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# ASIA

# Today

Monthly Newspaper

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## Arizona celebrates Janmashtami in all its Grandeur

Janmashtami, the birth of Krishan Ji, was celebrated in grand style at mandirs (temples) all over the valley. Celebrations included fancy dress competitions, cultural programs, bhajan, kirtan, pooja, and sumptuous feasts to celebrate this joyous occasion.

For complete coverage of Janmashtami at **ISKCON**, see page 6.

For complete coverage of Janmashtami at **Hindu Temple of Arizona**, see page 7.

For complete coverage of Janmashtami at **Ekta Mandir**, see page 11.



## Independence Day celebrations by India Association



**By SwarnaSitaraman**

**'Saare Jahaan se accha, Hindustan Hamara'**, penned by the famous poet Muhammad Iqbal in 1904 still reverberates in the hearts of every Indian. Regardless of how far and wide Indians migrate to, still the pride to be from the great nation, India oozes in every heart. The celebrations of India's Independence Day anniversary, presented by India Association

was an exemplar for it.

The foyer of the venue transformed into a little market with eager vendors advertising their businesses and wares. As participant check-in flooded, board members and youth committee volunteers hurried to ensure a smooth move from foyer to the dressing rooms back stage. With the online membership and ticket sales becoming

• **More images on P03**

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# Independence Day celebrations by India Association

popular with the members, the flow of traffic was very fast and steady. The programs commenced with the jubilant singing of 'Vande mataram' followed by 'The star-spangled banner'. An ethnic backdrop set the stage to the programs that followed. From the tiny toddlers to the oldest members, their enthusiastic participation in the cultural events, involved emceeding and infallible presence as audience were many a 'Kodak moments' – as we call it in India, of the variety of our culture and heritage. While the dancers set the floor ablaze, the singers brought down showers of cool melodies and the band musicians struck an in-between.

Before the break, the chief-guest, Joe Mildenhall CIO of Grand Canyon University was invited on stage and honored. In his speech, he mentioned the special discount that life members of India Association would receive from GCU and also the growing Indian population at GCU. He then felicitated the leaving youth committee officers were for their work and time, following which the new officers were introduced with pride. Public was encouraged to bring forth the caliber of their young men and women to join youth committee and to get involved in volunteering and leadership. A special announcement of the upcoming major annual event 'Discover India' was made with a stress on the change of venue to Scottsdale civic plaza.

A tasty dinner was available for purchase during the break, after which cultural programs resumed. The next hour saw a continuation of creativity and uniqueness of participants and choreographers. The evening drew to a close with the ritualistic singing of Indian national anthem. Guests were thanked for their continued support before all dispersed for the night.

Yet another well-planned and presented event by India Association!





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**Marketing Director: Manju**  
(Manjeet K Walia)

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

**Publisher & Designer:**  
**Raja (BA)**  
(Gagandeep Singh Walia)

**Patron: Mini from California**  
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**Confidence and Self-Esteem**

“It wasn’t as much advice as he just gave me the confidence to say that, you know, that you care about this...he just supported me and made me feel confident.”

“Maybe living life the way I’ve always lived it had something to do with that, but really, what makes me feel sexy is him. He always makes me feel sexy and desirable.”

Those words could have been said by anyone, but the speaker of those words is none other than Angelina Jolie – a woman admired by millions around the world whose career has seen tremendous success. It just goes to show that no matter how much success or fan following you have, it is not the successes and accomplishments that make one feel good about themselves but rather the people that are closest to you that will make you feel beautiful, successful, and confident. Even Angelina Jolie, an international icon, attributes her ability to succeed and her confidence and self-esteem to Brad Pitt, not to the millions of fans screaming her name around the world.

We continuously change ourselves to get the approval and appreciation of many around us. No matter how much we change, it is never enough and there seems to be another criticism or ask from someone or the other until you get to a point that you don’t even recognize the face in the mirror. But if we could just see that even by getting the vote of approval from thousands, we will not get the inner satisfaction we seek unless we find the select few whose opinion actually makes a difference. Instead of aspiring to please the world, if we could just take a step back and aspire to please the close few that add value to our lives and truly want to see us



**Editor's**  
**NOTE**

succeed and be happy, not only would we live happier, more fulfilled lives but we would take a lot of unnecessary stress off our shoulders. But for some reason, it seems the more I look around, the more everyone is trying to please the world or aspire to be what the world wants us to be based on what we see in magazines, television, or hear from people – a task that is not just difficult but impossible.

The truth is that thousands of opinions can’t make someone feel one way or the other - just one person is enough to make you feel beautiful and successful and just one person is enough

to make you feel undesirable and worthless. You could be in the eye of thousands and not have the satisfaction you seek if you can’t get it where it matters the most and that was true for a personality like Angelina Jolie as well. We can’t control how someone makes us feel but what we can control is how we make others feel. Knowing that your actions and comments can have a significant impact on people you care about should be enough for you to take the time to step back and think about what effect you will have on the other person, especially since that person may not have a fan following of millions to compensate for the words or feelings that they are seeking from you if you fail to deliver on it. To be loved, desired, appreciated, and pushed forward when insecurity strikes is a basic human need that exists in everyone, even the superstars we all admire and follow. So, make sure that you take the time out to fulfill that need for those that you care about.

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

**W**hat a summer? Every year I swear it gets hotter and hotter, I don’t really think it does but it definitely feels like it. I miss the summers when I was in school, they seemed so long and you actually got to enjoy them. Back when I was a kid I couldn’t wait to get out of school, it seemed like I would be in school forever. Man, how I couldn’t wait for school to end and start living in the real world. What an idiot I was? Haha. Sometimes I would give anything to have those summers where I just lounged around with my friends and did nothing, a few pool parties, a lot of video games, and pizza. We ate a lot of pizza...Now one of my best friends has a kid of his own, surprisingly because he thought I would have had at least 3 by now. I am also an uncle, a very proud uncle to one of the cutest little kids ever, Sanam. I’m also a husband. Two roles that are very new to me.

Back in school you think about these things, when you get married and kids and all that stuff that we’ve been told. Once you actually get to that point in your life though, sometimes it’s a bit weird. I look at my nephew and start to think, that guy right there puking on me, is the next generation. A new phase is starting where instead

of just learning I also have to be able to teach because this up and coming generation they will relay on our experiences and our knowledge our stories of “old times” and how when he was a kid he did this and that. So weird... hahaha. I love my nephew and I can’t wait for him to get older, and see him become the awesome person he’s going to be. Give him tips, and get in trouble with his mom for giving him tips. I’m also learning on the balance of being who I am and a husband. It’s really not easy as people make it out to be! I mean its tough finding a balance sometimes, how do you balance being a son, brother, friend, and now! A uncle A husband! I mean you have no option but to change in order to maintain that balance!

If one small thing is out of alignment the whole thing falls down, like some life oriented jengha game. Anytime life changes from one phase to another so does the balance and you have to find a balance that works for that phase of your life.

Sometimes it gets lost and causes everything to fall, but it gives you an opportunity to build it back up and learn



**Publisher's**  
**NOTE**

on how to find and maintain a new balance. So far, that’s what I’ve learned who knows, maybe that will change later!

This year again we’re having our 3rd annual Diwali Mela, The largest Diwali Mela festival in Arizona 3rd year running. These events are for the culture in

AZ so please let someone know and spread the word because these events are meant for the community and uniting everyone together. This year it’s going to be bigger and better than last year and rumor has it! We might even have some fireworks! Discover India is coming up as well as various India Association planned events, so make sure you keep checking our website and the paper’s calendar for times and dates! Eid celebrations and various other events are happening. Fall has always been a very busy time for the cultural events in Arizona. Help support each of the hosts and events as much as you can, and sometimes simply attending and spreading the word is enough!

**-Raja Walia**  
Publiser, Asia Today  
publisher@asiatodayaz.com

# Representative Tom Forese

## Arizona State House of Representatives, District 17

Tom Forese represents Legislative District 17 which includes Gilbert, Chandler and Sun Lakes.

First elected in 2010, he is Chairman of the Commerce Committee and is also a member of the Appropriations and Government committees. Tom has been named Arizona Chamber's "Freshman of the Year."

Tom's experience includes working for a large corporation, building a small business and managing an investment company. His motivation for running for office came from a concern that government is too big and that business, the engine of democracy, is stifled by regulation and over taxation. Tom's policy focus is maintaining a balanced state budget, creating a better business environment and restructuring our education system.

Tom was born in Boston, Massachusetts but grew up in the San Francisco bay area. After serving a Mormon mission in the Philippines, Tom studied Marketing at BYU Idaho and moved back to California. It was here that he discovered his three great



loves in life- business, politics and his wife, Casey.

In 2002 Tom organized a group of California business owners to take a more active role in politics and the community. After moving his business to Arizona in 2006, this group was renamed the Arizona Small Business Institute, over which he currently presides.

Since 2007 Tom has acted as the Director of Academic Affairs for Link-Systems International, an education software company based in Tampa, Florida. This position offers opportunities to interact and work with community college and university presidents regarding concerns in education and measures to create efficiency and student retention.

Tom is also president of FMG Partners; an Arizona based marketing company that works with political leaders and entertainment venues.

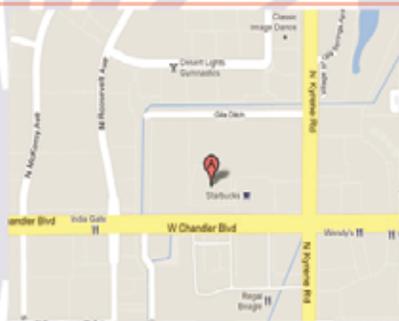
He is a small business owner and is married to Casey Forese. They have four children and live in Gilbert.

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# Janmasatmi celebrations at the Hare Krishna Temple



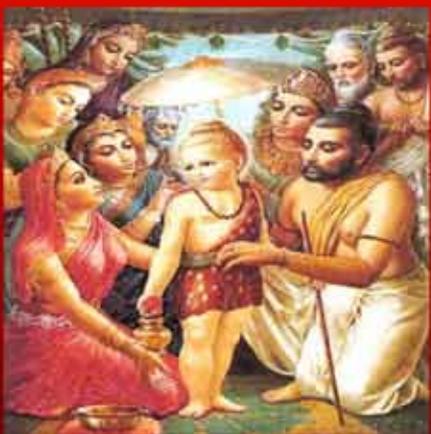
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**Appearance day of  
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 September 15th 2013  
 4:30pm - 8:30pm  
 Arati, Katha, Maha Prasadam



**Appearance of Srila  
 Bhaktivinoda Thakur**  
 September 17th 2013  
 11:00am - 1:30pm  
 Arati, Pushpanjali,  
 Katha & Kirtan Maha Prasadam



Sept. 18th to Oct. 17th

**Ekadasi Sept 15th  
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 Sayana Aarti 8:30pm

Bhagavad Gita Study

Tuesday  
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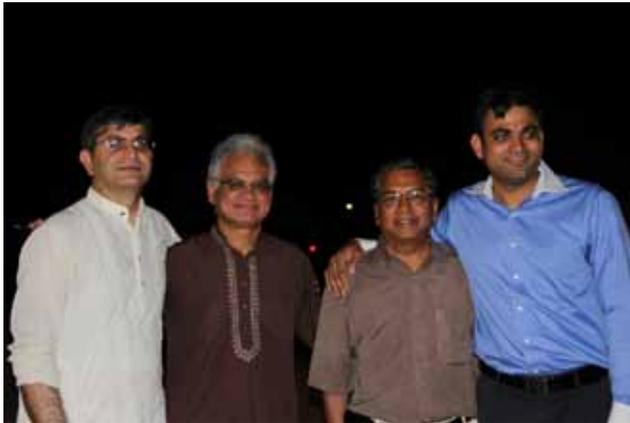
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**Satyanarayanji Puja**  
Wednesday Sept. 18<sup>th</sup>, 2013  
7pm-9pm  
Contact: Nirmal (480) 926-8835

**Hanumanji Puja**  
Every Tuesday  
7pm-9pm  
Contact: Sushma (480) 970-4439

**Venkateswara Swami Puja**  
Every Saturday  
10am- Noon  
Contact: Sriniji (602) 535-6989

**Sunday Puja**  
11am-1pm  
1<sup>st</sup> Sunday - Ram Parivar  
2<sup>nd</sup> Sunday - Shri Jagannathji  
3<sup>rd</sup> Sunday - Balaji & Krishnaji  
4<sup>th</sup> Sunday - Shivji Puja  
5<sup>th</sup> Sunday - Ganeshji Puja

Contact Temple Priest at  
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Puja at the Temple site or at Home.

## Hindu Temple of Arizona Hindu Temple of Arizona



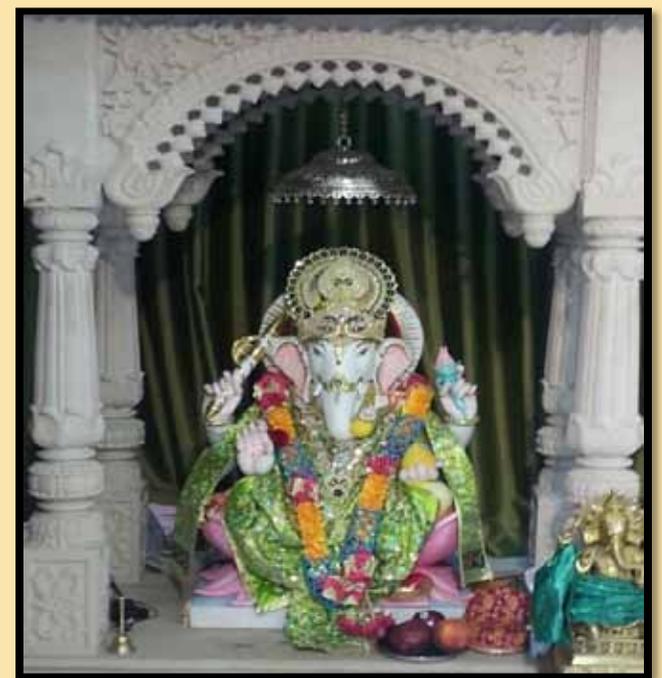
### HTA EVENTS SEPTEMBER 2013 Ganesh Chaturthi on Sunday, September 8<sup>th</sup>



**Sunday, September 8<sup>th</sup> :**  
10:30 AM - 11:30 AM Ganeshji Puja  
11:30 AM - 12:15 PM Jagannathji Puja  
12:15 PM Aarti and Prasad

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# Bhai Surinder Singh Ji Jodhpuri Visits Phoenix Gurdwaras

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

The weather was hot, rather excessively hot and humid, for after all, it was mid August in Phoenix. But the cool environment created through the melodious Gurbani Kirtan performed by the visiting Raagi Jetha of Bhai Surinder Singh Ji Jodhpuri on the weekend of August 9-11th 2013 brought an extraordinary spiritual comfort to the Sikh Community members of the valley. They gathered in different Gurdwara Sahibs, one after the other, to listen to the divine Kirtan performed by this internationally popular, yet, a down to earth humble man of God.

