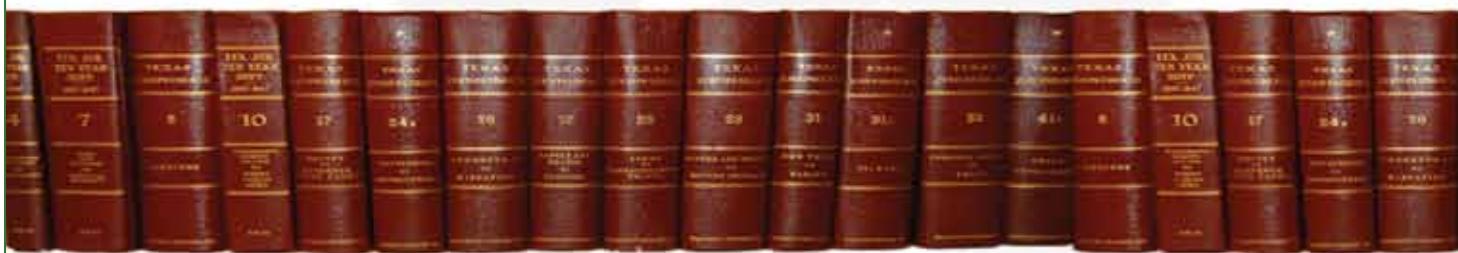
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INDIAN SENIORS ASSOCIATION OF ARIZONA (I SAA)

On March 26, 2013 ISAA held the first picnic of 2013 at Rio Vista Park. Over ninety five (95) members and guests enjoyed garba, antaxari, card games, dancing and singing. It was Holi and it was celebrated symbolically by applying a red color "tika" on foreheads of those who volunteered. In the spirit of Holi there was popcorn, dates with garma-garam bhajiyas. How can there be bhajiyas without tea? So there was Badshahi masala chai. Quite a treat. The luncheon today was also in keeping with the spirit of Holi-- pulao, cabbage sambharo, papdi, chhash and mohanthal, fresh made and served generously. Thanks to our sponsors- Niruben, Chandrikaben and Kanchanben with full support of enthusiastic volunteers. Great job all!

Jitubhai described a situation aboard his plane to Middle East, how his quick thinking and determined follow-up succeeded in avoiding a potential mishap. He appreciated overall positivity of the membership. Reminded everyone to make use of harmony, and communication to honor and respect the guidelines of ISAA for everyone's benefit. ISAA has been inspirational and doing great job as a role model for a senior center in Dallas. Keep it up.

On April 2, 2013 Hilarious suspense movie "Special 26" was shown. The audience enjoyed it very much. Dr. Tangri's birthday was celebrated with a cake and song. Luncheon was arranged by Mrs. Vijay Tangri on this occasion. Over eighty members and guests had fun.

The outlines of ISAA operating guidelines were summarized by Chandrakantbhai. Chhotubhai presented the financial report for 2012. Great job!

On April 09, 2013, Uma and Surinder Aggarwal were all the smiles in celebrating their grandson- Michael's second birthday with ISAA family. Along with the BD cake they served "chaat" to all present. A delicious home cooked meal then followed. Over seventy five members and guests wished Michael happy and long life. Thanks to Uma and Surinder for their contribution of \$101 to ISAA on this happy occasion.

On Apr 16, 2013, another great picnic day with a lots of smile from mother nature with abundant sunshine under blue skies. People enjoyed the walks in the park, some played card with a gentle breeze to keep them cool and the others just took it easy. Everyone was served with garma-garam bhajias with spicy mint tea. Antaxshari & songs added the delight to the enjoyable atmosphere. Warm chhole-bhature, pulao, raita, gulab jamuns and fruit salad filled up the luncheon needs. Sponsors were Hansaben, Shantiben. Manjuben kindly supplied the fruit salad. Volunteers were Niruben, Nilaben, Hemlataben, & Bakulaben. Thanks for the help. Today being the 3rd Tuesday of the month we had the birthday-anniversary cake. Thanks to Nilaben for baking the cake. ISAA observed a minute's silence in the memories of bombing victims in Boston.

On Apr 23, 2013, it was a day of competition, men v/s women- playing "antaxshari". Everyone who volunteered had a chance to sing a song starting with a last letter from the previous singer. After almost over one hour both sides ended up on top. Many thanks to all the participants. It was sure a lot of fun. It was suggested to have a similar program with gazal/shayri. Today's luncheon sponsors were the Kshatriya family joined by Dr Rasikbhai.



Sponsors of the April 23rd Luncheon - Kshatriya Family and Dr. Rasikbhai Family



Dr. Tangri blowing the candle in celebration of his birthday with ISAA



Well-fed ISAA seniors are enjoying having a good laugh at the picnic.



Aggarwals celebrated grandson Michael's birthday with ISAA Family



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Joyous Inauguration of Gurdwara Nishkam Seva-Irving

Irving, Texas: April 13, 2013

With tremendous joy and celebration Sikhs inaugurated a new Gurdwara in Irving, Texas. Over 400 people attended this event which included a new flag hoisting (Nishan Sahib Seva), ShabadKirtan (religious hymn singing), Nagar Kirtan (the 16th annual DFW Khalsa Parade), and outdoor community kitchen (free food) on a beautiful sunny day. The inauguration coincided with the Khalsa Day celebrations and hence the spirit and colors of the Khalsa were evident and added to the great significance of the occasion.

The event was attended by leaders of all faith traditions who offered blessings and prayers in their own religious traditions. Represented were the Catholic, Baptist, Methodist, Orthodox Christian, Islamic, Hindu, Buddhist, Baha'i, Wicca, and Jewish leaders.

The Governor of Texas, Rick Perry officially recognized the Inauguration with a proclamation. The Mayor of Irving, Honorable Beth Van Duyne, also issued a proclamation declaring April 13 as "Khalsa Day" in the city. The Irving Police Chief Larry Boyd and Irving mayor Pro Tem Gerald Farris spoke at the event.

"It was our desire that our brothers and sisters from all faiths will join us in prayers at the inauguration of this Gurdwara and, by Waheguru's grace, this desire has been full-filled today" said Harbhajan Singh Virdee, one of the organizers of the event.



6th Annual Indo-American Golf Tournament Indo-America Foundation and Arizona Rajasthani Association In Partnership with Gas Station and Convenience Store Owners Association (4/19/2013)



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Real-estate sector in Arizona

Hello Everyone,

We are in the middle of Spring and a few more weeks to go before the temperature hits the 3-digit mark. So lets enjoy the colorful flowers and the perfect weather, while we can. It also seems like perfect timing for the government to extend the federal mortgage refinance program by 2 years.

The government is extending a program that allows borrowers with mortgages backed by Fannie Mae or Freddie Mac to refinance at lower rates. The Home Affordable Refinance Program, known as HARP, was to expire Dec. 31. The Federal Housing Finance Agency, which oversees Fannie and Freddie, said it is extending the program through 2015. About 2.2 million people have refinanced through the program since 2009.

How can First time Home Buyers stand out in crowded market

In February Realtor.com National Housing data showed that median list prices were slightly higher month-over-month at \$189,900. For the first-time homebuyer these figures can present a little bit of a challenge. Low inventory has meant multiple offers in many

hot markets. Prices are rising slowly but investors are snapping up homes before some first time buyers can get their foot in the door. With Multiple offers and bidding wars, buyers may have to do some adjusting. If the sellers want a quick close or a little more money in their pocket at closing it's important to try and accommodate that. Competing against cash sales can be very challenging. Part of the role of the buyer's agent is educating them with both the statistics on cash sales and their experience in the market. "It isn't long before they realize they need to come in at their highest and best and ask for as little as possible.

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

- Total sales for single family, Townhomes, Condos for March was 7,085 whereas February was 5,763 and January was 5,079

- The Active listings for March was 16,377 whereas February was 17,197 and January was 17,516

- Pending sales in March was 8,813 whereas February was 9,077 and January was 8,133

- Cash Buyers are still dominating the market with 2,842 closings

- Conventional closings were

2,517

- FHA closings were 1,313 as the Mortgage Insurance is high on FHA then Conventional PMI.

Lets looks at the Commercial side –

Tidemann Properties LLC acquired the Kyrene Commerce Center for \$6.55 million, or \$40.50 per square foot. This was part of a 1031 exchange on the buyer's side. The industrial building, located at 5861-5869 S. Kyrene Rd. in Tempe, AZ, was built in 1983 and consists of three multi-tenant industrial buildings.

