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Today

Monthly Newspaper

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Diwali 2014 Celebrations at Ekta Mandir of Arizona



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BAPS Shri Swaminarayan Hindu Mandir Inaugurated in Phoenix



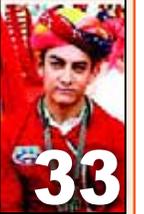
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Nishkam Seva Diwali and Bandi Chorh Divas Pictures



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Aamir Khan used second hand clothes in PK!



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Arizona Celebrates Aligarh Muslim University Founder's Day with International Mushaira



On September 19, 2014, the Federation of Aligarh Alumni Association of North America Arizona Chapter celebrated the annual Founder's Day (Sir Syed Day) followed by an international Mushaira in Phoenix, Arizona. It was a very special event uniting a variety of alum representing different graduating classes spanning from the 1950s to the early 2000s. More importantly, this event brought

• More on P27

Arizona's Fourth Annual Diwali Mela

October 11, 2014
Tempe, Arizona

Mauj Entertainment, in association with Asia Today Arizona, was once again proud to present Arizona's Fourth Annual Diwali Mela at Kiwanis Park in Tempe, Arizona. A free, family-friendly event once again attracted thousands of attendees that came out to enjoy the food booths, shopping, palm reading, henna artists, ice cream truck, a kids area with all day kids activities, an opportunity to support the Arizona Sheriff's Department and take pictures in their squad car and helicopter and many other amazing vendors.

In addition to local singers, dancers, and skit performers, the Mela also included folk



performances by Mangjit Singh Manga, a singer and spiritual healer from the Bay Area. Last, but not least, our traditional, under-the-stars, outdoor dance party was kick-started by the infamous Ishmeet Narula who

has performed along-side Ustad Rahat Fateh Ali Khan, Rabi Shergill, and many others. The dance party continued into the night with Arizona's very own DJ Adi of In-The-Mix Entertainment. • More on P18

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Diwali 2014 Celebrations at Ekta Mandir of Arizona





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Religion and Spirituality

For quite some time, I have been trying to find a definition of religion and spirituality – more importantly the difference between them – that makes sense to me. I grew up Sikh but also very strongly influenced by the Hindu religion with my mom constantly saying if Sikhism was her East, then Shiv Ji was her West. I was raised to respect all religions and also raised with traditions from both Hinduism and Sikhism – some of which directly contradicted each other. However, we were just taught to respect our surroundings and follow the accepted practices based on the surroundings we were in and as long as our hearts were clean, souls were pure, and we did not enter with ill-intentions, whatever we offered would be accepted and whatever we prayed for would be granted.

However, as I grow older, and see more and more of the differences between a place of worship saying one thing is okay while another saying it is not, I am starting to wonder what if anything is actually forbidden by God and what is made up by most humans as their interpretation. Would we ever know the answer to that question unless God comes down himself or herself and answers it? And in these questions, I came across the simple of sayings.

“Religion is an agreement between a group of people about what God is. Spirituality is a one-on-one relationship.” And in that simplicity I found my answer.



Editor's NOTE

Do I want a one-on-one relationship with my God or be in agreement with one group of people or another?

Your relationship with God should be a personal one as long as you go back to the simplest of things – any prayers offered with a clean heart, pure soul, and not out of ill-intention towards anyone will be accepted

and at that point in time all the rituals, restrictions, etc. become invalid. And take the same thing vice versa – if you follow all the rituals and restrictions but have ill-will in your heart, no prayer of yours will be accepted by God because it is not your actions, but what is in your heart that matters. And because I truly believe that, I am able to respect all religions without having to pick one that is “right.”

If we could all just come to the agreement that all religions are different paths or journeys to the same ultimate destination with the same rules for the road, so much of the hatred and negativity we see in this world could be resolved. At its core, they all teach the same thing – spirituality, the difference between right and wrong, clean hearts, pure intentions...

Asia Today hopes you enjoyed the various cultural and religious programs that took place all over the valley in the month of October and take an opportunity to read about the ones you are familiar with and learn more about the ones that are new to you.

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

Once again, Asia Today, had the pleasure of celebrating a month full of festivities with the South Asian community of Arizona. Events celebrating KarvaChauth, Diwali, Bandi-Chorh Divas, and many many more lit up the Arizona skies in celebrations and festivities.

It is during packed months like this that I truly get pleasure from starting this newspaper



Marketing Director NOTE

– months where there is so much happening in Arizona that it seems like we are running short on pages to cover it all. Please enjoy the coverage from this last month and from the bottom of my heart, thank you once again for making me and Asia Today a part of your celebrations.

-Manju Walia
sales@asiatodayaz.com

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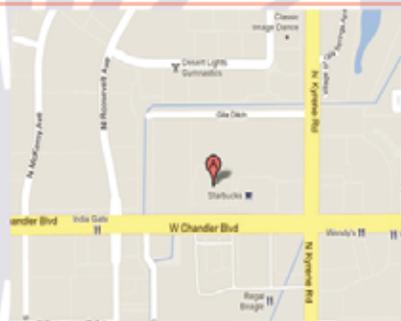
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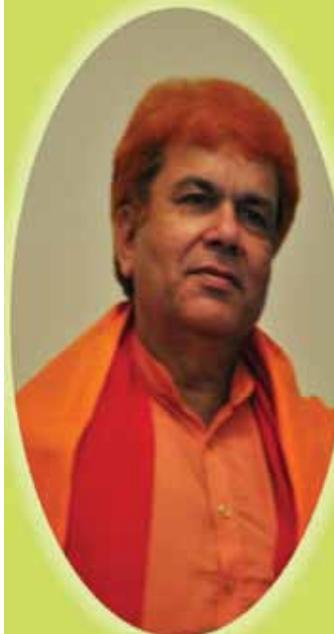


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Karwa Chauth Celebrations at Diwali Mela 2014 in Kiwanis Park

Mauj Entertainment team sincerely thank Manju Anand and Sunita Gill for breaking the fast on this special occasion and bringing along their friends to see the moon there.



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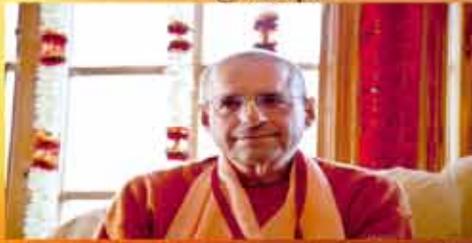
Sunday Nov. 2nd 2014
Disappearance of Gaurakisora dasa babaji

Special guest Speaker
HH Giriraja Swami November 9th 2014
@ 5:00pm

Special guest Speaker
HH Romapada Swami November 23rd 2014



Program begins 4:30pm - 7:00pm
arati, japa meditation,
kirtan, katha & prasadam.



Giriraj Swami met his spiritual master, Srila Prabhupada in 1969 while studying at Brandeis University in Boston, MA. After his graduation, Giriraj Swami took formal initiation and quickly became a leading member of the Boston center and then he was given the opportunity to go to India with Srila Prabhupada to help him establish his mission there. In 1972 he was appointed by Srila Prabhupada as President of ISKCON Bombay as well as a trustee of the Bhaktivedanta Book Trust.

Giriraj Swami has toured extensively throughout India and many other countries, carrying knowledge of Krsna and helping to develop Srila Prabhupada's mission. He has also taught at the Vaisnava Institute for Higher Education in Vrindavana and now gives presentations at japa retreats and workshops for the Bhagavat Life educational foundation.



HH Romapada Swami is a distinguished scholar and devout follower of the Vedic system of life - in theology, science, ethics and culture. His professional responsibilities include facilitating systematic education and training in these techniques for people in North America and Asia. HH Romapada Swami's singular attention to developing good qualities and then sacrificing all his time and efforts for people have made him a revered teacher in university campuses and metropolitan communities. As a part of his vocation, he has been regularly invited to give seminars and short courses by prestigious universities in the US and corporate giants such as Microsoft and Lucent.



Thursday Nov 6th 2014
Marriage of Tulasi & Salagrama
6:00pm - 8:00pm
End of Kartika
End of Caturmasya

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Hindi Class
10:00am to 11:00am

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The Ebola Virus is a deadly disease that causes bleeding inside and outside of the body. As the virus gradually takes over the body, it destroys organs and the body's immune system along its path. According to the World Health Organization, Ebola kills 90% of people who are infected, meaning, there is a very low survival rate of the disease.

This Ebola epidemic has taken over West Africa and killed more than 1,500 people and in the U.S.. While doctors are trying their best to control Ebola, they are having a lot of trouble finding any luck to control it within the next couple of months. These medical professionals can not afford to lose even a day since the virus is attacking and killing more and more people at a time. "It will cost at least \$600 million and take thousands of more people on the ground to even begin to slow the worsening Ebola epidemic in West Africa," says NBC News. It is a very sad thing that in order to contain the virus and find a cure for it, so many health professionals have to be in a direct line of danger from Ebola. These people who are helping victims of the disease are at an extremely high risk of catching the virus because they are

in direct contact with the body fluids of an infected person.

Unfortunately, Ebola is taking the lives of many people, directly as well as indirectly. West Africa needs more medical support, so doctors are going in huge numbers to try to save lives, but are getting infected and being brought back to the U.S. to be properly treated here.

Additionally, Obama has declared the Ebola outbreak in West Africa as a threat to national and global security. In his speech, President Obama explained that the world has been looking for to the U.S. for a response, however, the epidemic need a global response in order for Ebola to get under control. He recently ordered 3,000 U.S. troops to West Africa to build new healthcare facilities and take care of the people who have already been infected. According to CNN, UN officials have declared this outbreak as "a health crisis 'unparalleled in modern times.'" The World Health Organization says that the most urgent need in West Africa is more medical staff.

Additionally, President Obama

The Ebola Virus

has decided that there are 4 things that the U.S. will certainly do, including building 17 healthcare facilities for patients, train at least 500 healthcare workers a week, develop an air bridge to get supplies out faster, and provide home health care kits to thousands of households. According to BBC, he also contacted other countries to step up their response as a worsening outbreak would lead to 'profound political, economic and security implications for all of us.'

The disease has completely overtaken and overwhelmed most of West Africa and worst of all, the countries who have been the most attacked are the ones with the weakest health systems and they can not deal with the Ebola outbreak on their own. Sadly, because of the lack of facilities and medical staff, there is never enough room to treat the patients, so they can not do anything but go back home and spread the disease to more people. Or, if they are in an extremely bad condition, die right away.

However, according to BBC, "in Guinea, a team of health officials was

attacked in a village they were visiting to raise awareness of the village." A similar thing happened in Wamey. The thing is, this is not the first incident of this. There are many people in the region who do not believe in Ebola or a cure for Ebola, so they attack health representatives or rebel against them. In order to maybe contain these attacks from the people, the government has ordered a three-day lockdown in order to attempt the prevention of Ebola.

President Obama explained that, "we are not moving fast enough; we are not doing enough," as well as saying that "everybody has the best intentions, but people are not putting in the kinds of resources that are necessary to put a stop to this epidemic."

At this point, world leaders are fighting a forefront of the Ebola crisis as they can either choose to take immediate action or risk losing the fight to the epidemic.



-Sammy Mallik

Mata Jagran
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Selflessness is an idea instilled into Sanjay at a very young age. Brought up in Arizona, his parents made sure to keep Sanjay open-minded, teaching him how to give back at a very young age. This trait has been carried by him through his life and has shaped all of his relationships. It led him to the decision to spend 2 months in Tanzania, Africa, in 2004 to provide HIV/AIDS education in a student run organization. He knew that it was important to bring this idea to help those in need in India and to involve his peers from the US. After conducting the groundwork and teaming up with a great friend, Eric Hamm, they took this idea to Chennai, India, and started the International Alliance for the Prevention of AIDS (IAPA). India has the third largest number of people living with HIV/AIDS in the world as 2.1 million people in India are infected with HIV. 145,000 of those infected are children and, there are 116,000 new cases of HIV each year. IAPA supports communities and local organizations by helping to improve their ability to provide services to HIV positive people and prevent new infections. Their educational programs focus on, recognizing and prevent-

ing risk-related behaviors, reducing the stigma associated with the disease, and encouraging dissemination of the knowledge in communities through local trainer.

IAPA strives to provide a rewarding and enjoyable volunteer program for American and Indian students that encourage further involvement in the fight against HIV/AIDS and the development of IAPA's mission. Since the beginning of IAPA, they have worked with a team to build a strong, sustainable, and passionate non-profit organization that above all else, focuses on how it can better the lives of children and adults living with HIV/AIDS. He has had a particular interest in the Arokiya Children's Nutrition Project and launched Health First, a first of its kind initiative in Chennai that partners physicians, residents, medical students and medical training staff from India and US hospitals to better the understanding and treatment of pediatric disease.

Sanjay learned from an early age that if you are blessed with opportunity, and desire, you can find a way to change the world. He carried this simple idea as he worked to fight HIV/AIDS throughout the world, pushed him to pur-



Sanjay Sinha, M.D.

sue medicine, and, further, pediatrics. The smile of a child is irreplaceable. He married his desire to help children to his passion for cardiology and is currently completing his pediatric cardiology fellowship at UCLA Mattel Children's Hospital. Sanjay now lives now in Los Angeles with his wife, Flora Sinha, a practicing internal medicine physician with Cedars-Sinai Medical Group. Sanjay has always felt that the need to find a way to involve the Indian population in the Arizona in giving back to India; to remember what it means to give back to India. The youth have passion and a true desire to discover their culture,

heritage, and at the same time find the power of helping those in need. He has dedicated his life to treating children, and to create ways for others to do the same. It is his hope that through IAPA and his work, others will not only measure success by intelligence and financial security, but by the ability to give back to those who need help.

