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Today

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Jacqueline Fernandez ropes in stylist Paris Libby for Justin Bieber concert



PHOENIX PRATHAM Celebrates Baisakhi Nite: An East Valley Fundraising Event!



On Saturday, April 22, 2017, Phoenix Pratham Chapter celebrated Baisaki Nit, a fundraising event for PRATHAM. More than 400 people attended and made the event a grand success! While the support from the community and the generous and gracious sponsorships were heartwarming, the motivation, zeal, and energy were thrill- **• More on P16**

A Miracle in Phoenix: Phoenix Art Museum Opens Sikh Art Gallery



Dr. Jaswant Singh Sachdev and means to educate the people of West about the Unique Sikh Identity, the Sikh history and its universal belief system. A be- **• More on Page 22**

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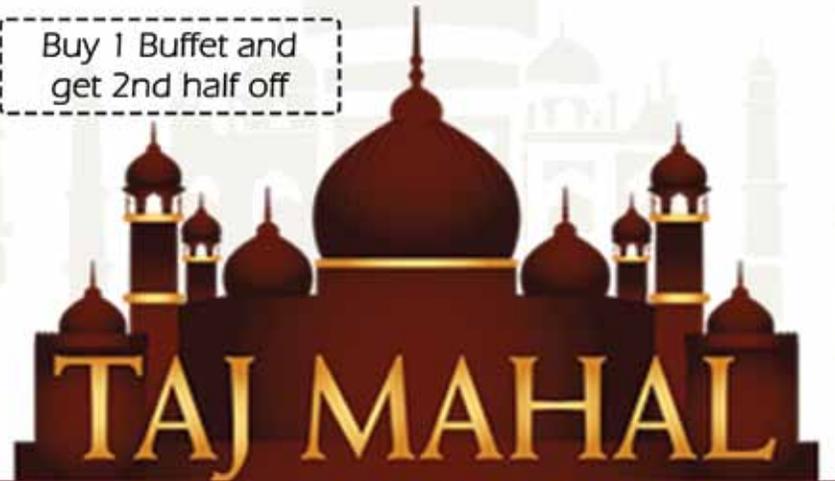


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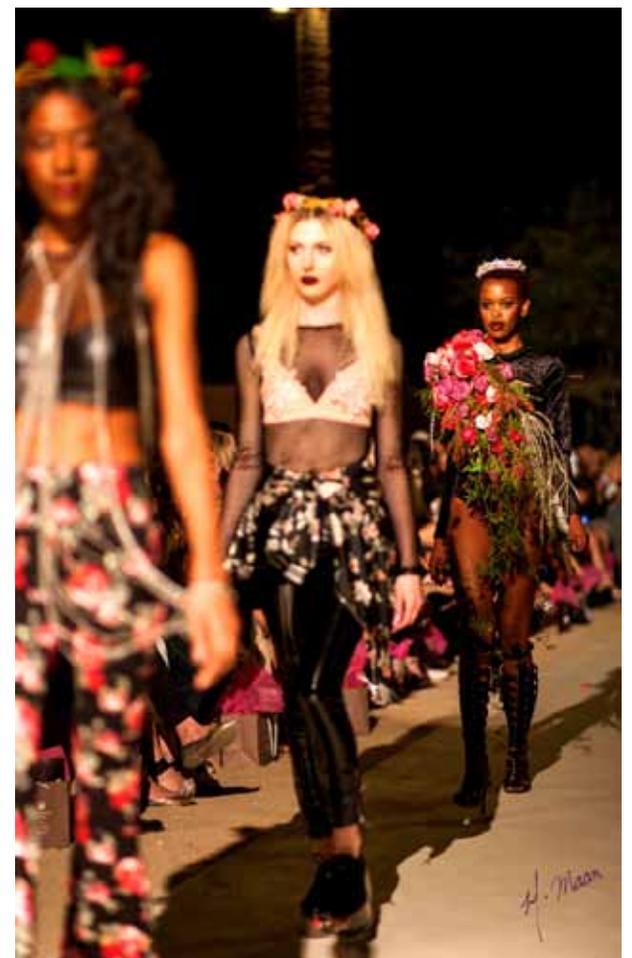
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INFLUENCERS WALK RUNWAY

<http://hmaan.com/influencers-walk-springintostyle/>



Phoenix Fashion Week is giving emerging designers, stylists, and influencers a platform to showcase their art and passion, while also providing a chance to grow and expand horizons with the Phoenix audience and beyond.

At the historic Jokake Inn location, top fashion stylists and influencers aligned for a fresh showcase of the season's hottest trends. The program included pop-up shops, beauty product samplings, live music and an unveiled season's must-have spring trends presented by six of Arizona's top stylists. We were given the honor of being presented first as influencers for our respective stylist by PHXFW. I loved walking the runway! It filled me with a sort of zest and contagious energy which further shined through in the show. PHXFW gave me an opportunity to live out my dream of being a part of the fashion world while showcasing the designs dearest to me. It not only allows me to meet remarkable individuals who share my passions, but also gives me a platform in which I can carry out my love for fashion.

Throughout these electrifying runway shows, the stylists showcased collections of spring menswear and women's wear from local retailers and designers.

Ashley gave me her vision and I took it from there. I wanted to hand pick beautiful and authentic fabric from India, for I am very used to making my outfits from scratch. We coordinated our outfits by integrating similar colors and patterns in unique style. Ashley is a wonderful and talented stylist, for she knows the right proportions and creates the perfect balance in her clothing. Her stylings are suitable for any type of individual or event, and as you can see we look adorable together in the same fabric!

Attending these fashion shows and further being



exposed to such a great deal of undeniably talented designers and stylists motivated me to launch my own collection filled with one of a kind, individualistic pieces. These pieces not only represent who I am as a new and upcoming designer, but also who I want to become in the future through my passion and vision.





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The Difficult Advice is Always for Others...

It's always easy to give advice but harder to heed it or so I have heard it said. But the more I see in life, the more I realize that it is critical that one make their own decisions so they have no regrets rather than relying on the advice of those that may not live to regret it. It is easy to give advice in situations where you have no emotion and no personal ties and maybe that is the best practical advice, but is that advice really what is best for you? The only person that can answer that is you!!!

No matter how much someone loves and cares about you, they will never understand the depth of what you feel toward another individual and will give you advice accordingly. But, in those identical situations, that same person may do the exact opposite of what they advised you to do when it comes to their own near and dear ones. And you may be left wondering why the difference in action and behavior? It is because very few people have the ability to love you in a way where they can feel what you feel for your loved ones. And yet those same people may expect you to love their loved ones the way they love them, because the only feeling they are capable of acknowledging as being real or worth it is their own. This is why it becomes critical that you form your own perspectives of what is important whether it be a relationship, a function to attend, an invitation you send, or any other such matter. You may be inclined to form your opinion of others based on what you family, friends, significant other, children, etc. think of that person and may be inclined to make decisions on what is important to attend on those same external relationships but at the end of the day, the only person that has to live with those decisions is you and



Editor's NOTE

the only person that will have any regrets with the decisions made is you.

I can't remember where I heard this quote but it rings true to this day, "It's so ironic. The people in my life who say, 'I'm always going to be here for you.' are the ones that walk away first." And that quote can be changed to ring true in many other ways: those that say I'd never do that to you are the first to do that to you; those that say I wouldn't do that if I were you are the first to do it; those that say it is not okay for you to do this are the first to go do it when they have an opportunity; and it goes on

and on and on. And it all boils down to the same reason. The difficult advice is always for others, because when faced with those same difficult choices, most people take their feelings, relationships, emotions, into account and make a 'clouded judgment' decision. However, what is clouded from a practical perspective may be the best decision they made for their own relationships. However, they will continue to cloud your judgment because their emotions aren't at stake and if you are not strong enough to stand up for what you feel, you will become a pawn moved at the will of those you rely on for advice with no identity, stature, or relationships of your own left. And those same that moved you for their benefit will leave you alone and struggling when you need them the most to do right by their own relationships, wondering who else might have been by your side had you not relied on those that you trusted for advice on how to handle your relationships. As the summer hits us and gives us the opportunity to take a little break, cherish and make time for those people and things that you love and follow the only advice worth following – your own!

-Deepa Kaur Walia

Editor, Asia Today, editor@asiatodayaz.com

Mother's Day is upon us once again, It's one of the occasions when you can show your gratitude to your lovely and gorgeous mother, a day to honor the most important person in our lives: the one who gave us birth, brought us through infancy, celebrated each milestone, answered our questions, put up with our misdeeds, and through it all gave us love.

A Mother takes every pain simply for her child without uttering a single word of dissatisfaction. Nobody else can be as caring as a mother. And therefore, she deserves to be celebrated for the way she has made your life a celebration



Marketing Director NOTE

with her unspoken prayers and continuous efforts.

Having a mother in anyone's life is something very adorable. Mothers will always be by your side and every person who has a living mother must be very proud of her.

On Mothers Day Thank your Mother

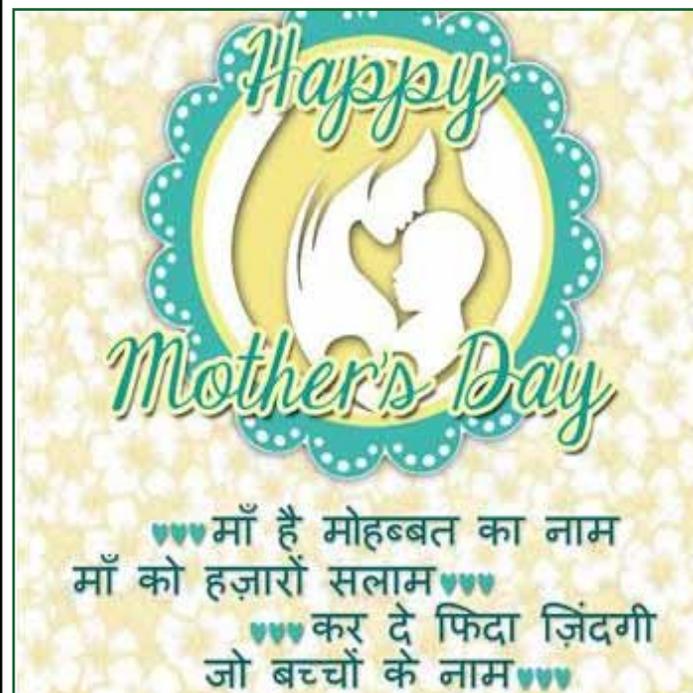
There is simply no way we can ever really thank mother for all she has done for us. She is the one who will be awake all night when we are sick. Praying to God to make us well and be ever ready to bear the pain that we may be experiencing. She is the one to wake up early in the morning to make the nicest tiffin and endure all our tantrums. Thank her for all the time she has spent with you and possibly your children, thanks her for being your good friend, appreciate her for unconditional love.

On Mothers Day Apologise to your Mother

Mothers are the one on whom we put all the blame for our failures. We would not hesitate once to point her single faux pas though she would not miss even a slightest opportunity to praise us. Isn't it tough to imagine how she must have borne our temper tantrums when we were teenagers. And how hard we must have made her life by behaving so rude and difficult. And yet she was so astonishingly cool. It is easy for the kids to be so demanding from parents, specially mothers as we take her affection and care so much for granted. Most often to the extent of selfishness. Mothers Day is the right time to apologise for all the troubles that we gave to our moms, without even realising at most times how troublesome we must have been to her.

-Manju Walia

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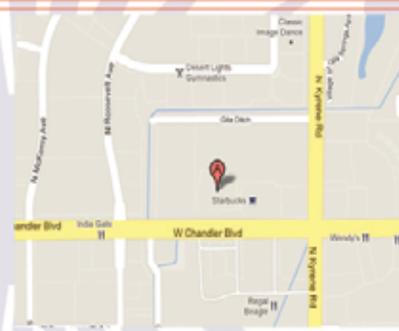
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May 1 to May 31

