

AZ india TIMES

FEEL AT HOME

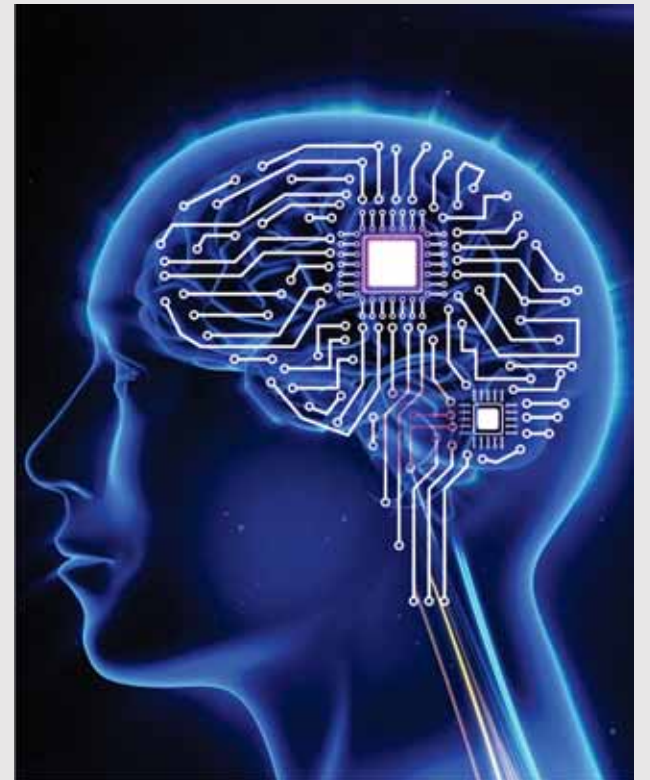


August 2019 Vol.21 No.2

COMPLIMENTARY

WHAT'S INSIDE

Community Round-Up.....	6, 19, 22
Run and Hide or Stand Tall	1, 3
Brain Computer Interfaces	1, 5
'I Like You...'	1, 12
Through The Eyes Of A Poet	4
The Sound Of Music	8
If You Could Offer Hope	9
An Atheist Investigates Jesus	10
Make The Most Of A Small Yard	11
3 Reasons You Need To Unplug	13
Back To School Rush?	17
Pulling Down Legs	18
Make Your High School Resume Impressive ...	18
Astroscience.....	20
Did You Consider Having Your Own Bank?	21
11MWOHET - Overcoming Peer Pressure	23
The Ultimate Restaurants - Chutneys	26



'I Like You...'

By Dr. Ashish Sachdeva

Just a few days ago, I had an office visit with a patient that impacted me greatly, touched my heart, and opened my eyes to see kindness in a new and profound way. I've watched this special lady deal with Parkinson's Disease as it slowly and steadily has progressed over the past decade. From a young looking sprightly older lady with silvery curly hair who always had a mischievous sparkle to her eyes, I have watched her wither away over the last ten years to this ghostly, emaciated elderly woman, slumped in a wheel chair accompanied by her exhausted looking daughter. Her eyes had a glassy far-away defeated look to them. She had saliva drooling down one side of her mouth in a thick stringy pattern. Her daughter kept trying to clean it as soon as she could and was miserably failing in her efforts. Her chin was tucked deep into her chest and she looked at me with a tired upward gaze. I said "Good morning!"

TURN TO PAGE 12

Run and Hide or Stand Tall?

By Gayathri Krithivas

How many of you have heard "go back to where you came from" or a backhanded comment about your accent in the years you have lived outside India? How many of your kids came home from school after 9/11 feeling scared? How many of you went and purchased patriotic clothing or flag pins so that you wouldn't be mistaken for a terrorist? How many of you felt isolated at work when hate crimes began to happen? How many of you feel some level of fear and discomfort right now in this country that we call home?

Let me begin by saying that this article is not aimed at discussing immigration of the legal and illegal kind. It is not about visas or work permits or the government's policies of whom it allows to enter. It is not about walls or caps on immigration. It is only about how we react and act when we perceive that we may be targeted because of the color of our skin, our religion or ethnicity.

TURN TO PAGE 3

Brain Computer Interfaces

By Hari Gottipati

Imagine your brain controls an object without you explicitly doing or saying anything. May sound like a Hollywood sci-fi movie for now, but pretty soon you are going to operate a device just with brain waves. **Brain-Computer Interface (BCI)** is a collaboration between a brain and a device where brain signals can control the external activity. That external activity could be a cursor of a computer, clicking on a link/app on a smartphone or moving a prosthetic arm. BCI is an interface which collects brain signals using sensors and transfers to a nearby device where these signals can be converted into computer actions.

How does it work

Brain signals- we can speak, move, run, etc. because the brain and muscles of the body can communicate with each other via the central nervous system.

TURN TO PAGE 5

Your Trip from USA to INDIA/Europe/Asia & Your Relatives' Trip from INDIA to USA/Europe/ASIA



Konark Travel

Best Price Best Service Always

Local Agent in Arizona and India

Discounted Consolidator fares in BRITISH, EMIRATES, SINGAPORE, ITIHAD, UNITED, LUFTHANSA and Many MORE.

Visit our web site and Submit Online Fare Quote at

www.KonarkTravel.com



WHY Konark Travel

- > Best Price Best Service
- > Trained Consultants
- > Local Agents in USA & INDIA
- > Lowest Price Promise
- > SnapShot Fare Compare

Call Us

1-888-9KONARK

1-888-956-6275

Email Us

CONTACT@KonarkTravel.com

CLOVES

Indian Groceries and Kitchen

for PEOPLE who LOVE to EAT



1825 W Chandler Blvd, Suite 2, Chandler Az - 85224

480-454-1106

www.shopatcloves.com
 /shopatcloves



Coming Soon:

White Tanks Vista By Vermaland

260 lots gated community on Northern/303 at the foot of White Tank mountains. Excellent Views.

Largest holdings of 50 - 1,200 Acre Parcels in Metro Phoenix



Helping You Pursue Financial Independence

Strategies for Your Wealth Management Needs

At LPL Financial, we focus on the financial circumstances and goals that are unique to you and your family. With that information, we help you create a personalized financial strategy based on your short-term and long-term objectives, then monitor it to help you stay on track.

Our services and strategies include:

- Retirement planning
- Investment planning
- Estate planning
- Insurance
- Education planning
- Risk management
- Tax strategies
- Gifting strategies

Call today for information,
or to schedule a consultation.



Asha Jain, Ph. D. Economics, MBA
Partner
Wealth Advisor
6929 E Greenway Pkwy,
Suite 195
SCOTTSDALE, AZ 85254
480-630-1413 Direct
602-418-8976 Cell
855-296-5465 Toll Free
ajain@stratoswp.com
ajainwealthmanagement.com



Securities offered through LPL Financial, Member FINRA/SIPC. Investment advice offered through Stratos Wealth Partners, a registered investment advisor and separate entity from LPL Financial.

SEP1900050 Taking #117006 Exp. 10/19



THE FUTURE IS OURS TO SEE

Imagine your greatest goals within reach. Together, we can create a strategy to help make fulfilling those dreams a reality—one that can guide you forward on the path to success.

Let's work together.
Contact me today to
schedule a consultation.



Asha Jain, Ph. D. Economics, MBA
Partner
Wealth Advisor
6929 E Greenway Pkwy,
Suite 195
SCOTTSDALE, AZ 85254
480-630-1413 Direct
602-418-8976 Cell
855-296-5465 Toll Free
ajain@stratoswp.com
ajainwealthmanagement.com



Securities offered through LPL Financial, Member FINRA/SIPC. Investment advice offered through Stratos Wealth Partners, a registered investment advisor and separate entity from LPL Financial.

SEP1900050 Taking #117006 Exp. 10/19

Run and Hide or Stand Tall?



By Gayathri Krithivas
gayathri.krithivas@gmail.com

... from Page 1



The founding fathers envisioned a country that was based on the principle that all men are equal under the law of the land. Yet, time and time again, we have seen crimes being perpetrated on people of color and we hear or experience instances where we have been made to feel less than another because of who we are. And today, we are hearing the same refrain coming from the highest level of office targeted towards people of other races.

Merriam Webster defines race baiting as the making of verbal attacks against members of a racial group. While the current baiting is not specifically targeted at those of Indian origin, who is to say it won't trigger a backlash from an insecure or disgruntled bigot? And if it does, how are we going to react as minority group? Lets go back in time to see what we South Asians did when faced with hate crimes.

In the mid to late eighties, Indians and Hindus in particular living in New Jersey were the victims of hate crimes by the gang who called themselves "Dotbusters". It paralyzed the Indian community as shops were vandalized, homes were looted and people were assaulted. Then, 9/11 happened and once again the refrain of "go back to your country" gained momentum along with hate crimes. Soon after, a "humor" piece appeared in Time magazine about Indians living in Edison, New Jersey. Take a look at this excerpt on how in the name of humor, how a community was made to feel less American. Don't miss the racial epithet leveled against people of Indian origin.

My Own Private India

By Joel Stein

How the Jersey town named for Thomas Edison became home to the all-American Guindian

"Eventually, there were enough Indians in Edison to change the culture. At which point my townsfolk started calling the new Edisonians "dot heads." One kid I knew in high school drove down an Indian-dense street yelling for its residents to "go home to India." In retrospect, I question just how good our schools were if "dot heads" was the best racist insult we could come up with for a group of people whose gods have multiple arms and an elephant nose."

Joel Stein responds: *I truly feel stomach-sick that I hurt so many people. I was trying to explain how, as someone who believes that immigration has enriched American life and my hometown in particular, I was shocked that I could feel a tiny bit uncomfortable with my changing town when I went to visit it. If we could understand that reaction, we'd be better equipped to debate people on the other side of the immigration issue.*

As you can see, it was fear, ignorance and the desire for things to be the way they were that led to the writing of this article. Of what use is our attempt to assimilate if history repeats itself? Are we tying ourselves up in knots trying to be one of them when some bullies see us as "the other"?

The complexity of South Asians assimilating is different from that of other communities like the Koreans, Japanese or the Filipinos who came here as a product of war or of post colonialism. Indians on the other hand came as professionals, and later on as middle class workers in the tech sector. They try their best to assimilate as quickly as possible, be it changing their accent or their clothing choices. While they try and assimilate, they still hold dear the customs and traditions of their motherland. Unlike most other races that immigrated to USA, Indians predominantly keep their native names and practice their traditions. But when race baiting or hate mongering towards them takes place, as with the Dotbusters in New Jersey and post September 11, the response from the community was one of fear and seclusion at first and later activism in the form of education and outreach. Many Indian women refused to wear their traditional clothes or wear their customary bindi thinking that by forgoing an integral part of their identity somehow will make them look more American.

Why do we feel compelled to forgo our identity? What if we stood up for who we are like a group of citizens in New Jersey who, frustrated with the inaction of the police began to fight back at the Dotbuster gang and drew attention to the hate crimes being perpetrated on their community? By asserting one's identity as one that enriches the country rather than being ashamed of one's culture we can show the bullies and the race baiters that the country has its immigrants to thank for its prosperity. It also sends a message reminding the hate mongers that other than the Native Americans, just about everyone else is an immigrant of some sort.

It is our unique identity that makes us special. We talk about Irish Beer, Polish Sausage and Cantonese chicken, watch Michael Flatley in admiration, enjoy Celtic music and French fashion. The orthodox Jews don't give up their identity; they are respected for their ability to uphold their faith. The Amish are admired for their ability to maintain their lifestyle despite modern influences. Why is that the race baiters somehow associate South Asians, Latin Americans and African Americans maintaining their cultural identity as un-American? And why are South Asians in particular so ready to disavow their cultural identity?

Ultimately, it is not the color of our skin, the clothes we wear or our accent that makes us American or un-American. It is the dedication we give in improving our communities while making a better life for our families that makes us as American as apple pie or shall I say Apple pie with a hint of cardamom and gulab.

Seclusion and giving up our identity didn't work in the past. The next time we are faced with a raced baiter or hate monger, let us stand proud with our accent, bindi and kurtas and ask them if they know that the foundation of this great country was built out of the desire to escape the same kind of persecution that they are perpetrating on the minorities.

CALL TO GET UPTO 40% OFF

Fares for India starting from **\$590**

WIN A FREE TRIP

Lowest fares Guaranteed

Enter online at www.travelopod.com

1-800-783-1158

A premier institution known for excellence in Indian Classical Music in Arizona since 2005

Educational programs in vocal music conducted by vidushi

Dr. Vijayshree Sharma
Visharad, M.A., D.Mus., Banaras Hindu University
Formerly, Lecturer (Vocal Music), Banasthali Vidyapith, India

AKHIL BHARATIYA GANDHARVA MAHAVIDYALA MANDAL ARIZONA CENTER

AKHIL BHARATIYA GANDHARVA MAHAVIDYALA MANDAL, MIRAJ EXAMINATION CENTER IN USA

Limited seats available for serious and committed students only.
www.sangeetshri.com tel: 480.235.2084
Visit Sangeetshri School of Music Facebook Page

HIRSCH & SHAH, LLC

ACCOUNTANTS

Harish P. Shah - Administrative Member

- Professionally Administered Accounting
- Tax Preparation
- Financial Estate Planning
- Audit Representation
- General Business Services

GET MORE THAN JUST A TAX RETURN

* Call us for prompt & professional services

2633 E. INDIAN SCHOOL ROAD
STE. 120
PHOENIX, AZ 85016
Tel: 602-277-5255
Fax: 602-277-2690

IN BRIEF

We learn from experience that men never learn anything from experience.
— George Bernard Shaw

MEET THE TEAM



Satish Kosuri
Publisher



Murali Samanthapudi
Editor

Contributors

Aryan Naik
Dr. Ashish Sachdeva
Ashwani Kumar Gulati
Gayathri Krithivas
Hari Gottipati
Dr. Jaswant Singh Sachdev
Kiran Vedantam
Dr. Kohinoor Kar
Kristen Moon
Lee Strobel
Mallik Reddy
Mike Cynecki
Prajakta Apte
Dr. Prakash V Kotecha
Dr. Rebecca Danos
Ruchi Kalra
Dr. Sat Parashar
Satish Kosuri
Sr. Bhagubhai Patel
Sruthi Sudalaimuthu
Willy Justin

Disclaimer:
AZindia Times cannot be held liable, or in any way responsible for the content of any advertisements (display or classified) appearing within these pages. All claims, offers, guarantees, statements etc. made by AZindia Times are solely the responsibility of the advertiser. Deceptive or misleading advertising is never knowingly accepted. Complaints should be made directly to the advertiser or to the Better Business Bureau. 4428 N. 12th Street, Phoenix, AZ-85014.

Note: AZindia Times, has no affiliations with any newspaper or magazine entities.

EDITORIAL

A year ago, Imran Khan, Pakistan's most famous cricketer took office as the PM of the country after his party PTT's resounding election victory. In the third week of July last month, he made his first official trip to Washington DC for a face-to-face meeting with the President, the main purpose of which was to mend relations with the most influential country in the world. It is to be noted that the leader of the 316 m Americans had reduced security aid to Pakistan (before Mr. Khan came into power) on account of being 'subversive' to US interests and for having 'lesser respect for the US leadership.' Right now both the leaders agree that a military solution to the current Afghan situation is not fruitful and might result in loss of lives by the shedload. It is only through political negotiations that Mr. Khan can extricate American troops from Afghanistan which is what the US President also expects. Calling it a mutually beneficial ties, both the leaders also discussed trade and investment. However certain differences still remain like Mr. Khan criticizes America's drone strikes while Mr. POTUS accuses Pakistan for supporting the militant group Taliban.