Investors plans extensive remodel-An LLC company have acquired the 40-unit Bethany Terrace multifamily complex at 525 E. Bethany Home Rd. in Phoenix, AZ for \$1.73 million, or about \$43,000 per unit. The buyer has planned a 90-day complete renovation of the property, estimated at \$525,000. The 24,900-square-foot apartment community consists of 8 studios, 18 one-bedroom and 14 two-bedroom units with asking rents between \$400 and \$650 per month.

Permacorp USA, Inc. acquired the industrial building at 7600 N. 71st Ave. in Glendale, AZ from a private investor for \$1.04 million, or about \$77 per

square foot. Originally built in 2005, the single-story industrial property sits on approximately one acre in the Grand Avenue Industrial submarket of Maricopa County.

The Phoenix Office market ended the first quarter 2013 with a vacancy rate of 19.4%. The vacancy rate was down over the previous quarter, with net absorption totaling positive 152,689 square feet in the first quarter. That compares to positive 1,485,567 square feet in the fourth quarter 2012. Vacant sublease space decreased in the quarter, ending the quarter at 809,140 square feet.

There was 256,270 square feet still under construction at the end of the quarter.

As always, I love all the questions, comments & feedback. Please keep them coming at arti@artiyer.co, or feel free to call me at 480.242.8573 if you need more information.

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

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Bombay Talkies official selection at the 66th Cannes Film Festival Viacom18 Motion Pictures and Flying Unicorn Entertainment co-production to have a Gala Screening on May 19th

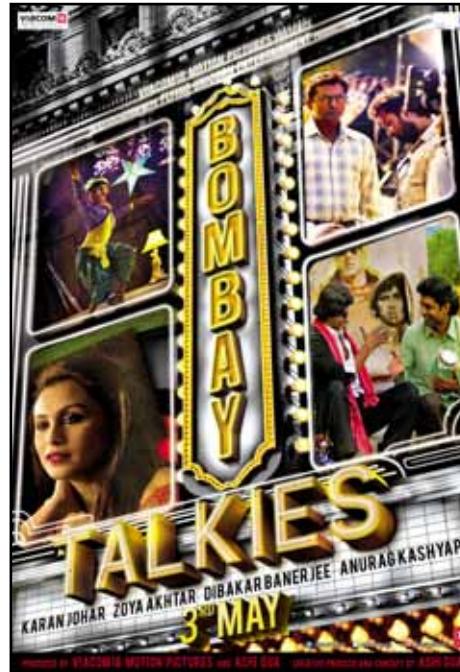
Mumbai, 19th April 2013: Bombay Talkies has officially been selected for a Gala screening at the prestigious Cannes Film Festival 2013. The film produced by Viacom18 Motion Pictures & Flying Unicorn Entertainment is directed by India's leading filmmakers including Karan Johar, Anurag Kashyap, Zoya Akhtar and Dibakar Banerjee. The film is a celebration of the commemoration of 100 years of Indian Cinema and encapsulates the array of emotions through which millions of fans across the country are unanimously connected. The movie is a collection of four stories in one film told by India's finest young filmmakers and hits theatres on May 3rd in India. It includes an eclectic cast of Rani Mukerji, Nawazuddin Siddiqui, Randeep Hooda and Saqib Saleem; including cameos by Amitabh Bachchan and Katrina Kaif.

This would be the second year in a row that Viacom 18 Motion Pictures has struck it big at the Cannes. In 2012 the studio stormed its way in with



Anurag Kashyap's critically acclaimed and much loved 'Gangs of Wasseypur' becoming the talking point of the festival.

Karan Johar who has been known



for his larger than life cinema comments on the news, "Extremely honoured that our omnibus endeavour has been officially selected at Cannes.... Can't wait to walk the red carpet with

Dibakar, Anurag and Zoya".

Zoya Akhtar says, "I have never been to Cannes and I always felt if I go it should be with a film. Things worked out even better as it's not just a film but also 3 friends Karan, Dibakar and Anurag with me. It's going to be a blast".

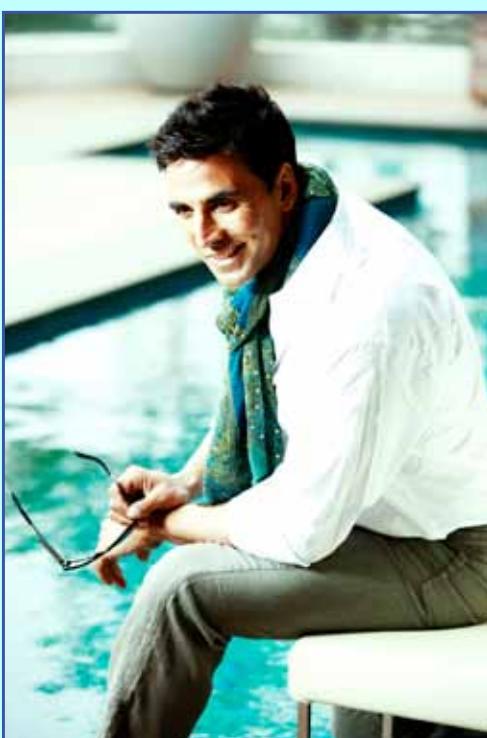
Dibakar Banerjee says, "Thrilled to walk the red carpet following Karan, Zoya and Anurag leading the way and representing Indian cinema!"

Anurag, the only director from the quadruple who debuted at the Cannes back in 2011 says, "I am so happy our film is screening at Cannes. Happy to be back there." Commenting on the announcement, Ashi Dua of Flying Unicorn Entertainment, the co-producer of the film said, "Our film Bombay Talkies has made it to one of the most prestigious film festivals – Cannes. I am extremely happy that the film has received such an overwhelming response internationally. This means many more people across the globe will be celebrating 100 years of Indian cinema with us"

Winning Combination - Global icon Akshay Kumar and Sanjay Leela Bhansali Take 2 with 'Gabbar'

India's most versatile actor, Akshay Kumar, is set to reunite with Rowdy Rathore producer Sanjay Leela Bhansali in their new venture 'Gabbar'. Akshay will star in the lead role in Gabbar, the remake of the successful Tamil film 'Ramanaa' (2002). The box office breaking duo hit the elite 100 crore benchmark in 2012 with Rowdy Rathore. The film 'Ramanaa' retitled 'Gabbar' for the Hindi version is set to storm the box office again and will be no exception in the Akshay film reel of successful ventures. Akshay's involvement in his film projects such as Special Chabbis most recently have proved him not only to be worthy of his successes but demonstrates his ability to perfect every genre of film that he stars in.

Behind the camera, Akshay is also proficient as a producer, and together with his business partner Ashvini Yardi for Grazing Goat Pictures, has expertly sought out and made critically acclaimed films to tap the niche regional Indian cinema genre, amongst which was the National award-winning OMG: Oh My God. The hard-working Akshay never rests on his laurels, and is already shaping his next cinematic venture, a film with eclectic director Karan Johar, titled 'Gutka'.



National History Day competition in Arizona

Kira Armoogam recently competed in Arizona's National History Day competition, taking first place in the Junior Individual Website category. Her project, "The Right to Remain Silent", discusses the Supreme Court decision in upholding Miranda Rights. She also received special recognition for Best Central History and Best Use of Archives/Museums. Kira now advances to the national competition in Washington D.C. in June 2013.

National History Day is a competition where students choose historical topics related to a theme and conduct extensive research. After analyzing and interpreting their sources and drawing conclusions about their topics' significance in history, students present their work in original papers, websites, exhibits, performances and documentaries. Students progress through a series of local and state levels to reach the national competition. Mrs. Stacey Trepanier who is a teacher in New Vista Center of Education is Kira's mentor for this project.

This is Kira's second year competing in National History Day at the national level. Last year she placed in the top ten percent of the junior website category with her project "We Need Water".

Kira is a graduate of New Vista Center for Education and attends Arizona College Preparatory junior high school in Chandler. Kira is daughter of Sutapa and Wayne Armoogam and granddaughter of Bhagubhai and Jayaben Patel.



IAF Senior Group Activities

We are sad by demise of our senior most member Amaratlal Dave at an advance age after a brief illness on April 25, 2013. Our prayers for peace for the departed soul. Also, Gokulji has suffered serious illness and is in recuperation.

Our out of town visitors were Davendra Deshwar from Kalgiri, Drs. Abbas & Kaniza Bunglawala from New Jersey; Rajkumar & Asha Arora from Hyderabad India, Gordhan and Kala Patel from Durham, NC, and Ramesh and Savitaben Patel from Cincinnati, OH. Dr. Abbas Bunglawala suggested that we should have some physical exercise activity in our Senior Program. Gordhan Patel had spent a week at the Indo-American retirement community in Florida "Shantiniketan" and gave a brief report on that development. Visitors were very much impressed with our unique weekly Senior citizen program and wished they would have a similar program in their town.

