



AZ india TIMES

FEEL AT HOME



September 2019 Vol.21 No.3

COMPLIMENTARY

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A Genie That Spelled Magic In Phoenix

One of the best-known tales from **The Book of One Thousand and One Nights (The Arabian Nights)**, **Aladdin and the Magic Lamp** has won the hearts of its readers since time immemorial. A street urchin named Aladdin who falls in love with Princess Jasmine becomes friends with a wish-granting Genie and together the three join hands to save the kingdom of Jasmine's father from the evil magician Jafar. This magical tale has been told and retold in several versions through children's tales, animated series, movies, etc. This time the story comes to us in Phoenix as a Dance Musical presented by the **Rhythm Dance Company**.

Phoenix lauds Ms. **Rupa Narayan** of Rhythm Dance Company for bringing such a fantastic show to Phoenix. A grand production with awe-inspiring settings, splendid designs, and superb sound and lighting were the telltale signs of a successful show. One thing has to be kept in mind that the success of

TURN TO PAGE 3

An Auspicious Beginning

The groundbreaking ceremony of **Shirdi Saibaba Temple Arizona (SSTAZ)** is going to happen on **September 8th**. The construction of the new temple building of Shirdi Sai Baba will commence on this day at **17042 N 17th Ave, Phoenix**, which is about a couple of miles from the current temple location. The new temple will open its gates in 2020 to all devout Phoenicians who have been waiting for this auspicious day for the last couple of years. The spirit of the saintly Fakir will come to Phoenix to his permanent abode which will be decorated and waited by hundreds of his devotees to welcome him with utmost devotion. The new temple will provide a spacious environment for the devotees' spiritual experience, with a **large prayer hall**, dining room and kitchen, meditation hall, and ample parking space, along with Baba Dhuni and Shirdi-like Gopuram (Phase 2). The construction will be done in phases, with the major portion expected to complete in **9 to 12 months**. All are cordially invited to attend this auspicious event and be a part of the celebration.

Dressed To The Nines

By Neha Mallik

LIFT or the Luxury India Fashion Tour on August 10 last month was extremely well attended despite the day being a busy Saturday in Arizona. Glam Entertainment deserves accolades for hosting such a spectacular Fashion exhibition in the Valley. But all the credit goes to the organizer Neha Mallik's efforts who succeeded in bringing such high profile designers like Neeta Lulla to Phoenix. Several families met Neeta Lulla, who was the anchor of this Eight designers' presentation, for special private consultations for upcoming family weddings or other milestone events. Plans are being made to bring designers to Phoenix twice a year so Phoenix families don't have to go elsewhere to shop.

Neha Mallik also had the opportunity to interview this famous Indian fashionista for AZIndiatimes.

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COMMUNITY ROUND-UP

A Genie That Spelled Magic In Phoenix

... from Page 1



the show completely depended on the long days of its preparation, practice, and persistence.

Aptly titled, **Aladdin - Ek Anokhi Prem Kahani** the show was performed at the **Tempe Center For The Arts** on Saturday, **August 24**. The performances of the dancers captivated the audiences of the packed hall throughout their 90 minutes presentation. In their 5th anniversary year, this unique Bollywood concept which turned out to be a great show entirely because of the great dances and extravagant costumes.

As expected the highlight of the show was the lead actor **Nivea** who played Aladdin, her dances and the exuberance she evoked fascinated the audience all the way through the dance drama. As the main anchor of the show, her liveliness, facial expressions, flexibility, energy level were totally out of the world. It would not be incorrect to say that Nivea's performance as Ali was one of the best dancing performances we've witnessed in a long long time in Phoenix.

But totally capturing the spectators' curiosity as well as affection was the high-spirited and phantasmal Genie. Played by the father of Nivea, **Mahesh Krishnan**, our capering and cavorting Genie was undoubtedly ten times better performer than the Hollywood actor in the Disney's namesake recent release. It can be easily said that if anyone did justice to Genie's character till date, then it is him. The father-daughter duo effortlessly carried the whole show on their competent shoulders. Their mastery over dance, dexterity, and creativity will be something that is going to stay forever in the minds of the 300 plus audience that came to watch the show. Watching them on stage was sheer joy and blessed are those who were able to experience such a stellar presentation of art



and aesthetics. **The only question is, can we have more and more of such performances by these two ace artistes in near future?**
Verdict of Phoenix: Bravo! Rhythm Dance Company!



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IN BRIEF

The razor blade is sharp but can't cut a tree and the axe is strong but can't cut the hair. Everyone is important according to his or her unique purpose. So never look down on anyone unless you are admiring his shoes.

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EDITORIAL

The political turbulence that Indians felt in the month of August was because there has been an effort made to scrape clean the seven-decade-old moss which has embedded the body of Law and its moldiness had blurred vision and clarity of many. The annulment of the temporary provision of Article 370 which was brought in to the act in the year 1954 through special Presidential order and rendering the bifurcation of J and K into two Union Territories thereby taking away the privilege of enjoying the permission to construct its own Constitution as well as scrapping 35A are clear signals from Modi Government that all states of India will now come under one flag and follow one constitution. After the success of Chandrayaan 2 and the criminalizing of Triple Talaq, it is slowly becoming clear that Modi 2.0 is here to perform and transform.

Considering himself the 'Chosen One', the POTUS takes on China in trade mentioning that it was something that many of his predecessors failed to do. His 'Messiah Complex' was somehow not taken well by the citizens including the Republicans. However, this trade war has created jitters in the stock market hinting at a probable recession. Whether or not he will cut in the payroll tax, the economy is very much in need of stimulation. The President who had walked out early bringing an acrimonious end to last years Canada Summit, attended the annual G7 Summit in France last month where leaders of six other nations of France, Britain, Canada, Germany, Italy, and Japan discussed equality, education, environment and democracy with him.

Scenic September

Life Of Pi: Words of the storybook changed into beautiful visuals. Where will you find such a majestic transformation other than a show presented by **Fine Arts Association of Arizona**. Ready for such a visual treat? Then you must visit **Tempe Center of Arts at 3 PM on September 22**. You've read Yann Martel's novel **The Life Of Pi**. You've also watched its motion picture remake. Now is the time to watch the Bharatanatyam avatar of this best-seller. Don't miss such an aesthetic extravaganza. A never before show of music, art, beauty and finesse.

Bollywood Musical Night: The omnipresence of Music in Bollywood which is popularly known as the Hindi Film Songs has a never ending effect on our lives. The soulful songs of Kishore, Rafi, Mukesh, Lata, Asha, of the bygone years are still miles ahead of today's 'munnibadnamhuui' and 'Sheila kijawani'. So much so that remakes and rehashed version of these oldies are being played today in movies. To bring back the 'Old is Gold' sensation, **Sewa International USA - Phoenix** welcomes all for a Bollywood Musical Night at the **Mesa Arts Center, Piper Repertory Theater** on **Saturday, 21st September, 6 PM**.



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

Tarantella

I. We waltzed
in the December grove --
back in California

Do you remember?

I swung my hand in yours
on our brisk jaunt
barefoot

We plucked the bark
and skipped
over the red fallen carcasses
of Palm trees

II. What?
The silver flute speaks

We should sit snug in a
chamber
the hollow of a cello

Inside we will sing the
truths as lively sprites
Inside we will spirit the
poet and make bald our
secret rites

Inspired by the program of the Chamber Music Ensemble on March 22, 2017 at the University of Manitoba including Six Barefoot Dances by John David Lamb, Revolution by Marc Mellits and Tarantella by Saint-Saëns.

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



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My computer could be more encouraging. You know, instead of "invalid password", why not something like, "Ooooh, you're so close!?"

Will technologies end disabilities?

Hari Gottipati
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Adrienne Haslet-Davis is a professional ballroom dancer and dance instructor who lost her left leg in the Boston Marathon bombings. However, with the help of a bionic prosthetic ankle developed by **Hugh Herr**, head of the Biomechatronics group at MIT's Media Lab, she was able to learn to dance again. *"In 3.5 seconds, the criminals and cowards took Adrienne off the dance floor, in 200 days, we put her back [on the dance floor]"* Herr said during the TED2014 conference in Vancouver. At the end of his talk, Adrienne took the stage and carried out a rumba routine with her bionic ankle. This is an example showing that technologies can end the disabilities.

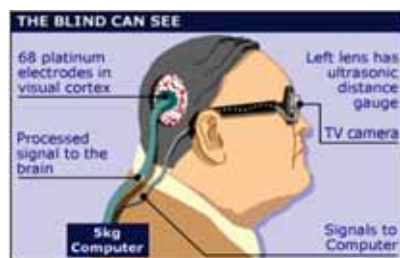


Adrienne Haslet-Davis Performing for the first time after Boston Bombing
Picture source: google

Continuation to last month's article **brain computer interfaces** (BCI), this article explains how other BCI interfaces are helping disabled people.

Dobelle Eye

Dr. William Dobelle was a biomedical researcher who worked on bringing limited sight to blind people. A brain implant developed by Dobelle allows to film the visual field in front of the camera and transmits it to the brain's visual cortex via attached electrodes. Invasive surgery is required to attach the electrodes from outside into the brain. Dobelle has spent more than 30 years on this technology and in 2000, he received wide publicity when a blind patient named Jerry regained his vision. By wearing spectacles equipped with a camera and an ultrasonic rangefinder, it can feed video to a small device worn on the waistband. This device processes the video and sends the data to 68 platinum electrodes implanted on the surface of the visual cortex in wearer's brain. This allows them to see the outlines of images in the form of white dots on a black background.



