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ISAA ANNIVERSARY - GRAND CELEBRATIONS

Phoenix, AZ
September 7, 2012

The members of the Indian Senior Association of Arizona (ISAA) and other youth members of the community put on an amazing display of Bollywood style performances during its first anniversary celebration held at Le Soiree Banquet Hall located at 2915 W. Bell Road, Phoenix, AZ 85053.

The event began promptly by VarunBhalla & Robby Up-palat 7:00 PM with an ISAA warm welcome by Chhotubhai Patel. This was followed by an informative overview ppt-slide presentation full of humor by Jitu Patel on ISAA mission, vision, policies, activities under-



taken and procedural needs. He touched upon ISAA's short and long term plans. The warm welcome and the review set the tone for the evening's celebration to be one of congeniality, excitement, and fun. The

special guest of honor Mr. Moises "Moe" Gallegos, Human Resources Deputy Director of the City of Phoenix, praised the importance of ISAA's work of giving back to elders who

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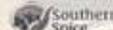
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ISAA ANNIVERSARY – GRAND CELEBRATIONS

Indian Seniors Association of Arizona put on a Dazzling Cultural & Bollywood Style Show Celebrating the ISAA's First Anniversary

have given so much to the community.

By 7:30PM, the entertainment portion of the evening began with a cultural dance known as Dandiaraas performed by the Golden GarbaRaas, a group composed of ISAA seniors. This event was very well received by the audience. It was followed by another traditional dance known as Raas-Garba performed by well empowered energetic pretty young ladies who were amazing dancers. One of the emcees of the evening, VarunBhalla, performed a crowd energizing Bollywood dance famously performed by the Bollywood actor Salman Khan. Varun's lovely sister, EeshaBhalla, then proceeded to perform a phenomenal dance with RiyashaDaulat. Carrying the energy to the next performance was a group performance, of the international hit song ChhamakChhalo.

While the performers and members of the audience were having great time, Jitubhai took the opportunity to thank the sponsors and the Working Committee who helped make the evening so special. Jitubhai brought the Committeemembers to the stage and introduced Mrs. DeepikaBhalla, owner of Le Soiree Banquet Hall as well as an ardent supporter of ISAA. Mrs. Bhalla gave a heartfelt speech about the importance of ISAA, and the significance of the night, in support of such a wonderful organization.

On behalf of ISAA, Chandrakant Patel moved that the person behind the success of this organization is Jitu Patel who has procured the highest level of international fame and recognition in the field of health, environment and industrial safety. Though he has an excellent committee support, his unmatched leadership and outstanding dedication to serve this organization is much appreciated. ISAA requested him to continue to lead this organization for even better and bigger future.

The entertainment carried on thereafter with a high energy and well choreographed Bollywood dance by RiyashaDaulat. The Chetna Group then followed with a wonderful Garba-Raas-Dandia medley, which was considered a great performance by the audience. The main event of the evening was a surprise performance by the ISAA seniors who brought Bollywood back to Phoenix and its roots. It was quite a thrill to the amazement of the audience who had no clue to its background.

Following the electrifying performances, all of the guests and members enjoyed wonderful Indian food. Amazing door prizes were distributed to the raffled winners. "The night was a great deal of fun," exclaimed numerous members. Others said "something they are looking forward to next year."

ISAA expressed their sincere gratitude to the members, performers and the donors for their esteemed support. ISAA believes in volunteer service asking for cooperation and loyalty from their membership, which is considered extremely important! ISAA brought the community of all ages, faiths, colors and races under one roof, and were able to prove that the seniors care, they are warm and open, and they practice what they preach in regards to being one big united family. ISAA is proud of their outstanding accomplishments. The community attendees left the hall asking for such events are held more often in such a well-orchestrated and beautifully organized manner that demonstrated full control over the mi-

nutest details including discipline, punctuality and presentation of quality items for entertainment.

Overall, the program was a great success which was enjoyed by nearly 300 people overwhelming the hall capacity to its fullest! Those present were totally engrossed in all of the events presented with screaming, roaring, shouting, whistling including a standing ovation filled with their appreciation. Feedback has poured from all directions and places. Great Job! ISAA, you made history! The show lasted for almost two hours, which was of course full of entertainment, fun and laughter and could be attributed to the excellent sound system setting by our own Babubhai-Gohel. No matter what, without the support from the membership, ISAA would not be what it is! ISAA is grateful to those who have worked very hard with caring affections. Feedback received is over and beyond expectation! ISAA's dream for the togetherness and harmony came true! CONGRATULATIONS!

ISAA thanks the community for coming with patience, punctuality and excellent cooperation. Also, Eesha, Varun & Robby - the three master emcees did a fantastic job of presenting the program! Special thanks to the Working Committee who are the backbones of ISAA for not only this program's success but also for good planning and execution of weekly meetings throughout. ISAA is grateful to all the generous contributors. ISAA appreciates Priti Patel for putting such an outstanding program booklet together, which added much value to the evening's presentation. ISAA thanks the three lovely co-sponsors: DeepikaBhalla, Nilam Patel & SapnaPadda for hosting the most important part of the program's success, which is the banquet's fresh, tasty & plentiful dinner. Also, ISAA is grateful to Pablo for assisting in all aspects of the program. ISAA is indebted to the publishers of Asia Today for providing outstanding support, making a big difference in reaching out to the community. ISAA blesses Deepika for providing the Hall to make it their home! Jitubhai extended ISAA's sincere appreciation to the Guest of Honor Mr. Moises Galligos for gracing the occasion with his presence and delivering the message from the Phoenix City Mayor's office.

So many attendees took time and troubles sending e-mails and/or made phone calls and provided feedback stating; "we truly enjoyed the entire evening; we were impressed with the sharp 7:00pm start, the decorations, the organization and most of all the energy and enthusiasm of all especially the seniors; all the performances were so inspiring; we would never miss an opportunity to be part of such events in future." They added that the Community is grateful for ISAA's courage, skills, vigor and patience in creating such a marvel and helping so many seniors and others, which is invaluable and could not be measured.

ISAA will continue providing senior citizens from the Indo-American Community with opportunities to socialize and conduct cultural, educational, social, religious, health and recreational activities for their continued healthy and happy lifestyle. For further information, contact Jitu Patel at 623-581-8881 or any members of the Working Committee.

Acknowledgement: This 'press release' was initiated by Robby Uppal and was reviewed by Dr Narayan Ojha.





Asia Today Team

Marketing Director: Manju
(Manjeet K Walia)

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

Publisher & Designer: Raja (BA)
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Patron: Mini from California
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Knowing What to Believe...

It seems every time you turn around, someone or the other is offering an opinion on what to do, how to do it, how to live your life, and ultimately what is best for you. Everyone seems to know how best to lead life when it comes to others, but all are equally confused about the decisions concerning their own lives. Ever wondered why that is? At the end of the day, it all stems down to vested interest. When offering advice on other people's lives, they are not as vested as their own, they do not have to live with the choices made, and so automatically it is easier to offer advice and counsel because at the end of the day the greater impact will not be to the advice giver but rather the advice taker.

So, when surrounded by loved ones eager to offer advice and what is right for you, what should you ultimately do? How should you react to the conflicting advice being thrown at you for all angles? Some people believe the best way to handle this is identify those people that care and love you the most and take their advice. But there are many reasons that may not be the best way to go. Your loved ones may not intentionally misguide you or lead you on the wrong path, but they will offer opinions and advice based on their own life and experiences, which may or may not be the right answer for you.

So, if not your closest loved ones, then where do you turn? Who should you believe in? Where do you go to find answers to all these questions and more? The best answer is to find it within yourself...believe in yourself, learn from your experiences, and spend time getting to know what fulfills and makes you happy. The only person that can know your heart's deepest desires and fears is yourself, because no matter how much you share with close friends and family, the things that frighten you the most and the things that you



Editor's NOTE

desire the most you will always keep close to your own heart. Your experiences will shape and mold you and if you do not take time out to reflect on those experiences, you will end up realizing that you do not even know yourself anymore. Only you can decide what is best for you because it is a combination of emotions and experiences, ranging from small to significant, that have shaped you thus far.

If you notice yourself constantly seeking approval or advice from others and not able to come to decisions without a world of opinions,

it is time to evaluate how much you know yourself and where this constant desire for approval and advice is coming from. Ultimately, this behavior is driven by a lack of belief in yourself. If you were confident in yourself and your decisions, you would not constantly seek approval and advice on how to move forward. You would make decisions based on a combination of practicality, emotion, and gut feeling and move forward with confidence, ready to accept whatever the consequence of those decisions may be. Even though this is scary at first, it can also be very liberating.

When you get to a state of being where you guide your actions solely based on your own decisions, you take responsibility for their outcomes – good and bad. You also release the need for approval from those around you because no matter how hard you try, at the end of the day you are never going to please everyone and someone or the other will always be unhappy. So taking that pressure off yourself will be an amazing feeling. Those that truly care about you and love you will not be offended by this change in you and those that don't will filter themselves out. So, there are multiple benefits in believing in yourself and letting that belief guide your life and its decisions.

- Deepa Kaur Walia

Editor, Asia Today, editor@asiatodayaz.com

"You won't see it coming". That's what people always have told me when it came to life. Funny thing about life is that the more we try to plan it, the more we realize the only thing we have control over is ourselves. From when we're born we come into a world that is full of expectations, what we'll become, what school we'll go to, what our wives/husbands will look like.

The thinking portion is already done before you can even crawl, let alone say a word. Life however doesn't care, it doesn't care what you're planning, it doesn't care what other people are planning, and all it cares about is teaching you a lesson. Each stage in your growth, life will teach you a lesson, and then leave you alone until it decides it wants to butt back in and teach you another lesson. So what's the lesson? Well it depends on your life. It's pretty exclusive. For me, it's been patience.

Every step of the way when I decided I was going to force my life and when I thought I deserved something, because I was smarter, or more willing or even more passionate, life would shut me down. An old old saying goes "Patience is a Virtue", as a kid I thought it was bull shit. **** Patience and I'm about to take my Virtue and run with it by force! Yeah...that didn't really work out very well. See the thing I learned, and actually still am learning is that the more you wait for something the better it gets. It's hard to explain so I'm going to use an analogy, and pardon me if my analogy sucks. Hopefully you get it. Let's say you want to buy a new car, you can wait and buy a better car, or you can buy this one now. That enticing new car! I MUST HAVE IT. If you want the new toy right away, you have to sacrifice a few things. I have to wait 5 weeks for the sports

package? It isn't available in this color, but in the other one, ok ok fine, I'll take the sports package in that color instead. I'll just paint it later. After a month or so it turns into just another car, and then when you least expect it you see it the car you wanted, in the color you wanted it in...damn it I should have just waited 5 weeks. I know bad analogy but really the point is that if one thing I know that Patience indeed is a Virtue and whatever good things come your way will all come in time. The only thing we can do is keep ourselves pushing forward and not look back at where we've fallen but look at where we've gotten up. Those times when life decides it wants to throw you a bone.

I would like to invite everyone to the Second Annual Diwali Melain Kiwanis Park! Last year we put together an event for the community and the community responded by asking for it again. The Team of Asia Today AZis once again joining forces with MaujEntertainment to setup this event. It is still an all-day event starting at 12:00pm and ending at 9:00pm with FREE ADMISSION. We have even more festivities, performances, events that will be happening this year. Thank you to all the vendors, sponsors, volunteers and of course our food vendors that will be there all day. The outside dance party is still, from 6:30pm to 9:30pm...with DJ Adhikar live in the mix.

-Raja Walia

Publisher, Asia Today, publisher@asiatodayaz.com



Publisher's NOTE

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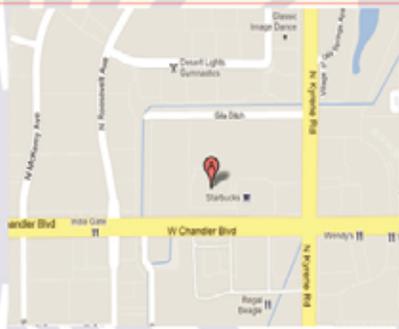
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Mika Singh, better known as 'The Badshah of Bollywood', was born on June 10, 1977 as Amrik Singh, at Durgapur, West Bengal and brought up in Patna, Bihar along with his brother Daler Mehndi. Although born and brought up in Bihar he is a Punjabi. His father, Ajmer Singh Chandan was an amateur wrestler. His father trained classical musician mother, Balbir Kaur, also He is the youngest of the whom famous Punjabi the oldest.



Mika started childhood. He began to eight and started playing and guitar when he was 14. singer to bhangra/pop artist. Mein Lag Gayee Aag in 1998, at the Mika had given several hit albums like Ishq Brandy, Something Something, Gabru, and Dunali.

Mika is a prolific singer, composer, performer and songwriter and has belted out many chartbusters from his private albums and Bollywood films. He is considered a highly acclaimed musician. Mika is known as a 'powerhouse entertainer' and his live shows are always full of energy. Having performed globally, his audiences are always dancing to his hit tracks, irrespective of their age and nationality. Amongst a wide catalog of smash hits, the prominent ones remain Singh Is King (Singh Is King, Mauja Hi Mauja (Jab We Met, Idn-e-Batuta (Ishqiya, Dhanno (Houseful, Dhinka Chika (Ready, Desi Beat (Body Guard, Subah Hone Na De (Desi Boys, Pungi (Agent Vinod, Ganpat (Shootout at Lokhandwala, to name a few. He is also famous for Jaatan ka Chora song which is based on Jat clan of Haryana.

