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Monthly Newspaper

• Vol-VI • Issue-10 • Phone : 480-250-2519 • sales@asiatodayaz.com • October 2013

6
DHARMA & YOGA FEST 2013



The Journey of Kriya Yoga with Gyan Swami... A Disciple of Mahavatar Baba Ji



34

John Abraham
face of National Geographic Channel



32

We need Austria-type stringent norms on mobile towers: Juhi Chawla



33

Unique Kirtan Darbar at Nishkam Seva Gurdwara Sahib

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



The Sunday, September 22, 2013 will truly go down in the history of Phoenix Sikh Community as one of the unique days. It was on this day when five young students from Vismaad Academy Sacramento, California performed melodious Kirtan Seva at Nishkam Seva Gurdwara Sahib in the traditional Raags and traditional instruments of our Guruji's time. They were accompanied by **• More images on P03**

Kerala Hindus of Arizona's fabulous Onam Celebrations

By Manu Nair
Phoenix: Kerala Hindus of Arizona (KHA), a religious non-profit organization, celebrated Kerala's Harvest Festival Onam on September 08, 2013 at Indo American Cultural Center, Phoenix, Arizona with great pomp. The celebration was opened with lighting up of Nilavilakku (is a lighted bell metal traditional lamp) and prayers marked the beginning of a fabulous celebration. The main attraction of the festival was Mahabali Varavelpu (welcoming Mahabali). A person chosen from the organization royally costumed Mahabali with a grandeur look of an imaginary emperor. Association members welcomed him royally with Muttukuda, the rytham of panchavadhyam, Vanchipattu (special songs sung during boat races) elegantly and traditionally dressed women with flowered thalam in two rows slowly moved in to the hall and Mahabali walked at the end of the line. The occasion was filled with variety of traditional entertainment presentations in honor of the emperor and concludes with grand feast called "Onasadya", served in banana leaves. The grand feast (onasadya), which is a festive vegetarian meal comprising 23 plus delicacies, is an essential tradition associated with Onam celebrations. **• More images on P09**



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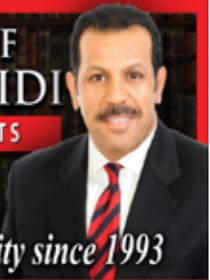


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Unique Kirtan Darbar at Nishkam Seva Gurdwara Sahib

their teacher, Bhai Surindarpal Singh Ji (past Hajoori Ragi Anandpur Sahib and Harmander Sahib).

This Kirtan Darbar was arranged by Guru Teg Bahadur Mission Sahara, an organization that came into existence in the summer of 2011. It was formed by a group of like-minded Sikhs with a simple goal of serving humanity while promoting the teachings bestowed upon us by our Gurus. The purpose of Guru Teg Bahadur Mission Sahara Web: <http://www.missionsahara.org> is to help those in need through its various charitable works. The organization does not require that you have any particular religious affiliation or provide financial support to them in any way. They ask that you return one good deed with another and perform an act of kindness. This way, the cycle of compassion and goodwill will continue indefinitely.

The enthralling Kirtan in Classical Raagas as enshrined in Sri Guru Granth Sahib ji by the five teenagers, two girls and three boys, had reached perfection to the extent that the congregation swelled up to a significant higher number on finding out about their arrival on this Sunday. These were the same boys and girls who had earlier scored the first position in the annual International Hemkunt Kirtan Darbar competition held at Detroit, Michigan in August of 2013. A number of over 500 in gathering would not be an overestimate. Not only did they enthrall the Sangat with melodious Kirtan Seva but their teacher Bhai Surinderpal Singh was an enlightening soul who uplifted the community and motivated them to instill the training of Kirtan in their children growing in the West. May the Sikh children of Arizona find a way to receive such kind of training one day!





• Vol-VI • Issue-10 • October 2013 • sales@asiatodayaz.com

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The Bitter Truth...Why is it Bitter but even more so, why is it so important?

The reason the word truth comes behind the word bitter is because the truth is often something the other person may not want to hear. The truth may be bitter or hurtful to them so, sometimes as individuals, what do we do? We twist it, or sugarcoat it, or change it completely to the liking of the other person because it becomes easier to say. But are we really doing any good in the long run? In this world of immediate gratification, short term results are more valuable than long term impacts. So, it is not a surprise, that the concept of honesty and truth is starting to fade and being replaced with sugarcoated, twisted versions of the truth to appease the listener. What we fail to realize when we do that is that in the long run, it will be damaging to the relationship. Why? Simply because the truth is more powerful and will come out in one form or another, making the individual lose trust in you. And that is why it is important, no matter how difficult it is and no matter how much it may not be taken well by the other person, for the sake of that relationship it is important to say it as it is.

People may argue that the temperament of the person in front of you may make it easier or harder to tell the truth and that the degree of twisting or sugar-coating that occurs is directly proportional to the temperament of the individual on the receiving end. To this, I will say that all you can do is control your own behavior and not worry about the consequences. If you are honest in your words, you may not receive immediate gratification but in the long run the fruits of that honesty will be sweet. However, knowing that it is easier or harder to



Editor's NOTE

tell the truth based on the person receiving the message, it is important to not only tell the truth but also become a better receiver of any message that is being delivered to you. Often, it is easy for people to say harsh truths and justify it with the message that telling the truth is important. However, when they are on the receiving end, the same justification fails and they respond outraged, upset, hurt, or in a manner that the speaker is surprised by the reaction, making it harder for them continue.

If you truly believe in the concept of honesty, no matter how harsh and hurtful, you have to believe in it in both roles – the delivered of the message, as well as the receiver of the message. When delivering the message, being honest will make for good long term relationships and reduce feelings of bitterness or suffocation in yourself that often occur when holding things in you want to say. When receiving the message, being able to accept honesty without getting upset will enable the person to continue to be honest with you also making for good long term relationships and reducing the bitterness or suffocation in the other person that will not have to hold things back they have wanted to say. All practices, including honesty, are a two way straight and too often we forget that. We are quick to preach but forget to practice and go down a path where we will be labeled hypocrites and lose credibility with those around us. So, when practicing the concept of honesty, make sure you are an honest speaker, as well as a receptive listener to honest words, no matter how hard it may be.

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

The third annual Diwali Mela is just around the corner, and everything is in full swing. It definitely gets easier year-by-year, and it lets you focus more on what new things we can do. This year, is the first year we'll have fireworks at the end of the Diwali Mela, and also we are having a surprise guest singer! Well it's a surprise so you have to come and see who that singer is! He is a famous for pop song hits in Punjabi and Hindi. It should be an awesome performance and one that is definitely set to impress! As always, it will be a kid friendly event and there will be a lot of events that kids will be able to participate in. There will be plenty of food vendors and a lot of shopping opportunities for anything you need. Come and show your support and help the community celebrate Diwali! We have a lot of events coming up around the valley by a lot of different organizations that have

helped the community grow in Arizona. These type of events are very important to the culture advancements In Arizona. Everyone and every team spends a great deal of time and money coordinating and setting up all these events. These events help our community come together like never before. My family and I have been living in Arizona since 1998 and the amount of Indian cultural events has grown by leaps and bounds. There is no way that the demand for these events can be met without the support of the community, and the community has done just that. Thank you everyone that has helped establish the Indian culture in Arizona in the past couple years. It's because of your involvement, time and assistance that the culture of India has been truly represented in Arizona.



Publisher's NOTE

A lot of good coverage this past month, the summer is usually pretty slow but it gets busy as fall and winter starts coming. So this month we definitely have a good set of coverage for the events that have been happening

around the valley. Pick up a copy of the newspaper at Indian location around the valley, at restaurants, temples, Indian grocery stores and many more locations. Also you can read the full coverage online at asiatodayaz.com. If you're looking for your pictures at events, all pictures are uploaded on our facebook page at facebook.com/asiatodayaz. Thank you and see you all at the Diwali Mela and many more events this fall/winter season!

-Raja Walia
Publiser, Asia Today
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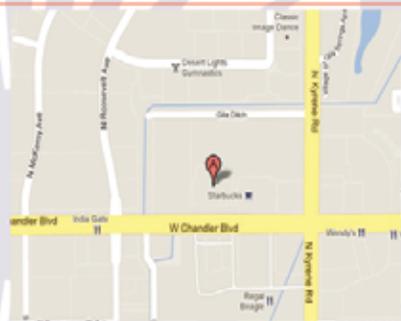
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DHARMA & YOGA FEST 2013

Phoenix, AZ—On Sunday, October 27th, Hindu Swayamsevak Sangh, along with over 20 organizations in Phoenix Area, will be celebrating the 150th Birth Anniversary of Swami Vivekananda in a day-long Dharma & Yoga Fest at Steele Indian School Park. Dharma & Yoga Fest is the culmination of a year-long celebration of Swami Vivekananda's 150th Birth Anniversary, a Hindu monk who traveled from India to America and introduced dharma philosophies, popularized yoga, and inspired thousands of people throughout the country. To keep his message of dharma and yoga alive, Hindu Swayamsevak Sangh has celebrated Swami Vivekananda's 150th birth anniversary with the theme of Universal Peace through Dharma and Yoga. Celebration included a nationwide Dharma Bee Competition (children's contest), mobile exhibitions on Swami Vivekananda, Social Service events and field trips by youth to retrace Swami Vivekananda's steps in America, and the Dharma & Yoga Fest finale on October 27th.

Dharma & Yoga Fest 2013 has activities and interests for all ages wherein all the events revolve around the life and message of Swami Vivekananda:

Raja Yoga: Get fit and rid yourself from daily stressors with lessons from the masters of various schools of yoga and meditation including Art of Living, Brahma Kumaris, and many more.

Bhakti Yoga: Kirtans and Bhajans from various organizations.

Jnana Yoga: Do you know about the conversations

between Nicola Tesla and Swami Vivekananda? Do you know who was the guru of George Harrison of "The Beatles" fame? Come enjoy discussions and talks from famous gurus of modern times.

Karma Yoga: As Swami Vivekananda said, "They alone live who live for others". Here is an exciting opportunity to meet with those who are such examples. Meet with social service organizations that can add to your karma points by participating in the blood donation and bone marrow drives.

Hindu Experience: Give yourself an experience of Hindu way of life. Enjoy with your family the concepts of Athithi Devo Bhava ("Guest is God"), Vasudhaiva Kudumbakam ("The whole world is one family"), and lots more through skits, presentations and live performances.

For additional information on Dharma & Yoga Fest 2013, to reserve booth or sponsor this event, please call
Phoenix Event: Steele Indian School Park
300 E. Indian School Rd. Phoenix, AZ 85012
Time: 11:00AM to 6:00PM
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Ramachandra Vijayatsava / Dussera Celebrations Kartika - the Holiest Month - begins Friday October 18th
 Sunday October 13th 2013 at the temple 4:30pm - 8:30pm
 Special Guest Speaker HG Amala Bhakta Prabhu

The Ramayana is the very ancient history of the great King Ramacandra. When he was a Prince he was cursed to live in the forest for 14 years and during that time his wife, Princess Sita, was kidnapped by a rival King, the powerful and ambitious Ravana. The Dussera Festival celebrates the ultimate victory of Lord Ramacandra, when he finally finds his wife Sita, and the evil Ravana is slain. After the lecture there will be a bonfire when a large model of Ravana will go up in smoke!

There will Damodar ashtakam prayers and special lamp offering every evening at 7:30pm

Kartik (Damodar)...The Holiest Month... Kartik (Damodar) is the best, the purest of purifiers, and most glorious of all months. Kartik month is particularly dear to Lord Sri Krishna. This month is full of bhakta vatsalya. Any vrata, even the smallest, will yield huge results. The effect of performing a Kartik Vrata lasts for one hundred lifetimes. Kartik or the festival of offering lamps to Lord Krishna, glorifies Lord Krishna's pastime of being bound with ropes by Mother Yashoda.

Sunday November 2nd Diwali Celebrations 4:30pm - 8:30pm

Diwali - the festival of lights, commemorates the return of Lord Ramacandra to Ayodhya. By celebrating the occasion we welcome Lord Rama (Lord Krishna) into our hearts. Arati, Bhajans, Kirtan & Maha Prasadam.

Sunday October 27th
Guest Speaker
HG Jivananda Prabhu 4:30pm - 7:15pm

Yoga Classes for adults & children every Saturday & Sunday 9:00am - 10:00am

Group Japa Chanting Wed. 7:00pm - 7:30pm

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

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Taming Terrorism: India's Insurgency Issue

By: Arman Sidhu

Having returned from a trip to India, it's astonishing to see the improvement of the nation over the past decade, for anyone who hasn't visited recently is bound to see surprises ranging from up-to-date technology to the abundance of Western-influenced clothes, food, & lifestyles. Despite the progress, while watching the news, I came across a "roundtable discussion" program, something akin to a debate you would find on your cable news channel. The discussion focused on who would become India's biggest enemy, as per the thoughts of the population. The older the participant, the more likely he/she were to respond that Pakistan would continue to be the biggest military threat, unsurprisingly, the runner-up was China. Perhaps the most staggering revelation

in this survey is that neither is correct, and instead, for over a decade, India has been fighting a losing war within its own borders against the Naxalite Insurgents.

A movement that's origin dates back to 1967 in West Bengal, Naxalites proclaim themselves as "revolutionary communist forces." Through use of sporadic warfare and intimidation techniques, the Naxalite movement has spread from a small village in Calcutta to over 7 other states in the span of 10 years. The result of their movement has been countless casualties, and pointless bloodshed.

There are an estimated



70,000 cadres who are affiliated with the movement, a number that sparked India's own PM, Manmohan Singh to declare the Naxalites as India's most serious threat to national security. Why that hasn't been made clear to the entire population is unclear.

Some of the nation's most prominent news stations seldom comment or mention the activities of these insurgents.

Instead, media energy is subject to corrupt public officials and intense heated rivalries between political parties.

