

THE LOTUS

A Monthly Publication of the Federation of India Community Associations



June 2017

1967 - 2017 | 50 Years

"Get ready to have fun and Anand Mela to celebrate India's 70th Independence day on Sunday August 20th, 2017. Details to follow."



PROJECT SEVA: Serving Communities of Greater Cleveland

Non-Profit
Organization
U.S. POSTAGE
PAID
CLEVELAND,
OHIO
PERMIT NO.
1051

FEDERATION OF INDIA COMMUNITY ASSOCIATION

INDIA COMMUNITY CENTER
12412 CEDAR ROAD
CLEVELAND HEIGHTS, OH 44106

Or Current Resident

On behalf of the Project Seva committee, I would like to extend heartfelt thanks to the Cleveland Indian Community for providing continued support for all our service projects.

Thanks to the community support, Project Seva is continuing to serve meals at 4 churches every month, providing blankets and hygiene products to homeless shelters and women's shelters, providing hot meals to the residents of Ronald McDonald House twice a year and organizing opportunities for children to take pictures with Santa, during the holiday season.

In the past few months, we have personally visited some of these churches and homeless shelters and seen the need for the services, we provide. Most churches begin their meals by prayers, saying grace and thanking Project Seva and specific donors (if that meal has a specific sponsor). It is heartwarming to see immense gratitude being expressed by families who have not had a decent meal in a long time and who scrape every little morsel

from their plates. I have seen homeless people line up eagerly in bitter cold to collect hygiene products or blankets. While many of them seemed too exhausted with their struggle for survival, some of them are happy to share their hardships and explain how they are trying their best to get out of this cycle of poverty. Each one of them though thanked us profusely and blessed Project Seva and our donors with all their hearts.

As they say, 'Helping hands are better than praying lips'. I am sure, as always, the strong helping hands of our community will keep supporting us in future also.

Please contact me at hrane05@gmail.com, if you would like to volunteer at any of our churches or be part of any of our service projects. Our team members - Poonam Punwani, Seema Sharma, Sangita Bafna, Chitra Mishra, Mona Alag, Satish Parikh, Neelam Nagpal, Paramjit Singh and Praduman Sangal will also be happy to assist you with any questions/suggestions you may have.

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The Lotus at 50 Years Through

PAMELA REBELLO, O.M.

As a founding member of the India Association of Cleveland in 1963, and as the founder and first editor of the Lotus, I feel it is my duty to speak up on the 50th Anniversary, and serenade FICA Cleveland, the Lotus editors and boards after me--or live with regret that the main thread in the tapestry is dropped, and a story goes untold. I have had the unique privilege and opportunity to shepherd the editorial board in the early stages, and know the landscape, even after my move to Winnipeg, Manitoba-Canada. I am glad to see that the initial idealism and goodwill present at the outset has, in some measure, been carried forward, or we would not be celebrating the fiftieth year of the Lotus. I have had the good fortune to be invited to renew acquaintances, and to keep in touch with friends over the years. The twenty-fifth year celebration at the old India Community Center cemented relationships and built new ones. I know sharing my thoughts may stir up a whole range of emotions, but nevertheless, 2017 is a milestone year and an appropriate time to shine the spotlight on FICA CLEVELAND AND LOTUS.

Like a true mother, I have my own perspective on events--the highs and lows, and the hardships endured to keep the ship afloat. I commend everyone who threw a line, who volunteered, or gave a donation, to buoy the spirits of those on board. FICA's raison d'être should be considered a given, we discussed it in the early years, and concluded that the benefits will outweigh the myopic view of related history.

We have many reasons to celebrate, and the facts

shout out. The stellar role that the Lotus has played in documenting the history of



Asian Americans, making it one of the oldest Indian community newspapers in North America (USA & Canada). This should give it special heritage standing and deserved recognition. Very little has changed in intent from the original vision of the Lotus being the principal vehicle of communication and clearing house of news in Northeast Ohio. It has managed to retain its non-profit status, and has stood the test of time. The Lotus was born as a solo, serene etching in black and white, exemplifying a clear vision of simplicity, singular purpose, and purity of mind. Then came the desired changes in prescription, layout and quality of paper, and so did shades of crimson creep into the Lotus drawings, signifying love, and pleading for visibility. Following that period was the introduction of the blue hues in the Lotus, which were common sense, and logically necessary for survival, in the form of a fixed budget and specific rates for advertisers.

The last decades have seen an ever-changing spectrum of colors, as FICA and Lotus staff tried to energize, redirect, and resurrect a surge in membership. Important lessons learned that competition in distribution and circulation to readers, keeps boards alert and on the edge of their seats. The salmon pink in the Lotus ultimately defines who we are as an Indo-American community. We demand authenticity in our reporting, a clear separation from legend and history, a healthy debate on issues of relevance and modernity in the new millennium. This then is my account, a vivid memory of Lotus, a tracing from humble beginnings, to sustained growth, with a potential to rock the universe.

The Past-President, Sujata Barnard, has done well in articulating a message of encouragement, noting the pitfalls, and now hands over the reins and the sacred trust we hold in our officers. Ritu Mahna understands that ideas without action are sterile and unproductive. Reiterating Sudarshan Sathe's philosophy and feelings, she is in sync with the prioritized agenda of the past board. She has, as her goal, a world class community centre to be built, and that edifice will be a living testament to the contribution of Clevelanders for the last half a century. She believes that the dedication and devotion, vast knowledge, and accepted affluence of the Indian community needs a place for memorabilia, and to showcase our talents. We need a safe platform, in our comfort zone that speaks of cherished values, and subscribes to the motto "unity in diversity"--an endorsement that marks calculated undertakings.

If Ritu Mahna has her

way, and her contagious enthusiasm takes hold, be prepared to have a blue print of a new India Community Center in her first term of office. Nurturing is a trademark of every Indian mother and Grandmother, and it will be a legacy we can leave behind that befits the pride and attachment to our motherland. In her telephone conversation with me, she has expressed her desire to invest her time and energy to see that FICA and the Lotus awaken from the cautious twilight slumber to a proactive radiant managing committee, bent on establishing a ravishing showpiece that will be the envy of other cities in the USA.



With these assurances, it is easy to place in her hands the hopes and symbolism of the first Lotus, and await the golden glow that emanates from the petals of the jubilee Lotus, that will symbolize the realisation of our dreams and the achievement of most of our goals. My wish is that the dynamic duo, Ritu Mahna and Parul Jain, display the anticipated drive and determination for FICA and the Lotus, and that the Indian community will rise above the murk of suspicion, second-guessing, and apathy to embrace that fully blooming heavenly Lotus. Community is at the heart of worship. It touches our lives and families. We can carve paths that lead to enlightenment and fulfillment, experiencing spiritual ecstasy. We can make it happen in our lifetime. Congratulations on dispersing a myriad of ideas and values from 1967 to 2017!

