

Seema Verma tapped to head Centers for Medicare and Medicaid Services in Trump Administration

President-elect Donald Trump picked the founder and CEO of a health policy consulting firm, Seema Verma, to serve as Administrator of the Centers for Medicare and Medicaid Services.

"I am pleased to nominate Seema Verma to serve as Administrator of the Centers for Medicare and Medicaid Services," said President-elect Trump in a statement. "She has decades of experience advising on Medicare and Medicaid policy and helping states navigate our complicated systems. Together, Chairman Price and Seema Verma are the dream team that will transform our healthcare system for the benefit of all Americans."

"I am honored to be nominated by President-elect Trump today," said Ms. Verma. "I look forward to helping him tackle our nation's daunting healthcare problems in a responsible and sustainable way."



Verma, an Indiana resident, is best known for her work on Medicaid issues and her close ties to Vice President-

elect Mike Pence. She designed his Obamacare Medicaid expansion model -- known as Healthy Indiana Plan 2.0 -- and has advised several Republican states on how to add conservative elements such as health savings accounts and employment requirements to their programs.

Through her consulting firm SVC Inc., Verma has worked on other high-profile Medicaid expansion proposals for Republican governors. That includes Kentucky, where Republican Gov. Matt Bevin has threatened to pull the plug unless the Obama administration approves his pending request. Bevin's plan includes a work requirement as a condition of receiving benefits and lockout periods for failure to pay, and is modeled off of Indiana's Medicaid expansion model.

Prior to consulting, Verma worked for the Health and Hospital Corporation of Marion County, Indiana and the Association of State and Territorial Health Officials in Washington, D.C.



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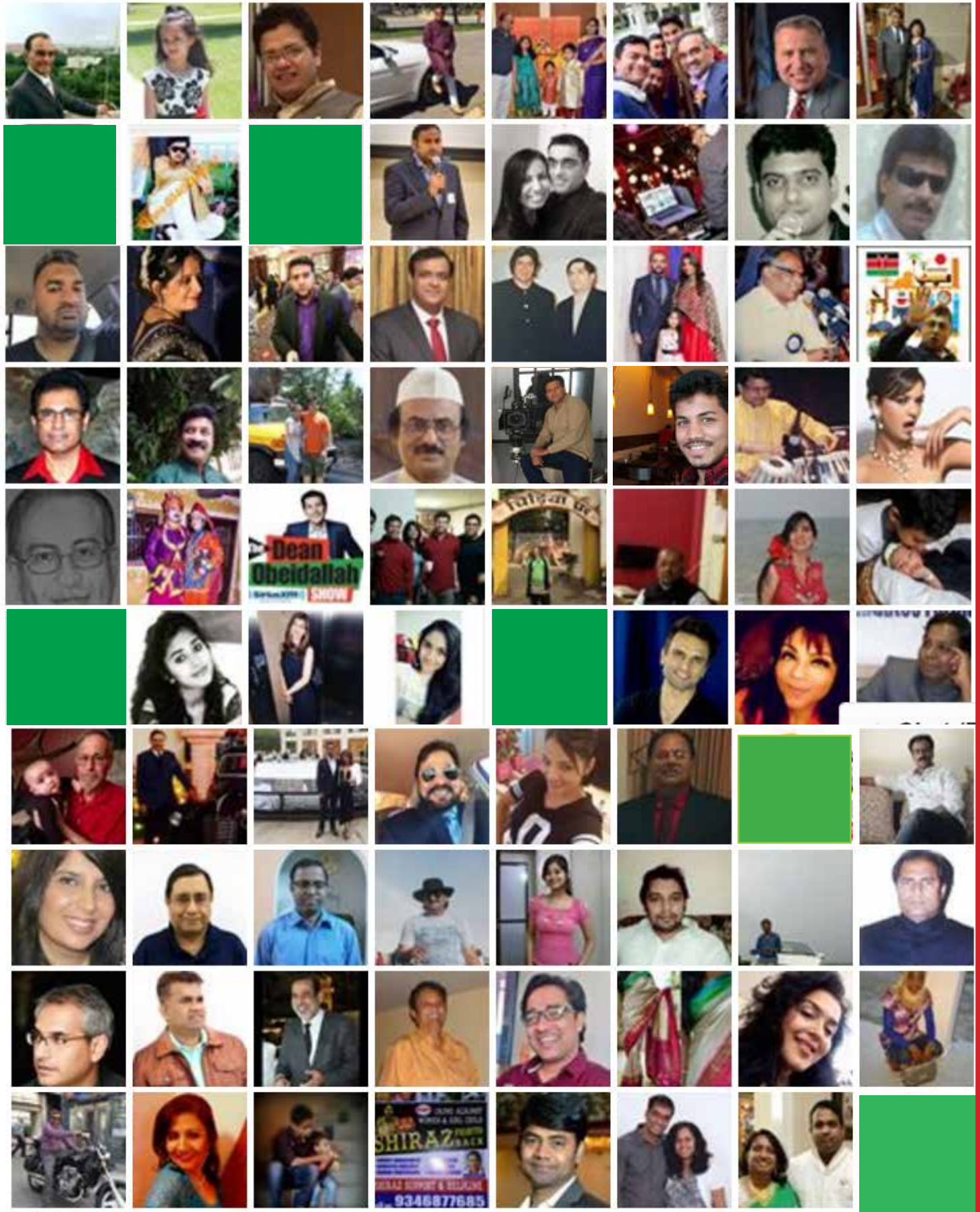


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- Michael Noland 12/5
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- Asim Saleem 12/5
- Waqa S Jani 12/5
- Ziauddin Saber 12/6
- Murali Talluri 12/6
- Bhairavi T Thakkar 12/7
- Sameer Jaffer 12/7
- Parthiv Thakkar 12/8
- Shahed Adeeli 12/9
- Sundip S Damria 12/9
- Neet A modi 12/9
- Aleem Butt 12/10
- Atiq Ur Rehman 12/10
- V.K Taneja 12/11
- Jagadish Mankal 12/11
- Siraj Sholapuri 12/11
- Dipak Shah 12/12
- Qusro Patel 12/13
- Shaik Ameenpasha 12/14
- Babar Qamar 12/15
- Javed Jamil 12/15
- Sam Krishna 12/31
- Mohammed Hyder 12/16
- Puranlal Vyas 12/17
- Ashvani Rampal 12/17
- Rizwan W M Tabani 12/17
- Sachin Mehrotra 12/17
- Dean Obeidallah 12/17
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- Christie Sanam 12/18
- Mohd Muneeruddin 12/18
- Samina Mangi 12/18
- Huma Farooqui 12/19
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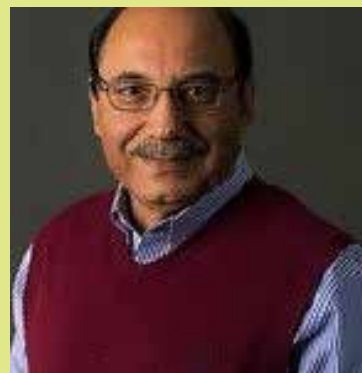
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**India signs
Rs 5,000
crore
howitzer
deal with US**

India signed the \$737 million (almost Rs 5,000 crore) contract for the acquisition of 145 M-777 ultra-light howitzers from the US in a government-to-government deal.

TOI was the first to report on November 17 that PM Narendra Modi-led Cabinet Committee on Security had cleared the deal for the acquisition of the first modern 155mm howitzers for the Army in over 30 years to break the Bofors jinx+ .

The contract, of course, will also further consolidate the position of the US as one of the largest arms suppliers to India, having bagged deals worth over \$15 billion since 2007.

Of the 145 M-777 howitzers to be delivered from mid-2017 onwards, 120 will be “assembled, integrated and tested” in India with artillery-manufacturer BAE Systems selecting Mahindra as its business partner here.

The 1.3-million strong Army has been demanding such 155mm/39-calibre ultra-light howitzers, with a strike range of over 25-km, for well over a decade now since they can be airlifted swiftly to “threatened high-altitude areas” in Ladakh and Arunachal Pradesh along the 4,057-km Line of Actual Control with China. The howitzer, which weighs just over 4-tonne due to the use of titanium, can be moved to altitudes up to 16,000-feet.

The M-777 howitzers+ are meant to equip the new 17 Mountain Strike Corps being raised for effective conventional deterrence and “quick reaction capabilities” against China. The Army is being forced to cannibalize from its existing reserves to raise the 17 Corps, which will be fully in place with 90,274 troops by 2021.

A series of scandals beginning with the Bofors one, and followed by the ones around South African firm Denel+ and finally Singapore Technology Kinetic’s (STK), has meant that the Army has failed to induct even a single 155mm gun for three decades.

The overall artillery modernisation plan for 155mm/52-calibre guns, worth around Rs 1 lakh crore, incidentally, envisages the induction of 814 mounted, 1,580 towed, 180 wheeled and 100 tracked guns, among others.

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Jashne Noor celebrated to honor Noor Amrohvi in Hyderabad

In every city, in every era and in every country a high bright star becomes the center of attention of everybody. Yet very few people know this fact that in order to reach that glitter and height, one has to pass through hardships besides waging practical struggle. One of such gifted people equipped with practical and professional traits is Noor Amrohvi, who is a young poet, one of the best Mushairas compere and an excellent speaker. He was born in 1973 in Amroha, (the land known for literary figures) in a literary, religious and business family. Side by side religious education (learning Quran by heart and recitation) he also got worldly education. He has the honor of being a student in Aligarh Muslim University. He secured first division in class XII and attained distinctive position in Adeeb-e- Fazil examination. Besides, from Bombay University he did his Masters in Economics and Urdu along with obtaining the garment designing diploma as part of the professional education. Since his upbringing was done in a literary and educated family, he had a natural liking for Urdu literature. Since his childhood he has been composing and reciting Urdu verses but because of his educational responsibilities, he did not encourage himself in this regard. When he was a grown up person then he headed towards Bombay to discharge his domestic responsibilities. After getting into new world besides fulfilling his professional responsibilities, he decided to quench his thirst for his poetic and literary taste. When he was able to shoulder further responsibilities then his dream to spent his days and nights of youth in Bombay was left half way and he had to travel to Dubai where a very bright future was waiting for him and where an opportunity to serve Urdu were also available. It is said that when he was in Dubai, besides his professional responsibilities he would take part in literary and poetic activities with great zeal. Despite his appointment in an American garment factory on



the post of a supervisor, his interest for education and studies continued unabated. But finding him unfit in this frame he became a teacher in a famous English school in Bombay. Noor Amrohvi has seen such difficult times and harrowing hardships in life that most of the people get discouraged and lose their heart in the way. But out of these sufferings and hardships, he gained enormous experience and vision and came out like gold. Amazingly despite all these difficult circumstances he could not disassociate himself from literary activities and social work. He is such a poet of high talent that distinguished personalities like Professor Pirzada Qasim, Professor Nisar Farooqi and John Elia appreciated and praised his unmatched skills and his brilliant achievements. In Dubai he left his foot print wherever he presented his "kalam", yet in America wherever he went he left his endearing remembrance. Who would have known that this young man who came to Bombay in search of a bright future and then move on to Dubai, would finally land in United States of America and become the glittering tower



and his critics started walking along with him. The literary organization and personalities opine that Noor Amrohvi's compeering is unique and full of logic. As far as his poetry is concerned, it is just like showing lamp to the sun and his humanity and gentleness is superb. He is soft spoken, articulate, embodiment of sincerity and love, humility, and is a model of politeness. Being a businessman and with a poetic temperament, simplicity and mercurial disposition, his friends and partners took advantage and sidelined him. In Radio programs he opts for novelty, innovation and the psychology of the listeners in writing and presenting radio scripts. He presented new and unique programs and therefore a large circle of the desi community is still his admirer.

He is distinguished for starting the tradition of Na'atia Mushairas in Dallas city, being regularly conducted for the last eight years. In these Mushairas besides poets from North America many eminent poets from Indo Pak have already participated. Also under the aegis of the International Noor Academy, he has been organizing for eight years, international Urdu Mushairas and Kavi sammelen. Every celebrated poet from Indo- Pak has participated in these Mushairas. Now a situation has arrived that the people aspire that Noor Amrohvi should invite them to their Mushairas. His sincere and close friends also help him in organizing the Na'atia international Mushairas which Noor Amrohvi conducts every year. TIP News

Samuels family hosted a get together filled with Ghazals in Dallas



Mrs.Shahina Siraj, Mrs.Maliha Durani, Mrs.Fozia Pervaiz, Mrs Eram Samuels, Mrs.El- ishba Hafeez, Mrs.Marcela Almas, Mrs.Amira Desai, Mrs.Firosv, Mrs.Khan, Mrs Azeem, Mrs Saaman Ali, Suman Samuels, Shayan Siraj, and Siraj junior



From left: Azeem A. Quadeer, Publisher Asia Times US, Mr Aqueel, Shahid Firozvi, Showbhit, Yousaf Desai on guitar, Javed Samuel, Eram Samuel, Bakhtaver Samuel and Suman Samuel



From left: Arshad Almas, Younis Ejaz, Irfan Ali, Mr Khan, Nadir Durani, Siraj Butt, OS Mod Gill, Javed Almas On the floor from the left: Showbhit, Javed Samuel, Azhar Gill, Pervaiz Ahmed, Bakhtaver Samuel



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Hyderabad Society of North Texas Celebrated Annual Event "Shaam-e-Hyderabad"

Hyderabad Society of North Texas Celebrated their Annual Event "Shaam-e-Hyderabad" on Saturday Nov 12. The event well organised and took place at Curtis Culwell Center in Garland, TX.

The evening started with welcoming the guests by Rahat and Salman followed by Quran recitation by Hafiz Saqib Vikaruddin and translation by Arsalaan Arifuddin. Dr Aasia Ali, President HSNT addressed the audience. Lifetime achievement Award was given to Mulik Sayeedi from Houston, TX.

Excellent Qawali presentation by Fareed Ayaz & Abu Mohammed and Humnawa lead into a memorable evening. Fareed Ayaz & Abu Muhammad Qawal & Brothers are popular for their Sufi performances. They have performed in various countries.

Fareed and his relatives are the flag-bearers of that school of music (gharana), which is also known by the name of the city as the Dilli Gharana. They perform various genres of Hindustani classical music such as dhrupad, khayal, tarana, thumri and dadra.

HSNT was established in 1992 by a well-known community leader and physician, Dr. Basheer Ahmed and has been a non-profit organization since 2006. The purpose of HSNT is to help the local DFW Hyderabadis get together to have fun and to keep our Hyderabad culture alive.

HSNT has two main get-together or events. The first one is a picnic during the spring season which is held at a local DFW park. This is an informal event which usually attracts 250 to 300 people. We enjoy kite flying, games for children of all ages, delicious food and music.

The second event of the year is a formal evening dinner which usually takes place in October or November with numerous forms of entertainment such as music, songs, comedy in our Hyderabad lingo and of course, Hyderabad cuisine. Last year we had qawalis which were enjoyed by many. We also get to enjoy wearing some of our traditional clothes such as sherwanis, etc.