As alarming as the fact that armed insurgents are attempting to destabilize India's infrastructure

may be, these organizations operate in plain sight, under the Communist Party of India (Marxist) & Communist Party of India (Maoist), both of which have not only won seats, but have even held majorities in state parliaments. These groups fear no opposition, as they continue to gain voters through tactics of false promises. One could take a stroll down any street in Calcutta, Raipur,

Ranchi, or Hyderabad, and see the immense influence that the party has taken to advertise and spread their platform, one that would certainly doom the nation.

As if history wasn't enough proof, communism has never successfully integrated and established itself in any civilization. Politics in India is one of ruthless and dirty tactics and strategy, but when parties began arming its supporters with weapons, then the issue becomes a downtrodden disaster. The people of India can only hope their next PM, whoever that may be, understands this, and instead of flaunting its military prowess, does something about it. Only then will India be able to compete with China.

Arman Sidhu is a student at Arizona State University and is a Reagan Fellow at the Goldwater Institute in Phoenix.

Maata Jagran

Friday October 11th, 2013

7:00pm-9:00pm

Contact: Shashi (480) 614-1322

Satyanarayanji Puja

Friday October 18th, 2013

7pm-9pm

Contact: Nirmal (480) 926-8835

Hanumanji Puja

Every Tuesday

7pm-9pm

Contact: Sushma (480) 970-4439

Venkateswara Swami Puja

Every Saturday

10am- Noon

Contact: Sriniji (602) 535-6989

Sunday Puja

11am-1pm

1st Sunday - Ram Parivar

2nd Sunday - Shri Jagannathji

3rd Sunday - Balaji & Krishnaji

4th Sunday - Shivji Puja

5th Sunday - Ganeshji Puja

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Please join us at the Hindu Temple of Arizona to celebrate Navratra, Durga Asthami, Vijaya Dashami, Karwa Chauth, & Murthi Stapanana Anniversary

Navratra: October 5th (Saturday) - 12th (Saturday) - { Ramayan recital during Temple hours }
{ 12th Saturday Ramayan conclusion: 11:00 AM - 1:00PM Ramayan Purnavathi, 1:00 PM Aarti followed by Prasad }

Durga Asthami: October 11th (Friday) { Maata Jagran }

Vijaya Dashami: October 13th (Sunday) - { 12:00 PM- 12:30 PM Vijaya Dashami Puja }

Murthi Stapanana Anniversary: October 20st (Sunday) { 11:30 AM Sarvadev Abhishek }

Karwa Chauth: October 21st (Monday) { 4:00 PM - 7:30 PM Thali Puja followed by Moon rise Puja and Prasad }



For additional information, please contact

Navratra: Ashwani Bakshi @ (480) 250-0903

Venke Charr @ (480) 747-2070

Murthi Stapanana anniversary celebration:

Rohit Aggarwal @ (480) 205 0180

Venke Charr @ (480) 747-2070

Karwa Chauth: Venke Charr @ (480) 747-2070

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INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)

On Aug 27, 2013 ISAA wished Happy Janmashtami to All! It was quite a celebration of Lord Krishna's birthday. To begin the event Narayanhai presented a brief historical perspective as laid by Lord Krishna in "Geeta", where he commented on how and when the Lord appears on the planet earth. Meenaben Sharma and the most beautifully dressed up troupe took it from there and made into a joyful dance on this occasion as "gopis" with Krishna and Radha in their midst. It was very colorful. Thanks to Meenaben's beautiful grand kids who played Krishna and Radha. Deviben and Babubhai poured their hearts in the decoration of the portable temple where baby Bal-Krishna appeared in a lovely swing – jhoola with lots of jewels and toys. Bhajans, dhuns and dandiya-raas were the big hits for the participants as residents of "Gokul". After the offering of a variety of prashad - food items to the lord, the puja ended with Aarti. The prashad was served to all the devotees along with their luncheon.

On Sept 03, 2013, it was a day after the Labor Day holiday. People have not returned from the vacation. This was reflected in our attendance of over fifty members and guests who socialized engaged in

card games, bhajans, and antaxari as activities of choice. A special treat for luncheon was prepared by three very gracious ladies, Hemlataben, Niruben and Neelaben- " daal dhokali". Everyone enjoyed that along with rice, papdi and fresh fruits.

On Sept 10, 2013, today's Krishna Musical Concert turned the hall into Vaishnav Haveli for a short period as Mukhiaji and his associate singers rendered lively Krishna bhajans. The participants were Rajul Joshi, Raju Shah, Arti Shah, Darshak Shah, Chetna Shah. Some of the favorite Bollywood songs also found an audience. They provided almost an hour of entertainment to the group. The concert and the luncheon were sponsored by Kunjbalaben, Urmilaben and Harshaben Choksi. Over ninety members and guests enjoyed the day of bhajans and fine food.

On Sept. 17, 2013, Birthday celebrations for Dr. Saigal was amazing – the day full of real entertainment. The day began with playing BINGO games. Thanks to Prafulbhai & Dipika who were in full control and command. Everyone was on full alert paying their full and serious attention to the numbers being announced. Dipika Bhalla continued the morning with some morefun by awarding the gifts to those who an-

swered simple but funny questions. Overall, there were ten winners who were presented with their winning prizes. If this was not enough, the group played Anthakshari before the cake-cutting followed by music and dance. The Dancing Floor was compacted by practically almost all in attendance enjoying the morning at the fullest! The Bingo and the luncheon were sponsored by Dipika Bhalla. Over eighty members and guests enjoyed the day with so much tasty and lavish food.

The center was visited by Glen Spencer & Maryna Sachs from Area Agency of Aging who were welcomed by Jitubhai on ISAA behalf. The visitors had luncheon meeting with key volunteers discussing possibility of partnering relationship on BAPS Program with ISAA.

Announcements:

- Drink plenty of water and carry a water bottle when leaving home in hot weather.
- Save electricity and avoid using plastic bags to save earth & environment.
- For safety of the dear ones, it is important that you use a wheel chair for "in and out" situation and do not take undue risks!



1. Winners of the Bingo game received gifts each 2. Dipika celebrated Dr Saigal's birthday with ISAA, 3. Round table meeting with Director Glen Spencer, and Maryna Sachs, Area Agency of Aging 4. Mixed recital by the devotees of Shreenathji temple 5. Sponsors of the August 27th luncheon – Vijyaben Shah and Gitaben Vora 6. Vrindavanvasi Gopios in search of Murlidhar 7. Performers of the Krishna Dance on Janmashtami.

Kerala Hindus of Arizona's fabulous Onam Celebrations

Onam is the most popular festival, celebrated with great enthusiasm by all Keralites irrespective of caste and creed, during the zodiacal month of Leo (chingam). Though it is a harvest festival of Kerala (a state of India) it has over the years developed into a national festival, celebrated by all Keralites wherever they may be. The History of Onam mainly related to Hindu Religion, but now the Festival has become State Festival and all religions celebrate it.

The origin of Onam is a story connected with the mythical King Mahabali. Kerala people believe that, thousands of years before King Mahabali ruled



over Kerala. As per the story, when he was ruling, there was no poverty, famine and people never use to lie. Since the King Mahabali's rule was so good, his name spread all over the earth and the heaven. Due to this, the king of the heaven Lord

Indra got upset. He thought that if Mahabali's name spreads like this, soon he would lose the heaven to Mahabali. So he prayed Lord Vishnu for help to protect the heaven from Mahabali (who is a Damon king). Accordingly, Lord Vishnu visited King Mahabali in the form of a dwarf: Vamana and pushed down him in to a place called Pathalam with his leg. (Pathalam is the world under earth as per Hinduism). However, before pushing him down in to the Pathalam, Lord Vishnu blessed Mahabali, and permitted him to visit Kerala once in a year as long as the world exists. Kerala people celebrate this day as Onam.



Real-estate sector in Arizona

The fall season has officially kicked off and the valley housing market continues to show signs of improvement. Two recent housing reports have confirmed that Home-owners are rapidly recapturing the equity they had lost. A sharp rise in home prices helped 2.5 million more mortgage borrowers came out from being underwater in the second quarter, according to the latest report from CoreLogic. By the end of June, 14.5 percent of mortgage borrowers remained underwater on their loans, compared to 19.7 percent at the end of the first quarter. In late 2009, that percentage stood at 26 percent.

Last week, Realty Trac reported that since May, 600,000 home owners had emerged from being "deeply underwater," owing more on their home than it is currently worth. The pace of home price increases is expected to steady in the coming months, which likely will curtail the number of home-owners emerging from underwater status.

Getting a mortgage will likely become more challenging and costly next year.

Mortgages are scheduled to drop in January, according to Wall Street Journal report. The Federal Housing Finance Agency is planning to slash the maximum size of mortgages eligible to be backed by Fannie Mae and Freddie Mac, which currently run as high as \$417,000 in most part of the country and \$625,000 in pricier cities, including New York and San Francisco. New mortgage rules by the Consumer Financial Protection Bureau will go in effect, which

restrict the types of mortgages lenders can provide. The changes could leave next year's mortgage applicants with fewer and more expensive financing options to choose from than what's currently available.

Most rules that will come are in fact going to be less favorable to borrowers. This all comes as the government tries to reduce its role in the mortgage market. By lowering the loan sizes backed by these agencies, regulators are hoping that lenders will step in to pick up the mortgage applicants who are impacted and that a private market for purchasing these loans — which basically disappeared in 2008 — will reopen. There has been some growth in private mortgage financing recently, though it remains small compared with pre-recession advances in the space. Just 2.1% of mortgages originated in April were sold to private investors, while roughly 90% were purchased by government agencies, according to Lender Processing Services, a mortgage-data tracking firm.

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

- Total sales for single-family, Town-homes, Condos for August was 6,117 whereas July was 7,168 and June was 7,190.
- The Active listings for August was 16,937 whereas July was 15,844 and June was 15,282
- Pending sales for August was 5,986 whereas July was 7,110 and June was 7,554
- Cash closing were 2,036 whereas conventional closings were

2,559 and FHA closings were 1,136. FHA closings are going lower as the MI is high.

Lets take a look at Commercial side- Chinmaya Mission Phoenix has purchased two industrial buildings located at 2521 W. Birchwood Ave. and 325 S. El Dorado St. in Mesa from Textron, Inc. for \$2.09 million, or about \$38 per square foot. At 30,000 square feet and 27,000 square feet. Chinmaya Mission will be occupying the building on El Dorado St. and leasing out the other property.

A private investor acquired the industrial property at 4502 E. Virginia St. in Mesa, for \$1.08 million, or about \$134 per square foot, from individual owners.

The 8,000-square-foot industrial building is currently being used as a showroom. It was built in 2002 on 3.4 acres in Maricopa County. Arizona Stone & Architectural Products, LLC has occupied this facility since late 2002.

Crown Investments LLC acquired the Cave Creek Corners retail building at 19401-19411 N. Cave Creek Rd in Phoenix for \$3.7 million, or nearly \$94 per square foot. The retail strip was built in 1987, part of the 42,000-square-foot Cave Creek Plaza which consists of four single-story retail buildings on two parcels totaling 4.31 acres.

Sorenson Group Management sold the 17.6 acres located on the northwest corner of Yuma Rd. and Cotton Rd. in Goodyear for \$2.48 million, or approximately \$142,000 per acre. The buyer is expected to hold the PAD-zoned land, which will front the proposed Loop 303

Freeway.

Commercial Realty Consultants, Inc. acquired the Sun Crest Apartments at 111 N. Mesa Dr. in Mesa for \$4.45 million, or about \$47,000 per unit. The property was built in 1985 and has recently undergone major renovations. The complex is made up of 94 units, the majority of which are two-bedroom apartments averaging about 920 square feet. The complex was 95 percent occupied at the close of escrow.

Taylor Morrison, Inc., a national home builder, has purchased 39.97 acres near the I-17 and Loop 303 in Phoenix for approximately \$8.19 million, almost \$205,000 per acre. The acreage is located at SW Sonoran Blvd and North Valley Pky, immediately south of Sonoran Commons Phase I, a subdivision also owned by Taylor Morrison. The parcel sold as raw acreage, but will reportedly be platted for 109 single-family lots.

As always, would love to hear from you, thanks for your comments and please let me know if you have any questions, you can reach me at arti@artiier.com or 480.242.8573



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

As African Americans it's Time We Touch All the Bases In The Order Of Productive, Positive Results

For many, many years, we as African Americans have been seeking to establish ourselves as human beings worthy of equal opportunity and respect. We have protested and marched and even fought through riots letting it be known that we are a people deserving of rights and privileges that will easily add to our dignity and integrity here on American soil. We've been seen on multiple occasions doing what we thought was best for our future. However, the results thus far clearly show there is something seriously missing. We are still seeking to receive the benefits of Dr. King, Elijah Muhammad, Malcolm X, and by all means the amazing works of Warith Deen Mohammed, the son of Elijah.

So many of our forefathers and mothers have stood on the front line sacrificing their sweat and blood for the cause of freedom, justice and equality; Yet the results of such positive commitment has seemingly put us further in the rear. The Rodney Kings and Trayvons have constantly made the headlines as we continue to see a horrible decline in just about every category possible. So the question is asked – just what are we doing that needs correcting? Why are our women and children not being provided for properly? Why do we not own and control the essentials of our own destiny?

Well, I'm sure we have more answers to these concerns than we do solutions. That's not to say we don't know what to do – but it is to say we haven't effectively put the necessary structures in place. We talk but clearly fail to walk it.

It is no secret that the Creator Blesses those who have their own. He Blesses those who hear and obey His Requirements. He is a just Creator but we continue to be unjust to our own selves. So much so we continue to be the last hired and the first fired. Just what should we expect when we constantly spend our money outside of our own necessities? We spend our money to have pleasure and chill while failing to have the will to build. It was Elijah Muhammad who placed great emphasis on doing for self, having our own businesses and schools. It was his son who in a genius way, showed us how to put the seeds in the ground as he taught us how to establish love and trust among our own selves first.

So now, here is one of the biggest mistakes we continue to make. We are seen touching all the bases while clearly omitting touching first. The legal or self appointed who act as umpires are not going to approve of us hitting a home run as we openly fail to touch first base. It's not going to be accepted. So the call out is frequently made and heard. Once the habit is so awesomely made – even when we are safe, they still call us out. We want to be winners and refuse to establish ourselves where we will sit at the table and bargain rather than be seen arguing. Again, the Creator Blesses those who have their own.