A proud moment for the entire Indian nation, the Chandrayaan 2's successful launch of the moon mission exactly fifty years after the Apollo 11 mission led by Commander Niel Armstrong was the talk of the month. Applauding the scientists of ISRO, PM Modi, who watched the live telecast, welcomed the idea that India is the fourth country in the world to land on the surface of the moon and that the insights about the unknown facts regarding the moon will help science make a headway in knowing the earth's only satellite even better. PM Modi's first budget in this term presented by FM Nirmala Sitharaman promises all-round development of a world-class infrastructure in the country. World class communication network, National Common Mobility Card, better highways, waterways, and railways, and electric mobility, are a slew of measures taken under consideration in the 2019-20 budget giving a massive push to all forms of physical connectivity. So, we are now actually being a witness to the thumbs down to '*chaltahai*' attitude and adoption of '*badalsaktahai*' postulation.

August Activities

Jai Bharati

India Association Of Phoenix is going to celebrate India's 73rd Independence Day **India Nite** on August 10 at Arcadia High School. The cultural program will begin from 2 PM. Hurry **Registrations Open now. Closes August 4.**

Indo American Foundation of Arizona is going to organize the **73rd Indian Independence Day Celebrations** at the **Ekta Mandir** on Sunday, **18 August from 10:00 AM.** A patriotic event consisting of Public Speaking and Art Competitions with loads of Fun, Food and, Fungama awaits the Indian Community on this day.

Jai Kanhaiya Lal Ki

The august birthday of **Lord Krishna** that the whole world is going to celebrate in the month of August is called the **Janmashtami** Celebrations which are going to be celebrated at various locations in Phoenix. On **August 17 BAPS Shri Swaminarayan Temple** with cultural programs like Kirtans, Spiritual Discourse, Dance, Drama, etc. **Shri Krishna Janmashtami Celebrations** by **Indo American Cultural Connect** at **Ekta Mandir** on **Friday, 23 August from 9 AM.** The **Maha Ganapati Temple of Arizona** will organize **Gokulashtami Celebrations** on **Saturday, 24 August from 11:30 AM.**

Through the Eyes of a Poet



By Dr. Rebecca Danos
becca.bd.prep@gmail.com

Project Sunrise

Frame
the grey cracked psyche
broken
holes
guttled

yellow disc rises
upward and onward
Excelsior
to a whole golden yoke

leaden blackness
evolves to pink
and orange
in semi-darkness

Light blossoms
in radiant petals
the sky's canvas
painted in hues of hope
why not the mind?

Dr. Rebecca Danos
is a PhD physicist, pianist, singer, and writer.
She writes a blog rebeccadanos.wordpress.com
and tweets @RebeccaDanos.



Ashwani Gulati
Jyotish Acharya
Astrologer & Vaastu Specialist

Consultation in Vedic Astrology for
Career, Business, Education, Inheritance,
Family Disputes, Finances, Marriage, Match Making,
Birth Charts, Love Life, Relationships, Corrections,
Children, Medical Problems etc.



Email: ashwanigulati55@gmail.com
Call/Whatsapp: +1 (602) 620-8393
Appointment by phone and Email

Ameet Nainani



Ameet Nainani
Realtor®

Mobile : 480-788-1122
RealtorAMEET@gmail.com
www.AzRealtorAMEET.com

Helping You Make The *Smart* Move



Each Brokerage is independently owned and operated



I am so thankful I had a childhood before technology took over.

Brain Computer Interfaces - Neuralink Wants to Put a Chip in Your Brain

... from Page 1

Hari Gottipati
harikrishna@gmail.com



When the communication between the brain and body muscles is destroyed by stroke or neuro diseases, the brain is unable to control the body parts, a state called paralysis. Often, it's the communication that fails between brain and body muscles, but most of the time the brain is still able to generate the signals for intended movements. If the paralyzed body part can be replaced with an assistive device, BCI can tap into the brain activity and control the assisted device as per the brain.

Tapping into brain signals - the biggest challenge in BCI is tapping into brain signals. The brain is a complex part to study as it comprises of billions of neurons, the hundreds or thousands of types of neurons, and the trillions of connections. There are several techniques to measure the signals by placing the electrical sensors (electrodes) all the way from the scalp to inside the brain tissue. The common method is Electroencephalograph (EEG) which places electrodes on the scalp and is non-invasive. However, electrodes can be placed on the exposed surface of the brain tissue (ECoG) and it's a semi-invasive surgery or electrodes can be placed directly into the cortex and it's an invasive surgery. The quality of the signal increases as the electrodes get closer to the brain or neuron, but on the flip side, placing electrodes inside the brain requires a surgical procedure and there might be side effects from the surgery.

Transmitting signals - EEG, ECoG, and other devices are connected to a processing unit or machine and the signals from the brain are transmitted using the connected wires. However, the latest research shows that electrodes can wirelessly transmit the data to a nearby controller or a processing unit.

Signal processing and output - often the signals have general activity from the heart, eye blinking, eyeball movements, muscles movements, etc. So, it's quite common that we need to filter out the general activity before extracting the features using various algorithms. This is where advanced techniques in AI (Artificial Intelligence) and ML (Machine Learning) can help to transform these signals into device readable actions. The action could be clicking a mouse or moving a prosthetic leg and the processing unit could wirelessly transmit the actions to connected devices.

Facebook's brain-to-text initiative

2 years ago, Facebook announced its plan to develop a hands-free typing system by tapping directly into your brain waves. The goal is to create a system which is capable of typing 100 words per minute, 5 times faster than you can type on your smartphone, by reading your mind using sensors and optical imaging. To scale,

Facebook is looking into non-invasive BCI leveraging optical imaging which scans your brain a hundred times per second to detect what you speak in your mind.

Neuralink



Link device. Image source: Neuralink

Neuralink, a startup by Tesla founder **Elon Musk**, is getting ready for prime time in a year. At a launch event in San Francisco on **July 16th**, the company unveiled its plans to take the BCI to a new level with the introduction of tiny and flexible electrode threads, with the size between 4 and 6 micrometers, about one-third the diameter of a human hair. It has a tiny sensor with a diameter of 8mm which can go into the brain. These tiny threads are sewn into the brain tissue by a surgery robot that won't require drilling a hole but instead uses lasers to create a small 2 mm hole to pass the thread through without rupturing blood vessels in the brain. These threads are capable of performing both read and write operations at very high data volume. The electrodes will still connect to a small device behind the ear, called Link, which can then be connected to a smartphone over Bluetooth. Connecting the Link will allow for reading data from electrodes, and allows easy software or firmware updates.

Founded in 2016, Neuralink has tested an early (wired) version of this implant on rats and the human trials could start by the end of 2020 assuming they get US Food and Drug Administration clearance as planned.

Before tapping into the implanted devices, Neuralink wants to control mobile phones, mouse, and keyboard. During the event, they also showed an iPhone app that will let you control iPhone, keyboard or a mouse with the brain.



Surgery robot. Image source: Neuralink

The future

Besides Neuralink and Facebook, there are several other companies like **Kernel**, **CTRL-Labs** and **Paradromics Inc.**, working on brain-computer interfaces. The advancements are connecting human brains and machines with more precision and are getting closer to treating medical conditions such as blindness, spinal cord injuries, and paralysis conditions. Neuralink's advancements like making the tiny electrodes that last longer and are wirelessly connected to smaller and powerful devices will pave the path to many more breakthroughs and bring life back to many people who are disabled by injury or disease in the body as well as brain.

Hari Gottipati is a tech evangelist based out of the Valley. Opinions expressed here are solely his own and do not express the views or opinions of his employer.

PHOENIX GHARANA

**Phoenix Gharana School
of Indian Arts**

480-577-2171

www.phoenixgharana.org
Enroll today info@phoenixgharana.org



COMMUNITY ROUND-UP

The Queen Bee

Rachna Nath, an environmental advocate since her childhood, was awarded an **Honorable Mention Award for Presidential Innovation Award for Environmental Educators** for the year 2019. She is one of the two people to have received this award from within California, Nevada and Arizona and the only one to get this award from Arizona since 2016.

Rachna's students are working with the **Arizona Department of Environmental Quality** to increase awareness about **Volatile Organic Substances (VOCs)** and to develop a reusable, organic, VOC-free air freshener. Her students also organize e-waste collection events and she is also developing a product to prevent swarming of Bees using household herbs and spices. She has a Patent pending for the same.

Rachna is continuously seeking sponsors and funding for her students' environmental sustainability projects. She has secured several grants including the **Society for Science and the Public** and **Flinn Foundation** grants to build a **Biophysics pipeline** to Arizona State University.

This young Axomiya research scholar had learnt bee keeping while volunteering at the honey bee research facility at **Arizona State University** and henceforth got pulled into study and research in honey bee biology and Neuroethology. She joined **Arizona College**, Phoenix in 2015 where she initiated a unique mission to spark students' interest in honey bees, foster enthusiasm in learning about science and promote an increased respect for the living environment. Treading a path not everyone would, **Rachna Nath** has not only come out successful but as an individual capable of inspiring hundred others.



Hail The Splendorous Guru



Guru Purnima organized here by **Shirdi Saibaba Temple Arizona** of 3210 W Bell Road, #106 Phoenix, AZ 85053 created a sort of history when a record breaking number of people participated in the day's activity.

On **July 16**, a little over **1400** people visited the temple for *darshan*. From

morning till evening the temple was literally abuzz with *darshanaarathi*. Renowned bhajan groups from Chandler, Arizona came and participated in the two



hour long bhajans which kept the devotees engrossed. Such was the surge of devotees that the temple gates which opened early at 6:30 remained open much beyond the closing time so that all *darshan prarthi* are accommodated and take a *dekko* at the temple deity, Shirdi Sai Baba on this auspicious day.

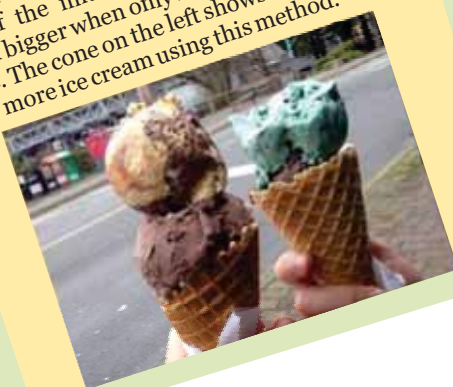
The temple had also organized a week-long *Sai Satcharitra Parayan* seven days prior to Guru Purnima. This *Saptah Parayan* or reading of the holy book is said to fulfil no less than ten desires of the reader and this fulfilment purely depends on *Baba's* grace. There is no hard and fast rule of *Parayan* only the heart should be full of love and devotion and the soul cleansed of all contamination.

Similarly two other temples in Phoenix celebrated **Guru Poornima** on the same day. The **Indo-American Cultural & Religious Foundation** worshipped the Guru or the Teacher at the **Bharatiya Ekta Mandir** while **Sai Dhyam Mandir** performed Guru Pooja in the evening from 4PM to 9PM. Rituals like Sankalpam, Abhishekam, Alankarana, Ashtotharam, DhoopAarathi were performed earlier and after Guru Pooja, devotees enjoyed Bhajan followed by ShejAarathi.



life hacks

When ordering ice cream always ask for a single scoop, but when after the server is finished say "actually I'd like a second scoop". This forces them into matching the size of the initial scoop which is always much bigger when only scooping for a single cone. The cone on the left shows that you get way more ice cream using this method.



life hacks

Before buying a bell pepper flip it over. The ones with 4 bumps are females, which are full of seeds but sweeter and better for eating raw. The ones with 3 bumps are male, which are better for cooking.



life hacks

How to remove permanent marker:
Clothes = Hand Sanitizer
Walls = Toothpaste or Hairspray
Wood = Rubbing Alcohol
Carpet = White Vinegar
Dry Erase Board = Dry Erase Marker
Furniture = Milk



Owner/Broker
Parveen Gupta

623-414-7935



Office 480-499-3637

Fax 877-265-9904

"Save Thousands in Buying or Selling your Home"

guptap4@gmail.com
www.MoveReward.com



Buyers: Get 50% commission rebate at close of escrow
Sellers: Sell your home as low as 1.5% - 4.5% commission

Are Arizona Universities Right For You?

By Aryan Naik
 anaikschool@gmail.com
 7th grade, BASIS Phoenix



Arizona has its fair share of big universities such as University of Arizona (UofA), Northern Arizona University (NAU), and the most popular is Arizona State University (ASU). There is also Grand Canyon University (GCU) which is a private Christian school. But perhaps the most renowned is the

speciality school that is **Embry-Riddle Aeronautical University (ERAU)**. The problem with Embry-Riddle is that it is only for students aspiring to be in the realm of astrophysics, hence the reason why it is a speciality university. There are many community colleges throughout the valley which are surprisingly some of the highest rated community colleges in the country. The purpose of community colleges are for older people going back for a degree, or students who don't have adequate training to gain credits to pursue their career or university of their choice.

University of Arizona is located in Tucson and is most popular for their majors in **biomedical programs** and business programs. For students studying to be in the health and medical related fields, UofA could be for you. UofA does have a decent sized medical school in Downtown Phoenix. Many students prefer UofA to ASU because UofA isn't huge as compared with ASU. Some downsides to UofA could also be that Tucson is not as big as Phoenix so it does not have very much entertainment in comparison. But the **Mexican food** in Tucson is said to be some of the best in the country. UofA offers a variety of summer camps. They have a lot of science related camps, sports, and tech camps. These programs are available to kids of all ages.

Now moving on to NAU. **Northern Arizona University** is located in Flagstaff and the popular majors include marketing, liberal arts and sciences, and music programs. The NAU campus is said to have brilliant views of the mountains and greenery of the area. Many students choose NAU because its **more affordable** than other universities, lots of outdoor activities, and there are **low student-to-teacher ratios** at times. Another plus could be the weather in Flagstaff as it is pleasant in the summer months. During the



summer NAU offers summer programs in music, education, and camps at other universities such as Cornell and Embry-Riddle. Keep in mind that most of these camps at NAU are only for high schoolers. NAU do provide reading programs around the Phoenix area for all ages.

Next university is **Grand Canyon University**. GCU is located in Phoenix and not the Grand Canyon so don't go there expecting cooler weather! GCU is a little bit different from the other universities as it is **private** and **nonprofit** making it a **tier 2** university. It is also the **largest Christian university** in the world. The most popular majors at GCU include nursing, special education, and business administration.

Now moving on to the largest and most popular university in Arizona which is ASU. **Arizona State University** has 4 main campuses. They are ASU Tempe, ASU West (Glendale), ASU Downtown Phoenix, and ASU Polytechnic (Mesa).

ASU Tempe is the largest and main campus of the university and it's most popular majors are W.P Carey school of Business, Ira A Fulton school of Engineering, and Mary Lou Fulton teachers college. ASU Tempe is also home to **Sun Devil Stadium** which is the 2nd biggest in the state. There are many summer programs at this campus which include iD Tech programs, many leadership camps, sports camps, amongst other speciality programs.


Then we go to **ASU West**. The most popular majors here include psychology, social sciences, and marketing. ASU West is the second largest ASU campus based on both size and school population. The summer programs at this campus are forensics camp, health camp, sports camp, among other camps.

Then there is **ASU Polytechnic**. The most popular majors here are in the fields of interdisciplinary sciences, air traffic and transportation management, and aviation. This campus provides project-learning in advanced laboratory spaces. The summer programs at ASU Polytechnic include aircraft learning and sports camps.