May, 2017 By KRISHNA PANDIT – 905-910-1441

May Day	Muhurta
1 Mon	Moon is in extremely powerful house, nails & hair cutting is advisable today, Parvati pooja is most recommended. Colour of the day (COD): Silver
2 Tue	Nakshatra produces a happy & cheerful day. Day to pursue hard tasks, Yama/Ganapati pooja is most beneficial. Colour of the Day (COD): Red/Blue/Black
3 Wed	Mercury this day solves issues, family problems amicably, focus on higher pursuits & goals in life this day. COD: Sunset Orange, Purple, Blue
4 Thu	Ketu produces a fruitful happy & successful day in any venture undertaken. COD: Yellow, Yellow, Orange, Copper
5 Fri	Venus combining on day of Venus brings spirituality in thinking and action. Combined yoga produces intuitive & imaginative thinking. Day to correct past mistakes & to make amends. COD: White
6 Sat	Harsh day, harsh nature of nakshatra; one only needs to undertake hard tasks, disputes, litigations and resolutions. Soft hearted & sensitive need to avoid confrontation as day is rough. COD: White, Green, Brown, Red
7 Sun	Day of material things, trade, commerce and financial activities. Be aggressive in work, face difficult situations boldly, don't shy away or postpone difficult work. COD: Green, Grey, Sunset Orange
8 Mon	Day of love, passion & romance with an unstoppable desire enables to fulfill desires. COD: White, Pink, Sunset Orange
9 Tue	Purnima starts at 2:40 pm. Day of intellectual activities with passionate thinking & actions. COD: White, Brown, Copper Green
10 Wed	Purnima ends at 4:44 pm. Day of intellectual activities with passionate thinking & actions. Day of happiness. COD: White, Brown, Copper Green
11 Thu	Materialistic day for personal gains & success. Also focus on health, diet & nutrition & physical exercise. Energies will be at their peak. COD: Red, Green, White
12 Fri	Venus combining with Sat and Mercury nakshatra signify desire & passion for religious pursuits, be careful of going overboard. COD: Green, Blue, Black
13 Sat	Day of material things, trade, commerce and financial activities. Be aggressive in work, face difficult situations boldly, don't shy away or postpone difficult work. COD: Black, Red
14 Sun	Day produces an aggressive yoga to defeat opponent, adversity & overcome any obstacle. Little opposition if other side knows your seriousness & determination. COD: Brown, Black, Green
15 Mon	Combining yoga produces a philosophical & inquisitive mind. Day may be dedicated to spiritual activities & discussion. COD: Grey, Yellow, Light Blue
16 Tue	Attachment to greed and materialistic needs increases manifold. Keep desires, lust & greed under control. COD: Red, Green
17 Wed	Mercury & Moon combine to produce a stressful day. Expect the day to produce negative results, best is stick to routine. Day for spiritual & religious activity. COD: Sunset Orange, Red & Grey
18 Thu	Favourable for Love, physical closeness, romance. Physical closeness will be on top of mind. Day to propose to loved ones. COD: White, sunset Orange, Light Blue
19 Fri	Day for doing things that bring permanent results. Dealings with authority, govt. or people in power, making important deals. COD: Sunset Orange, White, Silver
20 Sat	Perform best efforts that bring permanent results. Dealings with authority, govt. or people in power, making important deals. COD: Green, Brown, Blue, Black, Purple
21 Sun	Materialistic day for personal gains & success. Also focus on health, diet & nutrition & physical exercise. Materialistic Energies will be at their peak. COD: Red, Green, White
22 Mon	Good day for new ventures, property matters, taking medicine, healing, music, learning new things & having important open communications. COD: Shades of Yellow
23 Tue	Restlessness, fear of accusations, fights etc, the day will be quite unstable or rough, stick to routine activities alone. COD: Blue, Black, Yellow
24 Wed	Combination of Mercury, Venus and Sun may lead to self conflict, duality in thinking finally resulting in wasting day with no action. COD: Clear light shades.
25 Thu	Amavasya Day, restrict activities to bare essential except for Prayers for the departed loved ones, best time is Yama kaal between 4:40 am to 6:36 am for such activity. COD: White
26 Fri	Good day for astro & spiritual sciences, good day to socialise, try to show genuine concern for other people's problems, they will fall in love with you for your genuinity. COD: White, Red
27 Sat	Day of material things, trade, commerce and financial activities. Be aggressive in work, face difficult situations boldly, don't shy away or postpone difficult work. COD: Black, Blue, White
28 Sun	Great day to undertake activities which bring permanent results. New business proposals, contracts or dealing with authority on legal matters will bring success. COD: White, Green
29 Mon	Good day for new ventures, property matters, taking medicine, healing & house or real estate deals. COD: Shades of White & Red
30 Tue	Karya Labh: Permanent benefit from important activities undertaken today, Friendly combination of Day and nakshatra produces positive results. COD: White, Yellow
31 Wed	Day produces highly positive results in terms of business development or real estate dealings. COD: Sunset Orange, Blue, Black, Green

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 MAY 6TH: MOHINI EKADASI
 MAY 7TH: APP. RUKMINI DEVI
 MAY 9TH: FASTING TILL DUSK FOR APP. OF
 LORD NRISIMHA
 MAY 10TH: APP. SRISRI RADHA-RAMAN
 APP. MADHAVENDRA PURI
 APP. SRINIVAS ACARYA
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APP. MADHAVENDRA PURI



APP. SRINIVAS ACARYA

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Introduction to Bhagavad Gita

May 6th Mohini Ekadasi
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May 22nd Aparā Ekadasi
break the fast next day begins
at 6:23am

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Images of Ram Navami celebrated by Hindu Temple of AZ



Yoga Path to self realization

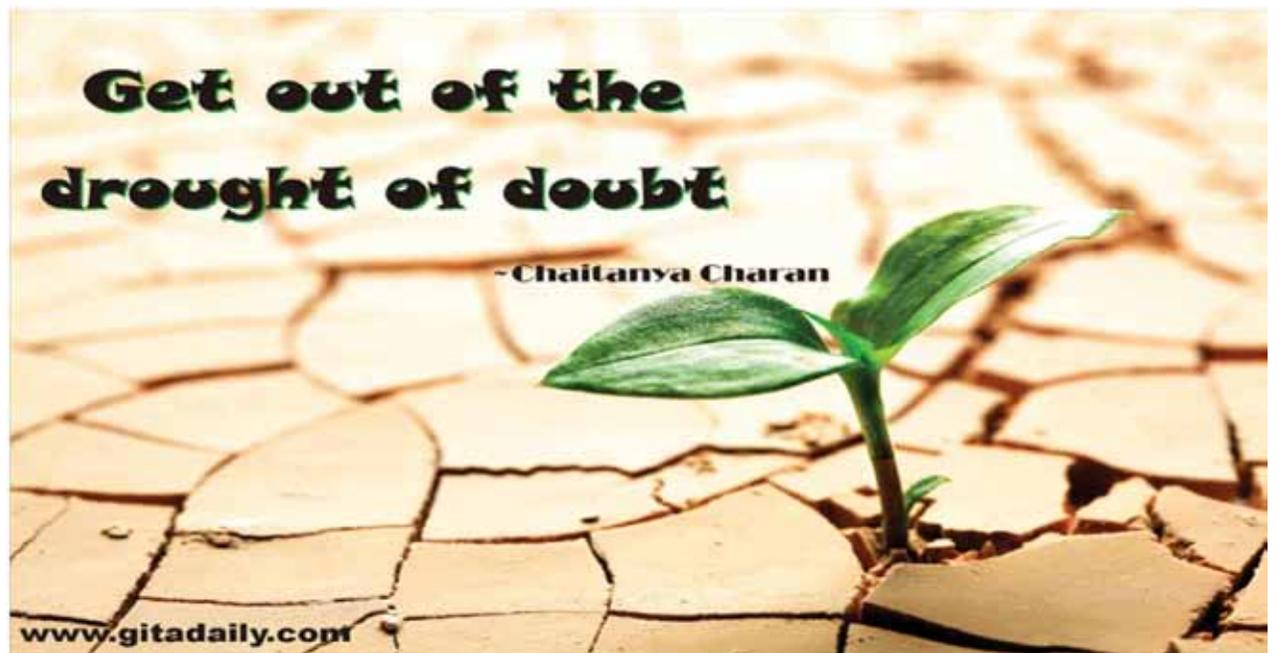
ajñāścāsraddadhānaś casaśayātmāvinaśyati
nāyamloko 'stinaparonasukhamsamśayātmanah
(Bhagavad Gita 04.40)

Translation: But ignorant and faithless persons who doubt the revealed scriptures do not attain God consciousness; they fall down. For the doubting soul there is happiness neither in this world nor in the next.

Reflection by Chaitanya Charan: Doubt is a dangerous obstacle on the devotional path. In a heart scorched by doubt, the nectar of devotion gets evaporated and eliminated. Indeed, doubt desertifies the heart. Pertinently, the Bhagavad-gita (04.40) cautions that doubters find happiness neither in this world nor the next.



Of course, we can and should try to address doubts intellectually by consulting learned and realized spiritual teachers. But ultimately, the intellect can't give us comprehensive understanding of everything or, for that matter, of even one thing. Even material scientists acknowledge increasingly that many aspects of the universe are incomprehensible. Despite their inability to scientifically crack such aspects, they don't abandon their faith in science. In-



stead, they focus on those aspects of the universe that are more scientifically amenable and strive therein for progress.

To progress spiritually, we need a similar pragmatic approach. If we obsess over those things in bhakti that trigger doubts within us, we push ourselves deeper into the drought of doubt, aggravating our spiritual parchedness.

Instead, we can hold our doubts in a state of suspended judgment and focus on those things in bhakti that give us satisfying spiritual experiences. The resulting divine emotions will become the trickle of nectar that moisturizes our inner desert. Rather than merely waiting for that trickle to grow, we can proactively trace it to its source. That is, we can con-

scientiously strive to increase our contact with the devotional stimuli that we find relishable. The resulting fulfilling experiences will vindicate and strengthen our faith.

Further, when we diligently embrace faith-stimulating things and avoid doubt-aggravating things, we show Krishna that we don't want to use doubt as a rationalization for staying away from him. Seeing our sincere desire to come close to him, he will reciprocate by granting us the insight and taste that raise our consciousness beyond doubts.

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Namaste Everyone. Yoga is about mind and body connection. In a yoga class, as we learn to do yoga poses, we are instructed to notice our breath and the way our body moves during the exercises. This is the foundation of this connection. A well-balanced series of yoga poses gives us the opportunity to scan our entire body, noting how we feel as we move through the poses. We may begin to realize, for example, that one side of your body feels different than the other during a stretch, or that it's easier to balance on our right leg than left, or that certain poses helps ease tension in our neck. These Yoga poses helps us to increase our attention and will later help in meditation. Once we practice yoga regularly and make it a part and parcel of life, we'll begin to notice our postures throughout the day, not just on the yoga mat.

This month we will be focussing on the yoga posture called PURNA TITLIASANA or "Butterfly Pose". This asana is adopted after close observation of the beautiful butterfly how delicately they flap their wings. This asana is a very good hip opener and also relieves stress.

Titli asana is a Sanskrit word which means Butterfly in English. In Titli Asana you have to move your



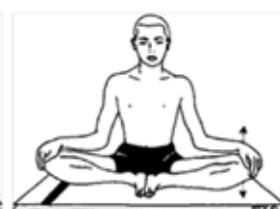
Poorna Titali Asana (full butterfly)

knees up and down same as the wings of butterfly, so that's why it is known as Butterfly Pose. The

Butterfly pose is additionally referred to as the Purna Titli posture. Titli Asana is almost like as a bound Angle pose or the Baddha Kona Asana. This is often a simple exercise which will simply be performed once even with minimum directions from your trainer. Targeting primarily the legs, it's the right cure to relax and stretch the muscles of the legs, especially once after extended day of labor or an intensive work out.

Steps of Titli Asana (Butterfly Pose steps): –

- Sit in the Padmasana (Lotus Pose) or base position.
- Now position your legs in order that the soles of your feet are touching one another. Your knees ought to be bent.
- Attempt to position your feet as



near your pubic area as possible, in different words, attempt to pull your heels inwards.

- Grasp your feet together along with your hands and keep your spine straight as much as possible.
- Now breathe in (Inhale) and place a hand on both knees.
- Breathe out (exhale) and move your knees up and down till your knees touch the ground. (If you are not able to touch your knees to the ground during the process, in that case only move your knee up and down and avoid over exerting. Push down your knees as much you can).
- Breathe in and permit your knees to come back up again.
- Breathe out and repeat this process fifteen to twenty times.
- You'll speed up the lowering and

raising of the thighs to further relax the muscles

- Straighten the legs and relax. Breathing: Normal breathing, unrelated to the practice. Awareness: On mental counting, movement and relaxation. Contra-indications: People with sciatica and sacral conditions should avoid this asana.

Benefits:

- Titli Asana is Best exercise for relaxing and stretching the aching thighs.
- Titli Asana helps to open up the hips and thighs and improves flexibility.
- Titli Asana is a nice stretch for removing tiredness from long hours of standing and walking.
- It stimulates the reproductive and digestive organs.
- Helpful for girls throughout menstruation because it helps to alleviate a number of the discomfort and pain related to menstruating.
- Very useful for girls after menopause.
- Titli Asana is Good for pregnant ladies.
- Useful to the kidneys, bladder, endocrine gland, and ovaries.
- Regular practice of this posture will facilitate in easing the pain related to natural childbirth.

The Message of Easter

The United Indo-Pak Christian Church celebrated the Resurrection of our Lord Jesus Christ on April 16th 2017. The Resurrection of Jesus Christ is the core doctrine of our faith. The Word of God says if we do not believe in the Resurrection of Jesus Christ then our faith is in vain. Our Lord Jesus was crucified on Good Friday, to bring Salvation to people who would believe in His Name. Jesus' sacrifice brings us close to God and forgives our sins. The Bible says that, "When we were still sinners, Christ died for the ungodly. 7 Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. 8 But God demonstrates his own love for us in this: While we were still sinners, Christ died for us." Romans 5:8

After his death Jesus was buried in a grave and on the third day he rose from the dead and was seen by his disciples, people who were with him. Jesus



gave them the Commission to preach his Message to the whole world. The Risen Jesus infused in the disciples so much boldness that they spread his message of salvation to all the world. And one of the disciples Thomas, who doubted him initially went to India in the first century and proclaimed the good news about Jesus 's sacrifice and the

salvation he brought on the mankind. Later on, Thomas became a martyr in India for his faith in the Lord. Like Thomas, all his disciples took the message of Salvation to the far ends of the earth. Some people doubt His resurrection however, the Bible says, "But Christ has indeed been raised from the dead, the first fruits of those who have

fallen asleep. For since death came through a man, the resurrection of the dead comes also through a man. For as in Adam all die, so in Christ all will be made alive." 1 Corinethian 15:20-22.

Jesus Christ did not die for the Jews or Christians only He died for the whole humanity. The faith in Jesus gave us the assurance that there is life after death and one day when Lord Jesus will come back to judge the world we who believe in Him will be resurrected in bodily form and then will spend the rest of our time in Eternity with God.

United Indo-Pak Christian Church is a place where people from India and Pakistan come together as one family of Christ and worship him. All are welcome to attend.

We meet 11832 S Warner-Elliott Loop, Phoenix, AZ 85044

For more information, contact: Pastor Kevin Jacob 602-380-8996



NISHKAM SEVA GURDWARA SAHIB CELEBRATED VASAKHI APRIL 14

NAGER KIRTAN IS A SIKH CUSTOM INVOLVING THE PROCESSIONAL SINGING OF HOLY HYMNS THROUGHOUT A COMMUNITY. HERE IS SOME IMAGES CAPTURE BY ANKUSH TAYA



Sangeetshri School of Music honors Pt. Vishnu Digambar Paluskar

On the occasion of Ram-Navami, Sangeetshri School of Music, Arizona organized a musical tribute to Pt. Vishnu Digambar Paluskar at the ISKCON Temple in Chandler, Arizona. Several talented young and adult music students of Sangeetshri performed and enthralled the audience.

Pt. Vishnu Digambar Paluskar, the founder of Akhil Bharatiya Gandharva Mahavidyalaya Mandal, Miraj is known as "sangeetodharak", the savior and reviver of Indian Classical Music.



VISAKHI MELA ORGANIZED BY PHOENIX DESI SPORTS AND CULTURAL CLUB





AZTA (Arizona Telugu Association) Ugadi Event

Venkat Kommineni

Hundreds of Telugu speaking people from the valley gathered to celebrate Ugadi festival in Phoenix, AZ, USA

The event was organized by Arizona Telugu Association (AZTA) at Indo American cultural center on April 15th, Saturday.