Sanjay's wife Flora Sinha, MD, an internist, is extremely supportive of Sanjay's mission. She had assisted in running clinics in rural villages of Tanzania working as an HIV/AIDS educator. She serves on the co-chair committee and is a board

member of the International Alliance for the Prevention of AIDS (IAPA) that supports those affected with the disease in India. Sanjay, Flora, Eric and his wife, Heidi Soeters, would like to invite you to join them at the IAPA fundraiser: the 9th Annual Hope in the Face of AIDS (HIFA) gala on Saturday, April 4, 2015 at the Sheraton Hotel in downtown Phoenix. Guests may start arriving at 5:30pm to enjoy cocktails, silent auction, and Indian Bazaar. Open remarks along with the program and live auction will be in the ballroom starting at 6:55pm. The evening will conclude at 9pm. Tickets

are \$150 each and \$100 is a tax-deductible contribution. All tickets may be purchased online and cocktail or traditional Indian attire is recommended. For more information regarding IAPA, HIFA, how to donate, and how students can become involved, please visit iapaindia.org.

I urge the Indian Community in Phoenix to take advantage of this opportunity to actively participate and show your support for IAPA's global efforts by attending the gala. The IAPA fundraiser gala will showcase even further the importance and significance of the work Sanjay and his team is doing to combat the devastating consequences of AIDS/HIV globally especially in India in particular.

I take personal pride in submitting this profile of Dr. Sanjay Sinha because at this very young age, Sanjay has proven to be as an outstanding human being. He is highly knowledgeable, industrious, very down to earth and incredibly modest individual. His accomplishments are exemplary and have been applied in an area where there is obvious need. My wife Panna and I are happy and proud to be closely associated with the family residing in Phoenix. Our continued good wishes and blessings to Sanjay and Flora.

Submitted by: Jitu C. Patel, CPEA

Imam Shamshad A. Nasir had a meeting with Sheryl Markay

Imam Shamshad A. Nasir of Baitul Jamay Mosque in Glen Ellyn had a meeting with Sheryl Markay, Deputy Chief of Staff DuPage County and Chad Shaffer, Policy and Program Administrator, DuPage County Board on Thursday, October 16th 2014 in Wheaton.

Nasir introduced himself and Ahmadiyya Muslim community which he belongs to. He told them about the efforts which Ahmadiyya Muslim Community is making to establish peace in the world and how the leader of Ahmadiyya Muslim Community, His Holiness Hadhrat Mirza Masroor



Ahmad has addressed in the European Parliament and Capital Hill and has sent letters to various government leaders in good faith.

Later, Nasir presented a book namely "World Crisis and Pathway to Peace," by Mirza Masroor Ahmad. Lastly, Imam Shamshad offered his services for the betterment of education in the community in his capacity as a leader of the the Ahmadiyya Muslim community.

They welcomed the Imam and assured to support and cooperate on behalf of DuPage County Administration.

Happy Diwali & Happy New Year

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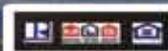
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- AZ population demographics are on rise
- Joe has closed over 80 transactions in last 18 months

BAPS Shri Swaminarayan Hindu Mandir Inaugurated in Phoenix

November 2, 2014 – Phoenix, Arizona- A beautiful fall morning in the metro phoenix area, was further colored with the vibrant traditional dresses of the hundreds of men and women that had gathered to celebrate the inauguration of the BAPS Shri Swaminarayan Mandir or Hindu temple in Phoenix, Arizona at 3620 N Black Canyon Highway, Phoenix, AZ 85017. Two days of Vedic rituals and grand celebrations concluded on Sunday, Nov 2nd, 2014 with the consecration of Shri Akshar Purushottam Maharaj’s murtis (sacred images) in the central shrine of newly inaugurated BAPS Shri Swaminarayan Mandir, Phoenix in the presence of P. Tyagvallabh Swami along with team of other saints. The environment was charged with excitement and devotion as well-wishers, volunteers and devotees from across North America participated in two-day of grand celebrations held on November 1st & 2nd, 2014. This once vacant and hardly noticeable humongous building came to life during these two days of festivities.



Organized by BAPS Shri Swaminarayan Sanstha, the Mandir (Hindu temple) inauguration had spanned over eventful two days. Consisting of the opening of the new facility along with the Murti Pratishtha ceremony on a beautiful and vibrant Sunday morning, attracted devotees and well-wishers from all parts of the local and regional community. “Murti” means sacred image and “pratishtha” means installing; thus the event is a traditional Hindu

ceremony of installing the sacred images of Bhagwan (God) in the Mandir and instilling them with life. P. Tyagvallabh Swami, in the presence of huge crowd of devotees, infused divinity in these sacred images. For devotees witnessing this occasion, this marked the memorable event for this new Mandir, when it indeed become – a place of piece and worship where Bhagwan resides. On Sunday, following Murti Pratishtha, youth of all ages presented

various cultural programs including folk dances and dramas, which contributed to the lively atmosphere.

Prior to the Murti Pratishtha were a grand “Vishwashanti Mahayagna” on Saturday morning and a melodious “Kirtan Aradhana” on Saturday evening. Attendees of the yagna performed Vedic rituals led by Sadguru Swamis in order to give prayers for world peace on the occasion of the opening of the Mandir.



The celebrations truly kicked off on Friday evening with the “Shobha Yatra” itself when young and old alike, were dressed in colorful traditional Indian attire and lined up to walk or dance in the procession of the sacred images of Bhagwan Swaminarayan, the Guru Parampara and Hindu deities. The grandeur of the procession of Murtis only enhanced the excitement for the consecration & other events the following two days.

The underlying recipe leading up to the successful completion of the Mandir can be attributed to the devotion and hard work of the volunteers of BAPS, who in turn dedicate their inspiration to the spiritual leader of BAPS, Pramukh Swami Maharaj. Apart from this being a huge milestone for BAPS Phoenix – devotees and families, this is a very emotional event for a lot of people personally, who have dedicated their days and nights in the construction and refining of this building and making it a Mandir – Place of Piece and Worship. They have spent count-

less hours in planning an event like this size. And all of this work would not have been possible without a “Community Giving Back Spirit” in volunteers’ hearts and minds and blessings and inspiration of their guru P. P. Pramukh Swami Maharaj.

About Mandir

The Mandir, traditionally a Hindu place of worship, is also a common community place where people forget their differences and voluntarily unite to serve society. It is a place where people experience peace and reinforce their ethical and moral values. Additionally, the Mandir helps serve the youth of the local community through hosting of leadership camps, educational fairs, and cultural programs. A volunteer used to take her children to the old BAPS Mandir in Mesa, AZ. “It was quite the drive, but I noticed that my children were benefiting tremendously. They were learning to become well-rounded individuals. Now, that I have this new Mandir in my backyard,

it will give my children and I all the more reason to celebrate.” The Mandir will also become a focal point of community activities, including walkathons for charity that give back to local agencies and support services as well as blood donation drives and health camps.

About BAPS

The BAPS Swaminarayan Sanstha (BAPS), a worldwide socio-spiritual organization in Consultative Status with the Economic and Social Council of the United Nations, is dedicated to community service, peace and harmony. Motivated by Hindu principles, BAPS strives to care for the world by caring for societies, families and individuals. Through a number of social and spiritual activities, BAPS endeavors to produce better citizens of tomorrow who have a high esteem for their roots - their rich Hindu culture. Its 3,300 international centers support these activities of character-building. Under the guidance and leadership of His Divine Holiness Pramukh Swami Maharaj,

BAPS aspires to build a community that is morally, ethically and spiritually pure, and free of addictions.

About Pramukh Swami Maharaj

His Divine Holiness Pramukh Swami Maharaj, the fifth spiritual successor of Bhagwan Swaminarayan, has inspired millions of people across the world to lead a God-centered, morally pure life. As the present leader of BAPS, Pramukh Swami Maharaj travels from village to village, continent to continent, emphasizing the importance of family harmony, community service and spiritual progress. He embodies the essence of Hindu life. His compassion for humanity, universal wisdom and striking simplicity have touched many world religious and national leaders. For more details visit www.baps.org

For further information, please contact: BAPS North American Headquarters

Tel: 732-777-1414 ex 140

e-mail : media@na.baps.org



INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)



1. ISAA Celebrated Ramanbhai, Subashbhai & Neelaben's birthdays on Diwali day 2. Visit to ISAA on a Diwali Day by US Air Force Lt. Col. Mahendrabhai Patel 3. Dr. Mini Pandit speaking on "Domestic Violence 4. Flu shots camp by Dr. Kumar Daulat & staff 5. Sponsors of the day for paying Tribute to Late Mrs Sumitraben Patel 6. Walkathon participating ladies honoring the Breast Cancer Survivors and Cure 7. ISAA group evidently having enormous Navratri fun with endless long "Mumbai thi Gaadi Aawi" 8. WOW! How amazing these dandia-raas dancing players and performers are! 9. ISAA celebrated Shantikaka's 92nd birthday with the family 10. Deepika celebrated her papa's birthday at ISAA family and friends.

On Sept 30, 2014, when sounds of garba, raas music are in the air, ladies and gents are enjoying the lovely folk dances -it means it is Navratri time. That's what the folks did today and had fun dancing with ladies in their colorful saris and some gents in silken kurta-pajamas. Thanks to Babubhai & Deviben for setting up beautiful mandir of "mataji". After the aarti we celebrated Dr. Saigal's birthday. His daughter Deepika and her cousins joined the happy birthday song for "papa". Decorated cake was cut and distributed. Deepika sponsored the luncheon. Over seventy people participated in the celebrations. Jitubhai summarized the highlights from PM Modi's visit to the USA over the week-end. Narayanbhai recited a beautiful poem which characterized the joyous occasion when "Bharat Mata" appeared to be smiling again after sixty years of sorrowful days over suffering in India.

On Oct 07, 2014, the members joined in their usual activity of card games and socializing for the most part of the morning. Later the participants enjoyed various style of garbas, "Mumbai thi aavi railgadi", " sanedo" etc. This was followed by dandiya raas. This is always very popular and non-stop fun. We wished Shantibhai a happy birthday as he moves into 93rd year of his life. His family members who attended the ceremony were introduced. The Rajyaguru family sponsored today's beautiful luncheon. Over

seventy five members and guests participated in the fun. Jitubhai reminded everyone about the Oct 1 as the birth anniversary of Lalbahadur Shastri and Oct 2 as the birthday of Mahatma Gandhi. We appreciate their sacrifices for India. Please do watch a video clipping of a Vridhhashram in New Delhi as run by Dr. Bhagat where he has dedicated his life along with his son in the service of the elderly who suffer from dementia and other ailments. Free flu shots are scheduled by BAPS on Oct 12 at the Swaminarayan Mandir. Also, Dr. Kumar Daulat will be administering the flu shots at the hall on Tuesday Oct 14, 2014.

On October 12, 2014, the group of young ladies joined ISAA's Pannaben in the 22nd Annual Komen Phoenix Race at Cesar Chavez Plaza in Phoenix to show solidarity with all those that have been afflicted with this devastating cancer disease in one way or another. Nearly forty-thousands of people came together for a day full of celebration, inspiration and remembrance! The group walked 5km with fellow Arizonans to pledge their commitment to end breast cancer forever. There was a special



bagpipe parade for breast cancer survivors at 10am. All the survivors, including Pannaben, were asked to walk through a procession flagged by the ASU band and musicians playing the bagpipes. Each survivor received a certificate honoring their years of survival. Similarly, Jagan Lingamneni & Umaji shared their experience at MS walkathon. It was a special day shared with special friends. Pannaben the group is looking forward to next year's walk with more ISAA supporters for any such good cause.

On Oct 14, 2014, ISAA had two short video presentations on diabetes and a spell-bound amazing acrobatics by the Chinese. To highlight the Domestic violence of women, kids, and elders in our society, whether in India or the USA, Dr. Mini Pandit made an eye opening presentation on various aspects of violence. She highlighted the data from WHO. We should increase

our awareness of the magnitude of the pervading problem and make a commitment to modify our behaviors. There were bhajans to pay tribute to Sumitraben Patel who left her indelible mark with her sweet interaction with members of the ISAA.

Prayers were offered for quick recoveries of Thakorabhai, and Maheshbhai. We were happy to see Rajaniben Bajpai after her comeback from a weak stroke. Dr. Minaxiben Patel was so delighted to see some friendly faces at a local baby shower in Apache Junction recently. She couldn't keep that joy to herself as she composed a sweet poem of ISAA - "Hamare Apne Hain". Dr. Rasikbhai sponsored luncheon was enjoyed by over seventy five attendees. Jitubhai thanked Dr. Kumar Daulat and his staff for providing flu shots to ISAA members. Dr. Gulabbhai offered his service if anyone has any Medicare related questions.

