

www.Asia Times.US

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

OCTOBER 2023 Vol 14, Issue 10



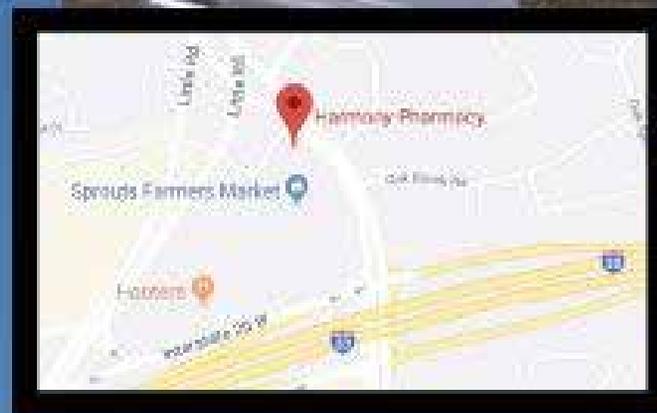
DETAILS ON
PAGE 22, 23





Why Harmony Pharmacy?

- ✓ Free Delivery
- ✓ Specialize in Compounding
- ✓ Quick Prescription Transfers
- ✓ 24/7 Pharmacist available on Phone
- ✓ We match Competitor Prices
- ✓ Fast and Friendly Service
- ✓ 15 years + Experience



WE PROVIDE FREE PRESCRIPTION DELIVERY TO YOUR DOORSTEP.



For CURRENT Prescriptions:

Provide us with the phone number of your current Rx Store and Harmony Pharmacy will take care of the rest.

For NEW Prescriptions:

Tell your Doctor that you would like to have your prescription filled by Harmony Pharmacy.

4388 W. Green Oaks Blvd #110, Arlington, TX 76016

Phone: 817-380-3030 | Fax: 817-476-6766

www.AsiaTimes.US

ISSN 2159-9645



CEO & Editor/Publisher
Azeem A. Quadeer, P.E.
Licensed Professional Engineer in the State of Texas

Editor@AsiaTimes.US
Finance and Marketing Chief
Madam Sheela
MadamSheela1@gmail.com

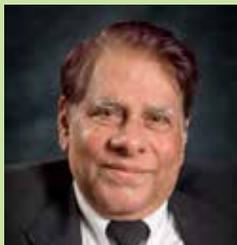
Asia Times US is published monthly
Copyright 2023
All rights reserved as to the entire content

Asia Times US does not necessarily endorse views expressed by the authors in their articles

BOARD OF ADVISORS



Iftexhar Shareef
CEO, National Bank Corp
Chicago, IL



Dr. Basheer Ahmed, M.D.
Renowned psychiatrist
Dallas, TX



Khalid Y. Hamideh
Civil rights attorney
General counsel and spokesman for Islamic organizations
Dallas, TX



Shawkat Mohammed
NEW YORK LIFE
Member Million Dollar Round Table
Dallas, TX



Sher M. Rajput
Trustee East West University
Chicago, IL



Dr. Abdul Rahiman, MD; MPH
Physician, Internal Medicine
Dallas, TX



Elyas Mohammed
Charlotte, NC



Waliuddin
Senior Pharmacist
Chicago, IL



Engr. Ameer Mohammed Ali Khan, MS
Construction Manager, CEP
Engineering Co. Illinois
Chicago, IL

INTERNATIONAL PAGES

INTERNATIONAL PAGES



ISLAMIC FINANCING SOLUTIONS

Experience matters when it comes to home financing!

- ✔ Home, Masjid & Commercial Financing
- ✔ 5-star Customer Service
- ✔ Competitive Monthly Payments with No Monthly LLC Fees

Anwer Mangrio
Regional Manager

NMLS ID #279529

Direct: (206) 679-9724

Cell: (510) 610-5255

Email: amangrio@myuif.com

Apply Now: www.myUIF.com/amangrio

- ✔ Recognized by National Mortgage News as the Top 200 Mortgage Originators
- ✔ #1 Producer in the Islamic Finance Industry (Closed over \$800 M)



UIF Corporation (UIF is a trademark of UIF Corporation) – Equal Housing Opportunity - NMLS 93460 (www.nmlsconsumeraccess.org) is a Faith Based subsidiary of University Bank (NMLS 715685), Member FDIC, that operates in various states. UIF is licensed by the California Department of Business Oversight under the California Financing Law (#6031396); For a complete list of the states UIF Corporation is able to provide financing in, please visit <https://www.myuif.com/license-registration>. UIF Corporation is not affiliated with National Mortgage News or any government agency. This is not a commitment to lend or an offer for a rate lock agreement; a pre-qualification is based on a preliminary review of information provided and limited credit information. All home financing transactions are subject to verification of application information, satisfying all underwriting conditions and requirements, and property eligibility, including appraisal and title report. You must carry insurance on the property that secures the transaction, and flood insurance may be required. Any taxes or additional conditions imposed by the city, county or state that the subject property is located in will be the obligor's responsibility.





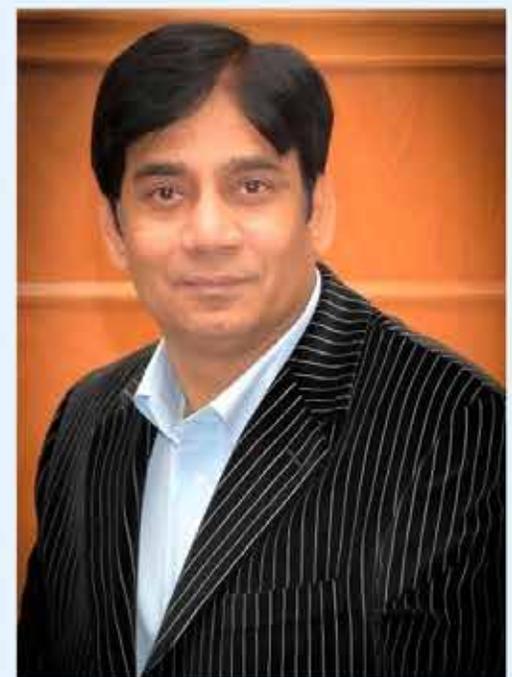
**We are the
company of
the community.**

**Contact me to learn more about
securing your family's financial future.**

Shawkat Mohammed (Agent)

**Ph: (817) 320-9439
mohammeds@ft.newyorklife.com**

**New York Life Insurance Company
6565 N. MacArthur Blvd, Suite 100
Irving, TX 75039**



Be good at life.

Insure. Prepare. Retire.

1911747 EXP: 8/26/2023

THE LAW OFFICES OF KHALID Y. HAMIDEH

مكتب المحامي خالد حميده

214-515-0000

Personal Injury, Wrongful Death, Civil Litigation,
Family, Wills/Estate, and Mediation Services

EXPERIENCE . TRUST . RESULTS



Razan
Hamideh

Khalid
Hamideh

Yusef
Hamideh

40 years Trial Law Experience

- FREE LEGAL CONSULTATION ON ALL INJURY CASES
- NO FEE PAID ON INJURY CASES
- ATTORNEY FEE COLLECTED FROM INSURANCE COMPANY

- إستشارة قانونية مجانية لكل قضايا الإصابات
- لا رسوم تدفع لقضايا الإصابات
- أجور المحامي تدفع من قبل شركة التأمين

210 S. Greenville Avenue, Ste. 200-300
Richardson, Texas 75081

Phone: 214-515-0000

Fax: 214-463-2550

Email: info@hamidehlawfirm.com

www.hamidehlawfirm.com



The Law Offices of
Khalid Y. Hamideh



@hamidehlawfirm





EXPRESSING DELIGHT FOR THE BIRTH OF LIGHT

COMMUNITY MAWLID 2023

FRIDAY OCT 6, 2023
7:15 PM

Makkah Masjid
3301 W Buckingham Rd.
Garland TX 75042

Quran Recitation by Allama Kalimullah Nizami Sb



MUFTI HASAN RAZA KHAN



SHAYKH DR. MUHAMMAD BIN YAHYA AL-NINOWY

FOR FURTHER INFO:
BR ANIS GAZIANI - (469)939-5719

PLEASE REGISTER
REFRESHMENTS WILL BE SERVED

@madinainstitutedallas madinainstitute.com




SUNDAY SCHOOL PRESENTS

FALL CARNIVAL

SUNDAY, OCTOBER 8TH 2023
12PM TO 6PM

ETHNIC FOODS, CLOTHES, BAKE SALE, FACE PAINTING, HENNA, ICE CREAM TRUCK AND MUCH MORE!

FOR BOOTH RESERVATIONS PLEASE CALL OR TEXT :

RESHMA SHEIKH @ 682-557-8743
HINA UZAIR @ 682-715-8795
AYESHA RAFI @ 817-995-2426
UZMA ASIF @ 817-798-7645




MASJID AL- SAHAABAH
6005 CHAPMAN RD, WATAUGA TX, 76148



NATIONAL CONVENTION #IAMCCON23

UPHOLDING DEMOCRACY & HUMAN RIGHTS

A Global Call to Action

Plano Event Center
2000 E. Spring Creek Pkwy, Plano TX, 75074

Saturday, Oct. 14th
11:00 AM - 10:00 PM

SCAN ME



Register now at :
IAMCCONVENTION.COM

OVER 22 SPEAKERS

SPEAKER HIGHLIGHTS



Dr. Omar Suleiman
Founder & President of Yaqeen Institute



Dr. Irfan Ahmad
Professor of Anthropology



Prof. Khaled Beydoun
Author & Legal Scholar



Dr. Yasmin Saikia
Chair in Peace Studies



Dr. Sahar Aziz
Professor of Law, Author "The Racial Muslim"



Azhar Azeez
Motivational Speaker



Preacher Moss
Comedian & Entertainer



YOUTH LEADERSHIP EMPOWERMENT SUMMIT 2023

BUILDING THE LEADERS OF TOMORROW

Students Receive

- Certificate of Completion
- Build College Resume
- Earn Volunteer Hours

Programs

- Navigating Leadership in the Modern Age
- Powerful Public Speaking Workshop
- Journalism, Communication, and Mock Interviews
- Stories of Young Muslim Activists in the U.S.
- Workshop: How to Develop a Issues Campaign in Government

Costs: \$35 Per Student

- Lunch & Dinner Included

Plano Event Center
2000 E Spring Creek Pkwy, Plano, TX 75074

Saturday, Oct 14th
12:00 P.M. - 10:00 P.M.



REGISTER NOW

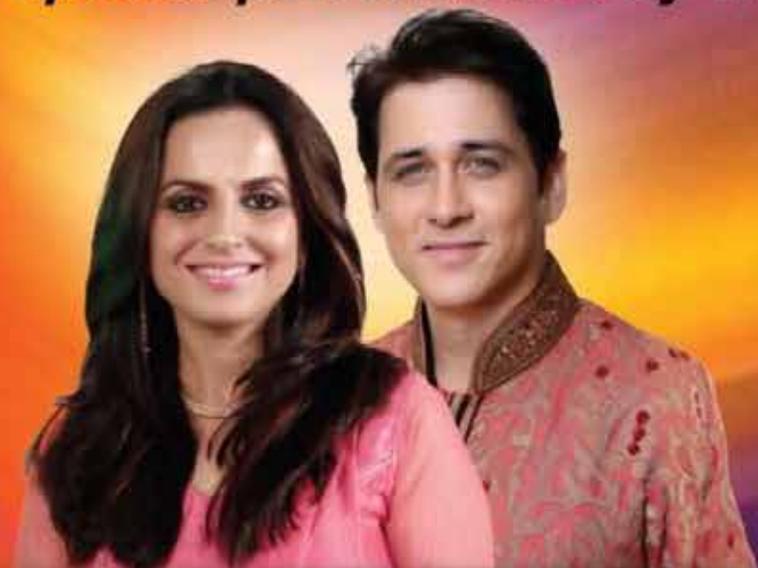
Hyderabad Society of North Texas Presents

HSNT Shaam-e-Hyderabad

Bringing Hyderabad Community Together In The Dallas/Fort Worth Metroplex

**Ticket : \$60
with Authentic
Hyderabad Dinner**

Special performance by ...



INDIA'S FAVORITE SINGING COUPLE

SAMIR & DIPALEE

ACCOMPANIED BY MUSICIANS FROM INDIA

FOR VIDEOS VISIT  **samirdipalee**

**Saturday, November 18, 2023
6:00 PM to 12:00 AM**

**Venue: Crystal Banquet
6300 Independence Pkwy,
Plano, TX 75023**

www.hsntdfw.com

Hyderabad Society Of North Texas is a not-for profit organization

For Information & Sponsorship

- Mohammed Hameed: 469-544-4118
- Rahat Arifuddin: 214-680-8045
- Shawkat Mohammed: 817-320-9439
- Zeeshan Farooqui: 817-903-6967
- Azeem Quadeer: 219-588-1538
- Anjum Rahiman: 347-673-9833
- Aasia Ali: 972-786-2078
- Munawar Rahman: 972-514-2717
- Raazia Munawar: 972-822-4127



DALLAS-HOUSTON PAGES

IMPMS Annual Event September 2023

Institute of Medieval and postmedieval Studies (IMPMS) held the annual event with Dr Mohiuddin a renowned scientist and professor of Surgery at the University of Maryland School of Medicine as a keynote speaker on September 16, 2017. This was another milestone in IMPMS's ongoing mission to shed light on the invaluable contributions of Muslim scholars to the world of knowledge.

Dr Basheer Ahmed, the founder president, introduced "IMPMS" and elaborated its goals and objectives. Muslims contribution to the world civilization was not given the recognition and credit it deserved. Civilizations are built sequentially like building blocks. American and European historians focused on Egyptian, Greek, Roman, and Western civilizations overlooking the significant contributions of Mesopotamians, Assyrians, Indians, Chinese, and Muslim Civilizations. From the 7th to 15th century, Muslim scientists and scholars enlightened the world of DARK AGES. They significantly contributed in medicine, chemistry, physics, mathematics, astronomy, philosophy, and all fields of knowledge. Islamic civilization produced great achievements and the intellectual legacy of a faith that transformed the world. Without the tremendous contribution of the Muslim world there would have been no Renaissance in Europe. The contributions made by Muslim scientists and scholars in 800 years served as the foundation of the Western Renaissance of the 16th century. Muslims rescued knowledge from Roman and Greek scholars that would have been lost, by preserving it from destruction by Christian fanatic. Muslims translated the material from Greek and other languages and added their own original contributions into Arabic language. Later in 12th century these documents were translated in from Greek and other European languages. For almost a thousand-year Islam was arguably one of the leading civilizations of the world. Muslims did not ignore morals and ethics. For over seven hundred years its language, Arabic, was the international language of science.. Early Muslim scholars had already concluded the earth was round. Europeans refused to accept this fact well into the Renaissance, insisting the earth was flat. Muslim astronomers corrected Ptolemy's planetary model to conform to Muslim almanac tables, and acknowledged the existence of other planetary systems. The books written by Ibn Sina, Al Zaharawi and Al Razi were used as text books of Medicine and surgery in Europe and middle east for 500 years. Unfortunately, many Muslims and non-Muslims do not know about these scholars. Young students grew up believing that only the Europeans made significant scientific progress after the Renaissance. In 2001, at the American Association of Muslim Social Scientists initiative, Ambassador Syed Ahsani and Dr

Basheer Ahmed established an organization: "Institute for Medieval and Postmedieval Studies." was established with a noble aim - to disseminate the contributions of Medieval Muslim scholars to world civilization. Instead of emphasizing a clash between Islamic and Western civilizations, IMPMS sought to highlight the commonality of their goal: "serving humanity through the advancement of science."

In pursuit of this goal, IMPMS reaches people of all ages, faiths, and genders with information regarding the contributions of the Islamic world in all fields of knowledge. IMPMS presented seminars to university students and teachers, congregations at churches, synagogues, and mosques, papers at national and international conferences, and published articles and books. Furthermore, IMPMS has partnered with organizations like DiscoverSTEM and the GEM Center's Robotics program, both dedicated to nurturing scientific thinking and innovation among students IMPMS works closely with organizations like DiscoverSTEM and GEM Center's Robotics program that are devoted to teaching students to develop scientific thinking and become innovators. To inspire and motivate students to learn about our heritage and become future scientists, IMPMS held an essay contest in 2020. IMPMS asked Students to write an essay on one of the following Medieval scholars.

Ai Khwarizmi, Jaber bin Hayyan, Ibn Sina, Al Haitham and Al Zaharawi

Beyond the biographies and their scientific work, students were encouraged to express how these scientists inspired them to follow in their footsteps. With the phenomenal success of the first essay contest, IMPMS held the second essay contest for students in 2021. IMPMS asked Students to write an essay on one of the following three Muslim Nobel laureates "Dr. Abdus Salam, Dr. Ahmed Zewail, and Dr. Aziz Sancar." These contests were the first of this kind for the U S school students to share how they are inspired and motivated by learning about the contributions of these great scholars.

Moreover, IMPMS hosted an exhibition featuring Muslim Medieval scholars at the University of Texas at Dallas from December 1, 2022, to January 15, 2023. This exhibition provided thousands of students and members of the DFW community with an opportunity to delve into the world of Muslim scholars and their remarkable achievements.

Dr. Basheer Ahmed, the driving force behind IMPMS, contributed significantly to this cause by publishing the book "The Rise and Fall of Muslim Civilization - Hope for the Future." The book received a warm reception from intellectual groups and audiences at various Islamic centers, further propagating knowledge about the rich Islamic scientific heritage..

To motivate and inspire students to pursue careers in science, IMPMS invited distinguished Muslim scientists, including Professor Pervez Hoodbhoy, Dr. Hashima Hasan, a NASA astrophysicist, and Dr.



Mutlu Packdill, an astrophysicist specializing in pulsating galaxies, to share their insights and experiences.

The highlight of the recent IMPMS event was the keynote speech by Dr. Mansoor Mohiuddin, a renowned scientist and professor of Surgery at the University of Maryland School of Medicine. Dr. Mohiuddin's journey from his early years in Hyderabad to becoming a distinguished figure in the field of transplantation surgery was nothing short of inspirational. Graduating from Dow Medical College in Karachi, Pakistan, in 1989, Dr. Mohiuddin went on to complete Fellowships in Transplantation Biology and Transplantation Surgery at Rush University, Chicago, and the University of Pennsylvania. He then served as a Senior Scientist at the National Institute of Health, where he contributed to the Xenotransplantation Program. Since 2017, Dr. Mohiuddin has held the position of Professor of Surgery at the University of Maryland School of Medicine. His impressive credentials include membership in prestigious societies like The Transplantation Society and the American Society of Transplantation, as well as being the President-Elect of the International Xenotransplantation Association. Dr. Mohiuddin has secured several millions in research grants, and in 2022, the prestigious journal "Nature" recognized him as one of the top 10 researchers in the world.

Soon after the Event Dr Mohiuddin headed back to Maryland where he and the team of surgeons performed the second heart transplant operation using genetically modified pig's heart.

<https://www.nytimes.com/2023/09/22/health/pig-heart-transplant-faucette.html>



Indian Muslims and their Contemporary Challenges



MJ lecturer Khaleel Ur Rahman in Dallas with MJ Alumni including Kaleem Momin and others



Benefit Dinner was organized by IMRC DFW Chapter. Zameer Mohammed and Syed Farhan Uddin managed the event which was held at Holiday Inn Dallas. Funds were collected to support build a College of Pharmacy in India. Prof. Amirullah Khan, Advisor to Bill & Melinda Foundation addressed the gathering. Azhar Azeez, CEO Muslim Aid USA was the motivational speaker.



SHALIMAR ground breaking ceremony in Dallas on Sep 29 by . Congratulations to the owners Dr. Imtiaz Ahmed, Syed M. Ali Faheem and Mansoor Ahmed. Dua lead by Mufti Hussain Kamani



MEADOW WOODS

EVENTS VENUE

Affordable pricing to fit any budget, we allow outside catering.

Everything you need to host your event

Call us today to book your special occasion.



CONTACT : (972) 878-4771
ADDRESS: 2274 EAST BROWN ST.
WYLIE, TX 75098

INDOOR & OUTDOOR FACILITY

INTERNATIONAL PAGES

INTERNATIONAL PAGES

20,000 enthusiastic community members attended ISNA's 60th Annual Convention in Chicago

20,000 enthusiastic community members attended ISNA's 60th Annual Convention in Chicago over the Labor Day Weekend, 60 years of service: Navigating the way forward.

Over 200 Renowned Speakers, Round Table Discussions, Interfaith Reception, Bazaar with 550 booths, Film Festival, Enlightening Entertainment, Basketball Tournament, Jesse White Tumblers, Huge 60th anniversary cake, food packing, governmental breakfast and many more

innovative events capture the heart and soul of the participants.

(Chicago, 09/05/2023): The Islamic Society of North America (ISNA) rolled out its high profile 60th Annual Convention and attracted Thousands of Enthusiastic Participants at the Donald E. Stephens Convention Center in Rosemont, Illinois (5555 N. River Road, Rosemont, IL 60018). "A Multifaceted #ISNA60 Convention was inaugurated by around 40 elected officials and community leaders followed by Friday prayer by thousands of participants. Islamic Society of North America (ISNA) convention is widely regarded as the largest annual gathering of Muslims in America. It attracts thousands of participants and serves as a social and spiritual event for the betterment of our community. In addition to Muslim Americans, the convention attracts people of other faiths, international delegations, and officials from local, state, and federal government, including heads of state said Mir Khan, Chairman, Steering

Committee, ISNA. "ISNA's Convention is more than simply a coming together of Muslim community. Our goal is to unite people across different faiths and backgrounds in the spirit of peace and better understanding", said Safa Zarzour, ISNA President, in his Inaugural Address. Continuing his address, he said that even though the Convention is by Muslims, it is for everyone. "This is not just a Muslim event, but this is an American event", he stated and added that the Convention provides a platform to Muslims, guests from other faith communities, families, businesses and non-profit organizations to network and exchange ideas. This year's theme, "60 years of service: Navigating the way forward", he added, was largely center on how faith can inspire the community to bring positive social change in response to challenges and injustices of all forms. "The Convention was a great opportunity to look back and celebrate our accomplishments and successes as American Muslim community and at the same also look ahead to address some of the challenges we face as a community in North America", he concluded with a sense of optimism. "ISNA had rich list of 200 renowned speakers, scholars, community leaders, and public servants to address Convention attendees. Remarks from Congressman

Ro Khanna (Rep. California 17th District), Congresswoman Summer Lee, Khizr Khan (Goldstar Father and Presidential Medal of Honor Recipient) Comedian Preacher Moss & other national Muslim entertainers offering their signature acts. Film Festival featuring Muslim American filmmakers tackling relevant issues

facing Muslim Americans. One of the largest Muslim Matrimonial events in the US Renowned speakers like Hamza Yusuf, Zaid Shakir & Yasir Qadhi addressing evolving Muslim issues. Shaykh Hamza Yusuf, was the keynote speaker during the Community Service Recognition Luncheon which honored Dr. Ihsan Bagby for his lifetime dedication to serving the community. Mazen Basrawi from the white house read a special letter from POTUS, building interfaith relationships and social justice advocacy, said Mr. Azhar Azeez, board member and former President, ISNA. Over 40% convention speakers were females that includes well known academics and scholars like Dr. Rani Awad, Dr. Ingrid Mattson, Ustadha Lehsa Prime, Ustadha Muslema Perumal, Ustadha



Yasmin Mogahed and others, Azeez added. Complementing the main ISNA offering of programs, there were conferences hosted by MSA of US & Canada.

1963 by the Muslim Students Association of the US and Canada (now MSA-National). In everything that ISNA does, the effort is not just to unite and strengthen the Muslim community and their trust in Allah, but also ISNA is actively building bridges of understanding, communication, reconciliation, and cooperation with the mainstream faith and other communities.