Raagi Jodhpuri is no ordinary soul. Talking over to him it became obvious that he had served the Sikh Panth in a unique way in the most difficult of the circumstances. On June 4th 1984, when army attacked Harimandir Sahib, he was the one performing Kirtan inside the Center Sanctum of Sri Harmandir Sahib along with another Jetha of Bhai Amrik Singh, a blind Raagi. Both of these Jethas continued Kirtan but then Bhai Amrik Singh lost his life to the bullet of invading armed forces.



Bhai Jodhpuri continued the Kirtan seva until 11 am June 6th when he was finally arrested by the armed forces. From there on, his was a saga of torture and pain under arrest first in Amritsar then in Ajmer Jail, and finally in Jodhpur jail where he spent four years with a total Jail time of four years and nine months.

Yet, this one of a kind of Raagi did not stop doing what he was good at i.e. the Kirtan Seva as a Hazoori Raagi in Sri Harmandir Sahib where he served between 1982 through 99. Prior to that, he served as Raagi in Sri Fatehgarh Sahib for almost 12 years. In fact, he started playing Gurbani Kirtan at the age of 12.

Friday, August the 9th, after landing at Sky Harbor around 4:30 PM and after getting ready at one of the Sevadaars home he performed Kirtan seva at Gurdwara Sahib Nishkam Seva for one hour attended by about 250-300 people. This was followed by another Kirtan Darbar, once again on Saturday morning at the same place. Saturday evening Kirtan Seva was performed at Arizona Sikh Gurdwara and Sunday program was at Gurdwara Sahib Nanak Dwara. The Management of the Gurdwara Sahib arranged the Kirtan in the new building. There was so much interest and affection for his Kirtan that the new large hall was totally filled up and people had to take seats in the old Gurdwara Sahib building as well as in the Langar hall. The estimated number of Sangat members was around 500 plus people.

Many members of the Sikh community invited the Jetha to their houses to bless the families. He left the town on Monday evening with his sweet and spiritual memories of a very humble and sober style of Kirtan performance to be cherished by the local Sikh community forever.



# Arizona Punjabi Community presents live Satinder Sartaj Show August 30 in Phoenix



# Spiritual Men of God Deserve Spiritual Remembrance!

## And that is How Phoenix Sikh Community Paid Homage on Dr. Saini's 13th Passing Away Anniversary



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

August 15th happens to be the Independence day of India and precisely on this day i.e. August 15, 2000, 13 years ago, the noble soul of Dr. Jasbir Singh Saini, that lived among us, liberated itself from human body at its prime while he was only 45 years. Every living being, including the vegetation, born through any of the four known ways of birth, will have to finally leave this world, so says the scripture. "Jo Upjiho so binis hey, paro Aaaj Kai Kaal" i.e. whatsoever has been created, shall perish, be it today or tomorrow. Yet, there are souls that are so noble and so special that even in their departure, the purpose of doing goodness for the humanity is carried on, in one form or the other.

Since his passing away, the family of Dr Saini, especially his wife, has been making sure that the Sikh Community of metro Phoenix, of which he was a part and parcel, continues to receive Akal Purukh's blessing in the noblest possible way, the way he would have wished.

Keeping this in mind, a special arrangement was made this year on the

weekend of August 16 through August 18 for a well trained young Raagi Jetha visiting U.S. from India to perform Kirtan Seva in his remembrance. Raagi jetha of Bhai Parwinder Singh Ji, Khalsa born and raised in District Batala, Punjab along with his fellow Raagis, Bhai Jaswinder Singh and Balwinder Singh performed a melodious Kirtan on Saturday August 17th as well as on August 18th the Sunday.

Over 800-1000 plus Sangat members took part for this event in Nishkam Seva Gurdwara Sahib and adjoining Dr. Jasbir Singh Saini, Sikh Community Memorial Hall.

Lungar, the free community kitchen, in abundance was served starting with morning breakfast leading into delicious lunch to all those who arrived, Sikhs and non-Sikhs alike, in keeping with the Sikh tradition.

Mrs. Saini and other family members continued to serve in the most humble and gracious way to all those who came in the form of Sangat. Prayers for the soul of Dr. Saini and good wishes for the well-being of the family were collectively offered by the entire congregation. May God Almighty bless this family for all the service they have been doing for the community.



*Waheguru ji ka Khalsa! Waheguru ji ki Fateh!*

### **GURDWARA MONTHLY**

*A Monthly digest of Gurdwara Programs and Events*

#### **SEPTEMBER 2013 Programs & Events**

*17 Bhadon - 15 Asu, 545 Nanakshahi Era (NE)*

<p><b>Aug. 30 - Sept. 1 (Fri - Sun) -</b> Akhand Path: Arambh: Friday, 10 AM. Bhog: Sunday, 9 AM. <b>Aug. 30 (Fri) - Completion of Pothi Sahib (1604).</b> <b>Sept. 1 (Sun) - Pehla Parkash Sri Guru Granth Sahib Ji (1604)</b> First installation of "Pothi Sahib" in Hariminder Sahib. Barsi Sant Baba Jagir Singh Ji (See separate flyer for details)</p> <p><b>Sept. 8 (Sun.) - Punjabi School Starts:</b> Fun &amp; Learning for 5 and up Registration opens a week before but you can register on the first day.</p> <p><b>Sept. 13 (Fri.) - Mela Kandh Sahib, Batala (Actual Day: Sept. 12)</b> Birthday Baba Sri Chand Ji (Actual Day: Sept. 14, 1494)</p> <p><b>Sept. 15 (Sun.) - Homeless Dinner Seva</b> Phoenix Rescue Mission, Call 602 741 8021 for more info.</p> <p><b>Sept. 16, Asu 1 (Mon.) - Sangrand &amp; Monthly Sehj Path</b> 9:00 AM - 10:00 AM.</p> <p><b>Sept. 20 (Fri.) -</b> Joti Jot Sri Guru Amardas Ji &amp; Sri Guru Ramdas Ji (Actual Sept. 16) Gurgaddi Sri Guru Ramdas Ji &amp; Sri Guru Arjan Dev Ji (Actual Sept. 16) Gurgaddi Sri Guru Angad Dev Ji (Actual Sept. 18)</p> <p><b>Sept. 22 (Sun.) - Joti Jot Sri Guru Nanak Dev Ji (Actual Day)</b> Barsi / Anniversary Baba Buddha Ji (Actual Sept. 23, 1907)</p> <p><b>Sept. 27 (Fri.) - Birthday Shahid Bhagat Singh (Actual Sept. 28, 1907)</b></p> <p><b>Regular Programs:</b> 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. Sikhmani Sahib every Wednesday: 10:30AM - 11:30AM Please check Gurdwara notice board for latest details of all Programs and Events</p> <p><i>Waheguru ji ka Khalsa! Waheguru ji ki Fateh!</i></p>	 <p><i>Pehla Parkash "Pothi Sahib" in 1604</i></p>  <p><i>Sri Guru Ramdas Ji</i></p>
--	--

**NISHKAM SEVA GURDWARA SAHIB**  
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# “Pankaj Udhas – Heart to Heart” Concert

Another significant event for this summer in Phoenix has just been ended in August. Kiran and Sneha Dhole of Mumbai Beats ([www.mumbai-beats.com](http://www.mumbai-beats.com)) have successfully hosted Pankaj Udhas – Heart to Heart, a live fine ghazal concert on August 23rd, 2013. This one of a kind much anticipated ghazal concert in Phoenix was presented at Tempe Center for the Arts to valley’s ghazal fans. Pankaj Udhas was joined by group of several musicians on stage playing live variety of specialized musical instruments which created the mood all evening.

“Several years ago, Sneha and I went to lunch with our family friend, Arjun Mudda, to talk about the possibility of a Bollywood events performed by the most elite group of artist in the industry,” says Kiran of Mumbai Beats. “We landed on doing “75 Years of Asha” concert in 2008 and talked about what it would look like . . . since then, every year we have added another element.”

Mumbai Beats hosted several Bollywood concerts in Phoenix and this was its first ghazal concert ever. However with world famous artist such as Padmashree Pankaj Udhas, the concert was a big success. Celebrating over three glorious decades of soulful melodies of the artist, Mumbai Beats provided a rare opportunity for Ghazal aficionados to experience the rich and vibrant performance of India’s top



ghazal maestro on August 23rd, 2013. Several feedbacks poured in immediately after the concert reported that the evening really did put audience in the spirit that continued well into the following week after the event. Mr. Desai, an avid ghazal fan said he loved the performance so much that, “if theater had it recorded, I would buy it.” He mentioned Mr. Pankaj Udhas’s performance as truly fantastic; the singing as beautiful; and said of the artist that he “was surprised Pankaj ji still had his magic. We grew up listening to his classic ghazals over thirty years ago. They all still sound so new and fresh.

His ghazals from newly released album “Sentimental” is at par with his old blockbusters. Wrapping it all up was the wonderful musicianship. Truly an enjoyable evening, all the way around, he enthused.

Enhancing the intense visuals and adding an electric and magical atmosphere to the mix, the show included all-time favorite ghazals along with several from the latest hit “Sentimental” album. Distinctive lighting programming took the audience on a dazzling trek. Over the period of more than three hours of show, artists rewarded several fans in the auditorium by fulfill-

ing their farmaish by singing several ghazals including “Sabko Maloom hai main sharabi nahin...” dedicated to Kiran and Sneha Dhole who are aloof from alcohol drinks. Pankaj Udhas and audience members and later on concert organizers were able to mingle together and share words of praise and mutual respect for the cheer produced throughout the performance. Pankaj ji called this concert the best so far in his tour and credited it to flawless event organization, perfect sound and light along with beautiful hall and the best response he has received from the audience so far.

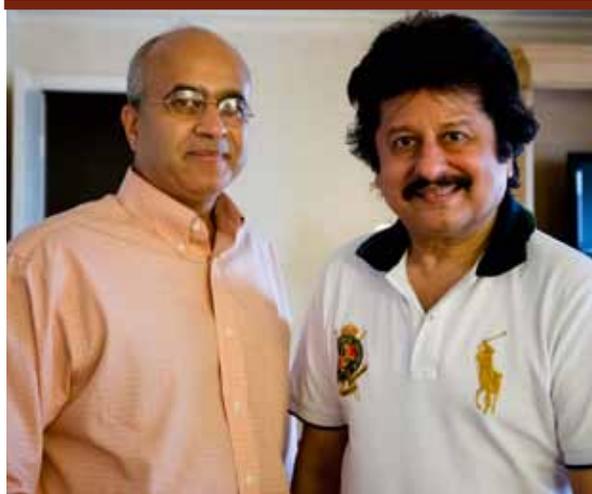
After all, “this concert is a time to come together and remember all the wonderful elements of our culture,” says Kiran of Mumbai Beats.

The event was held in a plush hall at Tempe Center for the Arts.

The red carpet was hosted by Mumbai Beats along with event coordinators Neha and Aziz Mallik, Shy Khan and Prameet Bhargava.

According to Kiran and Sneha Dhole, “We are grateful to everybody that turned out for the event and our sponsors, Capri Jewelers and Kahana Khazana Restaurant that supported Pankaj Udhas-Live in Concert on that remarkable day.”

*Performance Photos Courtesy of Kiran | Images of Expressions Photography*



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# Healthy Living Workshop by APCA

Submitted by: Bhagubhai Patel,  
Photos by: Sevanti Shah

### Healthy Living Workshop:

Senior Group is having a workshop on "Healthy Living" developed by Stanford University Chronic Disease Management offered locally by Asian Pacific Community Action. The interactive workshop is for 15 hours training and will be conducted by APCA staff members every Thursday from 10:00AM to 11:30AM starting from August 29th at the Indo-American Community Center in Ekta Mandir classrooms.

The workshop is designed to help people with ongoing health problems manage them more effectively. Anyone with a chronic condition such as diabetes, arthritis, heart disease, asthma or any other on-going health problem should participate. Caregivers or family members who serve as caregivers are also welcomed.

This free workshop is open to community members, for information please contact Dr. Rasik Patel Tel: 480-747-2724 or Bhagubhai Patel Tel: 602-524-9658.

### India Independence Day Celebrations:

Seniors were prepared and enthusiastically ready to celebrate India's Independence Day, it being 15th of August.

Approximately 55 seniors attended Independence Day. India's flag hoisting took place at 11:00 am and seniors cheerfully saluted and sang Jan man and Vandematrum songs.

Shreekantbhai conducted all ceremony and organizing singing of patriotic songs very efficiently. The participants were Shreekantbhai, Kapilaben, Jayantibhai, Sureshaben, Deviben, Amitaji, Manjuben, Chandrikaben, Krishna, and Harshadbhai.

Independence Day was declared in 1929 in Lahore session of the Indian National Congress and January 26 was declared as Independence Day. It was observed as such till 1947. Following actual independence in 1947, the constitution was adopted in January 26th and it was declared as Republic Day. Since then, August 15th has been celebrated as Bharat's Independence Day.

### Senior Group Activities:

Seniors are requested to bring some new ideas of group activities for upcoming months. Seniors are organizing Book Club headed by Jayantibhai Alagia (phone # 602-952-8889) and Movie Club headed by Chandrika Patel (Phone# 480-563-7578). Please contact them if you are interested in these



activities.

Lunch Sponsors during last months

were Jasu & Jayanti Alagia, Shantiben & Lalitbhai Patel, Deviben Gohel and

Rajani Bajpai, Manjulaben Patel and Shreekant & Rasika Vaidya.

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# INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)

On August 20, 2013, Jitubhai's presentation on ISAA's visit to "Granite Mountain Hot Shots" fire station # 7 in Prescott was outstanding. He did an excellent job of talking about wild fires - their origin, locations, strength, and techniques in fighting. He summarized number of fires in the USA during 2013 and the damage caused by them. The trip he said was extremely moving experience - Highly Educational, Realization of True Value of Sacrifice, and, doing something useful for the others, even if it were a life threatening!

On August 13, 2013, it was the celebration of India's 66th Independence Day. Flag hoisting ceremony was honored by the Guest of Honor Dr Usha Jeetah accompanied by Deepika Bhalla. We started with Indian national anthem followed by Vandemataram. Harshaben Joshi provided her melodious voice to some patriotic songs. She entertained everyone with Bollywood's some of the best memorable songs.

Dr. Usha Jeetah - Indian origin and the Honorable Diplomat from Mauritius, spoke a few words of wisdom and we thank her for that. We celebrated Gitaben's birthday with a beautiful cake cutting ceremony. We thank Chhotubhai and Gitaben for a delicious treat on this occasion to over ninety members and guests.