On Oct 23, 2014 we celebrated the Diwali today with a lot of fun and festivities. More than eighty members and friends participated in the joyous and memorable event. First half of the program saw people exchanging Diwali

greetings, photographs of beautifully dressed up ladies and gents, everyone enjoyed a variety of Diwali snacks with masala chai. Thanks to volunteers who brought mathiya, ghugara, magaj, penda, chivado, chorafali, barfi, siro, Middle Eastern Delights and more, which will remain in our memories for a long time. The main celebration got underway with brief puja of Lord Ganesh, and Laxmiji. What followed was lively blasting Punjabi songs, music with dance. Then there were Gujarati folk songs, garbas, popular "Mumbai thi Aavi railgadi", The dance part was concluded with ever lively-"Sanedo". Thanks to all who arrived early to decorate the hall. Babubhai and Deviben set up the beautiful mandir with lighting, flowers and offerings of sweets. Many thanks to today's sponsors-Hemlataben, Niruben and Nilaben. The occasion marked the birthday celebrations of Ramanbhai, Subhashbhai, Nilaben and Pradyumanbhai too. The event also included a raffle where in a number of attendees won gifts donated by Miniben, Pannaben, Vijayben, Hemlataben and Shantiben. Sumitraben from Ahemadabad made a special effort to send a ballpoint pen as a Diwali present. Thank you Sumitraben.

Winter Holiday and Holiday Winter – Making each other complete

Talk of a Holiday Winter - Wake up in the morning and it is biting cold and dark outside. Morning blues begin to strike often due to less lighted up mornings and chilly temperatures, when all that is there on your mind is to cozy up in the soft cuddly blanket and go into a deep slumber well until noon. But with a little extra will power to start the day off right on time, the blues last only so much until a hot shower wakes you up. Then it is time to get all dressed up including that favorite pair of thermals and gloves and that favorite winter jacket and maybe a pair of earmuffs to keep you warm. And for all the ladies out there, what better way to welcome the morning if not with that gor-

geous pair of boots from the last year that was hiding in the closet. Then it is time to head outside, totally refreshed, in the chilly foggy weather wanting to get a whiff of that freshly baked holiday cookies and a sip of that special pumpkin latte. And no, you do not drive off to work, but drive back on the opposite side of the rush hour traffic! to home sweet home! Well that is what a perfect start in the morning looks like to me and also makes me wonder about why the rest of the world is crunched on time.

The story of winter doesn't end here. And how can it end after all without the mention of Holidays? And holidays are not much fun either without the chilly winter and the more classic

snowy winter. Whether we would like to relate the winter as a holiday or the holiday as the winter, both complement each other. Talk of a Winter Holiday - Homes and their front yards decked up with the holiday lights, glittery santas and snowmen staring in the snow, coco and cookies delighting the taste buds, carols and chimes cheering the senses, beautifully lighted candy canes leading the path to the door, and everything else that announces the spirit of the winter and holidays is worthy of being seen and experienced by all. This is the once in a year opportunity that the humble looking home is transformed into an extravagant carnival zone just enough to fit in as a magazine spread.

As much as many of us would love to have a snowy winter here in Phoenix, the conveniences of makeshift snow machines make up for the snow fun, both for kids and grownups. But nothing I feel could compensate for the joyful synergies of spending time with the people we love, teeth chattering winter weather, the holiday lights, the blowout sales after the Thanksgiving and the most important of all – the Holiday Spirit of the Season!

Wishing everyone a Happy Holiday Season a teeny bit in advance!

-Deepa Badrinath



Brahmin Samaj of North America—Arizona chapter (BSNA-AZ) is a progressive group. On Sunday, October 19, BSNA-AZ had its third quarter meeting which was open to all brahmins—including those who are brahmins by karma. For example, the meeting was attended by Mr. Saeed Ahmad a follower of Kalki Avatar, a mystic from Pakistan, and Ms. ManjeetWalia who devotes all her ener-

Brahmins of Arizona

gies in the service of Indians in the community. The BSNA-AZ members believe that the Varna/caste system which was designed for the division of labor is a dinosaur of sorts in the 21st Century. Today, modern society has degrees and licenses.

When the Varna system was first introduced, people could move from

one Varna to another based on their knowledge, skills and expertise. In other words, people born shudra could learn the scriptures, and devote themselves in the service of others to become brahmins by karma.

Likewise, untouchability had medical reasons before the discovery of microbes, sterilization, sanita-

tion, and quarantines. Therefore, as a caste-based practice it ought to be banned—even in temples; and the temple brahmins ought to set an example by taking the lead in banning it. BSNA-AZ hopes to promote communal harmony amongst people across all faiths. According to the ancient Vedas, we are all created equal and part of the one Universal Divine.

– Mini Sarla



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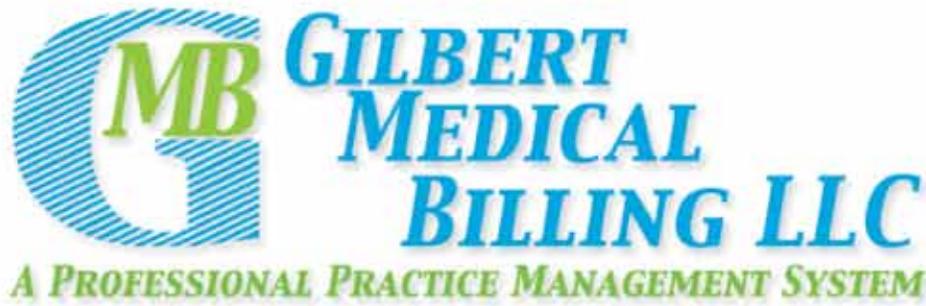


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Anil Bibhushan Dhakal's 25th Wedding Anniversary

The team of Asia Today congratulates Anil Bibhushan Dhakal, the owner of India garden for his 25th Wedding Anniversary. We wish him and his family a long, healthy and happy life.





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VIPs of India: The Modern Day Avatars



While traveling on the roads of India, one usually comes across several cars and SUVs with flickering red lights and loud high-pitched sirens being played at the top of their volumes that cause traffic to come to a standstill. The scenes are akin to fire trucks and ambulances racing down streets in the Western world. In fact, this phenomenon has become so common in India that one cannot travel even for a few miles without encountering such a menace. To the uninitiated, such vehicles may appear to give the impression of speeding emergency vehicles that are attempting to reach someone in need of urgent help. But if only they were on such noble missions; usually they are not.



Instead, these vehicles belong to the so-called VIPs (Very Important People) - the modern day new Avatars of India - who now-a-days are available all over and come cheaper than dime a dozen. In fact, if one were to put an estimate on these VIPs through proxy of these specially equipped vehicles on the road; one would truly be amazed at their numbers. The sirens and flickering red lights of such vehicles often take precedence over everyone else simply because such individuals consider this privilege to be their birthright - their prerogative to do so. There is so much of traffic tie-up caused by them everywhere on the roads in India that ordinary citizens have become helpless and frustrated. A poor man could be left behind struggling in his dilapidated vehicle to transport his sick child to the hospital whereas a specially equipped vehicle of a VIP, would be allowed to pass ahead even for taking a leisurely ride just to buy bangles for his wife. It often makes one wonder as to what has suddenly brought such change in the culture of India.

Travel in India for the aam-aadmi (common man) was always difficult to begin with and in a way, it keeps on becoming more difficult day by day as a result of exponential rise in the number of vehicles on the road. The government is busy all the time in finding ways to establish more highways, flyways and expressways. But the burgeoning population of India that keeps on

mushrooming ends up drowning all the efforts of progress in India and turns it totally null and void. These new highways, byways and the flyways, as well as the bridges and new roads seem to dot metropolitan areas of the country. Yet most of India especially the countryside and the villages, where the majority of the people of India live and breathe, still keep on waiting eternally for the first rays of hope.

Progress is loudly promised and continuously touted by the politicians through their catchy slogan of "India Shining." Such slogans do not necessarily make mother India shine equally at different locations, even if those magical rays of progress were to appear one day. Discrepancies are obvious not only between the rural areas and the cities within a given state but also in between states depending on the clouts of political head honchos of a given state, district or city. And once a given politician is dethroned, the area where he or she ruled turns into an orphanage and there goes the progress, down to the drain and the region deteriorates back to square one. It ends up paying much more than what it had originally received.

The politicians of India consider themselves to be blessed ones, thanks to the political simplicity of the public at-large that allows politicians to think that way and thus let them take advantage of their positions of authority. Over time, the politicians keep on maneuvering so much of leeway that they permanently start enjoying preferential treatment in all aspects of life. Whether it is a material comfort, such as having connection for air conditioning for their residences,

telephone lines or other amenities, the politicians seem to have it all, and long before anyone else does. The ordinary citizens around them may be suffering in the scorching heat or bone-piercing cold but that is none of the concerns of politicians for they think themselves way above others. Admission for their children to the finest schools and colleges, or finding and creating new jobs to accommodate their near and dear ones is just a mere phone call away. And on top of it, they are always on the lookout to find loopholes to squeeze out more and more benefits for themselves from wherever they can.

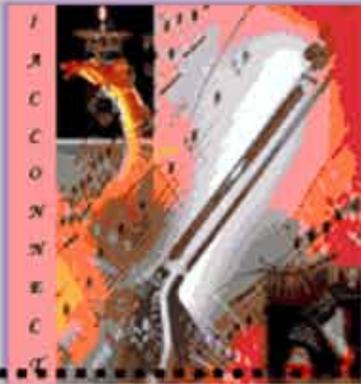
Little do they realize that the ordinary public, the voters, who the politicians inconvenience with their fast driving vehicles and entitled living, happen to be their true masters. These politicians also seem to forget that they are not the kings and queens like in the India-past, who were blessed to occupy their thrones as a birthright; rather, they have been elected by the public to serve the aam-aadmi. They neglect the fact that their political shelf life could be very short and is entirely dependent upon the pleasure of those who elect them. Come next election, they may or may not be around. This is certainly not to refute that being leaders, they need extra security, priority, and efficiency in their travels. Unfortunately what was once an essential requirement has been turned into extraordinary comfort at the expense of basic essentials for the aam-aadmi. There is a need for politicians to put constraints upon their ever-expanding desires and limitless use of public facilities.

Another menace that I wish to draw

attention to pertains to the universal presence of life-sized "wall posters" of these men-in-power and their families all over India. This is the result of the actions of their yes men who seem to surround these politicians from all angles and thus further inflate their egos in order to take personal advantage by seeking undue favors. The presence of these wall posters has shown a tremendous amount of increase and that too with leaps and bounds. These posters are now often affixed on each and every street corner and on both sides of the roads in villages and towns. Looking at the sheer numbers of these posters, one cannot help but think that perhaps the only business left for the ruling men and women of India is to arrange to have their profiles posted all over, along with those of local powerful men, as if they were the only individuals living in the country.

It might be somewhat difficult for an ordinary citizen to discern the amount of government tax resources and the manpower wasted on such endeavors, yet it doesn't take a rocket scientist to figure out that the cost must be tremendous and unnecessary. The overwhelming presence of these life size wallpapers/posters and banners bespeaks itself about the fears and helplessness of these politicians to be re-elected the next time around. The energy, scant resources, and time wasted in creating and then affixing such posters could have been put to a better use by initiating beneficial projects for improving the life of the aam aadmi. But then who will complain? And to whom should the complaints be directed? Those who were elected to take care of the public now are in the business of rather protecting their seats for next time around. As they say, the fence out there to protect the property has instead, taken it upon itself to devour it! Isn't that the truth?

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



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Arizona's Fourth Annual Diwali Mela

Mauj Entertainment and Asia Today are grateful to all the volunteers, vendors, supporters, performers, and attendees that made this event possible. We also were honored to have a group of women that celebrated Karva Chauth at the

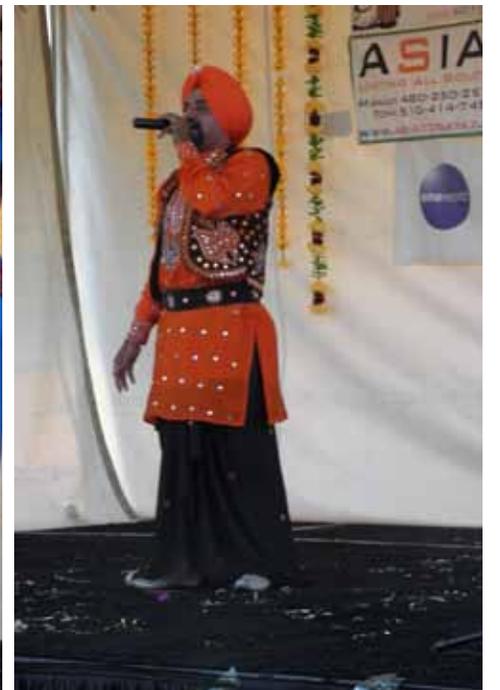
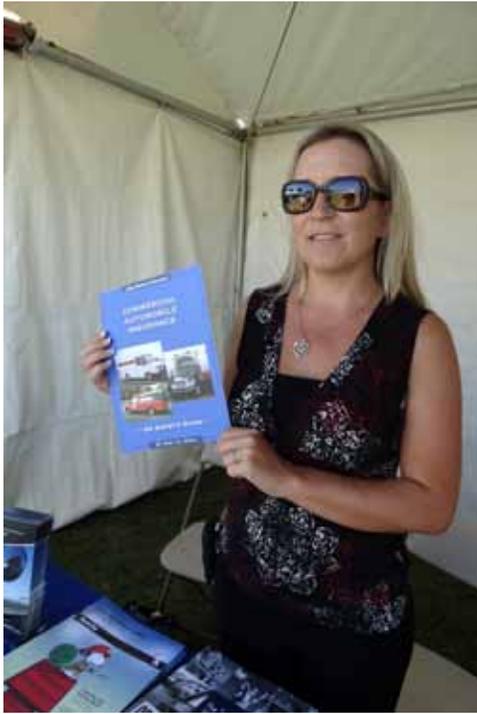
Mela and broke their fasts at the event.

