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# Today

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**3**  
Unveiling  
KarwaChauth-  
The Fast of Love



**16**  
INDIAN WOMEN  
EMPOWERMENT FORUM 2016



**29**  
15th Year  
Commemoration  
of S. Balbir  
Singh Sodhi



**33**  
I hope my  
part is not  
shown in  
Dhoni's  
biopic:  
Laxmi Raai



## Pratham Phoenix Annual Gala 2016



**September 17, 2016  
by Deepa Kaur Walia**  
With the intention of raising funds to contribute to Pratham's respectable cause of education reform in India, the Phoenix Chapter of Pratham USA hosted a classy affair at the Hilton in Scottsdale, AZ on the eve of September 17, 2016. While making contributions to the worthy cause of education, Pratham's Phoenix Chapter also took the social • **More on P26**

## Arizona Malayalees Onam 2016



We sent out the invitation, everyone responded and how! What a turnout we had at the Arizona Malayalees Onam celebration on September 10th. The Indo American Cultural Center was packed.. Everywhere one looked there were families clad in the traditional Kerala attire, sharing laughter with friends, exchanging smiles – enjoying tradition. The hall was decorated beautifully with a pookalam and vilakkus(lamps). It was indeed a proud moment for the Arizona Malayalees, when Srimati Asha G o p a l , • **More on Page 22**

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# Unveiling KarwaChauth- The Fast of Love

My thoughts take me back to my childhood, all the neighborhood “moms” were dressed in their finery getting together for the quintessential



and when I touch his feet, it revalidates the vows we made around the fire. The modern woman in me surrenders to that moment. He may not be God but every marriage requires surrender, acceptance, and faith.

So KarwaChauth for me is about Faith, Love and togetherness of Marriage. This brings together the gorgeous ladies who surrender resplendently to the moment and celebrate with each other. There's reverence, laughter and bonding and that's Celebrating Life!

Pooja(prayers), complimenting each other on how they looked. The colors, the camaraderie, and the feeling of togetherness all brought the zest in the festival. It was perhaps an occasion to bond and celebrate the institution we call Marriage.



Childhood blossomed into youth and suddenly the parents were itching to get me married to an appropriate stranger. The families met over a few cups of tea and before I knew it, I was going in circles around the holy fire. Yes, we were Married. Two strangers looking to spend the rest of their lives together and I asked myself; Is my husband my Parmeshwar(God)? The feminist, educated, modern woman in me came out with all her claws. 17 years since and I still ask myself that question. That being said every Karwachauth, I dress up, apply henna, wear sindoor, and fast till the moon comes up. Every year, as he pours water into my mouth I sense the tenderness in his eyes



## The Ritual of KarvaChauth

On this day, the women get up before sunrise.



Mother-in-laws give their daughter-in-laws sumptuous food called sargi to eat before sunrise as the fast starts before sunrise. In the evening, the women adorn themselves with bridal finery. Mostly, the newly-wed wear their wedding attire on this auspicious occasion. After dressing up, the mother-in-law usually gives her fasting daughter-in-law some gifts. Before evening, the married woman receives baya or a basket full of goodies from her mother, which is meant for the mother-in-law. Before the sun sets, most of the women locally gather in one house and prepare for the puja.

An elderly woman of the family narrates the legend of KarvaChauth. The women then pray for the long life and welfare of their husbands. While chant-



ing the prayers, they pass their bayas from one another. The wait for the moon rise begins after sunset, and as the moon is sighted, prayers are offered to the moon. The fasting women first observe moon through a sieve and then break their fast. The first sip of water and the first morsel of food is offered by the husband. A sumptuous dinner follows.

For more fashion tips, please visit <http://hman.com/>





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**Adapting to the Digital Customer...**

You are at the airport for your scheduled flight and your smartphone beeps “[Flight Number] Departure Time Changed To [A Time Other than your Scheduled Departure Time].” If you are lucky, you get one beep and then take off with a slight delay. If you are not so lucky as I was in a very recent experience, the beeps keep coming until the delay is so late that the final beep states flight changed to the next morning; the airline gives you room and board to return to the airport the next morning. Very little information is provided about what is actually going on – the employees are dealing with frustrated customers looking for answers. I am sure some of you have been in this situation and experienced the frustration as a customer.

Scheduled to depart at 10:45 PM on a 9 hour flight which was delayed to 9:40 AM the next day in a city that is not my home city (so I could not just go home) had me beyond frustrated. Did I just sit there frustrated and irritated? No. I had my handy dandy smartphone and instantly googled the airline to see if they were in the news to see if this was a single instance or something else happening. I read a few articles posted regarding a major IT cutover occurring within the organization the day I was travelling that may cause hiccups in passenger plans, put 2 and 2 together to make a 4 that screams this is what happened – a cutover gone wrong. Given the facts available and the inability of the staff to provide me answers, I arrived at my own answers. This is the behavior of today’s digital customers– gone are the days of customers who deal with the blows given to them by service providers waiting for days to read about what may have happened in newspapers that will provide details long after it is all said and done. If not in a flight situation, I am sure many of you have done something similar when stuck in freeway closures or traffic delays.

Organizations spend millions to improve the digital experience of their customers – giving them smart apps to check in online, change seats, provide arrival information, track bags, and many other features. However, many are failing to provide the same level of service to their employees and those employees are the face of their organization. I saw employees with no answers on what caused the delay, dialing phones to talk to hotels about availability as customers wait in a queue for their hotel assignments, struggling to find a new crew due to the large delay in the original flight time, and many other issues. Imagine the direct impact you can have on your customers by improving your employee experience - employees having handy apps that are educating them on what is causing the delay so they can effectively communicate to customers, being able to book hotels for customers through those apps instead of spending 5-10 minutes a customer holding on for the hotel to answer, or even staff close by being able to voluntarily sign

Festivals, culture, tradition form the mainstay of Indian society. Navratri is one such festival which has a lot of tradition and significance attached to it. Navratri is a festival which reveres the power of good over evil and symbolically worships the various forms of the Indian goddess of power, Durga. Each of the nine nights during the festival is dedicated to a specific form of goddess Durga.

**The first three days of Navratri**

The first three days of the nine-day festival reveres Goddess Durga. This is a time when power and energy is worshipped. On the first day of the festival, Durga is worshipped in the form of the Shakti. Goddess Parvati is worshipped on the second day to signify triumph of good over evil. The third day of Navratri is for Goddess Kali, who represents a mature woman.

**The fourth to sixth day of Navratri**

The fourth and fifth days are dedicated to Goddess Lakshmi. It is believed that after winning over evil, there is a lot of anger in a person. So it is said that during this time Goddess Lakshmi is worshipped to get wealth and prosperity as well as peace.

However after attaining all this, man is believed to become



up to be the backup crew. Things go wrong but how that is handled can have a huge impact on your customer experience and the people that are directly impacting your customers are your customer-facing employees. If your employees don't have the answers, your customers will find their own answers as I did in my not so pleasant situation. To satisfy the expectations of digital customers, you must empower digital employees and this is where many organizations fail to make the connection. They look at employee needs as internal facing applications that are increasing cost and not providing enough return on investment and move towards spending all their money on customer facing applications.

Asia Today has seen a lot of success from readers who prefer a physical newspaper to hold on to with their morning cup of chai or coffee. While we will continue to cater to that demand and continue to have printed publications available at all South Asian businesses in the valley and mailed to homes free of cost as requested, we recognize the need to adapt to our digital customers and have diligently been working behind the scenes to cater to the digital audience in addition to our existing reader base. In the coming months, you will see a complete redesign of our web presence www.asiatodayz.com, as well as the ability for advertisers to advertise both in our print and digital presence. Recognizing the delicate relationship between digital customers and digital employees, we have also invested in additional changes not visible to our readers that will still have a direct impact on them - redesign of our administrative capabilities to quickly and easily deliver content digitally. Last, but not least, you will see us leverage social media platforms such as YouTube, Twitter, and Facebook to add to that enhanced experience. Our own special column, Chai With, has already been transformed from just being a print interview into a print interview combined with a video interview that can be found on our Facebook site. If you are not already, please like and follow our page <https://www.facebook.com/AsiaToday> to take advantage of these upcoming changes. You can also visit us at the Information Booth at our 6th Annual Diwali Mela on October 22, 2016 from Noon to 9:30 PM at Kiwanis Park North Soccer Field in Tempe, AZ to learn more about these changes and enjoy the Diwali festivities including amazing food, shopping, local performances, an outdoor, under-the-sky dance party with live Sa Re Ga Ma Pa singers Imran Ali and Darshana Menon + our very own DJ Isaac from 6:30-9:30 PM.

Thank you Arizona for your continued support year after year. We are very excited about the upcoming changes and the opportunity to continue to serve you in the coming years. Looking forward to seeing you at the Diwali Mela – you don't want to miss this. It will be another great event!

**-Deepa Kaur Walia**

**Editor, Asia Today, editor@asiatodayz.com**



ignorant. So the sixth day is for Goddess Saraswati, the Goddess of learning. All literature books, instruments and related equipment are collected and kept in one place in front of an idol of Goddess Saraswati and worshipped. Students also pray for a good education and success.

**The seventh and eighth day of Navratri**

These two days are again dedicated to Goddess Saraswati and there is a sacrifice of clarified butter or ghee made for Goddess Durga. A kheeror pudding of sesame seeds is made on these days.

**The last day of Navratri**

On this day, which is also called Mahanavami, a kanyaa puja is performed wherein a small girl is worshipped, and given gifts.

Navratri is a festival of nine glorious days of Goddess Shakti, but it also comes with the promise of fun dandiya nights and lots of shopping. India is a kaleidoscope of festive occasions and religious beliefs, but this is also juxtaposed with a modern outlook. This mix of old and new is what makes the festivals here come alive.

**-Manju Walia**

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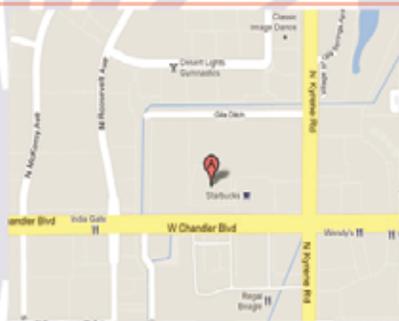
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# Time Management

Managing time is key to organization, and we all know how peaceful and satisfactory it is to be organized. Nothing seems to be sliding out of your hands and as teenagers the power to have everything in our hands feels almost absolute. If time is managed properly we can wholeheartedly dedicate a fraction of our day to mostly everything: friends, schoolwork, games, and our favorite shows. If not then either the whole day goes by playing, or watching our favorite shows, and then freaking out around 10:00 pm about the unfinished schoolwork. So if time management is so fruitful, then why do we not incorporate it in our goals list, or in other words, why is it so difficult to incorporate it?

In this article I would like to discuss about the few things that can be done to bring about some time management. I am not an expert at this topic, but I have failed in so many ways while trying to achieve it, that I can prevent my readers from taking the roads that mislead me.

The first lesson I learnt is "divide and rule". When you realize that the job is a big one, start it immediately; finish it in small fractions. However do not forget the assignments that are due the next day, or the day after. A good example that I can offer is this article:

it's a difficult job, but it's due at the end of each month, so I have to divide the work wisely. Coming up with a topic in the first week, and later on forming outlines, getting advices from peers and my parents, and in the final week begin an actual article. And thus by the end of the month, a complete revised article is on my computer.

However, in this rush I cannot sideline my Physics homework that is always due the very next day. So I have to consider two things: which job is the priority and which job is to be divided wisely? Whatever comes up on my list is to be finished that day before any entertainment.

For those of us in high school, SAT and is the big deal. It is something that needs to be divided wisely. It is better to start preparing for it six months prior or even earlier, rather than starting in a month or two. You can, of course you can do it in two months, but doesn't giving an hour or half sound better than 2 or 3 hours per day? It's your choice.

Entertainment reminds me of internet. If you get easily distracted by YouTube videos or social media, then this

is what I have to say: Finish the jobs that only require old school materials-pen and paper. This way you'll at least have one job done, than having none finished because of a disoriented mind.

The second lesson I learnt was from a friend (this was in India). She would never let a single free class go to waste; whenever possible she would try to finish her homework in the school, so that at home she could have a relaxing "me-time". At first I thought how boring it would be not be with friends, and devote school time to more studying. Basically being a "nerd". However gradually, as we all get influenced by the ones around us, I got too, and I really liked what I had learnt from this friendship. When I moved to America I practiced what I had learnt, and it was indeed very peaceful to have homework finished in school, and then doing whatever I enjoyed at home. Sometimes when I had my schoolwork done in school itself, I could devote a fraction of my day to making new friends, talking with old ones, and getting to know America. This gives us two points: borrowing positive skills from your sur-

roundings, and setting aside procrastination/laziness can be the doorway to the sweet fruit of time management.

But what if you tried your best or maybe failed at trying your best, and now you've ran out of time? If you didn't try your best, then give it a shot next time; wait for your chance to prove to yourself. If you did and yet you failed, then I'll remind you of this one dialogue Naina says in YJHD - it is never possible to get a hold of all things at once, sit down and relax with what is in your hands right now, at this moment. Yes, we all run out of time at some point, but this shouldn't mean that we don't enjoy what we've worked hard to achieve. Maybe this exam did not go well, because you didn't divide time wisely, then look back at the exams where you did, and appreciate yourself. Time would always come back to give you another chance to manage it.



I hope the article was relatable!  
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# Forese to seek Treasurer's office

Arizona Corporation Commissioner Tom Forese announced today that he will run for Arizona State Treasurer.

"The role of the Arizona Treasurer needs to be more than just growing the state's nest egg and managing its money. If elected Arizona treasurer, I will bring a focus on job creation and driving investment to Arizona," said Forese. "I have dedicated my career to doing that."

Forese is a successful businessman who entered politics to improve Arizona's economy. A founder and former CEO of an education software company, Forese first ran for office in 2010, winning a seat in the Arizona House, where he served on the Appropriations Committee and as the chair of the Commerce Committee.

"Serving as Commerce chair opened my eyes to Arizona's potential as an economic force in the global economy," Forese said. "I was elected after our state lost more than 300,000 jobs in the recession. I had confidence we could do better, and we have. Now I would like to use the office of Treasurer to drive jobs and investment to Arizona."

Forese was elected to the Arizona Corporation Commission in 2014. The commission regulates utilities, railroads, telecommunications, investment



securities, facilitates business formation and oversees the implementation of the new state equity crowdsharing investment program.

As a commissioner, Forese focuses his efforts on economic development, innovation and efficiency. His work includes creating a program to reduce the price of electricity for schools and put more money in school classrooms.

"I have been a constituent of Mr. Forese for more than six years", said

Gilbert resident Natalie Germaine. "He's been responsive to the needs of his constituents and is a tireless promoter of Arizona's economy. I know he will continue to fight for us as state Treasurer."

"Tom is always there for us," said Ruben McBride, a farmer from Pima, Graham County. "While on the Corporation Commission, he has worked hard to ensure rural water companies, that farmers depend on, be solvent and

fair with their customers."