On August 06, 2013, it was another nice summer morning - just cloudy but cool and comfortable! Most of the morning went by socializing, card games and some beautiful bhajans. The Punjabi solo and the chorus just took the cake. Visitors and guests thanked the ISAA as they were introduced. All of them just had a ball. Thanks to Deepa and Kamlesh Patel who sponsored today's luncheon in appreciation for an opportunity to serve over seventy "seniors".

## ISAA DINNER & DANCE GALA

ISAA supported by Deepika Bhalla, Has planned a Dinner & Dance Gala on September 20th 2013 at Le Soiree Banquet Hall located at 2915 W. Bell Road, Phoenix, AZ 85053. ISAA needs funds for renting a meeting hall temporarily for one-year during 2014. ISAA extends a warm invitation to the community to enjoy the Gala. In the wake of fund-raising, the admission is priced \$100 per person. Generated profit will be considered as the community contribution toward the "fund-raising" goal. Any self-esteemed additional volunteer contributions would be appreciated. Funds are essential for the association's continued excellence and sustainability that would be beneficial for generations to come. As leading and highly-respected Community members, we anticipate your support to the ISAA's mission. Volunteer Contributions of \$1000 or more would be awarded with two complimentary admission tickets. For any questions, tickets and sponsorships, please call Jitu Patel on Tel: 623-581-8881 or e-mail: patelj2002@yahoo.com . SPONSORSHIP OPPORTUNITIES:

FOOD:	5 x Sponsorships Available for \$1000 each
DRINKS:	4 x Sponsorships Available for \$500 each
DISPOSABLES:	2 x Sponsorships Available for \$400 each
MUSIC/DJ:	2 x Sponsorships Available for \$250 each
STAFF:	4 x Sponsorships Available for \$200 each

### Announcements:

- Drink plenty of water and carry a water bottle when leaving home in hot weather.
- Save electricity and avoid using plastic bags to save earth & environment.
- For safety of the dear ones, it is important that you use a wheel chair for "in and out" situation and do not take undue risks!
- A large number of ISAA members and guests extended their appreciation to ALL firefighters through their contributions for \$1051 plus some households towards--nineteen Firemen's Fund.
- The working committee has decided to disallow "pizza" for lunch in future due to its unhealthy characteristics. If people need any help in planning for lunch any member of the WC can be consulted.



1. 129 homes burned killing 19 firefighters injuring 23 and causing devastation by Yarnell wild fire. 2. Shah, Parikh & Patel families - Luncheon Sponsors on August 20, 2013 3. ISAA celebrating Rakhi 4. Rakesh & Chhotubhai sponsored Gitaben's birthday celebrations with ISAA 5. Guest of Honors Dr Usha Jeetah and Deepika Bhalla saluting the flags on Indian Independence Day 6. ISAA launching the Fund-Raising Dinner & Dance Gala 7. What fun in Punjabi Chorus! 8. Spontaneous ISAA Emergency Luncheon Sponsors - Kamleshbhai & Deepaben

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The way society describes television is the complete opposite from what it actually is: the force that has transformed people into couch potatoes and the definition of lazy. Noticeably, the only way people now spend their free time is watching television. The portrayals and fantasies on TV poison our minds and reshape them so that all we think about is what we watched on the screen recently, or why our lives aren't that simple. Watching television is almost like a disease, we get sucked into the unrealistic ways of it, it can lead to illnesses, whether they be physical or emotional, and it overall, keeps us from living our lives the way we might want to, or should be.

Television can suck our concept of the realistic side of life completely out of us. The way we lounge around on the couch for hours, hoping for our

## Watching television

lives to be like our favorite character on our favorite TV show is simply unrealistic. Life may seem easy and more glamorous on the screen, but people need to remember that it is not even real life, it is the staged way of life. Also on the TV, it may look like everything comes naturally or things go in the right direction for everyone at every time, but again, it is all just unrealistic.

Another unfortunate effect that TV can have on people is health problems, physical and/or emotional. Obesity is a major effect of TV and one of the most common situations caused by watching too much television. Another illness, emotionally, is depression. Sometimes

the shows or movies on TV can make a person want something more that imaginable. It can change perception and the way people view their own lives, and drive them into depression. Laziness is a big one, the fact that in today's society, people would rather go sit on the couch than hangout at the park is mind-blowing. Unfortunately, these sicknesses are a significant part of our society today, and they are all caused by a screen.

Lastly, and most importantly, the television keeps us from living our lives. WE never actually see people on TV watching TV because they are always doing something else that we

are just too lazy to do. If we get off the couch and go experience something new, or even use that time to get some work done, it can open up so many opportunities and eyes. There are countless ways to spend the time we spend watching TV, in more beneficial, and healthier ways.

Overall, watching television teaches us unrealistic ways, can lead to physical and emotional illnesses, and keeps us from living our lives. Our society has evolved around the fact that television has become a part of our daily lives. There is not a day that passes by where our minds are TV-free. As ridiculous as it may seem, it is just as much the truth.



-Sammy Mallik

Sixty Five young Indian students at Arizona State University have taken up the task to work for a better India by collaborating with the Overseas Chapter of the Volunteer for a Better India movement. Celebrating the Indian pride they invited Mr. DarshakHathi, chief architect for the VBI movement for an intimate interaction on how to bring about this change in the nation.

Inspiring the youth, Mr. Hathi profoundly put forward the idea of how changing the attitude of people around us can create a wave of difference and enrich our society. He also stressed on the fact on how the younger generation can use social media as a medium of change. The students took it to them to organize various fundraising events in

## Echo India

future besides supporting the mission using their talents and giving their most precious time for the cause.

Overseas Volunteer for a Better India has been proactive all over USA this past few months bringing about awareness on all the issues haunting our nation. They believe that, the apathy of good citizens, both residing in India and the Indian diaspora (Indians residing abroad), has led the country towards ineffective governance and criminalization of politics which are the root cause of most burning issues that India faces today.

**OVBI is addressing this issue by:**

- Educating the Indian masses on rights & responsibilities in a democratic process.
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- Creating future leaders through the school of good governance.

(Source: [www.overseasvbi.org](http://www.overseasvbi.org))

Visit: <http://www.overseasvbi.org/> , <https://www.facebook.com/Overseas-VBI>



If you have a sore throat, take some honey.[ Honey has powerful antimicrobial properties, which can soothe your raw tissues. Pour a teaspoon of honey into a large serving spoon and then top off the spoon with lemon juice. Swallow the without water every few hours until symptoms clear up. Some people add a pinch of black or red pepper to increase blood circulation to the throat. Due to its natural anti-inflammatory effect, it will help to heal the wounds more quickly. It also has different phytochemicals--chemicals found in plants and different foods--that kill viruses, bacteria, and fungus making it a good substitute for wound dressings. The taste may also take your mind off the pain.

Do you have a cut? Honey is a natural antiseptic. Medical journals cite more than 600 cases in which honey was employed to treat wounds. By applying honey to your wounds, you prevent infections. Honey contains antimicrobial agents, which prevents infections by



## Benefits of Honey'

killing

the bacteria in and around your wounds. When using honey it may help to heat it up before putting it on your wound (caution test the heat before you place it on the wound).

Many types of bacteria can't survive in honey, so wounds heal, swelling eases, and tissue can grow back.

Honey may also be effective in the treatment of your ulcers. In Europe, honey has been used internally to help cure ulcers, particularly stomach ulcers. Burns, too, heal better with honey, studies show. The advantage of honey is that it not only prevents infections from occurring, it actually accelerates skin healing.. Since the sugar in honey absorbs water it helps to trap some of the moisture so that the bacteria and other microbes can't grow as easily as in other food.

In treating diarrhoea, honey promotes the rehydration of the body and more quickly

clears up the diarrhoea and any vomiting and stomach upsets. The anti-bacterial properties of honey, both the peroxide and non-peroxide, are effective in the laboratory against MRSA strains of bacteria which are notoriously resistant to antibiotics and are sometimes responsible for the closing of hospital wards.

For centuries honey has been regarded as a wonderful gift of nature in which the properties of an excellent food, beneficial alike to adults and children, are combined with medicinal properties. Ancient Russian manuscripts attached great importance to honey as a medicine. Popular medicine has successfully used it for many diseases from time immemorial. The results of experiments and observations made by the medical science in recent decades have proved that honey is an important medicine possessing many-sided therapeutic properties.

To learn more about benefits of Honey:-



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# Adoption Vs Biological Parenthood

Sometime back, one of my long time acquaintances casually happened to make this comment, "Although I would like my-thirty-year old daughter to get married and make me a grandma, I would rather not ask her to do so."

I became somewhat curious, as I couldn't figure out what she meant by this statement. She then went on to tell me that her daughter suffers from an illness that could relapse again and become worse by pregnancy. The acquaintance further added, "My daughter doesn't have to make me a grandma by becoming a natural mother. I would be equally content if she just adopts a baby. For that matter, even a cat will be fine for me, and I have told her so." Her words may have sounded funny at the time, but they made me pause and think about what she had truly meant through her statements.

Having lived in the Western culture for over thirty-five years, I had a feeling that I understood this culture fairly well. However, she made me realize that this is not exactly true. Could we ever imagine such statements from a woman of Indian origin? It was at this moment that my imagination took me deep into the differences in the thought processes between the people of East and West, especially in relation to marriage and procreation. The Indian subcontinent culture and religions emphasize marriage for each and every individual born on this earth. None of the parents would be happy until they have succeeded in their responsibility of getting their children, especially the daughters in matrimonial alliances. Since time immemorial, the unmarried grown-up girls in India in many circumstances are considered a painful burden on the family. Therefore, parents always seem to carry a burning desire to unload them as soon as possible, provided they are of marriageable age.

Until lately, our culture expected parents to find a match for their daughters and to some extent for their sons, therefore, a candidate's personal feeling and motivation in this regard was not considered important. In view of heavy and at times unreasonable demands put forth by boy's parents under the garb of a dowry, finding a suitable male match for one's daughter oftentimes became difficult, if not impossible. This difficulty often led girl's parents to bend backward. The match for a daughter didn't have to be rich, handsome, healthy or personally resourceful. A heartbeat was about all that was required in the boy. Though out this ordeal though, parents of the

girl always maintained a hope that the prospective husband and in-laws of their daughter would not keep on bugging and torturing her in seeking additional dowries as time passed by.

God forbid if the girl had any physical handicap or if her parents were unable to pay hefty dowry; in either case, marriage was next to impossible. Yet in Indian culture, life is considered incomplete without matrimonial alliance, therefore, marriage for a girl and for that matter for a boy is a must.

But the story does not end here. The truly painful saga of a married woman in India who cannot conceive begins just after marriage. The day a girl steps into married life in India, the whole focus of her in-laws and other people around her shifts towards the production of children. The parents of the newlyweds in India always encourage the new couple -- and especially the daughter-in-law -- to deliver a male grandchild to them as soon as possible.

If the signs of pregnancy do not appear within a few months or a year after the wedding, the young wife's life, in some circumstances, is turned into a living hell. Each and every available method is adopted to determine her ability to bring another soul, especially male, into this already overpopulated earth. This includes consultation with physicians, with vairs, with wise men, and also with so-called 'psychics,' like the ones we are continuously bombarded with, in the advertisements on Indian television channels. Every possible magic and ritual is performed to help expedite the process. Until a male child is born, the couple will be encouraged to keep on producing, as having a male child is the only way, they think, the progeny could be continued. This can easily be considered one of the causes of the population explosion in India. At times, the problem might lie with the husband, but usually it is the wife who is blamed and considered responsible for lack of producing offspring, especially males.

What is not stated here is that our faiths do not specifically speak against adoption, nor do they oppose adoption where conception is not possible. And yet, adoption is not actively encouraged and not much credence is given to it. At the same time, a lack of cultural and societal encouragement may be the reason that adoption is not considered to be a normal or acceptable way to enjoy the pleasure of raising children, even though it may be the only and the most viable option in some cases.

Western culture has a different

belief system, but one fact is clear; the desire to become a mother is equally strong in Western woman as it is in Indian woman. Obviously, she too would prefer to have a natural or 'biologic' child over adoption, much like women of the East. However, if for whatever reason, the woman and her spouse are not able to conceive, they will not regard the situation as the end of the world, nor will their families and friends. And this is where the cultural gap becomes obvious.

The culture of the West believes very strongly that to enjoy a child, that child need not be one's natural or 'biologic' child. Adoption is seen as providing an equally good outlet for all of the pent-up love. Additionally, the adoption of an orphaned child not only allows the adopting couple to become happy parents, but it also creates a suitable and loving environment for an adopted-orphan child. That is one reason why so many Western families rush to wherever they can find a child for adoption. Once it becomes obvious that further efforts at producing a natural child are likely to be futile, the prospective parents say good-bye to procrastination and start looking for a child to adopt.

Especially worth noting is the willingness of people in this culture to accept a child of a different race if they are unable to find one of their own, and unwilling to wait for what can be a very long process. In fact, thousands and thousands of dollars are spent in locating a suitable child, even in far-away countries.

By contrast, if an Indian couple finally decides to adopt a child, they first look to their own close families. If it doesn't work out, the best they will settle for will be a child of their own ethnicity. Rarely does one come to know about an Indian looking outside of India for a child to adopt. Another issue that hinders the adoption process among Indian parents often relates to their built-in desire to adopt a male child. Unfortunately, baby girls are considered a 'responsibility in waiting' that many Indian parents are unwilling to take. In little girls, they end up perceiving the burden of a pending 'dowry' in the near future. Thus it further cuts into the option or process of adoption.

There is a real need for childless Indian couples to consider the option of adoption if they are unable to conceive. Such a failure on their parts prevents them from having an opportunity at the right time to enjoy the pleasures and fruits of parenthood that they were looking for throughout their married life. At the same time, a



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

noble opportunity to change the life of a needy child in providing him or her permanent home is also lost by not taking this step. Many couples of Indian origin spent their entire married lives waiting in hope that one day God Almighty will answer their prayers. And yet, true prayers could definitely be listened to and answered if, indeed, they were for the goodness of humanity at large. The answers to such prayers may be those many orphaned and/or unwanted children who are available for adoption in various orphanages all around India and in other parts of the world.

