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Globally Recognized Editor-in-Chief: Azeem A. Quadeer, M.S., P.E.

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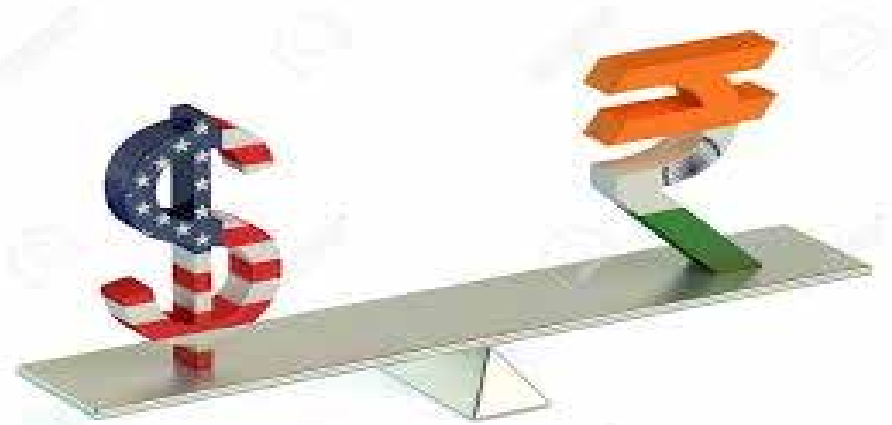
Vol 9, Issue 9

How to know you have been blocked on WhatsApp... Page 24

KBC back by host AB

The tenth season of game show Kaun Banega Crorepati, hosted by Amitabh Bachchan, begins airing tonight. The show, which is an Indian adaptation of the British show Who Wants to Be a Millionaire?, has been a small screen phenomenon for a while now, and was hosted by even Shah Rukh Khan for a while, before Amitabh took the reins again. Viewers can watch KBC 10 on their television and also on Sony's OTT website and app SonyLIV. On the app, Sony has decided to add a feature called KBC Play Along. As the name suggests, those who are watching the show can literally play along. They can participate in the show by answering the same questions that the contestant who is sitting on the hot seat is being asked. They can then work towards maintaining their position in the leader board. If their performance is up to the mark, they might get a chance to be on the show in reality during the finale week as a participant. And the winner would take home a Mahindra Morazzo.

Indian Rupee falls to all-time low against US dollar



The rupee collapsed to a new lifetime low of 71.21 against the US dollar, while petrol prices rose to a new high of Rs 86.56 a litre in Mumbai on Monday. The rupee, which lost 10 paise against the US dollar in late afternoon trade on Monday, ended at a new record low of 71.10. The rupee's previous record low was 71, marked on August 31.

In Delhi, the petrol prices touched Rs 79.15 per litre — increased by Rs 0.31 per litre. Monday's figures breached the previous highs recorded on May 28 this year when the petrol prices were at Rs 86.24 in Mumbai and Rs 78.43 in Delhi.

Diesel, too, hit a new high of Rs 75.54/ litre in Mumbai and Rs 71.15 per litre in Delhi on Monday. Since August 16, petrol prices have risen by over Rs 2 per litre and diesel by Rs 2.42 a litre. This is the steepest increase in fuel prices since the daily revision in fuel prices was introduced in mid-June 2017.

The fall in rupee could be attributed to the surge in global oil prices, with crude oil gaining USD 7 a barrel in a fortnight driven by fears over US-China trade war and the US sanctions on Iran contracting supplies.

The prices of CNG and piped natural gas (PNG) were also hiked in metro cities since the price of gas procured by city distributors is mostly dollar-denominated. In Delhi, Indraprastha Gas Ltd raised the prices of CNG by 63 paise per kg, costing Rs 42.60 per kg in Delhi and Rs 49.30 per kg in Noida, Greater Noida and Ghaziabad. The prices of PNG were raised by Rs 1.11 per standard cubic meter, costing now at Rs 28.25 per scm, while same in Noida, Greater Noida and Ghaziabad would be Rs 30.10 per scm, which has been increased by Rs 1.26 per

scm.

Union Petroleum and Natural Gas Minister Dharmendra Pradhan had blamed "external factors" for the rise in domestic prices of petrol and diesel, but said the increase is temporary. "I would like to mention two points, and both these subjects are external. OPEC (Organisation of the Petroleum Exporting Countries) had promised that it will raise production by one million barrels per day, which was not raised. "Apart from that, crises in countries like Venezuela and Iran are increasing. There is a pressure on oil prices due to a decrease in production. Secondly, global currencies have weakened against the US dollar," he had said.

Sensex, Nifty tumble
Meanwhile, benchmark Sensex lost 332.55 points to end at 38,312.52 and the NSE Nifty dipped below the 11,600-level by losing 98.15 points to close at 11,582.35 Monday on rupee woes, PTI reported. Heavy losses in FMCG, realty, power, banking, auto, oil & gas, PSU, IT, tech, infrastructure and capital goods counters amid a global rout in accounted for the.

The 30-share Sensex had soared over 289 points to hit a high of 38,934.35 in early trade boosted by good first-quarter GDP data and recovery in rupee but gave up its gains completely following late sell-off, which dragged it down to a low of 38,270.01.

The broader NSE Nifty closed below the 10,600 mark by plunging by 98.15 points, or 0.84 per cent, at 11,582.35 after shuttling between 11,567.40 and 11,751.80.

(With PTI inputs)

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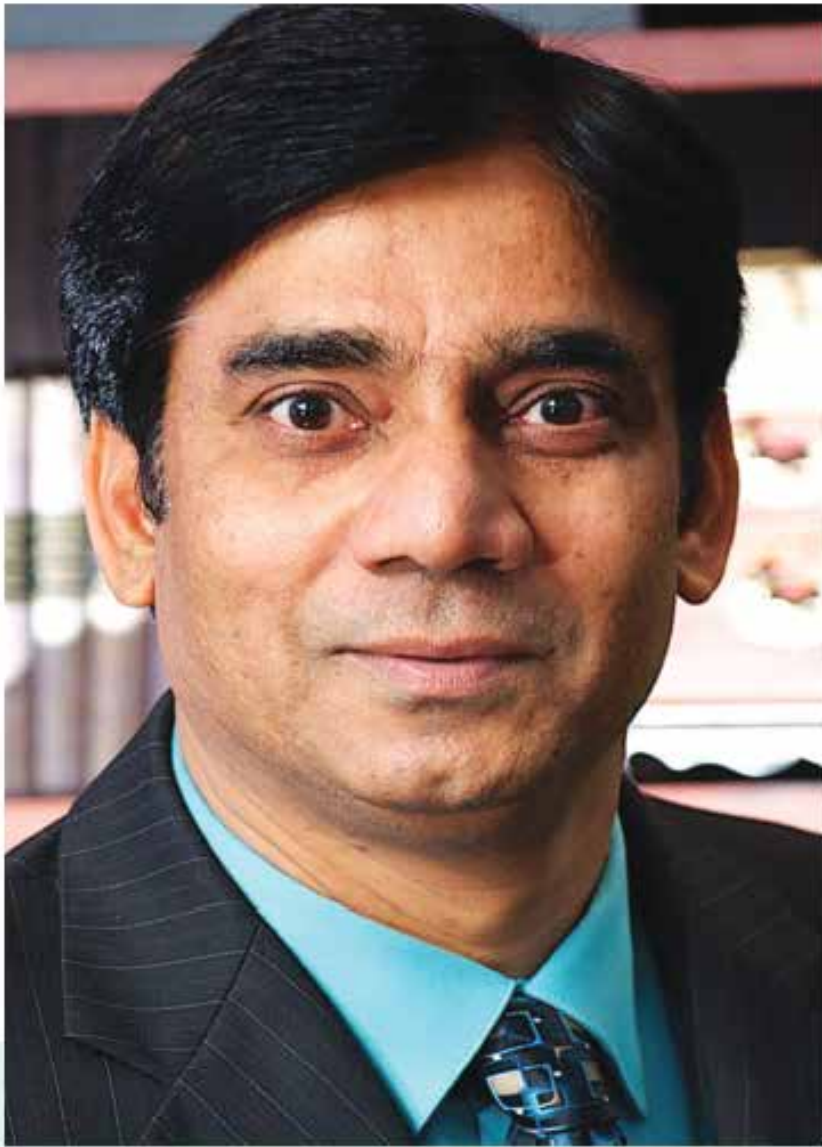
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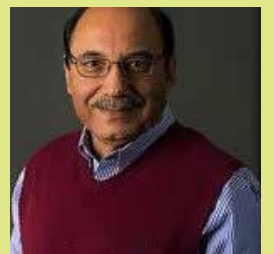
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Lalu Prasad Yadav uncomfortable in Jail...seeks shifting to another ward in RIMS

Jailed RJD president Lalu Prasad, currently admitted in a Ranchi hospital for medical assistance, has complained about poor hygiene, mosquito menace and barking by stray dogs and requested he be shifted to another ward, a close aide of the former chief minister said

RJD lawmaker and national general secretary Bhola Yadav told PTI that an application has been submitted to the director of the RIMS hospital, where Prasad is admitted, with the plea that he be moved to the 100-bed paying ward, which at present has only three patients.

“We have cited the reasons also for making such a request. The waste pipe of a toilet close to his ward is clogged, emitting foul smell. This imperils the health of our leader who suffers from infections,” Yadav, a close confidant of the RJD chief, said.

Yadav, who has been beside the RJD supremo for most of the time since he was sent to jail in December last year, said the lack of hygiene also leads to the menace of mosquitoes which is another potential health risk, “especially in the rainy season. Besides there is also the problem of excessive noises.”

“The post-mortem house is nearby which attracts a large number of stray dogs. Their barks and howls is a nuisance and cause immense discomfort to the septuagenarian,” the RJD MLA said.

The MLA also said that being a diabetic, Prasad needs to go for regular walks but the location of the cardiology department ward where he is lodged is “not suitable” for that.

“We have, therefore, requested that he be shifted to the paying ward, which is newly built and comparatively more clean and tidy. We hope the authorities will not have a problem with that since we are ready to pay the room rent and other charges. We did that when Lalu ji was

admitted to AIIMS earlier this year,” Yadav stated.

After spending a few months out of the jail, the RJD supremo surrendered before a CBI court in Ranchi on August 30 upon the expiry of the provisional bail granted to him by the Jharkhand High Court for medical treatment.

The former Bihar Chief Minister had recently undergone a fistula operation at a Mumbai hospital. A heart patient, he is also said to be suffering from kidney ailments.

Meanwhile, the RJD supremo’s expression of discomfort at the Ranchi hospital has drawn snide remarks from the ruling JD(U) in Bihar.

“Now you have begun to fear dogs and mosquitoes. The people of Bihar had feared a lot while you were in power”, JD(U) MLC and spokesman Neeraj Kumar tweeted, alluding to the crime rate during the 15-year-long rule by Prasad and, subsequently, his wife Rabri Devi for which the RJD has been drawing flak over the years. IE



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Dr. Basheer Ahmed



Shawkat
Mohammed



Dr. Shamsa Qureshi

**Rise and fall of Muslim civilization:
The causes and an Innovative approach to achieve the
glory of the past**

M. Basheer Ahmed M.D.

The Qur'an started with the word "Iqra" which means "Read" and Allah (SWT) reminds us that every Muslim man's and woman's prayer should be: "Rabbi zidni 'Ilmaa" (O Lord, increase me in 'ilm (knowledge) -20-114, and Prophet Muhammad (SAWS) said, "The ink of the scholar is more sacred than the blood of the martyr." Allah (SWT) created humans to be superior over all other creations. The major use of 'Ilm, (knowledge) and Aqal, (intelligence), is to develop critical thinking. This is necessary to make rational, sustainable decisions.

During the early period of Islam, between the 7th and 15th centuries, Muslims acquired knowledge in every field of Architecture, Astronomy, the Sciences, Mathematics, Medicine, and Philosophy. In the 9th century, The House of Wisdom was established which attracted scholars from many parts of the world. The work of great scholars like Aristotle, Euclid, Galen, Ptolemy, Socrates, and more were collected, preserved, and translated into Arabic. By 11th century, all major Muslim cities (Bagdad, Cairo, and Cordoba) had unique institutions like universities, hospitals, and scientific laboratories. Muslims became the leaders of knowledge, and people from all over the world would go to Muslim cities for higher education. Muslim physicians performed complicated eye surgeries 600 years before Europe. They measured the circumferences of the earth and values for of specific gravities correct to three decimal places 1,000 years ago. Muslim scientists got the concept of zero from India and substituted it for the Roman numeral, resulting in a more manageable decimal system in use today. There is no field of knowledge where Muslims did not explore, investigate, research, think, or invent exemplary innovations.

Some of the noted Muslim scholars of Medieval years were: Ibn al-Baitar, Ibn al-Nafis, Nasir al-Din al-Tusi, Al-Battani, Omar Khayyam, Al-Kindi, Al-Biruni, Thabit Ibn, Al-Zahrawi, Jabir ibn Hayyan, Al-Khwarizmi, Muhammad ibn Zakariya al-Razi; Ibn al-Haytham, Ibn al-Khaldun, Ibn Rushd, Ibn Batuta, Al Idrisi, and Ibn Sina (Avicenna), whose medical encyclopedia, "The Canon of Medicine," became the standard medical book reference in universities for 500 years. You can read about their contributions on Google. Mainstream Western history acknowledges the work done by Greek and Roman scholars up to 300 AD and then, mysteriously jumps to 1500 AD, i.e., the European Renaissance. Very

little is mentioned about social, political, or scientific developments during the period from the 7th to 15th centuries AD. H.J. Morowitz, a historian, described this phenomenon as 'History's Black Hole,' stating: "The impression (is) given that the Renaissance arose phoenix-like from the ashes - smoldering for a millennium - of the classical age of Greece and Rome." It is, in fact, the Muslim contributions in that prior time that led to

In the 11th century, the separation of the revealed ("Qur'anic") sources from the rational sources of knowledge was raised by distinguished Muslim scholars. They insisted on the supremacy of the revealed source which was of divine origin, insisting that it should not be complemented or supplemented with rational sources of knowledge which they believed to be inferior and would bring a corrupting influence on the revealed



the European Renaissance of the Elizabethan period, and ultimately inspired the democratic ideals of our constitution, as well as the current cross-cultural climate of U.S.A.

Decline of the intellectual superiority in the Muslim Umma.

knowledge. Consequently, the madrasas in the Islamic realm abandoned research in and the teaching of scientific themes. The schools, and universities were engaged in reading the Qur'an without teaching its meaning, and teaching Fiqh (religious jurisprudence) - which is important for Muslim - to extreme details but taught it without the freedom of expression and critical

thinking.

The great Renaissance Movement which transformed Europe into a dynamic and progressive civilization did not impact the neighboring Islamic countries because of the continued inflexible attitude of the orthodox, dogmatic Muslim jurists who only promoted the revealed sources.

Post-colonial Muslim countries were more preoccupied with consolidating their own political power than promoting advancement of knowledge. Muslims today are as a result suffering from this ignorance. There are little contributions by Muslim scientists in Muslim countries in the technological revolution of the 20th century that has radically changed the world.

Current status of Muslims

There are only 500 universities in the 57 Muslim countries, whereas USA has 5,758 and India has, 8,407. Less than 10 universities in the entire Islamic World are featured in the Top 500 Universities of the World. India has many Universities in the top 500. Literacy in the Christian world is 90% and Literacy in the Muslim world is 40% (where the illiteracy rate for Muslim women is 90%). The Muslim-majority countries have 230 scientists per million, whereas USA has 5,000 per million. There are approximately 1.6 Billion Muslims in the world and there are roughly 14.4 million Jews in total. There have been 12 Muslim Nobel Laureates – 7 for Peace (including Malala), 2 in Literature, 2 in Chemistry, and 1 in Physics. A smaller Jewish population, had 193 Nobel Laureates (22% of Nobel Prize winners), not without reason.

Muslims, even in the US, are preoccupied with Islamization of science and medicine. Muslim scientists in medieval times impartially acquired knowledge from earlier scholars and then contributed their own original work to it. Ibn Sina’s medical work was not Islamic because he was a Muslim, just as Einstein’s theory of relativity is not Jewish physics because he happens to be Jewish, and Isaac Newton’s theory of gravity is not Christian theory because Newton was a Christian. Scientific Methods are based on objectivity and rationality not on the religion of the scientist. Some Muslim countries are super rich with their abundance of natural resources. However, they expend these mostly on buildings and luxuries, often buying European and American goods but their own universities do not produce scientists, engineers, and technicians of contemporary or lasting following.

OUR MINDSET IS USED TO MEMORIZING AND RETRIEVING WISDOM OF 7TH CENTURY SCHOLARS, WHICH PREVENTS US FROM LEARNING TO ANALYZE, UNDERSTAND, OR DECIPHER OUR PRESENT-DAY PROBLEMS. WE WILL NEVER LEARN ABOUT MODERN KNOWLEDGE, SCIENCE, TECHNOLOGY, INNOVATIONS, AND INVENTIONS UNLESS WE DRASTICALLY CHANGE OUR MINDSET FROM ROTE LEARNING TO PRODUCTIVE RATIONAL LEARNING.

What is ahead of us.

Today we need an education system which can produce Muslim experts in all fields of knowledge who can reconstruct the social order and justice. By virtue of good educational programs for both males and females, the future generations will become the torchbearers of Islamic values and play an effective role in the world. Education of women is the key to the success of society. We need to develop and effectively apply critical thinking skills to the complex problems that we face, and to the critical choices we will be forced to make as a result of the information explosion and other rapid technological changes.

We are proud to have 3 Muslim noble Laureates. We have hundreds of Muslims who



L-R→ Prof. Naziruddin, Prof. Krisciunas, Mr. Faizan Mirza, and Prof. Pervez Hoodbhoy.

mastered in the fields of science, technology, engineering, and mathematics. They are engaged in teaching and research and making valuable contributions to the society.

Institute of Medieval and Post-Medieval Studies (IMPMS) has organized first of its kind seminar in Dallas, TX in August 2018.

Dr. Basheer Ahmed summarized the Rise and Decline of Muslim scientific contributions, the reasons and remedies.

Professor Pervez Hoodbhoy a distinguish professor of physics from FC University and Quida-Azam University Lahore (who is recognized as one of the 100 most influential global thinkers) gave the key note speech on physics and the physical sciences, from the



sub-atomic to stellar constellations, Dr. Hoodbhoy shared the progress made in this field as we “look to the Heavens and learn from them.” He covered the role of physics and critical, scientific thinking in generating innovations and technological contributions to humanity.

Dr. Rana Dajani a world leading molecular biologist and a fellow at Harvard University and the visiting scholar to Yale USA and Cambridge University England who is currently teaching at Hashemite University Jordon, presented through the video from Jordon on the emerging field of cell biology, bio technology, and investing our energies in advancing science and technology for the human progress globally. She also shared her passion for creating literacy among girls and guiding women into prospective professions.

