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Arizona GOP Party Leader Farhana Shifa To File for State House in LD18 **3**



Remembering Dr. Jasbir Singh Saini at his Barsi **20**



India Association celebrated the Independence Day **22**



Alia Bhatt and Vicky Kaushal stuck in Punjab following riots, director says will make up for loss **25**

Janmastami Celebrations at ISKCON Phoenix Temple



The international society for Krishna Consciousness (ISKCON), Phoenix celebrated Sri Krishna Janmastami on Tuesday, August 15th 2017 at their premises popularly known as Radha-

Krishna Temple located in Chandler, AZ. The grandiose event observing the birth anniversary of Lord Sri Krishna, the supreme personality of Godhead, was attended **• More on P6**

71st INDIAN INDEPENDENCE DAY CELEBRATIONS IN PHOENIX, AZ



India's 71st Independence Day was celebrated with great joy at Indo American Community Center on Aug 20th, 2017 @ 4.00pm by AZ Indian

Diaspora and Friends, with their families. Celebrations started by Dr. Hiral Tirpineni, an Indian American who is running for **• More on Page 26**

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Arizona GOP Party Leader Farhana Shifa To File for State House in LD18

August 28th, 2017

(Chandler, AZ) Conservative Farhana Shifa will be filing her paperwork to run for State Representative in Legislative District 18 today at 11 am at the Secretary of State's office at the State Capitol.

Farhana has been very involved with the AZGOP's Minority Outreach Programs and has served as the Chairperson of the Asian American Coalition and as a Director of the AZGOP's Victory Committee.

Farhana is a small businesswoman who also spent several years as a K-12 and University teacher. Her strong background in both business and education, and her deep roots into a variety of Arizona communities, makes her a unique candidate in the Grand Canyon State.

Farhana and her husband Ralph have two children and they live in Chandler.





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A National Tragedy...

Our thoughts and prayers go out to those affected by the catastrophic tragedy that Hurricane Harvey has left behind. Images of homes submerged in water, people being rescued in boats and rafts, and communities destroyed have left the whole nation in shock on what mother nature is capable of at its ultimate wrath. A storm that did not discriminate by race, gender, legal or illegal status, or financial strength left those of all races, genders, legal and financial status equally torn as it took away all they had worked hard to build their entire lives. It makes one question the political fighting that has been ongoing about immigrants and non-immigrants, assistance that should be provided to the needy, money that is being requested to build border walls, and so much more. As you look at the devastation that Harvey left behind, you being to wonder about the pettiness of the arguments we have seen our government entertain over the last few months.

As you look at tragedy facing Houston, it really makes one question all the time and energy we put into building material wealth – wealth that can be wiped away in minutes or days by forces such as Harvey. If you spent days, months, years building up things in your home and a tragedy like Harvey hit and it was all destroyed, what would you have to hang on to? The love and warmth of your loved ones? Memories



Editor's NOTE

of good times spent with them? Friends and family standing by your side through thick and thin? Those are the only things a storm such as Harvey cannot take away and that is why it is important to focus your time and energy on those things – things that cannot be taken away by the forces of nature in seconds.

While we here in Arizona are lucky that we have never had to face such a tragedy, now is the moment to be thankful for those things that money cannot buy and shift your focus on quality time with your loved ones. Many people in Houston said during interviews this just doesn't happen in Houston. But the truth of the matter is tragedy can strike anytime, anywhere. And God forbid if it ever does, we want to be in a place in life where we are content with how we have prioritized material things over emotional relationships. So hug your families, friends, and all those close to you and be thankful for the opportunity you have to do so. Make time for them over work, obligations, and other mandatory commitments because at the end of the day these are the things that will stay with you when all else is taken away.

Asia Today is saddened by the lives impacted by these catastrophic events in Houston and prays for the wellbeing and recovery of all those struggling with the aftermath. We wish them strength in these trying times and hold them in our thoughts and prayers.

-Deepa Kaur Walia

Editor, Asia Today, editor@asiatodayaz.com

This month was full of festivals, we celebrated the independence day of India..the birth of Lord Krishna, the bond of love Rakhi, now i am looking for many more reasons to celebrate

And now the month of Ganesh chaturthi and navaratri, When my friend's 12-year-old daughter asked me to explain the significance of Navaratri, I embarked on a lengthy narrative of the various stories that revolve round the festival, before summing up succinctly, "Navaratri is a celebration of woman power, a festival of women, for women and by women."

Whether it is the exchange of vettalai paaku (auspicious exchange of betel leaves and nut) and sundal eating sessions down south or the myriad hues of Durga puja in the east, the graceful twirling of women's skirts as they dance to the rhythmic beat of the Garba in the west or the toasting of the symbolic victory of good over evil in the north, it is a show of women's strength all the way. What can be better proof than the fact that in all homes, during these nine days, girls are invited and treated as guests of honour and offered a variety of accessories ranging from nail polish to bangles to earrings and fancy necklaces, while their peer boys have to be content with a pencil or a chocolate bar!

My friend's husband disagrees: "What about the burning of Raavan's effigies in the north?" Isn't that a 'man-thing'?

"Maybe, but the cause of Raavan's death were two women, his nemesis Sita and his home-wrecking sister Soorpanakha. And, however powerful the mighty Ram was, he eventually needed the blessings of Mother Goddess to pull the final trigger (or arrow) on Raavan. So, isn't it a classic



Marketing Director NOTE

case of a woman coming to the rescue of a man in distress, I conclude.

As we propitiate Mother Goddess all the nine days, we are reminding ourselves that there can be no universe without a woman. When we distribute goodies to fellow sisters, we are asserting that 'a woman is a woman's best friend.'

The Garba brings out women from the confines of their home and hearth and lets them have a well-deserved break, sanctioned by religion, in an otherwise male-dominated society. When goddess Durga stands out majestically alone, separated from her consort Siva, she is demonstrating that a woman is a man's better half, she is capable of having her own identity, separate from a man. It is another matter that she chooses not to.

Idols and images of the Durga taken round in processions reaffirm what we have known all along, that the woman is the creator, the sustainer and the destroyer and that she deserves to be worshipped. "So, has a man no place in this scheme of things," asks my husband.

"Yes he does. Who will chauffeur us to the various houses as we go on our sundal collection spree, who will help us pack and unpack the kolu stands, who will answer phone calls and doorbells while we are engrossed in chanting the Goddess's name? For nine days, it is a role reversal of sorts. You take the back seat, while we assume charge as mistresses of the universe." I reply, trying to placate him.

-Manju Walia

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Mistakes Make You Learn.....

“Your best teacher is your last mistake.” _____ Ralph Nader

The above title sounds dubious. I was doubtful about how the topic will be interpreted by my readers. Honestly, the title comes straight from my heart after experiencing it. Since I have started writing for the newspaper I feel a strong connection with my readers, and always willing to convey my true thoughts and feelings. Recently, I have made a huge mistake. My unanticipated and accidental mistake turned out to be a humungous lesson to me. I was able to handle the difficult situation with perfect aplomb. So, the mistake educated me to never commit the same mistake ever.

A Mistake is something done by subconscious mind that get us in predicament, embarrassment, negativism etc. Mistakes are favorable circumstances for learning, if handled with the positive mind set. Mistakes not only assists a person to realize what was done wrong in the situation that the person was in, but also make the person to learn from it and provides the capacity to how to acknowledge such situations in the future. It's often difficult to curb the situations or circumstances that the person find himself or herself in, but the choice of how the person will respond

to the situations, is always his or her to make. One must keep improving the response skills by learning from previous experiences that went wrong. I strongly believe mistakes should not go futile.

If a person doesn't experience mistakes early on in life and does everything foolproof, which is practically not possible, the person will eventually pay the price for it later on. This doesn't mean that one should keep trying to make mistakes. When the person does though, one should not be afraid to keep our heads held high and carry on. Famous personalities whose contribution to the mankind cannot be ignored have learnt from their mistakes. Their mistakes were the pathway to success. Thomas Edison inventor of light bulb and other inventions was successful because his failures never hinder his determination. He knew failure wouldn't stop him. "If I find 10,000 ways something won't work, I haven't failed. I am not discouraged, because every wrong attempt discarded is another step forward." Michael Jordan, basketball

player and a role model for young generation is famous for being cut from his high school basketball team. He turned out to be the greatest basketball player but never let failure deter him. "I have missed more than 9,000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game winning shot, and I missed. I have failed over and over and over again in my life. And that is why I succeed."

Mistakes are made continuously throughout the life time. Ample courage is needed to learn from mistakes. The person reluctant to meet these conditions is quite likely to learn nothing and remain just as naive as was before the mistake was made. Mistakes can be viewed as subconscious teachers. Mistake being the best teacher can be perceived as learning from trial and error. Not all the mistakes are severe, and not all the mistakes are gloomy. Rather they assist in teaching to not to make same mistake/s repetitively.

wasn't hoping for, it may not entirely be a negative effect on one's goal. It can teach to do better or more accurate by giving the results, the result one wasn't expecting. Not all the failures or mistakes bring a negative vibe, but those that bring a positive one can and will help in the long run or can give a better drive to finish the goal and to meet the goal aiming higher. Making mistakes doesn't render us incapable because in order for an effort to be made there needs to be failures. "Anyone who has never made a mistake has never tried anything new." – Albert Einstein

I firmly accept a precious lesson could be learnt from the mistakes made by bearing a positive attitude and recognizing the mistakes right off the bat. In our lives, we will have amalgamation of experiences, both pleasant and unpleasant or not so pleasant. Nobody can experience a perfect life and frequently we learn more from the bad experiences than the good. As aptly said by George Bernard Shaw, "A life spent making mistakes is not only more honorable but more useful than a life spent doing nothing."

Keep learning.....
Be Safe!!

Dr. Nidhi Gupta



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Janmastami Celebrations at ISKCON Phoenix Temple

by many visitors across the valley. The event was graced by special guests including Phoenix Mayor, Greg Stanton, Chandler Councilman, Dr Sam Huang, Lt. Travis Feyan from Chandler Police Department and Dr Hiral Tipirneni who have been long standing well wishers of the Hare Krishna community.

Being the most awaited occasion for the followers of Vaishnava tradition, the preparations commenced well over a week in advance. The entire premises were cleaned and decorated with lights, flowers and festoons. Walls were adorned with assorted pictures on Krishna's pastimes.

Tents were set up to host various cultural programs. The entrance walkway featured an intricately set up Vrindavan village. Culinary services started the night before with preparation of large quantities of sanctified vegetarian food to offer to Krishna and to be later honored by the visitors as prasadam. In addition, congregation members prepared Maha Bhog offerings of more than 250 food preparation for the pleasure of Their Lordships.

The auspicious day began with greeting the Lord by Mangala Arati prayers at 4:30 AM which was marked by devotees singing ecstatic kirtan in the glorification of Their Lordships. Devotees then immersed themselves in the divine chanting of the mahamantra-Hare Krishna Hare Krishna Krishna Krishna Hare Hare / Hare Rama Hare Rama Rama Rama Hare Hare // to express their heartfelt love for their most beloved worshipable Lord.

As the Shringar darshan opened at 7:30 AM, Their Lordships looked splendid in new stunning outfits accentuated with glittering jewels and fresh flowers. The altar as well as the main temple hall was resplendent with exotic decorations and lighting.

While devotees visited the temple throughout the day to offer prayers and receive blessings, the cardinal events began at 6 PM and ran well beyond past midnight. Guests were being warmly welcomed at the reception by applying sacred tilak mark on the forehead and gently sprinkling sanctified water. One of the highlights was the japacorner, which gave an opportunity for everyone to learn the art of mantra meditation and was very well received. Devotees got a chance to do Abhishekam, where the Deities were ceremoniously bathed with an assortment of divine articles such as milk, yogurt, ghee, honey and scented water. Visitors circumambulated the holy Tulsi Pavilion to invoke auspiciousness and devotion. This was followed by the swing festival where the Deity of Baby



Gopal Krishna was placed on a swing gorgeously decorated with flowers and garlands and was swung reverentially by the attendees. Beautifully decorated diorama of mother Yasoda with little Krishna caught the attention of many. Slide shows and video presentations on intriguing topics such as Qualities of Krishna, Pastimes of Krishna were very informative. Various traditional and devotional items were on sale by different vendors satisfying the needs of the shopping lovers.

The children's enthusiasm to participate in the whole event was second to none. Little boys and girls dressed up as Radha and Krishna depicted various pastimes of the Lord with joy, which had no bounds. The cultural entertainment program was an icing on the cake for the entire event. Participants of all ages took part in singing and dancing in glorification of Lord Krishna and made this event very cherishable. Throughout the evening, a sumptuous vegetarian feast was being served to all at no charge, which was extremely well appreciated.

After a brief closure of the darshan of the Deities around 11 PM the altar curtains re-opened at sharp midnight. The entire atmosphere was surcharged with love and devotion amidst the completely packed temple hall with guests and congregation members who gathered to greet and offer obeisances to the Lord on this special day. Maha-Arati was performed to herald the appearance of the Supreme Personality of Godhead Lord Krishna. This was a sight to behold as the divine melodious kirtan was being sung and the temple was reverberating with intense chanting and dancing. A grand feast followed this for all especially honoring devotees who were observing fasting on this day.