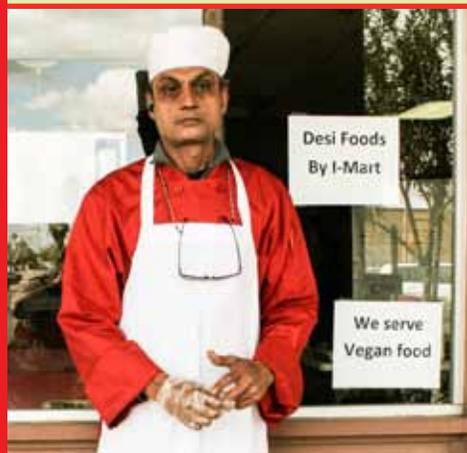
Some among the Indian culture may opine that one cannot shower the same level of affection on an adopted child as on a natural child. This belief certainly is neither borne out by scientific explanation, nor by the scrutiny of Western cultural and social attitudes. One may come across random cases here and there, especially in countries like India where some elements of discrimination could exist in the minds of parents of adopted children but this will be more of an exception than the rule.

One has but to look at the love and affection people shower on their 'adopted' pets. Would they give any less love and affection to adopted children? A couple that is unable to procreate but is blessed with the resources to take care of an adopted child needs to go out for adoption by all means and plunge into such an opportunity at the earliest instance.

It is comforting to realize that with world continuously shrinking and turning smaller due to evolution in the information technology, some positive changes in the attitudes and behaviors of people of the Indian subcontinent are becoming more evident. I hope and pray that such rays of hope will keep on enlightening our hearts and minds, thus opening up the closed, dark avenues within us. Adoption of orphaned children, irrespective of their genders, is a right way to go for the couples having difficulty in procreation and must be encouraged. Procrastination and waiting unnecessarily for a miracle to happen is unwise and uncalled for.

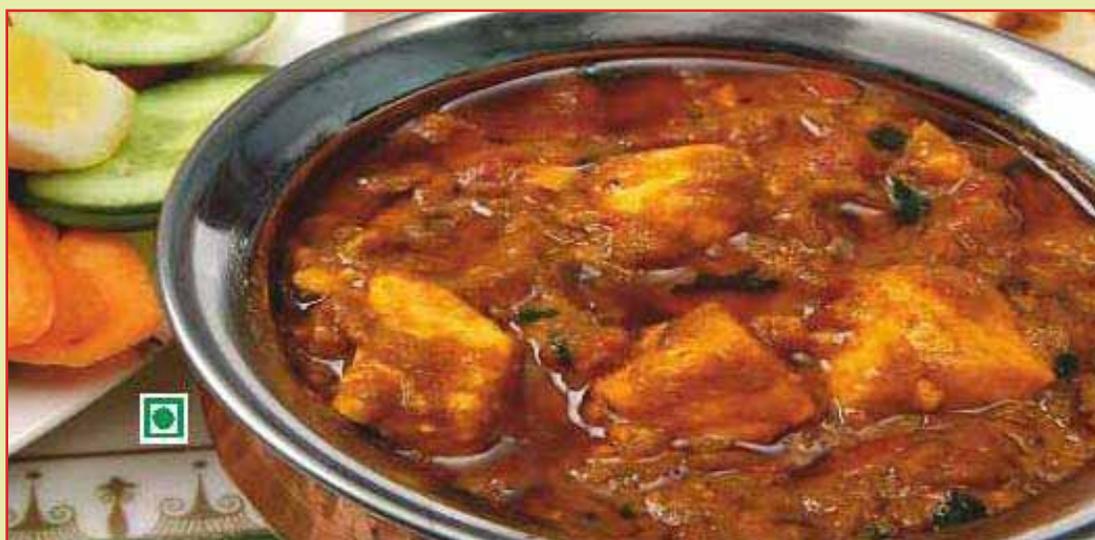
Adoption is good, noble and consistent with the philosophy of many Eastern faiths and its use, when needed, is something definitely worthy of incorporation and that too, rather sooner than later.

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# ISAA's Tribute to 19 Granite Mountain Hotshots



1. Sadly, one of many homes totally burnt down to ground 2. Total loss of innumerable number of heavy equipment - Trucks, Tractors, Bulldozers, school buses and cars due to deadly wild fire 3. Thousands of articles pouring in showing nationwide solidarity of Fire Fighters and the citizens 4. ISAA expressed sympathy and appreciation presenting monetary and household contributions to Capt. Jeff Schripsema, Phoenix Fire Dept. and the Granite Mountain Hotshots 5. Granite Mountain staff telling the stories about Hotshots Training and the nationwide solidarity of the firefighters 6. ISAA extending the sympathy and appreciation to firefighters for what they do for the community

Just looking at the sign on the fence does not paint a picture of the firemen as to what they do to utilize their intense training and the tasks they perform.

It's only after the news that nineteen of their elite crew lost their lives in the recent wildfire at Yarnell Arizona that the world heard of "hotshots". The following ISAA committee members (Jitubhai, Chandrakantbhai, Chhotubhai, Bharatbhai and Narayanbhai) paid a visit on August 07th 2013 to the fire station #7 in Prescott, AZ to pay tribute, to the "nineteen", on behalf of the ISAA that we learnt a lot about the "men".

When one goes around the fence on the property, one learns the outpouring of love, empathy, appreciation, regard, respect and all that "thank you" from people from just about ev-

erywhere in the world. That shows the sacrifice the "nineteen" made in giving their lives to save the lives, and properties of others.

These firemen and their equipment is not what one sees in the typical response to fire in a city. Their intense training involves basically learning survival skills in fighting wild fires. It takes planning including much deeper calculated Risk Assessment and Potential for Devastating Consequential Damage Control Analysis involving losses of human and animal fatality and injuries, property and environment damage and a lot of coordination with various agencies before the team moves to the area. As there is no water or other extinguisher of fire, their goal is to destroy the "fuel" of fires. The team could be on the job from days to may be a week

or longer. That means chores of day to day "living" on the job in shifts. Their lives can be "snuffed" in moments as it happened at Yarnell. Even to imagine the scenario is difficult for us.

The ISAA group took the opportunity to thank the chief and his staff during the brief presentation of the check that reflected the collection made generously by the members of the ISAA as small contribution for benefit of this huge loss incurred. It was a delightful visit and our hats are off to these men of "steel" and "dedication" to their duties.

On our return journey we visited the sites in Yarnell where the devastation has left its dark marks all over. It showed how some properties were completely burned down whereas some homes next door have stood the

heat ( see attached pictures). It is just unthinkable how mother nature earth works.

We just pray for quick recovery of the community and their surroundings so that life can return to some normalcy for all those who were affected.

ISAA is grateful to Captain Jeff Schripsema of Phoenix Fire Department for coordinating the visit to the Prescott Fire Dept. by sparing his personal and family time and driving us in his own personal vehicle. We are indeed indebted to Capt. Jeff and the Chief of the Granite Mountain Hotshots Fire Station # 7 for this unique and extremely moving experience that was full of education and realization of true value of sacrifice and doing something useful for the fellow beings assuming such high risks!

## Poems

by Sheela Ramanthan

"We sat in a row on the sofa,  
All three in a row.  
Having shed our identity,  
we sat there with nothing on  
but with a tag of a grandmother.  
We sat in a row  
having dyed our sparse hair  
searching for dignity  
somewhere in the lines like brackets  
on either side of our dry mouths

not knowing what to say  
having lost our children overseas.  
We sat thre in a row  
wearing kurtas and nail polish,  
wondering what we will do  
after we return to our homeland.  
We sat there in a row  
smiling at our grandchildren  
trying to enjoy the food  
and the fun in the party.  
We sat there in a row  
like appendages to our children."  
\*\*\*\*\*

\*

"Oh yes! it is a joy,  
to be a grandmother.

You see your daughter  
with love transforming  
her whole being,  
beholding her young in her arms.  
Yes it is a great joy ,  
to be a grandmother  
your son suddenly all grown-up,  
trying to be a good father,

Oh to be a grandmother  
at last able to rest  
from being a dutiful mother  
Oh to be a grandmother  
rejuvenated and renovated  
with the relationships  
with your children  
Oh to be a grandmother  
is like fresh rain  
after a hot summer.

Oh to be a grandmother  
it is a joy unparalleled!!

# Seeing through the Third Eye... How?

We see with our eyes, we hear with our ears, we smell with our nose, we taste with our tongue and feel with our hands and skin. People get involved and entangled in these inputs given by the five sense organs (indriyas) and think that this is all. But when one goes beyond these, then he sees, hears, smells, tastes and feels the real thing. Kriya Yoga takes us to that divine world that is beyond the inputs provided by the five sense organs. Christ says "Let there be one eye" i.e., when the consciousness is concentrated on the third eye and the third eye gets activated, then we start seeing and realizing the real thing. Osho says that when we start seeing with our ears and hearing with our eyes then we should know that our third eye has opened. Poet-saint Tulsidas says that a yogi does things without actually doing, sees without eyes, hears without ears, smells without the nose, and tastes without the tongue. The atma has no eyes, no ears, no tongue, no nose, but it has one thing which makes it possible to see everywhere, hear everything, taste, smell and feel every possible thing. What is that one thing? It is the third eye. When Arjuna sees Krishna's Vishwaroop, he describes the divine being as having thousands of eyes, thousands of ears, thousands of mouths, thousands of limbs. He is wonderstruck at this divine sight and asks in amazement "Who are you and what are you made up of?"

Maharishi Aurobindo was once sitting with Maa and Maa was combing his hair. Behind Maa, there were some people sitting. These people were making fun of this scene with gestures behind Maa's back whispering "Look at the old man getting his hair combed by a young lady." Suddenly Maa said to them - Do you think I cannot see you? I can see everywhere.

Katyababa was once staying in Banaras with his disciples. His disci-

ples used to have bath in the river in the morning, visit the Vishwanath temple and then they used to pass through the streets lined with stalls selling jilebis, kachories and other delicacies. After passing through the streets, they went to Katyababa to listen to him. After settling down in front of Katyababa, some of the disciples were still thinking of the jilebis. Katyababa slapped one of the disciples on the cheek and shouted "I am talking here and you are enjoying jilebis" The moment Katyabab slapped him; a jilebi fell out of his mouth.

In north India, there were 2 brothers (of the sakhisampradaya) who were devotees of Krishna - Ramsakhi and Lakshmansakhi. They always kept to themselves and were immersed in themselves. They used to work on the fields of a zamindar. Whatever pay they used to get, they took it, did their bhajans, ate something and went to sleep. Once when they were on the fields, they were standing posed as if they were serving someone. At that time, the zamindar happened to pass by. He saw these brothers standing like statues and not doing anything. He became angry, got down from his vehicle and whipped them with his cane. The brothers were shaken out of their trance. Suddenly a pot of curds fell down and broke. The zamindar was taken aback. He could not understand how the pot of curds appeared from nowhere. On enquiring, the brothers said that they were offering curds to a gathering of saints and sadhus in Haridwar. They had served almost all of them. Only a few were left and they were about to serve them when he whipped them and the pot fell out of their hands. The zamindarrealised that they were not common people, they

were enlightened saints. He fell at their feet and asked for forgiveness. The brothers left that place and were never to be seen again.

Gou, which is the Indian name for the cow also means the indriyas (sense organs). Gouswami (or Goswami) is the one who has control over the indriyas. So the Goswami is the commander of the Gou. He is lord Krishna, who as a cowherd tended the cows. He used to play divine music with his flute hearing which the Gopis were thrilled and danced in ecstasy. In our bodies there are



the sense organs (Gou) and the atma (Krishna). The atma is the commander of the sense organs. The body is our Vrindavan in which the atma has command over the senses and when one hears the divine music during meditation, all the cells (the Gopis) in the body get thrilled and dance with joy.

There are so many modern Gurus today who have different packages for different yoga techniques. These Gurus are only good orators. Ramakrishna Paramahansa could not speak well. He had no packages. He was very simple. He was childlike. People used to call him a fool. Once someone called him a fool in his presence. Ramakrishna did not get angry. He said that he would ask the divine mother if he was really a fool. He went in and asked the mother. The mother replied that it was not true. So, Ramakrishna came out with a broad smile and said that the mother doesn't think that he is a fool. Such was his simplicity and humility. Can there ever be a man as great and as divine as Ramakrishna? He had nothing to do with name, fame and money.

Once a learned man came to Dakshineswar. To show off his knowledge,

he was reciting sanskrit shlokas in front of the people gathered at Dakshineswar. Ramakrishna was in a trance and he said that the learned man was reciting the shlokas wrongly and started reciting the shlokas correctly in very high standard Sanskrit. Everyone was dumbfounded.

When Ramakrishna was once staying in a temple near Nanihal, he went into an ecstatic state and has written some verses in Bengali. The writings can be seen even today and it is in such beautiful handwriting that only a handwriting expert can write that way. Even printed writing cannot be that beautiful. And ordinarily, Ramakrishna did not know how to write. He could not even write his name correctly.

A small boy working in a hotel was once given a half smoked cigarette by a customer. The boy became very happy. Another customer did the same. The boy was overjoyed. Holding the 2 pieces of cigarettes in his hands, he was looking at them as if he was admiring diamonds. He felt on top of the world. He took one puff from one cigarette and then from the other. He did not realize that soon the cigarettes would get over and he would have to go back to his work. Human beings don't behave differently. A man feels on top of the world if he owns 2 bungalows. He doesn't realize that soon the dream is going to get over.

It is possible for you and me to see through our third eyes. Kriya Yoga (Bhagvad Gita Shloka 4.29) is the path shown by Lord Krishna himself to go beyond five senses. If you have read through this article, here is your bonus. I can promise you that what has been experienced by many (Indian and American) Kriya Yogis including me can be experienced by you also. Please visit our website [www.kyob.org](http://www.kyob.org) for more details.

**-Pranav Sanghadia**  
pranav@kyob.org

## Attorney Mohammed Alzaidi organizes poetry competition

The Law Offices of Mohammed Alzaidi organized a poetry competition for the Arabic community in Arizona. Poets were asked and encouraged to submit their poems regarding the subject "being away from home / country. Many participated, over 25 poems were submitted. On July 25, 2013 Prizes were given to the top 3 poems at a ceremony that was held at Mohammed Alzaidi Law Firm .

First prize, Samsung lab top went to Mohammed Al-Ansari. Second prize, Samsung tablet number 3 went to Fadil A-Itamimi. Third prize Samsung tablet number 2 went to Rashed Al-waeli .

The poets and other participants appreciated and thanked attorney Mohammed Alzaidi for his support to the Arab community in Arizona, and added that this event proof and strengthen the unity



of the Arab community in Arizona .

Established in 1993, the Law Offices of Mohammed Alzaidi offers legal service to the multi-cultural community in Phoenix including Arab, Middle Eastern, African, Asian and Latino people. Mr. Alzaidi was admitted to the Arizona Bar in 1993 and the U.S. District Court for the District Of Arizona in 1994, and is a member of Arizona Trial Lawyers Association. Mr . Alzaidi is a member of the American-Arab Anti -Discrimination Committee .He is also a member of the Executive Committee of the National Association for the Advancement of Colored People (NAACP).