Mr. Mirza Faizan is a world-renowned aerospace scientist and the inventor of GRIPS, a technology to predict and prevent aircraft collisions. He presented his groundbreaking work in technology management and the many patents he has earned over the years that are hugely valuable to the world community in general and American advancement. Faizan has passion for mentoring youths for careers in Science, Technology, and Engineering & Mathematics. He also discussed his S&T Innovations initiatives with

school children where he is mentoring young minds in getting their own patents. This was the highlight of seminar. 25 students who received the national award in USA for their innovative thinking in science and technology were present during the seminar and received certificates and medals.

We also have two imminent scientists on the panel Prof. Naziruddin, of Baylor University TX and director of ISLET cell processing laboratory. He is leading a team that performs pancreatic islet cell transplants into type 1 diabetics and chronic pancreatic patients. He presented the importance of inspiring youth to become scientists and to mentor the high school in college students who are interested in scientific research.

Dr. Krisciunas, professor of astronomy at Texas A&M university who spoke about his research on supernova. He is very knowledgeable about the contributions of the Muslim astronomers during the medieval period. He inspired the students about the wonders of studying astronomy.

Dr. Basheer Ahmed is the former professor of psychiatry at the Southwestern Medical School in Dallas, Texas and the founder and president of IMPMS. He can be reached at mbahmed05@yahoo.com

55TH ANNUAL ISNA CONVENTION IN GOD WE TRUST

AUGUST 31 – SEPTEMBER 3, 2018

George R. Brown Convention Center – 1001 Avenida De Las Americas, Houston, TX 77010



ISNA Day #2 Shaykh Nur Muhammad Abdullah former President of ISNA and Dr Moin Butt former President of ISGH received life time achievement award at ISNA Community service recognition luncheon. ISNA also hosted a cooking competition for the first time at their convention.

The 55th Annual ISNA Convention in Houston, organized by the Islamic Society of North America took place from 31st August to 3rd September 2018 at the George R. Brown Convention Center in Houston, United States. This four day convention featured more than 200 speakers, trade show with 550 booths, Islamic entertainment programs, matrimonial banquets for single Muslims, art exhibits, networking opportunities with young professionals, film festival, and much more.

Not surprisingly, one of the main events in the Convention is the "ISNA Bazaar (Trade Show)". More than 300 vendors and businesses participate in the ISNA Bazaar consisting of more than 500 booths. Participants sell, promote, and market their products and services to a large customer base. Because the Convention represents a broad spectrum of the Muslim community in America, this show also acts as a niche market for businesses. The Bazaar also provides an opportunity for businesses to communicate, understand, and cater to the needs of their customers.

Because of the large attendance & excellent logistics, businesses are given a number of ways to showcase and market their products. These include a display or vending booths, print advertisements in the Convention program book, company banners, video advertisements on the large main hall projection screens, registration panel advertising, and a number of other promotional items. Islamic Horizons, the flagship magazine of ISNA, with its large readership, offers an excellent medium to reach the Muslim niche of the North American market. The Islamic Society of North America (ISNA) has completed its general election and expresses deep appreciation for all of the candidates who offered to serve the organization. The following leaders have been elected to these positions on ISNA's Board of Directors.

Newly elected officials:

ISNA President: Dr. Sayyid M. Syeed
Dr. Sayyid M. Syeed is the former National Director of ISNA's Office for Interfaith and Community Alliances in Washington, DC. Before heading the Washington office, he served for 12 years as ISNA Secretary General. He

served as President of MSA and pioneered its transformation into ISNA. He's also formerly served as Secretary General of the International Islamic Federation of Student Organizations (IIFSO), General Secretary of the Association of Muslim Social Scientists (AMSS), and Chairman of the Editorial Board of Islamic Horizons magazine. Dr. Syeed was one of the founders of the American Journal of Islamic Social Sciences (AJISS) and served as Editor and then Editor-in-Chief.

ISNA Vice President USA: Safaa Zarzour
Safaa Zarzour is an educator, attorney and a community activist. Professionally, he is the Superintendent of Universal Schools in Illinois and Indiana. He is also the Principal of Zarzour Law LLC. Previously, he has served as Secretary General of ISNA, General Council and Chief Operations Officer of Zakat Foundation of America, and Chief Executive Officer of IQRA International Foundation, and as an adjunct law professor at Loyola Law School. Zarzour is the cofounder of the ISNA Education Forum, Chairman of the Council of Islamic Schools of North America (CISNA), member of the Board of Advisors of the Lake Institute on Faith and Giving, Vice Chair of the Mosque Foundation, elected board member of Oak Lawn Community High School and President of the Syrian Forum USA.

ISNA Vice President Canada: Mohammed Jalaluddin
Mohammed Jalaluddin has a Master of Science Degree from the University of Texas at Dallas, and has over 30 years of experience in Islamic Finance and Senior Business Management. Jalaluddin is the founding member and currently the President of Ansar Financial Group, Toronto that offers interest-free investments and is Sharia Compliant. He is also the Vice Chairman of Islamic Cooperative Housing Corporation in Toronto and President IMRC Canada. Jalaluddin is a life member of ISNA and has served MSA/ISNA since 1972 in various capacities such as a Board Member and Secretary, Association of Muslim Scientists and Engineers (AMSE) and as speaker/moderator at ISNA Conventions.



Master Mirza Safwaan Baig attended ISNA Bazaar along with his Dad Mirza Shafi Baig



Azeem A. Quadeer, Publisher Asia Times US with the outgoing ISNA President Azhar Azeez and Nihad Awad, Chief Executive Officer and Founder of the Council on American-Islamic Relations (CAIR) at the 55th annual ISNA convention at George R. Brown Convention Center · Houston, Texas



Rao Kamran Ali speaking at Azad Radio 870AM with Dr. Hussain Haideri in Irving, TX



Executive council meeting in Orlando, Florida. Ted Mathis NYL CEO in the middle and Amir Kassam and Shawkat Mohammed. Shawkat Mohammed Qualified for Executive Council a major goal and a huge honor for a New York Life Agent. He is proud to have done this- for the 9th time - and thanks all his clients.



Innah lillah w innah ilayhi rajioon. Brother Ahmed Abuhandara has passed away Aug 31. He was one of the founders of Islamic Center of Irving, TX .



Noor Amrohvi received doctorate degree on 18th August.2018(Degree by commonwealth vocational university) He said "thank you to all my family, friends and well wishers for your love &best wishes,I couldn't have done it without the prayers of my family late mom ,dad and brother who were always there for me,I really miss them a lot .i wish they were here for this moment .once again thank you all for your love and support."



First Day at Dar el Imaan School Arlington





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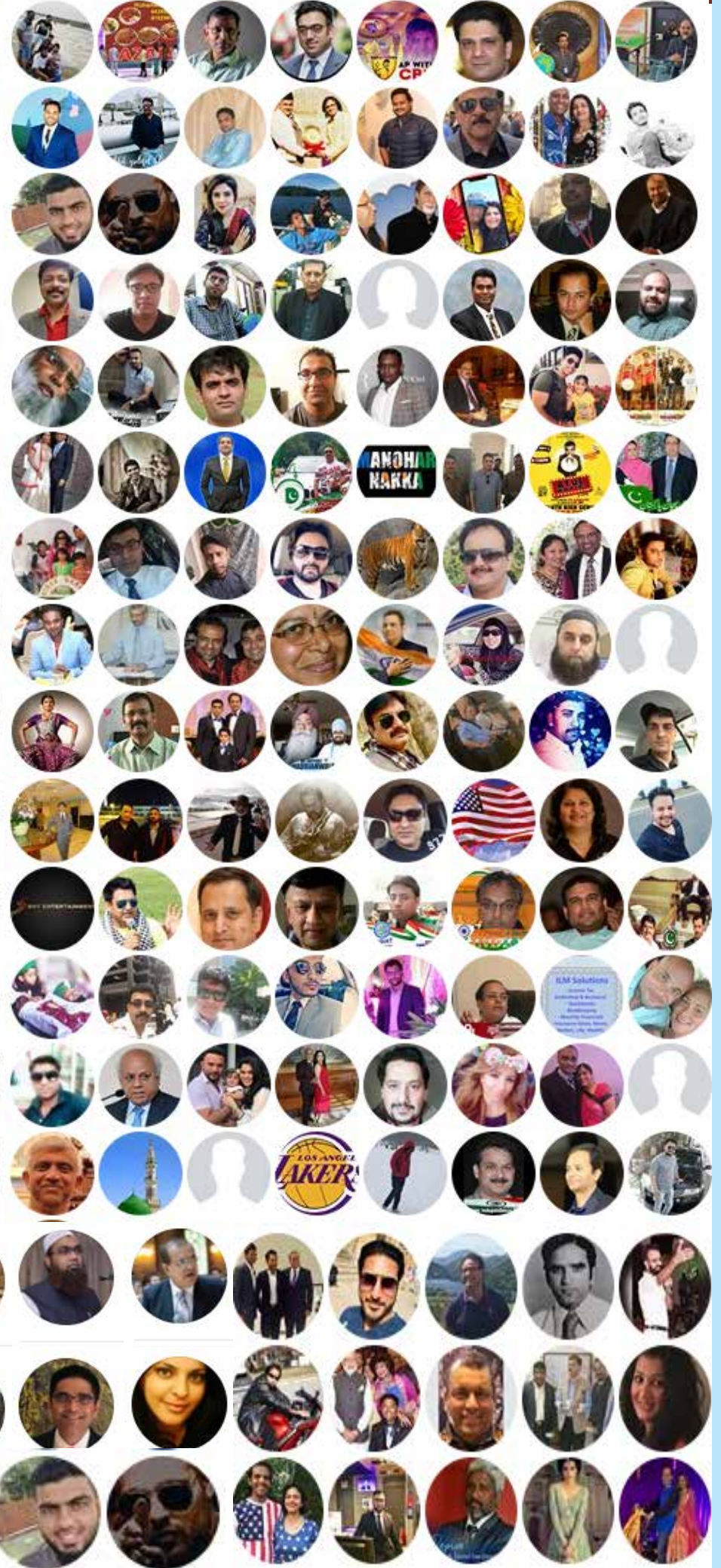
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BIRTHDAYS IN SEPTEMBER - CONGRATS



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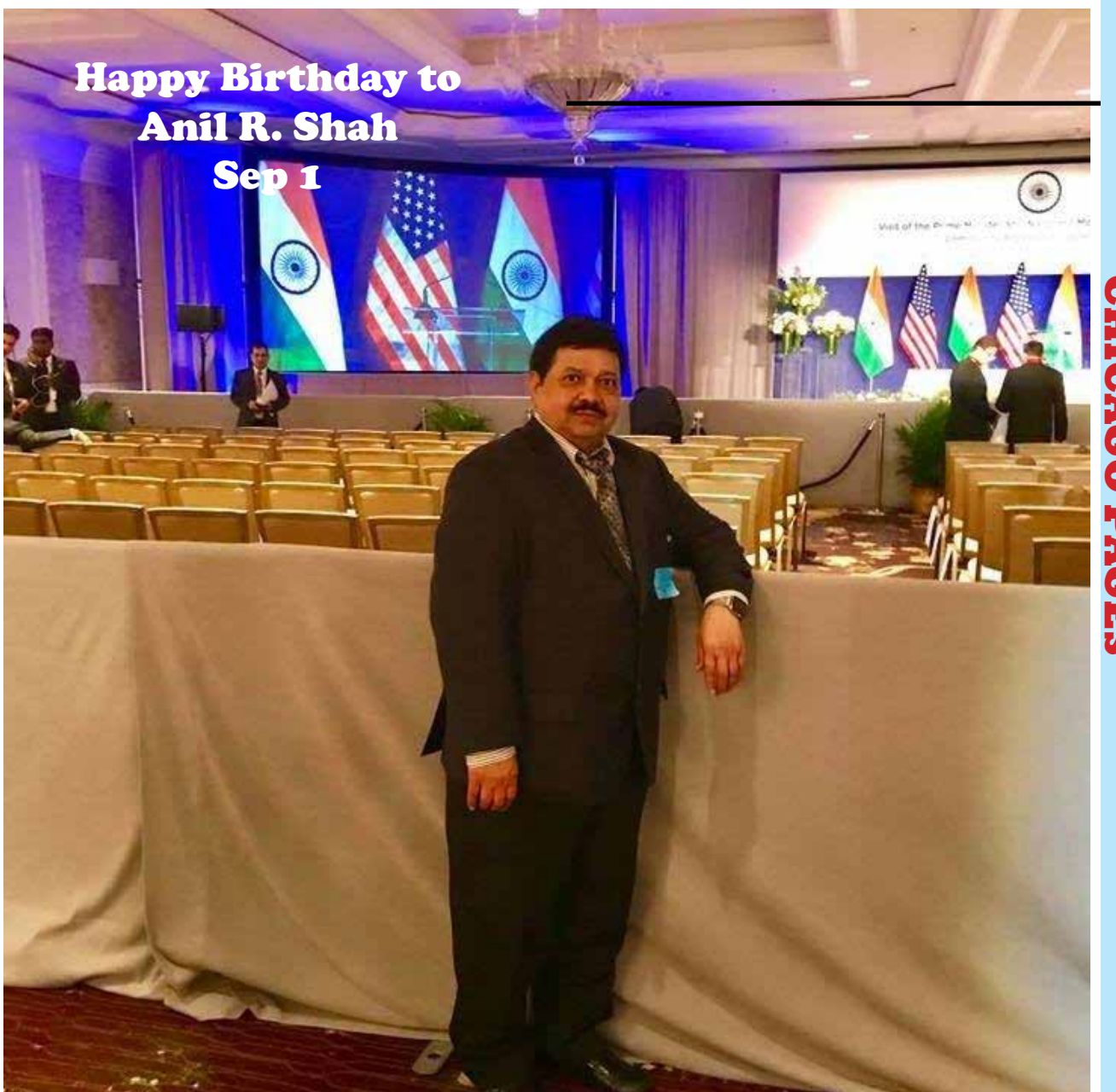
INDIAN COMMUNITY OUTREACH
2018 INDIA DAY
PARADE & CELEBRATION



Krishna Bansal received the "Outstanding Service in Leadership Award" from Illinois Governor Bruce Rauner on the India Day main stage.



At the inauguration of Sivic. Congratulatory to Faateh Sayeed. Sivic is a 'post function' to address civic engagement and a disruptive alternative to a petition. The technology allows people to instantaneously address issues or policies that matter to them with the relevant influencers- that consist of politicians and organizations.



Happy Birthday to
Anil R. Shah
Sep 1

Mega event hosted by APA Bolingbrook

Another Mega event hosted by APA Bolingbrook with thousands in attendance with live entertainment by Malika Faisal and Ali Haider
 APA sets another tradition by honoring Bolingbrook Police Officer Robert Liazuk for a Community service award give to him by Vice Consul Rabia Shafiq. APA and Mayor gave Community Services Award and letter of recognition to Mr. Abdul Razzaq for his services to the community.

Another land mark event a 27th Flag hoisting ceremony and Taste of Pakistan in Bolingbrook took place on Saturday, August 25 2018. Thousands poured to the Bolingbrook to a champion of diversity who's Mayor Roger Claar is know to every one in Illinois but as far as Pakistan this city each year to witness one of the most well organized and well attended Pakistan Day celebrations in the USA. What a pride for Association of Pakistani Americans (APA) This year was not different as the host organization the Association of Pakistani Americans of Bolingbrook (APA) who gained yet another feather in their cap with a dignity and their hot work. The event was hosted at the Bolingbrook performing arts center at 375 W. Briarcliff Rd. behind Village Hall. This year the celebrities invited to perform was no other that the renowned entertainer from Pakistan Mr. Haider Ali and Malika Faisal from Coke Studio. Dj was Mr. Syed Mudassir a very well know name in the Chicago land area. Thousands of attendees packed the complex filled with food, entertainment and music. The other high lights of events were messages from newly elected Gov. of Sind Mr. Imran Ismael at the very last minute courtesy of Ali Akhtar who at the last minute got his message for APA. Governor Bruce Rauner proudly sent a video message since he was out of town attending previously committed events while using Urdu words " ASSALAM ALIKUM & SHUKRIA". Bolingbrook has a diverse population and has consistently ranked among the best places to live in America by Money Magazine. Among the honored guests Mayor of Bolingbrook Roger. C. Claar, Vice Consul of Pakistan Rabia Shafiq and, Mr. Amer Tareen Commercial

Counselor besides local and county elected officials. Hon. Faisal N. Tirmizi could not make it since he had prior commitment in Michigan and could not make it. Consul General has always attend the event and considers Bolingbrook his second home had nothing but praise for the event and the city which last year became a sister city to Sialkot Pakistan. Also, in attendance were representatives from Will County, Village Trustees, Library Trustees, School Board members, Judge Ben Braun, Judge Victoria Kennison, Alysia Benford candidate for State Rep, State Senator Pat McGuire, Dr. Nick Stella candidate for congress, Illinois Governor Bruce Rauner had sent a video and proclamation, Will County Board members, Bolingbrook Park District, State Rep Dave Olsen and others. There were also several Democratic candidates and elected officials present at the event and were distributing flyers at their booth. A young Pakistani Mr. Mohammed Ibrahim was also recognized for his outstanding academic achievement and Mr. Wali entertained the crowd with his poems. This year the first time APA honored a Bolingbrook Police Officer an Award for his outstanding services to the Pakistani and American Pakistani community. Officer Robert Liazuk received awarded from Deputy Consul General Rabia Shafiq and Police Commissioner Talat Rashid. Public safety director Ken Teppel and Deputy Police Chief Mike Rompa was also present at the stage with Bob. The APA also recognized Mr. Abdul Razzaq from the Pakistan Consulate Chicago for his dedicated service to the community along with recently retired Bolingbrook Public Works member Bob Kalis for his 29 years of service. The official flag hoisting was conducted as the APA celebrated 27 years of raising the Pakistani flag at Village hall. The ceremony was conducted by Mayor Claar and Vice Counsel Rabia Shafiq and Mr. Talat Rashid was honored with the proclamation from the Mayor and received much praise from the guests for the vision and accomplishments of the APA. The Master of Ceremonies was no other than Mir Ali, who continues to grow in his role of leading the future of the community and has done explicit work for the community. Both Mr. Rashid and Mr. Ali were appointed to the Police and Fire and Plan Commission boards, respectively. The Taste of Pakistan's success has always been due to the hard work of its members and the unparalleled level of its sponsors. Grand Sponsors were no other than Advanced Pediatric Care Dr, Nadeem Longi and Moazzam Saeed, CH: Munir Chaudhry RNA , Ali Akhtar J F Labs Munir Akhtar and Mahmood Baig of IFANCA, Other sponsors included Bolingbrook Park District, IFANCA, Quality Inn Bolingbrook , Hilton hotels, Hampton Inn, Embassy