Picture source: google

Muse Headband

Meditation is getting popular as people look for ways to release their stress and stay healthy. **Muse** is a consumer-friendly EEG (electroencephalogram) brain-sensing headband which makes you aware of brain activity and trains your brain to

meditate via audio and video cues such as sound waves. It's a device that you put around your head and it is equipped with five sensors – three on the front of your forehead and one behind each ear. The device taps into the electromagnetic waves released by the brain and shows the activity in an accompanying mobile app connected to the band via Bluetooth.

The headband helps you to reach a relaxation state by playing different sounds to you while you meditate and the app shows the progress in remaining.

The app also plays the sounds to indicate the state of your mind. When you are in a relaxed state you can hear the sound of birds and when you are in a state of stress you can hear storm sounds. While it is possible to meditate with no sounds and track the progress, you can also choose the environment you would like to be in. For example, you can choose to hear wind in the desert, waves on the beach, or rain in a



Muse headband. Photo courtesy: Muse

forest.

Other gadgets like **Spire**, **Melomind**, and **Thync** compete with Muse in meditation space.

Emotiv Neuroheadset

While Muse headband is designed for a niche use case i.e., meditation, **Emotiv** is a generic EEG headset with an SDK (software development kit) to build your own applications. It caters for research, enabling a broad range of applications including Neurotherapy, Biofeedback, and BCI. Its flagship product EPOC+ uses 14-channel EEG to record the brain activity along with 9-axis motion data and comes with a two-tier SDK – free and premium. The **Emotiv EPOC** community has 70,000 developers across the world developing a wide variety of applications based on brain activity.

Emotiv also has a consumer headset called Insight. It used 5-channel EEG and it is designed for individuals to understand and improve their brains.

Neurosky

Neurosky manufactures many BCI technologies in education, entertainment, automotive and health fields. It leverages EEG and EMG (electromyography) and produces low-cost devices. It has a device called **MindWave** and it costs \$99 making it one of the least priced EEG in the world.



Emotiv EPOC+ headset. Photo courtesy: Emotiv

Neurosky has a research product called **MindKit Pro** which allows others to research and develop applications. It also sells non-contact sensors which can measure brain activity by simply placing them on the hair.

Neurowear is a Japanese company that focuses on **Augmented Human Body**. Its first project, known as **Necomimi** is an EEG headband that turns motorized cat-shaped ears up or down based on the wearer's thoughts and emotions. It is based on Neurosky's MindWave brain wave sensor and turns up ears when the wearer concentrates and turns down when relaxes. This product was part of Time Magazine's 50 best inventions in the year of 2011.

Future

Neural Signals is developing a technology to restore speech for disabled people by displaying wearer thoughts on a computer. The software on the computer can speak the words out. A deaf person can hear by transmitting the auditory data captured by a sound device to the brain via electrodes attached to the auditory cortex of the brain. Japanese researchers developed a BCI that allows the user to control their avatar in the virtual world using the brain. Indian scientists are working on a brain-controlled robot to help disabled people. Experiments showcased paralyzed people can compose and play music with brainwaves.

With the fundamental advancements in bionics and BCIs, technologies will bring life back to many people who are disabled by injury or disease in the body as well as the brain.

"We the people need not accept our limitations but can transcend disability through technological innovation. Indeed, through fundamental advances in bionics in this century, we will set the technological foundation for an enhanced human experience, and we will end disability" – **Hug Hurr**

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.

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COMMUNITY ROUND-UP

The Nite of Freedom

~~Sandese aate hain, hamein tadpaate hain, Jo chitthi aati hai, woh poochhe jaati hai,~~

~~Ke ghar kab aaoge, ke ghar kab aaoge~~

The **Sandesa** that Independence Day of India brought on a bright Saturday afternoon of Phoenix in mid-August at the **Arcadia High School** was enough to make everyone long for their motherland and the relations they have left behind the **Saat Samundar Paar** in India.



Like every year **India Association of Phoenix** celebrated Independence Day with patriotic fervor and enthusiasm. The popular event of **India Nite 2019** was solemnized on the weekend of **August 10**. The afternoon programs began with great gusto coming from the youth brigade of the Desi community. From Check-in to Check-out, everything was handled efficiently by these dynamic youngsters. Maximum footfall was seen at the kids' section which was teeming with sparky little fellas engaged in a variety of kid activities charted out exclusively for their entertainment. **Photo Booth**, as usual, was one of the primary attractions. Decorated with the Tricolor flags along with the fluttering Stars and Stripes, the photogenic purlieu i.e., the Photo Booth became the haven of selfie-takers.

The venue **Arcadia High School** had been filled with a crowd mostly of students and their parents and friends. The Chief CIO of Honeywell was the chief guest of the 73rd Indian Independence Day function. The current IAPHX Board including its President



Babu Raman and **Venkat Kommineni** worked relentlessly in organizing the event. The performing group which came specially from Tucson deserved commendation for presenting a special program through which they paid homage to the martyrs who laid down their lives for the country's honor and freedom.

The colorful events included dance performances by 30 students who expressed their proficiency through different dance forms. Very competently organized by the community dance group **ABCD**, this well-organized performance won the hearts of the audience. A very worthy performance and the highlight of the event was the beautiful rendition of **Vande Mataram** by six members from **Sangeetshri School of Music**. An admirable performance in a mixed dance form by nearly ten



performers flaunting the main Odissi dancer in the middle was a treat for the eyes. Dressed in white, green and saffron the dancers performed to the patriotic song which had wordings from most of the major Indian languages.

Garavi Gujarat



From the days of Narsing Mehta and Baiju Bawara Gujarati music has greatly influenced the music lovers across India. So much is its effect that the reverberation of its melody could be heard in the midst of the arid land of Arizona. As recent as last month, the Phoenix Valley was ringing with the sounds of **Gujarati Dayro** presented by the Internationally famed Indian folk artist and **Gaurav Puraskar** recipient, **Sairam Dave** at the **Moon Valley High School**. The humorist was not alone initiating the **Jalso** on **August 11**, there were five other renowned musicians who brought about a melodious ambiance for more than three hours enthralling the audience with their classic folklores, Kathiawadi style music, delightful comedy melody, and captivating country music.



The show organized by the **Indo American Foundation of Arizona** and **Gujarati Cultural Association** saw sizeable attendance from the Community especially the Gujarati speaking members. **Sudhir Kalra**, the President of Indo American Foundation of Arizona and **Nilesh Modi** of Gujarati Cultural Association were seen among the guests. The spectators at the lobby seemed to be enjoying to the hilt by dancing to every peppy song that is being sung by the Kathiyawadi born musician and his team of singers. The fundraising event of the **IACRF** and **GCA** which also witnessed active cooperation by the seniors club turned out to be a successful one. The ticket buyers who came to watch the poet and writer of the popular book "**Sairam Na HasataAkshar**" had a memorable evening filled with loads of comedy, jokes, **saras sangeet** as well as a hearty meal at the end of the program.



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Scenic September

Ganesh Chaturthi Celebrations: Maha Ganapati Temple of Arizona will worship the Lord of all Beginnings, Lord Ganesha throughout the first week of September. The **Brahmotsavam** which began on August 31 continues until **September 7th**, the day of Nimajjan. **September 1** begins with Brahmotsava Maha Sankalpam, Kalasa Sthapanam and Avahanam of 16 forms of Maha Ganapati along with other rituals followed by **Kala Srushti Music Festival at 4 PM**. Next day on Monday, the **Ganesh Chaturthi parva** will be observed with Shodasa (Sixteen) Dhavya Abhishekam for Lord Maha Ganapati. On Saturday, **September 7** following various ceremonies **Sri Maha Ganapati Visarjan (Nimajjan)** and Viswaroopa Ganapati Procession will begin at 1 PM. At 3 PM with **Kala Srushti Music Festival** the grand festival will come to its culmination.

DB Phoenix 2019 - Luxury Bridal Expo: An international exhibition which showcases ageless beauties in the form of jewelries and ensembles invites all ageless aestheticians who cherish and value the things of beauty at **Arizona Ballroom** this Sunday at 1100 hours to get a thrill out of the perfect setting which includes many more tempting distractions you can't say no to. Singles, engaged, married - an event for everyone. Bring your whole clan and get bewitched by **Dulhania Bazaar's** bountiful presentations. Thanks to Dulhania Bazaar for making a dream come true for Phoenixians who will be able to access world class quality Bridal accessories at the **DB Phoenix 2019 - Luxury Bridal Expo** on **September 22**. A great opportunity to do wedding shopping from hundreds of visiting dealers and tradesmen around the world at the same time enjoy a variety of freebies and fashion shows to make your Sunday a special one. Free admission if you register online.

Arizona Malayalees Onam 2019: Who doesn't know the legend of king Mahabali? Every year at the time of Onam or the Rice Festival, the spirit of the king visits his devotees who celebrate the rituals such as Vallam Kali (boat races), Pulikali (tiger dances), Pookkalam (flower arrangement), **Onathappan** (worship), **ThumbiThullal** (women's dance), Kummattikali (mask dance), **Onathallu** (martial arts), Onavillu (music), **Kazhchakkula** (plantain offerings), **Onapottan** (costumes), **Atthachamayam** (folk songs and dance), and others. Arizona Malayalees too will partake in this festival at the Indo-American Community Center on Saturday, September 7 at 10 AM. Come and enjoy the festive special **Onasadya** on September 7.