Upcoming Board Of Trustee Meetings

July 23, 2017
October 29, 2017
January 28, 2018
April 29, 2018

All meetings will be held from 3:00 to 5:00 p.m
At
12412, Cedar Road,
Cleveland Heights, OH- 44106

President's Message



Ritu Mahna

FICA started in the 1960s with the goal of uniting the Indian community of Greater Cleveland. We established the Indian Community Center which allowed us to celebrate our traditions as a community. The past leadership of FICA did a great job of living its mission of uniting our community and acting as good partners with the Greater Cleveland Community. Despite their great efforts, forces beyond their control eventually led to FICA being forced to part with the Indian Community Center -- leaving the Indian

community of Greater Cleveland without a home. As I look forward to the future, I hope to find our community a new home.

With the opportunity to start fresh, We can increase our membership and get them involve to create a new ICC which not only allows us to do all of this as well as an

expansion of our vision. Not only can we take advantage of the strong foundation laid by our predecessors, but we can go a step further. It can be a place where our community's elders can socialize. It would be a place where we can share our heritage with our children, grandchildren, and fellow Americans. As the Indian community of Cleveland continues to grow, we can not only be impact for our own community, but the expanded Cleveland community, and possibly all of America.

During my presidency, my hope is to continue to unite the Indian community with increased membership and to give it a new home that we can be proud of, that we can call our home.

ADVERTISING IN THE LOTUS
www.ficacleveland.org

First Asian community Newspaper in USA and the only non-profit Indian Community newspaper in Cleveland, Ohio, started by CWRU students in 1967. The newspaper goes to over 2000 households and businesses by direct mailing and goes to 7000 email boxes. We distribute stacks to libraries, grocery stores, museums and other cultural institution which show interest in South Asian Indian ethnic cultural.

Monthly (Less than 12 months)	Yearly (12 months consecutive)	Maximum Ad Size WXHt
\$20	\$180	1 col wide 2"x1"
\$50	\$450	one sixteenth 4.5"x2"
\$80	\$720	one eighth 4.5"x3.5"
\$120	\$1200	quarter page 5"x8"
\$200	\$2100	half page 10"x8"
\$350	\$3600	one page 10"x13"

Ad must be received by Lotus Editor in Print ready high resolution format (jpg or similar) by the 20th of the month, for publication in the following month's issue. Lotus will try its best to have the following months issue distributed by the first week of the month for which the issue is dated (e.g. Ad for May 2016 issue of Lotus must be received by the 20th of April 2016.)

We will work the advertisers to have their Ad print ready. Ads that are not print ready (size, resolution) will result in blurry images for which we will not be responsible. Advertisers will be charged a one time \$50.00 fee for Ads that need significant amount of work by Lotus in order to get it print ready.

Email lotus@ficacleveland.org or current editor with questions and requests for publishing Ads. Your Ad will be published only after our Editorial board has approved it for publishing.

Community Partner

As you may already know that FICA of NEO, ([@FICAcleveland](http://www.ficacleveland.org)) has been recognized by the United Way as a Designated Charitable Organization and is eligible non-partner agency with United Way of Cleveland. I would greatly appreciate if you can reach out to your place of work and friends and request them to consider designating Federation of India communities association of North East Ohio (FICA of NEO, @FICAcleveland) to receive part of their annual donation. United Way will then channel their donations to FICA after deducting some service fee. This will create a revenue stream for FICA to support our mission of promoting the rich cultural heritage of India in greater Cleveland; to facilitate ongoing dialog with civic leaders regarding issues of importance to Asian Indian families in the region; to facilitate the mainstreaming of Asian Indian families by creating a platform for the community's active participation in the civic life; to collaborate with local organizations to promote goodwill and understanding between diverse communities; to partner with business groups that promote ties between Indian and US firms and foster economic development.

FICA MEMBERSHIP

New Board of FICA needs you all to get involve. Together we can make a difference. Please send your membership dues. Any question or concern.

Please contact us
president.ficacleveland@gmail.com

Federation of India Community Associations (FICA)

ONE NATION – ONE COMMUNITY – ONE VOICE

For over half a century FICA has kept the vibrancy of India alive in NE Ohio. Time has come for the next generation to continue with the tradition and make our community a greater part of the mainstream – to have a voice for our community on important political, social, economic and cultural issues.

COME JOIN US AS WE BEGIN THIS NEW CHAPTER
 YOUR SUPPORT WILL HELP US WITH INVALUABLE PROGRAMS AND ALSO HELP US
 INTRODUCE NEW PROGRAMS TO REPRESENT OUR COMMUNITY.

April 2017 a new slate of Board of Trustees and Executive Board were appointed. The LOTUS will be soliciting your comments and thoughts on what FICA means to you and what programs we can implement to support and welcome those migrating to NE Ohio.

PLEASE HELP US UPDATE OUR DATABASE BY PROVIDING
 US THE INFORMATION REQUESTED BELOW:

Name: _____ Email: _____

Spouse's Name: _____ Email: _____

Home Address: _____

Home Phone: _____

Mobile Phone: _____ Spouse's Mobile: _____

Place of Employment: _____ Spouse's Employment: _____

BECOME A MEMBER

Life Member (\$500): _____ Annual Membership (\$50): _____

Other (My Donation): _____ Donor Directed United Way: _____

Complimentary monthly LOTUS newsletter. Access to ALL FICA sponsored programs.
 All programs will be announced in the LOTUS and Board of Trustee updates will be published.

ઇમિગ્રેશન ક્વિયેરન્ટમ

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Sanjay Garg: A Vision For Community Involvement Through Shiksha Daan

BY CHERYL A. D'MELLO

For many immigrants, coming to the U.S., enrolling in higher education, carving out a successful career and securing their family's future, becomes their goal. For some however, it does not stop there. They focus their sights on something more, and often this translates into volunteering to help serve their adopted country. One such person is Dr. Sanjay Garg.

An Aerospace Engineer working at NASA Glenn Research Center, Dr. Garg leads a group of engineers developing advanced technology for aerospace propulsion systems in support of NASA missions in Aeronautics Research and Space Exploration. On the side, he has spearheaded Shiksha Daan, an initiative of FICA that seeks to involve the local Asian - Indian American community in the education and development of the under-privileged youth in the Greater Cleveland area. Shiksha Daan means the gift of education. The initiative hopes to improve the graduation rates of low income students in Ohio.

Dr. Garg grew up in a small industrial town, Modinagar, in the state of Uttar Pradesh. In Sept. 1980, after obtaining his Bachelor of Technology Degree in Aeronautical Engineering from the Indian Institute of Technology (IIT) in Kanpur, India he joined the University of Minnesota where he received a Master of Science Degree in Aerospace Engineering. In 1988 he received his Ph.D. in Aeronautics and Astronautics from Purdue University.