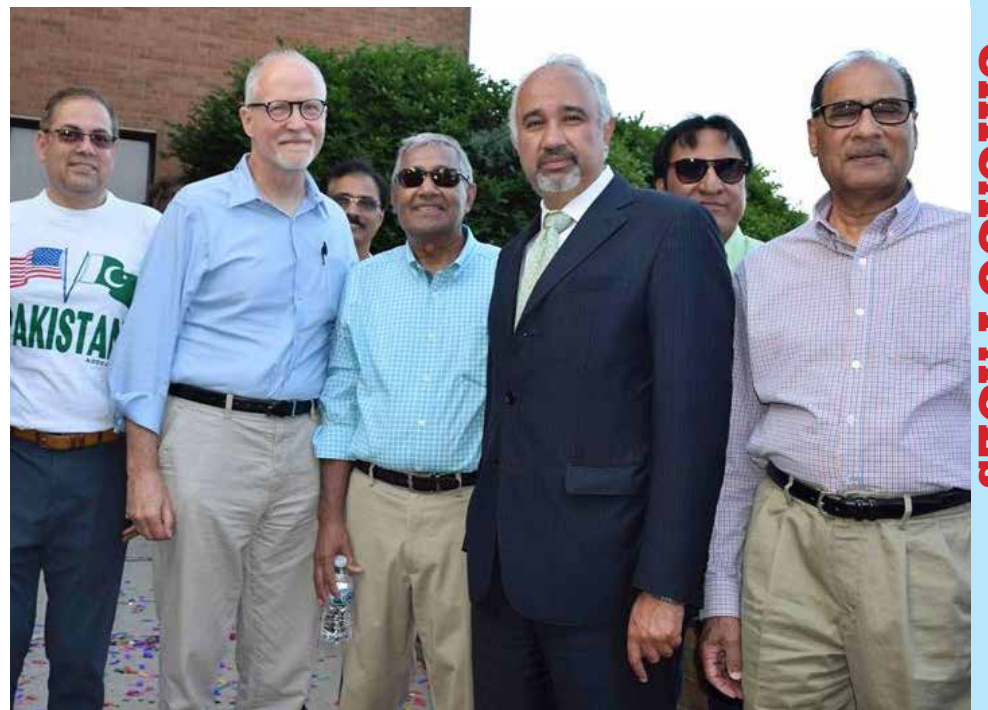


Suits Naperville, Dr. Sameer Shafi, Dr. Tahir Rohail, Bolingbrook Chamber of commerce, Bolingbrook Golf Club, AMITA Bolingbrook, Quality inn Bolingbrook, Chamber of Commerce and Hampton Inn hotel. Other sponsors include WinTrust Bank Mr. Shakeel Ahmed and BMO Harris Bank Mr. Obaid Haleem
 The event was entertaining at many fronts. Entertainment for kids included face painting, air plane rides and arts and crafts activities. The clothing and jewelry bazaar was filled with deals for the Eid celebration and business owners had their booths set up to get the maximum exposure. The APA has done a fine job in maintaining the quality and providing businesses a great platform to get exposure through their digital screen advertising and this year the entire event was broadcasted live achieving over 200k viewership. The entertainment began about 8pm as DJ Kazi and Mudassir entertained the crowd all day with his music. The APA offered many great raffle prizes including the grand prize of a round trip ticket by MI travel a lap top from EZ Wireless and many other supporters. The highlight of the evening were the two entertainers as Malika Faisal opened the show and won the hearts of thousands of attendees lighting up the entire place with lights to his famous song from Coke Studio. The crowd was anxious to see Ali Haider, as when he took the stage had the entire crowd on their feet. He was simply magical with his voice and entertained the crowd as expected. There were several prizes given away including the top price of Airline Tickets who was won by Rahat Raza of Hoffman State. Every one who won the Price was handed over to the winners if they were present there. Some choose to collect next day. There were several non profit organizations helped in the event by sending their Volunteers including Lions Club, H2O and VFW. APA distributes some of the funds to these organizations before the event ended all the APA volunteers were



brought on stage and recognized. The volunteers included especially Hamid Bhatti, Rizwan Asghar, Zulfi Ahmed, Aziz Vayani, Kamran Rashid and Fahim S Fahmi. We are also thankful to Village of Bolingbrook, Public works and especially Bolingbrook Police dept. APA donated 18,000 dollars to Basha Dam Project on the appeal of Prime Minister Imran Khan. From the media Shamim Bano of Express news, Express TV and newspaper, Rana Javed Pakistan News, Asia Times, Suresh Bodiwala, Urdu Times and several other journalists were present there. The event was a huge success at every level. The APA has done it again and has proven to America that they truly bring out the best in the Pakistani American community and are leaders in educating America on all the positive contributions Pakistani Americans continue to make towards its success. The 2019 Taste of Pakistan will take place in August 2018 and further information will be available on www.apabolingbrook.com.

Eid Mubarak from FaceBook Friends



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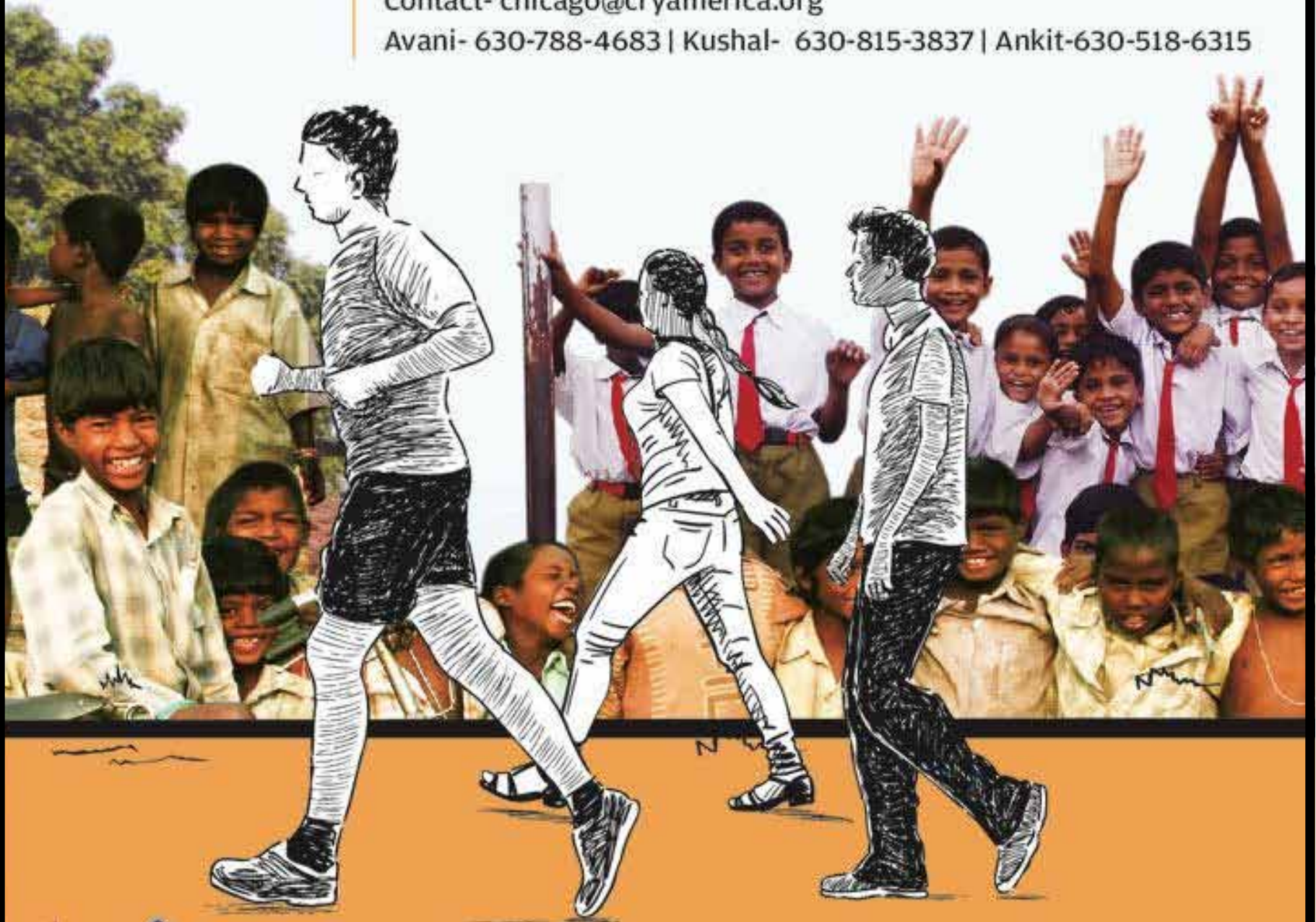
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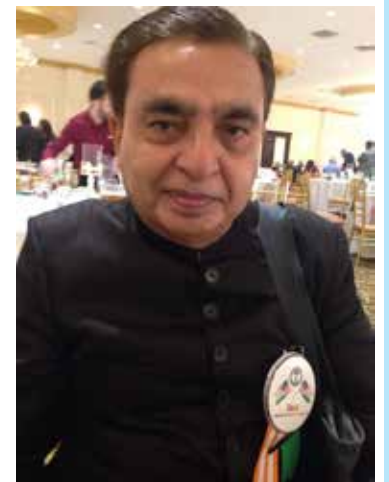
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Newly formed Indian American Association celebrates Independence Day with Bollywood actress Preity Zinta



Independence Day Celebration by a newly formed Indian American Association headed by Hamid Ali Khan & Shahid Razvi . Chief guest was Bollywood actress Preity Zinta , other guest included Paresh Gilani "Parya" of movie Sanju. Notable attendees were Iftekhar Shareef, Dr. MT AliNiasee, Raees Yawar, Sher Rajput and others. Nawab Mir Hamed Ali Khan, Shahid Razvi, Taufeeq Ansari and Fareeduddin Sabiri were the main organizers of the event. Credit goes to them in inviting Preity Zinta and making sure she attended. Zinta received the Filmfare Award for Best Actress in 2003 for her performance in the drama Kal Ho Naa Ho. She went on to play the lead female role in two consecutive annual top-grossing films in India, the science fiction film Koi... Mil Gaya (2003), which is her biggest commercial success, and the star-crossed romance Veer-Zaara (2004), which earned her critical acclaim. She was later noted for her portrayal of independent, modern Indian women in Salaam Namaste (2005) and Kabhi Alvida Naa Kehna (2006), top-grossing productions in overseas markets. She is the founder of the production company PZNZ Media, a co-owner of the Indian Premier League cricket team Kings XI Punjab since 2008, and the owner of the South-African T20 Global League cricket team Stellenbosch Kings since 2017..

Advertisement for 'Jashn-e-Verdu' event in Dubai, featuring a portrait of a man and the text 'Mushaira & Kavi Sammelan'.

Advertisement for 'Purchase or Refinance Today' by First United Mortgage Corp., listing services like mortgage products, low rates, and contact information for Masih Siddiqi.



NORTHWEST SUBURBAN COLLEGE



During his time as a renowned professor and researcher in academia, Dr. Mohammed T. AliNiazee recognized the increasing tuition rates, increasing student loans and debts, and increasing time periods required for acquiring a college degree. Confronting this imbalance, NWSC is here to make a difference by offering more student guidance, smaller classes, and three full terms per year (rather than two). A culmination of his longtime dream of establishing a world class center of education founded on

the principles of service, compassion, and quality, Professor AliNiazee took early retirement after nearly 40 years of a successful career in academia to establish NWSC. Dr. AliNiazee and the NWSC team are dedicated to building a private, non-profit school of higher education that provides affordable and quality education dedicated to science, medicine, and the humanities.

A cultural hub with numerous advanced centers for healthcare and medicine, Chicago was selected as the city to establish NWSC. In 2008, President AliNiazee acquired the property in Rolling Meadows, IL that is now NWSC. After establishing the Corporate Board and the Board of Regents, M.A.Q. Khan (late), a retired professor of biology for the University of Illinois at Chicago joined NWSC as the Chairman of the Board of Regents, and was appointed as the college's Vice President. Dr. Khan was instrumental in this formative period at NWSC. Additional faculty and staff were hired by Dr. AliNiazee as the school started to grow.

Since its founding in 2008, NWSC has made great progress and continues to diligently work toward providing the very best educational environment. Currently, NWSC is an accredited institution offering accelerated degree seeking and healthcare certification programs. Since NWSC's first two students in 2009, nearly 500 students have graduated over the past six years. Recent highlights of NWSC's journey include attaining Title IV funding approval in May 2016 and initial institutional accreditation by the Accrediting Council for Independent Colleges and Schools (ACICS) in August 2014. If past performance is any indicator, NWSC has a bright future ahead.

PROGRAMS

NWSC is committed to preparing its students for advancement and growth in the field of biology. Students whose major is biology explore and understand the concepts and fundamentals of living organisms.



Our undergraduates excel in preparation for graduate school and medical school, and either option will prepare students for a variety of careers and enable them to be highly sought-after in this competitive, rapidly evolving, and expanding field.

APPLY NOW

Northwest Suburban College warmly welcomes international students to join our diverse community of knowledge-seekers. Regardless of where you call home, when you join NWSC, you will be part of a family that nurtures you both academically and socially.



NWSC teachers provide academic and student support, offering advice and resources to explore the many attractions of the Chicago area. At NWSC, you have the advantage of small class sizes that allow for direct attention from your professor and a close community to call your second home.

Tuition and Fees

NWSC believes that nothing should hinder the pursuit of education, so we strive to provide an affordable education for our students. Our low tuition rates, combined with our quality, direct instruction and caring community, offers more for less.

Tuition and Living Expenses

Admissions

International students seeking admission to NWSC are encouraged to apply at least 3 months in advance of the proposed admission date. NWSC trimester start dates are in the first weeks of September, January, and May.

Housing

Housing is readily available in the northwest Chicago area, and as a service to students, NWSC will provide a list of available housing options. NWSC has arrangements with private apartment owners nearby for incoming students.

Visa Process

Upon review of your admission application package and acceptance, NWSC will provide you with a Letter of Acceptance and completed Form I-20, which is required for the F-1 Visa.

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VANDALISM INCIDENT AT NAMCC - Austin



At 1:30 am Sunday morning September 2, 2018 the burglary alarm system went off and police were notified by the alarm company and NAMCC administrator Mustafa to check on the property. At 2:05 police arrived and spent 30 minutes surveying the property and its surroundings while recording the incident. We have a security camera system, however, the quality of recording would not allow for face recognition or identification of individuals. The recording shows a white (appearing)-skinned young man (18-24) years with a black hoodie and jeans with slim build. The perpetrator entered the property after compromising a few panels of the wooden fence near the trash dumpster and proceeded to front door of the masjid. He then broke the front door windows of the main hall running to the side door (sisters' side) to break both the door and windows' glass. The perpetrator was then seen moving across the parking lot to stop and puncture an overnight parked vehicle's tires before he fled from where entered the property.

We are working with police on identification of the perpetrator and recorded the incident as a hate crime with Austin Police Department. Meanwhile, the EC is taking several preventive measures to secure the property and members:

Starting from tonight, an armed security personnel will be present on the property from 11:00 pm to 5:00 am every day until is deemed unnecessary

New doors and windows glass are on special order, meanwhile, broken glass has been temporarily replaced

with plywood boards until delivery within the next week.

Plan to install a new reliable camera security system with high quality resolution (option 2) using funds from construction account until we can secure the funds from a special fundraiser

Cost of external installation and materials estimate of \$50k-\$70k

Similar or better quality system would cost \$15k-\$20k. We need volunteers from the community to help pulling wires - no technical background required

Use video surveillance companies, however, the investment is too high

Improve lighting in unlit or dark areas around the property

Community vigilance; apparently, a member of the community may have talked the perpetrator last Thursday around 9:30 pm at Isha time. If you suspect a person may be on property for other than prayer please take caution not to confront or converse with suspect and notify us or call police directly. In such cases, and if possible, it would be helpful to use your phone camera to capture a picture of such intruders.

There were many community members who asked about a fundraiser for security cameras that took place in the passed 2 years before current EC team took over. The rumor that \$70k was collected for that purpose is not accurate. The actual amount collected was around \$21k. Moreover, a similar incident like we have on hand today occurred and prompted the EC team at the time to hire

daily security personnel who remained on duty between isha and fajir. The cost of service was \$6k per month. That left the EC with a small budget to work with for the purpose of installing the current system. Regardless of how funds were spent, we ask that the community come together at this difficult time to support each other, protect ourselves, families and masjid and not pointing fingers at individuals. Meanwhile, the EC thanks all the brothers who rushed to help providing all kinds of support this morning, including donations for today's damages. What we ask from community members is to come forward and help with donation, time or at minimum constructive



words of support and dua for this community.

We ask Allah to protect our community, families, properties and all Muslims around the globe. Jazakum Allahu Khairan

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Government should be given three months before its performance is criticised

To be fair, no government can be expected to work miracles within weeks of coming to power. That is why Imran Khan's request at a meeting with a number of anchorpersons at Prime Minister House in Islamabad — that his government be given three months before its performance is criticised — is not unreasonable.

Among the issues discussed were: the accountability of PTI leaders; the use of official helicopters by the Punjab chief minister's family; the altercation between the First Lady's former husband and DPO Pakpattan that resulted in the latter's transfer; and unseemly remarks by the Punjab information minister against a theatre star. The prime minister assured the media persons that there would be a perceptible difference in how the country was run in three months' time.



PM Khan traveling in economy class

The prime minister has a point, to some extent. There are many areas of governance in Pakistan that require major systemic reform. Sound policies are needed, and these will only show incremental results over time. For example, Finance Minister Asad Umar has said it may take up to three years to stabilise Pakistan's deteriorating financial situation.

Shrill denunciations are not going to hasten the process. Thus it is only fitting that the new administration, barely two weeks into its term, be cut some slack over policy matters in the initial few months. However, that does not mean the media should turn a blind eye to the missteps and avoidable mistakes made by the government in the meantime. After all, while PTI has come into power at the centre for the first time, it has led the KP government for the last five years and should have a grip on what is required to avoid kerfuffles that only provide fodder for naysayers and distract from the larger picture.

ARTICLE CONTINUES AFTER AD

The actions and utterances of those occupying some of the top government posts have come in for valid criticism. So has PTI's stated intention to overhaul media regulation — the federal information minister used that loaded word, 'censorship' — a move denounced by various journalist bodies.

Such missteps have taken away from some of the positives: for example, the government has lifted political censorship from all state-run media outlets, and some of its appointees to important posts are competent individuals. The media must be a watchdog for public interest, but a balanced one, at the same time.

Published in Dawn, September 3rd, 2018

The government has to create its own image by taking actions before its goodwill and political capital start fading

What will the government do while it waits for the reports of the task forces? Seek sectoral and ministerial briefings? Perhaps that is why Imran Khan had to finally request impatient critics to examine his performance after three months or his first 100 days in office. This request came as he took the heat over certain unsavoury actions by some public office holders under his leadership.