Bhagubhai shared his experience from a four-day trip to "Maha Kumbha Mela": It was a "Tent-City" with saint/guru having their own camp for their followers. Bhagubhai and Jayaben



stayed at the camp of Swami Muniji of Rishikesh. They had well organized western style facilities especially for the NRIs. There were many police/military staff all over the Mela area. The 5:00 AM "snan" (bath in the river Ganga) was a very unique, unmatched highlight experience of the whole yatra, as de-

scribed by Bhagubhai. There is a major government project in place to clean up River Ganga.

A picnic was organized at Sahuro park, Glendale on march 28Th with 67 persons participating. Activities included games like Walks in the Park, Musical chairs, Lemon race and always

popular Playing Cards and Socializing. Kishor Vyas, Tara Patel, Meena Bhavsar and Munnubhai Patel were the primary organizers. (see photos). The picnic was sponsored by Ramaben & Sumantlal Patel.

Seniors Group has organized a three day tour of Rocky Point (Mexico) on April 26, 27 and 28Th at a cost of \$180 per person. This 36 participant tour is fully booked with a waiting list. We will be travelling to Rocky Point in rented large vans and staying on the beachfront condos. Elaborate activity list and delicious item menu are being planned. The tour will be a most memorable experience of the year for the group.

Senior group will be celebrating Mother's Day on Thursday May 9Th with songs and music with "inhouse talent" performing. IACRF Senior group meets every Thursday 9:30AM to 3:00PM at the Indo-American Community Center located at 2809 W. Maryland Avenue, Phoenix AZ 85017. For additional details, please contact Lalitbhai Patel on Tel: 480-820-8700.

Thanks to Sevantibhai Shah for snapping excellent Photos.



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Pakistan is like a “horror film franchise”: Mohsin Hamid

Pakistani author Mohsin Hamid has described the coverage of Pakistan in the international media as a “horror film franchise”.

“Most news outlets are owned by big entertainment corporations that depend on shocking people for their success and Pakistan is one such horror story that sells. It is like a big Hollywood Friday 13th franchise,” said Hamid at a pre-launch event for the Festival of Asian Literature at Asia House in London which kicks off on May 7.

“But that isn’t Pakistan. It is a very complicated place with a long history and my books are an attempt to re-complicate what’s been oversimplified in the news agenda. I don’t want to be a propagandist or say that Pakistan is just great. There are problems but it is a much more complex place than we are given to believe,” added the author of acclaimed books such as *The Reluctant Fundamentalist* and *Moth Smoke*.

Hamid is here as part of a British tour for his latest novel, ‘How to Get Filthy Rich in Rising Asia’, which he describes as a “non-religious and secular kind of Sufi love poetry”.

Structured as a self-help book, Hamid’s new work of fiction is a comment on the “blatant branding and self-marketing that defines the capitalist world we live in”.

“It is not damning capitalism as such. Capitalism is like the law of the jungle with a few rules. There isn’t another system that works for our society but left unchecked, capitalism can have a dehumanising effect,” Hamid said.

“At the heart of it though, the book is just a love story about a very transitory and non-possessive kind of love,” said the father of two who has been living between New York and London over the years and is now based in his birthplace of Lahore.

All his books have a distinct echo of his Lahore roots but, as in the case of his previous works, he leaves the setting in his new book fairly ambiguous.

“It could be India, Pakistan or anywhere in Asia. Every city struggles with similar issues,” added the 42-year-old Harvard graduate who gave up a career in management consultancy to become a writer.



‘The Reluctant Fundamentalist’, conceived just before the September 11, 2001 attacks in New York, reflected a similar clash of ideas and cultures. Its post-9/11 release went on to make headlines around the world and earned it a place in *The Guardian’s* list of books that defined the last decade.

The story of disillusioned Wall Street banker Changez Khan has now been turned into a film by New York-based Indian filmmaker Mira Nair, something the writer describes as the true success of the book.

“It is a story by a Pakistani author, made into a film by an Indian filmmaker working in Hollywood with the lead role played by a British Pakistani actor (Riz Ahmed). It is truly representative of the book’s politics – that we can collaborate even if we don’t always agree,” said Hamid in reference to the film which releases in India and the UK on May 10.

Telling local stories

When publishing house Westland offered Indian fiction author Amish Tripathi a jaw-dropping Rs. 5 crore advance for his next book series after his hugely successful Shiva Trilogy, everyone sat up and took note.

Interestingly, Tripathi’s first book in the trilogy, *The Immortals of Meluha*, was rejected by Westland and 19 other publishers, forcing him to self-publish it. After the book sold 45,000 copies in three months, Westland picked up its marketing rights and took on the publishing of the next two books in the trilogy, *The Secret of the Nagas* and *The Oath of the Vayuputras*. The three books have sold over 1.5 million copies. Gautam Padmanabhan, CEO, Westland, said, “We are confident that Amish will justify the advance payment on his next series.” He added that in the last three-four years, the benchmark of the bestseller has changed. “While earlier, the sale of 10,000-20,000 copies was considered big, bestsellers are now pushing for a million copies.” Kapish Mehra, MD, Rupa & Co., which publishes Chetan Bhagat’s books, concurred: “Chetan’s *Revolution 2020* sold one million copies in 100 days. We are targeting two million copies for his next book.”

POET OF MONTH

Shira Dentz

Shira Dentz is the author of black seeds on a white dish, a book of poems that was nominated for the PEN/Osterweil Award 2011. She is also the author of a chapbook, Leaf Weather, and a second full-length collection, door of thin skins, forthcoming in April 2013. Her poems and stories have appeared in many journals such as *The American Poetry Review*, *The Iowa Review*, *New American Writing*, *jubilat* and *Brooklyn Rail*. Her awards include an Academy of American Poets’ Prize, The Poetry Society of America’s Lyric Poem and Cecil Hemley Memorial Awards, Electronic Poetry Review’s Discovery Award, and Painted Bride Quarterly’s Poetry Prize. She holds an M.F.A. from the Iowa Writers’ Workshop and a Ph.D. in Creative Writing and Literature from the University of Utah. Shira is Reviews Editor for *Drunken Boat*, and is Writer-in Residence for Spring 2013 at The New College of Florida where she was also Writer-in Residence for Spring 2012. In addition to writing and teaching, Shira is a freelance graphic artist.



The Porch

This morning the top of my head was gone. What was left was a porch, the one from childhood, at my grandmother’s house—and Dr. Abe standing on it.

But what does Dr. Abe have to do with it, when it should have been my father standing out there.

The porch was white, but there were always smatterings of glossy black paint
and I never knew how they got where they got.

My brother had died recently, and the backyard was full of our echoes.

Whoever painted that railing wouldn’t stop until covering all the rods in the world: every border a seam in a duck’s webbed foot.

Loss raked at the plains of air and dry tributaries swooped from the horizon,
but a main river rested heavy in the lap of this house: furniture, rugs, bowls, prints, all as sensual as a bite of wax fruit.
Drops of black shiny paint on the ball-posts out on the porch.

And why is the Dr. here, so many years later?

Hands

He splayed his fingers apart, their movement a Japanese pure, make-a-vacuum style, allowing them to twitch in all directions, implying cherry blossom petals dangling from boughs. He was a tall and fat man, his fingers incongruously refined, long and sculptural. Of course the fingertips flipped up. I say of course because even at rest he gave the impression that he covered everything; above and below.

How the very signal of that gesture enveloped to the point of obfuscating my senses. This is why it is nearly impossible to communicate, to hand over the experience.

He did it when he tried to make a point, but I tell you whenever he did it all I was aware of was the portrait he made with his hands. At their widest opening on their way down they were bird wings flapping—and the hole between the wings, where there should have been a body, was me.

A Unique Sikh Identity Awareness Nagar Kirtan & Vaisakhi Program in Phoenix

occasion for disseminating positive Sikh identity awareness among people through these parades which in fact happens to be a true need of the Sikhs after 9-11.

Keeping this in mind, the Sikhs of Arizona in metro Phoenix area decided to celebrate Khalsa Saajan Divas in somewhat of a distinctive way. In addition to a major religious function i.e. Sarb Sanjaa Kirtan Darbar in Phoenix Convention Center, a unique Nagar Kirtan highlighting Sikh identity using very large specially prepared 60 Banners covering every aspects of Sikh faith, was also organized. The program started with Kirtan by Local Sangat members and Punjabi School children. After this the Raagi jethas from three Gurdwara Sahib performed a melodious Kirtan Seva for almost over two hours. This was followed by speeches given by two Hemkunt speech participants for 4 minute each, fearlessly exhorting Sangat to respect Sikh identity.