Dr. Garg and his wife Malavika live in Westlake. Malavika, a former senior partner with Ernst and Young in charge of their Global Shared Services operations, has retired and stays busy with various non-profit organizations. Back in 2007, Dr. Garg began volunteering as a tutor for a charter school (now part of Breakthrough Schools). Once his two children - Aseem and Aditi, left for college, he incre-

ased his volunteering. He was a tutor, a mentor for 8th grade students and as a business plan coach and judge for the E-City program which provides entrepreneurship training to high school students through Youth Opportunities Unlimited (Y.O.U.) of which he is a current board member.

Early in 2013, while having dinner with friends Drs. Meera and Sunil Kansal, a discussion arose about the benefits of getting the local Asian-Indian American community more involved with the education and development of local area underprivileged youth. The idea of starting Shiksha Daan was born. After further discussions, a proposal was put forward to the FICA leadership to start Shiksha Daan.

"The FICA Board of Trustees approved our proposal and in July 2013, we kicked off Shiksha Daan with an open house for the Indian community," said Dr. Garg. The initial Committee consisted of Sanjay Garg (Chair), Gita Gidwani, Vijay Julka, Meera Kansal, Vinod Nagpal, Swati Sathe, Ramesh Shah (Treasurer) and Sahithya Wintrich (Secretary).

"We reach out to the Indian community through direct e-mails and through Lotus articles to raise awareness of our activities and solicit volunteers," said Dr. Garg. Currently about 30 volunteers support the following activities:

- Tutoring Nepalese/Bhutanese refugee children - 2:30 - 4:30 p.m. on Sundays in Cleveland Heights during the school year.
- Tutoring a refugee student for two hours a week at their home through Refugee Response in Cleveland Heights and West Cleveland.
- Mentoring a college student through College Now via phone and e-mail and in-person meetings. College Now provides training and needed support.

- Mentoring high school students through Y.O.U. to develop a resume and interview skills, and assist students in the entrepreneurship class with developing business plans.

- Tutoring with Breakthrough Schools - 5th grade math on Saturdays from 10-12 at the Citizens Academy Mahatma Gandhi Campus from mid January to mid March.

- Tutoring high school students through Minds Matter - helping high performing students from low income family backgrounds prepare for the ACT on Saturdays, 10:30-12:30 p.m.

With all his professional commitments and philanthropy, does Dr. Garg have any time for hobbies?

"Yes, there are many things I love to do," said Dr. Garg. "Staying fit is important to me - I used to play tennis and do long distance running. However, a few years ago, after having knee problems, I took up walking and have walked four half marathons in the last four years. With regular exercise, now I am slowly getting back into tennis and golf. Malavika and I love to travel and spend time with family," he added, also admitting that he loves to

do Sudoku and crossword puzzles, read mystery and thriller novels and go scuba diving.

Besides Shiksha Daan, Dr. Garg and Malavika also have a small private foundation of their own - the Swaminathan and Garg Foundation which funds education related activities for under-privileged youth in the U.S. and India. The Garg family is also very involved with the Teach for America organization in Greater Cleveland. In the past, Dr. Garg has served as the Vice President for Community Affairs with the Harvard Business Club of North East Ohio.

What are his future plans for Shiksha Daan?

"My vision for Shiksha Daan is to continue to grow in the Cleveland area and be an exemplary representation of how the Indian community is giving back to our adopted country," responded Dr. Garg. He also wants it to serve as a beacon of service for the next generation of Indian heritage citizens to teach them the value of giving back to the community.

"I firmly believe that educa-

tion is the key to overcoming many of the challenges faced by society today; I would like to see the Indian community get more involved in helping the less privileged youth in the Greater Cleveland community succeed with education. One of my future visions is to make the Shiksha Daan concept national in the U.S. and have chapters in various cities. However, that is something which requires a lot more energy and time than I have available right now - maybe something I will follow up on when I retire from NASA!" he concluded.

For more information and to volunteer, please contact Sanjay Garg, shikshadaan.fica@gmail.com, 440-590-1261

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FICA

Annual Golf Classic

Sunday, July 30th 2017
Fowler's Mill Golf Course,
13095 Rockhaven Rd, Chesterland, OH 44026.

SPONSORSHIP CATEGORIES

1. Platinum Sponsorship - \$3,000 each
Includes:
a. 2 foursomes
b. Dinner Sponsorship and acknowledgement in program.
c. 2 holes sponsorship.
2. Premier Sponsorships - \$1,000 each
Includes:
a. 1 foursome
b. 1 Hole Sponsorship.
3. Beverage Cart Sponsors - \$750 each
4. Hole Sponsors - \$500 each
5. Friends of FICA Sponsorship - \$250 each
Includes:
a. Door Prizes
b. Raffle Prizes
c. Golf Balls, Towels, Tees.
d. Boxed Snacks
6. Per Golfer fee - \$100

Registration & Driving Range @10:30 AM

Teeflight Start @12:00 PM

Networking & Dinner @05:00 PM

Come meet the new leadership at FICA and hear them talk about the vision and mission.

Registration Form

Name: _____ Address: _____ City: _____ State _____ Zip _____ Phone _____ Fax _____ Email _____	Contacts: Suresh Bafna: 216-798-8383 Vijay Sharma: 216-798-8333 Vishal Tandon: 216-496-7030 Gaurav Kapur: 845-323-0707
--	--

Note: There are raffle and prizes at dinner.



Federation of India Community Associations of Northeast Ohio,
PO Box# 39474, Solon, Ohio - 44139
Phone: 216/791-FICA (3422), Email: info@ficacleveland.org
FICA is a registered non-profit organization under the IRS 501(c)(3) guidelines and has a Tax ID of 34-1215066



Mission:

To organize events that promote the rich cultural heritage of India in greater Cleveland; to facilitate ongoing dialog with civic leaders regarding issues of importance to Asian Indian families in the region; to facilitate the mainstreaming of Asian Indian families by creating a platform for the community's active participation in the civic life; to collaborate with local organizations to promote goodwill and understanding between diverse communities; to partner with business groups that promote ties between Indian and US firms and foster economic development. To help provide a unified voice of our community, support sister organizations, help community enter the main street.