Once again – whoever controls education...controls the destination. So the word is control. In our situation we haven't learned to control our correct focus and aim. We allow our non productive egos to destroy the vision with undesirable decisions. We fail to organize and put our best priorities in their proper perspective.

In any society that has real meaning the priority is effective educational sys-

tems. One of the first necessities for parents is where will my child attend school? How well educated is my child or children going to be. In some of the homes of our highest paid athletes, instead of something in regards to education it's about a gym or multiple game rooms thoroughly gigantic. Such is occurring not only with our athletes but with entertainers and others as well. There is much more that we can do before we take steps to march in Washington DC or elsewhere.

We have drug dealers and all kinds of gangs destroying the safety of our neighborhoods. Seniors and children are often unable to sit or play outside due to the violence and foolish behavior. It's a priority that we better educate our own youngsters, rather than hoping others will do more for them than us. We've been taught that charity begins at home and then spreads abroad. Isn't it amazing that the word spread has in it the word "read". The word miracle has in it the letters r, e, c, l, a, i, m. Unless we make it a priority to read, we will never reclaim our academic, social and economical blessings. Without first things first, we will continue to experience unnecessary hunger and thirst. Educational wealth leads to the highest level wholesome health. So let's properly prioritize by connecting with our roods of the past!!!

Those who paved the way, Marcus Garvey, Fredrick Douglas, Booker T. Washington, Carter G. Woodson, Dorothy Heights, Mary McCloud Bethune, Sojourner Truth, Harriet Tubman a well as Medger Evers and many more. Today is only because of yesterday and yesterday remains the foundation for the future.

Many of us when marching are doing it for the crowd and the opportunity to say I was there. Some for the microphone or the opportunity to be caught on camera. Home is our base and that's the first place we must secure before being seen as neglectful or unconscious. Why not protest and march in our immediate neighborhoods and prevent our elders and young females from being gang raped and shamed by the time we return. Those listed above had such thoughts in mind, they understood priority! They understood "Do For Self".

We have many mental health problems that lead to unwanted break-ins and violence that haven't been properly addressed. As law abiding leaders why not have manhood marches for our young males to become wholesome and dignified future leaders. Again, priorities in their proper place are the key to our human success. From pioneers to careers making jobs secondary. From loanership to ownership. "All responses are acceptable"

Peace and Progress



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

By Habibullah Saleem



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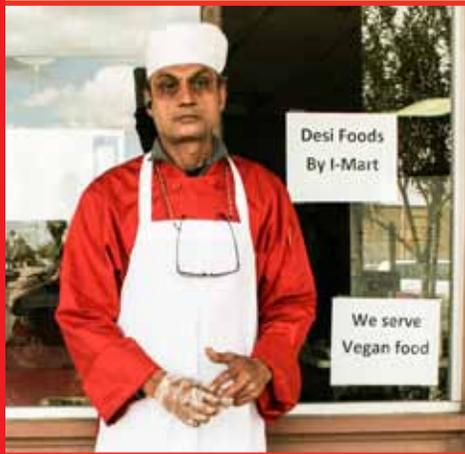
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Senior Group Enjoys Picnic at Prescott

Submitted by: Bhagubhai Patel
 Photos by: Prakash Kotecha & Surinder Aggarwal

Looking Ahead:

Senior Group will be celebrating Navaratri at Bharatiya Ekta Mandir on Thursday October 10th, starting at 11:30AM to 1:00PM, followed by lunch. The program includes live Garba songs with music.

Diwali Celebration will be on Thursday October 31st, 10:00AM to 1:00PM; Meet, Greet and convey Best Wishes to Friends at the Indo-American community Center.

A two day tour of Flagstaff and Williams is planned for October 24 and 25 (Thursday and Friday). Community members wishing to participate should contact Kishor Vyas Tel # 623-570-1520 for details.

Prescott Picnic and Tour:

Picnic at Prescott (report by Prakash Kotecha):

It's 19th September 2013, the day for picnic to Prescott! As planned on 12th September, all the members arrived at the Fry's Supermarket by 8:45 AM and around 10 cars pushed off for the picnic to Prescott! The way to Prescott was beautiful with mountains on both sides and going to peak before coming down again to Prescott.

By 10:45 everyone arrived to the



picnic spot on 3101 Arizona Route 89, Prescott, a serene and very beautiful picnic spot surrounded by lake and mountains with cool and pleasant weather. People off loaded their water, food and other stuff supporting each other and gas stoves installed for the fun cum cooking and Bhajiyas (pakoras), a big attraction and inevitable item on senior's picnic was the first item in agenda for preparation. While that was being prepared by the experts, other members wondered around in the natural beauty of the place. Few members played Antakshari others with their cards and

yet other group planning for the further programs.

Some enthusiastic members moved around for a 2 mile hike which covered beautiful area of mountain and lake. By the time they returned from the hike, lunch smelled good with khichdi and kadhi. Two birthday ladies (Kapila Patel and Meena Kotecha) were present among the group. Candle, cake and birthday wishes from all the members followed before people enjoyed the lunch.

All the members then visited Dhirenbhai and Minaxiben's house in Prescott.

Dhirenbhai is practicing oncologist and his house is like a palace on the top of the hill. Everyone enjoyed warm welcome by Minaxiben (current GCA President) & Dhirenbhai and Drs. Joytsana & Mukund Patel and the hospitality in form of tea, snacks, fruits and ice-cream. After a group photograph with them in front of the house, all the members returned back home with pleasant memories of the Prescott picnic.

Healthy Living Workshop:

During the last three sessions – September 29th, October 3rd & 10th - Better Breathing, Healthy Eating, Weight management, Dealing with Depressions, etc. will be covered. Anyone with a chronic condition such as diabetes, arthritis, heart disease, asthma or any other on-going health problem should participate. Caregivers or family members who serve as caregivers are also welcomed. This free workshop is open to community members, for information please contact Dr. Rasik Patel Tel: 480-747-2724 or Bhagubhai Patel Tel: 602-524-9658.

Lunch Sponsors:

We extend our thanks to lunch sponsors during last few weeks - Deviben Gohel & Rajani Bajpai, Shanti & Lalit Patel, Meena & Prakash Kotecha, Chandra & Jai Seecharran, Tara Patel & Kishor Vyas and Manjulaben Patel.



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ISAA Made a History – Seniors Fashion Show At the 2nd Anniversary

WOW! What an evening the Dinner & Dance fund-raiser Gala was on the September 20th 2013! Overwhelming presence of nearly 200 mainly young generation professionals and business community of all race, religion, color, faith and age was evident making a history of this one big ISAA dream-family. Dipika Bhalla welcomed and expressed her gratitude to all who support ISAA.

Jitubhai Patel gave an update that ISAA currently holds 150 members who meet at the Banquette Hall weekly for the past two years. This became possible due to kind generosity of Dipika and Ravi Bhalla. He explained that ISAA accomplish their goals by celebrating Cultural, Religious & Patriotic Festivals and aim to perpetuate the rich heritage of India. We organize educational presentations that are beneficial to our members. Some specifics were substantiated on posters exhibited on the walls of the Hall, illustrating all the activities and accomplishments as “Zalak Dikhla ja” examples. Our members look forward to ISAA’s weekly meetings and enjoy sharing the Minutes of the Meetings and memory photographs with their friends and family globally.

One of ISAA’s proudest accomplishments is, participating in humanitarian tasks and charity contributions; for example; ISAA went to the site where 19 brave firefighters died in the wildfire in Prescott area, as a group with the Phoenix Fire Dept Captain and honored these victims’ souls with donation of household items and a check for \$1051 to the victims’ families. We also provided generous charitable contribution to the Wisconsin Temple Tragedy. Recently, we paid Tribute to our Music Maestro Anilbhai Desai by providing over 5000 meals to the homeless here in the City of Phoenix. This is the best part of this organization, which allows us to reach out to the community, and, we are very proud of that!

Jitubhai added how difficult it can be to have 150 seniors convene at a particular location on a weekly basis. With heart-felt appreciation he stated that Dipika Bhalla renewed the lease of the hall twice simply for benefit of our seniors group. Hats off to this caring lady’s generosity! One of the main reasons for this Fund-Raiser tonight is to allowing ISAA the financial freedom to continue our activities with a projection to a long term visionary growth with sustainability and quality services to our membership. With all the unrelenting strong support received, ISAA will prevail in our mission, for which we are grateful to the community. Simple “thank you” is not enough for their warmth & love!

ISAA presented the Fashion Show performed by the seniors so gallantly and elegantly. Once again, ISAA shook the City with warmth of love. Nearly 200 guests present were screaming, roaring, shouting and whistling and were engaged with us throughout the evening. The event we presented received full attention with standing evasions. Lots of positive and touching feedback is pouring in stating that the planning and execution of the Gala were outstanding. ISAA’s activities and accomplishments were something that anyone could be so proud of! Many commented that it would be hard to find an organization where seniors are served with such vigor, care, interest and passion.

ISAA served tasty food as appetizers and Gala Dinner and provided tons and tons of fun. Organization has certainly earned the hearts of the community! Many mentioned that these seniors always have something new for us to watch and enjoy. They write history on each occasion for their uniqueness! It was a delight to see younger generation coming with high spirit who left with smile and joy! They added; they have never seen such an active, exciting and excel-

ling group anywhere else!!

It was indeed a great team work. One way or the other, everyone made a big difference with whatever little or large contribution made! Our sincere thanks go to “Asia Today of AZ” for publishing the highlights of our activities each month. Riyasha Daulat gave us a good start in designing the flyer and the tickets. Thirteen beautiful ladies and six very gallant gentlemen participated in the seniors Fashion Show that was superbly choreographed by Pallavi Patel with make-up support by Bela Lal. Every single person present found the Fashion show an amazing and a breathtaking performance.

For the success of the Gala-Night, ISAA received significant support from Drs. Sanghera, Pradeepbhai Patel, Dr Ranjan, Chhotubhai, Kshatriya Family, Dr. Sangeeta Ojha, Hari Priya LLC, Manjuben Patel, Pragna Patel, Gurudev King LLC (Gina M. Gill), Dr. Majhail, Avana Capital LLC, Ms Urvi Dave, NXS LLC, Ashok Madhuk, Amol Mehta, Sheetal Mehta, and Dr Rohit & Nayana Patel who contributed checks ranging from \$100 to \$500 each. DJ was by ISAK which was sponsored by Babubhai & Deviben Gohel.

ISAA also recognized Priti Patel who spent long hours in designing and printing the Gala tickets, flyers and posters and also donating the professional services worth more than \$1000. Rasik & Chetna Mistry and Biren & Nilam Patel also contributed \$1000 each. Contributions made by Dipika can be summed-up as sky-high! Finally, volunteers who have worked for the success of the event and also on an on-going basis are: Chhotubhai, Narayanbhai, Chandrakantbhai, Subashbhai, Bharatbhai, Prafulbhai, Shashikantbhai and Babubhai. Logistics support was supported by Amratbhai, Ashwinbhai and Jaswantbhai.

Passion, Honesty, Trust, Truth & Integrity Led ISAA to Success!



1. ISAA recognized Dipika & Ravi Bhalla, Priti Patel, Chetna & Rasik Mistry and Nilam & Biren Patel as Major Gala Contributors 2. Volunteers who provided the support for the success of the event! 3. Seniors Fashion Show Grand Finale 4. Amazing female Performers of the Seniors Fashion Show 5. Mind Boggling Seniors Fashion Show Male Performers with Dipika 6. How happy these and many more young community professionals were at the Gala

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A girl is a very courageous and powerful force. Her education is the most important thing that can be handed to her, so she can grow, prosper, and hope for her life to be something more than marrying early and taking care of a child. "Girl Rising", a documentary that signifies and exemplifies the movement and issues surrounding girls' education and its effects, extraordinarily and helps them reach their full potential. Educating girls will dramatically improve the well being of themselves, their families, their communities, their countries, and, well, the world.

"Girl Rising" brings our attention to the struggle of an ordinary girl being treated not very ordinarily. The girls in this movie are just a few out of millions who suffer just like they do. They live in harsh conditions and situations such as poverty, corruption, and disease, due to no education, which they yearn for. According to Girl Rising, these girls hold the future in their hands, and if they succeed at getting the education they need, then incredible things will happen. Nobody is more vulnerable than a girl. Everyday, girls become vic-



tims of sexual violence, diseases such as HIV and AIDS, and death due to childbirth, which is the leading cause of death to young girls. Educating a girl will slow the spread of AIDS, reduce poverty, slow population growth, and grow and strengthen the economy. So what changes when a girl gets the education she deserves? Yes, everything.

You know how much we want to

help a girl get an education? Well, that is how much she wants an education. That is how much she deserves an education. She wants to grow, learn, and become somebody unimaginable; she dreams of school. She wants to lead and study, and if the world tries to stop her, she will only try harder. A girl is power. She is a change that we wish to see in our world, and nothing

can stop her from rising to the top; she can do anything. "One girl with courage is a revolution." (www.girlrising.com) A girl is not a miracle, she is just someone who wants what should be given to her, an education. So let's make it happen, for her, and for us. "Girl Rising" travels around the globe to witness the strength of human spirit and power of education and the effects they can have on a girl of any age. This movie consists of stories from nine different girls from around the globe, and how education affected each of their lives and circumstances they lived with. Each girl was paired with a writer and narrator from their own country, so they could bring their stories to the world. Also, International Day of the Girl is right around the corner, on October 11. I just wanted to bring this amazing, eye-opening movie to your attention and hope you all will watch it and go visit the website for more information at <http://10x10act.org/> and <http://girlrising.com/>. Like the movie says, "Girls are not the problem, they are the problem solvers."

-Sammy Mallik



Atharva's Corner

Telepresence has manifested itself in many applications, some of which include drone deployment, executive meetings, exploration, international communication, and most notably, in the healthcare industry. Telepresence on its own is a medium of communication and control in which the authority can manipulate and oversee a process in a different location. Through this venue, one is able to physically exist in one location, while simultaneously command and associ-

ate with projects in another.