Another important aspect was the special recognition and honor to S. Ikhbinder Singh, a young Sikh working as a Correctional Officer at one of the facilities of prison system at Florence. He has been employed at the facility for almost over nine years and was always allowed to keep his Sikh identity intact with uncut hair and beard and a Kara in his right hand as Articles of Sikh faith. Yet a few months ago, he was asked to do away with his Sikh Articles or lose his job. With intervention from members of local Sikh Community, Sikh Coalition and Political hierarchy, especially the Arizona governor, wisdom prevailed and he was then authorized to continue his job with Sikh Articles and Sikh identity intact. The courage he showed to preserve his faith was the stimulus for the Sikhs to honor him.

Following the Kirtan Darbar, the Hemkunt



Speech Competition participants were given special certificates and trophies. Those who took Amrit this year were also honored with Siropa by heads

of Raagi Jethas. Throughout the Kirtan Darbar and almost up to 5 PM continuous Langar Seva including hot Snacks of various kinds followed by full vegetarian lunch was continuously served outside across the convention center in a park like setting under the shades of trees and many tents where anyone and everyone who passed by was served hot delicious food.

Yet the highlight of the day happened to be a special Nagar Kirtan or Sikh religious procession led by Punj Piares in front of the Eternal Guru of the Sikhs, Guru Granth Sahib Ji on a specially prepared and decorated Float. In the procession, 3X8 feet large banners that had earlier been earlier placed inside the hall during the event were carried by pairs of adults and children. These banners discussed the basic fundamental principles of Sikh faith, Sikh history in the West, Sikh presence in the West, Sikhs in World War 1 and 11 as well as snaps and pictures of hate crime against Sikhs after 9-11. Given that this program took place on April 21st 2013 immediately following two painful events, one that of the Boston Bombing and the other related to Texas Fire killing some and injuring several innocents, special banners were also prepared to remember them. A message expressing sympathy and prayers for those who lost their lives was not only incorporated in these posters but a special one minute silence for the victims was observed inside the hall during religious function followed by special prayers for them.

Almost close to 1,000 Sikhs including children participated. This event was so exciting and so energizing that many including onlookers were awestruck and lots of positive comments were continuously and repeatedly heard throughout the event.





Hewhocontrols Education controlsthe Destination

When we begin to think about the best education for all children in this most amazing America, we have to be reminded of what it means to be in charge of those who are less fortunate; those who have to submit and fall victim to the desires of others. Other words, it is said "He who controls Education controls the Destination". Wow! What an insightful statement.

Such a statement automatically makes wide awake human beings begin to think and reflect back to the days of slavery. Days when slaves were not allowed to read and write because education was outside of their control. To be caught attempting to become academically intelligent was the road or reason for punishment.

In my opinion, slavery of this sort was the reason for the term Lesson Plan. A plan to give themselves much more while the slaves continue to receive less. We give you what we give you in the classroom but at home, the plan is to give our children more. Most politicians and leaders of education are among the best story tellers to ever open their mouths. Therefore, the new plantation is seen by many as the American classrooms. Classrooms where minorities fail to bloom as well as others. Again – He who controls Education controls the Destination.

I have often asked myself what would happen to a rabbit who enrolled at Squirrel University. Chances are he would graduate being an absolute nut!

The primary curriculum would be nuts rather than carrots because He who controls Education controls the Destination. So be it ~ Shame on the rabbit until he is able to be in charge of his or her own education destination. As African Americans we have never been as fortunate as need be.

Some control but surely not enough. Even as president of the United States, President Barack Obama hasn't been able to race to the top as envisioned for less fortunate minorities. African Americans still test out at the bottom or so close to the bottom. The situation remains disgraceful. When too busy washing dishes it's easy to overlook mopping the floor or cutting the grass.

As quiet as it is kept, our president is not able to monitor effectively all areas of life when he is faced with so many problems and opposition. American educational leader Mr .

tination. So again – just who is it that's in control of education? For Mr. Duncan to truly do what must be done could easily mean putting more than his job on the line. Sports and entertainment are o.k. – But what about making sure we never educate as many African Americans as needed for them to own their own destiny? It's clearly a life threatening job when thinking about education so many African Americans. We would be seen as being just as competitive as we

me, this is a major reason even though there are many others. The fear of retaliation is most likely near the top of the list.

Well, I'm writing this article to assist non African Americans to relax and come back to the best human reality. As African Americans we are just as committed for the honorable progressive status of America as anyone else. Of course I've met some crazy African Americans just as I've met crazy people from other nationalities. Color or race doesn't matter.

Our parents and fore parents didn't teach us to be revengeful. We were taught to be forgiving and most merciful. That's our priority today

as it was back then. We know why we were victimized and who played the leading role. Most white folks were not the cause of slavery or many of the oppressive habits some are attempting to maintain. Therefore, let us not make it a crime to educate and preserve the minds of all children and students.

It is said to whom much is given much is expected. Old negative habits have played a major role in causing this great America to be near the bottom of the ladder in education and at the top of incarceration. Through the tunnel of forgive-



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

By Habibullah Saleem

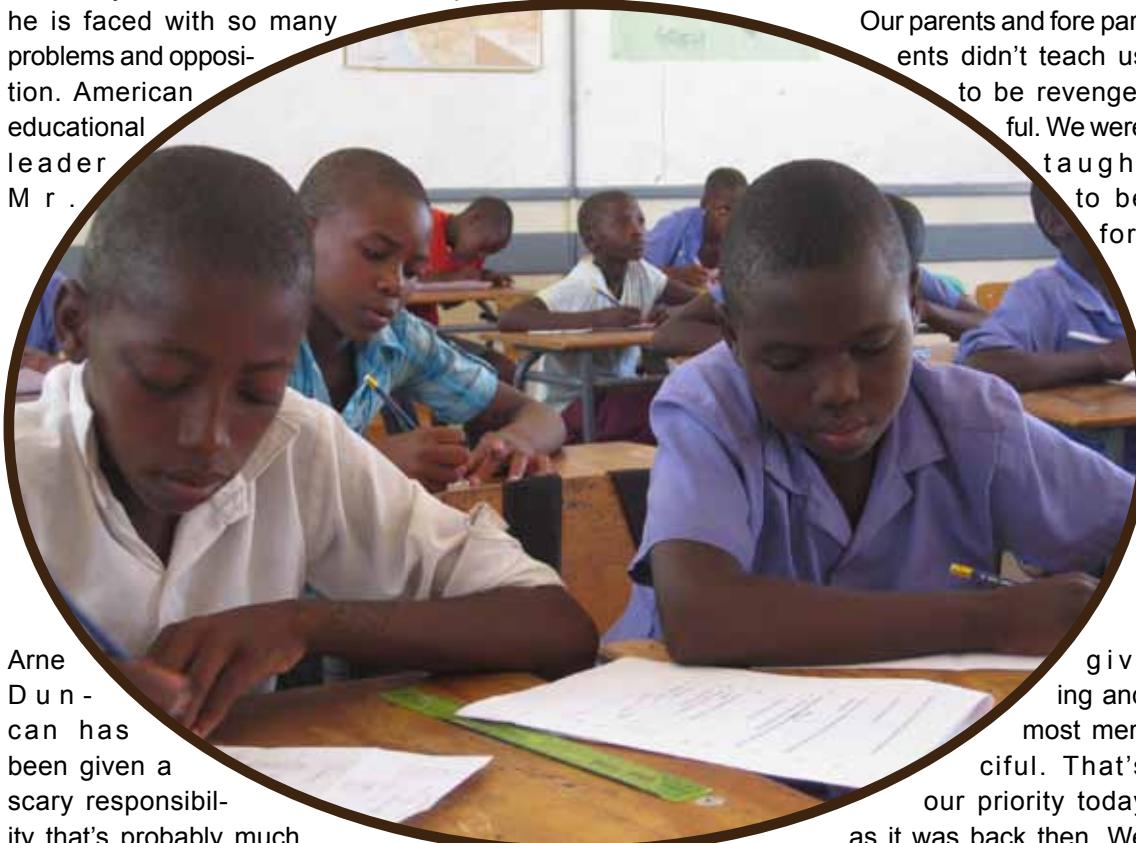
ness we must move forward in pursuing the best of our inner nature and purpose for life.

In just a few more years our president will no longer be in office leaving African Americans and others in a position to make some real serious adjustments. We have to work together to assist each other to overcome whatever fears are interfering with our best potential as true citizens of this country. It is urgent and reasonable for all people in this country to come together in harmony and pave the way for others to follow. It will only come as we righteously educate all students because it's still true – that together we stand divided we fall.