PLEASE LIST YOUR TEAM

NAME: (PRINCIPAL CONTACT) _____
 ADDRESS: _____
 COMPANY: _____
 PHONE: _____ CELL: _____
 EMAIL: _____ HANDICAP: _____

NAME: (PRINCIPAL CONTACT) _____
 ADDRESS: _____
 COMPANY: _____
 PHONE: _____ CELL: _____
 EMAIL: _____ HANDICAP: _____

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Team Shiksha Daan Participation In 2017 Cleveland Marathon Activities



Nobody can hurt me without my permission. - Mahatma Gandhi

Members of the Shiksha Daan team participated in the recent Cleveland Marathon activities to increase awareness of and raise funds for Shiksha Daan. Mala Garg, Saroj Mahalaha, Gowri Mohandoss and Tharoon Balaji walked the 5K (5 Kilometer - approximately 3 miles) on Saturday May 20. This year the 5k was held downtown Cleveland with the start and finish being at the Public Square. The weather on Saturday morning was very pleasant and perfect for the walk. All the Shiksha Daan team members did an excellent job finishing the walk at different times. The walkers were exhilarated after the walk and were proud to have participated for a good cause. They all look forward to doing this again next year. Our hope is that more members of the community will join us in the walk next year. The photo shows the team members with their medals after finishing the walk.

a lot of people cheering all along the course. Sanjay finished in 3 hours and 9 minutes, improving upon his time of last year by about 8 minutes. The photo shows Sanjay at the finish line. He finished just in time to avoid the downpour that started around 10 am.

We will like to thank all those who wished the team well and sent contributions. These include (as of June 5) Guniya and Suresh Bafna, Sangita and Dinesh Bafna, Kabita and Sunil Dutta, Mala and Sanjay Garg, Pratibha Ghatage, Gita Gidwani, Meera & Sunil Kansal, Shehnaz Khan, Saroj & Ashok Mahalaha, Vandana & Ravi Marwaha, Neelam and Vinod Nagpal, Bharati Patel, Poonam and Pushu Punwani, and Manjy Rastogi. We have received about \$2500 total in gifts through this effort so far. These funds will help us continue the mission of Shiksha Daan to help with the education and development of the underprivileged youth in the Greater Cleveland area.



Sanjay Garg walked the half marathon (13.1 miles) on May 21. Unlike the last year, this year the weather was perfect for the long walk - cloudy and mid-sixties temperature. Also, this year the course was modified to be all on the city streets instead of being partly on the Shoreway. There were

For information about the mission and activities of Shiksha Daan, please visit www.shikshadaanusa.org or contact us at shikshadan.fica@gmail.com Our operating budget need for 2017 is about \$6,000. So if you will still like to make a contribution in support of the Team Shiksha Daan participation in the Cleveland marathon, then please send a check made out to "FICA - Shiksha Daan" with "Cleveland Marathon" in the memo line, and mail to Shksha Daan, c/o Mr. Vinod Nagpal, 18195 Brickmill Run, Strongsville OH 44136, or donate at: <https://www.crowdrise.com/shikshadaan-team/fundraiser/sanjaygarg1>



Vitamins: What are vitamins and Why do we need them?

SANGITA BAFNA

More than half of all American adults take multivitamins or other dietary supplements, according to the U.S. Centers for Disease Control and Prevention.

What are vitamins?

A vitamin is one of a group of organic substances, present in minute amounts in natural foodstuffs; they are essential to normal metabolism. If we do not take enough of these compounds, certain medical conditions can result.

Put simply, a vitamin is both:

- An organic compound (contains carbon)
- An essential nutrient the body cannot produce enough of and which it needs to get from food.

There are currently 13 recognized vitamins.

Fat soluble and water soluble vitamins
Vitamins are either fat-soluble or water-soluble.

Fat-soluble vitamins

Fat-soluble vitamins are stored in the fatty tissues of the body and the liver. -Fat-soluble vitamins are easier to store than water-soluble ones and can stay in the body as reserves for days, some of them for months.

Fat-soluble vitamins are absorbed through the intestinal tract with the help of fats (lipids).

Vitamins A, D, E, and K are fat-soluble.

Water-soluble vitamins

Water-soluble vitamins do not get stored in the body for long - they soon get excreted in urine. Because of this, water-soluble vitamins need to be replaced more often than fat-soluble ones.

-Vitamins C and all the B vitamins are water-soluble.

List of vitamins

Below, we run through the different types of vitamins.

Vitamin A



Carrots are a good source of vitamins A and B3

- Chemical names - retinol, retinal, and four carotenoids (including beta carotene)
- Fat soluble
- Deficiency may cause night-blindness and keratomalacia (an eye disorder that results in a dry cornea)
- Good sources include: liver, cod liver oil, carrots, broccoli, sweet potato, butter, kale, spinach, pumpkin, collard greens, some cheeses, egg, apricot, cantaloupe melon, and milk

Vitamin B

- Chemical name - thiamine
- Water soluble
- Deficiency may cause beriberi and Wernicke-Korsakoffs syndrome
- Good sources include: yeast, pork, cereal grains, sunflower seeds, brown rice, whole-grain rye, asparagus, kale, cauliflower, potatoes, oranges, liver, and eggs

Vitamin B2

- Chemical name - riboflavin
- Water soluble
- Deficiency may cause ariboflavinosis
- Good sources include: asparagus, bananas, persimmons, okra, chard, cottage cheese, milk, yogurt, meat, eggs, fish, and green beans.

Vitamin B3



Broccoli belongs to the cruciferous vegetable family and is a good source of vitamins A, B3, and B5.

- Chemical names - niacin, niacinamide
- Water soluble
- Deficiency may cause pellagra (characterized by diarrhea, dermatitis, and mental disturbance)
- Good sources include: liver, heart, kidney, chicken, beef, fish (tuna, salmon), milk, eggs, avocados, dates, tomatoes, leafy vegetables, broccoli, carrots, sweet potatoes, asparagus, nuts, whole-grains, legumes, mushrooms, and brewer's yeast

Vitamin B5

- Chemical name - pantothenic acid
- Water soluble
- Deficiency may cause paresthesia ("pins and needles")
- Good sources include: meats, whole-grains (milling may remove it), broccoli, avocados, royal jelly, and fish ovaries

Vitamin B6

- Chemical names - pyridoxine, pyridoxamine, pyridoxal.
- Water soluble.
- Deficiency may cause anemia, peripheral neuropathy (damage to parts of the nervous system other than the brain and spinal cord).
- Good sources include: meats, bananas, whole-grains, vegetables, and nuts. When milk is dried, it loses about half of its B6. Freezing and canning can also reduce content.

Vitamin B7

- Chemical name - biotin
- Water soluble
- Deficiency may cause dermatitis or enteritis (inflammation of the intestine)
- Good sources include: egg yolk, liver, some vegetables

Vitamin B9

- Chemical names - folic acid, folinic acid.
- Water soluble.
- Deficiency during pregnancy is linked to birth defects. Pregnant women are encouraged to supplement folic acid for the entire year before they get pregnant.
- Good sources include: leafy vegetables, legumes, liver, baker's yeast, some fortified grain products, and sunflower seeds. Several fruits have moderate amounts, as does beer..

Vitamin B12



Eggs are a good source of vitamin B12.