CONFLUENCE - Classical Music: A portal into our history, Classical Music is our framework for contemporary entertainment and a tool for brain power. Organized by **Service Place** the **Chowdhury Residence** will be transformed into a confluence of Classical Music where stalwarts from the Hindusthani Classical instrumental - Shri **Jesse Bannister** on Saxophone, Shri **Prateek Shrivastav** on Sarod and Grammy nominated **Pt. Subhen Chatterjee** on Tabla will come together for a concert in Phoenix on **September 20th 2019**, Friday.

Darpan Festival: Note down the date and time, Friday, **September 20** at 6 PM and Saturday, **September 21** at 4 PM you should be at ASU Kerr Cultural Center to attend the **Darpan Festival** organized by **Phoenix Gharana School of Indian Arts** which will bring together seventeen musical pros at one place to celebrate the occasion of **Guru Purnima** with **Sur** and **Taal**. The second biggest festival of Arizona and Southwest USA is coming to Phoenix for you. Time to reserve your seats for this greatest musical extravaganza.



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11 Mighty Ways of Highly Effective Teens

Think Win-Win

Nikhila Basana,
Senior at BASIS Peoria



Do you constantly compare yourself with others? Do you feel intense jealousy every time you see others succeed? Or are you constantly letting other people walk all over you? If you answered 'Yes' to any of the above, you likely don't have the right mindset to succeed in life. Developing the ability to think **Win-Win** can help you and the people around you win big in life.



To be able to think Win-Win, you must first learn to overcome the other three limiting mindsets:

1. Win-Lose

In this mindset, you want to win by rooting for the other person to lose. This approach, which is far too common in our competitive world today, causes you to envy others' success or use other people to get ahead. However, you are not only losing your peace of mind in the process, but setting yourself up for failure by not reaching your full potential. When I first started participating in Speech and Debate tournaments, as I went through the various rounds, I would often tell myself that all I needed to do was be better than the worst people in the room, and I would have a good chance of making it to semifinals. However, this thinking only hindered me, and my breakthroughs came only after implementing Win-Win strategies.

2. Lose-Win

The Lose-Win mindset involves letting others win, albeit at your own expense. Now, it's alright to let your friend or sister win small arguments, like who will clean up after the dog. However, letting other people step all over you and win bigger issues without forming compromises only causes you to harbor resentment against them. Even caving in to peer pressure is a form of this behavior, as you let others gain control over your own actions. This not only hurts you, but also impacts your relationships.

3. Lose-Lose

"If I can't win, then I'll make sure no one else does". This mindset is often the result of two Win-Lose personalities competing with each other to win at any cost. The end result is ugly, and no one benefits.

Once you identify yourself with any of these three harmful traits, you need to make a conscientious effort to adopt the most valuable and rewarding mindset:

4. Win-Win

With this mindset, you are genuinely wishing success for other people instead of conspiring against them. You lift others up, contributing to your own success as well.

Two factors that often come in the way are **competition and comparison**. Competition is prevalent in all areas, whether vying for a spot on the basketball team or applying to colleges. While that spirit fuels high performance, it is only healthy when you compete against yourself and don't use it to compare with others to determine your self-worth.

One of my friends always complains how the students at her school compete with each other for the highest GPA or the most AP classes, and how this contributed to a toxic environment where everyone was constantly jealous of one another. This kind of obsession about being the smartest or prettiest or most athletic person in your school only hurts your confidence and mental health.

So how do you adopt the Win-Win mindset? Start small- congratulate the winning team when you lose a game, find a role model who embodies this idea and emulate their behavior, or prepare for a competition with your friend, even if they are your competitor. In the end, a Win-Win spirit is contagious, and it contributes to a high performing and amiable environment. Through these small habits, we can all grow to become the best version of ourselves!



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.



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Women's Equality And The Right To Vote - Aren't They The Same?

By **Dianne Post**,
Attorney serves on the ERA Task Force, AZ
postdlpost@aol.com



Part I



When the U.S. Constitution was written in 1776, many people were left out. **Abigail Adams**, wife of **John Adams**, reminded him as he left to draft the constitution not to forget the ladies because men will be tyrants if they can and women will foment a revolution if they are forgotten.

Women were not mentioned during the convention. Indians were deliberately excluded since they were not citizens. Blacks were discussed and ended up being counted as three-fifths of a person so that the South would have more representation and receive more federal dollars.

Constitutional amendments were necessary as time and the country changed. The first ten amendments, The Bill of Rights, were rapidly added as people feared the federal government had too much power. So those amendments enshrined in law the freedom of religion, speech, the press and the right to assembly and petition; the right of a militia to bear arms; no housing of soldiers in private quarters against the will of the owner; procedures for search and arrest warrants; rights in criminal and civil cases; right to a fair trial, proscriptions on bail, fines and punishments; and a promise that the people retained all other rights.

Other amendments were added up to the 27th that was passed 202 years after its first introduction. In the Fifteenth Amendment voting rights could not be denied

to former slaves but the Fourteenth Amendment limited that to male inhabitants over 21. Though the Fourteenth Amendment said that states could not abridge the privileges or immunities of citizens of the United States, the court found that while women were citizens, they did not have the right to vote under state law and since voting was state regulated, states could deny women the right to vote. Though the Fourteenth Amendment also said that states could not deny any person the equal protection of the laws, the courts refused to apply that to women. Corporations were covered under the Fourteenth Amendment equal protection language in 1889. But it was not until 82 years later that women were covered.

Women mounted a campaign from 1848-1920 to guarantee the right to vote. The 19th Amendment granting women suffrage was finally passed into the Constitution 99 years ago. Native Americans were not allowed to vote in U.S. elections until 1956 when they were declared citizens. Blacks were not allowed to actually vote until after the Civil Rights movements in the 1950-1960s.

So why isn't that enough? Equality encompasses far more than just voting. It requires equal opportunity for education and employment; equal treatment in medical care, housing, banking, etc.; and it requires equal application of laws, rules, and regulations that impact our daily lives from when and how we can drive to what chemicals are found in our food to how clean our water is. Voting is not enough. All people need equality under the law if we are to truly have a democracy in which all persons are equally valued.

<https://www.equalrightsamendment.org/history>

To Be Continued...

Dianne Post received her J.D. from the University of Wisconsin in 1979. She was a family lawyer in Arizona for 18 years, before beginning a career in international law. On the international level she has worked with and for the U.S., O.S.C.E., and the U.N. in places as far flung as Russia, Mongolia, Algeria, Cambodia and Kenya. Locally she is on the steering committee of the ERA Task Force AZ, the facilitator of the Central AZ National Lawyers Guild, and treasurer for the Central Phoenix National Organization of Women as well as on the Board of the Maricopa County NAACP and the Secular Communities Board.

Us and Them

When I was very young, one day I heard my parents discussing something about America, after listening to Voice of America news, my father was almost addicted to the radio. So I asked what the matter was and they told me that this time a farmer had been elected as the President, that is, the equivalent of a king. I was stunned because the picture of a poor, dirty, half-dhoti-clad old man came to my mind. How can he be a king? My parents laughed and explained the difference as best as they could. Later they showed me the pictures of a golden-haired Jimmy Carter with mom Lilian Carter on a tractor. Some farmer, millionaires!

Kaumudi Bhuyan, Lives in Guwahati, Assam

Ramprasad – The Valiant Elephant

Most of us know about the great ruler of Mewar Maharana Pratap and his affection and love for his blue eyed horse Chetak. But not many of us know that he shared the same camaraderie for a war elephant named Ramprasad. This elephant named Ramprasad was Maharana's favorite and a fierce fighter and had fought a lot of battles for the Rajput king. In the battle of Haldighati where Maharana's 22000 soldiers faced the might of 2 lakh plus Mughal army, this elephant played a very important role in holding the Mughal army and his fury created havoc in the Mughal rank. Raja Mansingh, the head of the Mughal army has to deploy 7 elephants and 2 gallantry units just to capture this brave elephant. After this battle resulted in the victory for Akbar, this elephant was renamed Peer Prasad by the Mughals, but the elephant refused to eat or drink in the Mughal camp. The elephants grit and resolve was so high that the Mughals were not able to tame him. The elephant died 18 days after the battle of Haldighati due to its refusal to eat and drink. This is another example of unbelievable friendship and loyalty shown by an animal.



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Resting my head on Grandpa's lap on a swing with the moonlight shining through the courtyard and listening to the stories of valiant warriors with superhuman powers, weapons that could vanquish entire armies, kings consumed by greed and more... The gentle voice of grandpa or *thatha*, as we called him, would rise and fall with the action in the story. Whether he was regaling the exploits of Bhima as he emptied the food in the palace kitchen or the epic battle between Karna and Arjuna, he brought his unique flair to the story that made it real for us grand kids. The years of lore before the proliferation of television, smart phones and video games were indeed rich in ways that cannot be matched by technology.



Why did grandpa tell us stories of the *Itihasas* and *Puranas* instead of superhero tales or Greek epics like the Iliad or the Odyssey? After all, he was an avid reader and could recite Shakespeare as effortlessly as he could the verses from the Gita. Through

millennia, *Bharatavarsha* has thrived on the oral tradition passed on from (grand) parent to child and *guru* to *shishya*. The *Puranas* and *Itihasas* helped develop strong morals and taught kids ways to cope with life and the inevitable challenges it posed. Do you stand up for truth and justice or take the easy way out? Do you speak truth even if it means you will face adversity or will you lie and cheat to get ahead?