Some of the prominent benefits of utilizing this technology in medicine and healthcare include teleoperation, minimally surgical techniques, precise movement calibration, teaching purposes, and as a venue to provide multiple perspectives. Teleoperation allows the surgeon to guide and monitor an operation in a secure location, permitting him/her to display the procedure to multiple experts while synchronously controlling instruments with acute precision in real time. This essentially removes the human factor in surgery, and poten-

tially broadens the intrusive scope of surgery in its current state. Without human error and miscalculation, telepresence ensures a more precise, accurate means of performing surgery. Proponents of the induction of telepresence into mainstream medicine allude to its applications in rural developments and otherwise hospital-inaccessible regions. Board-certified physicians are able to video conference, oversee, direct, and advise rural clinicians throughout the patient care process, including surgery. Such is the vision of Cisco, one of the major producers and technical en-

gineers behind the innovation in modern medicine. Through teleconsultation, Dr. Kaveh Safavi, VP and global lead for Cisco's healthcare practice, believes that physicians can be prompted to modify current medical processes. Informationweek cites Dr. Safavi when he states that "one of the things we've discovered is doctors have to change the way they practice medicine to take advantage of this form of technology."

Orlando Health, one of the leading advocates for telepresence in medicine, applauds the use of VSee, a portable, self-contained vid-

eoconferencing instrument that integrates mechanisms such as blood-pressure cuffs and pulse oximeters. This device has been widely used by the hospital system for its patients, and has subsequently witnessed a dramatic decline in inpatient admissions, correlated with an equally impressive surge in patient satisfaction. With such prospects heading the front of telepresence, the emerging and developing technology has a promising future within and beyond the healthcare scope.

Atharva Dhole



Telepresence

A positive change is possible. Yes it certainly is... And that change should come from within. But to commit oneself for that positive change, there has to be a driving force which can explain and satisfy the mind about the sweet fruits of this change. But how does one find this driving force? The solution is to 'seek out' that driving force.

And once the person embarks on this 'seeking journey', there certainly is a manifestation of someone or something along the way that can guide the person to achieve this positive change.

Change does not happen merely by coerce or threats. Although they might work to a certain extent, they last temporarily. For once the consequence of doing an undesired thing is found to be manageable, that act continues ;although it is against ones con-

Sparks of Divine Wisdom

science. This happens because the person is bound by temptations and addictions; which are now the 'negative driving forces' continuing to inhibit the individual. These are the forces that prevent any further 'ideas or attempts' on the part of oneself to even look forward to this positive change.

A possible solution is to clearly train one's mind about the irreparable consequences of doing or not doing a certain act. This puts oneself in a mode of self-defense which automatically lets one to 'think' carefully and weigh the pros and cons before doing any actions. And this natural reflex might certainly help

one overcome some of the petty hurdles that are yet to manifest as something major.

All these seem to be easier said or read than done; but the key to be successful is to start putting this into practice from this moment on. In spite of being aware of this fact, one continues to make bad choices and decisions putting oneself into jeopardy. But, there is always a bigger force—a positive force, waiting to take over everything, for without this force, it would not have been possible for me to make this positive change of writing to inspire.

-Deepa Badrinath

Two Steps Forward, One Step Back

While watching one of the Indian channels on T. V sometimes back., I came across a very interesting advertisement put forth by an insurance company. The advertisement highlighted the progress that India and Indians are making including what the advertisement dubbed as 'firsts' for them. The largest numbers of movies as well as huge amount of milk being produced in India than any other country of the world were specifically emphasized. The advertisement further acknowledged the highest numbers of the titles of Miss Universe that India has won over the past few years, the largest numbers of passengers that travel on Indians railways and biggest number of scientists that India has produced and so forth.

No doubt, there has been a significant amount of progress in many facets of Indian economy. In fact, in the last decade and half, the country has witnessed an unusual spurt of growth in general economy, in international relationships and in several private undertakings, thanks to the modern day revolution. All this growth has put the country close to or at-par with many advanced Western nations. The rapid progress that took place in these years over the back drop of previous half-century of post-independence slow socialistic approach perhaps seems truly genuine to a great extent.

The people of Indian origin settled abroad feel elated about the rosier pictures projected through these advertisements. It brings a definite sense of pride when the successes of their cousins back home are highlighted and it should. Such a truth of the matter is well known to the advertisers i.e. to capture the Indian market abroad, they need to work through the hearts of Indians rather than brains. However, one must admit that still all is not that well on the Eastern front. There are other painful situations where India also happens to lead, but being not matter of any pride, those issues usually are not emphasized. Painful as it may sound, but the bitter truth is that there is a lot that needs be done, if one were to consider this present progress to be of any true consequence to the ordinary people of India.

Interestingly the program, in which this commercial was being shown, happened to be a half-hourly news-broadcast of Indian news. Fifteen out of thirty minutes were spent on a violent protest that was going on

in the streets of one of the cities of India. The protestors, more than thousands in numbers, were all out on the road, facing and fighting with an equal number of policemen. Mob was being attacked by the police using full strength with their laathis but not with guns. And a significant amount of injuries were being inflicted. The police didn't bother whether the victim was a man, a woman or even a child. In return, the agitated mob was turning ferocious and hurling



stones, not caring as to where and how bad the members of the police were being injured. Obviously the program must have been watched by many Indian families including small children. While all this was going on, the advertisements kept on repeatedly reminding the audience about records that Indians created in many facets.

One of the most important issues of modern times refers to the poor plight of Indian farmers, irrespective of whether they belong to Punjab, UP, Haryana or South. While we all keep on boasting of green revolutions in agricultural industry and hesitate not in counting the miracles that have taken place in the food production, the farmers are truly in crisis. Thanks to the government and people of India, the Indian farmers have become the real 'living-dead' of the country. Yet these farmers try their best in putting the food on the table of the rest of Indians with their sweat and blood. A simple perusal on their condition in any State of India makes it apparent that they are in for a difficult time.

According to one report, the numbers of suicides being committed by farmers happens to be the highest especially in the states where agriculture is the main industry. In the

past decade, over 100,000 farmers have embraced that route. The fundamentals behind such statistics seem fairly obvious. After spending every penny in trying to produce crops against all odds, the farmers end up taking loans which for myriad of reasons, they cannot pay back. Unpredictable natural calamities add fuel to the fire by often ruining their crops pushing the helpless farmers to the edge. The concept of preservation of the family honor doesn't let these

honorable men face the world, once they arrive at the doorsteps of bankruptcy. The progress and green revolution that we all feel so proud about, doesn't help those who brought it at the first place. Finding all doors shut, and left with no other way out, the death seems to be the only way out to them.

The number of vehicles on the roads of India is on exponential rise so much so that there isn't any space left to move the vehicles around. Cycles, rickshaws, pedestrians, animals, motor cars, buses, trucks all share the same space. The roads designed more than half century ago are sharing the burden for the population of 21st century. Yet no one seems to be bothered enough to expedite their development and if one does, there aren't enough resources. The laws of traffic do not exist, at least in the northern states where the word safety is foreign to the driving culture. A continuous rise in accidents and deaths become the natural outcome of such dangerous and haphazard driving.

Huge hospital complexes and buildings through private enterprises are sprouting all over and that is certainly two steps forward. Yet there is



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

no concern and no medicines for poor patients in the government hospitals that already exist in dilapidated condition. The beautiful buildings of the past are gradually withering due to simple lack of maintenance. Doctors are in plenty and they are minting money but the treatment to a patient is offered only if pockets of medical establishment are warmed enough and in advance.

The democracy of India is one of the greatest, so they say. It makes our neighbors envious of the record we have established in a very small period of time. What we are doing with this democracy or how we are going about it is altogether a different thing. Our parliament and other legislative bodies are there, yet there is a lot that could be said about their proper or rather improper functioning. We have our moral traditions in place but we don't have the way to inculcate the moral strength in our daily living. The corruption is all too pervasive in a nation that otherwise boasts of producing the highest number of moral men and women i.e. the saints and sages. Violence at times may limit itself to physical violence, but it threatens the very fabric of human existence by turning a blind eye to the practice of feticide and mixing poisons in human food, as well as gang-raping young girls of the age of daughters. All this is happening daily in the land of many non-violent Messiahs.

After having said it all, it is obvious that our country has taken several steps forward. Yet accumulating the titles of Miss India or having the highest numbers of passengers on Indian railways may only mean that our population is on exponential rise and that there is a dire need to put restraints on our selves. The true answer lays in a constant watch on our politicians and policy makers so that they follow an all inclusive planning which could ultimately help the poorest of poor. This is the only way that will prevent India from taking a step backward while encouraging the best of our bests to keep marching forward.

*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," .

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Hair: buns and bobs, this season's star styles

With each new season come new in-vogue hairstyles. The fall/winter season announces a major comeback for the bob, which is already turning heads on runways and red carpets everywhere. Buns, which were sophisticated and elabo-

rate last season, will remain stylish, but in more minimalist versions, just like tie-dye hair color, which has become more natural for the fall.

Simple buns

A timeless staple of runway style, buns can take many forms. This season, they are simple, unfussy or even slightly messy. The Viktor & Rolf and Rad Hourani haute couture collections, as well as the Christian Dior ready-to-wear collection, all included quick and easy buns in their Fall/Winter 2013 runway shows for a very natural effect. This uncomplicated hairstyle matches the season's makeup looks, also stripped down and simple.

Bobs, the season's trendiest look

Angled, short, structured or natural: the bob is huge this season in all of its forms, offering a style that is at once modern and retro, chic and uncomplicated. The trend has been amplified by a number of celebrities, including Rita Ora and Beyoncé, who have transformed their look with the season's hottest haircut. For the fall/winter season, French hair salon chain Camille Albane is offering its "Cheeky Bob," a structured cut, parted down the middle for an uncomplicated yet glamorous style.



Natural tie-dyed color

Lothmann, another French hair salon chain, is highlighting natural ombré hair coloring this season. The look offers a very subtle two-tone, sun-kissed look and is a perfect way to prolong the summer. Thierry Lothmann, the brand's director, explains, "The look is based on progressive layering of color from the middle to the ends of the hair without a clear and sudden separation -- you know, that horrible line that you sometimes see appearing to cut the hair in two."



Supermodel Naomi Campbell is not pleased with people who are trying to label Cara Delevingne as the new Kate Moss, who is her friend. Camp-

There's only one Kate MOSS, says Naomi Campbell

bell believes that Moss is in a league of her own, and that she must not be compared with anyone else.

"Cara is Cara Delevingne, Kate is Kate Moss. People are just saying that because she is the same height as Kate. But there is only going to be one Kate Moss. Kate is an icon," dailymail.co.uk quoted Campbell as saying.

The 43-year-old also said that though she has met Delevingne only a few times, their meeting has been very

pleasant.

"Cara may become an icon: who knows how long she wants to do it for? It has just begun for her and she is doing amazingly well...I was actually asked to speak to Cara, but I don't know her very well," she said.

"I've met her a few times and she's been very pleasant. I haven't spoken to her properly yet. For me the timing has to be right," Campbell added.

Sonam Kapoor, Rhea Kapoor to launch a fashion line

She's won plenty of praise for her fashion sense. Now, Sonam Kapoor is putting it to use by starting a fashion line with her sister, Rhea Kapoor. A source close to the sisters reveals, "Rhea is well known for styling Sonam as well as their father, Anil Kapoor, all these years. Now Sonam, after back-to-back hit films, has come on board with her for this project."

Adding that for now, the collection and styling ideas are being kept under wraps, the source says, "It's an

extremely stylish and classic line of clothing. They have come up with a range that can be worn by everyone. Sonam has been looked upon as one of the biggest fashionistas in the industry."

The sisters are excited about the fashion line, which will be launched this year itself. The source says, "Sonam and Rhea are the perfect duo for this venture. They're still finalising what they would like to name the line."

When contacted, Sonam's



spokesperson says, "It's too early to talk about it right now."