Apart from singing, Mika has also appeared in a few Punjabi and Bollywood movies, notably, Mitti, Loot and Love.Com. He also composed the background score for the first two and wrote the songs for the last one. Come enjoy the greatest Bollywood Musical Dhamaka – October 14, 2012 - 6:30PM at Orpheum Theater in Phoenix!

learning music since play tabla at the age of harmonium when he was 12 His career evolved from kirtan He released his debut album Sawan age of 21. Early in his musical career,

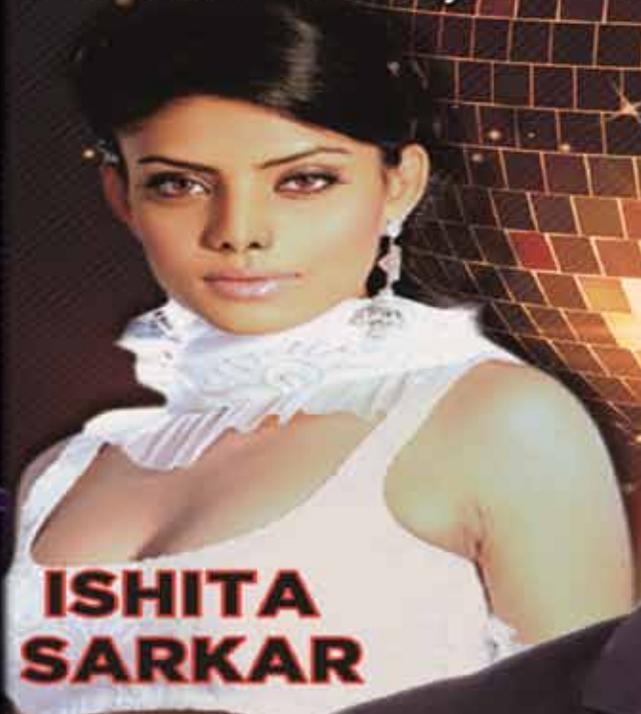


Musicography of Mika

- | | |
|---|---|
| 2012 Qasam Se Qasam Se | 2010 Ishqiya |
| 2012 Gangs of Wasseypur | 2010 Adhurs |
| 2012 Department | 2010 Ek Aadat |
| 2011 I Am Singh | 2010 Mr Bhatti on Chutti |
| 2011 Desi Boyz | 2009 De Dana Dan |
| 2011 Loot | 2009 Ajab Prem Ki Ghazab Kahani |
| 2011 Hum Tum Shabana | 2009 Dil Bole Hadippa! |
| 2011 Mausam | 2009 Life Partner |
| 2011 Bodyguard | 2009 Jai Veeru: Friends Forever |
| 2011 Yeh Doorian | 2009 Jugaad |
| 2011 Double Dhamaal | 2009 Quick Gun Murugun: Misadventures of an Indian Cowboy |
| 2011 Ready | 2009 Bad Luck Govind |
| 2011 Pyaar Ka Punchnama | 2008 Wafaa |
| 2011 Thank You | 2008 Dil Kabaddi |
| 2011 F.A.L.T.U | 2008 Oye Lucky! Lucky Oye! |
| 2011 Tanu Weds Manu | 2008 C Kompany |
| 2010 Wedding Planners | 2008 Singh Is Kingg |
| 2010 Action Replayy | 2008 Ugly Aur Pagli |
| 2010 Once Upon a Time in Mumbai | 2008 Mission Istaanbul |
| 2010 Lamhaa: The Untold Story of Kashmir | 2008 Woodstock Villa |
| 2010 Krantiveer: The Revolution | 2008 Mr. White Mr. Black |
| 2010 The Film Love.Com... The Ultimate Killing Site | 2007 Jab We Met |
| 2010 Housefull | 2007 Dhol |
| 2010 Sadiyaan: Boundaries Divide... Love Unites | 2007 Shootout at Lokhandwala |
| 2010 Right Yaaa Wrong | 2006 Pyaar Ke Side Effects. |
| 2010 Toh Baat Pakki! | |

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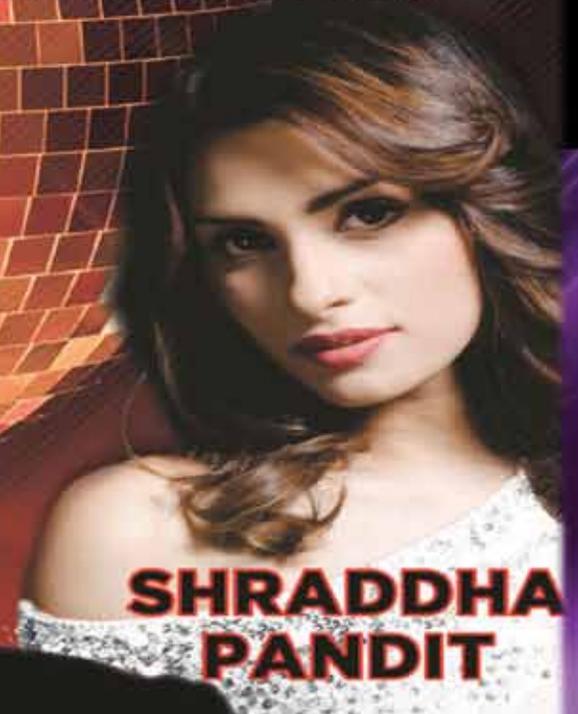


ISHITA SARKAR



BOLLYWOOD KING

MIKA SINGH



SHRADDHA PANDIT

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 Singh Is King - Singh
 Chinta Ta Chita - Singh
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Dhinka Chika - Ready
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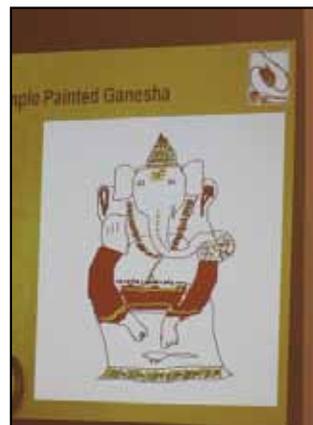
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Ganesha Idol Making at Ekta Mandir

Article by Deepa Walia
September 16, 2012

Ekta Mandir organized its yearly Ganesh Moorti Making event in honor of Ganesh Chaturthi. The event, which is dedicated to instilling our culture and religion in the coming generations, was a huge success and attracted large number of children – much higher than the registration and expectancy from the organizing team. The activity began at 10:00 AM and within an hour or two, the team had handed out all the clay available to the hundreds of children that showed up with their parents. Ekta Mandir is grateful to shama Sudhakar for leading the activities and the organizing team which consisted of Sangeeta, Rajeev Dave, Kirti Patel, and Kishore Narayan.



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Islam teaches that peace should be maintained within one’s self and his community. When we think evil against others it creates disorder within one’s self and if pursued, will multiply into unrest in society. Peace in society is closely linked with tolerance and forbearance therefore one should not think ill of others especially his enemies. God instructed us in the Holy Qur’an to pardon and forgive others for their faults and mistakes, however if a perpetrator crosses his limits, then one is permitted to take action equivalent to but not greater than the injury sustained. Forgiveness which leads to reformation is better than revenge or retribution.

One of God’s attributes is Forgiveness as He is the Merciful Gracious God who overlooks the faults of others. If God punishes people for every fault

or sin then no one will remain on this earth. Muslims must follow such attributes of God which improve their lives and make them compassionate to others.

The Holy Prophet of Islam set many examples and left many instructions to his followers on how they should live truthful and successful lives. In one Tradition, he said, “Do not be jealous of one another, and do not increase prices to harm one another. Do not hold grudges against one another and do not shun one another. Do not strike a deal on top of a deal made by your brother. Become servants of God and brothers to one another. A Muslim does not oppress another Muslim nor does he degrade another Muslim. Pointing to his chest the Holy Prophet (peace be upon him) said, “Righteousness is here”. He repeated these words thrice then he said, “It is unfortunate enough for a man that he views his Muslim brother scornfully. Every Muslim’s blood, wealth, and honor are unlawful for another Muslim and are sacred.” Such examples can also be found in the practices of the Messiah and Mehdi, the Founder of the Ahmadiyya Muslim Community who said, “If you want that God be pleased with you in heaven unite and be one

like two brothers of the same mother. Nobler is he among you who forgives the sins of his brother more than others and doomed is he who is stubborn and does not forgive. The wicked cannot attain God’s nearness nor can the arrogant. Neither the tyrant nor the one who breaks trust can attain nearness to Him. Each unchaste eye is remote from Him. Each impure heart knows Him not. Those who remain in agony for His cause will be delivered from the fire of Hell. He who weeps for Him will laugh at last and he who breaks away from the world for His sake will meet

Him. Be God’s friend will all your heart, in sincerity, gaining His nearness with ever growing zeal. Be kind to your subordinates, to your wives and to your less fortunate brothers so that you may be shown kindness in Heaven. Become truly His and He will belong to you.” If everyone follows the examples of the prophets, then he will not think evil of others but do his utmost in showing kindness and love to them. He will become more tolerant and forgiving which enables him to become trustworthy and improve his own spirituality.

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Monday Nov 12, 2012: Kali Chandash/Narak Chaturdasi

Tuesday Nov 13, 2012: Diwali/Deepavali, Lakshmi & Chopda Puja

Wednesday Nov 14, 2012: New Year, Annakut and Govardhan Pooja

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<p>TUESDAY Oct 16, 2012 MORNING PROGRAM 7:30 AM - 9:30 AM - Ganesh Sthapan, Devan Bhadra Mandir Sthapan, Lakshmi Sthapan, Sri Mata Kali, Maha Lakshmi, Maha Saraswati Sthapan DURGGA Puja, 9:30 AM - 10:30 AM - Jyoti and Kalash Sthapan for Sponser Devotion for 9 hrs 10:30 AM - 11:30 AM - Durga Suprasat Path, Raj Bhag & DURGGA Aarti</p> <p>EVENING PROGRAM 6:00 PM - 7:30 PM - Dev Durga Shakti Shalpan Puja, Mata Ki Bhoga, Significance of Navratri, Mahakavay Mahatma Stotra, Durgaji Ki Aarti 7:45 PM - 9:00 PM - Garba and Dandiya Raas for ALL at Temple</p>	<p>WEDNESDAY Oct 17, 2012 MORNING PROGRAM 9:00 AM - 10:00 AM - Jyoti & Kalash Puja for Sponser Devotion, 10:15 AM - 11:30 AM - Durga Suprasat Path, Raj Bhag & DURGGA Aarti</p> <p>EVENING PROGRAM 6:00 PM - 7:30 PM - Dev Durga Shakti - Shalpan Puja, Mata Ki Bhoga, Significance of Navratri, Mahakavay Mahatma Stotra, Durgaji Ki Aarti 7:45 PM - 9:00 PM - Garba and Dandiya Raas for ALL at Temple</p>	<p>THURSDAY Oct 18, 2012 MORNING PROGRAM 9:00 AM - 10:00 AM - Jyoti & Kalash Puja for Sponser Devotion, 10:15 AM - 11:30 AM - Durga Suprasat Path, Raj Bhag & DURGGA Aarti</p> <p>EVENING PROGRAM 6:00 PM - 7:30 PM - Dev Durga Shakti - Shalpan Puja, Mata Ki Bhoga, Significance of Navratri, Mahakavay Mahatma Stotra, Durgaji Ki Aarti, Prasad 7:45 PM - 9:00 PM - Garba and Dandiya Raas for ALL at Temple</p>
<p>FRIDAY Oct 19, 2012 MORNING PROGRAM 9:00 AM - 10:00 AM - Jyoti & Kalash Puja for Sponser Devotion, 10:15 AM - 11:30 AM - Durga Suprasat Path, Raj Bhag & DURGGA Aarti</p> <p>EVENING PROGRAM 6:00 PM - 7:30 PM - Dev Durga Shakti - Shalpan Puja, Mata Ki Bhoga, Significance of Navratri, Mahakavay Mahatma Stotra, Durgaji Ki Aarti 7:45 PM - 9:00 PM - Garba for Children @ Temple, 9:00 PM - 1:00 AM - Garba and Dandiya Raas at Community Center for ALL.</p>	<p>SATURDAY Oct 20, 2012 MORNING PROGRAM 9:00 AM - 10:00 AM - Jyoti & Kalash Puja for Sponser Devotion, 10:15 AM - 11:30 AM - Durga Suprasat Path, Raj Bhag & DURGGA Aarti</p> <p>EVENING PROGRAM 6:00 PM - 7:30 PM - Dev Durga Shakti - Shalpan Puja, Mata Ki Bhoga, Significance of Navratri, Mahakavay Mahatma Stotra, Durgaji Ki Aarti 7:45 PM - 9:00 PM - Garba for Children @ Temple, 9:00 PM - 1:00 AM - Garba and Dandiya Raas at Community Center</p>	<p>SUNDAY Oct 21, 2012 MORNING PROGRAM 9:00 AM - 10:00 AM - Jyoti & Kalash Puja for Sponser Devotion, 10:15 AM - 11:30 AM - Durga Suprasat Path, Raj Bhag & DURGGA Aarti</p> <p>EVENING PROGRAM 6:00 PM - 7:30 PM - Dev Durga Shakti - Shalpan Puja, Mata Ki Bhoga, Significance of Navratri, Mahakavay Mahatma Stotra, Durgaji Ki Aarti 7:45 PM - 9:00 PM - Garba and Dandiya Raas for ALL at Temple</p>
<p>MONDAY Oct 22, 2012 MAHA ASHTAMI 9:00 AM - 10:00 AM - Jyoti & Kalash Puja for Sponser Devotion, 10:15 AM - 11:30 AM - Durga Suprasat Path, Raj Bhag & DURGGA Aarti</p> <p>EVENING PROGRAM 6:00 PM - 7:30 PM - SARASWATI PUJA Dev Durga Shakti - Shalpan Puja, Mata Ki Bhoga, Significance of Navratri, Mahakavay Mahatma Stotra, Durgaji Ki Aarti 7:45 PM - 9:00 PM - Garba and Dandiya Raas for ALL at Temple</p>	<p>TUESDAY Oct 23, 2012 MAHA NAVAMI 9:00 AM - 10:00 AM - Jyoti & Kalash Puja for Sponser Devotion, 10:15 AM - 11:30 AM - Durga Suprasat Path, Raj Bhag & DURGGA Aarti</p> <p>EVENING PROGRAM 6:00 PM - 7:30 PM - Dev Durga Shakti - Shalpan Puja, Mata Ki Bhoga, Significance of Navratri, Mahakavay Mahatma Stotra, Durgaji Ki Aarti 7:45 PM - 9:00 PM - Garba and Dandiya Raas for ALL at Temple</p>	<p>WEDNESDAY Oct 24, 2012 VIJAYA DASHAMI 5:00 PM - 7:30 PM: Community Viharavah, Aksharabhoja for Children Community Vahan Puja, Shanti Aarti Puja. (Bring your CAR after washing, Flowers and Lemons) Raas Puja, Aarti, Prasad</p>

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DATE:
Sunday, November 4, 2012

VENUE:
Fiesta Ramadas, Kiwanis Park, Tempe

PROGRAM:
8:30AM: Registration
9:00AM: Yoga & Stretch
9:15AM: 5K Walk
9:30AM: 1K Walk
10:00AM: Live Band / Indipollis
10:30AM: ALL STAR Cricket Game

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Sharad Purnima Celebration
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EktaMandir Trip to Sedona at the end of Purushottam Maas

By Lailtbhai Patel
September 15, 2012

According to Shastra, at the end of the Purushottam Maas also known as Adhik Mass, one should go to a River bank, take Purushottam Maas PurnahutiSnana and then perform Sankalp, chant Mantras, and Perform Puja of Lord Krishna.