A resident of Gilbert, Forese and his wife, Casey, have four children: Jack, Maddie, Tommy and Allie.

The candidate's web site is "www.foreseforarizona.com." Forese can be reached by email for campaign matters at forese@gmail.com.

The Commissioner is not required to step down and will continue with his fulltime role as a Corporation Commission member.



By Vicki Mayo

# Marijuana: A Nightmare

Imagine getting in your car with a higher than average risk that you could get into an accident with someone high on marijuana. As you drive to pick up your child from preschool, sign spinners next to her school advertise edibles marketed as popular mainstream candy bars. When you stop to fill your gas tank, the store has only one employee and a line out the door. Apparently the owner can't find anyone to work that can pass a drug test. Driving home yet another friend calls you lamenting about their teenager's addiction to marijuana.

This isn't a nightmare; this scary scenario is the current reality in Colorado. Almost four years ago, Colorado passed a measure legalizing mari-

juana. Now four years later, the "marijuana experiment" clearly failed. Teen drug use is 74% higher than the national average. ACT scores have dropped lower and lower. Marijuana DUI rates have increased 600%. Traffic fatalities have increased 62% since legalization.

The Colorado experiment is on track to be recreated in Arizona if Prop 205 passes in November. Prop 205 was written by medical marijuana dispensaries that stand to profit from a legal drug trade. Prop 205 is written so liberally as to make it legal to sell marijuana edibles near preschools and youth clubs such as the Boys and Girls Clubs. Prop 205 allows the production and sale of highly concentrated

marijuana edibles and candies without limits on potency. Prop 205 also allows the growth of marijuana plants in homeowner's yards giving easy access to youth.

Proponents of Prop 205 argue that a portion of the tax revenue will provide additional funding for our Schools. Colorado included a similar provision when they legalized marijuana. Four years later, Denver schools have yet to receive even a penny. Instead what got is the highest teen marijuana usage rate in country.

If all of this isn't frightening enough, due to the Arizona 1998 Voter Protection Act, if Prop 205 passes, there is Virtually NO TURNING BACK. Un-

like normal legislation which can be changed and tinkered with each legislative session, a Proposition is essentially a fundamental change to our constitution and cannot be changed.

Right now, there's a strong chance that Prop 205 will pass. If there's anything we've learned from the Colorado experiment, it's that it was a failure. Don't allow our state to turn into a failure! Please VOTE NO TO PROP 205!

For more information, please visit [noprop205.com](http://noprop205.com).

Vicki Mayo is a member of the Indian community and has lived in the Valley for almost 20 years. She, her husband, and two children live in Scottsdale, Arizona.



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# Inviting One or Two Western Guests to Large Ethnic Parties



The people of the Asian diaspora settled in the West often tend to have big parties to celebrate different occasions. At such gatherings most of the invited guests usually are local diaspora friends and relatives of the host. The number of extended family members is often less than the friends because a good number of us don't have large extended families in our adopted homelands like we did back home. Many of us have not been here in the West beyond one or two generations and extended family trees have not yet fully developed. With time, however, this ratio will be affected as more and more of our relatives are allowed to immigrate. The shift will also change further as our grown up children establish their own families.

Most of the guests - relatives or friends - attending these parties usually belong to the same ethnicity and faith as the host, and are probably from the same geographic area back home. Yet occasionally one comes across gatherings where one or two Western friends may also have been invited. Naturally, such guests will either be the neighbors or colleagues of the host or someone who may have a long-term relationship with the host. Such invitations are the natural outcome of the multiculturalism that all immigrants adopt over a period of time.

Inviting Western friends and neighbors is good for it helps assure the host, at least in his or her own mind, that he or she has made a sincere attempt to assimilate within the culture

of the adopted country. However, the uneasiness that sometimes is observed within the minds of a few invited Westerners in such parties where they are surrounded by a large group of ethnic guests becomes fairly obvious in such scenarios. Their unsettling gets further exaggerated by the apparent apathy shown to them by the large ethnic crowds. Quite often, a voluntary lack of attempt by the host to introduce their Western friends to the remaining ethnic guests and mingle with them or vice-versa makes the matter worse.

I, like many others, in such ethnic parties, have at times failed in moving forward to introduce myself to a lonely Western guest and spend few moments talking with him or her. I always had the impression that such behavior was limited to people of Indian origin. However, after watching "Gran Torino," a Hollywood movie by Clint Eastwood, I came to realize that this is not the case. Rather, it appears to be pervasive within the Asian diaspora and not something only confined to one ethnic group.

To some extent this inhibition may be the consequence of a language barrier that many immigrants have. But this may not be all. We often tend to become overly cautious with some attitudes that to us may appear as our deficiencies and as a result we try to avoid projecting them openly. But in so doing we ignore the fact that our deficiencies may not necessarily be perceived as such by Western guests and instead could be viewed as manifestation of exotic behavior,

qualities that were previously unknown to them.

Sometimes, a host may completely act the opposite, almost one hundred and eighty degrees apart in total contrast to this behavior of apathy. In such a scenario, the host may go all the way and divert his or her full attention to a few Western guests at the expense of others and ignore his or her diaspora friends as if they just didn't matter. This behavior often stems from two unique thought processes. First, being extremely respectful to a distant unknown guest is a natural built-in cultural characteristic among many of us regardless of the ethnicity of the guest. In this endeavor we simply ignore the adverse effect of such attitude that may project upon the majority of guests. The host assumes that the immigrant guests will understand the apparent need of the host to attend to the Westerners.

Second, an exaggerated concern toward Western guests at the expense of the ethnic guests could also be a consequence of our age-old built-in inferiority complex that we all happen to possess in varying degrees. The roots of this complex date back to many centuries of our subservience to the predecessors of the white race under the British Empire.

Regardless of what kind of behavior we display, one fact remains obvious. At our get-togethers, where at least more than 95 percent of the invited guests are ethnic, having one or two English-speaking Western guests may not make much sense. In fact, the situation becomes awkward for the invited Westerners who may feel uncomfortable and not fully enjoy the occasion. Western guests may participate in all the rituals outwardly during the celebration in order to make the host happy, yet these guests may not be there emotionally. Likewise, it may not play well with the ethnic host for the reasons stated above.

The question then arises if one should or should not invite non-ethnic guests on such occasions. There doesn't appear to be one right answer. It will always depend upon the relationship and desire of the host.

decide to do so, an attempt must be made to seek out one or two individuals of the main ethnic group having good speaking skills without much language barrier as well as broad awareness about the Western culture in order to stay put with the Western guests. In the midst of a gathering of strangers, these Western guests could then become part of the enjoyment and pleasure of the event. The individuals selected should have some common interest with the Western guests, and be pre-directed to fully dedicate themselves to the special guests during the entire celebration. Only with a certain amount of pre-planning can such an objective be achieved.

Inviting a guest and then leaving him alone in a corner, unable to communicate with the rest of the crowd, certainly does no good either to the guest or to the host. It indeed, hurts the previous well-built relationship and may not leave good memories in the mind of such a guest about the event. Likewise, ignoring the majority of the members of the ethnic group and directing all the attention to one or two Western guests will not cut it either. And for sure, any host of a planned happy occasion certainly would not wish for such kind of eventualities. Putting on a party is fun, but it's important to host an event at which each and every invited guest feels fully involved and is taken care of in the best way possible, regardless of whether or not that person is a Westerner or part of the ethnic group. Only then would a celebration become truly purposeful, enjoyable, and a thoroughly memorable occasion!

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

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# INDIAN WOMEN EMPOWERMENT FORUM 2016 IN PHOENIX

## For the women, by the women



Phoenix, AZ: The first Indian Women Empowerment Forum's Conference in AZ was held at IACRF Hall, 2809, W Maryland Avenue, Phoenix, AZ 85017 on Sunday, September 18th, 2016 from 4:00 PM – 8:00 PM, empowering Indian Women. This event was organized by Hindu SwayamsevakSangh (HSS) in collaboration with Indo - American Foundation of Arizona (IACRF).

Kate Gallego, Councilwoman and Vice Mayor of Phoenix, SubhashThathi and JagdishSagar of IACRF, Shyam Byra and Manisha Kand of HSS, Dr. Sujata Gunnala and Lalitha Byrainaugurated the conference by lighting the lamp. A welcome Bharatnatyam dance by SwetaBhagavatulawas gracefully performed for the song Vatapi. A very inspiring, motivating speech was given by Kate Gallego, SubhashThathi, JagdishSagar and Shyam Byra at the conference.

The event had an overwhelming response with more than 360 women registering for the conference. More than 290 women attended and participated in one of a kind Indian women conference ever organized in Arizona.

The goal of Indian Women Empowerment Forum (IWEF) is to help and support the rapidly increasing Asian Indian women population in AZ. Indian Women Empowerment Forum will promote awareness of issues relevant to women and our community; provide guidance to needy women thereby empowering them to handle the challenges faced effectively & efficiently with the help of other women.

Two, very powerful key note speeches were delivered by Dr. SowmyaPanchanathan, Pediatrician on "Raising children with the best of Indian and American Values, and Mrs. RenuNavale, Director - Intel spoke on the three "Powers" that are critical to the process for empowering oneself and others and can be used by all women,



regardless of type of profession or endeavor.

At the conference, IWEF recognized and felicitated three renowned Indian Women of Arizona for their exemplary contribution and service to the community: Kalashri Asha Gopal ji has won a number of prestigious awards and has been a tireless ambassador for Indian classical dances. Her school, Arathi School of Dance, has entered the Guinness Book of World Records for have the most number of arangetram in the USA. There are no words which can convey our awe and respect for Saranjit Saini ji for her tireless sewa to NishkamSevaGurudwara Sahib in North Phoenix. Dr. Sujata Gunnala, voted Phoenix magazine Top Doctor, has donated land to the MahaGanapathi Temple of Arizona and volunteers her time and services to the temple.

The IWEF's first women conference was well rounded with information packed forums and discussions, entertainment, and fun games. The informational side to the event consisted of two panel discussions and break out discussions. The first panel discussion led by Dr. Padma Aking and Mrs. Anita Rangaswami addressed issues related to mental health and stress for women. More precisely, does one explore medication for symptoms of psychiatric illnesses or should we use more holistic approaches? The second panel event was a health forum discussion panel.

This panel was led by Dr. Vidya Raman who addressed health concerns in middle-aged Indian women like Type 2 diabetes, heart disease and life style choices and associated risk factors, Dr. RadhaRamamrutham who spoke on dementia and Dr. Sandhya Raavistressed on children's mental health and a very delicate topic - sex education for children.

There were 12 parallel tracks of group discussions in the break out session. They were 1) Bring Out The Best Of You By Bhakti Gosalia, 2) Holistic Awareness By Shampa Chatterjee & Anila Adusumilli, 3) Cultural Values By HSS Manisha Kand, 4) Educate & Unleash Your Potential By Rashmi Menon & Meha Trivedi, 5) Enhance Your Strength To Promote Yourself By Sapna Patel, 6) Learn & Rise To Top & Excel By Shyamala Chalakudi, 7) Breast Cancer Awareness & Women's Health By Dr. Rashmi Vaidya & Shobana Bhatt, 8) Learn The World Of Business By Harpinder Saini & Manju Walia, 9) Financial Wisdom By Julie Lalwani, 10) Evolve, Adapt & Embrace Change By Deepa Iyer, 11) Legal Laws & Docs By Monica SudDevraj & Geetha Nimmagadda and last but not least 12) Career Advice By Rupa Chenthil.

There were three dance performances and all were folk dances from India: Odia Regional Dance was performed by. Parul Agarwal, Smrutirekha Ray, Shatabdi Routray, Sonali Chat-

terjee for the song "Paada repaada Chandaa, Paadenupura bandha". Gidha, a popular Punjabi folk dance was performed by Harmeet Kaur, Manmeet Kaur, Jai Kaur, Gurpreet Kaur, Harpreet Kaur, Manmeet Kaur, Sharan Kaur, Sarb Kaur, Renu Singh, Sweetydult, Simran Kaur. The last song performed was a Lezim folk dance form, from Maharashtra, India where dancers carry a small musical instrument with jingling cymbals called the Lezim, The song was "Deva Shree Ganesh" This was performed by Saritha Muriki, Sapna Maheshwara, Suvarna Fadnavis, Namrata Tilekar, Arpita Shiggavi, Uma Raghavendra, Mrunal Koranne and Ramya Parthasarathi. An ode "Suno Suno Meri Awaaz" to all empowered women was sung melodiously by Mouly Bhatt.

At 8:00 PM, a delicious dinner was served. The dinner spread was from Uttappam to Mysore bondas to double kamitha, all cooked fresh by the HSS volunteer men in the kitchen, right there at IACRF Hall.

More details about the Indian Women Empowerment Forum are available at: <http://www.iweforum.com/>

Available for Interviews  
Mrs. Lalitha Byra - HSS  
Mr. Jagdish Sagar – Chair Person, IACRF

Hindu Swayamsevak Sangh (HSS) USA is a voluntary, non-profit, social and cultural organization, conducts structured programs of regular athletic and academic activities to develop strong character and leadership skills in its members (known as swayamsevaks for men and sevikas for women), emphasizing values such as self-discipline, self-confidence and a spirit of selfless service (seva) for humanity.

Indo-American Foundation of Arizona is a Non Profit Organization in Phoenix, serving the Community through Community Center & Ekta Mandir Hindu-Jain Temple.

\*\*\*



# Seniors Group's Annual Day Celebrations on October 27

**Contributed by:** Bhagubhai Patel & Dr. Prakash V Kotecha

**Upcoming Events:**

Thursday October 6: Navaratri Celebration - Garba Fun Navratri Celebrations; Shrikant Vaidya will lead the music planning and Meena Bhavsar to lead Raas-Garba.

Thursday October 27: 10:00AM to 3:00PM

Diwali Celebration & Senior Group Annual Day: Free to Member; non-members \$15

**Members News:**

As the summer heat is fading way, "Sun Birds" seniors have begun returning to the Valley. We welcomed back Meenaben and Ramanbhai Bhavsar after their long stay in New York City. Indubhai Patel has returned after his traditional summer hiatus to Chicago.

Munnu Bajpai is showing remarkable progress in re-gaining his ability; recently he belted away the whole Gayatrai Mantra. Charan Chabara has nicely recovered from foot injury. We will miss Sevantibhai Shah as he is going for second TKR in early October.

Jayshree & Praduman Kshatriya, Belur & Paru Chandramouly, Jaswant & Chandrika Patel and Manju & Manhar Khatri returned from their China Tour. Praduman and Jayshree mentioned they were very much impressed with all the developments in China along with the visits to the heritage places of thousands of year Chinese Culture and history. Noticing of Rapid development of infrastructure is hard to miss.