Ashfaq Syed, Chair, Media Relation & Secretary, Steering Committee, ISNA

ISNA is the largest and oldest Islamic umbrella organization in North America. Its mission is to foster the development of the Muslim community, interfaith relations, civic engagement, and better understanding of Islam at an international level, representing the voices of Muslim Americans said Basharat Saleem, Executive Director, ISNA. The roots of ISNA were laid in



www.AsiaTimes.US

Offers



Medical Beds, wheel Chairs and other equipment loaned FREE to underprivileged people in Hyderabad, India

You use it until you are free of illness

Contact:

Mr. Ateeq 995 120 7710 (Hyd)

Mr. Azeem: WA# 00 1219 588 1538

Hizb ut-Tahrir's Disturbing Influence on Young Muslims

Gulam Samdani

Hizb ut-Tahrir's Disturbing Influence on Young Muslims and Its Presence at Western Colleges

In recent years, the rise of Hizb ut-Tahrir has sparked concern over its influence on young Muslims and its presence on Western college campuses. Founded with the intention of establishing a global Islamic Caliphate under Sharia law, this organization has garnered attention for its extremist ideology and propagation of radical views. This article delves into the worrisome impact of Hizb ut-Tahrir on young Muslims and its activities within Western colleges. Hizb ut-Tahrir, founded in 1953 by Taqiuddin al-Nabhani, presents itself as a non-violent political organization. However, its objectives and teachings often promote a strict interpretation of Islam, calling for the establishment of a Caliphate governed by Sharia law. While the group claims to seek change through intellectual discourse, its ideological underpinnings have raised concerns about its influence on impressionable young Muslims. Hizb ut-Tahrir's ideology has attracted a following, particularly among young Muslims who may be disillusioned by geopolitical instability or societal issues. The organization's narrative of unity and empowerment resonates with those searching for identity and purpose. However, this appeal comes with a dangerous trade-off — the potential for radicalization. Critics argue that Hizb ut-Tahrir's rhetoric and teachings can cultivate extremist attitudes. The group's focus on overthrowing existing governments and replacing them with a global Caliphate can lead to disillusionment with mainstream society and an inclination towards radical measures. Young minds, susceptible to such ideologies, may become

susceptible to recruitment into more extremist factions or activities.

The presence of Hizb ut-Tahrir at Western colleges is a growing concern. While the organization's activities are not as overt as in other countries, its influence is felt through various means. The group often uses intellectual and ideological discussions as a cover to propagate its extremist views. It hosts events, distributes literature, and engages in online forums to reach young Muslims on college campuses. It's important to note that universities are meant to be spaces of intellectual growth, diversity, and open discourse. Hizb ut-Tahrir's presence, however, raises questions about the line between free speech and promoting dangerous ideologies. Colleges must navigate the challenge of maintaining an environment that encourages diverse perspectives while also protecting students from exposure to potentially harmful beliefs.

Hizb ut-Tahrir in Muslim minority countries specially the west has garnered attention for its stance against democratic systems and its belief that the implementation of Sharia law is the only legitimate form of governance for Muslims. As part of its ideological framework, Hizb ut-Tahrir discourages Muslims from participating in secular political processes, including voting in elections.

The organization's rationale for discouraging Muslims from voting is based on several key principles:

1. **Sovereignty of Allah:** Hizb ut-Tahrir argues that the sovereignty of Allah, as outlined in Islamic teachings, should take precedence over the sovereignty of human-made laws. In their view, participating in secular elections and voting for secular political parties implies a recognition of man-

made laws as superior to Islamic principles, which goes against their core belief system.

2. **Legitimacy of Islamic Governance:** Hizb ut-Tahrir contends that the only legitimate form of governance for Muslims is one that adheres strictly to Sharia law. They reject democratic systems as incompatible with Islamic teachings and consider voting in non-Islamic elections as a compromise of Islamic principles.

3. **Change Through Intellectual Efforts:** Instead of participating in political processes, Hizb ut-Tahrir advocates for change through intellectual and grassroots efforts aimed at promoting Islamic values and educating Muslims about the superiority of Sharia law. They believe that focusing on ideological transformation is a more effective way to bring about change than engaging with secular political systems.

4. **Rejection of Secularism:** Hizb ut-Tahrir rejects secularism as a Western concept that separates religion from governance. They view secularism as a threat to Islamic identity and seek to establish an Islamic state that encompasses all aspects of life, including politics.

5. **Avoiding Compromise:** The organization fears that participating in secular elections could lead to compromising Islamic principles in order to conform to non-Muslim majority preferences. They argue that Muslims should not participate in systems that require them to prioritize secular laws over Sharia law.

It's important to note that Hizb ut-Tahrir's stance on voting is not universally accepted within the Muslim community. Many Muslims around the world do participate in democratic processes and elections while seeking to reconcile their religious beliefs with their civic responsibilities. Additionally, there are differing

interpretations of Islamic teachings regarding political participation, and scholars within the Muslim community hold a range of views on this topic.

In various countries where Hizb ut-Tahrir operates, its stance against voting and participation in secular political processes has generated both support and criticism. Governments in some countries have banned the organization due to concerns about its activities and ideology, while others have allowed its presence as part of freedom of speech and association. In democratic societies, the right to vote is often hailed as a cornerstone of civic participation and representation. However, the exercise of this fundamental right isn't always straightforward. Voter suppression, a term that has gained prominence in recent years, takes various forms, one of the most insidious being voting discouragement. This covert tactic prevalent towards minorities in western countries, & in case of Hizb ut-Tahrir is actually an overt one, undermines the democratic process by dissuading eligible Muslim voters from casting their ballots, thereby suppressing their voices and influencing election outcomes.

The decision of Muslims not to vote can have several potential consequences and implications, both for the individuals themselves and for the broader society:

1. **Underrepresentation:** Not participating in the democratic process through voting can lead to underrepresentation of Muslim voices in political decisions. This can result in policies that may not adequately address the concerns and needs of the Muslim community.



their lives, including education, healthcare, civil rights, and religious freedoms. Voting allows them to have a say in shaping the laws and regulations that affect their communities.

3. **Marginalization:** Non-participation can lead to a perception of apathy or disinterest in the democratic process, potentially marginalizing the Muslim community from mainstream political discourse. This can contribute to feelings of exclusion and hinder efforts to address issues that affect Muslims.

4. **Diminished Social Integration:** Voting is a way to engage with the broader society and contribute to the well-being of the country as a whole. Not participating in elections can hinder social integration and cohesion, reinforcing perceptions of Muslims as being separate from the larger community.

5. **Missed Opportunities for Change:** Participating in elections provides Muslims with the chance to vote for candidates and parties that align with their values and priorities. By abstaining from voting, they may miss opportunities to support politicians who advocate for social justice, equality, and civil rights.

6. **Compromised Civil Rights:** In democratic societies, civil rights and religious freedoms are often protected through legislation. By not participating in the democratic process, Muslims might inadvertently contribute to the weakening of these protections, as they are not actively engaged in advocating for their rights.

7. **Ineffective Advocacy:** Not voting can limit the effectiveness of advocacy efforts aimed at addressing issues faced by the Muslim community. Politicians and policymakers are more likely

Cont'd...Hizb ut-Tahrir's Disturbing Influence on Young Muslims

Gulam Samdani

to respond to the concerns of groups that actively participate in the political process.

8. Lack of Representation:

By abstaining from voting, Muslims may inadvertently contribute to the lack of diverse representation in government bodies. Having representatives who share their backgrounds and experiences can lead to more inclusive policies and decision-making.

9. Potential for Extremist Influence:

In some cases, the absence of mainstream political engagement might leave a vacuum that could be exploited by extremist groups seeking to capitalize on disenchantment and frustration among Muslims.

10. Failure to Utilize Civic Rights:

Voting is a fundamental civic right and an avenue for citizens to express their opinions and preferences.

By not exercising this right, Muslims might be foregoing an important means of contributing to the democratic process.

It's worth noting that the decision to vote or not is a personal one influenced by a variety of factors, including individual beliefs, political attitudes, and cultural considerations. While there are valid reasons for Muslims to engage in the democratic process, it's also important to respect differing viewpoints within the Muslim community regarding political participation. On the other hand, being influenced by Hizb Ut-Tahrir into not voting is a severe danger to the prospects of Muslims & the functioning democracies they sustain their lives within. Hizb ut-Tahrir's ideology and certain aspects of its methodology have drawn comparisons to the historical group known as the Khawarij. The Khawarij were a sect that emerged during the early days of Islam and held radical beliefs regarding governance, religious interpretation, and the legitimacy of Muslim rulers. Here are some ways in which

Hizb ut-Tahrir's resemblance to the Khawarij has been noted:

1. Rejection of Muslim Rulers: The Khawarij were known for their uncompromising stance against Muslim rulers of their time, even if those rulers were adhering to Islamic principles. Similarly, Hizb ut-Tahrir rejects existing Muslim

governments as un-Islamic and calls for their overthrow, often criticizing them for not implementing Sharia law strictly as per the perceptions of Hizb ut-Tahrir ideology.

2. Takfir (Excommunication): The Khawarij were notorious for declaring Muslims who disagreed with their interpretation of Islam as unbelievers (kafir) and thereby justifying violence against them. Hizb ut-Tahrir has been accused of takfir due to its labeling of many Muslim-majority countries as non-Muslim entities because they do not adhere to their particular interpretation of Islam. And today in the west both off & on college campuses they oppose the speeches & leadership of mainstream Muslim scholarship.

3. Insistence on a Specific Interpretation:

The Khawarij insisted on their own strict interpretation of Islamic teachings, rejecting the opinions of mainstream scholars and religious authorities. Hizb ut-Tahrir also adheres to a specific interpretation of Islam and rejects the legitimacy of other interpretations, particularly those that support democracy or secular governance.

4. Rejection of Consensus (Ijma):

The Khawarij disregarded the consensus of the Muslim community and believed that religious rulings should be based solely on their own understanding of the Quran and Sunnah. Hizb ut-Tahrir, similarly, rejects the concept of consensus (ijma) and relies heavily on its own interpretation of Islamic sources.

5. Focus on Political Change:

The Khawarij sought to bring

about political change through violent means, often engaging in armed conflicts against the established Muslim rulers. While Hizb ut-Tahrir officially advocates for non-violent methods, some critics have expressed concerns about the potential for radicalization among its members, and especially towards their efforts on Western College Campuses influencing unsuspecting Muslim students.

6. Simplistic Approach to Complex Issues:

The Khawarij were known for their black-and-white view of complex religious and political issues, often applying rigid principles without taking into consideration context and circumstances. Critics of Hizb ut-Tahrir argue that the organization's approach to governance oversimplifies the challenges of establishing a functional Islamic state. It's important to note that while there are certain resemblances between Hizb ut-Tahrir's ideology and the historical Khawarij, there are

also significant differences. Hizb ut-Tahrir's ideology promotes non-violence and emphasizes the importance of intellectual and ideological efforts in achieving its goals. Additionally, Hizb ut-Tahrir has been criticized for its lack of transparency, hierarchical structure, and strict control over its members, which distinguishes it from the decentralized nature of the original Khawarij.

The comparison between Hizb ut-Tahrir and the Khawarij is a complex and debated topic within Islamic scholarship and political analysis. Different scholars and observers might have varying opinions on the extent of this resemblance and its implications. Addressing Hizb ut-Tahrir's influence requires a multi-pronged approach. Firstly, universities should encourage open dialogue and provide platforms for moderate voices within the Muslim community.

Educating young Muslims about the organization's history, ideology, and poten-

tial consequences can help immunize them against extremist narratives. Law enforcement agencies must also monitor the group's activities to ensure they do not breach the boundaries of legality or incite violence. Collaboration between institutions, law enforcement, and community leaders is vital in countering the organization's appeal and protecting vulnerable individuals from falling into radicalization traps.

The rise of Hizb ut-Tahrir and its influence on young Muslims, especially on Western college campuses, is a cause for concern. While universities strive to uphold the values of free speech and diversity, they must also safeguard their students from potentially harmful ideologies. By fostering an environment of open dialogue, education, and cooperation, we can work towards preventing the spread of extremist views and protecting the future of young Muslims from the clutches of radicalization.



Allahka Fazal
 Muhammad Imran Tahir
 Mohamed G Lata
 Ash Deiri-Terek Kadowr
 DjRoy Roy
 Ayman Jaber / Said Motawea
 Stephen S Adkins
 Shy Khan
 Kamran Khan
 Rachana S
 Jiaa Jabbar
 Vikash Rungta
 Parvathi Gangireddy/Shanker
 Mareddy
 Shaihlha Umar / Alim Akhtar /
 Rameez Kaukab
 Zameer Mohammed
 Manuel Tilca
 Mohd Tabrase / Sanjay Rao /
 Mir Amjed Ali

Bobby Panuganti/ Seema Ti-
 wari/Anil Savarapu
 Manoj Kumar Govindan
 Maruf Alam Show
 Ganesh Kar/Tijendra Kumar
 Hitesh Gandhi
 Narayan Mahajan
 Mubashir Faruqi / Samad Rafe
 / Zameer Mohammed
 Deepak Kaithakkapuzha
 Javaria Jabeen
 Anjali Desai/Bhavini Sreeniv-
 asan/Megha Vyas
 Ali Siraj/Kamran Siddiqui
 Moe Khdir
 Shaw Memmon
 Sadia Khan/Kami Jee
 Nazia Khan/ Sajjad Fecto
 Prince Patel
 danyal Khan / Umar Khalid/
 Zeshan Ahmed
 Sohni Rahim/Awais Iqbal/Ma-
 jid Khan
 DB Dulhania Shy Khan
 Deeja Isaac / Prabhot Gill /
 Sunny Chopra
 Nirav Ghunchala- Navpreet
 Kaur kang
 Nimish Pathak/Vinod Kali
 Shazia Saleem
 Shradha Balakrishna/Zeshan
 Hussein/Kavita, Sreedhar
 Shy Khan
 Qusai Rasheed

Rizwan Elahi- Soaib Ummar-
 Israr Ahmad
 RIZWAN Elahi
 Kashmir Virk/Jasbir S Sethi
 Mohamoud Egal
 Mohsin Choudhry / Sana Ch
 Shakir Bhai
 Pervaiz Bhatti / Uzma Sabir /
 Fatimah Hoque
 Idrees Hadi
 Rosy Dodd
 Farhath Hussain
 Jacob Thomas
 Sangeeta Malik
 Imrana Begg/Raza Bagg/ Aye-
 sha Hussain
 Inamullah Khan Sherwani
 Sami Khan
 Inam Bokhari / Aatirah Ha-
 meed
 Altaf Bukhari / Faisal Saiyed
 Anwer Nawaab/Mohammed
 Imran Ali/Taher Bin Jaffar
 Mamta Sahta-vick Sahota
 Rafia Omair/Rizzi Butt/Omair
 Hashmi
 Imran Ali
 Sajid Siddiqui / Zeba Salman
 Raj Mehta/ Nigam Mehta
 Manjeet Singh
 Indian Community San Diago
 Bibhasha Ojha-Rohan Raj
 Seema Garg
 Kalpesh Soni
 Nishu Vasireddy/ Venu Red-
 dyManyam/Kishore Ramaraju

Nisse Packianathan Jaya Ku-
 mar/Victor Samuel Nathan
 Jagdeep Nayyar
 Sanjeev Saini
 Sunny Singh
 Rani Goldy Singh
 Noman Sadiq-Vikrant Kumar

Anup Puthenvedu
 Preeti Malik Arora / Yogshri
 Jetan Arora
 Prasad Royal / Ramadevi Arza
 Shahid Amin
 Krishna Puttaparthi-Anu
 benakatti
 Mohin uddin Mohammad
 Shiby Roy/Ginsmon Zacharia/
 Anil, Mathew
 Sailaja Mantripragada-swapna

www.AsiaTimes.US

**We would like to Thank these
 Admins of FaceBook Groups who
 let us to post Asia Times in their
 Groups**

**If we missed you please contact us
 mdmukhtarali2001@gmail.com**



EditorAsiaTimes@gmail.com

Kiran- Priya Mota
 Swapna Kiran / Priya Mota
 Nusrath Mehdi Khan / Fouzia
 Zahoor
 Ishfaq Khan / Boxer Bhai
 Boxer Bhai
 Mohammed Alsabah / Mo-
 hammad Farhan
 Ashfaq Hussain Syed/Aiman
 Beg/ Aadil Farid
 Clay Chip Smith

Deepak Kumar

Vlad Kulpinski
 Rana Rao-Pradeep Bharudkar
 Wasi Rabbani / Suleman Mo-
 hammed
 Syed Shoaib Ahmed
 Bibi Khan/ Mohammad Im-
 ran Tahir
 Faheem Hayat
 Mammatha Vamshi
 Munir Pervaiz/Nasreen
 rraiz/ Iftekhar Ahmed
 Sunny Khehra
 Muhammad Akram Ismail/
 Sonia Omer
 Muhammad Ismail / Sonia

Omer
 Pomil Singh/Manan singh
 Katohara
 Balvanth Reddy
 Mohd Tabrase
 Eileen Riddle / Lupe Domin-
 guez
 Mohd Jabbar
 Venu Gopal Reddy / Gopi
 Krishna
 Asif Alikhan
 Areedo Ayad
 Khawaja Ashraf
 Shweta Dhawan
 Jude Miranda -Mohammed
 Arif
 Ali Khan
 Syed Adeeb
 Shakeel Khaleel Baig

Zahid Imran / Nadeem
 Ahmed Bajwa / Muhammad
 Iqbal
 Murali Talluri
 Gaurav Singla
 Noreen Gilani / Marriam
 Tahir

IFTEKHAR SHAREEF PAGE



ISNA conference in Chicago , seen 1.with Iftexhar Shareef is Mir Z Khan chairman steering committee ISNA , Azam Nizamuddin, Syed Jameel , Ashfaq Hussain & Vicar Quershi
2. At ISNA bazaar at the stall of Maverick Capital Real Estate stall , seen with Iftexhar Shareef is ISNA steering committee chairman Mir Z Khan , Syed Ilyas chairman Maverick, Abdul Rahman Director, Mohammed Idrees Director and Mohibbe Ali



At a cultural event in Chicago hosted by Asif Saleem is seen Iftexhar Shareef, Nisar Khan of Hyderabad house restaurant, Farah Salam singer , Mr Soudager and others .
2. Avni singh singer with Iftexhar Shareef & Mohammed Hafeez organizer



On the occasion of Milad un Nabi celebrations on Devon Ave , Chicago , Iftexhar Shareef with Consul General of India at Chicago honorable Somnath Ghosh , organizer Sakeb Pasha , Hamid Pasha & Ilyas Khoker and others

WALI ...PHARMACIST AN WARD WINNER EMCEE.POET, JOURNALIST, AUTHOR & ARTIST !

PERFORMED IN ALL THE FIELDS FOR MORE THAN 50 YEARS AND STLL ON

In his own words...

I AM SO HAPPY TO SAY THAT BY THE GRACE OF ALLAH,I HAVE COMPLETED 50 YEARS IN MY PROFESSION AS WELL AS STAYING IN USA FOR THIS TIME./I JUST CELEBRATED 50 YEARS WITH LOVE OF MY LIFE MY WIFE ROSHAN...SO MANY GOLDEN JUBILEE MOMENTS ! WHEN I LOOK BACK IT WAS NOT AN EASY JOURNEY FROM KARACH (PAKISTAN) TO CHICAGO IN 1972. IT WAS FIRST TIME FOR EVERY THING LIKE THEY SAY.. I WAS TRAVELING FIRST TIME OUT OF THE COUNTRY PLUS FIRST TIME IN THE PLANE !

THE NEXT DAY WHEN I APPLIED FOR MY SOCIAL SECURITY CARD,,IT WAS MY BIRTHDAY..THEN THE JOURNEY BEGIN LIKE MOST OF THE IMMIGRANTS. WORK HARD ,GET SETTLED WITH FAMILY AND RAISED THE KIDS.

I WORKED IN TRINITY HOSPITAL (USE TO BE SOUTH CHICAGO COMMUNITY HOSPITAL)THEN IN HINSDALE HOSPITAL ,WEST LAKE COMMUNITY HOSPITAL EDWARD HOSPITAL AND LAST BUT NOT THE LEAST RETIRED AFTER WORKING 25 YEARS IN VA (DEPARTMENT OF VETERAN AFFAIRS)

I WORKED AS PHARMACY SUPERVISOR & RECEIVED MANY AWARDS FOR EXCELLENCE ,HELPING TO MAKE PAPER LESS SYSTEM (NO BU:LKY. CHARTS) I AM VERY HAPPY THAT I HAVE ACCOMPLISHED MOST OF THE TASKS IN PHARMACY PROFESSION .I WORKED IN MANUFACTURING IN GLAXO SMITH & SALES IN KARACHI AND HERE I. WORKED WITH METABOLIC SUPPORT TEAM (IV & CHEMOTHERAPY),INTRODUCE LOT OF PROCEDURES ETC.

FEW YEARS BACK AFTER MY WIFE ROSHAN ENCOURAGED ME TO GO BACK TO WRITING,HOSTING SHOWS & PARTICIPATION IN PLAYS AT MY COLLEGE, UNIVERSITY WHENEVER TIME PERMIT.

I STARTED THESE EXTRACURRICULAR ACTIVITIES FEW YEARS BACK AND WROTE 4 BOOKS "ROSHAN KHAYAL"ADHA MEMOM ADHA HYDERABAD" MUSKURAHOOTON KA SAFAR. AND " TERI MERI KHANI". I HAVE BEEN WRITING COLUMN ,POETRY& OTHER ARTICLES IN NEWS PAPERS .I AM SO FORTUNATE TO HAVE SO MANY AWARDS ON POETIC ACHIEVEMENTS AND HOSTING ,, BEST EMCEE ETC.

I HAVE HOSTED MORE THAN 50 MUSICAL SHOWS WITH INDIAN & PAKISTANI ARTISTS IN USA ,CANADA INDIA & PAKISTAN.

I HAVE ALSO PARTICIPATED IN 'AALAMII MUSHAIRA .I AM SO FORTUNATE TO HAVE UNVEILING OF MY BOOOKS WERE DONE BY DIFFERENT COUNCILOR GENERAL OF PAKISTAN IN CHICAGO .I HAVE HONOR TO GIVE MY BOOKS TO AMBASSADORS OF PAKISTAN TOO.. I DID HOSTING THE ANNUAL GALA MUSICAL FOR INDIAN MEDICAL ASSOCIATION AND ACTED IN PAKISTANI MEDICAL ASSOCIATION (APPNA),PLAY AS MIRZA GHALIB.I DID HOST FUND RAISING FOR DIFFERENT CAUSES .

I AM HAPPY THAT I SPOKE ON WEDDINGS, BIRTHDAYS,,GRADUATION ,WEDDING ANNIVERSARIES ,ETC

I AM THANKFUL TO GOD FOR EVERYTHING IN MY LIFE AND HAVING 3 KIDS WITH THEIR SPOUSES PLUS 4 GRANDCHILDREN.

IF I GET A CHANCE I LOVE TO FINISH MY FIRST NOVEL PLUS MY EXPERIENCE IN TRAVELING INDIA & PAKISTAN EXTENSIVELY IN BOOK FORMAT INSHAH ALLAH.



A WARM WELCOME TO SIKANDAR ALI IN CHICAGO



From left: Hyder Ali, Azeem A. Quadeer, Sikandar Ali, Arshad Mateen and Tausif Adnan

INTERNATIONAL PAGES

INTERNATIONAL PAGES

Let's Celebrate
JASHN-E-EID MEELAD UN NABI ﷺ 2023

Organized by:
Majlis E Quadria
 Chicago
 On Saturday, 7th
 October 2023
 Time : After Asr
 Khader Pasha : +1 (847) 452-9385

Program At:
Holiday Inn
 1000 Busse Road,
 Elk Grove Village,
 IL 60007
 Intersection:
 Busse Road (83) &
 Landmeier Rd.

Peer Syed Shah Tajuddin Quadri
 Al-Jeelani
Rayees Pasha Sahab

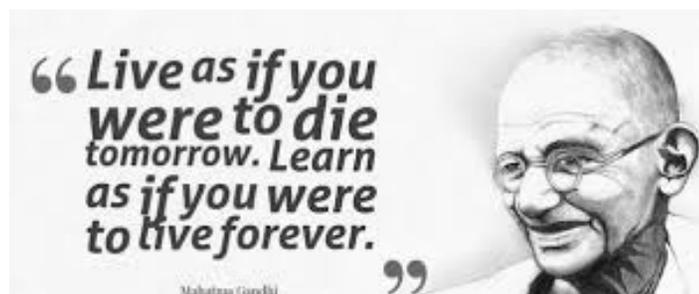
Under the Supervision of
 Hazrat Maulana Peer Abdul Ghafoor Syed Shah
 Inauguration Quranic Recitation (Dhameel Pasha Sahab)
 from Medina Munawwarah
Khader Pasha Sahab

America Tour of Extremely Talented & Increasingly Popular Sufi Nasheed Artists joining this Season with us. Please Join us with your Family & Friends to make this event Grand Success.

MILAD
 RAZA QUADRI
 Visiting Guest from Scotland

SAHIBZADA TASLEEM
 AHMED SABRI
 Naqeeb E Mehfil from Pakistan

SYED SALMAN
 GUL NOORANI
 Anchor of ARY QTV,
 Poetry Reciter from Pakistan



Dr. Apoorva Ramaswamy reflects on why her husband Vivek decided to run for president

Dr. Apoorva Ramaswamy has been active on the campaign trail with her husband Vivek, an author and businessman running for the GOP presidential ticket, along with the rest of her family.