Were our *Puranas* and *Itihasas* mere mythology or was there more? Let's see what these words mean. The *Itihasas* served as a historical documentation of events where the writer was present and witnessed the events that occurred. The *Puranas* were commentaries or retelling of a historical event, narratives on various topics including philosophy and geography, stories of kings, sages and deities. The most famous of the *Itihasas* would be the Valmiki Ramayana and Vyasa's Mahabharata. Tulasidas and Kamban's Ramayana, *Skanda Purana*, *Shiva Purana*, and *Garuda Purana* are fine examples of *Puranas*. The *Puranas* served like an encyclopedia of knowledge for the people and the study of the *Itihasas* and *Puranas* helped develop the moral fabric of the nation and kept the society together. With the passing of time, families became more splintered and the study of *Itihasas* and *Puranas* were discouraged in schools and replaced by fairy tales and foreign mythology. Our children became more



familiar with the Greek gods and Roman emperors than the Kingdoms of Hastinapura and Ayodhya. The thread that held society together began unraveling and now we are faced with the reality that the Ramayana and Mahabharata are considered folklore and mythology though historical evidence points otherwise.

This is why it is heartening to see a gradual revival of the study of the Mahabharata and Ramayana by organizations in India and even here in the valley. Even as I type this, children and teens are preparing to take a quiz to demonstrate their mastery of the Mahabharata conducted by the Hindu Swayamsevak Sangh. **Shri Pradeep Avadhani**, one of the organizers for the **Heritage Bee competition** said that there is still time for kids and teens to register and participate in this competition. Shri. Avadhani says this competition is one way to instill pride, teach morals and teach about the grand history of India.



It is not just the competition aspect that is heartening; it is the connection to the fabric of Indian heritage that is special. A strong connection to one's ancestry becomes an anchor to our youth and keeps them grounded and connected to Bharat. Without an anchor, it is easy for the youth to get adrift and lose their identity. The term "*Confused Desi*" takes on real meaning when there is no anchor. Thanks to the organizations that promote the study of the scriptures and puranas here in the valley, our children and youth have a strong connection, maybe even stronger than children growing in India. As the influence of India spreads further, may the values taught in the *Itihasas* and *Puranas* spread worldwide and assert *dharma* in the world.



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लोके सज्जनषट्पदैरहरहः पेपीयमानं मुदा
भूयाद्भारतपञ्कजं कलिमल- प्रध्वंसिनः श्रेयसे ॥

May the spotless lotus of the Mahabharata, born in the lake of the words of Vyasa (Son of Parashara), having many stories as the stamens, which blossoms by the discourses on the divine stories of Sri Hari, which is quaffed daily with pleasure in this world by saintly individuals who are like nectar seeking honey bees from the fragrance filled Bhagavad Gita which is also the destroyer all the sins in the Kaliyuga. May this lotus of the Mahabharata bestow on us the highest virtue!

Checkout the registration link: <https://tiny.cc/heritage2019>



Healing Beyond Medicine

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

Mindful Living

By Dr. Ashish Sachdeva
asachdeva@pinnaclecareaz.com



In a very real way, the stories we tell ourselves inside our own heads change what and how we see our lives. This "self-story" is a collection of beliefs that ultimately make us what and who we are. It lays the foundation for every action we take or don't take in life. And a sudden "wrong turn" of thinking can point us down the wrong pathway in a heartbeat! So where do these false beliefs begin and how do we support and empower them?

... Misperceptions! Sometimes our perceptions of another's intentions are really misperceptions on our part and can be further compounded if we misread their actions and behaviors. What might it look like if you took a moment right now and thought about an instance or two in your own life when you may have "misread" someone's intention and actions. What if you truly thought it through and considered that perhaps your perception might have been a misperception ... how would that change the relationship and your feelings toward that person? The next question is "How can I now reach out and mend that relationship?". The best answer is usually the most simple - call them, send a note, visit them ... this little step might be a blessing to you both! Relationships based on truth are always worth preserving!

Rewriting History - As we look back on events and relationships, we might find instances where we've changed the truth and have "rewritten history" to both absolve ourselves of any guilt and responsibility. My encouragement is that you will take the time to revisit those times when you may have rewritten the truth. It's not necessary to absolve ourselves of guilt in life, but it is necessary to always seek the truth, take responsibility for our actions, make amends for our actions wherever possible, and then move on with greater freedom. Trust me, it's good for our souls.

We usually believe that failure is the end product, and starting over is not an option!

A mature thinker has failed more times than the beginner has even thought of trying! Behind every great exploration, invention or work of art is a hundred failed attempts. We don't think of the mistakes, failures and "breaks". I think the Chinese have a great way of seeing those "breaks" - when something of value "breaks", they frequently repair it with gold! And the gold makes the broken item more valuable! And how about the lessons we learn in playing chess? No one wins a game of chess by only moving forward, sometimes we have to move backward to put ourselves in the position to win the race! Think about how this relates to your own life. Life gradually teaches us that U-Turns are allowed. So turn around when you are on the wrong pathway! There's a big difference between giving up/giving in. What might seem like a horrible detour might end up offering us a great opportunity!

We believe that comfort is our final goal!

Are we too "comfortable" in our own "Comfort Zone"? Do we find ourselves reluctant to ask hard questions about our stories because of what we might perceive as a substantial disruption to our comfort zones? Do we then hesitate to ask "why? how? when?" Is our reluctance steeped in even more untruths? We are always competent, capable and able to embrace newness. Emotional discomfort in life, when accepted, rises ever higher in awareness, resilience and growth.

We believe that "There's always Tomorrow"

We all know that life is short, but do we really believe that? And if we do, why are we always surprised when someone we know dies? Isn't the truth that someday there really won't be a tomorrow? Are we wasting today by not telling ourselves the real story in our life? And embracing it? Living each day like it was our "last day"?

Let me tell you of a real incident in my office. 81-year-old Michael, a retired scientist at NASA, and his wife Marsha have been my patients for over a decade. That day he looked very different. Haunted defeated eyes which looked very prominent on a gaunt face, hair unkempt, a week's growth of scruffy beard. His scrawny physique and protuberant Adam's apple made it appear as if death had warmed over. His wife had already primed me about his recent disastrous initiation into dialysis and how he had made her life hell. He had convinced himself that this was the death knell and had gone into deep despair and had started making arrangements for his demise. I entered his room looked him in the eye and said "Michael you are not dying! Get to the barber today, get a haircut and a shave". I went on "I have patients on dialysis who live many years with no

problems". I gave him an example of another patient of mine, a war veteran, who did not want to waste

any time due to dialysis and would go every other day at 4 AM for the 3 hour session of dialysis, so that he would not lose out on any part of his day! "Get a haircut and a shave and report to my front desk every for an inspection!"

He smiled and I saw the glint back in his eyes. Promptly the next morning, my receptionist came to me with a perplexed look and said that there was a gentleman at the front desk saying that he was here for an inspection. I looked towards the front desk and found the Michael I had known. Bright and sprightly. Hair was cut and colored and he had a close shave as well! Marsha stood behind him with a smile and a glint of tears! Michael's "truth" was that his diagnosis and treatment of dialysis was the "end of the line" for him and his appearance, demeanor and outlook bespoke that "truth".

In closing, I'd like to add these words of encouragement ~

Promise Yourself ~

- To be so strong that nothing can disturb your peace of mind.
- To talk health, happiness, and prosperity to every person you meet.
- To make all your friends feel very special.
- To look at the sunny side of everything.
- To be just as enthusiastic about the success of others as you are about your own.
- To forget the mistakes of the past.
- To give every living creature you meet a smile.
- To give so much time to the improvement of yourself that you have no time to criticize others.
- To be too calm for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.
- To think well of yourself and to proclaim this truth to the world, not in loud words, but in great deeds.

The words are not my own, but the heartfelt feelings are truly mine.

- The Physician who promises to always cheer you on, Dr. Ashish Sachdeva.

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.

From Rags to Riches



Remember Kolkata's viral lady Ranu Mondal, a woman who made her living by singing at Ranaghat station in West Bengal, India. She was recently spotted at the railway station singing Lata Mangeshkar's famous song 'EkPyaar Ka Nagmaa Hai' and when the video surfaced on internet she became an overnight sensation.

Soon after the video hit the internet, netizens started praising Ranu for her melodious voice. She was even invited on sets of the reality show, *Superstar Singer* where one of the judges Himesh Reshammiya heard her singing live and signed her for his upcoming film 'Happy Hardy and Heer'. For the Reality Show, Ranu Mondal, also got a complete makeover. The reality show's executives sponsored Mondal's makeover.



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COMMUNITY ROUND-UP

Chalo Bulawa Aaya Hain



There comes in everyone's life a rough phase or a dead-end when only the blessings of Mata Rani help them successfully negotiate this period. **Indo American Foundation of Arizona** organized on **August 17** a Mata Jagran ceremony called the **Vishal Bhagavati Jagran** for all the residents of Phoenix who came and attended the Jagran at the **Bharatiya Ekta Mandir**. Renowned bhajan kirtan singer **SatnamSatti** sat with Mata devotees in the get-together and sang 'Jagrata' praising the power of Shakti and imploring Her forgiveness and favor. Everyone present at the venue devotedly sang along with him. The ceremony began with Bhandara which continued for an hour. With **Mata Ki Bhente**, Jyoti Prachand was performed with Diyas and incense sticks. At around 12:30 AM Tara Rani Katha was chanted which was followed by the last ritual of Bhog and KanyaPujan. It is believed that within the girl child or **Kanya**, resides the Devi because she is the purest form of Goddess and is the most innocent and guileless. Hence she is worshipped to appease the lordess Shakti.

Divya Darshan on Shraavan Somvar

By Ameet Nainani
ameet.nainani@gmail.com



Scholars say that transitory Shiva Linga may be made of 12 different materials such as **sand, rice, cooked food, river clay, cow dung, butter, rudraksha seeds, ashes, sandalwood, durva grass, a flower garland or molasses**. Every year on **Shraavan Somvar**, the day linked with Lord Shiva, **Ekta Mandir** makes Shiva



The only mystery in life is why the Kamikaze pilots wore helmets.