Indeed, this was a great celebration to remember. A great opportunity for people all across the valley to be a part of this auspicious event.

Hare Krishna! Hare Krishna Temple, 100 S Weber Dr, Chandler, AZ 85226 tel : 480 705 4900



Yellowstone – Super volcano wonderland



Amardeep Kaur

As you step inside Yellowstone National Park. This Park spreads over three states in North America- Montana, Wyoming and Idaho. It was the First National Park in America, said to be the first National Park in the world.

Yellowstone National Park Sits on Super volcano in North America. This is the reason, why you can see so many natural Geysers in this park. With so many awesome places to see in this National Park- geysers, waterfalls, creeks, lakes, rivers, rock formations, canyons; it becomes hard to decide which ones to go to first. The best tip for Yellowstone is to get a booking for stay few months before hand. It is always full. If you make a sudden plan to go there, you have to stay outside the park. Another tip would put lots of sun screen if you are going in summer.

Grand Prismatic Spring of the Yellowstone is an awe inspiring site. It is the largest hot spring in the United States. It has rainbow colors. The pretty blue color of the center of the pool makes it so painting worthy with oranges, yellows, red and brown hues. There are billions of colorful microorganisms- called Extremophiles that live in extreme heat conditions. These are the ones giving beautiful colors around hot springs. Extremophiles that live in hot springs are called Thermophiles (heat-lovers).

Old Faithful Geyser is the most famous and must see the geyser of Yellowstone. It can go up to 180 feet at times. It usually erupts after one and half hour. Such an awesome site, when it erupts. The crowd goes crazy when it erupts.

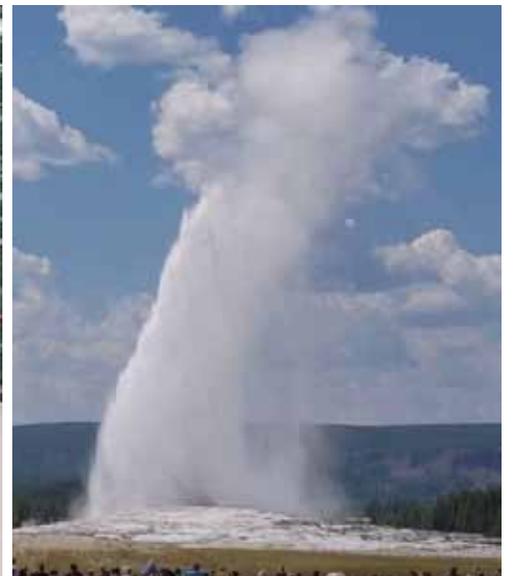
Upper Yellowstone Falls and lower falls of the Grand Canyon of Yellowstone have beauty beyond words. There is a bit hike down for lower falls but it is totally worth it. At the lower falls, you will experience standing right on the edge from where the falls go down. Upper Falls view point is also picture worthy.

Yellowstone Lake is the pristine, untouched nature at its best. It is such a big lake at high altitude. It is such a tranquil and peaceful lake. You can see fishes in it and wild life around it. Gibbon Falls is 84 feet long waterfalls on the Gibbon River. They are easily viewable from a road side point not too much hike.

Castle geyser can go up to 90 feet and has the largest cone. It is may be the oldest geyser here as it is thousands of years old. Excelsior Geyser was the largest geyser in the world in the 1880s. It could go up to 300 feet up and 300 feet wide.

Firehole River falls go 40 feet down between canyons created in 800-foot lava walls. Easy road side accessibility to the falls, no tough hike. Abyss Pool is a small, yet full of colors spring right on the bank of Yellowstone Lake. It is the point where you can see hot springs and geysers falling into the lake.

If you have more time on your hand, some worth seeing places at Yellowstone are the Sheepeater cliff, Undine Falls, Kepler Cascades, Lewis Falls, Lamar Valley, Grand Geyser, Uncle Tom's Trail, Beehive Geyser, Roosevelt Arch, Upper Geyser Basin and Norris Geyser Basin. All in all, Yellowstone National Park is a tourist's heaven, who loves nature. It has such unique amazing features that you would definitely want to visit here again.



Real Estate News of Arizona - September 2017

Hello Friends,

Let me start by wishing all my readers a very happy festive season, Ga-nesh Chaturthi to Navarathri! Hope you all are having a wonderful time with your family and friends. As, we celebrate the traditional festivals, let's look back at how real estate in valley is doing...

For the fourth year in a row, the inventory of homes for sale across the US not only failed to recover, but dropped yet again. At the end of 2016 there were historically low 1.65 million homes for sale nationwide, which at the current sales rate was just 3.6 months of supply almost half of the 6.0 months level that is considered a balanced market. Simultaneously, rental market is getting in demand again, lately, I am hearing rent increment in Apartments. The median rent here in valley is around \$1,500 per month. Rent is more expensive than ever before. Affordability is a growing concern across the country, and rent requires almost half of the median income in some of the nation's most expensive markets. Some of the reasons for the increased number of renters include rising home prices, lingering fears over the last recession, and higher student debt. A mortgage payment is cheaper than a rental payment on a monthly basis, but saving enough money for the down payment is holding back many renters from crossing over into homeownership. However buyers have more options with different loan programs, they can do conventional loans with as low as 3% down payment. Buyer has to understand as its a sellers market so many of the more affordable homes for sale may be older, smaller and located in less desirable neighborhoods than they might like.

Now let's take a look at the July sales of Residential Properties in Maricopa County-

- Total Sales for Single Family, Town-home, Condos, for July are 6,920 whereas June were 8,292 and May was 8,496
- The Active listings for Single Family, Town-home, Condos, for July are 17,662 whereas June were 18,406 and May was 19,230
- Pending sales for Single Family, Town-home, Condos, for July are 5,722 whereas June were 6,329 and May was 7,035

The total home sales by financing were-
 Cash Sales - 1,285
 Conventional - 3,864
 FHA - 1,223

VA- 492

Let's take a look at the July sales of Residential Properties in Pinal County-

- Total Sales for Single Family, Town-homes, Condos, for July are 720 whereas, June were 854 and May was 912
- The Active listings for Single Family, Town-homes, Condos, for July are 1,782 whereas June were 1,801 and May was 1,882
- Pending sales for Single Family, Town-homes, Condos, for July are 608 whereas June were 676 and May was 770

Often clients surprise me with some habits which can wreck your home, so here are some tips to help you understand the negative aspects of simple home remedies

We often use bleach in our cleaning products, they eat through the sealant on stone surfaces like granite; Discolor laminate and colored grout; Fade enamel and acrylic tubs; Dissolve vinyl and linseed-based flooring like linoleum; Corrode seals within the disposal. Better option is water and vinegar can do for most cleaning jobs. If you have a mold or mildew issue, apply a commercial anti-fungal product.

Sealing the counters! well, applying sealant too frequently can create a cloudy or streaky appearance on surfaces like natural stone, concrete, butcher block, and glass, which typically only require occasional resealing to resist stains. Please check the manufacturers instructions for your counter surface as they vary by quality. How to know it's time to reseal? sprinkle some water on a high use area of the countertop, if the water doesn't remain beaded after 15 minutes, consider resealing.

Caulking is another mistake people do, wrong caulk can leave stains and damage the surface, like using silicone caulk its great on nonporous surfaces like bathtubs but on concrete or brick or other porous surfaces it won't adhere, and moisture can seep in, compromising the bond and the structure. So check with the store on which caulk is best to use.

Other thing I have noticed in many homes is planting trees close to your home wall, you don't want a tree root pushing through your foundation or driveway or sidewalk! Also, planting too close to the house can cast too-much shade encouraging mold growth. Position trees according to its maximum height, crown

size, and root spread. Keep in mind even a small tree reaching less than 30 feet tall needs at least 6 feet of clearance from any exterior wall.

Let's take peek in commercial side-

The Phoenix Chinese cultural center in downtown may go through new renovations with new ownership. The cultural center, at 44th Street near State Route 202, was sold to True North Companies in June, which plans to renovate the property as a business center and corporate headquarters. There was a rally last month from Asian Community protesting potential renovations under the new ownership and want to preserve the center's garden and aesthetic that have become a hub for the Chinese community.

Henley USA, a Boston based private equity real estate investor, has acquired two large apartment communities totaling 481 units in suburban Phoenix. The properties were Riviera Pointe, a 256 unit complex in Mesa and a 216 unit in Peoria

Family Healthreach Inc sold the 90 bed Pennington Gardens assisted living facility in Chandler to Summit Healthcare. Pennington Gardens is two stories and situated on a 2.5 acre parcel in Maricopa County

Adler Realty Investments Inc purchased an industrial building in Phoenix.

Built in 2000, the 47,000 square-foot building is located on a 4.6-acre lot in the Deer Valley / Pinnacle Pkwy Industrial submarket.

The U.S. Army Corps of Engineers renewed its 28,500 square-foot lease in Phoenix. The building totals 219,032 square feet in the Midtown submarket. The building was constructed in 1983

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 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, News-geni, Realty times, azcentral, wall street journal.



Hase Kavi Samelan



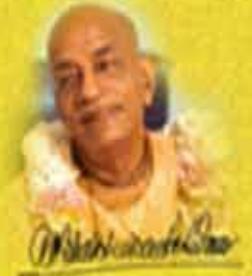


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Sept. 2nd 2017

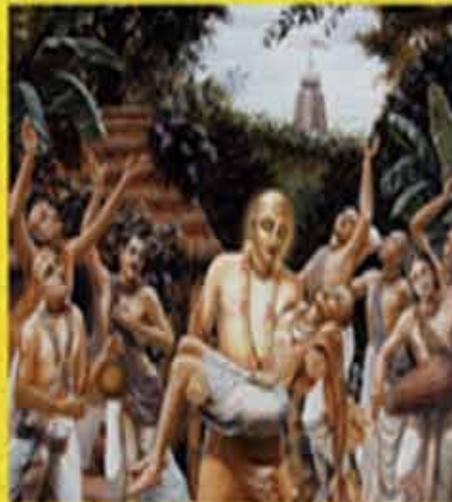
Appearance of Lord Vamanadeva
fasting until noon



7:00pm Katha with The glories of Lord Vamanadeva

Sept. 4th 2017

Disappearance of Haridasa Thakura



7:00pm Katha Glories of Nama Acharya

Sept. 30th Dussera

Sri Ramachandra Vijayotsava



Appearance of Jiva Gosvami

Sept. 5th Visvarupa Mahotsava
Srila Prabhupada's acceptance
of sannyasa, 1959

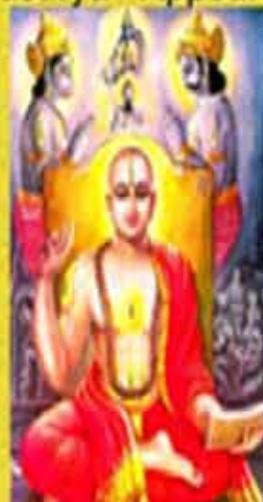
Third month of Caturmaya begins
(fast from milk for one month).



7:00pm Burning of Ravana

Sept. 30th

Sri Madhvacarya - Appearance day



Sept. 3rd 2017
Appearance of
Srila Bhaktivinoda Thakura
(Fasting till Noon)



11:00am Kirtan and Bhajan
11:30am Pushpanjali
12:00pm Aarti
12:30pm Parsadam

Sept. 1st Parsva Ekadasi
Fast until Noon for Appearance of
Lord Vamandeva Sept 2nd

Sept. 16th Indira Ekadasi
Break the fast next day
at 6:13am between 10:20am.

Please visit our website www.iskconphoenix.com for a complete schedule of our regular programs, events and other services.