Looking forward to bringing you another great event next year – thank you for your continued support, Arizona!





Arizona's Fourth Annual Diwali Mela



Modi's Idea of India by Pankaj

MINI PANDIT, MD, MBA

To the Editor:

Lately, The NY Times and other mainstream media outfits seem obsessed with publishing derogatory articles on India and all things Indian. Even the reports of Modi's triumphant visit to the USA were punctuated heavily with propaganda to discredit him, his religious beliefs and the nation as a whole. In almost every article he was labeled a Hindu Nationalist, and never a Nationalist who happens to be Hindu—the majority religion in India. No matter what the topic of discussion [economics, health, trade, governance, foreign policy] there was always a paragraph on the 2002 Gujarat riots. Do the esteemed journalist realize how phony they sound when they write to such articles? Do they even know the history of riots in India? There have been 11,000 riots in India since independence. In Gujarat alone there have been bloodier riots in 1965, 1985, 1987, 1990, 1992—and all during Congress rule. So, this harping of the 2002 riots in Gujarat seems to suggest a hidden agenda.

There seems a pervasive fear of Hindu religion. So much so that Mr. Pankaj Mishra, in the article listed, audaciously suggests that the Hindu elites are likely to be “more treacherous” than the Taliban, Al Qaeda and ISIS! Let me enlighten Mr. Mishra and some of the other biased, pseudo-secular, journalists at the Times about Hinduism.

Hinduism is based on ancient philosophy of Advaitya Vedanta that dates back several thousand years, which says that the self and Divine are One—both part of the same Universal Divine Consciousness. So, Hinduism takes monotheism to a much higher level than other touted Abrahamic monotheist faiths of the world. Hindus create places of worship and invoke the Universal Divine to embody the idol with various aspects of human nature—based on the imagination of the devotee. An individual can worship Jesus, Shiva, Allah, Guru Nanak, Buddha, Mahaveer, Mother Theresa, etc. and still consider herself or himself as Hindu. Because Hinduism is not merely a religion in a true sense of the word; it is a dharma, a Sanskrit term which encompasses

culture, ethics, conduct, conscience, faith and devotion—in essence, a way of life. So, the Sikhs, Christians, Muslims and Hindus in India practice the same dharma even though they may worship in different ways. Hindus do not have a book of Do's and Don'ts; they do not proselytize; they do not spread violence and terror in the name of religion. The Vedic philosophy and practices have been incorporated in most other religions. For example, the Muslims still observe ancient Vedic practices in their holiest site, Mecca: they shave their heads, take a holy dip, wear white un-stitched garment [dhoti], and circumambulate the Kabbah.

And, now, please allow me to share with you and your esteemed journalists some historic facts.

1. It was a Hindu subcontinent that gave shelter to the Jews in the 6th century BCE, when they fled persecution in their homeland. It is believed that these Indian Jews are the descendants of the Ten Lost Tribes. The Jews were given the edible oil trade when they settled on the west coast of India. Till today, Indians do not buy or sell edible oil on Sabbath [Saturday]—all over India—it is not even traded on the stock market. This an example of total acceptance and assimilation that goes way beyond mere tolerance.

2. In the 7th century, it was a Hindu subcontinent that gave shelter to Zoroastrians fleeing Persia when Muslims invaded and forcibly converted the subjects to Islam. Today their ancestral homeland is Iran—a fundamentalist Islamic nation. Meanwhile, Zoroastrians [also called Parsees] continue to live peacefully in India, and are free to practice their faith freely. Tata and Godrej, the famous industrialists from India are Parsees.

3. In the 1800's Baha'i people fled Iran and made a majority Hindu India their home; the most beautiful Baha'i temple, designed after the Sydney Opera House, is located on a hill in India's capital, New Delhi.

4. In 1951, Tibetan Buddhists fled their homeland after the Chinese invasion; these refugees have been given a mountain resort town in majority Hindu India which serves as the capital of Tibetan government in exile.

5. In 1971, over 10 million Bangladeshis—mostly Muslim—came to

majority Hindu India as refugees during the genocide at the hands of US-supported Pakistan military.

6. Since 1979, close to 60,000 Afghan refugees—mostly Muslims—have arrived in majority Hindu India since the Soviet invasion of their homeland.

7. More recently, Muslim refugees fleeing Myanmar have been given shelter in majority Hindu southern India.

Hinduism and its off-shoots such as Jainism and Buddhism [among others] have spread all over the world not through armies and bloodshed, but by a spiritual mass appeal—something the current Pope Francis is advocating. In contrast, Islam and Christianity were spread through violence.

In northern India, after invading the region, Muslims killed those who did not convert to their faith; they destroyed temples and changed them into mausoleums for their royal family members. Today the misguided few continue to kill the “non-believers” and their places of worship in the name of jihad—Bamyan Buddhas are a case in point.

In southern India, Christianity, under the auspices of St. Francis Xavier in 16th century, was spread in India through destruction and coercion [the Goa Inquisition]. St. Xavier used to refer to native Indians as “devil-worshippers and spiritually blind, Hindu teachings as repulsive and grotesque.....” He made it a point not only to convert the people but also destroy the idols and ancient places of worship [ref: Rao, R.P. (1963). Portuguese Rule in Goa: 1510—1961. New York: Asia Publishing House]. St. Xavier wrote to the king of Portugal, “The second necessity for the Christians is that Your Majesty establish the Holy Inquisition in Goa because there are many who live according to the Jewish Law [?anti-Semitism] and according to the Mohammedan Sect [?anti-Islam], without any fear of God or shame of the World. And since there are many Hindus who are spread all over the fortresses, there is the need of the Holy Inquisition, and of many preachers.” [ref:Silva Rego]

So, please stop instigating communal discord by unenlightened reporting. It does not bode well for NY Times' reputation

By Holly Parsons



Holly Parsons is a performing poet and essayist. Her style interprets through a contemplative lense which expands on a women's view of life and world events. She is published in the centennial anthology "Arizona 100 Years, 100 Poets" the "Blue Guitar" summer 2014, Prime Times Magazine and numerous corporate websites. Her first book of poetry, "Soul of a Woman, A Journey In Love and Life" is available on Amazon.

ALLELUIA [The Verb]

Soul of mankind
On the line
Stands
To reap love's harvest, or
Betray life's command
Do no harm
Disarm
Plow purity into the farm
Sing of harmony at each water's edge
Bless the radioactive dredge
Tax toxins
Open schools
Release the mind
Imprisoned in its prime
Step over that ridiculous line that inclines
Feeble thoughts to resign from life's glorious
Bounty

THANKSGIVING

In a circle of family and friends
Gratitude of heart appends
As bookends embrace volumes of thought
This circle is naught
But anchors in equal measure the lovers knot
Into the care of ages we linger
Sharing the bounty of nature
In the arms of one another
With grateful measure
We offer thanks every day
For every day

Nishkam Seva Diwali and Bandi Chorch Divas Pictures



Nishkam Seva Diwali and Bandi Chorch Divas Pictures



Yes, you can rock leather wear in humid climate!

As Lisa Haydon walked down the ramp in a leather lehenga for designer Monisha Jaising recently, it altered a lot of notions about the material.

More than anything else, it led to the realisation that leather — earlier restricted to western wear, or by occasion and climatic conditions — can be a part of everyday clothing. But the challenge for us Mumbaikars, or any coastal city in India, including Kolkata and Chennai, is to wear leather in the city.

We get the experts to weigh in.

Hot this season

So far, the fabric has been a favourite primarily for accessories. This season, it's all about skirts, jackets and even dresses. "Leather has always been in vogue. It's just that, today, it has been used more innovatively to add an element of boldness," says designer Nikhil Thampi. Designer Nitin Chawla echoes a similar thought. "Leather depicts luxury and gives a premium feel to a product," he says.

Leather in Mumbai?

Although the monsoon is on its way out, and the weather will get cooler in the months to come, wearing overall leather still won't work in Mumbai. Urvashi Joneja, whose latest line has elements of faux leather, suggests that wearing genuine leather pants or overalls isn't advisable in Mumbai: "But using it in accents or sporting a leather



vest can add a lot to a look," she says. The designer adds that leather embroidery, tassels, etc, are quite fail-safe.

High maintenance

It isn't just hard to sport leather in Mumbai; it's annoyingly hard to maintain it. Thampi gives a few tips: "All leather products, be it garments or accessories, should be cleaned with a soft muslin cloth post use and stored in a cool section of the house." On the other hand, Chawla is of the opinion that faux leather is better suited for



Mumbai, as it's not affected by water, and is more price-effective. In case of a stain, Joneja suggests spot cleaning, instead of cleaning the entire garment.

Wear it right

Designers suggest a few looks that can satiate your leather fetish, without making you sweat:

1 Get linen shorts with leather trimmings teamed with a crisp shirt and a belt. Add funky shoes/boots to create the perfect look.

2 Opt for leather detailing such as



a leather pocket, shoulder patches on a cotton jacket, or even just the collar.

3 What's a fashionista without one leather bomber jacket? Go for a thinner, faux-leather variety.

4 Use leather detailing as patches on pockets (like this Theorem by Nitin Chawla design) and collars.]

5 Just a touch of this material is enough to add spunk to a garment. Try something like this Huemn sweatshirt.

6 Sticking to black or brown can be boring. Try eclectic colours in leather like this olive skirt by Poco & Jacky.

Wedding belles: a century of bridal fashion

It's one of the most important elements of any bride's big day: the fantasy wedding dress. Now the changing face of the most romantic garment of them all is the focus of a UK design exhibition this summer. "Something Blue" explores British bridal fashions over the past hundred years from 1914-2014.

Featuring 18 dresses, the Manchester exhibition follows national bridal trends from classic gowns to unconventional frocks which challenged the norm. The dresses on show have been worn by a mill worker, the wife of a Lieutenant in the Royal Navy, and a woman serving in the air force.

Pieces worn by art world figures Kathleen Soriano, judge on Sky Arts Portrait Artist Of The Year and Maria Balshaw, Director of Manchester City



Galleries, also appear in the selection. From brides fabricating dresses from parachute silk during the war-torn 1940s to the introduction of con-

temporary suits or shorter dresses in the 1960s and a penchant for colored dresses in the 1990s, the exhibition illustrates the broad changes in style that have swept over the century.

Each of the dresses is accompanied by a portrait of the bride alongside the garment's personal history.

The design history of the wedding dress is a topical subject at the moment, with London's V&A Museum currently tracing the development of the garment over the last two centuries through the work of fashion designers such as John Galiano, Christian Lacroix, Vivienne Westwood and Vera Wang in its exhibition "Wedding Dresses 1775-2014".

"Something Blue" will run from August 1 to March 15 at The Gallery of Costume, Manchester.

Senior Group Celebrates Diwali



by **Bhagubhai Patel and Praksh Kotecha**

Looking Ahead: The Senior Group will not be meeting on upcoming Holidays that are falling on Thursdays this year - Thanksgiving November 27, Christmas December 25 and January 1st so that our members may enjoy holidays with their family.

Member News: Phoenix area resident since 1969 and active in community work in early years architect Sukumar Pal has moved back to Phoenix from Prescott and has joined us as a member. Thakorbhai Patel had fallen down and was not keeping well. With God's grace he has recovered and he is now in a rehab facility and progressing well. He will surely enjoy hearing from his Senior friends. Shardaben (Manubhai) Patel has started walking unassisted after TKR and is receiving physical therapy at home. Rajani Bajpai is recuperating nicely at home after a short illness. Kirit & Gita Rajyaguru with daughter Payal came on October 9th to join the company of "Senior among Senior" Shantibhai Rajyaguru's (92 years young) friends.

Diwali Celebrations on October 23: Diwali decoration on the Podium was excellent indicating festive atmosphere and Seniors after having Diwali special breakfast were ready for the Music Program. Meenaben Bhavsar introduced our guest artist Tariq from Phoenix. He was very well prepared for the program. He started the program by singing nostalgic Mohmod Rafi songs of 1950s and 1960s to bring joy in ev-



everyone's heart. What was great about him was the fact that all the songs that he was singing were known to him fully and did not need to read or refer to them, that allowed him to dance and act while singing. His enthusiasm was contagious enough to make seniors quickly join in the dancing on song's tune and seniors joined dancing in solo and in group, on the stage and off the stage and enjoyed every song at its best. His prepared music system added the charm and grace to the program to make it really enjoyable. He also sang songs of current time and seniors loved those songs as well. Then came the time to sing on seniors request and the dancing of seniors went to the peak when finally Gujarati Songs, Garba and "sanedo" started, a glimpse of the event can be seen in the photograph. Thanks to Mike Mali for assisting with the Song program arrangement.

Senior Group's 15th Anniversary: October 2014 marks Senior Group's 15 years service to Indo-American Community in Phoenix. During October 23rd meeting, Bhagubhai recognized the founding members - present were Manubhai Patel, Kishor Vyas, Indubhai Patel and Bhagubhai Patel, absent were Dr. Ambubhai Shah (now residing in India) and late Jayendra Shah. Various activity leaders and Volunteers were also recognized and thanks conveyed to all of them for selfless service to the Senior Group. Ramaben Patel's absence was also noticed as she has moved to Shantiniketan, Florida.