- Chemical names - cyanocobalamin, hydroxocobalamin, methylcobalamin
- Water soluble
- Deficiency may cause megaloblastic anemia (a condition where bone marrow produces unusually large, abnormal, immature red blood cells)
- Good sources include: fish, shellfish, meat, poultry, eggs, milk and dairy products, some fortified cereals and soy products, as well as fortified nutritional yeast
- Vegans are advised to take B12 supplements
- Chemical names - ascorbic acid.
- Water soluble.
- Deficiency may cause megaloblastic anemia.
- Good sources include: fruit and vegetables. The Kakadu plum and the camu camu fruit have the highest vitamin C contents of all foods. Liver also has high levels. Cooking destroys vitamin C..

Vitamin D

- Chemical names - ergocalciferol, cholecalciferol.
- Fat soluble.
- Deficiency may cause rickets and osteomalacia (softening of the bones).
- Good sources: produced in the skin after exposure to UV (ultraviolet) B light from the sun or artificial sources. Also found in fatty fish, eggs, beef liver, and mushrooms..

Vitamin E



Almonds are a good source of Vitamin E

- Chemical names - tocopherols, tocotrienols.
- Fat soluble.
- Deficiency is uncommon. Deficiency may cause hemolytic anemia in

newborns (a condition where blood cells are destroyed and removed from the blood too early).

- Good sources include: kiwi fruit, almonds, avocado, eggs, milk, nuts, leafy green vegetables, unheated vegetable oils, wheat germ, and whole-grains.

Vitamin K

- Chemical names - phyloquinone, menaquinones.
- Fat soluble.
- Deficiency may cause bleeding diathesis (an unusual susceptibility to bleeding).
- Good sources include: leafy green vegetables, avocado, kiwi fruit. Parsley contains a lot of vitamin K. The US National Library of Medicine says that the best way to get enough vitamins for good health is to follow a balanced diet with a wide range of foods. Some people may need to take a daily multivitamin.

Vitamin wheel

Use this easy-to-reference diagram to learn about the vitamin groups and common foods containing them.



by Christian Nordqvist

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ZENworks Yoga: Bringing yoga and mindfulness to under served schools in Cleveland

MISSION

ZENworks Yoga’s primary mission is to provide access to yoga and wellness programming for children and families in under-resourced schools and community organizations in Cleveland. As part of that mission, ZENworks Yoga’s staff committed to creating change and growth in a child’s life by teaching skills based on the practice of yoga in a fun and meaningful way. During the 10-week regularly scheduled yoga class, youth not only learn how to do yoga, but also how to transfer the behaviors of mindfulness, self-control, self-esteem, and stress reduction to their lives off the yoga mat.



HISTORY

ZENworks Yoga was created to introduce yoga and its benefits of physical well-being and mind-body awareness to children and families in the Cleveland area. The founder, Sonya Patel, thought of the program while working with the Teach for America. Her second and third grade students used the practice to help them transition from activity to activity throughout the school day, focus energy during high stress times, and build concentration.

Since its inception as a for-profit children’s yoga program in 2010, ZENworks Yoga has undergone an organizational transformation in order to better meet the needs of Cleveland youth. When ZENworks Yoga first began approaching schools, community centers, libraries, and youth organizations about offering yoga programs at their facilities, the organizations were enthusiastic about the concept but unable to pay the instructors for their time. Schools and centers loved the stress relief, mental health, physical well-being, and self-esteem benefits of yoga, and identified these as areas of great need within the populations they served.

Believing even more strongly in the need for yoga instruction for Cleveland youth after these initial conversations, the organization became a nonprofit 501(c)(3) in 2013. By 2014, we expanded our school-based programs in the Cleveland area from three to thirteen. Now, in 2017, we work with over 1,000 students on a

weekly basis at schools in under resourced communities, providing anywhere from 1-3 hours of programming per week.

Last year, the organization also launched an affiliate company online called amaZEN U (www.amazenu.com). amaZEN U is a platform for children and teens to access yoga and mindfulness anywhere, anytime through short videos.



IMPACT

Students in the ZENworks Yoga program report that yoga has helped them fall asleep, given them better focus, and helped them achieve better grades. Teachers corroborate this; nearly 90 percent of teachers reported that the ZENworks yoga program had a positive affect on their students, including increased self-awareness. Nearly all the students said they enjoyed the yoga classes, with slightly more than half saying they had taught yoga to someone else.

When asked “How does yoga make you feel?” students’ responses included:

- “Good – it made a lot of things in my life go away.” Age 10
- “Happy and calm. It makes me calmer when I’m angry.” Age 14
- “It keeps me calm during the day,” says a teacher. “I use breathing with my students before heavy testing.” AGE?

Perhaps one of the best benefits of Zenworks’ yoga programs, teachers report they actually GAINED teaching minutes as a result of the positive impact yoga had on their students. ZENworks Yoga offers classes as a fundraising effort, as part of their “Do Good, Feel Good” initiative. Through this program, yoga classes are offered to organizations in exchange for donations to ZENworks. This gives potential donors the ability to experience a ZENworks Yoga session first hand, so they can feel the benefits of yoga and mindfulness and appreciate why providing these skills to underserved participants can provide life long benefits. Feed back and results from these events have been excellent, as donors have been more generous because of the experience they’ve had.



GET INVOLVED

ZENworks Yoga relies solely on donations and support from the community.

Join ZENworks Yoga for our 4th Annual Summer Fundraiser!

Outdoor all-levels yoga class, live music, healthy snacks, and good friends for a great cause - all against the backdrop of the Cleveland skyline and beautiful Edgewater Park!

Join us for our Mats and Mantras Summer Fundraiser, donation-based summer fundraiser in support of our mission to bring yoga to underserved schools, on Saturday, June 17th.

We will have an all levels class for adults as well as simultaneous kids activities for children ages 4 and up led by ZENworks Yoga instructors.

\$10 suggested donation can be made online or at the door.

Learn more at zenworksyoga.com/matsandmantras2017

Please email sonya@zenworksyoga.com for any questions or sponsorship inquiries. *ellesse ctoreptis providis inimi, solupta sperunt voluptatum ex*

“Happiness is when what you think, what you say, and what you do are in harmony.” - Mahatma Gandhi



“I use Yoga, to help me Unwind”



WHEN TO TAKE WHICH PAINKILLER				
SYMPTOM	TYLENOL Acetaminophen	ADVIL/MOTRIN Ibuprofen	ALEVE Naproxen	ASPIRIN Acetylsalicylic acid
Fever		•		
Headache	•			
Menstrual cramps		•		
Hangover		•	•	
Sore muscles		•		
Arthritis			•	
Sinusitis		•		
Earaches		•		
Toothaches		•		
Small dose to help prevent heart attack and stroke				•

SOURCES: Journal of Rheumatology, Cleveland Clinic, Harvard Medical School, Go Ask Alice!, The BMJ, The Archives of Pediatrics & Adolescent Medicine

BUSINESS INSIDER



WHAT'S FOR DINNER TONIGHT?

Ingredient Of The Month: Cashew

JYOTI MALIK

We always wonder as to the origin of the Cashew nut. You might think they grow inside a shell like any other nut.

