



PRSR STD
US POSTAGE
PAID
Phoenix, AZ
PERMIT NO.1714

ASIA

Uniting all South Asians in the Valley

Today

Monthly Newspaper

• Vol-VI • Issue-11 • Phone : 480-250-2519 • sales@asiatodayaz.com • November 2013

India Garden Celebrating 1st year Anniversary



18

Harjeet Mehndi Visited Nishkam Seva Gurudwara



38

Buy It, and They Will Come: How Land Grows People



18

Priyanka Chopra's Mary Kom film to have an English version



33

TEACHERS WELCOME DINNER



India Association and Indo-American Cultural & Religious Foundation of Arizona (IACRF) in collaboration with other sister organizations Arizona Tamil Sangam, Arizona Telugu Association, Bengali Cultural Association of Arizona, Gujarati Cultural Association, Kannada Sangha of Arizona, Orissa Association of Arizona and Rajasthani Association hosted a welcome dinner for Indian Teacher Educators on October 4 at IACRF hall. The event was at- **• More images on P03**

Arizona's Third Annual Diwali Mela



by Mauj Entertainment in Association with Asia Today Arizona (10/13/2013)

Keeping up with the yearly tradition, Mauj Entertainment, in association with Asia Today Arizona, once again brought to the Valley of the Sun Arizona's Third Annual Diwali Mela at Kiwanis Park in Tempe, AZ. In our continued effort to keep improving, we added some exciting vendors and activities to the Mela and were very excited to see the positive response. After the success of last few years, there were many return vendors and some new vendors that jumped on the ship as it started to sail making it easier to provide a wider variety of services to our attendees. From food stalls from the various regions of India to airlines to henna artists and glitter tattoos to phone companies to jewelry and **• More images on P10**

Wedding and Event Planning Services



RSVP special events LLC

Narender/ Rosy
Office: 602.476.1434
events@RSVPSE.com | www.RSVPSE.com

Specializing in Weddings, Anniversaries, Birthdays, Corporate, and all types of occasions.
Providing Vendors, Design, and Coordination

BALANCE LANDSCAPING LLC

602.459.6681

Ravi Singh
President
Licensed • Bonded • Insured
www.balancelandscaping.com
ravi@balancelandscaping.com
PO Box 2668 - Mesa, AZ 85214



THE LAW OFFICES OF
MOHAMMED ALZAIDI

ACCIDENTS | CIVIL RIGHTS

20-Years of Experience
Trusted by the Asian Community since 1993

(602)306-1111



Delhi Palace
www.DelhiPalaceAZ.com



Cuisine Of India
Lunch Buffet: 11am - 2:30pm | Dinner: 5pm - 10pm
Best Catering in Town!
(480) 921-2200 Open 7 days a week
933 E. University, #103 Tempe, AZ

MM Mostafavi, Marco & Wimmer



Kaveh Mostafavi, Esq.

- Personal Injury & Bankruptcy Lawyers
- Over 30 years of legal experience
- FREE Consultation

Tel: (480) 540-3815

WOODLANDS
Pure Vegetarian South Indian Cuisine

We Cater for All Occasions!
1-877-VEG-DOSA

Phone: 480-820-2249
Fax: 480-820-2585
www.woodlandsaz.com



(Closed Tuesday's)
4980 W. Ray rd Chandler AZ 85226

Mon/Wed/Thu: 11:00am - 3:00pm & 5pm - 9:30pm
Fri: 11:am - 3:pm & 5:pm to 10:pm
Sat & Sun: 11:am to 10pm



916-932-2198
 sales@expresswaytravel.com

Offices in USA & India

Specialists in Airtickets from India
 Pay in INR or US\$

Namaste

Shopping Centre

-for your healthy Body, Mind and Spirit

Indian Groceries

- All Dals
- All Spices
- Rice
- Flour
- Papad
- Oils/Ghee



- All Ayurvedic**
- Products**
- Clothing**
- Jewelry**
- Fresh Vegetables**

Ramesh Upadhyay(Manager)

1800 E. Fort Lowell Road

Suite# 110 Tucson,AZ 85719

Tel# 520 795 137

Fax# 520 795 1497

E-mail: namasteshopping@gmail.com

www.namasteshoppingcentre.com

Yogi's Indian Market

2537 N. Stone Avenue
 Tucson, AZ - 85705

Tel.: (520) 303 3525

Open Daily - 10:00 AM - 9:00 PM

Great Selection, Low Prices on Indian Groceries!!!
 Largest South Asian Store in Tucson.

NOW OPEN!!!



Large Selection of Haldiram snacks!!!

Centrally located - just north of Grant on Stone on West side.

Main entrance & large private parking in the back.



India Palace

Gateway to Superb Indian Cuisine



2941 W. Bell Rd. #1,2

Phoenix, Arizona

(1 Block West of I-17 Fwy)

602-942-4224

Fax: 602-942-0448

FIRST & BEST
ORIGINAL INDIAN CUISINE

Open Everyday (7 Days A Week)

Lunch Mon-Thurs 11am - 2:30pm

Sat & Sun 11am - 3pm

Dinner 5pm - 10pm

Special Offers
\$ 2 Lunch Off
20% Dinner Off

www.indiapalacephoenix.com

We do catering.

TEACHERS WELCOME DINNER

tended by 175 persons which included 55 Indian Educators, Dr. Stephen Feinson (Assistant Vice President, ASU) and several ASU Faculty members. Dr. Swarup Mathur and Dr. Barsam of ASU were instrumental in coordinating with IACRF and India Association to expose the teachers to the community and its events.

ASU Mary Lou Fulton Teachers College competed with many other colleges and was successful in receiving \$4.3 million grant from USAID to host 110 teacher education faculty from India over the next two years. Fifty-five teachers arrived on Sept. 28 for a three-month stay and joined the local community members for the welcome dinner. It was heartwarming to see all the sister associations of Indian origin come together to honor the visiting teachers and welcome them to Arizona.

This two-year project aims for two primary outcomes:

1) The Indian teacher educators will internalize and apply the practices and methodologies learned at ASU over the course of a 3-month residency in their home institutions, where they will be adapted to Indian contexts and used to enhance the capabilities of India's current and future teachers.

2) Through documentation of the project, India's Ministry of Human Resource Development (MHRD) will acquire a model for enhancing the capacity of teacher educators that India can adapt and adopt as a means to transforming the nation's schools.

To cultivate strong community feeling and facilitate long-term communication and collaboration between the professional learning communities of teacher educators, IACRF and other sister organizations joined to host this reception.

The community is thankful to ASU for giving this opportunity to welcome teachers from our homeland. An attempt will be made to expose the teachers to various community programs scheduled in next few months to come like Dashehra, Diwali, Discover India and various other events. We are hopeful that teachers will take a few happy memories of Asian Indians living in metropolitan Phoenix and share with their family and friends in India.

India Association president Venkat Kommineni, IACRF president Kul Bhushan Chhibber/ Vice-President Kalpana Batni and IACRF Board of trustees head Jay A. Bansal along with other community leaders welcomed the teachers and wish them all the best for their stay in ASU.

Everyone enjoyed delicious dinner, music and had a great time.





Asia Today Team

Marketing Director: Manju
(Manjeet K Walia)

Editor: Deepa Walia (MS CIS)
(Sandeep Kaur)

Publisher & Designer:
Raja (BA)
(Gagandeep Singh Walia)

Patron: Mini from California
(Damanjot Kaur Walia)

Jyoti from New Jersey
(Navjot Kaur Singh)

Surinder Singh Pall
(Reporter from New Jersey)

Press Photographer
Sameer Soorma
www.sameersoorma.com

Amit Mitter
(Reporter from Punjab, India)

Disclaimer

Asia Today, LLC is not responsible for any claims made by advertisers nor does it endorse any product or services advertised in the paper. For concerns or questions related to these advertisements, please contact the business directly.

Asia Today, LLC also does not endorse any views presented by volunteer writers. Those views are solely of the author and bear no indication to the views of Asia Today.

Please contact us at
Asia Today, LLC
1050 E Ray Road
Suite 5 #318
Chandler, AZ 85225
480/ 250-2519

For sale inquiries:
sales@asiatodayaz.com

For additional inquires/comments:
editor@asiatodayaz.com

Life is Short...Don't Waste It!

We grow up in a society that constantly rates us by the number of friends, family, or acquaintances we have around. Up through high school, it is all about whether we are in with the popular crowd or how many total friends we have because the total group count would dictate the popular crowd. As we grow into young adults, the same thing happens – we are measured by the number of acquaintances, friends, and family that are seen socializing at our events and parties. I am not sure if it happens to all of us, but at some point this rating structure makes us think that catering to all those around us, ensuring we are at all their events to guarantee they will be at ours to increase the headcount is the point of life. What we fail to realize at that point in life is that at the end of the day, there's something to be said about a quality of a relationship versus the quantity of relationships in your life.

When that realization hits, you struggle to determine which handful you want to choose to concentrate on that quality. A quote I saw on Facebook got me on this train of thought and the quote was "There comes a time in your life when you walk away from all the drama and people who create it. You surround yourself with people who make you laugh. Forget the bad, and focus on the good. Love the people who treat you right, pray for the ones who don't.

Life is too short to be anything but happy. Falling down is a part of life. Getting back up is living." And reading that made me realize that it is so easy to pick out the ones you should concentrate your energy on for quality relationships – those are the ones that make you



Editor's NOTE

laugh and do not add drama to your life.

I have to say, even before reading that quote, I may have indirectly started following it a few months ago – I will chalk it up to growing up. But one thing I have realized when doing so is the positive effect it has had on my life. I am excelling at my career, learning so many new things, and most importantly, really cherishing the time I spend with the people I have chosen to be in my little circle of quality friends. I remember running from house to house,

event to party to keep up with all the relationships I had created to make sure I made no one unhappy and did what was necessary to sustain those relationships. At that point, I did not realize what it was taking out of me and how much I was making myself unhappy in trying to make others happy.

I also did not realize that there was no substance or meaning to the hundreds or thousands of relationships I had created because in my rush to get from one place to another, I was barely there mentally and not taking in any details or conversations that matter to get to know another person or group of people.

As the holiday season approaches with Eid, Diwali, Halloween, Thanksgiving, Christmas, New Years, and many more, you will be surrounded by invites to parties, get-togethers, and so much more. Take the time to evaluate where the invitations are coming from and the likelihood of the hosts being a part of your life for years to come. Because if you are sure it is just an obligation, life is too short to waste on obligations.

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

Happy Diwali to all of Arizona! Out of the many holidays celebrated, my favorite has to be Diwali. The history and the concept behind Diwali is something that is universal regardless of culture/religion/race etc.... Diwali has different meanings in different cultures; however, the basic idea is that good will triumph evil and light will prevail dark. I think that this can be applied to many events in life. No matter how dark the times, there is always a light that will out shine it. It may not come today, tomorrow, or even as soon as we would hope, but it will. The worst thing we can do in these times is to give into the darkness and let it consume us. It's very easy to blow out a candle, but it takes time to make the wax the wick will sit on and to find fire in order for the candle to be used. There are times in our lives were we all have asked "why me? What did I do?" There isn't a conspiracy or a plan someone has created for the sole purpose to make a life miserable. If someone has, I would love to meet them. It's always been

true that who I was, who I am, and who I will be is based on myself and myself alone. I can choose whichever path and any direction I want, but no path is lit for me. There is no path that I will ever come across that has already been lit, the entire future is dark. Wherever I

go whichever path I choose, I have to light the way for myself. The celebration of light over dark and good over evil... Happy Diwali Everybody. "It is in the darkness that one finds the light, so when we are in sorrow, the light is nearest of all to us – Meister Eckhart"

Another year is almost up! Can't believe we only have 2 more months until 2014! The years are flying by that's for sure, not even to clear on where time is going! Haha! One event after another and bam the end of the year is here, before you even know it. Thank you to everyone that has helped supports us this past year. A lot of events have happened and a



Publisher's NOTE

lot of good Asia Today followers have helped us make it happen. This year's Diwali Mela was even bigger and better than last years, every year we add something new. This year we had Harjeet Mehndi come preform for us live at the mela. It was such a huge

success the dance floor was on fire. More and more people came this year throughout the day the night as always was packed and the performances were amazing. Thank you to all our vendors that keep making this event possible year after year. Without them there would be no Diwali Mela. Thank you to the community for contributing and showing up to the event, the event wouldn't be successful if no one came so thank you again for taking the time out on your weekend and coming and making the Diwali Mela a success.

-Raja Walia
Publiser, Asia Today
publisher@asiatodayaz.com



Under New Management Open Sesame



Halal Meat & Middle Eastern / Indo-Pak Groceries

Free Meat Cutting / Preperation



Fresh Goat Meat

Every Wed/Fri



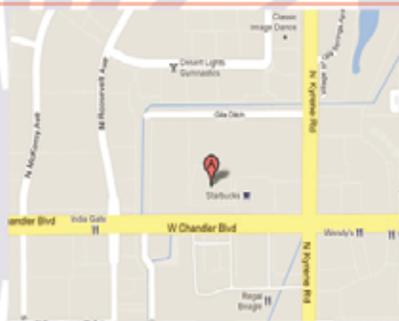
3502 W. Greenway Rd., Phoenix, AZ 85053 | 602-866-2555

ASHOKA INDIAN GROCERIES

A unique store with unique prices

480-940-4250
6170 W. Chandler Blvd.
Chandler, AZ 85226

Open:
Mon - Sat: 10am to 9pm
Sundays : 10am - 8pm



Complete Range of Indian Groceries,
Wide variety of fresh vegetables
Frozen foods & Frozen vegetables.

Ready to eat snacks
DVD's & CD's \ \ Phone Cards
Fresh Rajbhog sweets & Haldiram's Sweets

ASIAN NATURAL HEALING MASSAGE

(480)626-3636

Special:

Moxibustion
Treatment of chronic
problems:

- Leg & Foot Pain
- Relieves Stress
- Nausea
- Neck & Shoulder Pain
- Nervousness
- Insomnia
- Hypertension
- Detoxification
- Circulation Problems
- Paralysis
- Edema
- Asthma
- Sciatic Nerver Pain
- Migraine



Gift Certificate Available

Now Hiring Certified Massage Therapist*

Phone: (480) 626-3636
16751 E. Parkview Ave. Suite 1
Fountain Hills, AZ 85268

Open:
9AM - 8PM Weekdays
9AM - 6PM Sat & Sun



The Absence of Muhammad Ali's Inspiration a tragedy to the Future of African American youth

As we reflect back and recall the humanitarian mission of Muhammad Ali, we must compare his thinking of yesterday to that of today. What is the status of Muhammad Ali as it relates to the future of our African American youth who for the most part are in desperate need of



extraordinary inspiration? Inspiration that is often contained and controlled by those who don't have African American youth on their most urgent priority list

As the world's greatest fighter to ever put on a pair of boxing gloves and shoes, Muhammad Ali has become an absolute ghost in the minds of those who deserve and need him the most. What happened to the wonderful statement it is better to give than receive. Has greed and selfish power taken over?



It was Muhammad Ali who made it thoroughly known that boxing can be and must be used to inspire young African Americans equally as others. They are to be inspired to become law abiding citizens without having to turn to crime, violence, dropping out of school or entertaining helplessness. It was Muhammad Ali's thinking back then that boxing needed a new direction of motivation, inspiration and that's what he did! So why not inspire African American youth to focus on being productive competitors with wholesome perseverance and meaningful academic and social accomplishments. Not only did Ali use boxing but he stepped outside the ring setting the example of character appreciation for cultural diversity. He used his clear understanding to break the stigma of white people being called the devil. His daily studies of Al Islam and other religions helped him to grow with balance as he met the challenges of selfish rejection and oppression. He traveled from Colleges to Universities inspiring young people to never give

up on the American dream. He inspired young people to become champions of their own minds. He himself became the owner of his own independent thinking in order to obtain his mission and purpose of sharing and caring for all people regardless of race or religious identity. So why cut off such a beneficial necessity when it comes to African American youth who are drowning in the pool of educational regression.

It was Muhammad Ali who had a burning desire to see African American families and communities benefit from his successful honorable achievements. He fought to remove the thinking of the rich making the poor the firewood of their fireplace. They remain warm and prosperous while the poor remain hopeless and doubtful.

Since being in Phoenix, my wife, as a Muslim from African American decent, founded and operated the Cultural Cup Food Bank, making sure young people and their families from all walks of life benefit from her will and compassion. When she recently passed from devastating cancer, I contacted Celebrity Fight executive, Sean Currie, requesting whatever assistance they were willing to offer in support of my wife's special celebration initiated by Mayor Greg Stanton. He issued a proclamation on her behalf for impacting multiple poor communities. Of course, when African American communities are not on the urgent priority list, its quite easy to deny a donation of any kind whatsoever, yet claiming their love and honor of Zaranah Awad; the known Mother of Peace in Phoenix, who recently passed from cancer.

However, when Muhammad Ali was truly a free man of his own thinking and decision making the assistance needed would have been giving immediately on her behalf. Yet not so with Celebrity fight Night. It was Muhammad Ali who wanted

African American youth and families to become competitive and unselfishly productive. It was Muhammad Ali who said "Allah" and those who control him now are saying "Dollar". Each year Celebrity Fight Nigh is able to raise millions of dollars to fight Parkinson's disease and not one penny put aside to assist the African American youth that Muhammad Ali cherished diligently. Bones here and there without any real meat is not

what Ali fought for. Therefore, he is on a path he never dreamed or thought of. Its not only a shame, but a total disgrace. To so many people, Ali's shaking is a clear sign there's something shaky about what's going on.

