

Happy
New Year!

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Happy New Year



Inside



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**Highest
Paid
Bollywood
Playback Singers**



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**Pati, Patni
aur Woh!**

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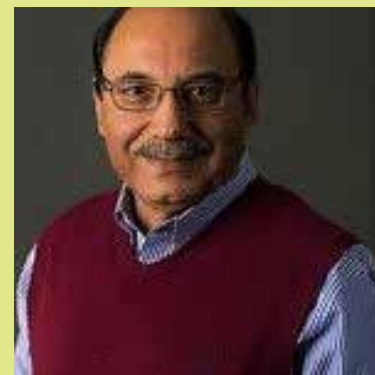
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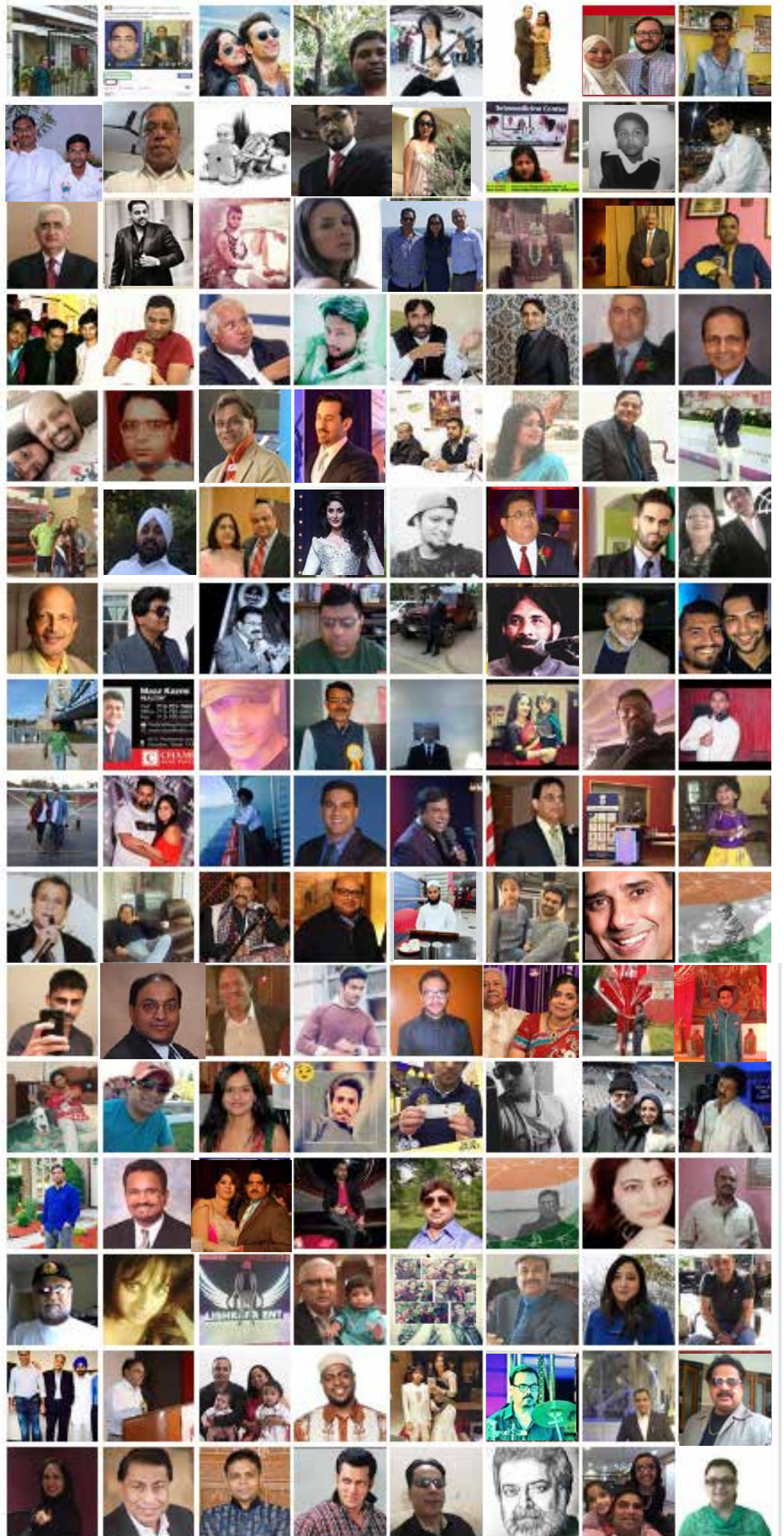


HAPPY BIRTHDAY! JANUARY



Shah Bano Rizvi 1/1
 Darga Nagireddy 1/1
 Ishani Patel 1/1
 Ather Jameel 1/1
 Amjad Rana 1/1
 Gulbaz Gill 1/1
 Mona Ives 1/30
 Taufeeq Ratal 1/1
 Narsimulu Bonala 1/31
 Abdul Khan 1/1
 Syed Zahid Kirmani 1/1
 Aga Hasan 1/31
 Padma Mishra 1/30
 Ayesh Siddiqua bithi1/1
 James Pappachen 1/30
 Mohhammad Ayaan 1/1
 Salman Khurshid 1/1
 Mohammed ASohail1/30
 Ajay Chinthala 1/1
 Anjali Patel 1/1
 Sean Mirza Baig 1/29
 Venkateswara Voleti1/1
 Abid Mian 1/29
 Aadil Qureshi 1/1
 Kamal Ahmed 1/1
 Narasimha Reddy 1/1
 Mike Ghouse 1/1
 Nawab Alig 1/1
 Abdulrazzaq Sajid 1/1
 Faisal Sheikh 1/1
 Furqan Khan 1/1
 Ather Kamran Khan1/1
 M .Ali Manik 1/1
 Ziaul Hasan 1/1
 Rajeev Desai 1/28
 Hazem Bata 1/28
 Sikandar Khan 1/2
 Rupal Desai 1/2
 Sunil Kumar Tang 1/2
 Thapa Prakash 1/2
 Mohamed Hamza 1/2
 Bava Harjant Singh1/28
 Jilendra Diganvker1/3
 Heta Patidar 1/27
 Adnan Ali 1/3
 Rashid S.Gill 1/27
 Fahad Zuberi 1/3
 Beena Khan 1/3
 M.R.Rangaswami 1/4
 Arshad Ali 1/4
 Bala Reddy Indurthi1/4
 Anil C.Phulgaonkar1/4
 Salim Habiya 1/4
 Ahmed Rais Nizami1/26
 Gulam Bakali 1/5
 Naveed G Hussain1/5
 Shreedhara Chari 1/5
 Maaz Kazmi 1/5
 Salmaan Mithani 1/5
 Chonch Gayavi 1/5
 Syed Sirajuddin Zafar 1/6
 Amrila Saha Karmakar1/6
 Zahid Parvez 1/6
 aman Pabla 1/6
 Narender Jakhar 1/6

Ricky Ji Mohan 1/6
 Bachan Gill 1/6
 Niraj Patel 1/6
 Hamid Kamal 1/7
 Kishor Mehta 1/7
 Venkat Raj 1/7
 Goutham K. Gurram 1/7
 Arif Quraishi 1/7
 Muzaffar Qureshi 1/8
 Moazam A. Bhangar 1/8
 Salim Chowdhrey 1/9
 M. Zakir Qasmi 1/26
 Hari Krishna Dornala1/10
 Moody Akhtar 1/26
 Madhavendra Saxena1/10
 Imran Lalani 1/10
 Rohit Shah 1/26
 Mukarram Mahmood1/10
 Rocky Sahil 1/10
 Farhan Ali 1/10
 Shadma A. Khan1/25
 Shirish Shah 1/11
 Singer M. Vakil 1/25
 Syed Moin Ahmed1/11
 Sampurn Anand 1/11
 Shalini Saxena 1/11
 Jignesh Pandya 1/11
 Hammad Mahmood1/12
 Sajjan Vadali1/12
 M.Qamruzzaman1/12
 Raj Patel 1/12
 Shashi Kumar 1/12
 Ugesh Yogi Singh 1/14
 Sanjib Shaw 1/14
 Parmeet Rajah Singh1/15
 Dr.Sayeed Mohiuddin1/15
 Avinash Mishra 1/15
 Mona Qazi 1/15
 Zahid Qureshi 1/15
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 Aisha Z. Usmani 1/18
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 Mohamed T. Ahmed1/18
 Krishna Swathi 1/24
 Shakeel Quadri 1/19
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 Amit Vatal 1/19
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 M. Ahmad Alvi 1/20
 Anupam Satyasheel1/20
 Bilal Ansari 1/20
 Reuben Kanhai 1/20
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HAPPY NEW YEAR to all our Readers
- AZEEM ABDUL QUADEER
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2017



President APJ Abdul Kalam was presented with a copy of Asia Times US on his last visit to Chicago



Former External Affairs Minister Salman Khurshid, Priya Dutt, MP, Cricketer Azharudin, former MP



Singer Rahat Fateh Ali Khan, US Senator Carol Mosley Brown, Shabbir Ali, former minister in Andhra Pradesh



Chicago Alderman Ameya Pawar, Indian Member of Parliament Hussain Dalwai
Indian Consul General Dr Ausaf Sayeed



From the desk of Dr Nasar Qureshi:

It was an honor and privilege to inaugurate the first session of APPNA Institute of research training, at APPNA office in Chicago. Dr. Rashid A. Chotani part of the faculty flew in from DC and Dr. Mubasher Rana Past President who initiated CHILME flew in from San Francisco to join the inaugural session. Twenty two students are registered for the course with nearly half attending online.

Kudos to Dr. Sohail Khan , treasurer APPNA 2016, whose vision and persistence has ensured this project comes to fruition.

I am proud and humbled to have had the opportunity to make this happen, and IA, nurtured appropriately this will be another flagship program of APPNA and we will aim to make it an essential course given by APPNA as part of curriculum in medical schools of Pakistan.

Dr. Rashid A. Chotani wins Nato Scientific Achievement Award 2016



Dr. Rashid A. Chotani has won the "Scientific Achievement Award 2016" from the Nato Science and Technology Organization (STO) for his extra-ordinary performance in research on medical countermeasures against biological agents.

STO, the largest Nato organisation for defence science and technology, honoured Dr Rashid A. Chotani, who was part of a task group researching medical countermeasures against biological agents.

Dr Chotani has worked in the healthcare industry, government and academia in areas such as advanced development of vaccines, therapeutic and diagnostic countermeasures, bio-surveillance etc. As a senior scientist, Dr Chotani has spent more than 20 years in providing bio-security and public health expertise to both public agencies and private industry.

He is an expert in the identification, surveillance and diagnosis of human and zoonotic infectious diseases. His success in the academic field includes establishing and directing the Global Infectious Disease Surveillance and Alert System (GIDSAS) at Johns Hopkins University.

In Pakistan, Dr Chotani helped in upgrading the Early Warning System at the National Institute of Health (NIH), re-developed and refurbished the Epidemic Investigation Cell (EIC) with basic infrastructural needs, as well as housed six qualified epidemiologists to assist in disease surveillance.

He has also played an important role as the adviser to the Ministry of Health in developing Pakistan's influenza preparedness plan.

The Nato Achievement Award recognises the outstanding contributions made to STO's sponsored activities that continue to widen STO's technological mandate.

Dawn.com



Mr Sajid Tarrar, founder of American Muslims for Trump with President elect Donald Trump. In the picture on right Mr. Tarrar speaking at Maryland GOP convention in Frederick

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Mr Chandru Gidwani. Kavita Gidwani. Amit Jaitley and Seema Jagtiani with Gahazal Mastreo Jaswant Singh who is on a tour to USA



Dr. Rashid A. Chotani, Mr. Zaffer Mirza, Dr. Asif Qadri with Commissioner Rana Shaikh who visited the MCC Medical Clinic. Rana Shaikh serves on the Maryland Governor's Commission on South Asian American Affairs.

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Mehfile-e-Mushaira and fundraising conducted by NASIM Foundation



4 December 2016: NASIM Foundation organized a Fundraising and a Mehfil-e-Mushaira at Park Plaza Tower, Dallas. It was a grand success with close to 300 people attending and fundraising surpassing what was expected. Starting with delicious appetizers and sumptuous food the evening went into silent auction featuring jewelry, paintings and other items. Coming back the stage program commenced with Quranic recitation and translation. Opening announcements were made by NASIM Secretary Benazir Arfi. NASIM President Parvez Salim talked about the charities distribution and help to other organizations. Scholarships were given by Abid Abedi to 6 UT Dallas students. Certificates of accomplishment were also awarded. Imam Gyasi McKinzie gave a motivational speech for fundraising. Audience's wait came to an end when the Mushaira was started. Compering of the Mushaira was done by Dr. Abdullah Abdullah of Aligarh Alumni Association, Washington, DC. Guest Poets were Dr. Nusrat Mehdi (India), Sunil Kumar Tang (India), Sadaf Mirza (Denmark) and Rehman Faris (Pakistan), along with local poets Noor Amrohi and Iqbal Haider (who presided over the Mushaira). There were number of other local poets who did not come to stage but gave their time to the guest poets who were excellent at reciting their poetry and taking full attention of the audience who enjoyed the Mushaira. Other NASIM current and past board members who participated in the event were Altaf Hussain (Vice President), Syed Mujeebur Rehman (Treasurer), Parwaiz Alam, Syed Ansari, Meraj

Mitha, Aqeel Qureshi, Anjum Rahiman, Mohammad Rahman, Syed A. Shahriyar (Bukhari) and M. Salman Farshori; along with the trustees Taiyab Kundawala, Naved Sayed and Akram Syed. NASIM Foundation extended best wishes to all attendees and expressed gratitude to their sponsors, Expressions Diamond, RiCEit Biryani, Mezban Foods, Alsal Construction, Inc. and New York Life. Other attendees were Mohammed Rahman, Pervaiz Baig, founder Charminar Connection, Azeem A. Quadeer Editor-in-Chief and Publisher Asia Times US, OS Modgil, Mateen Hussain, Mohammed Shawkat of New York Life, Ayaz Qureshi, Abdul Hameed of HSNT, Afroz Lateef, Haseeb Khan, Irfan Ali, Masood Quazi, Salman Farshori (President Asian Business group) Shahid Zaheer and Rafeeq Ahmed.

NASIM Foundation is a North America based non-profit 501(c)(3) secular, non-political organization with a mission to bring a social change through education and improve the conditionservais Baig, founder Charminar Connection, Azeem A. Quadeer Editor-in-Chief and Publisher Asia Times US, OS Modgil, Mateen Hussain, Mohammed Shawkat of New York Life, Ayaz Qureshi, Abdul Hameed of HSNT, Afroz Lateef of the underprivileged and disadvantaged minorities.

NASIM Foundation has several projects in the pipeline across some of the most educationally backward districts in India. NASIM Foundation has been working to provide educational scholarships and aid to many underprivileged

and needy students. Our goal is to help thousands of children in need. The task is overwhelming and we humbly request you to come forward to adopt and take on these projects.

They accept Zakat funds and Sadaqa jaariya for education in India. NASIM's primary focus has always been education of underprivileged minorities, we continue to sponsor many different educational projects ranging from primary secondary, Orphans, Visually / Physically impaired education and vocational / skill based.

- Asim Siddique Memorial Degree College**, Budaun, U.P. India – Provides international level college education to impoverished and needy.
- Blind Welfare Council, Dahod, Gujrat, India – Organization works for visually Impaired, Hearing Impaired, Mentally challenged individuals.
- COVA (Confederation of Voluntary Associations), Hyderabad, India – advocacy of education of orphans and underprivileged children and coaching/training for students.
- Kadapa Orphanage School, Kadapa, AP – Educate Orphans and underprivileged minorities and alleviate generations to overcome poverty.
- Mawaddah Foundation, Bangalore – Registered trust in Bangalore providing following healthcare services through Unicare Medical Center
- University of Texas at Dallas Scholarship/Endowment Fund – Merit based competitive scholarships for need based students enrolled at the UTD.



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EDUCATIONAL PROJECTS

- ICC Kairana (UP): There are 120 students and 6 teachers at ICC Kairana and providing education and intensive coaching for Medical and engineering Entrance Examinations. This Center needs Yearly expenses of \$ 20,000.
- Gaya Muslim Orphanage, Gaya, Bihar needs your support: Girls and Boys divisions are operating in separate buildings and accommodate almost 400 inmates. The orphanage management is requesting to sponsor students immediately for their education, boarding, lodging, clothes, blankets, books, notebooks and healthcare. They are looking for about \$50,000 yearly. Please help Rahbar Foundation to support these orphan students in Bihar. As you know Bihar is one of the poorest state in India and living standards are below poverty line.
- Bricks Field Children School Shibdaspur(WB): There are 125 poor students and 6 teachers providing education under the shadow of trees as there are no rooms available in Bricks Fields, this school needs at least 6 classrooms to be built also need expenses towards salaries, books, uniforms and school furniture. The total budget required is \$30,000.

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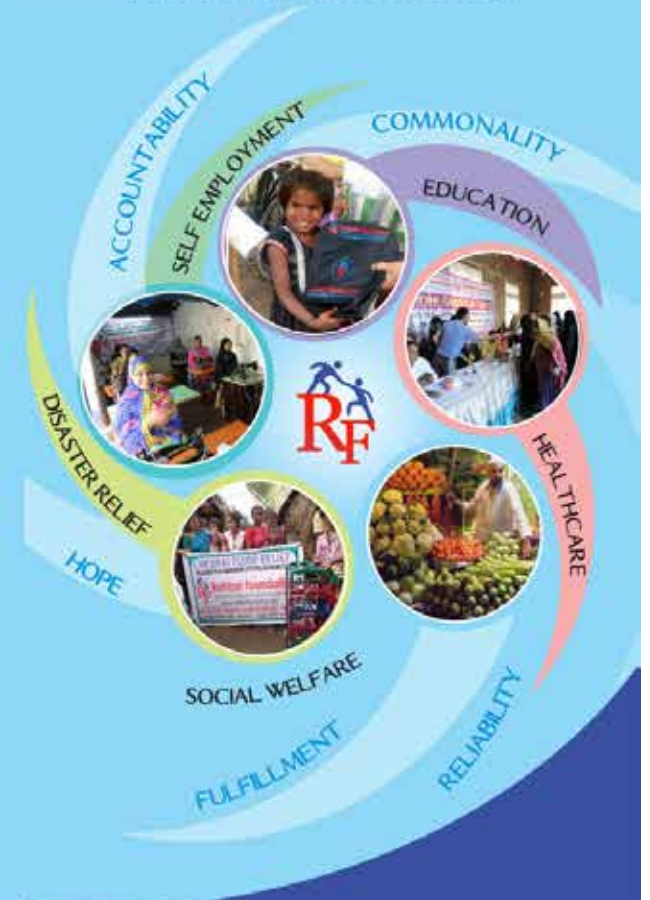
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Our Projects

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- Qurbani / Udhiya Distribution
- Zakat-Al-Fitra Distribution
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EDUCATION

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DALLAS-HOUSTON PAGES

DALLAS-HOUSTON PAGES

Shahid Shafi, MD, Named CEO of Surgical Group of North Texas

Surgical Group of North Texas is pleased to announce the appointment of Shahid Shafi, MD, as Chief Executive Officer, effective January 1, 2017. Dr. Shafi has been a surgeon with Surgical Group of North Texas since 2009.