Yoga Path to self realization

*tasmattvamuttisthayasolabhasvajitvasatrunk-
hunksvarajyamsamrddham
mayaivaitenihatahpurvamevanimitta-matramb-
havasavya-sacin*

(Bhagavad Gita 11.33)



Translation: Therefore get up. Prepare to fight and win glory. Conquer your enemies and enjoy a flourishing kingdom. They are already put to death by My arrangement, and you, O Savyasaci, can be but an instru-

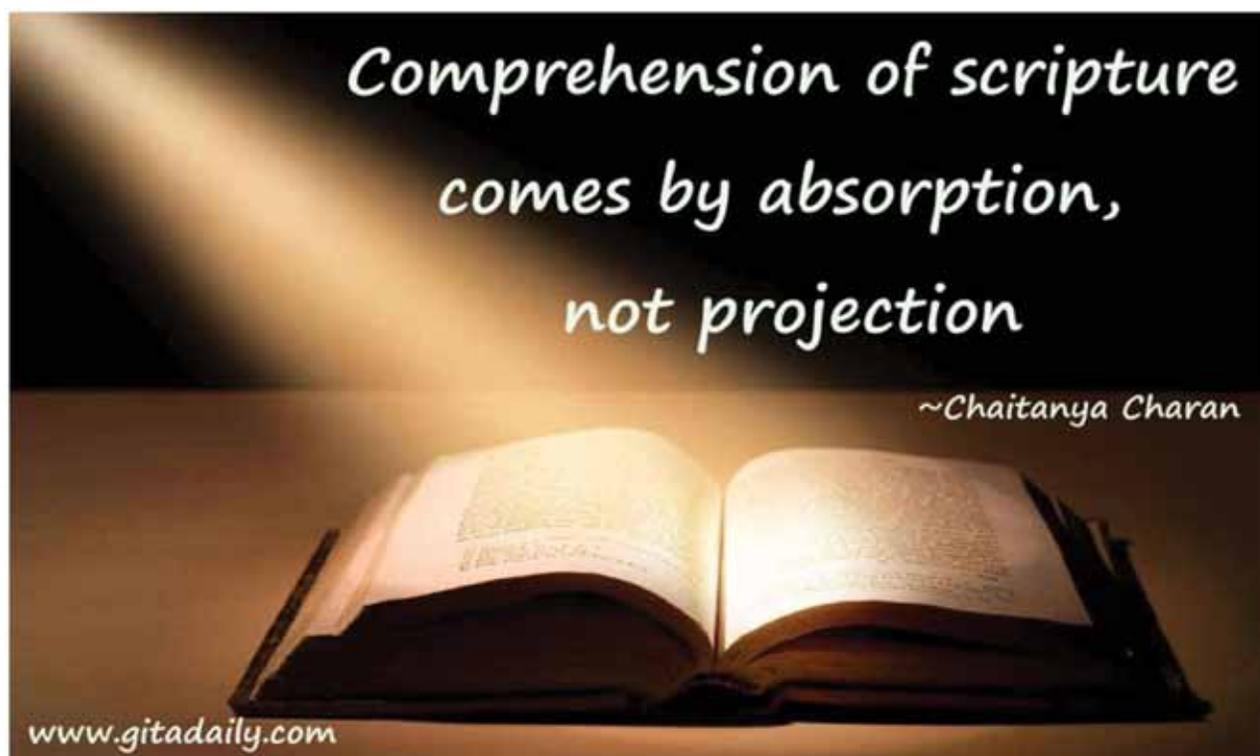
ment in the fight.

Reflection by Chaitanya Charan:

The Bhagavad-gita, being a widely respected book, is often misappropriated by people with their own agendas. Such people cherry-pick the Gita's verses to suit their own purposes. Even among those who don't misappropriate it consciously, many subconsciously project their own ideas on it.

Consider, for example, the Gita's appropriation by a celebrated leader who championed nonviolence. Faced with the obvious question of how a book spoken on a battlefield could advocate nonviolence, he responded by rejecting the battlefield setting as a mere metaphor.

Undoubtedly, nonviolence is an important virtue, especially today when deadly weapons are easily available for many. And the Gita (16.02) does laud



nonviolence as a virtue of the godly. Demonstrating such godly spirit, the Pandavas strive repeatedly, as the Mahabharata reports, to peacefully regain their stolen administrative rights. But the anti-social Kauravas, who have unscrupulously grabbed power, brazenly rebuff them, thereby making war inevitable.

When we absorb this context, we see that the Gita's battlefield setting underscores the hard-eyed reality that in a world where the brutal sometimes gain power, assertive action, including violence, may be necessary for protecting the victims.

Thus, when we absorb ourselves in the Gita's context, we can better appreciate its text. And when we absorb ourselves in its text, we can better appreciate its thrust: the call for spiritual activism. It (11.33)

asks Arjuna not just to fight, but also to do so by becoming a harmonious instrument of the divine.

The Gita's universal message is that we attain spiritual harmony by realizing our essential nature as parts of the Absolute. When we are thus harmonized, we can devotionally channel our energy for contributing constructively according to our social position.

Overall, the Gita's nuanced and profound message can be comprehended only by absorbing ourselves in it, not by projecting our own preconceptions on it.

www.gitadaily.com -World's only website offering a new article on Bhagavad Gita everyday
http://radhakrishnaphoenix.org -ISKCON Phoenix
gitadailywisdom@gmail.com - Feedback

Namaste everyone. Nature of yoga is to make humility and gratitude as essence of our life and then it will make you feel everything beautiful and merciful around us. We have got the form of human life not for wasting or accumulating the fake material happiness. Instead we have got "Chetna" intelligence to understand the truth who we are and what is the purpose of our life. As rightly said by Jason Crandell "Yoga is the perfect opportunity to be curious about who you are." With these thoughts in mind, let us perform a new yoga asana this month.

Our focus would be on another abdomen stretch asana called Supta Udarakarshanasana which helps in digestion and improves flexibility of the spine.

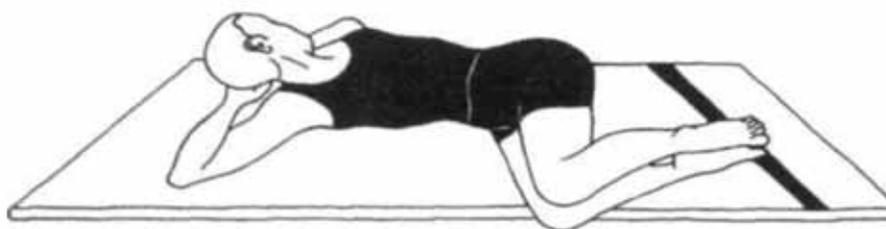
Supta Udarakarshanasana or sleeping abdominal stretch pose improves digestion and gives flexibility to the spine. In Sanskrit, Supta means lying down or sleeping, Udara means abdomen, Akarshan means pull or stretch and Asana is a pose.

How to Perform it:

- Lie down flat on the floor.
- Bend the knees and bring the



Supta Udarakarshanasana (sleeping abdominal stretch pose)



feet towards you with the sole of the feet resting on the floor. Keep the two feet together during the practice.

- Intertwine the two palms and place it under the head. Bring down the arms to the floor. Try to touch the floor with the elbows if possible.

- Exhale and turn the knees towards the right side and try to touch the right thigh to the floor. Take it as far as possible without straining. At this point the breath is kept outside. Remain in this position for few seconds.

- Inhale and bring back the knees to the upright position.

- Repeat the same on the left side.

- Do this for as many rounds as you are comfortable. Try to experiment with the position of the feet. If it is away from the hips, then the twist is more pronounced around the lower back. If you move the feet closer to the hips, the stretch is felt more around the thoracic region.

- To release the position, bring

back the hands to the side of the body. Lower the knees and rest in Shavasana for a minute.

Breathing:

- Exhale while lowering the legs to the sides.
- Hold the breath in the final position. Inhale while raising the legs.

Awareness:

On the breath, the mental counting in the final position and the twisting stretch on the paraspinal and abdominal muscles.

Benefits:

- Supta Udarakarshanasana gives a good twist to the spine and is a good exercise for flexibility of the spine.
- It tones the organs in the abdomen and improves the functioning of all abdominal organs.
- It improves digestion.
- Supta Udarakarshanasana can relieve constipation.
- It is good for releasing mental and physical stress

Contraindications:

Supta Udarakarshanasana should be avoided by those who have any kind of injury to hip, knees and spine.



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Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

SEPTEMBER 2017 Programs & Events

17 Bhadon – 15 Assu, 549 Nanakshahi Era (NE)

Sept. 8 - 10 (Fri. – Sun.)

Barsi Baba Jagir Singh Ji Nanaksar Barundi Wale

Akhand Paath: Arambh: Friday, 10:00 AM

Bhog: Sunday, 9:00 AM

Sept. 8 (Fri.)

Gurgaddi Sri Guru Ramdas Ji (Actual: Sept 4)

Joti Jot Sri Guru Amardas Ji (Actual: Sept 6)

Anniversary Shaheedi Jaswant S Khalra (1952 – 9/6/1995)

Mela Kandh Sahib, Batala (Actual: Sept 8)

Sept. 10 (Sun.)

Gurgaddi Sri Guru Angad Dev Ji (Actual: Sept 10)

Barsi / Anniversary Baba Buddha Ji (Actual: Sept 10)

Sept. 10 (Sun.) – Punjabi School Starts at 10:30 AM

Fun & Learning for 5 and up

Please register for classes on the first day.

Sept. 15 (Fri.) – Joti Jot Sri Guru Nanak Dev Ji

(Actual: Sept 15, 1539)

Sept. 16, Assu 1 (Sat.) – Sangrand Program

9:00 AM – 10:00 AM.

Sept. 17 (Sun.) – Homeless Langar Seva.

Call 602 741 8021 for more info.

Sept. 29 (Fri.) – Birthday Shaheed Bhagat Singh Ji

(Actual: Sept: 28, 1907)

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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Sri Guru Ramdas Ji



Sri Guru Nanak Dev Ji



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INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA) - LA PRINCESA



On Aug 01, 2017, after the socialization it was non-stop fun playing the Bingo games. This produced several winners once it was over. All the winners were awarded prizes by Soumya & Simran Parikh. At the end, Soumya & Simran presented beautiful dances to their favorite tunes. The luncheon today was sponsored by Umesh & Lataben, and Umeshbhai Desai families. Over sixty five guests and members enjoyed the delicious meals.

On Aug 08, 2017, the sweetest thing today was the game of "Antakshari" by the two groups- Ladies and Gents. Thanks to Umesh Parikh for conducting. He sure had good exercise while going back and forth among the challengers. Of course the ladies carried the game. Niketanbhai had a few remarks as the visiting brother-in-law of Kantaben and Baldevbhai. Ramanbhai narrated a beautiful short story. Narayanbhai had a few Trivia questions from the 50s, 60s and 70s. There was a good response from the audience. The sponsors today were Lisha and Gary Vasvani. ISAA thanks them for the treat.

On Aug 15, 2017, ISAA wel-



comed the guests, as they arrived, with Haveli Sangeet. At the appropriate time the house came to order and saluted the Indian flag with national anthem - "Jana Gana Man..." as we celebrated the 71st birthday of India's independence. This was followed by "Vande Mataram" and "Zanda Uncha rahe Hamara". The video clips were just outstanding. In celebration of Janamashtami, Deviben started with a prayer bhajan helping Devaki Maa to welcome "Lala". This followed "Nand ke Ghar Anand Bhayo Jai Kanahiyalaki". As the devotees got drowned in the joy of Lord Krishna's birth, bhajans and dhoons continued as many from the audience participated with a lot of zeal. Garyji shared the feelings with all. It was time for aarti and swinging the jhoola of the Lord. Thanks to Kantaben and



Baldevbhai's family to sponsor the day's luncheon. Over seventy five members and guests had enjoyed it. ISAA thanks Deviben, Babubhai for loaning the temple. Garyji and Lishaji were kind enough to escort the Gohels. Thank you all. We pray for the comfort of Lataben as she tries to recover at home. We send our best wishes for the successful trip to National parks by our members. We welcomed- Ushirbhai & Indiraben from Ahmedabad, the guests of Shantubhai & Kokilaben.

On Aug 22, 2017, the hall was abuzz with classical sarod music as the members and guests arrived. The temple table adored beautifully decorated Ganeshji with flowers and other articles. The lamp was lit while the incense sticks filled surroundings. The celebration of Ganesh Chaturti got underway with

1. Prayers to Lord Ganeshji by ISAA devotees 2. Kantaben & Baldevbhai Family & Friends sponsoring the Independence Day & Janmashtami 3. ISAA ladies take pride in dressing up for religious celebrations 4. Naik Family sponsored the luncheon on Aug. 22nd 5. Mrs KukuNoor and Ammaji - guest invitees of Vidyaben 6. ISAA celebrated the Indian Independence Day 7. Garyj & Lishaben - Sponsors of Aug. 8th luncheon 8. Umeshbhai Desai & Umeshbhai Parikh Families sponsored Aug. 1st luncheon

a prayer by Narayanbhai. Jitubhai cooed in the sloka- "vighneshwaray...". He then played very touching video clip of Ganapati bapa. The other clips were- Achhcha Dost, Raymond- Lesson learning potential..., Shiv Shankaram, First aid for dizziness, and Ganeshji. With the fantastic aarti of Ganapati dada the celebration was concluded. The sponsors today were Kiritbhai & Vidyaben. Thank you. The guests of Vidyaben- Kusuma Kukunoor and Ammaji were welcomed. Thanks to Deviben, Babubhai and Vidyaben for the temple arrangements.



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- » Systemic Conditions



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Delhi researchers prove health benefits of cinnamon

Indians have a greater propensity to develop multiple metabolic problems leading to diabetes at an early age, and the new research has proved that cinnamon lowers the risk.

Apart from its aroma and flavour, cinnamon is a spice that helps in reducing abdominal fat, increases good cholesterol levels that could cut heart attack risk by 10%, shows a recent study by Indian researchers.

National Diabetes, Obesity & Cholesterol Foundation (N-DOC), Institute of Home Economics (University of Delhi) and Fortis CDOC Hospital for Diabetes and Allied Sciences investigated the effect of this commonly used spice among Indians, and the results were published in the June issue of US medical journal—Lipids in Health and Disease.