Linga with one of these twelve materials. Last year it was **Rudraksha Shiva Linga**. Before that, **Lotus flower Shiva Linga** was made. Even Shiva Linga made of butter was worshipped a couple of years ago. This year, on the antim Shraavan Somvar i.e., the last and the most propitious Monday of Shraavan month, **River Clay Shiva Linga** has been made. But this year it is not just one Shiva Linga, instead **1200** numbers of 1 and 1 1/2 inch Shiva Lingas have been made. The significance of this number is that if the devotee does a parikrama or pradakshina of 1200 clay Shiva Lingas then it is equivalent to the circumambulation of the **12 Holy Jyotirlinga** shrines situated in 12 different states in India. The devotee thus becomes the recipient of the blessings and benisons of Lord Shiva and attains illumination and salvation in this lifetime itself. The devotee thus attains a level of spirituality through which s/he can see these Shiva Lingas as columns of fire piercing through the earth.



Hundreds of devotees attended the rituals on this auspicious Monday of **August 26** at the **Ekta Mandir** to utilize the once-in-a-lifetime opportunity that **Indo American Foundation of Arizona** has created for the community people such that they did not have to go on a pilgrimage to India to the 12 Jyotirlingas from

Somnath to Grishneshwar and yet attain moksha on the land of Phoenix itself by having the Divya darshan of the 1200 Jyotirlingas. Devotees profusely thanked sponsors Shri **Kamlesh Patel** and Shrimati **Deepa Patel** who are instrumental in bringing into Phoenix this maiden occasion of Jyotirlinga darshan. It is their sincere endeavor that on this **tithi** every year Lord Shiva is invoked in the Valley of the Sun to bless His steadfast devotees. Such is this couple's enthusiasm that in the coming year they are going to do the Shraavan Somvar ritual at the **Maha Ganapati Temple of Arizona** too.





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IACRF Seniors Celebrate India Independence Day with Mayor Kate Gallego

India Independent Day Celebration:



The IACRF Hall was beautifully decorated. Indian and American flags were mounted on the stage. We had special visitors joining us for the special day celebration that included, guests of honor: City of Phoenix Mayor **Kate Gallego** and her policy adviser **Laura French**, Congressman Greg Stanton's representative **Eric Chalmers**, Arizona State Legislator **Amish Shah** and IACRF President **Sudhir Kalra**.

Members had a parade within the hall area, holding the tricolor flags of India reciting slogans '**Bharatmataki jai**', '**Vande Matram**', '**Shahido Amar Raho**'. Six members sung patriotic songs. They were Shrikant Vaidya, Meena Bhavsar, Arun Asarawala, Ramesh Joshi, Usha Gautam and Deepa Bagai. At 11.30 am, Shrikant Vaidya initiated the Salutation with the slogans of "**Jai Hind**" & "**Bharatmataki Jai**". National Anthems of India and America were sung. Bhagubhai Patel welcomed all our guests of honor and briefed them about IACRF Seniors activities expressing a vision of having "**Indo-American Senior Citizen Center**" in city of Phoenix.

Dr Prakash Kotecha then introduced the charismatic Mayor Kate Gallego who happens to be the youngest

Mayor among the mayors of the major cities of USA and the only woman mayor. Mayor Gallego congratulated all the seniors on the Independence Day of India. She mentioned that she is working to grow the city's economy, create jobs and stand up for the city's core values.

Mayor Gallego then shared the **Proclamation of India Independence Day Celebration** by the city of Phoenix as per the law and invited all the city, state and federal representative members to join. Eric Chambers, Amish Shah, Bhagubhai Patel, Lalitbhai Patel and Prakash Kotecha joined her in the process. Lalitbhai Patel introduced legislator Amish Shah. Legislator Amish Shah describing his association with India showed his passion of helping Indian community in various ways. Eric Chalmers the congressman's Senior district advisor read a letter of greetings from Congressman Greg Stanton. For Arizona Greg's efforts have led to vital water conservation and effective reforms to make our government more efficient.

Mr. Sudhir Kalra, a young and energetic President of IACRF, also expressed his desire to work tirelessly for the development of our community and also looked forward to the cooperation of all.

A Quiz Trivia was conducted by Madhu Joshi in an interesting way, followed by a Skit '**Back in Time around 1947**' written by Suresha Shah. Usha Gautam, Umesh Parikh, Meena Bhavsar, Kusum Savala and Mahendra Shah participated in it.

Marriage Anniversary of Ramaben & Sumanbhai Patel Our previous senior members Ramaben and Sumanbhai visited us on 1st August from Florida and shared their 65th Marriage Anniversary with the members. Ramaben pointed out that they had celebrated 50th marriage anniversary with IAF senior friends and it was pleasure to celebrate 15 years later again. She also shared jokes, her favorite activity that most members look forward to when she is around.

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

Tribute to Meenaxi Patel
Meenaxi Patel, wife of Dr. Kanubhai Patel, is a poet



who published the book titled "**Amdavadthi Arizona**" in Gujarati last year on July 20, 2018 in presence of Kajal Ojha Vaidya. She worked as teacher in NJ and won the first prize in Hudson country and second prize in the state of NJ as the best teacher. She passed away last year due to cancer. Her poems in Gujarati were read out by Prakash Kotecha in her memories and members appreciated her poems and the book a lot. Dr. Kanubhai Patel and the family sang a Bhajan that she liked, in her memory.

Presentation by the Guests:

Dr. Sat Parashar explained the activities performed by SEWA International group. Other members from SEWA included Jyotsna Bitra, Prasad Koranne and Renu Parashar.

Lunch sponsor for the month included


Deviben & Babubhai Gohel, Srikant Vaidya, Ramaben & Sumanbhai Patel, Jayesh & Kamini Shah, Kokilaben & Shantubhai Amin and Dr. Kanubhai Patel

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Child Passenger Safety

Young children are more vulnerable than adults when being riding in a motor vehicle. Small children cannot be restrained by standard safety belts used by adults and teens, and there is no way that an adult can hold a child in their arms and keep them safe during a crash or sudden stop. Every 32 seconds during 2017, a child under the age of 13 in a passenger vehicle was involved in a crash according to [National Highway Traffic Safety Administration \(NHTSA\)](#). Often times, injuries and fatalities involving young children can be prevented by proper use of child safety seats and booster seats. Parents need to know what seat to use and how to properly restrain their young children to keep them safe in the event of a collision or sudden maneuver.

September 15–21 is designated as the [National Child Passenger Safety Week](#) by NHTSA. Why is this important? The #1 killer of children in this country is preventable injuries. There were 723 deaths among children aged up to 12 years while riding as passengers with over 128,000 injured in 2016. When this happens to a family, their life changes forever. Here are some tips provided by Safe Kids:

Child Seats



Make sure your [child safety seat](#) is properly installed and “fits” your vehicle. Seventy-three percent of child safety seats are not used or installed correctly, so before you hit the road, check out your car seat. For a quick car seat check-up, here are the top 5 things to do:

- [Right seat](#)(check manufacturer's label for the appropriate child safety seat to use)
- [Right place](#)(your kids are VIPs, they sit in back seat)
- [Right direction](#)(child safety seats should be rear-facing until about 2 years of age)
- [Inch test](#)(shake the seat to check if it moves more than an inch side-to-side or front-to-back. If it does, it needs to be tightened.)
- [Pinch test](#)(after harnessing the child, pinch the strap - you shouldn't be able to pinch any excess webbing).

It takes only 15 minutes. If you are having even the slightest trouble, questions or concerns, contact the manufacturer of the safety seat. Certified child passenger safety technicians should also be used to double-check the installation.

Learn how to install your child safety seat for free. Safe Kids hosts car seat inspection events across the country where certified technicians can help make sure your car seat is properly installed. They will teach you so that you can always be sure your car seat is used correctly.

Here in Arizona, several fire and police departments offer assistance regarding car seat selection and installation for your children. For example, Phoenix Fire Department has a free car seat inspection and installation program. They schedule appointments by phone (602-495-KIDS).

For both rear- and forward-facing child safety seats, use either the vehicle's seat belt or LATCH system to lock the car seat in place. Don't use both at the same time.

Look at the label on your child safety seat to make sure it's appropriate for your child's age, weight and height. Your child safety seat has an expiration date - usually around six years. Find and double-check the label to make sure it's still safe to use.

Buy a used child safety seat *only* if you know its full history. That means you must buy it from someone you know, not from a thrift store, garage sale, or over the Internet. Once a child safety seat has been in a

crash, it needs to be [replaced](#) for safety reasons.

Booster Seats



Did you know that children properly secured in a booster seat in the back seat of a car are 45% less likely to be injured in a crash than children using a seat belt alone? A booster seat provides a step between a car seat with a harness and a standard safety belt. It boosts the child up higher for a safer and more comfortable fit of the adult seat belt.

Older kids get weighed and measured less often than babies, so check your child's growth a few times a year. For most kids, they will be between ages 8 to 12 years old before they are ready to outgrow the use of a booster seat.

When your child is in a booster seat, make sure the lap and shoulder belts fit. The seat belt must lie flat across your child's chest, on the bony part of the shoulder and low on the hips or upper thighs. **Do not** place the shoulder belt under the child's arm or behind the child's back.

As a parent or guardian, most likely you would agree that children need our full attention before we hit the road with them as passengers. Regardless of how expensive the vehicle is, whatever safety features it may have, securing a child in an appropriate child safety seat or booster seat with proper position and harnessing is a must. After all, we adults are responsible and accountable for their safety.