Dr. Ramaswamy sat down with ABC News' Linsey Davis to talk about their family, her husband's campaign and his controversial statements.

PHOTO: Dr. Apoorva Ramaswamy, the wife of GOP Presidential candidate Vivek Ramaswamy, speaks with ABC News Live. (ABC News)

PHOTO: Dr. Apoorva Ramaswamy, the wife of GOP Presidential candidate Vivek Ramaswamy, speaks with ABC News Live. (ABC News)

ABC NEWS LIVE: When was the first time that, and I'm wondering if they told you or you knew he's going to want to run for president?

Dr. APOORVA RAMASWAMY: Really just this past



December. So that was when he really sat me down and said, Apoorva, I think, this is something that I feel called to do because we look at the future for our sons.

Realizing what are the things that are needed for their prosperity, for their thriving, that's what limits them is the things that we can do as parents.

But really on the political side, and I feel very confident that Vivek, as president, will be able to give Karthick and Arjun the society that they're going to want when they're starting to enter high school. One where their actions are rewarded based on their merit, not based on any other aspect of their appearance or their heritage, but really what they are able to do and give to other people and whether they are able to fulfill their responsibilities.

Similarly to be able to be proud of being Americans, that would be the biggest gift that I hope Vivek can provide to future generations.

PHOTO: Republican presidential candidate Vivek Ramaswamy speaks during the Pray Vote Stand Summit, Sept. 15, 2023, in Washington, D.C. (Jose Luis Magana/AP)



ABC NEWS LIVE: How did you initially react when he said, I'm going to do it?

RAMASWAMY: The first thing I said was, 'Are you sure that this is the right time?' You know, we are young. At that time, we had basically a 6-month-old and a 3-year-old. And we really thought deeply about whether this was the right thing, both for our family and whether Vivek, as a 37 [year-old], at that point he'll be 39, would be the best version of himself for this role.

And after reflecting on it, we realized that it really is now as a young person, as someone who really has this investment in the future through our sons, that we both have the hope, but also the conviction that the future that we see of a true American revival is possible.

MORE: GOP presidential candidate Vivek Ramaswamy wants to cut federal workforce by 75%

ABC NEWS LIVE: What is it that you were able to fall in love with Vivek that you think that the American people, if they also knew this about him, if they saw this side of him, then Americans would also fall in love with him?

RAMASWAMY: He is extremely genuine. There is no version of him that I see that he does not put out in his speeches or in his interviews. He is someone who loves people.

He loves America, he loves life. He's...extremely optimistic. There is no version of the world in which we are, as a country, do not succeed. There is no world in which we do not experience that American revival that he talks about. And I think the people are starting to see it, and it's honestly infectious.

RAMASWAMY: His biggest weakness, is the fact that he, in some ways it's also one of his strengths, is that he speaks freely and especially with social media and everything being what it is, sometimes things can be memed and taken out of context.

PHOTO: Dr. Apoorva Ramaswamy, the wife of GOP Presidential candidate Vivek Ramaswamy, speaks

with ABC News Live. (ABC News)

PHOTO: Dr. Apoorva Ramaswamy, the wife of GOP Presidential candidate Vivek Ramaswamy, speaks with ABC News Live. (ABC News)

ABC NEWS LIVE: He has said recently "Juneteenth is a useless holiday." "Affirmative action is a cancer on our national soul." He's called the protesters "peaceful" on January 6. Do you guys agree with all of his passionate thoughts?

RAMASWAMY: Those are three very different statements, and I think they can be taken differently based on whether you say them the way they were or whether you take them in context. He also celebrated Juneteenth, a few months ago, and he believes very strongly that celebrating the end of slavery is an important thing. But as holidays go or any holiday for that matter, the fact that we have not taken a day off to allow people to vote, to actually engage in the democratic process, that would be the highest utility for any holiday.

So it being the most recent national holiday that was instated, that is really where it comes from. Utility for us as a country that says we believe in democracy. For us to still expect people to find time to vote, you know, in the interstices of their lives is really absurd.

MORE: Climate change and white supremacy are not problems for US, Ramaswamy argues

ABC NEWS LIVE: But do you have differences of opinions or are you kind of lockstep with many of his main big political thrusts?

RAMASWAMY: He and I might disagree on how he says things, but when I get to talk to him, I have the pleasure of getting to talk to him more than anyone in the world, and I know [what's] in his heart; I agree with everything he believes.

Dr. Apoorva Ramaswamy reflects on why her husband Vivek decided to run for president originally appeared on abcnews.go.com

In Washington, Zelenskiy courts Congress, Biden on military aid

Reuters

Andrea Shalal, Makini Brice and Phil Stewart
Updated Fri, September 22, 2023 at 5:43 AM CDT·5 min read
29

In Washington, Zelenskiy courts Congress, Biden on military aid

By Andrea Shalal, Makini Brice and Phil Stewart

WASHINGTON (Reuters) - U.S. President Joe Biden assured Ukrainian President Volodymyr Zelenskiy on Thursday that strong U.S. support for his war to repel Russian invaders will be maintained despite opposition from some Republican lawmakers to sending billions more in aid.

Biden and Zelenskiy held a war council in the White House East Room as part of a blizzard of appearances the Ukraine leader made looking to bolster U.S. support for a war that began in February 2022 and has no end in sight.

“Mr. President, we’re with you, we’re staying with you,” Biden told Zelenskiy before reaching across the table and shaking his hand after two hours of talks.

Zelenskiy thanked Biden for a new \$325 million military aid package of weaponry and air defenses, saying “it has exactly what our soldiers need now.”

He said he and Biden agreed on specific steps to expand the export of grain from Ukraine in the face of a Russian blockade and tensions with neighbor Poland. He did not detail the steps.

Biden’s request for \$24 billion in more Ukraine funding to help pay for Ukraine’s defense and humanitarian aid through the end of the year is bottled up in a budget fight pushed by Republican hardliners in the House of Representatives.

Asked how to overcome the opposition, Biden said the only way was approval by the U.S. Congress.

“I’m counting on the good judgment of the United States Congress. There’s no alternative,” he said.

Comments from Republican Senator Rand Paul, a frequent critic of foreign aid, were emblematic of the opposition. He told Fox Business News that Ukraine is a “corrupt regime” and that the war has no end in sight.

Biden said the first American Abrams tanks will be delivered to Ukraine next week.

“Just as we’re committed to helping Ukraine defend itself now, we’re also committed to helping them recover and rebuild in the future, including supporting reforms that will combat corruption,” Biden said.

AIR DEFENSE

Biden said Washington would also send Ukraine a second Raytheon-built Hawk air defense battery and related equipment. A U.S. official said the equipment would arrive in Ukraine soon.

After seeking international support at the United Nations on Wednesday, Zelenskiy came to Washington on a blitz across town that included meetings with military leaders at the Pentagon, a visit to the U.S. Capitol and an address in the evening at the National Archives museum.

In announcing a new \$325 million military aid package for Ukraine, Biden lauded the bravery of the Ukrainian people when he and Zelenskiy met earlier in the Oval Office.

“Together with our partners and allies, the American people are determined to see to it to that (we do) all we can to ensure that the world stands with you,” Biden said in comments at the start of their meeting.

Zelenskiy said Ukraine greatly appreciates U.S. assistance “to combat Russian terror” and said he would discuss Ukraine’s defense needs with Biden, with a special emphasis on air defense.

“Today I’m in Washington to strengthen our ability to defend Ukrainian children, our families, our homes, freedom and democracy in the world,” he added.

While Biden and most congressional leaders still support aid to Ukraine, and Biden’s Democrats control the Senate, Zelenskiy faced a tougher crowd than when he visited Washington nine months ago.

Dressed in military green to reflect his status as a wartime leader, Zelenskiy briefed the full U.S. Senate in the Capitol’s historic Old Senate Chamber, receiving several standing ovations, according to a post on the platform X by Senator Chris Murphy.

Zelenskiy told senators that military aid was crucial to Ukraine’s war effort, Majority Leader Chuck Schumer said in the Senate chamber after the briefing, which took place behind closed doors.

“If we don’t get the aid, we will lose the war,” Schumer quoted Zelenskiy as saying.

Zelenskiy later described his meetings with lawmakers as frank and constructive.

Zelenskiy held discussions with U.S. Defense Secretary Lloyd Austin and other senior Pentagon leaders. He visited the Pentagon’s memorial of the Sept. 11, 2001, attacks where he and his wife each placed a bouquet of sunflowers, irises and other flowers.

The White House announced the U.S. will host a conference this fall for the U.S. defense industry, Ukrainian business leaders and officials from both governments to explore joint ventures and co-production, as Washington seeks to bolster Ukraine’s long-term defense capabilities.

In their meeting, Zelenskiy shared with Biden his



plans to address corruption and Biden emphasized the importance of strong anti-corruption institutions in Ukraine, the White House said.

In his speech at the National Archives, in front of a display case holding the U.S. Constitution, Zelenskiy thanked Americans for their support, saying “there is not a soul in Ukraine that does not feel gratitude to you, America.”

Zelenskiy and his wife handed out awards to doctors who treated Ukrainian soldiers and civilians, and to people who raised funds for medical equipment, ambulances and other vital supplies.

As Ukraine’s military counteroffensive grinds on and Congress stages a bitter debate over spending ahead of a possible government shutdown, a growing chorus of Republicans have questioned the billions of dollars Washington has sent Kyiv for military, economic and humanitarian needs.

The U.S. has sent some \$113 billion in security and humanitarian aid to help Zelenskiy’s government since Russia invaded in February 2022.

(This story has been corrected to say billion, not million, in paragraph 6)

(Reporting by Andrea Shalal, Makini Brice, Phil Stewart and Patricia Zengerle; additional reporting by Andrea Shalal and Jonathan Landay; writing by Steve Holland, Patricia Zengerle and Simon Lewis; editing by Don Durfee, Heather Timmons, Alistair Bell, Grant McCool and Michael Perry)

Who was Canadian Sikh leader Hardeep Singh Nijjar?

Nadine Yousif - BBC News, Toronto

Canada has accused India of being linked to the murder of a Sikh leader on Canadian soil, fuelling a significant rift between the two countries. Who was the man, Hardeep Singh Nijjar, at the centre of those tensions?

Hardeep Singh Nijjar was born in the district of Jalandhar in the North Indian state of Punjab. As a young man in 1997, he moved to Canada, where he married, had two sons and worked as a plumber.

Settled in the province of British Columbia, he also made a name for himself as a vocal advocate for the creation of Khalistan - a separate homeland for Sikhs, who are a religious minority that makes up 2% of India's population.

He had been labelled a terrorist by India, accused of, among other activities, being the "mastermind" behind the Khalistan Tiger Force (KTF), a banned militant group in the country.

He was 45 years old when he was shot dead by two masked gunmen outside a Sikh temple in a Vancouver suburb on a June summer evening this year.

Those close to him have said he was warned by Canadian intelligence services before his death about threats to his safety.

India has always firmly denied any involvement in his killing, and called the allegations by Mr Trudeau "absurd".

To his supporters, Mr Nijjar - who became a Canadian citizen in 2007 - was a peaceful advocate for Sikh independence in British Columbia and a man who cared deeply about his community.

A large memorial has been set up for him outside the Surrey Gurdwara doors where he served as president. His funeral was attended by hundreds.

"He was so full of energy," Doug McCallum, the former mayor of Surrey, told CityNews Vancouver after his death. "I remember he used to pester me all the time to get a volleyball for the youth in the community and to widen the walkway so that people can get exercise."

But in India, he was wanted under India's Terrorist Act for several cases, including a 2007 cinema bombing in Punjab that killed six people and injured 40, and the 2009 assassination of Sikh Indian politician Rulda Singh.

In 2020, a statement by the Indian government accused him of being actively involved in "operationalising, networking, training and financing" KTF members.

He had also been accused of running terrorist training camps in British Columbia for supporters ready to carry out attacks in India.

In July 2022, India's National Investigation Agency, which probes terror-related crimes in the country, announced a \$1.2m reward for any information on Mr Nijjar.

Media reports of his alleged terrorist activities began surfacing in India, and later in Canada, in 2016.

At the time, India reported its concerns about Mr Nijjar to Canadian authorities.

Canadian police said in 2016 that they were aware of the allegations levelled against Mr Nijjar, but he was never charged in Canada.

Mr Nijjar himself wrote a letter to Prime Minister Justin Trudeau that year about the allegations.

In the letter, reported on by Canadian media at the time, he identifies himself as a "Sikh nationalist who believes in and supports Sikhs' right to self-determination and independence of Indian occupied Punjab through a future referendum".

But he added: "I have never believed in, supported or been involved in any violent activity".

At the time of his death, he had been planning a non-binding referendum for Sikhs living in British Columbia on the creation of an independent state in India - part of a global campaign by US-based group Sikhs for Justice, which is banned in India.

The Sikh separatist movement has long been a source of tension in the Canada-India relationship, which analysts have said is now at an all-time low.

India has strongly opposed the Khalistan movement. All mainstream political parties, including in Punjab, have denounced violence and separatism.

The demand for Khalistan peaked in India in the 1980s with an armed insurgency, which was later crushed. Thousands of people were killed during the violence.

The movement also resulted in two of the most controversial moments in Indian history.

Indian troops stormed the Golden Temple - the holiest site for Sikhs - to flush out armed separatists who were sheltering in the complex. The operation, ordered by then-Prime Minister Indira Gandhi, resulted in many deaths and caused damage to the temple.

A few months later, she was shot dead by two of her Sikh bodyguards who were upset with her orders. Her death led to days of rioting in Delhi, in which thousands of Sikhs were killed.

But the movement is not prominent in Punjab now, and several groups vocally oppose it.

Its roots in both Canada and Britain can also be



traced back to the 1980s, as diaspora groups reacted to the events unfolding in India.

The issue came to a head in 1985 when a bomb exploded on an Air India flight from Toronto to London, killing all 329 people on board.

After a lengthy investigation, two Sikh separatists in British Columbia were acquitted of murder and conspiracy charges in 2005. A third man was found guilty of manslaughter for his role in making the bomb.

Prime Minister Narendra Modi has repeatedly accused Canada of not doing enough to quell Sikh protests and "anti-India" activities in Canada.

Many supporters of Khalistan in Canada maintain that the movement is peaceful, and that they have been a target of disinformation campaigns and harassment by India.

Other Sikhs have distanced themselves from the separatist movement and said that it does not represent the view of the majority of Sikhs in the country.

Ujjal Dosanjh, a Sikh Canadian and a former Premier of British Columbia, said in an interview with BBC Newsday that he does not believe Mr Nijjar was a prominent figure in the global Khalistan movement, calling him a "small fry".

Gurpreet Singh, a British Columbia-based journalist and radio host who has interviewed Mr Nijjar in the past, said he is sceptical of India's claims against the murdered Sikh leader.

"The Indian government has established that he was a terrorist, but on what basis? He was never convicted on any court of law. He has no criminal record in Canada," Mr Singh told the BBC.

The journalist, who describes himself as a secular Indian and who does not support the Khalistan movement, said he remembered Mr Nijjar as a "very soft spoken" person who was active in the local community.

"Nobody saw him spew venom against anyone or be angry," he said. "You may disagree with him on (Khalistan) ... but he had every right to ask for it."

HISTORY BITES

The father of modern chemistry

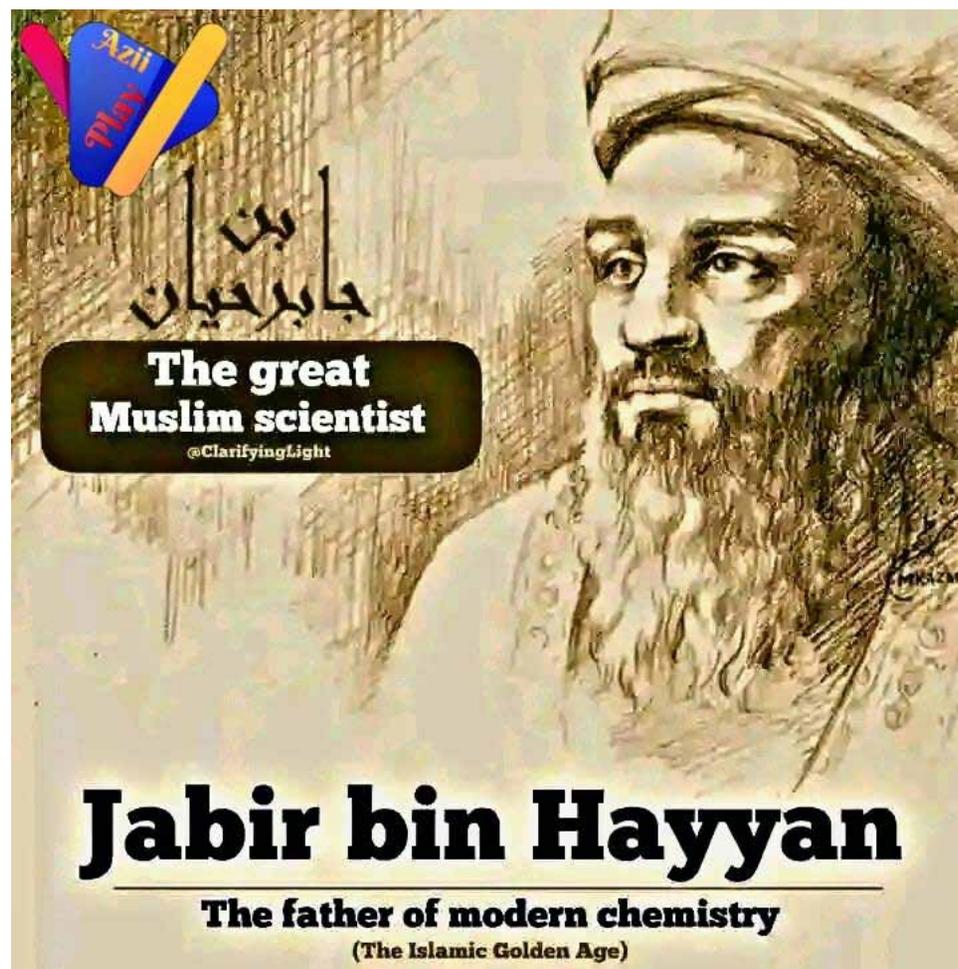
“Abu Mūsā Jābir ibn Hayyān is thought to have been born in Tus, Persia (modern day Iran). Jābir – whose name is commonly latinised to Geber in the west – was a polymath: a chemist and alchemist, astronomer and astrologer, engineer, geographer, philosopher, physicist, pharmacist and physician.

Jābir proposed the mercury-sulfur theory, whereby metals differ from one another due to their varying proportions of sulfur and mercury. Unlike the elements we think of today, these names referred to certain principles, for which the element was the closest approximation in nature; sulfur characterised combustibility, and mercury metallic properties. Jābir wrote “the metals are all, in essence, composed of mercury combined and coagulated with sulphur... they differ from one another only because of the difference of their accidental qualities”.

The use of experimentation in chemistry was Jābir’s greatest legacy. He is credited with using over twenty types of now basic chemical laboratory equipment, including the alembic and retort, and also describing many chemical processes, including crystallisation and distillation. He is believed to have discovered aqua regia, a mix of hydrochloric acid and nitric acid, which has the ability to dissolve gold, in the process of helping to justify alchemists’s search for the philosopher’s stone. Jābir also introduced several technical Arabic terms, such as Alkali, into the scientific vocabulary.

It was Jābir’s recognition that experiments are vital to science that transformed the mystical practice of alchemy into what would become modern chemistry.”

Credit: Fudiyya Primary, Secondary and Tahfiz Centre Zaria City.



The Age of Alexander The Great

Europe’s history in early centuries is best described as under a spotlight, roving this way and that along the shores of the Mediterranean as the continent’s drama unfolds. Following the decline of Athens, Greece’s cities saw constant strife, sometimes against, sometimes in alliance with, the ever-menacing Persians. In 359 the kingdom of Macedon came under an ambitious king, Philip, assertively Greek and claiming descent from the Homeric Achilles.

His army of pikemen, able to engage an enemy at more than arm’s length, swiftly subjugated the city states of Greece. In 336 Philip was assassinated by hands unknown, and was succeeded by his twenty-year-old son, Alexander.

The youth was clearly extraordinary. He had been taught military leadership by his father, who hired Aristotle among others to tutor him in philosophy and politics. Small but charismatic, he reputedly had one blue eye and one brown, and a mesmeric hold on those he commanded. Undaunted by his youth, perhaps emboldened by it, Alexander set out to fulfil Philip’s ambition to advance his empire beyond Greece into the lands held by Persia.

It was to be the most remarkable venture in the history of European conquest. Crossing Asia Minor, Alexander in 333 defeated a much larger Persian force under Darius III at the Battle of Issus.

He took Darius’s daughters captive and was later to marry two of them, though in the meantime he was entranced by a Bactrian princess, Roxana. Rather than simply return home with honour satisfied, Alexander now marched south to Egypt. Here his general, Ptolemy, went on to found a dynasty that was to end with Cleopatra.

Ptolemy built the library at Alexandria, inventing papyrus scrolls and banning their export to the rival library of Pergamum, where costly animal parchment was still in use.

Alexander again defeated Darius and marched through Mesopotamia and across a defenceless Persia to the banks of the Indus in India. Here his generals mutinied and demanded they return home.

Alexander thus had to travel back across the sands of Persia to Babylon, where in 323 he died of disease, aged just thirty-two. Every where he

went, Alexander founded cities and colonies, many named after himself. He had crushed the greatest empire in south-west Asia.

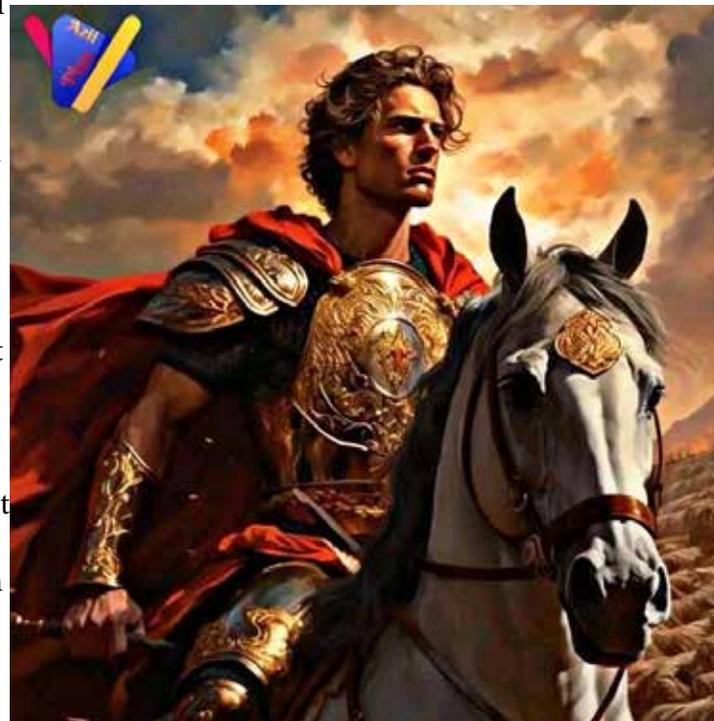
He married his troops to local women and left his commanders as local governors. But the influence of these Hellenistic colonies on the lands traversed by Alexander was not political. He left no empire. Like most such ventures, Alexander’s journey was ultimately fruitless, the expression of a gigantic vanity and greed for booty.

His imperial creation was vacuous and never established a secure frontier for the Greeks in Asia Minor or Mesopotamia. It was to prove Europe’s most porous boundary throughout history. But the short-lived Macedonian empire did have one lasting outcome. It entrenched Hellenistic civilization, that of Greek language and literature, across the Mediterranean. As mainland Greece fell victim to civil war, Greek traders and scholars spread out across the sea, a diaspora that historians estimate eventually numbered ten million people.

The library at Alexandria became the repository and disseminator of Greece’s cultural heritage.

Greece’s political glory died with Alexander. But his reputation lived on, appealing to the vanity of later rulers. With his death, the window on the human spirit opened by classical Athens was to close.

Source ~ A Short History Of Europe ~ by Simon Jenkins



Cricket World Cup 2023

INTERNATIONAL PAGES

INTERNATIONAL PAGES



as the hosts, New Zealand, England, Australia, Bangladesh, Pakistan, Afghanistan and South Africa, all of whom qualified based on their results in ODI cricket since the 2019 World Cup, and Sri Lanka and the Netherlands, who earned their place via a qualifying tournament earlier this year.