Last but not least is **ASU Downtown Phoenix**. The most popular majors here are criminal justice and law enforcement, nursing, and journalism. Like the other campuses the summer camps are similar. Arizona State University is home to **Barrett honors college**. ASU Barrett has select location on each campus. They recruit academically outstanding undergraduates and has more national merit scholars than MIT, Duke, Brown, and Stanford. Barrett is also named the **best honors college** in the country. So the acceptance rate is low here. During the summer, Barrett has a honors summer program called **Barrett Summer Scholars** in which select students get a 1 week residential experience at ASU. This program is spread out through all the campuses. Students can only get in by recommendation and good grades.



These were the main universities in Arizona and now it's up to you to decide which of these universities is for you.



Word of Mouth

Nish Shah, D.M.D., M.D.

Dental Implants

Permanent solution to tooth loss

People who have lost teeth might often feel too self-conscious to smile or talk in public. Additionally, early tooth loss can change eating habits and facial appearance and lead to secondary health problems.

Although you have a number of options for the replacement of missing teeth, none have proven to be as functionally effective and durable as dental implants. In many cases, dental implants are the only logical choice for the restoration of all necessary functioning of the teeth and supporting structures; dental implants provide a simple remedy with proven results.

Dental implants are stronger and more durable than bridges and dentures. Implants offer a permanent solution to tooth loss and are changing the way people live. They are designed to provide a foundation for replacement teeth which look, feel and function like natural teeth.


They are proven to preserve the jaw bone, gums and the adjacent natural teeth. The person who has lost teeth regains the ability to eat virtually anything, knowing that their teeth appear natural and that their facial contours will be preserved. We offer state-of-the-art technologies and Dr. Shah is constantly implementing the latest techniques to provide you with the best care available.

Patients who come to us can smile with confidence. For a consultation, please call Dr. Shah at 480.814.9500. Oral and Maxillofacial Surgeon, Board Certified, American Board of Oral and Maxillofacial Surgery.

Feel good and Look Better for Life.

Quality care, with Compassion and Concern.

Contracted with most insurances
 No Insurance • No Problem
 Let Us Help!



Nish Shah, D.M.D., M.D.
 Oral and Maxillofacial Surgeon
 Specialist in Dental Implants

Board Certified, American Board of Oral and Maxillofacial Surgery

Board Certified, American Society of Dental Anesthesiology

PROCEDURES

Dental Implants • Wisdom Teeth • Bone Grafting
 Facial Trauma • Reconstructive Jaw Surgery • Sleep Apnea
 Gum Grafting • TMJ Disorders • Oral Pathology

AZORAL

FACIAL AND IMPLANT SURGERY

480.814.9500 | 2450 W. Ray Road, Suite 1
 Chandler AZ 85224 | www.azoral.com

TOP DENTIST 2017

TOP DENTIST 2018

TOP DENTIST 2019

The Sound of Music

5 Legends Who Tread New Paths In Hindustani

By Willy Justin
willy.justin@ipassio.com



Hindustani music is a creative and robust expression of devotion and love for India's cultural heritage. While Hindustani music has been around for centuries, over the years many musicians have shaped its form. This is a list of five legends who blazed their own trails in Hindustani tradition.

Ustad Bismillah Khan

India will always be proud of this shehnai maestro. Ustad Bismillah Khan is known for popularizing and elevating the shehnai. This wind instrument from the woodwind class was previously only utilized in folk music and as a teaching instrument for young students. The shehnai has transformed into a popular performance instrument, adding its unique sound to classical music tradition. Ustad Khan is the recipient of many of India's most prestigious awards, including all top four civilian awards: Padma Shri, Padma Bhushan, Padma Vibhushan, and the Bharat Ratna.



Pandit Shiv Kumar Sharma

Pandit Shiv Kumar Sharma is an Indian music composer and santoor player credited with bringing the historically folk instrument into popular classical tradition. He left his mark on the design of the santoor, increasing its range a full three octaves and adapting a gliding technique. His changes made it possible for the santoor player to achieve a smoother, richer, and more precise tone. As a result, the santoor has continued to grow in popularity with each new generation. As a renowned and talented musician, Pandit Shiv Kumar Sharma won many

awards, including: honorary citizenship of the city of Baltimore, USA, the Sangeet Natak Akademi Award and the Padma Vibhushan Award.

Pandit Hariprasad Chaurasia

Pandit Hariprasad Chaurasia is a musical director and a master of the bansuri, a north Indian bamboo flute. His combination of traditional bansuri music with his own innovative blowing techniques made him immediately popular in Indian music circles. His techniques brought a new versatility to the bansuri, elevating its role in recitals. He's also a renowned bansuri guru with many disciples both young and old, passing on his techniques as well as traditional Hindustani practice. Among them, Suchismita Acharya continues the tradition of teaching Hindustani bansuri flute lessons to students around the globe on ipassio.com.



Pandit Ravi Shankar

Pandit Ravi Shankar is recognized worldwide as an expert sitar player and composer of Hindustani music. His distinct sound captured the rhythm of classical music for generations, and he popularized the practice of performing on the bass octave of this instrument during the performance of alap. Pandit Shankar has received countless awards and accolades, performed all over the world and released many recordings of his works. Additionally, he's passed along his vast knowledge of classical and popular sitar through his senior disciple Gaurav Mazumdar. Mazumdar passes on this tradition of

Hindustani sitar to students of all abilities through ipassio.com.

Ustad Allauddin Khan

Ustad Allauddin Khan was known for his Bengali Indian sarod talents, however, he was also a multi-instrumentalist, composer, and teacher. Ustad Khan was a tireless exponent, working to ensure Indian Classical music was passed on throughout generations. He's known primarily for his talent on the sarod, but his skills included many Hindustani string instruments. The recipient of many awards in his lifetime, most notably the Sangeet Natak Akademi Fellowship for lifetime contribution to Indian music. He even has his own postage stamp in India, picturing him surrounded by string instruments.



These Hindustani giants have irrevocably left their mark on classical Indian music forever, to the delight of fans everywhere. These are just five of the countless exceptional Indian musicians bringing Hindustani classical music to audiences and students all over the world past and present.

Invitation



Brahmaswarup
Pramukh Swami Maharaj



Shri
Akshar Purushottam Maharaj



Pragat Brahma Swarup
Mahant Swami Maharaj

BAPS Shri Swaminarayan Mandir, Phoenix, AZ
cordially invites you, your family and friends to the auspicious celebration of



Shri Krishna
Tanmashtami

SATURDAY • AUGUST 17th, 2019 • 3:30 PM
Mahaprasad (dinner) will be served after sabha.

A cultural program celebrating the birth anniversary of Bhagwan Shri Krishna, featuring kirtans, spiritual discourses, with dances and dramas performed by children and youth in the presence of revered Swamis



BAPS Shri Swaminarayan Mandir
3620 N Black Canyon Hwy, Phoenix, AZ 85017 | 480.357.9922

Inspirer: HH Mahant Swami Maharaj | www.baps.org/Phoenix

If You Could Offer HOPE To Someone Fighting Cancer, Would You?

By **Ruchi Kalra**
info@ruchikalra.com



The bone marrow registry has approximately **19 million donors** but the percentage of Indian/South Asian donors is **less than 3 percent**.

According to **Be The Match**, the largest and most diverse marrow registry in the world, a patient's likelihood of finding a bone marrow match ranges **from 19 to 80 percent** depending on ethnic background. So, the chances of South Asian families finding South Asian donors who are a 100% match are very low. HLA markers used in the matching process are inherited and some ethnic groups have more complex tissue types than others. So a person's best chance of finding an adult donor may be with someone of his or her own ethnic background. The good news is, if you are a match the donor process is very simple. It's like donating blood and requires no surgeries.

I am trying to help raise awareness for my friend Jaspreet's nephew, **Sahil** and also throughout the South Asian community. Sahil's story is what got me involved this past month as his story really pulled at my heartstrings. **Sahil** is 34-year-old and was diagnosed with a rare form of Acute Leukemia on May 31st 2019. He is a loving husband and father to a 2-year-old son. He needs a bone marrow transplant ASAP to survive and be there for all those special milestones for his son. Just like Sahil, there are many others waiting for a chance to LIVE. I personally lost a cousin to Leukemia years ago and my aunt was able to donate marrow to her. I'm sure we all know someone that is fighting this deadly disease that could use our help.

Karam Kaur, is also looking for a match, she is a 25-year-old optometry student and was diagnosed in April of this year. Both Sahil & Karam are so much more than hashtags- **#swabforsahil** and **#matchforkaram**. They are people with families and stories that deserve a chance at life. And you have the chance to give that to them and many others like them.

We have a thousand excuses of why today may not be a good day - we are all busy with work, kids, activities, and those endless sports/drama/debate practices - (fill in the blank) and yes, we know, you are busy!

But are you REALLY saying you don't have time and are too BUSY to potentially SAVE a

LIFE today?

Because we know that's not what you are saying and we get it. We really do. But we also know that we have to make time for important things in life and potentially saving someone's life should rank as #1 on our Today's To-Do List.

We urge you to go to the links below and register at one of these centers. HLA testing (which determines your bone marrow type) is just a simple cheek swab. It only takes about 10 minutes and is absolutely free.

US: join.bethematch.org/Marrow or Text: CURE04 to 61474 to get a link

Canada: www.blood.ca

UK: www.nhsbt.nhs.uk

Australia: www.abmdr.org.au

India & rest of Asia: www.arjanvirfoundation.org and <https://www.dkms-bmst.org/en>. These registries in India are connected with several hospitals within India as well as several worldwide research organizations like Stanford.

So, lets get out of our comfort zone, register to become

Register. Swab. Commit.



Many Indian patients with blood cancers that need a stem cell or marrow transplant, need a matching donor who will most likely need to be Indian too. Unfortunately, not enough Indians are registered as donors. Because of this, many patients don't receive the life-saving transplant they need to survive. All it takes to register as a potential donor is a quick form and a simple cheek swab.

Register:
Saturday, September 7, 2019
d'Vine Gourmet
4955 S. Alma School Rd., Ste. 4, Chandler, AZ 85248
10am - 1pm

YOU COULD BE THEIR CURE





SCAN ME

Text:
Cure04
to 61474

TEXT ME



18-44 yrs old



Complete Registration



Swab Checks



Confirm Commitment



a donor, help spread the word and maybe even gather all our South Asian friends and organize a donor drive within our South Asian Community. We are thankful to all that came out for the drive on July 21st at **Nishkam Seva Gurdwara Sahib** in Glendale.

Please Come To Our Next **"Get Swabbed Event"** in Chandler, Arizona on Sept 7th, 2019 from 10am – 1pm at d'Vine Gourmet (4955 S. Alma School Rd., Suite 4, Chandler, AZ 85248)

Get swabbed and get a taste of their amazing one-of-a-kind Caramel!! (Thank you d'vine Gourmet for hosting and "Giving A Caramel For A Swab")

We South Asians love to be #1 at everything. So we need to work harder on improving our donor registry grade to an "A" because with a 3% right now, we are sitting at an "F", and that my friends is a grade we should refuse to accept!

Remember each and every single person adds to the donor pool count- **"Every drop in the ocean counts."** - Yoko Ono.

You could be someone's cure. You could literally save a life...TODAY. So take out that phone right now and TEXT (CURE04 to 61474 to get a link) or connect with one of the donor registry sites above.

IMMIGRATION

SERVING THE COMMUNITY WITH OVER 30 YEARS OF EXPERIENCE IN IMMIGRATION LAW

Attorney Monika Sud-Devaraj, is a former trial attorney for the U.S. Immigration & Naturalization Service

- ▶ **TEMPORARY WORK VISAS**
- ▶ **GREEN CARDS**
- ▶ **NON-IMMIGRANT VISAS**
- ▶ **APPEALS**
- ▶ **LITIGATION/RELIEF**
- ▶ **CITIZENSHIP**

SUD-DEVARAJ & ASSOCIATES
IMMIGRATION ATTORNEYS



Law Offices of Monika Sud-Devaraj, PLLC
141 E. Palm Lane, Suite 100 Phoenix, AZ 85004

602.234.0782
MSDLAWAZ.COM

An Atheist Investigates Jesus to Disprove the Resurrection

By Lee Strobel

I didn't become an atheist overnight. When I was growing up, my teachers and the leaders at church wouldn't answer my questions about God, like why He didn't wipe out evil or stop people's suffering. My parents went to church on Sundays but rarely talked about God at home.

My relationship with my father was terrible. During one argument, he looked at me and said, "I don't have enough love for you to fill my little finger." It can be difficult to accept the idea of a loving heavenly Father when you've been rejected by the earthly version.

And was God even there? In high school and college, I was taught that God isn't necessary for the origin of life and that we can't trust the biblical accounts of Jesus' ministry. After college, I started my career and got married. Atheism fit the self-centered life I was living.

But then my wife became a Christian, and for the first time, I began to seriously investigate the claims of Christianity, if for no other reason than to liberate her from her faith. And I knew that my debunking of Christianity had to start with its bold, central claim: that Jesus Christ died and came back to life.

The Christian faith rises or falls on that claim. It's the whole ballgame. I had investigated lots of deaths in my career as a journalist, and none of those corpses ever regained life. Dead people just don't come back to life — unless that person truly is the Son of God.

To investigate the Resurrection, I approached the topic with four questions in mind. And no one was more surprised by what I found than I was!

As Easter approaches, I hope the answers to these questions help your family have confidence in the Bible's account of Jesus Christ's resurrection.

Was Jesus really dead?

Skeptics insist that Jesus never died on the Cross as the Bible claims. One of the first things I discovered, to my surprise, is that historians consider Jesus Christ's death on a cross to be a noncontroversial fact. As the *Journal of the American Medical Association* concluded: "The historical and medical evidence indicates that Jesus was dead before the wound to his side was inflicted."

We have multiple independent reports of His death in the documents that make up the New Testament, and we have at least five ancient sources outside the Bible that corroborate that He died on a cross. Even the Jewish Talmud admits that Jesus was executed. One New Testament scholar, atheist Gerd Lüdemann of Vanderbilt University, calls Jesus' death on the Cross an "indisputable" fact.

Did believers invent this story?

I used to think the Resurrection was a legend — maybe 100 years after Jesus' life, people started believing a myth. As I investigated the historical roots of ancient legends, I learned that it took a long time in the ancient world — more than two generations — for legends to develop and wipe out a solid core of historical facts. Yet we have a report of the Resurrection, preserved later by the apostle Paul in [1 Corinthians 15:3-7](#), that was written much too quickly after Jesus' death to be considered a legend. Prominent New Testament scholar James D.G. Dunn is convinced this report was formulated within months after Jesus' death. Add to that the four Gospels, which contain reports that date within just a generation of Jesus' life.

There is no huge time gap between the death of Jesus and the later development of a legend that He rose from the dead. We've got a news flash that goes right back to the beginning.



Was the tomb actually empty?

Perhaps the tomb was never empty, some skeptics say. But even the opponents of Jesus implicitly conceded the tomb was empty that first Easter morning. In fact, so sure they were of the empty tomb that they claimed that Christ's disciples stole His body.

And Jesus' body was almost certainly put *into* that tomb, despite arguments that victims of crucifixion were never buried. *The Digesta*, a summary of ancient Roman law compiled by the Emperor Justinian, says: "*The bodies of*

persons who have been punished should be given to whoever requests them for the purposes of burial." In fact, in 1968, archaeologists found the buried remains of a crucifixion victim with the spike still through his anklebone.