After receiving his medical degree at Aga Khan University in Pakistan in 1988, Dr. Shafi moved to the US. He obtained a Master's Degree in Public Health from the Johns Hopkins University in Baltimore. He then went on to complete his General Surgery residency at New Jersey Medical School in Newark, NJ, and Trauma Surgery and Surgical Critical Care Fellowship at the University of Pennsylvania. Prior to joining Surgical Group of North Texas, he was an Assistant Professor of Surgery at the University of Texas Southwestern and Director for Trauma Surgery service line at Parkland Hospital in Dallas. He is currently pursuing an Executive MBA at SMU.

Dr. Shafi's experience in measuring and reporting quality of surgical care has earned him national and international recognition. He has published over 100 articles in medical journals, and has served in leadership roles at local, state, and national level in the medical field. He also serves as a Medical Director for Baylor Scott & White Quality Alliance. In this role, his primary focus is on improving quality of surgical care in the Quality Alliance's network of over 45 hospitals and over 4600 physicians across Texas. Dr. Shafi is looking forward to his new role as the first CEO of the Surgical Group of North Texas. He plans to focus on maintaining high quality of surgical care provided by our surgeons, ensuring safe surgery, and treating patients and their families with kindness, compassion, and respect.

Dr. Shafi is a board certified General Surgeon and has been in practice since 1998. He also serves as Medical Director at Baylor Scott & White Quality Alliance, where he works on improving the quality of surgical care.

Dr. Shafi went to medical school at Aga Khan University in Pakistan, and completed post-graduate training at the University of Pennsylvania, Johns Hopkins University, and the University of Medicine and Dentistry of New Jersey.

Dr. Shafi has been married since 1992, and his wife also has a graduate degree in healthcare management. They live in Southlake, Texas, with their three children. When he's not taking care of patients, Dr. Shafi enjoys reading, bicycling, volunteering his time for charities and enjoying his family and friends.



From left: Pervaiz Baig, founder Charminar Connection, Azeem A. Quadeer Editor-in-Chief and Publisher Asia Times US, Poet Sunil Kumar Tang, Engr. Afroz Lateef at Mushaira in Dallas



From Azi Noorani Mai Colachi Restaurant Team Congratulate & Support Chef Faisal... Good Wishes & Prayers for his new venture..



Muzaffar Siddiqi welcomes new Houston Chief of Police, Art Acevedo!



Khaja Kamaluddin of Dallas with his class mate Janab Zahed Ali Khan Editor Siyosat and Dr.Taufiqh Ansari Ahmed of Chicago



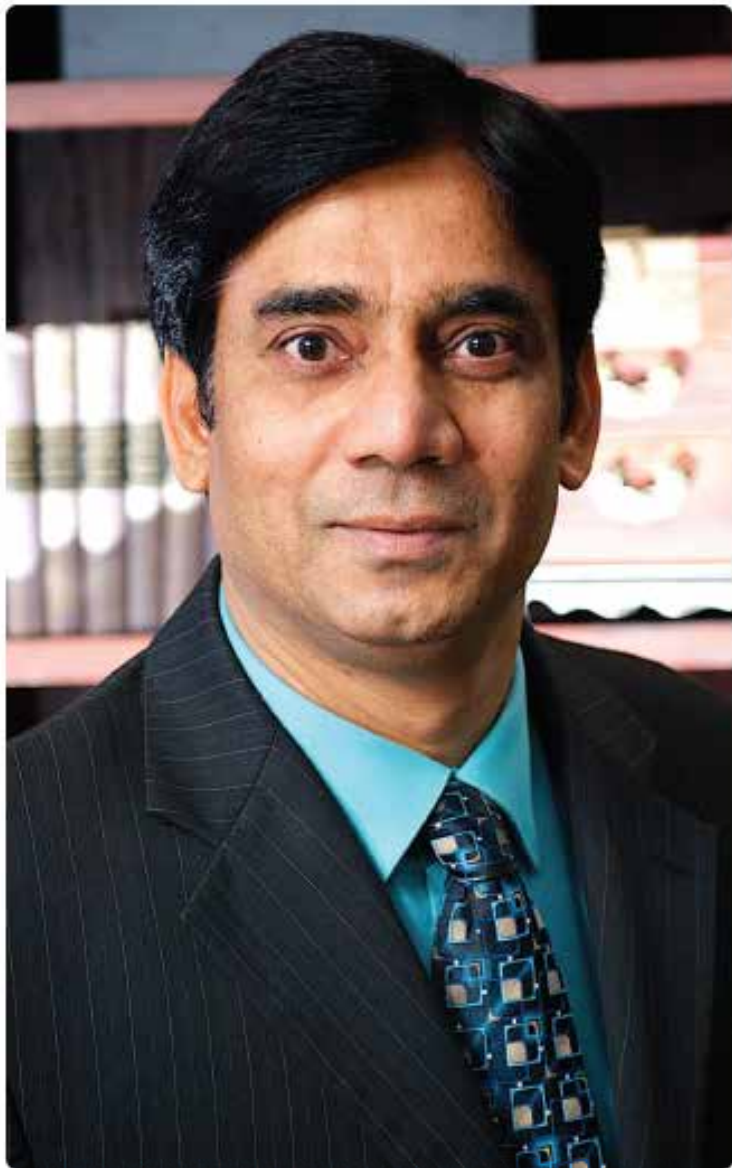
Amir Dodhiya and Malik Jamal with famous Bollywood actress Zeenat Aman



Community leader from Hyderabad, India Janab Zaheer Bin Saleh Urooj is on visit to USA. He arrived in Atlanta and will be visiting various cities including Chicago.



Mushaira in Houston on Dec.4 2016. Names of poets only from left back row. Rana Husain, Tasnim Abdi, Dr Khalid Razvi, Aqeel Ashraf, Aman Khan Dil. Rehman Faris (Pakistan), Fyyaz Khan, Rehman Khawar (Canada), Aasi Rizvi, Sunil Kumar Tang (India), Nusrat Mehdi(India), Neelofer Aashi, Ghazanfer Hashmi, Sadaf Mirza(Denmark) and Shah Ghazali in front row.



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Thanks Kerala chief minister Pinarayi Vijayayan for CH Mohammed Koya award to PA Ibrahim Co-chair Malabar Gold and myself at Calucut, Kerala



Last night marriage of ex corporater janab Mukaram bhai's daughter marriage at Metro classic met many MIM leaders and other party leaders



Jana Reddy MLA and former two times Home Minister Shabbir Bhai MLC, floor Opposition Leader Legislative council of Telangana State.



Last week visit to Shamshabad, of Janab Mahmood Ali Sahab Deputy Chief Minister of Telangana State, Thanks Syed Mohd Aslam Quadri for hosting.



Mohtesham Ali opened another Gym at Saleem Nager, Hyderabad, Janab Ahmed Balala MLA, Malakpet along with Esa Misri and others



Sarib Rasool Khan Managing Director Shadan Group of Institutions daughter and son's Bismillah Khani



Hyderabad Member of Parliament Janab Asaduddin Owaisi sahab



Happy Christmas to All Saints High School Old Boys Association(ASOBA). Good to meet all Rectors , Old students from going back to 1950 Batch to present. Special thanks to Brother Shajon Anthony



Mahboob Nager District Congress President Janab Kotwal Sahab's daughter marriage , nice to meet my friends S. Jaipal Reddy former Union Minister Urban Development,Shabbir Bhai, Komat Venkat Reddy, Dr. Mallu Ravi , K Basi Reddy and more. Thanks Munawar Bhai for the invite



Attended former Member of Parliament from Secun-drabad Mr.Anjan Kumar Yadhav's son wedding at Exhibition Grounds, Nampally, Hyderabad attended by more than 30,000 people.



Thanks Rachamalla Surender and photo and Videography Association of the district for meeting me and Dr Prem Raj

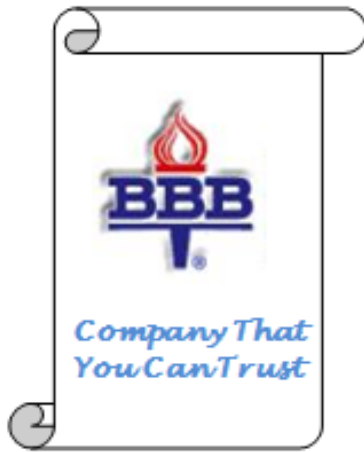


Church council and Pastor, Met with Iftekhar Shareef to Invite Grand Christmas Celebration... Pray n participate.

Happy New Year 2017

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Ghazal Maestro Jaswinder Singh with Syed Wasifullah Quadri in Chicago



Dr. Faiz Shareef from Merrillville Indiana congratulating Vice-President elect Mike Pence on his victory



Anil R. Shah, President World's Money Exchange, Inc with Congressman elect Raja Krishnamoorthy



Happy Birthday to Uroosa Rahim Founder & CEO / Producer / Director at Naubahar Films wish you all the success & happiness! — Taha Rizvi and Fahad zuberi



Dr. Mujahid Ghazi with Dr. Nomani, Arshad Zaidi and Tipu Siddiqui in Chicago



Prominent Community leader and an Advisor at Asia Times Mr. Sunil Shah at the Felicitation of Indian leaders Shalabh Shalli Kumar & Dr Manu Vora by Bharatiya Senior citizen group headed by Haribhai Patel.

January 1st *Happy Birthday*



Dr Faiz Shareef
CEO & President,
CouponMED, iStartclean,
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Group picture taken at Punbab Cultural Society: Balwinder Girn, Gurdeep Singh, Harkewal Lalli Pcs Chairman, Surinder Sangh VP, Mahijit Viridi, Gulzar Multani, Vic Singh, Paul Lail (behind), Balwinder Nick Singh(behind), Gurmit Dhillon President, Lucky Sahota PCS chairman 2013. Amrik Singh PCS - Donor and other PCS guests



Minu, Vicky, Faizan Mehdi Hassan & Qusro Patel Event Faizan Mehdi Hassan Nite



Mujeeb Ahmed owner of Masti Grill, Chicago and Babu Varma visited Hitesh Gandhi and inquired about his health and wished him to get well soon



Laddi Singh and Meenu Jethi with Jaswinder Singh Ghazal Maestro at his concert

Launch of Adbhut Radio by Adbhut Entertainment



Gurmeet Singh Dhalwan, Founder and C.E.O. Adbhut Entertainment with SUNIL SHAH, FOUNDER PRESIDENT of FIA

Adbhut Entertainment celebrated a musical evening with friends, well wishers and invited guests on Dec 13th 2016 at Tandoori Restaurant in Villa Park. The occasion was to share some surprises and news with well wishers and supporters of Adbhut Entertainment.

promising showman who has built a strong platform for aspiring talents in the field of music and entertainment. His concept - Adbhut Entertainment is the first of its kind to provide proper platform for deserving artists in Midwest America.

compelled the audience to tap their footsteps. An air of romance was created when the duo sang "Kabhi Kabhi mere dil mein", "Raat ke humsafar", "dil ki nazar se", The crowd got excited and enjoyed dancing when "Aaja Aaja" number was sang.

Adbhut entertainment has become a very popular name in Chicago area after very successful debut concert 'Aaya Sawan Jhoom ke' featuring some of the Chicagoland's best talents. It is a platform for deserving artists and singers to showcase their talents on a much glorified stage and find a recognition. Gurmeet Singh Dhalwan is an upcoming

The evening was hosted by Jassi Parmar, the founder of Desi Junction Radio. Jassi captured Audience's attention with his unbeatable energy. The party started with a classic melody by Rajesh Chalam and Nipa Shah, two great singers, "Rim Jhim gire sawan" followed by Romantic numbers "ye raatein ye mausam" which

And the much awaited announcement was made. Gurmeet Singh Dhalwan introduced Mrs. Shabana Rahman as the creative director of Adbhut Entertainment and channel head of upcoming Adbhut radio. Nasir Rahman was introduced as the event manager of Adbhut Entertainment. Adbhut family and friends also celebrated Mr and Mrs Rahman's wedding anniversary and cake was cut. The couple expressed their gratitude to Gurmeet Singh for providing this opportunity. All the guest showered their best wishes for the upcoming venture.



The party was honored by the presence of many distinguished guests. Sunil Shah - founder of FIA and other FIA team members blessed the evening with their presence. Party was graced by community leader Hina Trivedi and Hemant Trivedi, Owner of Live2U an International show promoter group Karl Karla, owner of Atlantic Travel Anoop Mamtani, owner of Masti Grill Mujeeb Ahmed, businessman Akmal Shareef and Mahijit Singh Virdhi.

**अद्भुत
ADBHUT
ENTERTAINMENT**

**Gurmeet Singh Dhalwan's
Adbhut Entertainment is pleased
to announce
the launch of upcoming Adbhut Radio**

**Adbhut Entertainment proudly introduces
Mrs. Shabana Rahman as the
Creative Director of Adbhut Entertainment
and RJ for upcoming Adbhut Radio
and
Nasir Rahman as the Event Manager**

**For further information please contact
Gurmeet Singh Dhalwan C.E.O. and Founder
Phone 414 429 5313
Email: adbhument@gmail.com
Website: adbhumentertainment.com**

Mr. Nasir Rahman
Event Manager

Mrs. Shabana Rahman
Creative Director

Gurmeet Singh - founder of Adbhut Entertainment heartily thanked all the guests for coming in spite of bitter cold outside. He also acknowledged missing good friend Hitesh Gandhi at the party due to his surgery.

Throughout the evening, nominations for ICan awards kept coming. Gurmeet Singh was nominated by Payal Shah as the best local talent promoter and was supported by friends as well. Shabana Rahman nominated Mona Bhalla as the most inspiring woman.

Adbhut Entertainment is pleased to announce the plan to launch Adbhut Radio, A central place to stay informed on community happenings including upcoming shows, events, releases, free music and more. New creative director Shabana Rehman invited everyone to explore AdbhutEntertainment.com website and become acquainted with the blog, show schedules to stay current with forthcoming broadcasts and announcements.

This article written by Shabana Rahman Supported by Nipa Shah



#7

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'Sarv Dharam Sabha', Bikaner honored
Mr. Sher Mohd. Rajput (Trustee, East West University
& Indo American Center of Chicago, USA for Community Service .on 25 Feb.2013
Photo # Roop Singh, BIKANER.

GREETINGS FROM SHER MOHAMMED RAJPUT



'Sarv Dharam Sabha', Bikaner honored

Mr. Sher Mohd. Rajput (Trustee, East West University
& Indo American Center of Chicago, USA for Community Service .on 25 Feb.2013



From Left: * Haji Maqsood Ahmed, Chairman, Bikaner City Improvement Council. * Sister Kanti of the Convent School. * Mr. Rajput (wearing honor turban and shawl). * His holiness Mahant Shree Somgiri Jee Maharaj. * Shree J. Kalla, Rajasthan Congress Party Chief. * Moulana Abdul Wahid. * Sardar Inder Singh, Chief of Gurduwara Sahib.

Dr. Ausaf Sayeed a People Friendly Diplomat

by Ashfaq Hussain Syed

Dr. Ausaf Sayeed a People Friendly Diplomat Given an Impressive Farewell.

One of the most popular Community Leaders of the US Midwest, Mr. Krishna Bansal and his equally popular wife, Mrs. Meghna Garg Bansal hosted a warm farewell in the honor of Dr. Ausaf Sayeed, Consul General of India, Chicago and his wife, Mrs. Farha Sayeed.

Dr. Sayeed made a consistent effort to ensure that all the voluntary organizations run by Indian-Americans, representing different regions, religions, and languages, come together and work as one entity. It is on account of his endeavors that these organizations, many a time, joined hands and organized a number of events under one banner.

Dr. Sayeed believed in the philosophy of "Visiting Hour -24 Hours". Not only his doors but also his eyes, heart, mind, and arms were always open for people. He was always available to them to understand their problems and to find enduring solutions to them.

Dr. Sayeed was extremely popular among people, irrespective of caste, creed, and religion. He has been a highly sought after speaker in all inter - faith meetings. It was a pleasant surprise that many high profile US leaders, including Governors, Mayors, Congressmen, Senators, University Deans, etc. held him in high esteem.

The function was graced by Mayor Dr. Gopal Lalimalani ji, Dr. Bharat Barai ji, Alderman Rick Mervine, Aadil Farid Ji, Nimish Jani ji, Naperville Indian Community Outreach Board members and other eminent persons from different



walks of life.

Thanks a lot Krishna Bansal Bhai for felicitating Dr. Ausaf Sayeed, a successful Indian diplomat, over a wonderful dinner.

Picture on the right: Hosts Krishna Bansal, Meghana Bansal and their daughters



Enormous community support given to The Amir Khan Foundation in Chicago

Asian Media USA © The Amir Khan Foundation's First Community Awareness and Fundraising Dinner was held on Saturday, December 10th, 2016 at Shalimar Banquets, 280 West North Avenue, IL. Amir's supporters and donors braved the city's first major snow storm to participate in this noble cause. The event was attended by over 200 people that included dignitaries, community leaders, supporters and fans. The Chicago community was not shy to show their support for this worthy cause, raising over \$73,000 to raise funds for clean water projects in Pakistan and Africa.