Janab Mulik Sayeedi



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

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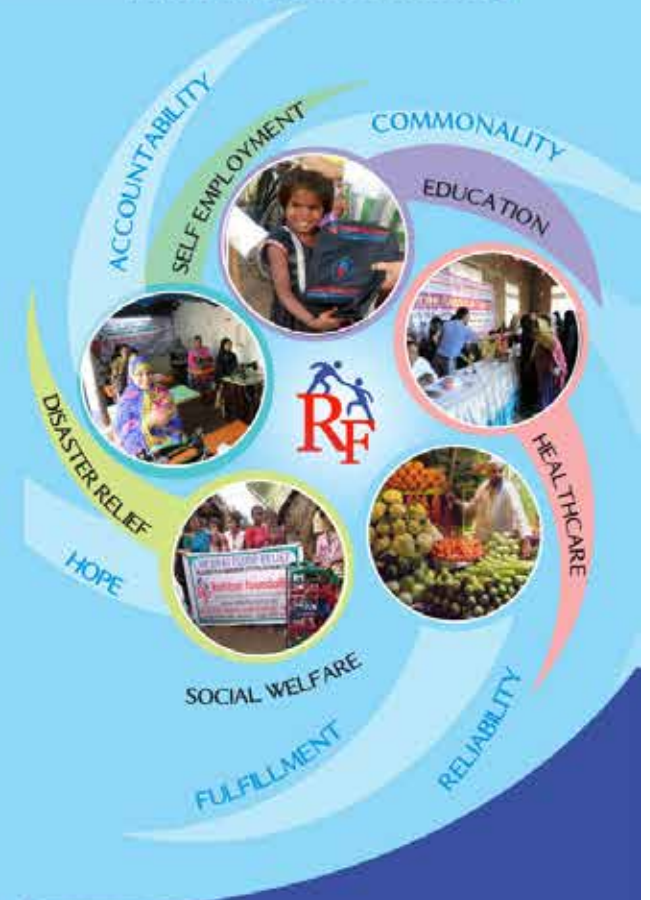
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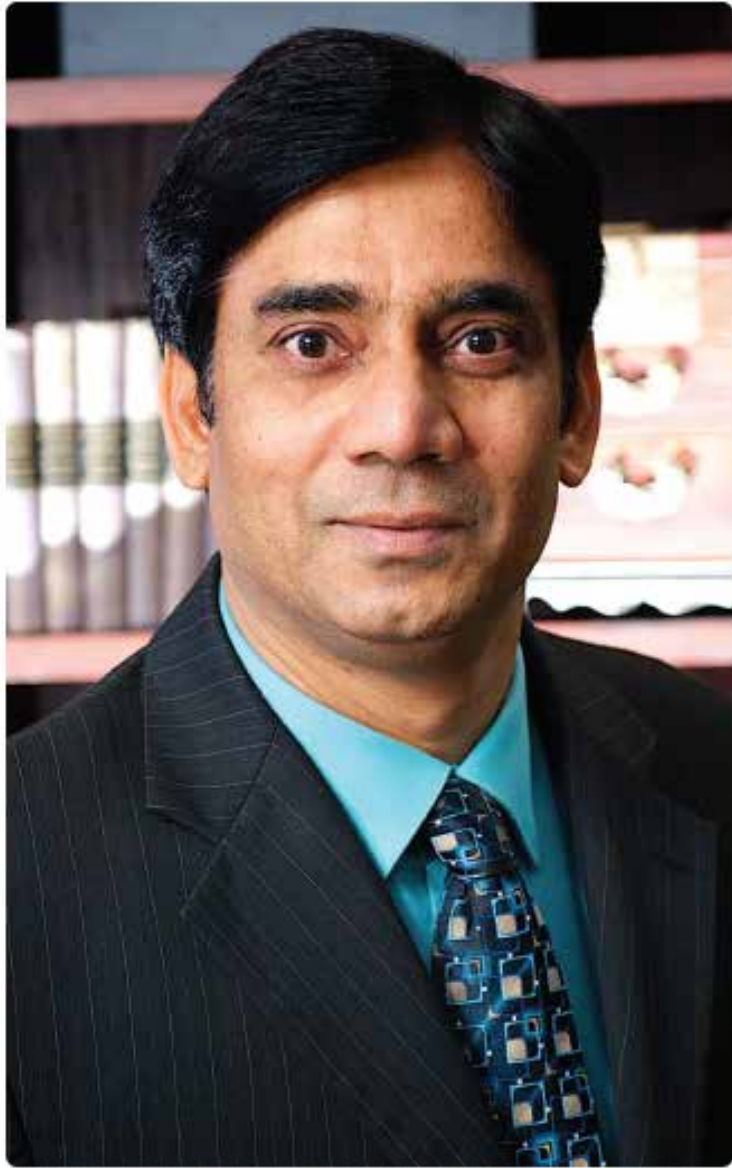
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How did Plano vote? Post-election results show Plano's changing political taste

If Plano decided the presidential election, the outcome would have been the same. But what's surprising is the rising number of blue pockets in Plano.

In the 2016 presidential election, Collin County had record-setting turnout: Out of 62 voting precincts, 37 percent went to Clinton/Kaine.

With Collin County's continued growth, the demographic and political palate of the area could change as well. These changing demographics are something to which both Collin County Republican and Democratic parties are paying attention.

Neal Katz, executive director for the Collin County Republican Party, said, "This could be one election where a lot of people voted against a candidate rather than for a candidate."

From Katz perspective, people either liked president-elect Donald Trump because he spoke his mind or didn't like Trump because he spoke his mind.

"We're very much aware of the changing demographics, and it's the case of getting messages across," he said. "Republicans need to do a much better job getting the message across of what we stand for. We stand for education, family values, small business."

He said 2017 would be an off-year, with no seat up for re-election, but come 2018's general election, there will be another election cycle underway.

Katz said for the next 15 months, they'll be working to spread their message, educate the community and help residents learn

more about their council members and local representatives.

"The one thing you don't want a political party to do is go into hiding for the next 15 months until the next primary," Katz said, so the team will spend considerable time educating the community on the political process and how to "get off the couch and get involved."

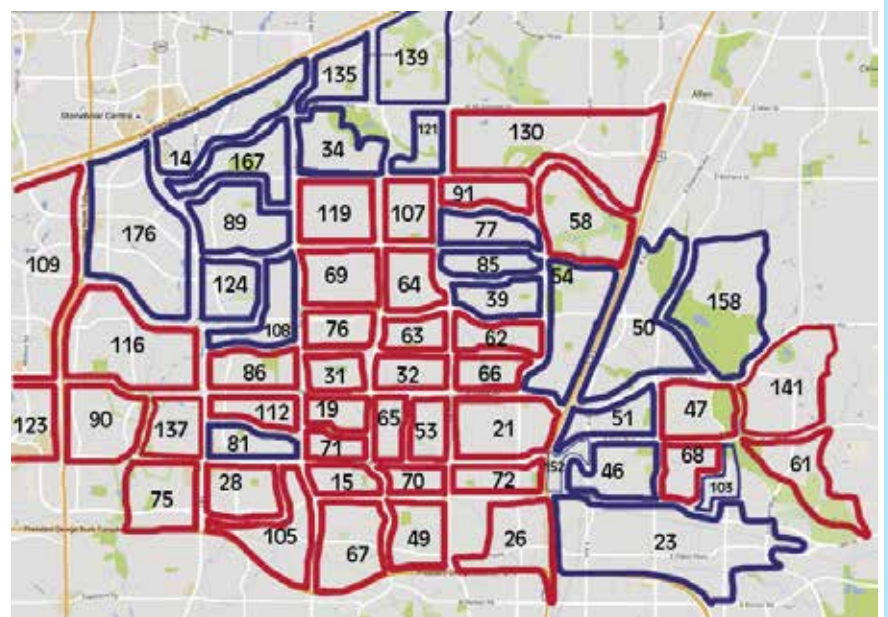
Every Friday, about 3,000 residents can read the Republican Party newsletter that shows readers all the club meetings, fundraisers and guest speeches coming up. For readers looking to learn more and get involved, Katz said the newsletter was a great place to start.

"Knowledge is power and more people need to be given that knowledge to know what's going on in their community," he said. "Local elections affect more of the laws that affect you on a day-to-day basis." Residents can usually name their president and vice-president, but few can name one or two of the council members on Plano City Council, "and that's got to change," Katz said.

Mike Rawlins, county chair for the Collin County Democratic Party, said, "Even though we didn't have any victories in the county this cycle, we made increment progress in just about every race, from the top of the ticket to the bottom of the ticket," Rawlins said.

Plano's noticeable shift could be attributed to new residents from FedEx, Liberty Mutual and Toyota bringing their business as well as their political views with them. But for sure, Rawlins said, "We had one of the

big-



slates of candidates in the past 15 to 20 years in every Texas House district." About 50 voting precinct in Collin County voted majority Democratic, an improvement from past years, Rawlins said, which they hope to improve upon in years to come.

He said he's also anticipating a political shift in the area if the president-elect Trump's presidency lives up to expectations.

"A lot of people are extremely concerned about Trump as president and a reactionary Republican agenda coming in from Congress. We're anticipating Trump and the Republicans to be as bad as a lot of people think they'll be, that there will be a Democratic wave election in 2018," Rawlins said.

It's a wave the party hopes will result in

Family from Plano in a Fatal Crash



Ratnakar Sattipalli and his family were driving down I-44 West bound when they were hit head on by a car coming in the wrong and opposite direction. His dear wife and 4 year old son were pronounced dead on the spot.

Ratnakar has had a surgery for a punctured artery and he is recovering in the

more Democratic representation on local, state and national levels.

"That is if Trump messes up as bad as we think he will," Rawlins said.

However, Rawlins said, he hopes Trump and his constituents do govern in a bipartisan, modest fashion for the sake of the country as a whole.

"But from what he's showing so far, with putting Bannon as his chief strategist from Breitbart, we're taking that as an indication of where he's headed," Rawlins said.

Now that the election cycle is wrapping up, he said his team will take time off then hit the ground running in January.

For the next 15 months, Democrats want to become more visible in the community. "You can expect to see us a lot more visible than a lot of different kinds of outreach," he said

ICU. His daughter, Keerthana Settipalli 5, escaped with minor injuries.

As his entire family is in India, we need to send Sushma Settipalli and Mahidhar Settipalli's bodies to India.

Ratnakar has to be in the hospital for a few weeks.

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on December 10th 2016**

Where: Shalimar Banquets, in Addison, IL

When: Saturday December 10th 2016 from 7 -11pm

Why: To raise awareness for the Amir Khan Foundation

Tickets:

\$50 - General Admission

\$100 - Meet & Greet w/ Amir Khan

\$1000 - VIP Tables for 10 people

Dinner | Entertainment | Photo Booth | Q & A w/Amir Khan

**Live Music performance by
Maz & Ziggy Bonafide**

**Also attending:
Faryal Makhdoom**



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IFTEKHAR SHAREEF PAGE



At the wedding of Ms. Vijaya Lakshmi only daughter of Shri Bandaru Dattarey, Union Minister of Labor and Employment at Gachhi Bowli Stadium , over 50,000 people attended the event. He is known to me for over 20 years .



V. Hanumtha Rao, Dy CM Mahmood Ali, Iftekhar Shareef, Syed Sadiq, Marri Adithya Reddy, Osman Sadi, Moham-med Azharuddin, Esa Misri and Uroosa Rahim.



After long time met my good friends today at Fateh Maidan Club , seen from left Dr Divaker Reddy co-owner Sunshine Hospital, Satish Muddamale, Prem RAJ Yadhav sports authority, Srinivas Goppagani executive member FMC, Myself and Dr Venkat Prasad Reddy chairman Fateh Maidan Club .



In Vijayawada with Zulfikar Ali former Mayor of Hyderabad who was also my school mate where special invite of Montfort brothers Group of All Saints High Schools ,Little Flower High Schools, St. Paul's High Schools , and many such missionary schools run by this group all over India , where honored for their 50 years and 25 years of services . We the students of such missionaries School salute you all .



Thanks so much to all who came to my home tonight specially Deputy Chief Minister Mehmood Ali Sahab, Shabbir Ali Sahab MLC and floor opposition leader legislative council of Telangana State, Mohammad Azharuddin former India's Cricket captain, V. Hanumanth Rao former M, P, Janab Farooq Hussain ML, Khaja Khayyum Anwar bhai of T-News, , Kartiq Reddy M.P contested son of former Home Minister, Marri Adithya Reddy youth congress leader son of MLA Shashidhar Reddy and grand son of former Chief Minister Chenna Reddy, Khaleeq UR Rahman, Jaber Patel, Ateeq Siddiqui, Ibrahim Patel, Faiz Khan icon of Paigah famil, Mohammed Ali Baig. Especial thanks to Mohammed Wakil the famous Ghazal Singer from Kanpur on recommended by Consul General of Chicago Dr Ausaf Sayeed and many more. Also present where Mohtesham Ali, Esa Misri, Osman Sadi, Ashwani Kumar Whitetiger, Naina Jaiswal, Bhagya Laxmi Jaiswal, Agashya Jaiswal, Asad Mohammad, Dr Prem Raj Yadav, Dawood Ali Sam, Layeeq Mohiuddin, Kabeer Khan, Mohib Baig, Abid Mohiuddin Mohiuddin, Ishaq Ali Khan, Kb jani, Osman Singer, Amjad Khan Singer,



Indo-Arab league 2nd. Anniversary event at Taj Deccan Hyderabad headed by Jaber Patel and Ateeq Siddiqui attended by Union Minister Shri Bandaru Dhattareya Ji, Home Minister Nayeni Narsimha Reddy, Mohammed Shabbir Ali Bhai and many M.P's and ex M.P's



TV news for the detail interview on "Rubaru" program



Dinner at Fazil pervez bhai's sons Valima with Mohammad Ali Shabir bhai MLC floor opposition leader legislative council of TELANGANA, Syed Anwarul Huda IPS TELANGANA Police, Zafer Javed Bhai vice chair Muf-fakam Jah Engineering college & senior congress leader, Naseem Arifi bhai editor Etemaad Daily and Mir Mohtesh-am Ali Khan world bodybuilder silver medalist



Iftekhar Shareef was honored to attend Du-Ba- Du a unique Mass Matrimonial alliance program Organised by Siasat daily and Minority development forum at Y.S Convention attapur in Hyderabad, thousands of parents gathered to seek alliance for their sons and daughters free from any dowry system, Zaheeruddin Ali Khan Managing Editor Siasat daily, Abid Siddiqui, Fazil Hussain Parvez, Social activists from Bangalore Tazayum Oomer, Tahera Sultana, Rafuq Gayum were the guest who gathered on this occasion ,Mr.Muneer Khalid and Samiuddin welcomed the gathering. Pic:Style photo service.

Hina Trivedi received Asian Exemplary Civic Service Award 2016

Hina Trivedi is the president of Indo US Lions Club, a bridge between India and the USA. She is multilingual speaking seven different languages and has served more than thirty years for various communities, such as a translator for citizenship, Green Card holders, interview and register people to vote, assisting seniors in applying for Medicare or Medicaid, and housing until they get back on their feet.

She tutors children tutoring in order for them to be busy and off the streets at CEDA and LIFHITE. She says, "We must care for kids because they are our future, so we must guide them to the right direction and do whatever we can to help them to become proud Americans."

Miss Trivedi is a cancer survivor, who believes that God gave her a second chance in life, for a reason. Because of this, she is dedicating her life to serving the needy. A smile on the face on a person she helps means a lot to her. Her family and friends are a part of her helping hands. There are approximately 7000 people in the Chicago land area that she and her team support. She believes that the blessings she has received have to be given back to the community.

She is also the president of the Federation of

Indian Associations, founding member of Gopio Chicago, Executive Board Member of AIA MAFS, the organization composed of various communities. The main objective of the organization is to help the elderly with health issues, disabilities and language problems. She has attended many public awareness and social conferences across the globe, and has received many honors and awards from President Barack Obama, Mayor Richard M. Daley, IL Secretary of State Jesse White, Congressman Danny Davis, Representative Jan Schakowsky, and other locally and in India.

Hina Trivedi is a single mom with two kids and a strong lady of our community. She is a person of strong faith whose role models are her mother, Mother Teresa, and Jhansi Ki Rami. Her hero is her dad who used to tell her, "Beta, we came to the USA with only \$600, but when we die, we will leave everything here, so always give value to people not to things."

She says, "We cannot change the world, but we can change ourselves to make the world a better place. We are all humans and are on earth for a reason."



Congressman Elect "Raja with Praja"



Shyla Talluri
I love men!!!
Yes...I do!!!
I pity them too...the most discriminated gender is Male of the two...
Their voices are muted...their pain rebuked..
Even a trace of weakness puts their manhood up for trial...juried and judged at the first drop of tear..
Hated for the bad deeds of Humans...their only crime being a Man...
I am worried about today's little boys who will grow up to be men one day...in a world that's all about girls...are we leaving the lil men behind??
Hoping when my son becomes a man...he will have a choice to be weak!!!! A choice to be scared!!!! A choice to be afraid!!!!
Happy Men's Day dear Men!!! Enjoy it!!!
-Shyla Talluri

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Allama Mashriqi & Kemal Ataturk

On Ataturk's 78th Death Anniversary

By Nasim Yousaf (Allama Mashriqi's Grandson)

Inayatullah Khan (famously known as Allama Mashriqi) and Mustafa Kemal Ataturk were contemporaries who are regarded as two of the great leaders of the 20th century. Throughout his lifetime, Mashriqi expressed a fondness for Turkey and Ataturk. On Ataturk's 78th death anniversary, it is worth remembering how these two leaders were connected.