Thursday Get-togethers: After enjoying a three days bus tour to Las Vegas, Navaratri Garbas, Diwali Celebrations and a picnic, now it's time to relax and get charged up for the upcoming Thanksgiving, Christmas and

New Year holidays. Our Diwali celebrations includes a musical program by "Tariq" group and a sumptuous lunch.

For Navratri celebration Mataji were enthusiastically set up by Jayaben and Meena Kotecha and other members who had brought the Mataji photos and Garbo and other decorations. Then initial prayer was offered to Mataji by all the members jointly, then celebration began by Bhajan sung by Amrita Khorana accompanied by one man music team of Dr. Balbir Khoran. Garba started and members joined gradually to celebrate Navratri and played for over 30 minutes and enjoyed Garba in true spirit of the festival with Garba selection by Lalitbhai from his collection on his Laptop.

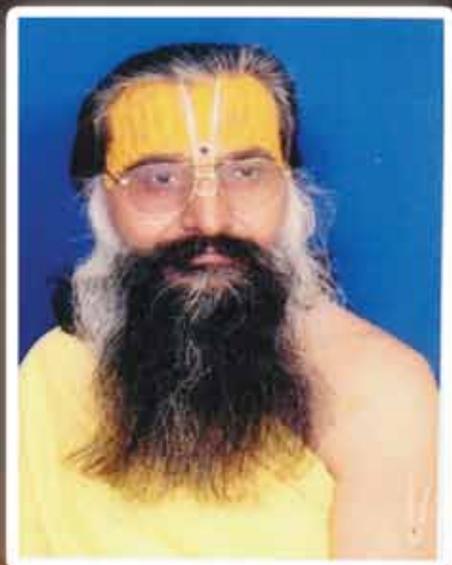
2nd October was Mahatma Gandhiji's 145th birth anniversary and Prakash Kotecha highlighted Gandhiji by mentioning few points in his illustrious life. Gandhiji summarized his message in following verse written by himself:

"Satya, ahimsa chori na karvi, van
jotu nav sangarvu
Brahamacharya ne jate
mahenat,koide na abhadavu;
Abhaya, swadeshi, swartha tyaga
ne sarva dharma sarkha ganava;
aa agiyar maha vrata samaji
dhradhapan nitya acharva"

Our lunch sponsors during the past month were Deviben & Babulal Gohel, Meena and Prakash Kotecha, Gita and Kirit Rajyaguru and Uma & Jagan Lingamneni.

Photos by Sevanti Shah

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Arizona Celebrates Aligarh Muslim University Founder's Day with International Mushaira

together Aligarians and lovers and well-wishers of Aligarh from India and Pakistan together to join in a common cause to promote Urdu poetry and advance education for the disempowered and economically disadvantaged in Aligarh.

The event started with Professor Nafees Ahmad's welcome address. In keeping with the tradition of Aligarh, Ahmed Yusuf recited from the Holy Qur'an to commence the program. Next, Professor Yasmin Saikia gave a brief update of the ongoing and future educational projects carried on by the Arizona Chapter. The keynote speech was delivered by Dr. Anjum Majeed, an educationist, whose parents were Aligarh alum. Dr. Majeed inspired the audience with a personal story of her mother's education in Aligarh,

which prepared her to pursue a PhD in the US and become a trail blazing educator in Pakistan in her later years. The first half of the program ended with all the Aligarians joining together to sing the melodious tarana of Aligarh Muslim University.

The second half of the program was the much awaited Mushaira. Rafeeq Chaudhary, a prominent member of the community, lit the candle signaling that the Mushaira could begin. Acclaimed Shayars - Abbas Tabish, Sarfraz Shahid, Ambreen Haseeb, all from Pakistan, Nusrat Mehdi from India, and Arizona's own, Qadeer Siddiqui and Fayyaz Uddin entertained the audience with their imaginative and lively poetry readings. The themes of the poems ranged from the humorous to the philosophical, the personal

to the political, from the mundane to the religious and spiritual. Prem Behal, a senior member of the community, who presided the Mushaira program, shared his affection for Urdu poetry with the audience.

The ceremony ended with Faisal Saleem's concluding remarks. This year's event was coordinated by Shadab Husain, President of the Arizona Chapter, with the help and support of a dedicated team of Aligarians from the Valley and Tucson. The Aligarh Alumni Association thanks the local community, which has generously contributed to the cause of Aligarh's mission for advancing education and improving the lives of economically disadvantaged communities, and for its continued support and encouragement that made this event a success.

Do you need affordable health insurance?

AAsian Pacific Community in Action (APCA) provides assistance and information to the South Asian community in Phoenix about health insurance options available through Medicaid and the Health Insurance Marketplace (Obamacare) operating in Arizona and around the country. APCA has been privileged to work directly with approximately 350 South Asian individuals and families in Phoenix to find affordable, high quality health insurance. APCA provides assistance in many Asian languages such as Hindi, Gujarati, Punjabi, Urdu, Bangla, Nepali, Burmese, Arabic, Chinese, Vietnamese, and more. Our staff is trained to help people understand their health care

options by comparing the cost of private health insurance plans, and determine eligibility for other state and private health services. Our goal is to ensure that all people benefit from the Affordable Care Act's promise to cover every person.

Open enrollment for 2015 health insurance through the marketplace will start from November 15, 2014 to February 15, 2014. This is an important opportunity for those without health insurance to enroll for coverage. Families may contact our agency to avoid penalties. In 2015, the penalty for not having health insurance will cost 2% of a person's income or \$325 per person in a household (\$162.50 per child under 18), whichever is higher. It's

also a good chance for those with health coverage to review the updated health plan options available this year and also should apply for financial assistance to make health coverage more affordable. Several in-person navigators and assistants will be available to help individuals and families better understand the enrollment process.

We are also accepting bilingual (Hindi, Farsi, Arabic, Burmese, Nepali) dedicated volunteers and medical interpreters to help the community to enroll in health care and provide interpretation services for family members who primarily speak Asian languages. The training will be provided, hours are flexible and

a stipend is included. Upcoming training for medical interpretation will be held in November and December of this year. Please contact APCA for more information about this class and also how you can volunteer for your community.

Join us by contacting our staff to make an appointment at your convenience, hear from community members, and assist everyone to find high quality affordable health care in Arizona and also AHCCCS (Arizona Medicaid).

Gitika Pawar

Navigator, Patient Protection and Affordable Care Act

Gitika@apcaaz.org
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Real Estate News of Arizona - November 2014

By Arti Iyer ABR, CFS, CSSN
Hello Friends,

The year is almost through and we are well into the holiday season. The major indian festivals like Navaratri & Diwali are already gone and we have Thanksgiving and Christmas in front of us. Boy, Time really flies fast !!! The Valley real-estate has seen its share of ups and downs during the year as well.

The valley is busy with new developments! One of the most prominent vacant corners in central Phoenix soon could be developed into high-end apartments or condominiums. Lennar Multifamily Communities paid \$12.75 million for the 5.46-acre site on the northwest corner of Central Avenue and McDowell Road. The land, where several housing projects have been planned at various times over the past few decades, is preliminarily zoned for a four-story multifamily project with as many as 368 units.

As per trulia site, buying in metro Phoenix is as much as 34 percent cheaper than rent-ing a house, based on current home prices, rents, types of mortgages and interest rates. The comparison data appears to be unbiased. Falling interest rates over the past few weeks have made buying more affordable for most people. The average rate for a 30-year mortgage is 4.12 percent,

according to Freddie Mac. That's compared with 4.23 a month ago.

Now let's look at the September sales of Residential Homes in Maricopa county-

- Total sales for Single Family, Town homes, Condos for September were 5,514 whereas August was 5,702 and July were 5,996
- The Active listings for September were 21,500 whereas August was 26,905 and July were 22,062

	August 2013	August 2014
Bank sales	631	427
Short sales	729	233
Normal sales	5,695 (80.7% of total sales)	5,768 (89.7% of total sales)
Total sales	7,055	6,428

- Pending sales for September were 4,972 whereas August was 4,904 and July were 5,445

This year's sales volume has been running 17% lower compared to the same months in 2013. Total sales in August of 6,428 were only 8.9% lower than sales in August 2013 at 7,055. The number of normal sales in August 2014 was greater than the number of normal sales in August 2013, although total sales were higher in August 2013. The balance between distressed sales and normal sales has improved.

Developer Hines has paid approximately \$26 million for 25.5 acres to house the mixed-use project Chandler Viridian, near the Loop 101/Loop 202 interchange. Plans for the project include luxury apartments, a six-story hotel, a central plaza with 250,000 square feet of office space and some retail. Houston-based Hines has been working on the Viridian project for nearly two years, handling legal issues related to the unfinished Elevation Chandler

project on the site, which is near Chandler Fashion Center. In December, the developer plans to demolish the now-iconic concrete structure that was supposed to become a boutique hotel. The Chandler City Council last month approved a zoning and a development agreement for Hines to develop Viridian. Construction of the hotel, office and retail is scheduled to begin in mid-2015, after the apartments are under way.

Now let's take a look on commercial side-
First American Exchange Company

has purchased 22 industrial condos totaling 74,633 square feet in two buildings in Gilbert for \$3.55 million, or approximately \$48 per square foot. The two buildings were constructed in 2006 and 2007 on 1.9 acres in the Chandler North / Gilbert Industrial submarket.

Dawson Holdings Inc acquired the Hill N' Dell Apartments in Phoenix from a private trust for \$6 million or about \$43,000 per unit. Originally built in 1971, the two-story, 140-unit, multifamily property totals 113,625 square feet.

Glendale Seafood Supermarket signed a three-year lease for 14,365 square feet in the Glendale Center in Glendale. The single-story retail center totals 54,185 square feet in the Glendale Retail submarket of Phoenix.

Hope this article gives you a peek in what's happening in our valley. As always, I love all the questions, comments & feedback.



Please keep them coming at arti@artiier.com or call me at 480.242.8573

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

Namaskar, and Sat Sri Akal to all my readers.

Today, we will talk about the five passions. How useful five passions are in our lives and also the destruction they create when not properly used. Many religious books and leaders talk about the five passions and refer them as the five enemies, the five thieves, the five evil sisters, or the five sins and on and on. I am not with them. I have a different view of the five passions.

Lets us take a different approach: If lust is not there, a very sweet relationship between male and female cannot exist. If anger is not there we cannot protect ourselves. But, if we use our anger in a violet way, anger becomes our worst enemy. Furthermore, if we are greedy and powerful we can cause great imbalance in the economy of our community or the country. Similarly, if we are egoistic we loose the patience and kindness of those around us. If we are too attached, it can create hate in ourselves

against others and we become more selfish.

Remember, the five passions are the foundation of this creation and are the five physical witnesses of the creator. Reason for our confusion, and misunderstanding of the five passions is because we are ignorant of the relationship between the creator and the creation. As long as we don't have spiritual knowledge we won't be able to understand the phenomena, connection between the creator and the creation. This concept has not been included in the practical curriculum of religious teachings because today religions are only interested in Ritual's and Dogma's.

Long time ago there was a king who was kind, wise and generous with everyone in his kingdom. In his court he had two great authorities to help him administer his kingdom. One was a priest and the other was his prime minister. The king was very devoted to his priest.

Greed Killed Wisdom

As the king was ageing, the priest started becoming concerned and thought: "He always provides me with what I ask. What will happen with me when he departs to heaven?" For days, the priest was deeply concerned with these thoughts. He finally came up with a clever plan and went to the king.

One day, the priest approached the king with a gloomy composure and suggested a special worship and prayer to extend the king's life because his astrology reveals that the king's would die in six months. The king replied " O reverent priest, please do what you think is necessary"

After the priest left, the prime minister asked the king concerning the priest's conversation with the king. The king was nervous about his death in six months. The minister told the king "we will sacrifice anything to protect your life but I

need just one written word from you. What ever I do to protect your life, you won't punish me." The king answered "Yes."

After one week the prime minister surprisingly invited the priest to meet him. In that visit the minister asked the priest; "How can we protect the life of our king?" In this conversation the minister also asked the priest humbly, "How long are you going to live in this life?" The priest was excited to reveal and said, "I am going to live 30 years, 3 months, 11 hours and will die on such and such day and time." After hearing to the answers, the prime minister requested, "Sir, please write this down for the religious history of our kingdom." The priest proudly did as requested and gave the statement to the ministers.

Within minutes the prime minister ordered the beheading of the priest, and after the priests beheading, disap-

peared for two days.

When he returned to the king's court, the minister humbly handed to the king the king's written promise that dictated his freedom from the punishment. Then, he showed to the king the priests statement of the priests' self-prediction of his own death.

The minister then explained to the king, "If the priests doesn't know the correct date of his own death, how can he predict your destiny, or death?" King was surprised of the rational given by the minister, and after the incident lived for another 20 years.

The moral of the story is that the greed of the priest killed his wisdom and he paid with his life.



My Love and prayers are with you.