Hence Bharatiya EKTA mandir's Shastriji organized a one day trip to Sedona on 15th of this month to perform the Purushottam Maas Purnahuti and a River Bank Snana.

Saturday, September 15, a group of 50 devotees gathered at Bharatiya EKTA Mandir around 9:00 am and started their pilgrimage to a river bed at Slide Rock State Park in Sedona. Since it was a beautiful, and clear day, travelers enjoyed scenery on both side of the route 17 going north to Sedona. The group arrived at the park around 11 am and got settled in a ramada facing a beautiful, lush green and tall mountain.

Shastriji then lead the group to the river bank where they took snana, enjoyed cool stream of clean water and performed Sankulp and let 108 divas float in the natural pool of the river.

By now it was 12:30 pm and the group was looking for mahaprasad. Shastriji performed Lord Krishna's Puja and Aarati to allow all devotees to feast on mahaprasad.

After mahaprasad, the group relaxed on a lawn area where they enjoyed Bhajan, kirtans, and surrounding scenery.

It was one of a kind pilgrimage combined with picnic and everyone enjoyed and very happy for their participation.

The group departed around 3:00 pm and they all returned safely back to Phoenix.

Significance of the Purushottam Maas:

Adhik Maas is also known as Purushottama Maas. According to the lunar year, there were only 12 months. Each of the twelve months was assigned to 12 gods. So that the lunar and the solar years do not get out of step with days and seasons, the far-sighted Rishi-Munis calculated and facilitated Adhik Maas (extra month) and shown its importance. But one problem still remained. Each of the 12 months was assigned to 12 different gods. But the 13th extra month was not assigned to any god. Adhik Maas felt sadness and approached Lord Vishnu and said that no god was assigned to him (Adhik Maas) and for that reason he was called Mal Maas. Adhik Maas further spoke to Lord Vishnu: ' I am filled with anxiety and I have therefore come to seek your refuge and help.'

Lord Vishnu took pity on him. The Lord (Vishnu) agreed and assigned Adhik Maas to Himself and gave the name Purushottama Maas to this month. Lord Vishnu also said that acquisition of merits during other months through good deeds, japa, austerities etc can be acquired by japa, austerities etc. carried out within this one month. Since then it is known as the Purushottama Maas and acquired greater significance than the other months.

Here is what Lord Krishna Said



Atanmasadhipashchahammayaivayampratishthitaha,

Purushottametimannamatadapyasmaisamarpitam.

i.e. "All the virtues that have rendered me fame as Purushottam in this world, and my name Purushottam, I gift both to this month!"

Shri Krishna then added, "Whoever performs satkarmas - good deeds in this month, their misery

will be eradicated by these satkarmas. Those who perform penance in this month will conquer their indriyas - senses. Whereas by performing satkarmas in other months one attains Swarg, and also returns (to earth) after their depletion, performing them in Purushottam Mas will totally eradicate punarjanma - cycle of rebirth.

He then added that, "I will forgive all the sins of those who perform penance in Purushottam Mas.

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Candlelight Vigil for Balbir Singh Sodhi on September 15th

**Dr. Jaswant Singh Sachdev,
M.D.**

Phoenix, Arizona

Four days after 9-11, on September 15th, 2001, S. Balbir Singh Sodhi, a Sikh man with beard and turban was killed outside his gas station in Mesa, Arizona. Since then every year on this day, the family and some members of the Sikh community have been gathering on the spot in front of gas station where he fell with fatal injuries after sustaining several bullets to his body.

This senseless killing of Balbir Singh in retaliation of the events of 9-11 was felt to be an act of ignorance and hate. This was the first one in the series of violent crimes that took place against Sikhs in U.S and are still continuing. The Sikh coalition, an advocacy group, has piled together the data about 300 incidences of violent hate crime since 9-11 in which several deaths and major injuries have been sustained by innocent Sikhs. The latest among them has been the mass shooting in Gurudwara Sahib, Oak Creek in Wisconsin on August 5th of this year where six people were killed and several others were seri-

ously injured.

49 years old Balbir Singh Sodhi was an innocent man who had nothing to do with the crime of 9-11. Having come from India several years earlier, he had recently started a business of a gas station. His wife was still in India. On that fateful day he was planting flowers in front of gas station when Frank Silva Roque decided to take his life claiming himself to be American and patriot.

The dilemma what Sikh people are going through has been well publicized by recent mass murders in Wisconsin. I have always been haunted with the thought as to what else could have been done by the Sikh community to thwart the tide of hateful behavior towards them? Just because they appear like people from mid East to the eyes of Westerners, given their open uncut beards and turbans, they have been made the scapegoats and targets for all the hate and revengeful attitude. To the people of East, on the other hand, it is no brainer about their being vertically apart in many ways since the very origin of the Sikh faith about 540 years ago. Their physiques,

languages, cultural and religious behaviors as well as birth countries of their faiths are all miles apart.

Assembling every year and holding a candlelight vigil at the spot where Balbir Singh fell, the Sikh people have been trying to speak against hatred while keeping awareness about their identity alive.

While the hateful behavior of some individuals might not change anytime sooner but such initiatives do help in disseminating Sikh awareness in a humble yet an informative but not an aggressive way. Once again this year, as always, a few members of Sikh community along with local neighbors gathered at the location on the evening of September 15th. Rehras Sahib and Ardas was followed by couple of informative talks by the author, Rana Sodhi as well Anya Cordell, a Washington post columnist who specially arrived from Chicago for this reason. This was followed by Candlelight vigil where everyone was able to light a candle and place on that fateful spot. In keeping with tradition of Sikh faith a full dinner in the form of Langar followed suit.



By Deepa Walia

September 19, 2012

Sai Groceries, conveniently located in Chandler, Arizona for East Valley Residents, held its grand opening on the auspicious occasion of Ganesh Chaturthi. They receive fresh vegetables every Wednesday and also provide a variety of South Asian Groceries including chutneys, achar, atta, rice, lentils, snacks, frozen ready to go meals, drinks, and many other items. Congratulations to the owners and a request to all valley residents to come check out their grocery store packed with a variety of products at 950 E. Pecos Road, Chandler, AZ 85224. "We carry everything you need to satisfy that home feeling!!!"

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Planning for Potential Costs of Living Long Lives

Most individuals need to plan for retirement, and an integral part of such planning is estimating one's likely expenses. Health care costs should, of course, be a consideration. And these days, the need for care over an extended period of time is becoming more frequently discussed. In general, Americans are living longer, more fulfilling lives; but at some point, many people become frail and need a helping hand. While the concept of aging and needing care is rather common knowledge, many people do not fully understand the potential costs of such care, and how the care will be financed.

The purpose of this article is to provide some basic information about expenses for periods of care that are beyond the coverage that health care or a governmental program can provide.

What is an extended period of care?

As people age or have chronic illnesses, certain services are required for an extended period. Care may be continuous or provided on an intermittent basis over longer periods of time; and can include both medical and non-medical care provided by caregivers to individuals. A typical caregiver provides assistance to an individual to help him or her perform basic day-to-day activities, such as getting dressed for the day, preparing meals or helping with other activities. Such care may be provided in one's home or in numerous types of facilities.

Who needs this type of care?

Americans are living longer than ever before—the longer one lives, the more likely one may need such services. It is predicted that in the year 2020, some 12 million Americans may need care or services for extended periods of time. Most of these types of services are provided for seniors. However, the U.S. Government Accountability Office estimates that 40% of the 13 million people receiving these services are between ages 18 and 64.

How much does this type of care cost?

Costs vary depending on the amount and type of care provided. Following are the averages costs in the U.S. in 2009. However, in some regions the costs are higher.

- \$198/day for a shared room (\$72,270/year), and a private room even more
- Approximately \$20/hour for in home medical or

homemaker assistance

- \$67/day for centers that provide day care services for adults (\$24,455/year)

Who provides/pays for extended periods of care?

Many people mistakenly believe that health insurance will cover the necessary expenses of care on an ongoing basis for extended periods of time. Others believe that Medicare or Medicaid will cover these expenses.

Medicare: Medicare provides health coverage for seniors. Medicare will pay for medically necessary skilled nursing care, however the coverage is limited and certain conditions must be met. The maximum stay for any benefit period is 100 days, and a person must re-qualify to begin a new benefit period.

Some of the requirements are: a 3-day qualifying hospital stay, a doctor's order, and entry into facility within a short time. Additionally, a co-pay is generally required after a certain number of days. In short, Medicare does not pay for the services that comprise the majority of expenses required when the care provided is less than a skilled level of care.

Medicaid: Medicaid focuses on assisting people with limited income and assets, and will pay the cost of long-term care in Medicaid approved facilities. The individual must qualify by meeting strict income and asset eligibility requirements. State laws differ as to how much money and assets one can retain and still be eligible for benefits. Additionally, Medicaid may be able to seek reimbursement from the recipient's estate after death.

Self pay: Many individuals rely on personal resources to pay for any needed care.

Family: Some individuals rely on family members to provide the care, if and when needed.

Insurance: Long-term care insurance may also be an option. Policies differ broadly, so it is important to carefully review and understand the benefits, eligibility requirements, and limitations of any policy being considered.

Planning for the future.

With long life comes long-term planning. Whatever one's circumstance, planning for potential costs associated with extended periods of care should be a part of one's retirement objectives.

For additional information on the topics discussed,

please contact:

Charan Khurana

CFP®, MS, MBA
Member Agent, The Nautilus Group®
Financial Adviser, Eagle Strategies
CA Insurance License# 0G32396
www.challandassociates.com
6710 N. Scottsdale Rd,
Suite 160,
Scottsdale, AZ 85253
Tel (480) 371-3365
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Cell (214)674-1746
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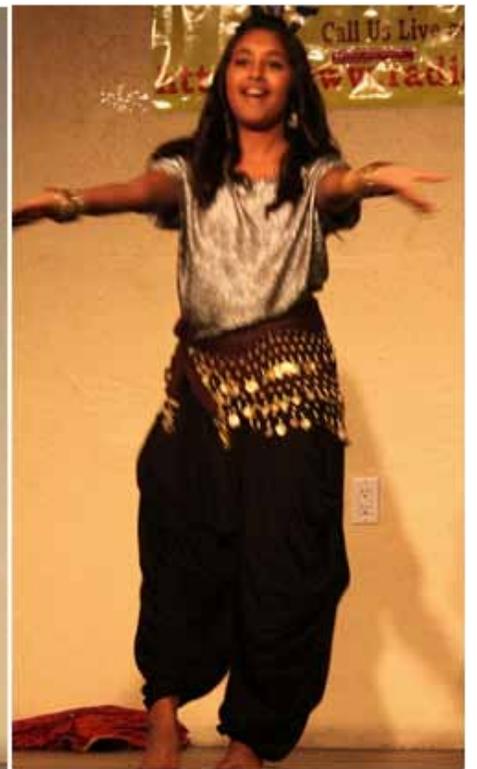
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IACRF & Radio Sri **Bollywood Dance** Competition

September 15, 2012

There definitely are a lot of hidden gems in the Valley of the Sun and two organizations came together to bring all these gems under one roof on a lovely Saturday evening. Indo-American Cultural and Religious Foundation in association with Radio Sri hosted a Bollywood Dance Competition in an attempt to increase the number of cultural activities available to children in the valley. Dancing being a popular activity amongst children, it is a great way to encourage children to be interested in music and entertainment from our culture by giving them outlets to perform on such occasions. The event, which included three categories – Solo Dance, Group Dance Age 12 and Younger, Group Dance Age 13-21 – attracted a large number of participants and attendees and was a huge hit in the community. The evening was MC'd by Sri and Perna of Radio Sri and the judges for the evening were the renowned dancer and instructor AshaGopal, KalpanaBatni, Indira Rajaram, RoopaMirlePandarinath, and Deepa Walia. This month's hidden gems article is dedicated to the winners of this dance competition.