Both Ataturk and Mashriqi were born in the 1880s, Mashriqi in Amritsar (British India) and Ataturk in Thessaloniki, Greece. Mashriqi's fondness for Turkey and Ataturk stemmed from Mashriqi's father, Khan Ata Mohammad Khan (who was also a recipient of the Turkish medal "Mejidie"). Khan Ata owned a well-known and highly regarded newspaper called Vakil (started in 1895 from Amritsar), which included reports on the Turkish Ottomans (among other subjects). According to the book entitled Indian Muslims and Partition of India, "...enthusiasm for Turkey had been created by...the Vakil..." Vakil also had a Book Depot, which issued publications related to developments in Ottoman Turkey. Mashriqi's father's affinity for Turkey also influenced his own views.

Mashriqi's affection for Turkey and Ataturk was evident from the early years of his life. As a student at the University

of Cambridge, Mashriqi used to wear a Turkish Fez (hat). Then, in July of 1924, Mashriqi gifted his famous book, Tazkirah, to Ataturk. Later, in 1930, when Mashriqi launched the Khaksar Tehrik, his party's flag was similar to the Turkish flag. Also, Mashriqi's weekly journal Al-Islah (1934-1947) used to include information on Turkish political, military, and other activities. Ataturk is also mentioned in Mashriqi and the Khaksar Tehrik's materials (e.g. Isharat and Tazkirah). In the 1930's, Ataturk's photos also appeared in the Khaksar Tehrik's historic photo album, along with photos of Turkish soldiers. And on December 30, 1935, the Khaksars, in the presence of Mashriqi and other leaders, honored Ataturk with a salute at a grand Khaksar Camp in Delhi (Source: Al-Islah, January 10, 1936).

As Mashriqi and Ataturk gained increasing prominence in their respective countries, the parallels between the two leaders became more apparent. Both made significant contributions in politics; Mashriqi created South Asia's most disciplined (and largest) private army and led the freedom movement of the Indian sub-continent (now Bangladesh, India, and Pakistan). Meanwhile, Ataturk is recognized to have saved his country from complete disintegration to emerge as the

founder of modern Turkey. Both leaders were bestowed with prestigious titles; Inayatullah Khan was given the title "Allama Mashriqi" (Wise Man of the East) by the famous Al-Azhar University (Islamic seat of learning) in Egypt, whereas Mustafa Kemal was given the title of "Ataturk" by the Grand National Assembly of Turkey.

Along with their political activities, the two men also shared similarities in their general philosophies. Both fought for freedom and equality for all and believed in women's active participation in nation building. Both advocated for developments in science and industrialization. And both believed in freedom of religion, regardless of one's faith. Additionally, both did not support the Khilafat Movement. Mashriqi, while sympathetic to Turkey, considered the said movement to be highly disorganized (he predicted its failure). Ataturk's lack of support for the movement is also evident from the fact that he refused to meet with its leaders.

Despite their similarities, Mashriqi and Ataturk certainly did not agree on everything. Differences in their approaches and thought process can be better understood by reading Mashriqi's speech to the International Caliphate Conference in Cairo in May of 1926 and his letter (with propos-

als) to Ataturk dated October 18, 1925.

When Ataturk died on November 10, 1938, the Khaksar Tehrik flag at its headquarters (Idara-i-Aliya) was lowered to half-mast (from November 10 to November 20, 1938). And on November 20, 1938, the flag remained at half-mast for 6 six hours at Khaksar offices all over India. The front page of Al-Islah (November 18, 1938) was also dedicated to Ataturk, with condolence messages on behalf of Mashriqi and the Khaksar Tehrik for the fallen Turkish leader.

A Facebook page named "Allama Mashriqi and Kemal Atatürk" has been dedicated to the two leaders.

Nasim Yousaf, grandson of Mashriqi, is a researcher based in the USA. He has been featured in various American publications, including Who's Who in the World. He has written 15 books and digitized files of rare documents related to South Asian history. His articles have been published in many countries around the world and in peer-reviewed publications in the US (Harvard Asia Quarterly, Pakistanaat, World History Encyclopedia, and Education About Asia).

Saaz aur Awaaz



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DJ Shahid Lateef

Bolingbrook Mayor Roger Claar defended his choice for Mr. Trump Mr. Talat Rashid only Muslim / Pakistani Openly stood with him from Chicago land area

Mr. Roger Claar a long time serving Mayor of Bolingbrook with the population of about 78,000 is very proud on his choice despite a very strong criticism from the community but he but he stood firm. Mayor who once supported Mr. Jeb Bush changed his affiliation towards Mr. Donald Trump which resulted in a good way for Mayor Claar. We are sure that his is proud of his choice.

Mr. Talat Rashid a member of Donald Trump's leadership team in Illinois and well know member of Pakistani community also stood with Trump from the day one despite oppositions from his own community. Mr. Rashid Said, "I am very excited and humble to see that the candidate I supported from day one when he announced his candidacy for President Mr. Donald Trump won the election with sizeable electoral votes". "I was very firm and determined in supporting him despite opposition from my own friends who were directly and indirectly criticizing me". His victory dismisses the predictions of all of the so called analysts and media pundits who wrote him off several times during his campaign.

His success is the result of his pragmatic approach to the issues faced by an average American who were looking for a messiah to fix the issues since none of the politicians ever discussed those issues. Mr. Trump stood firm on his commit-

ment and his clear message resonated with average American who is working hard to make ends meet. Americans lost so many manufacturing jobs that are being shifted to over seas and no one is paying attention except Mr. Trump. "We were making other countries rich on the cost of our economy and jobs" Mr. Trump said repeatedly in his speeches. Obama care was a disaster and Clinton foundation was filling pockets of Mrs. Clinton family and not for the average American. Hillary who was unfit for President (Barack Obama 2008) could not convenience an average American what she will do for them. Trump woke Americans and promised them that he will work for them and will make this country strong. That was his slogan "Make America Great Again" which resonated with the working class Americans.

He has a lot of work ahead of him fixing this broken system, immigration reforms and foreign policy, Tax reforms, term limits and several other issues.

"I am glad that I was able to extend my support towards Trump and his ideas", Mr. Talat Rashid a staunch supporter of Mr. Trump and a member of Bolingbrook Plan commission said. As you recall Mr. Talat Rashid recited verses from Holy Quran in the form of invocation before Donald Trump's Speech in Bolingbrook. "I would have never imagined that I would even get close to Mr. Trump our next President" ac-

knowledged Mr. Rashid who admired Mayor Claar's for inviting him to meet Mr. Trump during fund raiser in Bolingbrook.

Our 45th President Donald Trump will work with everyone and will treat everyone equal. He will bring reforms that no one wanted to even discuss from both parties. He will also be good for Muslims who are interested in being part of this American fabric.

Muslims in particular are afraid that Mr. Trump will have very hostile approach towards them. We all know as a President he will have to take all the communities and cultures in his confidence and will do whatever is the best of for this country. Mr. Rashid was very disappointed that most Muslims were favoring Hillary Clinton. We put all our eggs in one basket he said. Yes, immigrations rules and regulations will be tough for immigrants who are here illegally but again this is right thing to do. There are thousands of illegals, refugees and asylum seekers enter this country every year. It is about time that the process must be vetted and revisited. At the same time it is unfair for those who entered legally in this country.



Mayor Claar sides with Donald Trump on several issues which are good for this country and will be positive steps to bring back the America's dignity back as a world leader. For sure it is impossible for President elect Donald Trump to make everyone happy but time will tell when country will go back to its traditional values which we are all proud of.

The lesson we all should learn that never underestimate anyone's power. God rewards people in mysterious ways.

God bless America.

FIA elects new officers, announces Indian heritage event with Windy City Bulls



Founder President: Sunil Shah, President elect : Mukesh Shah, Founding member & Past President : Rita Singh, Founder & Past President: Onkar Sangha, President: Dhitu Bhagwakar, Executive Vice Presidents: Neil Khot & Moon Khan, Vice Presidents: Hitesh Gandhi, Shital Daftari, Ali Khan, Manjeet Singh Bhalla, Khaja Moinuddin, Treasurer: Payal Shah, Secretary: Ninad Daftari, Joint Secretary: Shalini Saxena, Joint Treasurer: Jaimini Patel. Directors: Nirav Shah, Mahijit S Virdi, Nambirajan Vaithilingam, Harsh Shah, Shetal Shah & Jatinder Bedi.



Congratulations to Mr. Mahijit S. Virdi, who is also a member of Advisory Board, Asia Times US

Elmhurst, IL: Federation of Indian Associations, Chicago, (<http://www.fia-il.com/>), elected Mukesh Shah as its new president at Waterford Banquet in Elmhurst, Illinois. "I feel honored and humbled to step forward to lead this organization, which has taken several initiatives in promoting our Indian culture," said Shah, who is also a former president of the Gujarati Samaj.

Other members of the executive board for 2017 are Founder President: Sunil Shah, Founder & Past President: Onkar Singh Sangha, Founding Committee Member & Past President: Rita Singh, Outgoing President: Dhitu Bhagwakar, Executive Vice Presidents: Neil Khot and Moon Khan, Vice Presidents: Hitesh Gandhi, Shital Daftari, Ali Khan, Manjeet Singh Bhalla, Khaja Moinuddin, Treasurer: Payal Shah, Joint Treasurer: Jaimini Patel, Secretary: Ninad Daftari, Joint Secretary: Shalini Saxena, Directors: Nirav Shah, Mahijit Singh Virdi, Nambirajan Vaithilingam, Harsh Shah, Shetal Shah, Jatinder Singh Bedi, and Vibha Dave. Other Founding Committee Members are Sunny Kular and Monty Sayed.

As its first project for 2017, FIA wants to organize an Indian heritage event on Friday, January 6th, in partnership with Windy City Bulls, the official NBA D-League Affiliate of the Chicago Bulls. The basketball sport event will take place at Sears Center Arena, from 7 PM.

"We are going to mainstream platform to project Indian heritage," said Sunil Shah, Founder President.

A clever person turns great troubles into little ones and little ones into none at all."

Gandhi Samaj of Chicago celebrate Diwali traditional way by lighting Diya

Asian Media USA ©

Chicago IL: While the festival of Diwali is observed by people of different faiths for different reasons, they all acknowledge its underlying theme: the victory of good over evil and the triumph of light over darkness.

Gandhi Samaj of Chicago (GSC) (www.gandhisamajchicago.com) hosted its 32nd Annual Diwali Program on November 5, 2016 at Hanuman Temple in Glenview, IL and was led by Hitesh Gandhi and Keyur Ghayal. Gandhi Samaj of Chicago includes over 120 "Gandhi" families, native of South Gujarat part of India (Surat to Vapi), from Chicago and its close vicinity. The event started with social hour accompanied by Traditional Gujarati (Indian) Cuisine dinner, which was followed by a cultural program. This is a tradition observed by GSC for last 32 years, where families come together as a big united family to socialize and attend cultural program by young and adults.

Mr. Dipak Shah, owner and president of Direct Floors in Woodridge, was invited as Chief Guest and Consul General Mr. O.P. Meena bestowed his presence as Guest of Honor. President's Award was given to Mr. Nitin C. Gandhi for his leadership and excellent contribution as a Vice President of Gandhi Samaj of Chicago 2012-15 term. Community Service Award was presented to Mrs. Sushila N. Gandhi in honor of her active part in the community. Educational Achievement Awards were awarded to the youth, who completed their education from the college.

We are prepared and ready to tackle the big crowd with a solid executive plan. "It was a very smooth execution even though we completely "Sold out" night," "Thanks to all the sponsors of the grand event without their support it would not be possible



to have such a wonderful event also thanks to audience of Chicago and well-wishers who attended the event to make this magnificent event successful" said by Mr Hitesh Gandhi, Exec Vice President of Gandhi Samaj.

Cultural program touched everyone's hearts as imaginations of performers (from age 5 to 60) showcased their talents. Program started by a small Prayer followed with American & Indian National Anthems. The Bharat Natyam performance of Ganesh Vandana by Krishna Gandhi, Misha Gandhi, Freya Gandhi and Freya Viren Gandhi added a soft touch. The children and adults of Gandhi Community performed Classical and Bollywood Dance performances, songs and other talents. Couple Dance performance on "Char Kadam" song became the highlight when Couples pair performed with glorious energy.

Special Guest performers added the charm to the event. Mrs. Mona Bhalla, who owns album "Kudi-Bindaas" performed live with her 3 beautiful daughters. Dance performance reached to an extreme thrill when Ms. Madhura Sane danced on



Asian Media USA



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revival of old and new classic, Mr. Elizar from Arya Dance Academy performed Bollywood Fusion dance. Also, Mrs. Shital Dhanani, founder of Tarana Kathak academy added the Classical touch with her trained Kathak students and Mr. Paul

Chopra grabbed audience attention by performing a Mimicry Bollywood act.

GOPIO Chicago Host 2nd Annual Business Convention & Gala with Business Leaders

-Ashfaq Syed



Dr. Ausaf Sayeed, Raja Krishnamoorthi, Mike Quigley, Sam Pitroda, Dr. Deepak Vyas, Dr. Gopal Lalmalani, Dr. Neeti Parashar and Board members lighting the lamp at GOPIO Annual Business Convention & Gala.



Dr. Ausaf Sayeed, Raja Krishnamoorthi, Mike Quigley, Sam Pitroda, Dr. Deepak Vyas, Dr. Gopal Lalmalani, Dr. Neeti Parashar, Board members and Community at GOPIO Annual Business Convention & Gala.

How do you know where you are going if you don't know where you come from?

"And We Have Not Sent You, [O Muhammad ﷺ], Except as a mercy to the worlds" [21:107]

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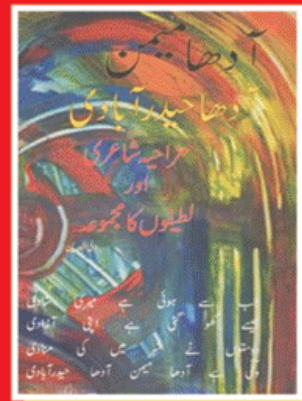
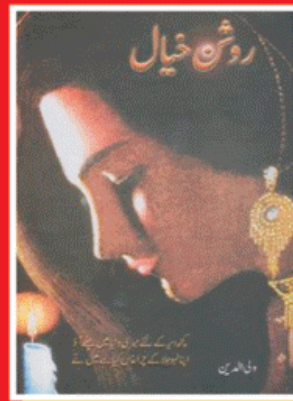
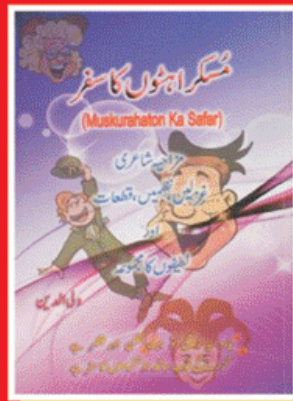
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From Nasir Jahangir:
Thank you to our non Muslim neighbors from near and far who came in the hundreds to attend an Open Mosque day at Midwest Islamic Center. I know and was told crowd was overflowing at the entrance too. There was real concern displayed by those attending. Most notable of friends attending were US Congressional Elect Raja Krishnamoorthi, State Rep reelect Michelle Mussman and Hanover Park Mayor Rodney Craig, Hanover Park Trustee Sharmin Shahjahan, along with a number of Church clergy. It was a well organized and very informative event.. especial thanks to Masjid Alhuda, it's Board, AMAN, Brussels Omer Haqqani and countless volunteers!
InshaAllah may there be many more informative events like this

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Congratulations to Ali Saad and Sadia Saad on their marriage



Gladson Varghese and Dr. Marina Gladson at Sobin and Preenu's Wedding Reception in Downtown Chicago.



Sunil Shah Birthday Bash



Happy Anniversary to Mr. and Mrs Raju Chinthala



Bharti Desai performing Dayro with Gujarati Film Playback Singer Padma Shri Bhikhudan Gadhvi in Alabama.



Imam Musa Azam of Indiana and Azeem A. Quadeer at an event in Dallas



Mr. and Mrs Shirley Kalvakota marriage anniversary celebration at her house with Gurmeet Singh



Parth Ravani (Future Star) with Armaan Malik



Vibha Dave with Raja Krishnamoorthi and Uma Aramandla Katiki.