Among the teams who failed to qualify are previous World Cup winners West Indies, plus Ireland and Zimbabwe.

What is the format for the World Cup? The 2023 edition follows the schedule used at the 2019 edition: a round-robin stage, followed by semi-finals and a final. In the round-robin all 10 teams will play each other once. A victory will be worth two points and a tie or no result will be worth one point. The top four teams will qualify for the semi-finals, with the top-ranked team against the fourth-ranked team, and the second and third placed teams against each other.

The boundary countback rule, on the basis of which England won the 2019 World Cup final, has been dropped. From now on, if teams are tied in a knock-out game and still tied after a super over, they will continue to play super overs until a winner is found.

Ben Stokes batting in the super over at the end of the 2019 World Cup final - Cricket World Cup 2023: Schedule, England fixtures, how to

England will begin the defence of the World Cup title they won in 2019 against New Zealand in Ahmedabad on October 5 – a rematch of the nerve-racking 2019 final.

Jos Buttler's side then play every other team in the tournament in a round-robin group stage that finishes with a match against Pakistan, the team they defeated in last year's T20 World Cup final to become the first side to hold both white-ball World Cups simultaneously.

Ben Stokes, England's Test captain and match-winner in the 2019 final, has been picked to play for England after U-turning on his decision to retire from one-day cricket. Stokes starred in England's 3-1 ODI series victory over New Zealand, scoring a record 182 in the third match.

however, Pakistan will be playing in India. The round-robin match between the two sides will be held in Ahmedabad on October 15. Click on this link or scroll down for a full list of fixtures.

How can I watch the World Cup on TV? In the UK the 2023 World Cup will be broadcast live on Sky Sports Cricket.

There will be a daily highlight package shown at 7pm on Channel 5, which is free to air. That same highlights programme will also be available to watch back on Channel 5's on-demand platform, My5.

Who is taking part? Only 10 teams will play at the tournament. They are: India, who qualified automatically

However, another star of 2019, Jason Roy, has been axed from the squad over concerns about his fitness with Harry Brook taking his place.

Who is hosting the World Cup? India are hosting the tournament despite a tit-for-tat dispute with Pakistan about tournament boycotts. India had threatened to boycott the Pakistan-hosted Asia Cup in September; in retaliation, Pakistan threatened to boycott the India-hosted World Cup. That dispute was resolved by sharing the Asia Cup hosting rights between Pakistan and Sri Lanka. India's games were all played in Sri Lanka.

At the World Cup,



watch and latest odds

England won the 2019 World Cup on boundary countback, after a super over failed to split them from New Zealand - PAUL ELLIS/GETTY
Full fixtures and schedule
This World Cup was originally slated for the spring of 2023, but the coronavirus pandemic messed up calendars, prompting the ICC to push it back by six months. England's fixtures are in bold.

Thursday, October 5

England v New Zealand – Ahmedabad (09:30 UK time)

Friday, October 6

Pakistan v Netherlands – Hyderabad (09:30 UK time)

Saturday, October 7

Bangladesh v Afghanistan – Dharamsala (06:00 UK time)

South Africa v Sri Lanka – Delhi (09:30 UK time)

Sunday, October 8

India vs Australia – Chennai (09:30 UK time)

Monday, October 9

New Zealand v Netherlands – Hyderabad (09:30 UK time)

Tuesday, October 10

England v Bangladesh – Dharamsala (06:00 UK time)

Pakistan v Sri Lanka – Hyderabad (09:30 UK time)

Wednesday, October 11

India v Afghanistan – Delhi (09:30 UK time)

Thursday, October 12

Australia v South Africa – Lucknow (09:30 UK time)

Friday, October 13

New Zealand v Bangladesh – Chennai (09:30 UK time)

Saturday, October 14

India v Pakistan – Ahmedabad (09:30 UK time)

Sunday, October 15

England v Afghanistan – Delhi (09:30 UK time)

Monday, October 16

Australia v Sri Lanka – Lucknow (09:30 UK time)

Tuesday, October 17

South Africa v Netherlands – Dharamsala (09:30 UK time)

Wednesday, October 18

New Zealand v Afghanistan – Chennai (09:30 UK time)

Thursday, October 19

India v Bangladesh – Pune (09:30 UK time)

Friday, October 20

Australia v Pakistan – Bengaluru (09:30 UK time)

Saturday, October 21

England v South Africa – Mumbai (09:30 UK time)

Netherlands v Sri Lanka – Lucknow (06:00 UK time)

Sunday, October 22

India v New Zealand – Dharamsala (09:30 UK time)

Monday, October 23

Pakistan v Afghanistan – Chennai (09:30 UK time)

Tuesday, October 24

South Africa v Bangladesh – Mumbai (09:30 UK time)

Wednesday, October 25

Australia v Netherlands – Delhi (09:30 UK time)

Thursday, October 26

England v Sri Lanka – Bengaluru (09:30 UK time)

Friday, October 27

Pakistan v South Africa – Chennai (09:30 UK time)

Saturday, October 28

Netherlands v Bangladesh – Kolkata (09:30 UK time)

Australia v New Zealand – Dharamsala (06:00 UK time)

Sunday, October 29

India v England – Lucknow (08:30 UK time)

Monday, October 30

Afghanistan v Sri Lanka – Pune (08:30 UK time)

Tuesday, October 31

Pakistan v Bangladesh – Kolkata (08:30 UK time)

Wednesday, November 1

New Zealand v South Africa – Pune (08:30 UK time)

Thursday, November 2

India v Sri Lanka – Mumbai (08:30 UK time)

Friday, November 3

Netherlands v Afghanistan – Lucknow (08:30 UK time)

Saturday, November 4

England v Australia – Ahmedabad (08:30 UK time)

time)

New Zealand v Pakistan – Bengaluru (05:00 UK time)

Sunday, November 5

India v South Africa – Kolkata (08:30 UK time)

Monday, November 6

Bangladesh v Sri Lanka – Delhi (08:30 UK time)

Tuesday, November 7

Australia v Afghanistan – Mumbai (08:30 UK time)

Wednesday, November 8

England v Netherlands – Pune (08:30 UK time)

Thursday, November 9

New Zealand v Sri Lanka – Bengaluru (08:30 UK time)

Friday, November 10

South Africa v Afghanistan – Ahmedabad (08:30 UK time)

Saturday, November 11

England v Pakistan – Kolkata (08:30 UK time)
Australia v Bangladesh – Pune (05:00 UK time)

Sunday, November 12

India v Netherlands – Bengaluru (08:30 UK time)

Wednesday, November 15

Semi-final 1, (First plays fourth) – Mumbai (08:30 UK time)

Thursday, November 16

Semi-final 2, (Second plays third) – Kolkata (08:30 UK time)

Sunday, November 19

Final – Ahmedabad (08:30 UK time)

What are the latest odds?

India 5/2

England 13/4

Australia 9/2

Pakistan 7/1

New Zealand 10/1

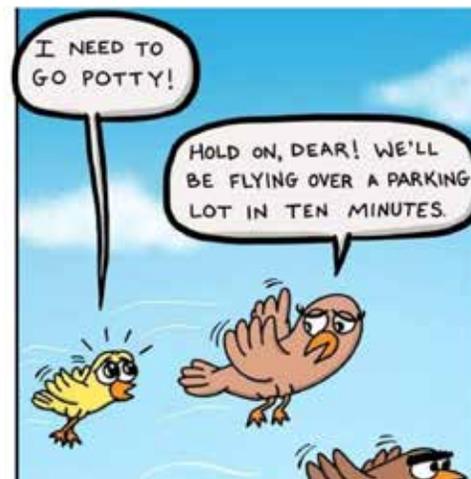
South Africa 10/1

Sri Lanka 33/1

Bangladesh 100/1

Afghanistan 100/1

Netherlands 1000/1



8 Touristy Places Still Worth Visiting

Some people actively avoid touristy places when they travel. We get it. Still, there are some touristy spots worth visiting, regardless of how many people will be there when you arrive. Here are eight of them.

The Eiffel Tower, Paris, France

France's most iconic landmark attracts some 7 million people annually. Since its inauguration in 1889, it's said that roughly 300 million people have come to see the famous tower. While it's certainly a "touristy" place to go in Paris, it's a total must-see.

Get creative with how you view the tower. There



are plenty of alternative viewing platforms that don't require a ticket purchase. The Place du Trocadero or some of the nearby bridges offer incredible views. There are also Seine River cruises for an added dash of romanticism.

Angkor Wat, Siem Reap, Cambodia

Cambodia's biggest tourist attraction and the UNESCO World Heritage Site that put Siem Reap on the map hosted around 2.5 million visitors in 2017. Ticket prices to the 12th-century Hindu-turned-Buddhist temple complex also



experienced a 72% price spike. A day pass is now \$37 for foreigners (up from \$20 in 2016). Some folks at the Cambodian National Tourism Alliance feared the price increase would deter visitors, but people are still showing up in droves. Despite the price and the sea of people, we'd still highly recommend checking out Angkor Wat. Dominating roughly 400 acres, it is one



of the largest religious monuments in the world and a stunning sight to behold.

Halong Bay, Quang Ninh Province, Vietnam
Hauntingly beautiful albeit overrun with tourists, Halong Bay is the jewel of northern Viet-

nam. Take a cruise along the emerald seascape,



kayak through an endless maze of limestone karsts and swim in temperate waters. You'll instantly understand why nearly 3 million tourists flocked to this breathtaking UNESCO Site in 2016

Colosseum, Rome, Italy

The Colosseum is one of the first places that come to mind when you think of Italy, making it an early stop for many visitors to Rome. Honestly, how could you go to Rome and not see the



Colosseum? It just isn't right. The largest amphitheater built during the Roman Empire is visited by 6 million people every year. So yes, there will be crowds. But no, you won't regret going once you step inside and look up at the structure around you

Ephesus, Selcuk, Turkey

The expansive grounds of Ephesus welcome a parade of tour buses every day, and it's easy to see why. The UNESCO World Heritage Site is one of the best-preserved ancient cities in the



world. It boasts stunning samples from the Roman imperial period like the Grand Theater and the mesmerizing Library of Celsus. At least half a day is needed to fully explore the sprawling area, but it's worth it for such a vivid step back in time.

¹ Sagrada Familia, Barcelona, Spain

Nobody's architectural style was more unique than Antoni Gaudi's. The famous Spanish architect has many claims to fame, but perhaps the most well-known and most-visited is the Sagrada Familia in Barcelona.

The famous cathedral is best compared to a humongous drip castle fit for Dracula, spruced up with some abstract stained glass paneling. And after 127 years, it still isn't complete. While it's pretty much impossible to get a shot of the building without some construction equipment bombing your photo, it still prevails as a top attraction in Barcelona.

Grand Palace, Bangkok, Thailand

On any given day, you'll find hordes of sweaty people braving the insane, mid-day Southeast Asian heat to wander the grounds of the Royal Palace. From the outside, you may shake your head — why would you torture yourself? But once inside, you'll find it's well worth the fight.

The elaborate carvings and teak woodwork are beyond impressive and the vibrant colors are nothing short of inspiring. The palace grounds also hold some special little extras like Wat Phra Kaew, which houses the revered Emerald Buddha.

The Great Pyramids of Giza, Egypt
The pyramids are surrounded on three sides by the bustling city of Giza. There's also a Pizza Hut just a few hundred meters away. But don't let that stop you from going. As one of the Seven Wonders of the Ancient World, these pyramids continue to mystify scientists in terms of how they were constructed. The Great Pyramid reaches almost 500 feet high and is composed of stones weighing up to 60 to



10 Countries Where the U.S. Won't Send Your Social Security Payments

If you're entitled to Social Security benefits, you don't have to live in the United States to get them. Payments are sent nearly everywhere around the world, though there are some exceptions.

U.S. citizens can continue to receive payments outside the country as long as you're eligible for a payment and are in a country where payments are sent, according to the Social Security administration. If you're not a U.S. citizen, you must meet certain conditions for payment. Living "outside the United States" means you are not in one of the 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, Guam, the Northern Mariana Islands or American Samoa for at least 30 days in a row. The SSA considers you to be "outside the United States" until you return and stay in the U.S. for at least 30 days in a row.

If you are not a U.S. citizen, you also might have to prove you were lawfully present in the United States for that 30-day period.

As of June 2023, there are the 10 countries where the United States won't send your Social Security payments:

- Azerbaijan
- Belarus
- Cuba
- Kazakhstan
- Kyrgyzstan
- Moldova
- North Korea
- Tajikistan
- Turkmenistan

Uzbekistan

Read: Latest Social Security Proposal Would See Millions 'Receive More, and No One Would Receive Less'

If you're a U.S. citizen residing in either Cuba or North Korea, you can get all the payments the SSA withholds once you move to a country where payments are allowed. If you're not a U.S. citizen, you can't receive payments for the months you lived in Cuba or North Korea — even if you go to another country and satisfy all other requirements.

As for the other eight countries on the banned list: The SSA said it will make exceptions for certain eligible persons. To qualify for an exception, you must meet and agree to restricted payment conditions. For more information about these con-

ditions and the qualifications for an exception, contact the Social Security Administration or your Federal Benefits Unit. If you're not a U.S. citizen or don't meet one of the conditions for continued payments, the SSA will stop your payments after you've been outside the United States for six full calendar months. Once this happens, the agency can't start your payments again until you come back and stay in the U.S. for a full calendar month — meaning you must be in the U.S. on the first minute of the first day of any month and stay through the last minute of the last day of that month. The SSA might also ask you to prove you've been lawfully present in the United States for the full calendar month.

For more information, visit this SSA site or call 800-772-1213.

Why India is considering changing its name

Justin Klawans

The world's most populous country is officially called the Republic of India. While the nation also has many other unofficial names and nicknames, its formal moniker remains "India" — at least for now. There has been a push among some people in India, including some in the highest levels of government, to officially change the country's name to "Bharat" — the Hindu word for India.

A historical term for the region, a plan to change the South Asian country's name has seemingly been gaining traction in recent weeks, punctuated by a series of events at the G20 conference in India's capital, New Delhi. At the opening summit of the conference, Prime Minister Narendra Modi sat behind a placard that said Bharat, not India. President Droupadi Murmu also sent out invitations for a G20 reception dinner that referred to her as the "President of Bharat."

While India's prime minister and president both appear to be on board with changing the country's name, the idea has attracted controversy. But why is India considering this switch?

Why is a name change to Bharat being considered? Both Modi and Murmu follow Hinduism, the religion that makes up the majority of India's population. Modi — and his ruling BJP Party — are longtime proponents of Hindu nationalism in India, as well as using the Hindu version of the country's name over the English "India." As a result, reports from Indian media have suggested that Modi's government "is looking to change the country's name during an upcoming 'special session' of parliament" as a way to cement a national Hindu identity, The Independent reported.

Bharat is actually already one of India's official alternate names — the first sentence of the country's constitution refers to the nation as "India, that is Bharat." Along with an Urdu word, "Hindustan," these three names are "used interchangeably officially and by the public," Al Jazeera reported, but "around the world, India is the most com-

monly used name." However, a parliamentary change could alter the country's constitution to drop India and make Bharat its primary moniker.

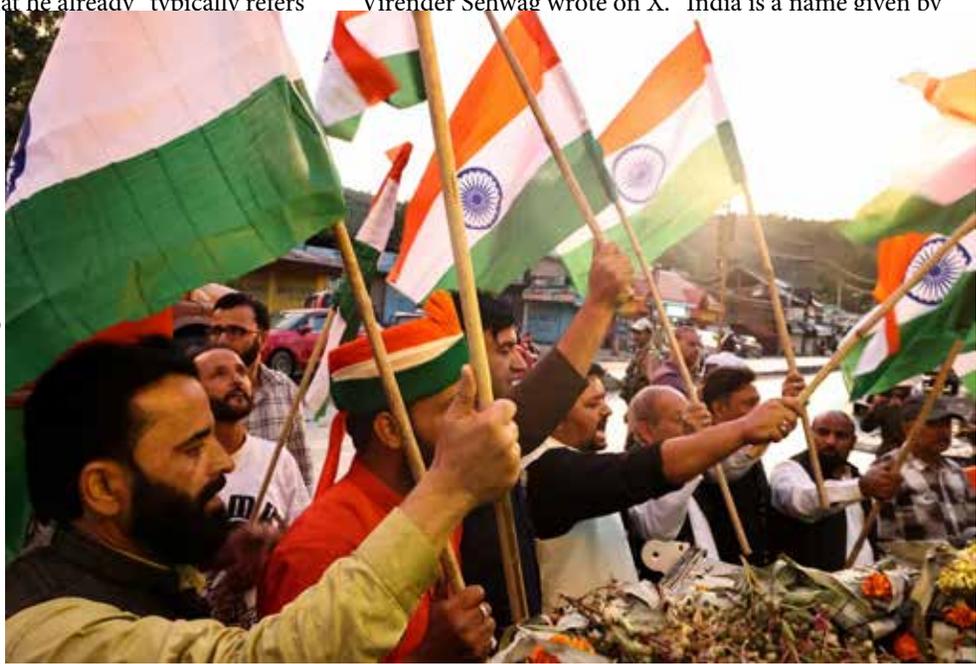
Along with advocacy for Hindu nationalism, Modi and his government are also proponents of doing away with the relics of imperialism. Last month, officials introduced a law that would replace a colonial-era British sedition law with a new version crafted by the Indian government. So Modi's favorable stance on ousting the English "India" in favor of a Hindu word doesn't appear that surprising, and The Guardian noted that he already "typically refers to India as Bharat."

Why is this idea controversial? While Hinduism is the predominant religion in India, "religious minorities account for roughly 20% of the country," The Atlantic reported. This has led to controversy over the push toward a Hindu-centric name. Both Muslims and Christians in India "have faced a surge in communal violence in recent years," the outlet added, and some have expressed concerns that changing the country's name could contribute to this ethnocentrism.

The push for a name change is "foolish," opposition leader Shashi Tharoor wrote on X, formerly known as Twitter, noting that India had "incalculable brand value built up over centuries." He added that the country "should continue to use both words rather than relinquish our claim to a name redolent of history."

Michael Kugelman, the director of the South Asia Institute at Washington, D.C.'s Wilson Center, told Time that the name change plan "is an example of wanting to use the term that the BJP thinks is the proper, more appropriate term to use for India." This type of thinking is not new, as "we've seen this trend of renaming streets that have names that refer to the colonial past," Kugelman added.

Others, though, have praised Modi for trying to move away from India's past. "I have always believed a name should be one which instills pride in us," cricketer Virender Sehwag wrote on X. "India is a name given by



the British & it has been long overdue to get our original name 'Bharat' back officially."

It remains unclear how likely the change actually is. While the aforementioned media reports claimed Modi's government would try to alter the name in parliament, an actual agenda has not been released.

SAFE DRIVING IN INCLEMENT WEATHER CONDITIONS



Inclement weather can pose many hazards and dangerous road conditions for operators. Workers should be aware of impacting weather events and its effects on safely driving and operating vehicles and equipment.

BE PREPARED

CHECK LOCAL FORECAST

Stay caught up on the latest weather conditions for your area. In the event of severe weather, operations may need to be altered to accommodate the changes.

CONDUCT PLAY OF THE DAY

Based on current and future weather conditions, detailed communication in regards to each worker's assigned task, safe routes to take, and specific operations should be discussed in-depth.

PERFORM THOROUGH PM

Check tires, windshield wipers, fluids, lights, and other essential equipment functions that will ensure the vehicle is ready to operate safely and efficiently.

SLOW DOWN

BE DEFENSIVE & OFFENSIVE

Practice safe driving techniques related to defensive driving and Smith System 5 Keys. By using these tools, drivers can remain vigilant in their efforts to arrive safely.

USE SAFE DRIVING TOOLS

Drive with lights on and use warning devices to effectively communicate with other drivers. When pavement is wet, you should decrease speed, turn off cruise control, and increase following distance.

SEEK COVER

With a threat of excessive wind gusts, hail, or even tornadoes, limit driving to an as needed basis. Secure loads, protect vehicles and equipment, and seek shelter when severe weather is near.

STAY FOCUSED

MAINTAIN AWARENESS

Situational awareness will be essential during inclement weather. Pay careful attention to weather, roadway, and traffic conditions as they may change abruptly.

BE PROACTIVE

Remember to Stop. Speak. Act! It is important to stay engaged with the environment around you and make good decisions to ensure the safety of yourself and your teammates.

COMMUNICATE

Keep constant communication with team members about conditions. Radios will be an essential resource in the event that cell towers or electricity are impacted by storms.

HIGH WATER ON THE ROAD & AVOIDING HAZARDS



BE PREPARED

VERIFY CONDITIONS

In high water operations, it is important to remain aware of locations that may become impacted by flooding. All employees should be briefed and updated regularly regarding this information.

ENSURE ESSENTIAL SUPPLIES

Equip vehicles with necessary supplies to respond to flooded roadways. This includes PPE, signage, tools, and water/snacks, especially if employees will be stationed for long hours at these locations.

PLAN FOR MORE

Flooding creates hazardous conditions for workers. Verify that first aid kits are stocked, and fire extinguishers are charged before response.

SLOW DOWN

TURN AROUND

When roadways are covered in water, turn around and never attempt to drive through. It may be worse than what it initially appears. Vehicles are not equipped to handle high water, which may cause the engine to flood or be carried away.

BE CAUTIOUS

In the event of rain or wet pavement, drive carefully to the current conditions to avoid loss of traction on the roadway. Operators should turn off cruise control, slow down, and increase following distance.

HAVE A WAY TO ESCAPE

Avoid areas that would require backing. If backing becomes necessary, use a spotter, when available. Perform 360 walkaround to confirm surroundings are free of hazards.

STAY FOCUSED

OBSERVE SURROUNDINGS

Identify unsafe travel paths and avoid driving through these areas. Debris, fixed objects, downed powerlines, or other items may be hidden. If you don't know, don't go!

CALL A TIME-OUT

When faced with situations that may become unsafe, workers should utilize stop work authority and communicate hazards with others. When conditions improve, a new plan of action may be taken.

REMAIN ALERT

Long hours in this type of emergency response may affect workers ability to remain vigilant. It is essential to communicate with supervision about this to ensure operational readiness.

IS YOUR AIRBAG DEFECTIVE?

Nearly 70 million Takata airbag inflators, in approximately 47 million vehicles, are or will be under recall in the United States by 2020.

Even a minor fender bender can cause these airbag inflators to rupture, spraying metal shrapnel into drivers and passengers.

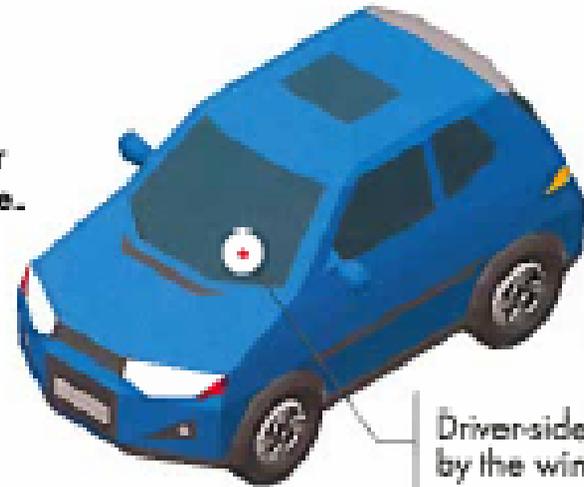
DON'T RISK INJURY OR DEATH, CHECK YOUR VEHICLE TODAY.

Here's How:

Find it

Write down your Vehicle Identification Number (VIN) or take a photograph of your license plate.

- Look for your VIN on the driver-side dashboard by the windshield or on your insurance card.



Driverside dashboard by the windshield

Search it

Visit AirbagRecall.com to upload a photo of your license plate or to look up your 17-digit VIN.

Then follow the on-screen instructions to prove you are not a robot.

Upload a photo

or

Enter a license plate or VIN manually

Fix it

If you see text that reads **recall incomplete...**

YOUR AIRBAG INFLATOR WILL BE REPLACED FOR FREE.



Schedule an appointment at your automaker's local dealership as soon as possible.

If you see text that reads **remedy not available**, call a dealer anyway. Make sure your contact information is up to date so they can notify you as soon as parts are available for your repair.