ARTICLE CONTINUES AFTER AD

He was quick to decline a request from the cabinet division to personally head the economic coordination committee (ECC) of the cabinet, but did not decide whether or not to lead the three other committees of the cabinet on restructuring, privatisation, energy and the China-Pakistan Economic Corridor.

Instead, he appointed his Finance Minister Asad Umar as chairman of the ECC, which has 12 other members — six of whom are yet to be appointed. This has some of the few experienced technocrats of General Pervez Musharraf's government such as Razzak Dawood, Dr Ishrat Husain and Sheikh Rasheed Ahmed.

Other members of the ECC would include minister for law and justice Farogh Naseem, petroleum minister Ghulam Sarwar and planning and development minister Khusro Bakhtiar.

The decisions of the finance minister-led ECC would, therefore, always need be endorsed by the federal cabinet for legal cover. In addition, six more ministers — communications, national food security, power, privatisation, statistics and water resources — will also become members of the ECC whenever they are appointed.

But the outcome of the first meeting of the ECC of the Cabinet was not promising. It deferred a decision on the most difficult political item on the agenda: whether or not to increase the natural gas tariff after almost five years. It formed two committees on three power sector-related matters and took no formal decision.

The new government has to get over this hesitance. The markets are waiting and watching. The government has to create its own image by taking actions before its goodwill and political capital starts fading.

Prime Minister Imran Khan has so far avoided the most crucial decision the country's economic situation requires at the earliest — engaging with the International Monetary Fund (IMF). An early engagement is a sign of shared understanding of the challenges and inclusive decision making.

A bit of a comparison with the predecessors may be of some help. The 2013 general elections were held on May 11 and the prime minister was sworn in on June 4, as per the Constitution's requirements; followed by the federal cabinet being sworn in on June 7.

Luxury vehicles of PM House to be auctioned on Sept 17

ISLAMABAD: The Prime Minister House released a list of luxury and surplus vehicles to be auctioned by the government.

The auction will take place at the PM House on Sept 17.

The vehicles include eight BMWs, three cars of 2014 model and three 5000cc SUVs and two 3000cc SUVs of 2016 model.

The list also contains four Mercedes Benz cars of 2016 model. Two of them are 4,000cc bullet-proof vehicles.

There are 16 Toyota cars. One of them is 2004 Lexus car, one 2006 Lexus SUV and two 2004 Land Cruisers. Eight cars range from 2003 to 2013 models.

Apart from these, four bullet-proof Land Cruiser vehicles of 2015 model are also up for auction. There is one Honda Civic 1800cc car and three Suzuki vehicles, including two Cultus cars and one APV, all of them are of 2013 model. The list also includes a 1994 model Hino bus.



Senior journalist and author Kuldip Nayar passes away

Citizens For Democracy (CFD) is deeply grieved over the sad demise of Shri Kuldip Nayar who died at the age of 95 at New Delhi.

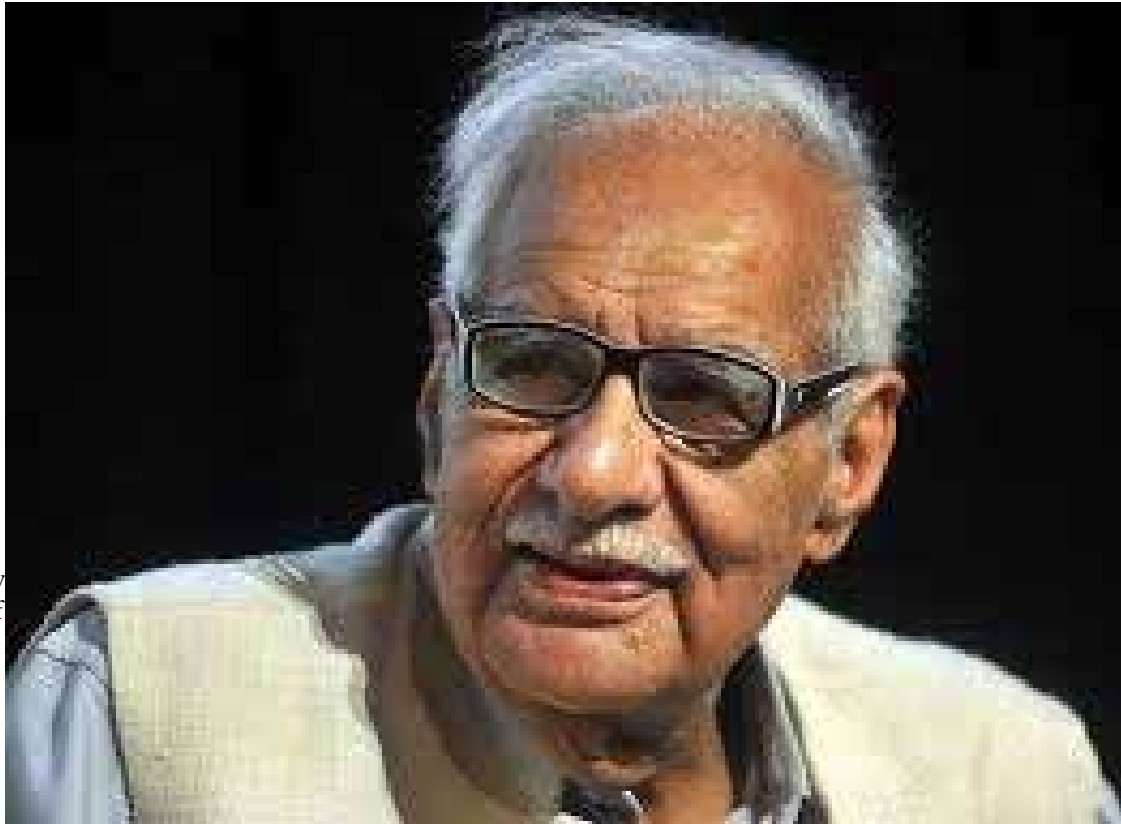
Shri Nayar was member of the national Council of CFD for several years during the decade of 1980s and then its President for a couple of years since 1990. He initiated various campaigns on behalf of CFD for protection of human rights and promotion of communal harmony.

Under the auspices of CFD, he started the candle light vigil at Wagha Border in 1994 for the promotion of Indo-Pak friendship which has become a regular annual feature attracting thousands of peace loving Indians every year. He again became the President of CFD in 2012 and vigorously promoted its aims and objectives. He was a Titan among journalists and a Great Humanist.

He represented a strong stance against authoritarianism, castism, communalism and was a pillar of strength to all those who cherished human and democratic values.

His demise is a loss to all that is decent and moral in our society. CFD pays its Homage to his illustrious memory and conveys its deep condolences to the bereaved family.

Senior journalist and author Kuldip Nayar, widely respected for his columns and reportage, died at a Delhi hospital. He was 95. Mr Nayar was admitted to Escorts Hospital. He had been suffering from pneumonia. Born at Sialkot (now in Pakistan), Kuldip Nayar graduated with a law degree from Lahore before moving to India



after Partition. He served as high commissioner to Britain in 1990 and was also nominated to the Rajya Sabha.

Mr Nayar is survived by his wife and two sons. He will be cremated today at Lodhi crematorium in south Delhi.

In his autobiography published in 2012, he wrote about the collapse of trust between communities after Partition and how he was forced to migrate to Delhi across the blood-stained plains of Punjab.

“From his perilous journey to a new country and to his first job as a young journalist in an Urdu daily, Nayar’s

account is also the story of India,” the introduction to the book reads.

From a young journalist in Anjam, he went on to head the news agency, UNI. His syndicated column, “Between the Lines”, was appreciated for how he always stood for the freedom of the press.

He has covered several historical turns that the country has seen, from the 1971 war with Pakistan to liberate Bangladesh to the Emergency of 1975.

People tweeted condolences on hearing about the death of the senior journalist, some of them remembering the effectiveness of the journalism Mr Nayar pursued.

Historian Ramachandra Guha tweeted, “...he was a journalist who followed the dictates of his conscience rather than the lure of money or fame... Nayar was not a prose stylist, and prone to the odd conspiracy theory, yet his commitment to interfaith harmony, his professional commitment and integrity, and his courage during the Emergency absolutely shine.”

1 COMMENT

Former prime minister Dr Manmohan Singh gave his condolences in a letter to Bharti Nayar, the wife of Mr Nayar

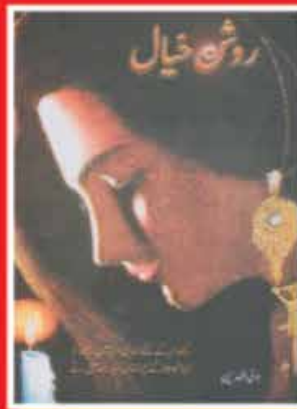
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AMU celebrates Independence Day with great fervour

Aligarh, August 15: "Let us pay tribute to our valiant freedom fighters whose courage and resolve helped achieve an independent, democratic, secular republic; and as proud Indians it is our duty to keep striving for nation building and for scaling new heights of social justice, peaceful coexistence, and equal opportunities for all," said AMU Vice Chancellor, Professor Tariq Mansoor, while addressing a gathering of teachers, students and other staff members at Strachey Hall after hoisting the national flag, marking the 72nd Independence Day of India.

Prof Mansoor said that Aligarh Muslim University has played a leading role in the struggle for Independence and we reiterate today our commitment to nation building.

He remarked, "AMU has figured amid the top ranking educational institutions of the country, improving its rank from 12th last year to 10th this year in the National Institutional Ranking Framework (official ranking of the Ministry of Human Resource Development)". He added that AMU has also been ranked among the top 5 universities in India by the Times Higher Education and India Today and the second best by the US News Education in 2018.

Prof Mansoor called upon the students, teachers and the University staff to elevate AMU to further heights with hard work, excellent teaching, quality publications, patents and state-of-the art infrastructure. "We have been consistently working for the upgradation of our departments, revision of syllabuses and modernization of teaching-learning facilities for the benefit of students, especially by leveraging ICT and updated knowledge systems. We have converted 70 existing classrooms into new smart classrooms at a remarkable pace in the past six months". He further informed that work is underway for construction of a new research scholar's hostel costing Rs 30 crore and an additional one time grant of Rs nine crore has been sanctioned for renovation of existing hostels.

He further pointed out, "I have personally overseen efforts that led doubling the grant of Jawaharlal Nehru Medical College Hospital (JNMCH) from Rs 12 crore to Rs 25 crore this year. We have in principle approval for establishment of Tertiary Cancer Care Centre costing Rs 44 crore under Ministry of Health and Family Welfare and work is expected to start soon on the College of Nursing for which University Grants Commission has sanctioned Rs 20 crores."

The Vice Chancellor added that the University Green Initiative, the National Academic Depository, the solar

plant, enhancement and renovation of academic buildings, waste water treatment, more seating capacity at the Maulana Azad Library and study rooms for research scholars at the departments are some of our latest accomplishments.

Prof Mansoor exhorted the teaching staff to collaborate with eminent academicians and AMU alumni globally through government of India's program- Global Initiative of Academic Network (GIAN) and AMU's own program Alig's Academic Enrichment Programme (AAEP). He also urged for operationalizing existing MoUs with foreign universities while further informing on AMU's recent foreign collaborations with Brooklyn College University New York, Central University Brunei, International Islamic University Malaysia and Massachusetts Hospital, USA.

He thanked AMU alumni for their generous financial and human resource contributions, and informed that AMU plans to hold a memorable Alumni Meet in 2018 with the Founder's Day in mid-October. "We plan to commence a pilot project for the bonding of children of Alumni with AMU."

"I have been taking up at the highest levels, the matter of release of funds of our off-campus centres at Murshidabad, Kishanganj and Malappuram and a detailed proposal has been submitted to the MHRD in the regard," he further informed.

Prof Mansoor said, "It is heartening that in the recent past, we welcomed dignitaries such as the President of India, Former President of India and the Governor of Uttar Pradesh in the Annual Convocation and Sir Syed Day."

Addressing the students, the Vice Chancellor said AMU has been granted Category-2 autonomy by the UGC. "It is both an opportunity and challenge and I look forward to the same valuable cooperation which I have been fortunately receiving from all sections of the AMU community," he said adding, "Let us now make the most of the new opening provided to us by for launching new professional courses, for equipping our students with life skills to enable them to carve a niche for themselves in the competitive world."

We are committed to the cause of Muslim education, especially of girls, said Prof Mansoor urging the AMU community to keep "women education in AMU" as the focal point for University Centenary celebrations in 2020.

he Vice Chancellor expressed satisfaction on timely completion of the admission process and commencement of academic session. He urged students to remain disciplined and



focus on their studies while emphasising that those who try to disrupt peaceful academic atmosphere the doors of the university will be closed for them.

Making a reference to the Minority Character issue of AMU, Prof Mansoor informed that it is a grave existential crisis facing AMU. "I have been pursuing with utmost sincerity all constitutional and legal avenues in our quest for justice," said the Vice Chancellor informing that the University has sought the best legal counsel with all hopes to come out victorious as we have full faith in our judiciary and constitution.

"The issue of SC/ST reservations also cropped up and we have resorted to the most plausible lawful course. At this critical juncture, I appeal to the entire AMU community to firmly stay together and united, and I pray to Almighty God for AMU to prevail with its ideals of education, large hearted tolerance and enlightenment uncompromised," said Prof Mansoor.

While concluding the speech, the Vice Chancellor wished good luck, health and peace to the Nation and the AMU community. He thanked everyone for the renewed Independence Day pledge for bringing glory to India and the University.

The Pro Vice Chancellor, Prof M H Beg with teachers from all the faculties, students and non-teaching staff was present on the occasion. Newly appointed AMU Registrar, Mr Abdul Hamid (IPS) conducted the programme and proposed the vote of thanks.

In a related event, the Vice Chancellor along with his wife Dr Hameeda Tariq and other University officials, planted saplings at the lawns of Union Hall and distributed fruits to the ailing students in the University Health Service.

He also inaugurated the library of Sir Syed Hall, South and later laid the foundation stone of new Student's Canteen near the Moinuddin Arts Gallery.

As a part of Independence Day celebrations, the Department of Urdu also organized a poetic evening on the eve of the Independence Day at the Assembly Hall of the University Polytechnic. The Vice Chancellor presided over the Mushaira (Poetic Symposium) proceedings, while the Pro Vice Chancellor, Prof M H Beg was the Chief Guest. Prof Tariq Mohammad Chattari, Chairperson, Department of Urdu welcomed the guests and Prof Seraj Ajmali conducted the proceedings. Prof Zafar Ahmad proposed the vote of thanks.



Myanmar military chiefs should be prosecuted for Rohingya genocide: UN investigators

Investigators working for the UN's top human rights body say top Myanmar military leaders should be prosecuted for genocide against Rohingya Muslims.

The United Nations does not apply the word "genocide" lightly. The fact-finding team's assessment suggests the crimes against the Rohingya could meet the strict legal definition — which was last met over crimes in Bosnia and Rwanda nearly a quarter-century ago.

The call, accompanying a first report by the investigators, amounts to some of the strongest language yet from UN officials who have denounced alleged human rights violations in Myanmar since a bloody crackdown began last August.

Following the UN report, Facebook banned Myanmar's army chief and removed other pages tied to the country's military.

"We are banning 20 Burmese individuals and organizations from Facebook - including Senior General Min Aung Hlaing, commander-in-chief of the armed forces," the social media giant said in a statement on its site, adding that it wants to prevent them from using the service to "further inflame ethnic and religious tensions".

The three-member "fact-finding mission" working under a mandate from the UN-backed Human Rights Council meticulously assembled hundreds of accounts by expatriate Rohingya, satellite footage and other information to assemble the report released on Monday.

Read: Half 'lost' Rohingya children orphaned by violence: study

Human rights watchers say determining "genocidal intent" is perhaps the most difficult criteria to meet: in essence, it's the task of assessing the mindsets of perpetrators to determine if ethnicity, race, religion or another attribute had motivated them.

"The crimes in Rakhine state, and the manner in which they were perpetrated, are similar in nature, gravity and scope to those that have allowed genocidal intent to be established in other contexts," the report said, alluding to a region of Myanmar that is home for many Rohingya.

Adding into their assessment: The extreme brutality of the crimes; "hate rhetoric" and specific speech by perpetrators and military commanders; policies of exclusion against Rohingya people; an "oppressive context;" and the "level of organization indicating a plan for destruction".

Commander-in-chief, Min Aung Hlaing, is among the six Myanmar military leaders named as "priority subjects" for possible prosecution. File

The investigators cited six Myanmar military leaders by name as "priority subjects" for possible prosecution, led by the commander-in-chief, Min Aung Hlaing. A longer list of names is to be kept in the office of the UN human rights chief for possible use in future judicial proceedings. The United States and European Union have already slapped sanctions on some Myanmar military leaders, though Min Aung Hlaing is not among them.

Related: After massacres and rape, food being used as a weapon against Rohingya in Myanmar

The authors called for the creation of a special body, or "mechanism", to keep watch on the still-evolving human rights situation in Myanmar. They said the United Nations' own role in the country since 2011 should be reviewed to see if the world body did all it could to prevent such a crisis. They also faulted Aung San Suu Kyi for not using her role as head of Myanmar's government, nor her "moral authority" — she is a Nobel peace prize laureate — to stop the events in embattled Rakhine state.

The team cited a "conservative" estimate that some 10,000 people were killed in the violence, but outside investigators have had no access to the affected regions — making a precise accounting elusive, if not impossible.

Above all, the investigators said the situation in Myanmar should be referred to the International Criminal Court, and if not, to a special tribunal. Last week, Myanmar's government rejected any cooperation with the ICC, to which it is not a party. China, a permanent member of the UN Security Council with veto power over whether the issue will be brought before the ICC, has been reticent about condemning Myanmar's government during the crisis.

Explore: Has UN failed the Rohingyas?

The UN-backed Human Rights Council created the mission six months before a rebel attack on security posts set off the crackdown that drove hundreds of thousands of Rohingya fleeing to



neighboring Bangladesh.

Through hundreds of interviews with expatriate Rohingya and use of satellite footage, the team compiled accounts of crimes including gang rape, the torching of hundreds of villages, enslavement, and killings of children — some before their eyes of their own parents. The team was not granted access to Myanmar and has decried a lack of cooperation or even response from the government, which received an early copy of the report.

UN officials and human rights watchers have for months pointed to evidence of genocide in Myanmar, and the United States late last year said that "ethnic cleansing" was occurring in Myanmar. But few experts have studied the issue as in-depth and in such an official way as the fact-finding team, with a mandate from a body that has Myanmar's approval; the country is among the 47 members of the Human Rights Council.