Again, to educate and preserve a child's mind should and must not be a crime. Once we learn to remove the letter 'e' from the word fear we will be able to go far in accomplishing the goals most needed for the outside world to not war with us but honor and appreciate us. To control education should never mean oppressive domination. To be a Muslim simply means we are to obey and love our one Creator, while uniting in peace with others to produce an environment of natural human growth and development. By nature, we are all sisters and brothers.

Without the Fear we all can Cheer

Equal Education – The True Destination



Arne
D u n -
can has
been given a
scary responsibil-
ity that's probably much
bigger than his courage and
guts will allow him to accom-
plish. There have been threats
on the life of the president, so
what do we think will happen to
those who find themselves seri-
ously educating poor people to
compete successfully with the
rich who have mastered the
habit of wanting to be in charge.
That selfish and greedy ego
habits still exist. In the recent
presidential election all we
could hear from the republicans
was their concern for making
America the way it used to be.
Remember – He who controls
Educating controls the Des-

are in the world of sports. Can
you imagine a Tiger Woods
scientist, a Muhammad Ali
surgeon or a Lebron James
inventor? What about a Laila
Ali cancer opposer? Keep them
singing and dancing while oth-
ers are constantly advancing
and owning education.

So now we come to the
question of why might there
be so much opposition when
it comes to properly educating
African America students. Is it
the fear of what we might do to
whites for revenge for what we
had to go through in slavery? To

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Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

MAY 2013 Programs & Events
19 Vaisakh – 18 Jeth, 545 Nanakshahi Era (NE)

May 3 (Fri.) – Parkash Siri Guru Arjan Dev Ji (1563)
(Actual Day: May 2)

May 5 (Sun.) – Shahidi Day: Chali Mukte (1705)
The 40 Liberated Ones (Muktsar Sahib) (Actual Day: May 4)

May 12 (Sun.) – Sirhind Fateh Day (Baba Banda Singh Bahadur)
(Actual Day: May 14)

May 15, Jeth 1 (Tues.) – Sangrand & Monthly Sehj Path
9:00 AM – 10:00 AM.

May 17 (Fri.) – Chhota Ghalughara; Smaller Holocaust (1746)
Over 10,000 Sikh men, women and children died in this Holocaust.
Please google and read, e.g., www.searchsikhism.com/holo1.html.

May 19 (Sun.) – Homeless Dinner Seva
Phoenix Rescue Mission, at 3:30 PM.
Call 602 741 8021 for more info.

May 24 (Fri.) – Parkash Siri Guru Amar Das Ji (1479)
(Actual Day: May 23)

May 25 (Sat.) – Pooranmashi
Evening Kirtan Diwan

May 26 (Sun.) – Bhagat Namdev Ji's message and life

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 Arjan Dev Ji dictating Adi Granth


(Guru) Amar Das Ji, Perfect Sevak, Perfect Guru

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Phone: 623-516-1413. WWW.NishkamSeva.org. NishkamSeva@yahoo.com

ARIES

 Nothing can be resolved if you don't want to talk about it. Get some sound advice and help setting up a workable budget. They may cost you dearly. Make amends if you can. Your luckiest events this month will occur on a Tuesday.

Mar 21
to
Apr 20

TAURUS



April 21
to
May 20

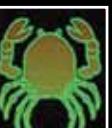
Your high energy should be spent pleasing your mate. You must try to lay your cards on the table. Talk to your mate and tell them how you feel. Show what a dedicated person you can be. Residential changes, renovations, or moves are likely to disrupt your routine. Your luckiest events this month will occur on a Saturday.

GEMINI



May 21
to
June 21

Social get-together will bring you in contact with intelligent new friends. Monitor your budget carefully to avoid unnecessary stress. You will have a tendency to exaggerate, which will lead to major confrontations with loved ones. Don't be too confident that coworkers are on your side. Your luckiest events this month will occur on a Wednesday.

CANCER

 Changes in your home will be positive. Property investments should payoff. An older member of your family may have left you with a pressing situation. Renovations to your domestic scene will pay high rewards. Recognition will be yours if you meet your deadline. Your luckiest events this month will occur on a Sunday.

Jun 22
to
Jul 22

LEO



Jul 23
to
Aug 23

Your ability to be a self starter will help get things done and motivate others. Your interest in religion and philosophy may lead you to specific destinations. There's lots to be done and if you meet your deadline you'll be in your boss's good books. You mustn't be so trusting. Your luckiest events this month will occur on a Monday.

VIRGO



Aug 24
to
Sep 23

Things will be emotional with your mate. Entertainment could be pleasing if it is of an energetic nature. Move forward if you want to turn your life around. Travel will be enjoyable but could be expensive. Your luckiest events this month will occur on a Sunday.

LIBRA

 You may need to lend an ear to an old friend. You need to take some time out to decide what you want to do. They may cost you dearly. Unexpected events may be upsetting. Your luckiest events this month will occur on a Monday.

Sep 24
to
Oct 23

SCORPIO



Oct 24
to
Nov 22

L eave your checkbook and credit cards at home. Do not yield to children or relatives when they really don't deserve it. Competitive games will be your forte. Try to stay calm and do the best you can. Your luckiest events this month will occur on a Friday.

SAGITTARIUS



Nov 23
to
Dec 21

Focus on what's important rather than spreading yourself too thin and accomplishing little. You will be erratic and quite likely to make personal mistakes. It's time to reevaluate your motives. Travel should open doors that lead to exciting new adventures. Your luckiest events this month will occur on a Monday.

CAPRICORN

 Channel your energy into decorating or household chores. You may find that your mate is well aware of the circumstances. Try not to hurt your partner's feelings. Don't spend more than is necessary on travel or friends. Your luckiest events this month will occur on a Saturday.

Dec 22
to
Jan 21

AQUARIUS



Jan 22
to
Feb 19

Unstable relationships are likely. You will find that you are able to clear up a number of small but important details. Don't hold back; go with the flow and take a bit of a chance. Any capricious behavior will confuse loved ones and your mood swings will result in loneliness. Your luckiest events this month will occur on a Friday.

PISCES



Feb 20
to
Mar 20

You will find good buys and you will lift your spirits. Others may want to steal your thunder when they realize your ideas are pretty solid. Your health may have suffered due to neglect or abuse. Don't get talked into get rich quick schemes. Your luckiest events this month will occur on a Thursday.

May 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Indian Classical Music @ Kerr Cultural Center	4 Consular Services Camp @ Phoenix Airport Marriott
5 Ugadi Celebrations @ Indo American Cultural Center	6	7	8	9	10	11
12 Special Pattimandram in the presence of Solomon Pappaiya Avargal	13	14	15	16	17 Maha Nava Chandi Yegyam @ Maha Ganapathi Temple of Arizona	18 Maha Nava Chandi Yegyam @ Maha Ganapathi Temple of Arizona
19 *Maha Nava Chandi Yegyam @ Maha Ganapathi Temple of Arizona *HOPE RUN - International Missing Children's Day @ Kiwanis Park	20	21	22	23	24	25 Strings & Beats Concert
26	27	28	29	30	31	

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The new action hero: Vidyut Jammwal

There's something about Vidyut Jammwal. The actor who made a debut as a villain was able to overshadow the lead actor (John Abraham) in Force. And now he has managed to deliver a hit of sorts with his second film (Commando). His USP undoubtedly is his smoking hot body and his action. The action hero says, "For me it isn't about playing a hero or a villain. What matters is bringing the kind of action on screen that the audience has never seen before." Vidyut in an exclusive tete-a-tete, talks about his love for martial arts, coming from a non-film family and why he loves taking risks. Read on...

You must be thrilled with the response Commando is garnering...

I was hoping that the audience would take notice of the film, especially the action. But it has surpassed my expectations. Many people said that they have enrolled into a gym after watching the film. That my film can inspire anyone like this is the biggest compliment for me.

Without any filmi background you have managed to make a mark on the Bollywood map. What do you attribute that to?

People respect talent here. If you have something to offer, they will give you your due. In my case I came with nothing except my martial arts. It's what I offered and it's what I'm being acknowledged for.

Why is it that a Siddharth Malhotra and Varun Dhawan become stars overnight and someone like you has to go that extra mile to prove himself?

I don't know what they have gone through or haven't, that's their journey. But I don't resent walking that extra mile or pushing myself that much harder to prove myself. Teer ko jitna peechhe kheenchoge, woh utna aagey jaaega.

Besides, it wasn't just about how people perceive me, but also how they look at the action genre here. Commando has raised the bar and now whoever makes a film in the genre will have to do better in terms of the action sequences. That's what matters and that's what makes the 'going the extra mile' worthwhile for me.