Any Questions can be directed Mohammed Alzaidi at (623) 806-8466 or by email at: [malzaidilaw@alzaidilaw.com](mailto:malzaidilaw@alzaidilaw.com) .

# Vermaland buys 8,000 acres at La Osa Ranch

## Huge master-plan near Casa Grande back on track after market crash

PHOENIX (May 8, 2013)

Vermaland LLC, a land banking and land development company based in Phoenix, has made its first significant investment in the southeast Valley land market – and its largest to date – with the purchase of 8,000 acres in La Osa Ranch, a master-plan community near Casa Grande.

Vermaland bought 4,000 acres in La Osa Ranch in 2012 and recently acquired an additional 4,000 acres in the same community. Strategically located off of Interstate-10 between Greater Phoenix and Tucson, long-term plans call for residential, retail and commercial development at La Osa Ranch. The deal is one of the largest land deals in recent history and indicative of an improving real estate market.

“The market has been buoyant in the past six months and while we have made sig-

nificant land sales, we also have seen great buying opportunities,” said Vermaland CEO Kuldip Verma. “The opportunities we have right now in the land market will not be seen in the next 10 years.”

Vermaland currently has the largest holdings of 50-1,200 acre parcels in metro Phoenix and the La Osa Ranch is its first significant investment in the southeast Valley.

Verma said besides its location, La Osa Ranch is attractive because of the advanced ground-work already completed including all water and land studies. Current plans call for more than 33,000 residential lots, 1,000 acres of commercial development and 2,000 acres of open space, parks and trail systems. The purchasing entity for the proj-



CEO Kuldip Verma

ect is Verma La Osa Ranch, an LLC holding company for Verma Legacy Trust.

Verma said the residen-

tial real estate industry and land sale market are increasingly improving throughout Greater Phoenix and Arizona as a whole. Currently, finished residential lots are seeing double their value in comparison to 2011, with most foreclosures being flushed out. He added that 2013 will have more raw land sales than 2008-2012 combined and that 2013’s raw land market is seeing record activity halfway through the year and expects this pace to continue. On a side note, Verma added that raw land remains a valued commodity given that only 17 percent of all land in Arizona is private land.

Vermaland prides itself on the ownership of high-quality land parcels with good road access, electricity and water,

proximity to substations and flat land conditions to allow for easier building. In the height of 2007 and 2008, Vermaland supplied land to some of the nation’s largest solar projects. Because of limited expansion options in most areas of Phoenix, other than the west Valley and southeast valley, Vermaland entities have maintained their portfolio in these two areas.

### Vermaland LLC

Vermaland LLC is a land banking, land development, land marketing company based in Phoenix, Arizona. The company was founded in 2001 as a whole sale buyer and seller of land offering land for residential, commercial, agricultural, industrial, solar and other renewable projects. For additional information on Vermaland, visit [www.Vermaland.com](http://www.Vermaland.com).

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## Karisma Kapoor writes book on yoga, pregnancy and life

**K**arisma Kapoor, Bollywood actress and mother-of-two, credits yoga for helping her shed 24 kilos in nine months post pregnancy and says the traditional system of exercises can work wonders for children too.

"I think it is great to get the kids started on yoga. My daughter is

learning yoga at school and she practises it with me sometimes. My son is only three years old and too young to do it but he sits and laughs and giggles at poses," Karisma told PTI.

The actress, who debuted in Bollywood at the age of 16 and went on to give award winning performances in Zubeidaa, Raja Hindustani, Dil To Pagal Hai and Biwi No.1 has launched her first book, a primer on motherhood and losing weight.

While younger sister and actress Kareena has gone public about her passion for yoga, Karisma says she "chanced upon it late in her life."

"I was a non-believer for long even though it was working so well for my sister. Yoga takes longer to show results but it's really good as it cleanses your body of toxins and helps you breathe better, sleep better," says the actress.

In My Yummy Mummy Guide: From Getting Pregnant to losing all the weight and beyond, the 39-year-old writes about the different emotions women go through "dealing with the baby, managing the family, tossing about on sleepless nights" and advocates yoga as "a great form of relaxation."

Once a "hard core gym person", Karisma says that within a month of taking up yoga she could see "dramatic results in her body and mind."

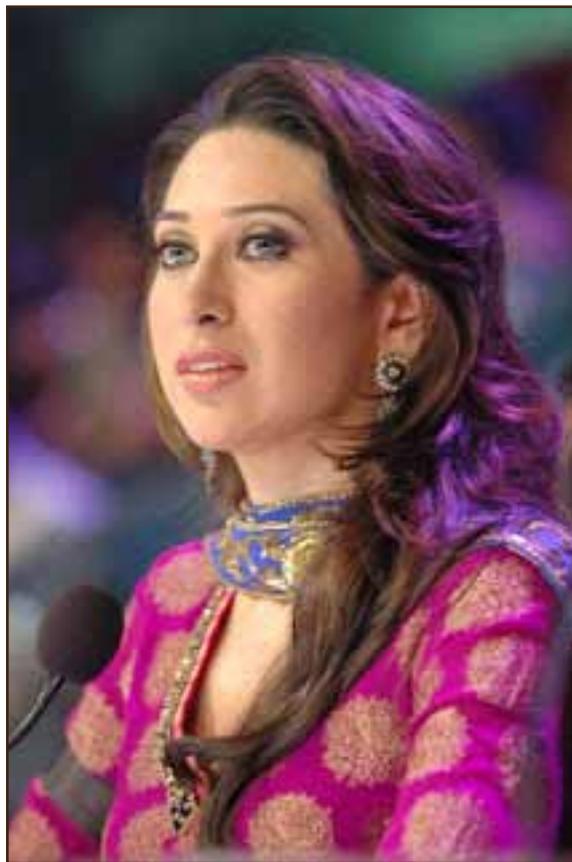
Her routine includes yoga four times a week with fast music from the likes of Rihanna, Adele, Pitbull, Jay-Z and other hip-hop artists followed by a meditation session at her home in Mumbai where the actress currently lives with daughter Samaira and son Kiaan.

"After my first baby, I didn't do any yoga. I did regular gym and cardio routines that helped me shake all the weight off. After my second baby, I did power yoga and that too shook the weight off. You can go either way but I would highly recommend that, if you can afford it, you should employ a personal yoga trainer. It helps you stay motivated and lose weight faster."

She says the path from being a svelte actress to a pregnant woman who had put on 24 kilos during her pregnancy and coming back to her thin self was more challenging than playing the role in Zubeidaa, the 2001 film by Shyam Benegal.

"I wanted to reveal my secrets to everyone."

The book, which took the blue-eyed beauty a year and a half to pen, is also about personal thoughts of the actress, who wanted to share her "passage of a woman from being in the public eye to becoming a nappy changer." "All the Hollywood mums lose fat so fast after their delivery. But the idea is to take your own time and lose it at your pace. You should maintain a healthy lifestyle and it should match your personality and your body type," says the actress, also known as Lolo.



Karisma says she looks up to her mother and grandmother as role models.

"Both of them are amazing inspiring people and they kept giving me tips but this book is all about my own thoughts and tips on pregnancy, motherhood and life --something which no one has ever written about. This book is a legacy to my children more than my films will ever be," she says.

The actress' guidebook co-authored by Madhuri Bannerjee has been published by Penguin under its imprint Shobhaa De Books, the same under which Kareena Kapoor had launched her book The Style Diary Of A Bollywood Diva, a style guide on fashion and glamour.

"I am really a private person so Shobhaa De had a wonderful chat with me and convinced me to write. She was very involved, and it has been a great platform to write about what I feel," says Karisma.

The book also has pointers for single parents. "It is not easy being a single parent. Period. It is double the responsibility for the one parent and it can be very tough on the children," writes the actress who entreats couples to "try every possible thing" before decide to separate.

"Moreover," she writes, "if you cannot get back together, remember that a divorce is not the end of the world. You and your child will survive. Remember to get enough support for your family when you make this choice," says the actress.

Priced at Rs. 399, the tome that hit bookstores last week has tips about picking the right maternity outfits, disciplining kids, decorating children's rooms, dealing with school, organising kiddie parties, dealing with teen fads and yet being able to get some 'me' time.

## POET OF MONTH Judy Kendall

Judy Kendall's poems are in the Forward Anthologies of Best Poems of 2007, of 2010 and of first decade of 21st century. She has published three collections with Cinnamon Press: The Drier The Brighter, Joy Change and Climbing Postcards. She often collaborates with other artists. She was one of twelve poets working with Alec Finlay on a public art project <http://www.whitepeak-darkpeak.co.uk/> (shortlisted for the prestigious ALICE awards), and wrote text for Songs 'for my Grandmother' with multi-instrumentalist and composer Seaming To. Her monograph, Edward Thomas: The Origins of His Poetry appeared with University of Wales Press in 2012 and she has edited two volumes of Thomas's letters and poems: Edward Thomas's Poets with Carcanet, and Poet to Poet: Edward Thomas's Letters to De la Mare with Seren. For seven years, she worked as an English lecturer at Kanazawa University in Japan. Now she is senior lecturer in English and Creative Writing at Salford University, is writing vegetable poems as the incredible edible Poet Laureate of Todmorden, and also working on a sequence of visual bird poems as part of a collection of visual gardening poetry.



### Driving To Noto

Men are better says Toshi I know  
no they are not says I (I also know)  
and so we argue to the tip of Noto

To Suzu where the wood huts slump in shock  
plopped suddenly in frocks of snow  
and the sea is whipped to icicles of frenzy

Over a nabe pot of fish and cabbage  
(Toshi warns me not to call it cabbage  
for it is the vastly superior hakusai)  
our host asks me my age

Taken aback  
(I'm older than he thought  
more single), he inquires  
don't you like men?

So I assure him  
only frequent country-moving  
has prevented me from choosing  
one of them

The returning road is white, wide as a field  
the ditches spread themselves with frosting  
and the windscreen blanks out like a blizzard

Toshi scrapes at the iced-up wipers singing  
to himself, waving me in

Midwinter hangs in the boughs

The pine trees are bent nearly in two  
laden with second helpings.

*From Joy Change (Cinnamon Press, 2010)*

# Madhya Pradesh's junk jewelry, a must have!



Travelling through the western portions of Madhya Pradesh one happens to witness a colorful pastiche of cultures, indigenous people and occupations. Attributed to the favorable proximity to local markets where embroidered works and other raw materials are readily available - the Bhil and Bhilala tribes of Alirajpur and Jhabua districts of MP skillfully express their penchant for colorful kaleidoscopes of bead works, silver jewels and embroidery.

For instance, the Aadharkaanch village in Alirajpur district is known for the famous Galsan Mala (beadwork necklace). This little hamlet bordering markets of Gujarat and MP, provides women Self Help Groups (SHGs) a geographical advantage to procure beads, colorful wool & embroidered fabrics from regional bazaars adjoining this area.

Neatly woven into multicolored necklaces, bangles and earrings the bead works native to Jobat in Alirajpur - find their commercial and aesthetic recognition in the local melas and fairs in the state organized and promoted by the district, state and central government's schemes. Priced at Rs. 80-100 for a set of necklace & earrings this makes for affordable motley of trinkets- which are easy to carry and wear!

This bead crafts practiced by women received a lot of attention from Madhya Pradesh Rural Livelihood

Project and central/state government schemes. These projects and schemes provide a series of training programmes to women, realizing its commercial value & livelihood opportunities it could generate in order to empower tribal communities inhabiting remote hinterlands of MP.

Another fascinating cultural facet of this community is the spectacular silver jewelry and its ensembles - one witnesses during the weekly haat & especially during the annual Bhagoria festival. The Bhagoria festival symbolizes the completion of harvesting and is celebrated just before the festivities of Holi thereby underscoring the significance of agriculture and community interpretations of colors -in their daily chores and lives. This festival signifies the wedding season and rituals pertaining to nuptial vows of the Bhil and Bhilala tribes.

Women & brides adorn themselves with choicest possible designs of silver jewelry fused with traditional characteristics. Some of the most popular

accessories amongst the women folk are the basta kada (armlet), khilli wala kada (for the wrist) hansli (necklace) made of coins that weighs almost half a kilogram and paan wala haar. Other accessories woven out of beads, shells, colorful wool, glass beads and sequins are chomal, dulhan ka rumal and phool. Made of coins, ghungroo, and various figurines of ethnic importance - these silver art works have come to establish the historical relevance of preserving these art works & carrying those forward from one generation to the other.

On a usual day when the local market is fervent and vivid with economic & social activity - women of all age are seen embellished with silver. These jewellery pieces are inherited, or gifted depending on the prevalent social practices within the community - with some women carrying these timeless creations in their daily routines thus highlighting the lack of safe spaces to store these personal possessions & wealth in rural economies.

## Veena Malik turns into 'human canvas' for Finnish artist in London

Pakistani actress Veena Malik has allowed her body to be used as a canvas for an artistic collaboration between herself and Finland's best-known visual artist Vesa Kivinen, in London. Kivinen has created five artworks, in which a rich palette of colours is painted directly onto Malik's body, the Daily Times reported.

He created symbolic landscapes where the resulting forms and textures are a clear departure from both the organic lines and the envisioned sketch.

The five unique pieces of art are described as the dialogue between three-dimensional physiology and gesture coupled with the aesthetics of two-dimensional paintings that coalesce into a singular object of art.

It explores themes from ancient and religious traditions to our contemporary global melting pot with its ever evolving and emerging cross-cultural associations. Meanwhile, Malik told the publication that she feels glad to work with Kivinen.



# Real-estate sector in Arizona

Hello Friends!

Its the good old Back-to-school days with back-to-school shopping, finding car-pooling partners for kids drop-off and pick-ups and life getting busy again. As if to keep pace with our busy lives, the AZ real-estate market has been getting busy as well (actually without taking a summer break though)

The Median Price for Maricopa County in July 2013 was \$198,000; in June 2013 it was \$193,085. This marks a 2.5% increase. In July 2012, the Median Price was \$150,000, so we are currently at a 32% increase year-over-year! Looking back at past years Median Sales Prices: July 2007: \$258,273 but in June 2001: \$141,682.

The tight supply of homes available for sale continues to drive prices upward, with multiple bids being offered for most resale homes in the lower price ranges.

New home builders are trying to complete homes fast enough to fill the supply problem. While analysts expected 17,000 construction permits to be issued this year, the area is only on track to have about 12,500.

The Phoenix area is also seeing less distressed supply coming onto the market. Completed foreclosures on

homes and condos in June were down 61 percent from last June. Foreclosures are finally dipping back below normal historical levels for the area this June.

Also, the Rental activity remains strong, with relatively low vacancy rates and no surge in vacancies expected.

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

- Total sales for single-family, Town-homes, Condos for July was 7,168 whereas June was 7,190 and May was 8,310.