Dr. Prakash Kotecha has accepted a position with Asian Pacific Community in Action (APCA). Dr. Kotecha has been a very active member with Senior Group and we surely will miss his presence in our Thursday Gatherings. However, he will continue helping us with our publications, digital technology assistance, etc. and hopefully will frequently attend the Thursday Gatherings with programs from APCA. We have organized many programs in Senior Group as given by APCA - Healthy Living workshop, Diabetes awareness, etc. We also hope that with his new responsibilities with APCA, he will be better able to bring many more health related programs to Indo-American Community and specifically to the Senior Group. On Bhagubhai Patel's request, on 15th September Dr. Prakash Kotecha presented on "Healthy Mouth-Healthy Body" to the members. He introduced Asian Pacific Community in Action that members knew already as not for profit organization having a vision to inspire diverse communities to seek healthier futures. He further



mentioned that APCA mission is to provide services, advocacy and education for diverse communities resulting in a healthier and more empowered population seeking good health. APCA focus is on Asian American and Native Hawaiian and Pacific Islander (AA & NHPI) individuals and families residing in Arizona. He defined in simple term what oral health is. He then shared the fact that 60 to 90% of School going children and almost all adults suffer with dental caries as per World Health Organization reports. Oral health issues are five times more common than Asthma among children and 52 million children days are lost in schools due to oral health problems. USA spends 64 billion dollars on oral health but a meager 4% of this cost comes by the Government Program. He then highlighted Arizona specific data where 44% of adults and 38% of children do not have dental health insurance among 6-9 years aged children 96% of them have experienced dental decay and over 51% have untreated dental decay. He then presented how oral health is linked to general health. He mentioned that good dental health is a prerequisite of good health and is linked to number of systemic diseases.

To create awareness at community level and bring about policy level change a community movement is essential. As an initial step, to explore possibilities of improving Oral health and related policy and impact on Insurance practices, APCA had organized a



Town Hall Meeting on September 21st to get community inputs with Bhagubhai Patel, Prakash Deshmukh, Manhar Khatri and Dr. Uttam Parjapati participating.

Ganesh Celebrations were enjoyed by the members more so as Ekta Mandir had some unique presentation for our members for darshan as well traditional rituals.

**Upcoming Events:**

Summer season departures bring us in the Festive season - Navaratri is around the corner and Diwali not far behind, with Thanksgiving, Christmas and New Year to follow. We hold Senior Group Management Committee meetings on monthly basis to plan out these events. These meetings are open to all members and typically we have over fifteen members attending.

We will be enjoying a picnic on September 29th at Piestewa Peak Park, 2701 E. Squaw Peak Dr., Phoenix, AZ 85016 which is a beautiful location with mountain surrounding in all

directions.

**Thursday Gatherings:**

To better organize and highlight our activities, we are setting up the Indo-American Community Hall in separate Activities area near the stage and Assembly and Lunch area near entry on south side. Activity area will accommodate Playing Card tables, Table Tennis, Video Exercise and any special meeting requirements. Assembly area will facilitate Socializing, Chit chats and group common activities. The members loved the new arrangement.

One of our members Uma Aggarwal has written and published another book on Indian Vegetarian Cuisine. On September 15th Umaji talked about importance of Indian Cuisine vs. Continental and her efforts to share recipes developed by her. All her five books were put on display for the members to examine.

Lunch was sponsored by Tara Patel, Kishor Vyas, Manjuben & Shadaben Patel; Dr. Rasik Patel, Manjula Patel, Usha & Ravi Gautam and Praduman and Jayshree Kshatriya. Ladoo (Modakam) during Ganpati celebrations were sponsored by Prakash Deshmukh and Manjula Patel.

\*\*\*\*\*

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



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## Indo-American Found

(Registered Non-Profit Organization)  
Hindu-Jain Temple Ekta Mandir with Community Center, M

**FREE ADMISSION!**

# Navratri

1st to 10th Oct 2016  
9AM to 12 Noon and 6PM to 11PM



### EVENTS

<b>1st - 10th Oct</b>	<b>All Navaratri Days (10 days)</b>	9:00 AM - 10:00 AM Jyoti and Kalash puja for Sponsor Devotees (9 days). 10:00 AM - 11:30 AM Durga Saptashati Path, Raj Bhog & DURGA Aarti. 6:00 PM - 7:00 PM Durga Shakti Puja (Shailputri, Bramcharini, Chandra Ghanta, Khushmanda, Skandha Mata, Katyayani, Kaalraatri, Mahagauri, Siddhidaatri), Mahishasura Mardini Stotra 7:00 PM Durgaji ki Aarti & Maha-Aarti 7:15 PM - 8:00 PM Maha Prasad.
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<b>Saturday, Oct 1, 2016</b>	<b>Navaratri First Day</b>	9:00 AM - 10:00 AM Ganesh Sthapan, Sarvato Bhadra Mandal Sthapan, Kalash Sthapan, Sri Maha Kali, Maha Lakshmi, Maha Saraswati Swarupa DURGA Puja on First day of Navratri Jyoti and Kalash Sthapan for Sponsor Devotees (9 days) 7:15 PM Mataji Swagat Yatra 8:00 PM - 9:00 PM Garba for Children @ Temple 9:00 PM onwards Garba and DandiyaRaas@Temple for ALL.
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<b>Sunday, Oct 2, 2016</b>	<b>Beej Navaratri</b>	8:00 PM - 9:00 PM Garba for Children @ Temple 9:00 PM - 10:30 PM Garba and DandiyaRaas@Temple for ALL.
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<b>Monday, Oct 3 to Thursday, Oct 6, 2016</b>	<b>Teej, Chauth, Pancham, and Chhath-1 Navratri</b>	8:00 PM - 10:00 PM Garba and DandiyaRaas@Temple for ALL
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<b>Friday, Oct 7 to Saturday, Oct 8, 2016</b>	<b>Chhath-2 and Saaram Navaratri</b>	8:00 PM - 9:00 PM Garba for Children @ Temple (Prizes awarded to Best Dressed and Best Dancer) 9:00 PM onwards Garba and DandiyaRaas@Temple for ALL.
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<b>Sunday, Oct 9, 2016</b>	<b>Durga Ashtami</b>	10:30 AM - 11:30 AM Durga Havan 8:00 PM - 9:00 PM Garba for Children @ Temple 9:00 PM onwards Aatham Garba and DandiyaRaas@Temple for ALL.
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<b>Monday, Oct 10, 2016</b>	<b>Maha Navami</b>	6:00 PM - 7:00 PM Kanya Puja 8:00 PM - 9:00 PM Garba for Children @ Temple 9:00 PM - 10:00 PM Garba and DandiyaRaas@Temple for ALL. 10:00 PM Mataji Visarjan Yatra.
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<b>Tuesday, Oct 11, 2016</b>	<b>Dusehra- VijayaDashami (Ravan Ka Dahan)</b>	5:00 PM onwards Food for sale 6:00 PM Ram Puja followed by Ravan Ka Dahan, Aarti at the Ekta Mandir.
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**Event Contact Details:** Ravindra Ameta 602 284 5194, Lalit Patel 480 286 0416, Priest Sudharshanaji 602-320-3460, Mgr. Mahendra Devgania 602-708-0733, Kinal Movalia 623 308 2909, Sita Raman 623 332 3264, Minaxi Patel 928 925 5062, Mahesh Shah 480 544 9438, Sangeetha Sethia 480 390 4316, Venkatesh G. 480 381 9976, Suru Patel 602 403 3920, Mamta Tripathi 602 373 2787, Manhar Khatri 602 395 1595, Ptakash Deshmukh 602 690 7301, Madhusudan Bhakta 623 826 3972, Dayaram Ahir 602 989 7100, Jahnavi Mehta, Neha Gupta 623 500 8206, Rita Ashok Patel, Seema Shah, Gautam Shah 602 750 5122, Mahesh Patel 602 403 5124, Nitin Jain 480 621 9196, Sudhir Kalra 623 414 8248, Lokesh Joshi 480 438 6776, Kamlesh Patel 602 465 5728, Murugan Patham 480 510 3826, Jai Seecharran 623 341 5656, Satya Mittal 520 370 4116, Subhash Thatthi 480 797 0625 & Jagdish Sagar 480 235 500.

# Dussehra

11th Oct 2016 6PM onwards



**Event Contact Details:**  
Mgr. Mahendra Devgania 602 708 0733  
Priest Sudarshanaji 602 320 3460  
Sudhir Kalra 623 414 8248,



# Deepavali

29th Oct

**Event Detail:** All Day Programs  
**Event Location:** Ekta Mandir of

**Event Contact Details:**  
Priest Sudarshanaji 602 320 3460

**Please bring Flowers, Fruits and Prasad for offering on all events**

Physical Location: 2804 & 2809 W. Maryland Ave, Phoenix, AZ 85017 Directions:  
Website: WWW.EKTAMANDIR.ORG

# ation of Arizona

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**ra**  
**wards**

**Event Detail:**

Ravan Dahan @ 7 PM

**Event Location:**

Ekta Mandir of Arizona

## Sharad Purnima

**15th Oct 2016 6PM Onwards**

**Event Location:**

Ekta Mandir of Arizona

**Event Detail:**

Satyanarayam Katha and Pooja @ 6 PM

**Free Admission!**

**Event Contact Details:**

Mgr. Mahendra Devgania 602-708-0733,  
Priest Sudarshanji 602 320 3460

602-708-0733,  
3460,

**Lokesh Joshi 480 438 6776**

**Free Admission!**

## Karwa Chauth

**18th Oct 2016 6PM onwards**

**Event Location: Ekta Mandir of Arizona**

**Event Detail:**

**Karwa Chauth Pooja starts in batches @ 5 PM**

**Event Contact Details:**

Mgr. Mahendra Devgania 602-708-0733,  
Priest Sudarshanji 602 320 3460,  
Neha Malik 623 451 9041

## Dhan Teras

**27th Oct 2016 6PM Onwards**

**Free Admission!**

**Event Location: Ekta Mandir of Arizona**

**Event Contact Details:**

Mgr. Mahendra Devgania 602-708-0733,  
Priest Sudarshanji 602 320 3460,  
Subhash Thathi 480 797 0625



## KALI CHAUDASH

**28th Oct 2016 6PM Onwards**

**Event Location:**

Ekta Mandir of Arizona

**Free Admission!**

**Event Contact Details:**

Mgr. Mahendra Devgania 602-708-0733,  
Priest Sudarshanji 602 320 3460,  
Subhash Thathi 480 797 0625

**Free Admission!**

## Annakut

**Event Location:**  
Ekta Mandir of Arizona

**31st Oct 2016 6PM Onwards**

**Event Location: Bring delicious sweets / all cookings to  
serve 56 bhogs to Lord Krishna**

**Event Contact Details:**

Mgr. Mahendra Devgania 602-708-0733,  
Priest Sudarshanji 602 320 3460

**wali**

**FREE ADMISSION!**

**ct 2016 6PM Onwards**

, Followed by spectacular Fireworks @ 8 PM  
f Arizona

Mgr. Mahendra Devgania 602-708-0733,  
20 3460 & Subhash Thathi 480 797 0625

## Bhai Duj

**1st Nov 2016 6PM Onwards**

**Free Admission!**

**Event Location: Ekta Mandir of Arizona**

**Event Contact Details:**

Mgr. Mahendra Devgania 602-708-0733,  
Priest Sudarshanji 602 320 3460

## Jalaram Jayanti

**6th Nov 2016 6PM Onwards**

**Free Admission!**

**Event Location: Ekta Mandir of Arizona**

**Event Contact Details:**

Mgr. Mahendra Devgania 602-708-0733,  
Priest Sudarshanji 602 320 3460

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agreed to be our Chief Guest for the event. From the moment when the strains of the Star spangled Banner ended to the last notes of "janagana mana" – talent flowed.

An invocation to Lord Ganesh started off the event with the lighting of the lamp by Srimati Asha Gopal and the committee members, led by our president, Bala Ravindran. The first item of the day was aptly about Kerala.

Age was no bar- as the youngest of them shook a leg with ease and style to the popular tunes of the day; and adults danced and sang their way into

## Arizona Malayalees Onam 2016

the audience's heart.

The quality of the programs was remarked upon by everyone – the meticulously designed costumes, the hours of practice that had gone into each event and the obvious talent was amazing. Be it the melodious rendition of "enundodi" or the perennial Onam classic "uthrada poo nilavevaa"; the foot tapping beats of latest Mollywood and Bollywood hits; or the sheer beauty of the classical dances, the event excelled at so many levels. A live band

of young boys got the crowd clapping.

And then the moment everyone had been waiting for – the arrival of Maveli. Led by traditionally attired ladies bearing lamp and serenaded by chendamelam (traditional drums from Kerala), Maveli blessed everyone and with a promise to come back again the next year, bid adieu to the crowds!

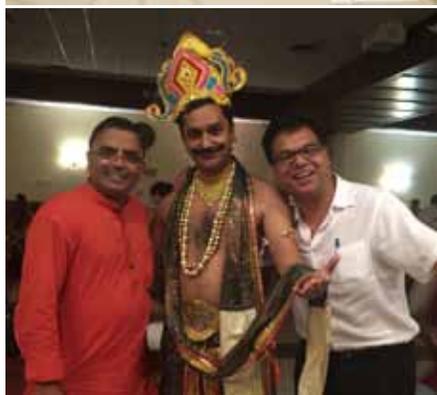
No celebration is complete without a feast – and this one surpassed all others. The Onasadya had more than 20 items. The credit is all due

to the dedicated team who shopped, chopped, diced, stirred and served up this sumptuous feast.

The efforts of many made this Onam celebration happen. And the members made it a resounding success.

With more celebrations to come, and the next one to prepare for, Arizona Malayalees wish everyone a Happy Onam.

For details about upcoming events, please visit our website [www.azmalayalees.org](http://www.azmalayalees.org) or like us in our Facebook page.



# Yoga

## Path to self realization

bhoktāram yajña-tapasām sarva-loka-maheśvaram  
suhmdam sarva-bhūtānām jñātvā mām śāntim rc-  
chati

(Bhagavad Gita 05.29)



**Translation:** A person in full consciousness of Me, knowing Me to be the ultimate beneficiary of all sacrifices and austerities, the Supreme Lord of all planets and demigods, and the benefactor and well-wisher of all living entities,

attains peace from the pangs of material miseries.

### Reflection by Chaitanya Charan:

Suppose a patient with an upset stomach is told by a doctor to restrict diet. If the patient focuses on all the foods that are on the forbidden list, what will result is self-torture, defiance of rules, aggravation of disease caused by consumption of forbidden food – and overall increased suffering. Actually, what is depriving the patient of happiness is not the doctor's restriction, but the stomach's indisposition. Once the patient understands this and realizes that the doctor's purpose is to cure that indisposition, then co-operation with that purpose will ensue more easily and so will the cure followed by the ability to enjoy a healthy, happy life.