The celebration was dazzled by ladies wearing beautiful sarees, kids in cute colorful dresses. It was an evening filled with non-stop Indian music, Bollywood dances and other cultural programs presented by kids and grown-ups as well.

Telugu association president Venkat Kommineni distributed prizes to the winners to Drawing competition and over all performance along with the community members who are unconditionally supporting AZTA.

The crowd enjoyed listening to live Telugu karaoke songs while savoring a mouth-watering Indian delicacies for dinner prepared by 30 volunteers.

After dinner, everyone had fun dancing to the beats of popular Indian music. The event clearly demonstrated kids' enthusiasm and parents' interest in keeping up with Indian tradition, language and culture.



Special Thanks to our sponsors "Reddy GI Associates" who are the best in the valley to treat any

of your GI issues. "KollaSoft" a software consulting and development company to fulfill all your IT needs.

Fund-Raising Dinner to Support National Sikh Campaign Media Initiative

**Dr. Jaswant Singh Sachdev
M.D., F.A.A.N**

A fund raising dinner held here in Phoenix, Arizona on April 9th Sunday at Indian Delhi Palace was attended by over 200 Sikhs and their friends. Dr. Rajwant Singh, the Co-founder and Senior Advisor, Sikh National Campaign based in Washington D.C. along with two other volunteers flew in here to help local Sikh Community arrange a function to help support a part of funding for it. The dinner event was successful far beyond anyone's expectation and approximately 120 thousand dollars were donated to NSC thanks to generosity of local Sikhs and their friends.

The detailed plan and strategy of the campaign was disclosed by Dr. Singh including reference to the scientific statistical pilot study done before the ads by showing it to a select group of people of different demographics and then the study was repeated again after the showing. Every element of the campaign has been thus poll-tested and verified for effectiveness. The outcome was favorable to a statistical significant level achieving the objective of making the American population at large aware about the unique identity of the Sikhs. The attendees were in good spirits and felt that this endeavor is, in fact, the need of hour and must be



supported fully.

This media campaign is being officially launched on April 14, Friday on the day of Vaisakhi or Khalsa Initiation Day. Frequent Advertisements of 30 seconds will appear on CNN and Fox channel besides print media handled by the Associated Press as well as Social Media such as Face Book etc. It is projected that the intended objective should be achieved to a greater extent. Of course, a follow up study will be required after the ad has run for thirty days.

Ex-President Obama's media firm, AKPD, founded by David Axelrod, his former senior advisor, and the former Chief Strategist, Geoff Garin of Hillary

Clinton have worked with National Sikh Campaign to run a historic, presidential-style, massive, well-coordinated, strategically designed campaign for Sikhs that highlights our community as an integral part of American society and to create interest in the media about Sikhs and about this unprecedented campaign. The strategy company headed by Geoff Garin with client like World Bank and the Harvard University had determined that when fellow Americans were told that Sikhs believe in equality, the Sikh values are American values, and the turban stands for equality and justice, the Americans across every demographic developed enormous positive feelings

toward Sikhs. Most were ready to have Sikhs as their neighbors.

The cost to run this comprehensive campaign is \$1.3 million. Before the event in Phoenix, NSC already has collected \$1,000,000 from various cities. Our city was the last in prior to the media initiative.

National Sikh Campaign is a 501(c) (3) and all donations are tax deductible. All funds are monitored by professionals and details are available on NSC's website.

This campaign reaches millions of Americans of all backgrounds covering vast demographics through the best talent & sophistication to introduce the Sikh community to America.





PHOENIX PRATHAM Celebrates Baisakhi Nite: An East Valley Fundraising Event!

ing and commendable. Due to all their support, help, and encouragement, it was possible to meet the goal for fundraising and an entertaining evening.

Baisaki Fundraising event for Phoenix Pratham Chapter was planned under the guidance and leadership of Dr. Sheena Banerjee (Chapter President) and Mr. Amit Shah (Vice-president) along with three co-chairs Suprit Gupta, Girija Krishnamurthy, and Baiju Shah with an amazing team of community liaisons Anju Kharbanda, Henna Chopra, and Priti Kaur. The vision for BaisakiNite was to portray the rich heritage, culture, and traditions of Punjab, which were aptly showcased through stage set up, decorations, food, and entertainment. The beginning of the program featured a traditional Jaago, followed by Giddha. The ladies were dressed in their colorful Punjabi attire and danced to the tunes of Punjabi folk songs. This was followed by a Keynote Speech by Dr. Nikhilesh Chawla, Director of 4D Material Science and Fulton professor of Material Science and Engineering at Arizona State University. Mr. Hemant Pandey also spoke about PRATHAM and education. Amit Shah Presented of Pratham's mission and goals and also conducted Pledge Drive for PRATHAM. Then came the most exciting part of the evening: Bhangra competition. Both children's groups and adult groups participated in the competition, adding vigor and vivacity to the occasion. Arizona Naujawaan and Shaan Punjabi Di were winners; however, all the performers were winners as they put in their time and effort to this noble cause. The evening was also lively and entertaining with DJ Music and the traditional Dhol!

Of course, and event like this would not have been possible without the help of numerous volunteers. Special thanks to some Board of Directors, and most importantly, to the youth volunteers, who volunteered their time to make this event smooth and successful!

Once again, the Baisaki Fundraising Event was a great success as people attended in large numbers with their family and friends to support Pratham's noble cause. PRATHAM is one of the largest NGOs in India in education. In 20 years, it has helped over 40 million children across India. Its mission is to have "Every Child in School and Learning Well." PHOENIX PRATHAM is dedicated to serve those underprivileged children in India by providing quality education. In order to do that, the organization seeks continued help and support of the phoenix community.

Photos Courtesy Jamshed Sani



An evening with Prabhjot Singh and Baljit Singh, Hockey legends of India

Prabhjot Singh has brought glory to India by scoring many international goals in Hockey. He was awarded Arjuna Award in 2008 for his phenomenal talent in Hockey. He is currently representing Indian Oil team in India. He was born in Gurdaspur, Punjab on 14th August, 1980. He was part of the Gold Medal Squad many times in various international Hockey events- Hockey 2001 Junior World Cup, Champions Challenge 2001, Asia cup 2007 and Sultan Azlan Shah Cup 2010. He also participated in 2 Olympics. Well-acclaimed for his attacking play in Hockey, what strikes you is his positive attitude towards game and life. He thinks if you are a hard worker and have talent, you will be recognized.

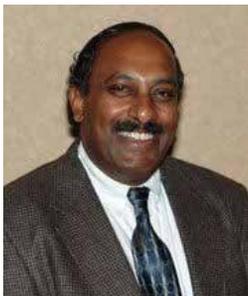
Baljit Singh is, no doubt, one of the best hockey goalkeepers in India. He represented India for 4 years as a goalkeeper for Hockey team. He made his debut in international hockey in 2000. He participated in 2006 commonwealth games. He is member of the Gold Medal winner team in Asia Cup and Azlan Shah Cup. In 2009, while practicing got hit in his eye with a golf ball by his coach. Still made comeback and currently playing for Indian Oil team in India. This is called true sportsman spirit. Never to give up even after such grave injury.

Both these players, Prabhjot Singh and Baljit Singh were invited to Phoenix, USA by Phoenix Hockey Scorpion Team to honor them, to inspire kids and to inculcate in them love towards hockey after meeting these hockey legends.



IACRF Arizona Goes Solar! Thanks to Donors

Indo-American Foundation of Arizona (IACRF) is pleased to announce that Renavitas Solar LLC is installing and donating a total of 77.2 kW Solar Photovoltaic Systems at the Community Center and Ekta Mandir Temple facilities at a total cost of \$265,000.00. Renavitas Solar LLC is also committing to support Operations, Warranty and Maintenance for 25 Years at no cost to the Foundation.



Dr. Vasudeva Prasad Atluri, Chairman and CEO, Renavitas Solar LLC stated that they are pleased to provide Solar Photovoltaic Systems at no cost to the foundation. Dr. Atluri is partnering with Sun Valley Solar Solutions LLC in installing high performance and



excellent reliability Solar Photovoltaic Modules manufactured by SunPower Corporation.

Mr. Curt Hilliker, Senior Director of Business Development, Commercial, for Sun Valley Solar Solutions stated that they are extremely pleased to part-

ner with Renavitas Solar, LLC in supporting the Indo-American Foundation of Arizona on their clean-energy initiative. Mr. Hilliker also mentioned that "Going solar will bring significant financial benefits to the Foundation—offsetting nearly \$10,000 in electrical costs

annually while ensuring a cleaner and more sustainable future for the community."

Foundation thanks Drs. Satya and Vasu Atluri for the huge generous donation to IACRF and wishes Mr. Curt Hilliker and SVSS for a successful installation at IACRF.

IACRF thanks the Board of Trustees and Board of Directors for approving the project to go green and special thanks to the team for detailed evaluations and negotiations by Jagdish Sagar, Subhash Thathi, Kulbhushan Chhibber, Bajarang Agrawal, Prakash Deshmukh, Minaxi Patel, Dharendra Patel, Dayaram Ahir, Jai Seecharran, Nate Bhadriraju, Madhusudan Bhakta, Hemant Patel, Gautam Shah, Shyam Byra, Jagan Lingamneni and many Directors and Trustees at the Foundation and Vasu Atluri and PR Patel of Renavitas, Curt Hilliker and Darcy White of SVSS and everyone who helped IACRF Arizona going solar. Installation should be complete in 4-6 months.

Solar Systems Contract signing Ceremony was held on Wednesday (3/29/2017) and Thursday (3/30/2017) at Ekta Mandir.

INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA) - LA PRINCESA La Princesa



Mar 28, 2017 was quite a day of celebrations at the park including Ugadi - beginning of Hindu New Year. Dr. Chandramouly gave a short talk explaining the significance of Ugadi. Jaganbhaiya added that in Andhra Pradesh, there is "sixty year" cycle to which every year is added with specific name during Ugadi celebrations. Everyone wished a Happy New Year to All. The day was just fun and games -socializing, walk around the park, an-thakshari, singing and jokes. Thanks to Shakuben, Renuka and Pannaben for organizing the show. Thanks to Ashvinbhai and Indravadanbhai for great picnic treat- morning snacks of batata paua, bhusu, and Badshahi chai. There were soft drinks too. Later lunch was khichadi, mixed shak, and vaghareli chass and carrot pickle. Fifty eight people had a blast all day.

On the auspicious occasion of Ram Navmi, Mahavir Jayanti, and Bhagawan Swaminarayan Jayanti Miniben, Pannaben, on April 04, 2017, Mridulaben and Meenaben set up the "mandir" - temple with Ram & Sita, Ganeshji, Mahavir Swami, Swaminarayan Bhagawan and Mataji's murtis. Thanks for setting up and decoration too. Dr. Chandramouly made an excellent PPT presentation on Ugadi with beautiful pictures in India. Video clips presented included -Brahmaputra River, Karo Maa Baap ki Sewa, Britain has Talent, Poor 'sohar" (husband), and humor by Little Boy. In celebration of the above mentioned celebrations Manjuben, Garyiji, Shrikantbhai, Maheshbhai & Ritaben and Umaji and Jitubhai recited bhajans and dhoons. Aartis followed.

Members were requested to sign up for the sponsorship for the year, and collect \$200, if desired. ISAA congratulated Gaby Ruiz on her recent wedding. She was presented with a bouquet of roses, wedding card and a gift certificate of \$51. She has been very helpful to ISAA seniors as weekly sessions go well. ISAA wished well to Meenaben as she emcees mega-event of "Vaishakhi" on Saturday April 8, 2017 conducted by the Gurdwara in Phoenix. Jitubhai was overwhelmed by the generosity of the seniors who brought in a carload of clothing and house hold goods requested as donations for "battered women and children" charity. He thanks all. Anantbhai and Hansaben sponsored the luncheon today which was coordinated by the Food Committee. Good job by the FC.

On Apr 11, 2017, after socializing while listening to Shahnai by Ustad Bismillah Khan the program started with a video chanting Hanuman Chalisa on the auspicious day of Hanuman Jayanti. Some amazingly entertaining and educational video clips were presented. This included- song of Kishore Kumar, great gesture by a family to build homes for the poor & needy, instead of wasteful spending on a wedding, good hearted motorists who helped a senior citizen on the road, beautiful classical singing by a little girl on Shiv-Shankar, Sonu Nigam's hilarious rendering of a song on Rs. 500/2000 notes, amazing voice of a young lady as she sang- Dhama-dham Mast Kalandar, Fusion of Kathak dance and lastly KuhuKuhu Bole Koyalia by a man with dual voice of male /female. A quick summary on

yoga asana was shown too. Today's delicious luncheon was sponsored by Shakuben and Shashibhai with home cooked delicacies. The occasion celebrated was Parag & Sapna's wedding anniversary along with Sham's Birthday. Everyone enjoyed singing of happy birthday to Shama. First Quarter-2017 financial report of ISAA prepared by Nthe treasurer was presented highlighting the ending numbers for 2016 with projections for the year 2017.1

Apr 18, 2017 was the day of Bhanjan Sangeet as a tribute to Late Shri Babubhai Patel (Manjuben's husband). He passed away ten years ago to the date. Appropriately the program started with a Ganesh Stuti by a young artist singing with her father. A number of video clips were shown. This included- a teary girl from North Korea talking about the hardships without any freedom, an Army behind an Army by Anushka Sharma, Yashumati Maiya se puche Nandlala, Lagi lagan Mana Mohan which was a classical presentation by over one thousand guitarists from all over the world between the ages of seven to seventy years. Very unique group. Some of the clips were educational in that it showed the donations to temples in India go to waste. Lord Buddha's animation clip showed how Angulimala became his devotee. Bhanjan program was led by Sarlaben, Manjuben, Ushaben with help from Rekhaben and Ritaben, Jagdishbhai, Umaben, Bakulaben, Maheshbhai, Shrikantbhai and Jitubhai. Overall it created a devotional environment. A minute's silence was observed with a prayer for peace to Late Babubhai.