First of all, cashews are not actually nuts, but rather fruits from the cashew tree, a large evergreen tree that thrives in tropical climates. The tree produces red flowers, which in turn produce yellow and red oval structures resembling apples. They are cashew apples and are very juicy, pulpy and their juice is often added to tropical fruit drinks.

However, cashew apples are



not actually fruits in a scientific sense; the real fruit of the cashew tree is the kidney-shaped growing at the end.

These fruits, also called drupes, are harvested and become what we know as a cashew nut. In their raw form, the outer layer of the fruit contains multiple toxins including anacardic acid, a powerful skin irritant similar to the toxin found in poison ivy

that must be removed prior to eating.

Roasting the cashews destroys the toxins, but roasting must be performed carefully outdoors because the smoke can irritate the lungs, sometimes to a life-threatening degree. When they are roasted, cashews change from their natural greenish-gray color to the light brown nut sold in stores.

Next time you crack open a tin of cashews, take a moment to appreciate the long journey those little c-shaped nuts took from the tree to your table! And no wonder they're expensive!

Shahi Paneer With Cashew

Ingredients (240 ml cup used)

- 1 ½ cup panner cubes
- ½ cup thick yogurt, curd
- ¾ to 1 tsp ginger garlic paste
- ¼ tsp. red chili powder (optional)
- ⅛ tsp turmeric
- ¾ tsp. gram masala
- Pinch of saffron optional
- Salt to taste
- 2 tbsp. Ghee or oil
- ¾ cup water
- 1 chopped tomato
- 2 to 3 cloves
- 1 to 2 one inch cinnamon stick
- 12 whole cashewnuts
- 8 almonds
- 1 cup cubed onions
- 2 green cardamoms
- 1 green chili slit (optional)

How to Make the recipe?

1. Add one tablespoon ghee to a pan, heat it. Add cashews, green cardamom, almonds, lightly golden fry them.
2. Add cubed onions, green chili and fry until they turn transparent. If using tomato, add it now and fry till mushy. Transfer these to a plate and cool.
3. Blend this with very little water to a smooth puree or paste.

4. You could fry the paneer lightly in ghee. This step is optional. Keep the fried paneer aside.

5. Heat up the same pan with the rest of the ghee or oil, add dry spices, saute until they turn fragrant.

6. Add ginger garlic paste and fry till the raw smell goes off.

7. Add the onion cashew paste, chili powder, garam masala, turmeric and salt. Fry for about 3 to 4 minutes.

8. Add yogurt. Mix. Cook till it begins to leave the sides of the pan.

9. Pour ½ to ¾ cup water. Cook till the gravy thickens. Or till u see the oil begins to separate.

10. Add paneer and cook for about 3 minutes. If sauted in ghee before then just add paneer and do not cook further. Add kewra water if using and stir.

11. Transfer shahi paneer to a serving bowl to prevent it from cooking further.

12. Garnish shahi paneer with cream or coriander leaves.

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Chickoo
Pistachio
Coconut

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Catching a Bull by the Horns By William G. Barnard, IV
A bull walking through a market in Pushkar, Rajasthan.

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Unyielding Passion on the road to College

ANANYA KALAHASTI

One of the pinnacles of my high school experience was going to the National Speech and Debate Association's annual national tournament in Salt Lake City the summer after my junior year. I was on the North Coast World Schools Debate Team, the official term for our Cleveland district debate team, consisting of me, and 4 other boys from the area. After a month of intensive practices, drills and rounds, we were named the international runner ups of the USA World Schools Debate Invitational.

Speech and Debate has by far been my most impactful activity throughout high school. From the family-like teammates that I've spent my weekends with, to the skills of presentation, argument and research that I've developed, this activity has by far prepared me best to go out to college next year, and has been what I've put the most of my time into. I am in the debate academic honors recognitions, ranked highly both in the state and nation, was recently named Cleveland student of the year, won 4th in the state tournament in March, am a 2-time Tournament of Champions qualifier, and will be returning to the national tournament again in just a few weeks. Serving the team has been the highlight of the past 4 years, leading underclassmen and giving back to the general speech and de-

bate community here in Cleveland.

While debate may have been what I put the most of my time into these past years, I'm someone with diverse interests, and I've certainly spread out amongst all of those throughout my high school experience. I've been president of a student-run philanthropy group, taught middle school math classes, and brought back our mock trial team, leading them past 2 elimination rounds to the state tournament this past year. Additionally, I've had a fervent passion for creative writing, which I've pursued through numerous competitions and clubs.

In the long term, I've always known I want to do something medically inclined, with a global twist. In part, this was sparked by my love of debate, but I've also had a strong interest in science as well. For the past 4 years, I've been working in a malaria lab at Case Western Reserve University, and this past spring, I had the opportunity to compete at Intel ISEF to showcase my work on malarial transmission. The experience certainly helped me cement my interest in global health even more, before entering the realm of college applications.

When I started college apps the sum-

mer before my senior year, I was caught in a strange place. I knew what I wanted to do -international relations and biology - but I had to find the schools that allowed me to do both with ease. The most helpful thing for our whole family was college visits: putting ourselves on campus, seeing how the students went about their days, and familiarizing ourselves with the entire culture that college tends to bring.



In a way, college applications are like rounds in speech and debate: you present yourself, not knowing what your

competitors are putting forward, and leave your fate to another group of people. In a way, debate and my creative writing hobbies were the experiences that made me best prepared for the application process, knowing how to present myself and how to write well outside the box. Writing essays was more fun than most people anticipate, because I enjoyed talking about my passions and interests in global health.

Finally, I did end up finding the perfect program for me, the global health studies program at Johns Hopkins University, where I will be starting this fall. I intend on double majoring in public health & international studies, taking my pre-med classes, and after 4 years of college, I will automatically matriculate to Hopkins' Bloomberg School of Public Health for my masters degree. I fondly look back upon the many activities I took part in throughout my high school years, and the effect they have had in shaping my various interests, and I look forward to starting my new college journey this fall.

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Brown Faces, White Hoods, and Red Lines

RAGHAV SHARMA

Where do we stand as third-world transplants here in the heart of empire? Ask Vinod Khosla, Sun Microsystems co-founder, venture capitalist, and pioneer of Indian immigration to Silicon Valley. Or ask Nikki Haley, former governor of South Carolina now serving as Donald Trump's U.N. ambassador.

Ask Sureshbhai Patel, a Gujarati grandfather visiting his infant grandson in Alabama, left partially paralyzed after an unwarranted police encounter. Or ask Srinivas Kuchibhotla and Alok Madasani, Garmin engineers in Kansas murdered by a white supremacist Navy veteran. The success stories on which Indian assimilation into American society is founded were not enough to shield these men from the racism upon which this country was founded, upon which it grew and still grows, all mountains of black bodies and rivers of brown blood.