Similarly, what is depriving us of happiness

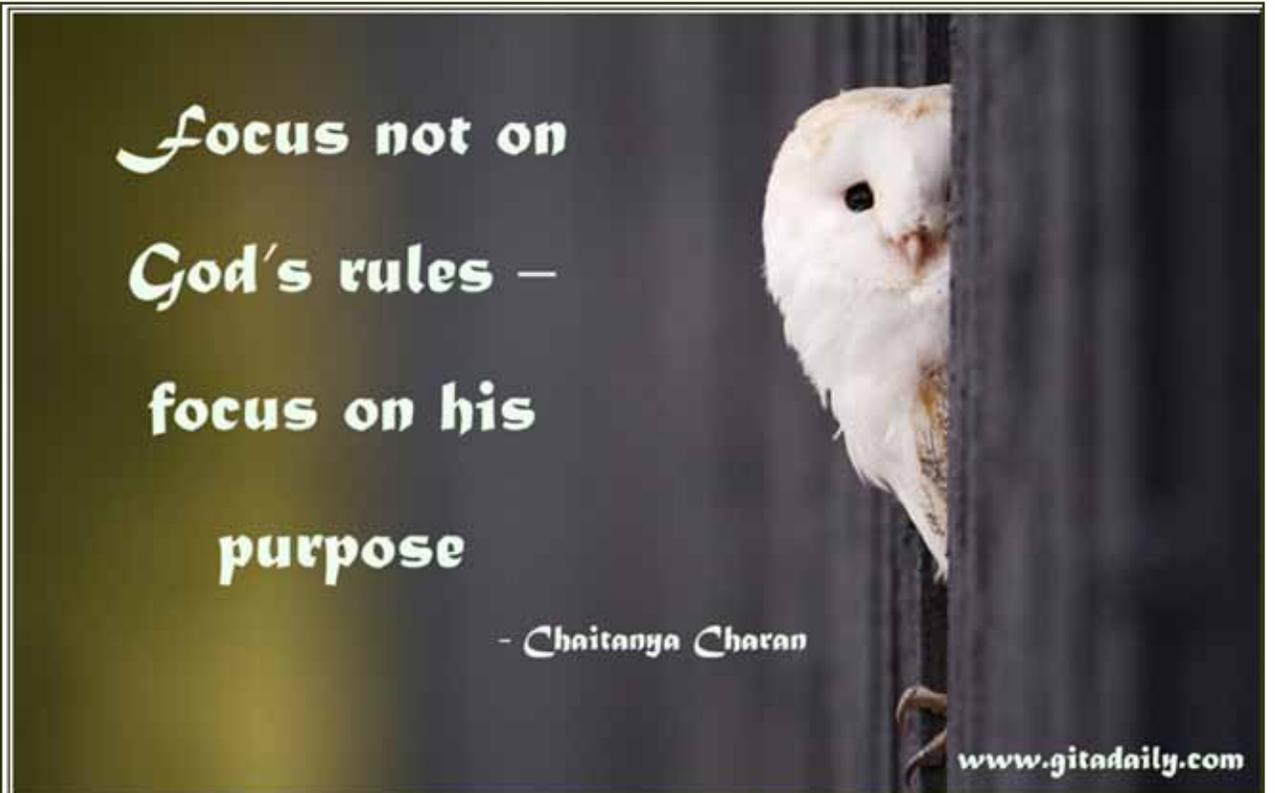
is not God's rules but the misdirection of our consciousness away from the eternal to the temporary. Even if we were able to indulge unrestrictedly in the temporary, the very nature of the temporary would soon leave us empty-handed in our quest for happiness.

The purpose of God's rules is to redirect our consciousness from the temporary to the eternal, from the world to the One who is the source of the world and indeed the source of all happiness. The Bhagavad-gita (05.29) informs us that God is our greatest well-wisher – his purpose is benevolent. He doesn't want to deprive us of happiness. After all, he has made us and he has provided us with a long-

ing for happiness. Why would he want to deprive us? What he wants is to protect us from the things that deprive us of happiness.

Once we understand this benevolent purpose of Krishna, then we can cooperate wholeheartedly with him. And, as we learn to connect with him by taking the treatment of bhakti-yoga diligently, we can increasingly relish the higher spiritual happiness that comes by devotional remembrance of Krishna.

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fering a new article on Bhagavad Gita everyday  
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Phoenix

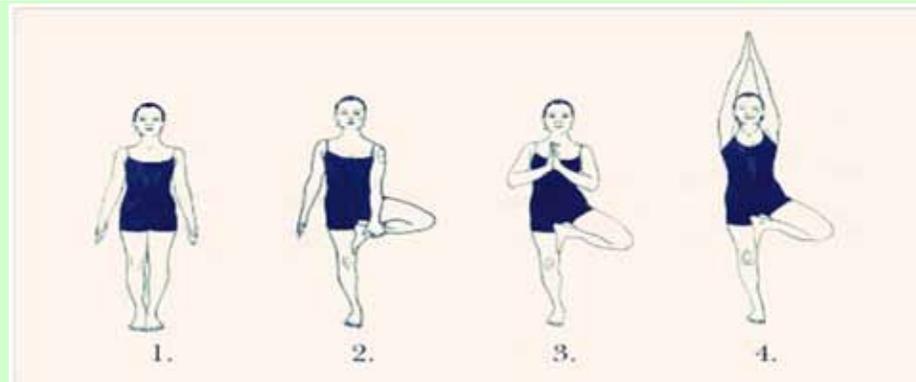


**N**amaste everyone. It is intellectually said by a great Guru of Yoga, B K S Iyenger that "Healthy plants and trees yield abundant flowers and fruits. Similarly, from a healthy person, smiles and happiness shine forth like the rays of the sun." So to spread happiness and smile, be healthy and to be healthy, let's take out some time everyday and practice Yoga. Yoga will further help you clean the heart and experience the joy of living in harmony with nature, God and other souls

This month we are focusing on a Yoga pose, called VRKSASANA, which is a balancing pose and will also help you in developing your concentration. VRKSA in Sanskrit means tree and this pose works in building strength and stability like a strong tree.

**T**his posture is about balancing, with the sole of one foot resting on the inside of the standing leg. This teaches an upward stretch and a sense of balance. Make sure the sole of the raised foot does not press against the knee of the standing leg.

## VRKSASANA (Tree Posture)



### Steps

- Stand in Tadasana.
- Bend one leg at the knee and the hip.
- Reach down and draw the leg up until the sole of the foot reaches as high up the inside of the standing leg as possible.
- Ensure that the sole of the raised foot is 'alive' and pressing strongly into the standing leg with the little toe side of the foot.
- Avoid gripping as this will shorten the foot.
- Be strong on the standing leg,

engaging the muscles of this leg to give the raised foot something to work onto.

- Press the little toe side of the raised foot into the thigh. This will open the hips without encouraging the whole pelvis to rotate away from facing forward.

- Bring the hands to namaste.
- Either , keep the hands together and take them straight up in front of you, palms together and arms straight overhead.

- OR , drop the arms to the sides of the body, then take them out

to the sides finally meeting overhead, palms together and arms straight.

- Repeat on the other side.

### Once there

- Spread the weight over the whole of the standing foot.
- Maintain strength in the standing leg.
- Concentrate on the contact between standing leg and raised foot
- Fix the gaze on somewhere that is still.

### Benefits

- Strengthens thighs, calves, ankles, and spine
- Stretches the groins and inner thighs, chest and shoulders
- Improves sense of balance
- Relieves sciatica and reduces flat feet

### Free Yoga Class

Free yoga classes are offered at ISKCON, Phoenix temple located at 100 S Weber Dr, Chandler, AZ 85226 by three expert yoga instructors. Please do join us every tuesday at 7:00 pm and saturday at 9:00 am.

# INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)- LA PRINCESA



On Aug 30, 2016, program consisting of video clips of comedy, amazing acrobats, benefits of poppy seeds and more were shown to the attendees as per the agenda. Many thanks to the well wisher for sponsoring today's luncheon as a pleasant surprise.

On Sept 06, 2016, it was quite a celebration of Ganesh Chaturthi, & Samvatsari (MichhamiDukkadam). Pankaj Godiwala thrilled the audience of eighty plus with his lovely rendering of melodies from the seventies. GitanjaliMusical Group was well represented by him. The lavish luncheon today was sponsored by the Godiwala family.

On Sept 13, 2016, Guests enjoyed hot tea, and pakodas as the bansuri vadan by Mr. Chaurasiya continued in the background. At 11:00 AM Jitubhai greeted and welcomed the audience. The very first item was a surprise to Chhotubhai, his family

and the entire hall when the family greetings to Chhotubhai was presented on his 80th birthday. Chhotubhai's daughter Minaxi also surprised him with her unexpected appearance to present a plaque from the family. She recited a self-composed emotional poem too. Next surprise came when Jitubhai connected his daughter-in-law in CA through Skype. She delivered a message while extending appreciation to ISAA for coordinating an elaborate special event for the family. Excellent video clips on the fusion of Indian classical dances such as Kathak, Bharat Natyam, and Odissi were presented. Presentation of Bollywood dance was included too. An outstanding clip included a highly talented young artist- Hasmukh Maniya. He is an amazing painter-one of the best in the world when it comes to 4D. A special message to "SAVE WATER" with a huge appeal to the world for its conservation and

proper utilization was conveyed. A power point presentation was delivered to honor Chhotubhai for his accomplishments and contributions to industry and to the community. As the birthday celebrations were winding down cake was cut with a happy birthday song. Chhotubhai was presented with a "Broccoli" as everyone burst into laughter. Luncheon sponsor for the day was Chhotubhai's family.

On Sept 20, 2016, the presentation by Ms Rose Leyba, and Ms Cassidy Groshek on the overview of Area Agency on Aging was an outstanding one and extremely informative. The areas of special interests were Wealth Care Plan, programs focusing on Alzheimer, Falls, and Health Management. There were lots of handout materials providing good information on variety of available programs for review by members and to get back to AAA for any explanation or questions. The presentation

1. Focused ISAA seniors to AAA presentation
2. Cassidy Groshek & Rose Leyba on Overview of AAA at ISAA
3. ISAA thanked AAA for an outstanding presentation to ISAA
4. Thank you Pannaben for a lovely luncheon
5. What a great surprise to Chhotubhai from the Family
6. Happy grand 80th Birthday – Jitubhai's Pasand
7. Shilpa and Pankaj hosted Manubhai's birthday celebrations
8. Broccoli backfired on Chhotubhai as a BIG surprise!
9. August 30th Well-Wishers Party

is in the minutes for further follow-up by the. The luncheon today was sponsored by Pannaben and Jitubhai. Over eighty five members and guests enjoyed it very much. Jitubhai welcome back our ISAA friends who went to china for a visit. They had a great time while helping each other during the trip. Thanks for a happy and safe return.

# Does Islam Promote Terrorism?

Islamist militant organisations all over the world are carrying out organised butchery of humankind. Islam does not directly have anything to do with this killing and brutal atrocities. However, if you investigate, you will find out that in the Holy Book of the Quran, the text from God is very sensitive and it is open to any kind of misinterpretation.

It is very easy to derive the meaning that you want to derive. The text of the Holy Quran is very sensitive. It is sharper than the sword. This is where you can blame Islam.

Islam does not directly project mass killings or killing of an individual. On many occasions in the Quran, we find the Quran explicitly advising its followers not to spread mischief on Earth. It is also clearly noted that God does not like people who create or spread mischief.

However, there are many factors involved in Islam becoming what it is today.

## Adulteration of the Quran

One of the main reasons why Islam has now become a very volatile religion is because the first book that contained information about the religion came out in public almost 150 years after the demise of the Prophet Mohammad.

In those 150 years, it is unknown what was included in the religion of Islam, and what was made part of the Quran. We do not know how many of the Prophetic Traditions that were narrated, were done so genuinely with the original text.

Nothing was on the record for 150 years.

Almost all Muslims maintain to say that the Quran has not been adulterated. The verse famously presented by Muslims as evidence for this assertion was revealed when God and Prophet Mohammad did not have any plan of giving the Quran the shape of a book. It does not apply to [the physical Quran].

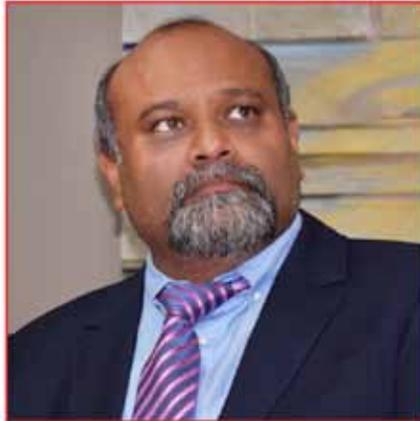
God said, 'I have revealed this Quran and I myself will safeguard it.' (Quran chapter 15, verse 9)

The Quran which is now in the form of a book did not exist at all during that time. How can that verse be applied to this form of the Quran?

What God was implying to say

by that verse was to safeguard the exoteric version of the Holy Book revealed unto the heart of Prophet Mohammad. The protection was that, from the heart of the Prophet, it would be transmitted to the hearts of his chosen followers.

This is how through spiritual transmission of the Quran, the religion of Islam expanded in the form of Sufism.



**By His Holiness Younus AlGohar CEO  
of Messiah Foundation International  
Email: [mfi.usa@goharshahi.com](mailto:mfi.usa@goharshahi.com)**

Whoever tried to find out what Islam is through the help of books including the Quran, somehow or other, they did not get the full picture of Islam. The most important parts of the religion were missing.

The way the Quran was put into order was not chronological.

The first verse that was revealed is found not at the beginning of the Quran, but in chapter 96, verse 1. We have to admit that a gross mistake was committed by the early Companions of the Prophet who tried to give a form of the book to the Quran. They did not manage to keep the order of the verses in the same way as it was revealed. They even named the chapters incorrectly. This Quran is not trustworthy.

If the Quran had been trustworthy, how come all Muslims claim to follow the Quran but are divided into 73 different schools of thought? The problem is, every single Muslim has developed this thought that the Quran is still in its original form. They don't want to accept that anything can happen to the Quran.

If you ask some Muslims, 'Christians and Jews are also People of the Book. Why don't you extend love and respect to these people?' They say, 'Their books have been adulterated. They are not the true Christians and Jews, that is why we don't respect them.' At the same time, if the Quran is from God, then the Bible

and Torah are also from God. When Quran cannot be adulterated, then why do they say that the Bible has been adulterated? The truth is that all three books—the Torah, Bible and the Quran—have been adulterated.

Different Understandings of the Quran

The way people understand the Quran differs. When a Sufi understands the Quran, he does

Inauthenticity of Prophetic Traditions

More than 300 000 Prophetic Traditions have been fabricated and mixed with the original ones. Now we do not know which are true and which ones are fabricated.

There are Prophetic Traditions according to which Umar bin Khattab (the second caliph in Islam) allegedly used to break his fast by having intercourse with his wife.

In another Prophetic Tradition, somebody came to the wife of Prophet Mohammad, Aisha, and asked her, 'What is Ghusl?' Allegedly again, she put a sheer white sheet between her and the man and then she started taking a shower in front of him. I don't believe that is true. There are so many Prophetic Traditions that if you read, you will ask yourself, 'What kind of Islam is this?'

## The Motivation for Terrorists

The reason why these terrorist organisations are on the rampage is because they have one thing in their mind. They think that towards the end times, a caliph will come and turn everybody into Muslims. Those who do not convert, he will kill them and Islam will rule the world.

These are the apocalyptic pages of Islam, but I want to tell you that what terrorists project about the end times is not entirely true. These are made up stories. There is no such thing as a caliph coming towards the end of the world.