1. ISAA seniors performing stretching
2. Desai's – the Sponsors of the Picnic on April 25th
3. Glimpse of the picnic fun by ISAA
4. Proud son joined ISAA in paying Tribute to his beloved father
5. Prayers performed professionally
6. Industrious seniors enjoy learning talented bead work mentored by Bakulaben.
7. Shakuben & Shashibhai celebrated Parag & Sapna's wedding anniversary with ISAA
8. Dr. Chandramouly explains the significance of Ugadi
9. What fun it is - the open-air togetherness at the picnic
10. Lucky visiting Bharatiben won the picnic games twice – how nice!

Manjuben's son Sanat Patel joined and offered his appreciation to the group for the support to his mom. Chhotubhai related a short story how his dad was associated with Babubhai while in Zambia. Manjuben was the sponsor for the luncheon today

Wow! April 25, 2017 was an outstanding picnic day full of fun-filled activities. Mother-nature gave a beautiful day- for lots of games, walk around the park, laughteryoga and stretching exercises. Many accolades to Shakuben, Chandrikaben, Renukaen, Rekhaben, Ritaben, Neelaben, along with Umeshbhai, Shreekantbhai, Garyiji who made today's program just fun. Desi snacks were served with Masala chai in the morning. The lunch included pav-bhaji and bhel. Thanks to our sponsors for the day- Mridulaben and Maheshbhai. Ashvinbhai and his team did a fantastic coordination of ordering and serving the food and ks.



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There are three types of hunger: Physical, Mental, and Spiritual. Physical hunger is need of the body. We are smart enough to understand this. We are very particular about our food and other necessities. The more we think about our food, the more our hunger tends to increase, and the more we indulge. This can easily lead to excessiveness, and excessiveness creates many physical diseases.

If we are careful about how much our body truly needs, we can stay strong, healthy, and active throughout our whole life.

Mental hunger is a big problem in our advanced and fashionable societies. Some

What is Hunger ? Bhukh ki hai ?

people, in large gatherings, dress very expensively and still neglect to cover their body properly. It's absurd to do this especially in a place of worship, this distracts many people. Please when you go in the holy places, dress beautifully and proceed with a humble attitude.

Serve the people for the blessings. That is a worthwhile



visit to the holy place. That attitude will give you peace and

happiness.

Every place of worship is a religious school. If any person thinks; I will go to that school, bow and touch the building wall; then I will become well educated; this can never happen. The real meaning of a place of worship is to learn faith in one God.

Be kind to every creature, have the attitude of unity, and equality with every human.

The place of worship is not to be used as a social center, but a center for learning universal brotherhood.

We are familiar with physical and mental hunger, however very few and fortunate humans understand the need for spiritual hunger.

Our physical and mental satisfaction is very small indeed compared to spiritual satisfaction. It doesn't matter how much physical and mental comfort we have in our life when we realize our internal emptiness still exists. This is spiritual hunger.

The real meaning of spiritual hunger is separation from the God. This is a delusion caused by the worldly affairs. The truth is, God is the real source of life and as long as we will not understand that, we will suffer. The matter is; who will teach us? We think it's the role of the religions. But religion is dividing us into many commu-

nities, groups, and languages. As long as we will not understand; our religion is humanity; we will suffer and no other source will solve this problem because our religious leaders use religion as a business for wealth and power. Religion is not a man made doctrine. It's the reality of the truth.

At the end of this article I can give you a little help.

You have a candle but still you are sitting in the dark. The candle is meditation, light it with faith and reverence.

Meditate with devotion and dedication. It will fulfill your spiritual hunger for the God with unspeakable joy and happiness.

Please meditate every day. Choose any mantra according to your Religion, sit in a quiet place. Repeat the mantra with your mind not your tongue. At the end of your meditation, say to God "O creator of the universe, life of every life, soul of every soul, bless me with the divine glimpse, so I can see you everywhere. I am thine, I am thine.

Please, feel free to reach out if I can be of any help in your spiritual journey.

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41 juice cures you should know about

Ag es ago, juice cures were very common as people relied more on home remedies than medicines. If we refer back to them, we can find juice cures for almost all health issues. Wondering how they work? Let's have a look.

The treatment of diseases through an exclusive diet of fruits and vegetables is known as raw juice therapy. It is also called juice fasting or juice cure. During the therapy, the eliminative and cleansing capacity of organs (lungs, kidneys, liver and skin) increases. As a result of this, all the accumulated metabolic waste and toxins are eliminated from the body. Raw juice therapy is considered by many as the most effective way to rejuvenate and detoxify the body and restore health.

The raw juice therapy allows your digestive system to rest because digesting raw juice doesn't put much pressure on the digestive system. This translates into a better and quicker absorption of nutrients by the body.

The process is very simple because all you need to do is blend different fruits and vegetables and consume them to manage the symptoms of an ailment. To get the maximum benefit from fruits and vegetables, use a '900 watt' slow electric juicer to blend them. Make sure you consume the juice immediately to ensure no loss of nutrients because fruits and vegetables may become stale after you peel their outer skin and lose some of their nutritive value.

Juice therapy can be used as the only diet if you want better and quicker results. But in that case, you need to take juice every three hours to maintain your health. If you do not find this comfortable, the therapy can be carried along with your normal diet.

You must have also noticed that when you get sick and consult a doctor, the doctor advises you to have fresh fruits, juice and vegetables. The reason behind this is the same as explained above.

But if you take a juice that's not advised during the kind of sickness you have, your condition can get worse. Every juice is not good for every disease and problem. But overall, raw juices are beneficial and have rejuvenating and revitalising effect on all functions



of the body.

There are many positive outcomes of juice therapy, such as follows:

-: Raw juices contain certain natural medicines, antibiotics and vegetal hormones. For example, fresh juice of onion, tomato, garlic and radish contain antibiotic substances, string bean contains insulin like substance and cucumber and onion juice have the hormone needed by the pancreas to produce insulin.

-: Raw juices are rich in alkaline elements, which help to normalise acid-alkaline balance in our body. Like in most of the health conditions, there is excess acidity in the body. Juices can help prevent it.

-: Raw juices have good amount of easily absorbable organic minerals like calcium, potassium and silicon. These minerals help in restoring biochemical and mineral balance in the cells and tissues and thus, prevent premature ageing.

-: Raw juice helps in speedy recovery by supplying needed elements for body's healing process and cell regeneration.

-: The best part about raw juices is that they require no digestion and all the nutrients get absorbed into the bloodstream directly.

Here is a list of 41 different disease with their respective "Raw Juice Therapy"

1. Acidity - Grapes, orange, sweet lime, carrot and spinach
2. Acne - Pear, plum, grapes, tomato, cucumber
3. Allergies - Apricot, grapes, beet, spinach and carrots
4. Anaemia - Prune, red grape, beetroot, celery, strawberry, carrot and spinach

5. Arteriosclerosis - Grapefruit, pineapple, celery, lettuce and spinach

6. Arthritis - Pineapple, sour apple, sour cherry, lemon, grapefruit, cucumber, beetroot, spinach, grapefruit

7. Asthma - Apricot, lemon, peach, carrot, radish and celery

8. Bladder ailments - Apple, watercress, parsley, celery, lemon, cucumber, carrot

9. Bronchitis - Onion, carrot, peach, tomato, pineapple, lemon

10. Cellulite - Carrot, apple, ginger, beet



11. Constipation - Carrot, Apple, spinach

12. Colds - Spinach, celery, carrot, onion, grapefruit, pineapple

13. Diabetes - Citrus fruits, celery, lettuce, spinach and carrots

14. Depression - Carrot, Apple, Beetroot, Spinach

15. Diarrhoea - Papaya, lemon, pineapple, carrot and celery

16. Eczema - Cucumber, beetroot, red grapes, spinach

17. Epilepsy - Figs, red grapes, carrot, celery, spinach

18. Eye disorders - Apricot, tomato, parsley, spinach, celery

19. Fatigue - Carrot, lemon, oranges, spinach

20. Gout - Red sour cherries, tomato, cucumber, spinach, carrot, celery

21. Halitosis - Apple, tomato, grapefruit, celery, carrot, spinach

22. Hangover - Pineapple, honey

23. Headache - Grapes, lemon, carrot, lettuce, spinach

24. Heart diseases - Beet, spinach, red grapes, lemon, cucumber, carrot, grapefruit

25. High blood pressure - Grapes, orange, carrot, beetroot

26. Indigestion - Carrot, cabbage, beetroot

27. Influenza - Apricot, onion, carrot, orange, pineapple, grapefruit

28. Insomnia - Apple, grapes, lemon, carrot, celery

29. Jaundice - Pear, grapes, carrot, celery, spinach, cucumber, lemon

30. Kidney ailments - Apple, orange, lemon, cucumber, celery, parsley, beetroot

31. Liver ailments - Papaya, grapes, carrot, tomato, beet and cucumber

32. Memory loss - Peach, banana, lime

33. Menstrual disorders - Turnips, beetroot, prunes, cherry, spinach, grapes

34. Nervousness - Carrot, celery

35. Obesity - Lemon, orange, cherry, pineapple, papaya, tomato, beetroot, cabbage, lettuce, spinach, carrot

36. PMS- Pineapple, banana, soy milk

37. Psoriasis - Grapes, carrots, beet, cucumber

38. Stress - Strawberry, banana, pear

39. Tonsillitis - Apricot, lemon, orange, pineapple, spinach, radish, carrot

40. Ulcers - Carrot, cabbage, pineapple, papaya

41. Varicose veins - Watercress, plum, tomato, beetroot, carrot, grapes

Some precautions if you are following "Raw Juice Therapy"

-: All juices should be consumed immediately.

-: You should use fresh fruits and vegetables and wash them thoroughly.

-: Don't follow the habit of preparing the juice in advance as it may get oxidised and lose its medicinal value.

-: Juice should be diluted with water if it is too sweet.

-: The juice should be extracted properly with all its fibre and pulp to get maximum possible benefits out of it.

A Miracle in Phoenix: Phoenix Art Museum Opens Sikh Art Gallery

lief in One God, hard and honest work to spend life as a house-holder while sharing blessings with the needy and ongoing reflection upon the Creator are its golden principles. However, their unique identity with an intact beard and turban, a sine-quo-none of the Sikh faith has led to several hate crimes against them in the Western world. A few Sikh organizations such as SALDEF, Sikh Coalition and United Sikhs etc. have been trying hard since 9/11 to seek justice against these crimes through legal channels. Recently National Sikh Campaign based in Washington DC took an alternative approach to educate Americans by over million dollar worth of live and social media campaign.

While this all was going on, Dr. Parminder Singh Khanuja, a well-established valley oncologist kept quietly pursuing for a period of 8-10 years, a collection of Sikh artifacts and objects, a consequence of influence of his father in his growing years. With the support from his family, he continued discussion with Phoenix Art Museum,

the largest museum in Arizona, for several years to permanently establish a section for exhibition of the Sikh Asian Art that finally became a reality on April 22nd. Interestingly this museum attracts foot traffic of 300-350k/year, including free visits from school children on Wednesday evenings as well as every 2nd Saturday and Sunday of the month. The opening ceremony was attended by well over 150-200 people, mostly from Sikh community plus others including the Board and Counsel Members from Arizona Interfaith Movement. This 2nd and largest permanent Sikh Art Gallery in N. America occupies 1750 square feet until September 10th and will finally and permanently settle in about 874 square feet. A detailed insight by a very informative talk by Janet Baker, the chief Curator of the museum to the audience was almost akin to class 101 about Sikh faith and Sikh people. This was preceded by an introduction by Amanda Cruz, the CEO of the museum.

The theme of exhibit starts from the Gurus/timeline with comparison to

American period. 10 Sikh Gurus are shown in traditional Indian style paintings, along with their teachings and Sikh principles contained in Guru Granth Sahib, the 11th Guru. Construction of Golden Temple and its architect as well as a Hukumnama (proclamation) about Amrit Sanchar ceremony from Guru Gobind Singh, the 10th Master is also included. It continuous into the Sikh concept of Miri and Piri i.e. Valor and Virtue or what is commonly known as the lifestyle of a Saint-soldier, initially highlighted by 6th Guru of the Sikhs by wearing two swords which then was taken to its completion by Guru Gobind Singh. Misl period/Khalsa Raj, sword of father of Maharaja Ranjit Singh as well as maps depicting British time Sikh soldiers, Annexation of Maharaja's vast empire by British Raj and the military presence in India is depicted well. This is followed by involvement of Sikhs in WW I and II.

A section of contemporary images of Sikh diaspora in the West and local gurudwaras were also included in the exhibit. A special snap of Rala Singh's

produce, the first Sikh in the valley in mid-forties was a personal highlight for the author as I have known the man for several years before he passed on in 2003. Likewise Fauja Singh, a 103 years old British Sikh and a well-known marathon runner with multiple gold medals to his credit is also shown carrying Olympic torch in England.

In a discussion with Dr. Khanuja, he revealed his future plan to introduce the collections of more artifacts including paintings, miniature manuscript of Guru Granth Sahib Ji, various swords, medals, helmets, shields, as well as rare religious texts and a large collection of Sikh coins that he possesses and which he obtained from India, U.S.A/ England and Auction houses.

All this happened thanks to his family support. In fact he rightfully honored his parents and his wife's parents by recognizing them on the top the main wall with bold letters. The Indian community at large and Sikh Community in particular thanks Dr. and Mrs. Parminder Singh Khanuja for a great service to our community.





Real Estate News of Arizona - May 2017

Hello Friends,

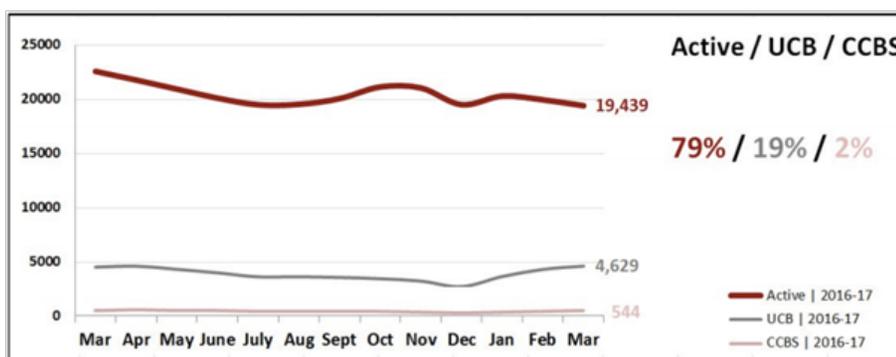
Summer days are here again!! That means end of the tax season, hot 100+ degrees and summer vacations for the kids. Need to look into those summer camps and of course India trips. Along with the hot summer, the real-estate activities have also been hot, as always during this time of the year.