This is not a new accusation. Volumes upon volumes of personal and historical accounts demonstrate the reality of American racism, and will continue to do so in the decades to come. What is sorely lacking is an account of how Indians in America benefit from and perpetuate this country's racism – most often in the pursuit of base ambition – and how this short-sighted attitude threatens our safety, our communities, our neighborhoods, and our culture.

Let it not be forgotten that the cop who beat Patel responded to a frightened neighbor who thought she saw a skinny black man walking down the street, that Kuchibhotla and Madasani's assassin thought Iran the country the duo should return to. The mindset of assimilation assumes a rationality within racism that simply does not exist. Our brown skin and black hair distinguishes us to ourselves

and virtually no one else. To the racist, we could be Mexican or Muslim or black or Iranian or any number of other ethno-religious categories defined only by one thing: their non-Whiteness, their distance from an arbitrary standard whose borders shift over time but are consistently defined by a Christian European heritage.

And yet, despite this shared interest, Indians do more to facilitate white supremacy with their model minority status than they do to challenge it. Indians are among the wealthiest in a nation whose dominance of the world economy depended and still depends on African and Asian slaves. Indians are among the highest educated in a nation which praises the sins and pushes the dogma of dead white men in its classrooms, elementary and undergraduate alike. The hallmarks of Indian success in this country are linked through history and politics to the racist violence – physical and ideological – exported by America across the globe.

With our survival in this system conditional upon the very same standards – wealth and education – which maintain white supremacy in an economic and political order shaped by European powers, Indians pursue these ends out of the same justified self-interest which motivates all the rest of the world's people. Indians in America, however, have already been subjected to a selection process during immigration – a major life decision most accessible to those already wealthy and well-educated. Meanwhile, the home country remains subject to a global web of international institutions which ensure a high standard of living in developed countries while routinely exploiting the people and governments of the developing world.

By what right do we bask in comfort and security while in our homeland farmers starve and children grow old far too soon? Our embrace of model minority status in a system which ravages the land and people our identity depends on is nothing short of betrayal.

A genuine Indian-American politics – motivated not by materialism and assimilation but by our heritage – demands anti-colonialism, and an understanding of how colonialism has morphed over the decades: from the redcoats of the British Empire to the greenbacks of the American. A genuine Indian-American politics demands anti-racism. As relative newcomers to a racial landscape comprising centuries of oppression, we must reckon with whiteness – how we benefit from it, how it hurts us, and how we can best help dismantle its power over black and brown bodies.

Though the oppressive tendencies within our community are exclusively ours to resolve, we must be cognizant of the ways in which these biases merely replicate the biases of the colonial powers in defiance of which India became a nation. The struggle for Indian self-determination did not end in 1947, and as the Indian diaspora continues to assert itself in America and around the world, resisting the global economic system white supremacy built is our duty to our country, our history, and our culture.

This is impossible from within the constraints of the model minority image. What this demands is nothing short of outright rebellion against the values imposed on us by our culture and on our culture by the global context in which it exists. The world always needs doctors and engineers, but what it screams for now are radicals,

revolutionaries, warriors for peace and justice to stand against the forces of endless suffering and boundless greed. The world needs human beings to redefine being human, and it is here that we model minorities have immense power.

It is the great historical question of our times: what is to come of this newfound liberation? Will last century's post-colonial charity cases become this century's vassal states, clients to their former masters? Or will globalization force the former masters to their knees, at the hands of a new world which demands reparations for the crimes of the old? As the global political order of the last two hundred years crumbles all around us, will Indians cling to the privilege denied us for so long or will we advance the great cause of freedom for which our not-so-distant ancestors fought and died? The latter road demands hardship and sacrifice and even danger, but it is the only road capable of bearing our values untainted and uncompromised.



Want to write for The Lotus youth section?
Email rsharma1817@gmail.com with
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Better

S.CHAKRAVORTY

Humans are the only species desperate to slow down or speed up time. While other animals are steeped in the immediacy of life, of experience itself, we ourselves are embodied time machines. We simultaneously long for the simplicity of ages past and the utopian promise of the distant future. We collectively cling to vestigial beliefs and ceremonies while tenuously hoping against hope that the future will be better.

But what does better actually mean? For most of us privileged few, we who don't need to fight daily to scrounge and survive, betterment has become an ideological rather than a material struggle. Our parents crossed oceans in search of a better life, and we of the millennial generations find ourselves born into excess. Hard-fought-and-won excess, but excess nonetheless. The collateral cost of prosperity has been the severance of my generation from its cultural home. We have been gifted the comforts of the first-world as birthright at the expense of our other birthrights: our mother-tongues, oral traditions, and the meaning of mythologies crafted over thousands of years. For us they are mere stories, relics of ancient worldviews, dustcovered lenses we look at squinty-eyed to try and find clarity in. In

one generational gap, we began to extinct our heritage.

Better, for us, must mean reconciliation. We are the pendulum swinging between nostalgia and the estranged, "progressive", American future. Our future in this country is defined by a strange strain of 'multiculturalism'. We learn the utmost basics of world cultures but never actually find the gold beneath the dirt surface. What matters is the breadth of our exposure, not the knowledge that comes with understanding the thousands of years of experience encapsulated in mythological tradition. We forget from whence we came and speak and write in gilded scripts that inherently represent the conqueror over the conquered. Our responsibility is to remember. We cannot cling to the splendor of our parents or the wisdom of theirs and theirs and theirs and theirs. We have to learn how to balance, because we are the first and only generation whose heritage depends on our ability to be proper fulcra – Vishnu balancing the extremes of Shiva and Brahma. If our heritage is lost to the convenience of the individualism of the new age, then we will have to redefine these thousands of years of thought conveniently. Convenience is transient in the face of heritage. It is our duty to preserve.

Family Relations

OM JULKA



How to keep good family relations is something which we do not learn in a younger age. It is helpful to learn how to raise our children in a better family relationship. Its result is that many of us get engulfed in a tidal wave of emotions, finding themselves in a difficult situation with regard to children. Sometimes this results in bickering in relationship of husband and wife also.

Family Relations are not really confined to husband and wife only, but they include relationship of parents, grandparents and all near ones.

In the present age of education and research we find some revolutionary changes. Some of these which could be for the benefit of parents and grandparents as also for children.

Families can be great source of pleasure and support but they can also cause pain and confusion if we falter. This is where we need to revolutionize parenting and relationships. We do need to raise our children to be happy, respectful, kind and very successful. For this achievement we have to do some planning in earlier stages when children are growing up.

For this purpose it is essential that our home environment should be harmonious and peaceful, but not rife with

struggles and disharmony between parents themselves. Children always imitate or copy the behavior of their parents as role models. Of course other influences of neighborhood also have a great effect. If the parents are drug users or gamblers, it is obviously an inevitable invitation to the children to follow.