AIRBAGRECALL.COM

Important Recall Info That MAY Affect Your Vehicle

NHTSA Recall ID Number : 23V630 Manufacturer :Hyundai Motor America Subject : Loss of Drive Power from Fuel Pump Failure Make Model Model Years GENESIS G80 2021-2022 GENESIS GV70 2022 GENESIS GV80 2021-2022 NHTSA Recall ID Number : 23V633 Manufacturer :Toyota Motor Engineering & Manufacturing Subject : Incorrect Load Carrying Capacity/FMVSS 110 Make Model Model Years TOYOTA TUNDRA 2023 TOYOTA TUNDRA HYBRID 2023 NHTSA Recall ID Number : 23V639 Manufacturer :Kia America, Inc. Subject : Rearview Camera Image May Not Display/FMVSS 111 Make Model Model Years KIA SORENTO 2019 NHTSA Recall ID Number : 23V640 Manufacturer :Chrysler (FCA US, LLC) Subject : Shifter May Come Out of Gear While Driving Make Model Model Years DODGE DURANGO 2023 NHTSA Recall ID Number : 23V616 Manufacturer :PACCAR Incorporated Subject : Driveshaft	May Break Make Model Model Years KENWORTH K270 2023 KENWORTH K370 2023 PETERBILT 220 2023 NHTSA Recall ID Number : 23V617 Manufacturer :PACCAR Incorporated Subject : Fuel Filter Hoses May Disconnect or Leak Fuel Make Model Model Years KENWORTH T280 2023-2024 KENWORTH T380 2023-2024 KENWORTH T480 2023-2024 PETERBILT 536 2023-2024 PETERBILT 537 2023-2024 PETERBILT 548 2023-2024 NHTSA Recall ID Number : 23V619 Manufacturer :Volkswagen Group of America, Inc. Subject : No Warning When Key is Left in Ignition/FMVSS 114 Make Model Model Years VOLKSWAGEN JETTA 2019 NHTSA Recall ID Number : 23V620 Manufacturer :Ducati North America Subject : Side Stand May Open Unexpectedly While Riding Make Model Model Years DUCATI XDIAVEL 2018-2020 DUCATI XDIAVEL S 2018-2020 NHTSA Recall ID Number : 23V621 Manufacturer :Daimler	Trucks North America, LLC Subject : AC Electrical Connection May Overheat Make Model Model Years THOMAS BUILT BUSES SAF-T-LINER C2 2024 NHTSA Recall ID Number : 23V622 Manufacturer :BMW of North America, LLC Subject : Front Passenger Knee Air Bag May Not Deploy Make Model Model Years BMW X5 2024 BMW X6 2024 BMW X7 2024 BMW XM 2023 NHTSA Recall ID Number : 23V623 Manufacturer :Chrysler (FCA US, LLC) Subject : Loose Battery Cables May Cause Fire Make Model Model Years ALFA ROMEO TORONALE 2023-2024 DODGE HORNET 2023-2024 NHTSA Recall ID Number : 23V624 Manufacturer :Midwest Fire Equipment & Repair Company Subject : Loss of Drive Power from Software Error Make Model Model Years MIDWEST FIRE ALL-POLY SERIES 2022-2023 NHTSA Recall ID Number : 23V625 Manufacturer :Ford Motor Company Subject : Unsecured Transmission May Cause Rollaway Make Model Model Years	FORD E-350 2024-2025 FORD F-650 SD 2024-2025 FORD F-750 SD 2024-2025 NHTSA Recall ID Number : 23V626 Manufacturer :Ford Motor Company Subject : High Voltage Battery May Short Circuit Make Model Model Years FORD EXPLORER 2020-2022 LINCOLN AVIATOR 2020-2022 NHTSA Recall ID Number : 23V627 Manufacturer :Winnebago Industries, Inc. Subject : Awning May Extend Unintentionally Make Model Model Years WINNEBAGO TRAVATO 2017-2024 NHTSA Recall ID Number : 23V628 Manufacturer :Nissan North America, Inc. Subject : Rearview Camera Image May Not Display/FMVSS 111 Make Model Model Years NISSAN ALTIMA 2019-2021 NISSAN SENTRA 2020-2021 NHTSA Recall ID Number : 23V629 Manufacturer :Mercedes-Benz USA, LLC Subject : Front Tow Eye May Detach During Towing Make Model Model Years MERCEDES-BENZ GLC300 2023 NHTSA Recall ID Number : 23V631	Manufacturer :Spartan Fire, LLC Subject : Delay in Park Brake Engagement/FMVSS 121 Make Model Model Years KME PANTHER 2022-2023 KME PREDATOR 2023 SPARTAN FIRE FC-94 2022-2024 SPARTAN FIRE GLADIATOR 2021-2024 SPARTAN FIRE METROSTAR 2021-2024 NHTSA Recall ID Number : 23V632 Manufacturer :Kentucky Trailer Manufacturing Subject : Clutch Overheating May Cause Fire Make Model Model Years KENTUCKY TRAILER XL-12 2019-2023 NHTSA Recall ID Number : 23V634 Manufacturer :Kia America, Inc. Subject : Loss of Drive Power from Fuel Pump Failure Make Model Model Years KIA STINGER 2018-2021 NHTSA Recall ID Number : 23V635 Manufacturer :Gillig, LLC Subject : Loose Fasteners May Allow Driveshaft to Detach Make Model Model Years GILLIG LOW FLOOR 2022-2023 NHTSA Recall ID Number : 23V638 Manufacturer :Forest River, Inc. Subject : Overcharged Battery May Cause Fire
--	--	---	---	---

INTERNATIONAL PAGES

What is a recall?

When a manufacturer or the National Highway Traffic Safety Administration (NHTSA) determines that a vehicle creates an unreasonable risk to safety or fails to meet minimum safety standards, the manufacturer is required to fix that vehicle at no cost to the owner. That can be done by repairing it, replacing it, offering a refund (for equipment) or, in rare cases, repurchasing the car.

What should I do if my vehicle is included in this recall?

If your vehicle is included in this recall, it is very important that you get it fixed as soon as possible given the potential danger to you and your passengers if it is not addressed. You should receive a separate letter in the mail from the vehicle manufacturer, notifying you of the recall and explaining when the remedy will be available, whom to contact to repair your vehicle, and to remind you that the repair will be done at no charge to you. If you believe your vehicle is included in the recall, but you do not receive a letter in the mail from the vehicle manufacturer, please call NHTSA's Vehicle Safety Hotline at 1-888-327-4236, or contact your vehicle manufacturer or dealership.

Thank you for your attention to this important safety matter and for your commitment to helping save lives on America's roadways.

WORDS SEARCH

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

Fireworks
 Independence
 Citizenship
 Firecracker
 Community
 Passionate

Honorable
 Historical
 Stripes
 Freedom
 Flag
 Parade

Washington
 Liberty
 Stars
 Red
 White
 Blue

America
 Constitution

Indian palaces you can actually stay in

Taj Falaknuma Palace, Hyderabad

Spread over 32 acres, this opulent hotel was built in 1894 and was home to the famous Nizams of Hyderabad. Falaknuma night mean 'mirror of the sky', but the palace was built in the shape of a scorpion, with the wings acting as the scorpion's two stings. The palace's luxurious interiors reflect its decadent past and give guests the opportunity to live like kings and queens if only for a few nights.



Work on the palace started in 1464 and it was abandoned almost 500 years later in 1947. In 1991 it was opened to the public in its current avatar and is now a massive property spread over 14 levels, with stunning views of the surrounding landscape and town down below. The hotel boasts 17 rooms/suites restored to their former glory, plus hanging gardens, an amphitheatre, and a roof-top restaurant where you can immerse yourself in history and step back to medieval times.



Strategically nestled in the countryside of the Aravali range, this palace fortress overlooks one of the three main passes that provide access to the valley. Completed in 1760, the palace was constructed using local marble and features decorations of semi-precious stones in all the suites. The exteriors feature ornate traditional designs that provide an interesting juxtaposition to the modern and minimalist design seen in the interiors. This hotel offers stunning views of the surrounding hills, making it a great option for those looking to live closer to nature, but without sacrificing on modern amenities



Taj Lake Palace, Udaipur

This exquisite white marble palace floats in the middle of Udaipur's Lake Pichola and is a synonymous with opulence and exclusivity. Built in the 1700s, the hotel was once the winter palace of the royal Mewar dynasty and became famous around the world when the Bond movie Octopussy was filmed there. With 18 grand suites and 65 lavish rooms, the hotel offers breathtaking views of the surrounding lake and the sparkling city of Udaipur.



Taj Umaid Bhawan Palace, Jodhpur

Perched at the highest point in Jodhpur, this magnificent hotel was once the residence of the royal family of Jodhpur, making it the sixth largest private residence in the world. The palace was completed in 1943, and was constructed using the same beautiful palm court marble that was used in the Taj Mahal. Surrounded by 26 acres of sprawling lush gardens, the hotel, which is only a wing of the palace, has 64 luxury rooms where guests can experience the royal life.



Ananda in the Himalayas, Tehri Garhwal

Perched 3,000 feet up above on a hill, this former-palace-turned-into-luxury-resort is famous for its spectacular views, which include the the River Ganges and the ancient city of Rishikesh. The Viceregal palace was built for the Maharajah of Tehri Garhwal and has been restored to its former majesty, including the maharaja's billiards room, which is home to India's oldest billiards table (over a 100 years old)



Samode Palace, Jaipur

This splendid palace was built in the early 19th century, but it is surrounded by an outer structure, ie a fort, built in the 16th century. Designed in the Indo-Saracenic style, the hotel is known for beautifully melding both Rajput and Mughal design elements. Admire the breathtaking Sheesh Mahal, the mural-lined rooms, hand-painted walls, crystal chandeliers, regal silver armchairs, and then lounge around the rooftop infinity pool to catch a sunset that shows off the Aravalis in all their glory.



Laxmi Niwas Palace, Bikaner

Commissioned in 1904 and built entirely of red sandstone, Laxmi Niwas Palace was the stately residence of Bikaner's maharaja Ganga Singh and has hosted the whose who of royalty and dignitaries, including King George V and Queen Mary. The hotel retains the palace's regal charm and grandeur, with antique artworks, period-style rococo furniture, hand-painted friezes, four-poster brass beds, and ceilings with gold inlaid carvings that make the past come alive.



Taj Rambagh Palace, Jaipur

Another stunning palace in Jaipur, Rambagh Palace was built in 1835 as a hunting lodge and royal residence for the then maharaja of Jaipur. To say this upscale palace hotel that stands on a 47-acre plot is opulent is an understatement. Think spacious rooms with extremely high ceilings, bathrooms full of marble, grand furnishings, antiques and artwork around every corner, majestic gardens where peacocks strut, a croquet lawn, and a restaurant that gives you the feeling you're dining with the queen



Neemrana Fort Palace, Alwar

This exquisite resort, built on the Aravalli hills, is one of the oldest near Jaipur.

RAAS Devigarh, Udaipur

Keepers of CoolYahoo Lifestyle

RECIPES

Caribbean Chicken Salad

Ingredients

- 2 skinless, boneless chicken breast halves
- ½ cup teriyaki marinade sauce
- 2 tomatoes, seeded and chopped
- ½ cup chopped onion
- 2 teaspoons minced jalapeno pepper
- 2 teaspoons chopped fresh cilantro
- ¼ cup Dijon mustard
- ¼ cup honey
- 1 ½ tablespoons white sugar
- 1 tablespoon vegetable oil
- 1 ½ tablespoons cider vinegar
- 1 ½ teaspoons lime juice
- ¾ pound mixed salad greens
- 1 (8 ounce) can pineapple chunks, drained
- 4 cups corn tortilla chips

Directions

Step 1
Place the chicken in a bowl, and cover with the teriyaki marinade sauce. Marinate at least 2 hours in the refrigerator.

Step 2
In a small bowl mix the tomatoes, onion, jalapeno pepper, and cilantro. Cover salsa, and refrigerate.

Step 3
In a small bowl, mix the mustard, honey, sugar, oil, vinegar, and lime juice. Cover

dressing, and refrigerate.

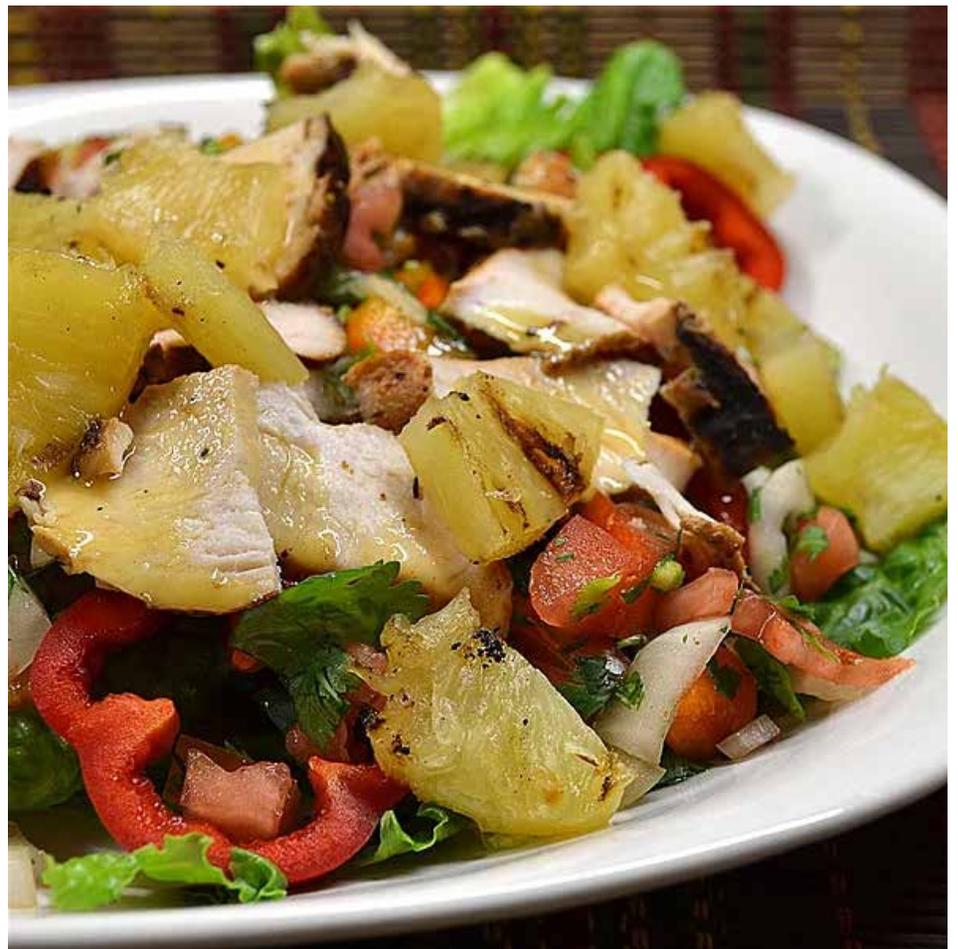
Step 4
Preheat the grill for high heat.

Step 5
Lightly oil grill grate. Place chicken on the grill, and discard marinade. Cook for 6 to 8 minutes on each side, or until juices run clear.

Step 6
Arrange mixed salad greens on plates. Spoon some of the salsa over each salad, and sprinkle with 1/4 of the pineapple chunks. Break tortilla chips into large chunks, and sprinkle over salads. Lay some of the grilled chicken strips on each salad. Finally, drizzle dressing over each salad, and serve.

The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time, ingredients, cook time, etc., the actual amount of the marinade consumed will vary.

Per Serving:
443 calories; 11.3 g total fat; 34 mg cholesterol; 1561 mg sodium. 68.8 g carbohydrates; 18.9 g protein; Full Nutrition
By Marcy Dzurisin



Traditional Mexican Guacamole



This guacamole is great! Whether or not you want it spicy, this guacamole is a dip to die for!

Ingredients
2 avocados, peeled and pitted
1 cup chopped tomatoes
¼ cup chopped onion
¼ cup chopped cilantro
2 tablespoons lemon juice
1 jalapeno pepper, seeded and minced (optional)
salt and ground black pepper to taste
Add all ingredients to list

Directions

Mash avocados in a bowl until creamy. Mix tomatoes, onion, cilantro, lemon juice, and jalapeno pepper into mashed avocado until well combined; season with salt and black pepper
Nutrition Facts

Per Serving: 176 calories; 14.9 g fat; 12.2 g carbohydrates; 2.7 g protein; 0 mg cholesterol; 50 mg sodium. Full nutrition
Recipe by:Kaersten

Sweet and Spicy Baked Keto Chicken Wings

Ingredients

- aluminum foil
- cooking spray
- 1/2 cup butter
- Land O Lakes Spreadable Butter With Canola Oil 8 Oz
- \$1.99 for 1 item - expires today

- 3/4 cup hot pepper sauce (such as Valentina®)
- 1/4 cup sucralose sugar substitute (such as Splenda®)
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 3 pounds chicken wing pieces, drumettes and flats
- 1/2 cup blue cheese salad dressing (optional)
- Wish-Bone Chunky Blue Cheese Salad Dressing 15 Fl Oz
- \$5.00 for 2 item - expires in 2 days
- Add all ingredients to list

Directions

Preheat the oven to 425 degrees F (220 degrees C). Line a rimmed baking pan with foil. Spray a wire rack with cooking spray and set inside the baking pan. Melt butter in a small saucepan. Mix in hot sauce, sucralose, salt, and garlic powder. Remove from heat and set sauce aside. Place chicken wing pieces on the prepared rack. Bake in the preheated oven for 15 minutes. Remove from the oven, pour off any juices accumulated in the bottom of the pan, and turn chicken pieces over. Bake for an additional 15 minutes. Remove chicken from the oven and transfer to a large bowl. Cover with sauce and toss to coat. Return chicken to the rack on

the baking pan and bake until no longer pink at the bone and the juices run clear, 15 to 30 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C)
Recipe

by:SunnyDaysNora



Health & Wellness

Slim without sacrifice...with foods you enjoy... and with results you'll love.

Pick up a sack of potatoes. Carry it for ten minutes. You soon feel the strain. If you've put on "a few pounds," your body is carrying that

Stress relief tips for older adults

Stress in adults, especially older adults, has many causes. You may experience it as a result of managing chronic illness, losing a spouse, being a caregiver, or adjusting to changes due to finances, retirement, or separation from friends and family. Fortunately, there are plenty of things you can do for stress relief.

Tailor the treatment

The type of stress relief that works best depends on what someone is experiencing. For example, if insomnia is a considerable source of stress in adults, a special type of cognitive behavioral therapy designed to treat insomnia, called CBT-i, may help. It aims to correct ingrained patterns of self-defeating behavior and negative thoughts that can rob you of sufficient amounts of sleep. In fact, the American College of Physicians now recommends CBT-i over medications as the first-line treatment for

weight day after day. And that puts a strain on your heart, your joints, and more. Shedding those added pounds can end joint pain, reduce

insomnia.

If disability is a source of stress, changes in your home may help you live more independently. Turn to your doctor, a geriatrician, an occupational therapist, or a staff member at your local council on aging for guidance.

Fixes for all

General stress in adults may be reduced with some of the following ideas, as reported in the Harvard Special Health Report Stress Management:

Engage in regular physical activity. If you are infirm, ask your doctor whether you might benefit from certain types of exercise, such as tai chi, which enhances balance. Many other kinds of physical activity improve your health, lift your mood, and reduce stress, too.

Consider whether you might benefit from a course in assertiveness training that

would help you state your wishes and handle conflicts. Join a support group if you are dealing with bereavement. Think about getting a pet—both the pluses and minuses. Several studies support the stress-lowering effects of having a dog, cat, or other animal companion. But don't forget to take into consideration the physical and financial challenges of pet ownership. Attend a mind-body program. These can help at any age. Some are specifically designed for seniors. Others may focus on chronic pain or specific ailments, such as heart disease.

Don't ignore symptoms

The symptoms of stress in adults may show up in many forms, such as tension headaches, back pain, indigestion, heart palpitations, poor concentration, indecisiveness, crying, irritability, and edginess. But don't wait to seek stress relief. Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

heart palpitations

poor concentration

indecisiveness

crying

irritability

edginess.

But don't wait to seek stress relief.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. "Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated," says Dr. Ann Webster, a health psychologist at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

Many people struggle with being overweight, or even obese. It's a common topic at office visits. As a doctor, I know that excess weight is associated with potentially serious health conditions — high blood pressure, high blood sugar, high cholesterol — not to mention sleep apnea, fatty liver disease, and back and knee problems, among other things. Patients may also worry about their appearance. Whether a patient is at risk for medical problems due to being overweight, or if it's a personal health goal, then it's my job to provide counseling. In my experience, most patients consider weight loss drugs or surgery only as a last resort. "I want to lose weight naturally," they say. Once we screen for (and treat) any contributing medical problems that could be causing weight gain (low thyroid function, polycystic ovarian syndrome, prediabetes, among others), or psychological issues (bulimia, binge-eating disorder, depression, anxiety), I encourage a diet-and-lifestyle approach for many reasons, among them my own personal experience. A real-life weight loss story

A few years ago, I embarked on a personal weight loss journey. I had had two pregnancies back-to-back, and had gained considerable weight, to the point where my own body mass index was over 30 (obesity range). I was many months postpartum, and realized that the "baby weight" wasn't going anywhere. As a matter of fact, I had gained even more weight since my daughter was born. At that point, I had a quandary many people can identify with: I was one of two working parents, with two kids under two. How on earth does one tackle weight loss when one is busy and distracted? What I did was fairly basic, and there is research to back up this approach: Here's what worked for me: I resigned myself to the fact that, hey, it

took me 18+ months to put on the weight, so it would probably take 18+ months to lose it. As much as I knew about nutrition, I felt like I needed guidance. So I researched a bunch of popular diets and philosophies.

I chose a well-rounded, nutritious diet plan consisting of a wide variety of fruits, vegetables, lean proteins, and healthy fats (and also very low in carbohydrates). It was a popular commercial diet, which I modified to suit my preferences (most of the diets out there are fairly similar). I never bought any of their prepared foods, and used their menu only as a guide, substituting what I liked or had in the pantry where necessary. I got a small pocket notebook, and started keeping track of everything that I ate. Each page represented a day's intake, and I counted calories, as best I could. Once a week, I weighed myself, and jotted that down as well. Exercise in those early days consisted of only a few minutes of sit-ups, pushups, and other in-place calisthenics at nighttime, after the kids had gone to sleep (and before they woke up again overnight). Yes, I had the occasional slice of cake, glass of wine, chunk of chocolate, piece of baklava (a major downfall), or other treats. I forgave myself those indiscretions, as well as any "vacations" from my dieting, logging, and exercising. I would just pick up where I left off and keep going. And going. There were stops and starts, and the scale went up and down, but over time, the pounds slowly, slowly came off. As the months went on, I was able to rejoin my gym and add once or twice-weekly workout sessions. As my muscle tone increased, so did my metabolism, and the weight came off faster. It took over two years, but I lost 50 pounds. In the three years since, I've maintained that weight loss within five pounds. What does

the science say about my approach? Let's take a look. Diet and weight loss

Studies have shown that just about any diet will result in weight loss, if it's one that someone can follow.^{1,2} Esteemed Yale physician and nutrition expert David Katz examined over 58 popular diets and found that the most successful in terms of both weight loss and nutrition consist of "real food." By that he means plants, whole grains, nuts and seeds, as well as meat (ideally, from animals that ate plants). Basically, foods closer to nature. The other key is minimizing processed foods, including sugars and flours.³ Without realizing it, I followed Katz's advice: I ate mostly fruits and vegetables, nuts, seeds, and dairy. I occasionally had whole grains like quinoa or farro, even rice or corn chips. And, of course, an occasional treat. But I had sworn off sugars and flours, for the most part. Behavior change and weight loss

It's hard to keep track of how much we eat. But a lot of research shows that when we keep track of intake, we eat less. This is called self-monitoring, and why writing down what I ate and weighed helped me.^{4,5,6} There are so many ways to do this nowadays: from the old-school paper-and-pencil method, to apps like MyFitnessPal, or the Weight Watchers points system.⁷ Another key approach: forgive your failures. Studies show that people who "mess up" their diet plan and then "give up" end up gaining, while people who forgive themselves and move on continue to lose. It's called self-acceptance.^{8,9} Look, we're human. Birthdays, office parties, weddings, random movie nights: they happen, and we celebrate by having the amazing chocolate cake, or Betsy's famous buffalo chicken dip, waaaay too much champagne, or buttered popcorn. Expect this, enjoy, and then move on. Exercise and weight loss

Most major weight loss is followed by weight gain, as people revert to their old habits. But, some folks manage to keep it off. How do they do it? Researchers have found that maintaining a healthy diet, ongoing self-monitoring, plenty of self-acceptance, as well as a high level of physical activity are all associated with keeping the pounds off.¹⁰ When I feel like I'm slipping, I start logging again. Nowadays, I use an online fitness app on my phone to more easily keep track of my daily food intake. Red wine and dark chocolate are always in stock in our house, and that's OK. Exercise is important, too, but in my book, any and all physical activity counts. Two or three workouts a week help me maintain muscle tone and cardiovascular fitness. If I can't get to the gym, I run. If I can't run, I do something at home, like five minutes of in-place kickboxing moves, or dancing around the living room like a crazy person with my kids. I take the stairs wherever I am as often as possible. I use a carry basket at the grocery store, and switch from arm to arm while I shop: biceps curls! Hey, it all counts.