GYAN KE DUSWEIN ADHYAAY KA SHUBH AARAMBH

KAUN BANEGA CROREPATI

VIVO MARAZZO

How to know you have been blocked on WApp

This shouldn't come as a surprise, but among all the features that instant messaging app WhatsApp has to offer, one of them is blocking a contact you no longer wish to talk to. While there is no sure shot way to find this (apart from the contact telling you this, of course) there are a couple of tell-tale signs that can sort of confirm that indeed you have been blocked. If you are in a situation where you feel that you have been blocked by someone but are not sure try the following steps:

1. Look for the contact's last seen or online in the chat window
Look for the contact's last seen or online in the chat window
This is the first and the easiest way to check if you have been blocked. While just this is no confirmation as the contact may have just changed their "last seen" settings, but it is definitely among one of the indicators.
2. Look for updates to the contact's profile photo
In case you are blocked on WhatsApp, a user's profile picture will never change to you and you will always see the photo that they put when they were chatting with you. If you can't see the changes, you may have been blocked.
3. Send a message to the contact
Any messages sent to a contact who has blocked you will always show one check mark, which means that the message was sent from your side, but never updated to a double check mark which means the message has been delivered.
4. Call the contact
Any attempts to place a call through WhatsApp to the contact who may have blocked you will not go through.
- 5.

Create a WhatsApp group with the contact
Readers must note that all the above attempts can fail by a simple network error as well and therefore cannot be considered an ultimate revelation that you have been blocked, this attempt will clear all doubts you have. Try to make WhatsApp group with the contact you feel has blocked you. If you are greeted by a message saying "you are not authorized to add this contact," then you have been blocked for sure.



VITAMINS and what they do

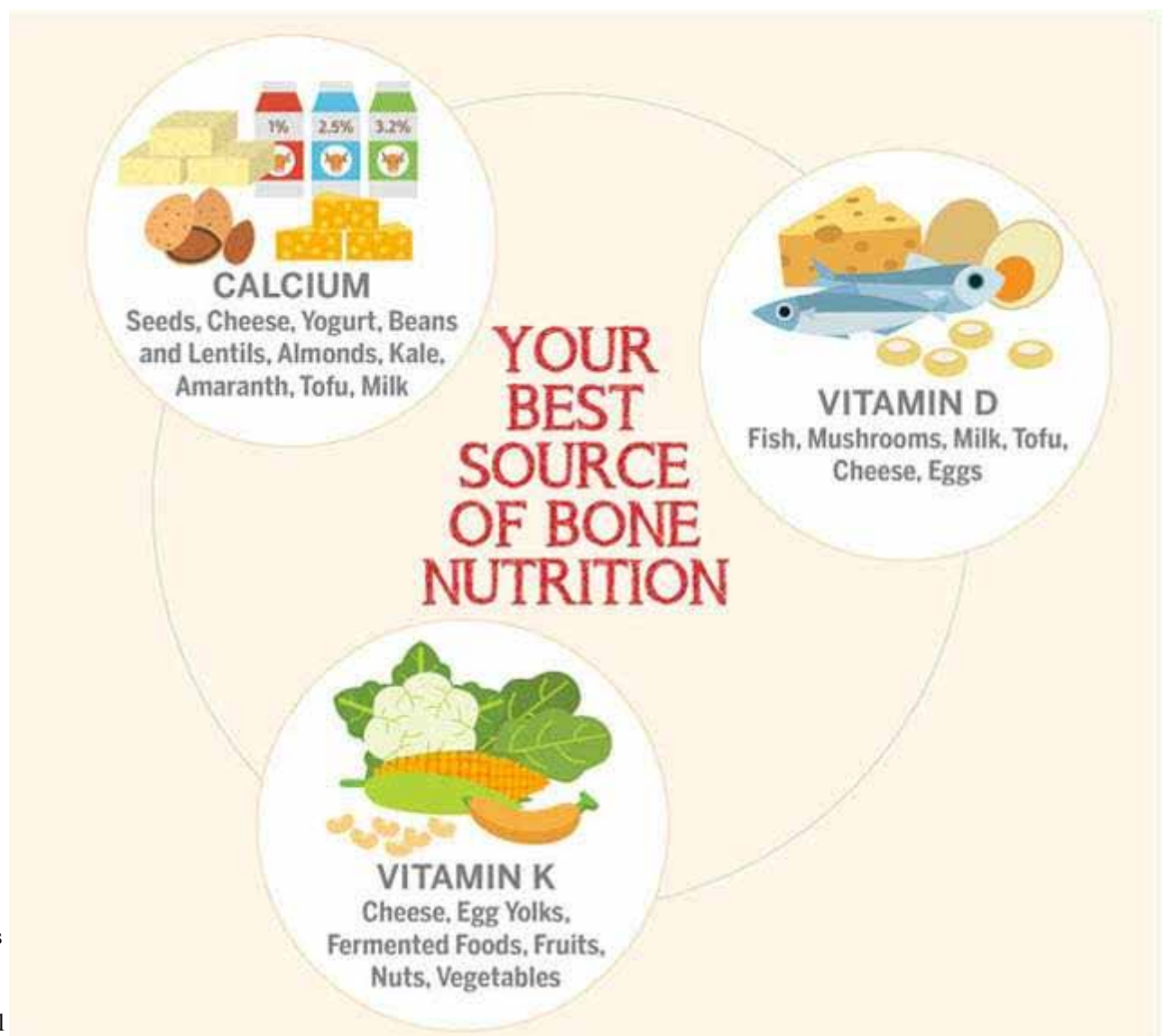
A vitamin is an organic molecule (or related set of molecules) which is an essential micronutrient—that is, a substance which an organism needs in small quantities for the proper functioning of its metabolism but cannot synthesize, either at all or in sufficient quantities, and therefore must obtain through its diet. The term vitamin does not include the three other essential nutrients: essential mineral (nutrient)s, essential fatty acids, and essential amino acids.[2] Some substances can be synthesized by a certain organism, but not by another: that substance is not a vitamin in the first instance, but it is in the second. Most vitamins are not single molecules, but groups of related molecules called vitamers. Vitamins are classified by their biological/chemical activity, not their structure. The thirteen vitamins required by human metabolism are: vitamin A (retinols and carotenoids), vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B3 (niacin), vitamin B5 (pantothenic acid), vitamin B6 (pyridoxine), vitamin B7 (biotin), vitamin B9 (folic acid or folate), vitamin B12 (cobalamins), vitamin C (ascorbic acid), vitamin D (calciferols), vitamin E (tocopherols and tocotrienols), and vitamin K (quinones).

Vitamins have diverse biochemical functions. Some forms of vitamin A function as regulators of cell and tissue growth and differentiation. The B complex vitamins function as enzyme cofactors (coenzymes) or the precursors for them. Vitamin D has a hormone-like function as a regulator of mineral metabolism, and is anti-proliferative. Vitamin E (and sometimes vitamin C), functions as an antioxidant.[3] Both deficient and excess intake of a vitamin can potentially cause clinically significant illness; although excess intake of a water-soluble vitamin is least likely to do so. All vitamins were discovered (identified) between 1913 and 1948.

Before 1935, the only source of vitamins for humans was from food. Since food sources and availability inevitably fluctuated, so did the amount of vitamins ingested: sometimes with resulting vitamin deficiency. Then commercially produced tablets of yeast-extract vitamin B complex and semi-synthetic vitamin C became available. This was followed in the 1950s by the mass production, and promotion, of vitamin supplements, including multivitamins, to prevent vitamin deficiencies in the general population, but is thought to be of little value in healthy people.[4] The addition of vitamins to staple foods (food fortification) has prevented folic acid and vitamin B12 vitamin deficiencies. The oral administration of certain vitamins during pregnancy prevents both maternal

and fetal vitamin deficiencies.

The term vitamin is derived from the word vitamine, coined in 1912 by biochemist Casimir Funk, who isolated a complex of micronutrients essential to life, all of which he presumed to be amines. When this presumption was later determined not to be true, the "e" was dropped from the name.[5]



Memoirs of An Orphan's Son

By M.S.Zahed ,Ex-CMD ,HMT Ltd



The Fourth Anglo Mysore War killed the Tiger of Mysore, Tipu Sultan in the then capital of Kingdom of Mysore Sreerangapatna . The valiant hero fell and with him ended resistance to East India Company. Sreerangapatna, the capital city of the Kingdom burnt for days together. The armies of East India Co, the Marathas and the Nizam plundered the city, which then had a population of rich business men, Europeans working in the Ordnance factories, which also manufactured the famous Rockets, a mention you find in the National Anthem of United States "And the rocket's red glare, the bombs bursting in air, Gave proof through the night that our flag was still there" The War ended on 4th May 1799.The English after sham negotiations, imprisoned the family of Tipu and restored the Kingdom to the Wadiyars, who were ruling a

western coast. Along with them they carried the deadly fleas of Plague through rodents, to the Indian shore .

Plague Flea's bite Warning Recent case in Michigan Mohammed Fakhruddin, a twenty five year old wealthy hardware merchant was happily married to Khatija Begum a twenty year old young lady from an affluent family.. Fakhruddin had a hardware shop in Ashoka Road in Mysore City,very close to the Royal Palace. His wife's family had a contract to supply the famous Jasmine flowers regularly for the hairdos royal ladies and for other religious rituals. These were the times of first world war and hardware business was roaring. Fakhru, as he was popularly called amongst friends had amassed a princely sum of Rs.3500 in the year 1899 and kept his savings in an

it, it struck Fakhru and who met a tragic end to glorious beginning to a family life. Khatija could hardly cope up with an infant Mohiuddin to care for and by now her brothers were holding fort at the hardware shop. As we say sorrows come in battalions, the dreaded plague struck Khatija also , and soon she too died leaving an infant few months old. As fate would have, the only chance for him to be taken care of by close relatives was an eye on the sum of Rs.3500 in the bank left by his father. Finally, Khatija's sister managed to take charge of the baby Mohiuddin. After the 40th day of the death of her sister, Mehboob Bibi along with her husband approached the Bank Manager and claimed the amount left by Fakhru,



Sultanat e Khudadad The Tiger of Mysore Tipu Sultan

small state prior to establishment of Sultanat e Khudadad by Nawab HyderAli and Tipu Sultan.In fact the Sultan's eldest son Fateh Hyder should have been made the Sultan, as the Kingdom established by Sultan was much bigger than the Wadiyar's kingdom.

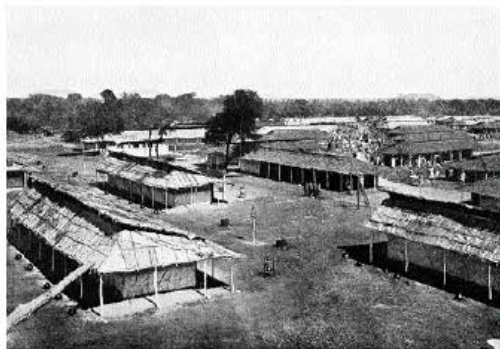
Sultanat e Khudadad The Tiger of Mysore Tipu Sultan Tipu's Rockets

The capital was shifted to Mysore which has over a time has become a famous and most clean city of India. The Kingdom of Mysore under Wadiyars was a protectorate of East India Company. The English Army was stationed at Bangalore. Under such arrangements ,the Wadiyars were happy and benevolent towards their subjects. The capital City flourished , Schools, Colleges, Parks, Palaces, Hospitals, Markets, Gardens were all established in Anglo Indian Style. The Company found a very lucarative and capitive market in the Kingdom. The English goods were transported from West Coast on arrival in ships from England.The ships which carried the supplies to the English, and goods for Indian market. The Rodents/ Rats in thousands also got a free passage and landed on the

account with the bank. Khatija delivered a boy baby in 1899. The festivities of arrival of a boy baby in the family lasted for few weeks and they named the boy as Ghulam Mohiuddin. Fakhru with his wife and new born was looking for a very bright future and working out plans to buy lands and invest more in the business. As most hardware materials were English made , he fancied chances of even manufacturing a range of products like the Door knobs and hinges in blacksmith's shop known to him. Those were the days where there was hardly any media or communication. The only news they use to get was from the travellers whom they use to meet in the mosques during prayers. Also during the Dasara celebrations when people use to arrive from cities like Bombay, Madras and Bangalore. Plague Camp in Mysore House built by Fakhru and gifted to his aunt Though the epidemic plague had surfaced in the west and in Bangalore, the people in Mysore were worried and the situation worsened in 1898, during which time many families were wiped out. The railways helped in carrying plague germ from the neighbouring

Tipu's Rockets

the Manager suggested them to get an order from the Court for being guardian of Mohiuddin. The Judge of the Court an Englishman by name Graham Edwards heard the plea of Mehboob Bibi and passed an historic order . Mehboob Bibi, being an aunt, shall look after her nephew till the age of 18 years, send the boy to schooling and submit progress report to the court every six months. When the boy turns 18 years, he can draw the funds from the Bank at his will and pleasure. The growing orphan Mohiuddin had his share of miseries too having no recourse to parental care and love. But due to circumstances, he found solace in books and turned out to be bright student. He could narrate and explain Shakespeare, Shelly, Keats, Rumi, Firdausi with aplomb even later in his years. Times rolled by, Mohiuddin turned eighteen and his aunt approached the court and got the decree in favour of the lad who drew the sum which together with the interest had become Rupees 5500. He was made to draw the entire sum and bring it home. He could not sleep thinking of his parents who had left him a fortune, and the favours his aunt has done to him in bringing him up with whatever she had. It was early hours, the muezzin in a nearby mosque was sounding the call for prayer and suddenly a thought occurred to him and with that he slept for an hour or so. He got up and went to his poor aunt and told her that he would like to build and gift her a house on the land with a small dwelling they were living. He finally worked with the local masons, and built a house and gifted to her aunt. Mohiuddin shared his feelings of being an orphan and use to recommend love and affection are the greatest desires of an orphan as he craves for parental love from almost everybody. .



Plague Camp in Mysore



House built by Fakhru and gifted to his aunt



Nandamuri Hari Krishna dies in Car crash



Cine actor and senior Telugu Desam leader Nandamuri Hari Krishna is no more. He was killed in a road accident after his Fortune bearing no. AP 28 BW 2323 which he was driving turned turtle. He was reportedly driving at a breakneck speed. The vehicle hit the divider after he lost control and jumped off to the next lane. The impact was so heavy that the car went flying 15 feet in height before falling on to a car coming from opposite direction.

Locals who gathered at the scene shifted him to the Kamineni hospital at Narkatpalli in Nalgonda where he was treated initially by doctors before declaring him dead.

Soon after the news spread, AP Chief Minister Chandra Babu Naidu, Minister Lokesh, Harish Krishna's sons Junior NTR and Kalyan Ram and others rushed to the hospital. Hari Krishna, 61, was driving a Toyota Fortuner and was going to Kavali in Nellore district in Andhra Pradesh to attend a fan's wedding. However, the SUV hit a road median on the Nalgonda highway near Anaparathi and flipped over several times. Police officials said that it appeared that Hari Krishna, who allegedly not wearing a seat belt, was thrown out of the vehicle on to the road and received serious head injuries. Passersby and cops tried to revive him before rushing him to Kamineni hospital at Narketpally where he was declared dead at 7.30. His family members said that he had left home in Banjara Hills in Hyderabad at 4.30 am and he always prefers to drive on his own. In December 2014, Hari Krishna's eldest son N Janakiram, a Telugu film producer, met with a fatal accident at Akupamula village not far from where Hari Krishna met with the accident today morning. Hari Krishna is survived by wife, sons Kalyan Ram and NTR Junior and daughter Suhasini. In March 2009, Hari Krishna's son NTR Junior also met with an accident near Suryapet while returning from campaigning for the TDP. He escaped with minor injuries.

Hari Krishna had left home at 4:30 and was scheduled to reach Kavali by 8:30 am. After attending the fan's wedding, Hari Krishna was supposed to drive 300 kms to Allagadda in Kurnool district to attend the wedding of AP Tourism Minister B Akhila Priya Reddy.

Chief Minister N Chandrababu Naidu who is Hari Krishna's brother-in-law expressed shock and grief.

Hari Krishna acted in 15 films in a career spanning over 50 years. Laahiri Laahiri Laahirilo (2002) and Seetaya (2003) happen to be his biggest hits. A senior member of the Telugu Desam Party, Hari Krishna was elected to the Rajya Sabha in May 2008. In 1995, when Chandrababu Naidu staged a coup and took over the reins of the TDP from his father-in-law and TDP founder N T Rama Rao, Hari Krishna sided with Naidu and supported him. He was president of TDP youth wing Telugu Yuvatha.

In 1996 Assembly polls, he won from Hindupur and was Minister (Road Transport) in Naidu's Cabinet. But in 1999, Hari Krishna fell out with Naidu accusing him of diluting NTR ideals and corruption, resigned from the party and floated the Anna Telugu Desam Party. In the 1999 assembly and Lok Sabha elections, Hari Krishna's Anna Telugu Desam Party contested 191 Assembly and 42 Lok Sabha seats but did not win a single seat, and the party folded. Later, in 2006 he patched up with Chandrababu Naidu and rejoined the TDP.

Apart from his family members, hundreds of admirers and fans thronged to Hari Krishna's residence after hearing the news. TDP leaders, several MLAs and ministers are rushing from Amaravati to Hyderabad.



SAFETY

Safety Tips to Remember on Long weekends

Labor Day, and the long holiday weekend that accompanies it, marks the end of summer for most families. It's the official last summer barbecue, day out by the lake or family picnic. As fun as the weekend is, accidents can happen, which is why we've created a list of hazards for our AYSO families to be aware of before the holiday festivities begin!

Be Careful Out on the Road

As one of the last holidays of the summer, the roads are often much busier and, according to the National Safety Council, motor vehicle accidents increase during the long weekend, causing close to 400 deaths each year. If you have plans to be on the road, make sure that your car is in good condition to drive, is packed with necessary vehicle emergency equipment (jumper cables, spare tire, flashlight, etc.) and that if driving long distances, drivers take turns in shifts.

Remember Boating Safety

Make sure before heading out onto the water, that your boat is equipped with life jackets, an emergency kit, and a first aid kit. Be sure to familiarize yourself with the body of water that you're boating on, make sure you have enough fuel in your boat (if necessary) and tell someone on land where you are going.

Pools, Lakes, and Oceans, Oh My!

Keep an eye on all little ones and inexperienced swimmers when they are in or around the water. Keep flotation devices and life jackets on hand and familiar yourself with CPR in case of emergency.

Food Safety

With grilling and barbecue being one of the most popular activities over Labor Day weekend, it's vital that children be kept away from the grill, slow cooker, etc. to avoid accidents. It's also important to keep food-borne illness in mind. Before food is prepared, the cook should always wash their hands and make sure the food prep area is sufficiently clean. Cold food items like pasta salads, potato salads, etc. should be kept chilled in order to avoid spoilage. Uncooked meat should not remain out in the open.

Protect Yourself from the Sun

Keep sunscreen on hand and remember to drink lots of water! It's still warm Labor Day weekend and you certainly don't want to end the weekend with a bad sunburn, so be sure to lather up the sunscreen and keep hydrated throughout the weekend festivities. Remember your four-legged friends as well by making sure that they have adequate water supply all weekend. Another summer has flown by, kids are heading back to school and Labor Day is just around the corner. While the long weekend is a great time to plan one last family picnic, camping trip or day at the lake, it's a good idea to think ahead about how to keep your family safe as North Texans hit the roads for one last end-of-summer hurrah.