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

Image Source: Google

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.



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

Mind is Like a Parachute: They Both Work Best When Open*

*A quote from Thomas Dewar, an author and business man from Scotland.



A parachute is made out of light yet strong fabric that opens up like an umbrella and is mostly used in high altitude jumps. It can work best when open. Besides jumps, various kinds of loads such as food equipment, space capsules and bombs can also be dropped with its help. On deployment from the height or from an airplane, it slows down the motion of a person or the object hanging below it by creating a drag through the atmosphere. The consequence of it staying un-open during a jump can be far-reaching sometimes leading to serious injuries and death.

Much in the same way, keeping the human mind open is the only way that allows it to work best by observing what needs to be observed, watching, knowing and then comprehending the situation well, prior to making a decision. An open mind usually avoids having any kind of blinders letting one to discern what is good to retain and discard what is not the worth. A closed mind, on the other hand is neither able to accept new information nor impart it to help others.

Understanding other faiths can only be possible with an open mind. Having knowledge about diverse belief systems makes it easy to dissect as to what is worth retaining and what needs to be discarded. More one knows about the faiths of the others, broader becomes the horizon, resulting in tolerance. Floating in the world skies becomes much easier akin to an all-encompassing strong umbrella having sufficient air trapped underneath for the drag to perform its job successfully.

Same can be unequivocally stated about the comprehension of the other cultures of the world regardless of where one is born. It is only possible with having an open and unlocked mind that allows one to let the vast amount of knowledge about diverse cultures to enter in, thus indirectly providing an opportunity to learn more about one's own culture. Not letting the blinders of the mind open to the distant cultures and staying fixed to one's own, is perhaps equivalent to a lifestyle what is known in vernacular as "Kuaen Kaa Daddo" or a frog in a well. All a poor frog could see, hear, think or know about its surroundings remains limited to the water in the well, while being ignorant about the whole world ocean around it.

This openness of the mind to learn about other cultures, countries and world is, of course dependent upon the background and culture during the growing period of an individual. The exposure to other cultures was not possible back home given that the population was homogenous at most places save few metropolises. The people in remote rural areas were less well exposed to different cultures beyond their own simply because of lack of resources and time. The lesser the resources to learn more about other cultures and faiths, lesser will be capacity to have an open mind. This is much in the same way as a closed parachute having no capacity to entrap air and do its job properly.

Having lived in Western world, most of the diaspora members are blessed to have opportunities to learn myriad of different cultures, lifestyles and faiths in a

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much easier way. North America, Europe and Australia offer the best opportunities in this regard where, irrespective of the town or city, one finds people of different faiths and cultures at every street. But, this can only happen if the blinders of our minds are kept open allowing an opportunity to learn about diversity.

Since ages, learning and knowledge has been through the books which allow the gates of mind to stay open. All the great men and women of the past gained and utilized their strength in their respective fields through books. There was no other alternative. With advancement in technology, seeking education through digital and audiovisuals have indeed become the modern way of learning. Still many of the people of my generation, not having enough skills in coordinating their fingers in the use of key board, depend upon books. A lack of inclination about technology continues to be a hurdle to their path. On the contrary, younger the generation less is the interest in the books and more is the dependence upon the visual and digital media.

Having books and not opening them, is like taking a horse to the river bank. If the horse ignores to put in effort to drink water, it will likely be staying thirsty. Seeking knowledge through books, Internet or whatever else by engaging full open mind will always help to comprehend all the facets of the world. An open umbrella of the parachute rather than a partial or closed one can be the only lifesaver.

And then talk about the marital relations. Keeping an open mind and trying to maintain full faith in the partner is perhaps the best, and the only way in having a peaceful and successful married life for it keeps the parachute of married life stay afloat. With blinders that keep the mind closed where everything has to pass through a scanner of suspicion will not allow peace. Closed doors lead to closure of minds leaving thought process stuck in the gray matter of the brain creating negative energy and turmoil.

Yes, mind is akin to parachute. It works best when open to incorporate, utilize and enjoy all what life has to offer allowing one to float high and achieve pinnacles of success similar to an open parachute that works best in landing safely and successfully. Close the windows of mind and it will result in ignorance, loneliness, isolation depriving one of all the pleasures of life, again like a closed parachute that is doomed to fail.

+Author of five books on diaspora issues

3 Essential Things to Consider About SAT/ACT Test Prep Services

As a high school student, you've most likely heard about the SAT and ACT for years. But what is the best way to prepare? Should you pay for a tutor? While a test prep service is not necessary for everyone, some students do benefit from the extra help. Here are three essential things that every student should consider when choosing an SAT/ACT test prep service.

Discover Your Learning Style

Test taking is a skill and one that you can hone and improve with practice if it doesn't come naturally to you. Discover what your learning style is, you can then find a test preparation service that fits your needs and style best. For example, if you are more of a visual learner, you might do well learning from an online program since it is presentation-based. If you're an auditory learner, you might prefer studying with a friend or with a private tutor because you can talk through difficult questions.

Online Or In-Person?

Before deciding what test prep service to choose, you should take a practice test to help highlight the areas in which you need the most improvement.

Taking online courses (both free and paid) can be beneficial to students who want to learn at their own pace. Online courses would not be a good fit for someone who needs the accountability or individual attention that an in-person class or tutor provides.

By Kristen Moon
kristen@moonprep.com



Tutors and classes are often local and in-person, but you can also find high-quality tutors online. Tutoring has an advantage because each class can be customized towards your personal needs.

Is It Worth The Money And Time?

When you start looking for a test prep help, you might initially be shocked by the price tag of some courses. While there are free resources online, some might feel the added cost is worth it.

If you opt for a course in a classroom, it is generally cheaper because the teacher's time is split between a group of students, making it less expensive than a private tutor. A private tutor, on the other hand, can cost from \$20 an hour to hundreds.

Test preparation services are an investment in your future. Earning two or three points might help you qualify for an increase in renewable merit scholarship awards. That might mean the \$800 you initially invested could help you get thousands of extra dollars in scholarship money a year.

Regardless of whether you decide to pay for an SAT/ACT preparation service or not, you can help yourself by preparing earlier and not waiting until the last minute to begin to study. Creating healthy study habits now is the best way to have success on the ACT/SAT and future tests.

3 Things To Consider About SAT/ACT Test Prep Services

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Online

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COMMUNITY ROUND-UP

Saavan Milan In Full Swing

Popularly called the **Saavan Teej**, **Sindhara Teej**, **Choti Teej**, **Hartalika Teej**, **Akha Teej** or **Kajari Teej** this popular Hindu festival is celebrated by both married and unmarried women. Primarily celebrated in the North Indian states, this festival is dedicated to Goddess Parvati and Lord Shiva which also signifies the reunion of the divine couple. Fasting women chant holy mantras and shlokas to please the deities on the 3rd Day of first fortnight in the Lunar Month known as the month of Shravan.



Phoenix women also got to celebrate **Saavan Milan & Teej Celebration** on August 11 courtesy **Shalini Sajawat**. As advertised, the venue, Moxy Marriott opened its gates exactly at 6 PM welcoming visitors to eye-pleasing event decor. The inviting table settings reminded one of some North Indian Rajmahal's interiors. Laden with delicious-looking appetizers instantly lifted the invitees' mood. It was obvious that every minute details have been taken care of to make the Teej Celebration an entertaining affair for everyone.

The lekker traditional flavor was felt at the **Photo Booth** which had the relevant Teej Props, rustic background with an unmissable Jhula adorned with leaves and flowers. The many attractions of Saavan Milan like the Cash Bar, children's recreational activities, numerous Pastimes for family members, and the likes kept the visitors happily engaged. Neverending snacks like *Pakoda*, *Chai*, *Lassi* took care of the recurrent food cravings. **Saavan Bazaar** was the focal point of everyone's curiosity. Several boutiques selling items in a variegation of colors and shapes was a sight to behold.



This was a unique and extraordinary occurrence in the Valley which was **Shalini Garg's** first venture. Totally traditional and a very cultural experience unlike the commercial events of the town, **Saavan Mela & Teej** was an attempt to reinstate Indian heritage and customs through conventional local festivals. A significant festival to remind women of the great penance of 108 births that Parvati performed to find Lord Shiva as Her eternal Husband.

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God is at home, it's we who have gone out for a walk.
- Meister Eckhart

September 2019 HOROSCOPE

Aries
Mar 21 - Apr 19

Devote time to the creative activity of your children. A difference of opinion with your children is possible. There will be a function in the family. You should take care of the health of your spouse. This will be the right time to buy a property.

Lucky No 1
Lucky Colour Orange
Lucky Direction North East
Lucky Dates 20, 27, 29

Taurus
Apr 19 - May 20

Good financial gain during this month. Will meet soulmate on social media. Do not use abusive language. The renovation under going in your house will be completed. Some secrecy will be exposed. Professionals have to work hard and will travel.

Lucky No 7
Lucky Colour Off White
Lucky Direction South East
Lucky Date 16, 23, 24

Gemini
May 21 - June 20

Your trip which will not be beneficial. You will buy a vehicle. Marriage life will not be smooth. You will get support from your colleagues. Those in love will have conflicts. Children will go away for education. Green card holders will buy a property.

Lucky No 16
Lucky Colour Sea Green
Lucky Direction North
Lucky Dates 7, 17, 31

Cancer
June 21 - July 22

Your main inclination will be to save the money for the future by investing in shares or jewelry. You will have a good say in family matters. Your wrong actions will give you financial loss. Help mother in day to day activities.