There again, one can easily say it's the same old performance on a different stage. From the days of slavery the talent and greatness of ourselves has been derailed and deleted for the cause of others. Not just athletes and entertainers but scientists, inventors, scholars and many more. The exploitation of our inspiration prohibiting our true G-d given destination. Again, Ali openly stated "Allah", while today, the main vision for others is dollar.

On numerous occasions I've met with both Sean Currie and the amazing Jimmy Walker and they refuse to show any real consideration for Ali's inspiration being wholesomely shared outside of their own selfish desires. Taking from Peter to pay Paul is in and has been in full motion – Equal Opportunity is not their priority.

In conclusion of the first part of this article, let's make it clear that Ali's inspiration is a natural resource for African Americans here in the city of Phoenix and the state of Arizona. So many people are not even aware that Ali



Photo from Mirror Image News-Muhammad Ali meets the children of Brixton London, Feb 1999

lives here. When time for Celebrity Fight Night advertisement about, Ali is everywhere to be seen for the big money people to come and support. The big money people can make it. They don't need as much inspiration as the poor.

It was Muhammad Ali who inspired me to become a major competitor and seek an education designed for my mind and the upliftment of poor people. Ali, for years, has been successful at avoiding being captured and controlled until his health seriously failed him. In a state of



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

By Habibullah Saleem

sheer damage, he became helpless and speechless, requiring major therapy to partially function.

So today, if you're not in the "click" you don't get 'picked'. The fight against Parkinsons and its terrible grip on people is the right thing to do but its clearly not the best or only thing to do. When we compare the lack of motivation and inspiration in our classrooms to that of other countries, we witness unbearable devastation. We must learn to walk and chew gum at the same time. Why help some but not others? Our academic situation is not only off the hook but thoroughly disconnected. So much so we not only need Ali's inspiration but other athletes and entertainers as well. We need all we can get especially for African American youth.

In essence, those of us who claim to be leaders of the African American and Muslim communities must call for a meeting with the maintainers of Ali and others and determine the best needed activities for our youth with Ali's inspiration at the core. It's not the bottle – it's the juice in the bottle that's needed. Its inspiration time.

Remember, my wife with a cane, walker and wheelchair, never wavered in her commitment to serve all of humanity...then what's wrong with Sean Currie and Jimmy Walker who is feasting off of Muhammad Ali's greatness and fame? After all, G-d Bless those who have their own until their own becomes a captive for others. When cleaning the house not one room should be neglected. Ali's inspiration was for all people, not just the chosen few.

Ali! Ali! Ali! Ali!

Float like a butterfly, Sting like a bee



Indo-American Foundation of Arizona

(Registered Non-Profit Organization under Section 501 (C) (3))

Hindu and Jain Temple Ekta Mandir and Community Center

Please Check Ekta Vision, www.EktaMandir.org & www.iacrf.org for more details



Happy Diwali & Sai Mubarak



*May the lamps of love and devotion burn brightly in our hearts
 May the light of understanding shine in our minds,
 May the light of harmony glow in our home
 May Maha Lakshmi bring you the true wealth of peace, health, happiness, and love
 From the Writing of Swami Chidanand Saraswati*

Deepawali Events

Friday, November 1—Dhanteras

Coin & Dhanvantari Puja

Saturday, November 2—Kali Chaudash

Deep Lakshmi Puja, Kali Puja & Hanuman Puja

Sunday, November 3—Diwali

Diwali Mela all Day - Food, Jewelry Sale

Dhan Lakshmi Puja, Ganesh & Lakshmi Pujan

Chopda Pujan, Maha Aarati & Fireworks

Monday, November 4—Nutan Varsh

Annakuth & Govardhan Puja

Tuesday, November 5—Bhैया Dooj

Brother's/Sister's Puja



INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)

On Sept 25, 2013, birthday Celebration Party for Jaswantbhai Soni was a day full of fun playing Bingo games. Thanks to Prafulbhai who was in full control and command. Everyone was on full alert paying their full and serious attention to the numbers being announced. There were five winners who were presented with their winning prizes by Bakulaben Soni. The Bingo and the luncheon were sponsored by Bakulaben & Jaswantbhai Soni. Nearly seventy-five members and guests enjoyed the day with so much tasty and lavish Mexican Bhel. The group extended their best wishes and Happy Birthday to Jaswantbhai! Jitubhai gave a brief account of Sept 20, 2013 Dinner & Dance Gala (D&DG) and thanked all who supported the event stating that the objectives of the Gala event were met with utmost satisfaction especially when everyone had great times strengthening ISAA with stronger bonding with the community and establishing its secured future as one BIG happy family. ISAA observed a moment of silence and prayed for the victims and their families of the Washington DC shooting and Nairobi Terror that killed 137.

On Oct. 01, 2013, Video Clipping of the Seniors Fashion Show that was performed at the Dinner & Dance Gala was shown and the attendees were

thrilled to see the show at ease which was much fun to all including the performers! Subsequently, our luncheon sponsors for today - Jagdishbhai Vaishnav and Induben Shah presented a singing performance by young family folks who took time off their work to spend it with us with love, vigor and smile! Nearly seventy-five attendees enjoyed the delicious Mexican meal. On this day, attendees showed their full consent indicating that they do not have any objection if their phone numbers are shared with entire ISAA membership. ISAA therefore was pleased to send the phone list for everyone's use as deemed necessary. As the weather is changing with high potential for Flu, Dr Kumar Daulat has offered to administer Flu shots for ISAA members

Oct. 8th, 2013 was the first day for ISAA to start celebrating Navratri with ladies dressed up in colorful saris. It started with light music, which excellerated to a full fledge blasting Raas-Garaba for the rest of the time. Nyah - the granddaughter of Kshatriyas provided entertainment by giving a Bollywood dance, choreographed by her mother. Kshatriya family took opportunity to introduce their family and invited friends. Chandrakantbhai introduced guests including a surprised visit of Mr. Jayant Dholakia, Publisher

of Valley India Times. Mr. Dholakia was pleased to be at ISAA meeting. Nonstop Garba continued for an hour and ended with playing dandia raas. Food was sponsored by Kshtraiya family, it was delicious and that Hawaiian Salad was the treat of the day.

On Oct 15th 2013, Ramaben and Amrishbhai Patel were the food sponsors. Over seventy attendees continued enjoying

On Oct. 22, 2013, the hall was full with nearly 100 attendees who were charged with high spirit! Presentation on "Benefits Assistance Program" by Glen Spencer of Area Agency of Aging, was very informative and useful. Subsequently, we enjoyed the Raas-Garaba especially dandia-raas celebrating Sharad Purnima and birthdays of Neelaben Desai, Subashbhai and & Ramanbhai Patel with a huge blast with love, vigor and lots of smiles wishing them the happiest time of their lives and also for continued good health. These three families sponsored the home-cooked delicious luncheon. Hansaben maintained the tradition by serving tasty "Doodh-Paua" to all the attendees. Thank you all!

ISAA was sad to hear about the poor health of Rasikaben Vaidya. We collectively prayed for her full and fast recovery.



1. ISAA Garabe Ghume celebrating Navratri & Sharad Purnima, 2. Sponsors – Niruben, Hemlataben & Neelaben of 22nd Oct. luncheon, 3. Director Glen Spencer, AAA, addressing ISAA on Benefits Assistance Program, 4. Kshatriya Family – the sponsors of the Oct. 8th luncheon, 5. Key volunteers with Jayantbhai Dholakia, 6. Jagdishbhai & Induben with Vinuben chanting bhajans while sponsoring the Oct. 1st luncheon, 7. Bakulaben & Family celebrated Jaswantbhai Soni's birthday with ISAA, 8. Amrishbhai & Ramaben sponsored the Oct. 15th luncheon, 9. Meenaben Sharma celebrated her birthday with ISAA with delicious birthday cake.

I bow to the
Hindu Temple of Arizona
Hindu Temple of Arizona

Maata Jagran
Friday November 8th, 2013
7:00pm-9:00pm
Contact: Shashi (480) 614-1322

Satyanarayanji Puja
Sunday November 17th, 2013
11:30am-1:00pm
Contact: Nirmal (480) 926-8835

Hanumanji Puja
Every Tuesday
7pm-9pm
Contact: Sushma (480) 970-4439

Venkateswara Swami Puja
Every Saturday
10am- Noon
Contact: Sriniji (602) 535-6989

Sunday Puja
11am-1pm
1st Sunday - **Ram Parivar**
2nd Sunday - **Shri Jagannathji**
3rd Sunday - **Balaji & Krishnaji**
4th Sunday - **Shivji Puja**
5th Sunday - **Ganeshji Puja**

Contact Temple Priest at
(480) 874-3200 for any Information
related to Temple Puja events or if
you need to schedule any Special
Puja at the Temple site or at Home.

HTA EVENTS NOVEMBER 2013
**Deepavali, Jalaram Jayanti and Maha Shani
Pradosh (2nd, 9th & 30th November respectively)**



Deepavali: November 2nd (Saturday) – { Laxmi Puja and Archana 6:30 PM - 7:00 PM }

Jalaram Jayanti: November 9th (Saturday) { Bhajan recital 2:00 PM - 7:00 PM followed by Arati and Prasad }

Maha Shani Pradosh: November 30th (Saturday) { Rudrabhishek 5:30 PM – 6:30 PM }

❖ Sponsorship for Archana (Laxmi Puja) = \$ 21

❖ Sponsorship Rudrabhishek (Maha Shani Pradosh) = \$ 21,

For more information, please contact: Laxmi Puja: Venke Charr @ (480) 747-2070
Jalaram Jayanti: Temple priest @ (480) 874-3200
Maha Shani Pradosh: Temple priest @ (480) 874-3200

Please Donate generously for ongoing improvements of temple

Hindu Temple of Arizona
3033 N Hayden Road,
Scottsdale, AZ 85251

Arizona's Third Annual Diwali Mela

clothing vendors, there were a variety of areas to keep the attendees engaged. A kids area dedicated to kids' activities including diya painting, games, and competitions kept the young ones entertained so the adults could enjoy the festivities. Just like last year, the Arizona's Sherriff's Posse allowed the attendees to take a picture inside a helicopter for a small donation to the State of Arizona but they added to the excitement by bringing a squad car offering the same picture opportunity.

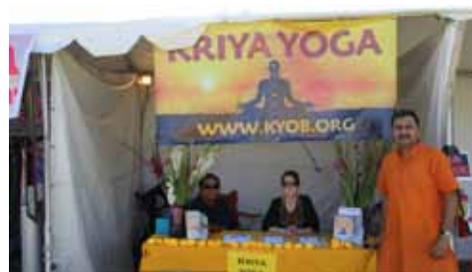
The cultural program also included variety in its performances, ranging from fast-paced North Indian Bhangra and Giddha, traditional and cultural performances, religious renditions, foot-tapping Bollywood numbers, martial arts demos, and much much more. The small skits of from last year that consisted of Sri

Ram Ji, Sita Ji, Laxman Ji, and Hanuman Ji depicting major events from the story of Diwali – leaving for Vanwaas (the exile), returning from Vanwaas, and Raj Abhishek (the royal crowning) turned into a full-blown Ram Leela that ran an hour and a half and was directed and organized by Deva of Vedic Theatre Ensemble and ISKCON. The play attracted a lot of attention and was superbly directed and enacted. All through the performance, we saw attendees taking chairs and moving closer to the stage in an attempt to see the story of Diwali come to life.

Last, but not least, a special appearance by Harjeet Mehndi, brother of Daler Mehndi and Mika Singh, kicked off a mind-blowing dance party as the sun started to set and carried on into the night. Harjeet got the audience more involved turning them

into the performers by getting them on their feet and dancing and finally handed over the dance party to DJ Adi of In the Mix Entertainment for a dance party under the stars to remember and enjoy. All in all, just like last year, there was a little something for all ages and backgrounds and the event was a huge success.

The Mauj Entertainment Team, Manju Walia, Swati Pandey, Sonia & Sameer Soorma, Deepa Walia, and Raja Walia would like to thank all the sponsors, vendors, performers, attendees, and volunteers without whose support this event would not have been possible and are looking forward to bringing you something even bigger and better next year. Special thanks to Platinum Sponsor Qatar Airlines, as well as volunteers Sarika Kanda and Megha Kanda with assistance in the kids area.



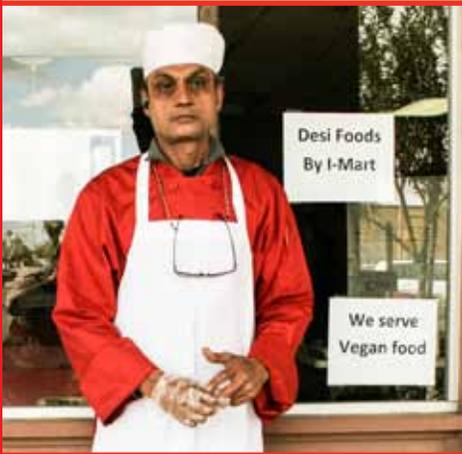


Happy Diwali

Shalimar food

Parveen Puri, The Chef From

Bollywood



SHALIMAR FOOD

We Serve 100% Halal

Catering for all Occasions: **217-530-2845**

Sat/Sun: Halwa Puri/Channa

Open 6 days: 11 am to 9pm
480-722-7552 | Closed Monday

912 N Alma School Chandler, AZ 85224

Happy Diwali



Attorney Monika Sud-Devaraj, is a former trial attorney for the U.S Immigration & Naturalization Service

Law Offices Of
Monika Sud-Devaraj & Marshall G. Whitehead, PLLC

IMMIGRATION / CRIMINAL

- TEMPORARY WORK VISAS
- GREEN CARDS
- NON-IMMIGRANT VISAS
- APPEALS
- LITIGATION / RELIEF
- CITIZENSHIP

- DUI
- ASSAULT
- DRUGS
- THEFT
- FALSE ID

SERVING THE COMMUNITY WITH OVER 30 YEARS OF EXPERIENCE IN
IMMIGRATION/CRIMINAL LAW

PALM PLAZA
141 E. Palm Lane Suite#100
Phoenix, AZ 85004

602.234.0782

WWW.MSDLAWAZ.COM

Seniors Fall Foliage Tour

Submitted by: Bhagubhai Patel,
Photos by: Sevanti Shah,
Lalit Patel, Prakash Kotecha

Season's Greetings: Best wishes for a joyful Diwali and Best wishes for a Happy and Healthy New year from the members of the Senior Group to friends and their family members.

Looking Ahead: A presentation on details of Affordable Health Care act (Obamacare) – benefits, procedures and how to enroll – is scheduled for Thursday November 14th at 11:00AM at the Indo-American Community Center. This presentation will be focused on Medicare and Medicaid; community members interested in the information or with questions are welcome to attend. For information please contact Dr. Rasik Patel Tel: 480-747-2724 or Bhagubhai Patel Tel: 602-524-9658.

Seniors Fall Foliage Tour: IACRF Senior Group organized a Tour of Sedona, Flagstaff and Williams on October 24 and 25 to see the Colorful Natural Vista. The group of 22 Seniors took off in two vehicles early morning of October 24 assembling at Lalitbhai's North Phoenix RV Park. The ride to Sedona was filled with laughter and jokes. As we approached higher elevations at Palo Verde the sprinkling of trees with colorful leaves was evident, but the nature showed it's full works as we entered Oak Creek Canyon (Sedona). With bright sun shining on the Mountain slopes and Canyon, it was quite a visual feast. Everyone was jubilant enjoying with Nature's magnificent phenomena.



This spattering of colors was enjoyable on all our stops – riding winding road coming out of the north end of the Canyon, Flagstaff, Williams, Montezuma's Castle and even in Arcosanti.

We enjoyed home cooked vegetarian Spinach Lasagna lunch at Sliding Rock Park lovingly cooked by Chandrika Patel and Amita Vora. After a lovely afternoon Masala tea we went for a nice walk around Horseshoe Lake in Williams. A specially catered Mexican menu feast for dinner was arranged by our Host Hema and Samir Patel at their Comfort Motel in Williams. They provided us with complementary motel rooms for overnight stay. The late evening was filled with spirited Antakswari and of course Playing Card games.

Few cold hardy souls hiked the hills in Williams on early morning of October 25. We visited Montezuma's Castle and Arcosanti on our return journey, stopping by in Flagstaff for a lunch of Falafal Pita Sandwich. On our return at RV Park, Delicious coffee, cookies and pastries were waiting for all the members, courtesy Shanti & Lalit Patel.

This was a memorable trip for Seniors, two days away from Phoenix and enjoying warm hospitality of Hema, Samir and of course master Prince Patel – our thanks to Chandrika and Jaswant Patel for suggesting this tour, making arrangements and being our guides.

Indubhai Turns 80!!

One of the Founding member of the Senior Group Indubhai Patel turned 80

on November 17th and is now in the Elite Senior category (80+) in company of Pushpaben Dave, Shantibhai Rajyaguru, and Himatlal Joshi and others. Indubhai's family members – Drs. Rajul and Harsana Patel, daughter Hemaxi from Chicago and other relatives Hema, Chandani, and Kashmira planned an elaborate menu and did the cooking at the Community Center showing their love for the loving patriarch of the family. His friends Arvind and Kusum Patel were on hand. His son Rajul, a practicing cardiologist was there to tell us the secrets of Indubhai's childhood story and other entertaining jokes to make all of laugh and proud of ourselves by the complements he offered! Everyone wished Indubhai the birthday wishes and healthy and happy life ahead. Indubhai also thanked everyone and especially his family and his son and daughter in law in particular who took care of him during any episode of sickness whole heartedly.