Read on for tips on how to stay safe as you celebrate the holiday weekend.

Travel Safety:

Unless you're planning to stick close to home for a backyard barbecue, you'll likely be out on the roads with just about everybody else, so buckle up and hang on. The National Highway Traffic Safety Administration reports that 87 percent of drivers and passengers wear seat belts, but the remaining 13 percent account for almost 45 percent of traffic fatalities.

The National Safety Council and the American Red Cross provide the following suggestions for safe holiday travel:

Always buckle up and follow all traffic signs and laws.

Don't drink and drive, or arrange for a designated driver.

Refrain from using a cell phone while driving, both texting and calling.

Pack emergency supplies such as food, water, a flashlight and a first aid kit.

Take breaks on extended trips and get adequate sleep.

Let someone who is not traveling with you know where you are going, what route you will be taking and your estimated arrival time.

Learn about your car's safety features and how they work. Visit My Car Does What to look up information on your specific vehicle's safety features.

Heat Safety:

The first day of fall may be just a few weeks away, but scorching temperatures are still a way of life this time of year in Texas. Take the following precautions to beat the heat over the holiday weekend:

Wear lightweight, light-colored, loose-fitting clothing.

Protect yourself from the sun by wearing a hat or using an umbrella.

Use sunscreen with an SPF of at least 15. Avoid or limit alcoholic or caffeinated drinks.

Take frequent breaks in the shade or indoors.

Dehydration contributes to heat exhaustion and heat stroke, so drinking plenty of water throughout the day, not just large amounts at certain times, can help prevent heat-related illnesses.

Water Safety:

Whether you're headed to the pool or the lake, practicing water safety is crucial as recreational areas will be especially crowded over the long weekend.

Glenn Hardesty, D.O., emergency medicine physician on the medical staff at Texas Health Arlington Memorial, provides several tips to ensure safety when you're in and around the pool:

Don't let kids run around the pool. We see a ton of injuries from that.

Something people don't think about much is pool chemicals, which can be very harmful to children, so proper storage is important.

Don't jump off the roof into the pool—ever. And remember, trampolines, roofs and swimming pools do not mix in any combination.

Water guns are getting a lot more

powerful, so keep kids safe from potential eye injuries.

Think about things that might be "sharing" the pool with you—like water moccasins. Last year we had two patients bitten by snakes when cleaning leaves out of their pool filters. If you're allergic to bees, be careful around the pool.

People tend to leave food and drinks around, which will attract bees.

Be sure everybody knows the variations in the pool depth. Children can go from a very shallow wading area to a three-foot depth very rapidly (especially if there's a drop-off), or go down the slide into deep water and get into trouble quickly. You just can't turn your back on non-swimmers for a second.

Be aware that bacteria and pathogens can be spread in even chlorine-treated water, especially if young children are present. (Read up on the CDC's information on recreational water illnesses.)

In addition to pool safety, Hardesty mentions a few tips for North Texans who spend time in and around the many lakes in the area.

"You have to be very careful diving, as our lakes in Texas are notoriously murky and stumpy," he says. "Once people go below the waterline in that type of water, it's very hard to find them. If you or your children don't swim or aren't strong swimmers, wear a life jacket and keep it on. Glass is another big concern, as lots of people walk in the water without water shoes and end up cutting their feet. And of course, don't forget you're sharing the lake with all kinds of critters."

Food Safety:

Another important aspect of Labor Day weekend safety is following food handling and storage recommendations to eliminate risks of food poisoning. According to FoodSafety.gov, one in six Americans gets the illness each year, and about 128,000 are hospitalized because of it.

The Centers for Disease Control says the following four steps can reduce that risk:

Clean your hands and food preparation surfaces regularly, and rinse off fruits and vegetables before preparing them.

Keep raw and cooked foods separate, and keep raw meat and eggs separate from all prepared foods and produce. This includes cutting boards, dishes and utensils.

Keep food within the range of safe temperatures, especially meat. Safe cooking temperatures vary by type and cut of meat:

Beef, pork, lamb & veal (steaks, roasts and chops): 145°F with a 3-minute rest time

Ground meats: 160°F



Whole poultry, poultry breasts & ground poultry: 165°F

Store food properly and keep it at the correct temperature during the gathering. Check out FoodKeeper to get information on preparation and storage for a wide variety of food and beverages.

However you decide to celebrate the Labor Day weekend, be diligent about safety so the worst thing that happens is that you have to go back to work on Tuesday.

Devote your full attention to driving – it is illegal to text and use hand-held cell phones while driving in Maryland.

Buckle Up! Every Seat. Every Time.

State law requires vehicles to move over when approaching an emergency vehicle or tow truck using visual signals. If you are unable to move over, slow down.

Obey posted speed limits and overhead lane-control signals.

Avoid changing lanes while traveling over bridges and through tunnels.

Headlights are required at all times on the Bay Bridge.

Keep your eyes on the road – do not sight-see.

Do not tailgate – keep a safe following distance.

Make sure your vehicle is "road ready"

If your vehicle becomes disabled, remain inside and call #77 for assistance.

When contacting a dispatch center, motorists should be prepared to provide:

The location of the emergency;

A call-back telephone number; and

Details of the incident/disabled vehicle or other circumstances.

. Hydration and sun protection

Soda and juice might be a bit tastier, but you should hydrate your body with water instead. If you're having a party, set out a few tubs full of bottled water and encourage your guests to drink small amounts often. Remember the golden rule: If your urine is yellow, you're not drinking enough water. It's the end of summer, but in many parts of the country the sun is still raging. Apply sunscreen before you head out in the sun and reapply as necessary. Remember that the elderly and the young have especially sensitive skin and don't forget that some medications can increase your skin's sensitivity to the sun.

Is aspirin a wonder drug?

Imagine that after years of painstaking research, scientists announced the development of a breakthrough treatment that costs pennies a pill, saves lives, and could reduce healthcare spending by nearly \$700 billion in the coming years. And you wouldn't even need a prescription to get it. Perhaps this all sounds too good to be true. But, according to a new study, we already have such a drug: it's called aspirin. An analysis of aspirin use Based on current recommendations, only about 40% of people who should be taking aspirin are doing so. In this new report, researchers asked: what might happen to population health, longevity, and healthcare costs if aspirin use were more widespread? To answer this, they analyzed reams of health data from thousands of patients and estimated the impact of more widespread aspirin use on their health and survival. Their findings were striking. For people in the U.S. ages 51 to 79, routine aspirin use could, over a 20-year period:

prevent 11 cases of heart disease for every 1,000 persons
 prevent four cases of cancer for every 1,000 persons
 lengthen national life expectancy by about four months, allowing an extra 900,000 people to be alive in 2036
 save \$692 billion.

Is there a downside to aspirin?
 As is true for all medications, aspirin has its downsides. Among other side effects, allergic reactions may occur. And, aspirin is a blood thinner and can irritate the stomach. Episodes of bleeding and stomach ulcers can be serious. So, the researchers took these into account; the estimates above include these side effects of taking aspirin. It's important to emphasize that this study assessed the impact of low-dose aspirin, such as the 85 mg daily dose often found in baby aspirin; higher doses may be recommended for other conditions (and come with added risk). In addition, aspirin can interact with other medications. For

example, if you take low-dose aspirin for your heart and ibuprofen for arthritis, it's important that the ibuprofen be taken at least 30 minutes after or more than eight hours before the aspirin; otherwise, the benefit of the aspirin may be lost. Who should take aspirin?
 For those at highest risk of future cardiovascular problems, including those who have had a prior heart attack or stroke, aspirin is routinely recommended to reduce recurrence. For everyone else, recommendations vary. Some experts recommend low-dose aspirin for everyone over age 50. Other guidelines make a more conservative recommendation based on age (e.g., 50-79 years old) and cardiovascular risk factors that predict a heart attack or stroke occurring in the next 10 years. Well-studied risk calculators, such as the one developed by the Framingham Heart Study, are available to estimate 10-year risk. In addition, aspirin is routinely recommended to lower cancer risk in people

with certain genetic conditions, including hereditary nonpolyposis colorectal cancer. Why don't more people take aspirin? It's not entirely clear why many people forego aspirin use. My guess is that it's a combination of factors, including: a lack of awareness that aspirin is recommended it wasn't specifically recommended by their doctor a greater concern about side effects from aspirin than its potential benefits a previous bad experience with aspirin use, such as an allergic reaction an aversion to medications in general. It's worth emphasizing that when it comes to any treatment — and especially preventive treatments — individual preferences matter a lot. As a result, many reasonable people who would be good candidates to benefit from aspirin will choose not to take it.

Women and sleep: 5 simple steps to a better night's rest

Sleep shortfalls can lead to a range of health problems, from being more likely to catch a cold or gain weight to increased risk of developing heart disease or diabetes.

For optimum health and function, the average adult should get seven to nine hours of sleep every night. But more than 60% of women regularly fall short of that goal. This may be due to insomnia or another underlying condition that may require medical attention. But most women with a

sleep debt run it up by burning the candle at both ends — consistently failing to get to bed on time or stay there long enough.

Don't worry about repaying the old sleep debt. Just make sure you start getting enough sleep from this point forward — starting tonight. Getting enough sleep is just as important as eating a healthy diet and getting regular exercise.

Tips for getting the rest you need:

Create a sleep sanctuary. Reserve your bedroom for sleep and intimacy. Keep it on the cool side. Banish the television, computer, smartphone or tablet, and other diversions from that space.

Nap only if necessary. Taking a nap at the peak of sleepiness in the afternoon can help to supplement hours missed at night. But naps can also interfere with your ability to sleep at night and throw your sleep schedule into disarray. If you need to nap, limit it to 20 to 30 minutes.

Avoid caffeine after noon, and go light

on alcohol. Caffeine can stay in your body for up to 12 hours. Alcohol can act as a sedative, but it also disturbs sleep.

Get regular exercise, but not within three hours of bedtime. Exercise acts as a short-term stimulant.

Avoid backsliding into a new debt cycle. Try to go to bed and get up at the same time every day — at the very least, on weekdays. If need be, use weekends to make up for lost sleep.

Simple math equals easy weight loss

The pleasure of eating a candy bar lasts but a few minutes. Burning off the calories it delivers can take nearly an hour.

To lose one pound by exercising, you need to burn approximately 3,500 calories. It can take days of moderate exercise to do this. A better strategy for weight loss involves a two-pronged approach: exercising and cutting calories.

Although exercise by itself isn't the fastest track to weight loss, it does offer important benefits beyond cancelling out calories.

It slightly increases the rate at which you burn calories even when you're not work-

ing out. And pounds lost through boosting your activity level consist almost entirely of fat, not muscle.

Do the math

Start with this number: 3,500. That's how many calories are stored in a pound of body fat. With that number, you can tally up how much weight you can lose through increasing activity, cutting calories, or both.

Walking or jogging uses roughly 100 calories per mile. (Precisely how many

calories you'll burn depends on a number of things, including your weight and how fast you walk.) So you'd lose about one pound for every extra 35 miles you walk — provided you don't change anything about your current food intake or other activities.

If you walk briskly (at a pace of 4 miles per hour) for 30 minutes on five out of seven days, you'll log 10 miles a week. That means it would take three-and-a-half weeks to lose one pound if the number of calories you consume stays the same.

If you altered your diet and cut back by 250 calories a day (½ cup of ice cream or two sugar-sweetened sodas), you'd lose a pound in two weeks.

If you ate 250 fewer calories a day and walked for 30 minutes a day, it would take just over a week to lose one pound. Reducing calorie intake even more and exercising more would further speed the process.

Build stronger muscles and protect your bones with workouts that fit your schedule and deliver results!

Imagine what you could do with stronger muscles: take a brisk walk, climb stairs with ease, lift your grandchild into the air. If you thought getting older would put an end to these and other activities, here's some good news — by strengthening your muscles, you can stay fit, active, and independent for years to come. Strength and Power Training, a Special Health Report from Harvard University's world-renowned medical school, tells you

exactly how to keep your muscles in great shape. The information in this report was specifically created for older adults who want to look and feel their best, but without spending hours in the gym, or a lot of money.

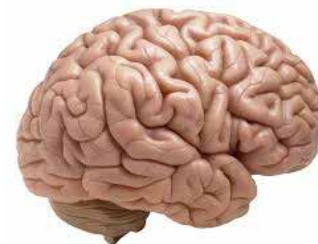
In this highly practical guide, you'll learn: how strength training can reduce your risk of heart disease, slow the advance of bone loss, and ease arthritis pain how strengthening your muscles can help

you control your blood sugar and lose weight the difference between strength training and power training, and how combining both can give you even greater health benefits everything you need to know about buying workout equipment, from floor mats to dumbbells to large machines how to choose an exercise trainer and what to look for in a gym.

Strength and Power Training also gives you: 12 ways to stay motivated a helpful progress chart so you can track your improvement tips on how to increase the intensity of your workouts, safely and correctly additional exercises and equipment to add variety to your workouts.

HEALTH

14 Natural Ways to Improve Your Memory



Everyone has moments of forgetfulness from time to time, especially when life gets busy.

While this can be a completely normal occurrence, having a poor memory can be frustrating.

Genetics plays a role in memory loss, especially in serious neurological conditions like Alzheimer's disease.

However, research has shown that diet and lifestyle have a major impact on memory too.

Eat Less Added Sugar

Eating too much added sugar has been linked to many health issues and chronic diseases, including cognitive decline.

Research has shown that a sugar-laden diet can lead to poor memory and reduced brain volume, particularly in the area of the brain that stores short-term memory.

For example, one study of more than 4,000 people found that those with a higher intake of sugary beverages like soda had lower total brain volumes and poorer memories on average compared to people who consumed less sugar.

Cutting back on sugar not only helps your memory but also improves your overall health.

Try a Fish Oil Supplement

Fish oil is rich in the omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

These fats are important for overall health and have been shown to lower the risk of heart disease, reduce inflammation, relieve stress and anxiety, and slow mental decline.

Many studies have shown that consuming fish and fish oil supplements may improve memory, especially in older people.

One study of 36 older adults with mild cognitive impairment found that short-term and working memory scores improved significantly after they took concentrated fish oil supplements for 12 months.

Another recent review of 28 studies showed that when adults with mild symptoms of memory loss took supplements rich in DHA and EPA, like fish oil, they experienced improved episodic memory.

Both DHA and EPA are vital to the health and functioning of the brain and also help reduce inflammation in the body, which has been linked to cognitive decline.

Make Time for Meditation

The practice of meditation may positively affect your health in many ways.

It is relaxing and soothing, and has been found to reduce stress and pain, lower blood pressure and even improve memory.

In fact, meditation has been shown to increase gray matter in the brain. Gray matter contains neuron cell bodies.

As you age, gray matter declines, which negatively impacts memory and cognition.

Meditation and relaxation techniques have been shown to improve short-term memory in people of all ages, from people in their 20s to the elderly.

For example, one study demonstrated that Taiwanese college students who engaged in meditation practices like mindfulness had significantly better spatial working memory than students who did not practice meditation (Spatial working

memory is the ability to hold and process information in your mind about the positions of objects in space).

Maintain a Healthy Weight

Maintaining a healthy body weight is essential for well-being and is one of the best ways to keep your body and mind in top condition.

Several studies have established obesity as a risk factor for cognitive decline. Interestingly, being obese can actually cause changes to memory-associated genes in the brain, negatively affecting memory.

Obesity can also lead to insulin resistance and inflammation, both of which can negatively impact the brain.

A study of 50 people between the ages of 18 and 35 found that a higher body mass index was associated with significantly worse performance on memory tests.

Obesity is also associated with a higher risk of developing Alzheimer's disease, a progressive disease that destroys memory and cognitive function.

Get Enough Sleep

Lack of proper sleep has been associated with poor memory for quite some time.

Sleep plays an important role in memory consolidation, a process in which short-term memories are strengthened and transformed into long-lasting memories.

Research shows that if you are sleep deprived, you could be negatively impacting your memory.

For example, one study looked at the effects of sleep in 40 children between the ages of 10 and 12.

One group of children was trained for memory tests in the evening, then tested the following morning after a night's sleep.

The other group was trained and tested on the same day, with no sleep between training and testing.

The group that slept between training and testing performed 20% better on the memory tests.

Another study found that nurses working the night shift made more mathematical errors and that 68% of them scored lower on memory tests compared to nurses working the day shift.

Health experts recommend adults get between seven and nine hours of sleep each night for optimal health.

Practice Mindfulness

Mindfulness is a mental state in which you focus on your present situation, maintaining awareness of your surroundings and feelings.

Mindfulness is used in meditation, but the two aren't one and the same. Meditation is a more formal practice, whereas mindfulness is a mental habit you can use in any situation.

Studies have shown that mindfulness is effective at lowering stress and improving concentration and memory.

One study of 293 psychology students showed that those who underwent mindfulness training had improved recognition-memory performance when recalling objects compared to students who did not receive mindfulness training.

Mindfulness has also been linked with a lower risk of age-related cognitive decline and an overall improvement in psychological well-being.

Incorporate mindfulness techniques into your daily routine by paying more attention to your present situation, concentrating on your breathing and gently resetting your

attention when your mind wanders.

Drink Less Alcohol

Consuming too many alcoholic beverages can be detrimental to your health in many ways and can negatively impact your memory.

Binge drinking is a pattern of drinking that raises your blood alcohol levels to 0.08 grams per ml or above.

Studies have shown it alters the brain and results in memory deficits.

A study of 155 college freshmen found that students who consumed six or more drinks within a short period of time, either weekly or monthly, had difficulties in immediate and delayed memory-recall tests compared to students who never binge drank.

Alcohol exhibits neurotoxic effects on the brain. Repeated episodes of binge drinking can damage the hippocampus, a part of the brain that plays a vital role in memory.

While having a drink or two now and then is perfectly healthy, avoiding excessive alcohol intake is a smart way to protect your memory.

Train Your Brain

Exercising your cognitive skills by playing brain games is a fun and effective way to boost your memory.

Crosswords, word-recall games, Tetris and even mobile apps dedicated to memory training are excellent ways to strengthen memory.

A study that included 42 adults with mild cognitive impairment found that playing games on a brain-training app for eight hours over a four-week period improved performance in memory tests.

Another study of 4,715 people showed that when they did 15 minutes of an online brain-training program at least five days a week, their short-term memory, working memory, concentration and problem-solving improved significantly compared to a control group.

Plus, brain-training games have been shown to help reduce the risk of dementia in older adults.

Cut Down on Refined Carbs

Consuming large amounts of refined carbohydrates like cakes, cereal, cookies, white rice and white bread may be damaging to your memory.

These foods have a high glycemic index, meaning the body digests these carbohydrates quickly, leading to a spike in blood sugar levels.