Ever resent the fact that you don't belong to a film family? For one, things would have been a lot easier...

Maybe it would have been easier, but I don't look at easy things anyway.

You started off playing a baddie in Force. There are very few actors who have successfully done that like SRK (Darr, Baazigar)...

When I did Force, I had not looked at my role as negative or positive, I just wanted to take up that chance of doing action onscreen. I have to thank Vipul Shah for noticing that potential in me. He believed in me and my convictions of making an authentic action franchise here, something that even Hollywood directors would want to use

as a reference since the moves are all absolutely original. That's how Commando happened.

And I'm thrilled because more than an item number, it's the action sequences in the film that have been most-watched and downloaded on YouTube and Facebook.

So is a sequel on the cards?

Yes. It will happen.

Do you get a feeling that some actors wouldn't want to be paired with you because of insecurity?

I don't know about that. All I know is that anything good will shine. Small role or big, if you are good, you will be noticed and appreciated. I don't believe it's necessary to step over someone else's shoulder to move ahead.

According to you which actor has done the best action here?

Akshay (Kumar), Ajay (Devgn) and Suniel (Shetty)... I think all three have done the best to their limits.

You've been training since childhood, so was the martial arts for the movies or simply for the love of it?

I was born to do martial arts. At a time when people play with toys, I was playing with swords and sticks. It was the most natural thing for me to do. By the age of three, I knew that

martial arts was my calling.

You passed up a lot of offers waiting for Commando. Wasn't there any insecurity in letting go of projects?

I was very sure of what I could bring to the table. I had full faith in that. The conviction gave me the courage to bet on this kind of a project. You just have to have that kind of a trust in yourself.

Risky, no?

Yes it was risky. But risks have never scared me. If anything, they've only tempted me to take them up as challenges. Whether it was playing an out-and-out bad guy, or refusing to do that again even though it worked the first time around. Risks are a staple for me, literally. Every time I do a stunt without the cables, that's something that most would consider risky too. But that doesn't stop me.

You train with a bunch of guys from the slums...

Yes, some of the guys from my training team come from the slums. We train daily, choreograph new moves. We focus more on agility and Indian forms of martial arts rather than the harness-based stunts and we try to create and perfect new signature moves that have never been seen before.

Most newbies are busy playing the loverboy. The fact that you are the only guy doing action is a huge advantage, right?

I didn't plan it that way. I am okay with doing any genre, as long as it has 'action' as the prefix. So, be it anything, action-comedy, action-romance, action-action... I'm up for it.



Salman Khan turns arm wrestler to endorse 'Dixcy Scott'



The 47-year-old actor also claimed that he only endorses those products that he uses.

Salman Khan, who has been indulging in a variety of sports in reel life, is now busy promoting his favourite brand 'Dixcy Scott' as an arm wrestler.

The Dabangg 2 superstar admitted that he was reminded of his 'Karan-Arjun' days, while shooting for the company's advertisement.

"It reminded me of 'Karan Arjun'. I was shooting for Karan Arjun in Mehboob Studio and there was also the same ambience during my introduction scene in the film," he said.

"It was the same and I was reminded of the scene, 'Mere bete aayenge, Karan-Arjun aayenge, dharti ka seena phaadkar aayenge' and then I enter from the boxing ring, so somewhere or the other this ad of Dixcy Scott reminded me of those days," Khan continued.

The 47-year-old actor also claimed that he only endorses those products that he uses. "The things which I promote are the ones I wear, I eat, I smell and I use them and if I don't use them then I don't even endorse them," he added.

Ranbir Kapoor gets naughty with Deepika Padukone in Dilliwali Girlfriend



After chart-toppers like Balam Pichkari and Badtameez Dil, here is another rocking number from Ranbir Kapoor-Deepika Padukone starrer Yeh Jawaani Hai Deewani.

The song called Dilliwali Girlfriend is a nice mix of Punjabi beats and contemporary music and has a true Delhi flavour to it.

While Ranbir is wowing us with his dancing skills with every song, the beautiful Deepika turns up the heat in a red bra top and bell bottoms with a side slit in the song.

Sunny Leone replaces Mallika Sherawat in Welcome 2

With Sunny being a rage with men, the makers of the film think that Mallika is no more a crowd puller.

It seems actress Sunny Leone is on a roll these days. Not only has she signed a three-film deal with producer Parag Sanghvi for a whopping Rs5 crore, the buzz is that the former adult movie star has replaced Mallika Sherawat in Welcome 2.

Sunny will essay the role of Nana Patekar and Anil Kapoor's love interest in the film, which was played by Mallika in the prequel.

With Sunny being a rage with men,

the makers of the film think that Mallika is no more a crowd puller.

However, a source quoted by Bollywood Mantra says, "Mallika is busy doing her television show, and besides, the filmmakers felt that she isn't as popular as she was during the making of Welcome. Sunny's growing popularity on the other hand, works very well for the film."

Mallika will soon be seen on Bachelor India — Mere Khayalon Ki Mallika, the Indian version of the American competitive reality dating game show The Bachelor.



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

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

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

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

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



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

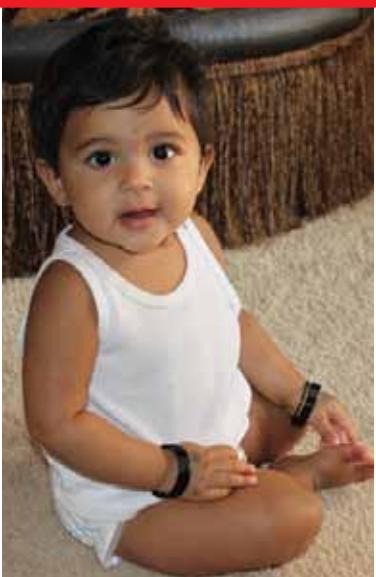
When asked about how satisfied he is in his job, he ecstatically stated that he loves it and is very satisfied dealing with different types of customers, meeting different types of individuals, and making their dreams come true. He has gone anywhere from planting banana trees to bamboo plants to curry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

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

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

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

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



Preity Zinta to walk for Surily Goel at WIFW

Bollywood actress Preity Zinta will walk the ramp for designer Surily Goel at the Wills Lifestyle India Fashion Week (WIFW).

The five-day fashion extravaganza started Wednesday at Pragati Maidan and the actress will grace the ramp on the opening day.

"Super excited and a little nervous as I walk the ramp for my dearest friend and designer Surily Goel! Delhi fashion week here I come," tweeted the 38-year-old whose wardrobe was designed by Surily for films like "Salaam Namaste" and "Jaan-E-Man".

The designer will showcase her fall-winter collection titled "The Spice Story" inspired by the dark and deep jewel tones. It will feature glamorous drapes with stylish details.



Acne is one skin ailment that will give you sleepless nights. It doesn't make for a very good 'close-up pic' for Facebook and becomes a bother when you're dressing up for that important social event. However, stressing over acne will only amplify the skin problem. Yes it's true, stress can affect acne.

We take a look at the link between stress and acne and why stressing over acne will just make it worse.

This may be a common scenario, when it's time for an exam, test or interview you start noticing skin problems like pimples and acne. This is when you run helter-skelter searching for the perfect cream to squash out the problem. For a long time doctors have pointed out that stress affects acne, but scientists had a tough time joining the dots.

But recently scientists have thrown a hint into the abyss of dermatology; they suggest that cells that produce the oily substance sebum have receptors for stress hormones. Sebum is a bad substance that mixes with dead skin cells and bacteria in the process clogs up hair follicles, resulting in acne and pimples. When you are highly stressed, a lot more sebum or oily substance is formed, causing a lot more acne.

However, this research is inconclusive. While sebum secretions do increase during stressful times, it doesn't ensure the occurrence of acne. Therefore, the jury is still out on how exactly stress affects acne as the root cause could be something other than sebum over-production.

In order to eliminate the effects of stress on acne, ensure that you tackle

Skin care: How stress affects acne?



stress the right way. Organisation and planning can ease out stress during examination time; during interviews show your brave side and let your hard work do the talking. Stress free equals acne free.

Get over your waxing blues

The woman of today swears by the benefits of chocolate wax. It is a boon for those who dread their regular routine of waxing.

Made of cocoa beans and skin-friendly elements like seed, mineral and sunflower oils and glycerine, chocolate wax has many advantages. Compared to regular wax, it is soothing for the skin. Due to its anti-inflammatory properties, it does not cause the usual redness or an after-wax rash.