Navaratri Celebration: Senior Group celebrated Navaratri on Thursday November 10th at the Bharatiya Ekta Mandir. There were traditional Garbas and a festive lunch. Members of the Pargrav Group – Vibha Desai, Abha Desai, Narendra Shastri, Sugam Vora, Margi Hathi and Shyamsundar Brahbhatt were on hand as invited guests. Mandir hall was filled with music, laughter and chatter of talks with friends.

Lunch Sponsors: We extend our thanks to lunch sponsors during last few weeks – Indubhai Patel, Rasikbhai Patel, Suresha & Sevanti Shah, Lax and Hema Gogery, Tara Patel & Kishor Vyas.



FAMILY PRACTICE • INTERNAL MEDICINE • MUSCULAR THERAPY

EvF WE CARE!

EAST VALLEY FAMILY MEDICAL

Chandler 1343 N. Alma School Rd. Chandler, AZ 85224
Gilbert 201 W Guadalupe Rd Suite 200 Gilbert AZ 85233
Mesa 606 N. Country Club Rd. Mesa, AZ 85201

Physicals
 • Well Woman Exam
 • Well Child Exams
 • DOT & Sports CPE's

Shot-Free Allergy Testing
 • Our allergy drops have won raves with our patients.
 • Used for chronic allergies, skin conditions and Nasal & eye allergies

Primary Care
 • Minor & Major Illnesses
 • Chronic Disease Management
 • Diabetes Management
 • Hospital Follow Ups
 • Vaccines for Adults & Children
 • Minor Office Surgery

Mitchell Gold, M.D.
 Kathayini Komuru, M.D.
 Thang Nguyen, D.O.
 Manju Krishna Palai, M.D.
 Richard Smith, M.D.
 Kurt Steinke, D.O.
 Neha Maheshwari M.D.
 Ralph D'Silva M.D.
 Genevieve Smith, P.A.-C.
 Mark Triplett P.A.-C.
 David Kauffman P.A.-C.
 Rachel Gittler P.A.-C.
 Jim Lockett, L.M.T., C.B.T.
 Beena Patrick N.P.

Ph: 480-963-1853

Medicare AHCCCS
 Our Providers & Staff Also Speak

Se Habla Español

HINDI • PUNJABI • VIETNAMESE • TAMIL • TELUGU • URDU • GUJARATI • SPANISH • RUSSIAN

Phoenix Neurological Institute



Dr. Farrukh Qureshi
 Board Certified Neurology
 Board Certified Sleep Medicine



NEUROLOGICAL SERVICES

- Headaches/Migraines
- Epilepsy
- Dizziness
- Vertigo
- Memory Loss and More

SLEEP CENTER SERVICES

Sleep Consultations and Studies for:

- Sleep Apnea
- Sleep Insomnia
- Excessive Sleepiness
- And More

1343 N. Alma School Rd. Suite 125 Chandler, AZ 85224
 Phone 480.776.2982

606 N. Country Club Rd. Suite 5 Mesa, AZ 85201
 Fax 480.917.7309

Non-Surgical Treatment for Varicose & Spider Veins

Covered By Most Health Insurance



BEFORE **AFTER**

606 N Country Club Dr Suite: 4 Mesa, AZ 85201

Call Today for your Venous Screening Appointments
480-496-2655

K. Favata M.D.
 Dr. Kelli R. Favata M.D.

American College of PHLEBOLOGY

The VEIN INSTITUTE of PHOENIX

PHOENICIAN PAIN & REHABILITATION CENTER

SHIMUL B. SAHAI, M.D.

1343 N. Alma School Rd. Suite 125 Chandler, AZ 85224
 Phone: 480-398-1940

606 N. Country Club Rd. Ste 4 Mesa, AZ 85201
 Fax: 480-782-1453

PHOENICIAN PAIN USES MULTIPLE METHODS TO MANAGE YOUR PAIN!

We offer a full spectrum of care:

- Injections
- Physical Medicine
- Medication Management
- Rehabilitation Therapy
- Spine Medicine

Don't let your pain get the best of you!
 Schedule an appointment today!



Private and AHCCCS Insurance accepted
 Dr. Sahai is Board Certified in Pain Management and Physical Medicine & Rehabilitation

Real-estate sector in Arizona

Hello Friends,

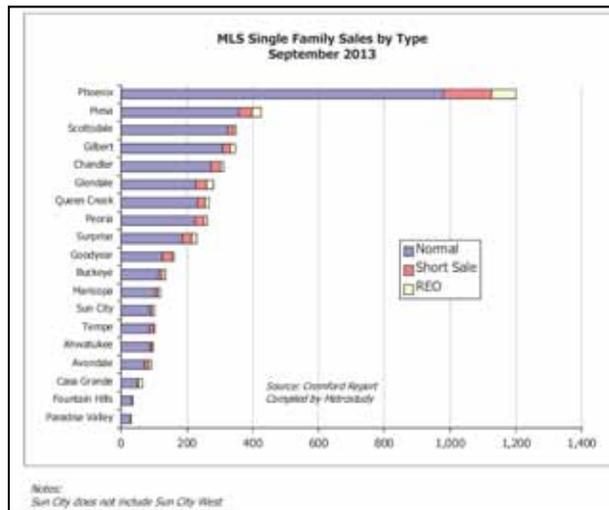
Wishing a Happy Diwali to all my readers. May this Diwali bring all the light and prosperity into your personal as well as professional lives.

We all have experienced the political drama for the last few weeks with the federal budget and debt ceiling impasse among law makers. Like everyone else, the valley real estate is seeing its share of the impact as well. The NAR warned Thursday about residual delays in programs as workers address issues caused by the 16-day lapse. Federal Housing Administration and Department of Housing and Urban Development employees returned to work Thursday but face a significant backlog in high-risk loans as well as reverse mortgages for seniors, Housing-Wire reports about 5 percent of FHA loans require manual underwriting by staff members. Seniors also may see longer waits for approvals or closing on reverse mortgages since the shutdown temporarily halted the Home Equity Conversion Mortgage program.

Mortgage rates moved higher leading up to the federal budget deadline this week, Freddie Mac reports in its latest mortgage market survey. Recent confidence measures depict some of the effects of the government shutdown and uncertainty of the budget impasse, says Freddie Mac's chief economist. Despite these downturns mortgage applications rose for the second consecutive week as of October 11th, elevated by increases in applications for refinancing.

Now lets look at the September sales of Residential Homes in Maricopa County –

- Total sales for single-family, Town-homes, Condos for September was 5,522 whereas August was 6,117 and July was 7,168
- The Active listings for September was 18,714 whereas August was 16,937 and July was 15,844
- Pending sales for September was 5,781 whereas August was 5,986 and July was 7,110
- Cash closing were 1,800 whereas conventional closings were 2,275 and FHA closings were 1,066. This indicates that investors are going away



and owner occupants are buying more.

Here are some statistics of single-family home listings for September –

Below is a comparison of average sales price for September 2013 against the previous year -

Lets take a look at Commercial side-

Dunbar Investments has purchased the industrial building at 3510 E. Atlanta Ave in Phoenix for \$2.15 million, or about \$71 per square feet. The 30,078-square-foot manufacturing property features 40-percent office build-out, four drive-in bays, 18-foot clear heights and 2,400-amp heavy power. It was built in 1983 on 2.2 acres in the S. Airport North of Roeser Industrial submarket.

MEI Properties LLC sold the 35,199-square-foot retail building located at 1375-1515 N. Litchfield Rd in Goodyear for \$4.8 million, approximately \$136 per square foot. Built in 2000 and situated on a 7.3-acre parcel, the building is anchored by Michael's. It is part of Palm Valley Pavilions East.

Corsaro Distributing Company acquired the Rose Garden Center retail building at 21041 N. Cave Creek Rd. in Phoenix for \$2.75 million, or about \$307 per square foot, its about 8,960-square-foot retail building.



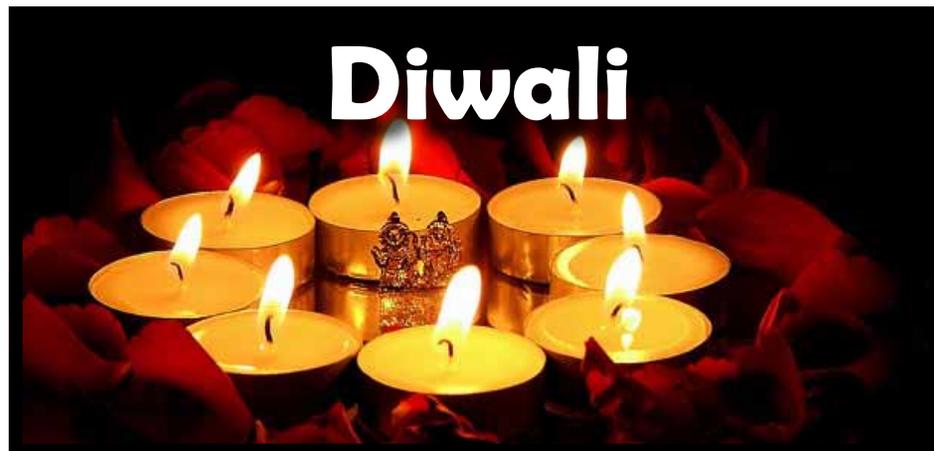
Wilson Parker Homes acquired 7.64 acres in Phoenix. The vacant land was sold for \$2.42 million, or about \$317,000 per acre. Builder plans to build 55 single-family homes at the site.

As always, would love to hear from you, thanks for your comments and please let me know if you have any questions, you can reach me at arti@artiiyer.com or 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 wall street journal, Armls, Cromford Report, Market watch, loopnet, Costar, Globest and BizJournal, Newgeni, Realtor.org, RBI.

The story of Diwali teaches us about bravery, morals and values, and boldness. There are many legends and tales on the history of Diwali. People in North India believe that Ramji saved Sita from the evil while living in the jungle for 14 years, and then returned home to claim the throne from his father. His journey home and the path that he led to his home was lit with candles and lights to welcome him home and celebrate his victory and his claim to the throne. After all, he did defeat the most evil being at the time. This tale signifies all of these traits. Ramji proved himself to the people of Hindu religion and his family in the most special way, out of which today we celebrate Diwali, or the Festival of Lights. In South India, people believe that it is the day that Lord Krishna defeated the evil Narakasura. In western India, the festival marks the day the Lord Vishnu sent the demon King Bali away from his world to another. All of the stories about the history of Diwali represent the idea of "good over evil" and allow us to celebrate our religion and what we believe in terms of



this grand and worldwide festival.

This story can teach us so many things and guide our lives in many ways, even today. It shows great examples of the significance of being bold and brave, and what it can bring you. The celebration of the Diwali is known as the "victory of good over evil" and refers to the light of awareness and higher knowledge. This awareness and awakening brings compassion and peace to everyone. Just as much as we celebrate our physical beings, Di-

wali allows us to celebrate our inner light. Diwali and its story teach honor for your loved ones and yourself, and brings a very proud feeling to Hindus and their religion. It also symbolizes the end of the harvest season in India.

On the day of Diwali, we light our homes with lights, candles, diyas, and brightness to welcome Goddess Lakshmi of wealth and prosperity, so her blessing can promise a good year ahead. In India, as far as anyone can see, no house, tree, or riverbank is

left without light and decoration for this festive celebration. Fireworks are done because the sound is believed to drive away evil spirits, and sweets and snacks are passed to all friends and family members as a means of celebration and love. The atmosphere on the day of the holiday includes exuberance and thrill, pervading through all the bodies that celebrate this auspicious holiday.

Diwali symbolizes three things overall, the beginning of the New Year, the end of the harvest season in India, and the festival of lights. It is the time for pooja and tradition and is the most celebrated Indian festival that is known to bring good luck, wealth, and happiness to families and their homes. There are various colorful and grandeur customs and traditions throughout the world, each one being unique and symbolic in many ways to serve as a thanks for the good things in peoples' lives, and the continuance of good in their lives.

Happy Diwali!

-Sammy Mallik



Us to u Party Rentals

P: 602-843-1118
P: 602-292-7945

| Call for more information



We Deliver & Setup For You

60 inch round tables, Folding Chairs (black/white)
Rectangular Tables (6ft/8ft), linens, overlays, heaters...

Wedding Setup - Dolli, Mundup Set, Swing Set, Horse
Decorations, Sofa Sets, Umbrellas, Backdrops, Band Costumes,
Silver/Gold Chivari Chairs...

2526 W. Morningside Dr. Phoenix, AZ 85023

India Garden Celebrating 1st year Anniversary



International Society for Krishna Consciousness
ISKCON PHOENIX-HARE KRISHNA TEMPLE

November 2013 Events



Founder Acarya His Divine Grace A.C. Bhaktivedanta Swami Prabhupada
100 S. Weber Dr., Chandler, AZ 85226, /Tel (480)705-4900 www.iskconphoenix.com or www.radhakrishnaphoenix.com

HAPPY DIWALI!

Also known as the festival of lights, we celebrate the return of Lord Ramacandra back to Ayodhya along with Sita Devi and Laxman



Diwali and Govardhan Puja celebrations

Sunday, November 3, 2013

November 13: Disappearance of
Gaura Kishore Dasa Babaji
11:00am – 1 :30pm

Govardhan Puja – Sunday, Nov. 3 – Program begins at 4:30pm

Come and join us as we celebrate Govardhan Puja and the lifting of Govardhan Hill by Lord Krishna to protect the residents of Vrindavana from Indra's wrath.

All devotees are welcome to make sweet offerings for the Annakoot. All preparations should be 100% vegetarian (no meat, fish, egg, onion, garlic, mushroom, gelatin). All offerings should be at the temple at 3:00pm.

November 24: HG Sunanda Prabhu

Sunanda Prabhu will be updating us on the Temple of Vedic Planetarium that is under construction in Mayapur as an offering to Srila Prabhupada on the occasion of ISKCON's 50th anniversary in 2016.

November 29 – 30: HG Guru Das Prabhu

Guru Das prabhu received initiation from Srila Prabhupada in 1966 and in 1968 he was one of six students who relocated from California to London to open a Krishna Bhakti temple, where he was eventually elected temple president and where he met "The Beatles", becoming close friends of John Lennon and George Harrison. Guru Das prabhu was part of "The Radha Krisna Temple" album. Guru Das prabhu continues his services to his spiritual master and is an author and lecturer.

KARTIK continues until November 17! Join us every evening at 6:30pm for Damodarastakam prayers and lamp offering. Mark your calendar: **EKADASI** Nov 13 and Nov 28. **Tulasi-Saligram Vivah Nov 17.** Music, Dance & Art Classes currently available and enrolling.

For more information please visit www.radhakrishnaphoenix.org Like us on Facebook  ISKCON of Phoenix

Yoga Classes for adults and Children every Saturday and Sunday 9:00 am to 10:00 am

Group Japa Chanting
Every Wednesday 7:00pm to 7:30pm

Bhagavad Gita Study
Every Tuesday 7:15pm to 8:15pm

Sunday Feast 4:30pm – 8:45pm / Sandhya Arati 5:00pm / Sayana Aarti 8:30pm

HAPPY DIWALI FROM



SAI GROCERY



INDO PAK SRI LANKA SPICES, DAL & MORE

PH: 480 855 0405

Fresh Vegetables arrive every Thursday



**Buy \$50
Worth Of Groceries
& Recieve a
1gm Bottle
Saffron FREE!**

We NOW ACCEPT EBT CARDS
TUESDAY-SUNDAY 11 AM-8PM MONDAY 3-8PM
950 E. PECOS RD. CHANDLER, AZ 85224
LOCATED BEHIND CVS

New India Bazaar

Come Visit Our Chaat Corner For Mouth Watering Chaats !! We Cater!!



602-712-0009

Email: myIndianstore@hotmail.com

Address: 2544 N. 7th St.

Phoenix, AZ 85006

Kitchen

Fresh Sugar Cane Juice
Veg. Combo
Non Veg. Combo
Fish/Chicken/Veg Pakora

10lb Basmati Rice
Sher Atta
Maggi Noodles
Parle G Cookies

Grocery

GURU PALACE

Authentic Indian Cuisine
Thank You for your Business

www.gurupalaceaz.com
480.558.9300 • 2048 E. Baseline Rd. • Mesa
(NE Corner Gilbert & Baseline • Behind Wells Fargo)

November 1 to November 30

20% Off Dinner Bill

exclude beverage & gratuity

\$2 off

*a max. value of \$4
Only dine in

November 1 to November 30



Waheguru Ji ka Khalsa! Waheguru Ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

NOVEMBER 2013 Programs & Events

16 Katik – 15 Maghar, 545 Nanakshahi Era (NE)

- Nov. 1 - 3 (Fri – Sun) – Akhand Path Choutha (4th) Ghalughara (1984)
In memory of over 30,000 Sikhs murdered in Delhi & other cities in India.
- Nov. 1 (Fri) – Birthday Mata Sahib Kaur Ji. (Actual: Nov 1, 1681)
7pm – 8:30pm
- Nov. 3 (Sun) – Bandi Chhor Divas (1619) and Diwali.
7pm - 8:30pm Deep Mala, Kirtan Darbar... (See separate flyer).
- Nov. 10 (Sun) – GurGaddi Sri Guru Granth Sahib Ji. (Actual: Nov 5, 1708)
Joti Jot Sri Guru Gobind Singh Ji. (Actual: Nov 7, 1708)
- Nov 15 - 17 (Fri - Sun) – Parkash Sri Guru Nanak Dev Ji (actual: Nov 17, 1469)
Akhand Path, Nagar Kirtan... (See separate flyer)
- Nov. 15 (Fri) – Birthday Bhagat Namdev Ji. (Actual: Nov 13, 1270)
Shaheedi Baba Deep Singh Ji. (Actual: Nov 13, 1757)
7pm – 8:30pm
- Nov. 16, Maghar 1 (Sat) – Sangrand & Monthly Sehj Path
9am – 10am.
- Nov 17 (Sun) – Homeless Dinner Seva. Call 602 741 8021 for more info.
- Nov. 22 - 24 (Fri – Sun) – Akhand Path for:
Shaheedi Sri Guru Tegh Bahadur Ji and along with Guru Ji,
Shaheedi Bhai Mati Das Ji, Bhai Sati Das Ji and Bhai Dyal Das Ji.
(Actual: Nov 24, 1675)
GurGaddi Sri Guru Gobind Singh Ji. (Actual: Nov 24, 1675)
No Punjabi School (Thanksgiving break)
- Nov. 29 (Fri) – Birthday Sahibzada Zorawar Singh Ji (Actual: Nov 28, 1696)



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!