But how was the tomb emptied? Romans didn't have a motive for stealing the body. They wanted Jesus dead. Jewish leaders of the day didn't have a motive. They wanted Jesus to *stay* dead. Disciples didn't have the means or the opportunity to steal the body. The most plausible explanation is that Jesus rose from the dead.

Did people actually see Jesus alive?

We have nine ancient sources inside and outside the New Testament that corroborate the conviction of the disciples that they encountered the resurrected Jesus. This is an avalanche of historical evidence! What's more, the earliest report of the Resurrection says 500 people saw Him at the same time.

"OK," skeptics say, "*so people saw something. Could they have been hallucinating?*" But that sort of shared hallucination doesn't happen, according to the psychology experts I talked with. Hallucinations happen in individual minds.

What's more, Saul of Tarsus, who for years lived as a persecutor of Christians, encountered the resurrected Christ ([Acts 9:1-6](#)). Saul was not psychologically primed to have a vision of the risen Jesus — and he had no motive to claim such an encounter if it had never occurred.

What I had to conclude

Disproving the Resurrection wasn't easy! In fact, it was impossible. My research caused me to realize: The case *for* the resurrection of Jesus is powerful and persuasive. That evidence led me to my own faith in Christ, and in the years since that investigation, I've been helping other Christians understand how we can have confidence in the biblical accounts of the Resurrection.

At Easter, we're not just celebrating a holiday of chocolate eggs, ham dinners and time with our families. No, we are recognizing that Christ's resurrection authenticates His claim that He is the Son of God.

You see, anyone can make claims, and Jesus certainly made transcendent, messianic and divine claims about himself. He claimed He was the Son of God. But if He actually came back from death, that affirms His divine identity. As the apostle Paul said, "*If Christ has not been raised, your faith is futile and you are still in your sins*" ([Corinthians 15:17](#))

If the resurrection of Jesus is true, then His teachings are not just wise words from an old, dead sage. They are the very words of God. We're compelled to follow these teachings and help our children understand that Jesus deserves our worship and our allegiance.

His resurrection means that He is still alive, and we can encounter Him today. And because of His atoning death on the Cross, all those who follow Him have received forgiveness for their sins, and heaven is open for all of us.

The Resurrection truly changes everything.



classical Bharata natya dance classes

by Distinguished Teacher

kalashri ash gopal

Asha Gopal is celebrating **36 Years of teaching in Phoenix!** She Has **graduated** more than **200 students** to date, and is in the **Guinness Book** of World Records for most graduation recitals (arangetrams).

NRI Excellence
Award Winner,
London UK



CALL FOR CLASSES
Ages: 5 & Above
ASHA GOPAL: 480-940-2301

SRI SAI BABA

ASTROLOGER & PSYCHIC



ALL RELIGIONS WELCOME

PANDITH: RAMA KRISHNA

PASSED DOWN GENERATION TO GENERATION



Palm Reading * Face Reading * Horoscope

VEDIC SOLUTIONS AVAILABLE FOR:

JOB, LOVE, BUSINESS, SICKNESS, COURT, EDUCATION,
EMPLOYMENT, MARRIAGE, ENEMY, BLACK MAGIC,
SECRET MATTERS, LUCKY NUMBERS ETC.

BRING BACK LOVED ONES IN 11 DAYS ONLY

I Will Remove & Destroy All Bad Luck, Witchcraft,
Obeyah, Jadoo, Voodoo & Protect You From All Evils.

**NOBODY CAN BREAK MY WORK,
IT'S MY CHALLENGE!**

480-406-2889

S. McClintock Dr,
Tempe, AZ 85228

OPEN SEVEN DAYS A WEEK



Weight Management Clinic

2051 W Warner rd, #5
Chandler, AZ 85224

480-855-0425

- ◆ Vanquish Me - Nonsurgical Fat removal
- ◆ Exilis ultra - skin tightening
- ◆ Cellutone - cellulite reduction
- ◆ Prescribed Stimulant appetite suppressants
- ◆ All-natural non-stimulant appetite suppressants
- ◆ HCG weight loss

Better faster fat reduction,
body contouring and
improved skin texture



Make the Most of a Small Yard

By Kiran Vedantam
kiran@kiranandkiran.com



Kiran Vedantam

Yards are a great way to extend your living space – especially when the weather is nice. However, if you have a small yard, then you may feel like you're missing out. But don't be dismayed! There are many ways that you can maximize that outdoor space and turn it into something both functional and beautiful. Here are several excellent ideas to help you make the most of your small yard.

Enclose your outdoor space



This may seem counterintuitive, but hear us out. You can make your small yard feel more functional if you enclose it. By enclosing your space, you make it feel like a cozy and inviting room that encourages guests to linger. You can enclose your space in a variety of ways, from installing a pergola to creating vertical plantings.

Create a focal point

Does your small yard have a beautiful view? Then capitalize on it by arranging your space around it. If your view is less than desirable, fear not. You can create a focal point with a trellis, a fountain, or a unique piece of garden art. Having a focal point helps to anchor your design and draws the eye.

Create a container garden

Do you have the urge to garden, but you have no room for a raised bed? You can achieve the same effect by gardening in containers. Not only can you create beautiful plantings with flowers, but you can also grow vegetables and herbs. Choose containers that complement your garden design, and use a variety of sizes to create visual interest. And the best part is that when you get bored, you can rearrange them to your heart's content. Just don't forget to water them!

Use smaller furniture

One way to make your small yard feel even smaller is to use large furniture. Instead, opt for compact pieces like benches and chairs. Choose lighter looking materials such as metal or bamboo that will

blend with the environment instead of blocking it. Having smaller furniture also allows you to easily



reconfigure it to meet your needs.

Take advantage of vertical space

If you lack horizontal space, then it's time to think vertical! Vertical gardening not only helps you to create a cozy environment, it drastically increases the amount of space you have for plants. Use trellises to grow vines, or hang planters on walls and fences.

Think cohesively

When designing your outdoor space, choose colors and patterns that complement what you have inside. By making your yard an extension of your home, you make the entire place feel bigger.

Avoid clutter

One big danger when designing your outdoor space is stuffing it too full. Instead, opt for clean lines and a limited variety of plants. Though it may be tempting to buy one of every plant you love, stick to



a handful in a restricted color palette.

Don't be afraid to use it

Finally, the best way to make the most of your small yard is to actually use it. The more you use your outdoor space, the more you will understand its features and limitations. Then you can begin to conceive of the best ways to use it and maximize its potential.

Kiran and Kiran Vedantam are actively helping families at Kirans and Associates Realty. They run a team of real estate agents and are top agents in Arizona. They passionately share their vast knowledge, experience, and expertise with their clients so they too can enjoy the benefits of buying and selling real estate.

life hacks

There was 2007 study that found drinking hot chocolate increases the blood flow to key areas of the brain, boosting alertness and increasing performance for two to three hours

life hacks

If you want
to download
a Youtube video, just
add "ss" to the URL
between www.
and youtube



Healing Beyond Medicine

A Physician's Perspective on Medicine, Healing, and Culture

'I Like You...'

... from Page 1

By Dr. Ashish Sachdeva
asachdeva@pinnaclecareaz.com



Her defeated look took my breath away and I wavered for just a second and looked at her with a very direct gaze and asked "Hi Martha! How are you?" There was no effort to respond. In my very busy day when I am gliding from one room to another, I told myself to stop. The entourage accompanying me consisting of a medical student and a scribe also fell silent. We all sensed that this was special. I could feel the moment demanding all of my attention. Time stood still and I knelt down in front of her, took both of her hands into mine and asked her to look into my eyes and as I took her lifeless cold hands into my hands, I just sat there silently and asked her after a long pause again in a whisper "How are you my dear?" "I could see she was struggling to form words, she tried but gave up, I started to stroke her hands very very gently and looked at her again and said "You look beautiful Martha!" I saw a glint and a flicker of a smile in her eyes, which clearly said "You Liar!" A small tear rolled down her eyes while her eyes smiled through them. Her face completely transformed. She mumbled and failed. She struggled to pick up the pen and her communication board... while I continued to soothingly whisper anything that came to my mind



about how long we had known each other, how long we had come in this journey together and how I remembered her visits and how blessed she was to have such a caring daughter. I wanted to let her feel all the blessings she had in her life right now. Tears were flowing down her smiling face and she started to spell the words

on her communication board... very laboriously. I went on "What can I do for you?" Utilizing her communication board she responded "What can you do for me?" As I gently held and stroked her hand, I said "I'll do whatever I can for you." She looked at me and after several heartbeats, pointed to the letters on her communication board to spell out the sentence... I...L...I...K...E...Y...O...U...!!! I smiled. She smiled as well. To say that this interaction "made my day" is an understatement! This exchange only took a few minutes, but I will hide this event in my heart and remember it always. I felt that in that moment the God in me became one with the God in her! A glorious moment which was fulfilling beyond what words can ever express. I felt the healing touch of the lord using me as a medium to soothe this unfortunate woman. Time stood still. There was pin drop silence in the room. I felt as if my life and profession had taken me to the next level of service and a step closer to my destined vocation of selfless volunteering.

How about your life? When was the last time you extended a small kindness to someone else and experienced a true moment to be treasured? What was that act of kindness? And who was the recipient of your kindness? A friend? Family member? Stranger? How did it feel to you? What were the sensations? There's research to back up the claim that every act of kindness causes your brain to release chemicals which can make you feel better. These small acts of kindness and positive interactions can help you feel more supported and connected to others and improve your long term well-being. Doing something small for someone else and making them the center of your universe for a few minutes in time can change your perspective and your heart. Sometimes we all have the tendency to put ourselves and our own lives "center stage." When we do this we see things only from our own viewpoint and how it affects us. This can easily lead to all kinds of adverse effects - doubting ourselves when we aren't perfect, feeling sorry for ourselves when things aren't going according to our plans, feeling lost and alone with our own issues when we're having a challenging day, or just plain going through some hard times in our lives. Sometimes we almost drown in our own feelings. So whenever I catch myself lingering in the center of an adverse state of mind, I do my best to briefly shift my focus, away from my own issues, and onto other people around me that I might be able to help.

Finding little ways to help others get me out of my self-centered problem-solving thinking. I start to think about what others might need. We may not know their life circumstances, but it's fair to say that others may have been deeply heartbroken and may be currently going through heart break. Perhaps they have lost siblings, children, or parents to accidents or illnesses. Maybe they've been fired from a job. Others may have had to deal with, or are dealing with, infidelity. Some of them may have been discriminated against because of their gender or race. I'm no longer stagnant in self-centered thinking because now the central question is about what others need. Thinking about others instead of oneself leads the way to feeling less broken, lost, and alone when you're struggling to move your life forward.

It's one of life's great paradoxes: When we serve others, we end up benefiting as much, if not more, than those we serve. So whenever you feel a bit lost, in pain, or stuck with your own issues, try to shift your focus from your circumstances to the circumstances of those around you. Finding someone who could use a little kindness is all around you and an act of kindness on your part will only take a few minutes. I read something recently that made so much sense and it went something like this: Five years from now, it won't really matter what shoes you wore today, how your hair looked, what brand of clothing you wore or what TV program you watched. What will matter is how you lived, how you extended acts of kindness and what you learned along the way.

When was the last time you said "I Like You" to someone? Not "I Love You," but rather, "I Like You." Whom did you say this to? What was their response? Do you know that saying those few little words can change someone's outlook on life? When we say "I Like You," we're giving an amazing gift to someone. We're validating who they are, sharing with them that we hold them in respectful esteem and care deeply about them. Our character shines through every time we utter the words "I Like You". Being humble at the mountaintops in our lives, strong in the valleys and difficult times, and faithful in between will enhance our lives as we move forward with acts of kindness. My encouragement is for you not to have "random" acts of kindness, but rather "regular" acts of kindness. Treat everyone with kindness and respect, even those who are rude to you - not because they are nice, but because you are.



-- Your physician who believe in "heart healing," Dr. Ashish Sachdeva

PS: As the patient I wrote about in this article left my office, I had a strong feeling that her time was near, I lifted both her hands kissed them and I told her that I loved her ! For a moment I saw my late mothers face , smiling back at me, whispering , "God Bless you my son, I am so proud of you!" I quietly walked into my office for some quiet time. I hope I touched her heart half as much as she touched mine...

Dr. Ashish Sachdeva is an Internal Medicine and Geriatric Physician, who, along with his wife and business partner, Dr. Namita Sachdeva, runs a well-established and popular medical practice in Peoria, AZ. Both have earned the highest of honors, including being voted "Top Doctors of The Valley, 2019", in the Phoenix Magazine. Exhibiting the highest level of professionalism and compassion, they are well known to treat each individual who enter their doors with dignity and empathy.



Zero Cost Conforming Loans

You pay **NOTHING** other than your down Payment, and Monthly Principal/Interest.

- Zero Lender Fees
- Zero Origination/Underwriting/ Processing Fees
- Zero Tax Impounds
- Zero HOI Impounds
- Zero Pre-paid HOI
- Title Costs paid through Lender Rebates
- Competitive Interest Rates

Introducing Doctor Special Jumbo Loans

- ONLY 3 % Down Payment Needed
- Medical Resident (Educational License) Eligible
- Loans Up to \$650,000
- 5/1 ARM and 7/1 ARM Available



DGS Capital and Loans
 Empowering Consumers Through Smart Loans!



RESIDENTIAL
 AND
 COMMERCIAL
 MORTGAGES

10889 N Scottsdale Road
 Suite 103206
 Scottsdale, AZ 85254
 Tel: (480) 205 2234
 Fax: (866) 335 1500
 Email: hen@dgsca.com



NMLS ID: 1228288/1445943 BK # 0933526/LO-0928447



Ketan Desai, MBA
 Mortgage Banker
 480-205-2234



3 Reasons You Need to Unplug

By **Prajakta Apte**, RDN
(Registered Dietitian/Nutritionist)
rightnutritionworks@gmail.com



August is **International Peace Month**. And though it is an observation reserved from peace from past wars in history, it's safe to



say as a society we continually fight small battles every day. Battles like over exhaustion, over exposure, over connected to technology, and *overwhelmed by the stresses of life*. Is it any wonder we can barely keep our eyes open during the work day? Here are *3 reasons you need to unplug* and how it can best benefit your life.

1. To Recharge: Researchers from Kansas State University have found that unplugging after work can make a big difference in your quality of life, health, and happiness. Researchers found that when people "unplugged" from work related tasks, such as checking their work emails after hours, they reported feeling fresher and better recharged when beginning work the following day. When you get home from work rather than revel in work related stresses, enjoy a nice healthy meal with your family, go for a walk, or just enjoy some downtime. Otherwise, you run the risk of burning out, emotional over eating and compromising your immune system, which makes you more prone to various illnesses.

2. To Sleep Better: One study from the National Institutes of Health found that people who are heavy technology users have a higher risk of sleep disturbances and mental health issues. And other studies have shown that browsing light-emitting devices like iPads and e-readers at bedtime disrupts sleep. Lack of sleep can cause a variety of issues throughout your day from fatigue to making poor nutrition choices to stay awake. Being tired at night can take energy away from your day and zap your motivation to exercise as well. It helps to power down your

electronic devices and your television at least an hour before bedtime to limit exposure to the kind of artificial lighting that can interrupt normal sleep patterns.

3. To Reconnect: Keeping up with email, Facebook, Twitter, Instagram, and other sites 24/7 can be exhausting, bad for our brains, bad for our relationships, and bad for our productivity. Constantly being inundated with distractions can distract you from being mindful. As a result, you could be missing out on life's little pleasures like talking with a good friend or enjoying a delicious home cooked meal. When you put down the phone, power down the tablet and step away from your computer, you can focus more of your time and energy on being present and connected with the world and people around you.