MLS sales volume for the first three months of 2017 was 11.54% higher than 2016. There were 21,483 sales reported in Q1 2017 compared to 19,261 for the first quarter in Maricopa County for the first quarter of 2016.

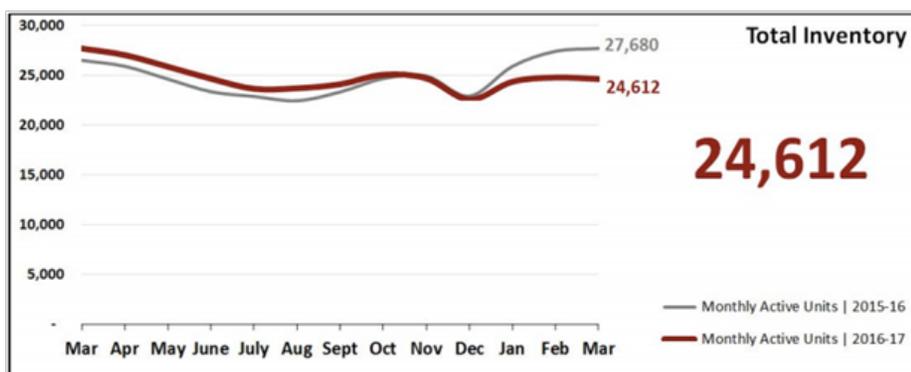
Home sales for February 2017 were up 24% compared with the previous month, and down 59% compared with a year ago. The median sales price of a nondistressed home was \$179,900. The median sales price of a foreclosure home was \$148,140, or 18% lower than nondistressed home sales.

Often people ask me is it a sellers market? If the inventory is low then yes, it's a sellers market! Again, it depends on the area, some zip codes are still very hot and in demand, whereas, we see many areas where the market is still slow. For those areas the seller has to wait to get a good offer. Sellers market doesn't necessarily mean your home will go well over asking price just by putting up a For Sale sign. There's still plenty a seller must do if they want to get the best price. I often see people go wrong in thinking their house looks the best. Decorating a space with furniture, art and accessories and both rely heavily on a person's ability to create a finished product that's both stylish and visually attractive, I can relate to it as being a certified stager and designer myself.

I always emphasize to my clients de-clutter and de-personalize your home while selling. It is very important aspects of selling. Declutter goes beyond offloading some excess furniture and your personal items, take away all those books, toys, video games and figurines away. Too much furniture makes a home look smaller than it really is, so sell or move out furniture to make the home feel more spacious. Pack away those personal pictures and mementos, you want buyer to imagine themselves living in this space. Replacing old curtains and blinds or even appliances and fixtures will make your home look better in pictures and on showings. Cleaning is very essential while showings, windows,



March UCB listings percent of total inventory was 18.8% with March CCBS listings at 2.2% of total inventory.



Total inventory has a month-over-month decrease of -0.6% while year-over-year reflects a decrease of -11.1%.

floors, counter tops, bathrooms should be clean. Nothing turns buyers off more looking at grime, odor and general dinginess.

Pets are the other challenge we face all the time. Your dog is cutest in the whole world, but not for others, you should have your pets out of the house during any showings as that gives buyers room to explore the house openly, you don't want a pet following them all over. Plus, it always brings questions about any pet damage or difficulty to remove smells and pet stains.

Let's take a look at the March sales of Residential Properties in Maricopa County-

- Total Sales for Single Family, Town-home, Condos, for March are 8,034 whereas, February were 5,715 and January was 5,248
- The Active listings for Single Family, Town-home, Condos, for March was 20,731 whereas, February were 20,116 and January was 19,643
- Pending sales for Single Family, Town-home, Condos, for March are 6,933 whereas, February were 6,885 and January was 5,511

The total home sales by financing were-

- Cash Sales - 1,844
- Conventional - 4,170
- FHA - 1,467
- VA - 499

Let's take a look at the March sales of Residential Properties in Pinal County-

- Total Sales for Single Family, Town-home, Condos, for March are 889 whereas, February were 562 and January was 516
- The Active listings for Single Family, Town-home, Condos, for March

are 2,094 whereas, February were 2,146 and January was 2,145

- Pending sales for Single Family, Town-home, Condos, for March are 832 whereas, February were 817 and January was 674

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Let's take a peek in commercial side-

San Diego developer True-Craft Residential has built 36 high-end town-houses in the Arcadia neighborhood of Phoenix. The Novella at Arcadia is located on 36th Street south of Camelback Road. Arcadia is in one of Phoenix's most popular areas in Phoenix.

A California based company buys 150+ acres of land to build a commercial park in Mesa.

Indigo Creek Apartments in Glendale sold for \$55.2 million, it sits on 19.2 acres, was 1984 built.

Care Capital Properties has agreed to acquire six behavioral health hospitals in California, Arizona and Illinois from affiliates of Signature Healthcare Services, LLC in a \$400 million sale-leaseback transaction. The six properties, which all have been either recently expanded or under development to expand patient capacity, include a total of 712 beds, primarily providing acute inpatient and outpatient psychiatric care, addiction services, geriatric psychiatric care and child and adolescent psychiatric care.



Hope this article gives you a peek in what's happening in our valley. As always, I love your questions, comments & feedback. Please keep them coming at arti@artiier.com or call me at 480-242-8573.

Disclaimer: This article makes no representation or warranties of any kind as to the accuracy of the data. The source of data has been taken from several sources such as Armls, Cromford report, Better Homes and Garden, Costar, Globest, BizJournal, News-geni, Realty times, azcentral, wall street journal.

Arizona Senate Proclaims April 13, **Vaisakhi Day**

Dr. Jaswant Singh Sachdev
M.D., F.A.A.N

To project a true and correct image of Sikh religion and inform the Americans at-large about the unique identity of Sikhs, an aggressive 1.3 million dollars media campaign through the Live, the print and the social media has finally begun on 14th of April, 2017.

National Sikh Campaign (NSC), a Washington based organization has been working hard for three years to do the background work by raising funds, planning and studying pre and post statistical analysis before and after sample advertisements through television. They had hired topmost advertising company and writers for the campaign. The Co-founder of this campaign, Dr. Rajwant Singh arrived here in Phoenix on April 9th, during the last leg of his fund-raising activities.

The Arizona Sikh community showed a tremendous amount of interest and aggressively raised over 120 thousand dollars, much more than what its planner had anticipated. In fact the purpose of the campaign and its motives had truly galvanized the local Sikhs to the extent that Anjleen Kaur, author's daughter-in-law, approached her neighbor Kate Brophy McGee one of the State Senators for Paradise Valley, to read a Vaisakhi Day Proclamation on April 13th 2017 in the Arizona Senate Hall. Honorable Senator happily agreed to do so.

Once decided, the local Sikh Sangat was approached and the response was overwhelming. Within a short notice of couple of days, almost close to 70 Sikh men, women, children and adults were able to make it to the Senate hall on April 13th at 10am in the Capitol complex to attend this important



historic occasion. Senator Kate Brophy McGee not only read a Proclamation about Vaisakhi but also high-lighted the Sikh religion at length describing its origin and history, its code of conduct, presence of Sikhs in US as well as their unique identities and hate

crimes against them since 9/11. In turn, the Sikhs were truly appreciative of her efforts in passing the world around about them, the Sikhs, being an integral part of the fabric of America and their values being the same as that of United States.

Should I Take AP Exams?

Well the answer, as you may have guessed, is Yes. Although we all know their importance, sometimes we debate on taking them or not. As a Senior I was contemplating whether I should take AP Statistics exam this year, which eventually brought me to the points that I am going to discuss below.

There are certain circumstances you should consider before taking an AP exam.

#1: How was your AP teacher? How prepared are you?

This is an obvious one. If you didn't have a good AP teacher, then don't take the exam. If you couldn't finish the syllabus, if most of your classes went by as free periods, and if you don't feel prepared then don't take the exam. Getting a 3 or a score below that won't bring you any good, rather it would just be a waste of money. If in your mind you are thinking that perhaps I can prepare for the exam on my own, then give up please. When you couldn't prepare for an exam in more than 6 months, there is no way you can prepare in a month or so. However, if that's the only AP exam that you are taking, and you have enough time, like more than a month and a half, then give it a shot. Don't take an AP exam if you are not prepared.

#2: Does your dream college accept AP scores?

Many schools accept AP credits, and this makes college a little faster, because you already have the prerequisites completed. But does your dream college give credit for AP scores? Some universities like MIT don't and they want you to take those classes again at their schools. So should you take that AP exam when you are going to pay for it in college anyway? Yes you should. The reason is that your AP scores and the AP classes you take help colleges understand whether you are prepared for their rigorous curriculum. Although you may not receive credit and you will spend more money, you should still take them to show your dream university that you have been preparing yourself throughout high schools to attend their schools.

#3: How many and what AP exams should you take?

Kind of obvious again. I would suggest taking AP exams that are related to your major, so you can get a head start in college. However I have also heard of many cases where students took AP Calculus BC in Sophomore or Junior year, and suffered pretty well in college. The consequence of taking such AP exams too early is that by the time you are an incoming freshman, you've forgotten most of what you'd learnt. As a result, these students ended up with Cs on their transcript, ruining their GPA. Since I am a highschool student, I am not qualified enough

to suggest anything in this situation. Moreover, I am scared myself that I am taking Calculus III in college, but I barely remember anything from Calc AB or BC.

Coming back to my point though, take AP exams that are related to your major and make sure to do a revision over the summer before college to save your GPA I guess. If you are taking classes that don't have anything to do with your major, and the college that you want to go to provides credit for that class, then take that exam. Don't make it a priority though. For example, I didn't want to take English in college, so I took the exam in Junior year, but my priority was Calculus.

These are just my opinions, they can't be completely correct, because I am not a college student yet. APs are just as important as SATs, ACTs, and finals, but don't forget that exams are not the only thing colleges are looking for. Volunteer, extracurricular activities, interests and talents are of great significance too.

APs are starting this week, so good luck to everyone, and let's hope that our hard work pays off.

I hope the article was helpful!



Bhavya Sharma
Paragon Science Academy
neurobhavya@gmail.com



Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

MAY 2017 Programs & Events

19 Vaisakh – 18 Jeth, 549 Nanakshahi Era (NE)

**May 7 (Sun.) – Shaheedi Day: Chali Mukte
The 40 Liberated Ones (Muksar Sahib). (Actual: May 3, 1705)**

**May 13 & 14 (Sat. & Sun.) – Free admission to Sikh Art Gallery
“Virtue and Valor” at Phoenix Art Museum.
See www.phxart.org/virtueandvalor**

**May 14, Jeth 1 (Sun.) –
Sangrand Monthly Program (9:00am – 10:00am)
Parkash Sri Guru Amar Das Ji (Actual: May 9, 1479)
Sirhind Fateh Day, Baba Banda Singh Bahadur (Act. May 13, 1710)**

**May 19-21 (Fri. – Sun.) –
Chhota Ghalughara; Smaller Holocaust (Actual: May 16, 1746).
Over 10,000 Sikh men, women and children died in this Holocaust.
Please google and read, e.g., www.searchsikhism.com/holo1.html.**

**Gurgaddi Sri Guru Hargobind Ji (Actual: May 19, 1606)
Sangat Akhand Paath Sahib
Arambh: Friday 5 AM
Bhog: Sunday 11 AM**

**May 21 (Sun.) –
Homeless Langar Seva. Call 602 741 8021 for more info.**

May 26 (Fri.) – Bhagat Namdev Ji’s message and life (1270 – 1350)

**May 28 (Sun.) –
Shaheedi Sri Guru Arjan Dev Ji (Actual: May 29, 1552)**

Regular Programs:

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

Waheguru ji ka Khalsa! Waheguru ji ki Fateh!



Bhai Mahan Singh asking Guru Gobind Singh Ji to tear the Badawa



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



*Sri Guru Arjan Dev Ji,
Thy will is sweet, Oh Lord*



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Although Srishti Kaur always had a keen interest in fashion, she hadn't imagined in her wildest dreams that she would ever win an international beauty pageant. The 19-year-old Noida girl has been crowned Miss Teen Universe 2017. Ask her how she's feeling, and she says: "Out of the world."

Srishti, who won the international beauty pageant on Tuesday in Nicaragua in Central America, says, "Every time there was a beauty contest, I wanted an Indian to win. So I'm very happy to have won such a prestigious title and for making my country proud." She was competing with contestants from 25 other countries. She's also the first Indian to have made it to the finals of the six-year-old pageant.

Her national costume, which included the elements of the peacock, astrology and was inspired by Indians who contributed to space research, won her an award. "I chose the theme the romance of India and Srishti (the universe). It was made in my favourite colour black and was an attempt at saluting the achievements of India," says

Miss Teen Universe Srishti Kaur: Noida girl says she is inspired by Sushmita Sen



Srishti.

Srishti, who went to Lotus Valley International school in Noida, and is currently pursuing fashion in London, looks up to actor Sushmita Sen and aspires to work in Bollywood. "She (Sushmita) made the whole country proud by winning the Miss Universe title. And from the way she carried herself, to her poise, her answers to the questions (at the pageant) – I love everything about her," she says, adding "Even though Bollywood wasn't a part of my plan, I'd love to work in the industry!"

Asked what she is missing the most about home Srishti says: "My family, my dog, and ghar ka khaana. I love butter chicken, dal makhani, and gulab jamuns."

Looking back at the whole experience, she says that she walks away stronger, more independent, and with some more friends. "The pressures and schedules of the event taught me so much. And I made friends from so many cultures – I even taught some of them a few Bollywood moves," she says.

Do it like Alia Bhatt: Flaunt your sleeves this summer

Using some silhouette tricks, you can easily play around with different types of sleeves and hide the fuller arms, say experts. This summer is all about large bell sleeves, puffy ones or full lengths.