NISHKAM SEVA GURDWARA SAHIB

& DR. JASBIR SINGH SAINI MEMORIAL HALL
4950 W Tonopah Drive, Glendale, AZ 85308. (NE corner of 51st Ave and Hwy 101)
Phone: 623-516-1413. WWW.NishkamSeva.org. NishkamSeva@Yahoo.com



Denim on denim trend makes a comeback

One of the hot new looks to play around with is the double denim look. Denim on denim is back, and its back with a vengeance.

In fact it's not just denim pants with a denim shirt that is making waves, now you can see all elements

of denim being worn and flaunted in all their glory. Denim bags, denim belts, denim scarves...they're all in and they're all yours to play around with.

The importance of denims in our daily life is largely under-stated. We live in our denims. Unless it's the summers, where we live in our shorts. Which will also preferably be denim. "I believe in experimenting with this trend. Add a bold pair of sneakers and a large handbag. Make the look yours and as personalized as it gets." Says Delhi based fashion designer Arlene Dutta. "For hot evenings you can opt for a cooler option like an unbuttoned denim shirt with a short, frilly denim skirt and a white or black inner. You can add a pop of colour to it by adding some statement accessories." She adds.

The denim on denim trend is fast defining the casual, edgy look. Its not only comfortable, it also has enough potential to blend into the sexy, suave bracket of style as well. The denim trend is extremely versatile. There are so many styles and shades and looks to choose from. The options are not only endless but also glamorous. A stunning pair of wedges and some sleek earrings will be the ideal look.

Break up the heaviness of the look with something light and feminine, like maybe a bracelet or a stylish pair of stilettos. Also wearing two contrasting colors is essential. A lighter hue with a bolder shade



would be ideal. Add a pair of beige wedges and you're good to go.

Just having a face that fits Prince Charming isn't enough. If you look like you just made the biggest wardrobe blunder of the year, it's time to sit up and get that error out of the way. Here are style no-nos that most men make and ought to avoid:

Too much shine: This one just doesn't cut it by any standards. We mean, why would you want to look like you've escaped from the disco? Shiny suits and iridescent trousers look crass and loud. If you wear it on an evening out it's one thing, but men who wear shiny material pants or shirts must revamp in favour of kinder fabrics like linen and cotton.

Wearing socks and sandals: OK, school-going lad you are not, so get rid of this look immediately. It's a major casual style offender as most guys have been doing this for years. Rule is: socks go with closed shoes and under trousers or chinos. Shorts worn with socks and sandals will only edge

Top fashion mistakes that men make



you into nerdville and drive away the ladies, so watch out! **Wrinkled clothes:** If you haven't had the time to iron out

that favourite shirt, wear something else. Resembling this morning's laundry basket is a huge blooper and just

shouts out that you're a disorganised, careless soul. Remember, a slob can never look cool. **Going overboard with neon:** Sure, bright orange and green may be in vogue and men sport the hues too. But if you have to showcase neon don't be an eyesore. Integrate the shade right in your wardrobe. Simply use a neon ties over a subtle shaded shirt, or if you are wearing a bright shirt, wear it with simple blue denim. A blazer and a shirt worn together in bright shades should be ruled out.

Wearing ripped jeans everywhere: Yes, the washed-out, ripped denim look might be cool, but it can't be worn on all occasions like some people deem it fit. It's not party wear, neither is it Saturday dressing, so do not wear it to work. The rockstar look is okay for a movie or on a casual date.

Add zing to your winter wardrobe

As the temperature gradually dips, emblazon your winter outfits with leopard prints and wear them with chic accessories, says an expert.

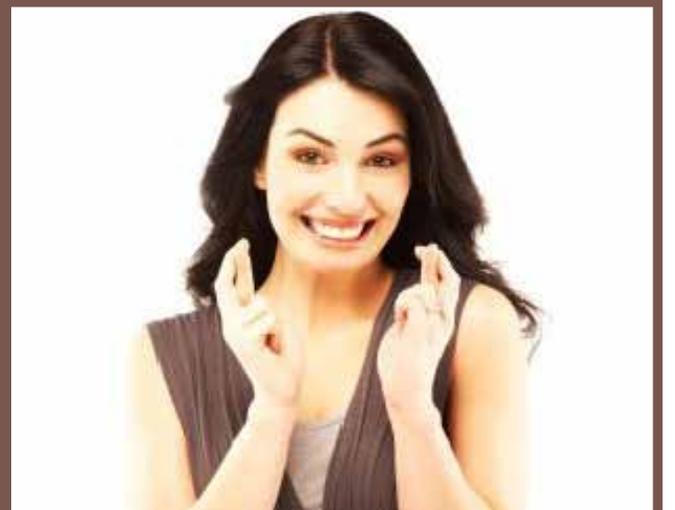
Nidhi Gupta, head of fashion brand BYSI India, says most women want clothes that make them look younger and slimmer, but styling should be enjoyable too.

"Pick different items and create your own look, then use the trends to enhance it. Not all items have to be in harmony when you're mixing and matching. In fact, the piece that seems out of place can be very chic," Gupta said in a statement.

"For instance, autumn and winter trends are usually in darker colours but you can add contrast by carrying a boldly coloured bag or patterned shoes for a more interesting and edgier look," she added.

BYSI's autumn-winter collection offers high-low dresses, silky cropped trousers, sheer cut-out blouses and peplum. Team up your outfits with luxury leather handbags, leopard print boots and platform pumps and shimmering ankle cuff heels.

There are print options like leopard and floral patterns in hues like black, chestnut, deep purple and emerald green.



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

MOM 新世界超级市场
MEKONG SUPERMARKET

66 S. Dobson Rd., Suite 132, Mesa AZ 85202

SPECIAL WEEKLY SALE

FRESH FRUITS & VEGETABLES

FRESH MEAT

Fresh & Live Sea Food

Great Prices



Promotional Item
Exclusive 10% Discount

480-833-0095

Open 7 Days: Monday - Sunday: 9AM - 9PM

MAIN ST. DOBSON RD.

Free
Entry,
Parking,
Workshops,
Parades

Variety of vendors
Food,
Dress,
Accessories,
Henna,
Businesses,
Thrift store,
and much more

India Association
with her sister organizations
presents
Discover India 2013
West of Western Ghats
New venue

On Nov 17th 2013
From 11:00am to 5:00 pm
At Scottsdale Civic Center

Invited Artistes'
Performances,
Workshops

Expecting more than
10K guests to come
indulge in this
India- style fall
bonanza.

www.iaphx.org



How does one develop interest in anything that is deemed necessary to be important?

Lets try to analyze and understand how and why 'interest' develops.

An interest or curiosity toward something can be as a result of the innate nature of an individual, or something that is developed as a result of having experienced something about it that leaves us wanting to know more about it. When we come across this particular kind of experience that stirs up the thoughts in our brains, we develop a curiosity to know more about it. It feels good to know about it, and also because there is a paradox surrounding it that leads us to explore more. When we are challenged with such a paradox, we are compelled to solve it as a challenge and eventually want the satisfaction of having decoded the answers by our own effort which finally leads to immense pride and accomplishment.

This might be true for some of us, but for many of us, this curiosity

Churning Minds



and interest might take a backseat, for it is taxing on our brains to think about something, ask questions before arriving at the curiosity junction. It might seem like a waste of time, dealing with something that's already been dealt with and ex-

plored, and also something which has very little impact on our daily lives, even if we were to be curious enough to explore it.

One important thing to notice here from such people's perspective is the 'What's in it for me?'

question. According to them, this curiosity is worth developing, if it can turn out to be a lucrative venture, or if it pays off as something worth living off of.

But for the person who is doing well at present and already bogged down with so many responsibilities ,why even worry about being curious enough about something?

If many of us think in this way, I guess its high time to start thinking in other ways that best express this, like, even though I know that being curious about a particular thing would not help me in terms of supplementing my already abundant knowledge, monetary gains, or my status quo, it certainly provides me an opportunity to develop my level of interest as a habit that I need to show in anything that might be of great use to me! The goal here is to just make use of opportunities to hone and develop the utmost divine quality of 'Interest' itself, which forms the key to enjoying all the activities that we do.

-Deepa Badrinath

deepa_badrinath@yahoo.co.uk

Elizabeth Chatham  Davis Miles
McGuire Gardner

**Proven Immigration Expertise,
Personal Client Service**

We provide high quality, personalized and cost effective immigration services for individual, corporate, and nonprofit client.

Elizabeth Chatham
echatham@davismiles.com
T: 480-733-6800 | F:480-733-3748
80 E. Rio Salado Parkway, Suite 401
Tempe, AZ 85281 <http://www.davismiles.com/>

Unlimited International Calls!
☐ Only \$9.99* per month!!
High Speed Internet!
\$19.99/month No Contract!

*Plus taxes

 **Fontera**
The best in Telecommunications!

602-730-6510

 **AASHIAN TRAVEL**
WE NEVER FORGET OUR CUSTOMERS

ਸਸਤੀਆਂ ਹਵਾਈ ਟਿਕਟਾਂ ਲਈ ਕਾਲ ਕਰੋ॥
**We Deal with all Airlines
Cheap Airline Tickets**

We deal with VISAS
China, Thailand, Brazil, Canada Pakistan, UK, EU and South America

Wholesale Airline Tickets to the World!
Last Minute domestic tickets available.WE

Special fares to:
* India
* Asia
* Africa
* Europe
* Middle East
* Australia
* Pakistan

We Specialize In:
* airline Tickets
* Vacation Packages
* Hotel Bookings
* Cruises
* Visas

Indian Passport Renewal - Visa Application & more
Please contact SURINDER SINGH for additional information
cell: 602-299-1288 Office:602-283-3557 fax:602-254-9985
Address: 2314 N Richland St. Phoenix, AZ 85006
Email: surinderaashiantravel@gmail.com

NK Signs: 861-978-7319

Western-Born Desi Children: Arranged or Assisted Marriage

With each passing day, the material affluence of South Asian immigrants keeps on climbing higher and higher on the ladder of success. At the same time, their level of frustration about when and with whom their Western-born children will ultimately tie the knot also seems to be spiraling upward. This topic is certainly not new and the issue is well-known. Not only has much been printed about the matter in newspapers, magazines, and books but a number of T.V. shows and movies have also highlighted the issue. The conflict is obvious within several households of the South Asian diaspora. Whether they openly agree with this or not, is altogether another matter.

The majority of diaspora children consider themselves to be well prepared to find suitable matches on their own without help from their parents. Having no love lost for their parents' decisions in other matters, these marriage-able children usually wish that their parents would stay on the sidelines and not trouble them by interfering in their plans. Western-born children carry the belief that "It is our life; it is therefore, for us to decide who to marry." True, but this philosophy may end up completely ignoring relevant inputs from their parents about one of the most crucial decisions of their lives. They are usually passing through a time period of life when the hormones are raging at full speed and decision making mechanism may not be optimum.

These children may also feel that their parents, having been transplanted from the old world, are still likely to carry their previous baggage of old-fashioned views in suggesting an "arranged marriage." The Western children view such arrangements as a carryover from India's yesteryears and a means for their parents to further impose their choice upon them. But unfortunately today's youth fails to comprehend one fundamental fact that culture is an ongoing process and not a static one. The world, including India, is changing dramatically and so are the customs such as "arranged marriages." The modern day "arranged marriage," whether here or in India, is not the same what it used to be decades ago with its negative connotations. Without insight into the current modified version of "arranged marriage," Indian children whether born here or there, tend to blindly look down upon any suggestion from their parents in this regard.

The system of "arranged marriage" as it is practiced today in India and sometimes even here is such that parents try to use it as an initial conduit in the match-making for their children. In fact such marriages could more easily be termed as an "assisted

marriages." Through this arrangement, a marriage-able individual is introduced to another person of the opposite sex from a compatible family with the approval and under the auspices of the respective parents. Involvement of the families becomes essential and in fact, is a must, for a marriage in the Indian context is not only a union of a boy and a girl but also an attempt to permanently align two different sets of families that sometimes may have completely disparate cultural backgrounds. Eastern parents, being what they are, attempt to sort out compatibilities, similarities, and dissimilarities between the prospective couple, as well as their families, based upon their lifelong experiences. The ultimate decision, of course, rests with the concerned individuals. This could be considered akin to an Internet dating Website, the only difference being that the site happens to be run by the parents.

It has been the experience of many diaspora members in the Western world that some of the young Indian men and women also encounter many difficulties in finding appropriate life companions. Fragmentation brought about by the divisions among the Indian diaspora based upon religions and sub-religions, castes, cultures, and families' geographic origins cuts down the available pool of prospective candidates. Add to this the obvious dichotomy between the culture practiced within the four walls of an immigrant's home which, at times, may be hundred percent Indian as opposed to the culture outside the home. Furthermore, in case of a Keshadhari Sikh boy looking for a suitable match; the quest is akin to finding a needle in a haystack, for simply the way wind is blowing many marriage-able Sikh girls are actively opposed to accepting a proposal from a turbaned Sikh boy.

Western born Indian girls encounter additional negative dimensions to the hurdles enumerated above. We often talk of "equality" between the sexes with almost each breath, yet somehow the so-called "equality" seems not to translate into a true practical reality still. While indigenous Western females and their peers do enjoy full liberty to go out and shop around for a match, cultural boundaries and religious inhibitions often do not allow the diaspora parents to let their daughters do the same in choosing their princes. Meanwhile, the flawed attitude of some diaspora parents may truly come to light through these kinds of advertisements, "Wanted a highly talented, well-educated yet homely, thin, slim, and fair-complexioned girl in her early twenties for their marriage-able son." Such advertisements certainly do not help the marriage potentials of many girls waiting in line.

They ignore the fundamental fact that our limitless gods and goddesses didn't create every young Indian woman in the same stringent criteria that has been laid down by many parents of young Indian subcontinent boys.

It is inevitable that some young Western-born girls of South-Asian descent, born and raised in Western world, having no luck in finding what could be considered "a suitable match," or sometimes even intentionally, may decide to cross cultural, religious and racial boundaries to find a mate. In doing so, they may end up going against the wishes of their parents who might still be stuck in their cultural cocoons. Such interracial and intercultural couples initially find that everything is hunky dory and their marriages are successful. And, indeed for many, it may well be. But as time passes, unfortunately fissures and hurdles start appearing in some of these unions. Either the couple decides to ignore the difficulties, for love, as they say, is usually blind or else intentionally avoids to heed the advice of those who had earlier been through that route.

Now, if such a union were to be called a failure, it is the culture of the parents that failed the girl, not the girl who failed the culture. Whether it is a fault or no, this situation further adds to the frustration of immigrant parents.

Meanwhile some young girls of immigrant parents may end up crossing the traditional marriage age without finding a husband while hoping that a magic wand will take care of their requirements. Nothing happens and life keeps on passing by them, at times, much against their liking. Yet the question still remains, as to what can a poor soul do under the circumstances except to keep on searching for a compatible companion?

The Eastern culture doesn't offer many options. Daughters, especially the older single women, don't seem to matter as much in the eyes of Indian society and are usually brushed aside. More male Indian children than females end up marrying outside of their clans, cultures, and race, because the world being what it is, alternate avenues to find a match for dominant sex are relatively easier.

While parents may not agree with the choice, the resistance offered to a son is not as strong as that to a daughter and for several reasons. A son is more willing to stand up to his parents, plus the lineage of the family tree in Eastern culture is believed to be propagated by a son and not a daughter. A daughter on the other hand doesn't seem to matter much in the eyes of Indian society and therefore, is easily brushed aside.

Whether one likes it or not, among



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

many Eastern parents this cultural artifact where the sons are perceived to be the security blankets in the waning years, still keeps on surviving and is not going to change any time soon. This is despite the fact that the world is changing rapidly and with each rotation of the earth, such perceptions are regularly crushed down as reality sets in. It is much akin to a dream that dissipates as soon as the eyes open with the first ray of the sun. In Western culture, it is the daughter who finally bites the bullet to help her elderly parents in their rainy days. Daughters, rather than the sons, are the ones who keep on running around and take their parents to doctors' appointments, provide help with chores, and keep the households of elderly parents running.