“Purported ‘beneficial properties’ of traditional Indian herbs and spices need to be proven on the anvil of hard scientific methods. Looking at the results of our robust scientific study, now I can say with confidence that cinnamon should be included in meals by all adult Indians, and particularly those who have multiple metabolic risk factors or diabetes,” said Dr Anoop Misra, director-N-DOC, and chairman-CDOC.

Cinnamon was tested in 58 people with metabolic syndrome—abdominal obesity, high triglycerides,

low HDL (good cholesterol), high blood sugar, and high blood pressure, and compared them 58 people on placebo over a period of 16 weeks. Those

given cinnamon showed improved health parameters by the end of the study.

Dr Seema Puri, associate professor, Institute of Home Economics, said, “The promising results of this research reveal that simple functional foods can have tremendous health benefits. Cinnamon is a spice which is commonly used in Indian cooking and hence can be easily incorporated in our daily dietaries that will balance out metabolism better.”

Indians have much greater propensity to develop multiple metabolic problems, leading to diabetes at an early age.

“This research proves that usage of simple dietary intervention such as judicious and recommended usage of cinnamon can lead to multiple health benefits. Cinnamon has, therefore, proven to be a cost effective measure for the prevention and management of multiple metabolic risk factors among Indians,” said Dr Sonal Gupta Jain, assistant professor, Institute of Home Economics.

Research Highlights

*Weight: decreased 3.8%

*Body Mass Index (BMI) and Body fat: reduction of 3.9% in BMI and 4.3% of body fat percentage

*Waist circumference: decrease in 5.3%

*Blood Pressure: systolic by 9.7% and diastolic by 9.1%

*Fasting blood glucose: decreased by 7.1%

*Post prandial glucose: decreased by 6.8%

*Glycosylated Hemoglobin (HbA1c): decreased by 5.9%

*Total cholesterol: reduction by 20.9%

*Triglycerides: decrease by 16.1%

*LDL (bad cholesterol): decrease by 12.9%

*HDL (good cholesterol: increase by 6.2%

*Metabolic Syndrome: reduced in the intervention group by 34.5% vs. 5.2% in the placebo group.

One in five women who had complicated childbirth faced physical abuse during pregnancy: Study

One in every five women who had complicated childbirth faced physical abuse during pregnancy, says a study that looked at the connection between domestic violence and difficult pregnancies.

The study by doctors of KEM and Wadia Hospitals suggests direct connection between violence against pregnant woman and the danger to mother and child. The researchers said the statistical evidence is just the tip of the iceberg.

The questionnaire-based observational study was done over a span of one year. A total of 200 antenatal and postnatal patients seeking healthcare were enrolled



after an informed consent with approval from the Institutional Ethics Committee. Participants were then divided in two groups of normal and complicated childbirths.

The study revealed that overall 12.5% of the pregnant women had faced domestic violence. The difference between the two groups was stark, with 7% of women with normal deliveries and 18% of women with complicated deliveries being victims of domestic violence.

Dr Vijyeta Jagtap, Department of Obstetrics and Gynaecology, Nawrosjee Wadia Maternity Hospital points out in the study that there were a few cases of direct injury

due to violence. “One of them had blunt trauma to the abdomen due to hitting and kicking. Two patients presented with incomplete abortion due to direct trauma to the abdomen. In our study, 44% of the women admitted with threatened abortion or threatened preterm labour were also victims of domestic violence with no other aetiology identified,” said the researchers. Dr Padmaja Samant, from KEM hospital, mentions in the study that the major reasons for conflict as stated by the patients were monetary reasons (most common), household work related, not allowing the use of contraception, alcohol addiction, want of a male child, second marriage and suspicion of infidelity.

“In 60% of the study population, the husband was illiterate or had not completed schooling. Out of them, 17.5% had faced domestic violence,” said Dr Samant in the study. Also the frequency of incidents was high in the age group of 21-25 years. Almost 20% of the women were facing violence from the first year of marriage itself. “Majority of our patients belonged to joint fam-

ily. Domestic violence was found in 10.56% of pregnant women from joint families and 15.58% pregnant women from nuclear families” researchers added.

Doctors also found out how many women actually had a support system after the incident of violence or even raised an alarm. Shockingly, 16% of the victims of domestic violence had no coping mechanisms or support system available to them, and only 24% approached a social worker or filed police complaint.

“Four women out of twenty-five (16%) who were victims of domestic violence separated from their husband after an episode of severe conflict in current pregnancy,” said researchers, pointing out the need for a strong support mechanism for the women. “Creating awareness and sensitivity amongst healthcare professionals and training them to identify and help these women is the need of the hour. (We can) provide adequate space and privacy to deal with the issues and take help from trained psychologists and social workers of the hospital,” researchers said.

IACRF Seniors celebrates India's Independence Day

Ramu Ramakesavan
Bhagubhai Patel

Month of August was an eventful month with India's Independence Day celebrations, two birthdays and a "Punyathithi" celebration. With the onset of cooler weather, many members are returning home after their summer escapades. India's Independence Day was celebrated with great gusto by the seniors.

Memorable Events

On the first Thursday in August, many members started at the temple for the regular monthly bhajan. Given the turnout was low due to summer season, we hope to have many more members join the Bhajan program September onwards.

We celebrated India's Independence Day with a gusto couple of days later during our Thursday August 17th get-together. Over sixty members and visitors attended the event with great enthusiasm. We started the celebrations by singing the American and Indian national anthem. Following that, Usha gave a rousing speech that stirred up the audience! She spoke about the tremendous progress made by India in science, technology and space exploration. Usha recalled the great sacrifice made by the freedom fighters for our independence from the British colonial rule and currently the sacrifices made by the security forces for peace and stability in the country. She expressed confidence in a prosperous future for India under the dynamic leadership of Prime Minister Modi. Usha and Shrikrantbhai sang patriotic songs followed by a patriotic poem by Romesh Joshi, which he had penned in 1962 when there was a standoff with the Chinese on the northern borders, just like now a days. Bhagubhai Patel reminisced about a tower being built in his native village in 1947 to celebrate the Independence Day.

The final event of the day was a parade of member couples in colorful costumes of their region in India. Vijaya Tangri of Punjab, Rajni Bajpai of UP, Deepa and Ramesh Bagai of Bengal, Pushpa and Prakash Deshmukh of Maharashtra, Lalitbhai and Shantaben Patel of Gujarat, Kamala and Subbarao Chirukuri of Andhra Pradesh, Brinda and Kumar of Tamil Nadu and Suraj & Usha Gautam of Rajasthan participated in the show. They all spoke about the salient features of the regions they represented, like history, leaders, language, food and culture of their state. Lalitbhai won the hearts with his traditional attire from Kutch. Look



for his picture!

Lunch sponsors for this report period were (a) Bhadrikabhai Patel accompanied by son Arnav and daughter-in-law Leena (b) Vinayakbhai Desai to commemorate his late wife's 82nd birth anniversary, (c) Lalitbhai and Shantaben Patel on the occasion of Lalitbhai's birthday and (d) Usha and Suraj Gautam (e) Kamini Shah on her birthday. Ramu Ramakesavan and Mahesh Diwan are working with Alma to refurbish Kitchen equipment, Cabinet storage reorganization, and safety improvement for kitchen volunteers.

Member News:

Amrita and Balbir Khurana, Davinder Kaur, Deepa and Ramesh Bagai,

Neeru and Subash Sood, Saroj Amin, Kamla and Subbarao Chirukuri, Pushpa Deshmukh and Seema Singh returned after a long break. We were very happy to see Rameshbhai Zaveri after his back injury and Jagan Lingamneni after a bout of pneumonia. Mahedrabhai Dave, Lalitbhai's daughter's father-in-law, fell during a walk and had a serious head injury. He was admitted to the trauma unit of Chandler Regional Hospital, but he has recovered sufficiently to move into a rehab center.

Senior Group meets every Monday and Thursday, 10:00AM to 2:00PM 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.

Seniors Weekly Report – July 27th 2017

Seniors Weekly Report – Aug 3rd 2017

Seniors Weekly Report – Aug 10, 2017

Upcoming Events

Aug 17: Today the center was the hub of activities. There was lots of excitement as we were going to celebrate India's Independence Day. Members started arriving around 10.30 am. They got engaged in their favorite activities of playing cards, table tennis and doing Yoga exercises

Islamophobia and its Effects in USA

I have been living in this beautiful and great country since 1987. I am enjoying complete freedom of faith and conscious. I am free to practice all my tenets of my faith, Islam, here in the USA. I am witness that my fellow Americans are great people.

I lived in different cities across the USA like Washington, DC; Silver Spring, Maryland; Dayton Ohio; Houston Texas; LA California; and now I am the resident of Chicago, Illinois. My experience living in all these cities and towns is the same that the people of this great nation are respectful and helpful in nature.



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

The problem, I as an Ahmadi Muslim and other Muslims, is facing that the Press and Media have painted all Muslims with the same brush that we all are terrorists. Majority of the people of this great country are getting this negative picture through the media which is making them fear Muslims and hate Islam.

Islamophobia is a negative attitude towards Muslims or can be defined as fear of Islam created in the minds of Non-Muslims. Islamophobia is actually spread by some of the political powers, Press and Media across the globe and the opponents of Islam.

Yes, as far as some Muslims are concerned, a very small and tiny section of so called Muslims are creating this notion of Islamophobia. History is witness that this is not just restricted to Islam as these kind of extremists can be found in other Religions as well like Christianity, Judaism, Sikhs, and Hindus etc...

As far as the Islamic Teachings are concerned, the reality is that Islam is the Religion of Peace, Tolerance and forbearance. The very meaning of Islam is "Peace" and Muslims greet everyone with Peace.

The Founder of Islam, Prophet Muhammad (peace be upon him) said that, the true Muslim should never hurt any peace loving people with his hand or tongue. So I can convey this message on behalf of Ahmadiyya Muslim Community that there is no need to fear Islam and Muslims.

The founder of the Ahmadiyya Muslim Community, Hadhrath Mirza Gulam Ahmad of Qadian (peace be upon him) was raised by God Almighty to remove any misconceptions, misunderstandings and fear from the heart of the people about Islam and to establish the same teachings practiced by Prophet Mohammad peace be on him.

On June 27, 2012, a historic event took place

at Capitol Hill in Washington, D.C. The Worldwide Head of the Ahmadiyya Muslim Community, Hadhrath Mirza Masroor Ahmad (May Allah be his helper) addressed leading Congressmen, Senators, Ambassadors, White House and State Department Staff, NGO Leaders, Religious Leaders, Professors, Policy Advisors, Bureaucrats, representatives of think-tanks and the Pentagon and Journalists from the media and conveyed the True Message of Peaceful teachings of Islam to them.

He even wrote letters to the former President of USA, Mr. Barack Obama, His Holiness Pope Benedict the XVI, His Excellency the Prime Minister of Israel, President of the Islamic Republic of Iran, Prime Minister of Canada, King of the Saudi Arabia, the Premier of the state council of the people's republic of China, to the Prime Minister of UK, to the Chancellor of Germany, to the President of the French Republic, to Her Majesty, the Queen of UK, to the Supreme Leader of the Islamic Republic of Iran and to the President of the Russian Federation his Excellency Mr. Vladimir Putin, explaining to all of them the True peaceful Teachings of Islam and requested them to strive their best to prevent the major and minor powers from erupting into a Third World War.

He also mentioned that "if the Leaders and prominent Religious Leaders of these Countries don't dis-

charge their responsibilities wisely then the effects and aftermath of such a war will not be limited to only the poor countries of Asia, Europe and the Americas; rather, our future generations will have to bear the horrific consequences of our actions as well".

Social Media and Press also have a great responsibility of spreading Peace in the Nation. Instead of just broadcasting the bloodshed and the evil things done by small and tiny group of people, they should interview the Peace Loving Muslims and broadcast the news covering the True Teachings of Islam. They should broadcast the Humanitarian works done by the True Muslims across the globe day in and day out. If we are not mindful of these issues then Islamophobia will affect all folks of life, younger or older, men or women economically and religiously every where.

If all the Americans, Europeans and others, sincerely desire to uproot Terrorism across the globe then all those Political Powers must stop immediately funding them and do not provide any kind of ammunition to them. These are the only ways to stop islamophobia here and there.

Imam shamshad A.Nasir

Missionary of Ahmadiyya Muslim Community
Chicago, 909 636 8332
shamshadanasir@gmail.com

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Indian Godman Gurmeet Ram Rahim sentenced to 20 years in jail, fined Rs 30 lakh in rape case

A charismatic Indian "godman" whose conviction for rape last week sparked a wave of arson and looting was jailed for 20 years on Monday.

Gurmeet Ram Rahim Singh, the flamboyant leader of the Dera Saucha Souda sect, was convicted on Friday of repeatedly raping two women followers at his ashram, a complex of more than 600 acres set in the northern state of Haryana.

He received two 10 year sentences, to run consecutively, a Central Bureau of Investigation spokesman said. Earlier media reports suggested he had been sentenced for a total of 10 years.

Local media reported that Mr Singh broke down as the sentence was pronounced and had to be dragged weeping from the court, where the session took place under tight security.