Rafee Kidwai, Mohammed Waseem, Zaki Basalath, Gurmeet Singh, Abdul Gafoor, Azeem ul Haq and others at a Karaoke party



Mushaira at Glendale Heights Library: Mr. Waliuddin and others



Anil Shah, President at World's Money Exchange, Inc congratulating Ms. Payal Shah on her Birthday



World Brahmin Federation Canada

Now he owns our problems

The underdog of yesterday has become our top dog today. His alternate reality we mocked just a few days ago, has turned into our manifest destiny. The political games we were watching all these past several months, have now concluded. The winners are celebrating, the losers are agitating. Our exceptional democracy has once again spoken with great clarity and speed, handing the victory to a candidate whose vote count was almost 2 million short of the loser. In our brief life time we have witnessed this anomaly in our national politics twice already. Only in America could this happen. Thanks for another 'college', that has helped boost the fortunes of Mr. Trump, he now becomes the leader of the free world.

In the aftermath of this stunning election loss the Democrats have a lot to rethink about, as they try to regroup and reorganize. The Republicans too have much to consider as they rejoice in their tainted victory on technicality and not on popularity. Clearly America is at a tipping point. Our struggle for a 'more perfect union' has never been in such trouble, our citizenry never seemingly so divided and torn apart. There are at play so many competing passions and so many divergent agendas, sometimes we wonder if we are one country any more.

There are many threads that are knotted together in this painful knot of rage we are witnessing across the land, not only today but has been so, throughout these past several months, which marked this election cycle.

There is the hurt of an economy where the middle class is suffering and the billionaire class is prospering. There is the agony of a broken criminal justice system where black lives don't matter and their blood is spilled every day on our streets. There is the constant ache of an immigration system which stubbornly resists reform, and argues to place rules over reason, preferring to tear families apart. There is the cold indifference of a health-care system, which puts profits over people, procedures over outcomes and denies access to millions, claiming healthcare is a privilege not a right. There is the resentful arrogance of big business, which poisons the water we drink, pollutes the air we breath, contaminates the soil we live on, and refuses to change their ways, because they have the money to buy our politicians and purchase their votes. For people of color, for Gays and Lesbians, for Muslims there is the added fear of violence in the streets, hostility on campuses, bullying in schools, even banishment from their homes.

Some have compared this election result to the tragedy of 9/11. Some made doomsday predictions to follow. That this was another watershed moment in the political history of our country. Happily though the sun came up the next morning on November 9, bright and warm, and every morning since. The markets are booming. The Dow is hitting all time highs. There is not a cloud in sight.

So why the sadness and anger? Why the disappointments and demonstrations? Why not give the man a chance? How much can he falter? How much chaos can he create? How many of his promises can he keep? The days of locker room talk are over. Now the serious task of governing begins. Now he owns our problems, our anger and our future. As a people with hope, we must wish him success, for in his success we all may yet succeed to a better life.

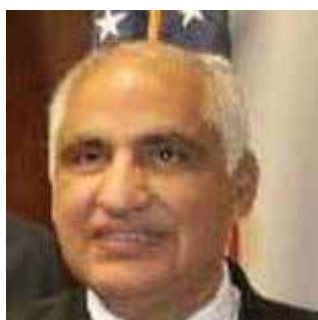


Dr. Azher Quader



America is alive and kicking

K. Ashraf



Donald Trump won the presidency of United States of America, but he failed to win many hearts and mind across the country. Now,

those hearts and minds are protesting against him all over the country. In a reaction to those protesters first Mr. Trump called them "Professional Protesters" in a tweet and then in another tweet he called them "Passionate" Americans.

I think Mr. Trump should be given opportunity to lead the country for next four years. He has won the election by fellow Americans and their vote should be respected. That's how democracy works and that's how it should work. When two candidates contest election against one and other one has to lose when the other wins.

Of course, we deserve the right to disagree with his agenda. The protesters should protest against agenda items item by item but should not deny him the right to swear in as next President of the United States.

I did not vote for Mr. Trump, as a matter of fact a large majority of Americans did not participate in elections, but when I see the signs in protesting youngsters hands that "Trump is not my President" I get little dismayed. It is unbecoming of being an American to lose hope. Refusal to accept Mr. Trump's victory is like losing hope, which is the last thing which as Americans we should do.

America is a strong and powerful country. It has functional institutions which have the ability to deal with any situation. We lived under the worst of Presidents and the best of Presidents, we maintained our agility in all situa-

tions under all sorts of Presidents.

Mr. Trump may prove the best of Presidents or the worst of Presidents or may be an average President America is going to endure him.

I know Republicans have won majority in both house of Representatives and Senate and they have affirmed working with Mr. Trump, we should not construe from this that Mr. Trump will get everything he will ask for. The collective wisdom of both houses will keep Mr. Trump at leash. He is not going to get everything he would like to get. So let us not worry too much. Let us try to maintain our cool and let Mr. Trump go ahead with his presidency. As far as protesters' protests are concerned, they just tell me America is alive and kicking. It is a good scenario in a way. They are sending the right message to Mr. Trump even before he has sworn in. With these protests he should know that he is not going to have free ride. Americans are going to watch his every move. So instead of acting as a loose canon he will have to act responsibly.

Why Trump won and Clinton lost?

Media polls were right; opinion poll were right; exit polls were right; but then how Trump won and Clinton lost? The media people world over are pointing out American media's inability to portray the real picture of election map in its own country. There was nothing wrong with media reports, polls and commentaries. However, there was deflection in election that media could not interpret correctly. This deflection was on both Trump and Clinton side.

First, let us look at the deflection on Trump side. Trump started his campaign as a Republican against Republican candidates. During the process of achieving Republican party he distanced himself from Washington based elected Republicans through his nagging actions and statements. The more he distanced himself the stronger support he built in conservatives across the United States. By the time he accepted the nomination he was a one standing tall guy with a serious opposition within Republican party elected cadres. This strategy was working for him. Annoy the elected republicans but connect with the republican voters. This strategy led to his ultimate success on November 8 election. The individual he became the

attractive he became for conservative voters.

Ms. Clinton on the other hand relied on Obama legacy to begin with. It was a wrong strategy. Nobody wanted 4 more years of Mr. Obama. No matter how successful president he was he had served his two terms. He also saw Ms. Clinton as an opportunity to preserve his legacy. A president's legacy should survive on its own merits and demerits. It should not depend on incoming president. Mr. Obama got it wrong and Ms. Clinton reciprocated President Obama's false perception of preserving his legacy. There is a great lesson to learn for future presidential candidates.

With Clinton's campaign moving forward, President Obama practically took over her campaign. He clashed with Trump of course on behalf of Ms. Clinton. It belittled Ms. Clinton as presidential candidate. Mr. Obama's shadow engulfed Ms. Clinton completely. By the the the last day of her campaign, It was President Obama and First Lady Mrs. Obama who pleaded voters on Ms. Clinton's behalf. What a belittling gesture. A future presidential candidate should have stood tall on her own. She lost the last opportunity and then paid the heavy price by losing election on November 8. Comparative to her Mr. Trump stood on his feet even at his weakest moments.

Another major blow to Clinton campaign was FBI's announcement to reopen emails investigation case against her 10 days before polls. Was it an innocent mistake by FBI or it was else? This announcement did cost Ms. Clinton her election. Her popularity dipped several points in all leading national polls. She could really not recover from this blow. By the time, one day before election when FBI cleared her the FBI announcement had done the damage.

So Mr. Trump won and Ms. Clinton lost this election. Mr. Trump used all his flaws to his advantage to distinguish his stature as a presidential candidate whereas Ms. Clinton shrunk herself as a potential president of USA by letting president Obama overshadow her.

There are many more factors in Trump's victory and Clinton's failure. However, it was the contrast of two personalities how they presented themselves to the American voters.



Fidel Castro, who defied US for 50 years, dies at 90 in Cuba

MIAMI (AP) — Fidel Castro, who led a rebel army to improbable victory, embraced Soviet-style communism and defied the power of 10 U.S. presidents during his half century rule of Cuba, has died at age 90.

With a shaking voice, President Raul Castro said on state television that his older brother died at 10:29 p.m. Friday. He ended the announcement by shouting the revolutionary slogan: "Toward victory, always!"

Castro's reign over the island-nation 90 miles (145 kilometers) from Florida was marked by the U.S.-backed Bay of Pigs invasion in 1961 and the Cuban Missile Crisis a year later that brought the world to the brink of nuclear war. The bearded revolutionary, who survived a crippling U.S. trade embargo as well as dozens, possibly hundreds, of assassination plots, died 10 years after ill health forced him to hand power over to Raul.

Castro overcame imprisonment at the hands of dictator Fulgenicio Batista, exile in Mexico and a disastrous start to his rebellion before triumphantly riding into Havana in January 1959 to become, at age 32, the youngest leader in Latin America. For decades, he served as an inspiration and source of support to revolutionaries from Latin America to Africa.

His commitment to socialism was unwavering, though his power finally began to fade in mid-2006 when a gastrointestinal ailment forced him to hand over the presidency to Raul in 2008, provisionally at first and then permanently. His defiant image lingered long after he gave up his trademark Cohiba cigars for health reasons and his tall frame grew stooped.

"Socialism or death" remained Castro's rallying cry even as Western-style democracy swept the globe and other communist regimes in China and Vietnam embraced capitalism, leaving this island of 11 million people an economically crippled Marxist curiosity.

He survived long enough to see Raul Castro negotiate an opening with U.S. President Barack Obama on Dec. 17, 2014, when Washington and Havana announced they would move to restore diplomatic ties for the first time since they were severed in 1961. He cautiously blessed the historic deal with his lifelong enemy in a letter published after a monthlong silence. Obama made a historic visit to Havana in March 2016.

Carlos Rodriguez, 15, was sitting

in Havana's Miramar neighborhood when he heard that Fidel Castro had died.

"Fidel? Fidel?" he said, slapping his head in shock. "That's not what I was expecting. One always thought that he would last forever. It doesn't seem true."

"It's a tragedy," said 22-year-old nurse Dayan Montalvo. "We all grew up with him. I feel really hurt by the news that we just heard."

But the news cheered the community of Cuban exiles in Florida who had fled Castro's government. Thousands gathered in the streets in Miami's Little Havana to cheer and wave Cuban flags.

Fidel Castro Ruz was born Aug. 13, 1926, in eastern Cuba's sugar country, where his Spanish immigrant father worked first recruiting labor for U.S. sugar companies and later built up a prosperous plantation of his own. Castro attended Jesuit schools, then the University of Havana, where he received law and social science degrees. His life as a rebel began in 1953 with a reckless attack on the Moncada military barracks in the eastern city of Santiago. Most of his comrades were killed and Fidel and his brother Raul went to prison.

Fidel turned his trial defense into a manifesto that he smuggled out of jail, famously declaring, "History will absolve me."

Freed under a pardon, Castro fled to Mexico and organized a rebel band that returned in 1956, sailing across the Gulf of Mexico to Cuba on a yacht named Granma. After losing most of his group in a bungled landing, he rallied support in Cuba's eastern Sierra Maestra mountains.

Three years later, tens of thousands spilled into the streets of Havana to celebrate Batista's downfall and catch a glimpse of Castro as his rebel caravan arrived in the capital on Jan. 8, 1959.

The U.S. was among the first to formally recognize his government, cautiously trusting Castro's early assurances he merely wanted to restore democracy, not install socialism.

Within months, Castro was imposing radical economic reforms. Members of the old government went before summary courts, and at least 582 were shot by firing squads over two years. Independent newspapers were closed and in the early years, homosexuals were herded into camps for "re-education."

In 1964, Castro acknowledged holding 15,000 political prisoners. Hundreds of thousands of



Cubans fled, including Castro's daughter Alina Fernandez Revuelta and his younger sister Juana.

Still, the revolution thrilled millions in Cuba and across Latin America who saw it as an example of how the seemingly arrogant Yankees could be defied. And many on the island were happy to see the seizure of property of the landed class, the expulsion of American gangsters and the closure of their casinos. Castro's speeches, lasting up to six hours, became the soundtrack of Cuban life and his 269-minute speech to the U.N. General Assembly in 1960 set the world body's record for length that still stood more than five decades later.

As Castro moved into the Soviet bloc, Washington began working to oust him, cutting U.S. purchases of sugar, the island's economic mainstay. Castro, in turn, confiscated \$1 billion in U.S. assets. The American government imposed a trade embargo, banning virtually all U.S. exports to the island except for food and medicine, and it severed diplomatic ties on Jan. 3, 1961.

On April 16 of that year, Castro declared his revolution to be socialist, and the next day, about 1,400 Cuban exiles stormed the beach at the Bay of Pigs on Cuba's south coast. But the CIA-backed invasion failed.

The debacle forced the U.S. to give up on the idea of invading Cuba, but that didn't stop Washington and Castro's exiled enemies from trying to do him in. By Cuban count, he was the target of more than 630 assassination plots by militant Cuban exiles or the U.S. government.

The biggest crisis of the Cold War between Washington and Moscow exploded on Oct. 22, 1962, when President John F.

Kennedy announced there were Soviet nuclear missiles in Cuba and imposed a naval blockade of the island. Humankind held its breath, and after a tense week of diplomacy, Soviet leader Nikita Khrushchev removed them. Never had the world felt so close to nuclear war.

Castro cobbled revolutionary groups together into the new Cuban Communist Party, with him as first secretary. Labor unions lost the right to strike. The Catholic Church and other religious institutions were harassed. Neighborhood "revolutionary defense committees" kept an eye on everyone.

Castro exported revolution to Latin American countries in the 1960s, and dispatched Cuban troops to Africa to fight Western-backed regimes in the 1970s. Over the decades, he sent Cuban doctors abroad to tend to the poor, and gave sanctuary to fugitive Black Panther leaders from the U.S.

But the collapse of the Soviet bloc ended billions in preferential trade and subsidies for Cuba, sending its economy into a tailspin. Castro briefly experimented with an opening to foreign capitalists and limited private enterprise.

As the end of the Cold War eased global tensions, many Latin American and European countries re-established relations with Cuba. In January 1998, Pope John Paul II visited a nation that had been officially atheist until the early 1990s.

Aided by a tourism boom, the economy slowly recovered and Castro steadily reasserted government control, stifling much of the limited free enterprise tolerated during harder times.

As flamboyant as he was in public, Castro tried to lead a discreet private life. He and his first wife,

Mirta Diaz Balart, had one son before divorcing in 1956. Then, for more than four decades, Castro had a relationship with Dalia Soto del Valle. They had five sons together and were said to have married quietly in 1980.

By the time Castro resigned 49 years after his triumphant arrival in Havana, he was the world's longest ruling head of government, aside from monarchs. In retirement, Castro voiced unwavering support as Raul slowly but deliberately enacted sweeping changes to the Marxist system he had built.

His longevity allowed the younger brother to consolidate control, perhaps lengthening the revolution well past both men's lives. In February 2013, Raul announced that he would retire as president in 2018 and named newly minted Vice President Miguel Diaz-Canel as his successor.

"I'll be 90 years old soon," Castro said at an April 2016 Communist Party congress where he made his most extensive public appearance in years. "Soon I'll be like all the others. The time will come for all of us, but the ideas of the Cuban Communists will remain as proof that on this planet, if one works with fervor and dignity, they can produce the material and cultural goods that human beings need and that need to be fought for without ever giving up."

Cuba's government announced that Castro's ashes would be interred on Dec. 4 in the eastern city of Santiago that was a birthplace of his revolution. That will follow more than a week of honors, including a nearly nationwide caravan retracing, in reverse, his tour from Santiago to Havana with the triumph of the revolution in 1959

Lt Gen Qamar Javed Bajwa chosen as new army chief

After weeks of intense speculation and rumours, Prime Minister Nawaz Sharif has finalised the selection of two senior army officers as Chief of Army Staff (COAS) and Chairman Joint Chief of Staff Committee (CJCSC), reported DawnNews.

A career infantry officer belonging to the Baloch Regiment, Lt Gen Qamar Javed Bajwa has been appointed as the new COAS, while Lt Gen Zubair Hayat has been appointed the CJCSC.

Lt Gen Qamar Javed Bajwa and Lt Gen Zubair Hayat will be promoted to the rank of four-star generals.

Both generals would take up their new posts from Tuesday, the day the current army chief Raheel Sharif retires.