Tanvi Malik, CEO and Co-Founder at FabAlley, Ritika Taneja, Director and Business Head for Fashion at ShopClues and Style expert at Limeroad, have listed different styles:

Feature a flash of skin just on the tops of the arms. Apart from being practical, the style is gorgeous and is a hot favourite among women looking for trendy ways to appear slim and stylish.



You can accessorise them with bold cocktail ring, finishing your sleeve with a flourish.

Large bell sleeves

This 1990's trend is quite a hit these days, and are roomy too. While styling such kind of sleeves go full volume. Pair them with culottes or a ruffled skirt, or balance the proportions out by pairing it with skinny jeans or slim trousers. Go for solids while picking such kind of sleeves.

Kaftan sleeves

Are a summer staple. Own loads of solid as well as printed kaftan tops and work them up with your classic denim shorts.

Roll-up sleeves

Have always been in trend. They are in fact a summer time classic. Go for urbane checked, striped or solid shirts with rolled up sleeves and combine them with your straight fit trousers and a pair of chic flat sandals.

If you want to wear rolled-up shirts to work, switch to wedges for footwear. Don't forget to accessorize with a classy satchel bag and a pair of little studs.

Puffy sleeves

Are named for the way the sleeves extend out in round puffs around the upper arms or at the shoulders. They draw attention to the shoulders and away from the bottom region and are perfect for pear-shaped women.

Bishop sleeve

Is a large sleeve which is fuller at the bottom than the top and gathered at the cuff. It gives a bohemian look to an outfit and is used for dramatic effect. It looks best on a flowy relaxed

outfit like a shift dress.

Full length sleeves

Contrary to our thoughts, these are the most useful sleeves when it comes to summers. They are the saviour of your hands from harmful rays of sun, especially for women who ride a 2-wheeler everyday, or for women with field jobs. Long sleeves dresses or tops are best paired with minimal accessories, so it's a great idea to go for prints when opting for them.

Anita Dongre, first Indian designer to open two flagship stores in New York



Anita Dongre has been showcasing her couture and diffusion lines at fashion weeks for many years, but when Duchess of Cambridge Kate Middleton wore a georgette dress by her to Oval Maidan in Mumbai in April 2016, it made headlines across the globe. And now, the Mumbai-based designer is in news again, thanks to the launch of two flagship stores in SoHo, New York, making her the first Indian designer to do so. Grassroot, Anita Dongre's off-shoot label, which focusses on the craftsmanship of Indian weavers and sustainability, will have a store in Broome Street by end of June. For those aiming to cash in on wedding wear, the Anita Dongre couture store on Wooster Street will come up by mid-July. The aim is two-tiered — to cater to Indian brides abroad and to also give a glimpse of Indian craft to the global audience.



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- » Headaches/Migraines
- » Infertility Problems
- » Muscle Aches
- » Nutrition
- » Sciatica
- » Sleep Disorders
- » Sports related Injuries
- » Sprains and Strains
- » Stress
- » Systemic Conditions



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Photographer Raghu Rai: With Mother Teresa, one had to tread gently

Photographer Raghu Rai has become an authority in the world of photography owing to his celebrated works. Yet, one person who made him nervous was late Mother Teresa. However, once the philanthropic icon approved of the lensman's wish to



capture her, he didn't stop until next five decades.

"It was always so difficult to take pictures of her. You can convince a politician, a minister, and a celebrity or take pangas with anybody, but with Mother you had to tread very gently and carefully," says the septuagenarian recollecting his encounters with her, which he has compiled in his fourth book on Mother Teresa, *Saint Teresa of Calcutta*.

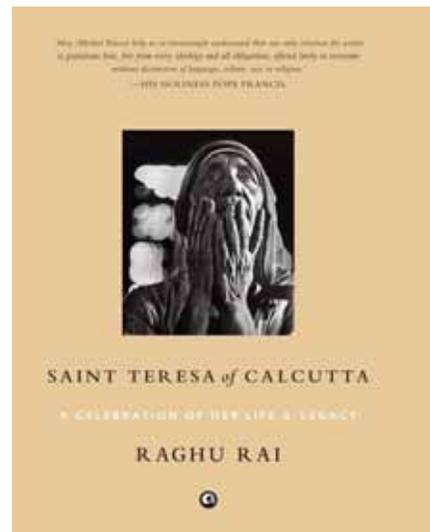
"Once, I had just clicked 8-10 pictures, and she looked at me and said, 'But haven't you taken enough pictures? I said, other, not really. She asked: How many more will you take? I said, mother, how many times do you pray? This is my way of doing my prayer. Then she gave me a smile and said all right," recalls Rai, who was awarded the Padma Shri in 1971.

The book has neat sections comprising anecdotes and photographs. "These are exactly the kind of conversations we had. I am a very forgetful person but I remember these intense experiences with Mother Teresa — whom I have admired and loved. She was like a spiritual teacher to me. That's why, I kept going back to her," says Rai, who first met her in the '70s.

"Vo Maa jo thi, she would hold your hand and not look at you but inside you. And when you are a naughty boy, how scared do you feel? That kind of feeling was a great experience for me and every time I had to meet her, I had to clean myself from inside



and outside and she restored me to myself," he adds.



Narrating some candid experiences, Rai says that he considered her a saint much before she was canonised and decided to capture her within the environs of her abode. "Resonance in any art form is a very important aspect. The Missionaries of Charity (Mother Teresa's institution) have photographs of Mother Mary

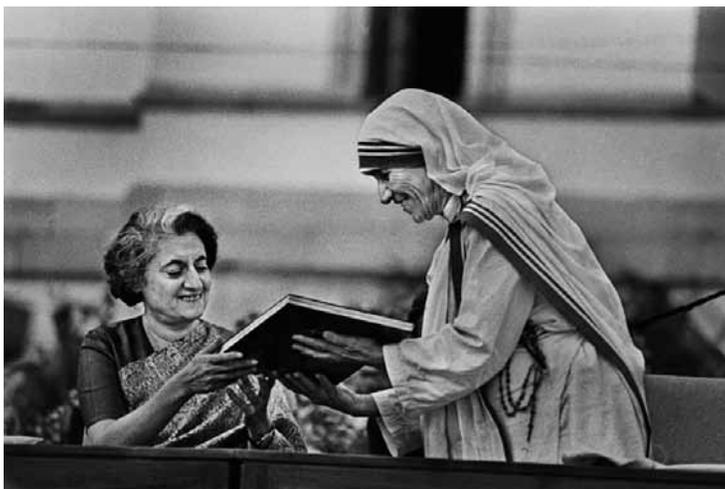
and Christ everywhere. So, I tried to bring those references in the pictures, I clicked of Mother... She dedicated her life in the name of God. She was our Mother Mary. And to resonate that feeling, I took pictures where Christ and Mary can also be seen in the frames," he explains.

But all of these are black and white shots. Reason? "They have lot of bright greens in old people's homes. And, there was some red here and there. These colours don't gel and convey the intensity. That's why I converted the noise of colours into silence and made it more grey and black and white," says Rai, who was recently honoured with Lifetime Achievement at the 6th National Photography Awards by the government.

Though he usually let his pictures do the talking, in this book he has incorporated Mother's quotes besides his photographs. "Mother is not with us and her utterances were so amazing. Her words were simple and touching. That's why it was important to share them especially with the new generation; now that we can't hear her any more," he says.

Rai adds that he hadn't planned to attend her canonisation in Vatican but couldn't reject an invite from the sisters at Missionaries of Charity (Kolkata).

"Literally, jaise kehte hain na ki, bulawa aaya... My experience with Mother, when she left, was incomplete. She wanted me to have a completion of that feeling," he concludes.



POET OF MONTH

Robert Frost

(1874 - 1963)

Robert Frost (1874-1963) was born in San Francisco, California. His father William Frost, a journalist and an ardent Democrat, died when Frost was about eleven years old. His Scottish mother, the former Isabelle Moody,



resumed her career as a schoolteacher to support her family. The family lived in Lawrence, Massachusetts, with Frost's paternal grandfather, William Prescott Frost, who gave his grandson a good schooling. In 1892 Frost graduated from a high school and attended Dartmouth College for a few months. Over the next ten years he held a number of jobs.

The Road Not Taken by Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;
Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,
And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.
I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

Stopping by Woods on a Snowy Evening

Whose woods these are I think I know.
His house is in the village, though;
He will not see me stopping here
To watch his woods fill up with snow.
My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.
The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.

Move forward if you want to turn your life around. Check your project over carefully if you were not the only one contributing to the end result. Use your creative abilities to come up with new ideas and directions. You might be overly emotional concerning situations at work. Your luckiest events this month will occur on a Monday.

ARIES



Mar 21
to
Apr 20

You may find your self a bit frazzled if you allow someone to goad you into an unsavory debate. Stress coupled with diet will add to stomach problems. Tempers will mount if you are too pushy at work. Turn things around, make sure that they do their share. Your luckiest events this month will occur on a Monday.

TAURUS



April 21
to
May 20

Too much too fast will be the attitude surrounding your home environment. Do things with your children and avoid situations that make you feel as if you've neglected the ones you love. Avoid friction with your mate. If they're too demanding, reconsider this union. Your luckiest events this month will occur on a Sunday.

GEMINI



May 21
to
June 21

Your partner will be emotionally unable to cope. Your partner will blow situations out of proportion. Social events will be favorable. Money problems will be difficult to deal with if you have a partner. Your luckiest events this month will occur on a Thursday.

CANCER



Jun 22
to
Jul 22

You can accomplish a lot if you work out of your home this month. Do not get upset over trivial matters. You may want to get involved in financial investments presented to you. Lovers may prove unworthy of your affection. Your luckiest events this month will occur on a Friday.

LEO



Jul 23
to
Aug 23

You will have a little more energy than usual. Don't offer to pay for others. You should catch up on correspondence. You will have no problem getting along with clients. Your luckiest events this month will occur on a Wednesday.

VIRGO



Aug 24
to
Sep 23

Call siblings or old friends to catch up on recent news. Family outings or a quiet stroll through the park will lead to stimulating conversation and a closer bond. You mustn't make promises that you won't be able to keep. Sit back. Your luckiest events this month will occur on a Monday.

LIBRA



Sep 24
to
Oct 23

Don't hold back; go with the flow and take a bit of a chance. Family responsibilities are escalating. Now is a good time to ask for favors. Pleasure trips will be favorable and bring about possible romance. Your luckiest events this month will occur on a Friday.

SCORPIO



Oct 24
to
Nov 22

Now is a good time to ask for favors. This is probably causing upset and confusion on the home front. If you go shopping, only take what you can afford to part with. Work on legitimate financial deals that may enable you to bring in some extra cash. Your luckiest events this month will occur on a Tuesday.

SAGITTARIUS



Nov 23
to
Dec 21

Taking on too much won't help the situation. Those you live with may be experiencing problems. Take your time; do not make any decisions in haste. Make sure that you get legal matters checked out thoroughly. Your luckiest events this month will occur on a Friday.

CAPRICORN



Dec 22
to
Jan 21

You will have a greater involvement in groups; however, they may not be to your advantage. Don't forget to let your mate know how much you care. You will have some problems with children, but if you are patient you will win their favor. Difficulties with your mate may lead to isolation. Your luckiest events this month will occur on a Saturday.

AQUARIUS



Jan 22
to
Feb 19

Show what a dedicated person you can be. Confusion is apparent and you'll need some sound advice if you want to do the right thing. Avoid any over indulgences. Those who have been too demanding should be put in their place or out to pasture. Your luckiest events this month will occur on a Saturday.

PISCES



Feb 20
to
Mar 20

Mutton Seekh Kebab

Mutton Seekh Kebab is a Mughlai delicacy prepared with minced mutton, onions and a blend of spices. It is a delicious and mildly spicy dish that has incredible taste and flavours. These succulent kebabs is an ideal appetizer recipe for special occasions like kitty parties and game nights. You can serve this dish with mint chutney or tomato ketchup to your loved ones on occasions like Bakri-Id and Eid-UI-Fitr. Try this amazingly tasty dish and enjoy with your loved ones.

INGREDIENTS

400 gm mutton
2 onion
1/2 tablespoon garlic paste
1/2 teaspoon cumin powder
1/3 teaspoon garam masala powder

2 tablespoon lemon juice
salt as required
4 green chilli
1/2 tablespoon ginger paste
1 tablespoon coriander leaves



1/2 tablespoon red chilli powder
1 tablespoon chaat masala
20 teaspoon butter

How to make Mutton Seekh Ke-

bab

Step 1

To prepare this interesting appetizer recipe, wash the mutton under running water properly. Now take a mincer

and mince the mutton carefully. Take a chopping board and chop onions, green chillies and coriander leaves. Keep them in separate bowls. Meanwhile preheat the oven at 230 degree Celsius.

Step 2

Simultaneously, take a grinder and add minced mutton, onion, green chillies and coriander leaves. Grind them to get a paste of thick consistency. Now take a bowl and add put the grind ingredients in it. Add salt, red chilli powder, garam masala, cumin powder, ginger and garlic paste, green chillies, coriander leaves and onions. Mix them well.

Step 3

Divide this mixture into 10 portions equally. Now, with moist hands pat the mixture and put the mixture onto the skewers and shape the mixture into kebabs.

Step 4

Place the skewers into the oven and cook until reddish-brown colour. While the kebabs are in the oven, baste 1 teaspoon of butter onto each side of the kebabs at intervals. Sprinkle chaat masala and lemon juice equally onto each kebab. Serve hot!

Carrot Cake

One of the delicious delicacies that you can prepare on festivals is a Carrot Cake. It is an extremely delectable cake that your kids will also enjoy. Try this easy dessert recipe for special occasions like birthdays and anniversaries, and impress your near and dear ones!

INGREDIENTS

500 gm all purpose flour
650 gm sugar
2 teaspoon baking powder
3 teaspoon powdered cinnamon
500 gm pureed, washed & dried carrot
8 gm egg
For Garnishing
100 gm chopped walnuts
For The Main Dish
550 ml corn oil
For Topping
200 gm Unsalted butter
4 cup powdered sugar
200 gm cream cheese
2 teaspoon vanilla extract

How to make Carrot Cake

Step 1

Preheat the oven at 180 degree Celsius, on the other hand, wash and grind the car-



rots to a fine puree.