Staying at a healthy weight for life

The old adage is "eat less, exercise more," and this is still true, to some extent. But human beings are psychologically and sociologically complex creatures, and that adage is a lot harder to follow than it sounds. For average adults who do not have contributing medical or psychological issues, a nutritious plant-based diet low in processed foods and carbohydrates, consistent self-monitoring of intake and progress, forgiving oneself when expected lapses occur, all combined with regular physical activity, can result in weight loss for life.

Thank God some things in life don't change

-Nusrat Yar Khan

Thank God some things in life don't change, I was happy to discover when we went to Hyderabad end December for a niece's wedding, which turned out to be great fun what with so many relatives having flown down from all over the globe to share in the happiness of the family and to rejoice with them.

Take a look at our weddings for instance, where the atmosphere is still the same as in weddings of the past with just minor changes here and there.

We still follow the same rasams, starting from the manjhay, mehndi, sanchak and leading on to the nikha and jalwa and walima. The one ceremony we have cut off for years is chowthi, which we as children used to enjoy as it was a fight between dulhay walas vs. dulhanwalays with bunches of maat ki bhaji. Never knew what the significance of that ceremony was. There is still zanana, mardana but not so stringent any more.

Dholak kay geet still abound and the mirasans still sing in their tuneless voices! The bands still blare; lilting tunes of the shehnai still give the feeling of a shadi ka ghar. If the band is not blaring at the vidaey of the bride then it is the dhapda, sorry, the marfah with the siddis beating away at their drums, at their ear drum busting best, in front of the baraath with youngsters dancing to the beat of their drums.

There was a lot of naach every evening with, believe it or not, the jhatka matkas of only Hindi music. No place for English music even though a number of relatives had come from abroad; just goes to show that no matter which part of the world they are living in the youngsters keep in touch with their Indian music and by extension, their Indian roots. By speaking in Urdu and by their Hyderabad Adaabs they showed their Hyderabad connection, a connection nourished by

parents who love the city of their forefathers.

Weddings, still a popular place for mothers on the lookout for a good looking bride for their sons; the young men loitering around the zanana area to get a glimpse of the girl being discreetly pointed out to him for his approval; or it could be the other way around, with the boy being pointed out to the girl by family or friends.

The brides still wear kurtani choli, the grooms sherwani and shamla. The lacchas, saatlada, jugni, chandan har, still adorn the necks of both the married and unmarried ladies. Karan phool, chand bali, still swing on the ears of the fair maidens. Eye-catching sarees flit their way around in myriad colours and beautiful zari work. Some Sarees have the pure silver zari work which Hyderabad was/is famous for.

The sali is still prominent in her khada dupatta teasing and trying to make the dulha confess to being her ghulam on the day of the mehndi. They are also conniving to steal the chadavies of the groom and return them for a reasonable salami. Have not seen the sala doing dhing-gana. Remember what that is? When the sala closed the gate and would refuse to let the groom in till he was given baksheesh.

All the rasam ki kishties with the clothes and accessories of the bride as well as the kishties brought for the groom are still displayed for all to admire on the mehndi and sanchak days

One gets to see more shamlas and fewer rumi topis, in fact one can count the rumi topis on ones finger tips Kurta pyjama and sherwani for the men has really taken off in a big way with such eye catching embroidery work on them and not just black and white any more.

The food that used to be spread out on dastarkhans in our childhood days progressed to the chowkies and now to buffets and tables and chairs. I much prefer the food being laid on the tables rather than pushing our way or being pushed to get to the tables where the sumptuous food is spread out. Why do we have this habit of crowding at the food tables instead of forming a decent line and waiting our turn to fill our plates?

The food is no more just the traditional cuisine; the caterers have added a whole variety of new dishes to the list. At one dinner we had all Arab food, at another Chinese and at yet another Continental. One day it was pure vegetarian which I thought was great. Of course the main courses consisted of Hyderabad food.

The five jumagies that follow at the end of a wedding do not follow the same pattern as in days gone by. Parties for the bride and groom are given by close family members but they need not be on Fridays; the family members who come from abroad being in a hurry to get back home and more importantly the couple have their honey mooning plans!

All in all, if you are visiting Hyderabad it is good to go to a wedding where one meets the relatives at one shot instead of running around in this traffic spending more time commuting than actually being with your near and dear ones.

It was one of my best trips to Hyderabad . Short and Sweet. And the good weather helped.



HYDERABAD PAGES

Late Dr. Sadiq Naqvi, a famous Poet-Historian from India

Dr Sadiq Naqvi passed away in Chicago on June 20, 2017. He was an author, a teacher, a poet, a sportsman and a historian it is amazing that all these are the attributes of one man. Dr. Sadiq Naqvi is expert in all these fields.

He as a historian had attended many international seminars. During his visit to U.A.E, he had attended an international conference on Indo-Arab relations in Ras Al Khaima. There he was the Indian representative. He had also presented a paper on his views in the conference, which was widely printed in both Arabic and Urdu.

Dr.Sadiq Naqvi was born in Hyderabad, India in an educated family who has done a great service to the community. His grand father (maternal) was a great poet. His poetry was always on Islam. Dr. Sadiq's mother Sakina Begum "Iffat" was a poet too. Her book on Nawha "Subut-e-Najaath" is still famous. Dr. Sadiq's father late Syed Ahmed Hussein Naqvi was a famous lecturer at Govt. City College, Hyderabad. Dr. Sahib's uncle a journalist Syed Badshah Naqvi has published a book on Urdu dramas "Urdu Me Drama Nigari". It was the first of its kind and still has its value. It is included in the reference books. Syed Badshah Naqvi has a hand in the upbringing of Dr. Sahib and his education as his father was busy in the playing field. To show his gratitude Dr. Sadiq dedicated his book "Roshan Zawiee" to his uncle.

Dr. Sadiq Naqvi was lucky to inherit his flair for poetry from his mother and sportsmanship from his father. Dr. Sadiq Naqvi started writing poetry in 1955. At that time he was still a student. He was impressed by a great Urdu poet Allama Najm Afandi of India and Pakistan and was his student. After Afandi Sabib's migration to Pakistan and later his death, Dr. Naqvi did not have any teacher and started writing poems on his own.

Dr. Sadiq's life as a youth was spend on the sports ground. He was the Captain of Table Tennis Team at City College, Hyderabad and was in the Cricket Team too. After school he joined Nizam College, Hyderabad for further studies. There he was a team member of Football Team and also Athletics. In the year 1958 he represented Inter University Football tournament (Osmania University, Hyderabad). He was member of two famous Hyderabad clubs "Hyderabad Rovers Club" "Hyderabad Arsenal Club" and played lots of tournaments on their behalf throughout India.

In the year 1959 he achieved the B.Sc. Degree and started his career as a teacher at All Saints High School Hyderabad. He use to teach Mathematics and was also given the job of coaching students for cricket. In 1962 he joined Sainik School Vishakapatnam (A.P). There too he was in charge of the sports and N.C.C sections. In 1971 he was transferred to Hyderabad Public School Begumpet.

In the year 1978 he was assigned to Osmania University as a lecturer of History. Later he was promoted to Reader. Apart from being busy with his career he continued his studies. In 1965, he completed his M.A in History from Aligarh Muslim University, along with this he did Diploma from National Institute of Patiala in Football. Then in 1970 in spite of being busy in his career he did his Master of Philosophy and also took two months coaching to join N.C.C, Army and Navy. In 1978, he took Persian Language Special Diploma and PhD Degree. His thesis for the PhD was "Muslim Religious Institutions and their role during the Qutb Shahi Period".

When he joined Osmania University he said good-bye to sports. The pen which was always in his hand started its work more swiftly. He is an expert in the medieval history and has published more than 26 articles in history in Urdu and English. He compiled many valuable books in English and Urdu which are as follows:



- 1- Qutb Shahi Ashur Khanas of Hyderabad.
 - 2- Muslim Religious Institutions and their role during the Qutb Shahi Period
 - 3- The Iran-Deccan Relations
 - 4- Azadari Its Spread and Impact On Dakhni Culture
 - 5- Tareek Aur Adab Ka Bahami Rabt(The Interaction between History and Literature)
 - 6- Roshan Lakeerain (collection of Urdu poetry)
 - 7- Roshan Zawiee (collection of Urdu poetry)
 - 8- Jazb-e-Sadiq ((collection of Urdu poetry)
 - 9- Ashk-e-Sadiq (collection of Urdu poetry)
 - 10- Fikr-e-Sadiq (collections of poems in the praise of Holy Prophet of Islam (S.A.W.).
- After his retirement from Osmania University as a professor Dr. Sadiq Naqvi is regularly invited to various national and international seminars. He is also invited to recite his poems in the distinguished literary gatherings in India and abroad. He is an active member of a literary institution in Hyderabad known as "Bab-Ul-Ilm Society". He is also the publisher, printer and editor of an Islamic Research Journal in English "The Noor" which is distributed worldwide.



Sikander Abdul Aziz Bawazeer (Hakeem Saab)

Cell: 9347814688



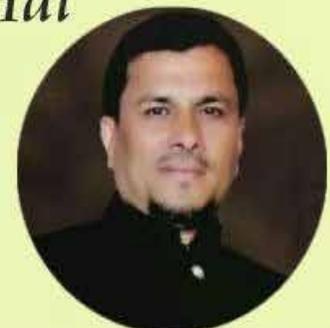
Tibb-E-Mustafa ki Roashni Mei

100 Bimariyon Se Ziyada Ki Shifa Hai

Ye Kalongi Se Bani Dawa Hai

Spl. in : Sugar , Neuro, Bones, Skin & Kidneys

1 Month free Medicine for T.B. & Cancer
No side effects, No Restriction on Food.



American Township, RCI Road, Mallapur, Hyderabad-05, T.S.

List of Bollywood films of October 2023

Opening	Title	Director	Cast	
O C T	<i>Dono</i>	Avnish S. Barjatya	Rajveer Deol • Paloma	
	5	<i>Khufiya</i>	Vishal Bharadwaj Tabu • Ali Fazal • Wamiqa Gabbi • Ashish Vidyarthi • Azmeri Haque Badhon • Alexx O'Neil	
	6	<i>Mission Raniganj</i>	Tinu Suresh Desai	Akshay Kumar • Parineeti Chopra
		<i>Thank You for Coming</i>	Karan Boolani	Bhumi Pednekar • Shehnaaz Gill • Dolly Singh • Kusha Kapila • Shibani Bedi • Karan Kundrra • Tejaswi Dev Chaudhary • Saloni Daini
		<i>Yaatri</i>	Harish Vyas	Raghubir Yadav • Seema Pahwa • Anuraag Malhan • Jamie Lever • Chahatt Khanna
	13	<i>Dhak Dhak</i>	Tarun Dudeja	Ratna Pathak Shah • Dia Mirza • Fatima Sana Shaikh • Sanjana Sanghi
		<i>Guthlee Ladoo</i>	Ishrat R. Khan	Sanjay Mishra • Heet Sharma • Subrat Dutta • Kalyanee Mulay
		<i>Darran Chhoo</i>	Bharat Ratan	Karan Patel • Ankita Bhargava Patel • Ashutosh Rana • Manoj Joshi • Saanand Verma • Smiriti Kalra
		<i>Bhagwan Bharose</i>	Shiladitya Bora	Vinay Pathak • Masumeh Makhija • Manurishi Chaddha • Shrikant Verma • Satendra Soni • Sparsh Suman
	20	<i>Ganapath</i>	Vikas Bahl	Amitabh Bachchan • Tiger Shroff • Kriti Sanon • Elli AvrRam
		<i>Tejas</i>	Sarvesh Mewara	Kangana Ranaut
		<i>Yaariyan 2</i>	Radhika Rao • Vinay Sapru	Divya Khosla Kumar • Yash Daasguptaa • Pearl V Puri • Meezaan Jafri • Anaswara Rajan • Priya Prakash Varrier • Warina Hussain
	23	<i>12th Fail</i>	Vidhu Vinod Chopra	Vikrant Massey • Palak Lalwani • Sanjay Bishnoi • Harish Khanna
	27	<i>Aankh Micholi</i>	Umesh Shukla	Abhimanyu Dassani • Mrunal Thakur • Paresh Rawal • Sharman Joshi • Divya Dutta • Abhishek Banerjee • Darshan Jariwala • Vijay Raaz

Meet Shah Rukh Khan: If you haven't heard of the Bollywood superstar, it's about time you did

If you haven't already heard of Shah Rukh Khan — First, where have you been? Second, why?! — it's beyond time to get to know the Bollywood megastar.

When he isn't dominating headlines in South Asia or trending all over news aggregation apps, the 57-year-old Indian icon is cranking out big-budget, Hindi-language films. With his physical energy and magnetic charm, he's been bolstering the billion-dollar movie business in Asia for years, including with two blockbusters this year: the action-packed "Pathaan" and the revenge thriller "Jawan." The films mark his cinematic comeback after a four-year hiatus, and they've broken several box-office records of his own making.

"SRK is indeed one of the most iconic and popular Indian film stars ever," said Rajkumar Akella, the managing director of Comscore Movies India, who is based in Hyderabad, India. "His appeal and cultural influence on India and Indian diaspora and even global audiences are far larger than the box-office data can ever justify."

To date, the actor has appeared in at least 109 titles — per IMDb — during his decades-long career. Reps for SRK couldn't respond by the time of publication to *The Times*' request for comment.

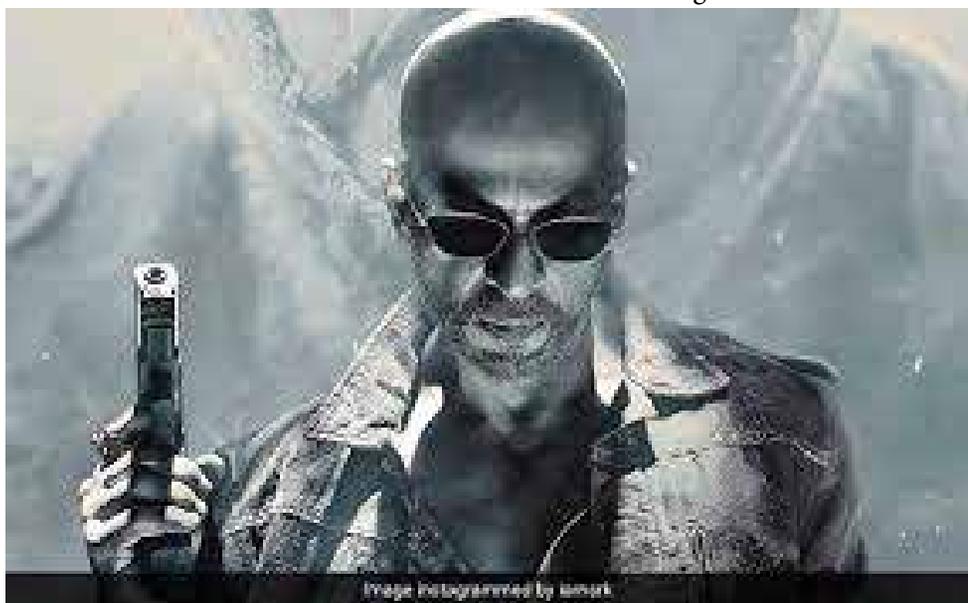
Here are some key facts to know about the influential cinema icon:

He goes by SRK

Sometimes you might see his name spelled Shah-rukh Khan too, but he's affectionately known as SRK to his fans and active social-media following. His many other nicknames include the regal "King Khan," "Baadshah of Bollywood," "King of Romance" and, occasionally, Bollywood's "most important cultural export," with his star power likened to that of Tom Cruise and Tom Hanks — combined.

The New Delhi-born entertainer grew up in the industrial west coast port city of Mangalore. He described himself on social media in 2010 as "half Hyderabadi (mother), half Pathan (father), and some Kashmiri (grandmother)."

Since we're on the topic of fractions, SRK is one-third of the affectionately regarded "Bollywood Khan triumvirate" that also boasts Aamir Khan and Salman Khan, none of whom are related.



SRK succeeded influential Indian film star Amitabh Bachchan, who was known as the Angry Young Man of Indian Cinema during his reign over Indian theaters from 1973 until the turn of the century, Akella said. But what's unique about SRK's ascent to stardom is that he doesn't hail from an influential film family. Instead, the Baadshah of Bollywood trod the more humbling boards of TV sound stages.

"I was driving down a small lane in India recently, and I remembered that 20 years ago I was driving down the same lane, and I had maybe \$10 or \$20 in my pocket," he told *The Times* in 2011. "I couldn't believe all that had happened to me. I feel lucky and even guilty to have this much."

As *The Times* put it in 2011: SRK "is the biggest movie star you've never heard of." But a lot has changed in the last decade, and if his movies aren't baked into the American cinema-going DNA, they certainly are in South Asia.

The movie star arguably commands a larger fan following than any other working actor in the world, given India's 1.4 billion population and its recent distinction as the world's most populous country. However, Khan told CNN's Fareed Zakaria in 2016 that half of his fans are from other places, presumably with many hailing from the Indian diaspora. Few, if any, actors have comparable popularity, domestically or abroad.

He got his start in TV and quickly became the King of Romance. SRK arrived in Mumbai — the metropolis formerly known as Bombay where Bollywood originated — in 1991. He made a meager salary on the Indian TV show "Fauji," but landed his cinematic debut within a year in the commercial hit "Deewana," playing a ruthless avenger.

His breakout role came in 1993 in the romantic thriller "Baazigar," where he starred as an antihero for the first time. (His obsessive-lover character tries to persuade his girlfriend to commit suicide with him to avoid a forced marriage — then kills her!)

He further made a name for himself in the 1990s with the psychological thrillers "Darr" and "Anjaam," and a series of romantic musicals, beginning with his 1995 sensation "Dilwale Dulhania Le Jayenge." On "Dilwale Dulhania Le Jayenge" — the title translates to "The Bravehearted Will Take the Bride" — he teamed with director Aditya Chopra and played a Lamborghini-driving London-based man who pursues his love back to India to win over her family. The film holds the record as the longest-playing movie in Indian film history and had an uninterrupted run in a single cinema for nearly 25 years.

That film, coupled with the late-'90s romantic musicals "Dil To Pagal Hai," "Kuch Kuch Hota Hai" and the 2001 family drama "Kabhi Khushi Kabhie Gham," earned SRK the "King of Romance in Bollywood" moniker.

He also padded his film credits with the box-office disappointment "Swades" and the sports drama "Chak De! India." However, he became better known to international audiences for his critically acclaimed turn as an alcoholic in the 2002 musical drama "Devdas" and for his role as an autistic man in the 2010 film "My Name Is Khan." (His 2007 romantic musical "Om Shanti Om" made headlines this summer after going viral for its spot-on "Barbie" reference.)

In 2011, his slick science-fiction movie "Ra.One" was touted as the most expensive Hindi film production in history with a budget estimated at \$30 million. But the superhero flick only reached No. 11 on his top-grossing films list, according to Comscore.

He released the semi-hit "Raees" in 2017, followed by the 2018 dramedy "Zero," in which he played a young man with dwarfism.

Waheeda Rehman Wins India's Highest Film Honor



Revered Indian actor Waheeda Rehman has been accorded the Dadasaheb Phalke award, India's highest film honor.

The award is given for lifetime contribution to Indian cinema and is named after Phalke, director of "Raja Harischandra" (1913), India's first full-length feature, who is considered the father of Indian cinema.

Rehman, the 85-year-old grande dame of Indian cinema has worked with most of the legendary filmmakers of her country during her career and the roles she chose were in films that are considered classics in the annals of Indian cinema. She worked with Guru Dutt in "Pyaasa" (1957) and "Kaagaz Ke Phool" (1959), Satyajit Ray in "Abhimaan" (1962), Basu Bhattacharya in "Teesri Kasam" (1966) and Yash Chopra in "Kabhie Kabhie" (1976), among many other memorable roles.

But it is her role as Rosie in Vijay Anand's "Guide" (1965) that Rehman remembers with the greatest fondness. "When I signed 'Guide' more than 50 years ago, my friends told me that it would be my last film, because, in the very first scene I leave my husband and enter a live-in relationship with a tour guide. It seems normal today, but it wasn't so back then. The direction was beautiful. The extra-marital affair was not portrayed as cheap or vulgar," Rehman said dur-

ing an event at the 2017 Singapore International Film Festival.

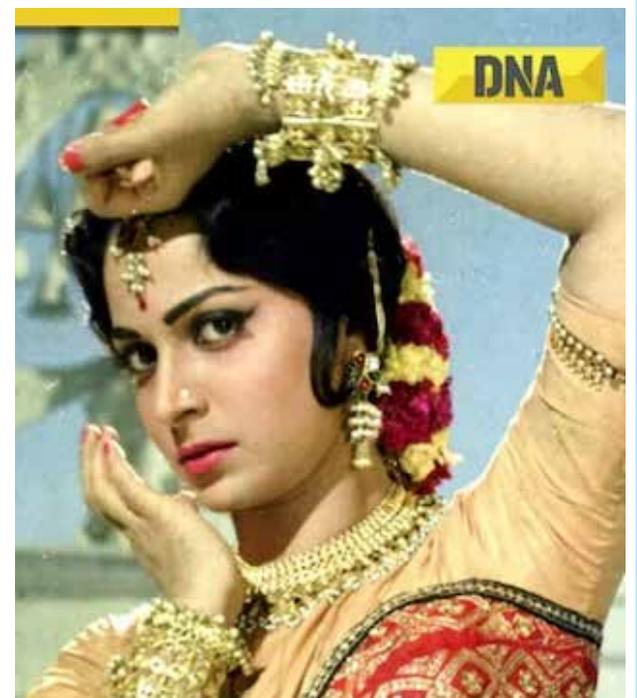
Rehman has been in semi-retirement since Rakeysh Omprakash Mehra's "Delhi-6" (2009). She returned to the screen for Aparna Sen's "Romeo and Juliet" adaptation "Arshinagar" in 2015. She was coaxed out of her hiatus again by Anup Singh for "The Song of Scorpions" (2017) and since then has featured in Kamal Haasan's "Vishwaroopam 2" (2018) and Manjari Makijani's "Skater Girl" (2021).

Announcing the award on Tuesday, Anurag Thakur, India's Information and Broadcasting Minister posted: "I feel an immense sense of happiness and honor in announcing that Waheeda Rehman ji is being bestowed with the prestigious Dadasaheb Phalke Lifetime Achievement Award this year for her stellar contribution to Indian Cinema. Waheeda ji has been critically acclaimed for her roles in Hindi films, prominent among them, 'Pyaasa,' 'Kaagaz ke Phool,' 'Chaudhavi Ka Chand,' 'Saheb Biwi Aur Ghulam,' 'Guide,' 'Khamoshi' and several others. In her career spanning over 5 decades, she has essayed her roles with extreme finesse, leading to a National Film Award for her role as a clanswoman in the film 'Reshma Aur Shera.'"

Past winners of the Dadasaheb Phalke award

include filmmakers Satyajit Ray, Adoor Gopalakrishnan, Mrinal Sen, Shyam Benegal and Tapan Sinha, actors Soumitra Chatterjee, Amitabh Bachchan, Dilip Kumar, Rajkumar, Sivaji Ganesan, Akkineni Nageswara Rao, Shashi Kapoor, Asha Parekh and Rajinikanth and musicians Manna Dey, Bhupen Hazarika, Lata Mangeshkar and Asha Bhonsle.