The conviction unleashed a catalogue of violence by tens of thousands of his devotees, who had descended on the courthouse where the verdict was read, in which 38 were killed, more than



250 injured and railway stations, government offices and vehicles were set on fire.

On Monday the authorities were preparing for further trouble from the guru's hardcore followers, thousands of whom remained holed up in the ashram compound in the town of Sirsa surrounded by thousands of troops and paramilitary police. But in the initial hours after the sentencing, the religious leader's heartland remained calm, with a heavy security force presence, curfew and the suspension of cell phone services. Schools were closed and public transport services halted.

Mr Singh's conviction is a rare case where a charismatic Indian spiritual guru has been held to account. Mr

Singh, who directed and starred in a big budget movie called MSG: Messenger of God and two sequels, had successfully converted his hold over followers into political influence.

During the 2014 national and state elections, Mr Singh supported Prime Minister Narendra Modi's Bharatiya Janata party, helping it wrest control of the state from the Congress party.

He has since received several grants of Haryana government funds, totalling about \$150,000, for such activities as promoting sports. He was also publicly praised by Mr Modi for his support for the prime minister's "Clean India campaign".

The criminal investigation into Mr Singh began in 2002 after the chief jus-

tice in Haryana state received an anonymous letter from one of his followers, who detailed how she was repeatedly raped by the guru and claimed other female devotees had endured the same.

The Central Bureau of Investigation tracked down some of the guru's alleged victims, persuading two to testify against him after promising them witness protection. Mr Singh is also being tried in connection with the 2002 slaying of a journalist who helped expose the rapes and was shot dead in front of his house. Authorities are investigating claims that Mr Singh forced 400 male followers to undergo castration, allegations the religious leader denies.

Mr Singh's conviction could lead to demands for more rapid progress in criminal prosecutions against other religious figures such as Hindu "godman" Asaram Bapu, who has been in jail since 2013 awaiting trial on allegations of raping a 16-year-old follower.

THE AREA near Tau Devi Lal Stadium at Sector 3 and HAFED roundabout at Sector 5 were the epicentre of violence that rocked Panchkula on Friday. Both the locations are approximately within a two-kilometre radius of the CBI court where Dera Sacha Souda chief Gurmeet Ram Rahim was held guilty of rape. A total of 30 people were shot dead by armed forces in the violent police-public clash in Panchkula. Out of these, at least 24 bodies were found at these two places. The other six bodies were found in the residential areas of sectors 2 and 21.

Security men assigned to Dera chief Gurmeet Ram Rahim planned to free him: IG Rao

CHANDIGARH/GURGAON: The Haryana police managed to whisk away Dera Sacha Souda chief Gurmeet Ram Rahim Singh from the special CBI court in Panchkula to the Rohtak jail only after thwarting an alleged bid by his security men to free him, according to a senior Haryana police official.

However, an alert team led by Deputy Commissioner of Police (Crime) Sumit Kumar foiled the bid by the godman's commandos to escape with the Dera chief, he claimed.

Speaking to reporters in Gurgaon, Inspector General of Police (IGP) K K Rao said that as soon as the self-styled godman was convicted, he demanded a 'red bag' that he had brought along from Sirsa.

"The Dera chief demanded the bag, saying his clothes were in it. It was actually a signal for his men to spread the news of his conviction among supporters so that they could resort to causing disturbance," Rao said. He said that as the bag was taken out of the vehicle, sounds of tear gas shells being lobbed about 2-3 km from the site were heard.

"It was then that we understood that there was some meaning behind the signal," the Haryana police IG claimed. And what made senior police officials even more suspicious was that Ram Rahim Singh



and his adopted daughter kept standing in the Panchkula court complex corridor for a long time even when they were not supposed to do so, he said.

"They were trying to gain time before sitting in the vehicle so that their men could spread the message that he was moving from the court. They were told that you cannot stand here. The mob was about 2-3 km and could have moved closer. We never wanted violence in Sector 1 as casualties could have been more," the senior police official said.

The police decided to make him sit in the vehicle of DCP (Crime) Sumit Kumar instead of the vehicle he had arrived in, Rao said.

When we were making him sit in the vehicle, commandos, deployed with him for several years, gheraoed the Dera chief, Rao alleged.

"Thereafter, DCP (Crime) Kumar and his team scuffled with them. His commandos were even thrashed," he said. We took good care that no firing takes place, Rao said adding that even the commandoes assigned to protect the godman were also armed. Another threat that the policemen sensed was from the around 70-80 vehicles, part of the Dera chief's cavalcade, which were parked next to a nearby theatre, he claimed.

"We did not want to use the same route as 70 vehicles were standing. People in those vehicles might have been carrying weapons," he said.

Our priority was to first take Baba to the chopper site, he said adding that it was a challenge to make him sit in the police vehicle, Rao said adding that a decision was taken to change the route.

"I asked an Army man to allow the police vehicles (including the one carrying Dera chief) to move through the cantonment area. Had their people come to know about our movement, they would have reached there and firing could have taken place," the IG said.

Arizona Malayalees Onam 2017

The date was picked, the venue was set, the invitation was sent - that is all it took. And the Arizona Malayalees Onam 2017 was off to a great start. The preparations for the harvest festival of Kerala were underway

As soon as we opened the registration for our cultural programs, the entries poured in. Preparations had begun to the extent of learning special classical pieces while on vacation in India, costumes designed and sourced, practice sessions put in place. Our talented and committed members were on a roll.

The big day arrived. Eager volunteers were at hand putting their skills to use. The hall was ready and so was the onasadya.

The doors opened - to a beautifully set stage. A traditional pookkalam decorated the venue and the what followed was a line up of extremely impressive performances. From the first strains of the prayer, to the last beats of the chenda, it was a revelation. The hard work put into each and every program was clearly visible - latest Bollywood songs, Malayalam super hits and even Justin Bieber and Ed Sheeran put in an appearance. Cultures mingled as our Malayalees performed exquisitely choreographed classical dances from all states - Bharathanatyam, Orissi, Kathak and of course, our very own Mohiniyattam.

And surpassing our participants in enthusiasm and grace was our chief guest for the evening, Smt-Shyla Ganesan of Nrityalaya Aesthetics. She was with us throughout and encouraged the participants every step of the way, Heralded by chendamelam, Mahabali came and showered us with his blessings. Legend has it that Mahabalianasura (demon) who was the king of Kerala, took over the three worlds by defeating the gods (devas). Mahabali was a just ruler, loved by all and a great devotee of Lord Vishnu.



The devas requested Lord Vishnu's help in defeating him. Lord Vishnu took on the avatar of Vamana, a dwarf boy. Mahabali was having a yagna to celebrate his victory over the devas and promised to grant all requests made to him. When Vamana arrived at the yagna and asked for land covered by three steps, Mahabali readily agreed. But Vamana, who was Lord Vishnu incarnate, took one step and covered the whole earth and the nether worlds. In the second step he covered the skies and heavens. There was no place remaining for his third step when Mahabali offered his head. Vishnu accepted and placed his foot on his devotee's head, thus giving him eternal salvation. And as a boon for his steadfast devotion and loyalty, gave him the boon that he could visit his beloved people once every year. This was the day that came

to be celebrated as Onam.

Arizona Malayalees is lucky to have a team of volunteers who chopped, stirred and served with great enthusiasm under the guidance of our main cooks. And so we had the traditional feast known as a sadya, complete with all the usual components of olan, aviyaal, erissery, sambar, pulissery, and two paysams, to name a few. The food was sumptuous, finger looking good. Programs had to be applauded and food had to be enjoyed - which is where our Arizona Malayalees family members came in. They clapped, cheered and encouraged the participants. They savoured the food. They are the reason we do this year after year. Waiting to make it an even better celebration next year - Arizona Malayalees community wishes all a Happy Onam!



Remembering Dr. Jasbir Singh Saini at his Barsi

At the occasion of Dr. Jasbir Singh Saini's 17th Barsi, he was fondly remembered by his loved ones, along with the Sangat of Nishkam Seva Gurudwara Sahib. There was Akhand Path in his memory from Friday Aug, 18 to Sunday Aug, 20. Bhai Harcharan Singh Khalsa (Hazoori Ragi Sri Darbar Sahib, Amritsar) and his Ragi Jatha came to be part of the Kirtan Darbar held on Sunday.



The Medical Profession Demands Life-long Learning

According to the Internet, “A profession is usually defined as an occupation or vocation requiring specialized educational training, the purpose of which is to supply disinterested counsel and service to others. It could be for a direct and definite compensation, but should be wholly apart from expectation of other business gain.”

Given the above definition, it becomes obvious that one has to be fully skilled in one’s profession in order to practice it safely and successfully. This requires staying in touch with the latest developments through continued training or education, no matter what the profession. But the need for a practitioner in this profession to become and stay a well-informed is even more important, simply because the medical profession directly deals with life and death of people whom it serves, day in and day out.

Physicians trained in modern Western allopathic medicine in India can easily be divided into two categories. One group is that of academicians consisting of teachers and professors affiliated with medical schools and universities. These physicians try to maintain their skills and keep up with the latest medical and scientific developments simply because they have no choice in the matter. It is part of their job to seek out and impart new knowledge to their students. If they are unable to keep up with the latest developments and methods of treatment by reading medical journals and participating in online training, they could not continue teaching medicine and thus lose their livelihood.

The second group is that of general private medical practitioners that are fairly familiar to many of us who had spent part of their adulthood in India prior to the departure for the West. Many of these medical practitioners after receiving a medical degree either as a graduate or post-graduate would often start to believe that everything worth knowing has been learnt and there is no need to continue further studies. The books were left to collect dust in the closets. Opening them after having been through medical school and earning their degrees didn’t appeal to them anymore. In their minds, keeping up with new technology or information not closely relevant to what they could utilize in their individual day to day practice, was considered non-essential and not worth spending time.

From a business perspective, the stiff competition from truckloads of untrained pseudo-doctors, quacks, Vaidis and Hakeems dotting the landscape of India, plentiful in every nook and cranny, did not allow the trained physicians to spend time improving their skills. They had to work hard to make a living and no time was left for such activities. The unscrupulous untrained practitioners did not hesitate to exploit pseudo-religious beliefs of their illiterate patients in mesmerizing and attracting them. A trained medical professional, having burnt midnight oil many nights, year after year, going through many years of schooling and spending exorbitant amounts of money, was always at the receiving end with this uneven competition.

The pseudo-doctors, on the other hand, ventured into treating all kinds of sick people by simply putting a sign with a prefix of Dr. in front and RMP (Registered Medical Practitioner) behind their names. Anyone willing to take a chance could set up a shop under the title of RMP, especially in small, remote villages and towns. Pharmacists, chemists, quacks, pseudo-religious saints and sages, and any elderly individual with grey hair who might have learnt a bit about the concoction of potions, mixtures, blends and home remedies from his elders could begin dispensing and start treating people.

These untrained persons neither paid stacks of money to attend formal medical schools nor did they spend countless days and nights seeking formal medical education. They did not go through lengthy periods of training and did not read tons of books. Never did they attempt to review the latest medical journals nor even tried to train in the latest technology. Rather, their good social skills, of which they had plenty, and aggressive advertising, were all the tools they had which came in handy in fooling the innocent people so as to attract them for trapping in their lengthy tentacles.

Our dependence upon rituals, beliefs in pseudo-religious teachers, and unflinching respect for grey-haired elderly were all compelling reasons to listen and follow their advice for whatever it was worth. A highly trained individual with full medical knowledge and understanding of the latest innovative technologies could not stand a chance in life if he or she were lacking the social skills necessary to impress

the public with lengthy talks sprinkled with semi-religious advice.

Obviously, there never was and nor will there ever be any dearth of patients in countries like India, simply because the production of babies in the Eastern world has always been full scale, plenty and without interruptions. A lack of awareness about the importance of hygiene and good nutrition, as well as an absence of interest in systematic physical exercises are all risk factors in causing plentiful illnesses among our people.

When one adds limited resources to a prolonged rainy season with its attendant disease-spreading mosquitoes and other insects, the situation turns perfect for the rampant spread of infectious diseases among the masses of people. Long queues of patients eagerly waiting on the doorstep of these pseudo-doctors was and still is a common scene back home. These patients are not necessarily an uneducated lot from remote rural areas; rather, some are from well off and educated segments of the society; for after all the diseases do not discriminate when choosing their victims.

Fortunately most of the providers in the U.S.A. have no choice in this matter and are fully aware that they must keep themselves abreast of, and learn the latest advances and technologies, not only to sharpen their skills but also to withstand the high pressure of this profession. They know that should they falter and not keep up, they will not only have no patients, but the malpractice attorneys waiting at every step of the way will pounce upon them in a blink of an eye turning their lives and careers upside down. In order to be competitive with the native-born physicians who have been through local medical schools, the Indian subcontinent physicians, after settling here in the West, do their best not to lag behind. They take aggressive initiatives to learn more about technology, education, and research in order to climb the pinnacle of success, perhaps even more than they would have otherwise done back home. In good number of situations, save some exceptions here and there, Indian physicians often earn the distinction of being some of the best here in the West, not only from their colleagues, but also from their patients.