Others in contention for the post of army chief were Bahawalpur Corps Commander Lt Gen Javed Iqbal Ramday and Multan Corps Commander Lt Gen Ishfaq Nadeem.

All four generals are from the PMA's 62nd

long course, but have had different career trajectories.

Read: Challenges for the new army chief
The formal process for nomination starts with the General Headquarters sending a list of the senior-most generals to the prime minister via the defence ministry, but without making any formal recommendations.

The PM then holds informal consultations with the outgoing army chief before announcing his decision.

Lt Gen Qamar Javed Bajwa was something of a dark horse in this race for the post of COAS.

He is currently serving at the GHQ as Inspector General of Training and Evaluation — the position Gen Sharif held before becoming army chief — he has commanded the 10 Corps, the army's largest, which is responsible for the area along the Line of Control (LoC).

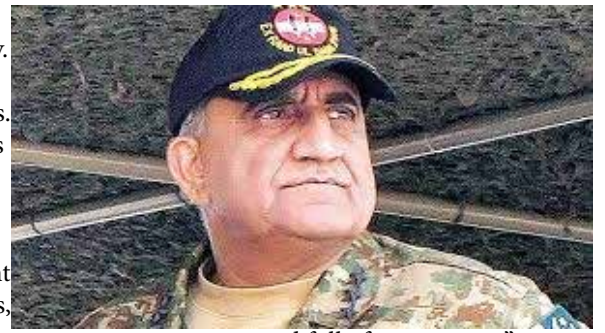
Lt Gen Bajwa has extensive experience of

handling affairs in Kashmir and the northern areas of the country. As a major general, he led the Force Command Northern Areas. He also served in the 10 Corps as lieutenant colonel, where he was GSO.

Despite his extensive involvement with Kashmir and northern areas, he is said to consider extremism a bigger threat for the country than India. Lt Gen Bajwa has served with a UN mission in Congo as a brigade commander alongside former Indian army chief Gen Bikram Singh, who was also there as a division commander.

He has previously also remained the commandant of the Infantry School in Quetta. His military colleagues say he is not attention-seeking and remains well-connected with his troops.

"He is extremely professional, but very



easy-going and full of compassion," an officer who had served under him said, adding that he was not protocol-minded either. Gen Bajwa is also said to be an apolitical person without any biases. He is from the infantry's Baloch Regiment, which has given three officers to the post of army chief — Gen Yahya Khan, Gen Aslam Beg and Gen Kayani. and the serving Chief of General Staff (CGS).

Grandson of Gandhi, a former top NASA scientist, dies in poverty

NEW DELHI -- Kanubhai Ramdas Gandhi was the grandson of Mahatma Gandhi, the man revered as the "Father of the Nation" by many in India, but he died quietly on Monday in a small hospital in a small town where he couldn't even afford to pay his medical bills.

It was an inglorious ending for a man who, in addition to carrying the most famous name in India, also lived richly for 25 years as a top scientist for NASA.

Kanubhai Gandhi was the son of Mahatma Gandhi's third son Ramdas. The only enduring image of Kanubhai for most Indians is one taken of him as a child, leading his grandfather and holding onto his walking stick for him during the historic Salt Satyagraha in Mumbai in 1930. The Salt Satyagraha was Gandhi's hugely popular, non-violent civil disobedience movement

against the British colonial government's tax on salt production.

But in the U.S., where he spent four decades, he is more known as a scientist. In 1961, the then-U.S. Ambassador to India John Kenneth Galbraith recommended him for studies at the Massachusetts Institute of Technology (MIT). After his studies, he worked for NASA and the U.S. Defence Department, honing the structure of wings for fighter jets.

His wife Shivalaxmi, who he survived by, was a professor at the Boston Biomedical Research Institute.

"We have had fun," she told Indian newspaper The Hindu earlier this year. "We were invited to so many parties... We were

living a luxurious life until recently. And now we are here." Why the childless couple decided to up and leave the U.S. after 40 years and return to India to spend their lives hopping between old-age homes remains a mystery, but Shivalaxmi alluded to it in the same interview with The Hindu. "We destroyed everything we had and we came here. It's a long story," she told the newspaper.

Whatever the long story is, they returned in 2014, lived in various ashrams (Indian spiritual institutes or monasteries) in the Indian state of Gujarat before moving into an old-age home in New Delhi in May this year.

The home, called Guru Vishram Vridh Ashram, has around 125 residents, all of whom sleep on the floor. The Intensive

Care Unit (ICU) of the home, however, was equipped with a bed and an air conditioning unit for the couple when they moved in.

An old Gandhi family friend, Dhimant Badhia, had to raise money for Kanubhai's treatment for paralysis after a recent heart attack. After the news of his illness broke, several politicians visited him, offering money and getting photo-ops.

He only survived about a week in the facility. Mahatma Gandhi is led down a road by his grandson, Kanubhai Gandhi, during the former's iconic Salt Satyagraha protest against British colonial taxation in Mumbai, in 1930.

India should ask Israel and USA to recognize State of Palestine as command of UN

"Israeli President, Mr. Rivlin has been received by Modi Govt. as a hero in spite of the fact that Israel has not recognized State of Palestine as was recommended and directed by the United Nations and the Security Council repeatedly." Prof. Bhim Singh, Founder & Chief Patron of National Panthers Party and an expert on the affairs of the State of Palestine said in a statement from New Delhi this afternoon. The Panthers Party patron who has had close association with Palestinian Hero, Yasir Arafat for several years expressed surprise on the reception and ovation given to the Israeli President by the Indian Govt. during his visit to India without speaking a word on the affairs of the great people of Palestine who have been living under siege since 1948 when Palestine was dissected in 1948 by the United Nations under Resolution 81.

The Israeli Prime Minister boldly stated, "We recognize that terrorism is a global challenge, knows no boundaries and has extensive links with other forms of organized crime. We stand together defending our people." Prof. Bhim Singh reminded President of Israel of the past massacre of the Palestinians inside the old State of Palestine and urged the Prime Minister of India to read the history of the massacre, killings and murders of the Palestinians by Zionist activists inside Palestine.

Prof. Bhim Singh who is also Chairman of Indo-Palestine Friendship Society and expert on the affairs of Palestine expressed surprise that the President of Israel was given a heroic reception at Rashtrapati Bhawan and Hyderabad House without mentioning a word on the suppression and oppression of the people of Palestine in Israel as well as in Palestine which is still

under the siege of the Israeli Army. Prof. Bhim Singh expressed surprise that Indian Prime Minister failed to remind Israel about its longest subjugation of the people of Israel even after United Nations had declared Israel as a sovereign country which got split from Palestine in 1948. Prof. Bhim Singh reminded Shri Narendra Modi, the Prime Minister of India that he can forego or even disagree with the policies and philosophies of the Congress Prime Ministers and leaders but he cannot slice out India from the history of the world. The Prime Minister of India should have recognized Palestine as a state, which at present, stands recognized as a sovereign nation by India. India has been pleading inside and outside the United Nations that Palestine and Israel should be given equal footing on the platform of international diplomacy and the world's political scenario.

Prof. Bhim Singh an author of the United Nations Resolution 81 on the division of Palestine said today that Israel had given birth to international terrorism and describing Israel as a master of peace that too by the Indian Prime Minister cannot be digested by the free thinkers and those who have been watching massacre and subjugation of the Palestinians since 1947.

Prof. Bhim Singh urged Prime Minister of India to convey this message on behalf of 127 crores Indians that Israel should give recognition to the State of Palestine without any delay and without any hesitation so that the citizens of Palestine shall also retain their past dignity and honour which has been under threat ever since the creation of Israel.

Sd/-Sudesh Dogra, Political Secretary

Is your Vehicle in a Re-Call Check here

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

The following may apply to one or more of your vehicles if your vehicle is listed below. Click on the NHTSA Campaign ID number below to read more about the safety issue and the reason for the recall.

To find out if your specific vehicle is included in the recall, use our VIN Look-up Tool.

NHTSA Campaign ID Number :
16V780

Manufacturer : Forest River, Inc.
Make / Model Years : FOREST RIVER / 2016

Subject : Stowage of Ramp may cause Engine Stall

NHTSA Campaign ID Number :
16V782

Manufacturer : Forest River, Inc.
Make / Model Years : FOREST RIVER / 2017

Subject : Touching Stove may cause Shock

NHTSA Campaign ID Number :
16V785

Manufacturer : Jayco, Inc.
Make / Model Years : JAYCO / 2017
Subject : Incorrect Information on Federal Placard/FMVSS 110

NHTSA Campaign ID Number :
16V787

Manufacturer : Forest River, Inc.
Make / Model Years : FOREST RIVER / 2017

Subject : Incorrect Axle Information on Placard/Part 567

NHTSA Campaign ID Number :
16V789

Manufacturer : Jaguar Land Rover North America, LLC
Make / Model Years : JAGUAR / 2017

Subject : Rear Lower Control Arm Connecting Bolt may Fail

NHTSA Campaign ID Number :
16V793

Manufacturer : Mazda North American Operations
Make / Model Years : MAZDA / 2004-2008

Subject : Fuel Pump Sealing Rings may Leak Fuel

NHTSA Campaign ID Number :
16V794

Manufacturer : Winnebago Industries, Inc.
Make / Model Years : ITASCA / 2017 WINNEBAGO / 2017

Subject : Loose Driver and Passenger Seat Mounting Bolts

NHTSA Campaign ID Number :
16V795

Manufacturer : Spartan Motors USA
Make / Model Years : SPARTAN MOTORS / 2011-2017

Subject : Exhaust Tube Can Separate Causing Fire

NHTSA Campaign ID Number :
16V796

Manufacturer : Jaguar Land Rover North America, LLC
Make / Model Years : JAGUAR / 2013-2015

Subject : Fuel Line Clearance may be Insufficient

NHTSA Campaign ID Number :
16V800

Manufacturer : Yamaha Motor Corporation, USA
Make / Model Years : YAMAHA / 2014-2016

Subject : Clutch Lever Seal may Crack and cause Oil Leak

NHTSA Campaign ID Number :
16V801

Manufacturer : E-One Incorporated
Make / Model Years : E-ONE / 2014-2016

Subject : Filter for Aerial Ladder may leak

NHTSA Campaign ID Number :
16V802

Manufacturer : General Motors LLC
Make / Model Years : CADILLAC / 2017 GMC / 2017

Subject : Front Brake Calipers may Leak Brake Fluid

NHTSA Campaign ID Number :
16V803

Manufacturer : PACCAR Incorporated
Make / Model Years : KENWORTH / 2017 PETERBILT / 2017

Subject : Incomplete Tread Adhesion Causing Tire Separation

NHTSA Campaign ID Number :
16V805

Manufacturer : Terex South Dakota, Inc.
Make / Model Years : TEREX / 2009-2014

Subject : Improper Wiring may allow Unintended Boom Movement

NHTSA Campaign ID Number :
16V806

Manufacturer : Terex Advance Mixer, Inc.
Make / Model Years : TEREX ADVANCE / 2016-2017

Subject : King Pin Fracture may cause Wheel End Separation

NHTSA Campaign ID Number :
16V808

Manufacturer : Suzuki Motor of America, Inc.

Make / Model Years : SUZUKI / 2013,2015,2017

Subject : Brake Light Switch Corrosion Causing Short Circuit

NHTSA Campaign ID Number :
16V809

Manufacturer : Daimler Trucks North America LLC
Make / Model Years : FCCC / 2016-2017

Subject : Power Steering Fluid Leak or Electrical Arcing

NHTSA Campaign ID Number :
16V810

Manufacturer : Newmar Corporation
Make / Model Years : NEWMAR / 2017

Subject : Throttle Circuit Electrical Interference

NHTSA Campaign ID Number :
16V811

Manufacturer : Forest River, Inc.
Make / Model Years : FOREST RIVER / 2016-2017

Subject : Spare Tire Rim Incompatible with Brake Hubs

NHTSA Campaign ID Number :
16V812

Manufacturer : Hyundai Translead
Make / Model Years : HYUNDAI TRANSLEAD / 2012-2013

Subject : I-Beam Cracks causing Bogie to Detach

NHTSA Campaign ID Number :
16V813

Manufacturer : Chrysler (FCA US LLC)

Make / Model Years : DODGE / 2016
Subject : Windshield Wiper Circuit Failure

NHTSA Campaign ID Number :
16V814

Manufacturer : Chrysler (FCA US LLC)
Make / Model Years : DODGE / 2016 JEEP / 2016

Subject : Damaged Fuel Rail Tube may cause Fuel Leak

NHTSA Campaign ID Number :
16V818

Manufacturer : Highland Ridge RV
Make / Model Years : HIGHLAND RIDGE / 2016

Subject : Aluminum Ladder Hinge may Separate

What is a recall?

When a manufacturer or the National Highway Traffic Safety Administration (NHTSA) determines that a car or item of motor vehicle equipment creates an unreasonable risk to safety or fails to meet minimum safety standards, the manufacturer is required to fix that car or equipment at no cost to the consumer. 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 or equipment, 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.



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Safety Hazards to Watch Out for Around the House

Make sure you're doing everything you can to keep your family safe. Consult this guide of nine common safety hazards in the home for quick, simple solutions to keep you and your loved ones out of harm's way.

1. Falls

Injuries due to falls are one of the most common household hazards. In fact, one out of five older adults who falls incurs a broken bone or a head injury. Wet floors, slippery stairs, and scattered toys all create the potential for falls.

Ways to minimize risks:

Stabilize Staircases

Make sure all staircases have solid handrails, securely affixed flooring, adequate lighting, and safety gates if there are small children in the home. The Regalo Easy Step Walk Thru Gate is adjustable to most spaces and easy to use, even with a baby in your arms.

Clear Outdoor Steps

Keep all outside stairs clear of debris and hazards like ice and snow. Add secured mats or grip tape to make surfaces less slippery.

Secure Bathrooms

Secure rugs to avoid slipping and water pooling on slick surfaces. Non-slip stickers are another good way to keep everyone in your home from slipping in the shower.

Corral Toys

Provide an easy space for kids to stow toys and make sure every playdate ends without injury. Secure skateboards, bikes, and other mobile toys in a safe area where family members and visitors won't trip on them.

Install Supports

Install safety rails like the Medline Bathtub Bar to help family members old and young safely get in and out of the shower. Or use these Balance Assist Bars, which are small enough to fit in any shower, and more than one can be added to provide extra support to older family members and others who need additional help.

2. Fires

In 2015, there were more than 365,000 fires in US homes, causing everything from mild smoke damage to total devastation, including loss of life. Even candles or an unattended iron could lead to an accidental fire in your home, but there is a lot you can do to prevent a fire from getting out of hand.

A smoke detector installed at a ceiling with smoke. Small depth of field.

Ways to minimize risks:

Install Fire Alarms

Install fire alarms on all levels of your home, and check and change the batteries at least annually. Consider investing in a smart smoke detector like Nest Protect. This alarm uses Wi-Fi to provide real-time updates and remote monitoring right on your smartphone or other mobile device.

Monitor Candles

Never leave candles unattended or near loose cloth like drapes or blankets. Also, make sure they are out of reach of children and that pets can't knock them over.

Unplug Appliances

Avoid an electrical fire by making sure that all appliances are in good working order

and no wires are frayed. Don't overload electrical outlets, either. In fact, it's a smart practice to unplug small appliances like toasters when not in use.

Purchase a Fire Extinguisher

Keep at least one fire extinguisher in your home—and check it annually to verify it is in good working order and up to date.

Keep a multi-purpose fire extinguisher, like the Kidee FA110, handy in the kitchen or near the fireplace.

3. Carbon Monoxide Poisoning

Low exposure to carbon monoxide (CO) can cause headaches and dizziness, while high levels can lead to vomiting, impaired vision, and even death. Carbon monoxide is virtually impossible to detect by smell, sight, or sound, making it a difficult threat to discern. But there are things you can do to ward off CO-related injuries.

Ways to minimize risks:

Install a CO Detector

You can help keep your family safe by installing a carbon monoxide detector that alerts you if CO reaches dangerous levels in your home. A detector that plugs into an electrical outlet, like the Kidde Night-hawk Alarm, provides extra reassurance and saves you from needing to change batteries.

Keep Up Home Maintenance

Prevent carbon monoxide leaks by having your HVAC system, water heater, and other appliances that use gas, oil, or coal serviced by a professional every year.