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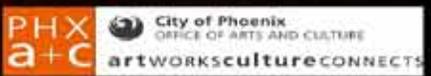
New venue



On Nov 17th 2013

From 11:00am to 5:00 pm

At Scottsdale Civic Center





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Navaratri & Dussehra Celebration

Saturday, October 5 through Sunday, October 13



Navaratri Puja

Every Morning @ 9:30 — Kalash Puja
Every Evening @ 6:00 PM — Devi Puja
Kalash Puja & Devi Puja Sponsorship \$101

Saturday, 9:30 AM — Durga Homa
Saturday, 6:00 PM — Kanya Puja
Daily Durga Aarati followed by Maha Aarati at 7:15 PM
Daily Garba/Raas from 7:45 to 9:00 PM

Saturday, October 5th, Friday, October 11th & Saturday October 12th
Garba & Raas for Children from 7:45 PM to 9:00 PM
For Every one from 9:00 PM till midnight @ Ekta Mandir
Saturday, October 5th
Best Dressed & Best Dance Prizes For under 10 & 11 to 14 years

Dussehra Sunday, October 13, 2013
6:00 PM, Ram Puja, Significance of Vijayadashmi Ravan ka Dahan at 6:45 PM
Followed by Aarati & Prasad, Come & Enjoy Fresh Fafda, Jalebi & Other food for sale

Other Upcoming Major Events

Sunday, October 6 — Free Sugam Sangeet Concert by Mrs. Vibha Desai & her group,
Tuesday, October 22 — Karva Chauth Celebration after 6:00 PM. Dinner Served after Puja for nominal price

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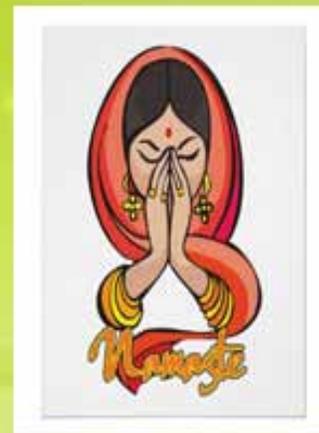
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A world within: Dharavi

Book Review

Dharavi: The city within

Edited by Joseph Campana

Harper Collins

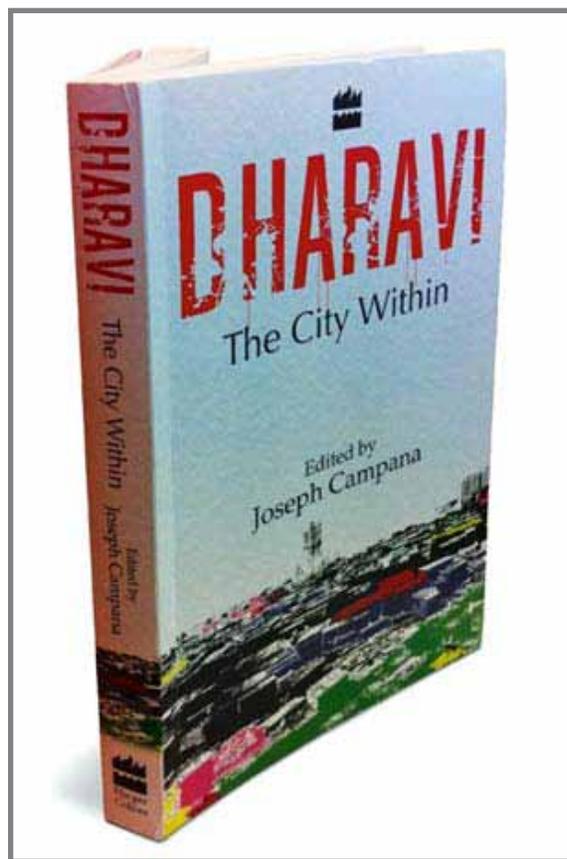
Rs. PP 196

Sayed Khan Bucklewala came to Mumbai nearly penniless, made Dharavi his home, began polishing belt buckles for a living and emerged, 30 years later, as a flourishing buckle-maker exporting to some of the biggest clothing brands in the world. It's a typical Dharavi story, made even more typical by *Slumdog Millionaire* and the slew of books about the sprawling settlement that came before and after the movie.

But in Dharavi: *The City Within*, a collection of essays edited by Joseph Campana, Bucklewala's story acquires greater meaning. It becomes part of a large, intricately-woven narrative of the slum's inherent complexities and contradictions that help Campana build a case for extreme caution while putting in place any kind of redevelopment plan.

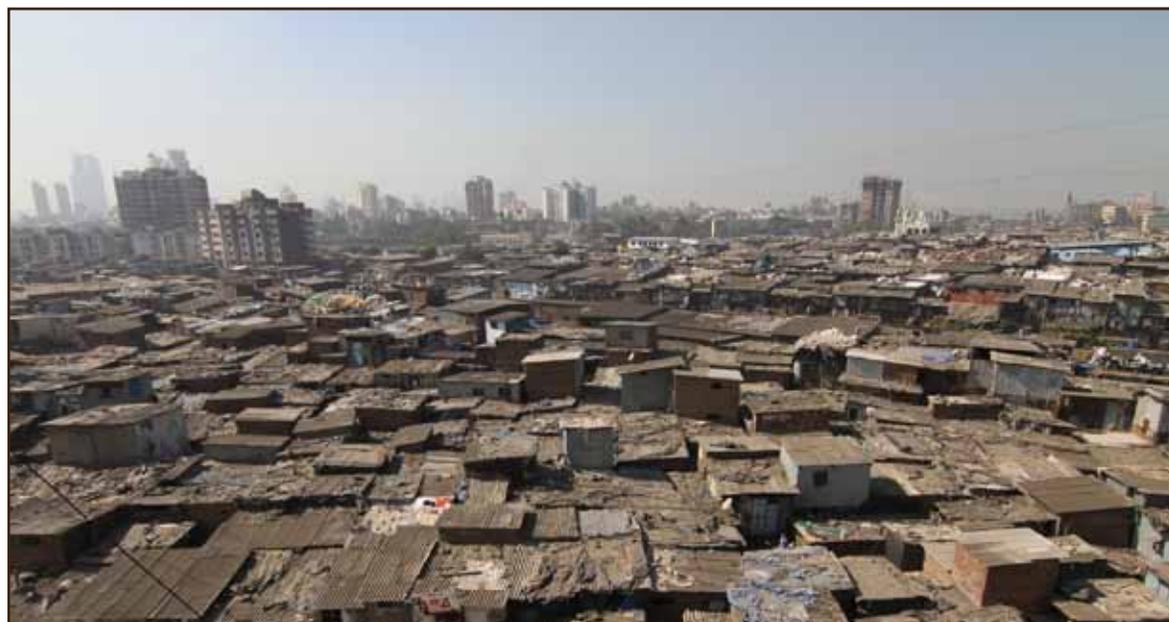
Comprising 24 essays by well known Mumbai journalists and writers, this is undoubtedly one of the more interesting volumes on Dharavi. The buckle-maker's story features in Annie Zaidi's essay on the slum's business entrepreneurs, which tells the tale of Dharavi's own four-page, corruption-exposing newspaper, *Sapna Times*. Other essays, by authors including Sonia Faleiro, Sameera Khan, Meena Menon, Jerry Pinto and Suhani Singh, cover everything from how Dharavi grapples with communalism to its underworld dons, mini movie theatres, enterprising schools and the lives of its women.

Perhaps the most gripping story in the book is S Hussain Zaidi's account of his meeting and interview with Chhota Rajan aide DK Rao. The gangster is as much a Dharavi character as the formidable Hanumanti and Laxmi Kamble who feature in Sharmila Joshi's essay, *The Women of Wasteland* about the unassuming mother-daughter duo who struggle to make a living in the area's mammoth plastic recycling industry. Despite setbacks such as thefts, bankruptcy and a fire that razed their business six years ago, the



industrious unit persists, much as Dharavi itself does. As the editor, Campana curates the book cleverly, balancing intimate stories with essays that provide a larger picture of the slum.

Jeb Brugmann's *The Making of Dharavi's 'CitySystem'*, for instance, offers an engaging analysis of how land and location have been crucial to the growth of the area's complex migrant economy, while Shirish Patel, in an essay debating Dharavi's impending makeover, exposes the inherent contradictions in the definition of redevelopment. In the final section, which carries an excerpt from Kalpana Sharma's *Rediscovering Dharavi*, published in 2000, the book makes its primary argument — that no proposed plan for the redevelopment of this city within the city would be acceptable if it does not consider the complex needs and desires of the people who inhabit Dharavi.



POET OF MONTH Marie-Elizabeth Mali

Marie-Elizabeth Mali is the author of *Steady, My Gaze* (Tebot Bach, 2011) and co-editor with Annie Finch of the anthology, *Villanelles* (Everyman's Library Pocket Poets, 2012).



From 2008-2011 she served as co-curator for LouderArts: The Reading Series and from 2009-2012 she served as co-curator for the Page Meets Stage reading series, both in New York City. For more information, please visit www.memali.com.

Divisible Bones

These last four days I've watched hummingbirds hover at the feeder and swing back into the woods.

When I die, let it not be with a diaper on.

Between thunder and the start of rain, silence.

My husband leaves dirty garden tools

in the kitchen sink. On drives, he takes turns

too fast. I grip the door handle. Most of the time

he's a safe driver, but the rain assaults

the night. I split a wishbone yesterday

and wished for strength, not knowing how

to language a counter-spell for this empty dark.

Is the body merely a collection of divisible bones?

On what does the good heart hang?

No promises are better than broken ones,

but I make them anyway. Even if I do

have to die in diapers, I won't be buried

that way. My heart's a cathedral of dead bolts

and the janitor's hidden the keys. Today I saw

a bat's porcine nose and ears for the first time,

in a light fixture over the deck, its droppings

dotting the space between two chairs.

Its clicking cry at dusk accompanied us,

our glass of Riesling, the crows scattered

around the yard. I'm all knock-knees

and haze. Promises confuse me, even when

they're kept. Especially when they're kept.

Best to keep doors closed and mouths shut.

No, no, open everything: doors, windows,

and mouths. In fact, take the roof off.

The tools in the sink will be rinsed by the rain.

First published in *The Same*,
Summer/Fall 2012, Vol. 10, No. 1



Food for Education

Akshaya Patra's 2013 Phoenix Benefit Event



Keynote Speaker
Chanchalpathi Dasa
Vice Chairman & Trustee,
Akshaya Patra India

When

Saturday, October 19th
11:30AM Registration
12:00PM Program, Lunch

Where

Sheraton Phoenix Airport Tempe
1600 South 52nd Street
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Local Leaders

Shruti Parekh

Drs. Dipti and Jagdish Patel

Leena Raval

www.foodforeducation.org

For more information please contact Piyali at Piyali@apusa.org or 781-462-8454



VICE CHAIRMAN AKSHAYA PATRA INDIA TO SPEAK AT PHOENIX BENEFIT EVENT

Globally-Recognized NGO feeds 1.3M Indian School Children Daily

Stoneham, MA (9/24/2013)
 – On Saturday, October 19th the Akshaya Patra Foundation's Phoenix Chapter will be holding its 2013 Benefit Luncheon at the Sheraton Phoenix Airport Tempe at 11:30AM. Vice Chairman and Trustee of Akshaya Patra's main branch in India, Chanchalpathi Dasa will serve as the keynote speaker for the event and share the story of his own journey with Akshaya Patra. The event will raise funds and awareness for Akshaya Patra's unique and innovative program for eradicating hunger and promoting education in India.

Chanchalpathi Dasa, known to many as "CP Ji", was among the first founders of the Akshaya Patra Foundation. He completed his undergraduate in PSG College of Technology, Coimbatore. Later he attended the Indian Institute of Science, Banga-



lore where he earned his Master's Degree in Electrical Communication Engineering. Chanchalpathi Dasa helped found Akshaya Patra as a pilot program serving school meals to just 1,500 children in 5 schools in Bangalore.

Together, the founders combined their own knowledge of engineering to transform Akshaya Patra into one of the world's largest NGO-run school meal programs that

today serves 1.3 million children daily in over 9,500 schools from 19 kitchens in nine states across India. Today, Chanchalpathi Dasa manages the executive operations of the Foundation.

A public-private partnership, Akshaya Patra combines good management, innovative technology and smart engineering to deliver school meals at a fraction of the cost of similar programs in other parts of the

world. In 2013, The Global Journal ranked Akshaya Patra the #1 NGO in the World working to improve the lives of children and youth, and ranked Akshaya Patra 24th among the top 100 NGOs in the world for innovation, efficiency and impact.

The event will be attended by community leaders, business executives and long-time supporters of Akshaya Patra. The Benefit Event is chaired by Dr. Dipti and Jagdish Patel. They are assisted by the Steering Committee members Leena Raval and Shruti Parekh. Registration for the event can be made at <http://www.cvent.com/d/r4qm3x/4W> or by phone at 781-438-3090 x 5.

For more information about this event please contact Krista McCarthy at Krista@apusa.org or (781) 438-3090 Ext 2. Media are encouraged to attend the event.





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We, Hari Prasad Joshi and Harsha Joshi and our children Vrinda Joshi and Brajesh Joshi express our thanks and appreciation to the members of the board and trustees of the EKta Mandir, family friends and devotees on the occasion of Diwali. We extend our greetings on this happy and occasion of Diwali and also we wish a very happy new year to those who celebrate new year at this time. We thank board members and trustees for their support in obtaining green cards and a house.

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-Bhartiya Ekta Mandir, Hari Prasad Joshi

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Diwali



October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 * Besharam PREMIER SHOW @ UltraStar Cinemas UltraLuxe Scottsdale - Hindi Movie (Starts @ 7:30 PM) Besharam PREMIER SHOW @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 7:30 PM)	3 * Besharam @ Grand Cinemas: Crossroads 6 - Hindi Movie (Starts @ 7:00 PM) Besharam @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 7:30 PM)	4 * Jet AZ Prajna Classes Besharam @ Grand Cinemas: Crossroads 6 - Hindi Movie (Starts @ 9:30 PM)	5 * Golu Doll Decorations @ Maha Ganapathi Temple of Arizona *Jet AZ Prajna Classes *Pushkar Lele in Concert *Christian Musical Fest 2013 @ Liberty Arts Academy *Besharam @ Grand Cinemas: Crossroads 6 - Hindi Movie (Starts @ 9:30 PM)
6 * MEHFIL MAZANI GUJARATI @ Indo-American Foundation Community Center Devi Darshanam- Classical Carnatic concert @ Sri VenkataKrishna kshetra	7 * Fall camp in Chandler/ Gilbert	8	9 * Science of Devotion and Grace Enlightening Talks in English by Swami Mukundananda	10	11	12 * Diwali Mela @ Kiwanis Park Bathukamma Sambharalu 2013 @ Eldora Park
13 * Discover India - Community meetings * Bhairav Se Bhairavi - A musical journey * AMWA's Annual EID MELA AZ 2013 @ Windmil Inns & Suites	14	15	16	17	18 * Kishore Kumar Live concert @ Mesa Arts Center	19
20	21	22	23	24	25	26
27 * Dharma and Yoga Fest 2013 @ Steele Indian School Park * Discover India - Community meetings *Sacred Music & Ecstatic Chant By Sheela Bringi	28	29	30	31		



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Abrupt action will cause difficulties with relatives. You're in the mood to spend time with your lover. You'll have problems with authority figures if you don't play by the rules. Your ability to organize and get everyone together will enhance your popularity and bring interest from potential mates. Your luckiest events this month will occur on a Monday.

ARIES



Mar 21
to
Apr 20

Minor health problems could result through exhaustion. However, be careful with luggage; it may be rerouted. You will be able to talk to your lover about future goals and perhaps make plans for the two of you to take a vacation. You are likely to reveal information unintentionally. Your luckiest events this month will occur on a Monday.

TAURUS



April 21
to
May 20

Efforts made to improve yourself will turn out to your satisfaction. Your passionate nature may make you jealous if your mate has been too busy to take care of your needs. Children may be less than honest with you. You can make gains if you work in conjunction with others. Your luckiest events this month will occur on a Monday.