- The Active listings for July was 15,844 whereas June was 15,282 and May was 15,535

- Pending sales for July was 7,110 whereas June was 7,554 and May was 8,731

- Cash closing were 2,527 whereas conventional closings were 2,927 and FHA closings were 1,260. Cash Buyers are still going strong

Lets take a look at Commercial side- TriGate Capital LLC sold the Furniture King Plaza at 965 E. Van Buren St in Avondale to Pac Ventures, Inc. for \$1.9 million. The 40,940-square-foot building was constructed in 2005. It was 81 percent occupied at the time of sale.

Denali National Trust acquired the industrial building at 8240 S. Hardy Dr

in Tempe for \$2.4 million about \$67 per square foot. The building totals 35,665 square feet, It was built in 1998 on a lot size of 3.7 acres.

Emma Capital, a Canadian-based investor, acquired the 139-unit Country Gables apartments located at 15010 N. 59th Ave in Glendale from the Nadler Company for \$6.5 million, or about \$47,000 per unit. The 84,462-square-foot multifamily community is comprised of one- and two-bedroom units in nine buildings. It was built in 1984 in the Arrowhead submarket, and reported 94 percent occupancy at the time of closing.

Stearns Bank Arizona sold the 41.25 acres of land at 9801 W. Bethany Home Rd in Glendale to American Furniture Warehouse for \$9 million, or about \$218,000 per acre. The land at the southwest corner of Loop 101 has almost half a mile of frontage on Loop 101 and also has frontage on 99th. American Furniture Warehouse is currently in development of an approximately 600,000-square-foot showroom in Gilbert. The new building is expected to create 300 jobs, with construction completing in mid-2014.

Mack Companies acquired the

87,675-square-foot retail building at 8515 W. Grand Ave in Peoria for \$1.85 million, or about \$21 per square foot, from Goodwill Industries of Central Arizona. It will construct a brand-new, 25,000-square-foot building under a long term lease for Goodwill to occupy on the premises.

O'Neil Printing, Inc., a manufacturing and packaging company, purchased two industrial facilities at 336 N. 2nd Ave. and 365 N. 3rd Ave in Phoenix from JEHN Properties LLC for \$1.65 million, or about \$43 per square foot. The 11,380- and 26,966-square-foot buildings were constructed in 1988 and 1971, respectively.

**As always, would love to hear from you, thanks for your comments and please let me know if you have any questions, you can reach me at [arti@artiiyer.com](mailto:arti@artiiyer.com) or 480.242.8573.**



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

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<b>8</b> * Ganesh Chaturti Grand Celebrations @ Maha Ganapati Temple of Arizona * Onam Ponnonam 2013 Celebrations @ Indo American Cultural Center * Magic In Movement - a music and dance extravaganza @ Chandler Center for the Arts * KOOTHAADI - full length tamil play @ At Piper Theater	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b> * Ganesh Chaturti Bramhotsavam @ Maha Ganapati Temple of Arizona	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> * Pt. Anindo Chatterjee
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> * Health, Happiness & Energy -- Art of Living Course	<b>27</b> * The Art of Meditation @ The Art of Living Center	<b>28</b> * International Mushaira @ Tumbleweed Recreation Center
<b>29</b> * MAHIMA 2013 @ Maha Ganapathi Temple of Arizona	<b>30</b>					

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# PART-TIME POSITION AVAILABLE Domestic Violence Case Manager/Victim Advocate

Arizona South Asians For Safe Families (ASAFSF) is a non-profit organization that provides support services and community outreach to empower victims of domestic violence. The mission of ASAFSF is to emphasize the importance of maintaining a safe family environment, to increase awareness of Domestic Violence, and to provide support services to South Asian victims and their families in Arizona.

**Position:** Arizona South Asians For Safe Families (ASAFSF) is seeking a part-time Case Manager/Victim Advocate who will deliver services to South Asian domestic violence and sexual assault survivors; identify South Asian and mainstream community resources; assist with community outreach. Some evening and weekend hours will be required. This position reports to the Chair of the Board of Directors or a designated board member.

**Hours:** 20 hours per week. Hours will vary to meet program and/or client need

**Salary:** \$22,000/year (base salary of \$20,000 plus benefits of \$2,000)/DOE.

**Job description:**

The Case Manager/Victim Advocate will be responsible for activities listed

below.

**Direct DV survivor/ client services:**

- Respond to calls on ASAFSF Helpline from survivors, family members and friends, and other service providers
- Provide culturally and linguistically appropriate advocacy/ counseling, to include safety planning, and help build support networks
- Assess client needs and recommend appropriate interventions and/or referrals based on client needs.

- Monitor support services, information and referrals.

- Abide by ASAFSF Confidentiality Policy, and all other ASAFSF Organizational Policies.

- Good organizational skills, ability to set priorities, assume accountability in timely and accurate completion of reports.

**Community Outreach:**

- Assist with Community Outreach and Education, develop and distribute related material.

- Assist with organizational representation at other service provider

agencies.

- Attend appropriate trainings and conferences to further professional development and organizational growth.

- Participate in committees as available.

- Attend ASAFSF organizational meetings.

**Qualifications:**

- Bachelor of Social Work preferred

- 2-4 years experience working with women and/or domestic violence service agencies.

- Training in domestic violence services – preferred.

- Experience and/or knowledge of case management processes.

- Knowledge of one or more South Asian languages

- Excellent writing and verbal communication skills in English

- Computer skills, including Word and Excel.

- Dependable automobile with insurance, registration and valid Arizona driver's license.

- Knowledge and respect of all confidentiality issues.

- Applicants must successfully

undergo a criminal background check to obtain a Class One Fingerprint Clearance Card from Department of Public Safety (DPS). This is for the purpose of client safety. Applicants may call DPS in advance at (602) 223-2279

**Recommended Experience:**

- Worked with women in empowering way

- Counseling skills

- High school, college counseling

- Job training advocacy

- Refugee resettlement advocacy

- Project coordination work.

**\*\*Conditions of Employment:** ASAFSF is an at will employer. The job description indicates the general nature of the job. An employee will perform other reasonably related duties as assigned by immediate management personnel. ASAFSF reserves the right to revise or change job duties as the need arises. The job description here does not imply a contract of employment

**Please call 1-877-723-3711 or e-mail to [asafsf@gmail.com](mailto:asafsf@gmail.com) if you have any questions**

**E-mail résumé and cover letter by 5pm (Arizona time) September 7, 2013, to: [asafsf@gmail.com](mailto:asafsf@gmail.com)**



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Travel could bring you the adventure and excitement you require. Try to have patience and refrain from being judgmental. Friends and relatives may be hard to take this month. Don't be too quick to react. Your luckiest events this month will occur on a Sunday.

**ARIES**



Mar 21  
to  
Apr 20

Do things with your children and avoid situations that make you feel as if you've neglected the ones you love. Your partner will blow situations out of proportion. Get involved in creative projects that could turn into moneymaking ventures. Spend time getting to know each other. Your luckiest events this month will occur on a Monday.

**TAURUS**



April 21  
to  
May 20

Don't let your partner start any arguments. Passion should be redirected positively. Try not to lend or borrow money or belongings this month. Avoid disputes with family; their complaints can't change anything anyway. You can meet new and exciting friends who will provide mental stimulation. Your luckiest events this month will occur on a Monday.

**GEMINI**



May 21  
to  
June 21

Opportunities to make financial gains will develop through your connections with other people. Someone you live with will be quite unreasonable this month. Take on positions that offer on the job training or pay for courses related to the business. You are best to look into investments that will grow in value over an extended period of time. Your luckiest events this month will occur on a Tuesday.

**CANCER**



Jun 22  
to  
Jul 22

Financial gains can be made. Your communication skills will bring you popularity and increased self esteem. You could be emotional if you didn't take care of problems with loved ones. Do not travel unless absolutely necessary. Be careful. Your luckiest events this month will occur on a Wednesday.

**LEO**



Jul 23  
to  
Aug 23

Your self esteem will come back if you take part in organizational functions that allow you to be in the lime light. Too much too fast will be the attitude surrounding your home environment. You need some help this month. Try not to make waves. Your luckiest events this month will occur on a Saturday.

**VIRGO**



Aug 24  
to  
Sep 23

Get busy on those home improvement projects that you've been procrastinating about. After all, they may have valuable information to pass on. Your desire for excitement and adventure may be expensive. Call someone you haven't seen in a long time. Your luckiest events this month will occur on a Monday.

**LIBRA**



Sep 24  
to  
Oct 23

Short trips will be educational. You can accomplish a lot if you work out of your home this month. You are apt to meet someone special on your journey. Travel will be favorable. You can gain knowledge from dealing with foreigners. Your luckiest events this month will occur on a Wednesday.

**SCORPIO**



Oct 24  
to  
Nov 22

Partnerships will be favorable and contracts can be signed. Children may be less than honest with you. Don't argue with family. Your need to obtain additional details will lead you into strange topics of conversation. Your luckiest events this month will occur on a Monday.

**SAGITTARIUS**



Nov 23  
to  
Dec 21

Minor health problems may lower your vitality. It might be best not to spend your money on luxuries this month. Co-workers may not be giving you all the pertinent information. Competitive games will be your forte. Your luckiest events this month will occur on a Saturday.

**CAPRICORN**



Dec 22  
to  
Jan 21

This will be a very hectic day if you've made promises to too many people. Someone envious of your popularity may challenge you to a debate. Don't be too hard on yourself. You need to do something that will make you feel better about yourself. Your luckiest events this month will occur on a Monday.

**AQUARIUS**



Jan 22  
to  
Feb 19

Read between the lines when signing contracts. Speak of your future goals, intentions, and commitments. You can do well on stage or behind the scenes, the choice is yours. Look for something entertaining to do. You've got that competitive edge. Your luckiest events this month will occur on a Tuesday.

**PISCES**



Feb 20  
to  
Mar 20

# PDSCC ORGANIZE TEYA DA MELA IN PHOENIX AUG 3



# Chennai Express: Shah Rukh Khan, Deepika Padukone and Rohit Shetty create a 'Boakwaas' film!

Deepika is super as the spicy South Indian chick in Chennai Express, but King Khan goes overboard with his hamming.

Rohit Shetty's Chennai Express starring Shah Rukh Khan and Deepika Padukone looks like a film that was executed while the makers were in a goofy mood. The result, we must confess, has turned out to be nothing less than abysmal.

While Shah Rukh's hamming like no one's watching, the story flows through the lanes of shoddy dialogues and unnecessary action scenes. The slapstick, mind-numbing comedy makes you stare at the screen with utter astonishment – the shock of enduring one bad joke after the other is worse than consuming a bitter, terrible tasting tonic.

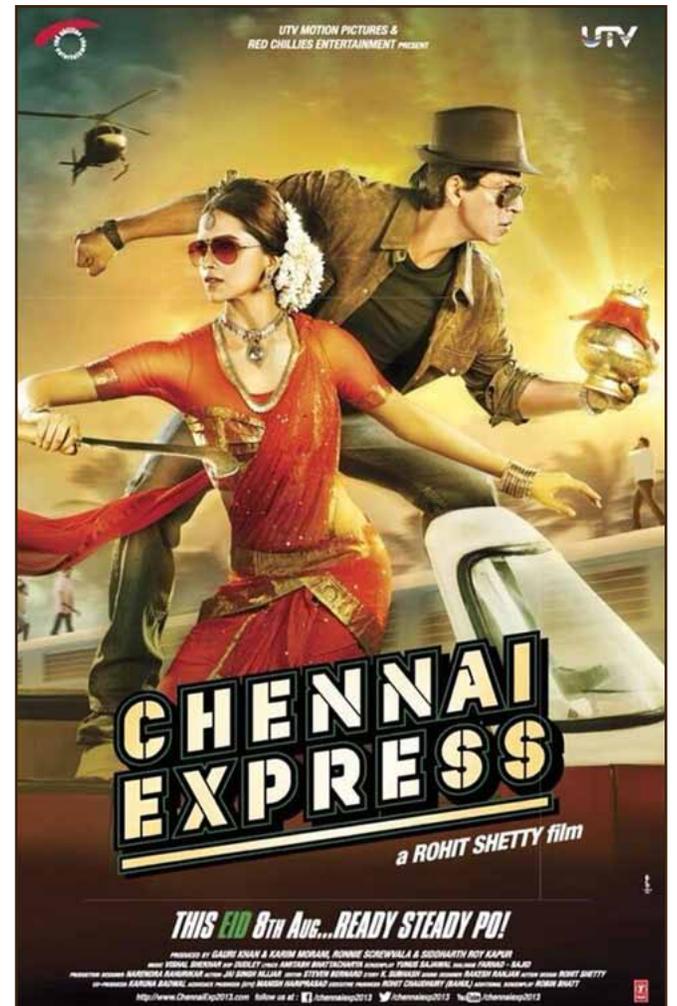
So this is how the torture-inflicting process begins – Shah Rukh (Rahul) is a 40-year-old guy who runs a sweet shop. But life isn't too sweet for this lad until of course his grandfather passes away and Khan can finally live life on his own terms and give wings to his dreams. And he plans to start his freedom fiesta in Goa – but freaking fate has some other plans. He bumps into this gorgeous Tamilian girl (Deepika as Meena) who has been running away from a posse of fat sickle wielding gundas. Meenama's dad wants her to marry Tangaballi played by the enormous Nikitin Dheer. But the chick would rather stay single than tie the knot with someone who hasn't managed to touch the cockles of her heart. And there the hero's Goa plan takes a U-turn and heads to the beautiful locales of South

India.

Instead of chilling on the idyllic beaches of Goa, SRK is now entangled in a murky situation – he wonders why he showed any interest in Meenama at all. Why did he give her a helping hand while boarding the train – typical Dilwale Dulhania Le Jayenge (DDLJ) style? He just needed a plain vacation and what he got instead is a dangerous ride on the Chennai Express. The goons catch hold of him and Deepika and take them to their village where the heroine's dad – the deadly don is waiting for his daughter only so that he can hitch her up with the hulky Tangaballi.

And that gives rise to a series of chaotic hide-and-peek games. And in the process Deepika and SRK fall in love. What does that sound like – clichéd or boring?

There are a few scenes that give us the uncontrollable giggles but that wasn't enough to hold our interest in the film for too long. Deepika looked lovely and did great justice to her South Indian twang but SRK disappointed with his over-the-top performance. Without a shadow of doubt, DP takes the cake in this one. The film has this disorganised and incoherent quality about it, and trust us you don't want to be a part of this mess. As the film ends with the super entertaining, feet thumping Lungi dance song, we wonder which was King Khan's last film, his last performance that totally mesmerised us. Chak De! India (2007)...but that was ages ago, no..?