When buying a home, have these systems inspected before purchase.

4. Choking

Choking is the country's fourth-largest cause of accidental death, claiming nearly 5,000 victims in 2014. From a bit of dinner going down the wrong way to a youngster accidentally swallowing a small item, choking is scary. Educate yourself about choking hazards and take measures to keep your family safe.

Ways to minimize risks:

Inspect Toys

Regularly inspect toys for any loose parts. Scour floors for small toys or items where little hands might easily find them.

Keep Dangers Out of Reach

Be sure to keep small, hard foods like nuts or candies out of reach of children. Pay special attention at adult gatherings where children can more easily sneak something unnoticed.

Monitor Playtime

Even if your child is no longer an infant, a baby monitor can still come in handy. Use this gadget to listen in for signs of choking when children are playing in another room.

Cut Up Food

For children under the age of four, always cut up hard foods that can block airways. The same applies to softer foods like grapes, cherry tomatoes, and hot dogs. The OXO Tot Grape Cutter is a handy tool that makes safe snacking easy for you and your toddler.

5. Cuts

This one seems like a no-brainer, but unfortunately there are a number of common items with sharp edges that are used inside and outside your home. Everything from an opened can to a garden hoe can present danger.

Ways to minimize risks:

Close the Trash

Use a locking garbage can to protect small fingers and pets from finding sharp edges on opened cans and lids. The Sterilite Locking StepOn Wastebasket is an attractive solution that adds an extra layer of safety to your kitchen.

Store Kitchen Supplies

Knives, graters, and peelers are common items that can lead to nasty cuts. Properly store all sharp kitchen tools and lock them up if you have small children in the home.

Put Away Yard Tools

Lawn tools, including rakes, saws, and lawn mowers, can cause harm if not used and stored properly. Stay alert when using power tools and never rush while mowing the lawn or using the weed whacker. Never leave tools lying around and always keep them locked in a shed or garage where kids can't access them.

Lock the Bathroom

If you use a razor, keep it on a high shelf or locked in a cabinet. Store extra blades in drawers with safety guards and keep other grooming tools like cuticle scissors safely stowed as well. Child safety locks are easy to install and keep little fingers away from dangerous implements.

Point Knives and Forks Down

Keep little ones safe from sharp points by pointing knives and forks downward in the utensil basket of the dishwasher. Place the basket away from the front of the dishwasher as well, to make sharp objects even less accessible.

6. Poisoning

There were over two million poisoning incidents reported to poison control centers nationwide in 2014. Several household items present poisoning hazards, including cleaning and home maintenance supplies. However, a little diligence and the right know-how can decrease the chance of anyone in your family becoming a victim. Baby boy opens up kitchen cupboard and pulls out various cleaning products from under the sink while his parents are distracted.

Ways to minimize risks:

Store Medications Properly

Both over-the-counter and prescription medications need to be kept away from children and teens. Dispose of all unused medications and never leave them out on a counter. Solutions like the locking EVER-TOP Medicine Cabinet are a convenient way to keep medications handy without making them vulnerable to accidental discovery.

Keep Paint Out of Reach

Even paint that isn't lead based needs to be properly stored and kept out of reach of children. Never put paint in a container other than the one it came in, otherwise your child may mistake it for a drink or other item.

Make Sure Chemicals Are Secure

Protect both children and pets from accidental poisoning by cleaning supplies. Keep all household cleaners in a high cupboard with a safety lock to keep kids and animals from accidentally finding them. Lock up pesticides and items like turpentine in a cupboard or lockbox in the garage or shed.

Put Away Personal Products

Keep all makeup, hair products, soaps, and other personal products out of the reach of children and pets. Use safety latches on all

doors and drawers to help keep even the most determined youngsters out.

Lock Up Detergent

As with all household cleaners, keep detergent locked out of reach of pets and kids. If you use detergent pods, make sure children don't mistake them for candy. Never fill the soap dispenser until you're ready to start a load and always check your dishwasher for leftover residue after each cycle.

7. Strangling

Cords on window dressings like blinds or curtains present a common strangling hazard to small children and infants. Here are a few ways you can help make your home safer for little ones.

Ways to minimize risks:

Put Cords Away

Keep window and electrical cords out of reach of little ones. Never place a crib or bed under a window with dangling cords.

Trim or Remove Window Cords

To keep children from getting tangled up, trim cords to a length that is only accessible to the adults in the home. Better yet, trade out window treatments for designs without cords. If you like the look of blinds, make your windows attractive and safe with Achim Home Furnishings Cordless Pleated Shades.

Wrap Them Up

If you're not ready to redecorate, you can make your home safe by installing blind cord wraps to your current window coverings. Dreambaby Blind Cord Wraps are affordable, easy to install, and transparent, so they won't clash with your decor.

8. Drowning

Drowning isn't only a risk outdoors during summer—it can also present a hazard in the home. Deaths from drowning in a bathtub have increased by 70% in the past decade, so do your part to prevent this from occurring.

Little girl is taking a bath, playing with a toy watering-pot.

Ways to minimize risks:

Put Away Buckets

If you use buckets for cleaning, keep them empty and away from water sources.

Attend to Bathing Children

It only takes a few inches of water for a child or infant to drown, so never leave a child unattended in the bathtub, and always close the toilet lid.

9. Burns

Burns may not seem like a common household hazard, but they can be caused by both dishwashers and stoves. These convenient appliances pose risks, especially to small children. Thankfully, there are a few ways you can help ensure no one in your family is burned.

Ways to minimize risks:

Latch the Dishwasher

Make sure your dishwasher is securely latched at all times and can't be opened by curious fingers, particularly at the end of a cycle when burns from steam are most likely to occur. Add the Safety 1st Appliance Lock as an extra measure to keep the dishwasher from accidentally being opened.

Health & Wellness

When a cough just won't go away

Who has never had a cough? I bet no one can raise their hand. We see this in clinic all the time. But chronic cough—one that lasts at least eight weeks—can be hard for patients to deal with and difficult for doctors to figure out. In the October 20, 2016 issue of the *New England Journal of Medicine*, lung experts describe a step-by-step approach doctors can use to help treat patients with chronic cough. Most often a prolonged cough is due to one of the “usual suspects.” But when it’s not, we have a long list of increasingly rarer conditions that we should run through and rule out. If it isn’t due to any of those, experts now recognize that the culprit may be overactive nerves that cause an exaggerated cough response to certain triggers.

The “usual suspects” that may be behind a chronic cough

The authors describe a typical patient with chronic cough, and she is very similar to many of my patients. She’s a middle-aged lady with a cough lasting many months. Of course, first we want to ask a whole lot of questions.

Has she had chronic allergy symptoms such as itchy, watery eyes and nose, stuffy nose, and postnasal drip? If so, it’s worth trying antihistamines and na-

sal steroids. Undertreated allergies can lead to chronic sinus infection, which causes cough by postnasal drip, so we may want to treat for this as well.

Could she have “cough variant” asthma that causes a cough but no wheezing? Many of my patients would rather not wait for an appointment with a lung specialist and undergo fancy tests. So, if we suspect cough-variant asthma, we simply begin inhalers. A few weeks of inhaled albuterol to help open the airways and a steroid inhaler to quell inflammation may both make the diagnosis and treat the problem.

Is she suffering from heartburn symptoms? Acid reflux can also trigger cough, and if someone describes heartburn symptoms, or even if we are not sure what is causing the cough, we often prescribe eight weeks of an acid-lowering medication.

Is she taking a medication for which coughing is a side effect? Lisinopril or another blood pressure medication from the class called ACE inhibitors can cause cough in 20% of patients. A trial period off this medication may be warranted.

Is she among the 17% of Americans who smoke cigarettes? If so, her cough may be due to chronic bronchitis,

where cumulative lung damage prevents the body’s normal ability to clear particles, the airways swell and make excessive mucus, and eventually areas die off and leave “dead space.” In a smoker, other symptoms with the cough may raise concern about a lung infection or even cancer.

Does she have other health risks or conditions? If she has been incarcerated or in a shelter, or perhaps is from a resource-poor country, we consider tuberculosis (TB). If she has a weakened immune system as well, due to HIV or long-term use of corticosteroids, TB and a host of other unusual organisms are on the list.

Are we stumped? Rare conditions to consider include pulmonary fibrosis, sarcoidosis, autoimmune diseases, and anatomical abnormalities. Additional workup should include pulmonary and ENT evaluations.

Beyond the usual — and even the “unusual” — suspects

But what do we do for patients who either do not respond to treatments for their common conditions, or for whom extensive evaluation rules out the less common causes of a chronic cough?

Well, researchers are now describing a new family of breathing and cough

conditions caused by nerve dysfunction.

New evidence suggests that postnasal drip, acid reflux, or even forceful coughing in and of itself can aggravate nerve endings in the “cough centers” of the airways. These aggravated nerve endings then overreact to many other triggers, such as smoke, perfume, or temperature changes, causing an overwhelming urge to cough. They label this condition “neuronal hyper-responsiveness syndrome” and outline several approaches to treatment.

But wait, there’s more. Other researchers describe a similar concept at the level of the larynx, a family of disorders under “laryngeal dysfunction syndrome” that can include “laryngeal hyper-responsiveness.” Many of the treatments they describe are similar to the treatments for “neuronal hyper-responsiveness,” and the most promising include the anticonvulsants gabapentin and pregabalin, the antidepressant amitriptyline, speech therapy, or a combination of these.

Basically, medical experts are describing a new cause of chronic cough based on aggravated nerves and airway dysfunction, and more research will result in better treatments.

4 ways to boost your energy naturally with breakfast

Healthful protein, slowly digested carbohydrates, fruit or vegetables serve up best morning mix

As you sleep, your body is hard at work digesting yesterday’s dinner. By the time you wake up, your body and brain are demanding fresh fuel. “Breaking the fast” is a key way to power up in the morning. Do it right and the benefits can last all day.

If you miss the day’s first meal, notes Dr. David S. Ludwig, a nutrition expert at Harvard-affiliated Children’s Hospital Boston, you may start off with an energy deficit and have to tap into your energy reserves.

What’s a good breakfast? One that delivers some healthful protein, some slowly digested carbohydrates, and some fruit or vegetables. A vegetable omelet with a slice of whole-grain toast qualifies, as does a bowl of high-fiber cereal topped with fresh fruit and reduced-fat or soy milk, along with a handful of almonds or walnuts.

Try these 4 tips for creating your own energy-boosting breakfast:

Choose whole grains. High-fiber, whole-grain cereals and breads can help keep your blood sugar on an even keel and avoid a midmorning energy crash. With the hundreds of types of cereal on the market, bran cereal, bran flakes, and

steel-cut oatmeal are typically the healthiest bets. To choose the healthiest breakfast cereal, read the label and look for:

5 grams or more of fiber per serving
less than 300 milligrams of sodium per serving
less than 5 grams of sugar per serving
whole grain as the first item on the ingredient list

Include protein. Yogurt is a good choice; Greek yogurt has more protein than regular yogurt. Eggs (up to one a day) are okay for healthy people. Although yolks are high in cholesterol, eggs have proteins, vitamins, and other nutrients and don’t appear to increase the risk for developing heart disease. You might also include foods that have healthful fats such as those

in nuts or salmon. Limit processed meats to the occasional treat as these foods are associated with a higher risk of colorectal cancer, heart disease, and type 2 diabetes.

Eat in, not out. You can enjoy a healthful breakfast out if you stick to oatmeal. But much of the traditional fare will start your day with loads of refined carbohydrates and saturated fat. Like most processed food, the breakfast offerings from fast-food chains tend to be high-sodium, low-fiber disasters.

Blend up a breakfast smoothie. Combine fruit, juice, yogurt, wheat germ, tofu, and other ingredients. Toss them in your blender with a bit of ice and you have a refreshing, high energy breakfast.

How stretching keeps your joints moving

Your range of motion — how far you can move a joint in various directions — is determined by many things, starting with the inner workings of the joints involved. Also important is the amount of tension in the muscles surrounding the joint, which can be affected by scarring or your habitual posture (passive factors), or by involuntary muscle spasms or purposeful muscle contractions (active factors).

Stretching exercises can help extend your range of motion. To understand how, it helps to know what joints, tendons, and ligaments do:

Joints are the junctions that link bones together. The architecture of each joint — that is, whether its structure is a hinge, pivot, or ball-in-socket — determines how

the bones can move.

Tendons are flexible cords of strong tissue that connect muscles to bones.

Ligaments are tough, fibrous bands of tissue that bind bone to bone, or bone to cartilage, at a joint. An example is the anterior cruciate ligament (ACL), one of five ligaments that together control the

movements of the knee. Among other things, the ACL keeps the knee joint from rotating too far.

When you stretch, you’re working muscles and tendons rather than ligaments. Ligaments are not supposed to be elastic. An overly stretchy ligament wouldn’t provide the stability and support needed for a safe range of movement.

Muslims Don't Hate American Values, But Some Americans Do —Kamran Pasha Huffington Post

In the new world we live in, we are seeing a steady increase of hate crimes against Muslims in the United States. Even more troubling, I have seen an increasing number of people justify these crimes by claiming that “Muslims hate America for its values” and that we are simply getting a retribution that is long overdue. This mindset appears to be very much shared by members of the President Elect’s inner circle, including incoming National Security Advisor, General Michael Flynn, who has called Islam “a cancer.”

As a Muslim who loves the United States, who has been an American since I was three years old, and who believes the US remains the best place to live on Earth, let me say a few things.

First, most Muslims love America and Americans. We find the United States to be a place that provides freedom and opportunities that are remarkable, and sadly often lacking in much of the so-called Muslim world today. And Americans are generally seen by Muslims worldwide as kindhearted people who have strong faith, work hard and accept newcomers into their communities with welcoming arms. It is American values that make Muslims love Americans.

But American values have rarely been shown by American foreign policy toward the Muslim world. There are indeed some Muslims who are angry at the United States, and not because of its ideals, but because it has historically rejected its own ideals when dealing with Muslim countries through its foreign policy.

For anyone who asks “Yeah right, what has America ever done to you?” I would respond with just a few examples that have made perhaps a few Muslims unhappy:

(1) The overthrow of the democratic government of Iran by the CIA and the imposition of the Shah and his brutal secret police;

(2) Supporting Israel unconditionally while millions of poor and powerless Palestinians have languished in refugee camps and endured military rule for over 68 years;

(3) The overthrow of Iraq, which killed 2 million civilians and destabilized the entire Middle East, leading to the rise of ISIS;

(4) The US support for extremists among rebel groups in Syria who add further misery to the Syrian people by beheading children and murdering religious minorities;

(5) Supporting the overthrow of Libya and leaving the country to devolve into a bleak, Mad Max landscape of chaos;

(6) Supporting the Saudi regime, whose twisted fundamentalist ideology has spread chaos through the Muslim world, corrupting Islam from within and giving birth to groups such as ISIS and Al-Qaeda. In my experience, Americans are good people who are largely unaware of the horrors that have been done to the Muslim community in their name, and if they were aware would not support such actions.

In my novel on the Crusades, “Shadow of the Swords,” I show how the Crusaders were shocked when they actually encountered Muslims in the Holy Land

and found them to be people that were not barbarians, but a highly advanced, ethical culture. And that their leader, Saladin, was not a tyrant, but a humble and moral man whose sense of honor exceeded the Crusaders own ideals. That even as the Crusaders massacred “infidel” civilians under Richard the Lionheart, Saladin treated Jews and Christians as welcome brothers in the Holy Land. The encounter with the truth of their enemies’ values, and the realization that they were being lied to and manipulated by their own leaders, demoralized many Crusaders and helped unravel their military ambitions.

Just as the Crusaders were lied into a clash of civilizations by their leaders, so have many Americans been lied to by their politicians on both the right and the left. The powers that truly control both Republican and Democratic administrations (the military-industrial complex and Wall Street) have worked very hard to keep Americans unaware of the true cost of aggressive military policies in the Middle East. Both parties have destabilized the Muslim world to keep their backers happy, and each presents an excuse for the same actions under the veil of one of two opposing ideologies. Neo-Conservatism for the Republicans (“We must attack and destabilize the Muslim world to promote American hegemony and security”) or Neo-Liberalism for the Democrats (“We must attack and destabilize the Muslim world to promote democracy and human rights”). To the millions whose lives have been destroyed by America’s aggressive

stance toward the Muslim world, neither of these worldviews reflect American values, nor the heart of the American people. Yet they are the ideologies that guide our ruling class into a war of civilizations that nobody wants, except for those who profit from it.