Studies have shown that the Western diet, which is high in refined carbohydrates, is associated with dementia, cognitive decline and reduced cognitive function.

One study of 317 healthy children found that those who consumed more processed carbs like white rice, noodles and fast food had reduced cognitive capacity, including poorer short-term and working memory.

Another study demonstrated that adults who consumed ready-to-eat breakfast cereal daily had poorer cognitive function than those who consumed cereal less frequently.

Get Your Vitamin D Levels Tested

Vitamin D is an important nutrient that plays many vital roles in the body.

Low levels of vitamin D have been linked to a host of health issues, including a reduction in cognitive function.

A study that followed 318 older adults for five years found that those who

had blood

levels of

vitamin D

less than

20 nanograms per ml lost their memory and other cognitive abilities faster than those with normal vitamin D levels.

Low levels of vitamin D have also been linked to a greater risk of developing dementia.

Vitamin-D deficiency is very common, especially in colder climates and in those with darker skin.

Speak with your doctor about getting a blood test to find out if you need a vitamin D supplement.

Exercise More

Exercise is important for overall physical and mental health.

Research has established that it's beneficial for the brain and may help improve memory in people of all ages, from children to older adults.

For example, a study of 144 people aged 19 to 93 showed that a single bout of 15 minutes of moderate exercise on a stationary bike led to improved cognitive performance, including memory, across all ages.

Many studies have shown exercise may increase the secretion of neuroprotective proteins and improve the growth and development of neurons, leading to improved brain health.

Regular exercise in midlife is also associated with a decreased risk of developing dementia later in life.

Choose Anti-Inflammatory Foods

Consuming a diet rich in anti-inflammatory foods may help improve your memory.

Antioxidants help lower inflammation in the body by reducing oxidative stress caused by free radicals.

You can consume antioxidants in foods like fruits, vegetables and teas.

A recent review of nine studies with more than 31,000 people found that those who ate more fruits and vegetables had lower risks of cognitive decline and dementia compared to those who consumed less of these nutritious foods.

Berries are particularly high in antioxidants like flavonoids and anthocyanins.

Eating them may be an excellent way to prevent memory loss.

One study of more than 16,000 women demonstrated that those who consumed the most blueberries and strawberries had slower rates of cognitive decline and memory loss than women who ate fewer berries.

Consider Curcumin

Curcumin is a compound found in high concentrations in turmeric root.

It's one of a category of compounds called polyphenols. It is a potent antioxidant and exerts powerful anti-inflammatory effects in the body.

Multiple animal studies have found that curcumin reduces oxidative damage and inflammation in the brain and also lowers the quantity of amyloid plaques.

These accumulate on neurons and cause cell and tissue death, leading to memory loss.

In fact, amyloid plaque buildup may play a role in the progression of Alzheimer's disease. Though more human studies are needed on the effects of curcumin on memory, animal studies suggest it may be effective at boosting memory and preventing cognitive decline.

Your vehicle MAY be involved in a safety recall and MAY create a safety risk for you or your passengers. If left unrepaired, a potential safety defect could lead to injury or even death. Safety defects must be repaired by a dealer at no cost to you.

NHTSA Recall ID Number : 18V489
 Manufacturer : Braun Corporation
 Subject : Loss of Stability Control Function

Make	Model	Model Years
BRAUNABILITY	CHRYSLER	
WHEELCHAIR VAN		2012-2018
BRAUNABILITY	DODGE WHEELCHAIR VAN	2012-2018

NHTSA Recall ID Number : 18V498
 Manufacturer : Thor Motor Coach
 Subject : LP Hose May Contact Tire in Wheel Well

Make	Model	Model Years
THOR	ACE	2018

NHTSA Recall ID Number : 18V501
 Manufacturer : TowBlazer, Inc.
 Subject : Axle Spindle May Break During Use

Make	Model	Model Years
TOWBLAZER	HERITAGE	2018

NHTSA Recall ID Number : 18V503
 Manufacturer : Daimler Trucks North America LLC
 Subject : Tie-Rod Separation Due to Vibration

Make	Model	Model Years
FREIGHTLINER	114SD	2012-2015
FREIGHTLINER	BUSINESS CLASS M2	2012-2015
FREIGHTLINER	CASCADIA	2012-2015
FREIGHTLINER	CORONADO	2012-2015
WESTERN STAR	4900	2012-2015

NHTSA Recall ID Number : 18V504
 Manufacturer : Cummins Inc.
 Subject : Incorrectly Wired Remote E-Stop Connection

Make	Model	Model Years
CUMMINS POWER GENERATION	GENERATOR SET	2015-2018

NHTSA Recall ID Number : 18V510
 Manufacturer : Heartland Recreational Vehicles, LLC
 Subject : Incorrect Load Range Tires Installed

Make	Model	Model Years
HEARTLAND	SUNDANCE XLT TT	2018

NHTSA Recall ID Number : 18V523
 Manufacturer : Chrysler (FCA US LLC)
 Subject : Insufficient Coating on Rear Brake Caliper Pistons

Make	Model	Model Years
DODGE	GRAND CARAVAN	2018-2019
DODGE	JOURNEY	2018
JEEP	CHEROKEE	2019
JEEP	COMPASS	2018-2019

NHTSA Recall ID Number : 18V524
 Manufacturer : Chrysler (FCA US LLC)
 Subject : Voltage Regulator may Fail and Cause Stall

Make	Model	Model Years
CHRYSLER	300	2018
CHRYSLER	PACIFICA	2018-

Make	Model	Model Years
CHRYSLER	TOWN AND COUNTRY	2017-2018
DODGE	CHALLENGER	2018
DODGE	CHARGER	2018
DODGE	DURANGO	2018
DODGE	GRAND CARAVAN	2017-2018
DODGE	JOURNEY	2018
FIAT	500X	2018
JEEP	CHEROKEE	2018-2019
JEEP	COMPASS	2018
JEEP	GRAND CHEROKEE	2018
JEEP	RENEGADE	2018
JEEP	WRANGLER	2017-2018
RAM	1500	2018
RAM	PROMASTER	2018

NHTSA Recall ID Number : 18V531
 Manufacturer : Polaris Industries, Inc.
 Subject : Seatbelt Retractor may Separate and Fail

Make	Model	Model Years
POLARIS	SLINGSHOT	2017-2019

NHTSA Recall ID Number : 18V533
 Manufacturer : BMW of North America, LLC
 Subject : Passenger Air Bag Incorrectly Manufactured

Make	Model	Model Years
BMW	430I	2019
BMW	440I	2019

NHTSA Recall ID Number : 18V368
 Manufacturer : PACCAR Incorporated
 Subject : Driver not Warned when ABS Offline/FMVSS 121, 136

Make	Model	Model Years
KENWORTH	T660	2015-2018
KENWORTH	T680	2015-2018
KENWORTH	T800	2015-2018
KENWORTH	T880	2015-2018
KENWORTH	W900	2015-2018
PETERBILT	567	2017-2018
PETERBILT	579	2017-2018

NHTSA Recall ID Number : 18V388
 Manufacturer : Porsche Cars North America, Inc.
 Subject : Rear Axle Anti-Roll Bar Connecting Link may Detach

Make	Model	Model Years
PORSCHE	PANAMERA 4S	2017-2018
PORSCHE	PANAMERA 4S	
EXECUTIVE		2018
PORSCHE	PANAMERA 4S SPORT	2018
TURISMO		2018
PORSCHE	PANAMERA TURBO	2017-2018
PORSCHE	PANAMERA TURBO	
EXECUTIVE		2017-2018
PORSCHE	PANAMERA TURBO S	
E-HYBRID		2018
PORSCHE	PANAMERA TURBO	
SPORT TURI		2018

NHTSA Recall ID Number : 18V389
 Manufacturer : Ford Motor Company
 Subject : Brake Hose Corrosion May Cause Brake Fluid Leak

Make	Model	Model Years
FORD	F-650 SD	2018
FORD	F-750 SD	2018

NHTSA Recall ID Number : 18V390
 Manufacturer : Ford Motor Company
 Subject : Torque Converter Connection may Fail

Make	Model	Model Years
FORD	EDGE	2017-2018
LINCOLN	MKZ	2017

NHTSA Recall ID Number : 18V391
 Manufacturer : Automobili Lamborghini
 Subject : Engine may Stall at Low RPM while Downshifting

Make	Model	Model Years
LAMBORGHINI	AVENTADOR	2012-2018

NHTSA Recall ID Number : 18V392
 Manufacturer : Ford Motor Company
 Subject : Fuel Pump Assembly Welds May Fracture Causing Leak

Make	Model	Model Years
FORD	EXPEDITION	2018
FORD	F-150	2018
LINCOLN	NAVIGATOR	2018

NHTSA Recall ID Number : 18V393
 Manufacturer : Kovatch Mobile Equipment Corp.
 Subject : Platform Tether Control Failure

Make	Model	Model Years
KME	PREDATOR AERIAL	2015-2018
KME	PREDATOR SS AERIAL	2015-2017

NHTSA Recall ID Number : 18V394
 Manufacturer : New Flyer of America Inc.
 Subject : Brake Support Bolt may Break/ FMVSS 121

Make	Model	Model Years
NEW FLYER	XD60	2014-2017
NEW FLYER	XDE60	2015-2017
NEW FLYER	XN60	2014-2017
NEW FLYER	XT60	2014-2016

NHTSA Recall ID Number : 18V396
 Manufacturer : Chrysler (FCA US LLC)
 Subject : Obstruction of View When put in Reverse/FMVSS 111

Make	Model	Model Years
DODGE	JOURNEY	2018

NHTSA Recall ID Number : 18V398
 Manufacturer : Chrysler (FCA US LLC)
 Subject : Loss of Visibility in Backup Camera/FMVSS 111

Make	Model	Model Years
DODGE	JOURNEY	2018
RAM	1500	2018
RAM	2500	2018
RAM	3500	2018

NHTSA Recall ID Number : 18V399
 Manufacturer : Grand Design RV, LLC
 Subject : LP Gas Line may Contact the Underside of the Grill

Make	Model	Model Years
GRAND DESIGN	SOLITUDE	2018-2019

NHTSA Recall ID Number : 18V400

Manufacturer : General Motors LLC
 Subject : PPS Incorrectly Suppressing Air Bags

Make	Model	Model Years
CHEVROLET	MALIBU	2016-2018

NHTSA Recall ID Number : 18V401
 Manufacturer : Nissan North America, Inc.
 Subject : Passenger Frontal Air Bag Inflator May Explode

Make	Model	Model Years
NISSAN	VERSA	2010-2012

NHTSA Recall ID Number : 18V405
 Manufacturer : Mercedes-Benz USA, LLC.
 Subject : Child Seat Tether Anchorage Missing/FMVSS 225

Make	Model	Model Years
MERCEDES BENZ	GLA250	2018

NHTSA Recall ID Number : 18V407
 Manufacturer : Mercedes-Benz USA, LLC.
 Subject : Electrical Power Bars in Pre-Fuse Box may be Loose

Make	Model	Model Years
MERCEDES BENZ	S450	2018
MERCEDES BENZ	S560	2018
MERCEDES-MAYBACH	S560	2018
MERCEDES-MAYBACH	S650	2018

NHTSA Recall ID Number : 18V408
 Manufacturer : BMW of North America, LLC
 Subject : Side Stand or Frame Damage

Make	Model	Model Years
BMW	G310 GS	2018
BMW	G310R	2017-2018

NHTSA Recall ID Number : 18V416
 Manufacturer : Indian Motorcycle Company
 Subject : Air in the Anti-Lock Brake System

Make	Model	Model Years
INDIAN	SCOUT	2017-2018

NHTSA Recall ID Number : 18V418
 Manufacturer : Gillig LLC
 Subject : Turn Signal Flashing Rate Incorrect/FMVSS 108

Make	Model	Model Years
GILLIG	LOW FLOOR	2001-2018

NHTSA Recall ID Number : 18V425
 Manufacturer : REV Recreation Group
 Subject : Electrical Short may Result from Incorrect Wiring

Make	Model	Model Years
FLEETWOOD	FLAIR	2019
HOLIDAY RAMBLER	ADMIRAL	2019

WORDS SEARCH

P H O T O G R A P H E R V T C B T N E Q
X F L A B O R K S J A X N B O O N A E M
N C I D M E K T V I L E X O W Q E I R B
J A V R Y E U S L W M A K E B Z D R E W
D P M W E O R R S E O K N N H O N A F S
H R A E C F O I C K E D C G Y S E R E E
M L N S C A I R C E Y W O I G K T B R V
T Q Y I D I O G P A C F O N X M T I Y A
A O W O D F L E H A N Z E E R O A L J N
B K Y M N A R O L T D T I E H Q T M A B
Z N T E L C G P P B E F G R D F H U P B
Y I W B V C L Q D T K R T Y J T G K E I
C A T B N O S N A R E T E V J S I A H P
L Z T S Z U N A T I O N A L Z M L O T D
Z P L G I N G S F P K E N T B D F A M K
N Y X X E T T L P H W Q N D V U L R N X
U A W B U A N O P Y D V I O K F W D F E
W R K R O N R E B M E T P E S E I T X P
U K Y T W T V F D R B Q U A W S G Z M X
Y C O I T U S Q R O T S F A L O J W L K

LABOR
SEPTEMBER
NATIONAL
AMERICAN
FLIGHT FIGHTER
FIRE FIGHTER
LAW ENFORCEMENT

LAWYER
ACCOUNTANT
PHOTOGRAPHER
ENGINEER
DENTIST
POLICEMAN
LIBRARIAN

BOOK KEEPER
BOY SCOUTS
RAIL ROAD
VETERANS
REFEREE

HINDI MOVIE RELEASE DATES

Opening	Title	Director	Cast	Genre
S E P	7	<i>Paltan</i>	J. P. Dutta Jackie Shroff · Sonu Sood · Arjun Rampal · Gurmeet Choudhary · Siddhanth Kapoor · Harshvardhan Rane · Luv Sinha · Esha Gupta · Monica Gill · Sonal Chauhan · Dipika Kakar	Action/War
		<i>Laila Majnu</i>	Sajid Ali Mir Sarwar · Avinash Tiwari · Tripti Dimri · Ruchika Kapoor	Drama/Romance
		<i>Gali Guleiyan</i>	Dipesh Jain Manoj Bajpayee · Ranvir Shorey · Neeraj Kabi · Shahana Goswami	Psychological drama
	14	<i>Manmarziyaan</i>	Anurag Kashyap Abhishek Bachchan · Vicky Kaushal · Taapsee Pannu	Romantic/ Drama
		<i>Love Sonia</i>	Tabrez Noorani Mrunal Thakur · Freida Pinto · Manoj Bajpayee · Rajkummar Rao · Richa Chadda · Anupam Kher · Adil Hussain · Sai Tamhankar	Drama
		<i>Turning Point</i>	SudhirDurlabh Tandel Sunny Panchohi, Apoorva Arora, Shahbazkhan, Shekhar Shukla	Action/Drama/Musical
		<i>Bajra vs Burger</i>	Rajsingh Verma Jaising · Baby Sonia Gaitonde · Satyanand Gaitonde · Dayanand Sabhnani · Khushi Rajpoot · Sandeep aurora · Michelle D'Alessandro Hatt · Ernest Thomas Hamilton Rajsingh Verma	Comedy
		<i>Kathor</i>	Karan Kashyap Lalit Parimoo · Sheetal Dimri · Abhishek Pandey · Durga Sarkar · Akhilesh Pandey	Drama
		<i>22 Days</i>	Shivam Tiwari Rahul Dev · Shivam Tiwari · Sophia Singh	Drama
		21	<i>5 Weddings</i>	Namrata Singh Gujral Rajkummar Rao · Nargis Fakhri · Bo Derek · Candy Clark · Anneliese van der Pol · Suvinder Vicky
	<i>Batti Gul Meter Chalu</i>		Shree Narayan Singh Shahid Kapoor · Shraddha Kapoor · Yami Gautam	Romance, Social Drama
	<i>Manto</i>		Nandita Das Nawazuddin Siddiqui · Tahir Raj Bhasin · Rasika Dugal · Rajshri Deshpande	Biographical
	<i>Ishqeria</i>		Prerna Wadhawan Neil Nitin Mukesh · Richa Chaddha	Romance
	28	<i>Sui Dhaaga</i>	Sharat Katariya Varun Dhawan · Anushka Sharma	Romance
<i>Pataakha</i>		Vishal Bhardwaj Sanya Malhotra · Sunil Grover · Radhika Madan	Drama	

INTERNATIONAL PAGES

Phir Se...Not again



They have Sunny Deol's great, great ancestors to thank while he continues the tradition of running a Khazanchi Davakhana in a busy corner of Amritsar.

A pharmaceutical company owner from Gujarat (Mohan Kapoor's groans and growls pay ode to bow ties and baloney) wants the secret formula behind Deol's miracle drug, Vajrakavach, by crook or courtroom. Add to the mix, his good-for-nothing guzzler brother (Bobby), their boozed-up lawyer tenant (Dharmendra)

and an ENT surgeon (Kriti Kharbanda) we see more of at clubs than clinic and you've got a two-and-a-half hours long drinking game.

That includes Kriti's miserable attempt at drunk Gujju speak, a la Kareena Kapoor in 3 Idiots.

Yamla Pagla Deewana Phir Se has the wit of a goat. Considering most of it is assigned to Bobby, the result is as agonising as his last outing.

His mockery of his father's famous sloshed scene in Sholay or cashing on Dharmendra's various chartbusters, something this movie does a lot while plugging Saregama Carvaan is regrettable.

As is the caricaturish quarrel between all-heart, spirit-guzzling Punjabis and dry, deceitful Guajaratis. Old timers Shatrughan Sinha, Rekha and Asrani whip up a little nostalgia, but the writing is just too flaky to allow them any fun.

Salman Khan and Sonakshi Sinha show up too. Phir Se, no one cares.

Yamla Pagla Deewana Phir Se makes for such a self-aware title.

The Phir Se probably alludes to again, but 'not again' is more like it.

There's no apparent reason why there should be a third Yamla Pagla Deewana reunion especially after the silly but sufferable first and a bored orangutan dancing to Sheila Ki Jawani in the subsequent.

Dedicated to reminding us of Sunny Deol's brute force in pulling up a truck with bare hands, Bobby Deol's inaptitude to amuse as dunce or drunk and daddy Dharmendra's talent for taking joy in crummy cinema, the latest edition -- directed by Punjabi film-maker Navianat Singh -- is as exciting as waiting for a bus.

To give the devil its due, Yamla Pagla Deewana Phir Se does have something of a synopsis if not a plot with a cursory championing of Ayurveda thrown in.

So Annu Kapoor's voiceover harps on the virtues of the ancient Indian science of healing by giving instances of happy, historical clients like Emperor Akbar and Queen Victoria.