In contrast to the children of the diaspora, most of the young boys and girls of Western extract start having girlfriends and boyfriends while still in high school. As they advance in age, some may tie knots with their high school sweethearts in their early twenties and sometimes even earlier. For those who don't or can't, the option of pre-marital sex is not an absolute taboo, for it is not a major issue in the Western culture or in their scheme of things. As a result, some experimentation in this regard keeps on taking place. On the other hand, Indian subcontinent immigrant parents often find themselves at crossroads with their children given their long-held religious and cultural orientation against allowing sexual freedom, especially for adult unmarried daughters. They end up projecting their strongly held views upon their children and perhaps for the right reasons but which may be at variance with those of younger generation.

Having an open mind about "assisted marriages" and listening to the life experiences of parents is crucial for young men and women in order to find suitable matches even though such marriages may be falsely perceived to be under the unfortunate domain of "arranged marriages." Parents also need to understand that given the modern culture and our surroundings, their advice perhaps will not be and shouldn't be binding. They might be better off to limit themselves only to what is being asked for; no more, no less.

*Author of 1. "Square Pegs, Round Holes" www.SquarePegsRoundHolesBook.com and 2. "Sikhism: Points to Ponder; Perspectives of a Sikh Living Abroad," as well as a recently published masterpiece about the cross-cultural dilemma of Indian subcontinent diaspora, 3. "One Coin, Two Sides,".

***Wishing you all a very Happy Diwali and
Prosperous New Year***

ARTI IYER
ABR, PIC, CFS, CSSN
Associate Broker
R.O.I. Properties



Tel:- 480.242.8573

Email:- arti@artiiyer.com

Web:- www.artiiyer.com

***Residential- Resale, New Homes, Commercial,
Industrial, Rentals and Investment properties***

Serving the valley from past 8 years



Mul Mantra is an unique gift to this planet from Guru Nanak Dev Ji. Please accept my little present in the form of translation and simple explanation of these divine words from guru ji. These words can connect our soul with absolute divinity.

Mul mantra is a matter to understand, to discuss, and to realize as it is the first verse of Shri Guru Granth Sahib Ji (Sikh sacred scripture) and Jap Sahib Ji.

The first words of Mul mantar are:

Ik ong kaar: God is one, only one, the one, and absolute.

Sat naam: His image is reality of the truth.

Karathaa Purakh: He is the creator of the universe, life of every life, the soul of every soul, and doer of all.

Nirabhauo: He is without fear.

Niravair: He has no enemy, no hate, and no challengers.

Akaal Moorath: He is immortal (beyond the cycle of death)

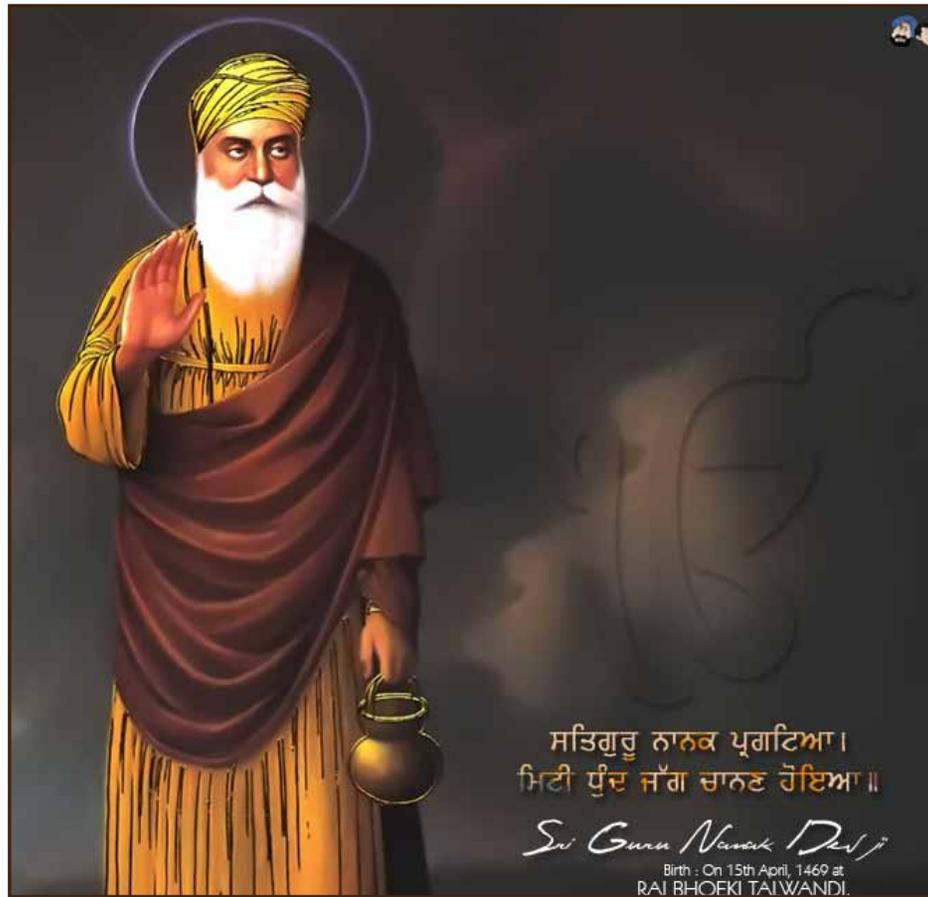
Ajoonee: He is beyond Birth and beyond form.

Saibhang: He is Self-illuminated. His image is his desire. The entire creation is his desire and his image.

Gurprasaadh: Without divine grace, divine experience is impossible.

People can say why do we need to learn the Mul Mantra, because it's a

Mul Mantar



it necessary to think about it. It's very common.

When we think Mul Mantra is very common it's a big mistake. The reason being, Mul Mantra doesn't belong to any organized religion. This is a definition of god; absolute truth (divinity).

What is the importance of Mul Mantra in the human life?

Repetition of the Mul mantra is the first step of the spiritual life in recognizing God as Paramatma (The supreme Soul). This is a key to divine temple. Meditation on the Mul mantra attempts to open that sacred temple where our mind connects with our own soul to become able to recognize that our own soul is that divine temple.

My friends, if you would like to enjoy the spiritual way of life and try to understand the purpose of life, and become a real human; and to serve the humanity without discrimination and duality, please adopt the Mul mantra in your daily practice.

It will give you vision of divinity to see that every soul is a part of the divine; and the divine is the life of every soul.

God bless you with divine grace.



- Harbhajan Singh Sandhu

part of every Sikh congregation. Many young children remember it, so why is





MEAT DEPARTMENT

"MASALA READY MEATS"
CHICKEN TIRKA, CHIKEN KEEMA-MASALA, SEEKH KABOBS, HAMBURGER PATTIES, KOFTAS \$3.99/LB

FRESH GOAT MEAT	\$4.89/LB
CHICKEN QUATER	\$0.99/LB
BEEF STEAKS	\$4.59/LB

2Locations Same Ownership

Phoenix	Chandler
1638 N.40th Street Phoenix, AZ 85008 Tel:(602) 220 9205 Fax:(602) 220 9206	30 W Galveston St Chandler, AZ 85225 Tel:(480)7860543 Fax:(480)7266484

Grocery Department



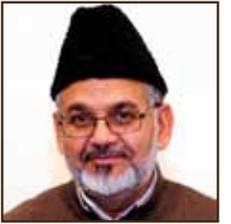


RESTAURANT

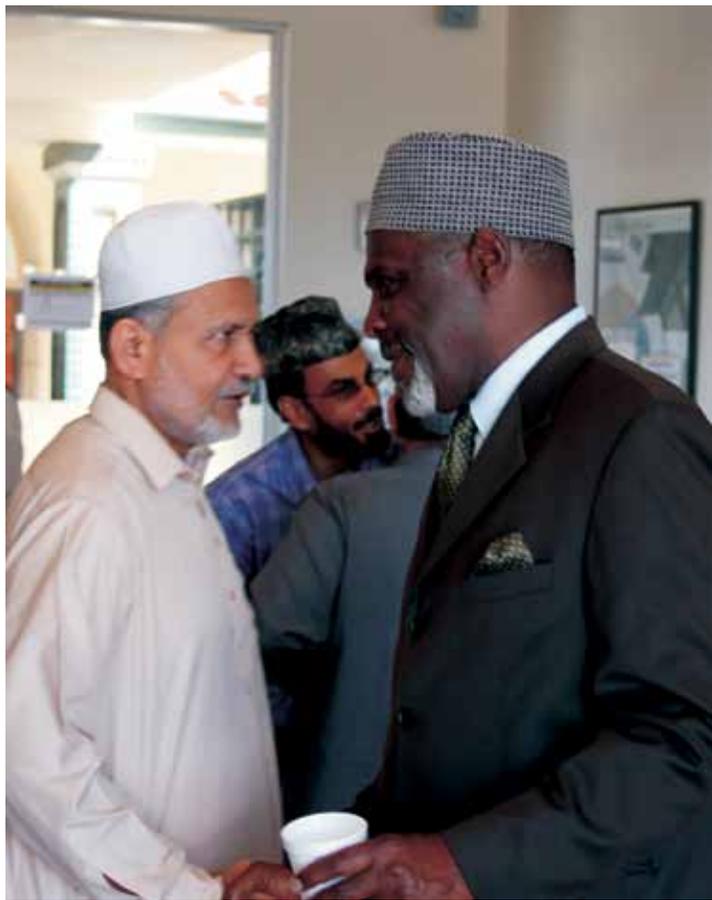
HAPALI KABOBS	\$12.99/DO
SHAMI KABOBS	\$14.99/DO
LARGE PARTY TRAY (FOR 30-35 PPL)	\$75 ONLY
SMALL PARTY TRAY (FOR 15-25 PPL)	\$40 ONLY

FOR GOAT -ADD \$10

Abraham remembered at Hajj festival at Ahmadiyya Mosque in Chino



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



ers: they are humble, filled with awe at the mention of God, they endure trials with patience and steadfastness, and do not let such trials keep them from observing their daily prayers, and in gratitude to God, they give in charity and spend in the cause of God from the wealth and bounties He has provided for them.

The Eid commemorating the Pilgrimage teaches Muslims to strive to become righteous and love God above all else. "If God is not the center of our lives, then our lives are meaningless." Imam Shamshad reminded the Eid attendees. "We should love God more than any worldly thing or person. Abraham, Ishmael and Hagar [Abraham's 2nd wife] all demonstrated their love for God by having full faith in God and showing complete obedience to Him, even when they were tested severely."

The Imam continued by saying, "Obedience to God is fundamental to our spiritual success because it is the foundation on which other forms of obedience are learned. Obedience to God by following His commandments teaches men how to be the best sons, husbands and fathers, and it teaches women how to be the best sisters, wives and mothers. All these roles are necessary for a moral society and a good family life. And being obedient to God above all else helps ensure that our family and society are righteous and pleasing to God."

=====

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

Eid-ul Adhia, the Muslim festival commemorating the end of Hajj, the annual pilgrimage to Mecca, was held Wed., Oct. 16th from 10:00 am to noon at the Ahmadiyya Muslim Community's Baitul Hameed Mosque in Chino. An estimated 800 Ahmadi Muslim men, women and children from all over the Southland and San Diego attended the Eid prayer and sermon by Imam Shamshad Nasir.

The Hajj is a 1400-year-old Islamic rite of pilgrimage to the Holy Ka'aba in Mecca that commemorates the sacrifice offered by Abraham in obedience to God. Over 3-million Muslims performed the pilgrimage to Mecca this year.

According to Islamic teachings, the sacrifice of an animal is done in honor and remembrance of the sacrifice Abraham was willing to make when God commanded him -- as a test of his faith and obedience -- to sacrifice his first-born son, Ishmael. But just as Abraham was about to do as God had shown him in a dream, God stopped him and replaced his son with an animal.

The Imam's sermon focused on the example of Abraham's complete obedience to God, and how this can be translated into our daily lives. Children, especially, need to understand the value and importance of obedience to their parents as a reflection of obedi-

ence to God, which will be required of them as they grow older.

Imam Shamshad recited from verses 28, 35 and 36 of chapter 22 in the Quran called The Hajj: "Proclaim unto men the pilgrimage. . ." The Imam pointed out that this first sentence of verse 28 tells Muslims to make the Hajj known to all people as a means of inviting them to Islam through curiosity, awareness and interest in this sacred ritual of Islam founded on the sacrifice and obedience of Abraham. It is also significant that every year virtually all news media throughout the world report on the events of the Hajj.

Imam Shamshad drew attention to the qualities expected of true believ-



November 2013						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Jet AZ Prajna Classes Krrish 3 @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 9:30 PM) Krrish 3 @ UltraStar Cinemas UltraLuxe Scottsdale - Hindi Movie (Starts @ 10:00 PM)	2 *Jet AZ Prajna Classes *Deepavali Celebration at SVK Temple *Mind & Meditation Free Seminar @ Desert Broom Library *Telugu Association Diwali Celebrations *Krrish 3 @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 9:30 PM) *Krrish 3 @ UltraStar Cinemas UltraLuxe Scottsdale - Hindi Movie (Starts @ 10:00 PM)
3 Krrish 3 @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 7:30 PM)	4	5	6	7	8	9 Art of Meditation @ Arizona State University
10 Discover India - community meetings Bollywood workout session TAAL	11	12	13	14 Making Life a Celebration (The Art of Living Course)	15	16 Diwali Ball @ Tempe Center For The Arts Art of Meditation
17 *Discover India **"Bollywood workout session TAAL" * Deepavali TAMIL SANGAM Celebrations @ Chandler Center for the Arts	18	19	20	21	22	23 Magic of Arizona @ Mesa Arts Center
24 "Bollywood workout session TAAL" Annual Hujjaj Dinner 2013 @ Chandler Community Center	25	26	27	28	29 Kannada Sangha of Arizona Silver Jubilee Celebrations @ Higley Center for the Performing Arts	30

AZ **india**

CLASSIFIEDS

MOVIES

ARTICLES

azindia.com
a-z of desi community

ANNOUNCEMENTS

EVENTS

YELLOWPAGES

FOR Details Advertisements Enquiries
Email: info@azindia.com

AZ **india**

"Courtesy of www.azindia.com"

Recognition will be yours if you meet your deadline. You may not be that popular at home but you should be able to shine at social gatherings. Take time to do something nice for yourself. Stomach problems could prevail if you haven't been watching your diet. Your luckiest events this month will occur on a Wednesday.

ARIES



Mar 21
to
Apr 20

Don't spend more than is necessary on travel or friends. Be sure to take care of the needs of youngsters. Look into some form of physical recreation. Your attitude is changing rapidly and your plate is overloaded. Your luckiest events this month will occur on a Tuesday.

TAURUS



April 21
to
May 20

Romance may be likely if you travel. Unforeseen changes in your location are apparent. Put your energy into learning new skills or picking up valuable information. Pleasure trips will be most enjoyable if you take them with that special person in your life. Your luckiest events this month will occur on a Tuesday.

GEMINI



May 21
to
June 21

Look into intellectual and physical games that will test your abilities. Organize all the responsibilities that have to be attended to and make sure everyone knows what to do. Ignore colleagues who appear to be going in circles. Take time to help children with projects that may be too hard for them to do on their own. Your luckiest events this month will occur on a Friday.

CANCER



Jun 22
to
Jul 22

You can visit clients and make a big impression just by giving them some hands-on help. Problems with colleagues are likely. You can make some favorable changes to your looks. Don't let criticism upset you. Hassles will delay your plans. Your luckiest events this month will occur on a Tuesday.

LEO



Jul 23
to
Aug 23

Make money using your ingenuity and creative talent. Invite friends over rather than spending money on lavish entertainment. Your passionate nature may make you jealous if your mate has been too busy to take care of your needs. You will have excellent ideas and you should be able to help your partner get ahead. Your luckiest events this month will occur on a Wednesday.

VIRGO



Aug 24
to
Sep 23

You can expect to have a problem with your lover. Don't put off the things that they have asked you to do. New hair, new outfit, new you. Be aware that a female you work with may be trying to hold you back. Be honest in your communication and don't lose your cool if someone backs you into a corner. Your luckiest events this month will occur on a Wednesday.

LIBRA



Sep 24
to
Oct 23

Take care of any pressing health problems. Your intellectual charm will entice mates who have common interests. Be cautious while traveling to foreign countries. You will be full of energy and you need to find something constructive to do. Your luckiest events this month will occur on a Tuesday.

SCORPIO



Oct 24
to
Nov 22

Some time spent with that special someone should be your intent. You may think gifts will win their heart, but it could add stress from lack of funds. Your mate may be distressed if you refuse to make a commitment. Get proper medical attention and confront your situation decisively. Your luckiest events this month will occur on a Friday.

SAGITTARIUS



Nov 23
to
Dec 21

You can make headway if you share your intentions with someone you care about. You will be able to dazzle others with your obvious charm and your outgoing nature. Be sure to organize events that will keep the children busy. If you can, try to work out of your home this month. Your luckiest events this month will occur on a Thursday.

CAPRICORN



Dec 22
to
Jan 21

You could receive recognition for a job well done. You will not be pleased with family members who try to put demands on you when you just don't have the time. Uncertainties regarding your love life will surface if you have neglected your mate. Difficulties may be encountered while traveling in foreign countries. Your luckiest events this month will occur on a Thursday.

AQUARIUS



Jan 22
to
Feb 19

You will have a childlike approach this month, big hearted and full of spunk. A trip to visit relatives should be rewarding. You should get out and meet new people this month. Your best efforts will come through hard work. Your luckiest events this month will occur on a Saturday.