While technology makes communication super-fast and life more convenient, it's still important to unplug daily for your own mental and physical health. You may be surprised how much more refreshed you feel after a weekend away from the computer.



Life is all about experiencing new things. Don't let technology limit your experiences, happiness and affect your health!

Prajakta Apte is a Registered Dietitian/Nutritionist working in the field of Nutrition for over 15 years. She has a Bachelor's degree in Nutrition and Dietetics and has successfully completed a didactic program in Dietetics from University of Minnesota. She specializes in Integrative and Functional Nutrition and strongly believes in treating the root cause of the problem rather than just treating the symptoms. To learn more about her practice and various nutritional services visit her website www.rightnutritionworks.com.



TANDOORI TIMES

Indian Bistro

Fine Ethnic Indian Cuisine & Bar

Lunch Specials Every Day, Made Fresh

Happy Times 5PM - 7PM

Belly Dancing Fri - Sat 7:30 PM onwards

We cater to all events

5626W Bell Rd Suite, #103 Glendale,
AZ 85308 | 602 993 1442

www.tandooritimes.com

**Business Hours: Monday - Sunday,
11:30AM to 2:30PM / 5PM to 10PM**










Maha Ganapati Temple of Arizona

(A non-profit organization)

Realizing the Dream! Be a Proud Temple Builder

Temple Location: 51293 W. Teel Road, Maricopa City, AZ 85139

Mailing Address: P.O. Box 11368, Chandler, AZ 85248-0007

Weekdays: 10:30AM-12:30PM, 5:30PM -7:30PM, Weekends: 10AM - 6PM

www.ganapati.org

www.facebook.com/MahaGanapati

Grand Ganesh Chaturthi Brahmotsavam Celebrations Aug. 31st thru Sept. 7th

Maha Viswaroopa Veera Ganapati Darshan
(Grand Ganesha murti created and
displayed in the Yagashala)

“Make my Ganesha”



*Workshops valley wide
for children and adults to
create Ganesha murtis in
clay with the assistance
of the temple Shilpis.*

Gilbert
Mesa
Peoria
Phoenix
Deer valley
Scottsdale
Chandler and more



Register for **Make my Ganesha** workshops at

www.ganapati.org

Saturday, August 3rd Aadi Pooram Sri Visalakshi Abhishekam Offering of Bangles to Goddess Visalakshi

11:00 AM Sankalpam
11:15 AM Special Abhishekam to Sri Visalakshi
11:45 AM Sri Lalitha Sahasranama Puja
12:30 PM 11 Kanya Puja
1:15 PM Sri Visalakshi Archana
1:30 PM Maha Harathi and Prasadam



Friday, August 9th Varalakshmi Vratam

6:30 PM Lakshmi Prarthana & Sankalpam
7:00 PM Samuhika Varalakshmi Vratam
7:45 PM Mangala Harathi to Goddess Varamahalakshmi
8:00 PM Asirvadam and Prasadam



Saturday, August 24th Gokulashtami Celebrations

11:00 AM Anugya & Sankalpam
11:30 AM Vishwaksena Puja & Vasudeva Punyahavachanam
12:00 PM Vasantotsavam to Lord Srinivasa Utsava Murti
1:00 PM Special Archana and Mangala Harathi
1:30 PM Uri Seva (Utti seva) with Kids



Daily Abhishekam, Homam & Alankaram to Lord Maha Ganapati Visarjan (Nimajjan) on September 7th

August 31st Saturday

10:30 AM - Brahmotsavam Begins,
11:00 AM - Mruth Sangaranam, Ankurarpanam

September 1st Sunday – Ganesh Chaturthi Brahmotsavam Grand Celebrations (Temple Open till 8.00 PM)

09:00 AM - Brahmotsava Maha Sankalpam, Kalasa
Sthapanam and Avahanam of
16 forms of Maha Ganapati
09:30 AM - **Maha Ganapati Homam with
Shodasa (Sixteen) Dhravys**
11:15 AM - 108 Kalasa Milk (Ksheera) Abhishekam to
Sri Ganapati Utsava Murti
12:00 PM - Special Alankaram to Maha Ganapati
12:30 PM - Sri Maha Ganapati Ratha Yatra
1:30 PM - Maha Harathi and Prasadam
3:00 PM - Bala Ganapati Puja by Children
4.00 PM - Kala Srushti Music Festival
4:30 PM - 7:30 PM Archana to Lord Maha Ganapati

September 2nd Monday Ganesh Chaturthi Day Celebrations (Temple Open till 7:00pm)

11:00 AM - Sri Shankata Hara Ganapati Homam
12:00 PM - Shodasa (Sixteen) Dhravya Abhishekam for
Lord Maha Ganapati
1:30 PM - Maha Harathi and Prasadam

September 3rd thru 6th Ganesh Chaturthi Brahmotsavam

6:00 PM - Maha Sankalpam
6:30 PM - Sri Ganapati Homam
7:15 PM - Sri Maha Ganapati Abhishekam & Archana
8:15 PM - Maha Harathi and Prasadam

September 7th Saturday - Visarjan/Nimajjan (Temple Open till 7.00 PM)

10:00 AM - Maha Sankalpam
10:30 AM - Sri Maha Ganapati Homam
11:00 AM - Kalasa Uttapanam and Procession
11:15 AM - Sri Maha Ganapati Abhishekam
1:00 PM - Sri Maha Ganapati Visarjan (Nimajjan) and
Viswaroopa Ganapati Procession
2:00 PM - Archana, Maha Harathi and Prasadam
3:30 PM - Kala Srushti Music Festival

REGULAR PUJAS (Monday-Friday)

Weekdays	11:30AM	Sri Maha Ganapati Abhishekam
Weekdays	06:30PM	Sri Siva Abhishekam
Monday	06:00PM	Sri Visalakshi (Parvati) Abhishekam
Tuesday	06:00PM	Sri Subramanya Abhishekam Sri Hanuman Archana
Wednesday	06:00PM	Sri Ayyappa Abhishekam
Thursday	06:00PM	Sri Satyanarayana Archana Sri Ram Parivar Archana
Friday	06:00PM	Sri Maha Lakshmi Abhishekam Sri Nataraja Archana
Saturday	11:00AM	Aradhana and Salagrama Abhishekam Lord Venkateswara

Pradhosham

August 12th Mon 6:30 PM Lord Viswanatha (Siva) Abhishekam
August 27th Tue 6:30 PM Lord Viswanatha (Siva) Abhishekam

Maha Sankatahara Chaturthi

Aug 18th Sun 3:30 PM Sri Maha Ganapati Abhishekam

Satyanarayana Puja

Aug 14th Wed 6:30 PM

Maha Dhvajasthamba Seva

500 families X \$501

For More information and all event updates

visit www.ganapati.org

[facebook.com/mahaganapati](https://www.facebook.com/mahaganapati)

Our priests are available to perform religious homas and pujas in your home.

Please send email to services@ganapati.org to schedule religious services in your home

Pandit Jeyantheeswaran Bhattar : (480) 388-6583

Pandit Varaprakash Acharyulu Kosuri : (720) 999-6529

Be a proud temple builder! Participate in construction projects by donating towards

“ 500 devotees x \$1000” campaign or sponsor a brick for \$31.

Indo-American Foundation of Arizona
Cordially invites you all to

ASIA Today

Vishal Bhagawati Jagran

BY SATNAM SATTI (SINGER)

SATURDAY, AUG 17TH, 2019, 7:30 PM

AT BHARATIYA EKTA MANDIR OF ARIZONA
2804 W. MARYLAND AVE. PHOENIX AZ 85017

PROGRAMS :
7:30 PM : Bhandara
8:30 PM : Jyot Prachand followed Mata ki Bhente
12:30 AM: Tara Rani Katha
2:00 AM : Bhog and Kanya Pujan

SPONSORSHIP LEVEL :
\$1001 : Jyot Sponsor
\$501 : Jagran Sponsor
\$251 : Puja Sponsor
\$1001 : Bhandara Sponsor

ALL DONATIONS WILL GO TOWARDS
PERIPHERY WALL BUILDING AT EKTAMANDIR

PLEASE CONTACT :
Sudhir Kalra : 623 414 8248
Subhash Thathi : 480 797 0625
Manju Walla : 480 250 2519
Neha Malik : 623 451 9041



(602)246-3420 | INFO@IACRFAZ.ORG | www.IACRFAZ.org | www.EKTAMANDIRAZ.org

Indo-American Foundation of Arizona
Cordially invites you all to

73rd INDIAN INDEPENDENCE DAY CELEBRATIONS

SUNDAY, AUGUST 18, 2019, 10:00 AM
2809 W. Maryland Ave., Phoenix, AZ 85017

Celebration includes **PUBLIC SPEAKING COMPETITION | ART COMPETITION**
On Sunday, August 11, 2019, 10 AM onwards @ EktaMandir, AZ

Enjoy the fun, food, festivities & entertainment and support the local talent while thanking the spirit of Unity, Freedom and Democracy!

Register Now: <http://bit.ly/IIDC2019>

CONTACT FOR DETAILS:
Sita Raman (623 332 3264) | Satya Murugan (480 510 6916)
Neha Gupta (623 800 5026) | Sudhir Kalra (623 414 8248)
Ravindra Ameta (602 386 6683) | Shyam Byra (602-568-8658)

VENDOR TABLES Available

(602)246-3420 | INFO@IACRFAZ.ORG | www.IACRFAZ.org | www.EKTAMANDIRAZ.org

Indo American Cultural & Religious Foundation
Cordially invites you all for the Grand Festival of

Shri Krishna Janmashtami Celebrations

FRIDAY, AUGUST 23RD, 2019
9:00 AM to 12.00 Midnight @ Bharatiya Ekta Mandir, AZ

ALL ARE WELCOME!
DO NOT MISS!

PLEASE BRING YOUR CHILDREN DRESSED AS RADHA, KRISHNA.
Please bring fruits and flowers for puja offering

PLEASE SPONSOR:
Main Yajman : \$2101
Diamond Sponsor : \$1001
Gold Sponsor : \$ 501
Silver Sponsor : \$ 251
Archana & Abhishek : \$ 31

PROGRAM DETAILS:
09:00 am : Mangal Aarti
10:00 AM to 6:00 PM : Archana & Abhishek
6:00 PM to 7:00 PM : Krishna Katha/ Bhajan
7:00 PM to 8:00 PM : Cultural Program
8:00 PM to 8:30 PM : Maha Aarti
8:30 PM to 9:30 PM : Raas Garaba
9:30 PM to 11:45 PM : Bhajan's by Jalaram Mandir

MATKI FOD @ 8:00 PM

KRISHNA JANMA CELEBRATION AT MIDNIGHT FOLLOWED BY MAHA AARTI, HINDOLA & PRASAD
TEMPLE WILL BE OPEN ALL DAY TILL MID-NIGHT PLEASE BRING YOUR OWN GANDIA - ALSO AVAILABLE FOR PURCHASE
PRASAD WILL BE SERVED FROM 8:30PM TO 8:15 PM AT COMMUNITY CENTER

CONTACT: Dayaram Ahir : 602-989-7100, Lalit Patel : 480-820-8700, Mina Patel : 928-925-5062, Sudhir Kalra: 623 414 8248
Contact Ravindra Ameta (602-284-5194) For Business Booths

(602) 246-3420 | INFO@IACRFAZ.ORG | WWW.IACRFAZ.ORG | WWW.EKTAMANDIRAZ.ORG



Path to Wellness

FREE HEALTH SCREENING

08/10/19 SATURDAY FROM 8:30 AM TO 12:00 PM

Indo American Community Center
2809 W Maryland Ave, Phoenix, AZ 85017

FREE SCREENING CRITERIA:
Participants must be 18 years of age or older AND:

have a family member (father, mother, brother, sister) with diabetes	OR	participant must have a personal history of diabetes or high blood pressure
heart disease or kidney disease		

PATH TO WELLNESS SCREENINGS OFFER:

- Free Health Screening*
- Immediate Blood and Urine Results
- Free Doctor Consult
- Free Onsite Health Education
- Free Healthy Living Workshop Enrollment

*Screening includes but is not limited to:
Heart: Blood pressure, cardiac rhythm, and lipid panel
Diabetes: Hemoglobin A1c, Body Mass Index
Kidney: Creatinine, filtration rate (GFR), and urine Albumin-to-Creatinine Ratio

Education about colon cancer screening by: Dr. Deepa Shah, Gastroenterologist

Appointments strongly recommended. For English: (602) 840-1644
Walk-ins welcome between 9am-11am. For Gujarati: +1 (646) 528-3997
To schedule your **FREE** appointment: For Hindi / Punjabi: (623) 414-8248
Register Online: www.azkidney.org/PathToWellness

Brought to you by: National Kidney Foundation of Arizona

Made possible by funding from: ARIZONA WOMEN'S BOARD, LEGACY FOUNDATION, CARDIO RENAL SOCIETY OF AMERICA

With community partners: twinepidemic, ADELANTE HEALTHCARE

IACRF SENIORS CELEBRATE US INDEPENDENCE DAY

US Independence Day July 4th Celebration

All the members joined US National anthem singing with US flag flying displayed on TV and stood through the national anthem star spangled banner. Lalitbhai Patel at the end of the anthem cheered with “*Long Live America*”! This was followed by Indian National Anthem and Romesh Joshi cheered with “*Bharat Mata Ki Jaya*”

Scientific Program:



“*All of Us*”: A Large Scientific Study by National Institute of Health

Lalitbhai Patel requested Dr. Prakash Kotecha to make presentation for the day on “*All of Us*”. Dr. Kotecha welcomed the guests from Asian Pacific Community in Action (APCA), Dr. Kathy Nakagawa, the president, Board of Directors of APCA and professor of Asian Pacific American Studies at ASU in the school of Social Transformation. He then introduced Ms. Luz Jemenez, Engagement Manager, All of Us at ASU and two field officers Veronica and Kathy.

Dr. Kotecha then presented with illustrative slides and Video the concept of Precision Medicine Initiative with simple examples. How “*one size fits all*” medicine approach not true for specific care to every individual. How President Obama supported this and how to translate the philosophy in to reality of a long and ambitious project of “*All of Us*” has been commissioned through National Institute of Health with multiple partners and institutions. Started in

May 2018, project aims to enroll 1 million partners as data providing participants for the research study. Participation can be done by signing in through computer or phone or personal visits to Banner Institutes in Phoenix. Data will be accessible by every participant related to their contribution and data sets for researchers whose research is approved by NIH. This is futuristic study and what all investigations will be done depends on the future needs.

Philosophy of active participation lies in committing ourselves for research that will be very useful for future generation. How *living for others is important* was stressed by quotes from Albert Einstein, Swami Vivekanand and our own member and guide Bhagubhai Patel's living example.

BINGO

As part of the picnic BINGO was organized and Meenaben Bhavsar and Lalitbhai Patel with the help of young and energetic girls Seyva Patel and Ananya Kotecha. After interesting game, four winners were awarded the prize money by Ananya Kotecha and Seyva Patel. They were Paruben Patel, Rajni Bajpai, Brinda Kumar and Suresha Shah. Winners gifted a dollar to both the young girls. The gesture was appreciated.

Yoga and Laughing Club

Yoga and Laughing Club exercise were held regularly by the members at 11-15 AM throughout the month on every Thursday. Thanks to Meena Kotecha, members performed yoga with cheerful laughs and loud voices. Large number of members enjoyed this.