I say this to the world leaders: bear this in your mind. It is incorrect to say that this is temporary or a geopolitical issue, or that this is because they were suffering from poverty or lack of education.

The only reason behind this is that they have a plan: the return of the Islamic Golden Age.

ISIS, Taliban Boko Haram, Al-Shahbab or any other terrorist-affiliated organisation all have one thing in their mind: that they will eventually rule the world. They think the entire world will become subject to Islamic caliphate. If you know what is the target of your enemy, only then you can make a workable plan.

There is one true issue behind it: wrong interpretation of the holy text.

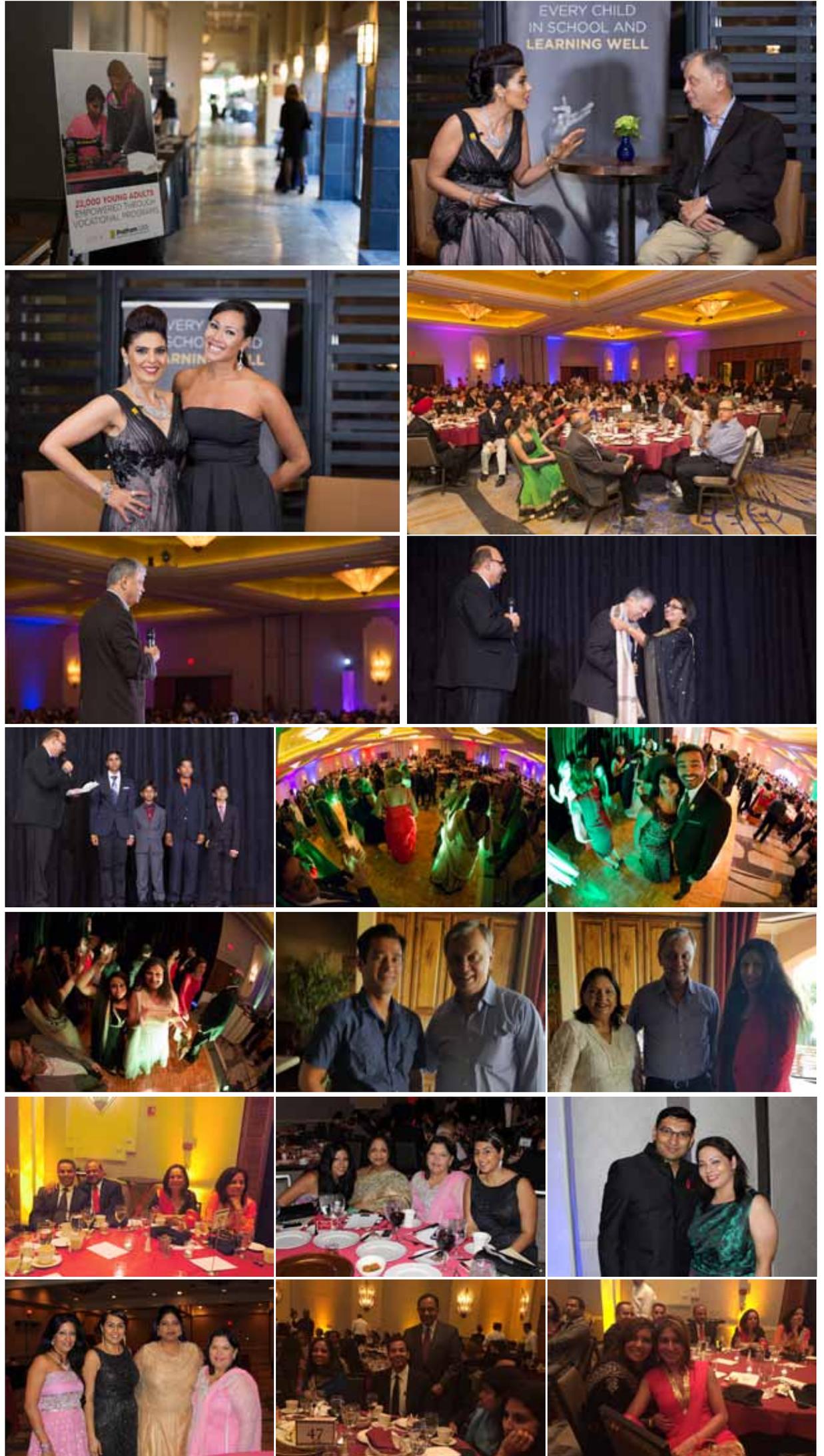
# Pratham Phoenix Annual Gala 2016

scene for South Asians in Arizona up a notch through its glitzy, black-tie affair.

As I looked around at the 600+ guests dressed in their finest having a ball while donating to a great cause, the words of Actress Sophia Bush came to mind “Real glamour and beauty is not just mascara, Chanel No. 5 perfume, and perfect lip gloss. It’s being a role model, being beautiful on the inside, and caring more about others than you do yourself.” While the attendees may have been clad in mascara and Chanel No. 5 perfumes, they were being role models and generously giving to a worthy cause – a cause that gave the opportunity of education to those that would not have it without the donations of those that attended the event.

The evening was a wonderful balance of serious and lighthearted tones ensuring the attendees had a good time while taking opportunities to highlight the serious issues the organization was tackling. In one moment, I was watching the organizers and contributors do their renditions of Dancing with the Stars as the audience clapped and whistled. In another, I was hearing serious speeches by children as young as 7 years old in shock when they saw children their own age going to work instead of being in school – children so touched by the gravity of the situation, they spent their summers months working in Readathons and donating all their earnings to Pratham’s cause. It was in those speeches that you saw the impact Pratham was having – an impact not just limited to rural areas where literacy and education were increasing but the impact the organization was having on children right here in Phoenix. Becoming a role model for these children, Pratham was helping them develop selfless skills of giving back and contributing to the society they are a part of – skills that the coming generations will benefit from making our world a better place to live in the coming years. There were joyous moments where guests laughed and socialized over generous glasses of wine being poured throughout the venue and then there were moments where those same guests had a somber tone and tears in their eyes as they heard the story of Nusrat – an intelligent, strong woman with a passion for education who was abused and almost burnt alive by her husband; a woman who was born again with a new purpose in life as a member of Pratham – a purpose that spreads knowledge and education in India to ensure others do not suffer the same fate as her. Last, but definitely not least, were the moving words of Dr. Madhav Chavan, Co-Founder of Pratham, who arrived in Phoenix just to attend this Gala, an honor for the Phoenix Chapter, and congratulated them on how far they had come. In addition to the inspiring speeches by children and adults and energy filled dance performances, the Gala included a sumptuous appetizer and dinner spread and silent auction featuring a variety of home and personal goods to bid on.

As could clearly be seen by the sold out venue, the event was a tremendous success and the hard work of the Board of Directors, volunteers, and supporters could be seen throughout the evening. Asia Today is grateful to have had the opportunity to cover an outstanding event and congratulates the team behind its success on a job well done. We are extremely thankful for the coordination of time with Dr. Madhav Chavan, Co-Founder of Pratham and encourage our readers to read all about our interview with him in our regular Chai With Column. Please visit <http://prathamusa.org/> to learn more about Pratham USA or <http://prathamusa.org/chapter/phoenix/> to learn more about Pratham USA’s Phoenix Chapter right here in Arizona.





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2	Round	0.42	si2	f	775.00
3	Round	0.46	si1	g	900.00
4	Round	0.53	vs2	j	1000.00
5	Round	0.59	i1	f	1100.00
6	Round	0.58	vvs2	h	1800.00
7	Round	0.58	vvs1	i	1700.00
8	Round	0.77	si2	f	2700.00
9	Round	0.75	vs2	f	3500.00
10	Round	0.75	vvs2	h	3500.00
11	Round	0.74	vs1	g	3500.00
12	Round	0.93	si1	f	5100.00
13	Round	1.00	si1	f	7000.00
14	Round	1.10	si2	j	4800.00
15	Round	1.11	si2	j	4800.00
16	Round	1.00	vs2	h	6500.00
17	Round	1.12	vs2	h	7200.00
18	Round	1.18	si1	g	7600.00
19	Round	1.15	si1	g	7400.00
20	Round	1.40	si1	g	10000.00
21	Round	1.43	vs2	g	12000.00
22	Round	1.51	si1	h	11500.00
23	Round	1.72	vs2	f	21000.00
24	Round	1.94	si1	i	16000.00
25	Round	2.00	si1	h	20000.00

sr#	shape of diamond	wts in ct	clarity	color	total price
26	Round	2.02	si1	h	20000.00
27	Round	2.01	si1	j	14000.00
28	Round	2.01	vs2	j	15500.00
29	princess	0.46	vs1	e	1100.00
30	princess	0.50	vs1	d	1600.00
31	princess	0.53	vvs1	i	1100.00
32	princess	0.74	si1	e	3000.00
33	princess	0.90	vs1	g	4500.00
34	princess	1.00	vs2	j	3700.00
35	princess	1.01	si1	f	5000.00
36	princess	1.12	if	h	7200.00
37	princess	1.51	si1	f	10500.00
38	princess	2.12	if	h	21000.00
39	heart	1.00	if	g	7200.00
40	heart	0.70	si1	d	3000.00
41	heart	1.01	si2	g	4500.00
42	oval	0.50	vs2	f	1500.00
43	oval	0.51	vs2	e	1500.00
44	oval	1.03	vs2	e	7000.00
45	cushion	0.91	if	g	5000.00
46	cushion	0.92	if	h	5000.00
47	cushion	0.95	vs1	d	5400.00
48	cushion	1.01	vvs1	g	6600.00
49	cushion	1.54	if	g	12800.00
50	cushion	2.00	vvs1	h	17500.00

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# First AAPI Fundraising Event for Hillary Clinton in AZ

By: Balbir Grewal

Organizing events has been a routine of mine for over 30 years, and when I was asked to help organize the first Asian American and Pacific Islander (AAPI) fundraising event for Hillary Clinton for America in Arizona, I jumped at the opportunity. The Asian American and Pacific Islander Democratic Caucus at the Arizona Democratic Party was recently formed two years ago and founding member Junelle Caverro Harnal, began asking leaders statewide to participate in a historical political movement in Arizona. Asian Americans were focused to not only have a seat at the table, but also the ability to impact policies by vocalizing their opinions to elected officials and political candidates.

On the evening of Friday, September 30th, at the luxurious lakeside home of Dr. Ravi and Deepika Bhalla, owners of Chateau Lux, and surrounded by the aroma from India Palace and Guru Palace, members from the South Asian, Chinese, Filipino, Korean, Indonesian, Japanese and Pacific Islander communities came together to welcome the distinguished guest and representative of the Hillary for America campaign, Dr. Rajiv Shah.

Dr. Rajiv Shah was Administrator of the United States Agency for International Development (USAID). In this role, Shah led more than 9,600 professionals in over 80 missions around the world while managing an annual budget of over \$22 billion. During his years as USAID, Shah also led the humanitarian response of the US to crises such as the 2010 earthquake in Haiti, famine in the horn of Africa and refugees fleeing Syria. Before serving the Obama Administration, Shah worked in a range of leadership roles at the Bill & Melinda Gates Foundation



including Director of Agricultural Development, Director of Financial Services, leader of the Strategic Opportunities initiative and manager of the Foundation's \$15 million commitment to the Vaccine Fund.

The event attendees were in awe of Dr. Shah's dynamic stories and personal experiences. After recently returning from the summit of the United Nations General Assembly, he even provided some insight on the international refugee and migrant crisis. He kept the audience on their toes, sharing how his cultural background impacted his call to public service. Dr. Shah's relationship with Arizona began when his father drove from Texas to attend University of Arizona.

Within three weeks, the fundraiser raised approximately \$40,000, for Hillary Clinton's campaign. "The Indo American community in Arizona came together to make this event a tremendous success. We hope to continue building these strong relationships. We are all stronger together," Junelle Harnal. The historical event was one of three in the United States that was organized in support of AAPIs for Hillary. The group plans to continue their efforts with raising voter registration awareness and volunteering their time at phone banks and knocking household doors advocating for folks to vote for Hillary Clinton.

The host committee included Dr. Ravi and Deepika Bhalla, Dr. BL and Pushpa Ramakrishna, Vishal Harnal, Junelle Caverro Harnal, Balbir Grewal, Caroline Lobo, Rano Sidhu, Dr. Sandy and Satty Bhowra, Padmini Bhadriraju and more. Additional guest speakers of the evening included Vice Mayor Kate Gallego. The campaign representative was KJ Bagchi. Student and young professional volunteers included Mikaela Garcia, Jason Tadano, Carlos and Angel Schroth.



Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

## GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

### OCTOBER 2016 Programs & Events

16 Asu – 15 Katik, 548 Nanakshahi Era (NE)

- Oct. 7 (Fri.)** – Mela Beed Baba Budha Ji (Thatha) (Actual: Oct 7)
- Oct. 9 (Sun.)** – Shaheedi Bhai Sukhdev Singh Ji (Sukha) & Bhai Harjinder Singh Ji (Jinda). (Actual: Oct 9, 1992)
- Oct. 16, Katik 1 (Sun.)** – Sangrand Monthly Program  
9:30 AM – 10:30 AM.
- Oct. 16 (Sun.)** – Homeless Langar Seva.  
Phoenix Rescue Mission; call 602 741 8021 for more info.
- Oct. 21 – 23 (Fri. – Sun.)** –  
**Parkash Sri Guru Ram Das Ji (1534).** (Actual: Oct. 17) )  
**Birthday Baba Budha Ji (Katthu Nangal)** (Actual: Oct 22, 1506)
- Oct. 28 (Fri.)** –  
**Joti Jot Sri Guru Har Rai Ji** (Actual: Oct 24, 1661)  
**Gurgaddi Sri Guru Har Krishan Ji** (Actual: Oct 24, 1661)
- Oct. 30 (Sun.)** – **Saka Panja Sahib** (Actual: Oct 29, 1922)  
**Ardas: Shaheedi Bhai Beant Singh Ji (and Bhai Satwant Singh Ji)**  
(Actual: Oct 31, 1984)  
**Bandi Chhor Divas (1619) and Diwali.**  
7pm - 8:30pm: Deep Mala, Kirtan Darbar



Sri Guru Ram Das Ji



Guru Har Gobind Ji -  
Bandi Chhor

**Regular Programs:**

Main Kirtan Diwans on Fridays (7 PM – 9 PM) and Sundays (10 AM – 1 PM).  
Morning Banis: 5:30 AM – 6:30 AM followed by ASA-DI-VAAR to 8:30 AM.  
Evening Banis: 7:00 PM – 8:00 PM.  
Sukhmani Sahib every Wednesday: 10:30AM - 11:30AM

Please check Gurdwara notice board for latest details of all Programs and Events

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# 15th Year Commemoration of S. Balbir Singh Sodhi

**Dr. Jaswant Singh Sachdev**

On September 15, 2001, exactly four days after the horrific tragedy of 9/11, S. Balbir Singh Sodhi, a Sikh owner of a Gas Station in Mesa, Arizona was gunned down by Frank Silva Roque. While pumping bullets in his back, Frank mentioned that he hates people who attacked United States, not realizing that Balbir Singh was a Sikh from India with an independent faith and culture. He had nothing in common with the culprits of that horrendous crime except that he had a turban on uncut hair and beard on his face, a requirement of his Sikh faith.