Solo Winners



Group Dance Age 12 and Under
First Place



Second Place



Evening Hosts



Group Dance Age 13 – 21, First Place



Evening Judges



Second Place

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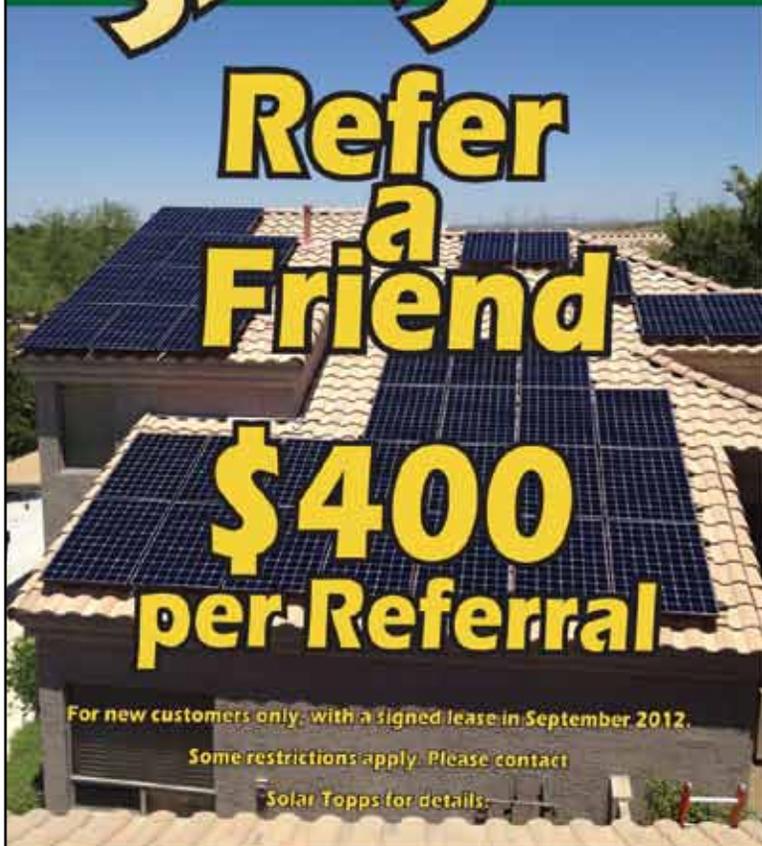
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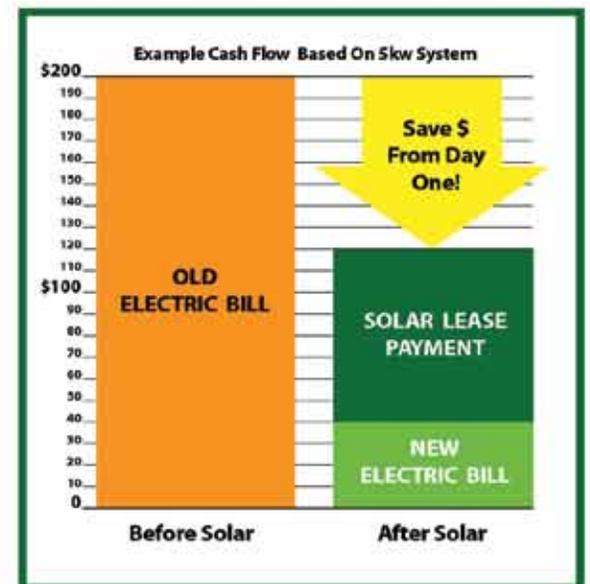
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Chennai Chettinaad Palace Grand Opening

By Deepa Walla
September 4, 2012

Located at 2814 W. Bell Road, Suite 1455 In Phoenix, Arizona, Chennai Chettinaad Palace held its grand opening on the evening of September 4, 2012. An authentic Indian Vegetarian and Non-Vegetarian restaurant, Kamlesh Patel invited many guests to a free dinner buffet to get the valley residents a taste of the delicious food served at his establishment. The buffet included both South and North Indian dishes and I was pleasantly surprised to find that both types of cuisine were incredible in taste and presentation. While it is easy to find a restaurant that can do either North or South Indian cuisine well, it is very difficult to master the two completely different types of cuisines so exceptionally but Chennai Chettinaad Palace has made this possible. If you have not gotten a chance to try their delicious food, please pay them a visit today. Asia Today is grateful to Kamlesh for the invite and for a taste of the delicious cuisine his restaurant has to offer and excited to share some pictures from the event.



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Atharva's Corner

Progressive Digression?

The idea of progress seems relatively simply to grasp: once one has been able to accomplish a task through efficient means and consequently, make life easier, it is said to be progress. However, the counter argument to this thesis is that when one venue of progress is also the destruction of another venue. This is slightly difficult to grasp because the idea of perpetual progress seems to be encouraged and supported science and technology. Yet if this idea is examined from an alternative perspective, such as cultural or traditional, the idea seems all too familiar. Ironically, it's for the same reason: it happens all the time, specifically, exactly as often as science and technology portray it to be. In order for us to understand the definitive point of progress, we need to be able to determine and define what is considered "good" and "bad" progress; the progress which builds versus the progress which sets back. This task is simplified when we look towards that which is accepted to be progress. One such example could be the computer, the engineered product which aims to calculate and operate as a service to humans. When described in such an artful and revered manner, the computer seems to be almost without

flaw. However, we are then forced to look at the alternative perspective of how abuse of the computer has facilitated virus dispersal, corruption, file theft, illegal sales, and other destructive forces to society. The next task is then to compare the magnitudes of the benefits and the costs.

We'll continue using the computer as it is something that is familiar to almost all people, whether they have used one or not. The benefits of such a technology are innumerable, ranging from communications, calculating, modeling/designing structures, mathematics, research, and mapping. All of these applied uses of the computer have enabled people to prosper and progress in the basic sense of the word. However, abuse of such a technology has sprouted into the societal costs of piracy, intelligence leakage, virus perforation, cloud computing corruption, and some may argue that it has even helped facilitate cyber bullying through the benefit of anonymity. However, the idea is to examine how many people have been effected by the benefits and the costs. Managing the world economy is an easily identifiable benefit, whereas data leakage is a significant and very urgent cost, one which has the potential of stimulating national secu-

rity complications. The idea stands that in order to determine the value of something and to determine its position or disposition, counter analysis is required. However, the example of computer usage and abuse is not isolated. Almost every aspect of life comes with its own set of distinctions between the benefits and the costs. Air flight has prompted transportation across seas and domestically with ease and punctuality. However, with it has also come the significant and destructive power of terrorism, illegal transportation of goods, utilization in war zones, etc. Another example can be crop yields. Genetically modified crops have been seen to grow larger and in greater quantities, two factors which are necessary in a rapidly expanding population. However, abuse of such pesticides and herbicides has also been linked to severe disease and disorder in the consumer of the products. In an essence, the benefits of a venue come from the proper use of its application, whereas the costs can be directly linked, probably though causation and not simply correlation, to the abuse of such applications.

Thus we look back to the original topic of discussion, defining and identifying progress. If we apply the idea of counter analysis as it was applied

before, we can see how to some, progress is irrefutable, whereas others would argue that progress is a drawn out venture which can often lead to ambivalent results, some of which may actually be digressions. At this point, another key aspect which should be analyzed in determining what progress is, is the origin or history of that particular project or item. The origins of something as compared to the current model help juxtapose a clear distinction between the applications and abilities prompted through the two individual yet related products or projects.

If the origins of a certain item indicate that it was, in a trivial sense, sub-par to its potential or perhaps even primeval, then the difference between the end and the beginning should suggest a drastic improvement. This is to say that if the beginning of a technology or transition started out in a simple sense and evolved into a more complex yet efficient practice, one would say that it has progressed. The opposite works for when a task that was at one point considered simple is suddenly an arduous action to complete.

Taking into consideration the origins or something and the cost/benefit analysis, we can see why it's difficult to determine what real progress is. For one culture, the transition



from one media to the next might signify the strengthening and growth of a population as a whole, whereas to another group, the same transition would be a mark of the eradication of a previous order of business. This previous order of business, if impactful and significant enough to the original form of life, could be seen as being undermined by a new practice, which would thus be considered destructive.

Essentially, to determine the true "progress" of something, one must consider how life was like prior to the alteration, and how it exists today in tandem with the new change. Consider a dramatic change in your life and think to yourself if you would consider it to be a progress or a digression. Taking into consideration alternative viewpoints and the origins (point of comparison) of the change, you might just find yourself somewhat surprised!

- Atharva Kiran Dhole

CONFLICT

Conflict is all over our lives. What is life without conflict? Honestly, without conflict in our lives, we would not really have a life. Conflict is the outer layer of our emotions; it brings out the best- or the worst- in them, our actions, and most importantly, ourselves. The denotation for the word, conflict, is "a disagreement, contradiction, or opposition towards something." That sounds about right to us everyday, semi-stereotypical teenagers, right? However, the connotations to this thought-provoking word might as well be never-ending; some examples are a problem, or a dilemma. Not a day goes by when our lives do not have even the slightest bit of conflict to go along with it like a slice of apple pie. My point is, yes, everyone has a different problem to handle everyday, something new, something reoccurring, but why fight over it? Why waste our breath over it? Why let peace slip out of our minds over something so little? Conflict will come and go as it pleases everyday, but our job is to just welcome it with open arms and deal with it in a circumspect and thorough manner.

Conflict is built into us. It is driven in and parked, stamped, tattooed, (however you want to put it) into our minds, and is a part of our nature. There are so many different kinds of conflict that I am sure everyone experiences once in a while, if not everyday. One very important conflict is having one with yourself. When you don't know what to decide or what to do in a situation, that right there, is conflicting you. When you are at variance with yourself and not sure how to react to it, it is okay to get help, but the best way to learn, is to solve it on your own.

Another conflict, the more obvious one, is with someone else. Disagreeing, or simply not wanting to listen to that person counts as conflict, which most of us are probably used to. For example, being hung up in a fight with your best friend, or just ignoring your mom while she is nagging you to clean up your room, is conflict with another person. The thing that bugs people the most though, is when people pick fights, or do not handle the dilemma like sane human beings. Everyone will get through his or her conflict sooner or later, no matter who it is involving, so there is really no reason to overreact. Every problem blows away, and a new day comes, with fresh and new beginnings. We

just need to learn to let our lives flow and let the conflict take us for a ride every once in a while, wherever it wants to go.

Contradiction is another very important part of the whole concept of conflict. Contradiction is a contrary opinion or opposition towards something else, so whether you are contradicting yourself (which actually happens a lot, might I add) or someone else, it affects the conflict and the entire situation and everyone involved in it. In other ways, conflict can also mean something getting in the way of something, but we do not use it in that context as often. Overall, whether we like it or not, conflict is a part of reality and we have to face it, battle through it, and fight, no matter how big or how small. Conflict will never, ever, leave us and will bring us strength and guidance to carry out through our lives and our surroundings. So guys, until next time, think of all of the conflicts in your life that happen day by day, and compare them to each other, how are they like what we talked about this month? Happy October everybody!

- Sanam Mallik



INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)

In spite of the commitments due to a wedding and two religious festivity celebrations, on Sept 20, 2012, over fifty-five members and guests had a wonderful time at the Rio Vista Park. While enjoying the picnic day we celebrated Dr. Rajinderji's (Deepika's father) birthday wishing him a Happy Birthday as he travels to India for some time. The cake was just beautiful. For the late breakfast there were garma- garam pakodas, badsahi chay, chutney and bundi laddu. Besides socializing, the group enjoyed antakshari before lunch which included khichadi, potato-pea's lachakdar shaak , potato gaanthias and chhas. The event was sponsored by Kapilaben & Thakorbhai Patel with help from several volunteers. Another birthday celebration enjoyed was that of Princess Aleena- grand daughter of Sharadbhai and Anjuben who served ice cream with the picnicluncheon.

On Sept 11, 2012, the meeting got underway with a prayer for 9/11 victims by observing minute's silence. On Sept 7th 2012, ISAA presented a super performance on the occasion of its 1st anniversary. People just kept talking about it as to how much fun they had. In connection with that celebration Jitubhai thanked - Babubhai for a great sound system work; Working Committee for a number of projects such as badges, banner, logo on podium, Ads for the booklet; Priti Patel for brochure organizing and printing; Choreography, costumes and participation in dance items by Poonam, Chetana, & Kinal's groups; Seniors' group for Golden Garaba dance - choreography, music and dance; Most enjoyed item - Seniors go to Bollywood where Raj Kapoor, Nargis and Nutan came alive; Volunteers for their time and effort in keeping the crowd in an outstanding behavior anyone would be so proud of, Everyone enjoyed the delicious food supplied by India Palace and sponsored by Nilam, Sapna & Deepika. Today's sponsors were Bansibhai Shah and family in observance of his birthday. Over eighty people enjoyed the delicious home cooked food.

September 04, 2012 Plans and preparations continued with accelerated momentum for the final touch ups for Sept 7th program. Seniors are busy with their garba-raas practice at the hall and are roaring to showcase their items. Distribution of the Tickets continued for the Sept 7th program. The food sponsors for the day were Manjuben & Shardaben Families who served over seventy attendees with freshly-made Bajara rotala with ghee & gud, mung-daal, cabbage shaak, rice, raita, papad and kulfi. What a treat with such delicious traditional luncheon! We all were in heaven! Furthermore, we had a pleasant surprise visit paid by Dhirubhai & Hansaben Mali and also everyone's equally favorite "dikri" Bhakti, who were warmly welcomed.

August 28, 2012, the sponsors for the day were the Kshatriya family who entertained over seventy guests and members with songs on karaoke. Here there were five generations of the Kshatriyas at one time all together for the show. This followed with a delicious lunch with Mexican flavor. All had a great time.

Nilam (\$1066), Sapna (\$1066) and Deepika (\$966) have fulfilled their pledges towards the cost of a great dinner for Sept 7th program. Sharadbhai's efforts fetched additional Wal-Mart a gift card of \$50, Sam's Club \$30, and coupons from Dunkin Donuts for donuts, sandwiches, coffee and muffins towards the door prizes. ISAA is grateful for \$500 by Dr. Devinder Singh and Padma Aking-\$250.



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ISAA Celebrating Dr Saigal's birthday at the picnic!



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Shah Family celebrating Bansibhai's birthday at ISAA

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Symptoms of arrival of SATRUN and its Remedies

In my previous article, I explained about SADHE-SATI of Saturn for our readers.

We received over-whelming response in the form of queries and concerns from our readers. I realized that everyone's primary concern was around how can someone find the symptoms of arrival of SATURN in their charts. So, in this article, I will shed some light on it.

Saturn has been pointed as dark devil stretching his hands to catch hold the people and put them in a closed-net for years to suffer in isolation. During the last 15 years of my professional life, I have noticed that any of the following can be linked to the arrival of Saturn period in one's life :-

- 1) A native is enjoying normal life and suddenly
 - a strange pain is felt in the brain,
 - one feels burden in his mind,
 - gets easily irritated on friends/relatives,
 - becomes very angry for events not occurring per one's desire
 - Readily gets into quarrels on small and trivial matters. His mind is filled with depression.
 - He loses enthusiasm and can't apply his mind to any situation.
 - Many times such a person is affected by long and incurable diseases.
 - Due to influence of Saturn sometimes it is seen that the business of the native in which he was doing very well gets into losses after losses.
 - Sometimes visible black lines are formed on the hand

Please be aware, these are the signs of arrival of Saturn. In such situations there is need for making peace with him (Saturn).

2) During Saturn periods without any cause or provocation, quarrels start between husband and wife, which in numerous cases, even lead to divorce. Therefore immediate action is advised to pacify the situation and to decrease the malefic affects of Saturn.

3) Many times due to influence of Saturn, the entire hand becomes black especially on the fingers and nails a black

shadow becomes visible. In particular on the mount of Saturn and the central finger the fortune lines look black indicating that during this time all his work efforts will go in vain. The person feels a deep sense of frustration and unhappiness in his mind.