GEMINI



May 21
to
June 21

It might be best to work on your own; if possible, do your job out of your home this month. One-sided relationships are likely. You can get your point across and make valuable connections. You may cause a fuss if you come on too strongly in public. Your luckiest events this month will occur on a Friday.

CANCER



Jun 22
to
Jul 22

Invite people home to discuss your plans for group fundraising events and outings. Trips will be exciting. You might find that coworkers will support your endeavors. You must be careful not to trust just anyone. Your luckiest events this month will occur on a Sunday.

LEO



Jul 23
to
Aug 23

You're in need of love. Unexpected bills may set you back. Make sure to arrange in advance to spend quality time together. You must take care not to over exert yourself if involved in sports. Your luckiest events this month will occur on a Friday.

VIRGO



Aug 24
to
Sep 23

Direct your energy into physical exertion. Residential moves will be favorable. Changes in your residence may be financially favorable. Don't lend to people who have given you negative vibes. You will communicate with ease this month. Your luckiest events this month will occur on a Tuesday.

LIBRA



Sep 24
to
Oct 23

Escapist tendencies may lead to overindulgence. Try not to allow others to burden you with additional responsibilities. You're not your usual self this month. You can make sound financial investments if you act fast. Your luckiest events this month will occur on a Friday.

SCORPIO



Oct 24
to
Nov 22

You may have personal problems, but professional duties might be pressing. You will impress new friends and acquaintances with your intellectual wit. Try to keep your cool; you may be a tad frazzled by all the rushing around. Try to have patience and refrain from being judgmental. Your luckiest events this month will occur on a Monday.

SAGITTARIUS



Nov 23
to
Dec 21

You could lose money or precious belongings if you aren't careful. You can make a big difference to children if you are understanding of the difficulties they are experiencing. Try not to lend or borrow money or belongings this month. Your lover may feel rejected. Your luckiest events this month will occur on a Saturday.

CAPRICORN



Dec 22
to
Jan 21

Your home environment may be hectic, which could result in emotional upset if you aren't well organized. Encourage the youngsters in your family. Don't overspend on luxury items. Communicate with relatives who may need advice in order to find solutions to their existing problems. Your luckiest events this month will occur on a Sunday.

AQUARIUS



Jan 22
to
Feb 19

You need to concentrate on the areas where you can make a difference. Concentrate on spending quality time with children and friends. You may want to sign up for courses that will encourage you to have more confidence in yourself. Arguments may flare up in your home. Your luckiest events this month will occur on a Saturday.

PISCES



Feb 20
to
Mar 20

Onam - A Secular Celebration

Swarna Sitaraman

What is not to celebrate, when there is harmony and peace? And after a great harvest? Onam, Kerala's rice harvest festival and the Festival of Rain Flowers, celebrates the Asura King Mahabali's annual visit from Pathala. His reign was the golden era of Kerala. This festival, the quintessence of equality and secularism was celebrated in a grand scale by Arizona Malayalee Association (AZ Malayalees). They welcomed all with an Onam gift "Onappudava" (Onam dress) and their traditional, elaborate and intricate designs of flower rangoli, called 'pookalam' as a friendly competition between the teams from various parts of the valley. As the venue filled up with guests in traditional attire, the emcees for the evening greeted all and the curtains opened to a stunning backdrop of Kerala countryside. The cultural secretary invited the board members to initiate the evening with ceremonial lighting of the traditional brass lamp capped with a gorgeous celestial swan.

As musical as the language of Malayalam, so was the evening - filled with various musical performances



along-side well-choreographed dances. Instrumental as well as vocal chords rang melodiously with the variety of dance performances. Traditional classical styles such as Bharathnatyam and Mohiniyattam as well as folk styles typical to the state of Kerala and beyond were adeptly presented by artistes of all ages. After honoring the sponsors, judges and thanking of the volunteers, a ritualistic singing about Onam and

the beauty of God's own country, Kerala was rendered by group of men and women. This was followed by His Majesty Mahabali's annual return to visit his folks to confer his blessings and wishes, culminating with a beautiful rendition of Thiruvathirakaliby the women folk.

As the cultural events wound down, the table was set- literally; for a feast to the palate. Reminiscent of traditional

Kerala wedding, Onasadhya - the illustrious time-honored dinner cooked by many of the volunteer members with a menu scrolling to twenty varieties was picturesquely served on plantain leaves. After about three arrays of dishing up food - content and happy, the volunteers and members of board exhausted their energies to wrap up.

A heart-filled with beautiful memories of yet another show of our unity and strength and a stomach-filled with simply amazing traditional food, guests wandered out into the warm Arizonan harvest-moonlit night.



Onam - The greatest Festival of Malayalees

Onam is the most popular festival of the Malayalees (People from Kerala) and can be traced to the ancient harvest festival and also to the myth about King Mahabali - the benevolent asura ruler who brought peace and prosperity to his country

The myth of King Mahabali

It is believed that in Kerala, there once lived a wise and generous asura (demon) king, Mahabali. He was highly regarded by his subjects and everybody was happy in his kingdom.

Gods became jealous with the increasing fame of Mahabali. They plead help from Lord Vishnu who agreed to help the Gods. Lord Vishnu then incarnated as a poor and dwarf Brahmin, called Vamana and approached King Mahabali. The disguised Lord Vishnu asked the king to donate, land of three steps in length. The King made a promise to do so. Suddenly, Vamana increased to a massive size. With his two steps, he covered whole of earth and sky. He then asked for a place to put his third step. King realized that the

boy was no ordinary Brahmin and asked Vamana to put his third step on his head.

Vamana ((Incarnation of Lord Maha Vishnu) did so, pushing Mahabali to patala (underworld). Nevertheless Vamana was also pleased with King Mahabali's generosity and granted him a boon of Mahabali's choice. Profoundly attached to his citizens, the King said he would like to visit his beloved people in Kerala once in every year. Lord Vishnu was delighted to grant the request. Onam is this homecoming of King Mahabali is celebrated every year.

The central features of Onam:

1. All immediate family members go to their traditional home where the eldest in the family lives.
2. Onakkody (the new dress for all family members)
3. Ona Kazhchakal (Exchange gifts)
4. "Onasadya"(grand feast) :All family members rejoice together on Thiruvonam day

Thiruvonam Is celebrated on Thiruvonam Nakshatra in the month of Ma-

layalam Calendar Chingam

In addition, it is one of the very few festivals that is celebrated with most number of cultural elements such as

- Aranmula Boat Race: It takes place at Aranmula, near a Hindu temple dedicated to Lord Krishna and Arjuna. A rough estimate puts the age of this temple to 1,700 years. This year's Uth-rattathi Vallamkali or boat Race on the Pampa, at Aranmula, will be held on September 20. As many as 50 snake-boats (Palliyodams) will take part in the display. As a rule it is manned by 4 helmsmen, 25 singers and 100-125 skilled people rows a boat. The race to be held in the A and B batches. As many as million people from different parts of the country would witness the boat race competition.

- Athachamayam: Athachamayam marks the beginning of the ten-day Onam festival in Kerala. It is an occasion to witness almost all the folk art forms of Kerala. Athachamayam Festival takes place at Tripunithura a suburb of Cochin City, which is renowned as the Land of

temples, in Ernakulam District, Kerala. This year the date of Tripunithura Athachamayam Festival was on 7th September 2013. And Onam Festival 2013 is on 16th September 2013.

- Pookkalam: is the floral decoration (also known as floral carpet) is one of the most important components of Onam. Making Pookkalam is a tradition followed by people of Kerala, during the ten days of the festival. This is done to welcome their compassionate and renowned king Mahabali
- Pulikkali (Tiger dance) : On the fourth day of Onam celebrations (Nalaam Onam), performers painted like tigers and hunters in bright yellow, red, and black color, dance to the beats of traditional instruments like Udukku and Thakil.
- Thumbi Thullal: is country song and dance performed by Kerala women and is a unique part of Onam festival.
- Onavillu: is a ceremonial bow that is offered to the deity at the Sri Padmanabha Swamy (Lord Vishnu) temple in Trivandrum, capital of Kerala as part of the annual rituals during Onam festival season. - **Paul Pulicken**



Film Review Phata Poster Nikla Hero: Shahid Kapoor fails as an actor, succeeds as a mimic!

The trailer was great fun, so we were looking forward to seeing the entire film and the hijinks that Shahid and Ileana D'Cruz got up to, but were left short of being entertained

Shahid Kapoor certainly had a lot of hope riding on his new film Phata Poster Nikla Hero. So did I, until that moment when he actually appeared onscreen. Was I disappointed? Not totally, but PPNH isn't exactly the 'comeback' we expected after his last dud, Teri Meri Kahani, co-starring Priyanka Chopra. So, there you see Shahid as Vishwas Rao, a wannabe Bollywood actor obsessed with the Dabangg Salman Khan. He travels to Mumbai to make it big in tinseltown. First by chance and then by design he becomes a corruption fighting cop, which helps him not only fulfil his mother Savitri's (Padmini Kolhapure) dreams, but also helps him win the love of his life, Ileana. However, Vishwas' bluff is called when his mother learns the truth about her son and his ambitions to become an actor.

While Shahid manages to show off glimpses of his talent – for acting, we mean – in some scenes, especially when he tries to convince a filmmaker that he can act, it is Sasha as a mimic who is more strong in Phata Poster.... He entertains with his dialogue delivery, dances like a crazy man, delivers dialogues with panache...but fails to



tickle that oh-so-important funny bone.

Director Rajkumar Santoshi disappoints. Not only does this film carry the hangover of his last hit with Ranbir Kapoor-Katrina Kaif, Ajab Prem ki Gazab Kahani, but also seems like Santoshi has sought inspiration from David Dhawan's mindless comedies and Abhinav Kashyap's Dabangg, especially in the action scenes. The filmmaker uses a half baked, done-to-death plot where even the romance between the film's lead pair fizzles due to a lack of build-up. The chemistry

between Shahid and Ileana is almost non-existent. Ileana was promising in Barfi!, but she isn't impressive as 'Complaint Kajal' – blame it on her bad dialogue delivery or the director's caricaturish presentation of the film's characters. Darshan Jariwala (as Commissioner of Police) and Sanjay Mishra (as Guruji) are good, but haven't been properly used. Saurabh Shukla is wasted, but Salman Khan's guest appearance is perfectly set into the movie.

The film's music is impressive

and its saving grace; however, the picturisation harks back to that of Ajab Prem..., whether it is the Agal bagal song that has shades of Prem ki nayya or Mere bina tu, modelled on Tu jaane na. We have to wonder if Santoshi is sticking to a set pattern or some kind of formula, because the film lacks surprises – so much so that even the twists are predictable. Nargis Fakhri's item song is a jump in the bumpy flow. Is this a film made in the factory of a man who gave us cult comedy like in Andaz Apna Apna? We expected more, or at least something different, for sure.

Shahid Kapoor looks great, especially in a cop avatar – he can be tough competition for Salman Khan and is perfect hero material, but as an actor this isn't his best work. But it is an indication of a possible new career for the actor who doesn't seem to be able to find his filmi groove these days – if PPNH fails to bring the very good looking Shahid Kapoor back into the race for best actor title, he could always host a stand-up comedy show or even a little hatke mimicry event or four. SK's diehard fans might not object to latest movie.

But we are not thrilled with it and you may not be either. Our suggestion: treat this one like a Govinda film – a no-brainer – and have fun. Or else watch The Lunchbox.

John Abraham face of National Geographic Channel

Actor-producer John Abraham has become the face of infotainment channel National Geographic.

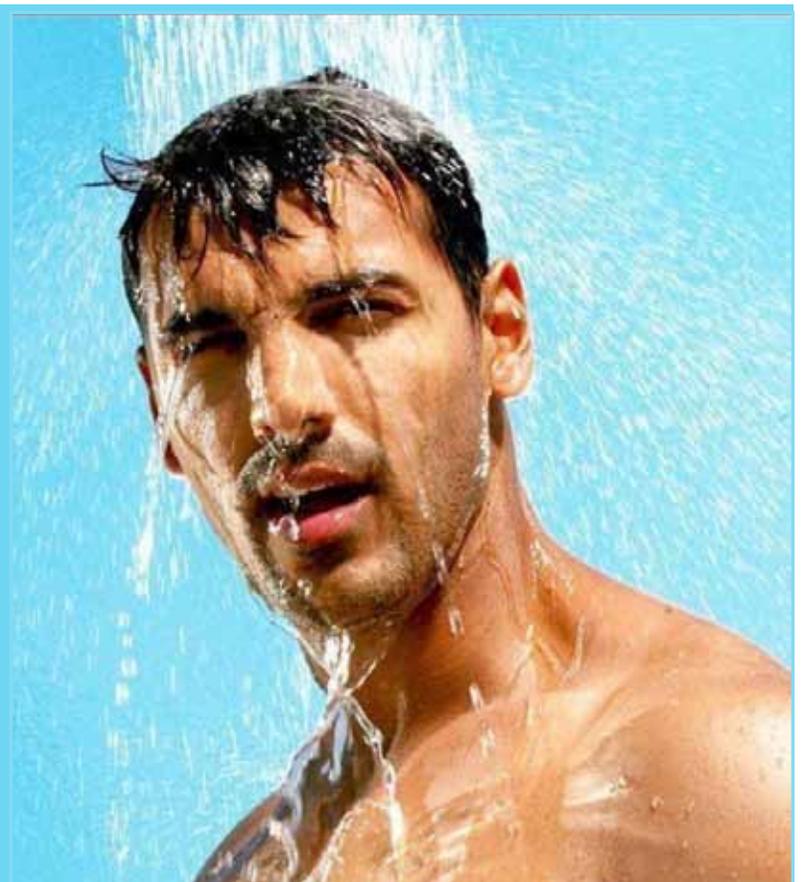
The 40-year-old Madras Cafe star, who is a fan of the channel's action-packed content, has also launched a new campaign Unlock with the channel.