Every year since then, on September 15, his family including his wife, children and brothers as well as local Sikh Community has been commemorating him at a memorial built exactly at the spot he was gunned down right in front of his gas station at 7956 E. University in Mesa Arizona. This year, as it happened to be Balbir Singh Sodhi's 15th Anniversary, it was felt that this should be done in a bigger way.

Almost about 150-200

people gathered in front of the gas station and a very solemn ceremony started with Rehras Sahib followed by Ardas by the Ragis Jetha of Gurdwara Sahib, Guru Nanak Dwara. Valarie Kaur a young Sikh activist, a graduate from Stanford, Harvard and Yale and a movie maker who from day one stood for Balbir Singh and cause of Sikh identity and also for other victims of hate crimes and minorities specially flew in to speak about Balbir Singh. Her heart wrenching speech interfacing with thoughts from Kerry of NY, the daughter of a Lieutenant fire fighter killed at Ground Zero while saving others was something that made everyone cry in the audience. Arizona Inter Faith leader Reverend Larry Fultz spoke graciously and so did Maanik Singh Chotalla, a young budding Sikh boy.

The speeches were followed by lighting candles and offering a rose by each and every one in attendance. And finally before dispersing, all were asked to partake community vegetarian dinner so graciously offered and served by family of S. Balbir Singh.



## 12 WAYS TO BETRAY THAT ENEMY NAMED 'SUGAR'

**By Rima Desai**

1. **DIAGNOSE IT CORRECTLY:** sugar cravings are a lot more about something else and a lot less about 'sugar'. We crave sugar for a reason other than the sugar. The sugar has a potential to give our brain 'happy signals' so what else is your brain missing which could bring the 'Happy Feeling'? Love? Nutrition? Food when hungry? Relaxation?

2. **EAT MORE DARLING:** S-T-O-P starving!! It never helps, not in the short term and it 100% harms in the long-term. You rather eat 6 small meals a day every 2.5 to 3 hours than have 3 large plate-fulls.

3. **PLAN AHEAD:** What are you eating at the next meal? Decide before you wrap up this one. That way you are not scrambling for food when your stomach is screaming 'Hunger'. What choices to make at the party / travel? E.g. eat ahead and then leave, pack health food, plan to visit places that give you healthy food options, etc.

4. **SEEING IS BELIEVING:** Our brain is so programmed to 'see' things

before interacting with them. So let your brain interact with the healthy stuff more and you have won your battle half way through. Right now check what your pantry and snack drawer shows you when you open it? Do you see more sugar or more health? Also, keep your meals READY in See Through containers right at your vision.

5. **ATTRACTION IS THE KEY:** You are building a RELATIONSHIP with your food, so better make it attractive!!! While you decide on MORE salads, soups, oats and juices, add some nuts, seeds, cilantro, dates, raisins, strawberries or whatever you require to make your body CRAVE for the healthy food in the same way as it craves for the sugary foods.

6. **RAKE THE FAKE:** Rake out or throw away all your fake sugars - sugar free, diet cokes, Splenda, etc. are very harmful to our brain since they are more processed and contain essences or ingredients that are chemically harmful. You rather have a whole bar



of chocolate with sugar in it than have one piece of sugar free chocolate. Your body can fight out the former much more easily since it is much less complex food!

7. **CUT THE BRANCH:** Stop 'Hanging Out with your Guilt' forever. You ate it, that moment is gone forever! You criticizing yourself, thinking about it a 1000 times, beating yourself up will not help one bit. Rather take a pen-paper, write your next goal, stick it on the wall

8. **WHO ARE YOU REALLY?:** Ask the Sugar - "Who are you really?" Is the sugar your hurt from past relationships, resentment and bitterness towards your parents, partner or friends? Is it your habit from childhood to protect yourself or to make yourself feel better? Is it your way to relive your happy moments that you miss or just the lack of enough sleep?

9. **SLEEP EARLY:** Do this for 30 days in a row, sleep before 10.45pm and a 100% you will see a dip in your addiction, weight, stress and a growth in

your health. Now, I am in the challenge too, I need to be accountable as well.

10. **FOOD JOURNAL:** My Dietician Anuvi taught me this in 2006 and it has been my savior whenever I put my mind to it. Note down every little thing you ate, in each of its amount and time of the day and run back on your notes each week. You will surprised how many times you told you mind - "I am only having a little bit" Food Journals have great 'mirroring' power, use it to your benefit.

11. **KNOW YOUR FOOD:** Carbs is also sugar. The chapatti and grapes are sweet tasting because they have carbs which convert into sugar in our body. Do your best to include more proteins, fiber and less sugary veggies in your diet.

12. **BUNK THE CALORIES:** In the 18 kgs I shed in a year, not once have I looked at calories. Eat clean carbs, more protein and some fats.

**Article Credit: Inspired by Kathy - my once upon a time, Fitness Trainer Friend**

**Image Credit: Flickr found on Google images.**

You should consider getting into self improvement endeavors. Don't lend or borrow money or belongings. Try to deal with the problems of those less fortunate; however, don't allow them to make unreasonable demands. Put your thoughts on paper. Your luckiest events this month will occur on a Wednesday.

**ARIES**



Mar 21 to Apr 20

Don't lament to a friend about any grievance regarding your mate, or it may be hard to rectify your relationship. You will have the stamina and the know how to raise your earning power. You will have additional discipline that will aid you in your objectives. You should include children in your activities. Your luckiest events this month will occur on a Friday.

**TAURUS**



April 21 to May 20

Your temper could be short if someone criticizes your efforts. Self-deception about relationships is a problem. Be careful not to take on other people's problems. You may find yourself in a financial bind. You could be tempted to overspend on unnecessary items. Your luckiest events this month will occur on a Wednesday.

**GEMINI**



May 21 to June 21

You will be tempted to shop till you drop. Stomach problems could prevail if you haven't been watching your diet. Your magnetic, outgoing personality will capture hearts. Lowered vitality could affect your work. Your luckiest events this month will occur on a Friday.

**CANCER**



Jun 22 to Jul 22

You will have the discipline and fortitude to accomplish what you want this month. Be sure you get accurate information. You may want to clear the air where older relatives are concerned. People trying to entice you to join in will be less than trustworthy. Your luckiest events this month will occur on a Friday.

**LEO**



Jul 23 to Aug 23

Make plans to meet again in the near future. Large organizations may try to talk you out of your hard-earned cash. There will be hidden matters that you may find disturbing. Think about taking the time to complete unfinished domestic chores. Your luckiest events this month will occur on a Tuesday.

**VIRGO**



Aug 24 to Sep 23

Your attitude is changing rapidly and your plate is overloaded. You will find the excitement gratifying. You are best to avoid joint ventures, and whatever you do, don't lend to friends or relatives. Try to be a bit more understanding or you may end up spending the evening alone. Your luckiest events this month will occur on a Thursday.

**LIBRA**



Sep 24 to Oct 23

Time is money and you must be ready to take action in order to reach your highest potential. New hair, new outfit, new you. If you can put some work into home improvements, you should. Your high energy will enable you to enlist the help of those in a position to back you. Your luckiest events this month will occur on a Saturday.

**SCORPIO**



Oct 24 to Nov 22

Don't give your heart too readily. Upheavals may occupy your day. Pleasure trips will be favorable and bring about romance. It's a good time to make changes to your living quarters that will give you more space. Your luckiest events this month will occur on a Wednesday.

**SAGITTARIUS**



Nov 23 to Dec 21

Arguments with children or friends may leave you steaming. Be sure that the person you're drawn to is not already involved. Travel is evident, but be cautious while in transit. Take some time to change your house around. Your luckiest events this month will occur on a Wednesday.

**CAPRICORN**



Dec 22 to Jan 21

You will meet exciting new people through interest groups or functions that you attend with your children. You will enjoy physical activities more than you think. Business trips might prove unproductive. Don't reveal anything about your personal life to those who may use such information against you. Your luckiest events this month will occur on a Monday.

**AQUARIUS**



Jan 22 to Feb 19

Minor accidents could occur if you don't take precautions. Trouble could be brewing at home. Your self confidence will attract members of the opposite sex. If they don't like the plan, suggest that they contribute a little. Your luckiest events this month will occur on a Wednesday.

**PISCES**



Feb 20 to Mar 20

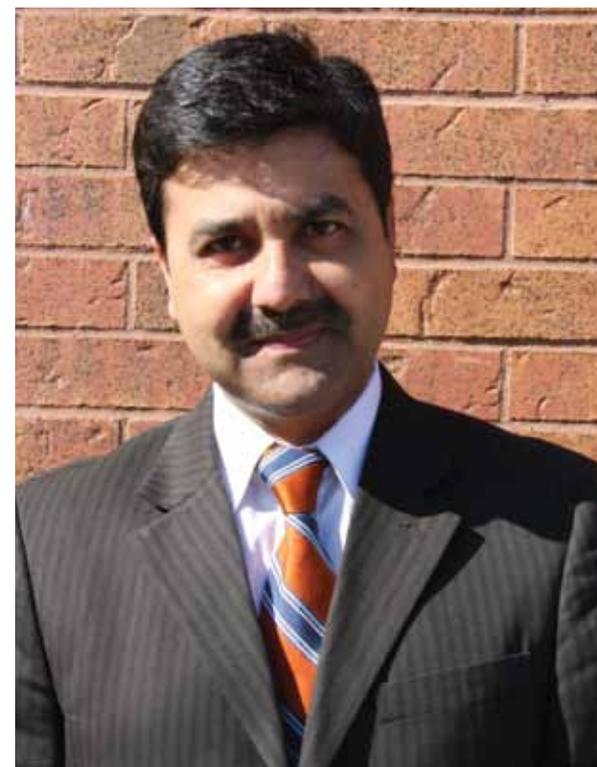
**October 1 - 31, 2016 By KRISHNA PANDIT – 905-910-1441**

Sep. Day	Muhurta
1 Sat	1st Navratri: Perform Navgraha pooja, recite Mantra on the first day of Navratri, avoid any materialistic deed today, COD: Green, Blue
2 Sun	2nd Navratri. Avoid any monetary transactions before noon, don't loan money; financial losses forecasted. COD: Orange, Yellow
3 Mon	3rd Navratri: Day of success in important undertakings, plan and excute well, you will meet with succes sCOD: White, Blue
4 Tue	4th Navratri. Cease any important activity this day, too many hurdles and obstacles may be felt. COD: Red
5 Wed	5th Navratri. Excellent combination of day & Nakshatra however, beware of cheating or lending money. COD: Brown, White, Green
6 Thu	6th Navratri. Lucky & successful day; planetary influence is positive in waxing moon; complete pending actions & taste success. COD White, Sunset Orange
7 Fri	7th Navratri. Stick to Pooja for Surya and Chandra alongwith Durga. COD: Light Blue
8 Sat	8th Navratri. A very auspicious day for increase, profit, happiness, love, fulfillment spiritually, physically and mentally. COD: Sunset Orange, Light Blue
9 Sun	SARASWATI PUJA: A very auspicious day to increase, profit, happiness & spirituality COD: Sunset Orange, Light Blue
10 Mon	VIJAYA DASHAMI: Success in work place, sensitivity and being overwhelmed at the same time. Try to be happy without over indulging. COD: White, Silver, Blue
11 Tue	Favourable day for new ventures, business, contracts or dealing with legal matters. COD: Red, Blue, Brown
12 Wed	Day favourable for aggressive and bold activities, otherwise the day brings financial loss if dealing with money. COD: Brown, Yellow, Black
13 Thu	Favourable for new ventures, only until 12 noon thereafter routine acitivies only. COD: Black, Orange
14 Fri	Success in work place, luck, progress dominate the day. Day of fulfillment & prosperity. COD: Pastel shades of Yello, Green
15 Sat	Purnima, Karya Siddhi means success in new undertakings and any effort done with proper planning. COD: Black, Red, Orange
16 Sun	Stick to routine activities, refrain from giving information to unknown people trying to befriend. COD: Sunset Orane, Red, White
17 Mon	Time not too favourable until 1 pm, thereafter it is an excellent time to act on constructive planning. COD: Red, White, Sunset Orange
18 Tue	Good for new ventures & activities, travelling, fasting, fulfilling promises & performing auspicious acts. COD: White, Silver, Sunset Orange
19 Wed	Minimize any important activity, perform Pooja, recite Mantras, fasting is a good idea. COD: White, Silver, Red, Green
20 Thu	Vridhhi yoga means a day of fulfilment, increase, completion & happiness. COD: Green, Blue, Yellow
21 Fri	Day of success in important undertakings, plan and excute well, you will meet with success. COD:Red, Brown
22 Sat	Good for auspicious deeds, romance, friendship and soft activities COD: Green Red, Brown, Blue
23 Sun	Day to get royal treatment, favours, respect, honour & recognition in circle of influence at work place or elsewhere too. COD: Green, Red
24 Mon	Stay away from romance & developing new relationships. Inauspicious day, stick to routine activities alone. COD: Red, Sunset Orange, White
25 Tue	Deceptive & Inauspicious day, stick to routine however activities related to speech and communication will prove effective. COD: White, Green, Silver
26 Wed	Day of greed to earn extra money, however the day is exceptionally good bringing cheer & happiness this day. COD: Green, Red, Sunset Orange
27 Thu	Beware of cheating, no journey or lending money. Do not meddle in others affairs. COD: Brown, White, Green
28 Fri	Restrict doing important activities, stick to light & cheerful activities alone COD: Green Red
29 Sat	Amavasya: Perform pooja, religious & auspicious acts, fulfilling vows for the departed; minimize important actions. COD: Green Red, Brown, Blue
30 Sun	Restrict doing important activities till 2 PM, after that stick to light & cheerful activities alone. COD:Yellow, Sunset Orange
31 Mon	Day of success in important undertakings, plan and excute well, you will meet with success. COD: White

**For questions on Astrology, Vedic Mantras, Muhurtas & Hindu rituals call: KRISHNA PANDIT – 905-910-1441**

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# KRISHNA PANDIT: 905-910-1441

Pink review by Anupama Chopra

# A tale of true grit, grippingly told

Three single, working women in New Delhi. In 21st-century India, that one line constitutes a horror film.