For example, imagine a cordial household, where the lady of the house is maintains a very loving environment at home. She is extremely aware of her responsibilities and fulfills her moral responsibilities like caring for family members, children everything without any issues, suddenly starts to loose temper on the children. In such a situation, one should understand that there is no fault of the wife but this is a pre-indication of arrival of Saturn in an adverse position.

REMEDIES :-

When any of the above symptom is noticed please try to adopt the following remedies to remove/ atleast subside the malefic affects of the mighty Saturn.

First and foremost, I highly recommend the person to consult his/her learned astrologer for proper guidance if possible.

A) The person should wear a ring made of PANCH-DHATU with a flawless gem Neelam (sapphire)/ Jamunia/ Katila which should not have any white dot or tear not have two colors or depression.

This ring should be worn on a Saturday, and at the time of wearing it, traditionally, a Brahmin must perform necessary "POOJA" and "PRAN PRATHISHTHA" of the ring.

In case arranging a Brahmin is not feasible, then one can keep the ring in cow's unboiled milk overnight and wear it in the morning after dipping into Ganga Jal.

B) Saturn can be made helpful through herbs also- on any Saturday when there is " PUSHYA NAKASHTRA" by tying root of "BICHUA BOOTI" or "SHAMMI" in a black thread on right arm. This also decreases the malefic influence of Saturn.

C) One should find out horse toe (NAAL) of black horse. Using this toe, a ring of the size of middle finger should be made by a blacksmith. It should be washed in

unboiled milk and then worn on the middle finger of right hand on a Saturday. It also helps in mitigating the affects of Saturn.

D) On a Saturday evening during "PARDOOSH KAAL" after lighting a lamp (diya) under a Peepal Tree perform seven round of the tree. Thereafter give seven laddoos to a black dog. This also helps in mitigating the bad effects of Saturn.

E) On any Saturday, one should fill mustard oil in an iron utensil and put seven grains of black gram (kala chana), Barley (bajara) and Black gram (Urad) and also keep Rs 1.25 paise in it and offer it to Saturn priest or put it at a Saturn temple. This is most beneficial if it is done before 11.00 AM.

F) Giving Grams (Kala Chana) to a buffalo or a horse is also helpful.

G) On a Friday night, one should put 1.25 kg Gram each (kala chana) in water at three places. On Saturday morning after cooking them in a mustard oil first 1.25 kg be given to Horse or buffalo, and 2nd 1.25 kg be given to leper and the third 1.25 kg be placed in a deserted intersection (place where two roads intersect). This is one of the best ways of reducing the affects of Saturn.

H) In case you are having any problem regarding Court litigation then you must pray, meditate the Saturn mantra and also perform Abhishekam of Lord Saturn.

I) When a native feels above mentioned adverse symptoms, he should understand that it is due to arrival of Saturn. He should therefore perform pooja and jaap.

J)	4	9	2
	3	5	7
	8	1	6

He should have the following Jantra made on an iron sheet on an auspicious day and should wear it. This reduces the bad affects of Sade-Sati.

K) A native having sade-sati pain or difficulties should fast on Saturdays. After sunset he should worship Hanuman Jee with Sindur, Chemeli oil, Deepak with oil

and red flowers.

L) On any Saturday one should take seven round of a peepal tree and tie raw cotton thread (KACHA SOOT) by reciting Shani Mantra. After tying Kacha Soot one must light a Deepak and perform pooja. On that day, one should eat saltless food only one time in the evening.

M) On Saturday, before sunset under a Peepal tree light a mustard oil Deepak and worship the said tree with Dhoop and Deepak.

N) Service of black cow pleases Saturn, therefore, one should place "Rauli" (sindur) on her head and tie "Mauli" on her horns and worship with Dhoop and Aarti. After taking a round of the cow, she should be given four laddoos.

O) On Saturday, giving laddoo to monkeys and black dog also mitigate the hardship brought by Saturn.

P) Starting from any Saturday recite the following Saturn mantra 23000 times continuously for 21 days

OM PRAM PREEM PROOM SAH SHANISHARAYA NAMA

Q) On Saturday one should wear a garland made of black thread of nineteen hands length. It gives favourable affects.

R) Every Saturday give banana/ sweet/kheer/gur/kale chane to monkeys to mitigate the bad effects of Saturn.

Saturn is one of the greatest friend of mankind. Saturn is not malefic as it is generally thought to be. It is a friend of those who want perfection in life. It represents love of perfection and self discipline at the cost of luxurious life. Saturn represent the struggle against evil.

Worship Saturn and reap the benefits!

Good Luck!

Rajesh Khanna

Astrologist, Numerologist and Reiki Healer
Member: American Federation of Astrologers
P: +91 (989) 196 4007
: +1 (602) 774 4159
Rajesh.Khanna@iThinkAstrology.com

When I think about God I wonder, I wonder even more when I think about so many institutions built around name of God. Every one of them thinks they are doing a great service to society, to the people of all the countries, providing them hope to live, taking away their pain, frustration, depression and help them prosper spiritually, mentally and of course financially. Every Sunday millions of people of this country visit Churches in morning service, Hindus go to temples some in morning and some in evening, Muslims go to mosque on Fridays for prayer. Have you ever noticed that one thing is missing from all these assemblies? People go to all these places of worship and start making deals with god either directly or through priest. Donations are given to these institutions so that they can continue run the show and maintain huge premises they have built on the name of God. Everything but the God is missing.

Preying on the name of God

Have you ever noticed that when you are in place of worship and praying, your mind probably thinks about God for a fraction of second and starts making either deals with God to give you this and that, solve some problems or wanders off to some other topics in business or in family and friends? If you are sincere enough to look within, your answer should be yes.

God is the greatest myth we have been taught by our parents and society. If you analyze carefully, the end result of these teachings is our identity. We start identifying ourselves as believer of one of the religion, sect, etc. Because no one around us has seen the God, there is a lot of money making business going around on the name of god, people who have no qualification start doing god business. Next

time when you go to a place of worship or a paid seminar, please ask the priest if he or she has seen the God. If priest is smarter, you will be brain washed or scared. But there is no logical explanation for questions like where is god, how to meet him and why should we believe in God.

Basically human being is a social animal; we always look for opportunities to socialize with other people. We always like to meet others, do networking, show off etc. The places of worship are best avenues to do so. Institutions built around God are simply preying on the name of God. And probably people like to be preyed, they donate 10% of their salaries either because they are scared, or to remove the guilt of making money by wrong way or in hope to get more money.

People leave their homes

and families to work free for hours at place of worship and so on.

The fact is that, Buddha achieved enlightenment in forest, under a tree. Jesus Christ sacrificed himself and prayed for his murderers. Prophet Muhammad went to cave for seclusion where he realized God. Saint Kabir, Guru Nanak, Sri ChaitanyaMahaprabhu became free or realized in their homes or meditating in caves. We should become conscious about why we go to places of worship, believe in God, afraid of God, make huge donation on the name of God etc. In my opinion God is the only one you should not be afraid of. If someone is really, really interested in finding God, there are ways and for that you don't have to go anywhere. The journey starts from within.

Finding God is finding an-

swers today's scientists are trying to find for questions like "who are we", "from where do we come from?" by colliding atoms in collision chambers. But the only difference is that they are trying to find it outside, whereas Indian Yogis found that "what is outside is also inside".

The time has come to raise our consciousness, leave behind false dogmas, beliefs and wasting our hard earned money to those who prey on the name of God. The advanced technique like Kriya Yoga which includes physical exercise, meditation and breathing techniques can transform you.

Send me your comments and thoughts. Meet us during Diwali Mela at our stall: "Kriya Yoga of Babaji".

Pranav K Sanghadia
Email: pranav@kyob.org

Susceptible Bodies, Callous Hearts

The people of Indian subcontinent like other expatriates always long to make visits back home. While many do, others may take years before they can decide or afford to undertake a trip. The decision depends upon several variables, such as a person's financial condition, availability of time, and physical health. Yet a constant desire to visit the motherland by a person living abroad is universal, no matter where one lives or for how long one has been away from one's motherland.

Prior to a planned visit, the members of the diaspora often engage in discussions with other members of their families and friends living in the West as well as back home, about what to eat, where to eat, what to do, and what not to do during their visits. This is essential because after being away from one's native environment for a long period, one ends up losing the physical immunity, that otherwise acts as a protective barrier against minor infections of the gastrointestinal (GI) tract as well as other pollution-related respiratory ailments. Living abroad for a significant period of time, especially in advanced countries of the West, makes our bodies susceptible to the very same ailments that we co-existed with during our childhood and a large portion of our adulthood.

Why does it happen and why is it so? Why are we affected so easily? What is the explanation for this metamorphosis? The answers may be well known to many of us but bears repetition. The resistance, or immunity, that our people maintained back home was the result of a small but constant dose of disease-causing agents that we were being continuously exposed to in our daily living environments and also in the foods that we ate. When we transplanted ourselves to almost sterile conditions of the West, our immunity gradually lessened.

This loss seems to be proportional to the duration of time one has spent in Western culture. As a result, our bodies are no longer armed to fight the offending agents as vehemently as they did back home and thus become easily susceptible.

It is an open secret that each and every individual in the West, regardless of his or her educational level and societal status, is well informed about the advantages of personal hygiene. Such awareness makes people more cautious and careful as to what kinds of food should be ingested and under what circumstances. The use of spoons, knives, forks, and disposable silverware

in Western culture is commonplace and for good reasons. By adopting this culture, the members of the diaspora start adapting to the local habits of Westerners. Such practices help them maintain the health of the GI tract by



preventing direct contact of bacteria-laden hands with the food that is put in our mouths and which ultimately trickles down through the stomach and intestines.

During a visit back home, one is bound to intermingle with the local population. Re-adoption of the prevalent style of living, including the methods of eating, is a natural outcome. Somehow it is forgotten that the time we spent in the West has basically transformed our bodies and made them more susceptible to infections. If one is not careful enough and starts using one's hands without properly washing them before intake of food, one easily becomes a target of GI distress. A mere ritual of hurriedly cleaning hands prior to eating couldn't be considered entirely fool proof in preventing sickness, for the water used in cleaning might not necessarily be without bacteria and viruses. The plates and utensils may also contribute to the problem because their cleaning, if at all done, might have been undertaken by someone oblivious to proper hygiene using dirty pieces of linen and water from unsanitary source overloaded with viruses and bacteria.

Prolonged and careful washing of the hands with clean and boiled water before and after every meal for at least 30 seconds, keeping nails short and clean; and washing utensils with hot water and with a clean or disposable

wash cloth doesn't require truckloads of wealth. In addition, covering dishes to prevent flies and mosquitoes from landing on food is an almost effortless means of preventing the spread of diseases. Yet as of now, those



them to create abundant resources, they develop insensitivity and turn a blind eye to near and dear ones left behind. Instead they become self-seekers and self-servers and remain mired in their own matters and issues. It is easily forgotten that for each one of us who left his or her motherland for a greener pasture, many relatives and friends had to sacrifice a great deal of their resources to make this happen.

We in the West may fail to recognize our responsibility of lending a helping hand to those needing it the most, under the pretense that this is not the fault of expatriates. Here, I must interject with full realization that not all the hearts have turned callous. Many do undoubtedly take care of their needy relatives, friends and keep on providing whatever they can, sometimes even more than what circumstances would permit, to help tackle issues back home. In fact, a close perusal of the diaspora at-large brings home the fact that numerous NRIs (Non-Resident Indians) keep themselves fully involved in many of the philanthropic activities back home. And to them, my salaam!

Taking stock of one's health by fully applying all the necessary precautions before leaving for a visit back home, is essential. Playing macho is not worth it, for the tiny bacteria and invisible viruses are often much stronger than a six or seven foot tall frame supporting three hundred plus pounds.

And those having triple-sized large frame, who might have unfortunately developed callous yet feeble hearts without emotions or concerns for others, will need to have them reopened once again. They will have to be reminded that had it not been for the unspoken sacrifices of those left behind, it was not going to be possible for them to settle abroad in comfort and get where they now happen to be!

* 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>

Understanding the Plight of Re-electing President Barack Obama

Women giving Birth when the Pain Gets Worse.

Are We Better Off?

As we move closer and closer to re-electing President Barack Obama, it is quite obvious many Americans who would like to see him fail have already failed by not clearly understanding or valuing the essence of



human nature as it relates to the natural process of giving birth. The word pregnancy is defined as the period during which a developing fetus is carried within the uterus; The quality of being significant with the substance of the future always being the main and greater priority. It's the period in which the mother doesn't look the same as she did prior to becoming pregnant. Her shape changes with the stomach expanded! At such time someone can ask the question – is she better off now that her shape has changed? She once had the shape of a coca cola bottle and how it has expanded. Matter of fact, she has come to the point where there is extraordinary pain. The question once again is she much better off than she was prior to the pregnancy.

Unknowingly to those of great fear and doubt this woman is about to give birth to the next president of the United States

of America. Matter of fact, his second term. The old saying is "don't judge a book by its cover". After all, things are getting better and we must allow the complete process of the pregnancy to occur. President Barack Obama is the 44th President of the United States. Four years completed and four more to go. To me, that's 44.

No one in their most precious mind should seek to stop the process of the pregnancy that the Creator has put in motion. For some strange reason the Creator is much wiser than man-the-scholar who tends to yell and holler when things don't go his way. Man is a planner but the Creator is a much greater and intelligent planner. He is All Wise and All Knowing. He gave man faith, believe and patience. Inside the word patience, we find the letters 'p', 'a', 'i' and 'n'. We also find the letters 'p', 'e', 'a', 'c'



and 'e'. it is said no pain, no gain. Again, some women while nearing the birth, the pain gets worse. Therefore, the question remains, is she better off? Through pain come the peace and unity for the American people and the world.

Doubt without clout is not the answer. It is normal to believe or

think the woman is not making progress in her pregnancy when failing to appreciate the process of pure patience. Patience is great but pure patience is greater. To properly understand the plight of President Barack Obama, we must study the word habit and how it can easily get in the way of a birth that was meant to be. Habit is defined as a particular costume showing rank, status or authority. A mindset for things to be the way they have always been. Yet the pregnancy won't allow it. Through development, the change must occur. It means an act so repeated it becomes known as a habit that can be quite dangerous for citizens who must learn the true meaning of the number forty-four (44).