During social hour, attendees mingled, enjoyed hors d'oeuvres, and browsed through a selection of unique vendors. The program began with the Master of Ceremonies, Arshia Hasnain, who welcomed and thanked all the guests. She told them that without their generous support this evening would not have been possible. Arshia reminded everyone that their donations were 100% tax-deductible and would give the world's most vulnerable children the clean water they desperately need to survive and stay healthy.

A beautiful recitation of the Quran was conducted by Hasan Najfi.

Then, famous Olympian and World Champion Amir Khan made an electric entrance to his theme song "Amir King Khan" and video presentation showcasing all the work The Amir Khan Foundation is doing. The crowd stood up, cheering loudly, and welcomed the boxer into the hall. The honorable Consul General of Pakistan, Faisal Niaz Tirmizi. Mr Tirmizi spoke and was very generous with his

compliments. He said that we were all very proud of how Amir Khan tries to emulate and follow the word and wisdom of Quaid e Azam Mohammed Ali Jinnah. He also stated that Amir Khan has achieved a glowing reputation not only as world class boxing champion but also committing his life and energy for the welfare of poor people, especially children of Pakistan. The Consul General welcomed and congratulated Amir Khan for making his first trip to Chicago for the fundraiser for his foundation.

The powerful and warm Question and Answer session was followed by the most important part of the evening, Fundraising. This was conducted by Mr. Rizwan Malik. He campaigned hard in asking for donations towards building wells in Africa and Pakistan. Providing water-scarce communities with reliable sources of clean water, from tube wells and water tankers to innovative solutions such as solar powered wells. He was successful in reaching his target and raised \$73,000 thanks to the generous donations from the Chicago community. These donations will build over 36 wells and service over 22,000 people with clean water.

As it was the birthday of Amir Khan, a lovely cake was cut and everyone joined in an energetic singing of Happy Birthday to him.

Amir Khan is the pride of Pakistan and the pride of Great Britain. A former two time world champion boxer, Amir Khan has gained massive popularity worldwide with his explosive hand speed and entertaining fight style. At the age of 17, he was Britain's youngest boxing Olympian. He is also one



the youngest professional boxers to win a World Title at the age of 22. Amir Khan has an amazing energy that he puts in to everything he does! He's turned his enthusiasm and passion from the boxing ring towards helping others.

In 2014 he launched the Amir Khan Foundation dedicated to empowering young people who are disadvantaged around the world. He is devoted to helping those who need guidance and assistance regardless of their race, religion or geographic location - all children deserve to live happy and healthy lives.

This event concluded with a live performance by renowned group, YouTube sensation Maz and Ziggy Bonafied also visiting from England. They entertained the crowd with their Punjabi Rap style music which was much appreciated by the crowd. Amir Khan Foundation thanks



Henna Raza of Professional Party Planners who made the hall, the stage and venue look elegant, as well as all the volunteers and supporters and donors, as well as the sponsors AVCS, customcanopy.co, Professional Party Planners, Pleasant Travels and @surprisecakery.



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Republic Day honors the date on which the Constitution of India came into force on 26 January 1950 replacing the Government of India Act (1935) as the governing document of India.

The Constitution was adopted by the Indian Constituent Assembly on 26 November 1949, and came into effect on 26 January 1950 with a democratic government system, completing the country's transition towards becoming an independent republic. 26 January was chosen as the Republic day because it was on this day in 1930 when the Declaration of Indian Independence (Purna Swaraj) was proclaimed by the Indian National Congress as opposed to the Dominion status offered by the British Regime.

It is one of three national holidays in India, the other two being Independence Day and Gandhi Jayanti.

India achieved independence from British rule on 15 August 1947 following the Indian independence movement noted for largely peaceful non-violent resistance and civil disobedience led by Mahatma Gandhi. The independence came through the Indian Independence Act 1947 an Act of the Parliament of the United Kingdom that partitioned British India into the

two new independent Dominions of the British Commonwealth (later Commonwealth of Nations): India and Pakistan. India obtained its independence on 15 August 1947 as a constitutional monarchy with George VI as head of state and the Earl Mountbatten as governor-general. The country, though, did not yet have a permanent constitution; instead its laws were based on the modified colonial Government of India Act 1935. On 28 August 1947, the Drafting Committee was appointed to draft a permanent constitution, with Dr B R Ambedkar as chairman. While India's Independence Day celebrates its freedom from British Rule, the Republic Day celebrates of coming into force of its constitution. A draft constitution was prepared by the committee and submitted to the Assembly on 4 November 1947. The Assembly met, in sessions open to public, for 166 days, spread over a period of 2 years, 11 months and 18 days before adopting the Constitution. After many deliberations and some modifications, the 308 members of the Assembly signed two hand-written copies of the document (one each in Hindi and English) on 24 January 1950. Two days later, it came into effect throughout the whole nation.

The main Republic Day celebration is held in the national capital, New Delhi, at the

Rajpath before the President of India. On this day, ceremonious parades take place at the Rajpath, which are performed as a tribute to India; its unity in diversity and rich cultural heritage.

In 2016, on the occasion of the 67th Republic Day, the Protocol Department of the Government of Maharashtra held its first parade on the lines of the Delhi Republic Day parade along the entire stretch of Marine Drive in Mumbai.

Delhi Republic Day parade is held in the capital, New Delhi. Commencing from the gates of the Rashtrapati Bhavan (the President's residence), Raisina Hill on Rajpath past the India Gate, this event is the main attraction of India's Republic Day Celebrations lasting 3 days. The parade showcases India's Defence Capability, Cultural and Social Heritage.

Nine to twelve different regiments of the Indian Army in addition to the Navy, and Air Force with their bands march past in all their finery and official decorations. The President of India who is the Commander-in-Chief of the Indian Armed Forces, takes the salute. Twelve contingents of various para-military forces of India and other civil forces also take part in this parade. The Beating Retreat ceremony is held after

officially denoting the end of Republic Day festivities. It is conducted on the evening of 29 January, the third day after the Republic Day. It is performed by the bands of the three wings of the military, the Indian Army, Indian Navy and Indian Air Force. The venue is Raisina Hill and an adjacent square, Vijay Chowk, flanked by the North and South block of the Rashtrapati Bhavan (President's Palace) towards the end of Rajpath.

The Chief Guest of the function is the President of India who arrives escorted by the (PBG), a cavalry unit. When the President arrives, the PBG commander asks the unit to give the National Salute, which is followed by the playing of the Indian National Anthem, Jana Gana Mana, by the Army. The Army develops the ceremony of display by the massed bands in which Military Bands, Pipe and Drum Bands, Buglers and Trumpeters from various Army Regiments besides bands from the Navy and Air Force take part which play popular tunes like Abide With Me, Mahatma Gandhi's favourite hymn, and Saare Jahan Se Achcha at the end





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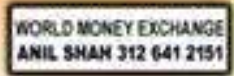
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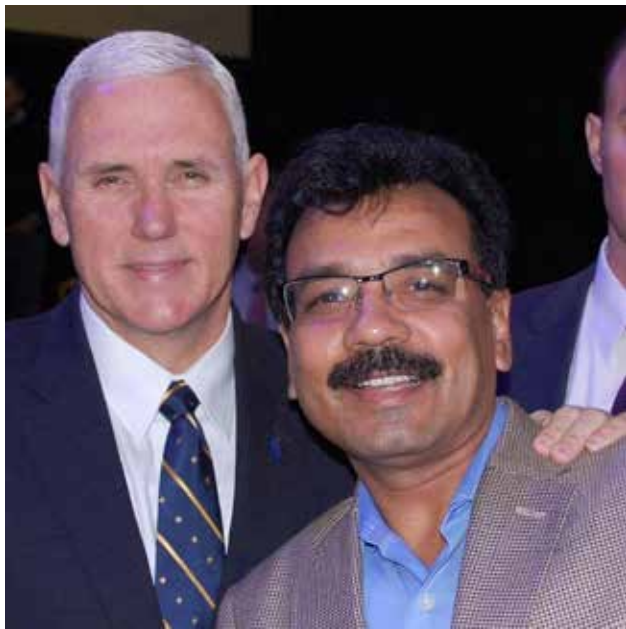
CHICAGO PAGES



The Bansal family hosted Dr. Ausaf Sayeed and Mrs. Farha Sayeed bidding them farewell!



Sunil Shah and Karl Kalra welcoming DJ Goddess. The Celebrity DJ arrived from India in Chicago to perform on New Year Eve Dhamaka at Meadows Club



Raju Chinthala with Vice President - Elect Mike Pence
PC: Balbir Singh



ICN, Naperville hosted community dinner with Dr. Ausaf Sayeed, Consul General of India, Chicago and Mrs. Farha Sayeed. Dr. Sayeed was recognized by ICN for his excellent service to Chicago community and bid farewell.

Saaz aur Awaaz



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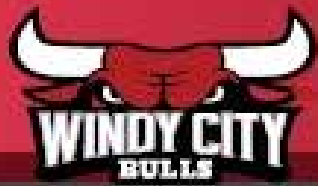
DJ Shahid Lateef

Our association FIA takes immense pride in announcing our Partnership with Windy City Bulls in celebrating Indian Heritage Night. Everyone is welcome to attend and cheer our talented Indian youth performing on that day. At the onset my son Sahaj Shah (International Award Winner DJ Mr Shaw) would perform. American National Anthem by Shuba Vedula (American Idol contestant)

Indian National Anthem by Rehana Haque (Versatile singer having performed in several countries)

Dance performances by JB Conant School girls, Junoon group & Team SSR Chicago. Of course, delicious Indian food by Jigar Parikh (Sai Saffron) Event not to be missed.

-Sunil Shah, Founder President FIA



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“Happy Birthday Roshan and wish you all the best for the new year...The whole world celebrate your birthday being on Jan 1st.....” Wali



نوابت اور منظومات

روشن کے نام (ولی الدین)

(اسگرہ پر)

میں اور جوان تم آج بھی ہو
 میرا دل میری جان تم آج بھی ہو
 اے برسوں سے تمہارا ساتھ ہے
 میری محبت کا جہاں تم آج بھی ہو
 میری شاعری کا عنوان تم آج بھی ہو
 میں اور جوان تم آج بھی ہو
 میرا دل میری جان تم آج بھی ہو
 آج تم نہ ہوتے تو یہ رات نہ ہوتی
 یہ مہفل یہ دوستوں کی بات نہ ہوتی
 ایک راز تھا جس سے پردہ اٹھا دیا
 اس دل میں جو تھا سب کو بتا دیا
 کہ میری دھڑکن میں وہاں تم آج بھی ہو
 میری محبت کی داستان تم آج بھی ہو
 میں و جوان تم آج بھی ہو
 میرا دل میری جان تم آج بھی ہو

اور بھی لگتی ہو حسین ایک سال گزرنے کے بعد
 جیسے حسن اور سنور جائے بکھرنے کے بعد
 روشن کی قربت میں ولی کو جنت ملی
 اب تمنا نہیں حوروں کی مرنے کے بعد

HAPPY NEW YEAR to all friends and relatives

from

A.Waliuddin and Roshan Waliuddin

California must remain part of the union

K. Ashraf

I am not a legal expert. I don't know if legally it is possible. However, it is a bad, bad, bad idea. It should be stopped right here.

I heard their arguments on radio who are suggesting that California should separate from United States. Their out right bizarre idea that "USA is a ship and Californian is a yacht. Ship is sinking and yacht will continue to swim. Those who want to get killed should remain on ship. Those who want to remain safe should come on yacht." Then their argument went on and on that "California is bigger than this and this country and it is world's sixth largest economy....."

I don't know they are talking this garbage because of Mr. Trump's election victory because California overwhelmingly voted for Ms. Clinton or it is an older idea it is definitely not a right thinking. USA is not a sinking ship. United States is the most powerful country in the world. American dream is still alive. Americans are still proud of their country. They will always remain. Union is strong and it will always remain strong. Therefore, calling US a sinking ship is a sick idea which only sick minds can think.

United States is a democracy. If Mr. Trump by winning election has won the entitlement to rule the country for next four years. If he will get elected in 2020 he will get another four years or he will retire. We can criticize his policies, we can disagree with him, we can protest against his policies, but we should not lose our hope in our country.

Presidents come and go. they all serve the United States according to their abilities and leave their mark on the history the

way they serve. By winning election, Mr Trump has become part of the history. The way he will serve the United States he will be remembered by history.

I know when the idea of separation of California will go on ballot paper in 2018 election it will be defeated overwhelmingly. Californian are much smarter than supporting such kind of bizarre idea. By 2018 Mr. Trump will be half way through with his presidency. We will already know the face he would try to put on America in next two years.

Therefore, losing hope and talking about separation is a bad idea. Those who think California is yacht and it will continue swimming are bad thinkers. If separated from the union this yacht will drown much quicker. It will look like another Latin American country from where millions want to escape every year and come to the United States. California is one of there destinations because California is part of the United States.

Therefore, those screw heads who think in these terms should not think on these lines. California is part of the union and will always remain. They will learn the fate of their bad, bad, bad idea in November 2018 elections

American Retreat

Various analysts are analyzing American elections according to their world views, their visions, and their beliefs. I don't see any objectivity in any of them. I think the results of American elections reflect a sense of defeat, a sense of failure, a sense of withdrawal, a sense of tiredness and a sense of retreat.

If America were jubilant, energetic, young at heart, ready to lead the world in chang-

ing times, the election results would have been different. Victory of Donald Trump, an unscrupulous businessman, whose business success is based on many shady deals, shows America is tired. It cannot keep-up with the contemporary world. It has handed over carta-blanca to Mr. Donald Trump to move ahead and try the same tricks in the international economic deals to make America once again great like he has done with himself.

Can Mr. Donald Trump do the same what he has done for himself?

I doubt it very much. Not with the cabinet he has picked up. All the members he has picked up to assist him in governing and leading America have old world view--almost 19th or early 20th century. None of them seem to understand the 21st century world.

I laughed when I heard Mr. Flynn talking about Islam. He said, "Islam is an ideology hiding in religion." Wow! Is this the gentleman going to watch United States national security? It seems like Mr. Flynn has struck this idea two hundred years late. Even Muslims don't view Islam as an ideology any longer. They started treating Islam like religion two hundred years ago. With every passing day It is spreading in the world as a religion, but shrinking in ritualistic religious practices.

Mr. Trump's other hand picked cabinet members are not any different than Mr. Flynn. It seems like while interviewing potential cabinet members, Mr. Trump makes sure that none of them have the modern world view. He doesn't even bother to invite anyone. Part of the reason is Mr. Trump's own world view.

Some analysts say, President Donald



Trump will be different than presidential candidate Donald Trump. On this point, I tend to agree with Megyn Kelly, the journalist author of "Settle For More" that he won't change at the ripe age of seventy. His selection of cabinet members verify Megyn Kelly's fears.

Whatever happens to America under Donald Trump it won't become great like what Mr. Trump promised to his voters. The signals he is sending out by picking his cabinet members to the contemporary world will produce different results than America looking great.

Americans have made the ultimate bet by picking Mr. Donald Trump as their President. All I can say is that instead of marching on the path of greatness Americans have chosen to retreat.

However, I like to see America great. It has all the potentials. I hope Mr. Trump makes America great not unscrupulously but scrupulously as a great country like United States should do.

Savita Vaidhyanathan will serve as mayor of Cupertino in 2017.

Vaidhyanathan is the city's first Indian-American mayor and takes over for Barry Chang. Councilman Darcy Paul was selected as vice mayor during a Dec. 8 public hearing.

"This is definitely a very momentous moment in my life," Vaidhyanathan told a packed house at community hall. "I have several people to thank for this, and many of them are in this room, and my father, who is not here but is watching from heaven above. He instilled in me the confidence that I could do anything I set my heart to as along as I put the hard work in."

She also thanked her mother, who came to the ceremony from India, and her daughter, husband and other family members in attendance.

"I've had several congratulatory messages saying that I'm the first woman mayor of Indian origin," she said. "Yes, I do take a lot of pride and prestige in that, but I do want to thank the residents of the city of Cupertino that voted me in not looking at ethnicity at all. Thank you for your trust in me, and maybe we did break that silicon ceiling and put a few more cracks in that

glass ceiling."

She said she is looking forward to continuing to work with residents in the community.

"We have some really interesting times ahead of us," she said to the audience. "Yes, we will debate. Yes, we may argue, but we all bleed Cupertino. I look forward to your help and inspiration. I will continue to reach out to you for your input and suggestions, and we will definitely help make Cupertino shine because it is a crowning jewel in the Silicon Valley."

Vaidhyanathan is also the first woman mayor of the city since Kris Wang served in 2010.

Newly re-elected councilman Rod Sinks took a moment at the meeting to congratulate the new mayor.

"I'm thrilled that you are mayor, and you've already demonstrated here, assuming the role of these meetings when Barry's been gone and also at some of our ceremonial events, that you are eloquent, thought-

ful, passionate, but you know how to run a calm meeting and make progress," he said. "So from my heart to yours, we will enjoy having you chair this body. I think you bring some unique perspectives and characteristics and ways of doing things that the rest of us don't."

This was the final meeting for Gilbert Wong, who served nine years on city council and termed out.

"I feel pretty damn sure that she's going to make a really great mayor," he said. "I'm really proud to have our first South Asian mayor, our first woman Indian mayor, and that's something we should celebrate."

This was the first meeting for Steven Scharf, who was elected along with Sinks on Nov. 8. His swearing in was met with applause and cheers from many of his supporters who attended the meeting.

One of the many audience members who congratulated the new council was Muni Madhhipatla, who commended Scharf for his relentlessness.



"You ran on a shoestring budget of maybe around \$5,000 when the average council member runs around a \$25,000 kind of a budget," Madhhipatla said. "You mobilized grassroots level support for yourself, and you made it. You didn't have any endorsements from country club boys ... but you still made it. And you stood (at the podium) advocating for a lot of issues other citizens care about."

"Now that you're on that side of the fence, I hope you have authority and the power to make those changes, and that all these issues you cared about while standing here you can work with your colleagues to make happen."

Top Causes of Unintentional Injury and Death in Homes and Communities

According to Injury Facts 2016, about 136,053 people died from unintentional-injury-related deaths in 2014. That's 136,053 times someone's ordinary day turned tragic.

Often, these tragedies happen when least expected – during a vacation, while doing chores at home or while driving across town. NSC encourages everyone to be aware of hazards related to leisure and recreational activities and take proper safety precautions. Here, in order, are the top causes of unintentional injury and death in homes and communities.