Step 2

Mix the all purpose flour, baking powder, cinnamon powder and walnuts in a large bowl.

Step 3

In another bowl, break the eggs, add the sugar and whisk well.

Step 4

Add this to the flour mixture along with corn oil and carrot puree. Mix well.

Step 5

Transfer to a greased cake pan lined with parchment paper, and place it into a preheated oven and bake for 20 to 25 minutes or until a skewer inserted into the centre comes out clean.

Step 6

Meanwhile to make the cream cheese frosting, beat the butter and cream together in a bowl, and add the sugar and vanilla extract in it.

Step 7

Continue to beat until smooth and creamy.

Step 8

When the cake is done, remove it and cool down.

Step 9

Spread the cream cheese frosting on top and garnish with walnuts. Serve.

Foods that will help you survive the summer heat

Foods that will help prevent heat stroke

With summer unleashing its scorching wand, it is time to take refuge in some cool, refreshing drinks. To stay safe from heat stroke it is important to keep the body well hydrated. One must



not drink less than 10 to 12 glasses of water a day and supplement the mineral and salt loss through sweating by including coconut water and healthy juices in the diet. There are a few drinks that are traditionally consumed to prevent and cure heat stroke. Have a look!

Aam Panna

It is usually prepared in every Indian house during summer to beat the heat. It exerts a cooling effect on the body and lowers the increased body temperature. Made with raw mangoes, jaggery, black salt, black pepper, cumin powder and water, it is very delicious!

Nimbu Pani

Lemon juice helps to protect your body from heat stroke and the sugar in Neembu Paani maintains glucose levels in blood. It is advisable to have it twice a day during the hot, humid season. It also has hydrating properties and can reduce body temperature and beat the summer heat.

Coconut water

This panacea of a drink not just keeps the body temperature low and hydrates it, but also replenishes the lost nutrients. Drink coconut water 2-3 times a day during summers.

Baahubali 2 - The Conclusion movie review: Fantastic visuals power Rajamouli's film

SS Rajamouli's biggest budget adventure, **Baahubali 2:**

The Conclusion, comes alive in its colossal and ambitious imagination to complete the unfinished story of Baahubali. It lives and loves in mythical cities that touch the cloud created with awe-

Film Review

Baahubali 2: The Conclusion

Director: SS

Rajamouli

Cast: Prabhas, Rana

Daggubati, Anushka

Shetty, Ramya

Krishnan, Tamannaah

Bhatia, Sathyaraj,

Nassar

Rating: 3/5



inspiring finesse.

Most importantly, why Kattappa killed Baahubali has been answered. The question in itself had the audience, catching an early morning show, on the edges of their seats but the fairytale of a story did have more to offer.

The imaginary city of Mahishmati now comes across richer and more fantastic with a new waterside view. There is a lot more in this fairytale world: A new city where Baahubali meets his future wife Devasena (Anushka Shetty), splendid views of a moonlit war there where cattle with fire in their horns fight the enemy, eagles carry messages and Disneyesque palatial ships that fly. There is an anthem for Mahishmati as well.

Such risk with such extravaganza is that one unconvincing moment fails an entire film. But Baahubali's cinematography and craft leave no gaps. It is fair to say that it creates a new landmark for Indian cinema in convincing 'special effects'.

The Conclusion begins seamlessly just where it left in the first movie with Kattappa narrating the story of Mahishmati. The scale rises



soon enough as Baahubali enters the screen to tame an elephant gone wild with cheers from the audience as is wont of a superstar.

The grim and tight revenge drama, however, slacks in the first half with a long courtship episode with warrior princess Devasena as Kattappa turns into the archetypal comic sidekick for Baahubali.

The film gets back its

pace with Devasena rejecting the marriage proposal of Bhallaladeva (Rana Daggubati) sent by the queen of Mahishmati - Sivagami. In a quick turn of events, Bhallaladeva becomes the king and Baahubali is made the army chief.

Baahubali's cast has fit into the narrative so well that it will not be surprising if Daggubati, Sathyaraj or Prabhas are

identified as Bhallaladeva, Kattappa or Baahubali for some time to come.

Daggubati holds the screen together with his persona of the evil all powerful king and manages to hinge the tension around him. Ramya Krishnan is powerful as queen mother Sivagami.

The female characters, however, continue to disappoint as like princess

Avanthika (Tamanna Bhatia) in the first part. Devasena too starts off as an ace warrior only to be tamed into someone who has to be protected. Shetty, however, pulls through a strong performance balancing an eerie tortured prisoner and a charming princess.

Baahubali is a delight for all those who enjoy cinema as a visual medium, there is not much else, though.

I never blew my own trumpet: Vinod Khanna in one of his last interviews



As I was shooting the song sequence, Chodo Ji Nigahon Ka Ishara with Vidya Sinha in Inkaar, I was initially not confident. After all I was never a romantic. Director Raj Sippy convinced me and used my slow motion shots well to picturise the song. I am proud to declare I am Sunil Duttsaab's discovery. He gave me my coveted break in Maan Ka Meet. Manoj Kumarsaab gave me ample scope to perform a well-written cameo in Purab Aur Paschim. However it was Raj Khoslasaab's X-ray eyes which noticed my talents. Performing Jabbar Singh in Mera Gaon Mera Desh I achieved a strong foothold as an actor.

Till date my best film remains Gulzarsaab's Mere Apne. My inner self was reflected very well in this social film. As quoted by the media never did a cold war exist between me and Amitabh Bachhan. He in all

fairness is a fabulous actor. I enjoyed working most with Dharmendra and Shatrughan Sinha. I never believe I tread the wrong path by becoming a disciple of Acharya Rajneesh.

During the restless period of my life in the late '70s, I found solace in his teachings. However later Vijay Anandsaab helped me to grow out of the influence of Acharya Rajneesh.

My return to acting with Insaaf and Satyamev

Jayate was well received. My rapport was the maximum with Dimple Kapadia. Truly the best and most co-operative actress I have worked with. The other actress I respect a lot is Hema Malini. As a mature character artist I thoroughly enjoyed working with the enthusiastic, childlike Salman Khan. The song Koi Hota Jis Ke Ko Apna I lipiped in Mere Apne speaks of my life. It taught me many things, especially not to blow my own trumpet.

Katrina Kaif

gets one million Instagram followers in 24 hours



Bollywood actor Katrina Kaif has scored a million on Instagram in just 24 hours of her Instagram debut.

After stepping into the world of Facebook on her last birthday, the actress debuted on Instagram on Thursday and posted just two pictures of her.

Taking her first in the world of Instagram, the Baar Baar Dekho star shared a very refreshing picture of her and wrote alongside, "new beginnings ... coming from my happy place #helloinstagram". She also posted a black-n-white snap from her latest 'Towel Series' photo shoot that has unboundedly soared the temperature on the photo sharing app.

In the photo, Katrina is seen wrapped in a white towel, flaunting her perfect hour-glass figure.

Jacqueline Fernandez ropes in stylist Paris Libby for Justin Bieber concert

Hollywood stylist Paris Libby, who has a huge client list ranging from Liam Hemsworth to Jeremy Renner to Vin Diesel is now gearing up to style the Bollywood fashionista Jacqueline Fernandez, who will be hosting Justin Bieber's concert in India.

The famous hairstylist who has also styled many of Hollywood A-Listers for red carpet and photo shoots, including Sharon Stone, Miley Cyrus, Zoe Saldana and Britney Spears, is excited to come to India and is a huge fan of Indian culture and design.

He said, "Mumbai is a home to great style and I am excited to be coming back yet again. I am a huge fan of Indian culture and design. On this trip I wish to meet a few directors and designers."

While, the 31-year-old-actress revealed about the looks she is going to



be in during the much-awaited Justin Bieber concert. "Yes it's true. We have handpicked 3 key looks with a mix of contemporary and ethnic designs. I briefly met Paris during the 'XXX- Return Of Xander' press tour in India and we connected instantly," said Jacqueline Fernandez.

Paris Libby will be joining Burberry model Neelam Gill and Harry Potter Half Blood Prince actress Elarica Johnson as part of the international entourage attending the highly antici-

pated Justin Bieber Purpose Tour and the line-up just seems to be getting more impressive!

The Purpose World Tour has already mesmerised fans and critics alike across the United States, Canada and Japan last year and will tour throughout Europe before landing in Australia and New Zealand this year.

White Fox India will be bringing the 23-year-old Canadian megastar's Purpose World Tour to India's DY Patil Stadium, Mumbai on May 10.

All Aboard The **Taj Express**

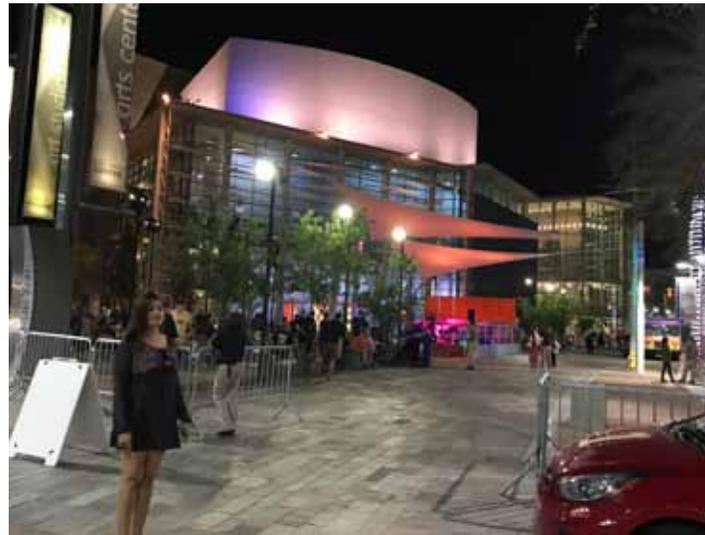
Kristin McLeod

Taj Express explodes with the sounds of India and Bollywood, capturing the vibrant, expressive spirit of the world of Bollywood movies that have been entertaining billions of people in India for generations. Through a fusion of film, dance, and music, this dazzling international sensation will take audiences on a live cinematic journey through modern Indian culture and society during their 2017 US tour. The production is a high energy celebration of new India's pop music, Bollywood culture, and deep traditions featuring colorful costumes, joyful dance, and thrilling live music.

The Internationally acclaimed musical is a dazzling theatrical spectacular wrapped into 120 minutes of swirling colors, sparkle, shimmer and electrifying energy, which weaves its magic to mesmerize and captivate audiences all over the world.

Produced, Directed & Choreographed by The Merchants, Vaibhavi & Shruti, belonging to one of the dynastic families who have been in the Bollywood Film Industry for decades, the production is also the first Original Indian Musical to have successfully completed 5 years of International Touring.

Having several scores composed by, Oscar winning composer AR Rahman and Music Maestro's like Salim-Sulaiman Merchant and Monty Sharma, the highly acclaimed musical lights up the stage with shimmering costumes, fast tempo hits and a Bol-



lywood story unraveled through high energy dance routines showcasing a surge of vibrant footwork and an illustration of emotional rapture. Depicted by a terrific Dance company from the

Bollywood Film Industry, that brings the true vivacity and the enchantment of India to life.

The musical showcases the artistry of Indian Classical dance fused with

modern Contemporary dance genres performed by a Cast whose energy is electrifying and dance moves suffused with a rush of joy and yet ruthlessly precise.



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Baisakhi Celebration by IACRF Seniors

Report by Ramu Ramakesavan and Dr. Prakash Kotecha

IACRF Senior Group is becoming popular in the Indo-American community. The weekly meetings on Monday and Thursday at the Indo-American Community Center are seeing a significant increase in attendance. We had nine new members this month with total membership approaching 150. Members are eager to bring their visiting family and friends to our weekly get-togethers. The visitors go back impressed with our facilities, activities and informal group management! More members are participating in the regular activities. Table tennis table is hardly free. The card players are always glued to their table. The morning yoga session is seeing increased attendance.

Celebrations

Being spring, we celebrated the lunar New Year, Baisakhi. Amrita Khurana, Deepa Bagai, Uma Aggarwal, Vijay Tangri, Suman Behl, Krishna Lahoti, Saroj Madhok, Devinder Kaur and Usha Gautam danced to the Punjabi beats and tunes. The dancers had the songs with a computer playing in the tune for Baisakhi celebrations that everyone enjoyed.

Mr. Umesh Pariksh surprised his friend Sharad Shah with a big cake for his birthday and all of us joined in singing the happy birthday song to Sharadbhai. Following week, we had the Golden Wedding Anniversary celebration for Mani and Kaly Paramanandam. Their sons Shiv Kumar and Gopi, daughter-in-laws and grandchildren were present for the event. The family had ordered a two-tier cake and had a memento for each family. Mani and Parama have also stopped being a snowbirds from Cleveland and permanently settled in the valley.

Presentations:

Dr. Rasik Patel made a presentation on "depression: let's talk" on World Health Day that being the theme for the day. Rashikbhai's presentations are always interesting. It was unnerving to learn about the high incidence of depression in all age groups and high suicide rate in Arizona.

Mr. Jagdish Trivedi presented a couple of lectures on Acupressure techniques, a pain relief technique by applying pressure on prescribed points on the body. It was a very popular presentation and a few members had already realized the benefits of his talk by his second session! We are hoping



Jagdishbhai will continue the sessions upon his return from Chicago next winter.

At the planning meeting, a summary of financial status was presented by Bhagubhai and Mahendra. The team discussed kitchen and lunch table arrangement logistics with our Hall Custodian Alma. She offered to train two of the Senior Group members to operate the audio-video system in the Community Center.

Other activities and events:

The Bhajan program on the first Thursday of each month at the Ekta Mandir, across the street, has become a popular event. The participants formulated a few rules to give a fair opportunity to anyone wishing to sing a bhajan.

Our veteran volunteer Meenabhen Bhavsar who has been managing the weekly lunch sponsorship for many years has finally found a relief! Ramu Ramakesavan has kindly agreed to take over her responsibilities. Ramu

and Doris presented a box of delicious mangoes to Meenabhen as a token for her contributions.

The Center bought a new wheelchair. The primary purpose of the purchase is to give members in need an opportunity to join others when they go on a leisurely stroll around the parking lot during cooler months. It could also be used during emergencies.