Four Completed - - Four More Needed.

Mind you, it was the Wright Brothers who finally completed the mission of developing the airplane. No telling where we would be had the 'wrong brothers' been in charge. Such as Romney and Ryan! In the word Romney is money and in the word Ryan is nay. 'Nay' meaning a refusal or denial. Money is needed but not as a personal priority. It's about the people and not a gigantic bank account elsewhere. Nay – nay – nay!

It is also a reality that we must not allow the word fear to stop the process of the pregnancy. Let us remove the letter 'e' and then permit President Barack Obama his last four (4) of the (44)

by going as far as he can go. Re-electing the president is a must without being afraid to cast our votes where they belong.

The last issue concerning this topic that I want to address is the word abortion. In the word abortion, going right to left, is the word rob and the letters 'b', 'o', 'r', and 'n'. The Creator is saying to us not to rob ourselves of a productive America by not allowing the baby to be born. The word 'Rabbi' or "Lord" is also found in the word abortion. So in my understanding, the Creator speaks to us about President Barack Obama being born again to complete 4 + 4, which equals 8, challenging years due to the opposers of the new way and new life for America and the American people. Let us not judge in error the pregnancy because of the expanding stomach of the woman. What's inside is the pride of this country that's long overdue. Know for sure, the real beauty of the woman is in her ability to deliver in spite of the baby kicking and punching from within. Even if the mother has to faint at the moment of delivery, the President must be re-elected. It was Adam Clayton Powell who said "keep the faith" to win the race.

We Will – We Must – Yes We Can!

**Vote November 6th
President Obama the number one pick!**

**Nay! Nay! Nay! Not Romney nor Ryan
Obama knows how to with-**



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

By Habibullah Saleem

**stand the drama!
Special Note:**

Let us not forget that we are closer to delivery than to start all over again with those who have not been the pilot or co-pilot. (Romney and Ryan) Wanna be's are not the answer at this phase of our development. We deserve much more than the 'still born' they intend to leave us with. Knocking down everything the President has established would be absolutely detrimental to this country's purpose and dignity. Most of us can actually feel just how close we are to witnessing the newborn that represents all of America because our President is the chosen one America produced. Yes, the pregnancy proves we are much better off even though at times the mother may appear somewhat weaker. To see the real truth, let us vote for Obama without decline – Its Only Half Time.

If we would like to grow something, first we need space. We need to understand that whatever we wish to grow needs the proper growing environment including soil, water and weather conditions. Otherwise the growth will not be successful. If we live in the desert, many thirsty plants will not thrive. For example, many juicy fruit trees will have great difficulty just to survive, not to mention give fruit. As humans, our efforts have the expectation of positive results. If we think our child should be a doctor, we look for the best medical school possible. We look for the best sources to fulfill our desires. However, when there is no action, there is no result. In this article I want to share my views on what is necessary to grow, as a human, in our life. That is to establish a relationship with the Divine (internal knowledge). In the reality, internal knowledge is the establishment of a relationship with God. If, as humans, we think our happiness comes from physical efforts and worldly relationships; remember, happiness and sadness are two sides

As You Sow – It Will Grow

of the same coin. Happiness from physical sources is always accompanied by equal amounts of sadness. For example, when we look at a rose from a distance it's very beautiful and lovely. Be careful, if you pluck it, its thorn will give you a pleasing gift. Similarly, worldly love and happiness affects our life the same, with pain and pleasure.

In a very simple way, I'm trying to explain the purpose of human life and what is its real goal. The real goal is unconditional love with the creation because the creator is in the creation. Now, the question is; what is the source of unconditional love? The source of unconditional love is meditation and prayer. What is the seed to grow unconditional love in our mind? That is the mantra. The choice of your mantra depends on your religion. If you are a Hindu, I love the mantra from the Hindu religion Rama, Rama, Hare, Hare, Krishna, Krishna, Hare, Hare. From Islam,

what's pleasing to me is: Ya Khuda, Rahim Kar. If you are a Sikh, repeat: Wahe Guru, Wahe Guru, Wahe Guru, Wahe Guru. It will give you peace and happiness. If you are a Christian, contemplate "Hallelujah" in your high consciousness. Remember, every religion is the first step in spirituality. Without spiritual growth we cannot purify our mind. Without cleansing our mind, spiritual growth is not possible because the nature of the five passions is against spiritual growth. If we wish to grow spiritually we need to balance the five passions: Lust, Anger, Greed, Pride and Attachment.

As a human, if we have a discriminatory attitude against others based on religion, race, color, caste, country, male or female, rich and poor; these elements haven't a place in spiritual life. As long as we can't remove these from our mind, our spiritual growth is stunted. The main reason is religious preaching, because religion is divid-

ing humanity as opposed to uniting it. The main function of religion is to unite humanity not divide it. If we want peace on this planet we need to change the present definition of religion. True religion is a source of realization. As humans we are all equal and share the same soul. This realization is the source of spiritual growth and it is necessary to continue on this path until we fully realize, as a human, we are all One and belong to One. If you would like to live with this spiritual philosophy, you need daily meditation and prayer. When you finish this daily practice, inhale and hold the breath as long as possible and repeat very loud in your mind: "Oh, Divine Creator of the universe, give me an understanding of Thee. Bless me with a blink of Divine Knowledge". My friends a Divine Glimpse is the experience of Divinity.

Thank you.

-Harbhajan Singh Sandhu



The optimal diet for women with polycystic ovary syndrome

An optimal diet is one that not only prevents nutrient deficiencies by providing sufficient nutrients and energy for human growth and reproduction, but that also promotes health and longevity and reduces the risk of diet-related chronic diseases.

How to get a diagnosis –

It is important not to assume that you have PCOS, even if you have several of the symptoms (ie irregular menstrual cycles, acne, weight problems, hair loss, and/or excess facial hair). There may be other health conditions present that are creating problems.

If you think you have PCOS or another health condition, make sure you consult a medical professional to confirm your suspicions. PCOS diagnosis is made in several ways including medical history, physical examination, checking hormone levels, and, possibly, an ultrasound.

Your practitioner should also do a pelvic and physical exam. Make sure you inform your doctor of any additional symptoms you may have, including excess hair growth and skin abnormalities such as skin tags or dark patches on the neck, groin or under arms. Your height, weight and blood pressure also will be checked.

Just got diagnosed – Now what ???

Staying as healthy as possible is the goal.

The following changes can help to improve your body's response to extra insulin and can help reduce

your risk of diabetes, heart disease, and stroke:

- Try to stay on a healthy diet with adequate amounts of protein.
- Your reproductive endocrinologist or doctor should be able to suggest a healthy diet to follow;
- Add whole grains, fruits, and vegetables to your diet; and –
- Exercise regularly to keep your weight in check.
- Taking oral contraceptives and anti-androgen treatments also can help to keep your PCOS symptoms in check.
- Finally, if you are not happy with your doctor, find a specialist who will listen to your concerns. Women with PCOS often have special concerns about their appearance that are directly tied to their condition. You and your doctor must act as partners to manage all aspects of this complex condition.

Weight loss has been the major recommendation by physicians for women with PCOS. Lifestyle modifications including stress reduction, exercise, and group support, along with a decrease in total energy intake, have had positive results. A weight decrease of only 5% of total body weight is associated with decreased insulin levels, increased fertility, reduced hirsutism and acne, and lower free testosterone levels.

Women with PCOS can lower their risk of develop-

ing diabetes and heart disease by exercising and eating a healthy diet. However, some women with PCOS have trouble shedding their extra pounds. Sticking to a special diet is a very important aspect of PCOS care.

Some women with PCOS find success by reducing their total intake of carbohydrates (cereals, breads, pastas) and choosing to eat different types of carbohydrates that are less processed (whole wheat, brown rice, beans). Replacing manufactured carbohydrate products with whole grains, fruits and vegetables can help to reduce your insulin response. The diet also should include enough protein to control the amount of sugar in the blood.

According to many studies, women with PCOS can improve their insulin resistance just with moderate activity. Even if you exercise and don't lose weight, you are still reaping very important health benefits. Exercise has been shown to improve use of insulin and can support dietary interventions to promote weight loss; it is important that the exercise program chosen is enjoyable for the PCOS woman.

To know more, feel free to contact:

Priyanka Bhatia Gurnani
Health and Wellness
consultant
Organic Choices
Bhatiapriyanka2002@gmail.com



Hello Friends,
Fall is in the air! Elections are coming and everything is running in full gear! What can you say? Its one of those busy times of the year where everyone is going hard at work, including the federal reserve.

The Federal Reserve announcement last week of another major

stimulus plan had some nice surprises for the real estate industry: it was larger than expected, and more importantly according to analysts, it was open ended. The previous two stimulus efforts had scheduled start and end times. Under the latest plan, the Federal Reserve agreed to purchase additional agency mortgage-backed securities at a pace of \$40 billion per month. And, if the outlook for the labor market does not improve substantially, the Fed said it will continue that level of purchasing, or perhaps even increase it, until "improvement is achieved in a context of price stability." Also the Fed's plan to lower or maintain the already low level of interest rates which could help the recovery in the residential real estate market too.

Residential Market is getting better day by day! REOs and Shortsales are going away. Looking at market stabilization many traditional sellers are coming in the market. Investors have started moving to small commercial condos too just to get a piece of property.

Lets look at the valley home sales- Home sales in Maricopa county was 7,431 sold homes for August whereas July had 7,019 sold homes. From this

Valley Real Estate Market

3,274 were CASH sales about 44%! August Active listing were 19,913 as compared to 19,395 in July. Pending sales in August were 10,069 compared to 10,138 in July. These statistics

Lets look at the Commercial side- Out of State Investors are investing more in multifamily units.

-APS Bio Group acquired the industrial manufacturing building at 2235 S

Central Ave. in Phoenix for \$3.5 million, or about \$43 per square foot. The 80,640-square-foot building was constructed in 1992, just off I-17 on 4.5 acres in Maricopa County

-Prologis has begun construction on a 486,241-square-foot, cross-dock facility in Prologis Park Riverside, with an estimated completion date of April 2013. The project represents the first speculative devel-

opment in Phoenix since 2008. Building 3, located at 5501 SE Lower Buckeye Ave. in Phoenix, is on a 27-acre parcel, part of a larger 153-acre, master-planned industrial park.

-Guadalupe Ventures LLC sold the 9,981-square-foot Highland Plaza Tutor Time for \$2.25 million, or about \$225 per square foot, from Highland Plaza LLC. The property is located at 3901 E. Guadalupe Rd. in Gilbert, AZ

-A Private investor based in California has purchased the 44-unit Regency apartments located at 1100 E. Lemon St. in Tempe, AZ for \$3.3 million, or \$75,000 per unit. The property is adjacent to the Arizona State University campus, and is located on the light rail. The two-story, 27,618-square-foot building was built in 1994 on 1.1 acres in the Tempe submarket of Maricopa County

-Sutter's Mill Specialties, Inc. signed a lease for the entire 46,725-square-foot Liberty Tech Center at 921 S. Park Ln. in Tempe, AZ. They have been in Tempe for the past 22 years, and wanted to stay in the are

Hope this article gives you a peek in what's happening in our valley. Call me for all your Real Estate Needs! As always, I love all the questions, comments & feedback. Please keep them coming at arti@artiyyer.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 wall street journal, Armls, Cromford Report, Costar, Globest and BizJournal



Unit Sales by Financing Type		
	-Sgl Fam-	-Other-
Bond/IDA	4	0
Carryback	22	2
Cash	2649	625
Cash to Loan	34	2
Conventional	2331	258
Exchange	2	1
FHA	1130	51
FMHA	36	7
Rent/Lease	0	0
SBA	0	0
VA	270	5
Wrap	2	0
Total Sales	6480	951

FMHA	36	7
Rent/Lease	0	0
SBA	0	0
VA	270	5
Wrap	2	0
Total Sales	6480	951

are only about single family homes, condominiums and patio homes. Here is the table

for Financing on closed sales and average days on market.

Below is the market graph on the valley real-estate for August month from 2008 to 2012 to give a better overview.

Here are some Foreclosure Graphs-

cross-dock facility in Prologis Park Riverside, with an estimated completion date of April 2013. The project represents the first speculative devel-



Be careful not to confuse issues when discussing the matters at hand. Your lover may feel rejected. Depression may be likely if you're away from home. Catch up on overdue phone calls and correspondence. Your luckiest events this month will occur on a Thursday.

ARIES



Mar 21 to Apr 20

You may have major blowups with someone you love if you don't back down. Don't let your boss make you feel guilty enough to take work home with you. Get thinking about prolonging longevity. Your family may be feeling neglected and unloved. Your luckiest events this month will occur on a Monday.

TAURUS



April 21 to May 20

Opportunities for romance will develop through group endeavors; however, the association isn't likely to last. Take care of your personal needs. Things may not be as harmonious as you would like with colleagues or employers this month. Relationships will be erratic this month. Your luckiest events this month will occur on a Sunday.

GEMINI



May 21 to June 21

Do not hesitate to help elders with legal documents that are too confusing for them. Don't bother getting even; they'll make themselves look bad. Take a look at investment opportunities. You can make money if you get involved in real estate deals. Your luckiest events this month will occur on a Friday.

CANCER



Jun 22 to Jul 22

Business trips will be more productive than trying to fight the red tape facing you. Take care of your own responsibilities before you help others. You may have a hard time relating to children this month. If you're willing to cut loose you will find yourself in the midst of an exciting encounter. Your luckiest events this month will occur on a Tuesday.

LEO



Jul 23 to Aug 23

Your lover will be annoyed with your participation. You may want to take a trip; however, before you do, make sure that your car is serviced properly. Join humanitarian groups and let your leadership ability take over. Travel will be to your advantage; however, it might be expensive. Your luckiest events this month will occur on a Thursday.

VIRGO



Aug 24 to Sep 23

This will be a good day for research and for sitting down with some good, informative reading material. You can meet new and exciting lovers through work related projects. Uncertain get rich quick schemes will not be as lucrative as you anticipate. One of your female friends may try to disrupt your day. Stand up for your rights. Your luckiest events this month will occur on a Monday.