#1: Poisoning

In 2011, poisonings overtook motor vehicle crashes for the first time as the leading cause of unintentional-injury-related death for all ages combined. Poisoning deaths are caused by gases, chemicals and other substances, but prescription drug overdose is by far the leading cause. Learn more about this epidemic and other poisons in the home.

#2: Motor Vehicle Crashes

No one wakes up thinking they will lose a loved one in a car crash, but motor vehicle crashes are the second leading cause of

unintentional-injury-related death overall. Impaired driving, distracted driving, speeding and inexperience can cause a life to be cut short in the blink of an eye. Everyone has a role in making our roads safer.

#3: Falls

More than 29,000 people died in falls in 2013. Falling is the third leading cause of unintentional-injury-related death over all age groups, but it's the #1 cause of death for those 71 and older, according to Injury Facts 2015. The good news: Aging, itself, does not cause falls. Learn what you can do to help protect older loved ones.

#4: Choking and Suffocation

Suffocation is the fourth leading cause of unintentional injury-related death over all age groups, and choking on food or other objects is a primary cause. Suffocation is the second leading cause of unintentional injury death for people 87 and older. Mechanical suffocation is the #1 cause of death for infants. Learn prevention and rescue tips.

#5: Drowning

Not including boating incidents, about 10



people drown every day. It's the fifth leading cause of unintentional-injury-related death over all ages, and the #1 cause of death for children ages 1 to 4, mostly due to children falling into pools or being left alone in bathtubs. Learn how to keep yourself and your family safe.

#6: Fires and Burns

Fire is the sixth leading cause of unintentional-injury-related death over all ages. About 2,200 deaths were caused by burns and injuries related to fire in 2013. Often fires start at night, when family members are asleep. A working smoke alarm will cut the chances of dying in a fire in half. Learn

more fire safety tips here.

#7: Natural and Environmental Incidents

Disasters are front-page news even though lives lost are relatively few compared to other unintentional-injury-related deaths. Weather-related disasters claim hundreds of lives per year. NSC encourages families to learn all they can about emergency preparedness, and always have an emergency kit on hand.

Indian Embassy and Consulates in US to Hold Open House for Visa, Passport, OCI Issues in 2017

Finally, Indians in USA have got a window to vent their complaints with regard to visa and passport issues. To the benefit of the Indian community in America, the Indian Embassy in Washington DC and its five consulates across the United States will be holding open houses to address their issues with and concerns about visa and passport. The grievances related to the Overseas Citizens of India (OCI) card will also be addressed in an open house every fortnight from January 2016 onwards. Navtej Sarna, the Indian Ambassador to the US, announced this initiative at a reception in Washington DC yesterday. The reception was held in his honor by topnotch Indian American leaders from the Greater Washington DC Area. Hundreds of Indian Americans from the Washington Metropolitan Area, including the US capital, Maryland and Virginia were in attendance. He said in no uncertain terms that those having grievances or issues related to passports, visa and OCI cards would be able to approach the senior embassy officials in the Open House. The schedule of an open house every fortnight would be up on the website of the Indian Embassy and consulates in Chicago, Atlanta, New York, San Francisco and Houston. The open house will enable many to discuss particular problems in connection with or get a response to their application for a new visa or passport or renewal. Even those having no paper for

OCI cards will be able to find a solution in discussion with the senior officers and the nodal officers during open house sessions at the Indian Embassy and Consulates in US.

Navtej Sarna admitted that visa, passport and OCI card are immensely important for the Indians in USA and Indian Diaspora in general. He added that the best efforts have put in to improve the system and streamline the process but the problem has not been removed from the root. The technology is efficient and the process is carefully monitored, but the problem persists despite the best practices in place, according to him.

“Since the the US passports are undergoing changes for enhanced security and the electronic visa is a new system, minor problems persist. In a couple of years, the things will be a lot better to your absolute convenience,” he said. Navtej Sarna, the Indian Ambassador to the US, announced this initiative at a reception in Washington DC yesterday. The reception was held in his honor by topnotch Indian American leaders from the Greater Washington DC Area. Hundreds of Indian Americans from the Washington Metropolitan Area,



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Health & Wellness

Stress symptoms: Effects on your body

Stress symptoms may be affecting your health, even though you might not realize it. You may think illness is to blame for that nagging headache, your frequent insomnia or your decreased productivity at work. But stress may actually be the culprit. Common effects of stress

Indeed, stress symptoms can affect your body, your thoughts and feelings, and your behavior. Being able to recognize common stress symptoms can give you a jump on managing them. Stress that's left unchecked can contribute to many health

problems, such as high blood pressure, heart disease, obesity and diabetes. Common effects of stress on your body

- Headache
- Muscle tension or pain
- Chest pain
- Fatigue
- Change in sex drive
- Stomach upset

Common effects of stress on your mood

- Sleep problems
- Anxiety
- Restlessness
- Lack of motivation or focus
- Feeling overwhelmed
- Irritability or anger
- Sadness or depression

Common effects of stress on your behavior

- Overeating or undereating
- Angry outbursts
- Drug or alcohol abuse
- Tobacco use
- Social withdrawal
- Exercising less often

Making Sense of Vitamins and Minerals Choosing the foods and nutrients you need to stay healthy

Vitamins and minerals are so important that health fails if you don't get a steady supply of them. Do you know what you can do to make sure your body gets enough of all the vitamins and minerals it needs? Or how these nutrients lower the risk of diseases, including stroke, diabetes, and cancers?

You can find out in Making Sense of Vitamins and Minerals, a Special Health Report from Harvard Medical School doctors. This instructive and empowering report will give you a practical under-

standing of the roles these nutrients play in protecting health and preventing illness.

Does vitamin A lower the risk of developing cataracts? Does potassium help lower blood pressure? Can vitamin C prevent colds? The report will give you the facts — and dispel the myths. (The answers, by the way, are yes, yes, and, unfortunately, no.)

Each of Harvard's 50+ Special Health Reports brings you information you can use to take charge of your health. Making Sense of Vitamins and Minerals is no

exception. The report will show you how you can improve and strengthen your daily diet to include the complete spectrum of nutrients — and do it without the expense or risk of multivitamins or multimineral supplements.

That's right. A smart, healthy diet, with delicious and wholesome foods, is the best and safest way to fulfill your body's needs for vitamins and minerals. The report will show you which foods are the best sources of these nutrients. For example, did you know that potatoes have 50% more potas-

sium per serving than bananas? Or that the best source for vitamin C is not citrus fruit but red sweet peppers?

The report will also introduce you to 50 superfoods that deliver the most nutrients per calorie. You'll be briefed on eight ways to squeeze the most nutritional benefit from the foods you prepare. And if you are worried that your diet isn't up to the challenge of delivering the vitamins and minerals you need, the report explores when and why some people need a daily supplement, and the best kind to take.

When to worry about worrying

There is no shortage of things to worry about --- from personal concerns about job security or health, to fears related to larger issues such as political conflicts or natural disasters. Temporary anxiety can be a healthy response to uncertainty and danger, but constant worry and nervousness may be a sign of generalized anxiety disorder.

Do I have generalized anxiety disorder?

You'll need your doctor's help to know for sure, but while other types of anxiety disorders arise from particular situations, generalized anxiety disorder is characterized by debilitating worry and agitation about nothing in particular, or anything at all.

People with generalized anxiety disorder tend to worry about everyday matters.

They can't shake the feeling that something bad will happen and they will not be prepared. They may worry to excess about missing an appointment, losing a job, or having an accident. Some people even worry about worrying too much.

Physical symptoms are common too, and can include a racing heart, dry mouth, upset stomach, muscle tension, sweating, trembling, and irritability. These bodily expressions of anxiety can have a negative effect on physical health. For example, people with generalized anxiety disorder are at greater risk for heart attack and other cardiovascular problems.

Taming anxiety

If you have generalized anxiety disorder, therapy — particularly cognitive behavioral therapy (CBT) — can help. CBT helps

people recognize when they are misinterpreting events, exaggerating difficulties, or making unnecessarily pessimistic assumptions, and offers new ways to respond to anxiety-provoking situations.

For some people, medications can be an important part of treatment. Commonly prescribed drugs include antidepressants, such as selective serotonin reuptake inhibitors (like Prozac or Zoloft), or dual serotonin and norepinephrine reuptake inhibitors (like Effexor or Cymbalta). These drugs take longer to work than the traditional anti-anxiety drugs, but also may provide greater symptom relief over time.

Symptoms of generalized anxiety disorder

Persistent, excessive worry about several different things for at least six months

Fatigue, difficulty sleeping, or restlessness

Trouble concentrating

Irritability

Muscle tension

Feeling tense or "on edge"

Only your doctor can determine whether you meet the criteria for generalized anxiety disorder. If you think you might have this condition, don't hesitate to talk to your primary care doctor. There are many different treatments that can ease the very real discomfort of this condition.

Learn how to protect your sight as you grow older!

Sight is a precious gift. But it can be snatched away by a variety of assaults. If you are age 50 or older, I hope you will order this report from Harvard Medical School.

The Aging Eye is written specifically for adults over 50. If you are one, your risk of developing one of four disorders that pose a threat to vision — cataract, glaucoma, age-related macular degeneration, and diabetic retinopathy — increases as you grow older.

Age is the main risk factor for these diseases. For example, half of all people between the ages of 65 and 74 have cataracts; after age 75, about 70% do. And glaucoma is most common in people over 60.

When it comes to your vision, as you grow older you've got to grow wiser too.

That means knowing the steps you can take to prevent these vision problems. You also need to know the warning signs of vision problems, how they are diagnosed, and the best treatment options for them.

The Aging Eye will help you determine your risk of developing these disorders. It will describe their symptoms, update you on advances in diagnostic testing, and share news about advances in surgery and breakthroughs in the development of disease-arresting medications.

You'll learn what a cataract is (it's not a film on the eye), why the

"air-puff" test for glaucoma is sometimes wrong (and which test is much more accurate), how your diet and lifestyle can decrease your risk of macular degeneration, and much more.

Plus, the report will show you ways to relieve dry eye syndrome. You'll see how a procedure called conductive keratoplasty compares to LASIK to correct vision. You'll find out what causes "floaters" and "flashes." And you'll be alerted to those symptoms that signal a sight-imperiling emergency that demands immediate treatment.

Our eyes change as we get older. That's a truth we can do little about. It's the consequences we can change. Order your copy of The Aging Eye today!

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Your Horoscope for January 2017

CAPRICORN

December 22–January 19

The sun lingers in Capricorn until January 19, infusing you with vitality and giving you permission to continue doing you. His meet-up with Pluto on January 7 could make you power hungry, but if you focus on personal transformation, profound change is possible. The sun fights off Uranus and Jupiter on the 10th and 11th, requiring you to check your ego at the door. If your home life or career is stressing you out, a whopping dose of freedom will help you recalibrate—and a solo day trip may be just what the doctor ordered.

Mercury reenters Capricorn on the 12th, offering you nearly four more weeks of expressing your point of view skillfully. A Merc-Neptune link on January 23 facilitates a seamless meeting of the minds, but resist the temptation to blurt out what you're feeling when Mercury spars with impulsive Uranus on the 31st.

Venus and Mars are tangoing through your thinking-and-talking corner, allowing you to achieve an amazing balance between asserting yourself and conveying warmth and friendliness. Mars will have you out and about a lot, while Venus lures you to notice the affection and beauty in your surroundings. This can lead to tantalizing chemistry with a neighbor or someone else in your everyday life, especially when Venus vibes with Pluto on the 20th. A Venus-Saturn battle a week later could introduce doubts; don't second-guess yourself!

In or out? The full moon on January 12 may push a relationship to the brink, generating a breakup or a commitment. Whether you call it a day or make things official, be honest about how you feel and what you need—while respecting the fact that you're not the only one with feelings and needs.

AQUARIUS

January 20–February 18

With Venus and Mars lounging in your worth sector this month, you're concentrating on what you have, what you want to have and what you have going for you. You could get too spendy, especially when those planets convene with overindulgent Neptune on the 1st and 12th. If you find yourself bickering over money or stuff, the Aquarian talent for detaching from your emotions and looking at the big picture will come in handy. On the 3rd, 11th, 20th, and 23rd, planets in your release zone gel with planets in your worth sector, highlighting the connection between letting go of the past and feeling good about yourself. Are you holding onto a wound, regret, feeling, or relationship that impairs your self-esteem? What do you value about yourself—and how does that correlate with your personal history? Aquarius is about progress and the future, but it's also a fixed sign that's resistant to change. Let go of something or someone, and notice how much better you feel!

The sun sails into Aquarius on the 19th, giving you an energy boost and permission to be self-centered. Your personality shines during your birthday season, so spend quality time with your S.O. And with Uranus moving forward now in your communication corner, if you're coveting a particular present, tell them! Single? Prioritize dates with people who get you.

No worries if you never got around to making New Years resolutions! On January 27, the new moon invites you to set your intentions for 2017. This is your annual opportunity for

personal reinvention, so hit the beauty counter for a makeover or create a vision board of how you'd like your life to look this year. New Year, new you!

PISCES

February 19–March 20

Mars energizes Pisces through January 27, boosting your libido and mobilizing you to go after what you want. Your sexy vibe and assertiveness make it easy for you to pursue the object of your affection, and you're not likely to have any hangups about taking control in bed. The Mars-Neptune tryst on New Years Eve/Day suggests you may be unsure of what you're doing and your intent is probably unclear to others. Take good care of your body or you might wear yourself out. You're ready to stand up for yourself if something's bugging you this month, but you could become argumentative. Tweak your approach if you notice it's backfiring, particularly on the 18th and 19th when Mars quibbles with Jupiter and Saturn.

Lovely Venus glides into your sign on January 3, softening the hard edge that Mars can give you and drawing people to you. You're at your most magnetic and attractive—pumping up your confidence and turning January into a social month for you with tons of romance potential. Venus's rendezvous with starry-eyed Neptune—your ruling planet—makes the 12th your biggest date night, and the full moon in your love sector can make it unforgettable. Allow yourself to get swept up by a wave of passion because this lunation is about fulfilling your desires. One caveat: Full moons represent a high-water mark, so that night might spell the culmination of an affair. If you're single, a Venus-Pluto collaboration on January 20 beckons you to use your connections to find love. Don't get discouraged if you don't receive the response you want on the 26th or 27th; adjust your expectations and focus on valuing yourself.

ARIES

March 21–April 19

You might have trouble maintaining proper boundaries after Venus sneaks into the last house in your chart on January 3, coaxing you to put someone else's desires first. A selfless gesture will feel good, particularly if the recipient truly deserves your kindness. But don't be a pushover or play the martyr! If you're nursing a grudge or brooding over a guy or girl, this is the perfect month to forgive and forget. You could feel lonely or disengaged from people, and forcing yourself to connect isn't the antidote. Enjoy your own company—and maybe escape for a spa day, a meditation retreat or a nature hike to replenish your spirit. A Venus-Neptune meetup on the 12th can inspire romantic daydreaming or a soulmate vibe with your man, but you might need to fine-tune the way you're relating when Venus grapples with Jupiter in your one-on-one angle on January 26.

Mars is also hiding out at the end of your chart through the 27th, and your actions are likely to have hidden motives as a result. Don't start an affair on New Years Eve/Day—a Mars-Neptune encounter is a recipe for misguided behavior. If you're in a relationship, avoid codependency like the plague. And go easy on the bubbly—this planetary combo also indicates exhaustion! Face feelings you've been sweeping under the rug in order to prevent passive-aggressive behavior that might sabotage a relationship—particularly on the 18th when Mars quarrels

with Jupiter. To get the most out of January, both single and coupled Rams should carve out alone time to deal with their own emotions. And kick off 2017 on a healthy note by letting go of the past!

TAURUS

April 20–May 20

You're a social butterfly this month, thanks to pleasant Venus dancing into your humanity house on the 3rd. The more the merrier is your philosophy now, so block off dates on your calendar for GNOs. Include your partner in one if they're game or get your squad and theirs together for a night out. January 12 would be ideal because Venus's alliance with mellow Neptune will make it easy for everyone to gel. Gently tell your partner that you need some personal space if you're in the mood to socialize on your own. January 27 will be the most challenging day to juggle friendship and commitment to a partner, since Venus is squabbling with demanding Saturn. If you're craving freedom, a relationship will probably seem like a lot of work. Single Bulls can find love through friends, at big gatherings and via technology, so start circulating and/or swiping! You also might fall for a platonic pal—and while love based on friendship is favored, mental Mercury is retrograde until the 8th, clouding everyone's judgment. So err on the side of caution early in the month.

Still, with hot-blooded Mars in your network zone through the 27th, the temptation to hook up with someone in your crew is high! Plus, this planetary placement can make unconventional sexual relationships extra appealing, so don't be too shocked if a ménage à trois or seeing other people comes up.

With Mercury backing into your intimacy sector on the 4th, choose your words carefully with your significant other, at least for a few days. Communication between the two of you should improve after Mercury finishes up its retrograde phase on the 8th.

GEMINI

May 21–June 20

Mercury—your ruling planet—remains retrograde in your sharing and partnership zones until January 8, scrambling the signals in your closest connections. Coupled Twins may become ensnared in a reboot of old discussions with your mate during the first week of the month. Keep talking after Mercury turns direct, but if you want to achieve mutual understanding, it's even more important to listen! When Merc segues into your depth house on the 12th, have the guts to dig in and get to the bottom of a difficult issue. You'll make the most headway on the 23rd and 29th, courtesy of Mercury's contacts with intuitive Neptune and profound Pluto.

Mars is hanging out at the top of your chart through the 27th, keeping you super busy in your career. The Mars-Pluto confab on the 11th means partnership and ambition will go hand in hand. But with Mars battling Jupiter in your house of romance and fun on January 18 and Saturn in your relationship angle on January 19, it won't be so easy to balance your personal and professional lives on those days.

With charming Venus climbing to your achievement sector on the 3rd, being in your boss's good graces is a high priority. If you're seeing someone, love and goals dovetail, turning your attention to where the relationship is

headed. And if you're single, Venus's elevated position this month will make stability, power and seniority turn-ons. You might be attracted to someone at work, but an entanglement with your direct supervisor should be off-limits. A practical strategy for dating will prove very successful now, so don't succumb to your tendency to wing it—stick to a plan!