Member News:

Ranga Saragan who was on Blood Dialysis was lucky to get Kidney Replacement opportunity. He went thru Kidney Transplant bravely and is now recuperating at home and going thru medication process to ward off organ rejection. He is mostly confined at home and needs to protect himself from any infection - which means no visitors. He is likely to get called in by Mayo Hospital urgently and may need transportation help from his Gilbert home. If anyone is able to volunteer in such cases or will like call him to cheer up, he can be reached at Tel: 610-453-

6835. Sharad Shah has received Total Knee Replacement and is recuperating at home.

Lunch

This month we had a couple of non-traditional lunches: pav bhaji, pulao, barfi besan courtesy of Mr. Govind Patel and family; and South Indian fare with idli/Samber, upma/chutney and rava kesari for Mani and Parama's anniversary. Other lunches were sponsored by Jagdish and Kusum Amin, Sheela and Jagdish Trivedi, Lahotis celebrating Krishna's birthday and Manjubhen and family.

=====

Senior Group meets every Monday and Thursday, 10:00AM to 3:00PM at the Indo-American Community Center located at 2809 W. Maryland Ave., Phoenix, AZ 85017, for information please contact Mahendra Devgania Tel: 602-708-0733.

Climb the Mountain So You Can See the World, Not So the World Can See You*



Dr. Jaswant Singh Sachdev
M.D., F.A.A.N.
Phoenix, Arizona

In his essay "The New Greatest Generation," written in May 20, 2013 edition of Time, Joel Stein referred to a statement made by an English teacher, David McCullough, Jr., during an address to Wellesley High School's graduating class. That statement, indeed, makes the title of this essay.*

With a careful thought, it becomes obvious that if we were to apply this philosophy on daily basis, anything one is desirous of achieving—a name, fame and wealth—the ingredients required for a successful life, will automatically fall within our grasp. Yet, given our nature, we human beings always look for an easy fix instead of going through an all-out effort. We do not want to be bothered with intense labor, yet we are always ready to seek recognition for the efforts we haven't put in, made or even given a try.

The fact of the matter is that "climbing a mountain" requires not only more than ordinary strength, but also a high degree of motivation. As such, this fundamental truth, indeed, becomes a difficult pill to swallow for many of us.

Take, for example, the modern-day students in India. They are the ones truly in need of understanding the meaning of this important statement. They do want to have tons of degrees attached to their names in order to be labeled as intellectuals, leaders, philosophers and experts in their chosen fields or professions, yet they lack the motivation required to seek knowledge. However they will leave no stone unturned in devising unscrupulous ways and means to pass examinations without studying hard so that those degrees could be attached to their names. The common belief in India is that the longer is a space occupied by the degrees behind a name, the more one is able to sell oneself in the market for the skills one may profess to have. No doubt, accumulating degrees does matter but only to an extent. More important would be the person behind those degrees as well as the validity and the qualities of the universities issuing these degrees.

Becoming a leader is a wish most of the people carry and that too, not

only in India but all over the world, yet not many would want to go through the pain and sufferings before they could do so. The lives and sufferings of the likes of Mahatma Gandhi, Shaheed Bhagat Singh, Lala Lajpat Rai, Subhash Chandra Bose, Kartar Singh Sarabha and many others offer but a stark example. These leaders did not suffer merely to earn name and fame; rather, they wanted to see their motherland set free of clutches of slavery. They had to work hard throughout their lives and some of them even sacrificed themselves. Fame came to them as a byproduct. Unfortunately, what is happening in India today turns out to be fundamentally contrary to this hard truth.

The major sacrifices of time, money and resources required in serving people continuously and for a long period of time is indeed a pre-requisite in order to be called a leader in whatever field one might choose. To show moral and physical strength in the face of adversities and danger while performing the needed hard service is what creates a real leader. Just pushing forward to take a front seat in huge meetings, leading large processions with neck-loads of garlands and cutting ribbons surrounded by loud slogan-shouting cronies could bring short-lived fame, but it certainly does not make one a true leader. Surrounded by brigades of armed-security in fast track red-signal fitted security vehicles, speeding front and back, blowing horns at their highest velocity is what modern leaders of India demand. They do so in order to be viewed as high profile leaders of consequence by the lay public. Yet the majority of them do not even understand the ABC's of being a genuine leader.

Compare that with what we find here in the West. A person with a desire to lead tries to arm him or herself with the required skills and education in that field. Think for a moment about the president of the United States and his cabinet secretaries. No matter the role, be that of the president or of a cabinet secretary, he or she learns the

responsibilities and functions of the office they are likely to assume, almost becoming an expert with complete knowledge of the ins and outs of that field. The legislators or the law-makers, regardless of their political affiliations and personal likes or dislikes, have to confirm the expertise and the interests of the candidate in question through special sub-committees of experts where open and televised hearings are held. Unlike back home where the sights of ministers are always focused on next important position with a scope of generating more underground income, here the elected officials will never act as turncoats. It is not easy to buy the cabinet members as they do not change their political affiliations or their philosophies on weekly or monthly basis, as happens in India, in order to tilt the balance of power against the majority.

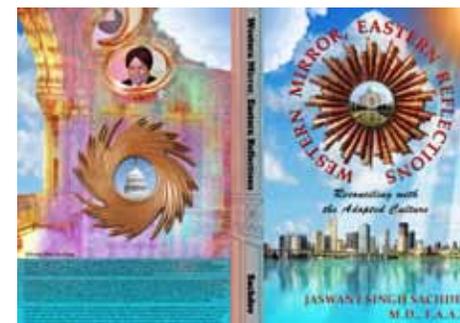
A glance over the noble acts of philanthropy in our native country clearly reveals that at times it is used merely to show off rather than serving those in need. Performance of an act in itself takes the upper hand over its true purpose. Visit any religious place or social get-together and this trend, in keeping with prevalent customs and traditions, becomes immediately obvious. The announcement of a long list of names in the prayers at religious places, advertisements by words of mouth, prominent billboards and poster displaying the names of political leaders performing such acts of philanthropy, are routinely posted at every street corner. Advertisements in newspapers, on the radio and television also are undertaken by the donors or their cronies to make others aware of their actions.

I certainly cannot denigrate the methods employed for the spread of awareness in regard to the noble acts of giving. Taking away such incentives could, indeed, dry up the lifeline and hurt many charitable organizations doing yeoman's work all over the world, especially in Third World countries. The pipeline of supply to the needy must continue. Philanthropy must continue,

notwithstanding the occasional whims of donors to show off their actions. Should a need arise for some modifications in a given situation, a gentle and sensitive approach through education could always be attempted but without pumping additional air to the donor.

Beating the drum, after all, might become imperative so long it is done in a way that the music produced is pleasing to the ears. Advanced degrees in education and skills can enlighten and allow one to be successful in life. Using various modes to advertise in making others aware about a need for services to the poor and needy may be necessary; yet advertisement should never be used to entice honest individuals into one's web. Become leaders to solve the problems of those being led and to guide them through a truthful path to good honest life instead of wasting time and efforts in seeking and occupying chairs of power for personal gains.

Take on the difficult tasks of philanthropy i.e. "climb the mountains" but with your sight on learning more about the issues where your help could make a difference. Try not to get intoxicated with your achievements. Have no desire to surround yourself with ego after you have performed an act of philanthropy. Do not wait for the world to recognize you once you have reached the pinnacle of success you wanted as a climber—in this instance, the donor; rather continue to strive as to what more is needed to be done.



*Adopted from the authors latest and 4th Book, Western Mirror, Eastern Reflection. For owning a copy of the book, contact shavisach@gmail.com

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Jaipur – City of Palaces and Colorful Arts



Amardeep Kaur

Jaipur is famous for the elegant forts and palaces, stone work, gorgeous mosaics, beautiful paintings and art-work. It is called “Pink City” because of the pink colored stone used in the construction of most of the buildings. Not only historical forts and palaces, but most of the hotels also, where you stay in Jaipur are equally unique. Jaipur is in Rajasthan, India.

One of the famous tourist attraction in Jaipur is Hawa Mahal- “Palace of the wind”. It has a pyramid shape and 953 windows, also known as jharokhas. It was made for royal women, who never appeared in public, but wants to see the day to day life of the city. The designs on jharokhas are eye-catching.

City Palace of Jaipur- Chandra Mahal, Mubarak Mahal, City Palace Museum, Mukut Mahal, Shri Go-vind Dev Temple and Maharani’s Palace are part of City Palace of Jaipur. Chandra Mahal also has a museum but royal family still resides in a part of the Mahal. There are two Silver urns in the Diwan-i-Aam, the Hall of Public Audience. These silver urns are the world’s largest sterling silver vessels as per the Guinness World Record. Art gallery and display of old weapons is something you cannot miss.

Jantar Mantar is a UNESCO World Heritage site. You can find the world’s largest stone dial here. It was built in 18th century. It was built to observe astronomy. It has around twenty main fixed instruments.

Sheesh Mahal is the elegant glass palace of Jaipur. The architecture of this palace is a graceful mix of Islamic and Rajput architecture. The decor of the palace charms the visitors with its colored glasses, high quality mirrors and pretty mosaics.

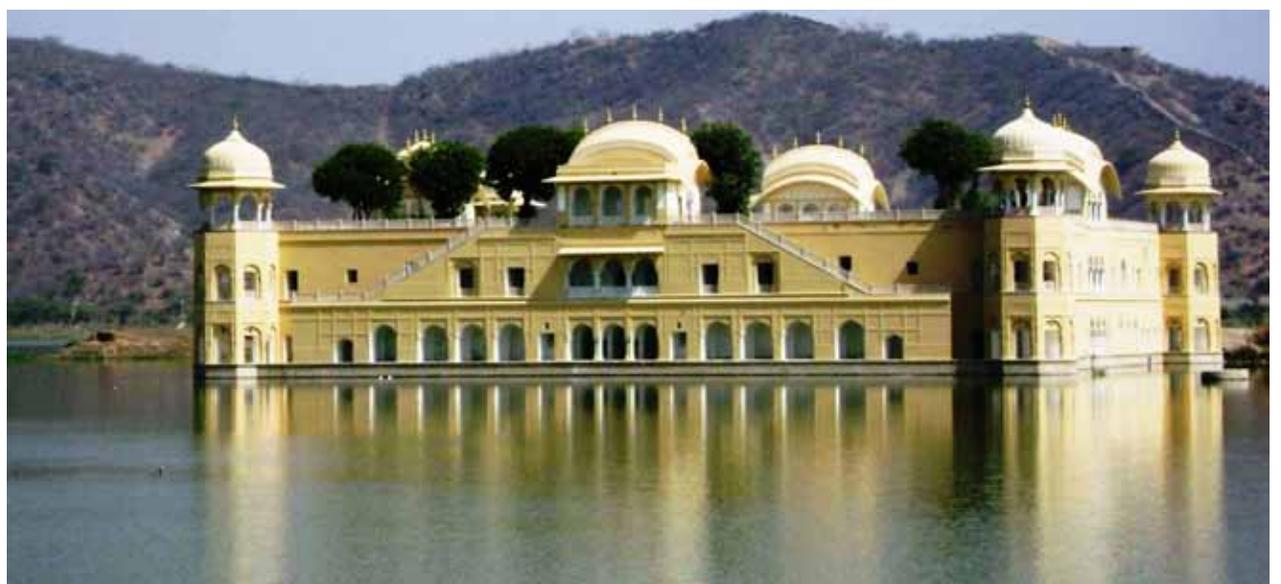
Jaigarh Fort is 3 kilometers long and 1 kilometer wide. It was built to protect Amber Fort. It has a “Jaivana” cannon, which was the world’s largest cannon on wheels of its time. This fort is made with red stone in Indo-Persian style. It has court rooms, garden, lake, temple, arch gateway, armory chamber and museum.

Amer Fort is 11 kilometers from Jaipur. It was built with red sandstone and marble in 1592 AD. It is a must visit tourist spot of Jaipur and elephant rides from main car park to the entry make your entry to the fort more royal.

Jal Mahal is one of the most photographed attraction of Jaipur. It is now an exclusive restaurant. You can reach Jal Mahal by only a boat. From the outside it looks as if it has only one story but actually it has four more submerged levels. It looks majestic with its light shade sand stone in the blue lake water.

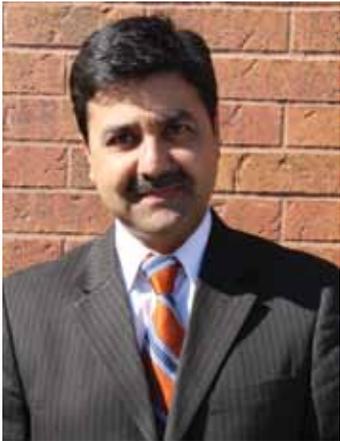
Nahargarh Fort was built for the security of Jaipur, along with Amer fort and Jaigarh fort. Nahargarh means “abode of tigers”. It is situated on the Aravalli hills and overlooks Jaipur. You can experience ancient architecture here. It also has a wax museum. Sunset view from Nahargarh fort is awesome.

If you are going to Jaipur, you are bound to come across such unique pieces, that you will be tempted to buy them immediately. Jaipuri Paintings, Jaipuri quilts, Jaipuri art pieces, Jaipuri furniture and Jaipuri ladies clothes are highly acclaimed. If you are an art lover- add Jaipur to your bucket list.



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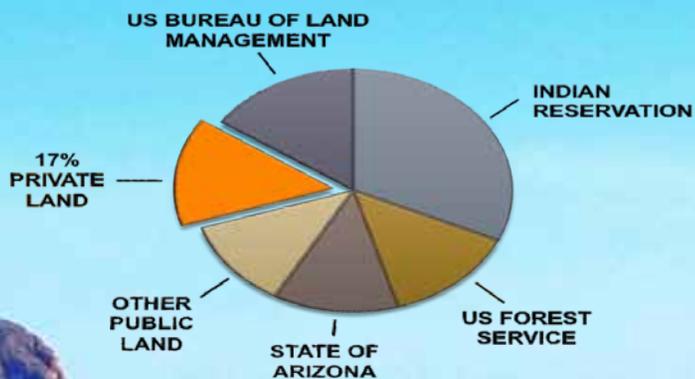
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