LIBRA



Sep 24 to Oct 23

You can expect changes in your financial situation as well as in your status. Accept the inevitable and continue to do your job. The home environment will be unpredictable this month. You could be blind to the defects of those you love. Your luckiest events this month will occur on a Wednesday.

SCORPIO



Oct 24 to Nov 22

Your emotional partner will push all the right buttons this month. You will have additional discipline that will aid you in your objectives. Business partnerships should turn out to be quite lucrative. Your communication skills will bring you popularity and increased self esteem. Your luckiest events this month will occur on a Monday.

SAGITTARIUS



Nov 23 to Dec 21

Do not reveal personal information to those you feel may be untrustworthy. Social events will lead to a strong and stable relationship. Get busy trying to make more money. Plan to visit friends or relatives. Your luckiest events this month will occur on a Friday.

CAPRICORN



Dec 22 to Jan 21

Hassles with in-laws could put a damper on your day. Your need to get away could lead you into greater debt. Praise will be yours if you have been pursuing your goals. Take time to explain your intentions to loved ones. Your luckiest events this month will occur on a Tuesday.

AQUARIUS



Jan 22 to Feb 19

Your best gains will come through helping others emotionally. Consider making residential changes; either moves or renovations could payoff. Entertainment should include sports events or physical activities. Colleagues may try to undermine you. Your luckiest events this month will occur on a Friday.

PISCES



Feb 20 to Mar 20

October 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Oh My God LAST SHOW @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 7:30 PM)	4 Mind & Meditation Free Seminar @ Art of Living Center	5 Mushaira SIR SYED DAY 2012 @ Tumbleweed Recreation Center English Vinglish @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 9:30 PM)	6 English Vinglish @ Super Saver/ Silver Cinemas - Hindi Movie (Starts @ 3:00 PM) *Samarpanam A tribute to Mahakavi Subramania Bharathi * English Vinglish @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 9:30 PM)
7 Kirthikai - Subramanya Abhishekam 3PM to 4PM * English Vinglish @ Super Saver/Silver Cinemas - Hindi Movie (Starts @ 3:00 PM) * Mind & Meditation Free Seminar @ Art of Living Center * English Vinglish @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 7:30 PM)	8	9	10	11 Youth Empowerment Semniar (Art of Living)	12	13 The 2nd Annual Diwali Mela @ Kiwaniis Park Sri Sri Yoga @ Art of Living Center
14 MIKA SINGH LIVE - Mauja HI Mauja Monthly Mawlid-Un- Nabi (saws) Conference	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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Don't miss **Barfi!**'s magic for anything

After you've waited long enough to get into a theatre to watch what seems like a beautiful film, an acutely cute 'Picture Shuru' song sets the tone for a joyride you're about to experience. Steering clear of the bland service announcements, 'Picture Shuru' is a breath of fresh air, just like the protagonist Barfi and his silent, yet happy world.

The hearing and speech-impaired Barfi, is a darling, his disability never overshadowing the way he cares, loves and lives in general. Pinched bottoms, comical chases, revolving doors, emotional outbursts, fairly dangerous tests of friendship, overall mirth are all part of his everyday life, vibrant personality. And Ranbir

Film Review
Film: Barfi! (U)
Director: Anurag Basu
Cast: Ranbir Kapoor, Ileana D'Cruz, Priyanka Chopra, Gauhar Khan
Rating: ****1/2

bir brings him alive with touches that you can't think who else could give to such an intense character.

From start to finish, director Anurag Basu never gives up on Barfi's quirkiness, while in another home autistic Jhilmil's (Priyanka Chopra) ashamed parents have packed her off to a children's home. Told in flashbacks of many peripheral characters, Basu's story touches chords from every angle, risks getting convoluted somewhere in between then comes back on track, Barfi and Jhilmil in tow.

Basu's characters don't demand sympathy, they seek love. Just as a cold Darjeeling of 1972 forms a pretty canvas, Basu airdrops unusual lovers, purges them apart, then brings them back together for rendezvous you wish never ends.

The icy hearts of Darjeeling's residents are a stark contrast to the warm and fuzzy feeling Barfi leaves you with.

The hero here has no dialogue, yet says so much with the serene smile, overt gestures and sign language, reminiscent of the tramp-like aura of Raj Kapoor. Chopra's Jhilmil is an autistic 'reject', having no dialogue again, yet moving one to tears every time she runs behind old and worn out friend Barfi. Ileana D'Cruz is a find. Being the only central character to have dialogue (very minimal again), her eyes convey much more than the spoken word. Saurabh Shukla, Ashish Vidyarthi, Akash Khurana are all effective in their roles. Rupa Ganguly's character comes across



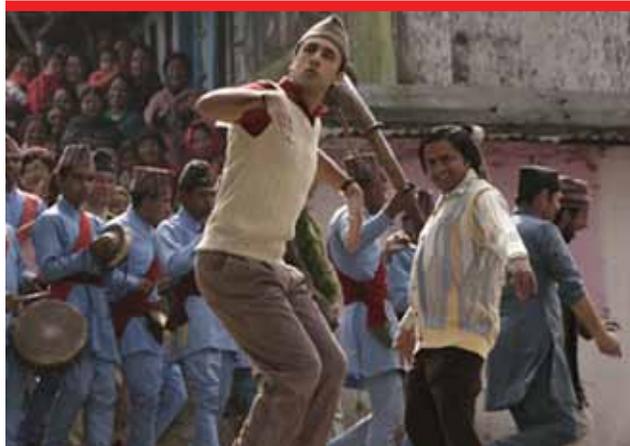
as unintentionally funny, but it's too insignificant to dwell upon.

Add to all this, a heavy dose of cellos and violins churning out a haunting background score and songs like Ala Barfi, Main Kya Karoon, Aashiyan keeping you busy long after the film is over. Composer Pritam has produced a winner of a soundtrack.

The storytelling leaves you positive, rekindling a lost belief in old-style, unconditional loving. For

settings, Basu weaves the dry beauty of Darjeeling tempered with lush tea plantations with the crowded, blingy yet warm and damp Kolkata. Barfi! is a visual and emotional cycle ride, meant to be enjoyed at leisure with loved ones.

For someone who cries easily at the movies, Barfi! is a thorough tearjerker. Dissecting a film that left you speechless is difficult. Just let go, indulge in the magic of Barfi!



Not a dirty outing for Vidya Balan

Actor Vidya Balan may maintain a low profile when she's not promoting her films, but when it comes to supporting any social cause, the actor takes it up on a war-footing. Apart from the several causes that she already supports, she has now tied one more to her pallu. Vidya, who's the ambassador of the Nirmal Bharat Abhiyan (NBA) will now be seen supporting their yatra.

Talking about the initiative, a source reveals that it is also called the 'great wash yatra' and is a multichannel, mega-campaign that harnesses the positive power of cricket and Bollywood to promote awareness and enact behavioural change around sanitation and hygiene in India. "The Ministry of Drinking Water & Sanitation's Nirmal Bharat Abhiyan campaign, Wash United, and Quicksand are working very closely on the yatra. Starting on October 3 in Maharashtra, this yatra will travel through several cities including Indore, Kota, Gorakhpur, Gwalior and Batiya, across the country to bring about an awareness for this issue," informs the source.

Vidya who feels rather strongly about these issues is said to be very excited about supporting the yatra. "She is known to be extremely choosy when it comes to brands and never endorses anything for the sake of money. In fact, she never endorses anything that she herself doesn't use or follow. But when it comes to lending support to social causes, she is always ready to do her bit," says a source close to the star. "I think there are so many issues that need to be addressed and if we as known faces can help further a cause, then it's a small way of contributing to society. Also such awareness campaigns go a long way in making people more responsible for their actions," Vidya had earlier said about lending her name to social causes.



Vyjayanthimala returns to the screen after 42 years

Veteran actress Vyjayanthimala Bali, who was last seen on the big screen in 1970's Ganwaar opposite Rajendra Kumar, is set for her big screen outing after almost 42 years. The actress will be seen giving an important message in support of a medical cause in the upcoming Sandeep Malani and Kalpana Pandit film Janleva 555.

"Kalpana and I had approached Vyjayanthimalaji requesting her to provide us a Critical Medical Cause message to the audiences, as she is one of the most loved actors ever and her name is etched

forever in the annals of Indian Cinema," reveals Sandeep, adding that the actress immediately agreed when she was told about the cause. "On hearing the nature of the cause, she agreed. What made it more special was that we filmed her at her own ancestral residence in Chennai. We are truly blessed," adds the filmmaker.

While talking about her return to the big screen, the senior star said, "I was glad to know that Janleva 555 has been made to support and help acquire ventilator systems and supply to the hos-

pitals and it's indeed a great job. First of all, it is a great thought and it's very useful for the people in the villages and especially children who die of snake bites. This kind of ventilator system to help children bitten by snakes is a very noble task. I appreciate this work and this project that has been taken up. I wish the makers of the film all success and I request everybody to please watch this film because it will be one-of-its-kind." Working with the legendary actor was nothing short of a dream come true for Kalpana. "There can be no bigger blessing for my



maiden home production than the first original superstar of Indian Cinema," she said.



Anil Kapoor hails his sister-in-law and co-star Sridevi as one of the best actresses of recent times and adds that he won't mind teaming up with her again for a good film. "Well, she is a complete actress. I have done a lot of films with her and in the last many, many years, I think she is the best," the 52-year-old said here Sunday at the GQ Men Of The Year awards. Anil and Sridevi gave hits like Mr. India, Laadla and Judaai. Sridevi is married to Anil's elder brother Boney Kapoor who is planning a sequel to his 1987 hit production venture Mr. India.

Anil, who is expected to be a part of Mr. India sequel, is open to working with Sridevi again.

He said: "It depends on script, if there is anything interesting, why not. Well, Mr. India sequel is definitely on. So, that's definitely there."

Right now Sridevi is in the news for English Vinglish that marks her comeback on big screen after 15 years. Anil has high hopes from English Vinglish, which is releasing Friday. It is produced by R. Balki and directed by his wife Gauri Shinde. "I expect a great performance. I expect a very good film because you know, Balki and Gauri are on-board and I am sure it's going to be a good film," Anil said.

Sridevi is a complete actress: Anil Kapoor

Chai with.... Dulhania Bazaar

Interview By
Deepa & Raja Walia
Article By Deepa Walia
September, 2012

With the wedding and festivities season soon arriving as the temperatures cool off in Arizona, we thought it would be ideal to have a chat with the founders of Dulhania Bazaar (DB), a company dedicated to bringing passionate and high quality vendors dedicated to South Asian events under one roof. Dulhania Bazaar (DB), a company formed in 2008 by the coming together of our very own local residents Shy Khan and PrameetBhargava, Chicago-based HannyaJanjua, and Director of Marketing Dr. EhreemaReema Nadir, is getting ready to once again bring the much-awaited annual South Asian Bridal Expo at the JW Marriott in Phoenix, Arizona on November 18, 2012.

About the Founders . . .

Shy Khan, the Chief Executive Officer of DB, is passionate about organizing and planning exquisite events and has been planning them for friends and family long before her professional start in this industry. After graduating from Arizona State University (ASU) with a degree in Finance, she followed her heart and thus began the Dulhania Bazaar story. It is this passion coupled with her belief that clear intentions and hard work can make the impossible possible that have contributed to the success of DB South Asian Bridal Expos. A certified wedding and event planner with over seven years of experience, she is also very passionate about promoting cultural events and was responsible for starting the very first EidMela in Phoenix in 2002, a tradition that has continued yearly ever since.

Prameet Bhargava, the Chief Operating Officer of DB, has been a high achiever from his early childhood. His reaching-for-the-stars attitude can be seen in his early accomplishments where he represented India in two international level swimming competitions and held the National Swimming Champion title for All India Schools and Universities during 1998-2000. He graduated from ASU with a degree in Accountancy and Computer Information Systems. Having spent so much time in India, he is familiar with the amount of effort and dedication required to plan successful South Asian weddings and it is with a desire to make this effort easier on families and loved ones that are organizing them that he became involved with the infamous DB South Asian Bridal Expos.

HannyaJanjua, the Public Relations Director, is a competitive, passionate, and self-motivated individual and feels very enthusiastic to be Dulhania Bazaar's PR Director. Hannya resides in Chicago and takes active part in many social and cultural events there and promotes South Asian culture and tradition. She has also worked for a Radio Station as a RJ. She holds a degree in Computer Sciences and went to UIC for management studies. Hannya has been part of DB since its very first event in Chicago.



Dr. Ehreema 'Reema' Nadir, Director of Marketing, completed her residency in Arizona at Maricopa County and Good Samaritan Medical Center in 2006. She has been with Vista Medical Group for over five years and is the Medical Director for their Mesa and Tempe locations. Additionally, she works as a hospitalist for Chandler Regional Hospital and Mercy Gilbert Medical Center and enjoys both the clinical setting as well as working in the hospital very much. In the midst of her busy schedule, she still finds time to work with South Asian community events such as Dulhania Bazaar. And when not busy with work and social activities, she enjoys spending time with her family including her three children.

The DB Beginning . . .

Shy, Prameet, and Hannya opened doors to the first ever South Asian Bridal Expo under the Dulhania Bazaar name in Chicago in 2008. In 2009, the company expanded into Phoenix and, since its inception, has held seven high-quality, exclusive expos between the two cities. There are many similarities between the cultures that make up the South Asian subcontinent but one thing that ties them together is the high emphasis on cultural events and specific rituals common at a variety of functions such as baby showers, birthdays, anniversaries, weddings, and religious celebrations. Contrary to what the name may signify, Dulhania Bazaar brings together vendors that can

assist in all forms of South Asian events.

After their success in Chicago, the expansion into Arizona was a natural fit for the two founders that were valley residents. Arizona has access to many exquisite vendors from its neighboring states such as California and Nevada. However, when shopping for your event vendor, a resident does not have the luxury to go from state to state shopping for the best quality and price. So, bringing all those vendors under one roof for the community was a natural fit with the Dulhania Bazaar vision.

The DB Expos . . .

When we asked the DB team how the concept was founded, the simplicity of the answer surprised us. When Shy started as a wedding planner, she went to expos as a vendor and felt like no more than one of many business cards at these events. This experience brought out the idea of a very selective expo that brings quality vendors under one roof, limiting the number per category to allow the consumers to truly get to know the vendors present.