Pink is a savage indictment of our sordid patriarchy that shackles women in

## Film Review

**PINK**

**Direction: Aniruddha Roy Chowdhury**

**Actors: Amitabh Bachchan, Taapsee Pannu, Kirti Kulhari, Angad Bedi, Andrea Tariang**

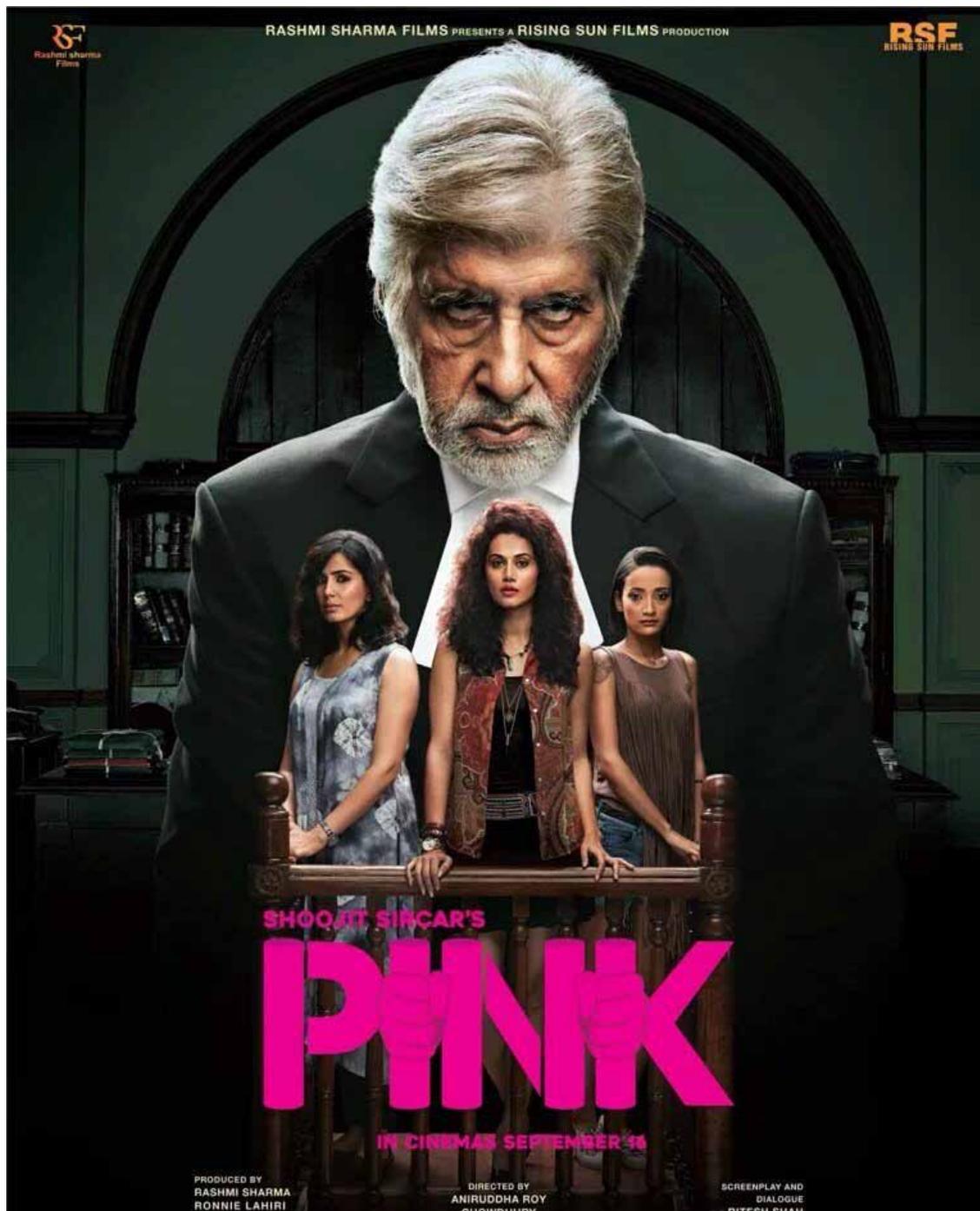
**Rating: 4 / 5**

Chowdhury and creative producer Shoojit Sircar eloquently establish that none of it matters — when a woman says no, it means no.

An evening at a rock concert ends with a bottle being smashed on a man's head. Rajveer Singh is the nephew of an influential politician. His assailant, Meenal, is an ordinary working woman who refuses to have sex with him. The incident soon spirals into a nightmare — for the women, of course.

Meenal's roommate Falak loses her job. Meenal herself is abducted and terrorised. The boys lay siege to their flat and do their best to break the women into submission. One of them declares that it's important to show these women what their 'aukaad' is.

When Meenal is arrested, the only resort the girls have is a retired lawyer who lives in the neighbourhood. Deepak



Sehgal has blank, bruised eyes. He no longer remembers very well. But Deepak brings to the table an almost righteous rage. His impassioned defence

of these brave women is both heartbreaking and inspiring.

I walked out of Pink shaken to my core. Not because this film is telling us anything new.

A cursory glance at the news will tell you of the trauma that Indian women — urban and rural — face on a daily basis. But Pink makes the horror

so real that your skin crawls. It's the detailing: the prying neighbors, the sniggering co-workers, the indifferent cops.

Pink works because the grimness of the material doesn't weigh on the telling. This isn't a laboured lecture on women's rights. The first half works as a thriller and the second as a courtroom drama.

Aniruddha keeps the scenes tight and tense. The writing, by Ritesh Shah, is terrific. So are the performances. The women — Taapsee Pannu, Kirti Kulhari and Andrea Tariang — don't seem like they're acting. These are women you and I might know, strong and vulnerable, confused and angry.

There's a wonderful moment when Falak is ready to apologise to Rajveer. But a conversation with him enrages her so much that she screams at him defiantly. After all, this is a man who believes that 'aisi ladkiyon ke saath aisa hi hota hai'.

Taapsee is excellent in the courtroom scenes. And a special salute to Amitabh Bachchan, who imbues his character with a tragic majesty. Bachchan towers in every sense, but without a hint of showboating.

Some stray bits don't work as well; I'm not sure what the gas mask Seghal wears, or his dying wife, added to the character. But I'm nitpicking here.

Pink is a powerful film that deserves to be seen. Make time for it.

**Kareena Kapoor is just killing the fashion game. Here's a look that proves it**

Kareena Kapoor Khan's style quotient is getting more fabulous as her baby bump grows. She was spotted with The birthday party held for Bollywood heart-throb Ranbir Kapoor as he turned 34 yesterday spotted celebrities including Amrita Arora, who posted a picture with the expectant mother at the party.

Amrita took to Instagram to share the party pic and captioned it as "Birthday Bumps" followed by a string of lovey emojis.

In the picture, Kareena Kapoor

Khan dons a dark gown with a thigh-high slit, standing in the middle of the group and proudly showing off her baby bump. Hubby, Saif Ali Khan stands at her left in his usual dapper look in whites.

Sister Karisma Kapoor looks stylish in a modest black outfit accentuated with a pop of red lip.

Though the birthday boy was missing from the picture, it is understood from the looks of the surrounding that the party must have been a bash and great fun.



## Don't like to plan my career: Ashna Zaveri

Ashna Zaveri has done two Tamil films in last two years. Unlike her contemporaries who cash in on opportunities and sign films in succession, she has been very choosy because she doesn't like to plan her career.

"You could say I've been very cautious about the projects I sign. I never plan that I should do so many films in a year. I've been choosy because I do a film only if I like the script, and I also take into consideration factors such as the director and producer," said Ashna.

Having made her acting debut with 2014 Santhanam-starrer Valavanukku Pullum Aayudham, she never aspired to become an actress. "I was content doing TV commercials in Mumbai. When the makers of my first film were looking for a heroine from Mumbai, I happen to be approached. Honestly, I really wasn't interested but when I watched the original version ('Maryada Ramanna'), I didn't mind being part of such a fun film," she said.

Following the success of her second film Inimey Ippadithaan, Ashna



was bitten by the acting bug. She finally started taking her career seriously. "After the first two films, I started liking acting, the limelight, and gradually fell in love with the whole process. I started getting involved in choosing right scripts such that I graduate to the next level in my career," she said, adding she wants to do big, commercial films.

Her next release will be Kalidas-

starrer Tamil comedy, Meenkuzhambum Manpaanayam.

She had a lot of fun working on this project. "It was the most chilled-out shooting experience ever. We had a ball shooting major portion of the film in Malaysia. It's an interesting project with elements of fantasy, and when I saw rushes of the film, I was pleased with the output," she said.

Ashna is also excited about Aari-starrer Nagesh Thiraiyaramam, apart from a CV Kumar-produced romantic-comedy. She also has Brahma.com with Nakul in her kitty. "I have three different projects in my kitty. What I'm really excited about these three projects is that they don't belong to the same genre, which allows me to experiment," she added.

## I hope my part is not shown in Dhoni's biopic: Laxmi Raai

Chennai-based actor Laxmi Raai, who is making her Bollywood debut this year, is surprised to see stories about her relationship with cricketer MS Dhoni surfacing yet again ahead of the release of his biopic.

"It's so strange that people are unnecessarily focusing on my past. While I and Dhoni have moved on, it looks like some people are still stuck with it. It's been eight years that chapter got over for me," says Raai who was allegedly dating Dhoni in 2008 during IPL.

"I was the brand ambassador for the team that he was a part of and we were together for less than a year. We had never committed to each other and never thought of getting married either, so I don't understand why people would talk about us. It didn't work for us, so we moved on," adds the actor.

While Dhoni's biopic talks about



one of his ex-girlfriends Priyanka Jha who died in an accident, speculations are rife that Raai's part might also be shown in the film. "I hope not. Though there was an indirect approach to know the story from my side but I have not given any such consent so they cannot claim a relationship existed unless they take names in the film," she says adding, "(Also) it's not that he (Dhoni) has dated only me in his life. There have been other girls too that he's been in relationship with after me. And a biopic is much more than just girls and relationships."

As Dhoni tied the knot with Sakshi Rawat in 2010, Raai expected it will put an end to all the reports but she feels sad when it pops up again. "I want to tell the world that we are two different phases now, looking at our respective careers. We felt sorry for each other but we've not been in touch ever since. There needs to be a full stop to all these baseless link-ups now."

On whether it was a one-sided relationship and if that's the reason it didn't work, she simply refuses it. "That's not true. When things were



MS Dhoni's



Laxmi Raai

actually happening, nobody spoke about it and now false rumours are being spread. It's really difficult for me to handle this, especially when I am seeing someone else. Maybe it was a different combination of an actress dating a cricketer, it created the best gossip," shares Raai.

# Chai with Dr. Madhav Chavan... Co-Founder of Pratham

September 17, 2016  
by Deepa Kaur Walia

Brian Herbert once said “The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice.” There are so many great minds that have the capacity, ability, and willingness to learn but unfortunately for them it is not a choice – what they lack is the means to a proper education to help develop those minds and that is where Pratham comes in. One of the largest non-governmental organizations in India today, since its humble beginnings in 1994, Pratham has made great strides in improving access to and the quality of education in India and worldwide. This month, we had the honor to speak with Dr. Madhav Chavan, who co-founded Pratham with Farida Lambay.

Before jumping into our wonderful conversation, I want to take a moment to express my sincere gratitude to Dr. Chavan. Having just flown into Phoenix with only hours between arriving and the Pratham Charity Gala 2016, he still made the time to speak with the Asia Today family and we had the opportunity to meet an amazing individual and learn more about the exciting work Pratham is doing in India and around the globe.

Humble Beginnings...

Our conversation started with a very simple question – How did the idea of Pratham form? Dr. Chavan shared that the original idea, a thought around creating a society mission that brought together government, business, and people to understand and address the education issue in Mumbai, came from UNICEF in 1991-1992. Dr. Chavan was asked to take the idea and run with it so he brought together civil servants and business people and created a body called the Pratham Mumbai Initiative. Originally, this was a mandate only for Mumbai and there were no thoughts and plans to have it grow to the global presence it has become today. However, people liked



what Pratham was doing and it was working – governments liked it, people liked it, donors liked it. Due to the huge success in Mumbai, things kept happening and Pratham kept growing one successful step after another. Today, after surpassing its own humble expectations, the desire has grown to make a bigger impact and continue to make big transformations at a grand scale.

Many people mistakenly believe that Dr. Chavan moved back to India to start Pratham. During the course of this conversation, we discovered he went back to India to become a researcher and teacher and it was by chance that his shift collided with the literacy movement in India. At the time he shifted, Rajiv Gandhi was Prime Minister and the Govern-

ment had launched many missions – one of them being the national literacy mission. India was recognizing that it needed to increase literacy if it was to become successful and they were trying to recruit people outside of government knowing that governments cannot make people literate; people have to make themselves literate. Luckily for Pratham and India, Dr. Chavan got caught in the middle of it and went from teaching at universities during the day to working in slums in the evenings for this initiative.

Preparation Meets Opportunity...

As I studied Pratham and its techniques prior to meeting Dr. Chavan, I was always intrigued by the data gathering tools used by Pratham to measure the problem. Maybe it is

my IT background but I have been a firm believer of using data to solve problems but this was the first time I was seeing a not for profit organization use this approach so naturally I was inclined to ask Dr. Chavan about the thought process behind tools such as Annual Status of Education Report (ASER – symbolizing the hindi word assar meaning impact) and its impact to the work Pratham does. He graciously shared that the original idea was not to gather data. In the course of what they were doing to accomplish their goal of “Every child in school and learning well,” they were finding that there were a large percentage of children in school so the first part of that “Every child in school” was working but they were not learning enough forcing a shift in concentration on “learning well.”

As Dr. Chavan put it “if children are in school, parents assume learning is happening and so does the government.” There are assumptions such as children are in school so they must be learning or starting a school will get children to learn. However, the data gathered clearly showed that children were in school but not learning; having identified the root problem, the focus could shift to the right solution for that problem which required a two prong approach – educate parents and the government that children are not learning and create a tool to see if children are learning that was so simple it could easily be used by anyone regardless of their level of education. With this in mind, they started experimenting with various techniques – one of which was to go into the communities and have children take 5-7 minute household based (not school based) tests where they were sitting with their family and everyone was watching – the basis of ASER

As is the case with anything new, many people liked the idea of the tool while others hated it. However, Pratham continued to march forward



and from its first survey in 2005, they executed the survey yearly for 10 years straight until 2015. In each rural district, 30 villages were sampled. In each village, 20 randomly selected households were surveyed. This process generated a total of 600 households per district, or about 3,00,000 households for the country as a whole. Approximately 7,00,000 children in the age group 3-16 who are residents in these households are surveyed. Using the tool, they found that 50% of children reach 5th grade and cannot read a 2nd grade text or do simple subtraction. The tool was so successful that it convinced them it could be used in a large scale – it was accomplishing both goals of raising awareness that children are not learning and assessing the child’s capabilities. Data gathered from ASER impacted governments slowly but surely and the conversations shifted from starting schools to learning outcomes. Today, The ASER model has been adapted for use in several countries around the world: Kenya, Uganda, Tanzania, Pakistan, Mali and Senegal.

Now many may say that Pratham was lucky. As it was starting, the government in India changed and Dr. Manmohan Singh started increasing expenditure in education with a focus on measuring outcomes not just money spent. However, in the famous words of Seneca, the Roman Philosopher, “Luck is what happens when preparation meets opportunity.” With the tools and techniques created by Pratham, the preparation had been done and Dr. Manmohan Singh created the opportunity. And when the opportunity came, Pratham was more than prepared! Recognizing that even with good intentions, it is difficult for governments to move quickly, they thought to take it upon themselves. Through voluntary action, the effort and money required could be reduced.