Upcoming Programs:

Path to Wellness: A Free Health Screening Program

IACRF along with National Kidney Foundation of Arizona and other partners are organizing a free medical checkup on 10th August. This will include blood test related to heart diseases (complete lipid profile), Diabetes (HbA1c) and Kidney Diseases (eGFR, serum electrolytes, serum creatinine, etc.) Members are encouraged to register for checkup by calling the number (602-840-1644 for English) (623-414-8242 for Hindi and Punjabi) and (646-528-3887

By Dr. Prakash V Kotecha and Sr. Bhagubhai Patel
pvkotecha@gmail.com

for Gujarati) or visiting the website
<https://azkidney.org/pathtowellness>



Sairam Dave Dayro

On 11th August 2019 Sairam Dave Dayro is organized in Gujarati by GCA & IACRF at 3-00 PM at Moon Valley High School Auditorium and the ticket is available at AZIndia and with Lalitbhai Patel and Kanubhai Patel.

IACRF Hall Improvement:

Additional TV and Sound Bar for the Hall: Thank you Vasu

Two more TV of 75-inch size are purchased by Vasu. He also procured sound bar with inbuilt woofer. Members thanked Vasu for his donation and his keen interest and proactive follow up for improvements.

Photographs by Prakash Kotecha and Lalitbhai Patel


Senior Group meets every Thursday, 10:00AM to 3:00PM at the Indo-American Community Center located at 2809 W. Maryland Ave., Phoenix, AZ 85017. For information please contact Prakash Kotecha at pvkotecha@gmail.com

HYPERPRODUCTIONS



DJ ISAAC


602 321 1036
djsaac@hyperproductionsdjs.com



Current Mortgage Rates

30 yr fixed:	3.875%	(APR of 4.02%)
20 yr fixed:	3.625%	(APR of 3.77%)
15 yr fixed:	3.25%	(APR of 3.39%)

These figures are based on a loan amount of \$250,000. Restrictions apply.




Naveen Vadhwa NMLS #203016
Senior Mortgage Loan Officer

Office: 480.339.8568 | Mobile: 480.570.5691
Fax: 1.833.406.2115
nvadhwa@bellbanks.com
www.naveenvadhwa.com

4435 E Chandler Blvd. | Suite 201
Phoenix, AZ 85048

Use this coupon towards
an appraisal refund at a
successful closing.
A \$450 Savings!



bellbankmortgage.com

This statement of rates is for real estate professionals only; it is not intended for consumer use. Rates current as of 07/27/19. Examples listed are typical principal and interest payments based on a 45-day rate lock on a \$250,000 purchase with 20% down payment. Payment estimates do not include amount for taxes and insurance; therefore, the actual payment obligation will be greater. Rates are based on borrowers' ability to qualify and are subject to market fluctuations which may change the rates without notice.



Eat Better Live Better

DECCAN SONA MASOORI RICE

Rice That Takes Care of You!



Try All Our Varieties



Imported and Distributed by :
Deccan Foods Inc, Phoenix, Arizona, USA
+1 602 476 3070

www.deccanrice.com



STOP, LOOK, GO



Back-to-School Rush? Safety First!

If you are a parent or guardian of school children, you know the stress and last-minute rush in August, because **August is Back-to-school month in Arizona!**



'School in session' means busy streets – more children walking or riding bikes, and more vehicles dropping off or picking up children, especially during the morning commute hour when traffic is heavier. This is also the time when most

people return from summer vacation, which also results in more traffic on our streets. So, the point is that the start of the school year is the time when all drivers should be extra-cautious, especially inside neighborhoods and near school zones.

All of us collectively must do our part to make sure this is another safe year for school children in our communities across the state. Arizona has had a relatively good safety record with respect to students walking or riding their bikes to and from school, and we all must strive to keep it that way. As parents/guardians, drivers, school administrators, local traffic officials, or as students, we all have a responsibility to ensure school trips remain safe.

Just to give an example, you might notice that some of the worst speeders inside neighborhoods are often the residents who live there. Those who are most familiar with a neighborhood often tend to feel more confident about driving in an area they know so well, and they speed and create many of the problems that endanger children. While some may not have children or grandchildren going to school, we are all equally responsible to ensure the safety of school children walking to and from school. If you see a fluorescent yellow-green school pentagon sign along the road or a 15 MPH school zone portable sign in the street, be sure to slow down and be extra-cautious for children walking to or from school. There is zero tolerance in school zones, and violation can lead to points on your driver license and/or hefty fines.

Parents/guardians need to teach their children how to cross a street safely and listen to the instructions of school officials and crossing guards.

- Many younger children, either on foot or on a bike, are more apt to dart into the street without looking.
- When approaching a street without a crossing guard, a child must stop before entering the street, clearly see approaching traffic, then look left, right, and left again before crossing the street.
- Children should keep on looking for traffic during their entire crossing.
- Children should not play, use their phone, text, or even engage in talking with their friends while crossing the street.
- Children riding their bikes should dismount their bike to cross the street as a pedestrian. Everyone riding a bike should wear a safety helmet to protect their most vulnerable asset – their brain.



By Dr. Kohinoor Kar and Mike Cynecki
trafficsafetyexpert@gmail.com

- Children riding their bikes on the sidewalk should yield to pedestrians, and be especially vigilant for vehicles entering/exiting driveways or side-streets, especially when riding contraflow.

Parents/guardians should also explore if the school has a designated walking plan. If there is none, parents should identify the most desirable route from their home to school and back, and instruct their children to use that route.

Providing adequate safety to very young children by escorting them to and from school, especially at the beginning of the school year, is highly recommended. Take this opportunity to make it a learning experience for your child and be a good role model to them. If there is no walking plan for their school, parents can volunteer their time to help create one. School administration is typically receptive of this kind of support.



With the school opening in August, please try to have a safe and enjoyable school year. Always remember that school traffic safety is everyone's responsibility. Pointing finger at others doesn't do any good.

The authors would appreciate your questions, comments or suggestions on future topics via email (trafficsafetyexpert@gmail.com).

Disclaimer: Opinions expressed in this article are those of the authors and may not necessarily represent the views of the agencies they are affiliated with. Information is for general awareness and not intended to substitute for professional advice, and thus the authors cannot be held accountable for anything contained in this article.

Kohinoor Kar, Ph.D., P.E., PTOE, a professional engineer vastly experienced in roadway, traffic and safety field, has been with the State of Arizona for the past 15 years. He has published a number of research papers and presented at several prestigious conferences. Dr. Kar serves on several safety-related advisory committees/panels at the State, national and international levels. He is currently a Faculty Associate at Arizona State University.

Michael J. Cynecki, P.E., PTOE retired from the City of Phoenix after a career of 26 years in the Transportation Department, and is currently with the consulting firm of Lee Engineering, LLC. Mr. Cynecki is an Emeritus member of the Transportation Research Board Committee on Pedestrians.

What is Chai for an Indian?

- Sleepy? Have tea.
- Headache? Have tea.
- Tired? Have tea.
- Mood off? Have tea.
- Feeling cold? Have tea.
- Want a Samosa? Must have tea.
- Late night study? Have tea.
- Party after tuitions? With tea.
- Not well? Have adrakh walitea .
- Weight loss? Have green tea.
- Want some more time to play video game? Make tea for your father.
- Guests? Make tea.
- Waiting for train? Have tea.
- Watching TV? Have tea.

* last but not the least - want to become PM..... make TEA ☺
Tea is like opium for Indians. It's like "if you want to succeed, then have tea".



Labeling Community Service as an Ego-Trip is Akin to 'Pulling-down Legs'

The phenomenon of pulling down legs of a community member working selflessly for the betterment of society at the expense of his or her personal exhaustive efforts is not that uncommon. Most often than not, this is the result of jealousy among the hopefuls and well placed individuals having sufficient resources but not enough motivation; yet always ready to throw hurdles in the path of achievers.

This Phenomenon is not limited to any faith, community or country; rather it is a universal story repeated everywhere and all over, all the time. The mind of a copycat imitator always works under an assumption that had he or she done it, the results would have been better than the one who took the lead and worked hard with his or her sweat and blood. As human beings, we want to be known more than our fellows. If we fail to do something we wished, but someone else ended up doing, it affects us negatively causing a pinch. The counter response instead of being constructive turns out to be less than good and in some cases ends up in 'pulling down the legs' of the achiever.

The imitators often avoid crossing the hurdles for it requires hard labor and time. Instead they promote a theory that those performing such activities do so to satisfy their ego. To respond to these kinds of accusations then becomes a double-edged sword for the real selfless worker for he or she is unsure as to how their message will be perceived by the public. The following couplet by an unknown writer rightly explains the thought process of a real foot soldier:-

Baat Naa Karo to Ego; Zyada baat Karo to flirt.

Kum Baat Karo toh Attitude; Zehar de do Yaar.

Dictionary defines 'Ego' as a person's sense of self-esteem or self-importance. It also implies self-worth, self-respect, self-conceit, self-image and self-confidence. Of course out of all of these phenomena, the self-esteem is healthy. For example when a child says to the other that I can jump more than you, it is healthy and that is good. True sense of worthiness, is, in fact a sense of true self-esteem. As per Deepak Chopra, "Ego' can also be defined as our self-image which is not our true-self but



Three Ways To Make Your High School Resume Impressive To Colleges

By Kristen Moon
kristen@moonprep.com



Admission rates at top colleges have become more competitive over the past 10 years, with even the best students finding themselves on the waitlist or rejected from many of the schools on their list. If you have your heart set on attending a highly selective school, then you should start planning on ways to get your resume and application to stand out from the crowded field.

Get Published

Proving that you are a good writer through top grades and high SAT scores is one thing, but earning a byline is an excellent way to distinguish yourself. You can get started by **writing for your school newspaper**, and then reach out to local publications and pitch them that you can write articles from a student's perspective.

If you don't think you want to commit to writing for an established publication, you can also **self-publish**. Write a Medium post or a personal blog about the research you have completed, or summer camp and volunteer experiences. If you don't have a blog yet, you can start one for free with **WordPress, Tumblr or Wix**.

Start A New Group

Find your passion and think outside the box to bring your interests to the rest of the community. If you love doing arts or crafts, you could consider starting a weekly **summer program for local children**. You could even visit a nursing home and do simple arts with the residents. Growing the group shows initiative and displays your leadership skills and resourcefulness to college admission officers.

Create Something Online

High school students who are technologically gifted might consider reaching out to a local, small nonprofit and offering their talents. You can help them **revamp their website** or **build an app**. You can also offer to run a **social media campaign** or **create marketing materials** for a nonprofit. You might even offer to **write blog posts**. Volunteering and creating meaningful work can be showcased on your resume, and you can link all your creations to your LinkedIn profile.

a true-self that hides itself under the definition of label evaluation, analysis and judgment. When we create an entity based on the sum total of an image of good and bad opinions of the world, it is referred to an image".

My personal experience with the people of my country living abroad (Indian diaspora) as well as people of my faith (Sikh faith) with who I deal on day to day basis for almost close to half a century actually proves this point, albeit not always.

When someone comes out with a plan for the betterment of the community due to culmination of a sincere thought process and hard work, best course for others would be to encourage and not create a road block. The plan being put forward might not necessarily be the best one; but at least the person has the best intent in trying to help benefit the community. Most often, the doer wishes to bring laurels to the entire community including the jealous ones and attempts to elevate all and one. Would it not be better that instead of finding faults, the others could join in, highlight and support the project to have a better outcome easily and sooner?

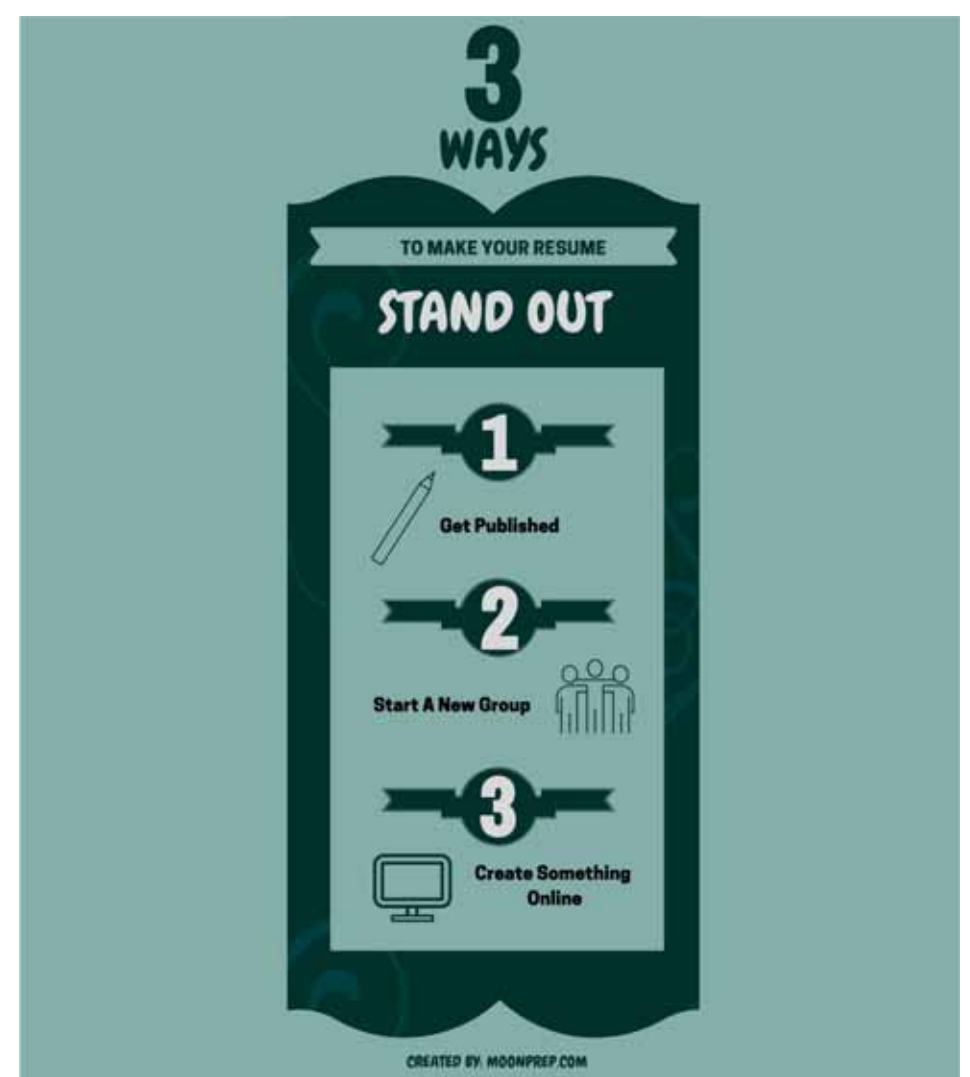
Trouble ensues when a person in the community with better resources restarts the same program with intent to compete thinking that the boat will be missed. Restarting is much akin to reinventing the wheel taking away the incentive from the person initiating the activity thus diluting the cause with delay in successful outcome and resulting in further divisions in community. Unfortunately the minority communities in the Western world and elsewhere have limited resources for such kinds of activities; and as a whole they do face issues usually unknown and often not experienced by the majority.

The best course then is to be kind and cooperative and let those individuals do when they decide to do something for the community, country or culture. Interfering negatively and finding faults rather than helping is not a good thing. Understood that at times, the person at the helm of affairs might not necessarily be right and the results might not turn out to the satisfaction and rather bothersome to those with abundance of material resources believing that they could have done better.