"I can hardly contain my excitement on being a part of the legacy that is National Geographic Channel. I have always been inspired by the yellow window and have followed National Geographic channel's (NGC) shows religiously.

"I am thrilled to represent the channel and be a part of its exciting journey with 'Unlock'. I look forward to take Nat Geo viewers through the various aspects of the campaign; encouraging them to unlock their minds along the way. I am grateful to NGC to have given me this opportunity and I am sure that the viewers and my audience will enjoy this collective journey," John said in a statement.

Apart from the campaign, John will also be a part of some of the new shows and already existed shows on the channel.

"John is known for an exciting brand of cinema and with his love for action, sports and knowledge; he aptly embodies the brand philosophy of National Geographic Channel. His attributes certainly add that extra panache to our channel, its programming and the 'Unlock' campaign," said Keertan Adyanthaya, Managing Director - NGC and FOX International Channels.



We need Austria-type stringent norms on mobile towers: Juhi Chawla

From being a successful actress, Juhi Chawla, 45, has emerged as a crusader. For the past three years, she has been leading a campaign to create awareness about the dangers of mobile tower radiations. In an interview with dna City Editor S Balakrishnan, she spoke about her campaign. Excerpts:

How did you get into this campaign against mobile tower radiation?

Well... I live in Malabar Hill, bang opposite Sahyadri guest house...Three years ago my husband Jay called me out to the balcony and pointed out to the 14 cellphone towers atop the guest house and wondered how safe they were. Honestly, I had no clue. He asked me if I could do some research and find out the answer. I promptly went to the Internet and what I discovered shocked me. I have been living with my family in the direct line of powerful radiation from 14 cellphone towers.

The reality hit me. I told myself that it would be a crime to keep quiet after knowing the dangers of this radiation. I wrote letters to the chief minister and BMC commissioner. I was fighting a lone battle. It was then that my neighbour Prakash Munshi joined me. We went to Sahyadri Guest House and asked the staff if they have permission for all these towers. We discovered that they had permission from the Public Works Department (PWD) for only one tower.

We then decided to sensitise our neighbours about the issue. We put up a few banners and started our campaign. As luck would have it, several journalists had gathered at the guest house. When they saw us, they crossed over to our side and asked what our campaign was all about. When the media highlighted our campaign, we received tremendous response. I am happy to inform you that the 13 illegal towers have been removed from atop the guest house. Still as a matter of precaution, I have put radiation shields in my bungalow. I want every Indian to be aware of the dangers of this radiation and take necessary precautions. Hence this campaign.

So do I take it that you are not basically against mobile phones or mobile phone companies?

Certainly not. Mobile phones have their uses for communication. But if they are used indiscriminately and unthinkingly then we will have an entire population over a billion who are at risk. The radiation from cellular phone towers certainly affect our health. I am not saying that throw out all cellphone towers. All that I am demanding is stringent norms for mobile towers. Austria has some of the world's most stringent norms for cellphone tower radiation. Why can't we have that? Why can't our government have the same concern for the health of its people as the Austrian government has for its citizens?

Union minister of state for telecom and SoBo MP Milind Deora says that the norms prescribed by his ministry for cellphone tower radiation is 10 times more stringent than what has been prescribed by the World Health Organisation. Isn't that reassuring?

We did meet Milind and explained our concerns to him. The issue is that even the prescribed norms are not adequate. Also, the ground reality is very different. My team has gone with radiation measuring meters and the results are highly disconcerting. We need to have a limit to the number of towers that can be put up atop a building. It should be a strict "no, no" when it comes to schools and hospitals. Also the distance between a tower and buildings in the neighbourhood needs to be laid down. Most importantly, we need to get the cellphone companies to invest in the latest technology like the one adapted in the US, which renders radiations less riskier. We should get the companies to pump in money on relatively safe technology.

Are you suggesting a restriction on the use of mobile phones?

Mobile phones are here to stay. I would like to appeal to the users to take a few precautions. Ideally, whenever a handset is sold, the company should



give out literature recommending safe usage practices. That is not being done now. The government should insist on that. But, from our side, we should always prefer to use a landline if it is around to make a call. The second precaution is do not keep your mobile phone close to your ear soon after you dial a number. The moment you dial a number, a whole lot of radio activity is triggered. So keep the phone a little away from your ear while the call is being connected. Ideally, I would favour an increase in call charges which will compel people to reduce cellphone usage. Today it costs only a few paise per call which is why the usage is indiscriminate. The increased revenue received by the mobile firms after the call charges are raised should be ploughed back to upgrade technology to increase safety norms.

Yash Chopra was a fearless filmmaker: Shah Rukh Khan

Remembering film legend Yash Chopra on his 81st birth anniversary, Shah Rukh Khan said that the 'King of Romance' was a fearless filmmaker.

Shah Rukh, 47, who worked with the director right from Darr to his last project Jab Tak Hai Jaan, is all set to walk the ramp today to celebrate the late filmmaker's birthday.

SRK said Chopra was a mentor and someone who taught him a lot about cinema.

"As a person, he taught me creativity has to be fearless. You should make that film which your heart tells you to do. If it works then it's good and if it doesn't then also it is good. I am very fortunate that I worked with him for 20 years.

"I am the one actor who starred maximum in his films from the time I joined to

his last venture. I am lucky to have the opportunity to have worked with the most fearless filmmaker that the country will ever have," the actor said at an event here last evening.

The Chak De! star, who is also a producer, said Chopra also gave him great production tips.

"One of the greatest learnings that I have learnt in terms of business from Yashji is that whatever you are making, the costs have to be kept in control and for that Yashji had worked really hard," he said.

Shah Rukh's last production venture "Chennai Express" is one of the highest grossers at the box-office.

Chopra, who made blockbusters like Waqt, Deewar, Silsila, Lamhe, Darr, Dil To Pagal Hai, Veer-Zara and Jab Tak Hai Jaan, died on October 21.



The Journey of Kriya Yoga with Gyan Swami... A Disciple of Mahavatar Baba Ji

Article by Deepa Walia
Interview by Manju Walia

Our typical Chai With interviews begin with an introduction of the interviewee and, as is habit, the interview began with tell me a little about yourself. We were definitely not prepared for the not-so-standard answer. In a humble, yet very matter of fact way, Gyan Swami answered that the question itself has no meaning. Most people will answer it like an autobiography – where they were born, who their parents are, where they studied, but that is such a small portion of our life that answering in that manner, you are not defining who you are but rather who you were in a very short part of your life. From birth to death, it is a very small portion of the journey that is eternal life.

He went on to talk about how many people define themselves by their religion, even if the true meaning of it has been lost. They give money to priests thinking that God will be pleased. There are religious conflicts over which is the right path or religion when in reality, religion should be one and God should be one. You should be able to walk into a temple one day, a mosque another, and a church on the third and feel the same spirituality and peace. Realizing yourself is the greatest religion and when one accomplishes that, they are able to accept all religions and have the power to do that. They are also able to better answer when asked to speak about themselves.

Guru Ji talked about many things, but one thing that really struck me because I have not thought of it from his perspective is the concept of giving. He mentioned feeding the homeless and that when we do, we feel the need to announce to the world that we have done this. His question at this was when you go eat in a restaurant with you and your family, do you do the same thing – announce to the world that you have gone and had a meal at this restaurant? If not, you should not feel the need to do it when you feed



others as well. Feed others or give others as if you are giving it to yourself, which will take this concept that you are doing this for others out of your head. God is giving to everyone and has just given you the means to pass it on but you are not doing anything at all except passing on what belongs to him where it is needed. This is the concept behind Kriya Yoga as well – passing on knowledge of breathing techniques and peace of mind at no charge. Why no charge? Because according to its followers, the knowledge does not belong to them. It is as pure and divine as a mother's love and if a mother does not charge her children for that love, the followers of Kriya Yoga should not charge for that divine knowledge that does not belong to them.

Guru Ji became a disciple after events in his life occurred that can only be described as miracles. In 1966, his health had deteriorated so much that he was told by doctors he would die in 3-4 months. His fear, when given that information, was that upon learning of the news of his demise, his father would not be able to bear the shock and die as well. So he thought to go far away and maybe his father will be able to live on with the hope that his son will one day return, instead of watching his son die before his own eyes. His college was on the bank of the Ganges in Patna from where he went to the Nepal border, to Kathmandu, and finally ended up in the Himalayas. Once there, he

went into the jungle and closed his eyes waiting his end, thinking maybe an animal or something will find him and kill him. He heard some rustling of leaves and thought an animal was coming but heard a voice speaking to him in Hindi asking him who he was and where he was from. Surprised at the Hindi since he was in Nepal expecting the locals to speak Nepali, he opened his eyes and told his story to a young man that stood in front of him. The man took him and kept him with him for 2-3 days, gave him a drink daily, and taught him various breathing techniques, assuring him that he will not die. Slowly, his health started getting better and this same young man told him to return home and finish engineering which will help him some day. When he returned, even the doctors were surprised at his health.

He went back to his school and in his third year of engineering was told that a monk has come to see him. He was shocked when he went to meet the monk as this was the same person from the jungle and there had been no contact since that meeting three years ago for him to be able to find him. The monk gave him some direction on what to do and wished him the best. When he was about to leave, Guru Ji decided to follow him and saw him disappear in the middle of the road. After that, he received the book Autobiography of a Yogi and upon reading it, realized it had been Baba Ji himself who had

saved him and come to meet him.

After finishing his studies, he went back to the jungle where the initial meeting had occurred. Even though he did not find Baba Ji, he met other people who took him in and later he found that it was because they had been instructed to do so. He stayed with them until one day the young man appeared again. He directed him to go spread the message and education he had been taught but to ensure that he do this free of charge. Guru Ji was afraid of finding a job since so much time had passed since he had left and he was also wondering who would follow him on his teachings. Baba Ji assured him he need not seek, both the job and disciples will come to him because he will send them to him himself. Upon returning, Guru Ji received a job within the first week, as well as many followers. Since that day on, he has been doing what he has been instructed to do so and what he believes in – spreading the knowledge of breathing techniques and Kriya Yoga to all that are willing to learn free of charge, a practice that awakens your brain giving it the ability to work harder and better.

On many occasions, he has been offered donations to open an ashram but according to his beliefs, he believes any home where there is a single devotee of Baba Ji is already an ashram and such donations and buildings are not needed. His disciple Pranav Sanghadia, a regular contributor to Asia Today, practices and teaches this art of Kriya Yoga in keeping with the tradition free of charge right here in Arizona and we are so grateful to him for this chance meeting with Guru Ji on his visit to the USA. Asia Today is thankful to Guru Ji and Pranav for their time, teachings, and messages and wishes them the best as they pass this beautiful message to the rest of the world free of charge.

For more information on future visits, classes, and teachings, contact Pranav at 480-331-8383 or via email at info@kyob.org.



Muhammad: the best messenger of Islam



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

When it comes to the Holy Prophet Muhammad (peace and blessings of God be upon him), the expression "to know him is to love him" is certainly true for well over a billion Muslims around the world. And yet in the Internet age, where a wealth of information on Islam can be obtained in seconds (at Alislam.org, for example), most Christians -- and most believers in other faiths -- know very little or nothing about Muhammad (pbuh) or the real teachings of the Quran and Islam.

This failure to seek the true facts about Islam and Muhammad (pbuh) is not just regrettable; it opens the door for people to be misled by hostile, self-styled "experts" on Islam whose books, videos and public appearances present only an extremely negative and selectively edited picture of Islam and the Prophet Muhammad (pbuh).

I often ask Christians: If non-Christians want a clear and honest portrait of Jesus and his teachings, should they read a book written by an "expert" who doesn't believe in Christianity and hates Jesus? Wouldn't Christians consider such a book nothing but vile propaganda and a complete waste of time? Why then do many non-Muslims think it's perfectly OK -- even preferable -- to be educated on Islam and the life of Muhammad (pbuh) by those who revile the man and detest his religion? How is that in any way "fair and balanced"?

In the interests of presenting the true picture of Prophet Muhammad (pbuh), allow me to share a handful of hadiths (sayings) of the Prophet, which not only reflect the vast majority of his tens of thousands of sayings, but also the central teachings and commandments in the Holy Quran, of which Muhammad (pbuh) was the living embodiment and best example. These sayings are short and to-the-point and require no commentary.

The Holy Prophet Muhammad (pbuh) has said:

"God is kind and loves kindness (in all affairs)."

"You can never enrich people with your money (alone); so help them cheerfully and with good grace."

"The best provision for the journey (to the next life) is fear of God (i.e., righteousness)."

"Modesty is the essence of virtue."

"One who is not thankful to people is not thankful to God."

"The chief of the people is the one who best serves them." "One who cheats (in business, etc.) has nothing to do with me." "In every matter, moderation is best." "Truth saves -- falsehood destroys."

"A generous person is close to God, close to people and close to paradise; but far away from the Fire (of Hell)."

"The most perfect of believers in respect of their faith are those whose behavior is the most excellent, and the best of you are those who behave best towards their wives."

"The beauty of a person's 'Islam' (religion; submission to God) lies in the fact that he abandons all that which is vain." "Contentment is a treasure that will never be exhausted."

"The height of excellence is that you should strengthen (renew) the ties of relationship with the one who severs them, and be generous to the one who is miserly to you, and be forgiving to the one who abuses you."

"I have been sent to perfect (in people) the best of morals."

Such examples of the true character of Muhammad (pbuh) are easily and repeatedly found throughout the six major collections of Hadith. And testaments to his high moral qualities and righteousness can be found in the writings of non-Muslim scholars and historians such as Karen Armstrong, who has written not one but two biographies of Prophet Muhammad (pbuh); one in 1992 and another in 2006.

And in the well-known book "The 100" author Michael Hart lists the 100 people throughout human civilization who he considers had the greatest impact on the world. The Prophet Muhammad (pbuh) is ranked #1 as the most influential person in human history (Jesus is ranked #3).

On page 3 of "The 100" Mr. Hart writes: "My choice of Muhammad to lead the list of the world's most influential persons may surprise some readers and may be questioned by others, but he was the only man in history who was supremely successful on both the religious and secular level."