Being less painful, chocolate waxing has motivated many who resort to using a razor due to their fear of waxing, says beauty expert, Manisha Pradhan. She informs, "As

it causes much lesser pain, a lot of people prefer chocolate wax over regular wax. It has multiple benefits. Firstly, it comes in attractive flavours like white chocolate, dark chocolate, banana and orange. That gives it a feel of an aromatic treatment. Secondly, it is very effective in removing the tiniest of hair and also the in-growth. Another important benefit is that it removes tan very successfully."

A special thing about chocolate wax is that, despite being a hot wax, it does not

feel hot on the skin during application. It is also known to reduce hair growth which saves frequent parlour visits, adds Pradhan. She says, "In case of normal waxing, the hair starts growing back within a week's time. But in case of chocolate wax, it takes 15 days at least."

We spend huge amounts on treatments like skin polishing to attain that radiant glow. Chocolate wax can be a cheaper option as it lends a beautiful shine and smoothness to the skin. The rich and

deep penetrating essential oils in chocolate wax trap the moisture in the deeper layers of the skin, giving a silky feel.

In case one wants to try chocolate waxing at home, one should keep a few things in mind. Make sure that you apply a very thin layer. Being very effective, the quantity required is less. Also, do not re-apply the wax on the same area. It can cause sensitive skin to peel off. So, go ahead and make your waxing experience a better one.

Top 10 places to see animals in the wild

With the thawing of winter in many parts of the world, animals and humans alike are starting to wake up and get outside. Members of VirtualTourist.com, a leading travel website, compiled a list of the "Top 10 Places to See Animals in the Wild." This list has not been endorsed by Reuters:

1. Serengeti National Park - Tanzania

Northern Tanzania provides more opportunities to see large numbers of animals in the wild than possibly any other spot in the world. Both Serengeti National Park and Ngorongoro Crater Conservation Area are prime spots to see animals in the wild, and both are famous for spotting the "big five," a phrase coined by hunters in Africa referring to lions, elephants, buffalos, leopards, and rhinoceros.

2. Bandhavgarh National Park - Madhya Pradesh, India

Tigers are an animal many travelers would love to see, but unfortunately, the endangered species is increasingly rare. According to the WWF, there are only approximately 3,200 wild tigers with the largest population, the Bengal tiger, found primarily in India. Since 1993, the park has been considered a tiger reserve so it has the highest density of tigers in India, making it likely you'll spot one during your visit.

3. Kangaroo Island - South Australia

Only 15 kilometers (9.3 miles) off the South Australian mainland, Kangaroo Island is a great site for seeing all kinds of animals. Although there is animal activity on Kangaroo Island year round, two times of year provide special sights. In the Australian summer (December to February), kangaroos and wallabies can be seen at dawn and dusk. In Australian winter (June to August), kangaroo and wallaby joeys (babies) start to emerge from the mother's pouch and feed alongside them, and



southern right whales pass along the island's shores during their migration from Antarctic waters.

4. Katmai National Park and Preserve - Southwestern Alaska, USA

One of the greatest locations in the Northern hemisphere to observe animals is in the Alaskan wilderness. While there are a great variety of animals to be found in the Southwest area of Alaska, visitors to Katmai National Park and Preserve are usually on the lookout for brown bears. According to the park's website, the brown bear population at Katmai National Park was recently estimated at over 2,100. Since there is no road access to the King Salmon, the park headquarters, visitors must fly into the park.

5. Parc Omega - Montebello, Quebec, Canada

The park is located in Montebello, about 132 km (82 miles) from Montreal and only 81 km (50 miles) from Ottawa, making it a great stop for visitors to either region who'd like to see some Canadian wildlife. A 10 km (6.2 mile) driving path is open year round and a great idea for families. By

tuning your radio to 88.1 FM, you can learn more about the animals and the habitat during that time of year. From the safety of a vehicle, visitors will see bison, elk, black bears, red deer, and both timber and arctic wolves.

6. Volcans National Park - Rwanda

High in the mountains of Volcans National Park in Rwanda, 18 mountain gorilla groups reside, 10 of which can be visited by tourists. Since permits are required to visit the groups, apply well in advance, especially if you plan on visiting during a peak time. Another thing to take into consideration: since groups range in their location, visiting one group might only take a short walk through a forest, but another group might be saddled with an hour and a half trek through dense growth.

7. Kruger National Park - South Africa

Encompassing 2 million hectares and straddling two different regions of South Africa, Kruger National Park is one of the most famous places in the world to see wildlife in action. One unique aspect

of Kruger is that it's a self-drive game park, meaning visitors can pick up clearly illustrated maps at every entrance to the park and navigate for themselves, taking their time and stopping whenever they want. However, if you want a guided tour, there are game walks and drives, hikes, and even mountain bike routes for exploring the park. The South African winter months, from May to September, are best for game viewing since the grass is low, making it easier to spot game.

8. Osa Peninsula & Tortuguero National Park - Costa Rica

Few places are both accessible and filled with tropical wildlife, so Costa Rica is an easy bet for some great wildlife sightings, especially if you are traveling from North or South America. Tortuguero National Park is also a sanctuary for nesting sea turtles. Although the green turtle is the primary focus, hawksbill and leatherback turtles are also tagged and counted by the conservation corporation.

9. Punta Tombo - Chubut Province, Argentina

Along with the majestic nature that visitors can experience while visiting Patagonia, there are some unique opportunities to see animals. Punta Tombo, located on the Argentine Sea in Chubut Province, is the best place to see Magellan Penguins within continental Patagonia. With more than a million and a half Magellan Penguins arriving to Punta Tombo every year to breed, you are bound to see quite a few. Though the first penguins arrive in September and stay at Punta Tombo until mid-March, the recommended time to visit for optimal viewing is after November once the babies are born.

10. Hol Chan Marine Reserve - Near Ambergris Caye, Belize

Only a short 20 minute boat ride from Ambergris Caye, the Hol Chan Marine Reserve is one of the best places to snorkel in all of the Caribbean. Numerous snorkel and scuba aficionados remark that it is incredibly rare to see such a variety of wild fish in such shallow water, since most of the reserve is only six to ten feet deep. There is an area called Shark Ray Alley famous for its number of nurse sharks in the shallow eight feet water.



7 cocktail recipes to perk up your summer

Let the taste of summer get better with IICE vodka, a 100% grain based vodka recently introduced to the Indian market by Jagatjit Industries Limited. Besides the basic vodka, it comes in two other flavours - orange and green apple, that lend a refreshing taste to your drink.

Experiment with the versatility of IICE vodka and shake up seven exceptional cocktails to beat the heat.

Long Island IICE-d Tea

Ingredients
30 ml IICE Vodka
15 ml Gin
15 ml White Rum
15 ml Tequila
15 ml Triple Sec
15 ml Sour Mix

Preparation: Pour the spirits and sour mix into a Collins glass. Stir them well. Top with cola and garnish with a lemon wedge.

IICE-anator

Ingredients
60 ml IICE Vodka
3 tbsp Ginger Syrup

1/4 cup squeezed Lemon Juice

Rimming sugar (optional)

Preparation: Add ingredients to a shaker filled with ice. Shake and strain into chilled Cocktail Glass (rimmed with sugar if you'd like).

Mango Creamy Buster

Ingredients
45 ml IICE Vodka
60 ml Mango Juice
30 ml Club Soda

Preparation: Mix "IICE" Vodka, Mango Juice and Club Soda and mango ice cream in a shaker. Shake well and serve.

IICE Splash

Ingredients
30 ml IICE Green Apple Vodka
30 ml Coconut Water
60 ml Apple Juice
148 ml Lemon Syrup

Preparation: Pour the "IICE" green apple vodka, coconut water, apple juice, lemon syrup into cocktail shaker filled with ice cubes. Shake well and strain into high ball

glass & garnish with pineapple.

The IICE - berg

Ingredients
45 ml IICE Vodka
30 ml lemonade
60 ml Club soda
60 ml Mint syrup

Preparation: Mix "IICE" vodka, mint syrup, club soda, lemonade & crushed ice in a glass.

The IICE sunrise

Ingredients
45 ml Orange IICE Vodka
40 ml Orange juice
40 ml Club Soda

Preparation: Mix the "Orange IICE" Vodka, orange juice and club soda in martini glass.

Mesmer-IICE'r

Ingredients
60 ml IICE Vodka
60 ml Lemon Soda
30 ml Mint Syrup

Preparation: Add ingredients to a shaker filled with ice. Shake and strain into chilled cocktail glass which has crushed ice.



Gluten free diet is a healthy living choice and a way to treat celiac disease. Don't deprive yourself of cupcakes if you are on a gluten free diet, prep your mood with a gluten free chocolate cupcake.