A simple personal discussion to subtly inform the person taking the lead about the concerns will perhaps be a better alternative rather than coming out strongly on the social media and start criticizing. Criticism always leads to bad blood producing less than satisfactory results. First of all, it could slow down the person starting project, for after all it was his or her motivation and well-placed intentions for the betterment of the society. Second, the country we have chosen to live in, offers lots of opportunities to elevate the minority communities and bring them at par with the others. Selfless workers are motivated to establish themselves and their communities irrespective of what it might take.

Pulling down legs by calling it as an ego trip, is not the way to go. Complementing the efforts of a person involved in that process by joining hands with guidance and encouragement so that he or she could continue to roll the ball to the pinnacle of success, will obviously be a better option to choose.

Making your high school resume more impressive to colleges isn't as challenging as you might think. By taking the initiative, you can gain invaluable skills that will benefit you both in college and in your future career. You might also form new connections within your community and discover where your academic interests lie.





COMMUNITY ROUND-UP

The Legendary Procession



Puri, one of the four sacred abodes of Lord Vishnu where ancient legends still live on, gears up every year for a magnificent journey of the God known as Lord Jagannath. A similar picture is witnessed with equal fervor and joy in Phoenix when the **Hindu Temple of Arizona** and the **Oriya Association of Arizona** join hands to celebrate the grand vacation that Lord takes along with His

two siblings. This yearly summer vacation is taken on three grand chariots adorned by Lord of the universe, **Lord Jagannath**, His brother **Lord Balabhadra** and His sister **Goddess Subhadra**. It is to be noted that Lord Jagannath's divine weapon, **Sudarshan Chakra** also accompanies Him during this voyage.

One of the largest religious gatherings in Phoenix beheld the Lords taking their annual trip this year on July 7. The humble streets of Phoenix transformed into a spectacle of colors, crowds, and craftsmanship for that one single day. The tradition, faith, and devotion manifested themselves in many forms. The throng of people consisting of devotees, pilgrims, adventurers, and simple onlookers discovered the holy Lord's grand power and His divine blessings. Among the Trinity of Brahma, Vishnu, and Maheshwar, Vishnu is the Preserver who takes the form of Lord Jagannath and comes on earth to visit his childhood place of Vrindavan along with his brother and sister.



The Lord's divine passage from one place to another is celebrated as a grand procession by the townsfolk who gather to have a glimpse of this sacred trio which assures them of a fruitful year ahead. Devotees chanting *Jai Jagannath* follow the procession which begins from the temple all the way through the streets of



Phoenix and again back to the temple. This year the **Kalash Sthapana** Puja was performed on **July 6**. The day after, on **July 7**, the temple gates opened at 6 AM for the devotees who participated in the **Havan**. At around 7 AM **Jagannath Puja** was solemnized followed by the traditional **Pahandi Bijaya** and **Chhera Pahanra**. Between 9 AM to 10:30 AM the grand procession of Rath Yatra took place on a huge chariot which was flanked by hundreds of devotees who took turns in devotedly pulling the cable to drive the chariot across Phoenix.



A vibrant cultural program was organized on this occasion which saw a number of local talents participating in song, music, dance, and drama. The day culminated into **Maha Aarati** which was followed by **Maha Prasad** distribution among the attendees. This hugely



popular event called **Rath Yatra** or the Chariot Parade attracts a large number of people from both the Indian community and outside it. Catching a glimpse of the Lord and His Siblings is equivalent to the attainment of Nirvana or Moksha. The preparation which begins months ahead of the D-Day entails a lot of hard work and dedication, especially in the making of the Rath or Chariot. The emotion and passion of the celebration one witnesses on Rath Yatra day have no comparison to be found anywhere in the world.



BÉLA FLECK, ZAKIR HUSSAIN AND EDGAR MEYER SPECIAL GUEST RAKESH CHAURASIA

OCT 15 | 7:30PM



GET TICKETS AT MESAARTSCENTER.COM OR CALL 480.644.6500



MESA ARTS CENTER

ONE E MAIN STREET | MESA, AZ 85201





Millionaires don't have astrologers, billionaires do. - J.P. Morgan

August 2019 HOROSCOPE

<p> Aries Mar 21 - Apr 19</p> <p>You will take a loan this month. Family environment will not be favorable. You will be busy with the affairs of your family. Secret relationship will be exposed in the social circle. Those in the job will face obstruction at their workplace.</p> <p>Lucky No 1 Lucky Colour Orange Lucky Direction North East Lucky Dates 20, 27, 29</p>	<p> Taurus Apr 19 - May 20</p> <p>Financial position will improve. You will go on a long journey with your family. Construction of house will be completed. Married girls may conceive. You may receive unexpected gifts from boss. Elders may undergo cataract operation.</p> <p>Lucky No 7 Lucky Colour Off White Lucky Direction South East Lucky Date 16, 23, 24</p>	<p> Gemini May 21 - June 20</p> <p>Huge expenditure expected. You will receive documents of travel. You will change your residence and renew your rental agreement. Take care of your spouse as chances of extramarital affairs is there. You will buy a new vehicle.</p> <p>Lucky No 16 Lucky Colour Sea Green Lucky Direction North Lucky Dates 7, 17, 31</p>	<p> Cancer June 21 - July 22</p> <p>Control your expenses otherwise it will give you tension. You should take care of the health of your spouse. You will devote time on meditation. Some old secrets will be revealed. Use this time to recharge your lost energy.</p> <p>Lucky No 12 Lucky Colour White Lucky Direction East Lucky Dates 1, 20, 29</p>
<p> Leo July 23 - Aug 22</p> <p>Take the advice of your spouse before giving money to your near and dear as chances of recovery will be very remote. Romantic nature will bring happiness in marital life. Not the right time for high energy. Old secrets will be revealed.</p> <p>Lucky No 20 Lucky Colour Yellow Lucky Direction North West Lucky Dates 1, 27, 29</p>	<p> Virgo Aug 23 - Sep 22</p> <p>Financial position will improve with new source of money. Heavy expenditure on travelling. You will earn money from abroad. You will leave old group and will join new friends. Right time to buy property. Tension in family life.</p> <p>Lucky No 7 Lucky Colour Violet Lucky Direction South East Lucky Dates 14, 16, 23</p>	<p> Libra Sep 23 - Oct 22</p> <p>You will shift to a new house after renovating certain changes. Relations with your boss will not be favourable and you will be too busy in your profession. Students will not get result as per their performance. You may buy jewelry.</p> <p>Lucky No 14 Lucky Colour Indigo Lucky Direction West Lucky Dates 7, 16, 31</p>	<p> Scorpio Oct 23 - Nov 21</p> <p>New problems will arise in day to day work. Efforts made by you in academic front won't be adequate. Those facing court case will get tension. Researchers will finish their thesis. Corporate politics will compel you to quit your job.</p> <p>Lucky No 1 Lucky Colour Red Lucky Direction East Lucky Dates 12, 27, 29</p>
<p> Sagittarius Nov 22 - Dec 21</p> <p>Do not give loan to anyone as chances of refund is remote. You may spend your vacations near sea. Relations with your spouse will not be healthy so try to remain silent. You will repay your insurance. You will feel big transformation in life.</p> <p>Lucky No 29 Lucky Colour Silver Lucky Direction North Lucky Dates 1, 20, 27</p>	<p> Capricorn Dec 22 - Jan 19</p> <p>Those in family business will have to work hard to achieve their target. Keep eye on Child's health. Those who are in education will get results below their expectations. Avoid ego in relationship and adopt a harmonious approach.</p> <p>Lucky No 7 Lucky Colour Black Lucky Direction West Lucky Dates 14, 16, 31</p>	<p> Aquarius Jan 20 - Feb 18</p> <p>You should avoid unnecessary arguments otherwise you will be isolated in the society. Romantic life needs to be rejuvenated. Engage yourself in luxury shopping. Children will have to work extra hard to achieve good results</p> <p>Lucky No 14 Lucky Colour Blue Lucky Direction South West Lucky Dates 7, 17, 23</p>	<p> Pisces Feb 19 - Mar 20</p> <p>You will spread your business. You will spend money on parties. Those who are in relationship will change their path due to you're over possessiveness. Long family differences will be sorted out. Renovation will be completed.</p> <p>Lucky No 12 Lucky Colour Silver Lucky Direction North East Lucky Dates 1, 27, 29</p>

the
dhaba
food steeped in tradition



Real Punjabi Food

Arizona's Highest Rated
Multi Award Winning Restaurant

www.the-dhaba.com
www.facebook.com/DhabalIndiaPlaza/

1872 E Apache Blvd., Tempe, AZ 85281
Phone: 480.557.8800



Did You Consider Having Your Own Bank?

By Sat Parashar, PhD
parashar.sat@gmail.com



Money won't buy happiness, but it will pay the salaries of large research staff to study the problem.

– Bill Vaughan

At first glance, this question may look like absurd or a joke. How can I have a bank that requires so much of equity capital, organizational and management time? But there is away around. You may not own a bank, as we see them in the street every day, but you may create your own bank, accumulate cash, borrow when needed, and may pay back or not pay back, andinsteadget it adjusted. All this is quite possible through **Whole Life Insurance**.

Most of us would be knowing term life insurance as it is highly advertised as 'No Exam!Up to \$1M coverage for less than a \$1/day'. The propagators of term life talk of its two main merits, low cost and 'buy term and invest the difference'.Then often follows the free advice about the sure success formulaofinvestment, that is, 'buy low, sell high'.

But that is easy said than done. Investing the difference in stock market is fraught with risks of loss of principal. While even finance text books talk of high rates of return on stocks; what is often not readily noticed is the degree of high volatility that goes with those returns; those returns are only on an average; and may be just notional and not actually realized. Statistically speaking, you know average is an average. It may not represent any actual portfolio. Index funds have been often offered as the solution to this problem. But index funds have their own volatility, certainly less than individual stocks.

Let me now elaborate on **Whole Life Insurance**. The Whole Life Insurance premium tends to be much larger than term life. But term life has no cash value. It has a risk coverage, but no value, after expiry of the term. The whole life, on the other hand, has a certain legacy value, that is death benefit for your loved ones, including social causes of your choice; and a cash value that may be used for several living benefits like retirement income, disability income, long term care, children's education and marriage, and even to sailunscathed through market downturns.

Indeed, if anyone foresees high probability of leaving some cash or assets for his/her loved ones, the Whole Life Insurancemay be very helpful to ensure tax-efficient transfer of wealth from one generation to the next.The Kid's Whole Life Insurance may help building multigenerational wealth.To understand the power of Whole Life Insurance, I may strongly recommend reading a book, published in

2016, 'What Would the Rockefellers Do? How the Wealthy Get and Stay That Way ... And How You Can Too' by Garrett B Gunderson and Michael G Isom. Those interested in learning more about, how Whole Life Insurance can help you enjoying stable and higher income during your retirement years may see a white paper, published in 2019, 'Integrating Whole Life Insurance into a Retirement Income Plan: Emphasis on Cash Value as a Volatility Buffer Asset', by **Wade D. Pfau and Michael Finke**.



But how does Whole Life Policy work like your bank? It is simple to understand as Whole Life Policy has a cash value, against which you may borrow to meet your financial urgencies and repay loan or adjust it against cash value and death benefit. So instead of borrowing from a bank, isn't it efficient to borrow from your own policy account, as and when needed, without any underwriting delay and costs, and paying back loan into your own account or even not paying back, and finally leaving a legacy for your loved ones in a tax- efficient way; or enjoying higher income during retirement years, or taking care of your disability income or long term care needs, or helping you kids and grandkids with their education funding, etc.?

I would like to conclude by saying that if you foresee any probability of leaving a legacy for your loved ones or want to enjoy living benefits with cash value, the Whole Life Insurance could be your choice. In case, you can't afford higher premium of the Whole Life Insurance, you may take term life insurance. Of all the risks, risk of

life can bethe most devastating. In a society built on mortgages and consumer credit, the risk of life is most important to mitigate. Car insurance, home insurance, property and casualty insurance are all helpful, but life insurance covers you, your family and loved one.It protects your dollar printing machine, that is, YOU. You have a choice of **Whole Life**, **Term Life** or **Credit Life Insurance**. Affordability is the key.

Dr. Sat Parashar is former Director, IIM Indore and currently Adjunct Faculty at Rady School of Management, University of California, San Diego, CA.

ARISTA QUARTZ & NATURAL STONES

WHOLESALE & RETAIL SUPPLIER OF FINE STONES

- Selectively sourced materials imported from around the world
- Wide variety of natural & artificial stones, including granite, marble, quartzite, quartz, and porcelain
- Blanco Sinks & Estima Tile
- An expert team to guide you through the selection process

150+

COLORS TO CHOOSE FROM

>20

YEARS OF INDUSTRY EXPERTISE

9

OF STONES TO FIT EVERY NEED

MON-FRI 9AM-6PM, SAT 10AM-2PM
CONTACT: VIDYA WALIA
VIDYA@ARISTASTONES.COM | (480)619-1154

695 W. ELLIOT RD, TEMPE, AZ
480-659-0222
WWW.ARISTASTONES.COM



COMMUNITY ROUND-UP

The Flair of Punjabiyaat



Recently in Phoenix, on July 20, one of the prominent Desi organizations, Phoenix Desi Sports and Cultural Club (PDSCC) celebrated the Punjabi traditional festival *Teeyan Da Mela* with great enthusiasm and fervor. The venue Indo-American Cultural Foundation was filled with 700-800 women from all ages between seven to seventy dressed in colorful



suits, designer *lehengas* and dazzling jewelry singing folk songs and dancing to their heart's fill. This age-old Punjabi rural festival of women came into life when the most spectacular dance event, the *Giddha* began. It was a sight to behold, the energy and the zeal with

which the women danced in abandon truly depicted the spirit of the festival. Such was the impact of the dance and music that everyone present in the event could not help but partake in the festivities dancing to the set of *boliyan*-lyrics. Which is why from 6:30 to 8 PM the dance floor was open for all to express the joy



of the season through their dance and dexterity.

As it is, no event is complete without taking into account the efforts devoted by the organizers and the volunteers who came forward to make this free cultural event an overwhelming success. The



planning, preparation, and the presentation, everything was flawless and praiseworthy. The Punjabi Community's weekend event *Mela Teeyan Da* was no less than a wedding reception. Not because of the near royal ensembles everyone wore but because the food was equally elaborate. While *Pakoda, Aloo Tikki, Chhole, Bhature, Gulab Jamun, Burfi*, and the likes were on the appetizer menu, in main course, the platters were filled with *Dal, Naan, Tawa Roti, Veg Korma, Rice*, etc. with the ubiquitous *Kheer* in the dessert.



The event was like a gush of fresh air which rejoiced, rejuvenated and reawakened the life energy among the womenfolks in Phoenix who celebrated womanhood and spent a good time together welcoming the rainy season and carrying forward this timeless Indian tradition.

HEGAZY REALTY FULL SERVICE REAL ESTATE

LIMITED TIME OFFER, CALL FOR DETAILS

Buyers:
Get 50%
commission rebate at the
close of escrow

Sellers:
Sell for as low as
2% to 4%
commission. Full service

Hegazy Realty

Moe Hegazy, Realtor, Associate Broker

Cell: (602) 326-3552 / Fax: (480) 265-4424

E-mail: MoeHegazy@gmail.com / www.PhoenixBestProperties.com



11 Mighty Ways of Highly Effective Teens

The Relationship Bank Account

Sruthi Sudalaimuthu,
Rising Senior at BASIS Phoenix
ssmsruthi@gmail.com



Keeping up with the pressure of school and extracurriculars, making time for family and friends, and many other responsibilities can make life as a teenager stressful and leave you feeling overwhelmed. Take me, for example. Maintaining grades at an academically rigorous school while managing all my extracurriculars and family and social commitments had left me drained and extremely unhappy. If this sounds like something you're going through too, don't despair - I will share some secrets for nurturing your relationships and reclaiming your life.