CANCER

June 21–July 22

You could ring in the New Year with a romantic trip, courtesy of the Mars-Neptune alignment in your wanderlust corner on the 1st. But if Mercury retrograde makes travel too difficult, dreaming up plans for your next getaway can be a pleasant escape in its own right. Share an adventure with your sweetie on January 11, when Mars meshes with Pluto in your one-on-one angle, hinting that a new experience can deepen your connection. And since the sun is clashing with Jupiter in your comfort sector that day, it's clear that the tried-and-true is not the way to go.

Practice self-care if you get overwhelmed on the 12th. The full moon in Cancer is skirmishing with several other planets, giving you the not-so-nice sensation of being pulled in many different directions. Your home life, job, relationships, and everyday duties are all demanding your attention, and you'll probably feel like crawling into your shell and hiding from the world. Be your own advocate and find a healthy way to escape from the pressure. Venus is hooking up with transcendental Neptune in your journeys zone that same day, giving you carte blanche to get out of your routine, get out of town, get out of your own head—or all of the above!

With Venus transiting that area of your chart, you're drawn to difference. If you're a single Crab, you might meet a prospective partner while traveling, get into a cross-cultural relationship or set off sparks with someone who doesn't meet your usual boyfriend/girlfriend criteria. So keep an open mind—especially on January 20 and 23 when Venus makes magic with intense Pluto and Mercury gels with dreamy Neptune.

LEO

July 23–August 22

It may be frigid outside, but you're anything but! With red-hot Mars in your intimacy zone through January 27, you'll find a way to stay warm. A New Years Eve hookup will be fueled by fantasy (not to mention alcohol) due to a Mars-Neptune entanglement. Flying solo? That planetary combo can also refer to emotional healing that allows you to start 2017 off right. The Mars-Pluto collaboration on the 11th nudges you to work through an issue with your partner or deal with something that's troubling your psyche. Either way, you'll feel better after you face this. While Mars is in this particular house, it's all about daring to go there—i.e. having sex, facing emotional challenges, or tackling taboo topics like jealousy, money, and sharing.

Venus sashays into your intimacy zone for a month-long foray on January 3. You definitely won't be in the market for a fling during this period when relationships tend to get extra intense. Both single and coupled Lions are looking for a passionate connection. On the 12th, the Venus-Neptune encounter blurs the line between love and lust. Your sexual partner may or may not be your soulmate—you simply

can't be objective that day. You might also pine for someone unavailable, so if you veer into obsession, ease up a little.

The new moon in your partnership angle on January 27 signals that a serious relationship could be on the horizon. If you already have a steady partner, you may take things up a notch in the coming months by getting engaged, moving in together, or swapping keys and closet space. If all this commitment sounds good, set your intentions on the 28th or the night of the 27th.

VIRGO

August 23–September 22

The sun lights up your love-and-happiness sector until January 19, infusing you with joie de vivre and helping you to ooze personality. Your ability to convey who you are and how you feel makes this an auspicious time for going on dates. When the sun and Pluto entwine on the 7th, an intense attraction could develop. But the sun's skirmish with Uranus in your intimacy house on the 10th hints at rocky romance—one or both of you may just need space to do your own thing.

Active Mars is zipping through your partnership angle through January 27, meaning the couple that plays together stays together. When Mars melds with Neptune on the 1st, getting lost in an experience together can bond you, but if you're interacting with someone you don't know very well, his behavior might bewilder you. A Mars-Pluto confab makes the 11th a promising date night, while Mars's struggles with Jupiter and Saturn on January 18 and 19 could land you in a conflict.

Thankfully, Venus's presence in that part of your chart from January 3 on makes it easy to compromise and find common ground with people, and a Venus-Pluto connection on the 20th is a potent brew with romantic possibilities. Venus's meet-up with Neptune on January

12 also looks pretty dreamy, but the full moon in your group zone might spell squad drama, and you may need to pull off a delicate balancing act.

Single Virgos could find love while braving open mic night at a comedy club or poetry slam on the 23rd or 29th, when Mercury coaxes you to express your humor and creativity. That's your ruling planet, so do what he says!

LIBRA

September 23–October 22

Mars in your productivity corner through the 27th will keep you busy logging long hours at the office, running errands, hitting the gym and packing plenty of other duties into each day. You're motivated to get a lot done, but if you insist on doing things a certain way, you might get nitpicky with the people around you, including your boyfriend. Dial down the criticism—and don't beat yourself up either if everything's not perfect! Rigorous workouts will help you blow off steam when you need to, so don't skip kickboxing class.

With Venus arriving in that house on the 3rd, while you're burning through your to-do list, add a few action steps that will improve your personal life. This is an optimum month to work on a relationship or deal with practical matters as a couple. A thoughtful favor will go over big now. Single Libras might get a crush on a coworker, a guy on your jogging route, or someone else you habitually cross paths with.

On January 12, the full moon in your ambition angle clashes with several other planets, calling for you to do what you do best: balance! Your home life, career, relationships and personal growth are all competing for your attention, and putting yourself first may enable everything else to gradually fall into place. The sun's entrance into your happiness sector on the 19th convinces you to enjoy life, so no matter how swamped you are, you should make time

for fun dates or nights out with your crew. A new moon on January 27 hints that you could fall for someone new in the next six months or start a fresh chapter in your current romance.

SCORPIO

October 23–November 21

You're in the mood to have fun, thanks to go-for-it Mars touring your joy sector through January 27. You might go overboard on NYE and pay the price the next day, since Mars is in league with escapist Neptune. That combo could inspire a fling with someone you're not seeing clearly, and if that's the case you might notice your unconscious expectations around the 18th when Mars gets out of sync with Jupiter in your subliminal corner. Mars and Pluto—your coruling planets—jibe with each other on January 11, giving you a prime opportunity to boldly declare your feelings for someone or engage in intense, sexy flirting. And if you miss your chance, a Mercury-Neptune confab on the 23rd also paves the way for emotionally revealing conversation.

Alluring Venus's arrival in your joy sector on the 3rd definitely makes this a month for wearing your heart on your sleeve. You'll be a little less interested in nesting than you were last month and much more inclined to get dressed up and go out. A Venus-Neptune alignment on January 12 makes that a promising date night, but note that the full moon will increase the odds of an argument, so let your body language do most of the talking and avoid hot-button issues like politics. Venus's link with Pluto on the 20th blends love and lust beautifully, so no holing up at home by yourself that night, even if you worked hard all week. You can sleep in the next day! Solo Scorps can meet people while doing something creative, enjoying a hobby, spending time with children, out having fun with your friends or relishing a cultural experience.

SAGITTARIUS

November 22–December 21

With social Venus tucked away at the bottom of your chart beginning on January 3, you're in a homebody phase. Single Sagittarians will have to be extra excited about someone in order to talk yourself out of your sweats and into your LBD. If you're not that into anyone, commune with your couch or have the girls over—and maybe ask them to invite potential love interests who they've put in the friend zone. Couples will enjoy hosting a dinner party, doing a little decorating or cozying up in front of the fire. Socializing could cut into downtime on the 26th when Venus contends with Jupiter in your group sector; keep everybody happy with a creative solution. Venus clashes with Saturn in Sag the next day, ushering in a more serious vibe and perhaps a touch of loneliness. Organizing your space could help you put this energy to good use.

Provocative Mars is also transiting the bottom of your chart, triggering underlying irritability that could get you into the kind of conflict where you don't even know what you're fighting about. You're most likely to argue with family or people you live with, and if you feel like you're about to implode, excuse yourself and process what's going on inside you. The 19th could be especially tense, since Mars is feuding with Saturn that day, and you might feel like you can't get out of your own way.

The full moon of January 12 is likely to bring intense emotions in a close relationship and possibly a memorable sexual encounter. It could also bring a sudden ending, and if it does, a Venus-Neptune alliance ensures that closure will be cathartic.

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Barack You will be missed as our President

Barack Obama is the 44th and current president of the United States, and the first African American to serve as U.S. president. First elected to the presidency in 2008, he won a second term in 2012.

Born on August 4, 1961, in Honolulu, Hawaii, Barack Obama is the 44th and current president of the United States. He was a community organizer, civil-rights lawyer and teacher before pursuing a political career. He was elected to the Illinois State Senate in 1996 and to the U.S. Senate in 2004. He was elected to the U.S. presidency in 2008, and won re-election in 2012 against Republican challenger Mitt Romney.

Barack Hussein Obama II was born on August 4, 1961, in Honolulu, Hawaii. His mother, Ann Dunham, was born on an Army base in Wichita, Kansas, during World War II. After the Japanese attack on Pearl Harbor, Dunham's father, Stanley, enlisted in the military and marched across Europe in General George Patton's army. Dunham's mother, Madelyn, went to work on a bomber assembly line. After the war, the couple studied on the G.I. Bill, bought a house through the Federal Housing Program and, after several moves, ended up in Hawaii.

Obama's father, Barack Obama Sr., was born of Luo ethnicity in Nyanza Province, Kenya. Obama Sr. grew up herding goats in Africa and, eventually earned a scholarship that allowed him to leave Kenya and pursue his dreams of going to college in Hawaii. While studying at the University of Hawaii at Manoa, Obama Sr. met fellow student Ann Dunham, and they married on February 2, 1961. Barack was born six months later.

As a child, Obama did not have a relationship with his father. When his son was still an infant, Obama Sr. relocated to Massachusetts to attend Harvard University and pursue a Ph.D. Obama's parents officially separated several months later and ultimately divorced in March 1964, when their son was two. Soon after, Obama Sr. returned to Kenya.

In 1965, Dunham married Lolo Soetoro, a University of Hawaii student from Indonesia. A year later, the family moved to Jakarta, Indonesia, where Obama's half-sister, Maya Soetoro Ng, was born in 1970. Several incidents in Indonesia left Dunham afraid for her son's safety and education so, at the age of 10, Obama was sent back to Hawaii to live with his maternal grandparents. His mother and half-sister later joined them.

While living with his grandparents, Obama enrolled in the esteemed Punahou Academy. He excelled in basketball and graduated with academic honors in 1979. As one of only three black students at the school, Obama became conscious of racism and what it meant to be African-American. He later described how he struggled to reconcile social perceptions of his multiracial heritage with his own sense of self: "I noticed that there was nobody like me in the Sears, Roebuck Christmas catalog... and that Santa was a white man," he wrote. "I went into the bathroom and stood in front of the mirror with all my senses and limbs seemingly intact, looking as I had always looked, and wondered if something was wrong with me." Obama also struggled with the absence of his father, who he saw only once more after his parents divorced, when Obama Sr. visited Hawaii for a short time in 1971. "[My father] had left paradise, and nothing that my mother or grandparents told me could obviate that single, unassailable fact," he later reflected. "They couldn't describe what it might have been like had he stayed."

Ten years later, in 1981, tragedy struck Obama Sr. when he lost both of his legs in a serious car accident. Confined to a wheelchair, he also lost his job. In 1982, Obama Sr. was involved in yet another car accident while traveling in Nairobi. This time, however, the crash was fatal. Obama Sr. died on November 24, 1982, when Obama was 21 years old. "At the time of his death, my father remained a myth to me," Obama later wrote, "both more and less than

a man."

After high school, Obama studied at Occidental College in Los Angeles for two years. He then transferred to Columbia University in New York City, graduating in 1983 with a degree in political science. After working in the business sector for two years, Obama moved to Chicago in 1985. There, he worked on the impoverished South Side as a community organizer for low-income residents in the Roseland and the Altgeld Gardens communities.

It was during this time that Obama, who said he "was not raised in a religious household," joined the Trinity United Church of Christ. He also visited relatives in Kenya, and paid an emotional visit to the graves of his biological father and paternal grandfather. "For a long time I sat between the two graves and wept," Obama wrote. "I saw that my life in America—the black life, the white life, the sense of abandonment I'd felt as a boy, the frustration and hope I'd witnessed in Chicago—all of it was connected with this small plot of earth an ocean away."

Returning from Kenya with a sense of renewal, Obama entered Harvard Law School in 1988. The next year, he met with constitutional law professor Laurence Tribe and their discussion so impressed Tribe, that when Obama asked to join his team as a research assistant, the professor agreed. "The better he did at Harvard Law School and the more he impressed people, the more obvious it became that he could have had anything, said Professor Tribe in a 2012 interview with Frontline, "but it was clear that he wanted to make a difference to people, to communities." That same year Obama joined the Chicago law firm of Sidley Austin as a summer associate and it was there he met Michelle Robinson, a young lawyer who was assigned to be his adviser. Not long after, the couple began dating. In February 1990, Obama was elected the first African-American editor of the Harvard Law Review. He graduated magna cum laude from Harvard Law in 1991.

After law school, Obama returned to Chicago to practice as a civil rights lawyer with the firm of Miner, Barnhill & Galland. He also taught constitutional law part-time at the University of Chicago Law School between 1992 and 2004—first as a lecturer and then as a professor—and helped organize voter registration drives during Bill Clinton's 1992 presidential campaign. On October 3, 1992, he and Michelle were married. They moved to Kenwood, on Chicago's South Side, and welcomed two daughters several years later: Malia (born 1998) and Sasha (born 2001). Obama published an autobiography, *Dreams from My Father: A Story of Race and Inheritance*, in 1995. The work received high praise from literary figures such as Toni Morrison and has since been printed in more than 25 languages, including Chinese, Swedish and Hebrew. The book had a second printing in 2004 and was adapted for a children's version. The audiobook version of *Dreams*, narrated by Obama, received a Grammy Award for best spoken word album in 2006.

Obama's advocacy work led him to run for a seat in the Illinois State Senate. He ran as a Democrat and won election in 1996. During his years as a state senator, Obama worked with both Democrats and Republicans to draft legislation on ethics, as well as expand health care services and early childhood education programs for the poor. He also created a state earned-income tax credit for the working poor. As chairman of the Illinois Senate's Health and Human Services Committee Obama worked with law enforcement officials to require the videotaping of interrogations and confessions in all capital cases after a number of



death-row inmates were found to be innocent.

In 2000, Obama made an unsuccessful Democratic primary run for the U.S. House of Representatives seat held by four-term incumbent candidate Bobby Rush. Undeterred, he created a campaign committee in 2002 and began raising funds to run for a seat in the U.S. Senate in 2004. With the help of political consultant David Axelrod, Obama began assessing his prospects for a Senate win.

Following the 9/11 attacks in 2001, Obama was an early opponent of President George W. Bush's push to go to war with Iraq. Obama was still a state senator when he spoke against a resolution authorizing the use of force against Iraq during a rally at Chicago's Federal Plaza in October 2002. "I am not opposed to all wars. I'm opposed to dumb wars," he said. "What I am opposed to is the cynical attempt by Richard Perle and Paul Wolfowitz and other armchair, weekend warriors in this administration to shove their own ideological agendas down our throats, irrespective of the costs in lives lost and in hardships borne." Despite his protests, the Iraq War began in 2003. Encouraged by poll numbers, Obama decided to run for the U.S. Senate open seat vacated by Republican Peter Fitzgerald. In the 2004 Democratic primary, he defeated multimillionaire businessman Blair Hull and Illinois Comptroller Daniel Hynes with 52 percent of the vote. That summer, he was invited to deliver the keynote speech in support of John Kerry at the 2004 Democratic National Convention in Boston. Obama emphasized the importance of unity and made veiled jabs at the Bush administration and the diversionary use of wedge issues.

After the convention, Obama returned to his U.S. Senate bid in Illinois. His opponent in the general election was supposed to be Republican primary winner Jack Ryan, a wealthy former investment banker. However, Ryan withdrew from the race in June 2004 following public disclosure of unsubstantiated sexual deviancy allegations by his ex-wife, actress Jeri Ryan.

In August 2004, diplomat and former presidential candidate Alan Keyes accepted the Republican nomination to replace Ryan. In three televised debates, Obama and Keyes expressed opposing views on stem cell research, abortion, gun control, school vouchers and tax cuts. In the November 2004 general election, Obama received 70 percent of the vote to Keyes' 27 percent, the largest electoral victory in Illinois history. With his win, Obama became only the third African-American elected to the U.S. Senate since Reconstruction.

Sworn into office on January 3, 2005, Obama partnered with Republican Senator Richard Lugar of Indiana on a bill that expanded efforts to destroy weapons of mass destruction in Eastern Europe and Russia. Then, with Republican Senator Tom Coburn of Oklahoma, he created a website to track all federal spending. Obama also spoke out for victims of Hurricane Katrina, pushed for alternative energy development and championed improved veterans' benefits.

Black and White is Colorful!!!!

By: Engr. Madiha Noman

To be honest it's been three years now that I have been trying to gather & putting together my thoughts to write this article but somehow was unable to finish it up and give it a final presentable look. And, could be it was a blessing in disguise because since then lots of water has flown under the bridge. All this time that has passed has changed my perspective of thinking and looking at things. As we all know that perceptions are often not true and are deceiving instead. I guess now that my thoughts have bloomed & matured and my inner self finally persuaded me to finalize my article per se on the subject issue. So, here it is.

Some three years back my first impression when I first arrived in Riyadh - the capital city of the Kingdom of Saudi Arabia - was total Black and White, to every sense of the word. It was because what I could see - everywhere and all often - were only people in black and white. That is, to me the sight of men in white Thobs and women in black Abaya was not only amazing but mind boggling too.

The above feeling was especially getting over me because back home in Pakistan I belonged to fashion industry which is the "world of colors" - of many shades and shine. As such my immediate response was that the life here would be like the days of "black and white television" and that more so we would now be going many decades backwards like more of a rewind button into the distant past. Frankly, to some extent in the beginning it did give me the

feeling of putting up with colorless life here, for years to come.

Moreover, in the beginning it seemed to me - which of course later on proved to be a false notion - that the society and the people in Saudi Arabia were very conservative in all aspect of life - be it living, food and/or fashion. And about the women folks here, in men's minds were erroneously labeled as a gender which has no rights at all, whatsoever. This is of course a false & biased impression given by the other side of the world. For me also, it seemed very awkward that from going out to getting stuffs for your house all of the things were heavily dependent on male figures as women supposedly couldn't go out all alone. But again these were later on proven to be based on false perceptions only. .