Unfortunately, there are physicians in the West also, who, in view of their excessive lure for dollars keep themselves entangled in money-

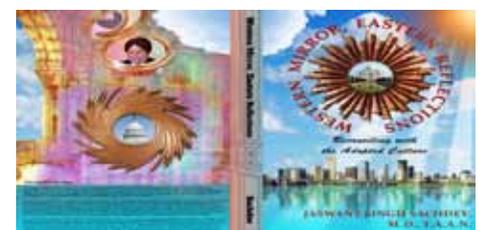


making efforts, not bothering to further their knowledge beyond those minimum prescribed CME hours. Too much socializing and partying, sometimes day in and day out, and staying drowned in booze and play, wouldn’t leave any time to study or learn new skills. But it is encouraging to note that patients themselves have not remained passive spectators anymore and are often armed fully with knowledge about their health and sickness.

The world is rapidly changing and so is India. With the onslaught of privatization in healthcare, many state-of-the-art facilities are sprouting all over. A good number of physicians and surgeons staffing these new private facilities are trained in the West and, as such, are well familiar with the Western system that requires continuous training and education. The general public, including a common man of India, now definitely has a broader horizon thanks to various easily available means. With multiple international channels broadcasting frequent programs about maintaining health and preventing illness, the people, especially the residents in metros as well as mid-sized towns and cities, much akin to the people of the West, are well-equipped to understand what goes in their bodies and what their medical needs are. People are also fairly well-informed about how to use this quickly advancing technology to their advantage.

Simply put, the dark clouds of ignorance seem to be dissipating steadily and the rays of knowledge have started to shine and penetrate, bringing enlightenment and hope through awareness. Fortunately, all this is proving more helpful in providing the patients with choices and useful information about their health as well as the disease prevention.

Note: This article is from the latest book of author “Western Mirror, Eastern Reflections.” Earliest published books include, Square Pegs Round Holes; One Coin, Two Sides; Sikhism, Perspectives of a Sikh Living Abroad.



India Association celebrated the Independence Day

India Association celebrated the 71st Independence Day, on the 12th of August, at ASU Preparatory Academy auditorium, in an elaborate arrangement.

Chief Guest Mark Masterson, CIO of the education department of state of Arizona talked about the Indian way of importance attached to education and the family values. He was very appreciative of how much efforts everybody puts in to education. The occasion was also graced by Colin Pearson the Chief Curator from Musical Instrument Museum and by Art Perez from the US Bank.

Members of our community turned up in huge numbers for the celebration of 'India Independence Nite'. The large numbers of choreographers and the participants added value to the event and everybody participating had a fun evening of music and dance and of course some flavorful food served by Delhi India Palace.

Colin Pearson Chief Curator from Musical Instrument Museum and Art Perez from US Bank graced the occasion as guests of honor.

India Association celebrated the Independence Day with lots of pomp and ceremony, the crowd seemed to enjoy the evening remembering mother country and its great leaders.

India Association also honored and acknowledging the valuable contribution that the volunteers of our community had made to shape this organization and give it its present stature, in a separate celebration. IAPHX appreciated the valuable contribution made by these community leaders.



Food items that were invented accidentally!

*** Sounds Interesting**

Some of your popular foods did not come into being on their own. Someone, somewhere tried and tested and invented them for us all to relish. Your humble potatoes were turned into potato chips when a customer complained about the thickness of his french fries and your ice cream cones were invented when a chef rolled his waffles. Here we have listed six food items that were actually invented accidentally and have an interesting story behind them.

*** Ice Cream Cones**

Though the waffle cone became a hit the very moment it was created, but its invention had a different story altogether. In 1994, at the St. Louis World's Fair, an ice cream seller was running short of ice cream cups to which a pastries seller came to his rescue and creatively rolled his waffles-like pastries into ice cream cone.

*** Potato Chips**

Potato chips came into existence with the constant efforts of Chef George Crum, who had an unsatisfied customer who complained about the thickness of the French Fries. It was then the chef out of anger sliced a few thinner potatoes and deep-fried them.

*** Worcestershire Sauce**

It all started with two chemists, John Lea and William Perrins exploring to create a spice. They didn't like the blend they came up with and left it aside. A few years later, they rediscovered the sauce that was a result of fermentation that took place in the jar and was later named Worcestershire Sauce.

*** Corn Flakes**

In 1898, brothers W.K. Kellogg and Dr. John Harvey Kellogg were working in a sanitarium in Michigan. While exploring healthy food for patients they accidentally let some boiled wheat go stale. When they tried rolling the hardened dough it cracked into flakes, which they further toasted. And that is how Corn Flakes came into existence

*** Popsicles**

It was in 1905 when Frank W. Epperson at the age of 11 put a mixing stick in a cup of soda-water powder and water and left it on his porch overnight. Next morning when he saw it was all frozen, later he patented it as "a handled ice lollipop."

*** Chocolate Chip Cookies**

In 1930, a woman named Ruth Wakefield who owned a tourist lodge called Toll House Inn, was trying to make cookies for guests, and as she was short of baker's chocolate, she used broken up pieces of Nestlé's semi-sweet chocolate and thus chocolate chip cookies can into existence, all thanks to her.



5 easy baking tips for home chefs

Home chefs are creating a storm in the kitchen these days. The demand for customized cakes, cupcakes and pastries has grown considerably over sometime. Home chefs to the rescue! Working out of their dining rooms and kitchens, Indian home chefs are catering to a variety of culinary needs and prefer using locally available fruits and vegetables rather than imported items in the kitchen. Fresh, from the farm to the table, is a trend that is fast catching on and when it comes to baking, freshness is the key to get those perfect recipes. Here is a list of 5 easy baking tips that will make you a pro at baking!

Precision is a must

Baking is all about ratios. The ultimate formula to bake a perfect cake without a recipe is to get the ratios right! One common cause of cooking failures is inaccurate mea-



surement of ingredients. Even after using world-best ingredients, if you don't measure them correctly, the recipe will not come out properly. Weighing ingredients with a digital kitchen scale is the most accurate as measuring cups may vary.

Temperature is important

Make sure your ingredients are at room temperature before you

start. For pastry chefs, room temperature matters as it helps you in getting that perfect consistency.

Maintain hygiene and freshness

Apart from emphasising on the traditional way of cooking, use local and fresh ingredients as they will add quality to your dish. If the ingredients are fresh, it will reflect in

its final output.

Use good baking tools and equipments

Each type of baking has different methods of performing the mixing and hence different equipments for the same. Assemble all the bowls, pans, and utensils you will need on your kitchen slab before starting. Use standard measuring cups and spoons.

Five essential baking must haves in the kitchen are:

- 1) Scale
- 2) Whisk
- 3) Mixer
- 4) Oven
- 5) Freezer

Mixing

It is very important to incorporate dry ingredients together with whisk before adding to wet ingredients. Never carry on another activity while you are mixing a recipe otherwise lumps may form. While making cookies, don't over-mix your dough.

Master Tip for home bakers: Making chocolates is the most difficult task. You need to understand that while preparing these if things don't work...dont change, customize or add something else. Just try to understand what went wrong and then act upon it. That's how you are going to improve.

Inputs by: Chef Franck Geufroy and Chef Jeremy Delteil (Ducasse Education) in a masterclass at Vivanta by Taj, Dwarka.



A Gentleman movie review: Sidharth, Jacqueline live in a cliched but quirky world

Three years after delivering the Saif Ali Khan-starrer dud, Happy Ending, directors Krishna DK and Raj Nidimoru – now called just Raj and DK – are back with another bid at the box office. Their latest venture - A Gentleman - starring Jacqueline Fernandez and Sidharth Malhotra which hit the theatres on Friday, is an exciting ride.

A Gentleman traces the story of two Sidharths - one

Film Review

A Gentleman

Directors: Raj and DK

Cast: Sidharth Malhotra,

Jacqueline Fernandez,

Suniel Shetty,

Rating: 3/5



is a traditionally good guy with a high-paid job, a grand house in Miami and a family but one who cannot even claim his own credit in an IT office. The other one is what our heroine (Jacqueline) digs for - adventurous, risky and street-smart. The mixing up of the two identities creates confusion, danger and forms the crux of the film.

The film starts on a rather understated, but flashy note - foreign locations, characters flaunting designer clothes and fake accents, cliched characterisation and very predictable sequences.

However, A Gentleman

picks up the pace and the juxtaposition of the two Sidharths makes it an engaging to watch, if not entirely gripping.

The quintessential Raj and DK touch - quirky dialogues, funny scenes, smart one-liners on 'modernism' and a practical side to the filmy narrative - is sprayed all over in just the perfect quantity.

'Sundar and susheel' Gaurav being friend-zoned by Kavya (Jacqueline) offers a great dose of laughter while the 'risky Rishi' and his sweet

dream (he wants to quit his life of guns and deaths and make a home with a loving wife, a dog and a few kids) shows us the other side of this 'grey' character. These are two characters that are poles apart but yearn for the same thing.

Both Sidharth and Jacqueline are quite fun to watch. That they mostly have to be flashy, cheeky and very, very Bollywood in their execution also helps.

Supriya Pilgaonkar and Rajit Kapoor have small roles as Kavya's parents but they

manage to leave a remarkable impression. Darshan Kumar, who plays the second fiddle to Suniel Shetty's character delivers another strong performance. Suniel, however, turns out to be disappointing after a stylish entry into the film. He fails to portray the I-only-mean-business guy who is supposed to be brutal. Darshan clearly is the better villain here.

A Gentleman is not a flawless film, it is full of cliches and typecasts the characters - be it casting

black men as the foot soldiers of the villain, their language or even the ringtone of his phone. Even the climax action sequence conforms to decades old cliché - the hero's anger is at its worst when poked about the heroine. The songs of A Gentleman also disrupt the narrative and do not take the story any further.

But Raj and DK have managed to narrate the plain and full-of-cliches story in their own quirky style and their dialogues and the screenplay make it fun to watch.

Bhoomi: Aditi Rao Hydari looks gorgeous in new song Will You Marry Me

Sanjay Dutt's comeback film Bhoomi is constantly in the news. Mostly for Sanjay Dutt and sometimes for Aditi Rao Hydari's songs. The makers have released a new song titled, Will You Marry Me, that has Sidhant and Aditi Rao Hydari dancing at a wedding

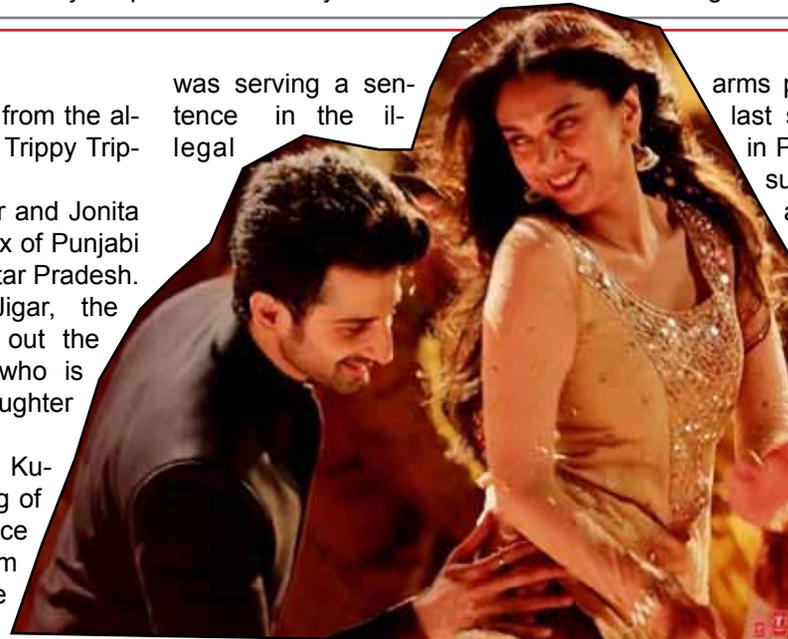
ceremony.

This is the third song from the album after Sunny Leone's Trippy Trippy and Lag Ja Gale.

Sung by Divya Kumar and Jonita Gandhi, the songs is a mix of Punjabi beats and folk tunes of Uttar Pradesh. Composed by Sachin-Jigar, the song, in a way, brings out the backstory of Aditi Rao who is playing Sanjay Dutt's daughter in the film.

Directed by Omung Kumar, the principal shooting of Bhoomi started in Agra once Sanjay Dutt returned from the Yerwada jail where he

was serving a sentence in the illegal



arms possession case. He was last seen in with Aamir Khan in PK (2014). Bhoomi's trailer suggests that it's going to be a revenge drama with Dutt at the helm of affairs. The trailer has been accepted well by the audiences. So far, it has registered more than 12 million views.

The film was earlier supposed to hit the screens on August 4, but the release date was postponed to September 22, 2017.