And now, with the most recent election, we are being introduced to a new ideology that is being offered to the American people to further undermine their values — Neo-Chauvinism. If the Trump Administration implements its rhetoric of banning Muslims from the country or creating a “registry” of innocent people based on their religious faith, Islam will nonetheless survive and continue to grow. But it will be America that will not survive, the America that Muslims and people all over the world love. A day will come when Americans themselves will no longer speak of “American values” without shame and embarrassment. And when the average American loses faith in what makes the United States so great, the experiment that our Founders started will come to a tragic end.

I do not believe that will ultimately happen. Because I love America and have faith in the inherent goodness of the American people. But it is a faith that I know will be tested in the years to come. And I, like my fellow Muslims and all people of goodwill, have no choice but to step forward and trust what the Qur’an promises - that God will guide the faithful from darkness into light.

Turkey’s president slams those who call Trump ‘dictator’

Turkish President Recep Tayyip Erdogan asserted on Wednesday that many in the U.S. and Europe are branding U.S. President-elect Donald Trump a “dictator” because he wasn’t their favored candidate. Erdogan called on them to respect democracy.

Addressing a meeting of the Organization for Islamic Cooperation in Istanbul, Erdogan also accused Western nations of calling any leader that did not serve their interests a despot.

“The West will continue to welcome tyrants who have blood on their hands with red carpets and label anyone who criticizes them as a dictator,” said Erdogan who is frequently criticized for his increasingly autocratic style of governing.

“Are they calling someone a dictator? Then you should think the opposite. That person is good, because (he or she) goes against their interests,” Erdogan said.

Turkey’s relations with President Barack Obama’s administration have been tense. Ankara has strongly objected to Washington’s support for Syrian Kurdish militia who are linked to outlawed Kurdish rebels

in Turkey and perceptions that the U.S. is reluctant to extradite a Muslim cleric who is accused of masterminding a failed coup in July.

Erdogan spoke with Trump soon after his election and has said he hopes his triumph would be an “auspicious” development.

In the televised speech, Erdogan said anti-Trump protesters in Western nations had no respect for democracy or the result of the U.S. election.

“In America they started calling Trump a dictator. In various countries of Europe they spilled into the streets and started saying ‘dictator,’” said Erdogan. “I thought you were democrats? Why aren’t you respecting the results of the ballot box?”

Erdogan added that he was not concerned about Trump’s comments on Islam or



Muslims, saying the president-elect would “correct” them once in office.

“We are used to such things in politics,” Erdogan said. “They speak that way today and then they’ll correct that wrong,” he said.

Trump sinks Asia trade pact, opening the way for China to lead

TOKYO/SYDNEY (Reuters) - An ambitious Asia-Pacific trade pact linking the United States and 11 countries lay in tatters on Tuesday after U.S. President-elect Donald Trump said he would kill the deal on his first day in office on Jan. 20. Trump's statement appeared to open the way for China to assume the United States' leadership mantle on trade and diplomacy in Asia. The Republican termed the Trans Pacific Partnership (TPP) "a potential disaster for our country." China, Japan and South Korea are already in the initial stages of discussing a trilateral trade deal, and Beijing has been pushing its own limited Asian regional trade pact that excludes Washington for the past five years. Japan and Australia, Washington's closest allies in Asia, pledged after Trump's announcement to push ahead without the United States, although removing the largest market for goods and services would shrink it dramatically. "Pushing them forward is the idea that, if they don't act, it will look like China's very weak trade deals are the only game in town," said Derek Scissors, a resident scholar at the American Enterprise Institute, where he focuses on Asian economies

and trade. Trump has pledged to redraw trade deals to win back American jobs, and has threatened Mexico and China with punitive tariffs in a move that some economists have warned could spark a trade war that threatens to roll back decades of liberalization. Ending the TPP was a key election pledge of Trump's and was also the policy of his Democratic opponent, Hillary Clinton. The deal died in Congress after Trump's Nov. 8 election victory. The Trans Pacific Partnership, a signature diplomatic initiative of Democratic President Barack Obama, was intended to lower tariff barriers in countries that accounted for 40 percent of the world economy, as well as providing a bulwark against China. A major trade deal between the United States and Europe is also now close to collapse after Britain's plans to withdraw from the European Union prompted Washington to demand better terms and opposition in France and Germany has also all but scuppered it.

TPP LIGHT?

Japanese Prime Minister Shinzo Abe said "the TPP would be meaningless without

the United States," even as parliament continued debating ratification and his government vowed to lobby other members to approve it. "It (the pact) just continues in a state of not being in effect," said Shinpei Sasaki of the Cabinet Office's TPP headquarters. Australian Trade Minister Steven Ciobo told reporters in Canberra that countries could push ahead with the TPP without the United States by amending the agreement and possibly adding new members. "We could look at, for example, if China or Indonesia or another country wanted to join, saying, 'Yes, we open the door for them signing up to the agreement as well.'" But Singapore Prime Minister Lee Hsien Loong said reopening negotiations would not be easy. "If you sign a fresh agreement, you have to go through it again. We haven't crossed that bridge yet. We'll cross it if and when we come to that."

CHINA'S RIVAL PACT

China has pushed its own Regional Comprehensive Economic Partnership (RCEP), which notably excludes the United States. It is a more traditional trade agreement, involving cutting tariffs rather than opening up economies and setting labor and

environmental standards as TPP would. The RCEP was a focus of attention at the Asia Pacific Economic Cooperation summit in Peru over the weekend. Tan Jian, a senior member of China's delegation at the summit, said more countries are now seeking to join its 16-member bloc, including Peru and Chile, and current members want to reach a deal as soon as possible to counter rising protectionism. China's foreign ministry said on Tuesday that Beijing has an "open attitude" toward any arrangements that promote free trade in the region as long they don't become "fragmented and politicized." Foreign ministry spokesman Geng Shuang said the RCEP was an initiative led by the 10-member Association of Southeast Asian Nations (ASEAN), which China has been promoting. "We are willing to keep pushing the (RCEP) talks process with all sides to achieve positive progress at an early date," he said. Vietnam last week shelved its own ratification of TPP, after Obama abandoned efforts to push it through a lame-duck Congress, while Malaysia has shifted its attention to the RCEP.

Fatah will give Abbas an honourable exit

Defying strong pressure from regional and international players, Palestinian President Mahmoud Abbas is poised to hold the seventh congress in Ramallah of the movement that he, along with Yasser Arafat and other now-aging leaders, launched more than 50 years ago. Seven years after the sixth Fatah congress was held in Bethlehem in 2009, an improvement on the 20-year delay between the fifth and sixth congress, the new congress will include nearly three quarters of its delegates from inside the occupied territories and a little more than one quarter from the diaspora. This, along with the absence of Mohammad Dahlan and his supporters, is perhaps the most prominent feature of the congress due to take place Tuesday. The date for the congress, to be held in Abbas' Al-Muqataa headquarters, November 29, is the international day for solidarity with the Palestinian people. Abu Mazen (Abbas) was under tremendous pressure to reconcile with the renegade Gaza leader Mohamed Dahlan by countries like Egypt and the United Arab Emirates (UAE). But, Abbas stuck to his guns. After some delay and speculations over the list of delegates, last week invitations to some 1400 people were sent out. Many of the new delegates were chosen over the past two years in local primaries throughout the West Bank and Gaza strip, while others were chosen to represent various unions, institutions, women activists and other membership type organisations that normally have internal elections. Concerns to be addressed During the congress, Fatah will need to define its relationship with what has been called recently the Arab quartet: UAE, Saudi Arabia, Egypt and Jordan. Recent reports in Israeli media have suggested that the Arab quartet were pushing for Arafat's nephew and former PLO representative to the UN, Nasser al-Qudwa to replace Abbas. The suggestion was rejected by Palestinian leaders as Arab meddling in Palestinian affairs and has not resurfaced since. A successful seventh congress will help stop the haemor-

rhage that has taken place within the Palestinian leadership and will allow for the ushering in of a new generation of leaders. Abbas has consciously refused to name a successor preferring to see what comes out of the democratic process of the movement. READ MORE: Killing Arafat - 'Does Abbas have any evidence?' After the congress, Abbas will be able to deal more seriously with Hamas in the reconciliation efforts and hopefully will be able to convene the Palestine National Council with the participation of Hamas, thus revitalising the PLO as the leader of the Palestinian liberation struggle. Politically, it is not clear if the congress will make any major breakthroughs in formulating its manifesto. According to Ziad Khalil Abu Zayyad, the young Fatah spokesperson, the congress will discuss "Palestinian relations with Israel, the role of the youth in the movement, the relation with some Arab countries, the assignment of a deputy for Abu Mazen (Abbas) within Fatah and will evaluate how to empower popular resistance." While the term "popular resistance" was approved by the sixth congress, the movement has not done much to flesh out what it means and how to incorporate nonviolence resistance within a national liberation strategy. Fatah activists have introduced the term "smart popular resistance" possibly alluding to the idea of creating a mass movement that doesn't use any violence and is able to survive the constant Israeli repression of any kind of Palestinian opposition to its occupation and settlement activities. The issue of succession The list of Fatah congress delegates makes it clear that the Abbas has regained total control over Fatah and has succeeded in purging Dahlan and his supporters. The movement might be slightly weaker as a result, but its unity and



independence will now enable it to move forward. It is not clear, however, how the congress will handle the issue of succession of Abbas. There is a decision to name a deputy to the leader of the movement, but it is unclear at this time whether there is consensus, or even a majority for this move, unless Abbas is willing to spend his political capital on one individual, and he has not shown that willingness until now. Depending on who among the top Fatah leaders emerges as the strongest, it is possible that a collective leadership will be formed that can eventually take up the three major positions Abbas holds: head of Fatah, president of Palestine and chairman of the PLO's Executive Committee. Convening the seventh congress and successfully concluding it will go a long way in sealing Abbas' singular rule over the movement and will allow him to chart the short-term goals of the movement. But all delegates understand that this will be Abbas' last congress, and therefore support him to ensure the success of an honourable succession process. Daoud Kuttab, an award-winning Palestinian journalist, is a former Ferris professor of journalism at Princeton University. The views expressed in this article are the author's own and do not necessarily reflect Al Jazeera's editorial policy.

Ladies Celebrate 3rd Anniversary of Founding of Ladies Chapter in PWC

By: Engr. Madiha Noman

Every organization is built by the capability of its people to get itself recognized in all parts of the world. Pakistan Writers Club (aka: PWC) is one such organization which is not only recognized in the Kingdom of Saudi Arabia but its talented people have also made their mark in other parts of the World. PWC which evolved almost 25 years back not only shares the glorious memories but also has a feather in its cap by founding its Ladies Chapter aka: PWC-LC.

Down the memory lane three years back Faiz Al Najdi – the then President of PWC - came up with the idea of and laid foundations of a Ladies Chapter in PWC on 15th November-2013. There were seven founding mothers namely, Dr. Wardah (Convener), Dr. Erum (Deputy Convener), Farah (Finance Secretary), Qundeel as Public Relations Officer – aka: PRO, Asma Tariq, Ambreen Faiz and Shaheen Javed.

Ever since its founding, PWC-LC has served as a voice and platform for talented ladies of the Pakistani community in Riyadh. PWC-LC has come of age and has not looked back ever since.

This past weekend members of PWC-LC celebrated the 3rd anniversary of its founding. The members expressed their joy and here is what they have to say about their journey in PWC-LC.

Almas Mumtaz – a senior member and currently PRO of PWC-LC - termed her experience as a member to be that of honor and privilege. “I enjoyed each and every moment with PWC-LC, learnt a lot and made new friends”, Almas mentioned. Almas described Ladies chapter as a tribe of successful women who empower each other.

Ambreen Faiz – a founding member - appreciated all ladies for doing wonderful work to bring about good name of ladies. “PWC-LC has provided me an opportunity to hone my skills of public speaking and I remain very hopeful that PWC-LC shall grow in future”, Ambreen opined.

Asma Tariq – currently advisor to Convener – said it was an honor and privilege for her to be a founding member of PWC-LC. “I have enjoyed each and every event in the past 3 years of beautiful journey and I wish all success for PWC-LC”, Asma added.

Engr. Madiha Noman the current Event Coordinator described her three years with PWC-LC as very rewarding “Women are the building blocks of any society. PWC-LC has not only acknowledged that but has provided a wonderful platform to the Pakistani women of Riyadh to transform their dreams into reality. I feel honored to be associated with PWC-LC”,

Madiha mentioned.

Farah Ehsan the incumbent Convener expressed happiness on the third anniversary of PWC LC. “I remember that memorable day – 15 November-2013 – when the then President of PWC Faiz Al-Najdi had founded a Ladies Chapter of PWC”, Farah mentioned. She also added today PWC-LC was like a bouquet of several beautiful flowers, as the team comprises of a host of talented ladies from all fields of expertise.

Madiha Malik the incumbent Deputy Convener expressed her two years journey as an amazing one and full of excitement. “During these past two years, I have met with some wonderful ladies and made friends with them also. I found them very talented and have drawn inspirations from them all”, Madiha added.

Qundeel Aymen a founding member appreciated the former president Faiz Al Najdi and Current president Abdul Rauf Mughal who took the initiative for providing a forum where ladies could manifest their talents and creativity. “I thank all



male members who nurtured PWC-LC in a very conducive manner”, Qundeel added.

Shaheen Javed one of the founding members of PWC-LC said that PWC-LC was in fact a group of lovely, beautiful, talented, successful, passionate and adorable ladies. “I find myself to be very lucky among this group of lovely ladies”, Shaheen added

Shumaila Malik – incumbent Finance Secretary – said her journey of one year with Pakistan PWC-LC has been a unique experience. “I believe when women with their collective wisdom set out to do anything then they can do wonders”, Shumaila opined. She also expressed her hope for a better and stronger PWC-LC in future.

Gulf PBD mooted by Indian Expats

By-Mir Mohsin Ali

Riyadh- Non Resident Indians (NRI's) in Riyadh have demanded the Indian government to recognize the contribution and services of blue collar employees and dedicated social workers by conducting Pravasi Bharatiya Divas (PBD) in Gulf countries.

So far only rich businessmen and entrepreneurs awarded by the Indian government a brain storming session was conducted by the Indian organizations at Niagara banquet hall and there initiated the efforts to get recognition for common Indians in gulf countries who were neglected till now.

All the Indian organization will send memorandum to the Indian government through Indian Embassy in this regard. Mohammed Quaiser, President, Tanzeem Hum Hindustani graced the occasion as a chief guest said his organization made representation to then Deputy Chief of Mission DCM Rajiv Shahare to recognize dedicated social workers and as a result of this Indian government presented PBD award to Shihab Kottukad from Saudi Arabia in 2015. He also said that the time slot of the issue related to the Indians in gulf countries should be increased in PBD.

He advice the organizers to involve all the organizations in Riyadh and get the suggestion in the next meeting.

Bala Chandran Nair, General Convener, NRK welfare forum, said that the com-

mon Indian workers in Saudi Arabia suffering a lot and man social workers and organizations with Indian Embassy are helping them in all the possible ways.

He also said that Kerala government has started several schemes for the benefit of the gulf NRI's like pension, similar schemes should be initiated by the Indian government for all the Indian works in the gulf countries.

The number of Indians in Saudi Arabia is more than three million and they are the largest Indian passport holding community outside India likewise there problems and issue should get priority by the Indian authorities.

Senior Journalist K.N.Wasif readout his article published in Siasat daily and yahind.com he said that Indian government took good initiative by conducting PBD in all the Indian missions, but unfortunately it was stopped this year.

He said gulf PBD should be conducted every year one of the city in gulf countries and Indian workers and organizations should be recognized by the Indian embassy.

Muneeb Pazhoor, Welfare Coordinator, Indian Social Forum, appreciated Indian Embassy for helping the Indians by arranging timely departure of the Indians facing several problems.

Obaid ur Rahman, Chairman, Bihar foundation said that quiz competition will be conducted for the students of

Indian schools on various schemes of Indian government like Digital India, Swach Bharat, Namo Ganga etc under the patronage of Indian embassy.