Naman Ramchandran
VARIETY



Binaca Geetmala Annual List (1964)

Thumb / Rank	Song Heading	Singer / Movie	Music By / Lyricist	Actor / Category
 IMAGE COMING SOON 22	Aaj Kal Men Dhal Gayaa, Din Huaa Tamaam     4.50 - 192 votes	Lata Mangeshkar, Mohammed Rafi	Shankar Jaikishan	Jamuna, B Saroja Devi, Sunil Dutt
		Beti Bete (1964)	Shailendra	Lori Songs, Sad Songs
 IMAGE COMING SOON 23	Kabhi Na Kabhi, Kahi Na Kahi, Koi Na Koi To Aayega     4.51 - 151 votes	Mohammed Rafi	Madan Mohan	Dev Anand
		Sharabi (1964)	Rajinder Krishan	Sad Songs
 24	Agar Mujh Se Muhabbat Hai     4.43 - 120 votes	Lata Mangeshkar	Madan Mohan	Supriya Choudhary, Dharmendra
		Aap Ki Parchhaiyan (1964)	Raja Mehdi Ali Khan	Romantic Songs
 IMAGE COMING SOON 25	April Fool Banaya To Unko Gussa Aaya     4.24 - 46 votes	Mohammed Rafi	Shankar Jaikishan	Biswajeet, Saira Banu
		April Fool (1964)	Hasrat Jaipuri	Masti Bhare Geet, Ched Chad Songs
 26	Rahi Manva Dukh Ki Chinta Kyu Satati Hai     4.29 - 2344 votes	Mohammed Rafi	Laxmikant Pyarelal	Sushil Kumar, Sudhir Kumar
		Dosti (1964)	Majrooh Sultanpuri	Philosophical Songs, Sad Songs
 27	Mujhe Kehte Hain Kallu Kavval     4.34 - 44 votes	Sudha Malhotra, Mukesh	Kalyanji Anandji	Sadhana, Raj Kapoor
		Dulha Dulhan (1964)	Gulshan Bawra	Masti Bhare Geet
 28	Hum Pyar Ka Sauda Karte Hain Ek Baar     4.48 - 96 votes	Lata Mangeshkar	Shankar Jaikishan	Vyjayantimala, Rajendra Kumar
		Zindagi (1964)	Hasrat Jaipuri	Dance Songs
 29	Husn Se Chand Bhi Sharmaya Hai     4.46 - 140 votes	Mohammed Rafi	Ravi	Joy Mukherjee, Saira Banu
		Door ki Awaaz (1964)	Shakeel Badayuni	Tareef Songs, Romantic Songs
 IMAGE COMING SOON 30	Mai Ek Nanha Sa, Mai Ek Chhota Sa Bachha Hu     4.27 - 97 votes	Lata Mangeshkar	Laxmikant Pyarelal	Babloo
		Harishchandra Taramati (1963)	Kavi Pradeep	Prayer
 IMAGE COMING SOON 31	Mera Naam Rita Christina     4.32 - 71 votes	Lata Mangeshkar	Shankar Jaikishan	Saira Banu, Biswajeet
		April Fool (1964)	Hasrat Jaipuri	

Binaca Geetmala Annual List (1964)

Farhan Akhtar Production 'Bambai Meri Jaan' Sets Prime Video Date

Naman Ramchandran

Prime Video India has set a global premiere date for crime thriller series "Bambai Meri Jaan," produced by Excel Media and Entertainment's Ritesh Sidhwani, Kassim Jagmagia and Farhan Akhtar.

Created by Rensil D'Silva ("Dial 100") and Shujaat Saudagar ("The Underbug") and directed by Saudagar, the Amazon original 10-episode series is based on a story by S. Hussain Zaidi ("Lahore Confidential"). Set in post-independence India, the series chronicles the life and rise of a young man torn between his father's law enforcement legacy and his own journey into the heart of organized crime.

The cast includes Kay Kay Menon ("Farzi"), Avinash Tiwary ("Khakee: The Bihar Chapter"), Kritika Kamra ("Bheed"), Nivedita Bhattacharya ("Thar") and Amyra Dastur ("Jogi").

Excel is one of India's leading studios. The outfit's Prime Video series "Dahaad," produced alongside Tiger Baby, premiered at the Berlinale earlier this year. The studio's previous collaborations with Prime Video include "Inside Edge," "Made in Heaven" and "Mirzapur." Excel's film "Don 3," directed by Akhtar and starring Ranveer Singh, is in the works.

Aparna Purohit, head of India originals, Prime Video, said: "Bambai Meri Jaan' is an intricate and intriguing story of dreams and ambitions, where the insatiable hunger for power defines one's choices. The story is like an immaculate symphony that delves deep into the psyche and emotions of its key characters, as they struggle with the consequences of their own choices."

Sidhwani added: "Set in the post-independence era, 'Bambai Meri Jaan' chronicles the birth of the underworld in Mumbai set against the backdrop of a free



nation. Viewers will witness a gripping gangster thriller, exploring the classic, universal battle of good versus evil. We are truly delighted to be working with Prime Video yet again to bring another thought-provoking series to our viewers around the world."

Saudagar said: "Bambai Meri Jaan' deals with the complexity of nature vs nurture. Thematically stories which relate to dysfunctional relationships have always attracted me to tell a cinematic narrative. 'Bambai Meri Jaan' weaves the saga of a family inhabiting and growing through their trials and tribulations alongside burgeoning post independent Mumbai. We can't wait to see viewers' reactions to the series that is so close to our hearts."

"Bambai Meri Jaan" streams worldwide from Sept. 14.

Will the Sony-Zee Merger Be a Turning Point in Indian Media, or Another Milestone in the Decline of Linear TV?

By Naman Ramchandran, Patrick Frater

The Indian media landscape has been jolted by two largely expected, but nevertheless seismic, events in recent days — and aftershocks look inevitable.

The proposed merger between local powerhouse Zee Entertainment Enterprises and Sony's Indian TV businesses has been nearly two years in the making, but finally cleared a key regulatory hurdle on Thursday. The combined companies have the potential to create a giant in broadcast TV — a sector that is still paramount in India — and are valued at \$10 billion.

Last week's other tremor was news from Burbank that Disney+ Hotstar, India's streaming market leader, had lost 12.5 million subscribers, following the loss of key sports rights to a competitor. While no surprise, the news confirmed that the Indian streaming market remains a difficult environment to achieve both scale and profitability.

The Sony-Zee merger is not final yet. India's National Company Law Tribunal (NCLT) approved the merger last week, but the joint enterprise has to file with the Registrar of Companies within 30 days of the NCLT approval. It then has to be vetted by the country's Ministry of Information and Broadcasting.

One potential aftershock is the issue of the leadership of the merged Sony-Zee business. The original plan had foreseen that Zee's CEO Punit Goenka would be its captain, while Sony would own a 51% controlling stake. However, Goenka was banned

from managing any listed company in India following an interim regulatory report that accused him and Zee founder Subhash Chandra of running the company for their own benefit and "siphoning off" money.

Variety has learned that Goenka may be cleared of wrongdoing as early as this week. But even if that transpires, the MIB may take a different view. And Sony Group Corporation may wish to distance itself from any hint of impropriety and install a different management suite.

Sony India head N.P. Singh is experienced, respected and looks an obvious candidate. Singh was also front and center of the Japanese giant's recent strategy day presentations, which emphasized India's priority ranking in the group's entertainment expansion strategy.

TV's scrambled picture "This is a deal driven by TV," says Vivek Couto, of consultancy and advisory firm Media Partners Asia.

TV is — for now — the biggest and brightest star in India's media firmament, with revenues valued at \$8.6 billion annually, according to EY's recent industry report. However, TV shrank 1.5% from 2021 levels because subscription revenue fell for the third year in a row (by 4%), due to a reduction of 5 million pay-TV homes and stagnating average revenues per user (ARPU). Linear TV viewership also declined

7% compared with 2021. Television is projected to rebound slightly to \$8.8 billion this year.

The merged Sony-Zee entity has the potential to become the No. 2 player in India after Disney Star, according to Karan Taurani, analyst at Elara Capital. "With the talks of Disney having a potential exit from India, if execution is good by the Sony merged company, they might even emerge as the No. 1 player. So, the landscape will become more consolidated as far as the TV business is concerned," Taurani said.

Both Couto and Taurani are upbeat about the merged entity's benefits of scale. "The merged company will have great scale. TV in India may in the medium term be a slow growth business, but in the near term the new company can have a greater share of the ad market, drive international program sales and find a lot of cost savings that will drive up profitability — investors are going to like that," Couto says. The top two companies could have a combined ad market share of 55%, Taurani says.

According to the PwC industry report, Indian TV advertising has recovered from the pandemic downturn, with ad revenue expanding 19% in 2021 and 12% in 2022 to reach \$4.7 billion. The PwC report projects TV ad spend growth at 6.4% CAGR to reach \$6.5 billion in 2027, making India the fourth-largest TV advertising market globally after the U.S., Japan and China.

سدا بہار، سبق آموز مذہبی، سماجی و اخلاقی بنیادوں کا انمول و نادر خزانہ

گل بوکی حکایت

ڈاکٹر توفیق انصاری احمد
شکاگو، امریکہ



ڈاکٹر توفیق انصاری احمد



حضرت شیخ سعدی شیرازی رضی اللہ عنہ

حاتم کا گھوڑا

42

اُردو حکایت: حاتم طائی کے پاس اک اعلیٰ نسل کا خوبصورت گھوڑا تھا۔ شاہ روم نے جب اُس گھوڑے کی تعریف سنی تو کہا کہ میں حاتم سے یہ گھوڑا مانگوں گا اگر اس نے دیدیا تو مان لوں گا کہ وہ اک بڑا شخص ہے اور اگر اُس نے انکار کر دیا تو سمجھوں گا کہ اُس کی شہرت محض خالی ڈھول ہے۔ چنانچہ اُس نے حاتم کے پاس اک قاصد روانہ کر دیا جو رات کو حاتم کے پاس پہنچا اُس وقت موسم بہت خراب تھا۔ مویشیوں کا گلہ حاتم کے گھر سے دور تھا اور گھر میں مہمان کی خاطر تواضع کے لئے کچھ نہ تھا۔ البتہ وہ مشہور زمانہ گھوڑا اُس کے دروازہ پر موجود تھا۔ حاتم نے ناحپارو ہی گھوڑا اذبح کر کے مہمان کی تواضع کر دی۔ صبح ہوئی تو قاصد نے اپنے آنے کا مقصد بیان کیا۔ حاتم پر جیسے بجلی گر پڑی۔ حسرت سے اپنے ہاتھ دانتوں سے کاٹنے لگا اور قاصد سے کہنے لگا۔ اے نیک بخت! تو نے پہلے ہی حرف مدعا زبان پر کیوں نہیں لایا۔ وہ گھوڑا تو میں نے کل رات ہی تمہاری ضیافت کے لئے ذبح کر دیا۔ افسوس کہ اُس وقت میرے پاس کچھ اور نہ تھا اور مجھے یہ گورانہ تھا کہ مہمان بھوکا سو جائے قاصد حاتم کی تواضع پر عرش عرش کرنے لگا۔ حاتم نے پھر بھی اس کو خالی ہاتھ رخصت نہ کیا بلکہ بہت سارے گھوڑے اور تحفہ تحائف دیکر رخصت کیا۔ قاصد نے شاہ روم کو سارا قصہ سنایا تو اُس نے حاتم پر آفریں کہی اور مان لیا کہ حاتم واقعی سخی حاتم ہے۔

منظوم ترجمہ:

روم کے شاہ کو حاتم کا پسند تھا گھوڑا
مانگ کر لانا تھا مشہور زمانہ گھوڑا
زندہ لے جانے کو آیا تھا وہ قاصد لیکن
اُس کو حاتم نے ضیافت میں کھلایا، گھوڑا



دانائے مشرق، بلبل شیراز، حضرت شیخ سعدی شیرازی رضی اللہ عنہ فارسی زبان کے عالمی شہرت یافتہ ادیب، شاعر، سیاح و دانشور گزرے ہیں۔ آپ کی پیدائش تقریباً آٹھ سو سال قبل سادات کے اک معزز گھرانے میں ہوئی جو برسوں پہلے مکہ سے ہجرت کر کے شیراز میں آسا تھا۔ خاندان میں دینداری کا بول بالا تھا اس لئے ابتدائی تعلیم گھر پر ہوئی اور چھوٹی سی عمر میں تمام ضروری دینی مسائل یاد ہو گئے جس کے ساتھ عبادت، شب بیداری اور تلاوت کلام پاک کا شوق پیدا ہو گیا۔ گیارہ سال کی عمر میں کلام مجید حفظ کر لیا۔ تفسیر، فقہ، حدیث اور صرف و نحو کی ابتدائی کتابیں پڑھیں اور سن بلوغ کو پہنچنے سے پہلے ہی نہایت اعلیٰ و ارفع اخلاق و کردار کے مالک بن گئے۔ ان کی سلیقہ مندی، زہد و تقویٰ، ذہانت و دانشمندی کا ہر طرف چرچا ہو جائے گا۔ نو عمری میں والدین کے ساتھ پہلا حج کیا اور اپنی زندگی میں چودہ حج پایادہ کئے۔ بغداد کے مدرسہ نظامیہ میں تقریباً تیس سال تک مشہور زمانہ علمائے کرام سے تحصیل علم و فیض صحت حاصل کر کے قرآن، حدیث، تفسیر، منطق، فلسفہ، ریاضی اور دیگر علوم پر عبور حاصل کیا۔ ساتھ ہی کئی اجنبی زبانوں میں بھی مہارت حاصل کر لی۔ تحصیل علم سے فارغ ہو کر حضرت سعدی شیرازی نے سیاحت پر کمر باندھ لی اور عمر کا بیشتر حصہ ایشیاء، آفریقہ اور دنیا کے دیگر ممالک کی سیرو سیاحت میں بسر کیا۔ کہا جاتا ہے کہ مشرقی سیاحوں میں ابن بطوطہ کے سوا شیخ سعدی سے بڑھ کر کوئی اور سیاح نہیں۔ انہوں نے سیاحت کے دوران بڑی صعوبتیں اٹھائیں اور بڑے تجربے حاصل کئے۔ ایک اندازے کے مطابق شیخ سعدی کی تصانیف تیس سے متجاوز اور ایک سے بڑھ کر ایک ہیں لیکن ان کی دو

کتابوں گلستاں اور بوستاں نے لازوال عالمی شہرت حاصل کی اور حضرت سعدی کے مقام کو بلند و بالا کر کے اوج کمال پر پہنچا دیا۔ گلستاں اور بوستاں کی بنیاد قرآن، حدیث، تربیت، اخلاقیات، تجربات، دور رس اور دانشوری پر رکھی ہوئی ہے۔ ان دو کتابوں کی حکایات میں کچھ ایسا سبق پوشیدہ ہے کہ جس کو پڑھنے کے بعد آدمی اپنے علم و عمل سے انسانیت کے اعلیٰ مقام پر پہنچ سکتا ہے اس لئے ان کا مطالعہ بنی نوع انسان کے لئے نہایت فائدہ مند ہے۔

اُردو ادب کے ممتاز ادیب و شاعر ڈاکٹر توفیق انصاری احمد نے حضرت شیخ سعدی شیرازی کی سدا بہار فارسی تصانیف گلستاں و بوستاں کی افادیت کو پیش نظر رکھتے ہوئے ان دونوں کتابوں کی منتخب حکایات کے نثری و منظوم ترجمہ کا کام کئی برس پہلے شروع کیا تھا جس کی اشاعت و رسم اجرائی کا اہتمام زیر ترتیب ہے۔ ویسے تو گلستاں و بوستاں کے تراجم دنیا کی تقریباً تمام بڑی زبانوں میں ہو چکے ہیں لیکن صرف انگریزی و عربی میں نثر کا ترجمہ نثر اور نظم کا ترجمہ نظم میں کیا گیا ہے۔ اُردو زبان میں موثر اور مفید ترجمہ کی ایسی کوئی مثال نہیں ملتی۔ ”گل بو“ (گلستاں سے گل اور بوستاں سے بو) گلستاں اور بوستاں کی منتخب مثالی حکایتوں کا اور ڈاکٹر توفیق انصاری احمد کا زیر ترتیب اُردو زبان کا وہ سب سے پہلا شاہکار مشترکہ و منفرد گلدستہ ہے جس میں فارسی نثر کا ترجمہ اُردو نثر میں اور فارسی نظم کا ترجمہ اُردو نظم میں کیا گیا ہے۔ ”گل بوکی حکایت“ کے عنوان سے ہم گلستاں و بوستاں کی حکایات کو عوامی استفادہ کی خاطر ”ایشیانا نمز کی الیکٹرانک اشاعتوں میں ثواب جاریہ کی نیت سے سلسلہ وار شائع کر رہے ہیں۔ (ادارہ)

جشن عید میلاد النبی صلی اللہ علیہ وسلم

جشن عید میلاد النبی صلی اللہ علیہ وسلم دُنیا بھر کی طرح ہندوستان میں بھی مذہبی جوش و جذبے سے منایا جا رہا ہے اور ملک کی فضا آج ختم النبیین صلی اللہ علیہ وسلم کے نام اور درود و سلام سے گونج رہی ہے۔ تاہم اس مرتبہ لوگ کورونا وائرس کے ضوابط پر عمل کرتے ہوئے احتیاط بھی برت رہے ہیں۔

لوگ گھروں میں عبادت کر کے حضرت محمد صلی اللہ علیہ وسلم کے بتائے راستہ پر چلنے کی دُعا مانگ رہے ہیں۔ ساتھ ہی لذیذ کھانے تیار کر کے غریبوں میں تقسیم کئے جا رہے ہیں۔ ملک کے مختلف شہروں میں عاشقانِ رسول نے گھروں اور گلیوں کو برقی قلموں سے سجا دیا گیا ہے جبکہ ہر طرف توصیف رسول صلی اللہ علیہ وسلم کو اشعار کی صورت میں بیان کرنے کا سلسلہ بھی جاری ہے۔ جشن عید میلاد النبی صلی اللہ علیہ وسلم کے سلسلے میں شہر بھر کی مساجد، عمارتوں اور شاہراہوں کو سبز پرچموں اور برقی قلموں سے سجا دیا گیا ہے۔ علاوہ ازیں کئی تنظیموں کی جانب سے سیرت کانگریس منعقد کرنے کا سلسلہ بھی جاری ہے۔

آپ کے حالات و کمالات اور فضائل معجزات کو بیان کرنے کا نام عید میلاد النبی ہے، رسول کریم صلی اللہ علیہ وسلم سے محبت کا تقاضا ہے کہ مسلمان متحد ہو کر امن و آشتی کا درس دیں، آپ صلی اللہ علیہ وسلم نے امن و محبت، بھائی چارگی اور احترامِ انسانیت کا درس دیا اور یہ پیغام رہتی دنیا تک قائم رہے گا اور عصر حاضر میں نبی کریم صلی اللہ علیہ وسلم کی تعلیمات پر عمل کرنا راہِ نجات ہے۔ مشہور عالم دین اور مفسر قرآن سید ابوالاعلیٰ مودودیؒ نے کتابچہ: میلاد النبی صلی اللہ علیہ وسلم میں کہا ہے کہ آج اس عظیم الشان انسان کا جنم دن ہے جو زمین پر بسنے والے تمام انسانوں کے لیے رحمت بن کر آیا تھا اور وہ اصول اپنے ساتھ لایا تھا جن کی ہیروئی میں ہر فرد انسانی، ہر قوم و ملک اور تمام نوع انسان کے لیے یکساں فلاح اور سلامتی ہے۔ یہ دن اگرچہ ہر سال آتا ہے مگر اب کے سال یہ ایسے نازک موقعے پر آیا ہے جب کہ زمین کے باشندے ہمیشہ سے بڑھ کر اس دانا کامل کی رہنمائی کے محتاج ہیں۔ معلوم نہیں، مسٹر برناڈٹا نے اچھی طرح جان بوجھ کر کہا تھا یا بے جان بوجھے، مگر جو کچھ انہوں نے کہا وہ بالکل سچ تھا کہ ”محمدؐ اس وقت دنیا کے ڈکٹیٹر ہوتے تو دنیا میں امن قائم ہو جاتا۔“

انہوں نے کہا، ”میں اس سے ایک قدم آگے بڑھ کر کہتا ہوں کہ محمد صلی اللہ علیہ وسلم دنیا میں موجود نہ سہی ان کے پیش کردہ اصول تو بے کم و کاست موجود ہیں۔ ان کے اصولوں کو بھی اگر ہم راست بازی کے ساتھ ڈکٹیٹر مان لیں تو وہ سارے فتنے ختم ہو سکتے ہیں جن کی آگ سے آج نسل انسانی کا گھر جہنم بنا ہوا ہے۔“



مسنون دعائیں

قرآن مجید میں ارشاد باری تعالیٰ ہے:
أَجِيبْ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ
 ”میں پکارنے والے کی پکار کا جواب دیتا ہوں جب بھی وہ مجھے پکارتا ہے۔“
 لہذا بندہ مومن کو ہر لمحہ اپنے رب کو پکارتے رہنا چاہیے اور کبھی بھی اسے فراموش نہیں کرنا چاہیے۔ اس کا آسان طریقہ یہ ہے کہ جو کام بھی کیا جائے اس کی دعا ضرور پڑھی جائے تاکہ یادِ الہی بھی باقی رہے اور کام میں بھی خیر و برکت پیدا ہو۔ ذیل میں چند مواقع پر پڑھی جانے والی اہم دعائیں مذکور ہیں۔

گھر سے نکلنے کی دعا

بِسْمِ اللّٰهِ تَوَكَّلْتُ عَلَى اللّٰهِ
 ”اللہ کے نام کے ساتھ میں نے اللہ پر بھروسہ کیا۔“

مسجد میں داخل ہونے کی دعا

اللّٰهُمَّ افْتَحْ لِيْ اَبْوَابَ رَحْمَتِكَ
 ”اے اللہ! میرے لیے رحمت کے دروازے کھول دے۔“

مسجد سے نکلنے کی دعا

اللّٰهُمَّ اِنِّىْ اَسْأَلُكَ مِنْ فَضْلِكَ وَرَحْمَتِكَ
 ”اے اللہ! میں تجھ سے تیرا فضل اور تیری رحمت مانگتا ہوں۔“

نیا چاند دیکھنے کی دعا

اللّٰهُمَّ اِهْلَهُ عَلَيْنَا بِالْيَمِيْنِ

وَ الْاِيْمَانِ وَالسَّلَامَةِ
وَ الْاِسْلَامِ وَ التَّوْفِيْقِ لِمَا تُحِبُّ
وَ تَرْضَى رَبِّيْ وَ رَبُّكَ اللّٰهُ
 ”اے اللہ! اس چاند کو ہم پر برکت ایمان، خیریت اور سلامتی والا کر دے اور (ہمیں) توفیق دے اس (عمل) کی جو تجھے پسند اور مرغوب ہو (اے چاند!) میرا اور تیرا رب اللہ ہے۔“

روزہ رکھنے کی نیت

وَبِصَوْمِ غَدٍ نَّوِيْتُ
مِنْ شَهْرِ رَمَضَانَ
 ”اور میں نے ماہ رمضان کے کل کے روزے کی نیت کی“

روزہ افطار کرتے وقت کی دعا

اللّٰهُمَّ اِنِّىْ لَكَ صُمْتُ وَ بِكَ
اَمِنْتُ وَ عَلَيْكَ تَوَكَّلْتُ وَ عَلَى
رِزْقِكَ اَفْطَرْتُ
 ”اے اللہ! میں نے تیری خاطر روزہ رکھا اور تیرے اوپر ایمان لایا اور تجھ پر بھروسہ کیا اور تیرے رزق سے اسے کھول رہا ہوں۔“

سوتے وقت کی دعا

اللّٰهُمَّ بِاسْمِكَ اَمُوْتُ وَ اَحْيٰى
 ”اے اللہ! میں تیرے ہی نام سے سوتا ہوں اور (تیرے ہی نام سے) جی اٹھتا ہوں۔“

بیدار ہوتے وقت کی دعا

اللّٰهُمَّ اَلْحَمْدُ لِلّٰهِ الَّذِيْ اَحْيَانَا بَعْدَ مَا
 ”اللہ تعالیٰ کے لیے ہیں جس نے مجھ کو لباس پہنایا کہ میں اس سے

اَمَاتَنَا وَ اَلَيْهِ النُّشُوْرُ
 ”سب تعریفیں اللہ کے لیے ہیں جس نے ہمیں مارنے (یعنی سونے) کے بعد زندہ کیا اور (ہم نے) اسی کی طرف اٹھنا ہے۔“

کھانا کھانے کی دعا

بِسْمِ اللّٰهِ وَ عَلَى بَرَكَتِهِ
 ”اللہ کے نام سے اور اللہ تعالیٰ کی برکت کے ساتھ“

کھانے کی بعد کی دعا

اَلْحَمْدُ لِلّٰهِ الَّذِيْ اَطْعَمَنَا وَ سَقَانَا
وَ جَعَلَنَا مِنَ الْمُسْلِمِيْنَ
 ”سب تعریفیں اللہ کے لیے ہیں جس نے ہمیں کھلایا اور پلایا اور مسلمانوں میں سے کیا۔“