Lucky No 12
Lucky Colour White
Lucky Direction East
Lucky Dates 1, 20, 29

Leo
July 23 - Aug 22

There will be ego problems in the relationship and married life. You will get critics due to your hard-hearted nature. You will not be able to save money. Students will get good results in exams. Buy silver this month. Professional life will be rewarded.

Lucky No 20
Lucky Colour Yellow
Lucky Direction North West
Lucky Dates 1, 27, 29

Virgo
Aug 23 - Sep 22

Your impatient behavior will keep you on toes. Domestic and married life will be harmonious. Avoid physical work. You'll get support from females. Spend time on meditation and sleep well. Take care of your health particularly the head area.

Lucky No 7
Lucky Colour Violet
Lucky Direction South East
Lucky Dates 14, 16, 23

Libra
Sep 23 - Oct 22

Control your temperament and try to focus on physical work to reduce calories. Your hard work will produce good wealth and raise status in the society. You will visit a religious place. Your loneliness will end this month and you will find a friend

Lucky No 14
Lucky Colour Indigo
Lucky Direction West
Lucky Dates 7, 16, 31

Scorpio
Oct 23 - Nov 21

You will accumulate wealth and gain from inheritance. Your secretive ambitions and schemes will be fulfilled in an honest way. Your children will prosper. Your authoritative nature and command in work will give you a raise.

Lucky No 1
Lucky Colour Red
Lucky Direction East
Lucky Dates 12, 27, 29

Sagittarius
Nov 22 - Dec 21

Your charming personality will give you name and fame. Your tension period will be over. Expenses will be on the rise. You should not use any immoral acts to rise in life. Court cases will have the result in your favor. You will complete your assignment

Lucky No 29
Lucky Colour Silver
Lucky Direction North
Lucky Dates 1, 20, 27

Capricorn
Dec 22 - Jan 19

Your mental level will be high. You will accumulate wealth. You will make long term investment. You will also get some benefits from the maternal side. Your last loan installment will be over. Conceal your assets from others and do not be too proud.

Lucky No 7
Lucky Colour Black
Lucky Direction West
Lucky Dates 14, 16, 31

Aquarius
Jan 20 - Feb 18

You will meet someone who will be coming from last birth to clear her balance as an old relationship will come to an end. Your project will be delayed. You should donate to the society as it will absorb your pain. Silence will be the Mantra for this month.

Lucky No 14
Lucky Colour Blue
Lucky Direction South West
Lucky Dates 7, 17, 23

Pisces
Feb 19 - Mar 20

There will be a get together in the family. People will follow your routine life as it will come under the spotlight. Your physical activities will curtail your ailments. Refrain from speaking lies in professional life. You will buy a pet.

Lucky No 12
Lucky Colour Silver
Lucky Direction North East
Lucky Dates 1, 27, 29

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.

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TOP DENTIST 2017, 2018, 2019

Hotels & Motels - A Substantially Higher ROE Investment

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



I saw two guys wearing matching outfits so I asked if they were gay. They arrested me.



Perhaps, you know that more than 50% of hotels and motels in USA are owned by people of Asian Indian origin. And a large majority are owned by Patels; who, to many, are a metonym of hotels and motels in USA. A look at the **Asian American Hotel Owners Association** (AAHOA) web pages show that AAHOA is the largest hotel owners association in the world. The 18,500+ AAHOA Members own almost one in every two hotels in the United States.

A question may arise: **what is so unique about hotels and motels, that so many Asian Indians went, and are, into it?**

A good answer to this question had been provided by **Mohnish Pabrai** in his book, *The Dhando Investor- The Risk- Value Method to High Returns (2009)*. He had pointed out that the answer lies in their low-risk, high-return approach to business. He had named this approach to business as 'Heads I Win, Tails I don't lose much'. In more simple words, hotel and motel is a business where upside is huge, while downside is limited.

Looking at this model of business, you may be reminded of call option contracts in various markets. Call option contracts have been designed to realize potentials of unlimited gains, but limited loss. But hotels and motels, in my opinion, are much superior than standard call option contracts as hotels and motels don't have an expiry date of a standard call option contract.

Kirti Shah, a veteran banker and hotelier had once said, *'Since sleep is a very essential function of living, my reckoning is hospitality assets will never be obsolete. That is why when I moved from banking, I took up hospitality.'*

The main distinguishing characteristics of hotels and motels as an investment can be listed as follows:

- There is no risk of **total** loss. Even if the business does not do as well as planned, you have a certain value of land and buildings. The building sdepreciate over a longer period and the land is not depreciable.

- It is **simple** to understand and operate; particularly, if it is a bed and breakfast or select service.
- Its operation and management can be **outsourced**.
- It can be financed with **high** loan to value (LTV). The 80-85% LTV are not uncommon in hotel and motel financing as hotels and motels have hard assets.
- Owing to its high LTV or leverage, it tends to provide **significantly higher** return on equity (ROE) compared to many other investments. The 25%- 30% ROE is common in this industry. The 25%- 30% ROE means that you may recover your investment back in 3-4 years.
- To reduce initial investment, it is possible to buy a hotel without real estate, like a hotel constructed on leased land.
- The sale and lease back are the other alternative available in this industry to liquidate your investment.
- The hotel and motel provide possibility of setting up owner or manager's residence in the hotel and motel and thereby saving costs of residence and having benefits of working from home.
- Hotel revenues and values are cyclical. What goes up, comes down; and what comes down, goes up. A buy and hold may help reap appreciation of value.

I may conclude by saying that if you could buy an underperforming or distressed hotel or motel property at a deeply discounted price or well negotiated price, accomplishing 40%-50% ROE or recovering your initial investment in 2- 3 years is quite feasible. Many of the Asian Indians who entered this industry early on in 1970s in USA, had entered during recession. You may like to keep your eye out.



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

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By Kiran Vedantam
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Beat the Home Selling Blues

Selling a home can be a time of big change. And although you may be excited about your upcoming move, it can also bring with it a little sadness. After all – your home is where you make some of your best memories. If you're beginning to feel the home selling blues, then here are some of our top tips on how to overcome them.



Acknowledge your feelings

You don't have to pretend that you don't have some apprehensions about leaving your current home. It's completely natural to feel sad when you're selling your house. **Acknowledge your feelings** and know that they are temporary.

Focus on the positive

Even though you may experience feelings of sadness from time to time as you complete the home-selling process, try not to dwell on them. Instead, **focus on the positive aspects** of your move. Remind yourself why you are moving and find reasons to be excited about it. Maybe you're upgrading to a bigger house or a better

location. Or perhaps you'll be closer to family members that you've missed.

Change your perspective

When you're selling your home, you're going to be completing one of the biggest financial transactions of your life. Try to think of it in business terms instead of emotional terms. Remember – you want to get a great return on your investment. It's difficult to do that if you get too emotional. So try to distance yourself and focus instead on working to get potential buyers interested in your home.

Depersonalize your home

One of the most important things you can do when you're getting ready to sell your home is to **remove all your personal items**. Not only will this help you detach from your home, but it will also make it easier for buyers to imagine themselves living there. If possible, try to take things with you that have sentimental value – even if it's just a cutting from the rose bush you planted when you moved in. Knowing that you have a piece of your home to take with you can help lessen the anxious feelings you have about moving.

Take pictures

You probably already have tons of photos of your home, but it doesn't hurt to take more. Digital photography allows us to take as many photos as we

want without filling up too much space, so don't limit yourself. If there is a certain view you've always loved, take pictures of it at different times of day. Photograph the kids standing next to the growth chart on the wall. Take a picture of your garden in full summer glory. This way, you will always have all those memories with you.

Take breaks

You don't have to be in home-selling mode 24 hours a day, seven days a week. Take whatever time you need to relax and unwind. Take the family out for a pizza party or for an afternoon matinee at the movies. Go to the spa and get a massage or a pedicure. Even taking time to read a good book before bed will help you disconnect from the stress of moving.

Work with an agent

Finally, the best way to beat the home-selling blues is to work with a **professional real estate agent**. An agent is there to answer all your questions and to help you with the entire real estate process. Knowing that you have a professional on your side can help sideline much of the stress.

Demystifying Internet of Things Security

New Open Access Release

The Internet of Things presents unique challenges in implementing security within organizations and at home. Intel, a frequent collaborator with **Apress**, has both CPU and Isolated Security Engine capabilities to help simplify this issue. **Demystifying Internet of Things Security** explores the challenges in securing IoT devices to make them immune to threats originating from both within and outside the network. This book is part of the **Open Access** program at Apress, which means it has been made available to all

for free as an eBook download.

Written by Intel engineers **Sunil Cheruvu, Anil Kumar, Ned Smith, and David Wheeler**, **Demystifying Internet of Things Security** breaks down IoT misconceptions by examining the different security building blocks available in Intel Architecture (IA) based IoT platforms. The threat pyramid, secure boot, chain of trust, and the SW stack leading up to defense-in-depth are all reviewed in detail. There is no single blanket solution approach to implement security. The rules for robustness to protect your assets vary greatly, and this expert team of authors has addressed

By Anil Kumar
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effective techniques for a wide variety of incidents.

This one-of-a-kind collaborative text is beneficial for strategists, developers, architects, and managers in the embedded and IoT space. Intel has developed a road map to comprehend the recent IoT boom and all that comes with it, so that both you and your customers can securely participate in the IoT ecosystem.

Demystifying Internet of Things Security is available now from **Apress!**

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Denture that was left in The food tray

By Dr. K. S Gupta
kgupta52@hotmail.com



Furtively I removed the dentures, folded them in a paper towel and deposited them in the tray. I finished eating my food without the dentures. The stewardess returned after about 40 minutes to take away the tray. All this happened during lunch hour.