Later, on page 9, he writes: ". . .

. . . Muhammad played a far more important role in the development of Islam than Jesus did in the development of Christianity. . . . Muhammad was responsible for both the theology of Islam and its main ethical and moral principles. In addition, he played the key role in proselytizing the new faith, and in establishing the religious practices of Islam. . . ."

To foster a greater awareness and appreciation of the Prophet Muhammad (pbuh), I wish to offer a free PDF or printed copy of "Life of Muhammad" to anyone who visits the Baitul Hameed Mosque in China at 11941 Ramona Ave. or calls the mosque at 909-627-2252 or Emails me at: shamshadanasir@gmail.com. We also have an information booth (#7330) on Ahmadiyya Islam in building 7 at the L.A. County Fair in Pomona. You are invited to stop by there as well. Just mention this column when you go.

It is hoped that a sincere and open-hearted investigation into the life and teachings of Muhammad (pbuh) will result in non-Muslims gaining a new, unbiased perspective on the man whose life and example have inspired millions of people to accept Islam and strive to embody the peace which Muhammad preached and strove for all his life. To be called a Muslim means you desire peace with God, peace within yourself, peace within your family and peace throughout the world. Anything else is not what a true Muslim should be striving for. May God guide and strengthen us all in our own personal struggles for peace. Amen.



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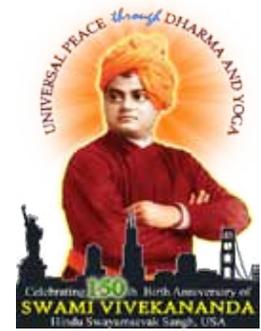
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Eye problems you must not ignore

When studying science, most of us have learnt that the human eye functions like a camera and the retina acts like a film.

The retina is a light sensitive tissue, which reacts to incoming light and sends the image to the brain through the optic nerve. Needless to say, any problem in the retina disrupts the picture and makes it harder for the brain to interpret it. Therefore, it is advisable to get a retinal examination in case you experience black spots, flashes of light or distorted or blurred vision. As this could be a symptom of diabetic retinopathy, retinal detachment or a torn retina. Furthermore, a retina consultation with an ophthalmologist can help you determine the root cause of the problem.

Diabetes and the retina

Diabetes can affect sight by causing cataracts, glaucoma, and most importantly damage the blood vessels inside the eye, a condition known as "diabetic retinopathy". Diabetic retinopathy is a complication of diabetes that is caused by changes in the blood ves-

sels of the retina. When blood vessels in the retina are damaged they may leak blood and grow fragile, brush-like branches and scar the tissue. This can blur or distort the vision. Diabetic eye diseases are a leading cause of blindness worldwide. People with untreated diabetes are said to be 25 times more likely to suffer from blindness than the general population. The longer a person has diabetes, the higher the risk of developing diabetic retinopathy.

Retinal detachment

Known as a medical emergency, retinal detachment is separation of the retinal tissue (neural layer) from the layer of blood vessels (that provide it nutrients and oxygen). When the cells are deprived of oxygen, they are unable to compose a clear picture. While the initial detachment could be restricted, if left untreated for a long time, it can cause blindness in the affected eye. Posterior vitreous detachment causes a tear in the retina and allows the fluid or water of the eye to seep under it, which detaches the retina from its supporting layer.

Myopia, better known as short



sightedness is a very strong risk factor for retinal detachment.

Retinal detachments are also caused by trauma to the head or eye. According to the statistics, these are frequent in the elderly and middle aged people.

Retinoblastoma

Retinoblastoma is retina cancer which rapidly develops in the retina cells. Generally, it affects kids below 6 and could be heritable or non-heritable. In some cases it occurs in only one eye and is referred to as unilateral retinoblastoma; if both the eyes are affected, it is called bilateral retinoblastoma and in several cases when it affects the pi-

neal gland as well, it is called trilateral retinoblastoma. Retinoblastoma is the most common type of cancer, which affects kids. But it also responds to timely treatment and has one of the best cure rates.

Doctors warn the parents to look for signs like white spots on the pupil, redness and pain. Parents with cross eyed kids, should get regular check-ups. A delay in treatment could lead to blindness, tumours that could spread to the lungs, brains and bones. If the tumour spreads outside the eye, then finding a cure might prove to be difficult.

(By Dr. Deependra V. Singh)

It's not only the least expensive and most effective workout ever, skipping also improves your agility and reflexes.

If you think only a well-equipped gymnasium with the latest expensive exercise equipment can make you lose weight, think again. A simple, inexpensive jump rope and some nice music can help you too, if you are consistent with it and do it right. Here are some points you need to keep in mind...

- An hour of skipping burns off over 1,000 calories. And 10 minutes of it burns around the same amount of calories as running a mile for that duration.

- Start off by skipping for a few minutes daily and gradually increase the duration.

- Remember to keep changing your skipping style every 30 to 40 seconds to avoid getting tired faster.

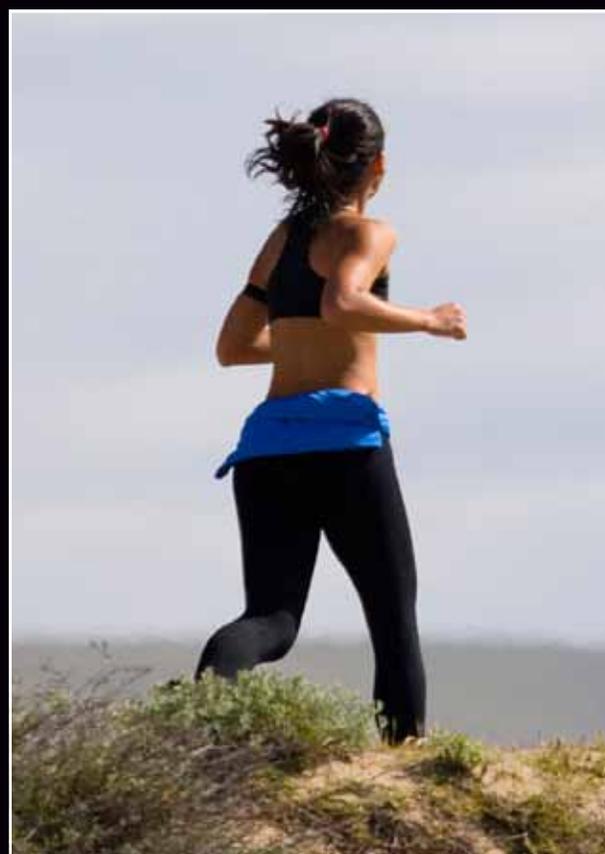
- Skipping can do wonders for your arms — it gives a great workout to your shoulders and also works wonders for your legs and abs.

- It increases coordination between your feet and hand movements, improves your agility, reflexes, posture and flexibility and is also known to strengthen your bones.

- Being an amazing cardio workout, it allows your body to burn fat more effectively, when you are doing other less intense exercises. Besides, it increases your endurance levels and makes you more vigilant.

- Avoid jumping on the carpet (you could slip or twist your ankle), grass, concrete, or asphalt. Your

Skip away the calories



exercise surface should be a wooden floor or an impact exercise mat.

- You need to consult your doctor before you take up skipping especially if you have problems with your knees, ankles and legs.

How to jump rope:

- Jumping rope needs coordinated movements and if you are new to it, you need to do both movements separately first and then merge them together.

- Jump without the rope first and later, hold the rope handles and swing it. Later combine both movements.

Why skip?

- For skipping rope, you do not need a gym; you can skip and jump anywhere

- It exercises your entire body

- You do not need an expensive trainer to tell you how to do this — just take a rope and skip away

- It is the least expensive workout ever created

You don't have to worry about the weather, like you do when you have to go for walks.

Tip:

Don't jump too high — ideally, it should not be more than an inch off the floor



Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

OCTOBER 2013 Programs & Events

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

Oct. 4 (Fri.) – Founding of Singh Sabha Movement (1873).
(Actual: Oct. 1)

Oct. 6 (Sun.) – Teachings of Bhagat Pipa Ji (Born 1425)
Mela Beed Baba Buddha Ji (Thatha) (Actual: Oct 6)

Oct. 11 – 13 (Fri.-Sun.) –
Parkash Sri Guru Ram Das Ji (1534). (Actual: Oct. 9)
Akhand Path – Arambh: Friday 10 AM; Bhog Sunday 9:00 AM

Ardas: Shaheedi Bhai Sukhdev Singh Sukha &
Bhai Harjinder Singh Jinda. (Actual: Oct 9, 1992)

Oct. 17, Katik 1 (Thurs.) – Sangrand & Monthly Sehj Path
9:00 AM – 10:00 AM.

Oct. 18 (Fri.) – Pooranmashi Kirtan Diwan, 7 PM to 8 PM.

Oct. 20 (Sun.) – Joti Jot Sri Guru Har Rai Ji (1661)
Gurgaddi Sri Guru Har Krishan Ji (1661)

Oct. 20 (Sun.) – Homeless Dinner Seva
Phoenix Rescue Mission, Call 602 741 8021 for more info.

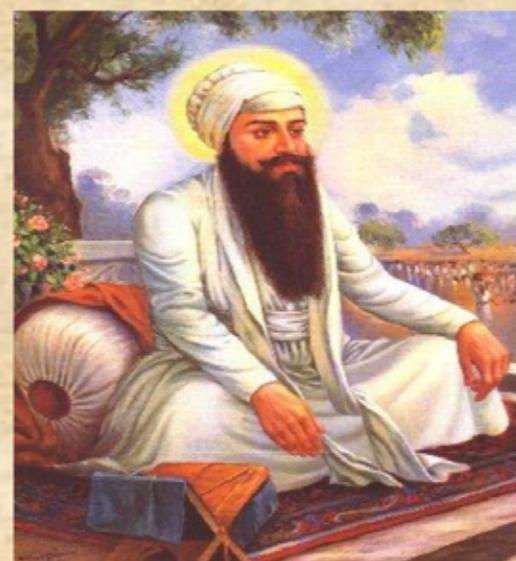
Oct. 25 (Fri.) – Birthday Baba Buddha Ji (1506).

Oct. 27 (Sun.) – Saka Panja Sahib (Actual: Oct 28, 1922)
Ardas: Shaheedi Bhai Beant Singh Ji (and Bhai Satwant Singh Ji)
(Actual: Oct 31, 1984)

Regular Programs:

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

Waheguru ji ka Khalsa! Waheguru ji ki Fateh!



Sri Guru Ram Das Ji



Bhagat Pipa Ji



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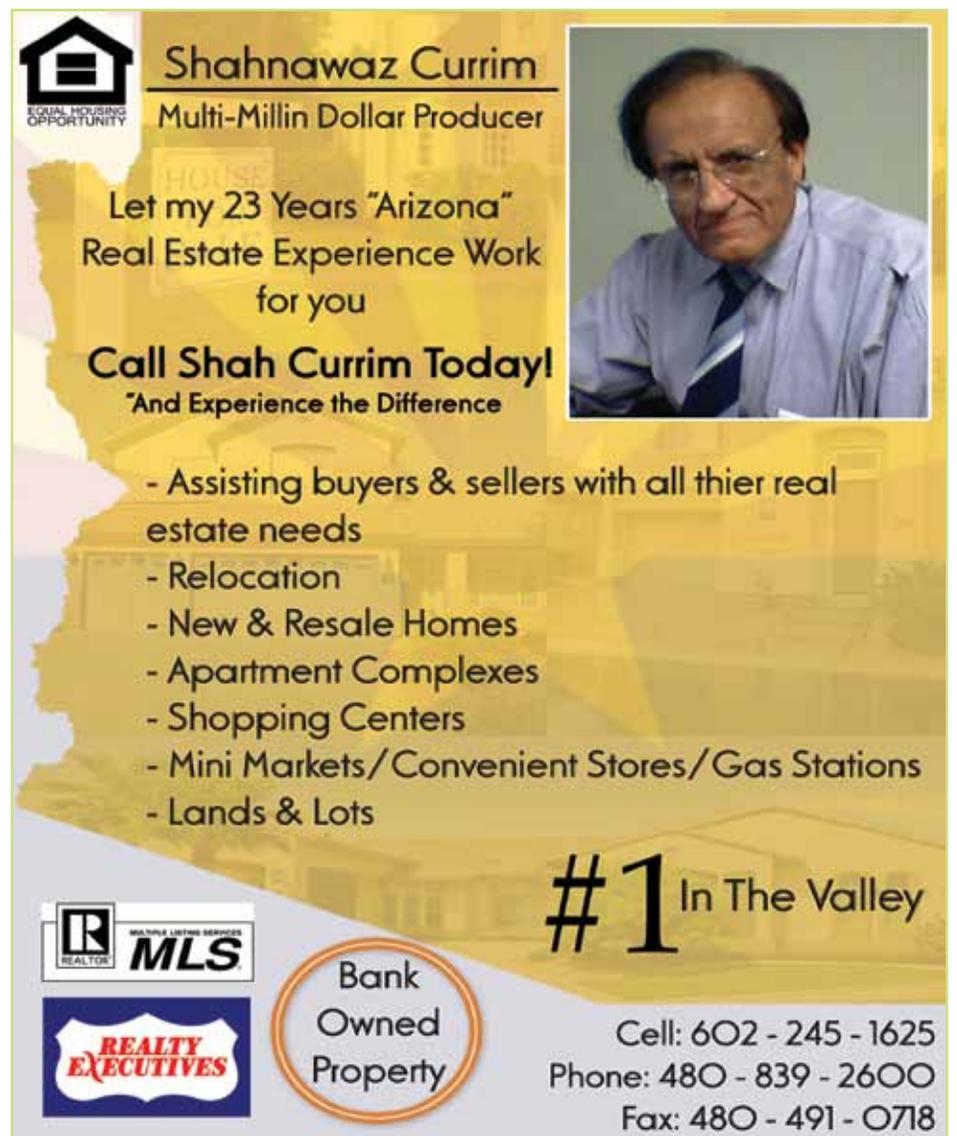
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