## My wife wants to destroy me, says Om Puri

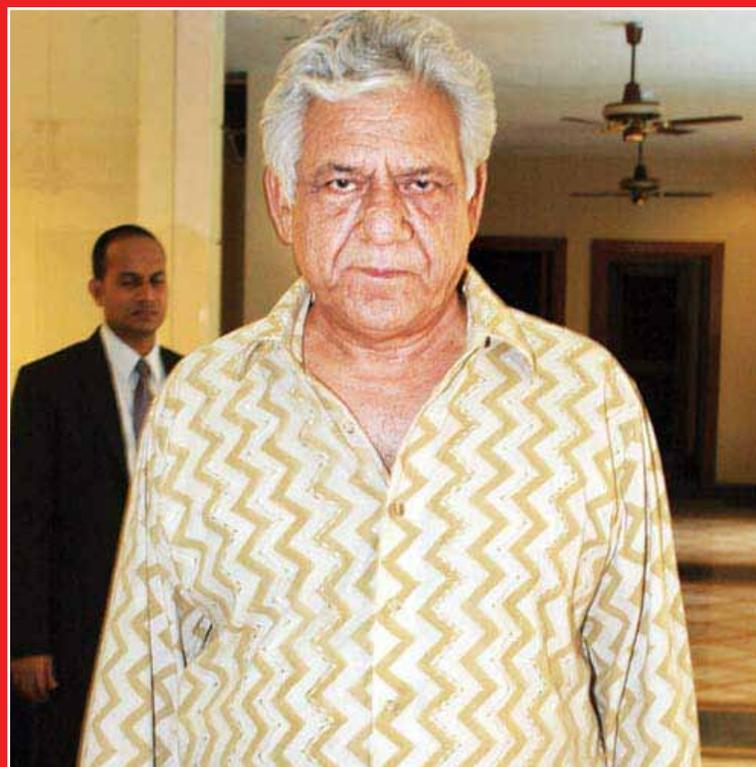
Om Puri, who has been accused of physical abuse by wife Nandita Puri, says he is the victim.

Om Puri's wife Nandita Puri has filed a complaint alleging domestic violence against her husband. She has also alleged that Om is "absconding". However on Monday night he was as accessible and forthright as ever.

Sounding deeply wounded but unvanquished by the serious allegation he said, "I've been shooting the entire day. If Nandita says I am absconding then I am afraid she is speaking of a situation I am not aware of. I have nothing to hide. I don't need to run away."

Shocked and embarrassed by the latest in the series of allegations levelled at him by his wife, Om says, "I don't even know what domestic violence means. Because I've never indulged in it. If anyone, I am the victim here, not she. Only I know how I've suffered all these years just to safeguard and protect my son Ishaan from the consequences of my broken marriage."

But enough, says Om, now. "I've taken enough. I can't any more. My wife wants to destroy me. I can't let her. I've responsibilities towards



myself, my son and others who are dependent on

me. She thinks she can accuse me of anything and gain sympathy because the laws in this country are heavily weighed in favour of women, and rightly so considering the rise in incidents of violence against women in our society.

But the same laws are also misused by privileged vengeful wives who want to destroy their husband's career and life."

Om says he won't allow Nandita to mess with his reputation anymore. "She accuses me of violence. I don't even stay in our flat together anymore. I've been living in a humble flat while she lives like a queen in the terrace flat, the first home that I bought with my hard-earned money." Here, Om's voice gives way and he breaks down. "I've toiled incessantly for 40 years, given my wife and son the best life possible. And this is what I get in return?"

He concludes, "I've taken all the pain and humiliation for our son's sake. But now I've reached breaking point. I am shortly calling a press conference to clear my name. I am supposed to travel to Europe in a few days to shoot for my next international project. If this ugly allegation prevents me from travelling for my work then I promise you, there will be hell to pay."

## Priety Zinta reacts to Mumbai gang-rape, says let the world see the rapists

Priety Zinta is just back from a two-month sabbatical in the US, straight into the vortex of the gangrape incident in Mumbai.

Priety fumes, "Is there anything left to be said or done? Haven't women like me who are supposed to have a clout and a voice said it all during the Nirbhaya incident? Then what happened? Nine months have passed and the bastards who did it are still to be sentenced. How can rapists be discouraged if they know the law takes its own course?"

She derides the custom of covering the culprits' faces with a black mask. "Why are rapists allowed to hide their faces? They should be forced to show their faces to the public. We need to look for remedial solutions to the horrendous atmosphere of uncertainty and fear that women have to face.

Otherwise we will become more and more self-centred. We'll react to a crime only when it happens in our home."

Priety feels it's time for drastic measures. "Fast-track courts are not working. Maybe special courts to try rape cases are the solution... I think a better solution is to try offenders in crimes against women outside the courts and then just get rid of them? I am sorry if I sound radical and too drastic. But the time for pleasant pontification and dainty legalese is over. We need to take stock of the situation now." An immediate rectification in the situation would be admissible if rape and crime against women become a state issue. "How much can the Centre bear? Let the safety of woman be a state issue. It's time to bring changes in governance. What we are witnessing is the death of the system. Only a miracle can revive it."

She blames the shoddy quality of political leadership for the state of law and order in the country. "How many of us actually vote to choose our leaders? Do you know, in the slums television sets and alcohol are distributed on the night before elections. Do you think the poor can think straight and vote for the right people when they are lured like this? And let's face it, the definition of the common man has changed. We are all the common people. Some of us may think we have a voice because we're celebrities. But how much does that voice really matter? During the Nirbhaya case I spoke to so many people in power. Everywhere I was stonewalled by five-year plans. Arrey yaar! In five years there will be 500 other awful crimes against women, one more gruesome than the other. Are we supposed to just give up and pray that those close to us don't get affected? Or are we supposed to hold a candlelight vigil and then return to our normal lives? I am quite lost on this issue now. I don't know what to do."



## Amitabh Bachchan, gives interview in his mother tongue Punjabi

Amitabh Bachchan, whose mother Teji Bachchan was a Sikh, recently gave an interview in Punjabi.

The word 'indefatigable' seems to have been invented for the Big B. It therefore comes as no surprise to know that this ageless icon gave a full-length interview in Punjabi for a Punjabi-language channel.

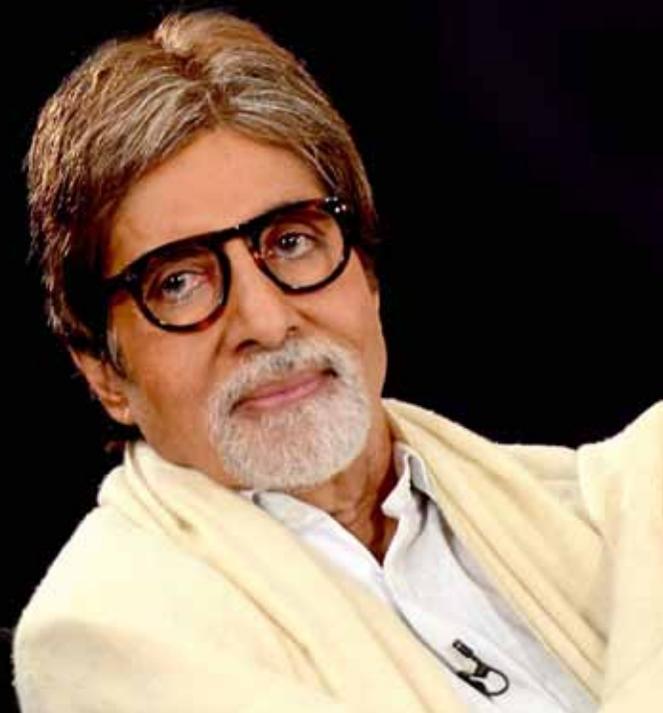
This, without slipping up or faltering for even one syllable of his rat-a-tat live chat in language that is his mother-tongue, but not quite the means of communication in his everyday conversation.

While the Big B modestly brushed off the en-

deavour as part of a day's work Prakash Jha still continues to be in a state of shock after what he witnessed. "It was amazing. Amitji and I have been going around doing joint interviews to every medium including regional-language television channels.

When we were asked to do an interview for ETC Punjabi I made it very clear that we'd be answering the Punjabi questions in Hindi. To my amazement Amitji broke into fluent Punjabi and answered every question in that language," says Jha.

For those who came in late, the Big B's mother Teji Bachchan was a Sikh.



# Chai with Tom Forese, Candidate for Arizona Corporate Commission

Article by Deepa Walia,  
 Interview by Manju Walia  
 Special Thanks to Subhash Thathi  
 and Manish Gupta  
 8/31/2013

Born in Boston, Tom Forese followed his beautiful wife of 15 years who was a native Arizonan to Arizona in 1998. A father of four (Jack, Maddy, Tommy, and Ally), he sang and played in a band or went golfing in his spare time. An entrepreneur at heart, he was always reminded by his father what a special opportunity they were given to live the American Dream since his grandfather came to this country from Italy, worked hard at steel factories, saved up his money, and bought rental properties and a business. Doesn't sound like your typical profile of a politician, does it? That's because Tom isn't your typical politician – an entrepreneur at heart, with immigrant blood in him, he's an average American grateful for the opportunities given to him with a desire to spread those opportunities to others that are not aware of how to take advantage of them.

Tom's interest in politics started at a young age in college, mostly due to the influence of a roommate that was very politically active. Along with his roommate, he joined the Young Republicans Club in college and became aware of how much influence policy has on us. He cited the differ-



ences between Detroit and Austin as a perfect example. Detroit, currently a ghost town with parts of it that have been abandoned, was once the capital of the business world where the automotive industry was King. Austin, on the other end, is a thriving metropolis attracting the biggest employers and entrepreneurs that was barely impacted by the recession. The extreme difference between these two cities is policy – policies that attract businesses and entrepreneurs will make a city boom and those that detract will make the city a ghost town. After college, he became busy with children and his own

business until he had his epiphany moment – a moment that took him back to his college experiences and made him realize that if not now, when and if not him, who, making him give up his past times of golf and the band to dedicate that time to politics and social work.

When asked about the most significant contributions and changes he has made since he entered politics, Tom showed a characteristic not natural to politicians – humility. While most politicians like to take credit for everything regardless of their level of involvement, he pointed out numerous times how everything that was accomplished

was a group effort and he wanted to be very careful about stating what he has gotten done. Tom was part of the team that balanced the budget for the first time in Arizona in ten years, reorganized the pension system that was headed towards bankruptcy, created incentives to get the economy going, and many others. However, what is close to his heart are clearly the issues of small business owners and he recollected many incidents where he has personally worked with small business owners to change the laws to allow them to continue to exist. Tom worked with a small business in Maricopa that was a referee company that provides umpires for sports games at schools and clubs such as YMCA. The State and Department of Economic Security audited them and declared that all their employees were full time employees and not subcontractors, even though most of them held regular jobs as doctors, lawyers, engineers and did this for fun, and the company owned unemployment insurance for all of them. The amount would have caused the business to shut down and Tom helped rewrite the law to get rid of the penalty and assist other businesses that may fall in the same predicament in the future. Another example is a convenience store that was levied a fine because it was charging tax on energy drinks the wrong way, according to the



Department of Revenue. Tom met with the department, asking the members to work with them and when they did not, Tom rewrote the law for the future and had the penalty erased.

Currently, as part of the Commerce Committee in the House of Representatives, Tom has been concentrating on building opportunities for corporations and entrepreneurs so Arizona becomes the State where people want to come and start a business. As part of the Arizona Corporate Commission, he believes he will have a new set of tools and opportunities to make a bigger impact. His end goal is not tomorrow or next year, but a 20 year plan to make Arizona as competitive as possible so we can pass a State to the next generation it can be proud of and he thinks this is the right time to do it. He believes we are at important crossroads not just in Arizona, but globally due to the global shifting economy. Tom has visited India and saw many similarities in Arizona and India. The very inviting, hard-working culture appealed to him and he could relate to the 30,000+ immigrants from India in Arizona that are trying to live the American Dream,



a dream that is currently on life support. He wants to build bridges to revive that dream and see both Arizona and India grow together by creating relationships that when businessmen and politicians think of doing business in India, they think of Arizona and Arizonans think of India. In his opinion, India is on the verge of a rise and he would like to tether Arizona to rise with India. With goals to have all citizens on the internet, shift in education to outer regions, India has a bright future. To realize these goals, Tom had planned and taken part in a trip to India with the Governor to meet with government officials and politicians in India. He is currently strategizing to arrange a visit

to Arizona for a delegation from India. Tom also wants to bring changes in the renewable energy space to ensure that we are making smart decisions for viability in that business and in this world. Currently, he sees a lot of tension between different sources of energy and wants to change this area to be seen as one portfolio, with all parts being equally valuable and succeeding together.

Tom's goals definitely include the South Asian community in Arizona and India and his message to that community is to get involved – dedicate 10% of your time to social service. Large corporations are very well represented and funded in politics, but small

businesses are not. With the number of South Asians that own or operate small business, it is important for them to get involved through a candidate or some community activity so their voice is heard and represented.

Asia Today is thankful to Tom Forese for his time and wishes him all the best in his future goals and endeavors. We are also thankful to SubhashThathi and Manish Gupta for organizing this meeting. Both Subhash and Manish had wonderful things to say about the experience they have had working with Tom.

“Most politicians, you tell them your problems, they listen and forget who you are. With Tom, he listens and does something about it. He looks at your problem, concentrates on it, and tries to help everyone where he can.” – SubhashThathi.

“Tom is very open minded and helpful and he is looking at problems like they are his problems. If the State has been ignorant and there is no legal coding for that problem, he finds ways to solve those issue for the long term, which is much needed in politics and city and state offices. We need more candidates like him.” – Manish Gupta



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# Top 10 European cities to see now

With summer prices on the rise, everyone is eager to explore some places that are just starting to appear on many travelers' radars. With up and coming spots in Europe as the focus, the editors and members of travel website VirtualTourist have compiled a list of the "Top 10 European Cities To See Now". Reuters has not endorsed this list:

## 1. Lviv, Ukraine

Lviv, a city in Western Ukraine that's become a modern business hub, is the spot VirtualTourist members unanimously agreed is the top European city to see now. Many of its highlights are found in an incredibly compact central area, making it the perfect place to explore on a weekend jaunt. Start in Rynok Square, the center of city, which is surrounded by almost 50 unique architectural monuments including the Korniyakt Palace, a Renaissance landmark. Visitors can't miss the Lviv Opera House, a Neo-Renaissance treasure that is often compared to opera houses of Paris and Vienna. In July, the city hosts "Night Lviv," a festival that includes over 100 night tours and theatrical performances, like a fire show, late into the night.

## 2. Hamburg, Germany

Located in Northern Germany on the Elbe River, Hamburg has been overshadowed by Berlin for far too long. With the diversity of being Germany's second largest city and the outdoor opportunities of a metropolis on the water, Hamburg is primed for a great tourism boom in coming years. Providing both small town qualities with big city growth, you can stroll along Jungfernstieg on Alster Lake just as families have done throughout history or check out the city's concert hall-in-the-making, Elbphilharmonie Hamburg, in the buzzing neighborhood of Hafencity.