Gyani Ji Harbhajan Singh Sandhu

GHSSandhu@gmail.com

November 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 * Mandir Inauguration @ New BAPS Swaminarayan Temple * Karthikeya @ Super Saver Cinemas 8 - Telugu Movie (Starts @ 9:30 PM) * Super Nani @ Pollack Tempe Cinemas - Hindi Movie (9:30 PM) * Kaththi @ Pollack Tempe Cinemas - Tamil Movie (9:45 PM) * Happy New Year @ UltraStar Cinemas Scottsdale - Hindi Movie (9:45 PM)
2 * Murti Pran Prathishta @ New BAPS Swaminarayan Temple * 10th Annual Charity Walk 2014 * Super Nani @ Super Saver Cinemas 8 - Hindi Movie (Starts @ 3:00 PM) * Happy New Year @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 7:30 PM)	3	4	5	6	7 * Carnatic Vocal Concert * AiyAiYO - Standup Tamasha	8 * Bollywood Hit Parade * 2014 Phoenix Food for Education Benefit Event @ Sheraton Phoenix Airport Hotel
9 * Kannada Sangha Deepavali Celebrations @ IACRF Hall * A Night of Romantic Ghazals @ ASU Kerr Cultural Center	10	11	12	13	14	15 * Diwali 2014 Dinner with live music * Nabeel Shaukat Ali Live in Concert @ Carefree Resort
16 * Shatha-Rudrabhisheka at SVK Temple * Deepavali Celebrations @ IACRF Hall	17	18	19	20	21 * Pravin Godkhindi Live Concert @ Rhodes Junior High School	22 * YUVA UTSAV @ Hal Bogle Theater * Diwali Ball Arizona 2014
23	24	25	26	27 * Thanksgiving Celebrations @ AZ Goshala	28	29
30						

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Extend an invitation to clients you enjoy spending time with. Take matters in hand when it comes to dealing with clients or colleagues. This will not be the best day to sign deals or to take care of other people's financial matters. New hair, new outfit, new you. Your luckiest events this month will occur on a Sunday.

ARIES



Mar 21
to
Apr 20

You will be tempted to shop till you drop. You must not make unnecessary changes this month. Find out exactly what's expected of you and you'll be surprised to find out how capable you are. Changes in your residence will be favorable in the long haul. Your luckiest events this month will occur on a Wednesday.

TAURUS



April 21
to
May 20

You should consider getting into self improvement endeavors. Try to iron out any friction over money with your mate or conflicts could prevail. Don't cause a scene, but when you get home let your partner know how you feel and why. You may be emotional if you allow your lover to take advantage of your good nature. Your luckiest events this month will occur on a Friday.

GEMINI



May 21
to
June 21

Don't draw too much attention to yourself at work. Plan a trip to the country or take a drive to the beach. You will be moody and react poorly to issues concerning your mate. Your sensitive nature will allow others to read you well. Your luckiest events this month will occur on a Monday.

CANCER



Jun 22
to
Jul 22

Be innovative. Make plans to mix business with pleasure. Dinner with clients or business associates should be successful. Don't be afraid to say what's on your mind. Your high energy must be directed into productive goals, or frustrations will occur. Your luckiest events this month will occur on a Saturday.

LEO



Jul 23
to
Aug 23

You have two choices; Get out on your own, or bend to your mate's whims. Your health may suffer if you don't control your present situation. Consider a conservative investment that will stay solid when everything else goes sour. Your ability to be a self starter will help get things done and motivate others. Your luckiest events this month will occur on a Friday.

VIRGO



Aug 24
to
Sep 23

Help elders get their personal papers in order. Get involved in competitive sports. Friends will appreciate your attention and playful nature. Offer consolation, but don't give them any direction. You can help them more than they can help you. Your luckiest events this month will occur on a Thursday.

LIBRA



Sep 24
to
Oct 23

Reevaluate your situation. You will be able to pick up on future trends if you keep your eyes peeled for unique ideas. Compromise will be necessary. Digestive disorders will be a result of family squabbles. Your luckiest events this month will occur on a Wednesday.

SCORPIO



Oct 24
to
Nov 22

You can make excellent investments if you are in the right place at the right time. You will have good ideas for home improvement projects. Too much talk will lead to disputes. Family members will not be happy with the amount of time you are spending away from home. Your luckiest events this month will occur on a Friday.

SAGITTARIUS



Nov 23
to
Dec 21

Organize social events or family gatherings. Take time to help a friend who hasn't been feeling well. Expect some flak. Put your time and energy into travel, philosophy, and soul-searching. Your luckiest events this month will occur on a Tuesday.

CAPRICORN



Dec 22
to
Jan 21

Overindulgence will be a problem if you are out in a social setting. Romance will be yours if you get out and do things in large groups. Get promises in writing or you will be disappointed. Try to keep to yourself; work diligently on domestic chores and responsibilities. Your luckiest events this month will occur on a Friday.

AQUARIUS



Jan 22
to
Feb 19

Things are looking up. Don't be too quick to blame others for your bad mood. You can meet a new romantic partner or secure the love connection you already have by going out and entertaining yourself. You should be promoting your ideas. Your luckiest events this month will occur on a Tuesday.

PISCES



Feb 20
to
Mar 20

With DJs at weddings, is Shehnai losing its charm?



When was the last time you saw a shehnai vaadak (player) playing at a wedding?

While the instrument has always been considered auspicious at Indian wedding ceremonies, its tunes have faded out over the years. Many feel that the DJs and loud music have replaced it at most functions now.

Ahead of the wedding season, we met some city-based shehnai groups and asked them about the work they get, and the future of their craft.

S Padmakar Instrumental Orchestra: S Padmakar, a member of the group comes from a family of shehnai vaadaks. He has been playing the instrument for the past 20 years.

While his group continues to get invitations to perform at weddings, he says the number of the performances in the wedding season is uncertain nowadays.

“On an average, we get to perform at about 20-25 functions per season. For me, my art is the biggest asset, and I don’t care about the money. I even got a job at a bank because a senior official liked my music. We perform largely at Punjabi, Muslim and Gujarati weddings,” he says.

Yashwant More And Group: Sanjay More, a member of the group, says that the shehnai playing tradition in his family started with his grandfather 60 years ago and he has been a shehnai player for 10 years.

“While our art is appreciated by the listeners, the demand has fallen ever since DJs have emerged. We used to get a lot of work about 10-15 years ago. But now, we perform at about 10 weddings per season,” says More.

His group often compromises on their fee to get work. “Our fee varies depending upon the timing, and sometimes, we also compromise on the amount to get work. Sometimes, we perform for as little as Rs. 3,000,” he adds.

Yogesh More And Shehnai Party: Yogesh More, the lead member of this group, says they performed at Ahana Deol’s wedding. But that doesn’t mean they get numerous invitations to perform.

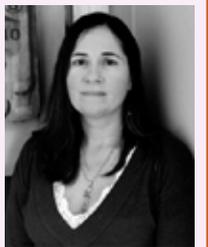
“I have been playing the shehnai for 18 years. Earlier, we used to play at about 15-20 weddings in a month, but now, we hardly get to perform at about five per season. I think there is now a monopoly of DJs,” says More.

Vijay Belbansi And Group: Vijay Belbansi has been playing the shehnai for 12 years and he feels that the demand for the instrument has gone down because of the changing tastes of people.

“Logon ki nayi pasand ho gayi hai (People have newer choices now). The trend now is of DJs and loud music. Par acche bajaane walon ko kaam mil hi jaata hai (Artistes who play well manage to get work somehow). But we dread the future of the shehnai” says Belbansi.

POET OF MONTH Anna Evens

Anna M. Evans’ poems have appeared in the Harvard Review, Atlanta Review, Rattle, American Arts Quarterly, and 32 Poems. She gained her MFA from Bennington College, and is the Editor of the Raintown Review. Recipient of Fellowships from the MacDowell Artists’ Colony and the Virginia Center for the Creative Arts, and winner of the 2012 Rattle Poetry Prize Readers’ Choice Award, she currently teaches at West Windsor Art Center and Richard Stockton College of NJ. Her new sonnet collection, *Sisters & Courtisans*, is available from White Violet Press. Visit her online at www.annamevans.com.



Dementia’s Diamonds

You shouldn’t be blamed for treating memory like costume jewelry—something to be worn, not locked up. Who could tell when the first stone—a simple, tiny rhinestone—prized itself loose? You checked the mounting, couldn’t see a reason. Against your skin the crystals glowed like stars.

Suns rose and set. The gems fell off, mute stars tumbling to earth. You wished your memory of yesterday was sharper: for some reason you couldn’t quite recall which clothes you wore, or if the pockets hid the key you lost. When each earring had one remaining stone

you threw them out. Under a rough-hewn stone you found the spare key. The necklace and the star-shaped pin still shone. Not things you wanted to lose, you knew this, even though you couldn’t remember for what occasion they were bought and worn. At night you dreamed that you were losing your reason.

You were distracted, that was all, you reasoned, reeling around in fog as if you were stoned, forgetting words for things. The pin was worn—you put it with some silver paper stars that turned up in a drawer. You had no memory of why they were there. Parts of your brain felt loose.

Number sequences played in your head like lost keys. You wrote them down for no real reasons. Why did you keep this necklace? You didn’t remember—it seemed to be missing every other stone. Although in your girlhood, didn’t it resemble the stars? The finest jewelry you’d ever worn.

The stranger’s face in the clouded glass looked worn, a haggard crone with nothing left to lose. Each night you scoured the skies for shooting stars: a pointless habit perhaps, but reasonable. People whose faces hovered, blank as stone, had replaced the loved ones of vague memory.

You struggled to assemble your worn reason, scooping up bright handfuls of loose stones. If they were stars, you thought, you would remember.

Originally published in The Stolen From

7 new generation actors who got inked for films!

These actors got tattoos to play their characters to the hilt...

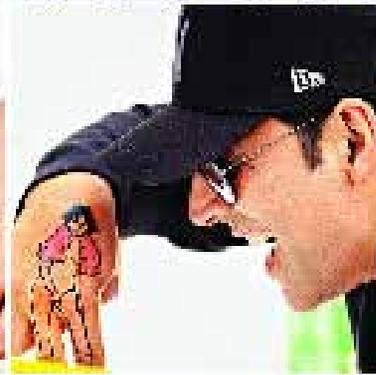
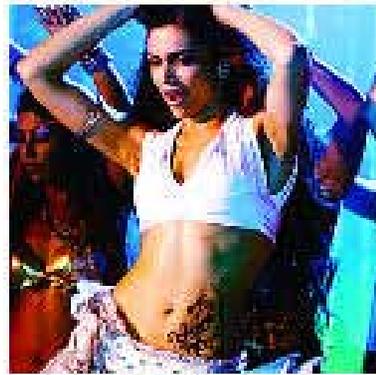
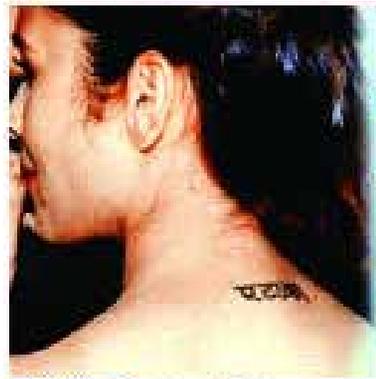
From the infamous line mera baap chor hai that Amitabh Bachchan's character had been branded with on his wrist in the cult classic Deewar to the multiple names and numbers engraved on Aamir Khan's muscular body in Ghajini, actors have gone all the way to get into the skin of their characters! The trend continues, as actors mark themselves with different symbols, designs and letters, albeit temporarily for films. While the girls ooze sex appeal with their provocatively placed tattoos, the guys get inked to either enhance their macho image or naughtiness. The latest to join the brigade is Akshay Kumar, who has got a skimpily clad girl designed on the back of his hand for The Shaukeens. We take a look at other actors who have got tattooed for films.

Alia Bhatt

This little Bolly dynamite was aptly inked with the word pataka on her nape for Humpty Sharma Ki Dulhaniya. For a long time, people thought it was for Highway which even had the song Pataka gudiyo, but turned out it was for her next release. Alia played a loud Punjabi, vibrant, vivacious kudi who speaks her mind in Humpty Sharma Ki Dulhaniya. Main paida hi hot hui thi, she says to Dilli da munda Varun Dhawan and he falls flat for her. Pataka indeed!

Sidharth Malhotra

You just have to see the poster of the film Ek Villain to see Sidharth's huge tattoo on his forearm. In fact, the actor



had got inked on his neck and shoulder too for his good boy turned bad look in the film. The one on his forearm was to remind him of the traumatic turns in his life, the one on his neck represented a negative symbol and the shoulder tattoo was a cross with wings. It added to his rugged appeal and the hunk took off his shirt several times in the film to flaunt his perfect abs and the tattoos!

Varun Dhawan

Looks like this hero loves to get himself inked for his films.

In the chartbuster Saturday Saturday from Humpty Sharma Ki Dulhaniya, Varun is seen sporting some symbols similar to American actor and wrestler Dwayne Johnson, who is also known as The Rock. The huge tattoo covers his left shoulder, chest and biceps. Varun had tweeted about it saying, 'Tattoo has signs of The Rock.' He was even complimented by Dwayne, who asked him to carry them with pride! Now, for his upcoming film ABCD 2, Varun pays tribute to Michael Jackson by tattooing his image on his wrist. Incidentally, the

film's director Remo D'Souza is a self-confessed fan of MJ and sports a similar tattoo which Varun has copied.

Shraddha Kapoor

The dainty beauty is all set to get inked for her next film ABCD2 in which she plays a hairdresser who loves to dance. The Aashiqui actress will be sporting a cross.

Priyanka Chopra

Daddy's li'l girl (that's what PC's has tattooed on her arm permanently) got herself temporarily inked for

the sizzling item number Ram chahe leela that she performed in Goliyon Ki Raasleela Ram-Leela. No doubt she looked sexy in a tight white choli and long side-split skirt, but the tattoo added to the oomph appeal. The random alphabets in devnagiri written high on her waist made Pee Cee look sensuous!