For me being new in the country, the very first "black and white" impression prevailed for quite some time. However as the time passed by and as I returned to my professional side as a fashion designer, the old perception died as life seemed very colorful everywhere. With the passage of time, I could see and explore more on the color side of the life in Saudi Arabia. Very soon I came to know how much colorful this "black and white" really was. And, there you go. My perception totally changed in a short span of time. No sooner than later, I began to appreciating & admiring the beauty of "black and white" which was visible to my sight at every corner that I could see. The Saudi

men in White and the Saudi women in Black became the standard which was seen everywhere.

Frankly, I also often used to think & wonder if the Saudi men and women had any interest in fashion at all. Thoughts used to hit my mind as to why would they even be interested in fashion when they could not think & imagine beyond white Thob and black Abaya.

Trust you me, I was totally wrong as all my thoughts were mere misconception based on wrong perceptions only. The last three years have opened my eyes & minds as I have seen & known the beauty of this "black and white". Now that when I have



already realized its beauty, I couldn't stop myself writing about it.

Unfortunately, the only thing known to the Western world about Saudi Arabia is that the women here cannot drive. But they should realize that this is not all that women here want to do. Trust you me, perhaps that's the only thing that Saudi

women folks are not doing in here otherwise they are free to do anything and pursue any career. That is why Saudi women are seen to be doing wonders in all fields of life & profession. They are excelling in the field of fashion also.



All international brands & labels are found here and they in fact have a very huge clientele too. If the "black and white" were so colorless why would international brands look for & explore market here? The Saudi brands and designers themselves have also got recognized in the international market. I would admit that the credit for all of these successes goes especially to the Royals princesses who have not only been able to portray a beautiful image of women but have also made changes in the lives of women down to the grass roots levels.

Saudi women have made history by forming the biggest human ribbon for cancer awareness and have led women in sports and in fashion, The Saudi women are shining and proving their mettle. Saudi fashion and art industry manned by women are also not behind their counterparts in any other part of the world.

Madiha Noman is a Professional Electrical Engineer and is now working as Fashion Designer after accomplishing Courses in Fashion Design.

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16V828
Manufacturer : Forest River, Inc.
Make / Model Years : FOREST RIVER / 2015-2017
PALOMINO / 2013-2016
PRIME TIME / 2015-2017
Subject : Aluminum Ladder Hinge may Separate

NHTSA Recall ID Number :
16V848
Manufacturer : Newmar Corporation
Make / Model Years : NEWMAR / 2017
Subject : Water may Leak into Turn Signal Module

NHTSA Recall ID Number :
16V850
Manufacturer : Kalmar Solutions, LLC
Make / Model Years : KALMAR / 2014-2016
Subject : Circuit Board may be

Overloaded and cause Fire
NHTSA Recall ID Number :
16V852
Manufacturer : Autocar, LLC
Make / Model Years : AUTOCAR / 2012-2016
Subject : Hybrid Drive Mounting Bolts Improperly Torqued

NHTSA Recall ID Number :
16V853
Manufacturer : Midwest Automotive Designs, LLC
Make / Model Years : MERCEDES BENZ / 2016
Subject : Seats may Unexpectedly Move/FMVSS 207, 210

NHTSA Recall ID Number :
16V854
Manufacturer : KTM North America, Inc.
Make / Model Years : KTM / 2013-2016
Subject : Wiring Harness could Fray and Brake Line may Melt

NHTSA Recall ID Number :
16V855
Manufacturer : Autocar, LLC
Make / Model Years : AUTOCAR / 2013-2017
Subject : Ignition Relay may

Open causing Engine Stall
NHTSA Recall ID Number :
16V856
Manufacturer : Maserati North America, Inc.
Make / Model Years : MASERATI / 2017
Subject : Rear Differential Pinion Nut Improperly Torqued

NHTSA Recall ID Number :
16V864
Manufacturer : csc Motorcycles, LLC
Make / Model Years : CSC / 2015-2016
Subject : Brake Fluid Label Missing/FMVSS 122

NHTSA Recall ID Number :
16V867
Manufacturer : Mitsubishi Motors North America, Inc.
Make / Model Years : MITSUBISHI / 2011-2012,2016
Subject : Lift Gate Supports may Fail and Lift Gate may Fall

NHTSA Recall ID Number :
16V877
Manufacturer : Indian Motorcycle Company
Make / Model Years : INDIAN / 2014-2017

Subject : Fuel Rail may Chafe and Leak

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How will demonetization strengthen hands of Indian poor?



-Dr. Abdul Ruff

India is undergoing a serious and strange crisis where poor and common people continue to suffer because they were not taken into confidence by the government by providing them with source of sustenance. Indians do not trust the PM because he had already cheated on them by promising them huge money when the black money etc are recovered from abroad but he is silent about that and began a direct attack on the common people with igniting money cash crisis. Most ATM machines are not functioning and most ones have no money but the rich people have huge sums of money in new currency notes.

Apparently, Hindutva brands RSS and BJP sought to save Modi from any possible punishment in future owing murder of Muslims in the aftermath of the Gujarat riots to appease Hindus. Now the BJP, RSS, VHP and PM Modi are jointly working to save the Hindu criminals from any possible punishment for destroying in 1992 the historic Babri Mosque on 06 December, death anniversary of Dr. Ambedkar, author of Indian Constitution. (The choice of death date of Dr. Ambedkar December 06 for destroying the historic Babri Mosque cannot be just coincidental, considering the importance of choice of dates for India even in cricket matches and joint cricket matches like IPL and ISL, etc).

Hindutva leader Bharatiya Janata Party (BJP) is now at a crossroads as PM Modi's demonetization drive has backed its fortunes in the polls in future. If only the rich or corporate lords alone vote to elect a government, BJP or any other party needs not worry about the common people but majority of voters belong to common class. Corruption, black money and Modi Indian corruption is a very complicated issue as many forces are at work but government fails to deal with it because it always helps and supports one section of "special" people and refuses to launch a multi-prolonged approach simultaneously to root out the menace.

Entire system is rotten. But PM Modi attacked the common people in order to ostensibly end corruption and black and fake money. And the government decision is final and even parliament cannot do anything about it.

That is Indian democracy.

India's pride lies in promoting corruption and financial lords in all fields and black and fake money is thriving even when a leading economist Manamohan Singh led the UPA government.

Corruption is closely linked with rise of black money and state support for the rich and corporate lords to mint money as much as they want. In fact the central and state governments promote corruption and black money through fake joint sports exercises like IPL, ISL etc (meant for well to do people and all destroying national teams) where blackmoney is being channeled and even made white. In fact, India, after honoring a cricketer Sachin, who made some 100s by official fixings for mutual help, was struggling at the crease for nearly 2 years for his last one hundred

runs, with Bharatratna and allows him to make even football a fixed sport. His mafia works for the success of Kerala blastards team which he bought or his own Mumbai team and the teams that play against the Sachin teams help score goals and win. Delhi team helped Sachin team to even in first leg semifinal. With third rate players having been bought by him and other billionaires, India is making a mockery of football showing that not only cricket but football also can be fixed as per a plan. These fake players are celebrities for Indian media and government.

That is the Indian mischief in the name of sports. But can anyone do anything about these bogus night games?

Indian PM Narendra Modi has been in the news and he and all Hindutva parties need it and love it. Modi said last week his decision to ban old Rs 500 and 1,000 notes was taken to strengthen the hands of the nation's poor.

As CM of already relatively developed Gujarat state, Modi came to national scene on the eve of parliamentary poll with his own claims of "development of Gujarat", to which he subsequently added the issue of corruption and blackmoney in the background of the famous Anna Hazare-Kejriwal led anti-corruption movement and he as PM candidate of BJP wooed the voters by telling them that they would get a few lacks of rupees every month once black money is recovered from foreign banks. As his influence began waning, suddenly PM Modi turned anti-corruption crusader. Modi announced the demonetization drive as results of US president elections were coming out and Modi wanted to outsmart the winning Trump and USA in the media. A month into the demonetization drive, there cannot but be a sense of worry in government circles about the unchanging ground realities with no sign of the long queues before banks and ATMs shortening any time soon. There is no unanimity among opposition parties in their ranks about the course of action. A more effective opposition would have had a field day in pillorying Narendra Modi.

Addressing a farmers' rally in his home state Gujarat in Deesa town of Banaskantha district, Modi said the honest people have been looted for 70 years and that he stands with the poor of the country. "We took the decision on currency notes to strengthen the hands of the poor of the nation," said Modi without providing any hints about the scheme of making the poor rich.

Terrorism, Pakistan and Islam were the key issues to political success of BJP and other Hindutva parties. Modi said that terrorism is promoted by black money and his fight was against terrorism and the menace gets power from fake currencies. "With our step on currency notes we have been successful in weakening the hands of terrorists and those in fake currency rackets," he said.

Modi knows people of India are fed up with rampant corruption promoted by the ruling parties, especially the Congress but including his own BJP so far. But his de-

monetization drive doesn't appear to promote the poor or common people, on the contrary they are facing deadly problems. Defending his decision of demonetization, Modi said: "Who is unhappy with corruption? Not those perpetrating corruption. It is the poor, the common citizens who are unhappy." Modi said the "honest citizens of this country" have supported his move. It is not surprising that the BJP is making a complete mockery of democracy by such nuisance.

Confidence or fear?

PM Modi has refused to attend the parliamentary session fearing criticism of his cash crisis project. If he is sure of what exactly he is doing now he could have attended the parliament and explained the government position by revealing the facts and his ideas for promoting the poor in the country. PM Modi is duty bound to tell the people what has been achieved so far and how exactly he wants to proceed further. He must also explain how the BJP has so much of money and why did it withdraw money from banks on the eve of his night announcement about the demonetization. BJP leaders explain PM Modi doing all these to make India a developed nation - but how? Prices of essential commodities are going up and there is no hope that they will come down.

BJP government has said they are ready to debate but PM Modi avoids parliament and once as he came fearing loud noise, he walked out. In the past BJP had stormed parliament for years, walked out as a routine policy.

Modi said, "I am not being allowed to speak in Lok Sabha so I am speaking in the Jan Sabha Had asked for 50 days. You will see how things will change. This is a major step to rid the nation from corruption. Demonetization, Modi argues, has been done to help the poor. For how long can poor of India be told to pay for houses in cash? He talks about modernization. For how long will poor be asked- you want Pacca bill or Kaccha bill. Today your banks and wallets are in your mobile. This is how things have changed. I want to assure the people of the country that no one will be spared. Merely talking about the poor is different from working for the poor, something that the NDA government is always doing. Happenings in Parliament anguished our President, who has tremendous political experience We are not a selfish nation. We think about future generations.

Modi is fully aware of the fact the he and his party have lost the spot in the public domain as they do not trust them. He now knows for sure that he and his party won the parliamentary poll not because of his popularity but mainly because of popular anger and anguish among people over the corrupt Congress government. Anti-corruption movement created the necessary Black money and fake notes are as catchy slogans as corruption and crimes. Modi is trying to use as many such slogans as they are appealing to people. Development, corruption, black money, fake currency, etc are Modi's preferences while for RSS and other BJP leaders use Ghar wapsi, beef

ban, mosque destruction, etc but all of them use these only for Hindu votes. State elections due in a few more state assemblies and BJP wants to win as many seats as possible so that it could increase the seats in and get a majority in Rajya Sabha.

Fortunately for PM Modi, the ruling BJP, which had suffered hugely as a national party until it discovered Modi as the PM candidate, has no alternative to Modi and will have to obey him and help him execute his vote capturing agendas. It is moral boosting for Modi in the name of a "great India" to resort even harder drives in future to target the common people of India.

While Mamata Banerjee wants a complete roll-back, others favour a Joint Parliamentary Committee to examine the crisis. Even if there is no certainty about how long the hardship of the ordinary people will continue, or whether their patience is inexhaustible, the nomination of Modi as Time magazine's Person of the Year in an online poll was expected to be a morale-booster for the BJP but unfortunately, US president elect Donald Trump emerged the winner defeating Hillary Clinton even in that online poll.

Perhaps there are not many people who have retained their faith in him and expect him to ride out the present storm.

Waning Modi's popularity

The central point of this transformation is the economic development which is Modi's trump card. Although there is not much to write home at present about the growth trajectory -- Manmohan Singh's government did better in the early years of his tenure -- what makes Modi stand out is his commitment to the cause. While his predecessor faltered in the last few years of his stint Modi focused on the market-oriented capitalist path. The demonetization has caused concern about a fall in the growth rate -- the latest figure is 7.1, down from 7.6. Earlier governments were unwilling either to follow the capitalist path to help IMF and World bank with anti-poor policy or to crack down on black money because of the banking secrecy regulations and the fear of causing a flutter in the doves of tainted politicians and bureaucrats, among others. The political consensus of parties not to disturb the status quo of allowing corruption as state policy.

Seeking political mileage for BJP in the polls and improve ailing prestige, PM Modi, in contrast, has confronted the scourge of a parallel economy head-on notwithstanding the "monumental mismanagement" of the economy of which he has been accused by Manmohan Singh and Sen.

Notorious Reddy gang that steals natural resources in Karnataka and Andhra Pradesh/Telangana as their right, are also caught by the authorities for hiding huge cash and gold reserves but the issue would die down soon as these national frauds would be free.

In Loving Memory of Junaid Jamshed

Khalid Mehmood

At 5:30 AM, my cell phone rang and a friend broke the news that Junaid bhai's plane crashed while coming back from Chitral. I thought to myself it was a dream. Now after 24 hours, I am sitting in plane flying to Karachi from Dallas, still in complete state of shock and cannot put my thoughts together. Because I was getting ready to meet him next week here in USA for our program in Maryland and then we were supposed to go to Canada for an inter-faith program. But I must face the reality and gather my thoughts to tell the world about you, my brother, my hero and my mentor.

Junaid Jamshed was a legend and will live forever. He was loved and respected by millions of people. He was kind hearted, generous, caring and loving person and as a recipient of his kindness and generosity, I will miss him greatly. I will never forget the fond memories of him and the time we spent together over last ten years conducting charitable projects, attending conferences, inspiring youth within Islamic schools across North America. Journeys we took across America and Canada, Hajj and Umra, making tawaaf of Kaaba together and much more are unforgettable memories. He was one of the most humble people I have ever met.

His legacy will have numerous dimensions, and his selfless humanitarian work will remain an inspiration for many to come. Together we conducted many Nasheed programs, humanitarian work and social talks. Honestly, my heart still does not want to believe in this news, but with heavy heart I have to admit, that my hero has left this world forever. He is gone..... The gracious hug giver is gone, the warmest welcome provider is gone, the smiling face is gone, and the one I admired for his spotless character has disembarked this world. And I am only left with his memories that for sure will bring tears to my eyes for many years to come. My hero has touched so many hearts, changed so many lives and gave so much to this world that one cannot imagine, but he no longer with us today.

Junaid Bhai was very generous man, not a miser. Junaid bhai used to love good Khusboo. Among his favorite were Oud, Amber and Khus. He only wore Shalwar kameez. Not only for programs but almost all the time even when we used to travel and pass through airports on a daily basis. He always had cap/topi on his head. His traveling etiquettes were amazing. Before starting travel, he always used to read two rakat nafil. He always used to be in Wudu and for airports he used to carry an empty water bottle for Wuduu purposes. He always used to carry tasbeeh with him for his Azkaar and had his Quran downloaded in all of his phones so that he does not miss reading Quran daily. He used to read Quran in the early hours of dawn. I often found him strolling within corridors of hotel lobby and memorizing Quran.

He was a sports man who loved cricket and Tennis the most. Among many qualities, one of the best quality he possessed was he never used to back bite anyone. I have never heard him talk about anyone bad behind his back ever. He was a great mentor and demanded nothing less than perfect when it comes to nasheeds. He used to teach me about Nasheeds, its selection, melody, composition and delivery.

Junaid Bhai – I am missing you so much. You were an inspiration, a role model, a great friend, a perfect brother and above all a perfect human being having impeccable character. You were so genuine, so generous, so honest, so kind, so loving, so caring, so devoted, so compassionate, so merciful, so nice, so naïve, so unselfish, so sympathetic and so charismatic that the world would have a very hard time finding a gem like you.

Had I known you would depart so early, I would have spent much more time with you. Fortunate am I to spent my last 10 years with you, but as I look back, I say they were not enough. You had so much to offer and I had so



much to learn from you yet Oh but how do I get you and our time back.

Junaid bhai, If you can hear me and see me ... I am sitting in the plane, heading out to Pakistan to attend your funeral, tears shedding, hands shivering, brain wondering with so many memories. Feeling empty without you... even this very moment sitting in plane, my next seat is empty and I am wishing you were sitting with me and we be flying for some humanitarian cause from New York to Los Angeles. Inshallah you are now in loving care of Allah and he is asking you to read nasheeds for Angels and for His Habib Prophet Muhammad SWS.

Muhammad Ka Roza Kareeb Araha Hey
Bulandi Pay Apna Naseeb Araha Hey
Farishtoo Yeh Day Do Peghaam Unko
Khabar Ja kay Dey Do Unko Farishto
Key Khadim Tumhara Junaid Agaya Hey

You will be missed Junaid Bhai
Your Younger brother Khalid Mehmood

Planet Jupiter: Facts

Jupiter is the largest planet in the solar system. Fittingly, it was named after the king of the gods in Roman mythology. In a similar manner, the ancient Greeks named the planet after Zeus, the king of the Greek pantheon.

Jupiter helped revolutionize the way we saw the universe and ourselves in 1610, when Galileo discovered Jupiter's four large moons — Io, Europa, Ganymede and Callisto, now known as the Galilean moons. This was the first time celestial bodies were seen circling an object other than Earth, major support of the Copernican view that Earth was not the center of the universe.

Physical characteristics

Jupiter is the most massive planet in our solar system, more than twice as massive as all the other planets combined, and had it been about 80 times more massive, it would have actually become a star instead of a planet. Its atmosphere resembles that of the sun, made up mostly of hydrogen and helium, and with four large moons and many smaller moons in orbit around it, Jupiter by itself forms a kind of miniature solar system. All told, the immense volume of Jupiter could hold more than 1,300 Earths.

The colorful bands of Jupiter are arranged in dark belts and light zones created by strong east-west winds in the planet's

upper atmosphere traveling more than 400 mph (640 kph). The white clouds in the zones are made of crystals of frozen ammonia, while darker clouds of other chemicals are found in the belts. At the deepest visible levels are blue clouds. Far from being static, the stripes of clouds change over time. Inside the atmosphere, diamond rain may fill the skies.