کسی کے گھر کھانا کھانے کی دعا

اللّٰهُمَّ اَطْعِمْ مَنْ اَطْعَمَنِيْ
وَ اسْقِ مَنْ سَقَانِيْ
 ”اے اللہ! کھلا اس کو جس نے مجھے کھلایا اور پلایا اس کو جس نے مجھے پلایا۔“

لباس پہننے کی دعا

اَلْحَمْدُ لِلّٰهِ الَّذِيْ كَسَانِيْ مَا
اُوَارِيْ بِهٖ عَوْرَتِيْ وَ اَتَجَمَّلُ بِهٖ فِيْ
حَيَاتِيْ
 ”سب تعریفیں اللہ کے لیے ہیں جس نے مجھ کو لباس پہنایا کہ میں اس سے

سوتے وقت کی دعا

اَلْحَمْدُ لِلّٰهِ الَّذِيْ اَحْيَانَا بَعْدَ مَا
 ”اللہ تعالیٰ کے لیے ہیں جس نے مجھ کو لباس پہنایا کہ میں اس سے

ستر چھپاتا ہوں اور اپنی زندگی میں اس کے ساتھ زینت کرتا ہوں۔“

سواری پر بیٹھنے کی دعا

اَلْحَمْدُ لِلّٰهِ سُبْحَانَ الَّذِيْ سَخَّرَ لَنَا
هٰذَا وَ مَا كُنَّا لَهُ مُقْرِنِيْنَ وَ اِنَّا
اِلٰى رَبِّنَا الْمُنْقَلِبُوْنَ
 ”پاک ہے وہ ذات جس نے اس کو ہمارے تابع کر دیا حالانکہ ہم اسے قابو میں نہیں لا سکتے تھے اور بے شک ہم اپنے رب کی طرف ضرور لوٹ کر جانے والے ہیں“

اَلْحَمْدُ لِلّٰهِ الَّذِيْ اَطْعَمَنَا وَ سَقَانَا
وَ جَعَلَنَا مِنَ الْمُسْلِمِيْنَ
 ”سب تعریفیں اللہ کے لیے ہیں جس نے ہمیں کھلایا اور پلایا اور مسلمانوں میں سے کیا۔“

اَلْحَمْدُ لِلّٰهِ الَّذِيْ اَطْعَمَنَا وَ سَقَانَا
وَ جَعَلَنَا مِنَ الْمُسْلِمِيْنَ
 ”سب تعریفیں اللہ کے لیے ہیں جس نے ہمیں کھلایا اور پلایا اور مسلمانوں میں سے کیا۔“

اَلْحَمْدُ لِلّٰهِ الَّذِيْ اَطْعَمَنَا وَ سَقَانَا
وَ جَعَلَنَا مِنَ الْمُسْلِمِيْنَ
 ”سب تعریفیں اللہ کے لیے ہیں جس نے ہمیں کھلایا اور پلایا اور مسلمانوں میں سے کیا۔“

اَلْحَمْدُ لِلّٰهِ الَّذِيْ اَطْعَمَنَا وَ سَقَانَا
وَ جَعَلَنَا مِنَ الْمُسْلِمِيْنَ
 ”سب تعریفیں اللہ کے لیے ہیں جس نے ہمیں کھلایا اور پلایا اور مسلمانوں میں سے کیا۔“

اَلْحَمْدُ لِلّٰهِ الَّذِيْ اَطْعَمَنَا وَ سَقَانَا
وَ جَعَلَنَا مِنَ الْمُسْلِمِيْنَ
 ”سب تعریفیں اللہ کے لیے ہیں جس نے ہمیں کھلایا اور پلایا اور مسلمانوں میں سے کیا۔“

اَلْحَمْدُ لِلّٰهِ الَّذِيْ اَطْعَمَنَا وَ سَقَانَا
وَ جَعَلَنَا مِنَ الْمُسْلِمِيْنَ
 ”سب تعریفیں اللہ کے لیے ہیں جس نے ہمیں کھلایا اور پلایا اور مسلمانوں میں سے کیا۔“

کسی فرد کو یا کسی قوم کو کمزور رہنے دینا اور پھر وقتن و قتن انکی ٹھوڈی ٹھوڈی مدد کرتے رہنا سونچا سمجھا قتل ہے۔ (سورۃ البقرۃ، آیت 74 سے آیت 101 تک پڑھئے اور غور و فکر کیجئے مولوی صاحب کہتے ہیں کہ یہ بنی اسرائیل کے بارے میں ہے لیکن اللہ کا فرمان ہے کہ یہ ہمارا ہی ذکر ہو رہا ہے۔ اس سے سبق لو) پرانے زمانے میں یہ صحراؤں میں رہنے والے لوگ صحرا کی گرمی سے بچنے ایسے ہی زندگی گزارتے تھے۔ یہ اکثر ہارے ہوئے لوگ ہوتے تھے جنہیں زیادہ طاقتور قبائل نے نکال باہر کیا اور وہیے گھر پیے ملک ہو جاتے تھے اور سہرا میں پانی کی تلاش میں بھٹکنے پر مجبور رہتے تھے۔ اگر اس جدید دور میں بھی حالات ایسے ہی ہیں تو ہمیں خود کا جائزہ لینے کی ضرورت ہے۔ آج کے دور میں جنگ سے بد حال، شام، عراق، افغانستان اور یمن میں رہنے والے لوگ دشمن کے حوایی بم دھماکوں سے بچنے اور زندہ رہنے کے لیے گڑھے کھودنے پر مجبور ہیں۔ پر قییش زندگی گزارتے ہوئے، حویلیوں میں رہتے ہوئے، ہر آسائش سے لطف اندوز ہونا اور ساتھی انسان کی ایتر حالت پر ماشاء اللہ سبحان اللہ کہنا اعلیٰ درجہ کی یہ حسی ہے بلکہ جرم ہے۔ ہم میں سے اکثر کو اپنے جینے کے مقصد کا اندازہ ہی نہیں ہوتا کہ ہم جب شہادت کا اعلان کرتے ہیں اللہ کے احکام کی حکمرانی اس زمین پر قیام کرنے کے عزم کا اعلان کرتے ہیں ہم جانتے ہی نہیں کہ ہم کون سی ذمے داریاں نبھانے کا وادا کر رہے ہیں۔ ہم میں سے جرائم پیشہ مذہب فروش لوگ چندہ اکٹھا کرتے ہیں، اور بد قسموں پر کچھ کلڑے پھینک کر، ویڈیو بناتے ہیں، سبحان اللہ، ماشاء اللہ کہہ کر انکی کمزوری کا مذاق اڑاتے ہیں اور پھر ان videos کو viral کرتے ہیں۔ ہم سادہ لوگ اسکودینی عمل سمجھ کر انکی پزیرائی کرتے ہیں اور انکو چندہ بھی دیتے ہیں۔ لیکن اپنی حکومت سے مطالبہ نہیں کرتے کہ ان بد حال لوگوں کی زندگیوں میں آسانیا فراہم کریں۔ جب تک وسائل کی منصفانہ تقسیم کو لازمی قرار نہیں دیا جاتا، انسانیت ایسے ہی جلتے رہیگی۔ چندہ دینے والے آسان جٹ خریدتے رہینگے۔ ہوشیار مولوی مفتی رہبان یوں ہی جٹ بچتے رہینگے۔ چندہ جما کرتے رہینگے اور امیر سے امیر تر ہوتے رہینگے۔ یہ لوگ روکتے نہیں حکومت کو control کرنا شروع کر دیتے ہیں اس وقت کی parliament میں ان لوگوں کی سیدات بڑھ رہی ہے اور ملک کا کیا حال ہو رہا ہم سب جانتے ہیں۔ بھارت میں مودی یوگی اور کیے ہندو مذہب فروشوں کو بھی طاقت یہیں سے ملتی ہے۔ Corrupt politicians, Businessman, Land holders بھی انکے شریک ہوتے ہیں۔ فرعون، قاروں اور حمان ایک ہی سگے کے کیے رق ہوتے ہیں۔

❖❖❖



وہاج علی نے 8 سال میں کتنی حسیناؤں کو اپنا دیوانہ بنا لیا؟

پاکستانی معروف و خوبرو اداکار وہاج علی کو رواں سال اداکاری کی دنیا میں قدم رکھے ہوئے آٹھ سال مکمل ہو گئے، تاہم گزشتہ آٹھ سالوں میں اداکار نے نہ صرف عوام بلکہ ساتھی اداکاروں کو بھی قرار دیتی ہیں، یعنی زیدی وہاج کے کردار اور شخصیت کی تعریف کرتے ہوئے کہتی ہیں کہ وہاج ایک صوفی شخصیت کا حامل ہے، وہ بے حد نرم مزاج ہے اور اپنے کام کو لے کر بہت سنجیدہ بھی ہے۔ مدیحہ



امام جہاں وہاج کی اداکاری کے گن گاتی نظر آتی ہیں وہیں رمشا خان بھی اداکار کے اپنے کام سے بے حد سنجیدہ ہونے اور بہترین کردار کے سبب ان کی تعریف کرتی ہیں۔ پاکستانی شو بزنڈ انڈسٹری کی ہر واعرز اداکارہ ماہر خان بھی وہاج کے لیے اپنی پسندیدگی کا اظہار کرتی سنائی دیتی ہیں جبکہ حراسومرو اور ربیعہ کلثوم بھی اداکار کے لیے تعریفی کلمات ادا کرتی ہیں۔ منال خان نے وہاج علی کو اپنا سب سے پسندیدہ اداکار قرار دیا تو حریم فاروق تعریف کے اس سلسلے کو مزید ایک قدم آگے بڑھاتے ہوئے وہاج علی کو لیجنڈ کہتی سنائی دیتی ہیں۔ مذکورہ ویڈیو میں روپینا اشرف، عتیقہ اوڈھو اور نادیہ جمیل بھی اداکار کو بے حد پسند کرنے کی حامی بھرتی ہیں۔ پاکستانی اداکاروں کے علاوہ خوبرو اداکار فیصل قریشی بھی وہاج کے اخلاق، خوبصورتی، اداکاری اور بولنے کے انداز کی بڑھ چڑھ کر تعریف کرتے نظر آتے ہیں۔ واضح رہے کہ وہاج علی نے 2015 میں پاکستانی ڈرامہ عشق عبادت سے اداکاری کی دنیا میں قدم رکھا تھا اور اس کے بعد انہوں نے اپنی بہترین اداکاری کے ساتھ پاکستانی شو بزنڈ انڈسٹری میں اپنا ایک منفرد مقام بنایا، تاہم رواں سال نشر ہونے والا ان کا ڈرامہ تیرے بن نے ان کو دنیا بھر میں مقبولیت کا ایک نیا انداز عطا کیا اور انہوں نے اپنی حقیقی کردار نگاری سے مرسم کے کردار کو اپنی پہچان بنوایا۔

❖❖❖

میں ہانیہ عامر وہاج کو اپنا سب سے پسندیدہ اداکار

کس اداکارہ نے سلمان خان کو ایک یادو بار نہیں بلکہ 6 بار مسٹر دکھایا؟

بالی ووڈ انڈسٹری کی معروف اداکارہ دپیکا پڈوکون نے سلمان خان کے ساتھ ایک یادو بار نہیں بلکہ 6 بار فلم میں کام کرنے سے انکار کیا۔ دپیکا پڈوکون آج کل اپنی آنے والی نئی



فلم 'پروجیکٹ کے' میں مصروف ہیں جس میں وہ معروف تامل اداکار پر بھاس کے ساتھ مرکزی کردار میں نظر آئیں گی۔ اس فلم میں ایتنا بھ چکن اور دیشا پٹانی بھی اہم کرداروں میں نظر آئیں گے جبکہ یہ فلم جنوری 2024ء میں ریلیز ہوگی۔ فلم انڈسٹری میں اداکاروں کے درمیان ہونے والے واقعات بھی بہت دلچسپ ہوتے ہیں۔ ٹیلنٹ کے دوپاؤر ہاؤسز، سپر اسٹارز ہونے کے باوجود سلمان خان اور دپیکا پڈوکون کو تاحال ایک ساتھ اسکرین شیئر کرنے کا موقع نہیں ملا جس کی بڑی وجہ دپیکا کی جانب سے سلمان خان کی کئی فلموں میں کام کرنے کی پیشکش ٹھکرانا ہے۔ دپیکا پڈوکون کی جانب سے سلمان خان کے ساتھ ٹھکرائی جانے والی فلموں میں 'بے ہو'، 'سلطان'، 'پریم رتن دھن پاپو' اور 'رک' شامل ہے۔ بھارتی میڈیا رپورٹس کے مطابق سنجے لیلا بھنسالی کی فلم 'انشاء اللہ بننے کے دوران دپیکا نے سلمان خان کے ساتھ کام میں دلچسپی ظاہر کی خواہش کا اظہار کیا تو بد قسمتی سے ہدایتکار نے دپیکا کو مسٹر دکر کے مرکزی کردار کے لیے اداکارہ عالیہ بھٹ کو چن لیا۔ میڈیا رپورٹس کے مطابق ہدایتکار سنجے لیلا بھنسالی کی جانب سے دپیکا کو مسٹر دکر کے جانے کے پیچھے کہانی کی ڈیمانڈ بتائی جاتی ہے۔ میڈیا رپورٹس کے مطابق فلم 'انشاء اللہ' کی کہانی میں ایک بوڑھے آدمی کو ایک نوجوان لڑکی کی محبت میں گرفتار دکھایا جائے گا، فلم کی کہانی نے ہدایتکار کے لیے عالیہ بھٹ کو زیادہ موزوں بنا دیا ہے۔ فلم انشاء اللہ تاحال کیوں نہ بن سکی؟ اداکار سلمان خان اور ہدایتکار سنجے لیلا بھنسالی ایک ہٹ اداکار اور ہدایتکار کی جوڑی ثابت ہوئے تھے۔ درحقیقت، ان کا فلمی پروجیکٹ 'انشاء اللہ' کے ساتھ دوبارہ ملاپ ہونا تھا لیکن تخلیقی اختلافات کی وجہ سے یہ جوڑی الگ ہو گئی اور فلم 'انشاء اللہ' کھٹائی میں پڑ گئی یعنی کہ ڈبے میں بند ہو چکی ہے۔

❖❖❖



علی منظور حیدر آبادی
غزل

غم کا گماں یقین طرب سے بدل گیا
احساس عشق حسن کے سانچے میں ڈھل گیا
مجبور عشق چشم فسوں ساز سے ہوں میں
جادو مجھی پہ دوست کا چلنا تھا چل گیا
میں انتظار عید میں تھا عید آگئی
ارمان دید دامن عشرت میں پل گیا
ہے برق جلوہ یاد مگر یہ نہیں ہے یاد
خرمن مرے غرور کا کس وقت جل گیا
بیگان عشق و حسن کی تجدید کے سوا
جو بھی خیال ذہن میں آیا نکل گیا
بڑھتے چلے ہیں آئے دن اسباب اضطراب
یادش بخیر آج کا وعدہ بھی ٹل گیا
منظور کس زباں سے بتوں کو برا کہیں
ایمان ہمارا کفر کے دامن میں پل گیا

❖❖❖



شاہد حمانت
غزل

کیا قیامت ہے کہ اک شخص کا ہو بھی نہ سکوں
زندگی کون سی دولت ہے کہ کھو بھی نہ سکوں
گھر سے نکلوں تو بھرے شہر کے ہنگامے میں
میں وہ مجبور تری یاد میں رو بھی نہ سکوں
دل کے پہلو سے لگا رہتا ہے اندیشہ شام
صبح کے خوف سے نیند آئے تو سو بھی نہ سکوں
دل کو سمجھاؤں کہ دریائے سراب اچھا ہے
پار اتر بھی نہ سکوں ، ناؤ ڈبو بھی نہ سکوں
شاہد معلوم ہوا عجز بیانی کیا ہے
دل میں وہ آگ ہے لفظوں میں سموں بھی نہ سکوں

❖❖❖



ہری چند اختر
غزل

محبت میں تپاک ظاہری سے کچھ نہیں ہوتا
جہاں دل کی لگی ہو، دل لگی سے کچھ نہیں ہوتا
یہ ہے خیر مشیت یا مری تقدیر ہے یارب
سہارا جس کا لیتا ہوں، اسی سے کچھ نہیں ہوتا
کوئی میری خطا ہے یا تری صنعت کی خامی ہے
فرشتے کہہ رہے ہیں آدمی سے کچھ نہیں ہوتا
رضا تیری، لکھا تقدیر کا، میری زیاں کوئی
کسی کی دوستی یا دشمنی سے کچھ نہیں ہوتا
مرے دست طلب کو جرات گستاخ دے یارب
یہاں دست دعا کی عاجزی سے کچھ نہیں ہوتا
اگر تیری خوشی ہے تیرے بندوں کی مسرت میں
تو اے میرے خدا تیری خوشی سے کچھ نہیں ہوتا

❖❖❖



والی الدین

ارمان

دل کے ارمان آنسوؤں میں بہہ گئے
باندھ کی راہی وہ بھیا کہہ گئے
بریانی آتے ہی سب نے کیا Attack
ہم پلیٹ پر چنچ بجاتے رہ گئے

❖❖❖

ستارے

کہتے ہیں ہم دونوں کے ستارے ایک جیسے ہیں
بیگم شاید اسی لئے قسمت میں خسارے ایک جیسے ہیں
ہر محفل میں بیگمات آتی ہیں بیوٹی پارلر سے جگ کر
پر جتنے بھی شوہر ہیں بیچارے ایک جیسے ہیں

❖❖❖

امن وامان

کہہ کے اپنی بیگم کو جان
گھر میں رکھے امن و امان
دیکھنے میں وہ لگے بوڑھا
پر دل ہے اب بھی جوان

❖❖❖



تاجدار عادل

غزل

ہر ایک چہرے پہ دل کو گمان اس کا تھا
بسا نہ کوئی یہ خالی مکان اس کا تھا
میں بے جہت ہی رہا اور بے مقام سا وہ
ستارہ میرا سمندر نشان اس کا تھا
میں اُس طلسم سے باہر کہاں تلک جاتا
فضا کھلی تھی مگر آسمان اس کا تھا
سلیقہ عشق میں جاں اپنی پیش کرنے کا
جنہیں بھی آیا تھا ان کو ہی دھیان اس کا تھا
پھر اس کے بعد کوئی بات بھی ضروری نہ تھی
مرے خلاف سہی وہ بیان اس کا تھا
ہوانے اب کے جلائے چراغ رستے میں
کہ میری راہ میں عادل مکان اس کا تھا

❖❖❖



کاشف حسین غار

غزل

دن کہاں اب وہ مزے داری کے دن
کاٹتا ہوں گھر میں بے کاری کے دن
کس لیے یہ خواہش ترک سفر
اور وہ بھی عین تیاری کے دن
دھوپ میں بیٹھی ہوئی روتی تھی دھوپ
حشر برپا تھا شجر کاری کے دن
دل کو دنیا کی ضرورت پڑ گئی
ایک دن، اپنی طرف داری کے دن
اب تو کاٹے سے نہیں کتنا ہے وقت
کیا ہوئے وہ تیز رفتاری کے دن
میں تو آوازوں میں بیٹ کر رہ
خوش کہاں آئے صدا کاری کے دن
سوچتے ہیں دن ہی کتنے رہ گئے
یہ ہماری ناز برداری کے دن

❖❖❖



عدیم ہاشمی

غزل

بتا کہ راہ وفا میں کوئی سوار دیکھا
دن کہا کہ میں نے تو صرف اڑتا غبار دیکھا
بتاؤ پتھر بنے ہو دیکھے گا کون تم کو
کہا کہ جس نے چٹان میں شاہکار دیکھا
بتاؤ نقشہ جو سب کو نقشے میں چور کر دے
کہا محبت میں صرف ایسا خمار دیکھا
بتا کہ آنکھوں میں شکل کیوں ایک ہی بسی ہے
کہا کہ چہرہ جو ایک ہی بار بار دیکھا
بتا پس چشم نیلگوں کا کوئی نظارہ
کہا لگا جیسے آسمانوں کے پار دیکھا
بتا کہ اُس کی نظر جھکی تو عدیم کیسے
کہا کہ اُس کی شکست میں بھی وقار دیکھا

❖❖❖



انور شعور

غزل

میں بزم تصور میں اُسے لائے ہوئے تھا
جو ساتھ نہ آنے کی قسم کھائے ہوئے تھا
دل جرم محبت سے کبھی رہ نہ سکا باز
حالاں کہ بہت بار سزا پائے ہوئے تھا
ہم چاہتے تھے، کوئی نئے بات ہماری
یہ شوق ہمیں گھر سے نکلوائے ہوئے تھا
ہونے نہ دیا خود پہ مسلط اُسے میں نے
جس شخص کو جی جان سے اپنائے ہوئے تھا
بیٹھے تھے شعور آج مرے پاس وہ گم صم
میں کھوئے ہوئے تھا نہ انہیں پائے ہوئے تھا

❖❖❖

Interviewer: What drives you?
Candidate: The bus mostly.
Interviewer: I mean what motivates you to get out of bed in the morning?
Candidate: Missing the bus!

I was getting ready for a doctor's appointment and remembered how my mother once told me, "An apple a day, keeps the doctor away."
Taking her words to heart I decided to bring an apple. Needless to say, it was shot day, I didn't like needles and was thinking, "There must be some way out of this?" So without thinking, I threw my apple at the doctor. He hasn't spoken to me since.

People's parents actually give them sage advice, like "Do what you love, and the money will follow" or "The early bird gets the worm."

All I remember is, "Don't fill up on bread."

--
Two political candidates were having a heated debate.

Finally, one of them jumped up and yelled at the other, "What about the powerful interest that controls you?"

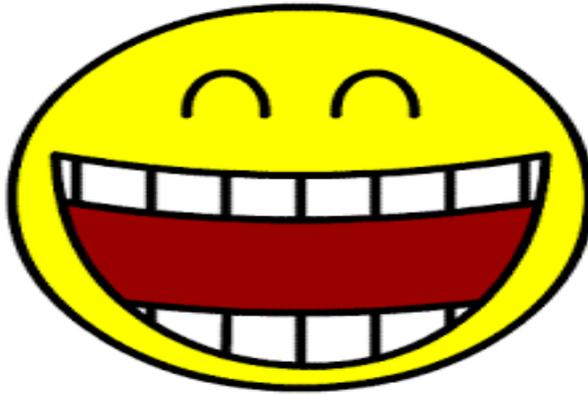
And the other guy screamed back, "You leave my wife out of this!"

It's okay to watch an elephant take a bath...
Because they always have their trunks on!

I can't tell the difference between a rose and a dandelion.

So when it came time to fix up my garden, I had no clue which plants to keep and which ones to remove.

Until, that is, my mother gave me this handy tip: "Pull them all up. If it comes back, it's a weed."



Wife: "Whenever I keep money in my purse, our son steals it! I don't know what to do?"

Husband: "Hide it in his books. I know he will never touch them."

Fric: I was going to dance down a spiral staircase for your birthday, but I decided not to.

Frac: Why not?

Fric: Because I am a Fred Astaires.

Johnathan asked his young son, "Greg, do you think I'm a bad father?"

"My name is Andrew," replied his son.

--
Three dogs met on a street corner. The first was a beautiful black poodle with a big blue ribbon around its neck, and it said, "My name is Fifi, spelled F-I-F-I."

The second was a pretty white poodle with a red satin ribbon around its neck, and it said, "My name is Mimi, spelled M-I-M-I."

The third was a dirty old mutt and said, "My name is Fido, spelled P-H-Y-D-E-A-U-X."

I had a wooden whistle; it wooden whistle.

I bought a lead whistle; they wooden lead me whistle.

I got a steel whistle; it steel wooden whistle.

They gave me a tin whistle; NOW I tin whistle!

It seems that every time John, our piano tuner, comes to our house, he scolds me for waiting too long between tunings. I agree with him that it should be done every six months, but I don't really think about it until the piano sounds off-key. Last time he came over, I was on the defensive.

"If you would send out a postcard reminder like the dentist," I declared, "I would make sure to call you for an appointment in a timely fashion."

Without hesitating, he replied, "From now on, when the dentist sends you a postcard, call me."

My wife and I have very different body clocks. At sundown she is practically ready for bed. I, meanwhile, am a night owl.

Recently, after a long, hard workday, I announced around 8 p.m. that I was exhausted and ready to hit the sack. Suddenly my wife nearly leapt into my arms.

"Oh, honey," she purred into my ear, "I just love it when you talk early to me."

Patient: Doctor I think I've been bitten by a vampire.

Doctor: Drink this water.

Patient: Will this make me feel better?

Doctor: No, but I'll be able to see leaks and know where the vampire bit you.



Used Cars
Best
prices

Contact
Arshad Mateen
630-806-1581