Deepika Padukone

The leggy actress sported a big cobra tattoo with the words dum maaro dum written on her waist for the item song in a film by the same name. The song with racy lyrics about sex and drugs had Deepika looking smoking hot in a white mini skirt and short top. She raised the mercury levels with her hot number and her ex Ranbir Kapoor reportedly complimented her on her sexy dance moves.

Anushka Sharma

The first look of Matru Ki Bijlee Ka Mandola had Anushka showing off her cheeky tattoo 'dekho magar pyaar se' inked provocatively low on her back. A line usually seen on the back of the trucks, the actress had said it goes with her strong headed, outspoken girl Bijlee in the film. The film had her playing a naughty and feisty village belle. Initially, the director Vishal Bharadwaj wanted it to read buri nazarwale tera mooh kala but Anushka reportedly found the line dekho magar pyaar se more interesting. "It's apt for my character. Look at me but not with the wrong intention," she had said explained the meaning of her tattoo. It's a different thing that not many looked... at the film that is.

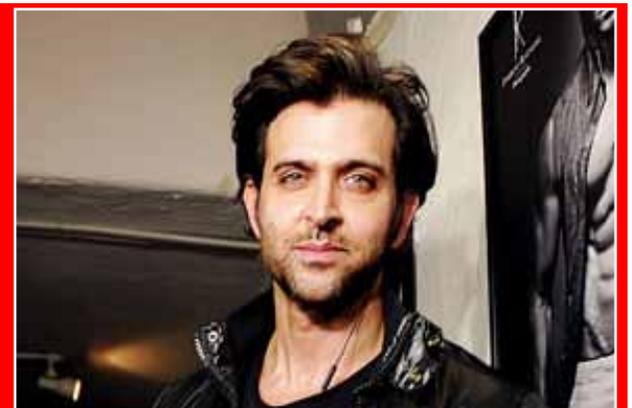
Hrithik Roshan hurts shoulder during gym workout, postpones shoot of Mohenjo Daro

It has not been long since Bollywood actor Hrithik Roshan underwent a brain surgery after getting hurt on the sets of Bang Bang in Phuket. Now, it is reported that the actor has injured his shoulder while working out in the gym, due to which the shoot of his upcoming flick—Mohenjo Daro— has been pushed forward.

According to media reports, Hrithik has been

strictly advised a six-week rest. Confirming the news, producer of the movie, Sunita Gowariker is quoted as saying that both she and director Ashutosh Gowariker wanted Hrithik to recuperate fully before starting the shoot, as it included action sequences.

Ashutosh Gowariker's Mohenjo Daro, which was supposed to hit the floors in the end of November has been shifted to January now.



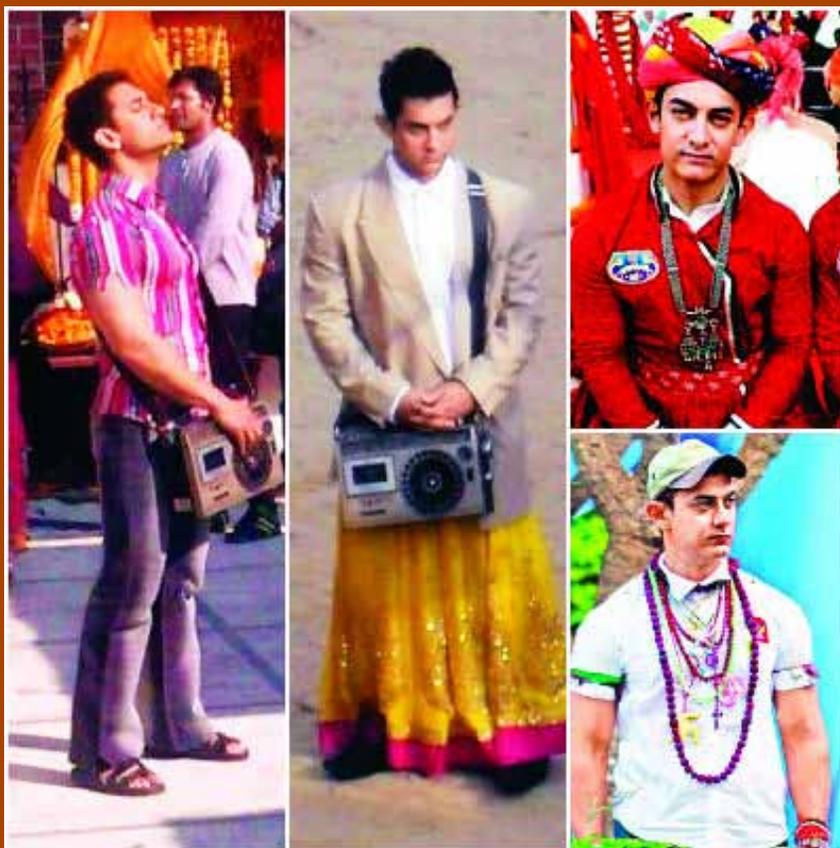
Aamir Khan used second hand clothes in PK!

The clothes worn by Aamir Khan in PK have all been borrowed from locals!

Aamir Khan is known to go to great lengths to work on the character that he is playing. Be it getting into the rural mode for Lagaan, sporting six-pack abs and a bald pate in Ghajini, and working on his mannerisms to fit in as a college student for 3 Idiots; he always goes that extra mile to get it right.

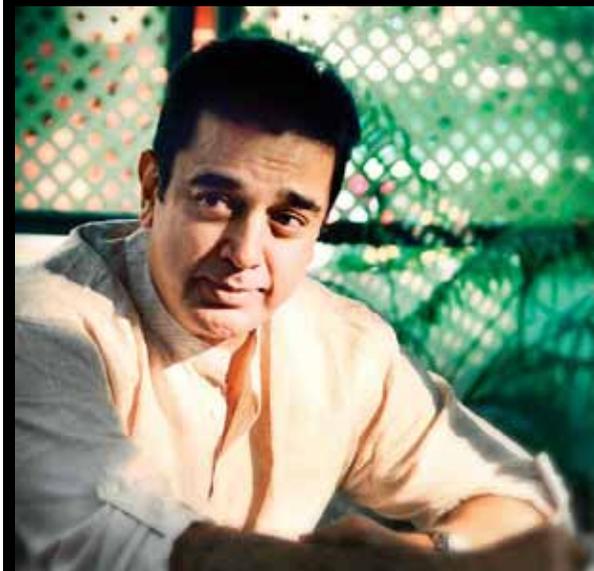
For his next film PK, in which he plays an alien, the actor wanted to get the look right. Since the actor plays an alien who wears anything that comes his way (including a skirt), the look couldn't be too refined. During a brain storming session, director Raj Kumar Hirani and Aamir decided that the character PK should be seen wearing worn or old clothes, since they are borrowed/stolen. So instead of sourcing the clothes from a designer, the duo decided to seek help from the aam junta.

So even before the shooting began, the crew of the film was sent on a mission to get clothes. Aamir and Raju too 'picked up' clothes from people on the streets or their local crew. When they shot in Rajasthan, they wanted shirts in authentic Rajasthani print. But instead of going to the local market, they



requested the locals to give them the clothes that they were wearing. In return, the film's crew gave them money or a new shirt. The locals were more than happy to help the film's crew. When the crew displayed the clothes they had managed to collect, Raju and Aamir were extremely pleased with the quirky collection that helped add colour to the character.

Kamal Haasan wraps up 'Papanasam' shoot



Moviemaker Jeetu Joseph has completed shooting for his Tamil film Papanasam, a mega venture starring Kamal Haasan and Gautami.

A remake of Malayalam super hit Drishyam, the movie is a crime thriller and a major portion of the film was shot in Tamil Nadu and Kerala, sources said.

The original in Malayalam featured Mohanlal and Meena in the lead. Post production work is set to commence soon for the film which is expected to release early next year. The film shoot was completed two days ago.

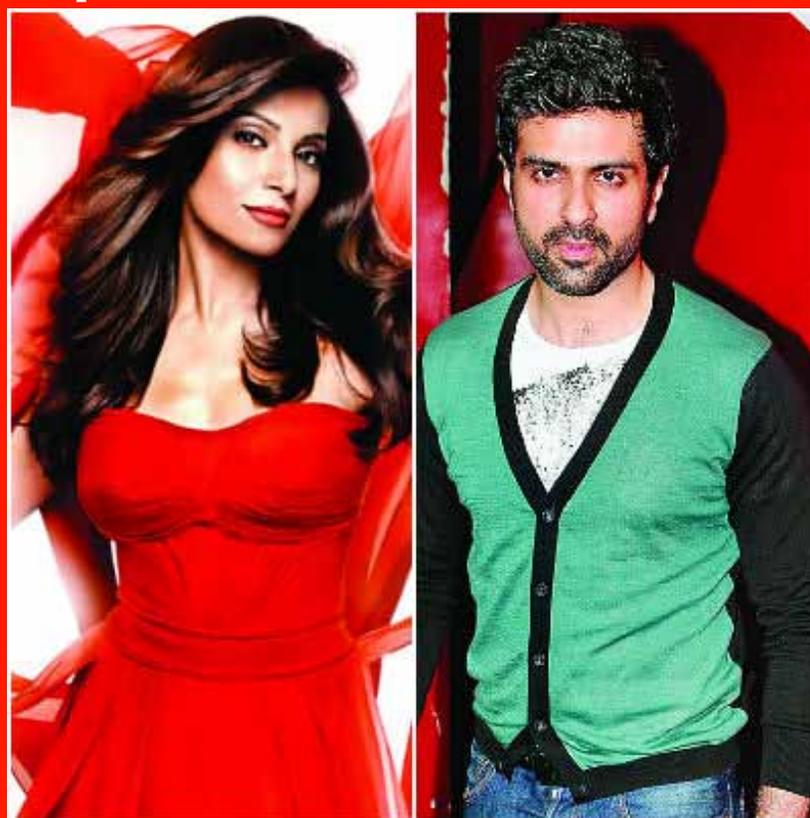
Haasan has already completed the shoot for Uttama Villain.

Harman Baweja-Bipasha Basu: Troubled times!

Not too long ago, they came out in the open about dating each other. And if sources are to be believed, Bipasha Basu and beau Harman Baweja are facing rough waters. The reason for trouble between the two actors is said to be infidelity. Those in the know say the Bongshell is extremely hurt by Harman's lack of devotion and honesty to her. There's even talk of Harman's discomfoting closeness to a foreign model named Olega.

Says an insider, "As long as she was with John Abraham, Bips never looked at another man. Obviously, when she is in a relationship, she expects the same fidelity from her man." "Actually, that's the kind of commitment any girl would expect. She is putting on a brave front, while Harman is repenting straying.

Friends and well wishers are asking Bips to forget about this



transgression and forgive her beau of the ultimate crime in love.

Sonakshi Sinha turns heads with her new bob cut



Sonakshi Sinha who was adored for her long, beautiful hair has surprised everyone by opting a shoulder length hair cut.

She took over Twitter to share a glimpse of her make-over and tweeted

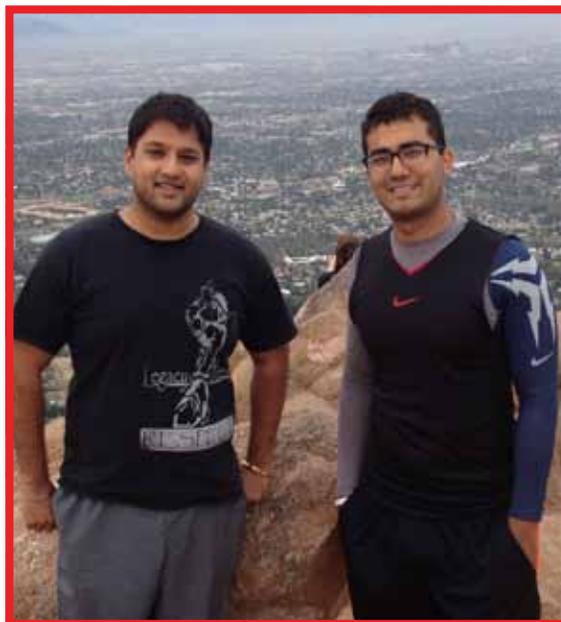
Chai with.... DJ Adi of In the Mix Entertainment

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.



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Contact Us:

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Fool-proof ways to skate through winter travel

Winters can be a tricky time to travel with insane fares and snarling traffics.

If that's not trouble enough, there is the inherent problem of over-packing and dragging unwanted weight through airports. In worst case scenarios, under-packing too, only to find yourself on a wild goose chase, scouring shops in a new city.

We bring you 7 easy steps to skate through winter travel!

1) Hone your airfare searches

You are essentially at the mercy of airlines during winters. It can be tough to verify which days have the lowest fares during the seasonal peak time, so a one-way search rather than a round-trip search is advisable. Also, with the winter fog/snow playing havoc with your schedule, make sure you opt for a non-stop flight while booking your tickets. Just in case you don't manage to get one, watch your layover time carefully.

2) Leave an hour earlier and carry a book/movie

It's nothing unusual we are asking of you. Winters are usually slow when it comes to traffic. And if it's snowing in your city, airline arrival delays can ex-



ceed up to two to three hours. Remember to carry a book/ movie with you; it might just be your saviour.