The most extraordinary feature on Jupiter is undoubtedly the Great Red Spot, a giant hurricane-like storm seen for more than 300 years. At its widest, the Great Red Spot is three times the diameter of the Earth, and its edge spins counterclockwise around its center at a speed of about 225 mph (360 kph). The color of the storm, which usually varies from brick red to slightly brown, may come from small amounts of sulfur and phosphorus in the ammonia crystals in Jupiter's clouds. The spot grows and shrinks over time, and every now and again, seems to fade entirely.

Jupiter's gargantuan magnetic field is the strongest of all the planets in the solar system at nearly 20,000 times the strength of Earth's. It traps electrically charged particles in an intense belt of electrons and other electrically charged particles that regularly blasts the planet's moons and rings with a level of radiation more than 1,000 times the lethal level for a human, damaging even heavily shielded spacecraft

such as NASA's Galileo probe. The magnetosphere of Jupiter, which is composed of these fields and particles, swells out some 600,000 to 2 million miles (1 million to 3 million km) toward the sun and tapers to a tail extending more than 600 million miles (1 billion km) behind Jupiter.

Jupiter spins faster than any other planet, taking a little under 10 hours to complete a turn on its axis, compared with 24 hours for Earth. This rapid spin makes Jupiter bulge at the equator and flatten at the poles, making the planet about 7 percent wider at the equator than at the poles.

Jupiter broadcasts radio waves strong enough to detect on Earth. These come in two forms — strong bursts that occur when Io, the closest of Jupiter's large moons, passes through certain regions of Jupiter's magnetic field, and continuous radiation from Jupiter's surface and high-energy particles in its radiation belts. These radio waves could help scientists to probe the oceans on its moons.

Composition & structure

Atmospheric composition (by volume): 89.8 percent molecular hydrogen, 10.2 percent helium, minor amounts of methane, ammonia, hydrogen deuteride, ethane, water, ammonia ice aerosols, water ice aerosols, ammonia hydrosulfide aerosols

Magnetic field: Nearly 20,000 times stronger than Earth's

Chemical composition: Jupiter has a dense core of uncertain composition, surrounded by a helium-rich layer of fluid metallic hydrogen, wrapped up in an atmosphere primarily made of molecular hydrogen.

Internal structure: A core less than 10 times Earth's mass surrounded by a layer of fluid metallic hydrogen extending out to 80 to 90 percent of the diameter of the planet, enclosed in an atmosphere mostly made of gaseous and liquid hydrogen.

Orbit & rotation

Average distance from the sun: 483,682,810 miles (778,412,020 km). By comparison: 5.203 times that of Earth

Perihelion (closest approach to the sun): 460,276,100 miles (740,742,600 km). By comparison: 5.036 times that of Earth

Aphelion (farthest distance from the sun): 507,089,500 miles (816,081,400 km). By comparison: 5.366 times that of Earth

(Source: NASA.)

Calendar 2017

January							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
52							1
1	2	3	4	5	6	7	8
2	9	10	11	12	13	14	15
3	16	17	18	19	20	21	22
4	23	24	25	26	27	28	29
5	30	31					

February							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
5			1	2	3	4	5
6	6	7	8	9	10	11	12
7	13	14	15	16	17	18	19
8	20	21	22	23	24	25	26
9	27	28					

March							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
9			1	2	3	4	5
10	6	7	8	9	10	11	12
11	13	14	15	16	17	18	19
12	20	21	22	23	24	25	26
13	27	28	29	30	31		

April							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
13						1	2
14	3	4	5	6	7	8	9
15	10	11	12	13	14	15	16
16	17	18	19	20	21	22	23
17	24	25	26	27	28	29	30

May							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
18	1	2	3	4	5	6	7
19	8	9	10	11	12	13	14
20	15	16	17	18	19	20	21
21	22	23	24	25	26	27	28
22	29	30	31				

June							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
22				1	2	3	4
23	5	6	7	8	9	10	11
24	12	13	14	15	16	17	18
25	19	20	21	22	23	24	25
26	26	27	28	29	30		

July							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
26						1	2
27	3	4	5	6	7	8	9
28	10	11	12	13	14	15	16
29	17	18	19	20	21	22	23
30	24	25	26	27	28	29	30
31	31						

August							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
31		1	2	3	4	5	6
32	7	8	9	10	11	12	13
33	14	15	16	17	18	19	20
34	21	22	23	24	25	26	27
35	28	29	30	31			

September							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
35					1	2	3
36	4	5	6	7	8	9	10
37	11	12	13	14	15	16	17
38	18	19	20	21	22	23	24
39	25	26	27	28	29	30	

October							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
39							1
40	2	3	4	5	6	7	8
41	9	10	11	12	13	14	15
42	16	17	18	19	20	21	22
43	23	24	25	26	27	28	29
44	30	31					

November							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
44			1	2	3	4	5
45	6	7	8	9	10	11	12
46	13	14	15	16	17	18	19
47	20	21	22	23	24	25	26
48	27	28	29	30			

December							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
48					1	2	3
49	4	5	6	7	8	9	10
50	11	12	13	14	15	16	17
51	18	19	20	21	22	23	24
52	25	26	27	28	29	30	31

www.wheniscalendars.com

United States Federal Holidays 2017

Jan. 1	New Year's Day	Jul. 4	Independence Day	Nov. 23	Thanksgiving
Jan. 16	Martin Luther King Day	Sep. 4	Labor Day	Dec.	Christmas Day
Feb. 20	Presidents Day	Oct. 9	Columbus Day		
May 29	Memorial Day	Nov. 11	Veterans' Day		

Pati, Patni aur Woh!

Moqem Syed

In the modern times or so called Kalyug, the Smartphone has become the third wheel of any relationship. It is now the "Woh" in the Pati, Patni saga of life, marriage and everything in between and beyond. Woh is no longer the attractive vixen in the office or the striking handsome neighbour. Smartphones are now part and parcel of everyday life and are treated as family members. It is always with you or close by and when you leave the house you make sure that the phone is charged and present. If by any chance you forget it, you go back for it. But if it was a kid you forgot at home and remembered him half way, rather than going back for him, you call and ask him to finish homework, watch TV and go to sleep early. If he asks you the reason for why he was forgotten at home in the first place, you demur at first but then suggest that it was not a case of being forgotten but just left home to teach him a lesson about getting ready to go when told and not procrastinate. When he reminds you that mom got ready for the party after him and with more reminders, you pretend to not hear it.

Smartphones are now indispensable and taken care of as carefully as the first born. The tagline of "Neighbor's envy, owner's pride" apt for most situations. I resisted using smartphones till recent and was content with a flip phone that only did calls and texts. When my kids gave me a hard time about it, I quipped "Brown people are already smart, so we don't need smartphones". I did get on the smartphone bandwagon recently and quickly realized the inordinate amount of time I waste on it. That story is to be told later.

And, I am not the only culprit; from family to friends, all are in the same leaky boat. Conversations which were the cornerstones of relationships are bleeding a slow death. People are way too engrossed in their smartphones.

Whole families are sitting in the same drawing room having disjointed conversations distracted by their smartphones. I go out for lunch with close friends and they are constantly checking their phones as if the world is waiting to turn around after they dispense directions on it. I am not offended that they find their phones more interesting than my stories of flirting with the cross eyed sales lady at the lingerie shop.

My wife, God bless her, runs her daily life with the help of her smartphone be it monitoring kids schedules, grades, hot lunches to party schedules, shopping, travel to talking, texting, WhatsApp, YouTube and what not. She thinks it makes her far more efficient than before, what with being

helped by it for prayers, reading all kind of books, daily dosage of news and information and a good measure of TV dramas and movies. She handles her smartphone with so much TLC, looks at it in such adoring ways (the same looks she used to give me when we were newly married) and spends so much time with it that sometimes I feel jealous of it and wish I was her smartphone. Agle janam mohe smart phone hi kijiyo is my mantra.

Sometimes I feel that my life revolves around the dictates of my wife's smartphone. It is not just the text to turn off the oven or to bring up a cold glass of water in the middle of the night. It is also a new recipe every third day that somebody sends on her phone and I become the guinea pig for it, Tofu cooked in whatever way is still not edible (please stop feeding me crap). If and when I request a particular dish, she immediately puts it up for a vote on her WhatsApp group and usually it gets shot down for not being healthy food, time consuming to cook or having better things to do than listen to the hubby. Another obsession is finding nuskhas or home remedies on her smartphone for curing baldness. I know she is doing that for me to look handsome but her penchant had my scalp peeling skin few times and on multiple occasions, I had to wash my hair several times to get rid of the rotten egg smell or the fertilizer stains. Something did start growing once but it was not hair, but sprigs of Kuthmeer and Pudina. She immediately had me shave it off, not because she could not use it daily as garnish on her cooking but did not want others to pluck from, she considered it as her personal herb patch.

So it happens, one fine day when I returned home from office, I saw my wife bewildered and singing loudly "Chupne wale saamne aa, Chup Chup ke mera dil na jala".

I am perplexed and thinking; I just came home, so who the bloody hell is playing Chuppa Chuppi with my wife and burning her heart. I consider her dil ko jalana, as still my prerogative. On inquiring I found out that she has lost her smartphone, cannot find it for long and hence pleading with it with some sweet songs to come out of hiding. Good thing, that while searching for her smartphone, she had cleaned half the house on her own violation. I sent a silent thanks and went on with my own life as she belted out another number Aaja Aaja mai hoon pyaar tera. If she had ever sang those Bollywood songs to me with such passion, I would never even leave the house.

Hours turned into night without finding the phone and she finally resigned to let it go, suggesting Allah ki Marzi

if it is to be found.

Suddenly she had all the time for me, first she questioned about the big mole on my face and where it came from. I told her that it has been there and growing the past five years, then she wanted to know why I looked older now from the day when we got married. Then she wanted to sit close by me on the loveseat, hold hands and talk about love and feelings. She kept staring at me finding faults or wanted to discuss how I was wasting my life by not listening to her. I suddenly felt the urge to start looking for her lost phone and I beseeched with it to come out with Tum chupi ho kahan, mai tadapta yahan.

In the middle of the night, I woke up to a creepy wail and somebody eerily crooning Akele hai, Chale aaoon jahan ho. I realized that it was my wife singing and could feel from the song vibes that she needs me. Thinking Mouqaacha hai and the situation a lucky omen for me getting more than a sympathetic hug, I reached out to her in the dark but then, my luck, she brushed me off to go pray to the almighty to find her phone. Darn it, that song was for the phone.

The next day while we were having lunch, a neighbor called our home to inform that they found her phone in our neighborhood park and asked us to pick it up anytime. Tears rolled down her cheeks on the news and she perked up with glee in anticipation. She snatched away my unfinished lunch plate and sent me on my way to fetch it. As I came back with the phone, my wife was standing in the doorway with the sari palloo draped over her head and an Aarti thali in hands singing Baharoon phool barsa oo, mera mehboob aaya hai. Beaming proud, I gave her the phone thinking of all the rewards coming to me. But alas, the smart phone got all the kisses as well as a full Aarti. Grabbing the phone from my hand in earnest, she walked away caressing it and serenading Tum jo aaye zindagi me, baat ban gayi. It looked like a classic scene from a Bollywood movie of a mother reuniting with her child after getting lost in the Kumbh mela. I went back to my uneventful and peaceful life after all that excitement and to the continual saga of Pati, Patni aur Woh!



Raees is an upcoming 2016 Indian crime-thriller film directed by Rahul Dholakia and produced by Farhan Akhtar, Ritesh Sidhwani and Gauri Khan. Set in 1980s Gujarat, it shows the story of a cruel and clever bootlegger (played by Shah Rukh Khan) whose business is highly challenged and eventually thwarted by

a tough cop Ghulam Patel (played by Nawazuddin Siddiqui). The film criticizes the prohibition of alcohol, prostitution and illegal drugs in Gujarat. Pakistani actress Mahira Khan will share screen with King Khan.



Jeena Isi Ka Naam Hai



Cast: Farooq Shaikh, Farooq Sheikh, Roshan Abbas, Suresh Oberoi
 Producer: NDTV, NDTV And, Shashi Ranjan
 Director: Devena Dwivedi And, T.v. Vinod
 Release Date: 22 March, 2002
 Storyline: Jeena isi ka naam hai was an indian award-winning talk show hosted by former bollywood actor farooq shaikh and later by bollywood actor suresh oberoi.

it premiered on march 22, 2002, and due to the success of its first season, the show reappeared on zee tv channel on october 7, 2006. the show peeks into the lives of many bollywood faces as well some indian celebrities by interviewing them, their families and friends.

OK Jaanu's Enna Sona or Aashiqui 2's Tum Hi Ho

So the new love song from OK Jaanu, titled Enna Sona is out and what makes the song special is the fact that it is sung by Arijit Singh and is picturised on the lead pair of Aditya Roy Kapur and Shraddha Kapoor. So the new love song from OK Jaanu, titled Enna Sona is out and what makes the song special is the fact that it is sung by Arijit Singh and is picturised on the lead pair of Aditya Roy Kapur and Shraddha Kapoor. For the uninitiated Arijit Singh's break out song came in 2013 with Aashiqui 2's Tum Hi Ho, that featured the same pair and is considered as one of the most romantic songs of the new millenium. Now with Arijit Singh returning for the same pair makes it a full circle.

BollywoodLife in its review of the new song, Enna Sona, said, "Shraddha and Aditya equally look dreamy as hell with their flirtatious romance on display. Start from the very first scene where Shraddha grabs a selfie to mark their first fight to making love and patching up, the song exactly shows you what most of ya'll go through your relationships. Trust me, you'll desperately miss your lover/boy-friend/husband after watching this song. Kudos to Shraddha and Aditya for retaining their crackling chemistry from their last hit, Aashiqui. In fact, now that we've watched all three songs from OK Jaanu – the title track, The Humma Song and this latest one, we really feel Enna Sona is the best OK Jaanu has given us by far. Perfect

amount of romance, with the perfect emotions setting in – thank you Shraddha, Aditya, A R Rahman and Arijit for giving us this ridiculously romantic love song of the year." Also read: These 5 moments of Aditya Roy Kapur and Shraddha Kapoor from OK Jaanu song Enna Sona will remind you of Aashiqui 2



On the other hand Tum Hi Ho, as aforementioned is still one of the most heart wrenching songs of this decade. Now we just have to wait and see if this song becomes another Tum Hi Ho or go past it. So let us know if you

think Tum Hi Ho is still the best Arijit Singh-Aditya Roy Kapur-Shraddha Kapoor track or it's Enna Sona that has taken that spot. Check out the two songs below and cast your vote!

KAABIL MOVIE | REVIEWS, CAST, STORY | 2017 NEW HINDI MOVIES

Kaabil movie is a revenge Action-Drama starring Hrithik Roshan and Yami Gautam. The film is scheduled to release on 26th January 2017. Kaabil was mostly shot in Mumbai and has already pocketed 45 Crores in Satellite TV rights. Hrithik Roshan's last – Mohenjo Daro – did not do too well this year, with Kaabil perhaps he will have a better 2017. Kaabil is written by Vijay Kumar Mishra with dialogues by sanjay Masoom. Rajesh Roshan is the music composer of the movie.

Director: Sanjay Gupta

Stars: Hrithik Roshan, Yami Gautam, Narendra Jha, Girish Kulkarni Kaabil seems like a hardcore action movie with a twist that both the lead characters of the movie are blind. You can see the shades of Ghajini in the movie as Rohan Bhatnagar (Hrithik Roshan) embarks on avenging the crime against his girlfriend Sue (Yami Gautam). Self-Confidence can take you places and that is what Rohan has always believed. He has proved this by being a successful dancer. He meets Sue who is blind too and they bond over their experiences. Rohan acts as the force that makes Sue believe in herself and they gradually fall in

love. But things suddenly go awry when Sue is attacked and molested by some local goons who have the right political patronage. As the police dilly dally and fail to bring the culprits in, Rohan decides to take revenge and show that his disability won't be something that can hold him back. While Hrithik Roshan has given us some good movies and is perhaps one of the best dancers in the industry, he seems to be stuck in his role in Koi Mil Gaya. Whether it is a period drama like Mohenjo Daro or Kaabil, Hrithik Roshan's dialogue delivery leaves a lot desiring. His failure to adopt a new character and change how he talks based on a new character makes his performance unconvincing.



Can he do better with Kaabil, remains to be seen.



Pervaiz Baig
Founder / Moderator
Charminar Connection

HAPPY NEW YEAR

We wish all the readers of Asia Times Season's Greetings , and may the New Year 2017 bring you joy and peace.

May the perseverance prevail. We are thankful to Janab Azeem Quadeer Sahab for his commendable job in bringing news to the expatriates and to the south Asian diaspora. We wish him great success not only in the coming year but for the years to come.