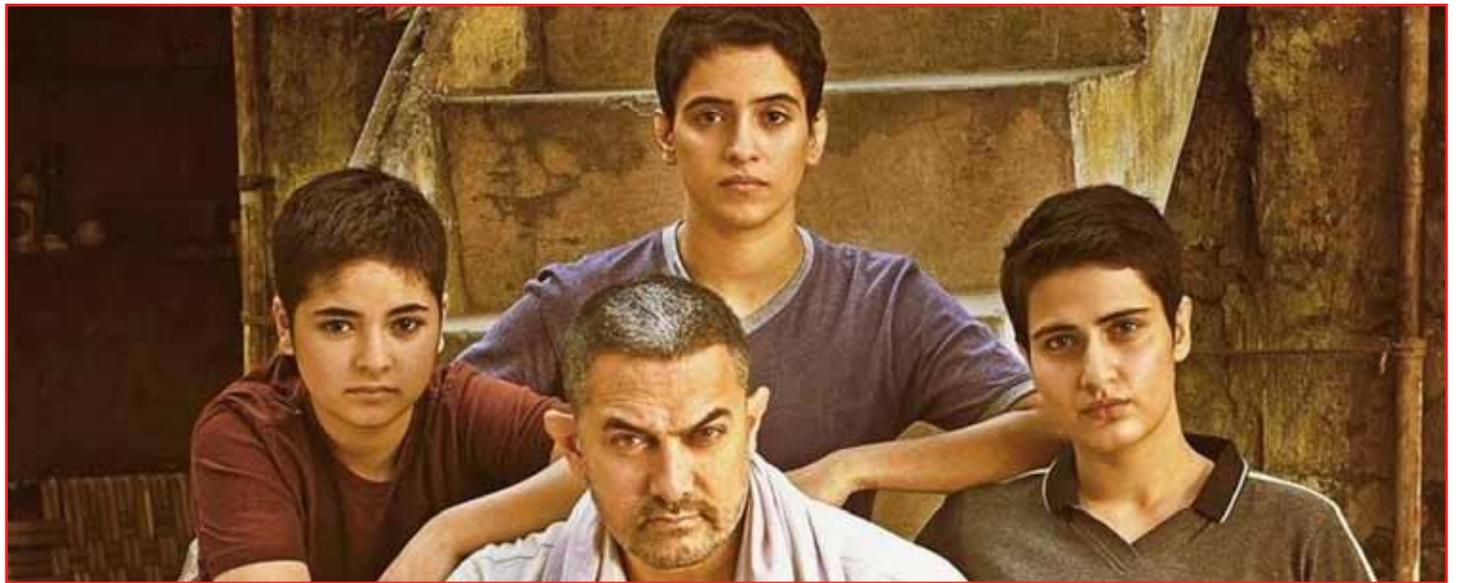
Aamir Khan's Dangal wins Hong Kong bout, continues box office domination

Aamir Khan's sports drama *Dangal*, which created records upon its release in India and China, has received a good response in Hong Kong and collected \$702,000 (Rs 4.48 crore) in its opening weekend there.

Director Nitesh Tiwari's film released on August 24 in Hong Kong.

The film collected \$85,000 on its opening day and witnessed a jump over the weekend by collecting \$109,000 on Friday, \$215,000 on Saturday and \$215,000 on Sunday, taking its cumulative total to \$702,000 (including paid previews).

"Dangal" is an extremely special



film for us, a story that we strongly believed in continues to win hearts across borders.

"It's overwhelming that even today -- nine months after its release in India, the film dominates the box office wherever it goes -- including in new and relatively uncharted waters like in

mainstream Hong Kong this weekend. It reinstates our belief that a good story, if made well can connect everywhere," Amrita Pandey, Vice President, Studios, Disney India, said in a statement.

The film, which is based on the life of Mahavir Singh Phogat, an amateur wrestler, who trains his daughters

Geeta Phogat and Babita Kumari to be world-class wrestlers, also features Sakshi Tanwar, Fatima Sana Shaikh and Zaira Wasim.

Dangal currently has an overseas total of \$214.57 million and worldwide collection of \$295.08 million (including India). That's Rs 1882 crore.

Alia Bhatt and Vicky Kaushal stuck in Punjab following riots, director says will make up for loss

Actors Alia Bhatt and Vicky Kaushal are stuck in Patiala, owing to the riots post the conviction of Godman Gurmeet Ram Rahim Insaan, on Friday. The crew of Meghna Gulzaar's directorial, *Raazi*, was supposed to



be shot in various parts of Patiala, but post the curfew, the team is stuck in the hotel. "The city is under curfew, so you obviously not shoot," confirms Meghna. Talking about the shooting getting stalled and the production suffering losses, Meghna, who has directed films such as *Just Married* (2007), *Dus Kahaniyan* (2007) and *Talvar* (2015), says she isn't very worried about it.

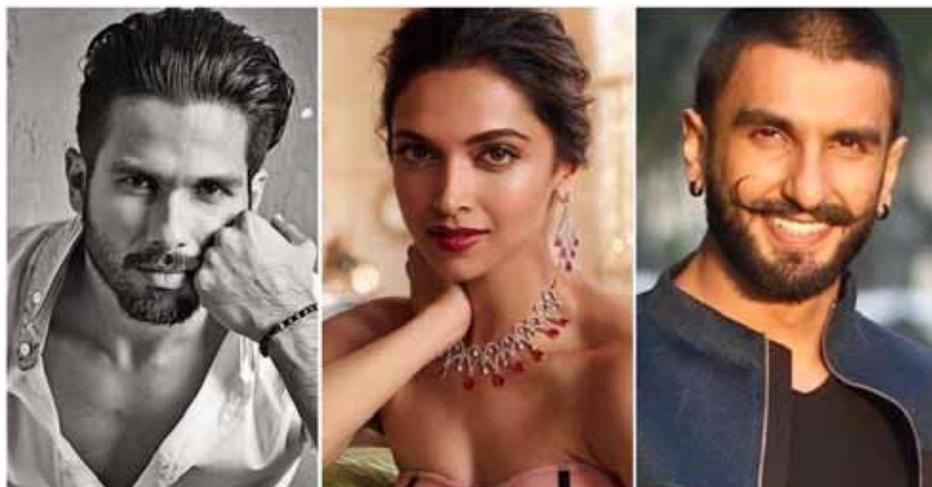
"Hopefully, we will make it up. We are all positive. We have a great team and everyone is very co-operative and understanding. They know the situation, so we will work around it," says Meghna.

With Rs 13 crore, Deepika Padukone paid more than Ranveer Singh, Shahid Kapoor for Padmavati

For the first time in Indian cinema, an actor will be seen getting paid more than the male superstars in her film. With so much conversation about pay scale, Deepika Padukone has reversed the wage gap with *Padmavati*.

Deepika, who will be next seen playing the titular role in Sanjay Leela Bhansali's *Padmavati*, will literally be writing history in Indian cinema with her historic film. As opposed to the usual norm of actors bagging a heavier pay cheque than the female actor, *Padmavati* has Deepika take home the highest remuneration.

According to sources, "There are a lot of speculations about the pay structure of 'Padmavati'. However, Sanjay Sir was clear that the film belongs to Deepika. The film is mounted on its female protagonist Deepika Padukone with the title being a testimony of the actress' investment in the project. As



for the remuneration, Deepika has taken home a whopping Rs. 13 crore, while Ranveer and Shahid share equal digits that read close to Rs. 10 crores respectively." This reverse pay scale of *Padmavati* sets a new precedent in Bollywood, owing to Deepika's star-

dom and primacy of her role.

Padmavati is a periodic film that tells the story of Alauddin Khilji, the medieval-era Delhi ruler, who was infatuated with Rajput queen *Padmavati*.

The film is all set to release in November 2017.

Shah Rukh Khan's reel and real ladies, Kajol and Gauri, pose for a selfie together

Actor Kajol and interior designer Gauri Khan shared pictures from their recent meet up at the latter's store in Mumbai on Monday. Kajol, who has worked with Gauri's actor husband Shah Rukh Khan in several films, praised the store and the hard work Gauri put into it.

Kajol shared a picture of the two, looking stunning as the actor attempts to click a selfie. "Even the coffee echoes in this wonderfully done place ;). Kudos @gaurikhan . Chic !," she wrote as the caption. Gauri thanked her for her kind words and posted more pictures from the day, one of them is the selfie that was clicked by Kajol. "Was good catching up today @kajol! Thanks for dropping by..." she wrote as the caption.

71st INDIAN INDEPENDENCE DAY CELEBRATIONS IN PHOENIX, AZ



the U.S. House in Arizona's 8th Congressional District, unfurling the National Flag, followed by the national anthem of India and patriotic songs by women and children.

People from all corners of Arizona patriotically celebrated Independence Day. 100s of AZ Indian community families from all walks of life – students, teachers, businessmen, professionals and others along with more than 200 kids enthusiastically attended and participated.

Kids Patriotic parade was a very special attraction this year, 100s of Indian Diaspora kids paraded carrying Indian National Flags with "Sare Jahan Se Acha" that culminated on the stage with slogans of India the great.

A trend has surfaced recently that captures the hearts of millions around the world: The rise of social movements inspired by children raising funds, and positively changing the lives of countless individuals worldwide. Indian Diaspora is proud to witness one such selfless initiative taken by very young children in support of FREE MAHA PRASADAM to community by doing BAKE SALE on 71st Indian Independence Day celebrations. Kids SOLD OUT their baked goods very quickly and raised good amount of money.

Second year of Public Speaking Competition winners by IACRF were announced and awards were sponsored by a friend of Late Murugan in his memory. In order to encourage achievers from different walks of life i.e. goal of bringing out the gems hidden in the community AZ ACHIEVERS AWARDS were presented by IACRF sponsored by Dr. Shah family and Gifts to AZ Achievers were sponsored by Katikaneni family.

Wide variety of very appetizing Food and snacks was prepared and provided by volunteers in support of FREE MAHA PRASADAM to community included Tea, Snacks, Soda, Mango Milkshakes, Hyderabad Biryani Boxes, North Indian Dinner, South Indian Dinner packs which were sold out and enjoyed by all. A feast of continuous show case of local talent included not only choreographed dances on Indian songs but also a great display of India's rich ancient culture of dance and music with classical dances in Bharatanatyam, RabindraSangeet.

Yoga is an ancient physical, mental and spiritual practice that originated in India, a special display of very advanced spine chilling Yoga poses were shown by ardent yoga practitioner young Shri Madhavan.

Our special thanks to all the sponsors, supporters including The GuidingStar, Kumon Norterra (Happy Valley), RC Art Studios, SEWA International, AZCinemas and other individual sponsors.

The entire event brought out the true spirit with families, old and young being part of the celebration. In one statement, this was "Meeting the young India emerging with flying colors dynamic and versatile in every manner letting the world know we are back with a bang" with Chief Guest Dr. Hiral Tipirneni. More details and photo galleries about 71st Indian Independence Day are available at: <http://www.IACRFAZ.org>

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





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Opportunities for romance will develop through activities with large groups. You can meet new and exciting friends who will provide mental stimulation. You have a lot to offer. You should get into programs that will enhance your appearance and help you to be the best that you can. Your luckiest events this month will occur on a Monday.

ARIES



Mar 21 to Apr 20

Your temper may get the better of you if a colleague has tried to ruin your reputation. Socially, you need a fast paced form of entertainment. Enjoy some socializing this month. You will not impress others by being foolishly generous. Your luckiest events this month will occur on a Tuesday.

TAURUS



April 21 to May 20

Come to your own conclusions rather than taking the word of someone else. You will back yourself into a corner if you are baited and your stubbornness will only make matters worse. Make changes to your living quarters that will please the whole family. Don't let someone talk you into parting with your cash unless you can truly see the benefits of doing so. Your luckiest events this month will occur on a Thursday.

GEMINI



May 21 to June 21

There might be one who is quite willing to take the credit for your work. Don't get intimately involved with a coworker. Take advantage of the opportunities that present themselves. You may have a rather hectic day due to events that children are involved in. Your luckiest events this month will occur on a Tuesday.

CANCER



Jun 22 to Jul 22

You are in a high energy, get it all done, mood and you'll have little patience with those who are slacking off. Focus, and concentrate on yourself and your future. Your words will be taken out of context if you're evasive with coworkers or employers. Make plans that will take you to exotic destinations. Your luckiest events this month will occur on a Friday.

LEO



Jul 23 to Aug 23

Pleasure trips will be a form of healing for your emotional state of mind. Be cautious when dealing with coworkers. You are best not to nag or criticize. Visit friends who have not been well. Your luckiest events this month will occur on a Wednesday.

VIRGO



Aug 24 to Sep 23

You can benefit financially if you put money or maintenance into your living quarters. Try to make your lover understand that you need to do things with your friends. Don't avoid situations that may deteriorate; try to mend them. Do not sign contracts or get involved in any uncertain financial deals. Your luckiest events this month will occur on a Wednesday.

LIBRA



Sep 24 to Oct 23

Your boss may be on the rampage and you certainly don't want to be the one to take the brunt of a bad situation. Put some energy into getting back into shape. Listen to reason. There is not much you can do to alleviate the problem, but consider putting some extra work into your house. This month will be rather hectic on the domestic scene. Your luckiest events this month will occur on a Friday.