3) Pack as light as possible

These days, airlines are strict on weight/baggage limits. If you don't want to churn out money, packing light could save you the entire hassle. Carry

or wear your coat, scarf and gloves, to free up more space in your suitcase. Same goes for those winter boots—wear them on the plane and travel light!

4) Get your gifts shipped

If you are planning a holiday during the festive time to be with your family and friends and want to gift them

something nice, shop online and have your gifts shipped to your destination on the same day you are scheduled for arrival.

5) Reuse and recycle

In cold weather, you can wear your clothes more times than once. Just make sure that your clothes are either in the same color palette or in contrast so that you can mix and match a few items. Avoid carrying too many overcoats/jackets as it will only take up space in your luggage.

6) Stay energised and hydrated

Studies show that even a 2% loss of body weight can lead to fatigue and decreased attentiveness while travelling. We suggest you down that bottle of water quite often. Also, munch on high-energy food like almonds and walnuts.

7) Don't forget your sunscreen and shades

Sunburn during winters is stronger and more painful than a sunburn in summers. You will be happy you brought those suntans and glasses. Remember to carry a good pair of polarised sunglasses; and make sure you apply sunscreen every time you step out in the sun.

Singapore, Washington DC top destinations for 2015

The year 2015 will belong to destinations like Singapore, Washington DC and the Gallipoli Peninsula in Turkey, each for reaching milestone anniversaries and presenting globetrotters with unique experiences and the "wow" factor, say travel experts at Lonely Planet.

In their newest edition of Best in Travel 2015 -- their biggest book release of the year -- Lonely Planet editors and contributors curated lists of the top 10 countries, cities and regions they predict will be worth traveling to next year.

And as it turns out, 2015 will be a big year for historic milestones.

Singapore, for instance, celebrates its Golden Jubilee next year, 50 years of independence that will be marked by a country-wide party befitting a destination that's well known for its love of glitz,

glamour, food and high luxury. To prepare for the milestone, Singaporeans have been invited to help plan their own anniversary party themed 'One People.'

In 2015 Singapore will also open the doors to a National Art Gallery and the Singapore Sports Hub, which will host the 28th Southeast Asian Games.

But what most defines the country as a travel destination, and helps put it at the top of LP's list for best countries, is its food offering, be it eats from a casual, low-brow hawker center or one of its many fine dining institutions, says LP.

In fact, the guidebook calls Singaporean cuisine -- a literal melting pot of its Malay, Indian and Chinese cultures -- a "life-changing experience."

Washington DC, meanwhile, is deemed to be the top city of 2015, also because

the US capital is expected to mark the passing of history: the 150th anniversary of Abraham Lincoln's assassination.

Commemorative events will include a full re-enactment of Lincoln's funeral steam engine train trip from DC to his hometown of Springfield, Illinois and theater productions.

Next year will see the Smithsonian Institution open its first new museum in a decade, the highly anticipated National Museum of African American History and Culture and the country's only national museum devoted to African-American culture.

The life-changing experience in DC, meanwhile is pegged as the US Holocaust Memorial Museum, a powerful exhibit that spans three floors and traces the rise of Nazism from 1933 to 1945.

As for top region in 2015, LP suggests hitting up Gallipoli, Turkey, which will observe

the 100th anniversary of the Gallipoli Campaign Empire, a failed military campaign for the Allied forces in WWI that Turkey regards as a defining moment in its history today.

In addition to the top 10 countries, regions and cities in the world, the guide also includes 16 top travel lists and ideas, including best value destinations, unforgettable family travel experiences and best free things to do in 2015.

Lonely Planet's Best in Travel 2015 is out October 21 and retails for \$15.

Here are the top 10 cities for 2015

1. Washington, DC, USA
2. El Chaltén, Argentina
3. Milan, Italy
4. Zermatt, Switzerland
5. Valletta, Malta
6. Plovdiv, Bulgaria
7. Salisbury, UK
8. Vienna, Austria
9. Chennai, India
10. Toronto, Canada



Spending time with young kids may just ease your menopausal symptoms

Spending time with young children could reduce hot flashes and night sweats for some women in mid-life, according to a new study from the Kinsey Institute that focused on women who underwent rapid menopause after surgical removal of the ovaries.

A total of 117 women participated in the study, of whom 69 were menopausal or postmenopausal at the time of their surgery; of them, 29 had at least one child in their home. The remaining 48 participants were premenopausal, and 28 of them had at least one child at home. The research team measured hot flashes and night sweats immediately prior to surgery and then again at two, six and 12 months post-op.

"These are intriguing findings," says Tierney Lorenz, a postdoctoral



fellow at The Kinsey Institute at Indiana University Bloomington.

"For women who were menopausal when our study began, those with young children at home actually showed more symptoms of hot flashes. But the women who underwent rapid menopause because of the surgical removal of their ovaries showed a dramatic reduction of symptoms."

Of the women who went through menopause due to the surgery, the researchers say the effects were limited to those with children younger than 13.

The research team says, however, that they are being cautious with the findings given that menopause is well-known to affect women differently.

The study was published in the journal Menopause.

Whoa! Hair disorder could signal dental decay

If you are experiencing hair fall problems, your teeth may require extra care as researchers have found that hair disorder could increase risk of dental decay.

Keratins, proteins associated with strong hair, are important for tooth enamel, the findings showed.

Individuals with mutations in hair keratin genes are prone to cavities, the findings showed.

The researchers found that tooth enamel from individuals with keratin mutations had abnormal structure that resulted in weakness. "Our results identify a genetic locus that influences enamel structure and establishes a connection between hair disorders and susceptibility to dental caries," said Maria Morasso from National Institutes of Health in the US.

Tooth enamel is the hardest substance in the human body and has a unique combination of hardness and fracture toughness that protects teeth from dental caries, the most common chronic disease worldwide. "Epithelial hair keratins, which are crucial for maintaining the integrity of the sheaths that support the hair shaft, are expressed in the enamel organ and are essential organic components of mature enamel," the researchers said. The study involved genetic and intra-oral examination data from 386 children and 706 adults.

The researchers found that individuals harbouring known hair disorder-associated polymorphisms in the gene encoding keratin 75 (KRT75), KRT75A161T and KRT75E337K, are prone to increased dental caries. A functional keratin network is required for the mechanical stability of tooth enamel, the findings showed. The study appeared in the Journal of Clinical Investigation.



A little knowledge is a dangerous thing! Here's busting breast cancer myths

From family history to X-rays to the use of antiperspirants, there are a lot of myths about breast cancer. We bust the most common ones.

A lump in the breast means cancer

This is a common myth. In fact, most of the lumps, that is 8 out of 10 lumps are benign, or not cancerous. You should take immediate opinion of your doctor to relieve your anxiety.

Breast cancer is a communicable disease

Breast cancer can't be transferred by touch or proximity to patient or by living with the patient. X-ray of the breast (mammogram) can cause breast cancer to spread. Truth is that, X-ray and the compression on the breast from the x-ray machine cannot cause cancer to spread.

Surgery for breast cancer means removal of the whole breast (mastectomy)

It has been proved in several trials that breast conservation surgery is equally safe and as effective as mastectomy, and the cosmetic results are excellent.

Men do not get breast cancer

While the percentage of men who are diagnosed with breast cancer is small, men should also check their chest area regularly and should take doctor's advice in case of

finding of a lump.

Taking birth control pills can cause breast cancer

This is a misconception. Currently, birth control pills have been modified to reduce estrogen content to lowest. Several studies have concluded that taking birth control pills may slightly increase the risk of breast cancer later in life. This theory is still being tested, and as of now, there is no definite answer.

Having a family history of breast cancer means you will get breast cancer

While women who have a family history of breast cancer are in a higher risk group, most women who have breast cancer have no family history. Genetically determined breast cancers form very small number of patients.

Using antiperspirants or wearing a bra can increase the risk of breast cancer

There is no evidence to prove that using deodorants or antiperspirants, or wearing a bra can increase the risk of breast cancer.

Pregnancy after breast cancer treatment can increase chances of recurrence

Truth is that pregnancy after early-stage breast cancer has not been shown to impact breast cancer recurrence or survival. It is often recommended that you wait for some time after completing all cancer treatments.





Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

NOVEMBER 2014 Programs & Events

16 Katik – 15 Maghar, 546 Nanakshahi Era (NE)

Oct 31 – Nov 2 (Fri – Sun) – Choutha (4th) Ghalughara (1984)

In memory of over 30,000 Sikhs murdered in Delhi & other cities in India.

Birthday Mata Sahib Kaur Ji. (Actual: Nov 1, 1681)

Birthday Bhagat Namdev Ji. (Actual: Nov 3, 1270)

Nov 6 - 9 (Thur - Sun) – Parkash Sri Guru Nanak Dev Ji

(actual: Nov 6, 1469)

Akhand Path, Nagar Kirtan....(See separate flyer)

Nov 14 (Fri) – Shaheedi Baba Deep Singh Ji. (Actual: Nov 13, 1757)

Mela Achal Sahib (Batala)

7pm – 8:30pm

Nov 16, Maghar 1 (Sun) – Sangrand & Monthly Sehj Path

9am – 10am. Followed by regular Sunday program.

Homeless Langar Seva. Call 602 741 8021 for more info.

Nov 21 - 23 (Fri – Sun) –

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)

Nov 28 (Fri) – Birthday Sahibzada Zorawar Singh Ji

(Actual: Nov 28, 1696)

Nov 30 (Sun) – No Punjabi School (Thanksgiving break)

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*

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





India Oven

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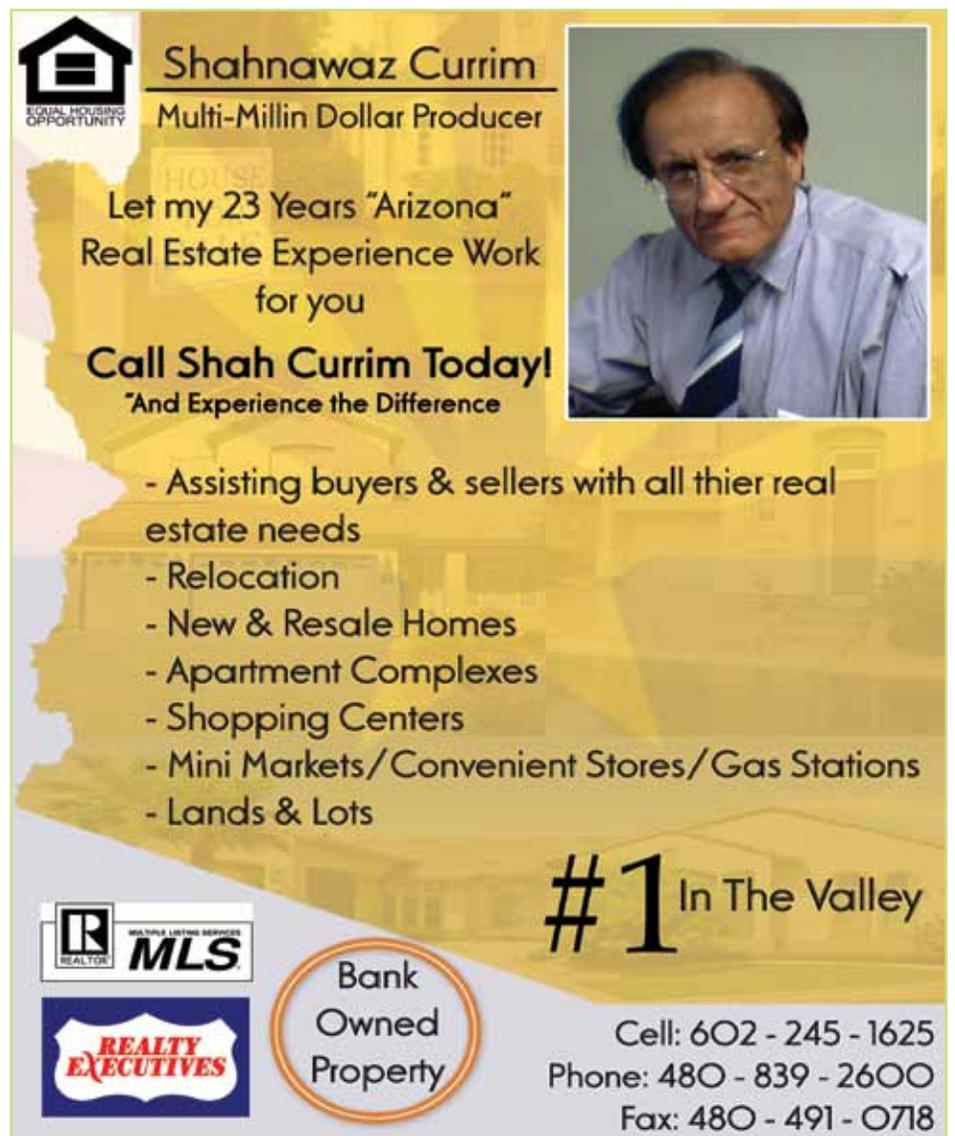
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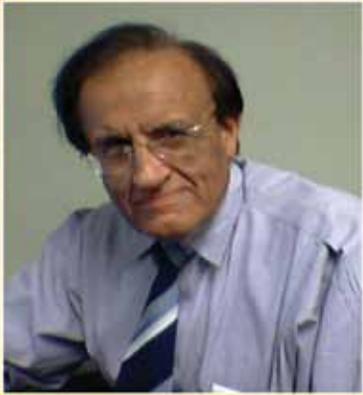
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