HAPPY NEW YEAR

HINDI MOVIE RELEASE DATES

Opening	Name	Genre	Director	Cast
6 January	<i>Commando 2</i>	Action	Deven Bhojani	Vidyut Jammwal, Adil Hussain, Adah Sharma, Esha Gupta, Freddy Daruwala
13 January	<i>Jeena Isi Ka Naam Hai</i>	Romance/Drama	Keshhav Panneriy	Arbaaz Khan, Manjari Fadnis, Himansh Kohli, Supriya Pathak, Ashutosh Rana, Rati Agnihotri, Prem Chopra
13 January	<i>OK Jaanu</i>	Romance	Shaad Ali	Aditya Roy Kapur, Shraddha Kapoor
26 January	<i>Kaabil</i>	Action/Drama	Sanjay Gupta	Hrithik Roshan, Yami Gautam, Ronit Roy, Rohit Roy
26 January	<i>Raees</i>	Action/Crime/Drama	Rahul Dholakia	Shah Rukh Khan, Mahira Khan, Nawazuddin Siddiqui
10 February	<i>Jolly LLB 2</i>	Drama	Subhash Kapoor	Akshay Kumar, Huma Qureshi, Annu Kapoor
17 February	<i>Machine</i>	Romance/Thriller	Abbas-Mustan	Mustafa Burmawalla, Kiara Advani, Carla Dennis
24 February	<i>Rangoon</i>	Action,Romance	Vishal Bhardwaj	Saif Ali Khan, Kangana Ranaut, Shahid Kapoor
24 February	<i>Ghazi</i>	Action	Sankalp Reddy	Rana Daggubati, Taapsee Pannu
10 March	<i>Badrinath Ki Dulhania</i>	Romance/Comedy	Shashank Khaitan	Varun Dhawan, Alia Bhatt
17 March	<i>Sarkar 3</i>	Drama	Ram Gopal Varma	Amitabh Bachchan, Manoj Bajpayee, Yami Gautam, Amit Sadh, Ronit Roy, Rohini Hattangadi
24 March	<i>Phillauri</i>	Romance/Comedy	Anshai Lal	Anushka Sharma, Diljit Dosanjh, Suraj Sharma
31 March	<i>Hindi Medium</i>	Romance	Saket Chaudhary	Irrfan Khan, Saba Qamar

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 2017**

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Highest Paid Bollywood Playback Singers

Shreya Ghoshal

(18-20 Lakhs)

Shreya Ghoshal (born 12 March 1984) has received four National Film Awards, six Filmfare Awards and nine Filmfare Awards South (one for Telugu, two for Kannada, two for Tamil and four for Malayalam) to date. She has recorded songs for film music in various Indian languages, and has established herself as a leading playback singer of Indian cinema. Ghoshal aspired to become a playback singer from a young age. At the age of four, she started learning music. At the age of six, she started with her formal training in classical music. At the age of sixteen, she was noticed by film-maker Sanjay Leela Bhansali when she entered and won the television singing reality show Sa Re Ga Ma Pa. Following that, she made her Bollywood playback singing debut with Bhansali's romantic drama Devdas (2002) for which she received a National Film Award, a Filmfare Award for Best Female Playback Singer and Filmfare RD Burman



Award for New Music Talent.

Apart from playback singing, Ghoshal has appeared as a judge on several television reality shows. She has been honored by the U.S. state of Ohio, where governor Ted Strickland declared 26 June 2010 "Shreya Ghoshal Day". She was awarded with the highest honour in London by the selected members of House of Commons of the United Kingdom. She has also featured four times in Forbes, list of the top 100 celebrities of India.

Mika Singh

(13 Lakhs)

Amrik Singh, known by his stage name Mika Singh, was born to Ajmer Singh Chandan and Balbir Kaur and was brought up in Supaul, Bihar in Sikh family. He is the youngest of six brothers, who include Daler Singh (stage name Daler Mehndi) Amongst a wide catalogue of songs, the prominent ones are "sare pind taan

main ni darda,sari dunia mere ispe",ae ganpat chal daru la"Bas Ek King" (Singh Is King), "Mauja Hi Mauja" (Jab We Met), "Ibn-e-Batuta" (Ishqiya), "Dhanno" (Houseful), "Dhinka Chika" (Ready), "Desi Beat" (Body Guard), "Subah Hone Na De" (Desi Boyz), "Pungi" (Agent Vinod), "Ganpat" (Shootout at Lokhandwala), Gabru (album), "chinta ta ta chita chita" (Rowdy Rathore), "Main tere agal bagal hun" (Phata Poster Nikla Hero) and Sawan Mein Lag Haya Aag (album), to name a few.

He is also known for the "Jaatan (Jat) ka chora" song, which is based on the Jat clan (Punjab and Haryana) and Rani tu mai Raja (Son of Sardaar). His debut song for the Pakistani film industry which is lollywood came in 2015 titled as "Khul Jaye Botal". The song went viral in Pakistan.



Meet Bros

(12-13 Lakhs)

Meet Bros is a duo of Indian music directors. The duo includes Manmeet Singh & Harmeet Singh. They have composed and performed songs for Bollywood movies such as Policegiri, Oh My God!, Kyaa Super Kool Hain Hum, Yeh Dooriyan, Do Dooni Chaar, Paan Singh Tomar and Isi Life Mein.

Due to the success of their single Jogi Singh Barnala Singh from the album Boond, Harmeet and Manmeet were motivated to switch from acting to music. They are well known for their composition "Baby Doll" for "Ragini MMS 2". They also have composed the music for films including Ki and Ka, and Shimla Mirchi.

MEET BROS started expressing their love & bond for music a decade ago when they launched their Recording Studio in October 2005, with Shri. Govindaji do the honor of opening, "Meet Brothers Record-



ing Studio" Movies like RACE, JAB WE MET, METRO, PYAR KE SIDE EFFECTS, DHOL, BHAGAM BHAG, BILLU BARBAR, etc...have been recorded in their Recording Studio.

Yo Yo Honey Singh

(15-20 Lakhs)

Hirdesh Singh (born 15 March 1983), better known by his stage name Yo Yo Honey Singh or Honey Singh, is an Indian rapper, music producer, singer and film actor. He started as a session and recording artist and became a Bhangra music producer. He has also begun to produce music for Bollywood films, and has become one of the highest-paid music producers in Bollywood.

Singh has become widely popular in Bollywood. He was first noticed after his debut song in the Bollywood film Shakal Pe Mat Ja, featuring Gagan Sidhu. He charged Rs. 7 million for a song in the film Mastan. This is the largest amount paid to a song artist in Bollywood to date, making Singh one of the highest-paid musical artists in Bollywood.

The song "Angreji Beat" from Singh's album International Villager, featuring Gippy Grewal, was featured in Saif Ali Khan's film Cocktail.

Singh launched his single "Bring Me Back ft. Spoken Word" at the Video Music Awards India, which aired on MTV India. The award show was packed with many films and independent artists from throughout the world, including India. After the show, his song was premiered on the channel.

He rose to fame and popularity in Bol-

lywood in late 2013, after producing songs in mainstream big-budget films such as Chennai Express and Boss. He has also had popular songs in smaller-budget films such as Mere Dad Ki Maruti, Bajatey Raho and Fugly.

In late 2014, Singh suddenly disappeared from Bollywood and didn't release any music for months. Many theories rose about his sudden disappearance, but the majority were false. In March 2016 he clarified that he had been suffering from bipolar disorder and had been under medical supervision for 18 months at his Noida based house.

After being absent in the Bollywood music scene around the end of 2014, Singh made a comeback in February 2015 with his first song of the year, "Birthday Bash", followed by songs in films including Gabbar is Back and Bhaag Johnny.



Arijit Singh

(13 Lakhs)

Arijit Singh (born 25 April 1987) is a playback singer and a music programmer. Born in Jiaganj, Murshidabad, West Bengal, his career began upon participating in the reality show Fame Gurukul (2005), in which he lost at the finals. After winning another reality show called 10 Ke 10 Le Gaye Dil, Singh built a recording setup of his own, beginning his journey with music programming. Subsequently, he went to become assistant music programmer to Pritam Chakraborty, Shankar-Ehsaan-Loy, Vishal-Shekhar and Mithoon.

Singh became more well-known with the release of "Tum Hi Ho" from Aashiqui 2 (2013). He was given the Best Male Playback Singer award for the song, in 59th Filmfare Awards. In 2014, he collaborated with Jeet Gannguli—for whom he performed the rest of his tracks in Aashiqui 2—for CityLights, where he rendered the romantic version of the song "Muskurane", which fetched him

most nominations in the year. Gannguli composed "Suno Na Sange-marmar" and Shankar-Ehsaan-Loy's Sufi song, "Mast Magan" garnered him another two nominations in 60th Filmfare Awards.

Singh has received many awards and honors, including

two Filmfare Awards, an IIFA Award, two Zee Cine Award and two Screen Awards. He received most awards and nominations for the song "Tum Hi Ho" in Aashiqui 2 (2013); nine awards from ten nominations for this song.

In September 2014, The National Indian Students Union UK awarded Singh as "Youth Icon - Music Award 2014". Rhea Ranjan from the union stated; "Recognizing and awarding artists like Mr. Arijit Singh for his work is important to us as it celebrates Indian culture and its transformation but also the immense influence and involvement that the youth has on this culture". He was named the most popular artist of 2014 by Hungama Digital Media Entertainment after winning an online poll conducted by music streaming website Hungama.com. Forbes India magazine declared him 34th on its 2014 celebrity 100 list.



Word Search - New Year Resolutions

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

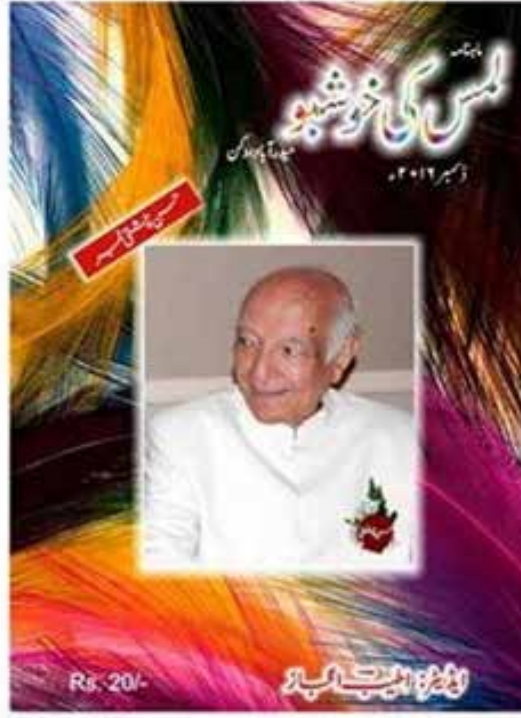
get in shape
healthier food
healthy recipes
mental skills
more active

quality sleep
watch less tv
read more
organized
earn money

reinvent yourself
control emotions
responsible
creative
reduce stress

تمام شہر میں یکتا یہ میری ذات نہ کر
کہ ڈھلتی عمر ہے اب اتنا التفات نہ کر
یہ قربتیں بھی میسر ہوئیں نصیبوں سے
تعلقات میں اب اور تجربات نہ کر
یہ اور بات کہ میں قدر آشنا ہوں، مگر
نثار جسم کے مجھ پہ جواہرات نہ کر
ترے ہی حُسن پہ اک نظم لکھ رہا ہوں ابھی
تری ہی سوچ میں ہوں، آج مجھ سے بات نہ کر
مجھے خبر ہے کوئی تیرے انتظار میں ہے
بس اپنے گھر کو چلی جا، تو اتنی رات نہ کر
ڈاکٹر یاسین عاقر

ماہنامہ ”لمس کی خوشبو“ کا حسن چشتی نمبر منظر عام پر



سیمان اطہر جاوید کے مضامین اور شاعری کو شامل کیا گیا ہے۔

جناب شاہ نواز شاہ نائب مدیر کے بموجب ماہنامہ لمس کی خوشبو حیدرآباد کا تازہ شمارہ جو کہ حسن چشتی نمبر ہے شائع ہو کر منظر عام پر آ گیا ہے 40 صفحات پر مشتمل ہے ملٹی کلر ٹائٹل عمدہ کاغذ سے مزین اس شمارہ کی قیمت 20 روپے ہے۔ مدیر ماہنامہ لمس کی خوشبو جناب اطیب اعجاز کے آفس اطیب اردو کمپیوٹر جمال مارکٹ پھتہ بازار حیدرآباد سے حاصل کیا جاسکتا ہے اس شمارہ میں ادارہ اطیب اعجاز کے علاوہ، سرزنجبئی حسین، پروفیسر میر تراب علی، حفیظ فضا، رشید انصاری، ڈاکٹر قطب سرشار، الم نشرح، قمر علی عباس، محمد امان علی ثاقب، سلطانہ مہر، ڈاکٹر احمد علی برقی اعظمی، امین راحت چغتائی، لالی چودھری، مخفی امر وہوی، ڈاکٹر رضوان احمد، ناصر کرنولی، ڈاکٹر شمع افروز زیدی، تسلیم الہی زلفی، سعید شہیدی، شفیق الدین شارق، پروفیسر

29

مزاحیہ شاعری

انشاجی کی مشہور تخلیق پر کہی گئی تک بندی

یارو اٹھو اب کوچ کرد امریکہ میں جی کا لگانا کیا؟
Green Card سے کیا مطلب Illegal کا یہاں ٹھکانہ کیا؟
امیگریشن کی پالیسی کو دیکھو تو سہی۔ سوچو تو سہی
مہنگائی اور جنگ نے سو چھید کئے اُس جھولی کا پھیلانا کیا؟
Lay Off ہوئے۔ گاڑی بھی گئی۔ تالا لگا Apt. میں
کیوں اتنے برس رہے ادھر۔ جا کے کرد گے بہانہ کیا؟
جینا یہاں۔ رہنا یہاں اب خواب ہی لگتا ہے
اُس روز امیگریشن کا چھاپہ پڑا حقیقت تھی افسانہ کیا؟
یہاں جی جان سے کام کریں پر Enjoy بھی نہ کریں
اور جمع کرتے رہیں ڈالر۔ ایسی دولت کیا۔ ایسا خزانہ کیا؟
جس ملک کے لوگ عزت نہ کریں ہر مسلمان کو Terrorist کہیں
اپنے لئے تو وطن کی خاک اچھی۔ یہاں محلوں میں ٹھکانہ کیا؟
پھر زمانے بھر کی باتیں وئی۔ یاد رہے گی ایک ایک گھڑی
جو دل چاہے کرلو ابھی۔ شرمانا کیا۔ گھبرانا کیا؟
یارو اٹھو اب کوچ کرد۔ امریکہ میں جی کا لگانا کیا؟

ولی الدین

آدھامین آدھاحیدرآبادی

ماشتی صبر طلب اور تمنا پنجاب
دل کا کیا رنگ کروں خون جگر ہوتے تک

ہم لے مانا کہ تعلق نہ کرو گے لیکن
خاک ہو جائیں گے ہم تم کو خبر ہوتے تک

ہر تو خور سے ہے شہنم کو فنا کی تعلیم
میں بھی ہوں ایک عہد کی نعر ہوتے تک

یک نعر پیش نہیں فزت ہستی غافل
کری ہم ہے اک رقص شر ہوتے تک

غم ہستی کا اند کس سے ہو جز مرگ علاج
شع ہر رنگ میں جلتی ہے سحر ہوتے تک

ہم سلسلے جو فنا کے رکھتے ہیں
تو حوصلے بھی انتہا کے رکھتے ہیں
ہم کبھی بدوعا نہیں دیتے
ہم سلیقے و عا کے رکھتے ہیں
ان کے دامن بھی جلتے دیکھے ہیں
وہ جو دامن بچا کے رکھتے ہیں
ہم نہیں ہیں شکست کے قائل
ہم سفینے حبلہ کے رکھتے ہیں
جس کو حبانہ ہے وہ چپا حبانے
ہم دے سب بچا کے رکھتے ہیں
ہم بھی کتنے عجیب ہیں محسن
درد کو دل میں بچھا کے رکھتے ہیں

انیس دہلوی

غزل

تو ساتھ ہے تو تیرا دوانہ بھی کم نہیں
لیکن مقابلے میں زمانہ بھی کم نہیں
جس نے بھی تیر کھایا ترپتا ہے عمر بھر
ناز و ادا کا اُن کے نشانہ بھی کم نہیں
لطف و کرم نہیں تو ستم کے لئے سہی
جاناں! ہمارے گھر ترا آنا بھی کم نہیں
کھڑکی میں آ کے بیٹھتے ہو میرے واسطے
ہر شام یہ چراغ جلانا بھی کم نہیں
نوٹی ہیں مجھ پہ آج تو دو دو قیامتیں
وہ بھی جواں ہے، وقت سہانا بھی کم نہیں
تو نے محبتوں سے نوازا ہے شکر یہ
تیرے انیس کو یہ خزانہ بھی کم نہیں

On the lighter side....

"I've never flown before," said the nervous old lady to the pilot. "You will bring me down safely, won't you?"

"All I can say ma'am," said the pilot, "is that I've never left anyone up there yet!"

My older son loves school, but his younger brother absolutely hates it. One weekend he cried and fretted and tried every excuse not to go back on Monday. Sunday morning on the way home from church, the crying and whining built to a crescendo.

At the end of my rope, I finally stopped the car and explained, "Honey, it's a law. If you don't go to school, they'll put Mommy in jail."

He looked at me, thought a moment, then asked, "How long would you have to stay?"

Little Johnny asked his father, "Where did I get my intelligence from?"

His father replied, "It must be from your mother... because I still have mine."

I was hospitalized for a few days, and my wife reported that my dog really missed me. "She spends the night at the front door, awaiting your return," she said.

"What an example of true love," I replied. "I wonder if you'd be that concerned about me?"

"Honey," my wife answered, "if you were gone overnight, and I didn't know where you were, you can be sure I'd be waiting for you at the front door."

Preparing my son for his first day of kindergarten, we were reviewing numbers and counting. Suddenly he asked, "What is the biggest number in the world?"



As briefly as possible, I tried to explain the concept of infinity. I thought I had done pretty well, but then he said, "Dad, what number comes just before infinity?"

An Irishman proposed to his girlfriend on Saint Patrick's Day and gave her a ring with a synthetic diamond.

On learning it wasn't real she protested vehemently about his cheapness.

He explained that in honor of Saint Patrick's Day, he picked her a sham-rock.

Question: Who takes care of the farm when the farmer is sick?

Answer: The pharmacist.

Al: When was your son born?

Sam: In March, he came the first of the month.

Al: Is that why you named him "Bill"?

Mom: What did you do at school today?

Mark: We played a guessing game.

Mom: But I thought you were having a math exam?

Mark: That's right.

Why do Barbers make for good drivers?

Because they know all the short cuts!

Bob had this problem of getting up late in the morning and was always late for work. After a few weeks of this, his boss was mad and threatened to fire him if he didn't do something about it.

So Bob went to his doctor, who gave him a pill and told him to take it before he went to bed. He got a great night's sleep and actually beat the alarm in the morning. After a leisurely breakfast, he cheerfully drove to work. Boss," he said, "The pill my doctor subscribed me actually worked!"

"That's all fine," said the boss, "But where were you yesterday?"

A psychotherapist returned from a conference in the Rocky mountains, where the delegates spent more time on the icy ski slopes than attending lectures and seminars.

When she got back, her husband asked her, "So, how did it go?"

"Fine," she replied, "but I've never seen so many Freudians slip."

I'll do algebra, I'll do statistics, I'll even do trigonometry...

But graphing, THAT is where I draw the line!



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