Another thing that some parents and teachers do is pushing a child too hard to achieve higher goals than his or her capacity. So even if your child is gifted, let the child develop in his own way instead of pressing him to work harder or pushing him for any extra study, which sometimes is harmful and causes depression. A child who develops in a natural way without any pressures will be more successful in life.

To sum up, we should keep a watch that our children do not fall into bad company and go astray. But let your children enjoy their childhood with least impositions and let them develop, taking their lead on what interests and motivates them.

BOOK OF THE MONTH

MINNIE GAUTAM

The Reluctant Fundamentalist

by Mohsin Hamid

Written as a first-person account this novel by Mohsin Hamid is the mesmerizing story of Changez, a young Pakistani man telling his life story to an American man in an outdoor café in Lahore. The novel begins a few years after 9/11 and finds Changez back in Pakistan and teaching at a local college. Through his narration to the American stranger, who we are never introduced to, we learn that Changez was a young, successful man who was working for a prestigious New York firm when the 9/11 attack happened.

The pivotal point in the book is when Changez sees the Twin Centers collapse and has an unexpected reaction to the destruction. "I stared as one - and then the other - of the twin tower of New York's World Trade Center collapsed. And then I smiled. Yes, despicable as it may sound, my initial reaction was to be remarkably pleased." Even Changez is surprised by his strong reaction and the reader is left unnerved. Except for some minor pangs of guilt over his "fancy" life Changez seems happy and proud of his success till the instant he sees the towers collapse and his "smile" at the horror of

the attack cuts like a knife and leaves the reader looking for an explanation.

As his disastrous love affair with the beautiful but fragile Erica comes to an untimely end and his disillusionment with the American way of life increases he quits his job and heads back to Pakistan. You see Changez struggle to find his footing at home but once he starts teaching at college you see him settle into his new role as a mentor and leader. The anti-American sentiment is on the rise in Pakistan, and Changez the professor, becomes a leader of anti-Americans protests. At the end of the book we are left to wonder if the American man at the café might be an agent sent by the CIA and Changez's life might be in jeopardy or if Changez had planned to harm the American all along.

The reader is also left to question the title of the book. Why does Hamid want us to think that the protagonist is a "reluctant fundamentalist?"

The Reluctant Fundamentalist was made into a movie directed by Mira Nair in 2012. The book and the movie are available on Amazon and the local library.

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Jain Society of Greater Cleveland
(330) 659-0832



Cleveland Chapter Hosts

Third Annual Summer Solstice Yoga Surya Namaskar (Sun Salutation)

Saturday, June 24, 2017
9:00 a.m. - 11:00 a.m.
Registration from 8:00 a.m.

The Wolf Canopy at Huntington Beach
located off Porter Creek Drive in Huntington Reservation,
near the Wolf Road entrance in Bay Village
28728 Wolf Picnic Area Dr, Bay Village, OH 44140

Bring your own yoga mat. Water will be provided
Event is Free!

Pre-Register & sign waiver online at: www.sewausa.org/cleveland/ID

Contact: Cleveland@sewausa.org

Viji: 440-610-5719 Stacy: 440-610-1245 Hira: 440-281-2921





United We Stand

JAY MASUREKAR

Till last year, Indian diaspora in North East Ohio had two unanswered questions. First was "Why did Katappa kill Bahubali?" and second was "When will the Indian diaspora of North East Ohio get united?" Now that we have the answer for the first one, it is time to find the answer for the second.

Most Indians, as one would expect, patronize the state associations – be it, Marathi Mandal, Gujarati Samaj, Tamil Sangham or Bengali Association etc. Of course, nothing wrong with that. Desire to be more involved with programs in our mother tongue and to immerse our children in that culture and language is only natural. But, then are our kids growing up as Tamil Americans or Bengali Americans instead of Indian Americans? Are we giving our kids a flavor of India as a nation instead of just one language/state?

Those of us who like to do garba dance in Navratri, laugh heartily at hindi hasya kavi sammelan, enjoy Hindutani music program organized by Bengali Association as well as Karnatic music programs at Thyagaraja music festival, would love to have more people get this slice of India offered by North East Ohio. And, may be that can be kicked off by attending the Republic Day event and Independence Day event organized by Federation of India Community Associations (FICA).

We are 25,000+ Indian diaspora in North East Ohio and we barely get 1% of that to attend the FICA events. It is not enough. Charles de Gaul once quipped "Only peril can bring the French together. One can't impose unity out of the blue on a country that has 265 different kinds of cheese." I wonder if it will take a peril for us to get united. Looking at the rising rate of hate crimes, that day may not be far enough.

In spite of being one of the most educated (if not, THE most educated) and most affluent ethnic groups in US, we neither have political capital nor are we a group focused by corporates for customized marketing. If lack of unity is not a reason for this then what is?

The leadership change at FICA couldn't have come at a better time. Ritu Mahna (President) and Sudarshan Sathe (Chair of the Board) are two of the "most well-known" and "most community focused" individuals who have the

ability to bridge the differences and bring the entire Indian community together. The expansion of the Board as well as executive committee is further expected to enhance the work efficiency of FICA. There are many expectations from this FICA leadership team and we hope they not only continue to build on the efforts of the previous leadership but truly transform FICA and help the Indian diaspora in North East Ohio stand united.

Let's take the first step by getting more engaged and participating more in FICA to unite the community. In words of John Lennon,

**"You may say that I'm a dreamer
But I'm not the only one
I hope someday you'll join us
And the world will be as one"**

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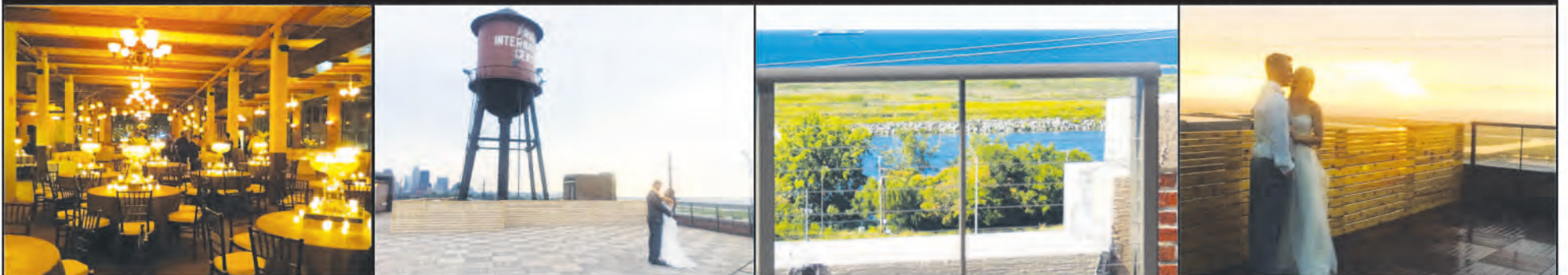
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