PISCES



Feb 20
to
Mar 20

Buy It, and They Will Come: How Land Grows People

I recently had the privilege of meeting Judd Herberger, a family name that is well known in all of Arizona. While I had attended performances at the Herberger Theater in downtown Phoenix on numerous occasions and heard their name around town, I was unfamiliar with their business. The story Judd told me about how his parents began buying remote Arizona land deeply resonated with me, since our family's business follows a similar model.

In the 1940s Kax and Bob Herberger, Judd's parents, were drawn to the small but growing town of Phoenix, its distinct scenery, its people and culture. During this time they began buying desert land in Phoenix, a few acres at a time, eventually becoming the largest landowner in Arizona.

I was surprised to learn about all the criticism and doubt the Herbergers faced in their decision to buy land in Arizona. Bob's father incredulously asked him, "Why are you buying that worthless land? What can you possibly grow out there?"

"People," Bob replied. "Someday that land is going to grow people."

When Kax and Bob Herberger moved to Phoenix in 1949 the population of Arizona was approaching 750,000, with almost half of those living in Maricopa County where Phoenix is located. Over the course of the next 50 years, the population of Phoenix and the state would grow exponentially. In 2000, the U.S. Census registered the state's population at five million, with more than three million living in Maricopa County itself.

Just as Bob Herberger had pre-



dicted, the value of the land they purchased, had skyrocketed as residents and visitors flocked to Phoenix and Scottsdale. The largest piece of land the Herbergers had purchased was a 760-acre tract located between Scottsdale Road and 64th Street and north of Thunderbird Road in Scottsdale. That area is now a resort community named Kierland, Kax's maiden name.

Today, Kierland Commons feature single-family residences, apartments and offices, as well as dining and retail establishments at the Kierland Commons main street shopping area. In 2002, the Westin Kierland Resort & Spa opened with the 27-hole Kierland Golf Club. The area is positioned for future growth and is a testament to the Herberger's vision.

This story resonated with me since our company purchases raw land in Arizona in areas in which currently have little to no development. Similar to the criticism the Herbergers received years

ago by well-meaning family members, my father has received criticism and skepticism from friends and family questioning his decision to invest so heavily in an area that is so remote.

Just like Bob Herberger, my father also believes that someday the land that we buy will grow people, too. As the population of Phoenix grows, the areas we invest in will also grow. There is a common misconception that there is an abundance of raw land in Arizona. The reality is only about 17 percent of all land in Arizona is private; the rest belongs to various government agencies. This means the portion of land suitable for development is already small and continues to shrink. As the population grows, homebuilders, developers, and other investors will eventually start buying raw land.

Here is an example. We own a residential subdivision called Sonora Ridge Estates, a custom, one-acre lot community located along the base

of the White Tank Mountains west of downtown Phoenix. Sonora Ridge Estates is a gated community with gorgeous mountain views. We purchased the land in 1995. At the time there was absolutely nothing out there except some rabbits, scorpions, and the occasional snake. The closest development was nearly an hour away.

Confident this area would eventually grow people, we brought water infrastructure to portions of the site. During the peak of the market these lots were selling for 20,000 percent over what we had paid for them in 1995. Currently, there are several luxury houses that have been developed in the community. Some predict this area may one day be the premiere area to live in Phoenix, much like Kierland became the fashionable area to live years after the Herbergers bought that land.

Growing up in Phoenix, I have a deep love for this city. There is so much charm in its natural beauty, the history, and the people. As time passes I believe more and more people will migrate here and make Arizona their home. We are making the decision to invest in the growth of this city, and believe one day this will benefit the metropolitan area in a positive way.

In other words, buy it, and they will come.

Follow Anita Verma-Lallian on Twitter: www.twitter.com/anitav1777



Land-Grabbing Doctors:

Phoenix Physicians Buying up Raw Desert Land

Land Broker sees \$10 million in sales in 2013 from doctor purchases

(Phoenix, Ariz.) – An apple a day may keep the doctor away, but rock bottom price deals on Arizona raw desert land sure is not.

Landowners in the Phoenix Valley are seeing a trend where physicians are purchasing raw desert land as an investment. Also attractive for physicians is the fact that raw land is user-friendly, meaning there is no upkeep to worry about. The value of the land appreciates on its own. Along with getting a capital gain tax treatment, 2013 is shaping up to be a good year for land buyers in finding bargain basement prices while diversifying investment portfolios.

"I've done more than \$10 million in sales just to physicians alone so far this year," said Joe Dodani, a certified land sales expert and Associate Broker with eXp Realty. "We currently have more than \$1 million in escrow alone from the same group of doc-

tors. So far we have sold more than 40 properties to physicians."

Dodani added that residential homes are at 78 percent of their peak value before the recession, while residential lots are at 65 percent of peak value. Compare that to raw land, which is just 10 to 15 percent of peak value.

Adding to the trend is the fact that only 17 percent of land in Arizona is private and available for sale.

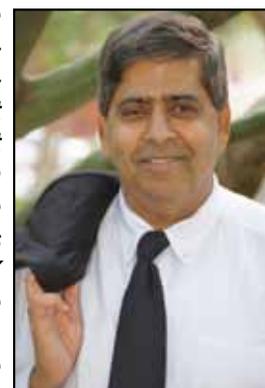
"It just makes good business sense to buy raw desert property now because the price of raw land is bringing the best rate of return," Dodani said. "We are now experiencing a return to the housing market in the Phoenix metropolitan area. I believe within two years housing prices will be back to 2006 levels. Prices for raw land are following the same

trend, with couple of years of lag time."

###

Joe Dodani, Associate Broker – eXp Realty

Joe is referred to as the "Land Guru." He is also Certified Land Sales Specialist. He has sold a significant amount of land in the west valley in last 12 months. In 2005, Joe was ranked in the top 100 out of 75,000 agents worldwide with the RE/MAX organization. He has done over 200 land transactions, totaling over \$50M. Joe was awarded the prestigious Chairman's and President's awards in 2005.



Film Review **Amour** - inspiring, tragic story

This French movie released in India under the PVR Director's Rare banner with English subtitles is a work of art. Its ambiguous title, "love" is as coherent as the emotion itself.

Film Review
Amour; Cast: Jean-Louis Trintignant, Emmanuelle Riva; Director: Michael Haneke; Rating: ****

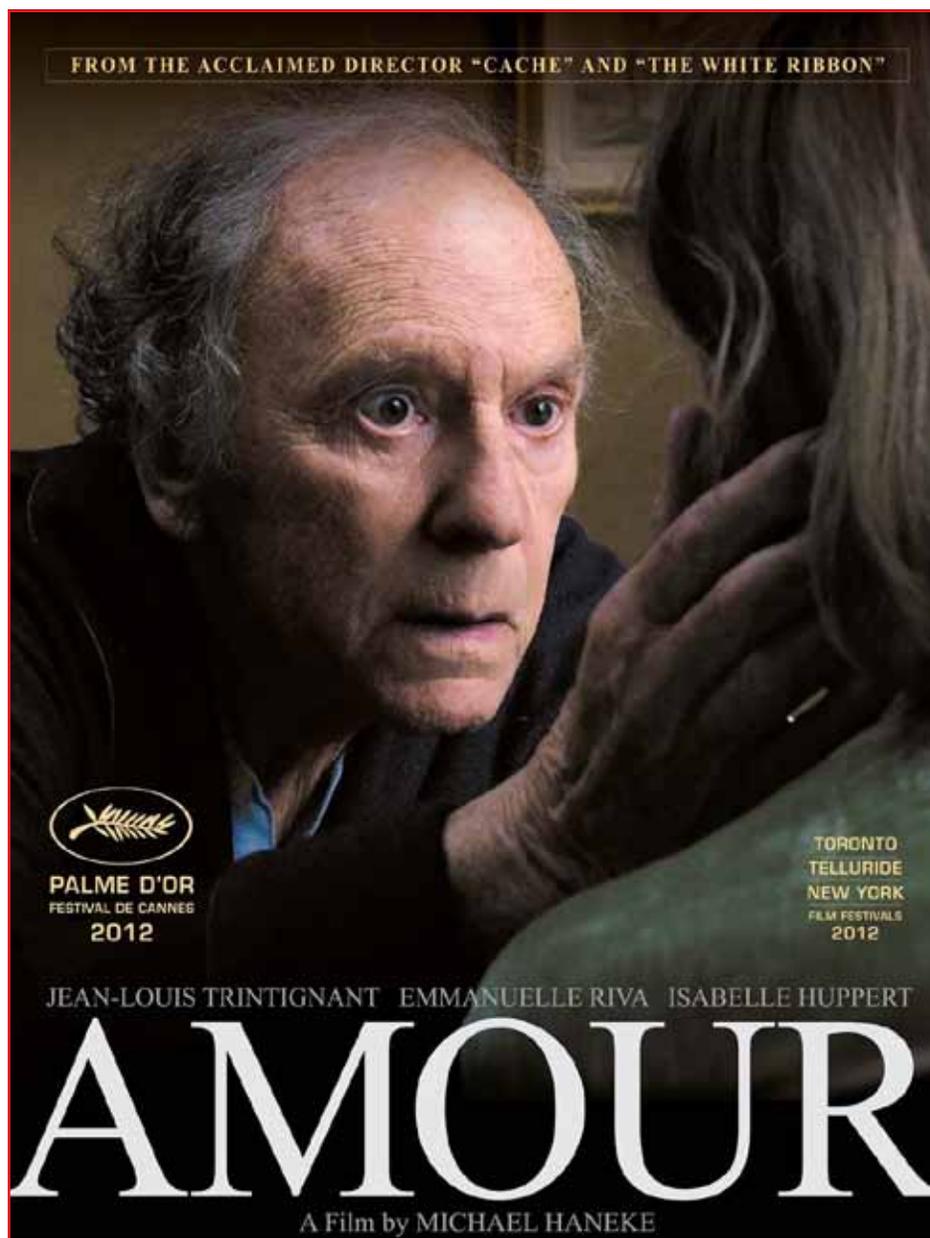
Staged in a non-linear narrative, Michael Haneke's "Amour" is an inspiring, upsetting and tragic story that delicately portrays the intimate lives of an elderly couple Georges (Jean-Louis Trintignant) and Anne (Emmanuelle Riva).

Both music teachers with a passion for fineness and all things classy, they live in their insulated world rarely stepping outside their elegant apartment, where the walls are adorned with bookshelves, elegantly framed images from family histories and fine paintings of landscapes. The place and its occupants are suggestive of culture and good taste in life.

One day while having breakfast, their world turns topsy turvy. Anne suddenly blanks out and George is caught by surprise. Initially he thinks it's a joke, but then reality hits him. They have a problem at hand.

Soon they face some of love's greatest hardships, where they have to cope with the dependence; inconvenience and vulnerability of old age.

The film shows how George



struggles to keep up with Anne's many needs and she slips further into depression and poor health.

Her behaviour towards her husband is less than inspiring. She is rarely shown giving any appreciation for

his assistance, while his affection for her does not give her any motivation to struggle or stay alive. The film, as simple as it seems, actually deals with some very serious issues. It throws up some uncomfortable questions, especially during its closing moments.

By itself, the film may not teach you anything about life or love. It may not even lead you to any grand epiphanies or revelations, but it does take you through a journey where you could experience scenarios, which mere speculations cannot equal.

The performances from Trintignant and Riva are second to none. While, Trintignant as the tortured old George with rapidly fading temperament and emotions plays the character with as much dignity and resolve as possible, Riva gives an equally remarkable performance. She portrays the lovely and sophisticate Anne who is slowly rotting mentally. Director Haneke is an extremely meticulous filmmaker who has acquired the reputation of someone who is not afraid to pull out tricks out of his sleeve, and he does so here at one big moment- at the end, is definitely unsettling.

In his work, as disturbing as it may be, things mean things, there are no lines of dialogue, no set decoration or event that is incidental or predictable. Every frame seems so natural and realistic and that keeps you glued to watching this marvelous piece of art.

Though the story is sad, subdued and quite slow-moving, you need to have the patience to comprehend the message correctly. It gives you a hard-hitting look at love.

Shahid is made with love and passion

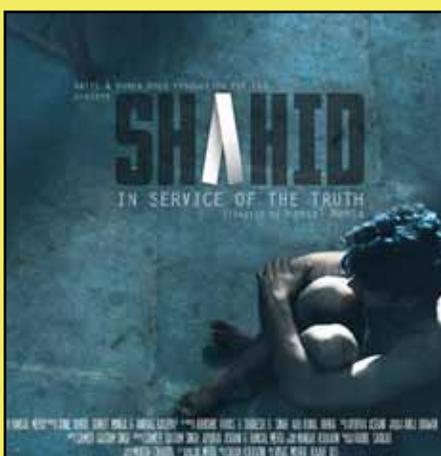
What's it about: "Der lagegi, par kaam ho jayega", says Shahid. Defending an innocent victim of religious prejudice in the court of law, he unflinchingly offers, his friend who has been wrongly convicted in a case of terror attack, these words of solace. But this isn't where the chapters of this beautifully written and superbly directed film begin. Based on the real life story of a lawyer who pays the price of his life for protecting the helpless and fighting communal injustice, Shahid is made with love and passion.

While the media covers every terrorist strike and probes all angles, often the collateral damage are those who are imprisoned simply because their last name or facial features indicate

that they are part of a certain community. The film takes up the cause of these unfortunate victims who even after being proven not guilty spend most of their lives under the shadow of social ostracism.

What's hot: Raj Kumar Yadav has time and again proved how meticulously he takes to his characters.

Give him any genre or role, he takes to it like a chameleon camouflaging in a lush landscape. Shahid works largely because of his ability to become this



person and eat sleep and breathe his life. Despite the heaviness of the subtext, there are fleeting moments of joy and romance in the form of Prabhleen Sandhu who plays his love interest. Hansal Mehta takes us into the living room of a Muslim household, showing us

subtle and at times stark glimpses of how they live their lives. Their interaction with one another, understanding of what's happening around them, or even the simple tradition of wearing a

burqa, all of these flashes put together a beautiful canvass. Performances are exemplary with a remarkable supporting cast of Mohammad Zeeshan who plays Shahid's helpless brother and the fiery public prosecutor Shalini Vatsa who shall go down in movie history as the most authentic portrayal of a lawyer!

What's not

The first half has a few hiccups. Scenes of Kay Kay Menon and Yadav in jail get lengthy when not required.

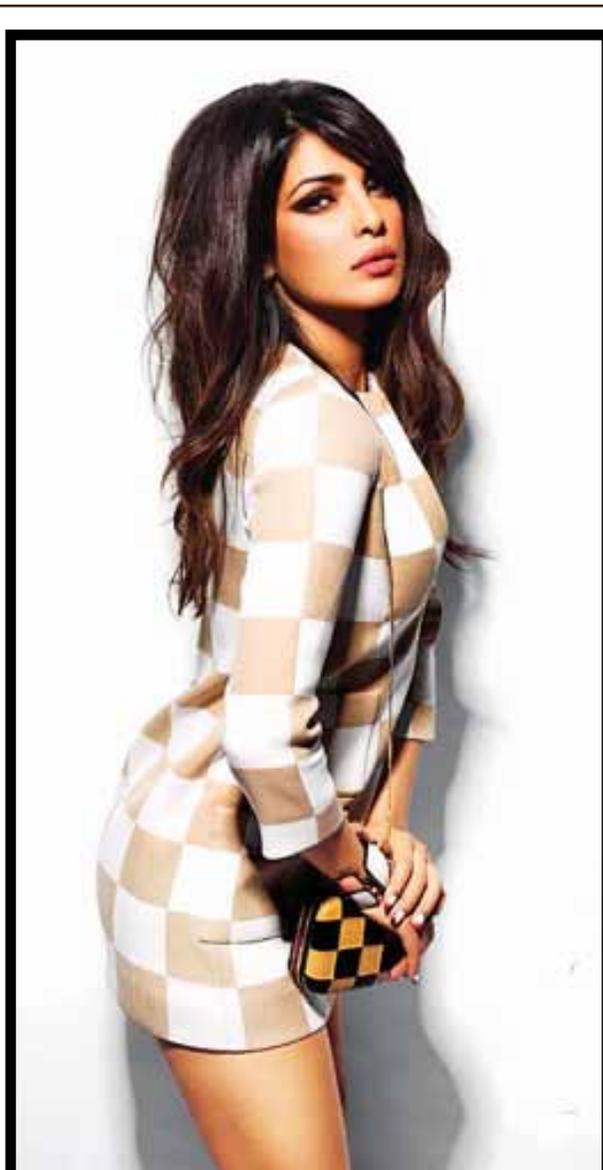
What to do: Shahid shakes you from within compelling you to think, something not many films can boast of doing these days. A compulsory watch for anyone who relishes intelligent cinema.

Priyanka Chopra's Mary Kom film to have an English version

It looks like Priyanka Chopra's Mary Kom role is no more just a desi act. In the light of the amazing global response to the Milkha Singh biopic Bhaag Milkha Bhaag, boxer Mary Kom's saga is now being given a completely international feel, with Priyanka hoping that the film would put her on the global cinematic map much in the same way that she hopes her angrezi singing would position her in the international charts.

Says an insider, "There would be no songs in Mary Kom. The whole presentation would be extremely international. There may be two different versions of the film. A longer one for Indian audiences. But there would definitely be no lip-sync songs even in the Hindi version." Also, considering how the three-hour-plus length of Bhaag Milkha Bhaag was frowned at by some sections of the audience it has now been decided to restrict the story-telling time for Mary Kom's project to within two hours.