SCORPIO



Oct 24 to Nov 22

Travel will be on your mind, but you should be sure that you've got all your work up-to-date. Emotional partnerships may develop through projects you initiate. Sudden changes regarding work and colleagues are apparent. Look into ways that you can make extra cash. Your luckiest events this month will occur on a Saturday.

SAGITTARIUS



Nov 23 to Dec 21

Take care of your personal needs. Health problems may prevail if you don't take care of them immediately. Make the necessary changes that will enable you to advance financially. You can get ahead if you present your ideas to superiors. Your luckiest events this month will occur on a Saturday.

CAPRICORN



Dec 22 to Jan 21

They won't pay you back and you'll be upset. Your fight for those less fortunate is not likely to end in sweet victory. Try to keep ahead of the game. Don't jump as quickly as you usually do. Your luckiest events this month will occur on a Saturday.

AQUARIUS



Jan 22 to Feb 19

Talk to your emotional partner about your intentions. Things will be hectic and family members will be erratic. You can have a working relationship with children if you exercise patience and understanding of the dilemmas they face. Put your time and energy into home improvement. Your luckiest events this month will occur on a Tuesday.

PISCES



Feb 20 to Mar 20

Arundhati Roy on success: It's complicated to deal with in an unfair, violent society

As a five-year-old, she learned to stand still in one position, silently, for hours, to catch fish. "Perhaps that's what made me a writer in the end," says the much-acclaimed Arundhati Roy, winner of the 1997 Man Booker Prize, talking of her early life and the journey to her second work of fiction, *The Ministry of Utmost Happiness*.

Roy was born in Meghalaya but spent a large part of her childhood in Kerala after her parents divorced.

"I grew up in a small village; there wasn't a phone or a television or restaurants or cinema halls. But a library used to send us a hundred books every three months and this was the high point of my life. I waited eagerly for the next set of books to arrive...

While it wasn't a village like in the north of India, where it would have meant deprivation, there was caste segregation. There was horrible caste segregation and that is what *The God of Small Things* was about," says Roy.

She says "it was a luxury" to grow up in this fashion because her mind was not shattered by the social media or SMSs coming her way. "The ability to concentrate was incredible," she said.

But it was not all wonderful over there, and writing wasn't even an option for many early years of her life.

"Even though we were not at the bottom of the caste ladder, there was a sort of understanding that nobody is going to marry her and so on. It was perhaps because of this that the idea of independence started quite early for me. And then the only way you could be independent was to be financially independent, which meant do something so that you could start working really early," said Roy.

So she left home at 17, when the thoughts uppermost in her mind were how she would pay her rent or how she would last till the end of the month. "There were many years when writing was just not an option," Roy said, adding that at that point, it didn't seem possible that one could ever become a writer because "I spent many, many years only thinking about the money".

And then, of course, came *The God of Small Things*, which sold millions of copies across the world and made Arundhati Roy famous -- and financially independent. She also became the first Indian to win the Man Booker Prize for fiction and donated the prize money to the Narmada Bachao Andolan.

"The impact of winning the Booker



was tremendous. It happened so quickly that I had no time to absorb what was happening. And it took a long time for me to deal with it afterwards because while it was a tremendous sense of accomplishment, at the same time -- being the kind of person I am, living in a country where so many people can't read, can't eat -- being successful in such an unfair and violent society is a bit complicated to deal with," she said.

Notwithstanding this complication, Roy emerged as a global phenomenon after winning the Booker -- an incredible voice of fiction from a third-world country, also hailed gloriously in India.

And then, in May 1998, India conducted its second nuclear test.

"What happened was that the timing of that test was so close to the time when I was being celebrated, that for me to stay quiet was as political as saying something. If I said nothing, somehow I was part of that celebration -- a celebration that was repugnant to me," she said.

She wrote a critique of the test, *The End of Imagination*. The political Roy was born. The angst, lying dormant within her, found utterance after the bombs went off in India -- and in Pakistan. "That became the beginning of another kind of journey for me," said Roy, who has since been at the forefront of many social, political and environmental struggles.

Roy's return to fiction after a gap of 20 years delves into a parallel universe inhabited by people who dictate terms to her and boss around in her house, as she curiously engages with them to see how well they get along together. This "magical bonhomie" with the novelist transpires into characters who breathe life into the pages

of her fiction.

The opening of *The Ministry of Utmost Happiness* concludes on a thoughtful note: "Not many noticed the passing of the friendly old birds. There was so much else to look forward to."

This also stands true for Roy's tryst with writing. There has been "so much else" to make noise around her that the ethereal and sublime aspects of her creative genius often go unnoticed. Just like this little hint that Roy left in the opening of her book -- again leading the Man Booker Prize longlist -- her fiction appears to be too deep to be read superficially. It is structured like an onion where layers have to be peeled to get closer to the underlying messages.

She says she allowed the plot and characters to take their own course and was never in a hurry to finish the book. For a decade she lived with Anjum, Tilottama and other characters travelling through several universes like the Khwabgah, and taking a much bigger risk, in terms of experimentation, than *The God of Small Things*.

"A novel is a magical thing. It is a very layered universe. And it can only take that much time. I could not have written it faster or slower. It had its own pace and it dictated its own terms," says the author.

The Ministry of Utmost Happiness is much broader in its context than *The God of Small Things*, and yet it is very intimate in its moments too. Her first novel is about a family, at whose centre is a broken heart. Her latest is about shattered people, who bring together little pieces and make a mended heart in a graveyard.

And in the world of fiction she's too big a name for her work to not succeed.

POET OF MONTH

Oscar Wilde

(1854 - 1900)

Oscar Wilde (1854-1900) was born in Dublin to unconventional parents. His mother, Lady Jane Francesca Wilde (1820-96), was a poet and journalist. Her pen name was Speranza. Accord-



ing to a story she warded off creditors by reciting Aeschylus. Wilde's father was Sir William Wilde, an Irish antiquarian, gifted writer, and specialist in diseases of the eye and ear, who founded a hospital in Dublin a year before Oscar was born. His work gained for him the honorary appointment of Surgeon Oculist in Ordinary to the Queen.

Sonnet To Liberty

These are the letters which Endymion wrote

To one he loved in secret, and apart.
And now the brawlers of the auction mart
Bargain and bid for each poor blotted note,
Ay! for each separate pulse of passion quote

The merchant's price. I think they love not art

Who break the crystal of a poet's heart
That small and sickly eyes may glare and gloat.

Is it not said that many years ago,
In a far Eastern town, some soldiers ran
With torches through the midnight, and began

To wrangle for mean raiment, and to throw
Dice for the garments of a wretched man,
Not knowing the God's wonder, or His woe?

To My Wife

I can write no stately proem
As a prelude to my lay;
From a poet to a poem
I would dare to say.

For if of these fallen petals
One to you seem fair,
Love will waft it till it settles
On your hair.

And when wind and winter harden
All the loveless land,
It will whisper of the garden,
You will understand.

Want to slay at work? Opt for capes in bold colours and interesting jackets



Today, the work wear trend for women is bending towards floral miniatures in bold colours, and interesting capes and jackets too, say experts. Shweta Sharma, founder at lifestyle brands ombrelane.com and Sneha Mehta, founder at kukoonthelabel.com, have listed work wear trends that could be looked at by the modern woman:

* Incorporating prints into work wear has given an opportunity for the modern working woman to explore several prints and motifs that describe her. Prints can be easily incorporated into any occasion -- for a meeting it can be paired with a blazer and for an

evening out it can be highlighted by a necklace.

* Neutral and darker tones are not the only options available anymore. Invest in eternal pastels, but also of the bolder ones ranging from deep reds to natural greens.

* Monotone blazers, solid flared pants, minimal, classic accessories are the way to go. There is nothing more

crisp and classic than pairing white and black separates together. This combination can be a go-to look if you are running late and have no time to dress up.

* Pencil skirts to ankle-length flared ones, paired with the right top and polished accessories, can be your Friday favourite.

* Printed scarves in bright colours

can instantly perk up your look. Keeping the entire look minimal and wearing solid colours will help you stand out. It's a great option for mid-week meetings.

* Capes and long jackets are a great investment. Important meetings are to be dealt with looking powerful and the look should command attention. A smart cape is a fashion essential.

11 tips that will help you perfect the Bohemian look this season

Do you like to dress for comfort? Are long, flowing outfits in natural fabrics and fun patterns your style statement? You are a natural boho if this is the case. Try these fashion tips to let out your inner gypsy and nail the bohemian look this season.

* Avoid neon as much as you can. Bright colours always attract more heat and light to your boho-chic outfit.

* Don't forget fringe bag and batik tote.

* Instead of wearing a scarf on your body, wrap it around your waist or head. It is the perfect way to add some dazzling style to your look and it also helps cover up a bad hair day.

* Wearing a floppy and tanned hat can not only protect you from the sun, but also be a bohemian chic accessory.

* Look into what your mother and grandmother's closets hold for you, something which didn't attract you a while ago might solve the purpose now. For instance, unique vintage pieces such as flare pants, floral shirts or skirts, halter tops or swing skirts are the basics of boho-chic look.

* Interestingly, the shawl/dupatta reserved for special occasions could be a great addition to your outfit. Look for beautiful ethnic prints and patterns such as ikat and accentuate your regular outfit with a touch of ethnicity. Layer the shawl on your shoulders or knot it in the front.

* Make your tank top and bottoms more in-

teresting by adding a colourful kimono or colours as basic as white and pastel to your basic outfit or dress. Pair up your kimono with a romper for the casual look.

* Even if you go with your favourite slim fit denims or with your summer dress, try layering it with a loose and long kimono, shrug, a printed jacket or a scarf to make it more appealing. Add the touch of femininity by layering loose layers over fitted outfit, the key here to balance the outfit.

* Vintage belts are the saviour to every plus size outfit or any flared dress or ankle length casual dresses.

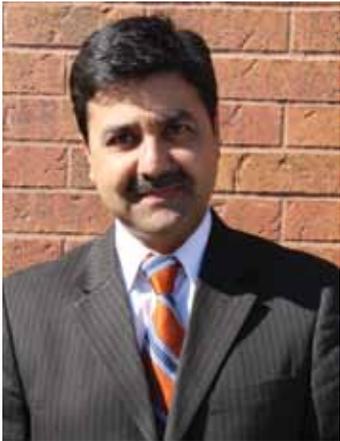
* Bandanas can make the band skinny or wide, depending on your preference and can be tied around your neck or on your head. Pair your white boho blouse with a dungaree to make it extra comfy with an oversized boho bag.

* Embroidery is timeless. Known for the elegance, embroidery can make your outfit really come to life.



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Navratri Celebrations

Wednesday, Sep 20th, 2017 - Saturday, Sep 30th, 2017

SEP
20
-30

All Navaratri Days [10 days]

- 9:30 - 10:30 AM : Jyoti and Kalash puja for Sponsor Devotees (9 days).
- 10:30 - 11:30 AM : Durga Saptashati Path, Raj Bhog & DURGA Aarti
- 6:00 - 7:00 PM : Durga Shakti puja & Mahishasur Mardini Stotra
- 7:00 PM : Durgaji ki Aarti & Maha-Aarti

SEP
20

Navaratri 1st Day

- 9:30 - 10:30 AM : Ganpati Sthapana, Kalash Sthapana for sponsors, Shri Maha Kaali, Maha Lakshmi, Maha Saraswati swaroop Mataji Puja
- 7:15 PM : **Mataji Swagat Yatra**
- 7:15 - 8:00 PM : Maha Prasad
- 7:30 - 9:30 PM : Garba and Dandiya Raas @Ekta Mandir

Avail BOOTHs
& TABLES

FREE ADMISSION!



SEP
22
23, 29,
30

Teej, Chauth, Maha Navmi, Dussera

Temple open all day long. LIVE Orchestra group from LA, at IACRF HALL (Local talent on 22nd)

- 6:15 - 7:15 PM : Maha Prasad (except 30th)
- 7:30 - 8:30 PM : **Garba for Children, prizes for best dress/dance (various age groups).**
- 8:30 PM onwards : Garba and Dandiya Raas for all. Snacks, Beverages, Daandiya available for purchase throughout the program. Attractions for Kids.

SEP
21
&24-28

Been, Paancham, Chhat, Saatam, Durga Aatham

- 7:15 - 8:00 PM : Maha Prasad
- 7:30 - 9:30 PM : Garba and Dandiya Raas @Ekta Mandir



SEP
29

Maha Navami

- 5:30 - 6:15 PM : **Durga Havan**
- 6:00 - 6:45 PM : **Kanya Puja**

SEP
30

Dussehra - Vijaya Dashami [Ravan Ka Dahan] with FIREWORKS !!!

- 5:30 PM onwards : North & South Indian food & "Fresh Jalebi" for sale
- 6:00 PM : Ram Puja followed by **Ravan Ka Dahan**, Aarti @Ekta Mandir



OCT
04

Sharad Purnima

- 6:15 - 7:00 PM : Satyanarayan ji Puja & Katha.
- 7:00 PM : Durgaji Aarti & Maha-Aarthi
- 7:15 - 8:00 PM : Maha Prasad
- 7:30 PM - 9:30 PM : Garba and Dandiya Raas @Temple for all, followed by "Mataji Visarjan"