Makes 12

Ingredients:

14 tbsp butter
200 gms dark cooking chocolate
1 cup caster sugar
4 eggs at room temperature
1 tsp vanilla extract
1 tbsp cocoa

Method:

1. Melt the chocolate with the butter over a double boiler till smooth and creamy. Whisk in the sugar. Then, whisk in the eggs, one at a time. Add the vanilla and cocoa.

2. Place 12 cupcake cases in a muffin tray, pour in the batter up to 3/4 fill. Bake at 350F or 181C for 10 minutes. Then switch off oven but let the cupcakes remain in for a further 10 minutes. (Don't be alarmed if you see the cupcakes rise and then fall).

3. Garnish with spoonfuls of warm chocolate ganache (mix of 8oz or 226 gms of melted chocolate and 1 cup heavy cream).

Priya Laxman is Chief Baker at Piccoli Tortini, a Luxurious Italian Pasticceria. Though not formally trained, Priya's love for cooking, baking and feeding people led to a great journey of self education and rigorous self training to create the sumptuous desserts served at her pasticceria today. Now heralding the first ever pasticceria in Mumbai, Priya is a gluten free dessert connoisseur.

Decadent gluten free chocolate cupcakes



Weight loss is much more than eating less and exercising more. One tends to cheat or adhere to simpler but wrong means to attain weight loss and then abides by the same.

As fitness enthusiasts we need to understand the thin line between weight loss myths and weight loss truths. Weight management consultant, Riddesh Jani, Sketch Clinics busts 15 myths about weight loss.

Myth: Skipping a meal is a good way to diet and lose weight.

Truth: Skipping a meal slows your body's metabolism. This is to preserve the stored calories through slowing the need for them. If you skip a meal you are likely to eat more at the next one.

Eat three regular meals a day, and if you are working at losing weight, eat smaller portions every 3 hours.

Myth: You don't need to exercise to lose weight. Only dieting is enough.

Truth: Exercise is an add on with dieting. We cannot stop our cravings, and stop eating all our favourite foods. However we can burn off calories by exercising. By incorporating exercise into our daily regime, we immediately make weight loss more attainable. Simply by walking 30 minutes every day at a pace which raises our heart rate enough can help our weight loss tremendously. Additionally, exercise gives us many other health benefits, like a healthier heart, lower blood pressure, a greater feeling of well-being etc.

Myth: Carbohydrates are bad for you.

Truth: Carbohydrates are the primary fuel source for your body's engine. Carbohydrates have about half the amount of calories per gram as fats do. The problem with people's diets today is that they contain a lot of simple carbohydrates like sugar and high fructose corn syrup. When people eat low-carb diets, they eliminate these very high calorie carbohydrates and they lose weight.

This type of weight loss doesn't last for most people; however, research has shown that eating a diet low in fat and high in complex carbohydrates like whole grain and starches is good.

Myth: Low-fat and fat-free (non-fat) foods are low in calories.

Truth: It is not necessary that Low Fat or No fat means Low calories or No calorie. Lot of foods which say this have low fat but will add other carbs and sugar and will have may be the same or more calories than the full fat version. Apple is low fat but that does not mean it does not have calories. Always check the calories of foods that you are eating.

Myth: You have to work out for

15 Weight loss myths busted

45 minutes at a time to get anything out of exercise.

Truth: Even 30mins of walking helps you to burn calories. Start with a 30min stroll 5 times a day. You will start enjoying it its fun. Then increase the time and start a brisk walk.

Myth: Eating late at night or just before you go to bed makes you gain weight.

Truth: Calories are calories. If you eat too many and don't exercise enough, you will gain weight. Eating late and going to bed simply doesn't matter. When you eat too much your body has an amazing ability to store the extra calories as fat. Eating later for most people generally means that they have eaten more calories than they need.

Myth: The reason why I weigh more is my metabolic rate is low.

Truth: As people gain weight they increase not only body fat, but also some muscle to support that fat. Approximately 20-30 percent of excess weight is muscle. Muscle tissue burns calories, so the more muscle someone has, the greater the metabolic rate. So in general, the more someone weighs, the greater their metabolic rate. This doesn't include calories burned through physical activity.

Myth: Fad diets work best for permanent weight loss.

Truth: Fad diets (South Beach Diet, Blood Group Diet, Atkins Diet, Glycemic Load Diet etc.) are not the best way to lose weight and keep it off. You may lose weight at first on one of these diets. But diets that strictly limit calories or food choices are hard to follow. Most people quickly get tired of them and regain any lost weight. Diets that provide less than 800 calories per day also could result in heart rhythm abnormalities, which can be fatal. Research suggests that losing $\frac{1}{2}$ to 2 Kgs a week by making healthy food choices, eating moderate portions, and building physical activity into your daily life is the best way to lose weight and keep it off. By adopting healthy eating and physical activity habits, you may also lower your risk for developing type 2 diabetes, heart disease, and high blood pressure.

Myth: High-protein are a healthy way to lose weight.

Truth: Getting most of your daily calories from high- protein foods like meat, eggs, and cheese is not a balanced eating plan. You may be eating

too much fat and cholesterol, which can cause heart disease. You may be eating too few fruits, vegetables, and whole grains, which may lead to constipation due to lack of dietary fiber and cause a lack of essential vitamins and minerals. Following a high-protein diet may also make you feel nauseous, tired, and weak.

Myth: Weight gain is genetic. You inherit it from your parents

Truth: There is no Gene called as FAT Gene that is transferred from parents to their children in the family tree. Chances are that if parents are fat, they are likely to have an unhealthy lifestyle and eating habits which they in turn teach their children. So unhealthy habits are passed down the family tree.

Myth: If you're trying to lose weight do more and more cardio.

Fact: In order to lose weight you need to shock your body. If you have never exercised before, sure running everyday will definitely shock your body and make you lose a lot of weight initially, but for how long will you be able to sustain it is the question. Over time, you will reach a weight loss plateau and eventually start gaining weight again, because of repetitive workouts. Instead try a variety of workouts like yoga, weight training, and cardio. You can keep upping your weights and fine-tuning your workout, therefore bringing about a change in workout so necessary in sustained weight management.

Myth: I can snack on anything I want, as long as it is not fried, but baked.

Fact: There is a plethora of so-called 'healthy' baked snacks out there in the market. And people guiltless in their innocence, munch incessantly on these, happy with the knowledge that at least they are not snacking on something fried. While on the surface this is perfectly good logic, it depends on what the baked snack that you are munching on is. For e.g., if you are munching on baked nuts instead of fried nuts or baked chicken over fried chicken or baked nachni chips over fried, then by all means you are making a healthier choice by avoiding the excess oils. But let's say on the other hand that you are munching on baked chakris or baked bhakarvadis then you are indeed eating something that is highly processed, with high levels of sodium and maida. I would not call

that a healthy snack in anyway, as it all adds up when you are trying to lose weight.

Myth: It is safe to take nutritional supplements if I want to lose weight?

Truth: It is not recommended to take nutritional supplements to lose weight. Firstly most weight loss supplements work through increasing the frequency of our bowel movements which destroys our natural bowel movement and causes dehydration and many nutritional deficiencies as well. Secondly, some supplements work through eliminating all fat in our diet by excreting it in our feces and this is not recommended as we lose many fatty acids which are essential for our good health.

Myth : Warm ups and cool downs are unnecessary.

Truth: Without warming up you are pretty much asking your body to work before the extra oxygen and blood flow reaches the muscles, thus increasing the danger of muscle injury. Spending 5 to 10 minutes on a good warm up helps raise your body temperature from inside out - something your muscles need for adequate performance. Cool downs work in a similar manner, when it comes to taking care to avoid workout injuries. If you skip cool downs, you put your muscles at risk of soreness as you haven't flushed the lactic acid out of your system. It helps in lowering your heart rate back to normal and keeps you energised all day long.

Myth : Bananas can never be a part of healthy weight loss.

Truth: Bananas are part of a healthy diet, and should also be part of a fat loss diet, however no food by itself helps one to lose weight. To lose weight one has to create a caloric deficit i.e to burn more calories than what they consume in a day. For most cases a caloric deficit of 10-15% works best and ones that create a greater caloric deficit generally causes more muscle loss rather than fat loss.

Myth: A detox diet is the ultimate diet plan for me.

Truth: If you have had repeated night outs week after week or if you are bored of eating too much junk food and artificial additives, and losing weight is on your mind, then a well-balanced 'detox' diet might do the trick for you. But keep in mind, that by 'well-balanced detox diet' we do not mean the meagre, juice, master cleanse, water etc kind of debilitating detox diets. Here we're talking about a diet that is balanced in terms of all essential food groups, devoid of processed foods that are high in unnecessary sugar and trans fats, and is well portioned and distributed through the day.

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