Says the source, "The film on Mary Kom would be targeted at both desi and firang audiences." It would be made in Hindi and English. Director Omang Kumar doesn't deny any of the upgrading supposedly planned for Mary Kom. "But it's too early to give away anything," Omang smiled.



The Shah Rukh Khan connection



Jacqueline Fernandez has a serious Khan connection. Nope, we are not talking about her ex-beau Sajid Khan. We are talking about the Khan triumvirate — Salman, Aamir and Shah Rukh. While her film with Salman, Kick will begin shooting next month, she has already worked with Aamir in the Titan watch ad, and recently she danced with SRK at the show Temptations Reloaded. Katrina Kaif (Ek Tha Tiger with Salman, Jab Tak Hain Jaan with SRK and Dhoom 3 with Aamir) Kareena Kapoor has Ra.One (SRK), Bodyguard (Salman) and (Talaash) are the only two actresses who have worked with all the three Khans.

Sonakshi Sinha, struggler again!

In her last film Once Upon A Time In Mumbai Dobaara, Sonakshi Sinha played a struggling actress. In Bullett Raja, which releases next month, she plays an aspiring actress trying to find a footing in Bollywood. Director Tigmanshu Shulia confirms, "She does play an aspiring actress. Sonakshi portrays a girl who has run away from her home in Kolkata to become a Bollywood actress. Her character wants to act in films so desperately that she's even willing to do a Bhojpuri film."

When asked if he was concerned about the comparisons between her two roles, he says, "I haven't seen Once Upon A Time In Mumbai Dobaara. So I wouldn't know how similar the two characters are. But her character doesn't go through any kind of humiliation or compromise."

PSSST : Two of Sonakshi's ready-for-release films, Tigmanshu Dhulia's Bullett Raja and Prabhudheva's R... Rajkumar will open on two successive Fridays in the last week of November and the first week of December. They



both belong to the same North Indian badland gang-war genre. With her presence in both and the two trailers being aired simultaneously, it is hard to tell one apart from the other. Will it spell trouble for Saif Ali Khan and Shahid Kapoor?

Other popular 'strugglers'

Urmila Matondkar: in Rangeela (1995) She played a wannabe actress who tastes success with the help of a superstar.

Farhan Akhtar: Luck By Chance (2009) The ambitious struggler becomes successful but loses love and friends

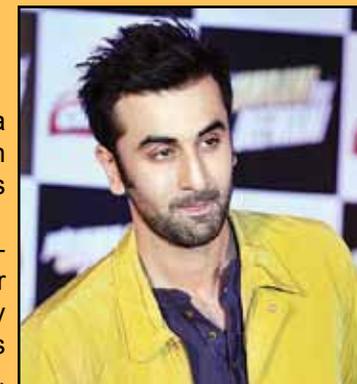
Ranbir Kapoor's superhero film to be different from Krrish 3

Actor Ranbir Kapoor is excited to do a superhero film with director-friend Ayan Mukherjee, but clarifies that it is not on the lines of Krrish 3.

Ranbir will play a superhero in the yet-untitled project, making him the next actor after Hrithik Roshan and Shah Rukh Khan to essay character with superpowers on celluloid. "It is not like 'Krrish 3', it is something very different, it is going to be a fantasy film. It is going to be a trilogy which Ayan has just started writing. We share a great personal and professional relation," Ranbir said.

"Till now we are in developing stage, he is going abroad for a post production course. Hopefully, we will try and make something path-breaking," he said.

This would be the third film of Ranbir and Ayan after Wake Up Sid and Yeh Jawani Hai Deewani. Both the films were hit at the box office. Ranbir is also looking to explore himself by playing different roles in films. "My next film is titled 'Bombay Velvet'. I am playing a boxer in the film. Then I am working on Imtiaz Ali's film and Ayan Mukherjee's superhero film. I will start this film by end of next year. I am trying to do different characters, like in 'Besharam' I played a vulgar, road type tapori character," Ranbir said. He also expressed his desire to do an action movie, which is the current flavour of Bollywood. "Since six years I have been trying to make my body but it is not happening. I can't do a full fledged action film till I don't have the body. But I do feel action comes from intensity in your eyes and the way you work for it," he added.



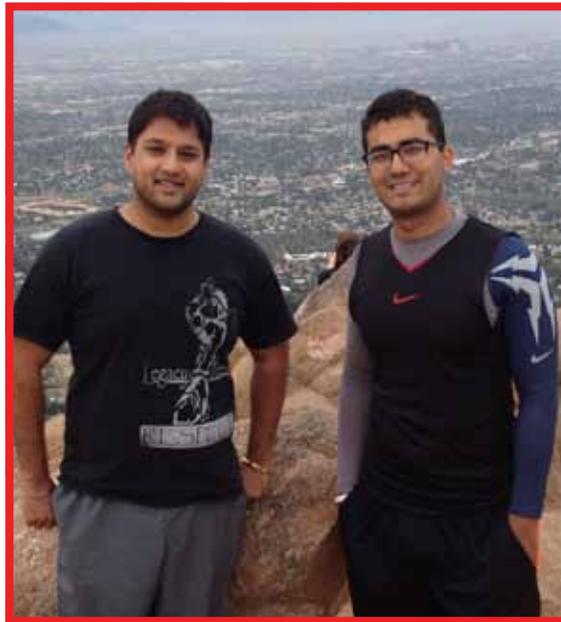
Chai with.... DJ Adi of In the Mix Entertainment

Interview By Raja Walia,
Article By Deepa Walia
October 29, 2013

After an amazing performance at Mauj Entertainment's Diwali Mela which had the crowd on their feet dancing and partying, Asia Today had the opportunity to meet with DJ Adi of In The Mix Entertainment to gain some insight into his passion and work – DJ'ing.

On the top of Camelback Mountain in the early hours of the morning, Adi told us all about what got him started. As a child, you are always dragged along to parties with your parents where there's always a DJ and in those parties, Adi thought that DJs were the coolest people on earth. He didn't know he'd become one but there were family friends who saw the ambition and desire in him. A friend's parents bought them DJ equipment and he had his first gig at the age of 16 in November, 2006. A 3 hour gig that paid \$150 made Adifeel like the King of the World and he thought he'd made more money than the President of the USA. With that passion egging him on, he learned everything he could about the business, watching other DJs and following the best of the best online. He believes his stronger differentiator from other DJs is his undying passion and love for what he does.

Even though he is passionate and excited about what he



does, he always keeps it business professional when working. As a DJ, you always have friends that want to tag along at gigs or friends at parties that want you to dance or drink with them. When he is working, he never takes any friends with him only second or third hands that are either DJs or dhol players themselves that will assist in the work.

He also refuses any drinks offered to him except water and orange juice and has been known to turn down the champagne toast at events to keep it professional. He believes he is who he is today because of his profession, one that makes him good money and is also a passion so he takes it very seriously. There may be friends that want to tag along because Adi and In

the Mix Entertainment put on a great show but for Adi when he is working, it is all business. When asked why hire DJ Adi, he honestly responded with the fact that he is not the DJ that is out looking for every gif. He wants people to hire him for who he is and not what he charges.

If he is giving up his weekend or personal or family events to DJ at an event, he wants to make sure he is working for a client that will appreciate his work and like his working style. His working and mixing style is very different and he works well with people that appreciate and recognize that. He is not the sales guy that goes out talking about why hire him. He is a DJ that delivers what he promises and those promises include

great equipment including top of the line speakers that will not blow out, all digital equipment (no CDs etc. to avoid skipping/scratching), and an experienced DJ that has done at least 200-300 events and knows how to handle an unexpected situation.

Last but not least, even though he plays what he likes, he likes to read the crowd and make sure the crowd is reacting positively to the choices he is playing and always has a backup ready just in case the reaction isn't what he is expecting.

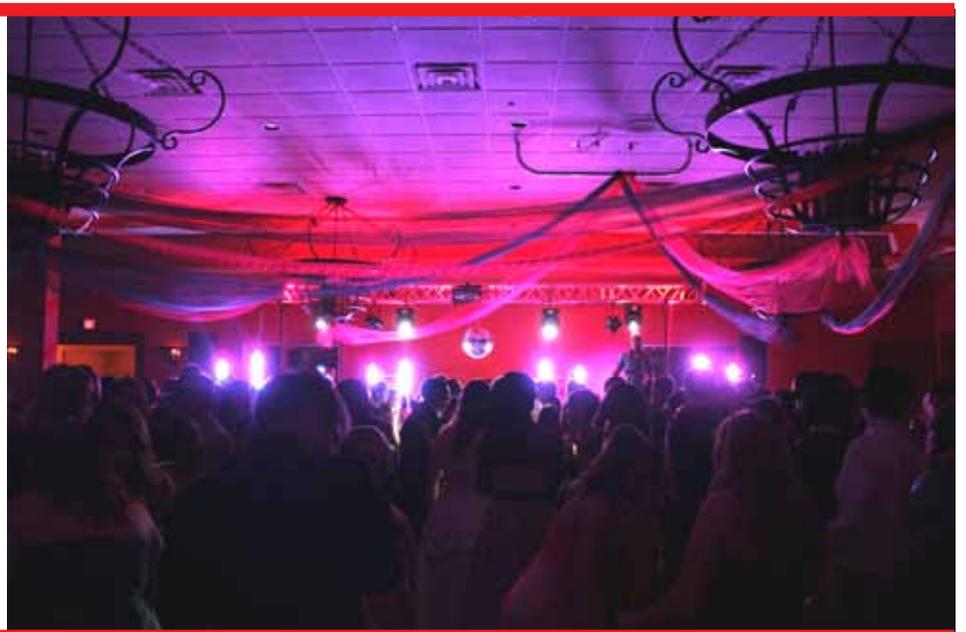
Adi was born in Nepal and came to the USA with his parents and younger brother at the age of 11. His mom is a medical clerk and his father owns a restaurant in the Valley, which Adi also helps with.

In addition to DJ'ing, going to school, and helping his parents, he also works full time in a dental office. All in all, he has a very busy lifestyle but his time management skills help him make sure everything he has committed to gets done and gets done with quality. A good friend once told him that if you work harder, you must play even harder. And Adi has taken that advice to heart. His top three passions in order are Rose, or his "old lady" as he calls her, DJ'ing, and food. When not DJ'ing, Adi is painting the town red at various restaurants around the valley with Rose and blogging and critiquing them on <http://www.djeatsalot.com/>.

He also enjoys the outdoors and sports and keeps himself busy with rock climbing, hiking racquetball, and tennis to keep himself in shape and keep up with his passion for food. He is very proud of the fact that he can climb camelback mountain in under 30 minutes, which not many can accomplish.

Asia Today is grateful to DJ Adi for spending his Saturday morning on top of Camelback Mountain with us and wishes him the best in all his future endeavors. For more information, please visit In the Mix Entertainment at <http://inthemixent.net/> or contact them via email at info@inthemixent.net or by phone at

602-318-1660.



Verma Highlands at Sonoran Ridge Estates



60 custom homes already Built!

- Private Gated Community
- Custom one acre finished lots at the foot of the White Tank Mountains
- Gorgeous Mountain and City Views
- Phase 1, 2, and 3 are already sold out!
- 1 mile from the 303 freeway.

Call **Joe Dodani**, Associate Broker, 480-200-7127
BUILD YOUR DREAM HOME TODAY!!!!

Largest holdings of 50-1,200 Acre Parcels in Metro Phoenix



Lotus Wellness Center

Chiropractic, Acupuncture, N.A.E.T

Lotus Wellness Center is an alternative medical practice specializing in healing, improving and maintaining your health. We provide care through multiple health solutions. We make it a priority to establish long lasting relationships with our patients. Our goal is to help our patients achieve optimal health by providing exceptional continuous care.

We will be happy to answer any questions and provide additional information about our practice.

Lotus Wellness Center strives to provide outstanding care on every visit.

Location:

900 E. Lincoln Avenue
Orange, CA 92865

Contact Us:

Phone: (714) 637-6370
Fax: (714) 637-2744
E-mail: info@mylotuswellness.com



48 hours in Minneapolis-St. Paul

What is America's greatest double act? Fred Astaire and Ginger Rogers? The Blues Brothers?

For residents of the U.S. midwestern state of Minnesota, there is an easy answer - the "Twin Cities" of Minneapolis and St. Paul. Relatively low crime rates, a plethora of lakes and picnic spots, interesting architecture and top-class sports teams make the pair a desirable place to live and to visit - as long as you dodge the wicked cold if you are not into winter sports.

Reuters correspondents with local knowledge help visitors get the most out of a weekend trip in the area.

Friday

5 p.m. - Minneapolis-St. Paul International Airport, which even has tornado shelters in the restrooms, is to the south of both cities.

Plenty of chain hotels line the Interstate nearby but if you stay in downtown Minneapolis there is a modern tram service from the airport.

Minneapolis is generally livelier and a better bet for hotels than the more staid state capital St. Paul, 20 minutes east by road.

7 p.m. - Dining options abound in downtown Minneapolis, which is dominated by skyscrapers and old warehouses turned into atmospheric bars and restaurants.

The Capital Grille on Hennepin Avenue, one of the main thoroughfares, is an excellent option if you like steaks.

8 p.m. - This area is also theaterland in Minnesota, with experts saying there are more shows on per week in the Twin Cities than anywhere else in the United States except New York.

The beautifully restored Orpheum Theatre on Hennepin Avenue has a broad range of plays, musicals and events, while the Skyway Theater or the Target Center (normally home of the Minnesota Timberwolves basketball team) just down the road offers alternatives. Cinema is also king with the Coen brothers, the well-known U.S. directing duo, hailing from the city.

11 p.m. - A couple of usually packed Irish bars are located nearby to end the evening. Minnesota is also famous for music with Prince and Bob Dylan among those born here.

Saturday

10 a.m. - Eat breakfast at the Pot-



belly Sandwich Shop at the IDS Center on Eighth Street in Minneapolis, which many see as the center of town given the indoor foyer acts as a perfect shelter from the winter cold. Potbelly has a remarkable selection of bacon, sausage and egg combos, hence the name. (www.potbelly.com).

If you are there in winter, the IDS Center links to the Skyway system of raised walkways which criss-cross the city and eliminate the need to go out into the cold when shopping or moving around town. The same system is used in St. Paul.

11 a.m. - A short walk away is the Mississippi River, which defines much of the Twin Cities as it snakes between the two. Riverside attractions are few and far between so take a summer picnic trip to one of the many picturesque lakes which surround Minneapolis such as Hiawatha Lake or Lake Cornelia Park.

2 p.m. - As lovely as nature is, there is nothing like a big shopping spree and the Twin Cities boast the Mall of America, which opened in 1992 as the biggest in the United States.

There are 500 stores, a cinema, bars, restaurants, a sea life centre and a sizeable theme park for children in the middle of the giant indoor complex (www.mallofamerica.com/). The Mall is the last stop on the tram from downtown Minneapolis.

6 p.m. - After your shopping bonanza head to the other end of the tram line and catch a game of baseball at Target Field, home of the Minnesota Twins Major League team (minnesota.twins.mlb.com/). Check on ticket availability and fixtures before going.

This modern baseball park, host of the All-Star game in 2014, has a family atmosphere and superb sightlines and a vast range of fast food and drink outlets for dinner. Try a delicious corn dog. If you want a beer, make sure you have ID as even 30-somethings are challenged.

Matches normally last three-and-a-half hours but the possibility of overtime can mean a late finish.

Remember to take your camera. A shot of the game with the stadium and the skyscrapers of Minneapolis right behind as the sun sets is breathtaking.

Sunday

9 a.m. - Grab some breakfast at your hotel and head to St. Paul to experience what the second twin has to offer. An extension of the Minneapolis tram is being built so take a taxi, bus or your rental car (although parking can be tricky in the center of both cities).

Start off at St. Paul's State Capitol building, adorned with a golden dome, spy the stylish cathedral on your right and head down the hill and pop into

the engaging Minnesota History Center, arguably the state's best museum.

11 a.m. - From the History Center head west along Summit Avenue, Minnesota's most exclusive and one of its oldest streets. It is where the governor's mansion and many elegant buildings associated with St. Paul native F. Scott Fitzgerald are situated.

Turn back along Grand Avenue towards downtown and you will pass a number of excellent restaurants for lunch such as Cafe Latte, which has a huge selection of desserts (www.cafelatte.com/).

2 p.m. - Once back in downtown St. Paul, check out the glorious interior of the Landmark Center, completed in 1902 and used as a federal courthouse and post office. It is now a cultural center.

3 p.m. - The excellent Science Museum of Minnesota is nearby on the other side of Rice Park, above the large drop down to the Mississippi below.

The museum (www.smm.org/) boasts varying special exhibitions and an omnitheater with a 27-meter domed screen.

5 p.m. - If you have time for an early dinner before departing then Red's Savoy Pizza house on Seventh Street is an experience. There are no windows and the decor fails to brighten up the place but that is half the charm.

Foods for a good night's sleep

Insomnia or lack of sleep can have a terrible effect on your body besides a rough morning. We list out certain food that can help you get sound sleep.

Bananas: Researchers have found that having a banana before going to bed can help people suffering from sleep apnea by keeping their throats open and therefore reduce the risk of choking. Bananas are also excellent source of magnesium and potassium, minerals that help prevent muscle spasms or cramps during the

night, making them a good bedtime snack as well especially after a heavy exercise session.

Cherries: A natural source of melatonin, researchers in the Journal of Sleep and Sleep Disorders indicate that consuming cherries before bed helped people sleep faster and easier. The fruit is a natural sleep aid.