Building and rebuilding relationships is a simple process if you visualize each connection as a "Relationship Bank Account" (RBA). Just as one makes deposits into and withdraws money from a traditional bank account, we can also make deposits and withdrawals in relationships. The key to maintaining a stable account is to make as many deposits as possible while minimizing or avoiding the withdrawals.

Here are some effective ways to grow your RBA:

1. Keeping promises to others

Follow through on the promises you make to people. Showing others that you are committed is a great way of building meaningful connections and making immense deposits into your RBA. At the same time, think through before making a promise since breaking a commitment results in one of the largest withdrawals.



2. Doing small acts of kindness

Abide by the Golden Rule of treating others the way you want to be treated. Seemingly small actions such as a smile, a hug, or a joke, can make a huge impact on someone, especially if they are not feeling their best at that time. These small acts of kindness make small deposits into RBAs that build up over time, strengthening your bond with those you care for.

3. Being loyal

Just like keeping promises, being loyal to someone boosts your RBA with them significantly. Be faithful even when your friend is not present; keep secrets, avoid gossip, and stick up for others. These types of friendships build your integrity and character, and last long.

4. Listening

Listening actively to someone demonstrates that you are interested in them and care for what they have to say. Make an active effort to listen as much as you speak to a friend or family member.

5. Apologizing

While deposits are important to an RBA, many times withdrawals are inevitable. When this happens, you can reduce the impact by apologizing to the other person for your behavior and reassuring that it won't happen again. Similarly, if you are on the receiving side of a poor action, your forgiveness can make a healthy deposit into your RBA with that person.



6. Setting clear expectations

Miscommunication is one of the frequent causes of a withdrawal. Develop trust in a relationship by clearly conveying your expectations upfront so that everyone's on the same page and there's little room for confusion.

Armed with these ideas, seize the initiative and build a healthy RBA with everyone you meet and especially the key people in your life. After all, as **Martin Luther King Jr.** says, "Life's most urgent question is: **What are you doing for others?**" Good luck!



Mallik Reddy is the Founder and Chief Coach of **Leadership GYM**, a free leadership and personal development program for high school students. The series '11 Mighty Ways of Highly Effective Teens', based on the book '7 Habits of Highly Effective Teens' by Sean Covey, explores 11 ways for teens to incorporate mega habits and principles into their life to become their best version.



Trusted gentle care in a comforting environment

**No Insurance?
No problem!**
Ask us about our
in office plan.

We Provide:

- Gentle Caring Private Practice Dentists
- Same Day Appointment
- Emergencies Welcome
- Digital X-rays
- Invisalign Braces
- Dental Implants
- Tooth Colored Fillings
- Teeth Whitening
- Dental Veneers/Lumineers®

Free Consultations or 2nd Opinions!

Dental Design Studio
2323 E Guadalupe Rd. #101
Gilbert, AZ 85234
480-621-5535

Scottsdale Dental Studio
5425 E Bell Rd. #101
Scottsdale, AZ 85254
480-382-0337

Hatcher Dental Studio
421 W Hatcher Rd.
Phoenix, AZ 85021
602-906-9868

Arizona Family Dental
590 N Alma School #5
Chandler, AZ 85224
480-782-5477

Thunderbird Dental Studio
9179 W Thunderbird Rd
B107 Peoria, AZ 85381
623-933-6010



We are proud to be in Network with: Aetna, Ameritas, Blue Cross/Blue Shield, Cigna, Delta, Guardian, Met-Life, Principal, United Concordia, Virtually all others.



Shri Krishna Janmashtami Celebrations

Friday, August 23rd, 2019



Ganesh Vandan, Bhajans	07:00 PM - 07:45 PM
Thali Puja	07:45 PM - 08:15 PM
Abhishek, Aarati	08:15 PM - 09:00 PM
Prasad	09:00 PM - 10:00 PM
Bhajans	10:00 PM - 11:45 PM
Krishna Janma	11:45 PM - 12:00 AM
Chhappan Bhog	Midnight



Thali Puja - \$101, Sponsor - \$251, Main Sponsor - \$551, Grand Sponsor - \$1101

Courtesy: Mr. Rohit Tripathi – Grand Sponsor (\$1101)
Rimpy and Dr. Amandeep Sodhi (Prasad, and Paper products sponsor)

Upcoming Events

"AGM" to select new board members is on Sunday, September 22nd, 2019.
Shri Ganesh Chaturthi celebrations on Monday, September 2nd, 2019.

Contact: Dr. Jogesh Rath 928-651-7466 | Shrinivas Sadachar 310-420-3794



CRONUS LAW, PLLC
ATTORNEYS AND COUNSELORS

IMMIGRATION SERVICES:

- **FAMILY MEMBERS** - We file Adjustment of Status, Work Permits, and other supporting papers for Citizens and Green card holders to sponsor their family members.
- **EMPLOYERS/INVESTORS** - We work with and organizations to bring necessary workers (H1B, E1/E2, R1, J1, etc.) to the United States.
- **VISA APPLICANTS** - We find you the best options to seek permanent residency or temporary approval to come/visit to The United States.
- **CITIZENSHIP** - If you wish to become an American citizen, we will guide you through each Step of the naturalization process.
- **GREEN CARD AND DACA RENEWALS** - We help you file renewals as well as remove the conditions on your residency.
- **OVERSEAS CITIZENS OF INDIA** - We help Citizens file OCI cards so they have a lifelong visa for multiple entries to stay in India.

EESHA GUPTA
Immigration Attorney

For setting up a free initial consultation, call at:

Tel: 480 467 3188 - Tel: 480 267 9314 (Spanish)

Fax: 480 718 8575 - email: eesha@cronuslaw.com

2601 East Thomas Road, Suite 235, Phoenix, AZ 85016

Orabella

BANQUET HALL

Anniversaries | Birthday Parties
Baby Showers | Marriages
Sweet Sixteen Parties | Corporate Gatherings



Packages starting at \$2000
6744 W. Glendale Ave. Glendale, AZ. 85303
Tel : 480 765 4061

www.orabellabanquethall.com



Our heart is a very good fertilizer. Anything we plant (love, hate, fear, hope, revenge, jealousy,...) surely grows & bears fruit. We have to decide what to harvest.

Chutneys Indian Cuisine

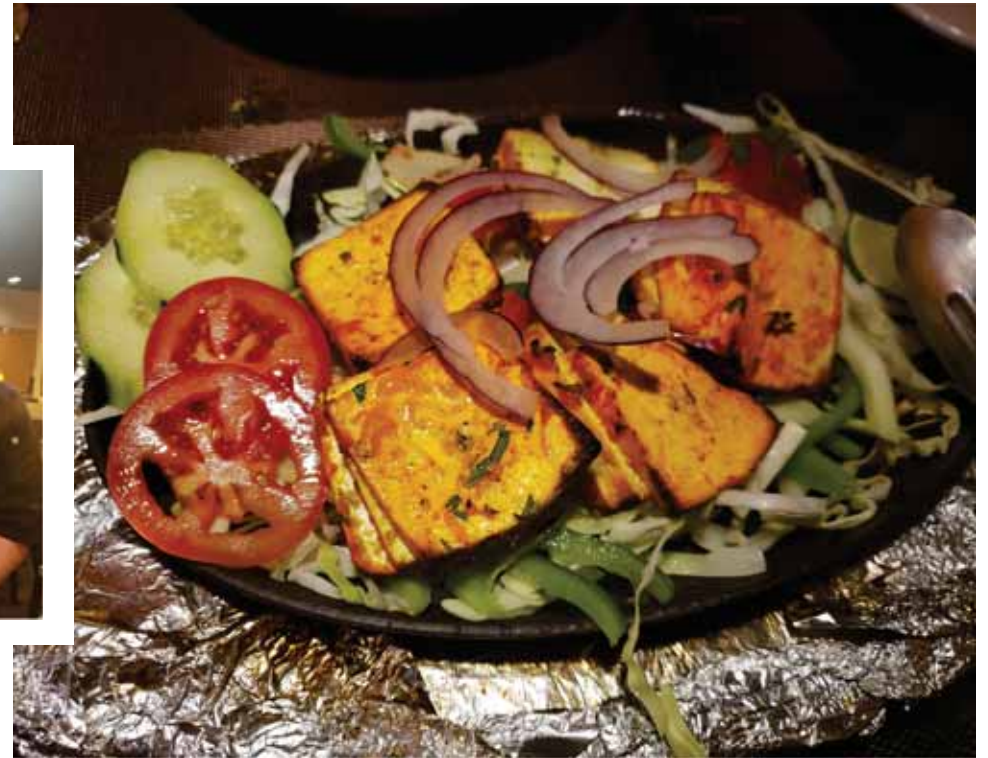
By Satish Kosuri
satishk@azindia.com

Among the 80+ Indian Restaurants across Phoenix, here we are talking about one of the best local non-vegetarian restaurants, which has been successfully maintaining its standard and top rank on this arid land of the USA, better known as the Valley of the Sun. Full marks for guessing it correctly, it IS everyone's most preferred restaurant, **Chutneys Indian Cuisine**.

If you are in Phoenix and are looking for fine-dining restaurants, then look no further because one of the most popular eateries known for its consistent food with high quality and flavor, the **Chutneys** in Tempe is super equipped to cater to all your food cravings. This is one food junction upon visiting you are bound to encounter familiar faces from the Indian community making it the most popular food rendezvous.



Valley Resident
Tarun Chopra spotted
with Chef Ankit



1

FIRST IMPRESSION, THE BEST IMPRESSION

A very simple yet **eye-pleasing and aesthetic decor** you'll find immensely welcoming. The **dim lightings** will give you a homely feel. **Less noisy environs** and very well maintained interiors considering the years they are running this restaurant. Take note of the presentation of the dishes. Even if it is a mere \$3 dish, it is dispensed in the most artistic way.

2

MASALA SODA IS A BOMB

Do not leave the restaurant without tasting their **Masala Soda** which is a **Bomb**. You can call it their specialty where the carbonated drinks, including the Nimbu Soda, is sprinkled with appetizing masala, enhancing their flavor, making them the most refreshing drinks for you. The same goes for the **Masala Papad**. A layered snack that attracts everyone's fancy and palate equally.

3

THE OMNIFARIOUS BUFFET

The **most affordable buffet** you will find is right here. For a reasonably economic price, the buffet comes with an amazing **20+ items**. You'll find on your buffet platter Fish/Chicken/Lamb/Shrimp Curries & different kinds of Biryani. It is the **only restaurant** in the Valley that will serve you the **Roomali Roti**. When in Chutneys you are in for best quality and large varieties.

4

THE CHOSEN PLATTERS

Any foodie who has been to **Chutneys** will highly recommend the following platters - **Paneer Paratdar Tikka, Tandoori Malai Broccoli**, Of course, their signature **Rumali roti** to go with **Saufiyani Kofta Curry**. Before you ask for the checktry their more than half a dozen desserts especially **Gulkand filled Gulab Jamun, Kulfi, Ras Malai, & Gajar Ka Halwa**.

5

LAKHNAWI FOOD FESTIVAL

Recently experimented with a fresh idea - the **Lakhnawi Food Fest**, organized along with the screening of **Ayushmann Khurrana** starrer, **Article 15**. The food fest, having many favorite dishes of the actor, turned out to be a thumping hit and to such an extent that many a Lakhnawi dishes got added into the restaurant's regular menu because of mass request.



Lakhnawi Food Festival was something special as most restaurants strictly would not alter menus because the chefs are not always too flexible or adaptive to newer recipes. Taking a cue from this smash-hit first attempt, they planned an **Andhra Food Festival** along with the release of Telugu movie, **Dear Comrade**. So, it's time to relish dishes from the incredible Andhra Chicken Biryani to Chepa Pulusu and from the very basic Pulihora to everyone's favorite Pesarattu.

Chutneys is a classic restaurant known not just for their savory food but also for the suave and deferential treatment you receive making your dining experience special and contented assuring many return visits.



*What probably
happened*



Modi: Hello Donaald!

Trump: Yo, Mo'!

Trump: (Turning to press reporters) I was gonna call him "Narendra" but Modi is so much easier. And then I thought, hmmm, "Mo" is even better than "Modi", and rolls off the tongue, just rolls off. "Mo" is better than "Narendra." Narrrrrrrendra! Sounds like one of those big beautiful motorbikes revving. Narrrrrrrrrrrennnndra!

Modi: (blinking and speechless, and slightly red in the face) ...

Trump: So what's up, my little man?

Modi: I ... what?...

Trump: So what do you to relax?

Modi: I ... work. All the time...

Trump: See, that's the problem. You need to relax a bit. What do you do to relax?

Modi: I ... er.. meditate. Very important to meditate. You should meditate

Trump: You want me to mediate?

Modi: Not mediate...Meditate! Meditation!!

Trump: Mediate-meditate, tomato - tomaato, potato-potaato, it's all the same. So where do you wanna meditate-mediate?

Modi (wiping brow with large handkerchief): It is best to meditate in a beautiful place

Trump: Like Kashmir?

Modi: Er.. yes...

*

The rest, as they say, is breaking news.

Tonopah, AZ is located on I-10 just west of Buckeye, AZ, in Maricopa County, on the way to California. Maricopa is the fastest-growing county in the U.S. for third year in a row (AZCentral.com, April 2019)



INVEST IN DODANI DIAMOND CITY



**TONOPAH
ARIZONA**

DodaniDiamondCity.com

Joe Dodani calls Tonopah, AZ A Diamond City, Why?

- Bill Gates Invested 80 Million dollars and is proposing to build a Smart City.
- I-11 highway connecting Arizona, Nevada Canada and Mexico is proposed to go through
- Lots of Opportunity Zone land is located
- Biggest Solar Plants in the country are located
- Current land investment is equivalent to converting to diamonds in the future.

Who is Joe Dodani?

- His Clients call him "Land Guru"
- Specializing in Land in Tonopah, AZ for over 15 years
- Certified Land Sales Expert (CLSE)
- Certified Negotiation Expert (CNE)
- Winner of Prestigious Chairman's and Presidents Awards with RE/MAX

Join Joe Dodani and his investors with monthly lunch and learn sessions on investing in land. Schedule a tour to visit Tonopah with Joe Dodani.

You owe it to yourself to at least learn about investing in land and see if it can be part of your diversified investment portfolio.

For more information please contact:
Jawahar(Joe) Dodani
Associate Broker
480-200-7127
Joe@DodaniDiamondCity.com



Agents are welcome to contact Joe Dodani and find out why EXP Realty is the best company to join.

media partners



in association with your wedding + all travel expert



DB LUXURY BRIDAL EXPO - PHOENIX

SUNDAY // SEPTEMBER 22, 2019 // 11AM - 5PM



ARIZONA GRAND

RESORT & SPA®

8000 S. Arizona Grand Pkwy, Phoenix, AZ 85044

Register Online for **FREE** admission

for booths + sponsorships + more info

602.770.4066 / DBexpos.com

\$5 @ the door



weddings by



CHATEAU LUXE
EXCLUSIVE VENUE



DESIGNER FASHION SHOWS

ROHIT VERMA

Indian American Bollywood
Fashion Designer

FRONTIER HERITAGE

Premium Ethnic
Designer Shop

in association with your wedding + all travel expert



Sale of the season is here
December Travel Special
Upto **35% OFF**

WWW.TRAVELOPOD.COM

CALL 24/7 FOR EXCLUSIVE DEALS // 1-800-783-1158