Measuring and Sustaining Success...

For any profit or not-for-profit organization, it is important to have a measure to evaluate if they are successful and Pratham’s numbers speak for themselves. In Uttar Pradesh, where the literacy and education issue is the worst, experiments conducted showed that 23-24% of children were reading at the right level. After Pratham’s learning camps (10 days at a time every month), numbers jumped to 70-80% after only 5 camps. And the gains are sustained as long as you keep giving them materials to continue down the path of education. Last year alone, the Phoenix Chapter raised money for 1,000 libraries which provide books and other activities for these children to sustain what they are



learning and keep going down the path of education long after these learning camps.

Well-Deserved Recognition...

Pratham has received many recognitions and awards through the years – Asia Game Changer Award, DAC Prize for Taking Development Innovation to Scale, BBVA Foundation Frontiers of Knowledge Award, WISE Prize for Education, Skoll Award for Social Entrepreneurship, Kravis Prize in Nonprofit Leadership, and the list goes on.

Having received so much well-deserved recognition, I was curious to know if there was one award or honor that was most memorable. And Dr. Chavan with a smile on his face quickly answered, they are all special but it is always the first one that is special. Being a late riser, he remembers getting a call from someone early at 8 AM stating that his boss was going to call him. He curiously asked who his boss was and the person stated that his boss was Henry Kravis who was in India because his daughter was there but would not share why his boss wanted to talk to him. When he received the call, he was pleasantly surprised to learn that the Henry R. Kravis Prize in Nonprofit Leadership was to be awarded to Pratham and that was a huge moment both personally and for Pratham.

The award came with a generous donation of \$250,000 but more than the money, it brought Pratham to the international scene. Immediately following that, Pratham started receiving awards without applying and has made it a policy not to apply for any award which speaks volumes about the work that Pratham is doing and how well it is being received.

Lives Impacted...

Having been involved with Pratham from the beginning and having impacted so many lives, I had to ask are there stories that are close to your heart and he fondly recalled the story of a girl named Nancy (spelled Nainsi originally but all over social media as Nancy now) from a small village in Lucknow. Videos of Nancy’s Footsteps can be found all over social media: in 2013, she could not read simple words and the stress and nervousness was written on her face as she struggled with reading; it then moves to videos of her as she reads after each learning camp showing progress one after the other. The story doesn’t end there – one of Pratham’s volunteers went looking for Nancy years later and was successful in finding her. She showed Nancy the videos from 2013 and the little girl now grown up giggles at her own videos and then confidently says, I can read even better now, runs in to grab some

books, and comes out and confidently reads passages about freedom fighters from history books. Pratham does this with millions of kids every year but as Dr. Chavan put it, it really doesn’t sink in until you see a child like Nainsi grow over the years.

The impact is not just with children. Dr. Chavan then moves on to a story about Surekha – President of a slum community. As he is teaching children in the community and telling them to teach their parents, a child comes to him saying that my mother is the president here but does not want to learn. Dr. Chavan went to the child’s mother who was from a Dalit Buddhist family and told her that he will return 15 days from today and asked what punishment he should give her if she has not learned to recognize letters by then. Looking around, he saw photos of Gautam Buddha and Dr. Babasaheb Ambedkar and the perfect punishment came to him. He told Surekha that if she has not learned to recognize letters when he returns, he will take these photos because they believed that people should learn and she does not deserve to have these photos if she refuses to learn. His colleagues were petrified by his unconventional approach and he himself did not know what the outcome to his ultimatum would be. However, he returned 15 days later to find that Surekha had kept her end of the bargain; as he called out letters, she drew them in the dirt showing that she was learning.

Final Message...

Asia Today was honored to meet such an amazing individual and learn more about the wonderful work Pratham is doing all over the world. We wish the organization continued success in all its future endeavors and look forward to hearing more about its contributions and successes in the coming years. For more information about the organization, please visit [www.pratham.org](http://www.pratham.org), [www.prathamusa.org](http://www.prathamusa.org), and <http://prathamusa.org/chapter/phoenix/>.



# Real Estate News of Arizona - October 2016

Hello Friends,

It's our festival season time! With Indian festivals like Ganesh Chaturthi and Navrathri behind us and upcoming festivals like Diwali, Halloween and Thanksgiving ahead of us, we are well into festival season for sure. As any festival season brings in joy and happiness all around, it seems the valley real estate has something to rejoice as well this festival season.

This season, Phoenix is landed at Number 2 on Bankrate.com's list of the top U.S. cities for homeowners. They have used several indicators including appreciation, property tax costs and foreclosure rates to compare housing markets. Metro Phoenix has had higher than average increases in home values and has some of the lowest property taxes in the county. This tells us Phoenix has gone from being one of the worst housing markets to one of the best in less than a decade, according to a new ranking. Phoenix's low foreclosure rate also propelled it toward the top of the list, according to Bankrate.

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

- Total Sales for Single Family, Town-home, Condos, for August are 6,955 whereas July were 7,622 and June was 7,853
- The Active listings for Single Family, Town-home, Condos, for August are 18,942 whereas, July

were 22,858 and June was 20,263

- Pending sales for Single Family, Town-home, Condos, for August are 6,152 whereas July were 6,579 and June was 6,749

### The total home sales by financing were-

- Cash Sales - 1,368
- Conventional - 3,515
- FHA - 1,488
- VA- 521

August was a very robust month for sales, up almost 14% from August last year in stark contrast to the uninspiring numbers in July (down over 3% from July 2015). Whereas New Home sales have increased consistently throughout the year with new developments coming across the valley.

Here are the July sales of Residential Properties in Pinal County-

- Total Sales for Single Family, Town-home, Condos for August are 676 whereas July were 735 and June was 796
- The Active listings for Single Family, Town-home, Condos for August are 2,024 whereas July were 2,092 and June was 2,228

- Pending Sales for Single Family, Town-home, Condos, for August are 654 whereas July were 592 and June was 756

While Buying a Home, avoid some common Mistakes, please refer to my 1st time home buyers guide, as that will give you more details

Given the thrill of purchasing a home, firsttime buyers and seasoned property owners alike may fall victim to certain common mistakes. Searching for a new home is often an emotional process, and many buyers unwittingly allow their feelings and desires to cloud logical judgment

As a home buyer, it is crucial to remember that this may be one of the most significant investments you will ever make. Therefore, the process should be controlled by research and reason rather than impulse and emotional attachment. Consider these five common but avoidable mistakes that could stand between you and your ideal home.

Underestimating the costs involved. This is especially common among first-time buyers, who often formulate budgets solely based on their estimated mortgage payments. This accounting error may result from excessive optimism, willful blindness, or simple unawareness. Regardless of the reason, it is important to remember that the costs of owning a home extend far beyond the mortgage and may fluctuate over time. Home ownership requires the payment of property taxes, insurance, utilities, maintenance, and the costs of adapting the property to suit your style and needs. These expenses will quickly add up to an overwhelming financial burden if you do not consider them prior to making an offer. Before you commit to a property, set a realistic budget that accounts for a range of future expenses.

Becoming emotionally invested in the home search before prequalifying for a mortgage loan. Although there are several other costs involved in home ownership, seeking eligibility for a mortgage is a

critical step in defining your price range. Many buyers choose the house of their dreams before visiting with a lender to secure preapproval for a loan. This may cause misguided beliefs about what they can afford and ultimately lead to disappointment. By embarking on the home search process with objective price boundaries, you will be able to focus on the properties that are best for you in the long run.

Failing to see beyond a property's flaws. Most people are familiar with the real estate term "location, location" While the specifics vary from property to property, this saying represents the reality that certain aspects of a home are simply more important than others. As they relate to return on investment. For instance, you may regret committing to a seemingly perfect, brandnew home in a lackluster neighborhood instead of one that needs a few renovations but is located in a desirable, upcoming area. It is important to remember that you probably will not find a home that meets every qualification on your wish list, and deciding which flaws to overlook is a balancing process.

### Now let's take a look on the commercial side-

Steppe Enterprises LLC sold the 7th Street and Dunlap Self Storage building in Phoenix to CubeSmart LP for \$14.53 million or about \$208 per square foot. It was five-story and totals 69,910 square feet.

Cox Properties sold the self-storage facility in Phoenix to Advantage Self Storage, Inc. for \$7.93 million, or approximately \$162 per square foot. Built in 2000, the three-story 49,000-square-foot property sits on a 1.2-acre parcel and is comprised of 575 storage units.

The West Mount Place office building in Phoenix got sold for \$14 million or approximately \$242 per square foot. Built in 1986, the 57,915-square-foot building features four levels and is situated on 1.7 acres. At the time of sale the building was occupied by federal government tenants including the Phoenix Division headquarters for the Drug Enforcement Agency (DEA)

Olympus Property sold the 316-unit Crossroads Apartments in Phoenix to Capital Square Holdings LLC and Rincon Partners LLC for \$25.2 million or about \$80,000 per unit. The 202,606-square-foot multifamily complex was built in 1982 on 10.4 acres in Maricopa County. The property consists of a mix of one, two and three-bedroom units, and was almost 95 percent occupied at the time of sale.

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

Disclaimer: This article makes no representation or warranties of any kind as to the accuracy of the data. The source of data has been taken from several sources such as Armls, Cromford Report, Better Homes and Garden, Costar, Globest, BizJournal, NewsGeni, Realty Times, AzCentral, Wall Street Journal.



## The Beautiful Hills

The hills are so serene  
Filled with leaves of yellow and green  
Flowers dance away  
in the shining Sun's rays

The blades of grass in the day  
Play around and sway  
And here come the deer  
Without any fear  
Of living death to come their way

The hidden Sun told me  
To get up and find my key  
"Run home right away"  
He said " the rain is coming your way"

As I ran home I said goodbye  
To everything that money can never buy.

By: **Saaz Man-**

**tri**

Saaz Mantri is an 11th grader at Hamilton High School. Born here in AZ, she moved to India when she was 10 years old and moved back in 10th grade. She loves to read, write and play the piano.

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First of all, Patients need an order from their physician that they are home bound and need medical Home health care. Our Registered Nurse will assess the patient completely on her first visit. This will provide estimation of how many nursing visits a patient might need. Nurse will communicate with patient's physician directly to follow the orders.

Here are few of the job duties of Nurses:

Medication Management: We teach patient about the medications ordered by their Physician,

we check patient do not add any other medications, over the counter or which are not prescribed by their physician that might end up in reaction. We check the medication dispensing and administration is understood by patient. Do they need blister pack or dispill dispenser. We write progress notes and determine the wellness of the patient.

Cardiac Heart Failure (CHF): Patient with CHF problems, we teach them healthier living styles. We share insight advantage of regular exercise, smoking cessation, weight loss, meditation, breathing techniques, low sodium diet, alcohol effects and much more..



Post-Operative Care: Patients definitely need health care at home after and surgery or some clinical procedures. Our Nurses highly educated in taking care of the patients in this situation. Our Nurses possess Hospital caring experience. They are expert in taking care of the patient according to Physician's orders and follow up with Physicians' office. So patients feel very comfortable in their healing period.

Chronic Obstructive Pulmonary Disease (COPD): Our Nurses will teach the importance of Physical exercise, diaphragmatic breathing, cessation of smoking, using the inhaler, medication management and will follow up on patients' progress with their physician.

Diabetic Care: More and more people in our community are being diagnosed with diabetes now-a-days. Our expert Nurses teach patient the long term effects of diabetes. They will make suggestions on weight loss program, more active lifestyle, healthier eating, using of diabetes check monitor and recording data. Our Nurses have reduced many patients A1C significantly directing patients' to a healthier life.

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By Amardeep Kaur



Have you been to Page yet? If you want to see beautiful nature made Canyons of different shapes and sizes, you would think Grand Canyon or Sedona. Well, there is another place, where you can see Canyons inside the mountain, yes "inside" – welcome to Page, Arizona. The distance from Phoenix to Page is almost 273 miles, almost four and a half mile drive by car.

Beauty of Antelope canyons is beyond words. What you see in pictures, does not justify what you can see and feel in person there. It feels as if Nature has become an artist sculpting the Canyons, giving it designs so awesome, which takes your breath away. The sunlight gives them various colors of orange, yellow, brown and lots of shades in between. As you move around the Canyons, they change shades and colors with sunlight, which is so amazing. Best thing would be to take a guided tour. The guides will show you the different shapes in Canyons and the most stunning places to take pictures, which you could miss otherwise. A tip would be to visit Canyons on a sunny day, if it's cloudy, you will miss out on the most amazing part of the canyons- colors.

Antelope Canyons have two parts- Upper Antelope Canyons and Lower Antelope Canyons. Both are mystifying wonderful creations of nature. Upper Antelope has wider walkways and those special light beams from roof, which are one of a kind. Lower Antelope Canyons have stairs and ladders with some tight spaces. If you want to avoid stairs and ladders, choose upper Canyons. If you have more time, don't miss on any of them.

Horse shoe bend- another nature's miracle, is also in Page. The Colorado river bends in the shape of horse shoe around the mountain. Beauty of this place is mesmerizing. Never have I seen anything like this in my entire life. This has become one of the most photographed places in Arizona.

Page also has Lake Powell. Lake Powell is the second largest man made lake. It stretches 186 miles from Red Rock desert, Arizona to Hite, Utah. Even the route to Lake Powell is so scenic, you will stop at many places just to see the view. This lake has deep blue clear waters and beautiful Canyons around it, but it also has various other activities, like fishing, water sports and houseboats. If you are here for just a day, you can take boat rental. If you are staying longer, stay at houseboats.

Rainbow Bridge National Monument is also located on lake Powell. This is the world's highest nature made bridge. It has a span of 234 feet. At the top it is 42 feet thick and 33 feet wide. Only thing to keep in mind is that, this bridge is accessible only through water or air. Glen Canyon Dam overlook is another place not to miss. Walking across the bridge you will see great views. The architecture of this dam is marvelous. The trip of the dam is 45 minutes occurring many times a day.

If you are going for just one day trip to Page, best five places to see would be Antelope Canyons, Horse shoe bend, Lake Powell, Rainbow bridge and Glen Canyon Dam. Next time, you are thinking of a weekend getaway near home, think Page. It has everything from gorgeous natural places to sports activities, hiking and fishing. A complete vacation package for sure.

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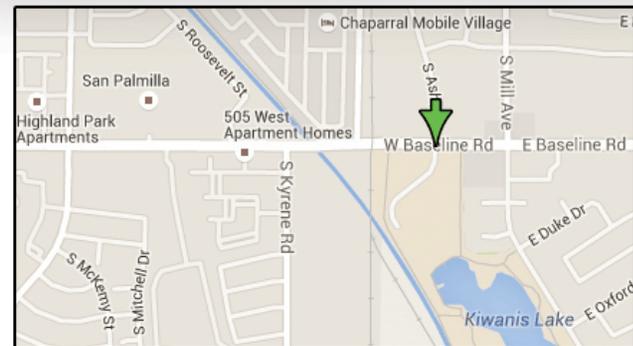
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