Flax seeds: These are ideal for increasing levels of sleep regulating serotonin in the body due to high levels of omega-3 fatty acids. Furthermore, omega-3 fatty acids have been proven



to help reduce anxiety, depression and stress which are leading causes of insomnia.

Dairy products: Some research suggests that a deficiency of calcium in the diet can cause disturbed sleep pat-

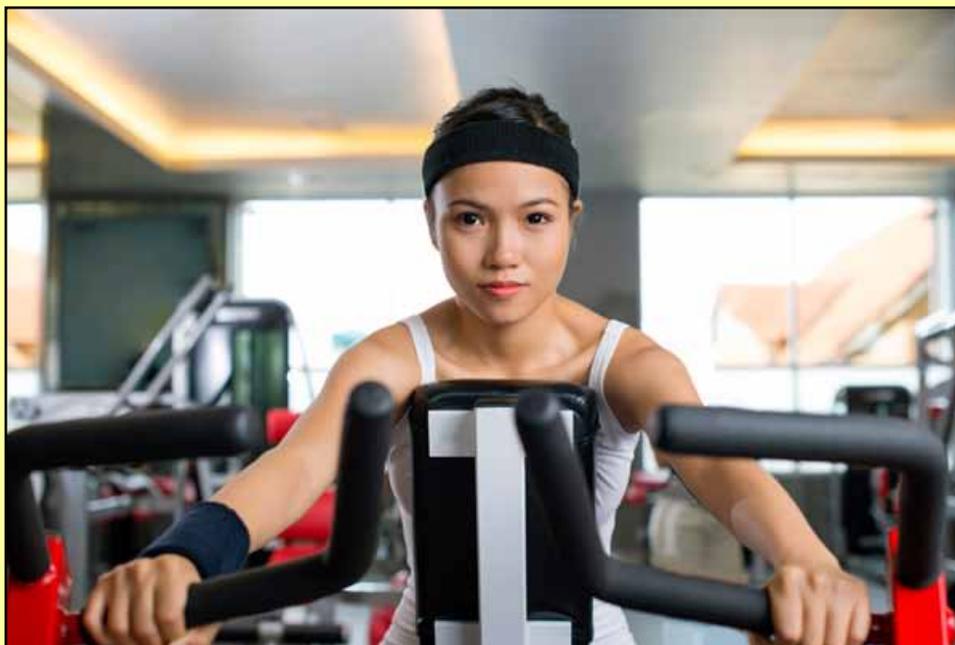
terns and a lack of deep sleep. Dairy products come to our rescue.

Oats: It is a good source of tryptophan. Try eating a small bowl of porridge before bed to help you get some deep sleep.

Top workout tips for beginners

You have tried, running, yoga, power walks, deep breathing but your weight refused to budge. And when you sought advice, most people may have recommended that you should hit the gym to shed the weight.

Seems like a fair suggestion cause when all else fails, hitting the gym seems to be the quickest way to lose the weight. But where do you begin? Which exercises should you do for weight loss? And how much time should you spend on the treadmill and how to avoid injuries while working out? Phew! Don't worry as these questions will get answered by our fitness coach, Arnav Sarkar. He sheds light on how to shed the unnecessary kilos without much fuss; here are his workout tips for beginners.



Top workout tip for beginners #1

It is a widespread belief that cardio is enough and excellent for weight loss.

Arnav Sarkar believes otherwise, "To be honest, this is a belief that has been greatly promoted by exercise equipment manufacturers and retailers."

Very few of us rarely question these ads, "Next time when you look at the ad for exercise equipments in a magazine or a newspaper, take a note of what equipments you see most. Invariably you will find that 80-90% of the equipments displayed will be cardio equipments. Why? This is because the cardio equipments are the high-end costly products that bring the maximum profits to the seller and thus he advertises and markets them as the most beneficial for health and fat loss."

Top workout tip for beginners #2

To burn the maximum amount of bodyfat in the least amount of time, it is ideal to have a good combination of diet, weight training and cardio.

"So yes, cardio aids weight loss" says Arnav, "However if one is to only rely on cardio then the results will not be optimal, especially if a lot of weight is to be lost. The problem with regular cardio like running, cycling, etc is that the body soon adapts to the relatively low intensity of these activities and thus actually burns lesser calories per minute with time."

Top workout tip for beginners #3

What are the best exercises for weight loss?

Arnav shares some workout tips for you, "On the other hand, some of the more intense cardio alternatives like kickboxing, sprinting are a better choice as they involve an element of strength training and can provide long term weight loss. So if one were to only rely on intense cardio choices like kickboxing for weight loss, then it will be ideal to add also some squats, push ups, and other bodyweight exercises to get better results."

Top workout tip for beginners #4

Why you should avoid overtraining?

Overtraining is a condition where your body is pushed beyond its means and is not given the adequate rest it deserves to recuperate. Not only does this take a serious toll on an individual's physical well being but it also affects his/her mental makeup as one of the biggest pitfalls of overtraining is not seeing any significant gains. And we all know how badly this can bum us out especially after the gallons of blood, sweat and tears spilt at the gym.

Top workout tip for beginners #5

Side effects of overtraining:
Psychological ramifications like depression, anger and frustration
Soreness and muscle ache
Loss of appetite
Chronic Fatigue

Headaches

A weaker immunity system

Listlessness

Sleeping disorders

Top workout tip for beginners #6

What kind of exercises should you engage to lose weight?

Arnav believes that instead of spending long hours on the treadmill, you need to exercise several muscle groups in a short span of time. "The best fat burning exercises require much lesser time, and give you a lot more results. In general the exercises that use the biggest muscles groups and work a lot of the muscles at the same time will be the most beneficial. For eg., a squat uses the muscles of your lower body, core and also the upper body to some degree. Due to that it will burn a lot more calories than what just training your abs with a crunch will."

Read more Personal Health, Diet & Fitness stories on www.healthmeup.com

Harjeet Mehndi Visited Nishkam Seva Gurudwara





India Oven

Authentic Indian Cuisine
The Best Indian Cuisine In The Valley

We have two beautiful banquet halls available that can seat up 90 to 325 people. The halls were redesigned from the ground up.

Open 7 days a week

We can cater to any events!

SE Corner of Gilbert & Southern
1315 S. Gilbert RD. #102
MESA, AZ 85204, 480-892-3333
www.azindiaoven.com

Lunch Buffet
Special Price

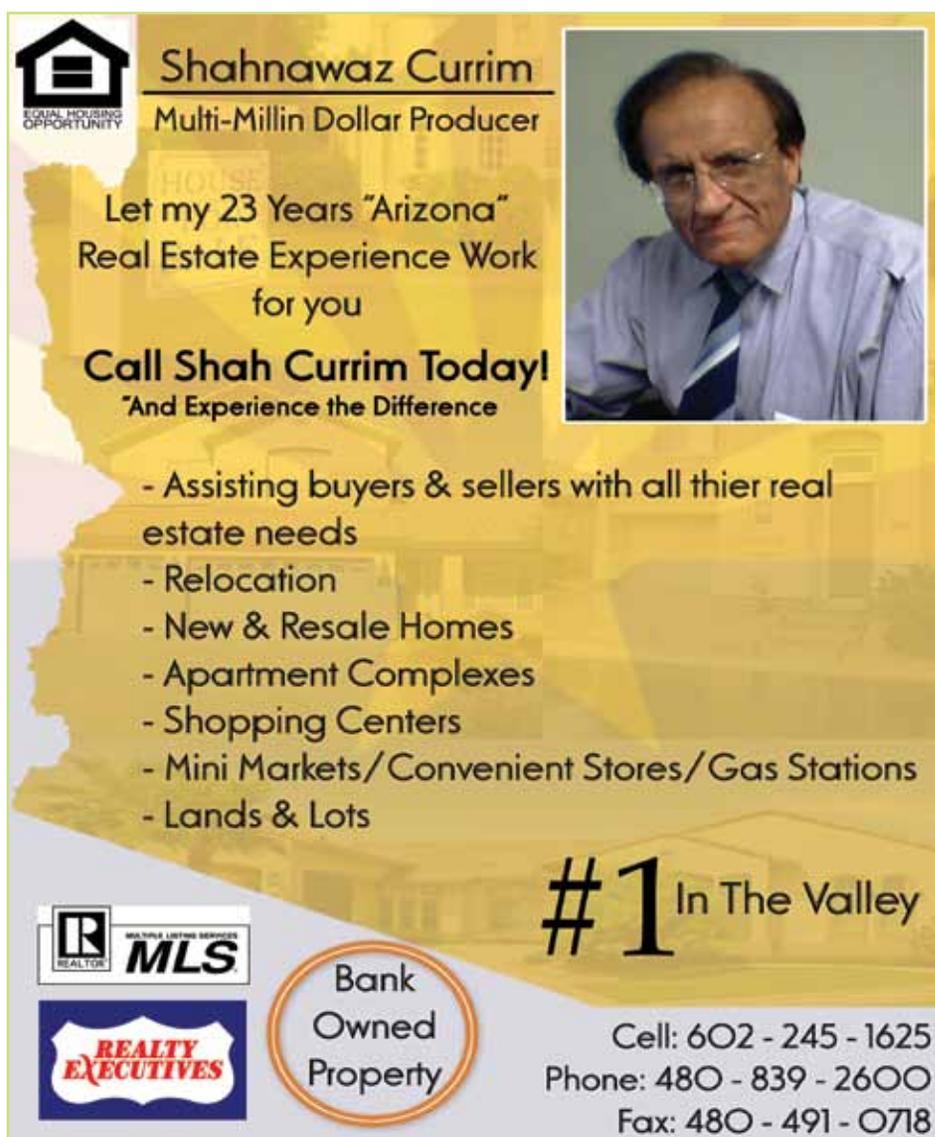
\$7.95

WITH THIS COUPON
Expires 11-30-2013

Dinner Buffet
Special Price

\$9.95

WITH THIS COUPON
Expires 11-30-2013





Shah Nawaz Currim
Multi-Millin Dollar Producer

Let my 23 Years "Arizona"
Real Estate Experience Work
for you

Call Shah Currim Today!
"And Experience the Difference"

- Assisting buyers & sellers with all thier real estate needs
- Relocation
- New & Resale Homes
- Apartment Complexes
- Shopping Centers
- Mini Markets/Convenient Stores/Gas Stations
- Lands & Lots



#1

In The Valley

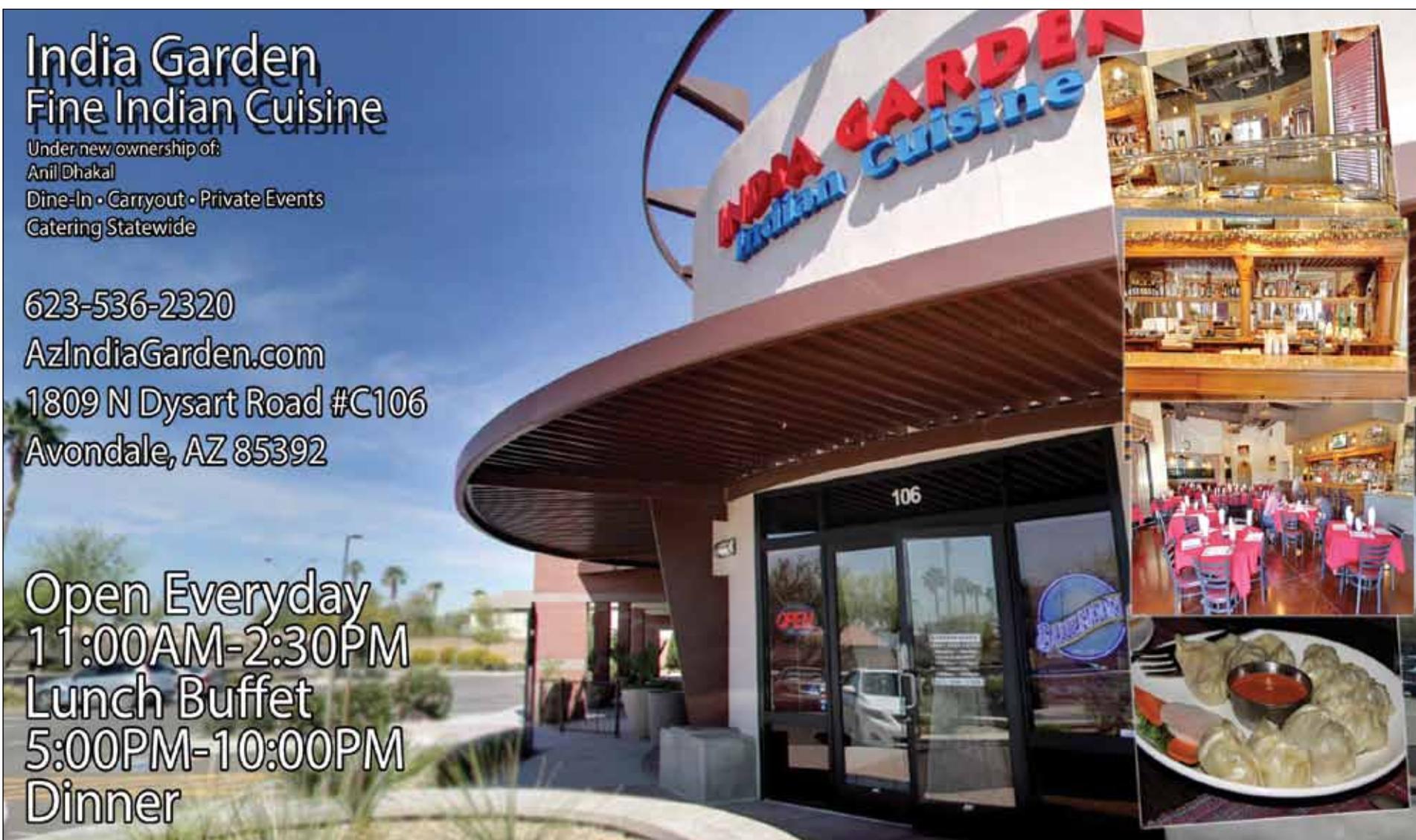
Cell: 602 - 245 - 1625
Phone: 480 - 839 - 2600
Fax: 480 - 491 - 0718



MLS







India Garden

Fine Indian Cuisine

Under new ownership of:
Anil Dhakal
Dine-In • Carryout • Private Events
Catering Statewide

623-536-2320
AzIndiaGarden.com
1809 N Dysart Road #C106
Avondale, AZ 85392

Open Everyday
11:00AM-2:30PM
Lunch Buffet
5:00PM-10:00PM
Dinner



ASIA TODAY

Uniting all South Asians in the Valley

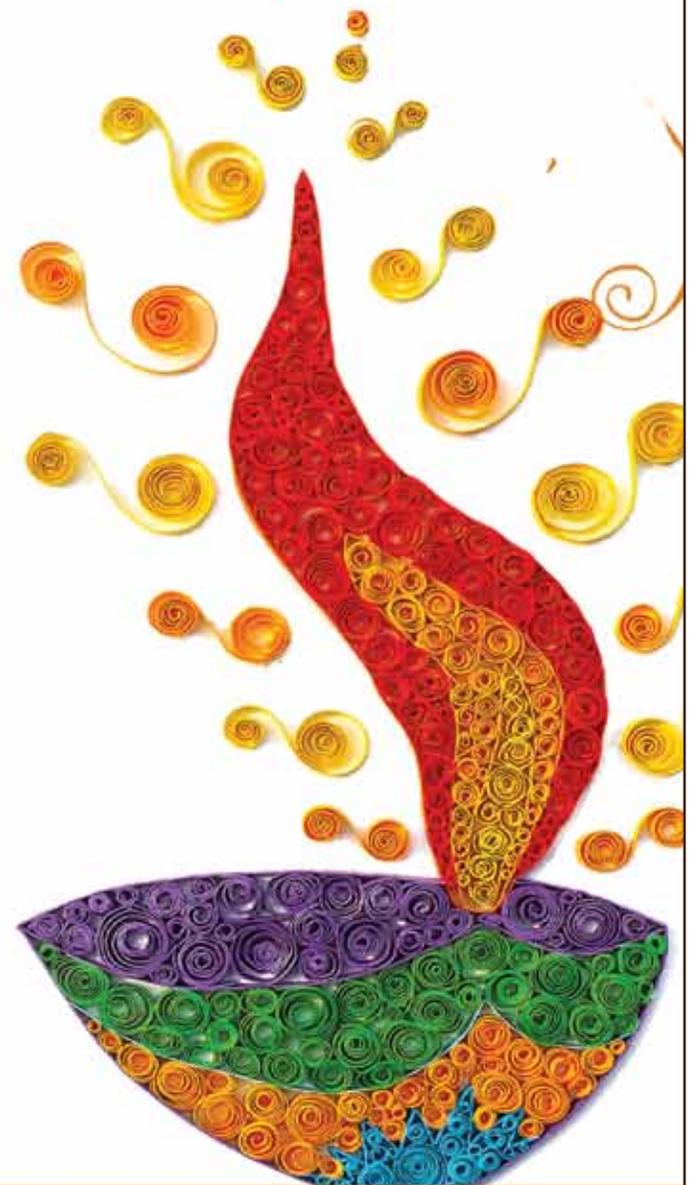
Happy Diwali From
The Team Of Asia Today AZ!

**For Advertisement
(online and paper)**

**Event Coverage
Media Release**

480-250-2519
sales@asiatodayaz.com

- > Representing the South Asian Community in Arizona
- > #1 Source for South Asian Information in the Valley



www.asiatodayaz.com
www.facebook.com/asiatodayz