The strongest differentiator between this expo and others is the limited number of vendors at a high quality venue. Each vendor is personally scanned by the team to validate the quality of their work and they limit the number of vendors to six per category. Even if additional vendors in a filled category apply, they are not accepted to keep in line with

their mission of healthy competition without overwhelming the consumer.

The benefits to the vendors are clear in the exclusivity of the event, as just being accepted into the expo signals a high quality vendor. In addition, the vendors get exposure with the TV & radio stations, newspapers, magazines, wedding publications, and social media outlets such as Facebook and Twitter highlighting the event every year. Additional marketing through email blasts and printed posters and flyers also increases the exposure.

However, in addition to the vendors, there are also many benefits to the attendees, brides, grooms, and their families. The event is free admission to all attendees, who can either register online or at the door, and every registered bride and groom will receive a goodie bag filled with flyers and coupons. A number of vendors from each category needed for wedding or any other event planning can be found under one roof instead of running from location to location evaluating the different vendors and many vendors give out specials on the day of the event to those attending.

The DB Future . . .

The DB team's short term future plans include expanding nationally, with the long term goal of eventually going international. And their immediate future holds the much-talked about upcoming show on November 18, 2012 from 11 AM – 5 PM at J.W. Marriott Desert Ridge Resort and Spa, featuring a fashion show and thousands of dollars in raffles.

Asia today is grateful to the DB team for making time for our readers as they are preparing for their upcoming show and wishes them all the best in their future endeavors.

More information about DB can be found on their website at www.dulhaniabazaar.com and Facebook page at <http://www.facebook.com/people/Dulhania-Bazaar/1064863568>.



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{Dulhanja Bazaar}
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IAF Senior Group Inputs Oct 2012

Picnic at Lynx Lake, Prescott:

On August 30th the Senior Group went on picnic to Lynx Lake in Prescott, about 80 miles away from Phoenix. Car pools were set for transportation. The Lake is nestled in the Bradshaw mountain range. The picnic grounds are surrounded by tall Pine trees. The sound coming from pine needles with the breeze is very refreshing along with the fresh cool air of the mountain area. Many members took a walk on the trail around the lake. As clouds rolled in by afternoon, some of group members who were hiking around the Lake got drenched with heavy rain but they claimed to enjoy walking in the rain as it felt like being a child again!! We enjoyed freshly made Pakoras with Hot Tea as starters and Khichadi, Shak, Stuffed hot peppers, Pickles, Papad, Chash, etc. for lunch. The Kitchen work was co-operative effort with almost all the women folks working (or supervising and advising!!)...

After lunch the Group took off for "High Tea" at the residence of Minaxi and Dr. Dhirendra Patel's home. Minaxiben greeted us warmly at her home. The house is situated on the hill with 360 degree views and very scenic, with Prescott town laying on one side and the Thumb buttes on another, inviting the courageous fellows for a hike!! We enjoyed hot tea, snacks and sweets. Dr. Dhirenbhai and Dr. Mukundbhai and Vinubhai (Mukundbhai's father) were present to make the Seniors feel comfortable and "at home". Senior Group expressed sincere thanks to them for hosting the group for afternoon tea.

Music Group:

The Music Group activity has been going very well since starting. They meet each Thursday from 8:00AM to 10:00AM as part of our Thursday Gathering at the Indo-American Community Center. All musical instrument players and singers are welcome. Beginners are welcome. Participants will take turns in playing an instrument or sing a song that they all enjoy. Jayantibhai Alagia is the leader of the Group. If you intend to join this activity, please contact Jayantibhai at jayalagia@gmail.com or Tel# 602-952-8889 or Meenaben at Tel # 623-243-7673.

Thursday Program:

Our thanks to Thursday Gathering lunch sponsors -- Shardaben and Manjula Patel on September 6th, Indubhai Patel on September 13th and Thakorbbhai and Kapilaben Patel on September 27th.

We will be celebrating Diwali on Thursday November 15th with lavish lunch and entertainment. Members planning to attend are requested to sign up with Lalitbhai Patel tel # 480-870-8200 with refundable deposit of \$10.

Member News:

Munnu Bajpai whose health has improved enough to start attending the Thursday Gatherings has started enjoying the activities like trying his hand on carom as well as listening intently to the songs. Welcome Bhadrilal and Kishoriben Patel returning to Peoria, AZ after spending long time in India to take care of elderly parents. Our beloved Ramaben Patel has gone thru a successful Hip Replacement surgery, we wish her speedy recovery and rehab. We already miss you, Ramaben hurry back.

Our thanks to Lalitbhai Patel and Sevanti Shah for snapping excellent photos.



Seniors at Dr. Dhiren and Minaxi Patel's residence enjoying the view and "High Tea".



Seniors Picnic at Lynx Lake, Prescott



Munnuji playing Carom



Gokulji serenading Munnuji with a Friendship song.



Seniors experiencing SRF's Healing technique.



Seniors enjoying Lunch Outing at Flavors of India restaurant.

Review: **Beyond The Lines:** **An Autobiography**

Kuldip Nayar's *Beyond The Lines* is an activist-journalist's autobiography showcased as an "inside view" of India since 1947. In parts it's incisive and revealing, in parts purely perfunctory. The veteran journalist admitted as much while wrapping up his eight-page account of Prime Minister Manmohan Singh's eight years in office: "I confess that I have dealt with the last decade cursorily because I have very little information which has not appeared in print."

I feel the book could have been published in two parts, leaving the author more time to research the post-Rajiv Gandhi phase. That would have saved the 420-page work from a timid climax, bad typos and factual errors.

One cannot resist mentioning that Riaz Khokhar wasn't, as mentioned in the book, Pakistan's high commissioner to India at the time of the 2008 Mumbai attack by Ajmal Kasab and his fellow marauders. His tenure in New Delhi had ended over a decade earlier.

Likewise, Keki Daruwala, who worked with Nayar in the Indian High Commission in London during VP Singh's regime, was never director of the Research and Analysis Wing.

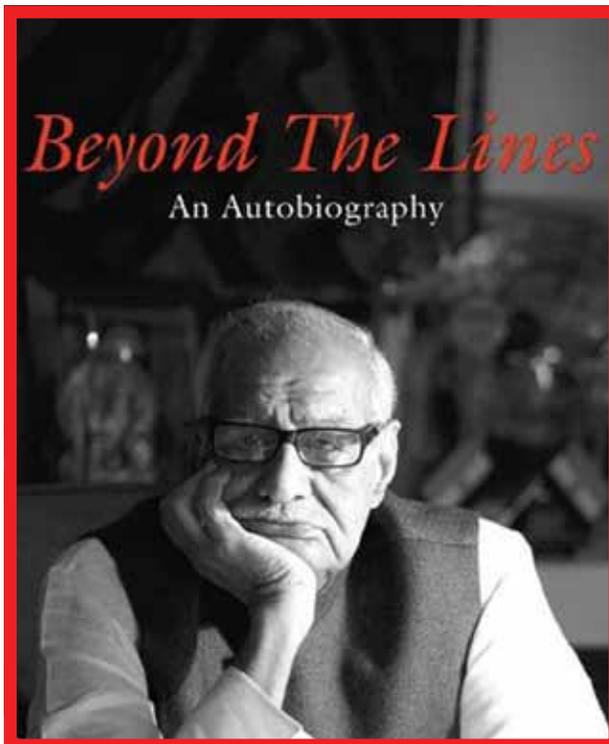
Regardless of such shortcomings, the book's a must read for journalists and amateur historians, offering a ringside view of important moments in the history of post-Independence India. It would take an average newspaperman two lives to countenance what the author saw in a career spanning six decades.

Nayar is a doyen among political journalists. It comes across tellingly in his recollection of the early years after independence when he served as information officer of two home ministers, GB Pant and Lal Bahadur Shastri, who succeeded Jawaharlal Nehru as prime minister. A highlight of the book is Nayar's take on the long-held suspicion that Shastri was poisoned to death in Tashkent. He quotes Lalita Shastri having told him that no post-mortem was conducted on her husband's body (that had turned blue) in Tashkent or in Delhi.

The volume of Nayar's work gives him the gravitas and moral high to comment on aberrations that have corroded old-school values in the prevailing 'journalism as commerce' scenario. The book contains embarrassing disclosures about big names in the newspaper industry though one may argue that Nayar, at times, is overbearingly self-righteous, prescribing for his peers the straight and narrow path he himself hasn't always taken.

He describes in considerable detail his role in events leading to the installation of VP Singh (1989) and Inder Kumar Gujral (1997) as prime ministers. One leaves it to others to judge whether it was on account of these interventions that Nayar got to serve as India's envoy to London in 1990 and then as a nominated member of the Rajya Sabha (1997-2003). But stints on the other side of the fence afforded him first-hand access to important players and incidents that generally remain off-limits for ordinary newsmen.

Nayar recalled having asked AB Vajpayee when he visited him in London during LK Advani's Ram rath



yatra, as to what brought him to the United Kingdom while his partymen were headed for Ayodhya? The BJP leader replied: "Jo mandir key bhagat hain woh ayodhya gaye aur jo desh key bhagat hain woh yahan aa gaye" (Devotees of the temple have gone to Ayodhya and lovers of the country have come here).

There is no mention in Nayar's book of another incident that brought out Vajpayee's disapproval of Advani's yatra. During that period, the BJP mascot had turned down a proposal mooted by his party and the RSS that he take over the BJP's leadership in Parliament in Advani's absence.

Confirming his refusal, he had then told: "I couldn't have defended in Parliament the policy (yatra) to which I was opposed." His logic was impeccable. But Vajpayee backed off in the aftermath of the December 6, 1992 demolition. "Let the temple come up there," Nayar quotes him, suggesting that Vajpayee, the liberal, often buckled under pressure from the RSS.

From Nayar's account, it would seem that Vajpayee took his advice to publicly admonish Narendra Modi for not following 'raj dharma' after the Gujarat riots. Particularly harsh on Sonia Gandhi who he thinks is secular but authoritarian like her mother-in-law, the author compares the National Advisory Council she heads with the Central Citizens' Committee Nehru set up under Indira Gandhi to mobilise public opinion during the 1962 war with China. Indira thus got official status — à la Sonia.

While on PV Narasimha Rao, Nayar charges him with conniving in the demolition of Babri. He quotes veteran socialist Madhu Limaye to claim that Rao was praying while Hindu zealots brought down the masjid. The puja ended when an aide whispered to him that the demolition was complete. It's difficult to check Nayar's claims as Rao and Limaye aren't alive. But it's well known that the then PM sat on his hands through the Ayodhya frenzy.

Poet of the Month **P. Scott Cunningham**



P. Scott Cunningham is the co-founder and director of the O, Miami Poetry Biennial and the author of *Chapbook of Poems for Morton Feldman* (Floating Wolf Quarterly, 2011). A graduate of Wesleyan University, he is also the founder and director of the University of Wynwood, a faux-institution dedicated to advancing contemporary literature that was named one of *Fast Company Magazine's* 51 Brilliant Urban Ideas for 2011. His poetry has appeared or is forthcoming in *Harvard Review*, *Court Green*, *Sou'wester*, *Pool*, *PANK*, *McSweeney's Internet Tendency*, *Abe's Penny*, and elsewhere. Born and raised in Boca Raton, he lives in Miami, FL.

FUGUE '52

I.
I was sitting and reading
when the ache came over me.
It was Feldman,
his thin tie and square glasses,
cigarette dwarfed by fingers,
the elegant wave of his hair.
There he was, chatting with Cage
at the corner bar that stands for all corner bars.
It was early in the afternoon.
They sat in a booth by the window
drinking coffee.
Somewhere, a beautiful woman was dying
but they were unperturbed,
flicking their words across the table
like the heads of matchsticks.

II.
It was Feldman drinking coffee.
I was sitting and reading
the elegant wave of his hair.
They sat in a booth by the window
flicking their words across the table
when the ache came over me.
Somewhere, a beautiful woman was dying:
thin tie, square glasses,
cigarette dwarfed by fingers.
It was early in the afternoon
at the corner bar that stands for all corner bars,
but they were unperturbed
like the heads of matchsticks.
There he was, chatting with Cage.

III.
Somewhere a beautiful woman was dying
like the heads of matchsticks.
There he was chatting with Cage,
cigarette dwarfed by fingers.
It was early in the afternoon.
They sat in a booth by the window
but they were unperturbed.
I was sitting and reading
at the corner bar that stands for all corner bars
flicking their words across the table,
his thin tie and square glasses,
drinking coffee
when the ache came over me.
The elegant wave of his hair.
It was Feldman.



Waheguru ji ka Khalsa! Waheguru ji ki Fateh!
GURDWARA MONTHLY
 A Monthly digest of Gurdwara Programs and Events
OCTOBER 2012 Programs & Events
 16 Asu – 16 Katik, 544 Nanakshahi Era (NE)

October 5 (Fri.) – Anniversary Baba Buddha Ji (1631). (Actual Day: Oct. 4)
 Founding of Singh Sabha Movement (1873). (Actual Day: Oct. 1)

October 7 (Sun.) – Parkash Sri Guru Ram Das Ji (1534). (Actual Day: Oct. 9)
 Shaheedi Bhai Sukhdev Singh Sukha & Bhai Harjinder Singh Jinda
 (Actual Day: Oct 9, 1992)

October 14 (Sun.) – Teachings of Bhagat Pipa Ji (Born 1425)

October 16, Katik 1 (Tues.) – Sangrand & Monthly Sehj Path
 Sehj Path Bhog 9:00 AM. Sehj Path Arambh for new month at 9:30 AM.

October 21 (Sun.) – Multiple Anniversaries
 Joti Jot Sri Guru Har Rai Ji (1661)
 Gurgaddi Sri Guru Har Krishan Ji (1661)
 Birthday Baba Buddha Ji (1506)

October 21 (Sun.) – Homeless Dinner Seva
 Phoenix Rescue Mission, Call 602 741 8021 for more info.

October 28 (Sun.) –
 Saka Panja Sahib (1922)
 Shaheedi Bhai Beant Singh Ji (and Bhai Satwant Singh Ji) (1984)

October 29 (Mon.) – Pooranmashi Kirtan Diwan, 7 PM to 8 PM.



Sri Guru Ram Das Ji



Bhagat Pipa Ji

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