## 3. Vilnius, Lithuania

Home to the largest Baroque old town in Eastern and Central Europe, Lithuania's capital is a great destination for travelers interested in architecture. The Church of St. Peter and St. Paul is a Baroque masterpiece, with close to 2,000 stucco figures inside, and the pink façade of the Church of Saint Catherine makes it difficult to miss. Multiple VirtualTourist members recommend visiting St. John's Church and its bell tower, and while Vilnius is famous for Baroque buildings, the gothic St. Anne's Church is also a



must-see. Another interesting spot, the Gates of Dawn, is a shrine within the sole surviving gate of the first original five gates in the city wall; it houses an exceptional portrait of the Blessed Virgin Mary.

## 4. Valencia, Spain

Only a short train ride from Barcelona, Valencia is finally coming into its own as Spain's third largest city and a tourism destination in its own right. The city has a unique combination of historical sites and modern attractions. Near the Plaza de la Virgen, visitors can see a number of religious landmarks, such as the Cathedral, which holds the Holy Chalice that according to tradition was used by Christ during the last Supper. Another historical site is the Llotja de la Seda (Silk Exchange), a UNESCO Heritage Site and a great example of Gothic architecture that illustrates the important role the city has in Mediterranean trade throughout history. Newer landmarks are Valencia-born "starchitect" Santiago Calatrava's City of Arts and Sciences a complex which includes an IMAX theatre, the largest aquarium in Europe, an interactive science museum, and a four hall performance arts center.

## 5. Porto, Portugal

Built into the hillsides that rise above the Douro River, Porto has long been a favorite amongst VirtualTourist travelers. Its historic center is a UNESCO World Heritage site and its wine is renowned the world over. Favorite spots among VirtualTourist members include strolling the Ribeira district along the waterfront, visiting the Cathedral or the Sao Bento rail-

way station to view the azulejos (ceramic hand-painted tiles), and stopping by the Lello bookshop. There are also great new buildings to see in Porto including Rem Koolhaas' Casa de Musica, which hosts classical music concerts every Sunday at noon for less than 10 Euros.

## 6. Zagreb, Croatia

Croatia's cities along the Adriatic Sea have long been in the limelight, but the country's capital, Zagreb, is ready for its close-up. Members love riding the funicular to the city's Upper Town, where the Zagreb Cathedral, St. Mark's Church, and the Lotrscak Tower are located. The neo-gothic Cathedral is actually within a medieval fort making it a must-see for both architecture lovers and history buffs, and St. Mark's Church is famous for the coat-of-arms on its colorful roof. VirtualTourist members also noted that the Oktagon, a shopping passage in the Lower Town, is a beautiful experience and a nice change of pace for sightseers.

## 7. Valletta, Malta

Only 93 km (58 miles) south of the Italian island of Sicily, Malta has historically had great strategic significance due to its location, and is finally coming into its own as a travel destination. Valletta, the country's capital, is a UNESCO World Heritage Site and was recently named the European Capital of Culture for 2018. One of the most concentrated historic areas in the world, Valletta offers some truly remarkable landmarks including the Co-Cathedral of St. John with its exquisite Baroque interior and two paintings by

Caravaggio.

## 8. Budapest, Hungary

Although it has long been on lists of European cities to watch, it seems Budapest is finally primed to be a destination unto itself. Originally two separate cities on either side of the Danube, the capital is noted for its romantic architecture, landmarks with panoramic views, and spa culture. The Buda Castle, Fisherman's Bastion, and Matthias Church in Trinity Square are lie on the Buda side of the river, while the Parliament Building and the Gresham Palace, an outstanding example of Hungarian Art Nouveau architecture (now home to the Four Seasons Hotel) are on the Pest side of the river. Many VirtualTourist members enjoy photographing the sites from boat cruises along the Danube.

## 9. Riga, Latvia

While many Baltic cities are becoming more popular with tourists, the city of Riga undoubtedly provides an eyeful for every visitor. Known for its grandiose Jugendstil facades, the city is widely recognized as having one of the greatest collections of Art Nouveau architecture in Europe. Old Riga, the historical center on the right bank of the Daugava River, is also popular with visitors for its quaint squares and cobblestoned streets. Favorite spots of VirtualTourist.com members include St. Peter's Church, the House of Blackheads, and the "Three Brothers," a set of three buildings on Maza Pills Street which reflect the changing trends of Latvian architecture over time.

## 10. Sarajevo, Bosnia and Herzegovina

While many are aware of the city's ethnic struggles in the 1990s, far too few know of Sarajevo's cultural history and successful rebuilding. The city's position made it directly in the middle of Roman, Ottoman, and Austro-Hungarian influences throughout the years, all of which are now evidenced in its diversity and its neighborhoods. Bascarsija, the Turkish area of the old town, includes the Sebilj Fountain, built with Moorish details and positioned in front of the Bascarsija Mosque. Other landmarks of note include the Serb Orthodox Cathedral, the Academy of Arts housed in a former Evangelical church, and the Latin Bridge over the river Miljacka. It was on this bridge that Austrian Archduke Franz Ferdinand was assassinated, inciting the World War 1.

# How to strengthen your calf muscles

**In their quest for fab abs, arms and torso, most people ignore their calf muscles, only to end up with a disproportionate body. So, here's how to strengthen them....**

When exercising, it's important to work on all parts of your body. That is, if you don't want to look disproportionate. Have you ever imagined yourself with a fantastic upper body — toned arms, chest, abdomen — and skinny legs? Not a pretty picture, right?

## Why are calves ignored?

"Most men ignore their lower body and give more attention to abs, arms and back. Everyone wants to have toned arms, a flat tummy and strong back. Only real fitness freaks know the importance of toned legs and calf muscles," says fitness expert Samir Purohit. He says a major reason behind this is ignorance. Also, most people focus only on losing calories instead of working towards a toned, fit physique.

## They are important

Strengthening calf muscles should be a regular part of one's workout regimen. Samir explains, "People often neglect incorporating calf-specific exercises into their workout routines. Including some simple calf exercises can improve your running speed and agility. It also gives your legs a more balanced appearance and a good posture."

Pilates is a physical fitness programme that develops strength and improves balance, posture and gives a toned appearance. The calf consists of the gastrocnemius — the larger, more defined calf muscle — and the soleus. Pilates simultaneously use your core muscles while performing various exercises, explains expert Namrata Purohit. She suggests the following pilates exercises for strengthening calf muscles:

## Supine leg extension

Lie flat on your back. Bend your knee towards your chest and loop the middle of a flex band around the ball of your foot. Hold on to both ends of the strap with each hand. Straighten the leg toward the ceiling, dorsiflex (Dorsiflexion is the movement which decreases the angle between the dorsum — superior surface — of the foot and the leg, so that the toes are brought

closer to the shin) and then plantar flex it (Plantar flexion is the movement which increases the approximate 90-degree angle between the front part of the foot and the shin, as when standing on tiptoes).

Resistance can be increased or decreased by holding the band tighter or loosening it. You can do 20 repetitions each side. This can also be done with both legs in the flex band.

## Plie calf raises

Stand with your feet wider than hip-distance, toes pointing outward (away from your body). Squat, keep your back straight, pull in your stomach and place your weight on your heels. Transfer your body weight onto the balls of your feet by lifting your heels off the floor. Ensure your knees are directly over your toes. Hold this position for 30 seconds and then release. You can begin with five repetitions.

## Some basic exercises

### Standing calf raises

This is the simplest of all calf raises. Stand facing a wall. Press your palms on the wall and keep your feet flat against the floor. Slowly raise your heels a few inches above the ground for three to five seconds and lower them back. Begin by doing 10 to 15 repetitions. Gradually increase the number of sets, while resting for a minute between sets.

### Advanced standing calf raises

It's the same as the previous one. The only difference is that you have to do these on the stairs, a stepper or any raised platform.

### Jump squats

Though squats are mainly for the upper leg muscles, they end up giving your calves a workout as well. Stand with your feet apart, lowering your body as you squat. When you squat at the lowest point, propel yourself into a jump, landing on the balls of your feet and sinking quickly into another squat. Begin by doing 10 to 15 repetitions and gradually increase the number of sets.

### Skipping rope

This may come as a surprise, but skipping is a great way to tone your calf muscles. The best part is, you can do it at home, in the gym or that neighbourhood park.



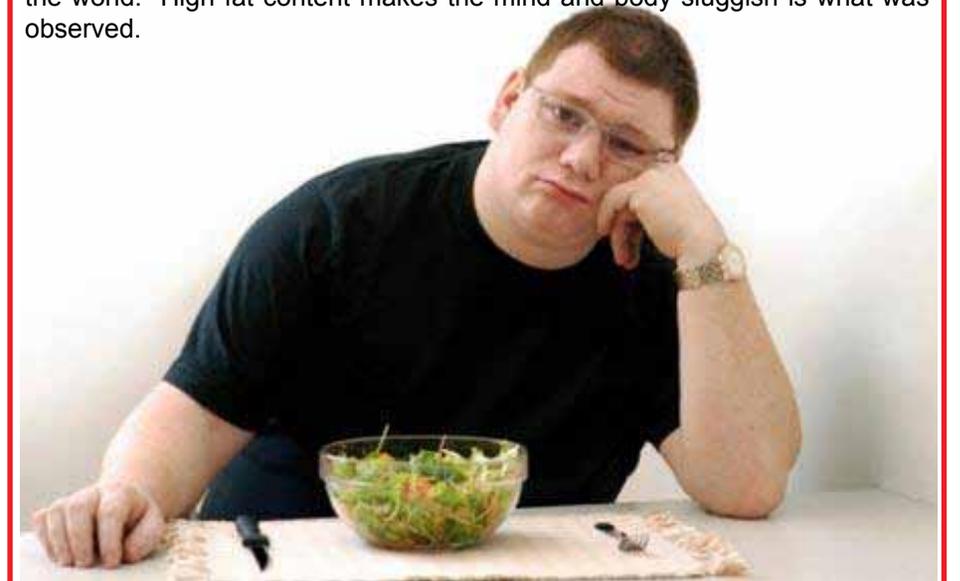
Also, there's no limit to how much you can skip. You can also intensify your workout while doing the single-leg hop.

## Fatty foods can cause depression

**W**e now have another reason to avoid fats and fatty food. It's not our body, but our mind is also affected by the bad fats in the food.

A study, published in the International Journal of Obesity, noted that high fat foods are indeed comforting, but that their feel good effect has an addictive quality, leading to a comedown that creates depression.

Foods high in saturated fat such as hamburgers, cheese, ice cream and butter, have been shown to cause inflammation throughout the body - including the brain, and this inflammation could cause changes that lead to negative moods. Fatty acids in these foods change proteins in brains that lead to emotional changes. This in turn affects our emotional stability and we suffer bouts of anxiety and depression. Dr Stephanie Fulton, who wrote the study report says, "In the short-term, high-fat food feels comforting, but in the long-term, and with increasing adiposity (fat mass) it is having negative effects on mood. We know that diet is a large contributor to the obesity epidemic throughout the world." High fat content makes the mind and body sluggish is what was observed.



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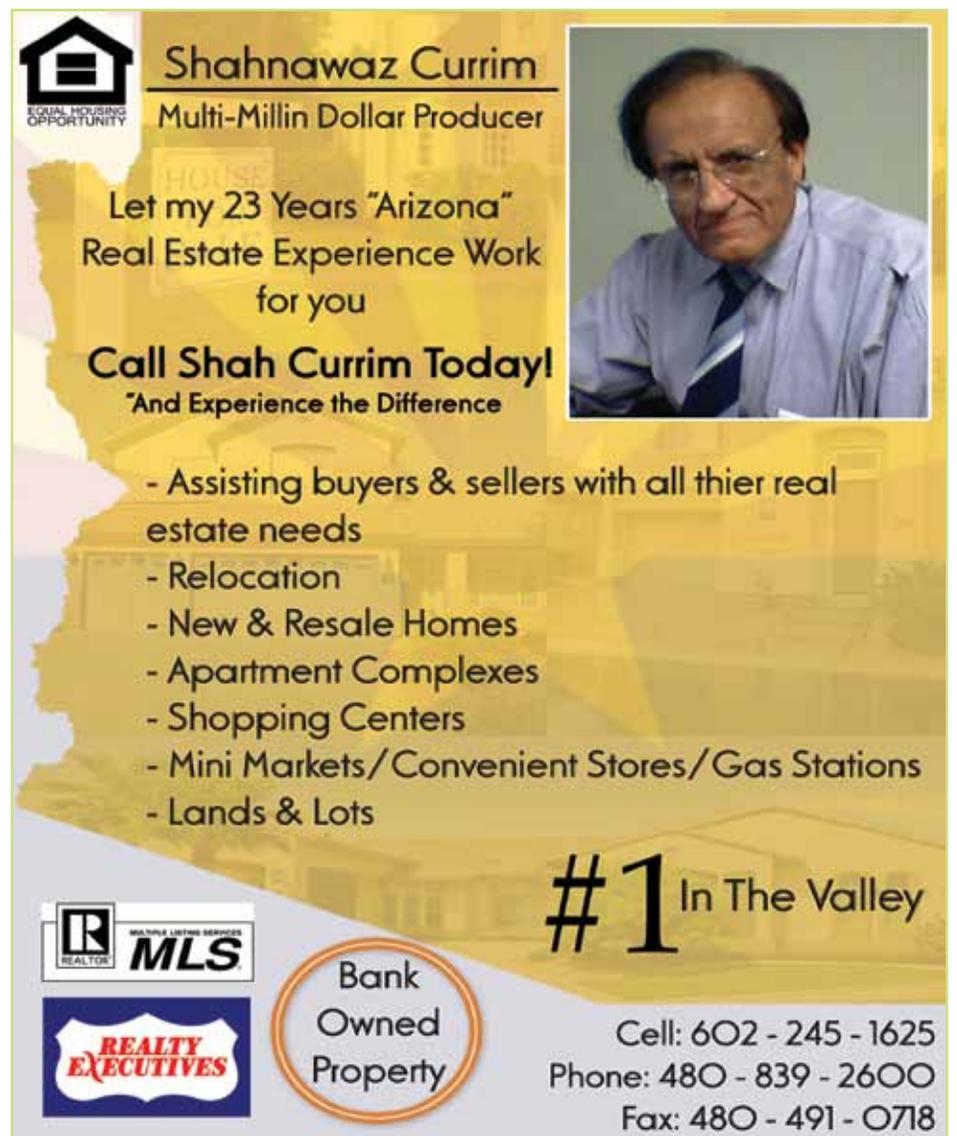
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