Dr.Dilshad Ahamad, MC at IISR suggested that the Indian businessman, entrepreneurs and professionals like Engineers, Doctors, Teachers etc who are serving since long time should be recognized.

Dr.Mohammed Ahsraf Ali, President, All India United Society said that the Indian Embassy officials are personally recognizing and appreciating the good work of Individuals and organizations, recently Anil Nautiyal invited office bearers of AIUS for dinner and appreciated their services during the recent crises faced by Indian workers of Bin Laden Company and Saudi OGER. He said such type of gesture and appreciation should be shown by the Indian government.

Shaji Mohammed said that every Indian in the Gulf country is like an ambassador of India and everyone should try to attract Saudi nationals to India for medical tourism government of India should encourage the Indians in this regard. Shafi Sattar, Chairman, IISR, Mohammed Jabbar, Telangana NRI Forum, Ghulam Khan, representative from Rajasthan, Ni-yaz Ahamad. Ahsas, Sayeed Haroon also spoke on this occasion.



Earlier Mohammed Rafeeq, Chairman, Mumtaz group welcoming the audience said that the common workers are the backbone of the community they remittance make an important role in Indian economy they should be recognized and we initiated this to get them there long due recognize.

Kaunain Shahidi conducts the proceedings and recite the verses of holy Quran a large number of Indians attend this meeting.

Mohammed Mohsin won Gold Medal in Osmania University games



Mohd Mohsin won the gold medal in Osmania University games and is selected for All India university games which is going to held at Punjab Lovely University Mohsin is son of Mohd Khaja from Old city Hyderabad. He is a very hard worker and spends lot of time practicing boxing.

For the last four year he is in training under his boxing coach Mr. Omar bath Yadav.

At Lal Bahadur Stadium he is the unbeted Boxing champion of Telangana state and south India junior national silver medal. And in school national he is the recipient of two times bronze medal in under 17 and 19. He won the gold medal in Senior state level Boxing championship

by defending 4 Senior boxers of Telangana and got selected for Senior national boxing championship which is going to be held in Assam this December. Great acheivement Mohsin, way to go.



With Mohammed_Azhar_uddin Former indian cricket captain and former member of parliament and his son Asad Mohammad

Villagers want Khanapur named after Kavitha



Out of affection for their MP, the villagers of Khanapur in Armoor of Nizamabad want to rename their village as Kavithapur but there is one hitch.

The name cannot be changed just because the villagers have taken a decision to do it. It will have to be approved by the Union ministry of home affairs. From December 4, the villagers decided they would call it Kavithapur.

Chief minister K Chandrasekhar Rao's daughter Kalva Kuntla Kavitha who represents Nizamabad parliamentary constituency heard their grievances and reportedly assured them that two-bedroom houses would be constructed for them. To show their gratitude for her, they decided to name their village after her.

While villagers are gungho about their decision, district officials say they have no knowledge about this directly from the villagers. Asked if the villagers could rename a village by themselves, district collector Yogita Rana said she had to find out the procedure involved in renaming a

village. "This is the first time that I have learnt about villagers wanting to to rename their village," the 2003-batch IAS officer said.

A district-level official said unless the name change is given in the gazette, it cannot be deemed to have been changed. According to procedures laid down by the union ministry of home affairs, a proposal to rename a city, town, village or even railway stations has to be sent to the ministry. The state government will have to submit the proposal. The villagers cannot do it directly.

It is only after the centre accords approval, that the state government can give a gazette notification about the name change. Every year, they receive proposals from different state governments giving the old name and the proposed new name. However, the approval is not granted in all cases.



Mohsin with Esa Misri, Ahmed Misri, Osman Misri and Sayed Misri



Congratulations to Sameer Uddin Sabiri on the birth of his son Saquib uddin Sabiri

HINDI MOVIE RELEASE DATES

9 December	<i>Wajah Tum Ho</i>	Romance/Drama	Vishal Pandya	Sana Khan, Sharman Joshi, Gurmeet Choudhary
	<i>Befikre</i>	Romance	Aditya Chopra	Ranveer Singh, Vaani Kapoor
23 December	<i>Dangal</i>	Biopic	Nitesh Tiwari	Aamir Khan, Sakshi Tanwar, Fatima Sana Shaikh, Sanya Malhotra, Rajkumar Rao

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

Dear Zindagi - movie Review

Kaira (Alia) is an astute cinematographer who is bohemian in her approach to life. Enter Dr Jehangir Khan (Shah Rukh), a top-notch therapist, who helps her lay her innermost demons to rest.

DEAR ZINDAGI REVIEW: In a scene from the film, Alia who is heartbroken, bites into a green chilli. As her eyes cloud over, she looks at her best buddy Fatima (Ira Dubey) and says -- "the chilli is pungent." Tears, silly fears and frailties all part of the life process. So brave it we must. This kind of sums up the life lesson writer-director Gauri Shinde's second directorial film imparts.

But unlike her first film English Vinglish that hit the bullseye subtly, here the message is hammered. Of course some of the writing has merit. There are funny and clever one-liners. There are numerous analogies drawn to explain the innumerable relationships one encounters in today's fast-fleeting urban life. Some of this makes you chuckle, some of it makes you cry. So far so good. However, the first half of the film meanders, making you restless. Frankly, things actually begin to look up just

before intermission when SRK, without his trademark outstretched arms, makes an appearance.

As said earlier, the protagonist played by Alia flits like a butterfly from Raghuvendra (Kunal) to Sid (Angad) and later to Rumi (Ali). And there is a backstory to show why she is so messed up. Honestly, her angst bites to some degree but not entirely.

To analyse why she is the way she is, Alia makes an appointment with SRK a DD (dimaag ka doctor) in Goa. It is on his couch that she is able to voice her fears. As he meticulously picks up the pieces of her past and 'pieces' her together, the film allows the viewer too to confront some of their own anxieties. So it isn't all in vain.

Feisty Alia, one of the better actors of the current generation, turns in a nicely nuanced performance. And SRK



in his sober-avatar possessing infinite gyaan tempts you to seek out a therapist. If you're in the mood to do some soul-searching this weekend, this film could do it for you.



Search Mountain Names

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

MountEverest
 Kangchenjunga
 Lhotse
 Makalu
 ChoOyu
 Dhaulagiri

Manaslu
 NangaParbat
 Annapurna
 Gasherbrum
 BroadPeak
 Shishapangma

Shayer Janab Rashed
Azar

غزل

روز تازہ زخم دیتے ہو زلانی کیلئے
زندگی پہلے ہی کم ہے مسکرانے کیلئے
چاہیے بادِ مخالف تیز تر آلام کی
طاہرِ تخیل کو اونچا اڑانے کیلئے
یا تکلم برطرف یا بات بس ہوں ہاں میں ہے
خوب ہے ایسا محتاط دل جلانے کیلئے
اور بھی حدت سے یاد آتا چلا جاتا ہے وہ
کوششیں جتنی بھی کرتا ہوں بھلانے کیلئے
مل چلائے ہیں تری یادوں کے میں نے رات دن
دل کی مٹی پر ترا بیکر اگانے کیلئے
کیا سہانا وقتِ رخصت تھا گل و شبنم کا میل
اشک لپکے چہرہ گھرن پہ آنے کیلئے
میں ہی تھا پاگل کہ اپنی جان دے بیٹھا منیر
کہ رہا تھا وہ مجھے بس آزمانے کیلئے

ہونٹوں سے نکلی بات کا یقین نہ کیا کرو
گر سچائی جانتا ہے تو چہرے پڑھا کرو
دل میں چھپا کے رکھو نہ جذبات کو
حق کی جو بات ہے وہ کہہ دیا کرو

☆☆☆

روز دعائیں بے شمار مانگتے ہیں
پڑھ کر آیتیں ہزار مانگتے ہیں
دلوں میں نفرت اور رنجش ببا کے
دوسروں سے خلوص و پیار مانگتے ہیں
صرف سجدوں سے جنت میں داخلہ نہیں ملتا
دلی وہاں نیک عمل اور کردار مانگتے ہیں

☆☆☆

ماضی میں کوئی لوٹ کر جاتا نہیں
مستقبل کا حال کوئی بتلاتا نہیں
حال میں ہی خوش حال رہنا سیکھو
یہ لمحہ پھر واپس کبھی آتا نہیں

☆☆☆

ولی الدین

مسکراہٹوں کا سفر

۶ فروری ۱۹۵

پڑوسی کا کتا

ایک بچہ گلی میں کھیل رہا تھا۔ سامنے والے مکان سے ایک کتا نکلا اور اس کے پاؤں
چاٹنے لگا۔ بچہ روتا ہوا گھر آیا۔

ماں نے پوچھا: ”رو کیوں رہے ہو؟ کہیں پڑوسی کے کتے نے تو نہیں کاٹ لیا؟“
بچہ بولا: ”ابھی تو چکھ کر گیا ہے۔ کاتنے تو کل آئے گا۔“

غزلیں

حسین چشتی

ہے سب سوز و غم ہے کیا مرضی کروں
دل کہ ہم فدا ہم ہے کیا مرضی کروں
خزل کج بہاں ہے نگر سے اوصل
سستل سلسلہ شام ہے کیا مرضی کروں
یوں تو پہلے ہی ما زہر ہوا جام مجھے
اب بھی سوز و غم ہے کیا مرضی کروں
دل کہ ہے گات آواز وہاں کا پہلے
اب ہانک تم ایام ہے کیا مرضی کروں
مصر حاضر کے سبھاؤں نے وہ دم دے
زندگی لڑو برامد ہے کیا مرضی کروں
ہرا اماز جوں اور مری طرز تو
تھے دلوں میں کیوں نام ہے کیا مرضی کروں
غون دل بندن کر کے حسن کیا پایا
صرف دشنام ہی دشنام ہے کیا مرضی کروں

Designing by shahnawaz

ہوں زندگی کی راد میں کرا گیا کوئی
رساوی میں نے پوچھ لیا کچھ کھایے جناب
وہیں میں بڑی زور سے میں جیتی
مجھے بڑا مزا آیا کیا کھاتے ہوئے
جب چنگ کرتے ہوئے میں نے کسی کو پاگل کہا
پاگل حقی میں جو اس ہے وفا کو اپنا سمجھا
میرا کیا جرم تھا دوست کاران یہ تو بتا
وہ ایک لمحے کا سزا ہی بھی یاد ہے مجھے
تم کیا سمجھو دل کی بات کو کرن حسن
میں اس قابل تو نہیں کہ کوئی مجھ کو چاہے

خود بچے اتر کر مجھ کو دکھا گیا کوئی
گھر میں جو کچھ پکا تھا سب کھا گیا کوئی
میرے پاؤں کو جب سینڈل سے دبا گیا کوئی
لیکن افسوس ہوا جب روڈ پر پھسل گیا کوئی
بڑی خوشی سے جب جھوم اٹھا کوئی
سرمام کالج میں مجھ کو رسوا کر گیا کوئی
جب سی ڈی کے ہاتھ گھر میں چلا آیا کوئی
جب اچانک دل کے خاتمے میں بس گیا کوئی
اپنی باتوں سے دل میں جب اتر گیا کوئی
لیکن بنا پوچھے مجھ کو چاہ گیا کوئی

میت سے دل کے آگن میں لڑ شینگھی جی جانا
اپنے صن کے باب اس میں جلا گیا کوئی

ہوں جس کا بحر بہاؤ ہے
میں چاند تو میرا بہاؤ ہے
کھڑے ہو کر دیکھو کہ ہے
زمین کے چہرے سے پردہ اٹا ہے
یا اس کے کہہ کر کہتے کہتے
فریب نگر کا ہر پہلو کھلا ہے
پک پیچھے کی جھکی کی جھکی
سو مری آنکھ سے آنکھ اٹا ہے
وہ ایک لڑکھو کا کہہ کر کہتے کہتے
کے ہر آنکھ تو مجھ کو بگاڑا ہے
میں نے بھوکے بھوکے کہتے کہتے
وہ سونا جس کو کس کو کیا ہے
یہ اپنے سن میں بھی بل نہ کے ان کو
موسمِ راق میں اتھ کا دیا ہے

نہ بزم اپنی نہ اپنا ساقی نہ شیشہ اپنا نہ جام اپنا
اگر یہی ہے نظام ہستی تو زندگی کو سلام اپنا

ہو اٹیں سرود ہو جائیں
یا لہجے ہر ہر ہو جائیں
ہم اس گنی یاد کی چادر کو
خود پہ تان لیتے ہیں
سنو! درویش لوگوں کی
کوئی دنیا نہیں ہوتی
ملے جو خاک رستے میں
اسی کو چھان لیتے ہیں
وہ روٹھ جاتا ہے تو
ہماری جان نکلتی ہے
یہ سائیں جاری رکھنے کو
ہم اس کی مان لیتے ہیں...!!!

کبھی سوچا تم نے
عشق سہرہ ہے کہ دریا کبھی سوچا تم نے
تجھ سے کیا ہے میرا ناٹہ کبھی سوچا تم نے
ہاں میں تمہاں ہوں یہ اقرار بھی کرتا ہوں
مگر کس نے کیا ہے تنہا کبھی سوچا تم نے
یہ الگ بات ہے کہ جتنا نہیں مینے تجھ کو
ورنہ کتنا تجھ کو ہے چاہا کبھی سوچا تم نے
تجھے آواز لکھا، پھول لکھا، پیار بھی لکھا
میں نے کیا کیا تجھے لکھا کبھی سوچا تم نے
متمتعین ہوں تجھے لفظوں کی حرارت دے کر
میں نے تمہیں کتنا سوچا زید کبھی سوچا تم نے

On the lighter side....

At a meeting, the corporate manager told a joke. Everyone on the team laughed except one guy.

The manager asked him, "Didn't you understand my joke?"

We have enough people who tell it like it is. Now we could use a few who can tell it like it can be." The guy replied, "Oh I understood it, but I resigned yesterday."

There are three kinds of men in this world...
Some remain single and make wonders happen.
Some have girlfriends and see wonders happen.

The rest get married and wonder what happened???

My husband was trying to embarrass me at a party by carrying on about all the stuff women carry in their purses.

Instead of blushing I said, "You're right. There IS too much stuff in my purse." So, I removed his wallet, cigarettes, lighter, and car keys and handed them to him.

When he asked what he was supposed to do with them, I smile and said, "Get your own purse!"

I went to see my doctor this morning. "Some one decided to graffiti my house last night!" I raged.
So why are you telling me?" the doctor asked.

"I can't understand the writing," I replied. "Was it you?"
At a party of professionals, a doctor was having difficulty socializing. Everyone wanted to describe their symptoms and get an opinion about diagnosis. The doctor turned to a lawyer acquaintance and asked, "How do you handle people who want advice outside of the office?"

"Simple," answered the lawyer, "I send them a bill. That stops it."



The next day, the doctor, still feeling a bit reserved about what he had just finished doing, opened his mailbox to send out the bills. Much to his surprise, there sat a bill from the lawyer.

Carlos told his wife he wanted a guitar to play while sitting in the Jacuzzi.

The next day she bought him an electric guitar.

Having lost most of his hearing a number of years ago, this elderly man goes to the doctor to be fitted with hearing aids which promise to allow him to hear 100%.

A month later, he returns to the doctor for a check up on his progress. The doctor tells him that his hearing is perfect and asks if his family is pleased.

The man says, "Oh, I haven't told them about the hearing aids yet. I just sit around and listen to them talk. I've changed my will three times!"

If you come home like I do and find your cat had his tail removed from fighting, just take your cat to Walmart...

They're the best re-tailer!

When I went back to the medical lab to have some blood drawn, I was greeted with a battery of questions from the technician.

"Has your address changed?" she asked.

"No," I answered.

"Your phone number?"

"No."

"What about your birthday?"

My three-year-old daughter stuck out her hand and said, "Look at the fly I killed, Mommy."

Since she was eating a juicy pickle at the time, I thrust her contaminated hands under the faucet and washed them with antibacterial soap. After sitting her down to finish her pickle, I asked, with a touch of awe, "How did you kill that fly all by yourself?"

Between bites, she said, "I hit it with my pickle."

Growing up, I was really jealous of my best friend. His grandmother lived in a two story house which he went over to visit quite often.

My grandmother lived in a one story house.

The only story I ever heard was "The Little Engine That Could", OVER AND OVER AGAIN!

Why did the germ cross the microscope?

To get to the other slide.



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