'Stree' is a horror comedy

Cast: Rajkummar Rao, Shraddha Kapoor, Pankaj Tripathi, Aparshakti Khurrana

Direction: Amar Kaushik

Rating: ***

'Stree' is a horror comedy that keeps you completely entertained. Amar Kaushik's debut film has a rare mix of really scary moments peppered with a generous dose of humour.

The director takes an urban legend prevalent in southern India, that had people writing 'Nale ba' (come tomorrow) on their doors to ward off an evil spirit, and weaves an intriguing tale.

Here's how it unfolds: Residents of the small northern Indian town of Chanderi believe that a female ghost (Stree) visits every house during the four days of a local temple festival. If the householders have not inscribed 'O Stree, kal aana' with a special red paint on their doors, their men will be taken away by the spirit.

Vicky (Rajkummar Rao), a talented local tailor, doesn't believe in these superstitions. While Chanderi is gearing up for the festivities and making sure that all houses are prepped and painted to keep the witch at bay, Vicky is busy tailoring his own love story with the mysterious new girl (Shraddha Kapoor) in town.

Only when his friends suddenly go missing and he has

some weird encounters with his new girlfriend, does he realise that something, somewhere, is amiss. A self-proclaimed authority on Stree, Rudra (Pankaj Tripathi) then intervenes and offers to help the villagers get to the bottom of these mysterious happenings.

What works for this comedy of horrors is the performance of the ensemble cast – Rajkummar Rao and Pankaj Tripathi have impeccable comic timing and are adeptly supported by Aparshakti Khurrana. Their dialogues and repartees are spontaneous and the characters never seem to miss a beat. The easy camaraderie they share make even the subtle jokes laugh-out-loud moments. The creepy moments in this film are undoubtedly scarier than what the so-called 'spine-chilling' horror flicks that Bollywood churns out have had to offer.

Where 'Stree' hits a bump is the climax. While most of the plot makes for a very cohesive narrative, the payoff doesn't have the same solidity. Despite a successful build-up, the filmmakers fail to tie the loopholes and the outcome isn't the clincher that one would have wanted it



to be.

Despite the flaws, 'Stree' is a fun watch – the narrow bylanes of a small town, the young tailor's fashion sense, the folklore that has percolated down generations, the panic that eventually sets in – kudos to the director for weaving all these elements into an amusing tale.

Much like Rajkummar Rao's 'Bareilly Ki Barfi', 'Stree' is a small-town story that has its own charm. And also its fair share of laughs and scares.

'In the Shadows' ('Gali Guliyan'): Film Review | Mumbai 2017

Manoj Bajpayee is a lonely paranoiac losing his grip on reality in Dipesh Jain's psychological thriller.

A thriller whose tense, dystopian atmosphere distantly recalls Coppola's *The Conversation*, Dipesh Jain's Hindi-language feature *In the Shadows* (*Gali Guliyan*) explores the roots of paranoia in a loner intent on spying on his neighbors. Here the protagonist's obsession expresses itself through cheap, jerry-rigged surveillance cameras that he watches with morbid fascination. Earning a jury mention at the Mumbai film festival's Asian Gold competition, this first feature boasts promising intensity, even if its narrative complexity feels contrived. And the shadows cast over an innocent psyche can feel very heavy-handed and downbeat. The story opens with William S. Burroughs's wry observation: "There are no innocent bystanders ... what are they doing there in the first place?" In Old Delhi's dense warren of narrow streets laced with dangling electric wires, behind a dirty, crumbling storefront, Khuddoos (Manoj Bajpayee) feverishly scans a stack of monitors to see what casual passersby are up to outside his dark den. Perhaps they are about to commit a crime — though it's not clear what he would or could do about preventing violence if it did occur.

Increasingly caught up in his grim obsessions to the point of losing touch with reality and the passage of time, he would die of starvation watching those monitors if it weren't for his one together friend (Ranvir Shorey) who donates groceries and helps him negotiate often hostile surroundings. But when he begins to hear the sound of a boy being brutally beaten in the adjoining apartment, it pushes him over the edge. Frantically he wires up more spycams in an attempt to find and save the lad, but his efforts just infuriate the neighbors, without turning up any trace of the young victim.

Intercut with Khuddoos' progressive paranoia is a parallel tale about two boys who are bosom buddies and who prowl the backstreets together. Little Idu is the bright, observant son of a violent butcher and a loving mother who vainly tries to protect him from his father's drunken

wrath. Secretly following Dad one day, he spies on him through a high window and discovers him in bed with a woman. What follows tragically seals the fate of the whole family.

The story is poignantly told with some nice twists, but its central mystery is a fail. Jain tries to use the timeless quality of blackened Old Delhi to suggest that events are taking place simultaneously, hinting that Idu is the abused boy Khuddoos is looking for. But any attentive viewer will soon connect the dots. In any case, this non-revelation is unnecessary and the story works better without it.

Holding what is practically a one-man show, Bajpayee is intense if one-note as the angry vigilante voyeur. Disliked and distrusted by his neighbors as a Peeping Tom, he seems to have no family ties; his painful, estranged relationship to his successful, arrogant younger brother is the only hint that he ever had a family. His scowling face rarely changes, even when he cuts his hand and sews up the wound with a needle and thread in his grimy bathroom.

Editor Chris Witt is exceptionally good at alternating the grown-up's and children's stories, building ever stronger



tension as the climax approaches, while Kai Miedendorp's lighting creates a sinister atmosphere through extensive use of those titular shadows.

Cast: Manoj Bajpayee, Neerajkabi, Ranvir Shorey, Shahana Goswami

Ghazal singer from Hyderabad Nizam Ali Khan with his sons



Mr Mohammed Kamaluddin Ahmed former amabassador to Saudi Arabia passes away

Mr Mohammed Kamaluddin Ahmed, Ex-Central Minister and ex-ambassador to the Royal Kingdom of Saudi Arabia, passed away in Hyderabad in the wee hours of Sunday, September 2, 2018.

Mr Kamaluddin was elected as Member of Parliament for four times. 3 times in 1989, 1991 & 1996 from Hanamkonda & 1 time from Warangal. He had been the Member of Parliament from Warangal from 1980 to 1984. Earlier he was also elected as MLA twice. From Cherial assembly constituency in 1962 & from Jangaon assembly constituency in 1967.

He also served as APSRTC Chairman from 1970 to 1973. He served on several posts including APCC President and NABAD Chairman.

Mr Kamaluddin was born in Maddur Mandal of Salakpooor Village. He was the senior Telangana leader, a good politician & a good advocate. He was a good scholar as well. He was undergoing treatment at Apollo Hospital, Hyderabad.



Chief Minister Chandrashekhar Rao appointed Mohammed Raheemuddin Ansari as the Chairman of Telangana State Urdu Academy. CM signed a file pertaining to his appointment today.

Ansari met the Chief Minister later in the day. He arrived at the Pragati Bhavan accompanied by the Hyderabad MP and President of the MIM party Asaduddin Owaisi and thanked the CM for appointing him as the Chairman of the Urdu Academy.

IKEA Hyderabad fined Rs 11,500 after customer finds caterpillar in food; firm issues apology, says matter is being investigated

A customer at the IKEA store in Hyderabad allegedly found a caterpillar in his food on Friday, following which the the Greater Hyderabad Municipal Corporation (GHMC) fined the store management Rs 11,500, according to media reports.

The customer, Abeed Mohammad had tweeted a picture of the worm he found in his Veg Biryani and alerted the Food Safety Officer at GHMC. The municipal corporation has now issued a notice to the IKEA restaurant manager and its Nagpur vendor-Haldirams, from where they procure their food items, said The Indian



Express.

India Today reported that on Saturday, GHMC's Food Safety Officer, food inspector of special zone and Assistant Medical Officer of Health (AMOH) along with other officials collected food samples for bacteriological analysis and quarantined the remaining Veg Biryani.

IKEA's food safety team team is also expected to visit Haldirams and investigate the matter, reported The Indian Express.

Mumbai Mirror quoted an IKEA spokesperson who said, "We regret the incident and apologise to our customer for the unfortunate experience. We would like to assure him and everyone else that we are investigating the matter currently to assess what happened and take immediate corrective action. At IKEA, we have the strictest guidelines when it comes to food safety and quality as customer health and safety are something we care about deeply."

The first IKEA store in India opened on 9 August, five years after IKEA received government approval in 2013 to invest Rs 10,500 crore to open 25 stores in India by 2025. Its next store will open in Navi Mumbai in 2019, followed by Bengaluru and Delhi. In the next phase, IKEA would cover Ahmedabad, Surat, Pune, Chennai, and Kolkata.



انور علی روثی

مجھ کو کسی حسین نے کھینچنا تاز کر دیا
غم کو نشاط کر دیا، سوز کو ساز کر دیا
دیکھ لے زلف یار کو چلی ہوئی ہے تاکر
سلسلہ جنون دل اور دراز کر دیا
اپنی جبین شوق نے نقش قدم پہ یار کے
پڑھ کے نماز عشق کی سجدہ دراز کر دیا
عشق ہاں میں دیکھ لے زاہد نماز عشق کی
بیٹھ کے بکدے میں منہ سوسے حجاز کر دیا
روٹی یہ تو نے کیا کیا دیکھ بڑا غضب کیا
دل سے جنوں پرست کو واقف راز کر دیا



رضیہ صبح احمد

اک یہی تو جرم تھا جہاں ہے
وہ خطا کرتے رہے، ہم درگزر کرتے رہے
سیر دنیا ختم کرتے ہی نیا منظر کھلا
لوٹ کر خود اپنے اندر ہی سفر کرتے رہے
آنسوؤں کو بھی کبھی گرنے کی آزادی نہ دی
ضبط جو کرتے رہے تو سر بسر کرتے رہے
پھول تو دامن میں آنے کے لئے بے تاب تھے
ہم رہے نادان، کانٹوں میں بسر کرتے رہے
راہ بھٹکا تارہا، رہبر سے گستاخی نہ کی
اس کی ہرے رہروی صرف نظر کرتے رہے
شاعری کی اپنی رضیہ دھوم پھر بھی ہوگی
گرچہ محفل میں سنانے سے حذر کرتے رہے

Ghazals compiled by
Janab Hasan Chishti Sb
Chicago



آصفہ نشاط

اگر کہیں مجھے اصرار کرنا پڑ جائے
تو پہلے خود سے ہی تکرار کرنا پڑ جائے
خدا کا شکر محبت نہیں ہوئی ہے مجھے
میں رو پڑوں گی جو بے کار کرنا پڑ جائے
یہ امتحان ہے مرا جس نے گھر جلایا تھا
اسی پہ سایہ دیوار کرنا پڑ جائے
کبھی کبھی مجھے دشمن پہ پیار آتا ہے
اگر مجھے یہی کردار کرنا پڑ جائے
منصر ہے آج وہ حرف وفا مٹانے پر
کہیں مجھے نہ کوئی وار کرنا پڑ جائے
وہ لگ رہا ہے بہت ہی حسین سوتے میں
کسی وجہ سے نہ بیدار کرنا پڑ جائے
اُسے نشاط جو سمجھا بچھا کے بارگاہی
اب اپنے دل کو ہی تیار کرنا پڑ جائے

سوپوں کی عید ہو یا بکروں کی عید ہو
اپنی تو ہوتی ہے عید جب اُن کی دید ہو

Waliuddin



دوعیدیاں

ہر سال وہی ج پرانا راگ سناتے ہیں لوگ
چاند نظر نہیں آیا بول کو بتاتے ہیں لوگ
آسمان پہ نظر ہے پڑوں کی بھی فکر ہے
اس عمر میں بھی چھت پہ جاتے ہیں لوگ
کون بولے ہم لوگوں میں اتفاق نہیں بالکل
چپ ایسے ج دکھانے کو دو دو عیدیاں مناتے ہیں لوگ

چار گھنٹے سے بھوکا بیٹھا ہوں سرال میں
دلی کب جا کو دسترخوان بچھاتے ہیں لوگ



سلطانہ مر

غزل

اپنا سبندہ کتابوں سے بھائے رکھنا
پہلی منزل ہے تری خود کو سجائے رکھنا
وہ الجھتا ہے ہواؤں سے 'شکایت کیسی
بات بگڑے بھی تو تم بات بنائے رکھنا
تم کو ہر حال میں رکھنا ہے محبت کا بھرم
ہو کک دل میں تو اس کو بھی چھپائے رکھنا
زخم بے مری کے رکھنا تو چھپا کر لیکن
زخم کو پھول کی مانند کھلائے رکھنا
بات کہنے کا سلیقہ بھی تو فنکاری ہے
صاف کہنے میں بھی در پردہ کھلائے رکھنا
مرکیا خوب ہے اس شوخ کی یادوں کا یہ پھول
کبھی گھر میں، کبھی جوڑے میں سجائے رکھنا



واجدندتم

غزل

محفل میں رہ کر بھی تنہا آتے ہو نہ جاتے ہو
کس دنیا میں رہتے ہو تم جانے کہاں کھوجاتے ہو
کر کے یاد پرانے قصے اور لڑکپن کی باتیں
تم تو خود بھی روتے ہو اور ہم کو بھی رولاتے ہو
تم سے گھڑ کر ایک زمانہ بیت گیا لیکن ہم کو
محفل میں تنہائی میں تم یاد ہمیشہ آتے ہو
تم سے کہا کیا تم سے سنا کیا ہم سے شکایت ہے کہی
ہم دیوانے کیا جانیں تم ہم سے کیوں کتراتے ہو
کڑی کیسی سننے کو کیا ہم ہی اکیلے ہیں جاناں
میں بھی میٹھی باتیں کر کے سب کا دل بھلاتے ہو
تم کو بھی ہے ہم سے محبت اس کا علم ہمیں بھی ہے
خاموشی بھی نیم رضا ہے کہنے سے شرما تے ہو
ہم نے تم کو راہ دکھائی سیدھی کیا ہے میری کیا
چاہے مانو یا نہ مانو آنکھیں کیوں کھلاتے ہو

وقت کو کس نے کب روکا ہے گیا تو پھر نہ آئے نہ تم
جو کھویا سو کھویا ہے اب کا ہے کو بچھاتے ہو

ہمیں ہو گا کچھ اور درکار، دیکھیں
اگر سامنے صورت یار دیکھیں
ہوئی ختم جاتی ہے امید الفت
ہم اپنی قضا کے ہی آثار دیکھیں
ہمیں بھی مٹائے گی تیری محبت
رہا شہر میں کیا ہے پندار دیکھیں
ہمہ دم یہ دل میرا مشتاق و مضطر
تھیں ہم سدا، ہم سے بیزار دیکھیں
چلیں چپکے چپکے سویرے ہی مرنے
ابھی ہو گا وہ شوخ بیدار دیکھیں
ہے 'سردار' خواہاں ابھی تک اسی کا
کوئی ایسا اپنا زیاں کار دیکھیں



امین راحت چغتائی

اب سہ رہے ہیں خواب کے آزار بھی بہت
رہنے لگے تھے لوگ یوں بیدار بھی بہت
ہر شے حد خرید سے باہر نکل گئی
بڑھنے لگی تھی روٹی بازار بھی بہت
اچھا ہوا کہ دھوپ میں تیزی سی آگئی
کننے لگے تھے شہر میں اشجار بھی بہت
دیکھا تو سارا حلقہ دانش علیہ تھا
یوں سامنے تھے فکر کے انبار بھی بہت
تحریر ہر زماں میں وہی معتبر ہوئی
جس سے کیا گیا کبھی انکار بھی بہت
راحت ہم آشنا بھی تھے آداب درد سے
کچھ مل گئے تھے یوں ہمیں غمخوار بھی بہت



Mom

Maa

بلندیوں پہ جب گیا تو سر مرا جھکا رہا
کہ میرے والدین کی ہدایتیں بھی ساتھ تھیں
عرفان مرتضیٰ

On the lighter side....

HR: "This is your revised salary. We recommend you keep it confidential."

Employee: "Don't worry, I'm equally ashamed of it."

After a trial had been going on for three days, Harrison, the man accused of committing the crimes, stood up and approached the judge's bench.

"Your Honor, I would like to change my plea from 'innocent' to 'guilty' of the charges."

The judge angrily banged his fist on the desk. "If you're guilty, why didn't you say so in the first place and save this court a lot of time and inconvenience?" he demanded. Harrison looked up wide-eyed and stated, "Well, when the trial started I thought I was innocent, but that was before I heard all the evidence against me."

Why does the Norway Navy have bar codes on the side of their ships?

So when they come back to port they can SCANDINAVIAN.

Two accountants go to their credit union on their lunch break, when armed robbers burst in. While several of the robbers take the money from the tellers, others line-up the customers, including the accountants, up against a wall and proceed to take their wallets, watches, and other valuables.

While this is going on accountant number one jams something in accountant number two's hand. Without looking down, accountant number two whispers, "What is this?"

Number one replies, "It's that \$50 I owe you."

As the three ladies picked up a menu, each put on a pair of glasses.

"I really only need mine for close reading," explained the first.

Remarked the second, "I only use mine when the light is bad."



The third confessed, "I rarely wear mine - except when I want to see."

A newly married man asked his wife, "Would you have married me if my father hadn't left me a fortune?"

"Honey," the woman replied sweetly, "I would have married you NO MATTER WHO LEFT YOU A FORTUNE!"

Slim walks into his local post office and notices a new sign on the wall:

MAN WANTED FOR ROBBERY IN MONTANA

"Gosh!" he says, "If only that job was in Texas, I'd take it!"

A customer walks into a dress shop and ask, "May I try on that dress in the window?"

The salesperson replies, "We prefer you use the dressing rooms."

Because of back problems, each night I lie on the floor and do exercises.

Once when we stopped at a motel, as I started my exercise, something under the bed caught my eye.

It was a card. On it was written, "Yes, we do clean under here, too."

I went for an interview at a big IT company today for the position of Computer Hacking Investigator.

The boss asked me, "So, what makes you suitable for this job?"

"Well," I replied, "I hacked into your computer and invited myself to this interview"

Why didn't the man report his stolen credit card? The thief was spending less than his wife

Dad: "Can I see your report card, son?"

Son: "I don't have it."

Dad: "Why not?"

Son: "I gave it to my friend. He wanted to scare his parents"

Husband and wife were having a discussion about their in-laws. The wife declares that she "hates" her in-laws. The husband replies, "I like your mother-in-law more than I like mine!"

There was once a young man who, in his youth, professed his desire to become a great writer.

When asked to define 'great' he said, "I want to write stuff that the whole world will read, stuff that people will react to on a truly emotional level, stuff that will make them scream, cry, howl in pain and anger!"

He now works for Microsoft, writing error messages.

The CEO of a large cooperation was giving advice to a junior executive. "I was young, married and out of work," he lectured. "I took the last nickel I had and bought an apple. I polished it and sold it for a dime. The next day I bought two apples, polished them and sold them for ten cents each."

"I see," said the junior executive. "You kept reinvesting your money and grew a big business."

"No," said the CEO. "Then my wife's father died and left me a fortune."



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