A few months back a 52-year-old lady patient came into the Dental Clinic and narrated her 'tale of woe' to the Dental Surgeon, "I got down in Dubai and boarded the flight to Manila, Philippines. The plane took off. As mealtime approached the stewardess brought my tray of food. I happened to be wearing a removable upper partial denture of four teeth, as well as a lower denture of three teeth. Both

these had stainless steel clasps which went around molars at the posterior ends to provide me a reasonable degree of retention and stability. Despite having the dentures in my mouth for about a year I had not fully mastered the technique of eating food with them. I had developed the habit of removing both dentures before indulging in masticating the food.

It dawned upon me with jolt in the evening that I had completely forgotten to remove from the tray the paper towel that had enclosed the dentures. I unfastened the seat belt, got up and hurried to the stewardess to let her know that I had left my dentures in the tray and if I could get them back. The stewardess said almost nonchalantly, *'Normally the remains in the food trays are dumped into a waste container. It will be impossible to retrieve your dentures from the waste.'*

Exploring the 'holistic worth' of this incident an attempt has been made to convey the import of this narrative to the readers. Needless to mention herein that the patient from Manila had new partial dentures fabricated after 'paying dearly' for her forgetfulness. If you happen to be having removable partial dentures with a habit like the patient in this feature, make sure you fasten them into your mouth before your food tray is taken away by the stewardess. On the PA system if the Captain of the Airline crew announces after reaching your destination: *"We hope you had a pleasant flight flying with us. Enjoy your stay in Manila,"* make the most of it, with or without your denture.

Kulbir Singh Gupta graduated as a dental surgeon from University of Bombay. He has now retired and settled down in Chandler, AZ after 45 years of clinical dental practice in Tanzania. He is the past president of Tanzania Dental Association.

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

Next time you stub your toe or bash your skin on the coffee table don't be afraid to swear. Research shows that cursing actually helps to reduce pain!

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**Attorney Monika Sud-Devaraj, is a former trial attorney
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**Contact – Rina Narang
Phone – 480-220-1902**

Elect new board of directors for HTA at the AGM on September 22nd
Time: 10 AM – 1 PM, Location – HTA main hall. 3019 N Hayden Rd, Scottsdale, AZ



Meeting Agenda

- President's report
- Annual Financial report
- Election of new board of directors
- Aarati & Prasad

Contact:

Shrinivas Sadachar – Secretary
ssadachar@gmail.com, 310-420-3794

Rina Narang – Nominating Chair
rinashivji@gmail.com, 480-220-1902

Hirisave Ramchandra – Election Chair
hirisaveram@gmail.com, 623-261-3352



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Dressed To The Nines

... from Page 1

Neha Mallik
nehamallik@hotmail.com



Life isn't perfect but your outfit can be.



Here is a clip of the interview which came off the cuff from the bluestocking costumier who wears many hats - from costume designing to fashion styling:

The whole India came to know about you after Devdas where both Madhuri Dixit and Aishwarya Rai wore your costumes. How was your experience working with such a big star cast and of course

Sanjay Leela Bhansali?

My career started in 1986 with movie *Tamacha* followed by Sridevi, Madhuri and several others celebrities. Back in the time costume was not spoken about. Media accessibility started with movie - *Hum Dil De Chuke Sanam*. This is when media started writing about the color combinations and styles, then came the boom of Social Media and the world got smaller.

You've also adorned Sridevi and Salma Agha. What do you think about Sridevi as a person? Is it your designer wear that made Sridevi gorgeous or is it she who made your clothes so alluring?

I worked with Sridevi for almost 15 years starting with *Chandni*, must say that once I started working with her **she was an institute in herself**, she knew what looked good on her from color, cut and styles to enhance her silhouette. From her I learnt how to structure clothes for an individual. I learnt a lot from her. She would come up with suggestions and would see that it came out in the best way possible. She challenged me to work the best or create a new look to fit the personality. We both complemented each other real well and understood each others sensibilities to make us both look and do the best.

You've been associated with Bollywood for nearly three decades, who do you think is the prettiest actor, without makeup of course?

Don't ask me *ghar ki baat*, (laughs).

Which actor has influenced you the most - with her personality and the way she carries herself?

Sridevi herself. For all the reasons that are mentioned above.

As a fashion designer, which actor did you love working for and wish to work again? In short, which actor is God made for your creations?

I would say God has given me the sensibility to create clothes for actors persona. Being able to create and being challenged and the satisfaction that you get by designing for all. Each and everyone has added to the learning experience that I am thankful for.

The much talked about Aishwarya-Abhishek wedding also had your creative touch. Please tell us about that experience.

I made Ash's *Lehenga*, light peach with thread work. It was encrusted with rice pearls. especially flown in from Hyderabad. It was an amazing experience where the entire family was involved. Ash was busy finishing movies before the marriage so I helped with suggestions and picking the right outfits for the occasions. Her wedding saree which had motifs especially woven with Kanchipuram and the blouse was embroidered with zardosi. I also styled her jewelry.

How would you define Mohenjo Daro costumes from the point of view of the period of which the movie was? Was it difficult because you had to use some very basic designs for this prehistoric period film? How did you reinvent the items of clothing for the people of the 'lost city'?

I came into the movie very late, 15 days before the film was shot. Lots of fabrication was already selected so I had to work with what I had so that no additional cost was incurred. I understood the script and worked with what I had to design the film. It was styled very differently. **I closed my eyes and envisioned that era where clothes were draped and not stitched with modern tools.** I shut my eyes to all the research. There were no needles and machines or instruments in the prehistoric time. This opened the universe for me without stitching but draping the costumes. Some of the pictures will illustrate that work for me.

You specialize in Paithani designs. Tell us about your Make In India 2016 experience.

I work a lot with Indian weaves, fabrics and designs which are very indian at heart like **Kalamkari-Shree HastKala**. All made with veg dyes and natural dyes. It was a commissioned government project. Format was using Paithani in a more contemporary form. What I experienced and very often is the newer generation looks at woven fabric, it was all about creating awareness of the intricate material and how to bring it to the younger generation, the pre-cut sarees, long jackets, kurtas, using fabrics differently. I even contemporize traditional **Nauvari sarees**-14-15 meters sarees in a very intricate way. You will see my work in *Manikarnika* and also in new movie, *Panipat*, due to release later this year. Here we have done some very different **Nauvari sarees**.

How was The Whistling Wood International Neeta School of Fashion conceptualized?

About 15 years back, director **Subhash Ghai** wanted me to start this. We started talking about it for 10 years before the concept. I have been teaching for about 25 years. One day he sat me down and said that you have to start this school. It was named after me. At the time I was working on **Hampstead Online**, an online school in Hyderabad for the last 15 years. It was a humbling experience.

Why does 'Women' come to mind when we talk about fashion? Why men's fashion is not that common and is restricted to black suit with an elegant tie? I am talking about everyday life.

I don't think that's true. **Metrosexual men have different forms of looks.** You will see them wearing different styles, colors and even shoes. It has become more hip and something that relates to their own fashion sensibilities.

Who do you think wear those extravagant and lavish designer ensembles



showcased in prestigious fashion shows like the Lakme India Fashion Week, New York Fashion Week, Milan Fashion Week, Paris Fashion Week, and the likes? They definitely don't seem like everyday wear. Most of such dresses we watch the characters wearing in fantasy movies.

Here is the thing - the runway fashion is not wearable fashion but you always have a clientele, you have celebrities who likes to wear a certain look that is showcased on the runway. This is the platform to project the aspiration. Then eventually toned down to be made accessible for everyday wear. Which is called **luxury pret** or **prêt-à-porter**.

Which do you consider the coolest fashion label? For men and for women.

For men - **Armani**. For women - **Vivienne Westwood** or **Dolce & Gabbana**.

What piece of jewelry you'll recommend for men? Ear stud is not for every man.

Cufflinks, a tie or a tie pin.

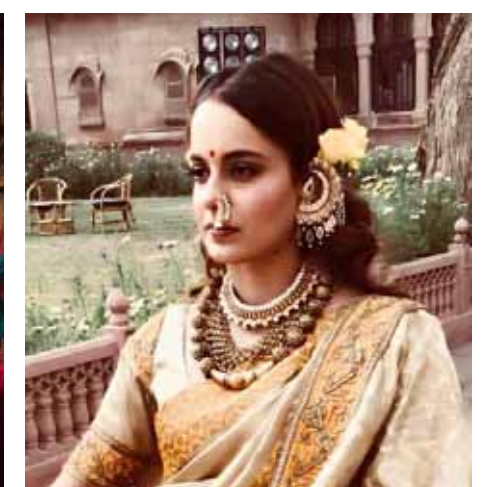
Who in your opinion is the most fashionable personality around the globe today?

The list is very long. You don't restrict yourself to one person. Different styles and colors for different occasions.

A few tips on shoes and bags - both men and women.

Men - Classic neutral comfortable shoes. Different ties for moods are very essential. Great pair of sunglasses. Really nice bag that you can carry around. Different colored socks.

Women - Nude, silver and gold are must. Use less of glitter on your shoes if you're wearing a gown it might get stuck. Comfort and brand but comfort before brand. Bags - any kind that you like and can carry. Certainly have neutral colors, dull gold, silver and black or grey.



Sridevi, Hrithik Roshan and Kangana Ranaut in Neeta Lulla costumes.

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)



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Who is Joe Dodani?

- His Clients call him "Land Guru"
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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.

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For more information please contact:
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